RNI No. Regn. UTTENG/2007/22374, REGD. No. UA/DO/DDN/126/2016-2018 Late City Vol.19 Issue 46 | *Air Surcharge Extra if Applicable



www.dailypioneer.com

PUBLISHED FROM: DELHI I LUCKNOW I BHOPAL I BHUBANESWAR I RANCHI I RAIPUR I CHANDIGARH I DEHRADUN I HYDERABAD I VIJAYWADA

RAIL, ROAD STAMPEDES CRUSH PILGRIMS' PROGRESS TO KUMBH

PIONEER NEWS SERVICE NEW DELHI/PRAYAGRAJ

s the mega congregation at A Maha Kumbh is on its last leg, yet another tragedy on Saturday night stuck the pilgrims at New Delhi Railway Station, where 18 people bound for the holy dip at Triveni Sangam lost their lives in a horrific manner.

Amidst the religious fervour lasting almost two months, the loss of lives has touched almost 100 including 39 dead (official toll) during stampede at Maha Kumbh Nagar and about 40 lives fatality on the roads bound to Pravagraj.

Droupadi Murmu, President Prime Minister Narendra Modi and Union ministers condoled the loss of lives in the stampede. "Deeply anguished to know about the loss of lives in a stampede at New Delhi railway station. I extend my heartfelt condolences to the bereaved families and pray for speedy recovery of those injured," President Murmu said in a social media post. The prime minister said he was distressed by the stampede at New Delhi Railway Station.

As conflicting details continued to emerge around stampede from the railways, police, general public and political parties, Home Minister Amit Shah "summoned" Railway Minister Ashwini Vaishnaw and Chairman Railway Board Satish Kumar.

Following the meeting, sources said that Shah directed the Railways to conduct probe. The Delhi Police has been doing its own investigation into the stampede. The railways committee instituted commenced inquiry and secured all video footage of the New Delhi Railway Station.

authorities' Some blamed mismanagement and a sudden change in platform, while many



the station killing 18 and injuring many others

faulted India's population, lack of etiquette travel and misunderstanding railwav announcements for the New Delhi station stampede.

the 18 deceased and launched an investigation into the stampede, which happened due to confusion because of the announcement of the trains having the same initial name starting with 'Prayagraj'. "Our target is to investigate the main cause, which caused the stampede. We will collect all data of CCTV footage and footage

announcements done during that time," a police source said. Sources said delays in train departures and the sale of around

8,000 general tickets created a chaotic situation at the station and for worst an announcement about change of platforms of certain trains led to confusion amongst travellers in the over-crowded platforms, leading to the stampede.

A compensation of ₹10 lakh each was granted by the railways for the next of kin of those killed in the stampede. Those seriously injured will get ₹2.5 lakh and those with minor injuries 1 lakh, the railway said.

The stampede occurred around 9:55 pm on Saturday night when thousands of passengers, mostly Maha Kumbh pilgrims, crowded the station to board trains to

Prayagraj. The Prayagraj Express was stationed at platform 14, while the Swatantrata Senani Express and Bhubaneswar Rajdhani Express were delayed, causing an overwhelming surge of people on platforms 12, 13, and 14

The situation worsened when a last-minute platform change was announced. Confused and panicked, passengers rushed towards platform 16, where an escalator became a deadly choke point, according to sources.

Security personnel tried to intervene, but the crowd was too large to control. Some passengers attempted to climb the railings to escape, while others were crushed underfoot, the sources said. When

TRAGIC STAMPEDES

January 29, 2025: 30 killed at Maha Kumbh March 2023: 36 died during a Ram

Navmi 'havan July 2, 2022: 121 killed on Hathras

'satsang January 1, 2022: 12 died at Vaishno Devi shrine on

September 29, 2017: 23 lost their lives at Elphinstone Road station

Mumbai on July 14, 2015: 27 pilgrims died at 'Pushkaram' festival in Andhra

Pradesh October 3. 2014: 32 killed at Gandh Maidan Patna after Dussehra celebrations

October 13, 2013: 115 killed durina Navratri near Ratangarh temple in

Madhva Pradesh November 19, 2012: 20 killed at Chhath Puja stampede in Patna November 8, 2011: 20 killed in Harki-Pauri ghat Haridwar January 14, 2011: 104 Sabarimala devotees killed in Kerala's Idukki

district March 4, 2010: 63 killed at Ram Janki Temple of Kripalu Maharaj in Pratapgarh UP 2008: 250 killed at Raiasthan's

Chamunda Devi temple. 2008: 162 killed at Naina Devi temple 2005: 340 killed at Maharashtra's Mandhardevi August 27, 2003: 39 killed at Naishik

Kumbh

the chaos subsided, 18 people including 11 women and five children, had lost their lives. More than a dozen people were also injured in the stampede on Saturday night at the railway station which witnessed a surge of passengers waiting to board trains for Prayagraj – where the Maha Kumbh is underway on platform number 14 and 15 of the station.



Devotees in a large number during the ongoing Maha Kumbh Mela, in Prayagra

Holy towns witness swathes of humanity

BISWAJEET BANERJEE PRAYAGRAJ

fter the tragic stampede at ADelhi railway station, railway stations across Uttar Pradesh are witnessing an unprecedented surge in passengers as devotees head to the ongoing Maha Kumbh Mela in Prayagraj. With trains packed beyond capacity and platforms overflowing, railway authorities have deployed additional security personnel and launched special train services to manage the swelling crowd.

Delhi to Varanasi, From Gorakhpur, and Prayagraj, railway stations are packed with pilgrims determined to take a holy dip at the Sangam. However, the journey has become an ordeal for many. "I have been standing at the station for more than six hours, but every train that arrives is already full," said Ram Prasad, a devotee from Bihar. "We are forced to sit on the

floor of overcrowded general compartments. Even washrooms are packed with people."

Sunita Devi, who travelled from Lucknow with her family, described her struggle: "We could not find seats, so we had to stand throughout the journey. The children were crying, but there was no space to even stretch our legs." Despite the hardships, many devotees remain resolute. "This is a once-in-a-lifetime opportunity," said Kamal Verma from Jhansi. "Even if we have to suffer, we will reach Prayagraj for the holy dip." Heavy Rush at Prayagraj railway stations

Prayagraj's Jhunsi and Cantonment railway stations have turned into sea of humanity, with lakhs of pilgrims arriving. Authorities have enforced strict entry and exit protocols to prevent chaos.

Passengers surged forward, chaos and stampede ensued



at platform number 14. We were two of us, and we somehow escaped unhurt. It was a very bad scene," he said.

Geeta, a worker at Lok Nayak Jai Prakash (LNJP) Hospital, where the victims were taken, said, "Injured and dead bodies started arriving around 10 pm. We received 15 dead bodies and 10injured patients. Three of



Opposition demands Rail Minister Ashwini Vaishnaw's resignation

PIONEER NEWS SERVICE MINEW DELHI

Opposition parties on Sunday blamed the government for "gross "gross mismanagement" at New Delhi railway station that led to a stampede in which 18 people died and demanded Railway Minister Ashwini Vaishnaw resign taking moral responsibility Several opposition parties, including the Congress, the Left, Trinamool Congress the government of failing to make elaborate arrangements and "covering up" the actual number of deaths. The BJP leaders, however, sought to defend the government by posting pictures on social media that showed the situation at the New Delhi railway station had turned normal. Congress president Mallikarjun Kharge said it was extremely shameful and condemnable that the Narendra Modi government was attempting to "hide the truth" about the deaths. In a social media post, the party said, "The railway minister should resign, apologise to the country. Former Congress chief Rahul Gandhi said better arrangements should have been made at the station in view of the large number of devotees going to Prayagraj for the Maha Kumbh. "This incident once again highlights the failure of the Railways and the insensitivity of the government," he said in a social media post. Former Railway minister and senior Congress leader Pawan Kumar Bansal said the ultimate responsibility of the tragedy lies with the minister and he cannot escape it.



Delhi Police has put out a list of

Relatives of victims wait outside the mortuary at the LNJP Hospital in New Delhi Photo: Ranjan Dimr

STAFF REPORTER NEW DELHI

 $S_{\rm tragic}$ stampede at New Delhi Railway Station have described scenes of chaos and devastation, as a massive crowd surged on platforms 14 and 15 late Saturday night. According to official sources, a wrong announcement about change of platforms may have created a confusion that led to the stampede, something that some eyewitnesses also claimed. The incident, which left at least 18 people dead and several others injured, unfolded as passengers attempted to board trains bound for Prayagraj for the Maha Kumbh Mela.

Ved Gupta, a passenger who managed to escape unhurt, recounted the terrifying moments. "I was going to Prayagraj to take a holy dip. There was a huge crowd

deceased were children".

As soon as the announcement was made, people surged forward by pushing each other. Those who fell were trampled in the rush, Ravi Kumar, a vendor running a shop at the railway station for the past 12 years, said. The crowd was unlike anything seen before, he said.

At the railway station, porters who witnessed the tragedy described unprecedented crowd levels.

Describing the situation, Krishna Kumar Jogi, a porter at the station, said the crowd swelled when a train bound for Prayagraj arrived. "A massive crowd gathered on the (footover) bridge. People were packed so tightly that many suffocated. Around 10-15 people lost their lives right there," he claimed.

"I witnessed the entire incident. We carried dead bodies from platform numbers 14 and 15 to the ambulance," he added. Children and women were among those crushed in the crowd, struggling to breathe amid the suffocation, he said.

Recalling the distressing scene, Balram, a porter, said, "We carried dead bodies on handcarts, the same ones we use for luggage. In my 15 years as a porter, I have never seen such a massive crowd.

Officials at the incident spot on Platform number 14 at the New Delhi Railway Station on Sunday Photo: Ranjan Dimri/The Pioneer

Police suspect miscommu

STAFF REPORTER NEW DELHI

The Delhi Police's initial investigation into the stampede at the New Delhi railway station on Saturday points to a major miscommunication as the root cause of the tragedy-two trains with nearly identical names, both bound for Prayagraj, led to chaos among thousands of Maha Kumbh devotees. The Delhi police found in its initial investigation the deadly stampede at the New Delhi Railway Station happened as passengers got confused between 'Prayagraj Express and Prayagraj Special', and thought they might miss their train.

According to preliminary investigation, the confusion happened because of the announcement of the trains having the same initial name 'Prayagraj'. A narrow stairway with 42 steps leading to a 25-

foot-wide foot over bridge at the New Delhi railway station turned into a scene of panic and chaos when a stampede left 18 people dead and more than a dozen injured.

The Delhi police probe team are also scanning the CCTV footages to get a significant lead connecting the dots of the tragic incident before the chaos erupted.

"The announcement of the 'Prayagraj Special' arriving at Platform 16 led to confusion among the waiting passengers because the Prayagraj Express was already at Platform 14. Passengers who couldn't reach their train at platform 14 thought it was arriving at platform 16. The last-minute panic and movement of the people burdened with heavy luggage from one platform to another led to the stampede, police said.

Acting Chief Minister of Delhi, Atishi visits injured victims of the New Delhi Railway Station stampede at the LNJP Hospital in New Delhi

The former Railway minister said the government has "utterly failed" to anticipate the rush of pilgrims and make arrangements accordingly. RJD supremo and former Railway

minister Lalu Prasad said the stampede episode is very disturbing and it has exposed the inadequate arrangements made by the Central government. "The railway minister must resign after this incident. It is a complete failure on part of the Railways," he asserted.

The Aam Aadmi Party accused the government of trying to cover up the incident. Its Rajya Sabha MP Sanjay Singh, citing witnesses, alleged an announcement of platform change for trains was the reason behind the stampede.

New Delhi CM today

RAJESH KUMAR NEW DELHI

The wait for the new chief minister of Delhi is likely to end on Monday. The BJP legislative party meeting will be held on Monday at the party's office to elect the leader of the legislative party, who will be the Chief Minister of Delhi. The delay was owing to the France and US tour of Prime Minister Narendra returned Modi, who to Delhi on Saturday.

According to BJP sources, the party has informed all the MLAs about the meeting. The meeting will be held at the party's Delhi state office.

Yamuna and Delhi awaken to a cleaner future RAJESH KUMAR NEW DELHI

As promised by Prime Minister Narendra Modi in the run up to the just concluded Assembly elections, the process of rejuvenating the Yamuna River has commenced. The Delhi government's Flood and Irrigation department has started cleaning of Yamuna with trash skimmers, weed harvesters and a dredge utility craft already starting cleaning operations in the river on Sunday.

This comes after Lieutenant Governor (LG) Vinai Kumar Saxena's meeting (LG) Vinai Kumar Saxenas income with Delhi Chief Secretary Dharmendra and Additional Chief Secretary (Flood and Irrigations) Navin Kumar Choudhary on the cleaning of Yamuna river. At the meeting, it was decided to start work immediately. As a result, large-scale cleaning operations began on Sunday, with deployment of trash skimmers, weed harvesters, and a



dredge utility craft to remove debris and pollutants from the river. Notably, the new government in Delhi is yet to be formed by the BJP. In the run-up to the Delhi Assembly elections, cleaning Yamuna was among one of the biggest poll promises mentioned in its

poll manifesto.

During the election campaign, Prime Minister Narendra Modi, Union Home Minister Amit Shah, Uttar Pradesh Chief Minister Yogi Adityanath had promised to clean the river.

PNS NEW DELHI

Residents of Delhi on Sunday experienced a warm day with maximum temperature being recorded at 28.6 degrees Celsius, a departure of 4.2 degrees celsius from normal, according to the India Meteorological Department (IMD). Cloud cover through the day further contributed to

Meanwhile, the minimum temperature at Safdarjung was recorded at 9.9 degrees Celsius, a drop of 1.1 degrees Celsius from the normal. Temperatures across most of north India have increased by 3-6 degrees Celsius above normal in recent days. The Capital is expected to



Capital temperature set to rise

WEA



experience 30 degrees Celsius towards the end of February. The national Capital has experienced no rainfall. Relative humidity on Sunday was recorded at 45 per cent till 1730 hrs. The weather department expects western disturbances to cause a fresh spell of rain in Delhi in the coming days. They are expected to influence the weather in western Himalayan, with light rain expected in the Capital on February 19 and 20. The weather department has issued an alert for rain on Wednesday and Thursday. Meanwhile, Delhi's air quality

has dropped to Poor category. On Sunday, the Air Quality Index (AQI) in Delhi was 294.

the warm weather.





ministration in Haridwar

must begin consultations with this body immediately

to ensure the smooth con-duct of the bathing rituals.

While the akhadas and Naga Sadhus are undoubt-

edly a photographer's delight in every mela, the real sub-

GUEST COLUMN

What makes for a great Kumbh?



LOKESH OHRI HILLBILLY

What makes for a great Kumbh experience? Helicopters showering petals or DJs blaring music? Pandals covered with saffron or the holding of Sanatani rock concerts? As is usually the case, visitors to the largest religious congregation of humanity anywhere on the planet expect something quite different, while all administrators can deliver is pomp and pageantry. While the pilgrim is looking for the sublime, the administrators are bent upon delivering the crassly spectacular.

"Imagine the entire population of Shanghai-about 23 million—camping on a 4×8 kilometre field. Add to that mass of humanity every last man, woman and child in New York City and you're getting closer to the Kumbh's expected attendance. But you're still not quite there. The area of the Mela is also on the rise: from 1,495.31 hectare and 11 sectors in 2001 to 1936.56 hectare and 14 sectors in 2013 (In 2025

they had swollen to 25!). That's about 4,784 acres of land - about the size of Madrid's famous Casa de Campo Park!"

This is how the website Quartz described the bathing ghats of the Kumbh Mela on the banks of the sa-cred confluence at Prayagraj in 2012. This description in in 2013. This description, in some ways, describes the complexity of organising the Kumbh. The Mela is indeed a logistics nightmare and crowds have just kept on swelling edition after edition of the Mela. And generally, administrations are guilty of

over-inviting.

From the Great Bath at Mohenjo-Daro to several historical texts clearly mentioning large, well-established bathing festivals at sites like Haridwar, based on the twelve-year cycle of the planet Jupiter, to later Mughal era texts like Khulasat-ut-Tawarikh (1695– 1699 CE) and Chahar Gulshan (1759 CE) that described it, the Kumbh Mela of today has a come a long way. Gone are the days when the Nishads, the community of boatmen, took pilgrims on leisurely boat rides across the Sangam and narrated myths about the Kumbh. This is the day and age of reels and instant gratification, where bathing in the waters is more an act of showing than of seeking. But perhaps this is a good time to unpack what it takes to

Recently, one came across visuals of the Uttarakhand Chief Minister taking a dip at the confluence, the Sangam at Prayagraj at the

Kumbh Mela in our neigh-bouring State. He appeared quite content and spiritually satiated with the experience. Later on, while talking to the media, he announced that his holy dip had inspired him to make the next big event along the Ganga, the 2027 Ardhakumbh at Haridwar, even more spectacular.

While one certainly hopes that the government of the day lives up to the task of delivering a safe and flawless Kumbh gathering, an event for which every superlative possible has been used in describing its magnitude, one also realises that this is just not possible unless one learns from the experiences of the past and the present. With a few more massive bathing rituals still to go, the 2025 Kumbh Mela has earned accolades, but has also had its fair share of tragic and avoidable mishaps. While it is of no use crying over spilt milk, would it not be prudent if we, in Uttarakhand, under-stood what is significant and what is superfluous at a Kumbh Mela?

The first thing that we must guard against while organising a spiritual congregation such as the Kumbh is its crass commercialisation. One must remember that the banks of the sacred river Ganga in Devbhoomi Uttarakhand are first and foremost, tapobhumi, a place of

renunciation, austerity and simplicity. As we have done with the Char Dham, we must not fall prey to the numbers' game this time, trying to outdo the footfall the current Kumbh Mela has achieved. The Kumbh is not an event where numbers are significant, it is, on the other hand, an intense spiritual experience for seekers. The moment tapobhumi begins to transition into bhogab-

tiya Akhada Parishad with event, sans any spiritual appeal. Uttarakhand must two representatives from each. Being a significant part of the celebrations, adguard against this possibil-

At times government and media narratives limit the Kumbh Mela to the pomp, pageantry and politics of the akhadas and the naga sadhus. Initially, there were only four akhadas, which have split into several subsidiary akhadas due to differences



Sadhus bathing at Har Ki Paidi in Haridwar during the 2021 Kumbh **FILE PIC**

humi, a land of consumerist culture, congregations like the Kumbh begin to lose their pull. We have seen in the past that whenever the Kumbh is over-marketed and hyped beyond reality, it transforms into just another

in the leadership and expansion in the number of followers. There are about thirteen akhadas now that are allowed to participate in the Kumbh Mela and they have formed the Akhil Bhar-

stance of the Kumbh Mela are the kalpavasis, the ordi-nary simple folk who come and stay the entire duration of the Kumbh to just be witnesses to the mass of humanity passing them by. surveys.

BOOK REVIEW

They spend their time visiting camps, listening to discourses, participating in the cultural fare that the Kumbh automatically transforms into. Therefore, the really important people at the Kumbh Mela are the ordi-nary village folk that flock from different corners of from different corners of India towards the sacred Kumbh. Their only wish is to be treated with dignity, and given an opportunity to bathe at clean ghats. Reserv-ing one large bathing space for VIPs taking a dip in their fancy dress, collecting copi-ous data for their Instagram reads, in indeed a had idea. It reels, is indeed a bad idea. It is indeed disheartening to come across visuals of VIPs bathing in splendid isolation while common folk are stranded in queues for several hours on end. While planning the Kumbh Mela, primacy must be given to

Another worrying sight one is witnessing are the traffic jams, sometimes hundreds of kilometres long, and the accompanying crowd chaos at railway stations. With Uttarakhand getting connected through expressways and railway links with the rest of the country, we must be very careful in looking at the carrying capacity of the Kumbh Mela site at Haridwar, which is much less commodious than the one at Prayagraj. Therefore, the administra-tion would do well to prepare plans to limit the number of arrivals, based on accurate carrying capacity

the ordinary pilgrim and not

the publicity seeker.

A successful Kumbh Mela would be one that, as an event, is based on equity and justice, for the only one thing a devotee is seeking here is the opportunity to seek the blessings of mother Ganga with dignity. In the past, the Kumbh Melas never had the benefit of scientific crowd management techniques. There were no CCTV cameras, command and control centres, facial recognition software, satellite imagery or even drones. In today's day and age, sophisticated technology is available to us, something that can be deployed easily to deal with the crowds. Therefore, no excuses can be offered for stampedes.

The essence of organising a successful Kumbh, therefore, is the organic emergence of an aesthetic alternate city, a world of simple spirituality, coincid-ing with the dates of the mela. This city should treat everyone equally, and send the poorest of the poor back to their villages safe, after giving them a serene and simple experience. For it is the common folk, their pres-ence and happiness, that make the Kumbh Mela great. Uttarakhand would do well to break from the routine and deliver a fantastic Ardha-Kumbh that befits the epithet of tapobhumi. An effort to create bhogabhumi, will definitely backfire.

(The author is a writer, traveler and anthropologist; views expressed are personal)

Cooler weather continues after snowfall and rain, more forecast in mountains today

PNS DEHRADUN

Dehradun and other were 25.2 degrees Celsius parts of the State on Sun- and 8.6 degrees Celsius day following snowfall in respectively in Dehradun,

Tomparatively cooler recorded in various parts weather continued in of the State on Sunday

organise a great Kumbh, and

why it attracts millions, who

flock to it despite knowing

the risks involved.

Legal awareness also raised at recently **concluded National Games**

PNS DEHRADUN

The recently concluded 38th National Games had a unique stall which played a part in raising legal awareness in the public. This stall was aimed at raising public awareness about the roles, objectives and various benefits they can draw from the services rendered by the Legal Services Authorities namely National thority in case of victim compensation matters also. The DLSA periodically holds Lok Adalats and helps in the dis-



the remote areas of the district to sensitise masses regarding their rights, NALSA helpline number- 15100, various schemes of NALSA and Lok Adalats etc. for people's bene-

fits. Uttarakhand witnessed

the highest improvement in

the pending cases disposal

rate of late in National Lok

Adalat which was held on De-

cember 14 last year. The Na-

tional Games had a huge

footfall and the craze was pal-

t is with pleasure that I economy. Dr BKS Sanjay's DOOK D Dr B.K.S. Sanja and Dr Gaurav Sanjay, both renowned orthopaedic surgeons. Published by Prabhat Prakashan, this book presents a profound exploration of topics critical to public

PARIN SOMANI

Lwrite this review for deep insights into the "From the Pen of Surgeons," human and economic toll of a significant and insightful road accidents and the systemic consequences of overpopulation shed light on preventable issues that deskilled teachers and the emmand urgent attention. Adpowerment of women highditionally, Dr Gaurav a foundational element in Sanjay's expertise is evident in his discussions on dianational progress and indibetes, cancer vidual empowerment.

When surgeons pick up the

pen to raise public awareness

deep commitment to improving society through edpublic ucation and awareness. Chapters addressing the quality of edu-cation, the importance of

light the role of education as

This collaborative work is

the higher reaches and rain in the lower altitudes and plains on Saturday. Similar weather is expected in some mountainous districts on Monday. The State Meteorological Centre has forecast that very light to light rainfall is likely at isolated places in Ut-tarkashi, Chamoli and Pithoragarh districts while dry weather is likely to prevail in the rest of the districts today.

The provisional State capital Dehradun is forecast to witness a mainly clear to partly cloudy sky with the maximum and minimum temperatures likely to be about 26 degrees Celsius and nine degrees Celsius respec-tively. The maximum and minimum temperatures Tehri.

Dreamers Edu Hub to provide free courses for martyrs' children

PNS DEHRADUN

Dreamers Edu Hub will provide free education on its campuses and all courses to children of martyred soldiers, paramilitary and police personnel. Stating this, the institute's director Hariom Chowdhary said that this facility will also be provided for all meritorious students from deprived backgrounds. "Whether it be a child from a BPL family or one without a father, we will strive to ensure that such issues do not hinder the

26.5 degrees Celsius and 7.1 degrees Celsius in Pantnagar, 17.2 degrees Celsius and 2.2 degrees Celsius in Mukteshwar and 14.6 degrees Celsius and 3.2 degrees Celsius in New Tehri. While the maximum temperature was three degrees Celsius normal above in Dehradun, the minimum temperature was a degree below normal.

The maximum was two degrees above normal and the minimum was a degree below normal in Pantnagar. Similarly, the maximum temperature was four degrees above normal in Mukteshwar while both the maximum and minimum temperatures were a degree each below normal in New

education of talented

youngsters. We will con-

sider the request of any

Sarpanch or principal

across the nation seeking

education for a needy stu-

dent in our institution," he

said. The institute's Abhi-

nav Chowdhary said that

the institution will also

focus on values and char-

acter building. It also plans

to organise a global educa-

tion summit to link stu-

with

global

dents

innovations.

especially about free legal aid which is provided at different levels to make justice accessible to all citizens.

People are often unaware that they can benefit from District Legal Services Au-

Doctors suggest frequent breaks during board exams to check eye strain

amicable settlement of parties

where law permits. Shachi

Sharma, Civil Judge(Senior Division)/secretary, District

Legal Services Almora said,

"We keep holding awareness

campaigns regularly even in

PNS DEHRADUN

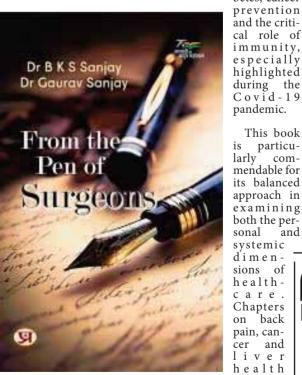
With the start of the board examinations, eye specialists in Dehradun have advised students to take regular breaks, particularly when studying on mobile phones, to prevent eye strain. Notably, the Central Board of Secondary Education (CBSE) board examinations began on February 15, prompting students to engage in extended study sessions. Specialists have recommended that parents should create a stress-free environment for their children, as excessive stress can adversely affect both mental well-being and eye health.

Senior eye specialist at the Government Doon Medical College (GDMC) Dr Sushil Ojha stated that the start of the board examinations significantly heightens study-re-

lated pressure among stu-dents, who often study day and night. With study methods also evolving, many students now favour mobile phones over traditional books. However, this shift may lead to eye strain during the exams. It has been reported that students can experience symptoms like eye itching, dryness and redness. He said that to mitigate these issues, students are encouraged to take regular breaks, specifically a two to three minutes pause after every hour of study, particularly when using their phones. Further, students should maintain a proper diet and increase their water intake to support their health. "Currently, I have been encountering 90 per cent of cases involving students preparing

for board examinations who

are experiencing blurred vision and eye strain. The extended study hours during this time can particularly exacerbate eye strain, especially when using mobile devices for studying. Students may experience symptoms such as heaviness, fatigue and discomfort in their eyes," said another eye specialist Dr Amit Singh. To mitigate these issues, students should take regular breaks from their studies and practice good study habits, which include working in well-lit areas and maintaining lower screen brightness when using devices. He also emphasised the importance of parents providing their children with a nutritious diet and creating a stress-free environment at home, which is essential for their well-being during board examinations.



welfare and national interest, ranging from healthcare and road safety to education and socio-economic challenges.

The chapters in this book, a compilation of their columns published in The Pioneer, comprehensively address a spectrum of pressing public health issues, including the adverse impacts of road traffic accidents and overpopulation, which continue to challenge India's public health system and

prevention and the critical role of not only a testament to their expertise but also a call to immunity, action for policymakers, especially highlighted healthcare providers and the during the Covid - 19 community to foster healthier, more resilient societies. This book should be read pandemic. for its comprehensive, in-

This book sightful and solution-oriis particularly com-mendable for its balanced approach in

offer

valuable guidance on

prevention and holistic

management, making

this work accessible and

beneficial for a diverse

audience, from health-

care professionals to the

general public. The au-thors' discussions on

Yoga, lifestyle modifica-

tion and hand hygiene

underscore simple, prac-

tical steps that readers

can incorporate to im-

prove their well-being.

Moreover, "From the Pen

of Surgeons" reflects a

and

ented approach to some of the most critical issues facing India today. (The reviewer is CEO and director of London Organi-

sation of Skills Development, United Kingdom)



My registry dated 19.01.1970 book number 1 volume 966 page number 109 to 112 registered number 162 dated 14.02.2025 has been lost somewhere near Premnagar. Its use by someone else would be illegal. Shri Mannu Bhatia S/o Shri Jagarnath Bhatia, R/o Shyampur Kandari Enclave, Premnagar, Dehradun.

<u>Disclaimer</u>

The Pioneer does not take responsibility for the content for the advertisement (Display/Classified) carried in this newspaper. The paper does not endorse the same. Readers are requested to verify the contents on their own.

For advertisement booking 9045057787, 8909212518 Email: pioneerdoon@gmail.com

Although every possible care and caution has been taken to avoid errors or omissions, this publication is being sold on the condition and understanding that information given in this publication is being sold on the condition and must not be taken as having authority of or binding in any way on the writers, editors, publishers, and printers and sellers who do not owe any responsibility for any damage or loss to any person, a purchaser of this publication or not for the result of any action taken on the basis of this work. All disputes are subject to the exclusive jurisdiction of competent court and forums in Delhi/New Delhi only. Readers are advised and requested to verify and seek appropriate advice to satisfy themselves about the veracity of any kind of advertisement before responding to any contents published in this newspaper. The printer, publisher, editor and any employee of the Pioneer Group's will not be held responsible for any kind of claim made by the advertisers of the products & services and shall not be made responsible for any kind of loss, consequences and further product-related damages on such advertisements.

Printed and published by Ajit Sinha for and on behalf of CMYK Printech Ltd., published at Unigate General Media Pvt Ltd # 162, Old Nehru Colony Opp Uttarakhand, Editor-in-Chief Shobori Ganguli. AIR SURCHARGE of Re. 1.00 East: Calcutta, Ranchi, Bhubaneswar, North: Leh: West: Mumbai & Ahmedabad South: Bangalore & Chennai. Central : Khajuraho, Delhi Office: 100k Milap Bhawan, 8/A Bahadur Shah Zafar Marg, New Delhi-110 002, Phone: 011-40110455, Corporate Office:- 201-205, 208-210, 2nd Floor, Pratap Bhawan 5, B.S.Z. Marg, New Delhi-110002 Phone: 011-69342500, Lucknow Office: 4th Floor, Sahara Shopping Centre, Faizabad Road, Lucknow-226 016. Telephones: 0522-2346443-45

pable amongst all age groups so a stall was set up at the venue in Almora as well by us which was a grand success,' she said, while also appealing to the litigants and other citizens to derive maximum benefit from the upcoming National Lok Adalat on March 8. Notably, Uttarakhand emerged as the top performing State in the category of pending cases in the 4th National Lok Adalat in December 2024 achieving the highest disposal rate of 99.73 per cent.

Legal Services Authority, New Delhi, Supreme Court Legal Services Committee, Uttarakhand State Legal Services Authority, High Court Legal Services Committee and District Legal Services Authority, Almora. Over 4,300 persons got to know about the benefits posal of pending cases in criminal courts which are they can draw from such authorities, in case of need and compoundable in nature and other matters on the basis of





Speaker directs officials to ensure smooth traffic during Assembly session for students attending board exams

वेधान सभा

PNS DEHRADUN

With board exams also to be held during the budget session of the Vidhan Sabha starting here on February 18, speaker Ritu Khanduri Bhushan directed officials to ensure that school children and ambulances do not face any traffic issues. Chairing a meet-ing with officials here on Sunday to review the secu-rity and arrangements for the session, the speaker stressed that there should be no traffic hindrance for students going to school and ambulances during the Assembly session. She said that a system should be ensured for students going to appear in the board examination with measures including traffic advisory and advisory to the schools to prevent any inconvenience to the students.

sures, she directed the conducted also under the Vidhan Sabha secretariat National

and police officials to ensure that there is no security lapse in the Assembly. The speaker further said that this will be the first time Referring to security mea- when the session will be e-Vidhan

Application-

NeVA. tance to the members. The Considering this, she direct-Vidhan Sabha secretariat was directed to enhance the ed the Information Technology Development bandwidth speed of the net-Agency (ITDA) to appoint work for improved internet two engineers in the service. Representatives of Assembly during the session the internet service providers should also remain for providing technical assis-

present at the Assembly during the session, she said. It was also decided that wi-fi facility will be provided in the entire Vidhan Sabha compound.

The speaker clarified that nobody will be allowed to bring a vehicle into the Assembly compound with a valid pass. Further, entry passes will be issued for one visitor on the recommendation of MLAs and to two visitors on the recommendation of ministers, she said. Further, she also restricted the use of mobile phones in the house to maintain discipline. Bhushan said that the video recording and web-casting of the house pro-ceedings will be facilitated

by the Information and Public Relations department and the ITDA to ensure that the Vidhan Sabha proceedings are relayed in a transparent manner to the public.

Champion hospitalised with stomach issues

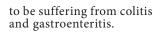
PNS HARIDWAR

 $F_{and \ Bharatiya}^{ormer \ Khanpur \ MLA}$ Party leader Pranav Singh 'Champion' was admitted in the district hospital after suffering gastrointestinal issues late on Saturday night. He has been in judicial custody after the incident which saw him and his supporters firing rounds at the residence of Khanpur

According to sources, the doctors at the district hospital conducted ultrasound scan, x-ray, ECG and pathological tests on the former MLA to diagnose his health problems. The results of some of the tests are awaited and the doctors will decide on whether to

MLA Umesh Kumar on

January 26.



The Haridwar chief medical officer Dr RK Singh said that some of the test reports are awaited and the exact line of treatment will be decided based on all the reports. A team comprising physicians, surgeons and others are looking after the former MLA. A clearer picture will be arrived at after all the medical reports are received by Monday afternoon, he added.

pital's chief medical super-intendent Dr Vijayesh Bharadwaj, physician Dr Manish, Dr Swati Verma The Roshanabad jail superintendent Manoj Arya and Dr Pankaj are treating said that Singh was being Singh. He was reportedly still suffering from the health issue till Sunday provided with bottled water and meals were being prepared as per his requireafternoon and is reported ment.

local products. The outlet at

Suddhowala will focus on

tourists, offering them tra-

If successful, similar pro-

Women-led food outlets to open soon in Doon

He said that the goal is to

refer him to a higher cen-

tre after receiving these

reports. Meanwhile, a team

comprising the district hos-

including cafes, canteens and restaurants, operated equip them with the skills entirely by women self-help groups (SHGs). These outlets will be set up at the court premises, Deen Dayal Upadhyay district hospital, Guchhupani and Suddhowala near the Panchayat Ghar.

The administration has already started construction work for this initiative aimed at providing economic opportunities to women while also promot-ing local products, the Dehradun district magistrate Savin Bansal said. He informed that these establishments will be fully managed by women who will be

trained as per market stan-

ditional food and organic needed to run these outlets products that showcase the successfully. Each outlet is expected to employ about State's culinary heritage. He said that this initiative 25 women, creating new job opportunities and finanis a step toward women's cial independence for them. empowerment, providing Besides this, the outlets will them with stable income help in marketing and sellsources and business expeing locally produced goods, strengthening the SHGs rience. The administration will monitor the progress of economically. Bansal said these outlets, making necessary improvements to ensure their long-term susthat the outlet at district hospital will serve food to visitors, especially attentainability.

dants of patients, ensuring

they have access to nutri-

tious meals.

jects will be expanded to other parts of the district, The canteen at the court benefiting more women and premises will provide promoting Uttarakhand's refreshments and snacks to local economy and culture, visitors while also offering he added.



Health Dept seeks additional staff for model vaccination centre at Gandhi Shatabdi Eye Hospital

PNS DEHRADUN

 $T_{newly}^{o\,enhance\,the\,staffing\,at\,the}_{newly\,\,established\,\,model}$ vaccination centre at Gandhi Shatabdi Eye Hospital, the Health department has submitted a letter seeking additional personnel to the Prantiya Rakshak Dal (PRD) and other relevant departments. Recently, Health minister Dhan Singh Rawat, along with the Dehradun district magistrate and Chief Medical Öfficer (CMO) Dr Sanjay Jain, inaugurated several initiatives at the district hospital, including the new model vaccination centre. Informing further about this, district immunisation officer Dr Dinesh Chauhan stated that it has been set up within the hospital premises specifically for pregnant women and children vaccination. This vaccination centre operates differently from entry official. Considering this, other centres, as it is open under the direction of the disseven days a week, providing services from 8 AM to 8 PM daily. He further informed that the PRD department and other the main objective of establishing this centre, operating seven days a week, is to accommodate parents who are work- ment process for the centre will ing and may not have time to be completed soon.

vaccinate their children due to limited hours. With this establishment, parents can come to the centre any time and on any day. He added that the centre has also included a play area for children to help distract them during vaccinations, alleviating their fear of the process. Additionally, an isolation ward for pregnant women and children has been set up to manage serious cases in the event of allergic reactions to vaccinations. Regarding the staff at the centre, he said that there are currently two Auxiliary Nurse Midwives (ANMs) from the district hospital, but the centre still requires additional manpower. He emphasised the need for two ward boys, two PRD personnel for security, two sanitation workers and one data trict magistrate, the Health

MCD launches initiative to address garbage-related complaints within an hour

PNS DEHRADUN

 $T^{
m he\ Municipal\ Corporation}_{
m of\ Dehradun\ has\ launched}$ she said. It is pertinent to mention here that these efforts a Swachhata war room to are part of the city's preparaaddress garbage-related comtions for the Swachh plaints within an hour. The Survekshan 2024 survey. A Dehradun mayor Saurabh Central government team is Thapliyal and municipal comexpected to inspect Dehradun's missioner Namami Bansal cleanliness initiatives in the coming days. Bansal stated inaugurated the initiative stating that it aims to improve that all necessary steps are cleanliness in the city. being taken to improve the Thapliyal said that through this city's ranking from its previous 68th position. The mayor also stated that MCD will be workwar room, issues related to garbage collection and disposal will be resolved prompting to ensure the city ranks in ly. He informed that the cortop 50 cleanest cities in the survey. Besides this, Bansal also poration is also introducing sanitation patrolling for which conducted a surprise inspecthe city has been divided into tion of the Renew Rispana campaign on Sunday. She sub-zones for regular inspections by chief sanitation inspected the areas including Rispana bridge, Rajivnagar, Mohini Road, MDDA Colony inspectors and sanitation officers. The five best-performing wards will be recognised as and Balbir Road, where cleaning operations were being car-Swachhata Wards. Bansal also

Garbage Vulnerable Points (GVPs) from areas near the river and prevent waste dumping. She also informed that to strengthen waste collection in densely populated areas, 10 auto tippers and waste collection vehicles will be deployed for door-to-door waste management.



PNS DEHRADUN Dehradun will soon have dards.

department has sent a letter to relevant departments about sending officials to the centre. He expects that the appoint-

informed that the corporation will now acknowledge households practicing source segregation across the city. The MCD will present such locals with Swachhata Prahari badges to encourage others,

ried out using JCBs and trol leys. During the inspection, she reviewed the physical progress of the work and assessed the cleaning activities along the Rispana River. She issued instructions to remove all

Dehradun jail to introduce open prison system for inmates

PURNIMA BISHT DEHRADUN

The police are planning to introduce an open jail sys-tem at Suddhowala jail in Dehradun, allowing selected inmates to work outside during the day and return by a designated time in the evening. The jail administration has already submitted a proposal to the State government for approval. Under this system, eligible inmates will not be confined to their cells throughout the day but will have the opportunity to engage in employment and livelihood activities within a permitted radius. Only prisoners who have demonstrated good conduct, discipline and



adherence to jail rules will be considered for participation. The initiative aims to help inmates reintegrate into mainstream society and become self-reliant after their release. The superintendent of police of Dehradun jail, Pawan Kumar Kothari stated that the jail houses inmates from various backgrounds, including both undertrial prisoners and convicts. He said that the administration takes steps to ensure their mental well-being and offers opportunities for reform. sold directly.

"The jail staff actively engage inmates in constructive activ ities, equipping them with skills that can help them sustain themselves once they return to their families. Many inmates are already involved in largescale production activities such as furniture making, uniform stitching for prominent schools, bedsheet production for hospitals and shirt manufacturing for major companies. Besides this, some prisoners specialise in carpet weaving and crafting wooden fur-niture, including chairs, wardrobes, beds and sofas," the SP said. He further informed that as part of

the open jail initiative, selected prisoners will be allowed to work outside and contribute to various industries. The jail administration plans to sell their products at different outlets to provide them with a source of income and help them transition smoothly into

society. He said that once the government grants permission, inmates chosen for the programme will leave for work at 8 AM and return by 5 PM or according to their respective work schedules. The administration will closely monitor the activities of participating prisoners to ensure the pro-gramme's success. He said that the jail administration has also sought permission to set up a stall in the new court premises where these items can be

Govt working to preserve and uplift Sanskrit in U'khand: CM

PNS DEHRADUN

Chief minister Pushkar Singh Dhami said that the State govern-ment is consistently working to preserve and uplift Sanskrit language. He said this after felicitating 24 class X and XII students of Sanskrit at a programme organised by the Sanskrit Education depart-ment on Sunday. As part of the Sanskrit Chhatra Pratibha Samman 2024-25, the first, second and third rankers were presented with Rs 5,100, Rs 4,100 and Rs 3,100 each respectively. Further, 148 students were felicitated under the Dr Bhim Rao Ambedkar SC-ST Sanskrit scholarship scheme along with 89 girl students under the Gargi Sanskrit girl scholarship scheme 2024-25. Addressing the gathering, Dhami said that as part of the girls studying in Sanskrit schools the Gargi scholarship was started for girls through the Uttarakhand Sanskrit Academy, under which an annual scholarship of Rs 3,012 is provided to girl students of all sections in Sanskrit Vidyalayas Further, a scheme is also being implemented to encourage Sanskrit students who are presented with cash rewards for scoring maximum marks in Sanskrit in the high school and intermediate exams. The CM said that the State government is also working on developing 13 Sanskrit villages in the 13 districts. Stating that the nation is going through a phase of reviving its ancient heritage and culture under Prime Minister Narendra Modi, he said that Uttarakhand is also moving through a phase of innovation in all spheres.

UTC signs MoU with NIA for direct bus services

PNS DEHRADUN

Uttarakhand Transport Corporation (UTC) has signed a mem-orandum of understanding with Noida International Airport (NIA) to introduce direct bus services connecting the airport with major cities in Uttarakhand, including Dehradun, Haridwar, Rishikesh and Haldwani. The UTC officials said that the initiative aims to enhance regional connectivity by integrating road and air travel, making transportation more accessible for passengers travelling between Uttarakhand and the airport. The NIA is located near the Yamuna Expressway and is well connected to key locations in Delhi-NCR, Noida and western Uttar Pradesh. The officials stated that commercial operations at the airport are expected to begin in April. They expressed confidence that the collaboration will strengthen connectivity between Noida and Uttarakhand's cities, ensuring a seamless travel experience for passengers. The transport network is expected to support the increasing air traffic while also contributing to tourism and economic activity. The officials further stated that officials concerned of NIA also consider the agreement as an important step in establishing the airport as an integrated travel hub. They stated that providing convenient transport options to key destinations will help connect passengers to broader opportunities and experiences. The partnership is expected to improve accessibility, promote tourism and support economic development, they added.



BJP targets Congress over US-funded programme

PIONEER NEWS SERVICE/AGENCIES NEW DELHI/NEW YORK

The BJP on Sunday said a US-funded programme, now cancelled, linked to voter turnout in India is a pointer to the previous Congress-led UPA government allegedly enabling infiltration of Indian institu-tions by forces opposed to the country's interests.

This assertion came in the backdrop of Elon Musk-headed Department of Government Efficiency (DOGE), which has been constituted by US President Donald Trump, has announced that it has cancelled many programmes costing hundreds of millions of taxpayers' dollars.

The programmes cited by it included USD 486 million to the "Consortium for Elections Political Process including Strengthening", USD 21 million for "voter turnout" in India.

BJP's IT department head Amit Malviya said in a social



media post, "It is becoming process increasingly evident that the Malviya said the Election Commission in 2012 had signed an MoU with The UPA Congress-led systematically enabled the infiltration of India's International Foundation for institutions by forces opposed Electoral Systems' to the nation's interests organisation linked to Soros' those who seek to weaken Open Society Foundation, India at every opportunity." which is primarily funded by Once again, he alleged, it is USAID. the billionaire US-based In a swipe at the Congress, he investor George Soros, a said those questioning the 'known associate" of the "transparent and inclusive" Congress party and the process of appointing India's

Gandhis, whose shadow Election Commissioner had looms over our electoral no hesitation in handing over

Election entire Commission of India to "foreign operators".

Malviya said, "\$21M for voter turnout? This definitely is external interference in India's electoral process. Who gains from this? Not the ruling party for sure!" PTI reported from New York, the US Department of Government Efficiency led by billionaire Elon Musk has announced a series of expenditure cuts, including USD 21 million allocated for voter turnout in India." US President Donald Trump

chose Musk to head the new Department of Government Efficiency (DOGE) last month. Tasked with improving governance and curbing wasteful expenditures, the DOGE in a social media post late Saturday announced cancelling many programmes costing hundreds of millions of taxpayers' dollars. The department said, "US

taxpayer dollars were going to be spent on the following

The list included USD 486 million in grants to the 19 million for "biodiversity "Consortium for Elections and Political Process Strengthening" including USD 21 million for "voter turnout in India" and USD 22 million for "inclusive and participatory political process" in Moldova. No further details on the funding were given in the post.

This comes days after Prime Minister Narendra Modi's official visit to the US, during which he held talks with President Trump, as well as Musk. The SpaceX CEO met Modi

with his family, including three children. The two discussed opportunities in space, mobility, technology, and energy and exchanged notes on efforts at good governance in India and the

In its post, the DOGE also cancelled USD 29 million allocated to "strengthening political landscape in

items, all (of) which have Bangladesh", as well as USD been cancelled..." 20 million for "fiscal federalism" in Nepal and USD conversation" in the Himalayan nation.

It also announced cutting a USD 10 million grant for "Mozambique voluntary medical male circumcision", voluntary USD 2.3 million for "strengthening independent voices in Cambodia", USD 32 million to the Prague Civil Society Centre, USD 40 million for "gender equality and women empowerment hub" and USD 14 million for "improving public procurement" in Serbia, among other expenditure cuts. It also included USD 47 million for "improving learning outcomes in Asia". The DOGE has been put in of overseeing charge workforce reduction across the government, and as part of that, Musk announced that he would shut down USAID, which is responsible for

humanitarian efforts around the globe.



nation 04

President Droupadi Murmu addresses during the inauguration of the National Tribal Festival 'Aadi Mahotsav', in New Delhi

President Murmu inaugurates National **Tribal Festival**

said

PIONEER NEWS SERVICE NEW DELHI

President Droupadi Murmu on Sunday here inaugurated the National Tribal Festival 'Aadi Mahotsav' and said it is a key event to highlight and promote tribal heritage. Such festivals provide a great opportunity for the entrepreneurs, artisans, and artists of the tribal society to connect with the market.

The President said the crafts, food, dress and jewellery, medical practices, household equipment, and sports of the in multinational activities such tribal society are the precious as a city parade, baby turtle heritage of our country. At release, coral and mangrove the same time, they are also plantation and beach cleaning modern and scientific because they show a natural underscoring commitment environmental harmony with nature and the conservation and maritime ideals of a sustainable lifestyle.

Following IFR 25, both INS Shardul and the P8I will She said during the last 10 years, many effective steps participate in Exercise have been taken for the Komodo, a multilateral naval overall development of the exercise aimed at enhancing tribal society. The Tribal maritime interoperability and Development Budget has increased five times to about This follows the participation of twenty-five one lakh INS Mumbai and the P8I thousand crore rupees. Apart aircraft in the LA PEROUSE from this, the Tribal Welfare exercises in Indonesia in Budget Allocation has January 2025 and visit of increased three times to Admiral Muhammad Ali, Chief about 15 thousand crore of Staff of the Indonesian Navy, rupees.

to India, as part of the high-The idea behind paying level delegation accompanying special attention to the Indonesian President Prabowo development of tribal society Subianto, the Chief Guest for the Republic Day Parade 2025. is that only when the tribal society progresses, our

country will also progress in the true sense. That is why, along with increasing the sense of pride toward tribal identity, multi-dimensional efforts are being made to develop the tribal society at a fast pace, President Murmu

The President was happy to note that a lot of progress is being made towards the economic empowerment and employment of the tribal society. She highlighted that education plays the most important role in the development of any society. She said it is a matter of happiness that about 1.25 lakh tribal children are getting school education through more than 470 Eklavya Model Residential Schools in the country. In the last 10 years, 30 new medical

colleges have been started in tribal-dominated areas. A national mission has been launched to solve a specific problem related to the health of the tribal society. Under this mission, the target has been set to eradicate sickle cell anemia by the year 2047. Aadi Mahotsav is being organised by Ministry of Tribal Affairs from February 16 to 24 at Major Dhyan Chand National Stadium.

This festival aims to provide a glimpse into the rich and diverse traditional culture of the tribal communities of our country.

President Murmu attends Change Of Guard Ceremony held in new format

PIONEER NEWS SERVICE NEW DELHI

The change of guard ceremo-ny at Rashtrapati Bhavan will now be held in a new format, featuring an elaborate visual and musical performance against the backdrop of the presidential palace, an official statement said on Sunday.

The new format includes military drills by troops and horses of the President's Bodyguard, along with personnel from the Ceremonial Guard Battalion and the Ceremonial Military Brass Band. The display will be spread over a larger area, the statement added.

President Droupadi Murmu witnessed the inaugural ceremony in its new format on Sunday at the forecourt of Rashtrapati Bhavan, according to the statement issued by her office.

Majority community

Pandits to return to

wanted Kashmiri

society: Mirwaiz

President Droupadi Murmu witnesses the inaugural show of the Change of Guard Ceremony in a new format at the Forecourt of Rashtrapati Bhavan, in New Delhi Pioneer Photo

The ceremony will be open to a larger number of visitors from February 22, the statement said. Visitors can reserve slots their at

https://visit.Rashtrapatibhavan. Gov.In Change of guard, a timehonoured military tradition, Previously held between Jaipur was introduced as a Column and gate number 1, it

has now been shifted to the forecourt, expanding the capacity to over a thousand spectators, they said. Conducted weekly, this marks formal ceremony handover of duties between the and incoming outgoing guards. The ceremony attended by

President Murmu on Sunday synchronised showcased movements by the Ceremonial Battalion, precision drills by the President's Bodyguard (PBG) and performance by the Ceremonial Band, reflecting the discipline, heritage, and pride of the Indian armed forces.

Raised in 1773, the President's Bodyguard (PBG) is the senior-most regiment of the Indian Army, tasked with ceremonial duties for the president. PBG personnel are skilled horsemen, tank operators, and paratroopers.

Indian Navy Warship to participate in International Fleet Review 25 and tactical floor games. Additionally, the crew will join

towards

cooperation.

regional security cooperation.

NEW DELHI

Llong range maritime reconnaissance aircraft are in Bali, Indonesia to participate in the Indonesian Navy International Fleet Review 25, and the Multilateral Naval Exercise Komodo, navy said here on Sunday. Giving details, officials said Indian Navy's INS Shardul and Long Range Maritime Surveillance P8I aircraft will participate in the International Fleet Review (IFR) 2025, scheduled from February 15 to 22 Feb 25. The IFR, a prestigious multinational naval event, will be reviewed by President of Indonesia and will witness participation of naval forces from various countries. During this period, the Indian

Navy will also take part in various high-level engagements including International Maritime Security Symposium,

Rana visited North, South India before 26/11, his extradition will help join the dots: Officials

PIONEER NEWS SERVICE NEW DELHI

Pakistan terrorist, was hanged to death in Pune's Yerawada Iail.

Zabiuddin Ansari alias Abu After being arrested in 2009, establishing an immigration Jundal. In November 2012, Rana was convicted in 2011 office in the European nation. and sentenced to 14 INIA nad charges Rana was convicted in the US Rana as a "co-conspirator" who of one count of conspiracy to provided logistic financial and provide material support to the other assistance to Headly and terrorism plot in Denmark and other co-conspirators towards one count of providing the criminal conspiracy to material support to terrorist organise terrorist attacks in organisation Lashker-e-Taiba. India. The trial evidence also Rana's First International firm was used as included transcripts of conversations, a cover for executing the terror recorded including those in September 2009, when Headley and Rana spoke about reports that a codefendant and an alleged Pakistani terrorist leader, Ilyas Kashmiri, had been killed. In other conversations, Rana told Headley that the attackers involved in the Mumbai should carnage receive in July 2007. Pakistan's highest posthumous military honours. In the late summer of 2009, Rana and Headley agreed that funds that had been provided to Rana could be used to facilitate Headley's work in Denmark, and the evidence showed that Rana pretended to be Headley in sending an email to a Danish newspaper for

on how to be an 'Exam

"Eat well, rest well; keep

improving; and go, play,

Asked to give her go-to tips to

handle stress, Pednekar said:

"Be a warrior, not a worrier.

Warrior'.

unplug," he said.

Ministry of Ayush announces opening of nominations for PM's Yoga Awards

ceremonial event in 2007 at

Rashtrapati Bhavan allowing a

fresh group of the President's

Bodyguard to take charge. In

2012 the ceremony was made a

public event giving citizens an

opportunity to attend the event, officials said.

Column and gate number 1, it

PIONEER NEWS SERVICE

Minister, serve as Government's commitment

a directly or be nominated by

PIONEER NEWS SERVICE ndian Navy warship and P 8 I

PIONEER NEWS SERVICE SRINAGAR

Hurriyat Conference chair-man Mirwaiz Umar Farooq Sunday stressed the need for building an intra-community consensus between Kashmiri Muslims and Pandits on their dignified return to the Valley. The Mirwaiz said the majority community wanted Kashmiri Pandits to return to the inclusive society that existed here. "There are some voices which want a separate cluster in south Kashmir for themselves ... That is not acceptable. There is a significant section of Kashmiri Pandits who want to be part of an inclusive society. So there is a need for consensus," he said. After an interfaith conference at Budgam, the Hurriyat leader said, "We believe that the issue of Kashmiri Pandits is a humanitarian matter. Kashmiri Muslims, irrespective of their sect, want them to return to their homes and live in harmony and peace like before."

of nominations for the prestigious Prime Minister's Yoga Awards for the 2025 edition of the International Day of Yoga (IDY2025).

These awards recognise individuals and organisations that have made significant and sustained contributions to the promotion and development of Yoga, both nationally and internationally, an official statement said here on Sunday.

Established to honor the profound impact of Yoga on society, the Prime Minister's Yoga Awards aim to nominations celebrate exemplary contributions to the field, reinforcing Yoga's role in disease prevention, health promotion, and the management of lifestylerelated disorders, Ministry of Ayush statement said. These awards, personally

 $M_{\rm announces\,the\,opening}^{\rm inistry of Ayush}$ to recognizing and celebrating the invaluable contributions to the growth and propagation of Yoga. The awards will be conferred in the National Individual, National Organisation, International Individual, International and Organisation categories, with each winner receiving a Trophy, Certificate, and a Cash Award of Rs. 25 lakh. Individuals applying must be 40 years or older and should have at least 20 years of dedicated service in Yoga promotion.

Applications and can be submitted via the MyGov latform (https://innovateindia.mygo v.in/pm-yoga-awards-2025/) on or before March 31, 2025. The link will also be available on the Ministry of Ayush's website and the websites of its autonomous and endorsed by the Prime bodies. Entities can apply holistically.

organization. Each applicant/nominee apply for only one category (National or International) per year. A Screening Committee constituted by the Ministry of Ayush will review all

applications and recommend a maximum of 50 names per award category to the Evaluation Jury. The Jury, comprising eminent personalities from various fields, will be the apex decision-making body.

The Ministry of Ayush is dedicated to developing and promoting our traditional systems of medicine and wellness, including Yoga Ayurveda, and Naturopathy, Unani, Siddha, Sowa-rigpa and Homoeopathy. The Ministry strives to integrate these systems into the healthcare landscape, enhancing the well-being of individuals communities

¬ahawwur Hussain Rana's L possible extradition from the US in connection with the 26/11 Mumbai terror attacks could provide important leads into his travels in parts of north and south India days before the carnage in 2008, officials have

said. The 64-year-old Rana, a Pakistan-born Canadian national and a close associate Pakistani-American of

terrorist and one of the main conspirators David Coleman Headley, is serving supervised detention at a metropolitan detention centre in Los Angeles after completing a 14year sentence in 2023.

US President Donald Trump announced on Thursday that his administration has approved Rana's extradition to India, referring to him as "one of the plotters and very evil people of the world."

Once extradited, Rana would be the third person to be sent on trial in India in the case after Ajmal Kasab and

Arrested by the FBI on October 27, 2009, Rana was chargesheeted by the National Investigation Agency (NIA) in 2011 under various sections of the Indian Penal Code and Section 6(2) of the SAARC Convention on Suppression of Terrorism.

While tracking Headley's footsteps in India, the central security officials had found that Rana had visited Hapur, Delhi, Delhi, Agra, Kochi, Ahmedabad, and Mumbai with his wife Samraz Rana Akhtar between November 13 and November 21, 2008.

Rana had submitted business sponsor letters from 'Îmmigrant Law Center' and property Tax payment notice from the Cook County as his address proof.

The officials said once Rana is brought to India, the purpose of these visits would be established.

strike Lashker-e-Taiba group assigned to Rana. It was through his company that Headley applied for multiple entry business visa to India for the purpose of establishing a branch office of the Immigrant Law Centre in Mumbai. Rana also facilitated his visa extension for 10 years

Word

On November 26, 2008, a group of 10 Pakistani terrorists went on a rampage, carrying out a coordinated attack on a railway station, two luxury hotels and a Jewish centre, after they sneaked into India's financial capital Mumbai using the sea route in the Arabian

Vikrant, Bhumi interact with students during Pariksha Pe Charcha

PIONEER NEWS SERVICE NEW DELHI

C tudy to pass in life, not just Sexaminations, and identify your strengths during chal-lenging times, actors Vikrant Massey and Bhumi Pednekar told school students during an interaction on PM's Parisha Pe Charcha aired on Sunday.

The actors shared their school experiences, tackling exam stress, parental expectations and the importance of resilience at a special session of Pariksha Pe Charcha (PPC), an annual event in which Prime Minister Narendra Modi interacts with students appearing for board examinations.

In a shift from the traditional town hall format, this time the prime minister preferred a

more informal setting and took the students to Delhi's iconic Sunder Nursery for his annual interaction with them ahead of board exams. Massey, who saw a career

turnaround with the 2023 film "12th Fail", asked students to practice the "power of visualisation". "We all know how to

subconsciously visualise. You can take out 10 minutes a day to write about your feelings and what you wish to achieve in a journal... It's a kind of manifestation," he said.

"Never feel arrogant about getting good marks. Keep your eyes low and your thinking high. That's very important. Study to pass in life, not just exams. Be kind to yourself and if you do not meet your expectations,

restart," he added. Recalling the time she lost her father, Pednekar said she was very young when she realised she had to focus on her strengths.

"At that age you don't realise that such a big unfortunate event has happened to you. I just knew I had to play by my strengths. Identify your strengths during challenging times... Explore new ways to learn... Like whenever I am given a scene, I try doing it in different ways," the "Dum Laga Ke Haisha" actor said during the eighth edition of PPC.

During his school days, Massey said he was "an above average student" who was more into sports. "I used to pick up books days before exams. We had cable TV at



the time so that used to be disconnected during exams... I'm a bit sad to see today's generation.

Our playtime was all about the playground. For today's generation, it's mobile. Cricket, which is our

country's most favourite sport, requires one to be present in the moment. Even the prime minister says 'The present is God's favourite present'," he added.

Pednekar too said she was never a frontbencher and

used to enjoy participating in extracurricular activities. was a very obedient student and I still am. I was mischievous but I shared a beautiful relationship with my teachers... I realised early on that I want to be an actor. I wanted my parents to be happy and proud so I used to work very hard in studies."

when the expectations of parents start to feel like a

parents want you to become an engineer but you want to become a photographer, you should tell them what you feel. They will get convinced over a period of time because all they want for you is to be happy," he told students.

the

importance of having a good sleep routine. "I used to take Being spiritual keeps you grounded and focused." an hour-long break in a day Previously, eminent during exams. I would go out

personalities like boxer MC Mary Kom, spiritual leader Sadhguru, and Bollywood star Deepika Padukone also shared their experiences and knowledge with students on key aspects of life and learning in different episodes of Pariksha Pe Charcha this vear.

The first edition of the prime minister's interactive programme with school and college students was held at the Talkatora Stadium in February 2018. Its seventh edition was held in a town hall format at the Bharat Mandapam in Pragati Maidan, engaging participants from across the country and overseas.

and play, I loved dancing, playing badminton. All that was important for me was to give my brain a break... "When I was young, I just didn't want to sleep. Now when I'm shooting, I quickly Children are unable to grow finish my lunch in 15 minutes and sleep for half an hour. That half an hour of sleep will burden, added Massey. "Express yourself. If your give me a very focused eight hours at work," she added. Massey shared his three hacks

Pednekar emphasised



Chief ministers, politicians condole deaths in New Delhi stampede

PIONEER NEWS SERVICE NEW DELHI

hief ministers of several states and political figures have condoled the deaths in the stampede at the New Delhi railway

station on Saturday. Uttar Pradesh Chief Minister Yogi Adityanath expressed grief over the loss of lives terming the mishap as

"heartbreaking". In a social media post in Hindi late Saturday night, he said, "The loss of lives in the accident at New Delhi Railway Station is extremely sad heart-breaking. and Mv condolences are with the bereaved families?

"Prayers to Lord Shri Ram to grant salvation to the departed souls, strength to the bereaved families to bear this immense sorrow and speedy recovery to the injured," he said.

Deputy Chief Minister Keshav Prasad Maurya also termed the incident as sad. In a social media post in Hindi, Maurya said, "Very sad news has been received about the casualties of many people in the accident at New Delhi Railway Station. Prayers to God to provide speedy recovery to those injured in the accident and give place to the departed souls in his feet. Om Shanti."

Deputy Chief Minister Brajesh Pathak said he was deeply saddened by the loss of lives. 'I pray to God to provide speedy recovery to the

Meanwhile, the Uttar Pradesh Congress slammed the government over the stampede incident, saying it raises serious questions on the role of the government.

"It is very sad to hear about many people being killed and injured in a stampede at the New Delhi Railway Station due to the huge crowd of devotees going to the Maha Kumbh. We pray for the peace of the souls of the deceased and speedy recovery of the injured," the UP Congress said in a social media post.

"Such incidents happening from Prayagraj to Delhi are raising serious questions on the role of the government and administration. Despite so many accidents, neither are their eyes opening, nor is accountability being fixed," it said. The Samajwadi Party too condoled the loss of lives in the tragedy. In a social media post, the SP said, "Very sad! Heartbreaking news of people getting injured in the stampede at New Delhi Railway Station during the rush to catch a train going to Pravagraj."

May the souls of the deceased rest in peace. Wishing the injured a speedy recovery. Deep condolences to the bereaved families," it said.

Assam Chief Minister Himanta Biswa Sarma on Sunday condoled the loss of lives in the stampede at New Delhi railway station, and prayed for the speedy recovery of the injured.

"I am extremely anguished by the injured and give a place to the virtuous souls in his feet. Om Shanti," he said in his social media



Heavy rush of passengers to catch a train for Mahakumbh, at the New Delhi railway station

deepest condolences to those who

have lost their loved ones in the stampede," Sarma said in a social media post. 'Our thoughts and prayers are with

those who have been injured," he added. Chief Minister Maharashtra Devendra Fadnavis expressed grief

over the loss of lives and said authorities will take steps to ensure such incidents do not recur. "It was an unfortunate incident.

emphasized

participate in the festivities.

Authorities will take steps to ensure such incidents don't happen in future," Fadnavis told reporters in Nagpur while responding to a

question on the stampede. Shiv Sena spokesperson Sanjay Nirupam said the New Delhi Railway Station on Saturday possibly had the largest crowd ever and it was "historic and and it was unexpected". The railway administration should have Meanwhile, opposition Shiv Sena anticipated this, he said in a social (UBT) MLA Aaditya Thackeray

media post.

On the contrary, the platform of the special train going to Prayagraj was suddenly changed. Passengers ran towards the platform which resulted in a stampede, Nirupam said.

PT

"The only person responsible for this accident is the railway official who decided to change the platform number. He must be punished," he said.

targeted Railway Minister Ashwini Vaishnaw over the deaths due to the stampede, claiming he "simply refuses to take any responsibility". "They might as well officially change the name to Reel Mantri," Thackeray said in a social media post. "Be it the railway management, railway infrastructure or even the number of the accidents faced by the railways. Never has the @RailMinIndia so directionless and ineffective before," he claimed in the

Shiv Sena (UBT) MP Sanjay Raut claimed that "more than 100 persons" died in the New Delhi Railway Station stampede, but did not substantiate his comments. Jammu and Kashmir Lt Governor

Manoj Sinha and Chief Minister Omar Abdullah on Sunday condoled the deaths.

"Deeply saddened by the loss of lives in the stampede at New Delhi Railway Station. My thoughts are with the bereaved families. Praying for the early recovery of the injured," the Lt Governor said in a social media post.

In a separate post by the office of chief minister, Abdullah said "I am deeply saddened by the tragic stampede that occurred at New Delhi Railway Station today, resulting in the loss of at-least 18 lives and leaving many others injured. "My deepest condolences to the families who lost their loved ones. Praying for early recovery of the injured," he said. Bihar Chief Minister Nitish Kumar

independent, judicially-monitored SIT to investigate the tragedy. In a social media post, the Hyderabad Lok Sabha MP also sought an independent inquiry into expressed grief and announced ex the "system gratia for the kin of the deceased Railways. the "systemic failures" of the Indian

nation 05

hailing from the eastern state.

"The CM has expressed condolences over the casualties in

the stampede at the New Delhi

railway station. He is deeply

saddened by the deaths of Bihar natives in the incident, and announced an ex gratia of Rs 2 lakh

each to the immediate family members of the deceased, and Rs

50,000 for those who are injured," a

statement issued by the Chief Minister's Office(CMO)said.

Deputy Chief Minister Samrat

Choudhary, in a social media post

said "The incident at New Delhi

railway station is heart-wrenching.

My deepest condolences to the families of those who lost their lives.

I pray to God to grant peace to the

departed souls and for the speedy

Meanwhile, RJD supremo Lalu

Prasad slammed the BJP-led government at the Centre over the

incident, and demanded resignation of the railway minister.

"The stampede episode is very

disturbing... it has exposed the

inadequate arrangements made by

the central government. The railway minister must resign after

this incident," Prasad told reporters

Expressing condolences over the deaths, AIMIM chief Asaduddin Owaisi on Sunday demanded an

demanded

recovery of the injured."

in Patna.

PTI

left-wing

Nitin Gadkari takes holy dip at Sangam |CRPF opens new base in Chhattisgarh

BISWAJEET BANERJEE MAHAKUMBH NAGAR

The spiritual grandeur of Mahakumbh 2025 in Teerthraj Prayagraj continues to draw dignitaries from across the nation, with many considering it a divine blessing to bathe in the sacred waters of the Triveni Sangam. On Sunday, Union Minister for Road Transport and Highways, Nitin Gadkari, joined the revered tradition, expressing his deep sense of fulfillment after taking a ritual dip alongside his wife and familv

Upon his arrival at Prayagraj Airport, Uttar Pradesh Chief Minister Yogi Adityanath extended a warm welcome, extended a warm weicome, presenting him with a shawl as a mark of respect. Gadkari then proceeded to the Sangam, where he performed the holy bath and offered prayers. His joy was evident, as he described the experience as spiritually uplifting. Impressed by the is why people from across the



Union minister Nitin Gadkari takes a holy dip at Sangam Pioneer Photo

elaborate arrangements for country are eager to witness this grand spiritual gathering," said Gadkari. Mahakumbh 2025, Gadkari this praised the efforts of the Yogi government and local a d m i n i s t r a t i o n , acknowledging the scale and He Mahakumbh's significance as a festival that embodies the complexity of organizing faith of the entire nation. such a massive event. "The Uttar I Highlighting the event's Uttar spiritual magnetism, he noted that thousands of Pradesh government and local authorities have put in devotees from his hometown, tremendous effort, ensuring Nagpur, had traveled to flawless arrangements. This Prayagraj in their vehicles to

"I pray for Maa Ganga's blessings upon everyone. May there be universal prosperity and well-being," he said, sipping the holy Ganga water and greeting the vast crowd gathered at the ghats.

Accompanying Gadkari on this sacred journey were Industrial Development Minister Nand Gopal Gupta Nandi and Transport Minister Dayashankar Singh. Gadkari posted photos and videos of his prayers and holy dip on Instagram, Facebook,

and X. and X. "Prayagraj... Har Har Gange! Today, I had the privilege of taking a sacred bath and offering prayers at the holy Sangam during Mahakumbh in Prayagraj. I received the blessings of Maa Ganga," he wrote on social media, also sharing a video of his sharing a video of his meeting with CM Yogi Adityanath, expressing gratitude for the warm reception.

PIONEER NEWS SERVICE RAIPUR/NEW DELHI

The CRPF has opened a new operations base in the heart of a strong Maoist corridor in Chhattisgarh's south Bastar region as part of its expanding footprint into core Left Wing Extremism-affected areas of the state.

The forward operating base at 'Pujari Kanker' in the district Bijapur was established on February 13 by the 196th and 205th CoBRA battalion of the force along with assistance from various other units of the paramilitary force deployed in and around the area, officials said.

The remote area where the forward operating base (FOB) has been established is surrounded by hills and houses training camps, weapons and ammunition dump and rations units of the Maoists from the south and west Bastar divisions, the officials said.



Security personnel after their encounter with Naxals at Farsegarh Jungle in Bijapur, Chhattisgarh

erected by the Maoists in memory of their killed cadres A commando of the CoBRA unit of the Central Reserve Police Force (CRPF) was was demolished by the CRPF injured in an improvised explosive device (IED) blast by deploying a heavy earth-moving machine, he said. This base is the 13th FOB in when this FOB was being the latest series of these centres being created as part created.

This is a challenging area as it serves as the operations centre of the 1st battalion of the armed Maoist cadres, a senior officer operating in the area said

A tall red-coloured memorial

This base will follow a few more before the annual tactical counter-offensive campaign (TCOC) of the Maoists kicks off, he said.

The TCOC is undertaken by Naxals in summer to attack security forces as forests go dry and trees shed leaves allowing a long range of view. A second officer said the CRPF unit that established the base has begun its job of engaging with the locals as it conducted a medical camp where 70 locals were treated. In Chhattisgarh, the CRPF is opening more and more FOBs to expand the reach of the security forces and administration so that the influence of Maoists in

remote areas weans away. It has created more than 40 FOBs in Chhattisgarh over the past three-four years as the toughest anti-Naxal operations combat remains concentrated in the southern region of the state called Bastar, which borders Odisha and Telangana.

Proper management of crowds made WB Governor dismisses Assembly speech criticism at railway stations across Bihar: ECR

PIONEER NEWS SERVICE PATNA

The East Central Railway (ECR) on Sunday said adequate arrangements had been made to ensure proper management of crowds at railway stations across Bihar, which have been witnessing an 'unprecedented rush' on account of Kumbh Mela at Prayagraj. The unprecedented Kumbh Mela rush has created havoc at several railway stations across Bihar including Patna,

Danapur, Ara, Gava, Muzaffarpur, Sasaram, Sitamarhi, and Darbhanga, with a sudden spike in passenger footfall creating a challenge for the railways.

Talking to PTI, Chief Public operational capacities. Strict Relation Officer (CPRO) of surveillance is being surveillance is being maintained through CCTV East Central Railway (ECR) Sharswati Chandra, said, cameras at the Patna and other junctions by the "Adequate arrangements to officials concerned, said the ensure proper management of crowds at railway stations CPRO. under the jurisdiction of ECR

Recently railway properties were vandalised by angry have been made with additional staff deployed at passengers at Sasaram railway station. Police resorted to certain railway stations for the purpose. Several Kumbh lathi charge also to disperse a Mela special trains are already running from Patna mob of students, which had laid a siege to the Sasaram Junction daily to handle the railway station on Friday. "At least four-five individuals rush. Senior railway officials are already managing the were arrested by security personnel at Sasaram railway Senior railway officials in station for vandalising trains Patna maintained that the travelling to Prayagraj. Damage to railway properties increase in passengers has will not be tolerated at any certainly put pressure on the cost," said the CPRO. and

PIONEER NEWS SERVICE KOLKATA

West Bengal Governor C V Ananda Bose on Sunday dismissed criticism over his speech in the assembly on the first day of the budget session, asserting that his address was a reflection of the state's government's policies and not a Raj Bhavan policy statement.

Soon after Bose's address on February 10, Leader of Opposition in the assembly Suvendu Adhikari had said the speech was a revised version of what the state government had initially provided to him.

"The governor's address is not the governor's policy statement, but that of the state government. As such the government's policy statement is to be delivered based on the advice of the council of



West Bengal Governor C V Ananda Bose

ministers. Whatever they pass "Certain avoidable references is the policy of the government, which is to be aired in the House by the governor as head of the state," Bose told PTI at the Rai Bhavan here. The governor will speak what is written by the council of ministers, not "whatever is

written", he asserted.

could be removed, I thought, could be deleted. But, instead of imposing my views on them, I

pointed out to the government these are the changes that can be made. They readily accepted those. So, there was a consensus. A governor's role is not to encourage confrontation

File Photo

but to build consensus," Bose said.

of the Union government's

declaration of ending the

extremism from the country

by March 2026, the officer

of

menace

said.

"As a former bureaucrat, I have prepared so many governors' speeches. And in none of those, any controversial innuendos or barbs were included," he said. Sources in the state government told PTI that the cabinet in its meeting held on February 4 had approved Bose's speech, as per Article 163(1) of the Constitution and sent it to Raj Bhavan.

"Úpon receipt, the governor had indicated certain changes. The state incorporated those in the speech," one of the sources said.

Referring to certain objections raised by the opposition in the assembly during his address, Bose said he had "paused twice and listened to them". "When the opposition objected

to certain references made

But while the initiative has led

to significant changes, challenges still exist.

Shobha Devi, a woman involved with the initiative, pointed out, "With inflation,

we are still struggling to make

ends meet. Now we want to

very

recently,

job.

that," she said.

during the address, I listened to them patiently, then I proceeded

Twice, I paused and listened to their views. And, now I understand from the media that it's very rare that a governor's address ends without a boycott or a walkout by the opposition. Therefore, it means the opposition also imbibes the spirit of consensus," he said.

Asked why there was no mention of the RG Kar rape and murder case in his speech, Bose said the council of ministers in their wisdom decided not to include the

incident in the address. "But, the opposition raised it. I listened to them before proceeding. That means the opposition's resentment about this is also in the records of the House," he said.

'Didi Ki Rasoi' an initiative that is changing rural women's lives in Bihar

PIONEER NEWS SERVICE PATNA/MUZAFFARPUR

In the crowded corridors of Patna Medical College and Hospital (PMCH), Poonam Devi, 40, moves with purpose. Each day, she travels several kilometres from her village near Patna to work in the hospital canteen. But it is not any other canteen, she has its ownership.

"I used to work in my fields and earn nothing, but now I bring home money. My husband and in-laws were not happy with my decision to be part of a self-help group and go out of the house but once they saw the inflow of money, things changed," she said, adding that now she earns more than her husband and enjoys an autonomy which she didn't think was possible

before.

Poonam is among the 3,952 women involved with 'Didi Ki Rasoi' (DKR), an initiative which began as a modest canteen in Bihar's Vaishali in

2018 but has now expanded into a network of 216 canteens throughout the state, with the aim to provide hygienic food at places like hospitals, government offices, and other institutions.

affairs very effectively

infrastructure

canteens are run These entirely by rural women who are part of self-help groups (SHGs) in Bihar. The DKR initiative is now actively running across Bihar, covering 36 district hospitals, 49 subdivision hospitals, 10 medical colleges and hospitals, 30 government offices and 91 SC/ST residential schools. It has generated a total

now. Vimal Kumar, the block development manager for Didi Ki Rasoi in Patna, explained its distinctive model.

"Here, all didis are the owners and this sense of ownership really helps as it becomes not just a job for people here but a partnership. Not just that, the canteens have also helped curb corruption which was earlier seen in contractor-run canteens," he said.

pandemic The Covid-19 proved to be a testing time for these women when they continued to deliver food to hospitals and quarantine centres to ensure that patients and frontline workers had access to quality meals.

"It was a difficult time but it was also a time we knew we were needed the most. The food had to be of good quality business of ₹119 Crore till and nutritious that could help



A member of the Didi ki Rasoi self help group takes care of the canteen at the Patna Medical College and Hospital in Patna

patients fight the disease, so we continued to work," Kanchan Devi, one of the cooks at a canteen in Vaishali, said.

opened doors to not just financial independence but also self-respect. Like Rekha Kumari, 22, who works as a cashier at a canteen in For many, Didi Ki Rasoi has Muzaffarpur's Sadar hospital.

PTI

Even though her family's financial struggles forced her to leave school after Class 12 and marry young, she was committed to find a way to study and find work.

"I had to revolt against my family to join Didi Ki Rasoi so much so that my husband used to follow me to work because he was suspicious. But once I started bringing home money, they all had to accept my job," she said. Now, Rekha is saving money

to continue her education and pursue her dream to become a chartered accountant.

grow our business by further Parvati Kumari, a cook at the expanding and supplying food Sardar Patel Bhawan canteen, at more stations, like we shared similar struggles. started Married at 14, she had to drop supplying food to night out of school. But after two shelters? decades, she has finally managed to earn independence through her

karamcharis 'I earn ₹10,000 every month. workers), cloth stitching of My husband is a driver, and patients, laundry services, and together we make ₹40,000. even helpdesks in hospitals to Now my next focus is my assist patients and visitors. children's education. I tell Despite challenges like them that 'you can be anything inflation and plans for further you want. I will make sure of

expansion, these women remain determined to grow their enterprise and inspire others.

(sanitation

The respect we did not get at home we get here. Even if we are unwell or the weather is adverse, we still come here because the appreciation we have yearned for all our life we get here," Poonam said.

Her words were echoed by nearly all the women at the collectives – a movement which they said has empowered them, one meal at a time.

The initiative has also And as Poonam aptly put it, broadened its services to "This is just the beginning? include roles such as safai

DEHRADUN | MONDAY | FEBRUARY 17, 2025

she pioneer

nion 06

www.dailypioneer.com

facebook.com/dailypioneer | @TheDailyPioneer | instagram.com/dailypioneer/

-PAPER WITH PASSION-

Charting new course

Prime Minister Modi's recent US visit was an ice breaker and promising despite Trump's insistence on raising tariff walls

nce Donald Trump assumed the presidency of the United States, he has made a significant global impact. Through his "Make America Great Again" initiative, $oldsymbol{U}$ he has repositioned the US on the world stage, aiming to reshape the existing global order. By imposing tariff barriers and taking direct action when necessary, his policies have put several economies, including India's-which heavily depends on exports to the US—at risk. However, some relief appears to be on the horizon. Prime Minister Narendra Modi's recent visit to the United States has been lauded as a significant milestone in strengthening Indo-US relations. Meeting with President Donald Trump at the White House, both leaders engaged in comprehensive discussions that culminated in agreements spanning trade, defence, energy and technology. Despite previous tensions over tariffs, with President Trump labeling India as a "tariff king," the summit showcased a collaborative spirit. Both nations committed to more than



doubling bilateral trade to \$500 billion by 2030. This ambitious goal is set to be achieved through a forthcoming bilateral trade agreement aimed at reducing duties and enhancing market access. Additionally, the US expressed interest in increasing investments in India's nuclear energy sector, signalling a deepening of economic ties.

A cornerstone of the discussions was defence cooperation. The US offered India the advanced F-35 stealth fighter jets, marking a significant step in military collaboration. This proposal aligns with the ten-year defence cooperation plan, emphasising the US's intent to bolster India's defence capabilities. Such initiatives

are indicative of a strategic partnership aimed at ensuring regional stability and countering emerging threats. Technological and Innovation Partnerships Prime Minister Modi's engagement extended beyond political leaders to influential figures in the technology sector. His meeting with SpaceX CEO Elon Musk underscored a mutual interest in space exploration and technological innovation. Discussions encompassed potential collaborations in space technology, mobility solutions and the introduction of services like Starlink satellite internet in India. These dialogues reflect a shared vision of leveraging technology for economic growth and societal benefit. The visit also highlighted India's nuanced position on global issues. While strengthening ties with the US, India maintains its strategic autonomy, especially concerning relations with Russia and its stance on conflicts like the Ukraine war. This balanced approach allows India to navigate complex international landscapes, ensuring its national interests are prioritised. Prime Minister Modi's visit to the United States has set a positive trajectory for Indo-US relations. The agreements and discussions held promise a future of enhanced cooperation across various sectors, reflecting a robust partnership poised to address both nations' strategic and economic objectives.



The legacy of leadership: What truly endures



VINAYSHIL GAUTAM

Greatness in leadership is not merely about personal glory—it is about creating a legacy that endures across time, geographies and generations



nyone who has attempted to perpetuate his memory in any institution or community has believed himself to be an institution builder. To be an institution builder, as the words themselves will show, one has to build a purpose, establish a process, gather resources, and pull them together in pursuit of an objective.

This pursuit cannot be the pur-suit of self-glorification. Usually, a successor tries to outdo his predecessor; this can be by upscaling, ignoring, or finding flaws in the predecessor's efforts. Sooner or later, this destroys everyone involved because everyone must necessarily end up with a successor. That successor, sooner or later, becomes a competitor to the predecessor.

This may be an obvious truth, but not many people seem to have recognised it. Hence, if one is seeking glorification, perhaps the most important pursuit should be the search for a successive successor who is not only in sympathy with one's approach but will carry the mission forward. The great leaders of the world have recognized this instinctively, and the othet Great has come their way. Martin Luther was a good example, as was Mohandas Karamchand Gandhi. Nelson Mandela could also be a good

The examples are many. In each case, the conclusion is the same. Each so-called great leader needed a succession of people generously following them who proclaimed their greatness from the treetops. This may be easy to propound but difficult to action. One reason for this is that it needs a succession of people after one's own life who would concur with the approach, and indeed have been beneficiaries of that person's influence. Mohandas Karamchand Gandhi has been widely celebrated for his theories of agitation against foreign rule. There is evidence of his having worked together in tandem, where the situation so

illustration.

and at times overlooked. There is a hypothesis which has done the rounds in certain quarters that the title of 'Mahatma" was conferred upon him because of his request by the foreign rulers. Such observations are difficult to critically appraise decades or centuries later. However, one approach remains. Recognition of ones leadership and contributions is a complex process that has yet to be fully understood. One's greatness is therefore a matter of consen-

demanded, with the rulers.

This has since been noted

sus building which is always difficult in its fullness. The bottom line is there must be something enduring in the actions of an individual to receive kudos across communities generations and geographies.

That something must include what is noble in human existence. The succeeding leaders may be helpful but they cannot determine the full range of perceptions. The long and USUALLY, A SUCCESSOR TRIES short of it is that petty pursuits of petty objectives for limited TO OUTDO HIS periods rarely have given enduring recognition for one's PREDECESSOR; THIS greatness. Sooner or later, for CAN BE BY most aspiring leaders, some process of a counterpoint UPSCALING, emerges as other contenders for the spot of greatness arise. IGNORING, OR Very often, these people, as FINDING FLAWS IN alternate leaders, are from a different vantage point of per-THE PREDECESSOR'S ception, and debate is generated. Few have claimed emi-**EFFORTS. SOONER** nence for greatness without OR LATER, THIS having survived the crucial test of times and acceptance across DESTROYS generations. History is a telltale testament EVERYONE INVOLVED

as to how the pre-eminence of **BECAUSE EVERYONE** one's contribution or the significance of ones contribution

quent generations awaken to that greatness as per their vision and their own needs. The case of Birsa Munda is an interesting example. Not so long ago, he was one of the freedom fighters who was remembered in certain parts of India only by certain people. But times changed, and now he is being celebrated with the glory of a true visionary leader who fought for the independence. Times change, and so does the vision.

However, if one thing remains constant, it is that few have attained leadership across generations and geographies without having a sound streak of spiritual vision. One may be celebrated for martial glories or administrative contributions, and there is nothing wrong with that. However, for loftiness beyond the constraints of time and space, some elevated spiritual insights valid across people and generations seem a common need. It is obvious that the subject matter of the greatness of leaders and what constitutes the same needs continuing depths of research, iteration and honest convic-

MUST NECESSARILY can change with the changing cultures of the times. One END UP WITH A may not be so well recognised SUCCESSOR in one's lifetime, but subse-

tion (The writer is a well-known management consultant of international repute. The views expressed are personal)

A pair of Asiatic lions inside their enclosure at Van Vihar National Park in Bhopal

A reluctant pilgrim's awakening: Discovering faith at the Kumbh



SANJAY CHANDRA

What began as a journey of reluctant exploration turned into an experience that reshaped my understanding of faith, devotion and purpose

≺riveni is where the three sacred rivers, Ganga, Yamuna, and the nowextinct mythical Sarasvati, merge. It is believed that bathing in the holy waters of Sangam, particularly during certain auspicious days, brings blessings. I am not too fond of visiting religious places. I am used to a certain level of comfort. I have, probably mistakenly, come to associate spirituality and religion with a minimalistic way of living. Standing in serpentine queues for a microsecond glimpse does not appeal to me.

I remember a visit to Tirupati during my railway probation with two other friends. A look at the painfully slow-moving long queue was enough for us to wait outside as the third friend went in to also pray on our behalf. I believe that my God resides within me. Thus, the idea of visiting the Kumbh was not even remotely in my thoughts. An article on the biggest religious and spiritual fair in the world made me realise that this was the Mahakumbh, an event that would repeat 144 years later. It was this novelty that I



visit Varanasi. A premium But we managed to take a dip tent was reserved in one of the at the confluence and then luxury camps. We booked visit the Akharas, the religious waitlisted train tickets without order of Sadhus, the monks. any hopes of confirmation. We did not have to walk long distances. The next day was My younger brother working slightly more chaotic. The cab in the railways assured us to try to get us the seats. for Varanasi arrived late and I was hoping he might not be we had to take an e-rickshaw able to help, till we boarded to reach the parking lot. The the train early in the morning, evening saw us jostling with the massive crowd, all walkmuch apprehensive about the next three days. We had read and heard enough about the stampede and the long walks due to the barricades. The experience in Prayagraj was nothing like my apprehensions. The camp by the banks

ing towards the riverbank for the customary Ganga Aarti, a daily ritual performed at dusk to honour the sacred river. We even managed to brave the humongous crowd the next day to pray at the of the river Ganges, away Kashi Vishwanath temple. I realised that the two cities are from the crowded centre, was more than a confluence of the more of a luxury resort. could not resist. My wife The roads were crowded, rivers or a visit to the temple.

It is a Sangam of diverse people, united through a single objective.

The majority are poor people, who are content in their devotion and belief in a supreme power. They have not seen Him, but have an unshakeable belief that their God will not forsake them, come what may. It is this faith that sees them bear the drudgery of living and eking out a livelihood. Many from the upper strata of society do not have to struggle each day, but they also have this absolute faith.

A few like me are curious and visit for the novelty. It was more than a different experience. There I was, moving in the vast sea of humanity, looking around me with awe. It dawned upon me that like the multitude, I too needed this visit. I learned that I must perform actions with the same single-minded devotion. This is the reason that I was born a human in the vast universe. I was transformed. I had found my goal.

(The author is an electrical engineer with the Indian Railways and conducts classes in creative writing; views are personal)

THE EDITOR ERSIO ЕТТ

EXTRADITION OF TAHAWWUR RANA

Madam — The agony of the horrific 26/11 terrorist attack still lingers in India's heart. Hundreds of innocent civilians lost their lives in this massacre. This dreadful chapter of terrorism saw the involvement of Tahawwur Rana, a Pakistani-origin US citizen and an aide of Lashkar-e-Taiba. Now, with the US administration approving Rana's extradition to India, a significant path toward justice has been paved.Rana's extradition is not just about punishing a criminal; it symbolises India's unwavering stance against terrorism and the growing global support for this cause.

This decision will not only expedite the judicial process but also bring a ray of hope to the victims' families, who have been waiting for justice for years. Although legal hurdles may arise in the extradition process, if it succeeds, it will send a strong message to terrorists that no matter where they hide, they cannot escape the clutches of justice. This diplomatic victory underscores India's firm resolve and international backing. Now is the time to bring Rana before the Indian judicial system and deliver justice to the innocent martyrs of 26/11.

R K Jain | Barwani

RANVEER SPARKS CONTROVERSY

Madam — The controversy around the "India's Got Latent" episode with YouTube content creator Ranveer Allahabadia making mockery of his parents too in the name of dark comedy depicts his actual senses and mindset on camera. Despite Ranveer being honoured with the National Digital Creators Award by the Prime Minister himself just last year, he didn't give a thought before speaking on camera, which will be telecasted on public platforms. It is sheerly surprising that his comedy flow can be so senseless that he could not even think about how he could be so vulgar while commenting on his parents. Now that he is deleting all the episodes already seen by the audience



he Centre has imposed President's Rule in ethnic strife-torn Manipur after the ruling BJP's failure to have a consensus on the name of the successor to N Biren Singh. Primarily, the governance failure of the N Biren Singh government may be held responsible for the current situation of the state. But many geo-social factors have also played a big role in an increase in ethnic discord among various communities of the state. Demographic changes and shrinking of

n't make any sense. Every action taken by Mumbai police to probe him and the action by the National Commission of Women were the worthy punishments that Ranveer, aka Beer Biceps, must face. The action will message every such public figure to stop believing that not every one of their public comments is always right.

These public personalities hold a greater responsibility of representing the social values and aspirations in good sense. Millions of people follow them to learn something good and inspirational from them, not such a shit mentality. The dwindling following of Ranveer on social media platforms is welcoming. We all must not follow such a person who holds such shit senses about the people in his surroundings, especially the vulgarity about the parental relationship. Society shapes from the morals of a few leaders. If public figures fail to do their job in a manner they should, it is better to boycott such personalities holistically with adequate punishment to them. This will or presenting his public apology, it does- act as a lesson for other social media figtheir traditional areas due to the unchecked influx of Kukis from Myanmar over the decades have led to discontent in Meiteis.

Intelligence reports suggest that these illegal settlers are indulging in smuggling of drugs and weapons. N Biren Singh's government's tough action against the drug menace and illegal occupation of forest land in hilly districts, particularly Churachandpur, irked Kukis. On the other hand, his government's failure to implement the Manipur High Court's April 2023 direction to consider the request of Meiteis to include them in the ST list led to the loss of trust of his own Meitei community. Fierce opposition of tribal groups to the High Court's direction kept his govt on the back foot.

Manoj Parashar | Ghaziabad

ures to be wary of well before speaking in public.

Kirti Wadhawan | Kanpur

BUMRAH'S ABSENCE HURTS INDIA

Madam — The absence of Jasprit Bumrah from the Champions Trophy matches is a shock and not in favour of the Indian team. He was a key bowler in Australia, and his absence will be felt very much. Bumrah is a crisis man, making fast bowling look effortless. He rises to the occasion and delivers exceptional spells across formats. He was overburdened in Australia and as a result found unfit now. The selectors, instead of using him in tandem with number one spinner Ashwin, neglect the latter and now pay a heavy price. Bumrah's importance to the team is undeniable, whenever in trouble. With both the star bowlers unavailable, the chances of reaching the Champions Trophy final appear rather bleak.

C K Subramaniam | Sanpada

Send your feedback to: letterstopioneer@gmail.com the ploneer

www.dailypioneer.com

facebook.com/dailypioneer | @TheDailyPioneer | instagram.com/dailypioneer/

FIRSTCOLUMN

RESTRAINT IS A DIVINE QUALITY

Many of us give in to fleeting desires, leading to personal degradation



AJIT KUMAR BISHNOI

O wami Vivekananda was approached by a young Western woman wanting to marry him. He asked her reason. Then, he gave a very witty answer and excused himself. Similarly, a young and pretty woman approached a famous scientist. She wanted a child with his intelligence and her looks. He excused himself by stating that there is a possibility that the child may be born with his looks and her intelligence. We remember them because showing such restraint is very uncommon. Rather, it is common that people seek opportunities to cheat on their spouses; they make many efforts, never mind being offered on a platter.

The result is punishment beginning with the degradation of the person. We have ten senses. There are five knowledge-gathering senses, which are eyes, ears, nose, skin and tongue. Then, there are five working senses, which are speech, hands, legs, genital and anus. I will detail how and why restraint should be practiced. Beginning with the eyes, what do our eyes wish to see most? Something very beautiful. This is fine as long as it is something like a beautiful flower, lake or mountain. When it degrades like seeing nudity, it must be avoided. Unfortunately, the mind is very unhelpful in this regard; it pulls us down.

Tongue is another offending sense; it leans towards tastier foods, which may harm. How do you explain eating too much salt or sugar, which benefits little and harms plenty? What is the explanation for eating harmful meat preparations, except for their taste when plenty of choices are available in vegetarian dishes? Here again, the mind is the culprit. Additionally, material intelligence justifies. Restraint is considered foolish. What we do wish to listen to most is? Sorry, dirty jokes.



Then, people love to have friendships with those who will appreciate the moon for some pecuniary benefit. Even in songs, some people strangely prefer to hear sad songs, or which titillate. People do realise that habituated thus we condemn ourselves to the next

Addressing the crisis in Sikh leadership and religious identity



analysis 07

The revival of Sikhism requires a collective effort from the Sikh community and its leaders to adapt, evolve and work together towards this holy mission

t is humanly impossible to accept the threat of extinction to Sikhism. Without delving into the glorious his-tory and angelic principles of the Sikh religion, the present position is that after leaving Nankana Sahib, Punja Sahib, and most religious places, including the capital of Khalsa Raj Lahore, Sikh leaders decided to join India without a written agreement from the then Congress leadership. This decision was made despite being part of the Congress leadership, which suffered millions of deaths and loss of property. The Sikhs believed Congress leaders only to be betrayed even after the amalgamation of Shiromani Akali Dal twice in 1948 and 1956 respectively. The majority of Sikh leadership was power-hungry and remained with Congress

The remaining Sikh leaders started political agitations, from language to statehood, seeking more power for states under the Anandpur Sahib resolution and even advocating for an independent state of Khalistan, using Gurdwara funds and premises under various leaders. To gain within the Sikh com-munity, they did not hesitate to blame and marginalise others. These agitations resulted in the deaths of thousands of innocent people and the loss of property and kept Punjab in a state of turmoil.

The Sikh leadership, known as Akali, eventually gained political power in Punjab from 1967 onwards many times and also became partners in the central government on multiple occasions. However, the loser in these agitations was peace and prosperity in Punjab, coupled with the loss of the image of Sikhs as angels of Guru Nanak, who were perceived as extremists, anti-national, or atankwadi or terrorist or extremist not only in India but abroad also. Every Sikh living in India suffers from this stigma without any fault of their own. Sikh Guru Sahiban organized preaching and propagation through Manjis, Masands, Nirmale, and Udasis. This took Sikhism to every part of the country and abroad. However, after the demise of Maharaja Runjeet Singh, Britishers took over the control of Gurdwaras.

What to talk of propagation, they started converting Sikhs to Christianity beginning with Maharaja Duleep Singh. The 1920 to 1925 Gurdwara Sudhar lehar after sacrificing several Sikhs and loss of property gave chance to Sikh to manage their religious places and use donations for community causes. The research, education, and propagation of Siknism should have been the agenda, but leaders decided differently and joined Congress for politics and freedom struggle. The preaching of the Sikh tenets to even Sikhs was ignored. Gurdwaras, the concept of a community meeting, service, and preaching centres were converted into mere places of ritual (banned by Guru Sahib) or platforms for leadership within the community or politics. Instead of being places of learning, equality, meditation, and service. In the absence of any guidance or unity, the Gurdwaras at the village level also failed to promote the values of making villagers one family as preached by the Guru. The Gurdwara Parbandhak committees lacked plans to take the Sikh religion to every part of their respec-tive states, other parts of the country, and the universe. They even divided Sikhs on political lines instead of uniting them as being Sikh brotherhoods. While comparing one religion to another is impossible, one can learn from others. It is possible to criticise other religions, but one should also acknowledge the dedication of



their preachers, their lifestyle, knowledge, discipline, and humility. In Sikhism, every religious service, from Pathi to Akhand Path, kirtan, Ardas, Dhadi, Katha, and even marriage and cremation ceremonies, has become a means of earning money. Having lost the golden principles of the Nirmal Path, Sikhs are now respected only for their free kitchen and service to society, which is ingrained in their SIKH **EDUCATIONAL** blood and DNA by Gurus.

Sikh educational institutions are not INSTITUTIONS among the best and are not wide-spread in Punjab and other places. Without standard education, Sikhs ARE NOT AMONG THE BEST AND are excluded from bureaucracy and the judiciary, the two essential ARE NOT pillars of democracy, even in Punjab, but to talk of other parts of WIDESPREAD IN the country.

PUNJAB AND Due to mismanagement and loss of reputation, even the Sikh commu-OTHER PLACES. nity has lost interest in these edu-WITHOUT cational institutions. A review of voting patterns from 1951-52 to **STANDARD** 1972, and even 1977, reveals that the Sikh Akali party was unable to form

have made it clear that in a state with over 15 lakh Sikhs, only about 3.50 lakh voters registered, and about 2.46 lakh voted. The leadership, who were in charge under various governments, were wiped out due to disenchantment. Cases of misuse of Gurdwara funds for per-sonal gain have been reported in social media and papers. In Punjab, the situation is no better, with a state having a 1.60 crore Sikh population, but only less than 30 lable poters reg but only less than 30 lakh voters registered. The leadership of the Shiromani Gurdwara Parbandak committee must explain what happened to the remaining 1.30 crore plus Sikhs. Have they converted to other religions, or are they not interested in Gurdwaras?

They have been in control of Gurdwara funds for over 100 years and now owe an explanation to the new generation. The state of affairs in Delhi, with regards to the Sikh Gurdwara Parbandhak Committee, is concerning. A significant majority of Sikhs show little interest in form should have Sikh brotherhood becoming voters, which is alarming. These committees, which oversee historical Gurdwaras numbering around 500 in India, don't represent the thousands of other Gurdwaras across the country. Interestingly, the proposal for an All India Gurdwara Act, which was first introduced in 1956, was put on hold in 1998-99 by the Atal Bihari Vajpayee government.

gion of Angels. Their contribution to Punjab's development is also not visible. The failure of Sikh religious and political leadership after 1839 AD, when Shere Punjab breathed his last, is responsible for the present situation. The intelligentsia and capable Sikhs have lost interest and are not even contacted or consulted. The situation demands that Sikh achievers come forward to save the religion from further damage. In this situation, the first effort should be to save the Sikh religion. This can be achieved by promoting education, distancing oneself from avoidable agitations, and improving relations with the government of India and the majority community to seek their help in reviving the Sikh reli-gion before it is too late.

Furthermore, to achieve this, it is essential to establish a unified platform for Sikh organisations and institutions to collaborate and work towards a common goal. This platmuch away from politics. They can facilitate dialogue, coordination, and collective action among Sikh groups, enabling them to pool their resources, expertise, and influence to promote the Sikh religion and address the challenges facing the community. Additionally, there is a need to revitalize Sikh educational institutions, promote standard education, and encourage Sikhs to participate in bureaucracy and the judiciary. This can help restore the community's reputation and rebuild trust in its institutions. Ultimately, the revival of Sikhism requires a collective effort from the Sikh community, its leaders, and organisations. It demands a willingness to adapt, evolve and work together towards this holy mission.

life also.

Long Krishna warns, "The ear, the eye, the touch sense, the tongue and the nose go to the next body with the mind." (15.7) We are more restrained in the matter of the nose: foul smell repels. But some people eat stale foods; they are under the mode of darkness. (18.10) Skin is generally a friend of all; we like cool comforts in the summer and warm surroundings in the winter.

Turning to the working senses, speech is the worst offender of all. What do you think causes the maximum harm? It is very easy to guess; it is something spoken inappropriately or in anger.

What is the explanation for abusing when the reaction is bound to be severe? But people do not control themselves. Even the best of men have weak moments when they slip up. Lord Krishna has counselled, "One who is not agitated by others and who doesn't get agitated by others, he is dear to Me." (12.15) Genitals give the maximum trouble unless controlled from an early age.

It is so easy to abuse oneself, but it is so harmful. Restraint is required, which is why 'brahmacharya' (celibacy) is highly recommended. God has allowed sex enjoyment, which is not against 'dharma' (within moral principles). (7.11) Why not be restrained and enjoy a superior feeling!

(The writer is a spiritual leader; views expressed are personal)

EDUCATION, SIKHS ARE EXCLUDED FROM BUREAUCRACY AND THE

JUDICIARY, THE **TWO ESSENTIAL** PILLARS OF DEMOCRACY, EVEN IN PUNJAB BUT TO TALK OF OTHER PARTS OF THE COUNTRY

a government in Punjab state or establish itself as a recognized power in the Lok Sabha and Rajya Sabha. However, after Operation Blue Star, Wood Rose, Black Thunder, and the killing of thousands of Sikhs, as well as the insult and discrimination they faced,

Sikhs joined hands to defeat the Congress in Punjab decisively and bring the Akalis to power. Nevertheless, after giving them a chance under different leaders, the majority of Sikhs have distanced themselves from the Akalis, as they failed to heal the wounds inflicted by being part of politically motivated agitations or simply being Sikh. Due to their failure to resolve community issues and allegedly joining anti-Sikh forces in 2017, the Akalis are no longer the leading opposition

party in Punjab. The latest Haryana Sikh Gurdwara Parbandak committee elections

The reason behind this decision was the potential influence of Sikhs from outside Punjab on Gurdwara management, which could have threatened the control of Punjab's Sikh leadership. Moreover, those who left Punjab between 1982 onwards for greener pastures abroad, using political asylum as a pretext, have not contributed to spreading the Sikh religion. Instead, their primary objective has been to blame the Indian government and promote hatred. No person would be attracted to this kind of projection of a reli-

(The writer is Chairman -National Commission for Minorities Government of India; views are personal)

Cooperative commodity zones: A farmer-led revolution for economic empowerment

These zones present a groundbreaking solution, empowering farmers through cooperative-led trade, storage infrastructure and digital platforms

ndian farmers have long struggled with price insta-L bility, distress sales and financial insecurity. While the Minimum Support Price (MSP) provides some relief, its limitations and inefficiencies leave many farmers vulnerable. A transformative approach, the Cooperative Commodity Zone (CCZ) model, offers a more sustainable solution by enhancing price security, market access, and financial resilience. As global agriculture shifts toward sustainability and resilient supply chains, India must adopt a farmer-centric model that ensures fair earnings and economic empowerment The CCZ model aligns with the vision of "Sahkar se



BINOD ANAND

Cooperation), promoting cooperative strength, local enterprise, and self-sufficiency. This model enables farmers to become key stakeholders in commodity trade rather than remaining dependent on middlemen and speculative traders. India's commodity market

structure currently favours

iting farmer participation. Mandis (APMC markets) are often controlled by cartels that suppress prices, preventing farmers from receiving fair compensation. While platforms like NCDEX and MCX exist for commod-

ity trading, they remain inaccessible to small farmers due to a lack of financial literacy and a proper warehouse receipt system. This forces

many into distress sales at low prices, exacerbating their vulnerability. International institutions

such as the World Bank and the International Bank for Reconstruction and Development (IBRD) have criticised India's MSP system as an economic distortion. Their market-driven recom-

agribusiness corporations while ignoring India's agrarian realities, such as frag-mented landholdings, inadequate storage, and climate uncertainties. The MSP debate, shaped by these institutions, serves multinational trading firms rather than Indian farmers. The CCZ model offers a paradigm shift toward farmer-led economic hubs.

These zones integrate cooperatives, Farmer Producer Organisations (FPOs), storage units, processing cen-tres, and digital platforms to ensure stable prices, fair trade, and better incomes. Instead of relying solely on MSP, CCZs provide an "MSP Plus" model where farmers receive either MSP or a higher market-dri-Siddhi" (Prosperity through traders and speculators, lim- mendations benefit large ven price. CCZs establish



cooperative-led procurement and storage facilities, allowing farmers to sell at optimal prices. By participating in commodity trading through cooperatives, farmers can hedge risks and benefit from price appreciation. Digital platforms and coop-

erative aggregation enable direct trading on national and global markets, reducing

reliance on intermediaries. Storage infrastructure within CCZs stabilises prices and minimises post-harvest losses. Farmers can avoid immediate distress sales through cooperative warehouses and cold storage facilities. Integrating value addition and processing centres ensures that raw produce is transformed into higher-value products, increasing farmer profitability.

Through e-commerce and direct sales channels, CCZs create a transparent, farmer-centric market where farmers dictate prices. Technology plays a crucial role, with AIased price forecasting, blockchain-enabled transparency and mobile trading platforms providing real-time pricing and secure transactions. Financial literacy programs will equip farmers with knowledge of credit, crop insurance and hedging mechanisms. Successful global models highlight the potential of cooperative-driven commodity management.

The Netherlands, Canada, and India's Amul Dairy Model exemplify how coop-eratives can drive agricultural prosperity. Extending this approach to grains, pulses and horticultural products can create a national network of farmer-owned enterprises. CCZs will enhance farmer earnings, reduce post-harvest losses and generate employment in storage, processing and marketing. This system reduces reliance

on government procurement,

empowering farmers to control their economic destinies. With the right policies and cooperative leadership, CCZs can make Indian agriculture self-sufficient, prosperous, and globally competitive.

The time has come for farmers to transition from survival to prosperity. CCZs provide the roadmap for this transformation, countering misleading narratives from international financial institutions. The CCZ model is more than an idea-it is a movement poised to redefine India's agricultural landscape and place farmers at the center of economic progress.

(The writer was a member of the high-level MSP committee, Ministry of Agriculture; views *are personal)*



cated.

Hamas must be eradicated: Rubio

release of three captives based

PTI JERUSALEM

U^S Secretary of State Marco Rubio on Sunday fully endorsed Israel's war aims in the Gaza Strip, saying Hamas "must be eradicated" and throwing the future of the shaky ceasefire into further doubt. Rubio met with Israeli Prime Minister Benjamin Netanyahu in Jerusalem at the start of a regional tour, where he is likely to face pushback from Arab leaders over President Donald Trump's proposal to transfer the Palestinian population out of the Gaza Strip and redevelop it under US ownership.Netanyahu has welcomed the plan, and said he and Trump have a "common and Trump have a common strategy" for Gaza's future. Echoing Trump, he said "the gates of hell would be open" if Hamas does not release dozens of remaining hostages abduct-ed in its Oct 7, 2023, attack that triggered the war. Their remarks came just two weeks before the first phase of the ceasefire is set to end. The second phase, in which Hamas is to release dozens of remaining hostages in exchange for more Palestinian prisoners, a lasting truce and the withdrawal of Israeli forces, has yet to be negotiated.Rubio said Hamas "cannot continue as a military or government force". "As long as it stands as a force that can govern or as a force that can administer or as a force that can threaten by use of violence, peace becomes impossible, Rubio said. "It must be eradi-

Such language could complicate efforts to continue talks with Hamas, which, despite suffering heavy losses in the war, remains intact and in control of Gaza. The Israeli military meanwhile said it carried out an airstrike

early Sunday on people who approached its forces in southern Gaza. The Hamas-run Interior Ministry said the strike killed three of its policemen while they were securing the entry of aid trucks near Rafah, on the Egyptian border. Hamas said that attack was a

"serious violation" of the ceasefire and accused Netanyahu of trying to sabotage the deal. Resuming the war could be a death sentence for the remaining hostages and may not succeed in annihilating Hamas, which survived a 15-month Israeli onslaught and quickly reasserted control over Gaza when the ceasefire took hold last month. Netanyahu has signalled readiness to resume the war after the current stage and has offered Hamas a chance to surrender and send its top leaders into exile. Hamas has rejected such a scenario. Netanyahu also has yet to

approve the entry of mobile homes and heavy machinery into the Gaza Strip, as required by the ceasefire agreement. Hamas had threatened to hold up the release of hostages last week over the issue, raising fears the ceasefire could unravel, before proceeding with the

on what it said were assurances from Arab mediators. An Israeli official, speaking on condition of anonymity in line with regulations, said the issue would be discussed in the coming days and that Israel was coordinating with the United States.In another sign of the two allies closing ranks, Israel's Defense Ministry said it received a shipment of 2,000-pound (900-kg) MK-84 munitions from the United States. The Biden administration had

paused a shipment of such bombs last year over concerns about civilian casualties in Gaza. In a radio interview last week. Rubio indicated that Trump's proposal was in part aimed at pressuring Arab states to come

up with their own postwar plan that would be acceptable to Israel, which says Hamas can have no role in Gaza. He also appeared to suggest that Arab countries send in troops to combat Hamas. "If someone has a better plan, and we hope they do, if the Arab countries have a better plan, then that's great," Rubio said Thursday on the "Clay and Buck Show."But "Hamas has guns," he added. "Someone has to confront those guys. It's not going to be American soldiers. And if the countries in the region can't figure that piece out, then Israel is going to have to do it and then we're back to where we've been."For

Arab leaders, facilitating the

mass expulsion of Palestinians

or battling Palestinian militants on behalf of Israel are both nightmare scenarios. Either would open them up to fierce domestic criticism and potentially destabilise an already volatile region.

Egypt says it will host an Arab summit on Feb 27 and is working with other countries on a counterproposal that would allow for Gaza to be rebuilt without removing its population. Human rights groups say the expulsion of Palestinians would likely violate international law. Egypt has warned that any mass influx of Palestinians from Gaza would undermine its nearly half-century-old peace treaty with Israel, a cornerstone of American influence in the region.

Arab and Muslim countries have until now conditioned any support for postwar Gaza on a return to Palestinian governance with a pathway to statehood in Gaza, the West Bank and east Jerusalem, territories Israel seized in the 1967 Mideast war.

The Biden administration spent months rallying regional powers behind such plans, but they fizzled as Israel ruled out not only a Palestinian state but also any role in Gaza for Western-backed the Palestinian Authority, whose forces were driven out when Hamas seized power there in 2007.

Hamas has said it is willing to relinquish power in Gaza but insists on Palestinian rule.

Rubio is also set to visit the United Arab Emirates and Saudi Arabia, regional heavyweights that have rejected any displacement of mass Palestinians and would be key to any regional response.

The United Arab Emirates was the driving force behind the 2020 Abraham Accords in which four Arab states normalised relations with Israel during Trump's previous term. Trump hopes to expand the accords to include Saudi Arabia, potentially offering closer US defence ties, but the kingdom has said it will not normalise relations with Israel without a pathway to a

Palestinian state. Rubio will not be visiting Egypt or Jordan, close US allies at peace with Israel that have refused to accept any influx of Palestinian refugees. Trump has at times suggested he might slash US aid to the two countries, which could be devastating for their economies, if they don't comply. He is also skipping Qatar, which along with Egypt had served as a key mediator with Hamas in brokering the cease-

fire. Trump took credit for the ceasefire, which was reached in the closing days of the Biden administration after his Mideast envoy, Steve Witkoff, joined the talks. But more recently, Trump has suggested that Israel resume the war if the remaining dozens of hostages are not released sooner than

planned.

Official: Suspect in Austria stabbing case had 'Islamic terror motive'

PTI VIENNA

ustrian authorities said the Astabbing of six passersby that left a 14-year-old boy dead was carried out by a man with possible connections to the Islamic State group who appeared to have acted alone. The suspect, a 23-year-old Syrian, was arrested after the attack in the southern city of Villach on Saturday. Five others were wounded, two of them seriously.

This is an Islamist attack with an IS connection by an attacker who radicalized himself within a very short time via the internet online," said Interior Minister Gerhard Karner told reporters in Villach Sunday. As the focus shifted to migration and asylum-seekers, Karner said that it will ultimately be necessary to "carry out a mass screening without cause because this assassin was not conspicuous."

He did not elaborate, but Austria's far-right leader Herbert Kickl, whose party won a national election four months ago, called for "a rigorous crackdown on asylum" in the wake of the attack.

State Gov. Peter Kaiser thanked a 42-year-old man, also a Syrian working for a food delivery company who drove toward the suspect and helped prevent the situation from getting worse. "This shows how closely terrorist evil but also human good can be united in

one and the same nationality." The mayor of Villach, Gunther Albel, said the attack was a "stab in the heart of the city." According to state police director Michaela Kohlweiss, police searched the suspect's apart-ment with sniffer dogs and found IS flags on the walls. No weapons or dangerous objects were found, she added but police seized mobile telephones.

Police were investigating whether the suspect had any accomplices

"The current picture is that of a lone perpetrator," Kohlweiss said. It is assumed that the suspect, who was not known to police, was quickly radicalised online, she said. Police presence will be increased in the streets of Villach and at events in the weeks ahead, Kohlweiss added. The attacker used a folding knife, Kohlweiss said. Those wounded include two 15-yearold boys, a 28-year-old man, a 32-year-old man, and a 36year-old man. Four of them are receiving hospital treatment and one is being treated for

minor injuries. This marks the second deadly jihadi attack in Austria in recent years. In November 2020, a man who had previously attempted to join the Islamic State group carried out a rampage in Vienna, armed with an automatic rifle and a fake explosive vest, killing four peo-

ple before being fatally shot by

police. Residents began placing

candles at the site of the attack in the city of about 60,000 inhabitants. A group of young people, who knew the boy who died in attack, gathered at the crime scene on Sunday morning to mourn and tearfully light candles, local media reported.

world 08

Austria's President Alexander Van der Bellen called the attack "horrific." 'No words can undo the suffer-

ing, the horror, the fear. My thoughts are with the family of the deceased victim and the injured," he posted on X.

The Free Syrian Community of Austria issued a statement on Facebook distancing itself from the attack and expressing its deepest condolences to the victims' families. "We all had to flee Syria, our home country, because we were no longer safe there - no one left their country voluntarily. We are grateful to have found asylum and protection in Austria," the associ-

ation said. "Finally, we would like to emphasize: Anyone who causes strife and disturbs the peace of society does not represent the Syrians who have sought and received protection here,'

the statement concluded. Carnival procession cancelled as police gather evidence

Villach, a popular tourist destination near the borders of Italv and Slovenia, is known for its laid-back atmosphere, which blends Mediterranean and Alpine traditions.

Finnish leader urges Europe to firm up Ukraine's hand for US-sought talks with Russia to end war There were early signs of efforts cohesion among European

PTI MUNICH

Finland's president on Sunday urged the rearming of Ukraine and putting "maxi-mum pressure on Russia" through sanctions and asset freezes in the run-up to possible negotiations sought by the US on ending the war. France was set to host a meet-

ing to help firm up Europe's answer to assertive American diplomacy Alexander Stubb and other

European leaders at the final day of the Munich Security Conference on Sunday sought to firm up how the European Union can move from talk to more action and stay relevant as Washington pushes to stop the fighting. He laid out three phases: "pre-negotiation", ceasefire and long-term peace negotiation. "The first phase is the prefor a quick reaction from EU

leaders French Foreign Minister Jean-Noel Barrot confirmed Sunday that French President Emmanuel Macron will convene leading European countries for an emergency "working meeting" on Monday in Paris to discuss next steps for Ukraine after the US announcements last week. Barrot spoke on public broadcaster France-Info.

'The president of the Republic will bring together the main European nations tomorrow for discussions on European security," Barrot said, adding, "These meetings are very fre-quent." He emphasised that European leaders remain in "constant contact".

Ministers Keir Starmer of Mette Frederiksen of Denmark, and Donald Tusk of Poland were among those set to attend."A wind of unity is blowing over Europe, as we perhaps have not felt since the COVID period," Barrot added, under-

allies US President Donald Trump's

push for a quick way out of the Ukraine war has stirred concern and uncertainty in Munich. After a phone call with Russian President Vladimir Putin last week, Trump said he and Putin would likely meet soon to negotiate a peace deal over Ukraine. Trump later assured Ukrainian President Volodymyr Zelenskyy he also would have a seat at the table. US officials have indicated that European nations, however, would not be involved.

"Don't underestimate Trump as a negotiator, I genuinely believe that Putin is baffled and afraid what might be coming from there," Stubb said. "Right now, the ball is in our court here in Europe. We need to convince News reports said Prime the Americans where's the value added, and then get back into the ta need to talk less and do more," he added later. President Edgars Rinkevics of Latvia, which like Finland borders Russia, agreed that "if we are strong, if we have something scoring the growing sense of to offer ... then we are going to

be interesting to the United States. If you are just continue having those nice conferences talking and whining, then we are not going to be interesting to our own publics very soon". Kremlin spokesman Dmitry Peskov told Russian state TV on Sunday that the Putin-Trump call was a sign that Washington and Moscow "will now try to solve problems through dialogue and talk about peace, not war".

Zelenskyy, in a Telegram post on Sunday, said Russia "confirms its desire to continue fighting by striking Ukraine daily", adding that this week, "almost 1,200 aerial bombs, over 850 strike drones, and more than 40 missiles of various types were launched by the Russians against our people". The three-day Munich conference was a hub of crisscrossing diplomacy on issues of economics, and defense and security, with top envoys on hand from places as diverse as Syria and Saudi Arabia, and Japan and South Korea, as well as many European leaders.



moment when we need to rearm Ukraine and put maximum pressure on Russia, which means sanctions, which means frozen assets, so that Ukraine begins these negotiations from a position of strength," he said.

Protesters demanding the immediate release of hostages held by Hamas in the Gaza Strip, in Tel Aviv, Israel, on Saturday

'US offers Ukraine access to minerals, with little in return'

PTI MUNICH

Ukrainian President Volodymyr Zelenskyy President says he directed his ministers not to sign off on a proposed agreement to give the United States access to Ukraine's rare earth minerals because the document was too focused on US interests.

The proposal, which was a key part of Zelenskyy's talks with US Vice President JD Vance on the sidelines of the Munich Security Conference on Friday, did not offer any specific security guarantees in return, according to one current and one former senior Ukrainian official familiar with the talks. Zelenskyy's decision not to sign a deal, at least for now, was described as "short-sighted" by a senior White House official.

I didn't let the ministers sign a relevant agreement because in my view it is not ready to protect us, our interest, Zelenskyy told The Associated Press on Saturday in Munich. The proposal focused on how the US could use Kyiv's rare earth minerals "as compensation" for support already given to Ukraine by the Biden administration and as payment for future aid, current and former senior Ukrainian officials said, speaking anonymously so they could speak freely.

Ukraine has vast reserves of critical minerals that are used in the aerospace, defense and nuclear industries. The Trump

them to reduce dependence on China but Zelenskyy said any exploitation would need to be tied to security guarantees for Ukraine that would deter future Russian aggres-

sion. "For me is very important the connection between some kind of security guarantees and some kind of investment," the Ukrainian president said. Zelenskyy did not go into details about why he instructed his officials not to sign the document, which was given to Ukrainian officials on Wednesday by US Treasury Secretary Scott Bassent on a visit to Kyiy. "It's a colonial agreement and

Zelenskyy cannot sign it," the former senior official said. White House National

Security Council spokesman Brian Hughes did not explicitly confirm the offer, but said in a statement that "President Zelenskyy is being short-sighted about the excellent opportunity the Trump administration has presented to Ukraine".

The Trump administration has grown weary of sending additional US aid to Ukraine and Hughes said a minerals deal would allow American taxpayers to "recoup" money sent to Kyiv, while growing Ukraine's economy. Hughes added that the White House believes "binding economic ties with the United States will be the best guarantee against

administration has indicated future aggression and an inte-it is interested in accessing gral part of lasting peace". gral part of lasting peace". He added: "The US recognises this, the Russians recognise this, and the Ukrainians must recognise this?

US officials in discussions with their Ukrainian counterparts in Munich were commercially minded and largely concentrated on the specifics of exploring the minerals and how to form a possible partnership to do that with Ukraine, the senior official said. The potential value of the deposits in Ukraine has not vet been discussed, with much unexplored or close to the front line. The US proposal apparently did not take into account how the deposits would be secured in the event of continuing Russian aggression.

The official suggested the US did not have "ready answers", to that question and that one of their takeaways from discussions in Munich will be how to secure any mineral extraction operation in Ukraine involving people and infrastructure. Any deal must be in accordance with Ukrainian law and acceptable to the Ukrainian people, the senior Ukrainian official said. "Subsoil belongs to Ukrainians under the Kseniiia Constitution." Orynchak, founder of the National Association of Mining Industry of Ukraine, previously told the AP, suggesting a deal would need popular support.

Rwanda-backed rebels reach Congo's second largest city

PTI 📕 BUKAVU

Rwanda-backed rebels Rreached the centre of east Congo's second largest city, Bukavu, on Sunday morning and took control of the South Kivu province administrative office after little resistance from government forces, many of whom fled the rebels' advance. Associated Press journalists witnessed scores of residents cheering on the M23 rebels in central Bukavu on Sunday morning as they walked and drove around the city centre after a dayslong march from the region's major city of Goma 63 miles (101 kilometres) away, which they captured late last month

Several parts of the city, however, remained deserted with residents indoors.

The M23 rebels are the most prominent of more than 100 armed groups vying for control of Congo's mineral-rich east, and are supported by some 4,000 troops from neighbouring Rwanda, according to the UN.It was not clear if the rebels had taken decisive control of the city of about 1.3 million people. Their presence in central Bukavu is an unprecedented expansion of the rebels' reach in their yearslong fighting with Congolese forces. Unlike in 2012 when they only seized Goma in the fighting connected to ethnic tension,

analysts have said the rebels this time are eyeing political power. Many Congolese soldiers were seen on Saturday fleeing the rebels' advance into Bukavu alongside thousands of civilians amid widespread looting and panic.

. Congo's President Felix Tshisekedi held a security meeting in the faraway capital of Kinshasa, where officials noted that Bukavu was "briefly" invaded by M23 but remains under the control of the Congolese army and allies from local militia, the presidency said on X. There were no signs of fighting or of Congolese forces in most parts of Bukavu on Sunday

Tshisekedi has warned of the risk of a regional expansion of the conflict. Congo's forces are being supported in Bukavu by troops from Burundi and in Goma by troops from South Africa. Burundi's president, Ndayishimiye, Evariste appeared to suggest his country will not retaliate in the fighting. In a post on X he said that "those people who were ready to get profit of the armed attack of Rwanda to Burundi will not see this." The Congo River Alliance, a coalition of rebel groups that includes M23, said it was committed to "defending the people of Bukavu" in a Saturday statement that did not acknowledge their presence in the city.

Next BRICS summit in Rio de Janeiro

Sao Paulo (PTI): The Brazilian government announced Saturday that the next BRICS summit will take place in Rio de Janeiro on July 6-7. Brazil will chair the bloc of developing economies through 2025 and said it will focus on promoting global governance reform and cooperation among Global South countries, according to a statement from the federal government.

BRICS was established in 2009 by Brazil, Russia, India, and China, with South Africa joining in 2010 as a counterbalance to the Group of Seven leading industrialised nations. Last year, the bloc expanded by adding Iran, Egypt, Ethiopia, and the United Arab Emirates.

Saudi Arabia has also been invited to join. Turkey, Azerbaijan, and Malaysia have formally applied for membership, and several other countries have expressed interest.

Recently, the bloc welcomed Indonesia as one of its 11 members and Nigeria as a "partner country," a designation introduced at the 2024 summit in Kazan.Brazil said the partner countries are also invited to participate in the summit and may attend other meetings if there is consensus among members. "We will make crucial decisions for development, cooperation, and improving the lives of all the inhabitants of these countries," said Mauro Vieira, Brazil's foreign minister.

Pope enjoys breakfast after second night in hospital

scribed "absolute rest" along-

side unspecified drug therapies.

Francis skipped his tradition-

al Sunday noon blessing,

declining to even come to his

hospital window to wave to a small crowd below that had

gathered in hopes of cheering

him on. The @Pontifex social

media account, which is not

written by the pope himself,

thanked people for their prayers on Sunday. "Thank

you for the affection, prayer

and closeness with which you

are accompanying me in these

days," the post read. Francis had

part of one lung removed after

a lung infection when he was

a young man and is prone to

respiratory infections. In 2023,

he spent three days at Gemelli

to be treated for what he later

revealed was an acute case of

pneumonia.

Rome (PTI): Pope Francis ry tract infection and preread the newspapers and had breakfast on Sunday after a second night sleeping well at the hospital where the 88-yearold pope is being treated for a respiratory tract infection, the Vatican said. Vatican spokesman Matteo Bruni said he expected to provide a further update later in the day. He noted that substantially new detailed medical information may not be forthcoming given it's a Sunday. The Argentine pope, a known workaholic who keeps up a gruelling pace despite his many ailments, was admitted to Rome's Gemelli hospital on Friday after a weeklong bout of bronchitis worsened. It was his fourth hospitalization since his 2013 election and raised questions about his increasingly precarious health.

Doctors confirmed a respirato-Despite his February 6 bronchitis diagnosis, Francis had kept up a frenetic pace of late, packing his days with private and public audiences while taking on the added obligations of steering the Catholic Church through its Holy Year.

The Vatican has cancelled his events through Monday at least. On Sunday, a Holy Year Mass he was supposed to preside over for visiting artists was instead celebrated by the Vatican culture minister.

The Vatican hasn't specified what type of respiratory tract infection the pope has Sometimes bronchitis can lead to pneumonia, a deeper and far more serious infection of the lungs' air sacs. Treatment varies by severity but can include providing oxygen through a nasal tube or mask, intravenous fluids and treatment of the underlying cause of the infection.



Russian opp struggles a Turkish delegation meets Kurdish leader in Iraq for PKK peace talks year after Navalny's death

PTI MOSCOW

The stunning news came in a terse statement from the Russian penitentiary service a year ago: Opposition leader Alexei Navalny had died in the Arctic Circle penal colony where he was serving a prison sentence.

In the year since the death of Navalny at age 47, the Russian opposition has struggled to find its footing against President Vladimir Putin.

Outlawed at home and operating from exile abroad without Putin's fiercest foe, it has failed to form a united front and a clear plan of action against the Kremlin. Instead, rival groups have traded accusations that some see as efforts to discredit each other and vie for influence.

Navalny's death was "a point of no return" and left an impossible void to fill, said Oleg Ivanov, a supporter who left Russia after it invaded Ukraine in 2022 and lives in Los Angeles.

"Alexei was the only hope that Russia has, at least potentially and hypothetically, some kind of a meaningful leader who could unite all the people willing to change something in our country, in our lives," Ivanov said in an interview with The Associated Press.

Ivanov, who joined the mass protests that erupted across Russia in 2017, said that since Navalny's death, "I'm afraid that there is no one left who could somehow resist" the Kremlin.

Navalny is the second opposition leader whose sudden death shocked Russia and the world. In February 2015, prominent politician Boris Nemtsov was gunned down on a bridge near the Kremlin just days before he, Navalny and others were expected to lead a mass anti-Putin rally.

Navalny's vision of a "beautiful Russia of the future," where leaders are freely and fairly elected, corruption is tamed, and democratic institutions work, earned him widespread support in the vast country.His charisma and sardonic humour drew young, energetic activists to his side — a team that resembled "a fancy startup" rather than a clandestine revo-

released eight months after his death

professionally produced videos exposing corruption by government officials. Millions viewed them on YouTube and tens of thousands attended rallies even as authorities cracked down harder on dissent.

the vision in one eye

always denied involvement. His family and allies fought to have

treatment and recovery. Five months later, he returned to Russia, where he was immediately arrested and imprisoned for the last three years of his life. But even behind bars, in incredibly harsh conditions of constant pressure and surveillance, Navalny found a way to relay messages. His popular social media accounts were regularly updated with sarcastic vignettes

statements. Authorities blamed Navalny's



lutionary operation, according to his memoir, "Patriot,"

Together they created colourful,

As Navalny aspired to public office, authorities responded by bringing multiple criminal charges against him, his allies and even relatives. Regularly jailed, he was physically attacked by Kremlin supporters, one of whom threw green dye in his face that nearly cost him He finished second in the race

for Moscow mayor in 2013 amid allegations of vote rigging. In 2017, he announced plans to run for president and set up a sprawling network of regional offices across the country, recruiting local activists. When he was eventually barred from running, he kept those offices open, extending his reach across Russia's 11 time zones. In 2020, Navalny was poisoned with a nerve agent attack he blamed on the Kremlin, which

him flown to Germany for

about prison life and political

Baghdad (PTI): A Turkish opposition party delegation death, announced Feb. 16, 2024 arrived in Iraq's semiauon natural causes — a sudden spike in blood pressure and tonomous Kurdish region chronic diseases. His family Sunday against the backdrop and allies reject that and insist of peace efforts between he was killed on orders from the Ankara and a banned Kurdish Kremlin — accusations its offiseparatist movement in cials deny. Turkey The delegation led by Sirri

Tens of thousands of people attended his funeral in Moscow on March 1 in a rare show of defiance in a country where any street rally or even single pickets often result in immediate arrest. For days afterward, peo-

ple brought flowers to his grave. Longtime ally Vladimir Ashurkov described Navalny as Democratic Party - the dominant Kurdish party in 'a political figure that basical-Iraq — in Irbil Sunday. Barzani's office said in a statedefined the generation of Russians over the last 15 years." ment that they discussed "the 'While he was alive, even from peace process in Turkey" and that the Turkish delegation prison, he was raising his voice against the war and against conveyed a message from Abdullah Ocalan, the impris-Putin's tyranny," Ashurkov told oned leader of Turkey's AP in London.

His widow, Yulia Navalnaya, banned Kurdistan Workers' has vowed to continue his fight. Party, or PKK. Barzani "stressed the need She has recorded regular video addresses to her supporters for all parties to intensify and has met Western leaders their efforts and endeavors to and top officials, advocating for enable the peace process to Russians who oppose Putin and his war in Ukraine.

Navalny's Anti-Corruption Foundation continues to expose corruption in Russia in colorful videos and organizes occasional protests abroad, condemning Putin and the war in Ukraine

A landmark East-West prisoner swap in August freed other key dissidents like Ilya Yashin and Vladimir Kara-Murza, promising to reinvigorate the opposition movement unmoored by Navalny's death. So far, however, they haven't gone beyond meetings with Western officials and supporters in exile, or a few rallies actions unlikely to dent Putin's war effort or his ever-growing crackdowns that sweep up remaining dissidents and ordi nary Russians alike. Ashurkov describes the situa-

tion in Russia and Ukraine now as "dark times" and "difficult times.

But he notes that Navalny went through many difficulties and pressure in his life. His advice and his motivation

to all of us has been, Don't sit still. Try to do something to change the situation, and be prepared for change," he said.

bomb threats to polling places in numerous states caused relatively few disruptions to voting. It's one of the many scenarios covered by the nation's cybersecurity agency in its outreach to state and local officials. The Trump administration's downsizing and disbanding of federal agencies has hit efforts that improve election security and monitor foreign influence. That could create gaps for America's enemies to exploit the next time the country holds a major elec-

suspicious video of ballots

Pennsylvania gained attention

on social media last October,

federal agencies responded

quickly and called it out as

Russian disinformation. On

Election Day in November,

up

in

being ripped

Sureyya Onder and Pervin

Buldan, two senior officials

with the pro-Kurdish People's

Equality and Democracy

Party, or DEM, in Turkey, met

with Masoud Barzani, the

head of the Kurdistan

tion."Our adversaries are upping their game every day," said former Department of Homeland Security cyber chief Suzanne Spaulding. "I'm worried that we are, at the same time, tearing down our

Recep Tayyip Erdogan has traditionally had an antagoachieve the desired results" and reiterated "his full readiness to provide assistance and support to the peace process in Turkey and make it a success," the statement said.

The DEM party has long pressed for greater democracy in Turkey and rights for the country's Kurdish population, and also to improve conditions for the imprisoned Ocalan. Ocalan, 75, founded the PKK, in 1978, which began an armed insurrection for an autonomous Kurdish state in Turkey's southeast in 1984, costing tens of thousands of lives. The group is considered a terrorist organization by Turkey and its Western allies. The central Iraqi government in Baghdad announced a ban on the group, which maintains bases in northern Iraq, last year.

Captured in 1999 and convicted of treason, Ocalan has been serving a life sentence on Imrali island in the Marmara Sea. The government of Turkish President

nistic relationship with the left-wing DEM party, frequently ousting its elected officials on charges of ties to the PKK and replacing them with state appointed officials. However, this icy relationship began thawing last October, when Erdogan's coalition partner, far-right nationalist politician Devlet Bahceli suggested that Ocalan could be granted parole, if his group renounces violence and disbands. The peace effort comes at a time when Erdogan may need support from the DEM party in parliament to enact a new constitution that could allow him to stay in power for unlimited terms. The Turkish Constitution doesn't allow Erdogan, who has been in power since 2003 as prime minister and later as president, to run for office again unless an early election is - something that called would also require the support of the pro-Kurdish party. Even as the latest peace efforts

Woman killed as Israeli forces fire on returnees to Lebanon

are underway, Erdogan's gov-ernment has widened a crackdown on the opposition arresting journalists and politicians. Several elected Kurdish mayors have been ousted from office and replaced with state appointed officials, the latest this Saturday, when the mayor of Van municipality in eastern Turkey was removed from his post and replaced with the state-appointed governor. Meanwhile, conflict is ongo ing between Turkish-backed

armed groups and Kurdish forces in northeastern Syria. Turkey views the Syrian Democratic Forces, a USbacked military Kurdish alliance in Syria, as an extension of the PKK. The SDF is in negotiations with the new government in Damascus following the ouster of then Syrian President Bashar Assad in a rebel offensive. While most former insurgent groups have agreed to dissolve and integrate into the new Syrian army, the SDF has refused so far.

Beirut (PTI): A woman was killed and several other people wounded Sunday when Israeli forces opened fire on a group of residents attempting to return to the village of Houla in southern Lebanon, the Lebanese state-run news agency reported. There was no immediate comment from the Israeli military on the incident, which comes two days before the deadline for implementation of a ceasefire agreement that ended the latest war between Israel and the Lebanese militant group Hezbollah in late November including a full withdrawal of Israeli forces from southern Lebanon. The original deadline was in late January but Israe and Lebanon agreed to extend it to Feb 18. Hours before they agreed to the extension on Jan 27, hundreds of protesters attempted to enter villages still occupied by the Israeli army to demand its withdrawal, and Israeli forces opened fire in several locations, killing more than 20 people.

Federal cuts weaken election security against foreign interference New York (PTI): When a

defences." Last week, new Attorney General Pam Bondi disbanded an FBI task force focused on investigating foreign influence operations, including those that target US elections. She also limited the scope of enforcement actions on people who do not disclose lobbying on behalf of foreign governments. She wrote that the changes would "free resources to address more pressing priorities, and end risks of further weaponization and abuses of prosecutorial discretion". The Trump administration also has made sweeping cuts at the US Cybersecurity and Infrastructure Security Agency, which oversees the nation's critical infrastructure, including election systems.

Saturday, a senior DHS On official said mass firings of federal employees in probationary status had resulted in cuts of more than 130 employees at CISA. It was not immediately clear whether those included 17 employees who had worked

on election security who were placed on leave last week. The DHS official on Saturday also said CISA was pausing all election security activities pending a review of their funding, activities and personnel. The agency was ending its involvement in a voluntary program that shared information about cyber defences with state and local election officials. The actions send a message that securing US elections against interference from countries such as Russia, China and Iran is no longer a federal government priority, said Larry Norden, an election expert with the Brennan Center for Justice."I think we would be naive to think that the bad guys don't get that message, too, that there's going to be less of a cop on the beat to protect our elections," he said.State and local governments run elections in the US, but federal support in recent years has helped them protect against escalating threats, coordinate with other

election offices on security mittees overseeing election and expose foreign influence legislation wrote a letter last campaigns designed to underweek to CISA's top leaders to express "grave concern" over mine voter confidence.Los Angeles County Registrar the changes and request more Dean Logan recalled two times information about how those when the federal government changes will affect election was the first to be aware of a security Trump has sought to stop the threat toward his office. In 2023, federal officials warned government's tracking of of a suspicious envelope headonline misinformation, some ing to its election facilities thing he has likened to censorearly enough that it could be ship targeting conservatives intercepted. In 2024, the fed-Though Trump signed the bill eral government notified him to create CISA in 2018, he fired of an emailed bomb threat to his office before he was aware of it. "We can't be the eyes and ears to see everything," Logan said. "We're focused on admin-

istering the election? There are certain elements of that work that only the FBI can do, said Darren Linvill, codirector of the Media Forensics Hub at Clemson University, which investigated malign influence campaigns in 2024. He said the FBI's task force will be missed in 2026 and beyond". The top Democrats on the Senate and House com-

its director, Christopher Krebs, following the 2020 election that Trump lost to Democrat Joe Biden Krebs had vouched for the security of the vote as Trump continued to claim it was rigged. Biden's administration embraced government monitoring of foreign influence and frequently alerted the public to such operations in 2024. An FBI investigation also led to the indictment of three Iranian operatives for hacking into Trump's cam-

Gold mine collapse kills 42 in Mali **Dangerous flooding hits US Southeast**

Snow, frigid cold forecast for Northeast, Plains



push the chilly air that usually stays near the North Pole into the US and Europe. In Denver, where tempera-

PTI BAMAKO (MALI)

of 42 and many injured. nfirmed the iniuri

with a provisional death toll ating legally.

This is the second time in less A gold mine collapsed in A eastern Mali, killing The prefect of Kenieba, who represents the government in accident has occurred in Mali. His is the second time in loss than a month that such an accident has occurred in Mali. His is the second time in loss than a month that such an more than 80 per cent of total On January killed several gold miners, mostly women, in the Koulikoro region in the south of the country. In January last year, an unregulated gold mine collapsed near the capital, Bamako, killing more than 70 people. In recent years, there have been concerns that profits from unregulated mining in northern Mali could benefit extremists active in that part

of the country "Gold is by far Mali's most

paign.

PTI LOUISVILLE

Heavy rains and dangerous flooding struck the Southeast US as much of the East endured a renewed round of harsh, soggy weather on Saturday, with at least one fatality reported in Kentucky. A man was found dead in floodwaters in Clav County, Kentucky, WKYT-TV reported. Clay County Emergency Management officials did not immediately respond to a message from The Associated Press seeking additional information.

Water submerged cars and buildings in Kentucky and mudslides blocked roads in Virginia. Both of the states were under flood warnings, along with Tennessee and Arkansas. The National Weather Service warned residents to stay off the roads.

Forecasters also predicted weekend snowstorms in the Northeast and the threat of tornadoes for the Mississippi Valley. West Virginia Gov Patrick Morrisey issued a state of emergency in 10 southern counties Saturday night due to heavy rains and flooding, allowing the state to use its resources to help local authorities. Kentucky Gov Andy Beshear preemptively declared a state of emergency in Kentucky, where flash flooding was expected into Sunday. Flash flooding hit some roads in Bowling Green and parts of western Kentucky could face up to 8 inches (20.3 centimeters) of rain.

"We want to specifically put assets in places that flood and have flooded in the past," Beshear said on social media. Beshear later used social media to update residents on areas in danger of flooding, including Jackson County, and said Kentucky State Police officers were performing wellness checks while shelters were opening in Pike County and Jenny Wiley State Resort Park in Prestonsburg.

This photo provided by the Warren County Kentucky Sheriff's Office shows a partially submerged car outside of Bowling Green. Kentucky, on Saturday

state through the evening.

flash flood event."

New England.

service warned.

The National Weather Service

called the expected rain a

'major, potentially historic,

Meanwhile heavy snow was

expected to blanket much of

New England and then transi-

tion to sleet, making travel

nearly impossible. The heaviest

accumulations, possibly a foot

(30.5 centimeters) or more,

were expected in upstate New

York and portions of northern

"Ice accumulations up to a

quarter inch are forecast for

some areas, making driving

conditions dangerous. Heavy

icing in some locations may

result in downed trees and

power outages," the weather

northern Iowa and much of

Wisconsin. Winter weather

with up to 4 inches (10.6 cen-

timeters) of snow predicted

throughout Iowa, southern

Michigan by Sunday evening.

Meteorologists said the US was

est polar vortex stretching event

this season, with the northern

Rockies and northern Plains

first in line. Weather forces in

Beshear said in a post late Saturday that he had written to the White House requesting an emergency disaster declaration and federal funds for impacted areas. The Kentucky River Medical

Center in the city of Jackson said closed its emergency department and was transferring all patients to two other hospitals in the region. The hospital said it would re-evaluate conditions Sunday morning to determine when it can safely reopen. The north fork of the Kentucky River was forecast to crest nearly 14 feet (4.3 meters) above flood stage that afternoon, the weather service said

Photos posted by authorities and residents on social media showed cars and buildings Snow and arctic temperatures underwater in south-central swept much of the Midwest and eastern Kentucky. In and Upper Plains, covering Buchanan County, Virginia, roads in eastern Nebraska, the sheriff's office said multiple roads were blocked by advisories were issued for parts mudslides. The Simpson County Office of Emergency of those states and Michigan, Management in Kentucky said authorities performed several rescues from stalled-out vehicles in floodwaters. Stay home if you can," the office said on Facebook. Flash flooding was possible in about to get its 10th and coldthe Mississippi, Tennessee and Ohio valleys, the weather ser-

vice said. In Tennessee, flash

flood warnings were issued

for much of the middle of the

low as 14 degrees (minus 10 degrees Celsius) over the week-end, the city opened shelters for those living on the streets. Forecasters reported an inch (2.5 centimeters) of snow falling every hour just north of Denver. In Boulder County, an unoccupied vehicle that was stuck in the snow after attempting to cross railroad tracks was struck Saturday afternoon and mangled by a train. There were no injuries, but authori ties warned drivers about slick roads.

The weather service also warned of extreme cold in the Upper Plains over the coming days, with wind chills ranging from minus 30 degrees (minus 34 degree Celsius) to as low as minus 60 (minus 51 degrees Celsius) in parts of western Montana, North Dakota, northern South Dakota and western Minnesota. People in those areas were urged to stay indoors and make provisions to shelter livestock and other animals.

Dry weather returned to Southern California after the strongest storm of the year. But the risk of rock and mudslides on wildfire-scarred hillsides continued because dangerous slides can strike even after rain stops, particularly in areas where vegetation that helps keep soil anchored has burned away. Water, debris and boulders rushed down the mountain in the city of Sierra Madre on Thursday night, trapping at least one car in the mud and damaging several home garages with mud and debris. Bulldozers cleaned up mudcovered streets in the city of 10,000 people.

A storm in the Sierra Nevada dumped 6 feet (1.8 meters) of snow over 36 hours. Two Wisconsin and most of Mammoth Mountain ski patrol workers were caught in an avalanche during avalanche mitigation work Friday morning, the resort said in a Facebook post. One was extracted and was responsive, while the other was taken to a hospital with serious injuries. the Arctic are combining to

many more, according to Malian television and officials in the Kenieba district where the accident occurred. It is the second major accident this year in the French-speaking West African country,

which is one of Africa's top three gold producers. Late on Saturday, Malian television announced the collapse of the site at Bilali Koto

in the commune of Dabia,

Will press Egypt to release your son: Starmer tells woman on hunger strike

London (PTI): British Prime Minister Keir Starmer has told a mother who has been on hunger strike for 140 days that he will press the Egyptian government to release her son. In a statement Sunday, Starmer confirmed that he met Laila Soueif and said he will do "all that I can" to secure the release of Alaa Abd el-Fattah, a British-Egyptian dual national who has who has spent more than five years in an Egyptian prison, accused of "spreading

false news" on social media. "We will continue to raise his case at the highest levels of the Egyptian government and press for his release," Starmer said. A representative of the family said the meeting took place on

Friday morning inside the prime minister's offices at 10 Downing Street and that it was the first time the pair had met. Soueif, 68, has been on hunger strike since Sep 29, the day her son was supposed to be released, consuming nothing but herbal tea, black coffee and rehydration salts. After more than four months, Soueif has lost around 25 kg (55 pounds). She took her campaign directly to the Foreign Office in December, camping out in front of it every weekday to make sure officials notice her. When that yielded no results,

incident. "The death toll of 42 should be definitive, Mohamed Dicko told The Associated Press on Sunday.

The accident happened yesterday, Saturday. It was a landslide at a site run by Chinese nationals," said community leader Falaye Sissoko. Dicko said authorities were still trying to establish whether the mine was oper-

she switched in mid-January to the gates of Starmer's office — the famous black door of 10

Downing Street. "The great majority of mothers are prepared to die for their children; it just takes different forms," she said earlier this month. "Most mothers, if their children are in actual danger,

you're prepared to die." One of Egypt's most prominent pro-democracy activists the 43-year-old Abd el-Fattah has spent most of the past 14 years behind bars since taking part in the 2011 uprising that toppled former President Hosni Mubarak.

His most recent crime was 'liking" a Facebook post describing torture in Egyptian prisons. Abd el-Fattah has been in custody since September 2019, and was sentenced to five years in prison after a trial before an emergency security court.

But when his release date came up last September, Egyptian authorities refused to count the more than two years he had spent in pre-trial detention and ordered him held

until January 3, 2027. Thousands of critics of Egyptian President Abdel Fattah el-Sissi have been locked up under dire conditions after unjust trials, human rights groups say.

the International Trade Administration of the US Department of Commerce. It says more than 2 million people, or more than 10 per cent of Mali's population, depend on the mining sector for income.

Artisanal gold mining is estimated to produce around 30 tonnes of gold a year and represents 6 per cent of Mali's annual gold production.

16 dead in 2 road mishaps in Pak

Islamabad (PTI): Sixteen people were killed and 45 others injured in two separate road accidents in Pakistan's Sindh province, according to police. In the first accident, five people were killed and 10 others were injured when the van they were travelling in collided with a trailer near Qazi Ahmed town of Sindh's Shaheed Benazirabad District on Saturday.

Qazi Ahmed Station House Officer (SHO) Waseem Mirza

PUBLIC NOTICE

POOBLICC NOTICE is informed to the general public that Ramesh Kumar sagar son of Sin Chand Sagar resident of village Kila rapur Ludhiana Punjab, original allottee of Flat No. N-300, Jakayu Vilar, Sector 25, Noida Son Witch Parlay Kumar Sector 25, Noida to Mirs. Minati Sen Witc of Parlay Kumar Sen resident N-300, Jakayu Vilar, Sector 25, Noida to Mirs. Minati Social Power of Attorney was made in favour 0 Sundarmoy Sen alias Sundernov Senson of Pralay Kumar Sen resident of N-300, Jakayu Vilar, Sector 25, Noida ti was in the name of GPA No. Sundarmoy Sen alias Sundermoy Sen anales Sundernov Sundarmoy Sen alias Sundermoy Sen avants to transfer through registered special power of attorney If any objection in this register, leng wants to transfer hydig local of the inter of the samptire Oracifia Sen hydig local of this motice, register your objection with all evelopment Authority, Sector 5. No objection will be coepted late.





I, Prakshi Garg D/o Rajendra Garg and W/o Utkarsh Raizada R/o Flat A-412, Nav Nirman CGHS, Plot 6A, Sector-2, Dwarka, Delhi-110075 have changed my name and shall hereafter be known as Prakshi Raizada. PD(1521)C

said the van was heading to Lal Shahbaz Qalandar's shrine in Jamshoro District's Sehwan city. The speedy van initially hit a don key cart followed by a major collision with a trailer coming from the opposite side," the Dawn newspaper quoted the police official as saying.

Rown to all that my client 1) Sh. Bajrang Lal, Anown to all that my client 1) Sh. Bajrang Lal, Anown to all that my client 1) Sh. Bajrang Lal, Sh. Sandeep Mittal 3)Sh. Shix Kumar Garg owner of the SECOND FLOOR, WITHOUT ROOF RIGHTS PROEPRTY NO. R.2-4/336, PLOT NO. 4, AREA 100+100 SQ. VDS. KHASRA NO. 336, VILLAGE NASIRPUR, WEST SAGARPUR, NEW DELHH-110046 and 1)Sh.Bajrang Lal, 2) Sh.Sandeep Mittal 3)Sh.Shix Kumar Garg Have Not Originals 1. Death certificate Kaman Singh Makhloga and 2. Probate of Will executed by Sh. Kaman Singh Makhloga in favour of Sh. Vijay SinghMakhloga. And It is informed that any deal with said documents by any person except my said client and said institution regarding said property, shall be deemed as null and void. If any person having any claim, right in said property then he may corner of the badewal before and another and another deemed as null and void. If any person having any claim, right in said property then he may on claim, right in said property then he ma ontact and handover the same and appris is claim to undersigned within 8 days of the

AD REM LEGAL SOLUTION . 760 - Dwarka Court Sector-10, Dwarka, New De Mobile :- 9899013918

PUBLIC NOTICE

My Client, Parveen Kumar resident of H No. 36, S/F Road No. 64, West Punjab Bagh, West Delhi, Delhi-110026, hereb declare that I and my family have servere all ties from our daughter namely Neha Varma due to her actions. Despite our love and guidance, she chose to leave ou nome without consent and marry agains our wishes. As a result, I state that I have no relation with Neha Verma from this day rward. She shall not be entitled to an claims, financial support, or right oncerning me, my family, or my assets ir nv manner whatsoever. This declaration made with a heavy heart but i ecessary due to her actions. The public i dvised not to entertain any claims she nav make in mv name. Akash Swami (Advocate) Ch. No. 234, M.C. setalvad Lawyers Chamber Supreme Court of India, New Delhi-110001



India-US TRUST to enhance economic cooperation, infrastructure collaboration

PTI NEW DELHI

ndia-United States (US) Transforming Relationship Utilising Strategic Technology (TRUST) will pave the way for economic and technological cooperation between the two countries, while focus on the IMEC framework will deepen collaboration in infrastructure and economic corridors, according to industry experts. Prime Minister Narendra Modi and US President Donald Trump have agreed on the TRUST initiative, to emphasise on creating strong supply chains of critical minerals, advanced materials, and pharmaceuticals.

As per a joint statement issued after the Trump-Modi meeting in Washington, both countries have decided to launch a recovery and processing initiative for strategic minerals such as lithium and rare earth.

The two sides will also work together on economic corridors and connectivity infrastructure under the India-Middle East-Europe Economic Corridor (IMEC) and I2U2 frameworks. "TRUST initiative on critical



technological cooperation. PM's focus on the IMEC and the I2U2 Group reflects a strategic push for global fostering connectivity, economic integration across regions," said Naveen Jindal, the President of apex body Indian of Indian Steel Association (ISA) and Chairman Jindal Steel and Power Limited (JSPL). minerals and advanced The emphasis on creating materials marks a significant strong supply chains for

step toward economic and critical minerals, advanced materials. and pharmaceuticals is significant step towards securing India's industrial future, particularly in sectors such as stainless steel, speciality alloys, and clean energy, Rajamani Krishnamurti, President, Stainless Indian Steel Development Association (ISSDA). Indrajit Mookerjee, Vice Chairman and Executive

Director, Texmaco Rail & Engineering, said, "The focus on building resilient supply chains for critical minerals like lithium and rare earth elements is significant, given their central role in the green energy transition and the growth of electric vehicle technologies. As a key player in infrastructure and railways, Texmaco sees immense potential in this collaboration for creating new opportunities in manufacturing and in

processing technologies.' Gaurav Moda, Partner and Leader, Energy Sector, EY-Parthenon on India, said, "The establishment of these strategic partnerships could pave the way for significant advancements in sectors like defence, artificial intelligence, semiconductors, pharma and biotechnology. However, challenges such as ensuring the equitable distribution of these resources, maintaining global competitiveness, and addressing environmental concerns related to resource extraction will need to be carefully managed." Debasish Mishra, Chief Growth Officer, Deloitte South Asia, said, "The focus is

on developing a robust, selfreliant industry, technological capabilities, and resilient critical minerals supply chain capable of meeting emerging needs of new age technologies. The country needs to build long-term mineral supply sources, embrace cutting-edge technologies and sustainable practices across exploration, extraction, processing, and recycling. The collaboration between India and the US will be a significant milestone in this regard."

Power producers urge Centre to extend renewable transmission charge waiver

PTI NEW DELHI

Power producers have asked by the government to keep the waiver on inter-state transmission charges for renewable energy until 2030 to help clean energy take root more deeply in India's economy.

A consultative meeting chaired by Minister for New and Renewable Energy Pralhad Joshi was held on February 5, where Wind Independent Power Producers Association (WIPPA) and other shared their associations concerns and suggestions.

A key demand from the players was to extend the waiver on inter-state transmission system (ISTS) charges, which is otherwise due to end on June 30 this year, sources aware of the matter said.

Renewable energy players requested MNRE to extend the ISTS waiver till 2030 to promote investments in the sector and aid India's ambitious energy transition goals.

Currently, charges are waived for 25 years for green power projects such as solar, wind, and hybrid projects, and battery energy and pump storage projects commissioned before June 30, 2025.

The current ISTS waiver helps

charges that would have incurred on moving electricity from producing state to consumption centres. This, sources said, is a substantial chunk of the total tariff. If ISTS waiver is not extended, it will lead to significant India increase in tariff and make

rower generated renewable from sources uncompetitive vs other sources like coal, sources said adding this will also lead to an increase in procurement costs of distribution electricity companies.

Many LOAs (letter of awards) would not convert to power purchase agreements (PPAs) if the waiver is rescinded in June 2025, industry players felt.

On other hand, the cost of extending the waiver is nominal while the benefits are huge. It will help DISCOMs sign the pending 40 GW of PPAs as they would save 60-90 paise per unit.

Further, industries will be motivated to decarbonise and opt for renewable energy projects. Both will help the country move towards the 500 GW mission. According to official data, transmission charges (without waiver) are approximately ₹52,691 Crore per year while the quantum of ISTS waiver is only around renewable energy developers seven per cent at ₹3,602 Crore. avoid ₹0.4-1.8 per unit in For any extension of ISTS

waiver, heads of both Ministry of New and Renewable Energy (MNRE) and Ministry of Power are expected to meet soon to decide on the future course of action, sources added.

faces transmission

constraints in its endeavour to meet renewable energy targets. Only Madhya Pradesh will have spare capacity in the future, while Rajasthan and Gujarat will not. States need to plan renewable and other power procurement as per the resource adequacy framework. At the meeting, concerns were raised about delays in closing letters of award (LOA) with power purchase agreements (PPA), leading to developer liabilities. New guidelines will aim to close LOA with PPA within a year. Additionally, it was pointed out at the meeting that transmission charges for developers were reduced to

address such delays. There's a need to extend ISTS transmission charge waivers for renewable energy to keep distribution companies power procurement costs low. A phased reduction of these waivers could be considered to address the problem of socialisation of costs. However, this could lead to PPAs not materialising owing to increase in RE procurement cost, they said.

expatriate to Bengaluru, to leverage the potential in India.

"We intend to work closely with

local organisations to help

Japanese corporations partner

with startups in India and

"By investing in these cutting-

edge technologies, Japanese

firms are not only driving their

own growth but also

contributing to India's thriving

entrepreneurial landscape,

Shetty said India's digital

Kimura said.

expand into local markets.

FPIs withdraw ₹21,272 Crore from equities Japanese firms eye India in 'China Plus One' strategy Additionally, Japan's Deloitte Venture Support has sent an Morningstar



down.

PTI NEW DELHI

PTI 📕 NEW DELHI

respectively.

this week

More than 29,500 drones are registered in India, with

the national capital having the

maximum number at 4,882,

highest numbers of registered

drones are in Tamil Nadu and

Maharashtra at 4,588 and 4,132,

The data from the Directorate General of Civil Aviation

(DGCA) updated till January

29 showed that there were

Other states that have a high

number of registered drones

include Haryana (3,689), Karnataka (2,516), Telangana

(1,928), Gujarat (1,338) and

Kerala (1,318), as per the data

shared by the civil aviation

ministry with the Rajya Sabha

So far, the regulator has issued

96 Type Certificates to different

Unmanned Aircraft System

(UAS) models or drones, and

out of them, 65 models are for

agriculture purpose. Each

registered drone is issued a

Unique Identification Number

(UIN) from the Digital Sky

29,501 registered drones.

according to official data. After the national capital, the

The exodus of FPIs from the Indian equity markets continues as they pulled out ₹21,272 Crore in the first two weeks of this month, driven by global tensions after the US imposed tariffs on imports. This came following a net outflow of ₹78,027 Crore in

February 14). Market concerns heightened as United States (US) President January. With these, the total outflow by FPIs has reached Donald Trump imposed new ₹99,299 Crore - near ₹1 Lakh o far ts and announced the depositories showed. Going V Κ countries, forward, Vijayakumar, Chief Investment Manager Strategist, Geojit Financial

29,500 drones

evaluate their exposure to emerging markets, including India, he added. Also, Vipul Bhowar, Senior Director - Listed Investments, Waterfield Advisors, said, "shifts in global policies,

Research India, said

especially those emerging from the US, are invoking a sense of uncertainty among FPIs, which in turn is reshaping their investment strategies in dynamic markets like India". On the domestic front,

lackluster corporate earnings and persistent depreciation of the Indian rupee, which breached multi-year lows, further diminished the appeal of Indian assets, Srivastava said.

On the other hand, FPIs were buyers in the debt market during the period. They put in ₹1,296 Crore into debt general limit and ₹206 Crore in debt voluntary retention route.

tariffs on steel and aluminum The overall trend indicates a cautious approach by foreigr investors, who scaled back investments in Indian equities significantly in 2024, with net inflows of just ₹427 Crore.

PTI NEW DELHI Investment

These developments reignited fears of a potential global trade war, prompting FPIs to re-Post the Covid-19 pandemic, Japanese companies are eyeing India as a base as they adopt the 'China Plus One' strategy to diversify their manufacturing and supply chains to reduce dependence on China, experts from Deloitte said.

involves The strategy establishing production facilities in alternative countries, with India emerging as a significant beneficiary.

"Post-Covid, Japanese companies have been actively exploring China-plus supply chain strategies, with India emerging as a key destination. While some companies returned to Japan, others are looking at India not just as a manufacturing hub, but as a gateway to high-growth markets like the Middle East and Africa," Deloitte Japan CEO Kenichi Kimura said.

While the sheer scale of India's domestic market is a major draw, what makes India even more compelling is its wellestab ished busit talent

supply chain hub that can drive regional and global success,' Kimura said.

The Japanese government has actively supported this shift by allocating substantial funds to encourage companies to relocate production either domestically or to Southeast Asia. Japanese corporations are forming strategic partnerships and expanding operations in India to tap into its large domestic market and competitive labour costs.

Deloitte South Asia CEO Romal Shetty said the 'China Plus One' strategy has prompted Japanese companies to explore and invest in India, aiming to diversify their supply chains and leverage the country's economic potential. "India has overtaken China as

the biggest destination of Japanese FDI," he said, quoting data from Japan External Trade Organisation (JETRO). Foreign direct investment

(FDI) Balance of Payments Basis from Japan to China has declined significantly, from \$13 2012 to around \$3

just a market, but a critical first time India has overtaken China in FDI inflows from Japan.

Japanese investment in ASEAN nations has also been tapering off, as these markets have already absorbed substantial capital from Japanese corporations over the years.

India is poised to attract a significant portion of the capital being redirected from China - a potential 'Wall of Capital' that could reshape the region's investment landscape. Throughout the period from 2000 to 2024, Japan has maintained its position as a premier source of foreign capital for India, channelling approximately \$44 Billion into the Indian economy over two decades.

Among nations investing in India, Japan holds the fifth position in terms of cumulative FDI inflows, he said.

India ranks number one, significantly ahead of other countries in the JBIC Report on Overseas Business Operations by Japanese Companiesindicating a shift away from eing

companies see merits in acquisitions to scale up operations.

Over the past 10 years, over 200 inbound deals have taken place (20 plus deals a year between the Japan-India corridor). This shift has driven Japanese companies to enter growth markets and acquire businesses

with innovative business models, he said. said not iust Shetty manufacturing but Japanese companies are betting big on Indian startups that offer technology-driven innovative

solutions. The Japanese interest ecosystem and fintech sector is in the startup ecosystem is a big success story. Digital payment adoption in India is something not seen before. bigger than Japan. Kimura said M and A-driven "Japanese companies are showing a growing interest in India's dynamic startup FDI is playing an increasingly ecosystem, recognising its significant role in Japan-India potential economic ties, with over 200 immense for innovation and scalability. inbound deals in the past With strengths in deep tech, decade and a notable shift fintech, and digital solutions, toward strategic majority Indian startups

transactions present valuable opportunities for As Japanese companies adapt collaboration. Our weekly 'Morning Pitch' events have to changing global dynamics, including reduced cross-shareholdings, and rising attracted significant interest apanese seeking actively growth like India and markets investing in businesses with innovative models.

for reciprocal tariffs on several Himanshu Srivastava, Associate Director-Research.

of FPI strategy will happen when the dollar index moves

According to the data, Foreign

Portfolio Investors (FPIs)

₹21,272 Crore from Indian

equities so far this month (till

worth

offloaded shares

networks across these regions. "While Japanese businesses have yet to fully tap into this potential, we see India as not

Billion in 2023. In contrast, India has experienced a steady rise in Japanese FDI, reaching \$6 Billion in 2023 - marking the

market to one with concrete also

business prospects. Shetty said M and A deals are

rising as Japanese

from corporations and venture capitalists keen on exploring innovations from India," said Kimura.

India registers over HFCL sets ₹10,000 Crore revenue target

PTI 📕 NEW DELHI

Domestic telecom gear maker Himachal Futuristic Communications Limited (HFCL) is betting big on growth from overseas sales and uptake of defence supplies as the company looks to become a Crore ₹10,000 revenue enterprise, a top company official said Mahendra Nahata Managing Director HFCL during the company's recent investor call said the firm had an order book of ₹10,000 Crore as on December 31, 2024.

Platform, which is operated by the DGCA. DGCA-authorised 'We are increasing our presence by appointing our own employees, distributors, and Training Organisations (RPTOs) have dealers in key global markets. issued 22,466 Remote Pilot Our goal is to achieve a

portion of revenue coming from international markets in the coming years. Additionally, we aim for a considerable share of our telecom segment revenue to be export-driven," Nahata said. He said the company's board

has granted approval for a strategic expansion into Europe by way of setting up an optical fibre cable manufacturing facility in Poland. "The European Commission on

December 16, 2024 announced the imposition of definitive anti-dumping duty on all other Indian OFC manufacturers, reaffirming exemption," he said. HFCL's

substantial rise in export

in the December 2024 quarter. Nahata said HFCL is likely to revenue from our optic fibre segment, with a significant add a revenue of ₹350-400 Crore in the current quarter but may not achieve the target of ₹2,000 Crore set for the fiscal year due to shortfall in supply of some equipment on account of delay in customer readiness, trials, etc. In the December quarter, the company bagged an advance work order worth about ₹2,501.30 Crore for the design, supply, construction, installation, upgrade, operation, and maintenance of the middle-mile network of BharatNet Phase III in the

Punjab Telecom Circle. In addition, the company has also secured advance purchase orders worth ₹2,167.65 Crore from Rail Vikas Nigam Ltd for

optical fibre cables, telecom gears for BharatNet Phase III in Uttar Pradesh (East) Telecom Circle, and Uttar Pradesh (West) Telecom Circle.

The company during the quarter inaugurated a defence manufacturing unit in Hosur. Nahata said the company expects to receive a "reasonable size of orders" for defence gears and revenue should also start flowing in from the next financial year but also mentioned that approval for defence orders takes a lot of time.

He added that the company has received a letter of intent for defence orders worth ₹800 Crore that has been delayed due to the approval process and is making efforts to complete it by April or May this year.

Global trends, FIIs trading activity to drive market trends

PTI 🗖 NEW DELHI

Stock markets are expected to be driven by global trends and Foreign Portfolio Investment (FPI) trading activity this week after the conclusion of the earnings season, analysts said.

Unabated foreign fund outflows, lower-than-expected quarterly earnings and global trade war fears hit market sentiments last week, where the benchmark indices Sensex and Nifty extended their downward trend to the eighth day in a row on Friday.

"With the conclusion of the Q3 ہوں۔ global amid nvi* earnings season, now focus will be on developments turbulent market environment

on account of Donald Trump's trade policies," Siddhartha Khemka, Head - Research, Wealth Management, Motilal Oswal Financial Services Ltd, said. Moreover, the rupeedollar trend and movement of Brent crude, the global oil benchmark, will also be tracked by investors.

'With the earnings season behind us, market focus will shift to trends in Foreign Institutional Investors (FII) flows and currency movements for further cues. Additionally, speculation regarding US tariffs and their impact on global trade will remain a key factor to watch," Ajit Mishra - SVP, research Religare Broking Limited, said

The company has posted revenue of around ₹1,012 Crore the supply and maintenance of Reliance, BP lose decade-old gas migration dispute

PTI 📕 NEW DELHI

from adjoining fields.

various sectors. Among other measures, the ministry In a setback for Mukesh Ambani-led Reliance amended norms in August last Industries Limited and its year whereby the requirement partner BP Plc, the Delhi High of passport for the registration and de-registration/transfer of a Court has overturned an drone was scrapped. Since then, voter ID, ration card international tribunal's ruling that held the duo not responsible for paying

or driving licence can be used for registration and deregistration or transfer of drones. There is a drone airspace map, which is divided into three zones - green, yellow and red.

Pilot

Sharing the data as part of a

written reply, Minister of State for Civil Aviation Murlidhar

Mohol also said the central

government has taken various

steps to increase the usage of

technology across

Remote

drone

Certificates (RPCs).

There is no need for prior permission to operate drones in the green zone while the Air Traffic Control (ATC) concerned has to approve operations of drones in the yellow zone.

Bihari Vajpayee government. (BP bought a 30 per cent stake decade later).

In the same round, block KG-DWN-98/2 (KG-D5) was awarded to Cairn Energy arbitration India Ltd, which was subsequently acquired by state-owned Oil and Natural Gas Corporation (ONGC) in any compensation for the gas they produced and sold, two phases. An adjacent Godavari block was awarded to ONGC on nomination which had allegedly migrated basis in 1997.

Fields in question: Block or area KG-DWN-98/3, known Reliance started output from as KG-D6, was awarded to a KG-D6 in 2009 while ONGC consortium of Reliance Industries Ltd and Niko started output in January 2024.

Resources of Canada in the first bid round under New Exploration Licensing Policy Dispute: The dispute began in July 2013 when, suspecting reservoir connectivity of its (NELP) in 2000 by the Atal KG-D5 and G-4 blocks with

that of Reliance's KG-D6, ONGC on July 22, 2023 wrote to the DGH stating a detailed geological & geophysical (G&G) interpretation of the available data on the Godavari and KG-DWN-98/2 blocks shows "evidence of lateral continuity of gas pools" into KG-D6. Simply put, it meant that subsurface gas pools of the Reliance block and the ONGC blocks appeared to be connected with possible

migration of gas between the two. And since Reliance started

producing first, it might have drained out ONGC's resources as well. requested ONGC the

Directorate General of Hydrocarbons (DGH), an management to take legal

upstream regulatory arm of the Union Ministry of Petroleum and Natural Gas, to provide it with G&G data. along with the production and well data of the contiguous area of block KG-DWN-98/3. Media Leak: The issue got leaked to the media and a small news item appeared in one of the dalies. As was the practice of any material event, this was presented to the board of ONGC in April 2014. The board asked the management to review the matter and report back.

Election day petition: As directed by the board, the company management reverted with a detailed report. The board asked the

steps to protect its interest. The options before ONGC was to either file an FIR for "theft" of its gas by Reliance or file a civil suit claiming damages. While a criminal case (FIR) was ruled out, the board felt a civil case could drag on for decades. A way out was to file a writ

petition, which are promptly taken note of by the high courts. But a writ can be filed only against the state. Since DGH as a custodian of resources and supposed to the have known of connectivity issue when it detailed approved development plans of Reliance, ONGC decided to file the writ against the DGH

and the ministry. Reliance was

the third respondent. The petition was filed before the Delhi High Court a day before counting of the general elections on May 15, 2014.

On September 10, 2014, the Delhi High Court disposed of ONGC's petition and directed the government to take a decision, after it received a report from an independent panel set up by ONGC and

RIL. Eyebrows raised: ONGC's petition did raise a few evebrows then. The petroleum ministry ordered an enquiry into whether ONGC had consulted the ministry before filing the writ petition against its largest stakeholder the Union of India and upstream regulator DGH.

in the block more than a

DEHRADUN | MONDAY | FEBRUARY 17, 2025

the ploneer

Post-Natal Benefits

otherhood is a beautiful yet challenging journey that brings immense joy and significant changes to a woman's body and mind. After childbirth, new moms need care and support to recover physically and emotionally. Postnatal yoga offers a holistic approach to healing, helping mothers regain strength, reduce stress, and find balance as they adjust to life with a newborn.

Physical Recovery after Birth:

Pregnancy and childbirth can weaken muscles, cause tension, and lead to discomfort. Postnatal yoga helps restore core strength, particularly in the abdominal muscles, improving posture and stability while reducing back pain.

It also supports pelvic floor health, strengthening muscles that may have weakened during childbirth, which helps with bladder control and prevents prolapse.

New moms often experience tension in the neck, shoulders, and lower back from breastfeeding and carrying their baby. Yoga relieves this tightness through gentle stretches, reducing discomfort.

Embracing Postnatal **Recovery with Yoga** Postnatal yoga is not just about physical recovery, it's a holistic approach to healing that nurtures the body, mind and spirit. Through breathwork and mindfulness, it powers new moms to embrace the changes of motherhood while prioritising their well-being

Encouraging a Positive Mind-Body Connection

Yoga serves as an essential self-care practice, reminding new moms to take time for themselves. It helps them reconnect with their bodies and embrace postpartum changes with compassion.

The practice also fosters empowerment, allowing mothers to regain strength and confidence. As they rebuild their physical capabilities, they feel more in control of their recovery and overall well-being.

Building a Supportive Community Motherhood can sometimes feel isolating, but postnatal yoga offers an opportunity to connect with other moms who are going through similar experiences. Many classes provide a supportive space where moms can share advice, encouragement, and emotional support.

vivacity

PRECAUTION

Although core strength is essential, strenuous core exercises such as boat pose or intense abdominal crunches should be avoided postpartum The abdominal muscles require time to heal and these exercises may slow down the recovery process

The postpartum

yoga techniques

improve

calmness, reduce

irritability and

anger, increase

energy, lower

blood pressure,

reduce muscle

tension, and

aids in

relaxation.

THE

POSTPARTUM

PERIOD CAN

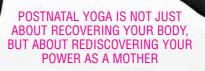
BRING EMO-

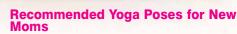
TIONAL HIGHS

AND LOWS.

BENEFITS Postnatal yoga is excellent

for regaining strength in the abdominal muscles Yoga improves flexibility, making everyday movements easier as moms adapt to the physical demands of caring for a newborn. You can relieve the stress and tension





eness 11

- While each mother's recovery is unique, the following yoga poses can be especially beneficial:
- Cat-Cow Pose (Marjaryasana-Bitilasana) Stretches the spine and relieves back pain.
- Child's Pose (Balasana) Promotes relaxation and stress relief
- Bridge Pose (Setu Bandhasana) Strengthens the pelvic floor and core.
- Seated Forward Fold (Paschimottanasana)– Stretches the hamstrings and encourages relaxation.
- Warrior II (Virabhadrasana II)
 – Builds strength, balance, and stability.

Strengthening the Mother-Child Bond

Welcoming a child into your life brings profound changes and can take time to adjust to.

Postnatal yoga nurtures the connection between mother and child, helping new mothers conserve the immense energy eeded to care for a newborn. Through breathing exercises, meditation and gentle postures, it promotes relaxation, making it easier to care for your baby while also benefiting from the ractice. It encourages mindfulness helping mothers stay present and enjoy precious moments with their little ones. The gentle movements also aid in postpartum

Strengthening the Mother-

Baby Bond Postnatal yoga not only benefits moms but also enhances their connection with their babies. Many classes include mom-and-baby yoga, incorporating gentle movements that encourage bonding through touch and eye contact. Yoga can also aid in breastfeeding support, improving posture and chest openness, making feeding



Mental Well-Being and Emotional Balance

The postpartum period can bring emotional highs and lows. Yoga is a powerful tool for stress relief, as deep breathing and mindful movement promote relaxation and calm. It also encourages mental clarity, helping moms feel more present and grounded amid the challenges of early motherhood.

Yoga has been shown to help reduce postpartum depression and anxiety by lowering cortical levels and promoting emotional stability. Additionally, it can improve sleep quality, which is crucial for new moms dealing with interrupted sleep patterns.

Adaptable and Energy-Boosting

One of the best aspects of postnatal yoga is its adaptability Whether a mother had a vaginal or cesarean birth, the practice can be modified to ensure safety and effectiveness. Additionally, yoga helps boost energy levels. Gentle movements, deep breathing, and mindfulness techniques improve circulation and reduce fatigue, leaving new moms feeling more refreshed and ready for the day

> - Inputs by Swati Sharma, Senior Yoga Therapist at Bio Resurge Wellness

Ultimate Winter Super Fruit



nown for their vibrant red colour, unmatched sweetness, and juiciness, cherries, particularly Chilean cherries, are the ultimate fruit for the festive and winter months. But beyond their delightful flavour and

visual appeal, cherries boast a wealth of health benefits that make them a winter super fruit you can't afford to miss.

The winter season aligns perfectly with the availability of Chilean cherries, known for their superior quality and freshness. These cherries are packed with antioxidants, such as anthocyanins and vitamin C, which help combat oxidative stress and inflammation, especially helpful during the festive season's indulgences. According to Ms. Priyanka Bhuraria, clinical

Dietitian, "not

Festive Fruit for the Winter Season

Cherries add a touch of elegance and indulgence to any dish, making them the perfect centrepiece for festive meals and gatherings. Their vibrant red colour symbolises prosperity and celebration, aligning perfectly with the holidav spirit. So this winter, make cherries your

go-to super fruit. Whether you're looking for a healthy snack, a dessert ingredient, or a festive table highlight Chilean cherries deliver on all fronts including taste, nutrition, and versatility.

only do cherries taste great, they contain many vitamins, minerals, and plant compounds which can be enormously beneficial for our health. The best thing is that they're in season now, so you can

buy yours today and benefit from all their delicious goodness. Cherries are a nutritional powerhouse packed with benefits. They contain fibber, which helps you feel fuller, aids digestion, and promotes bowel regularity. Rich in vitamin C, cherries support your immune system and

improve skin health."

Incorporate Cherries into Your Diet

- As a Snack: Enjoy them fresh for a guilt-free sweet treat.
- In Desserts: Add them to pies, tarts, or holiday cakes for a burst of flavour and colour

In Salads: Toss cherries into a winter salad with greens, nuts, and cheese for a festive dish.

In Smoothies: Blend cherries with vogurt almond milk, and a dash of honey for a refreshing drink

Health Benefits of Cherries

- Boosts Immunity: The high vitamin C content strengthens your body's defence against common winter illnesses like colds and flu.
- Promotes Heart Health: Cherries are rich in potassium, which helps regulate blood pressure and maintain a healthy heart.
- Improves Sleep Quality: Cherries are a natural source of melatonin, a hormone that regulates sleep. Enjoying cherries before bed could help you achieve better rest during the long winter nights.
- Supports Digestion: The fibre in cherries keeps your digestive system running smoothly, balancing the effects of holiday indulgences.



Telf-love is something that is quite neglected these days due to juggling between work and personal life, completing deadlines etc. What we forget is to pause and take care of ourselves. Self-love is choosing small activities that are great for your mental, physical and emotional health.

Prioritising *self-love* with simple gestures helps you handle stress better, improves your focus, and brings a sense of balance amidst the chaos. However, many people believe self-love requires time they don't have. The good news? Just five minutes a day is enough to reset your mind, recharge your energy, and reconnect with yourself.

As a life coach, my goal is to help people integrate *self-love* into their daily routines in a way that feels effortless and meaningful. These simple yet powerful practices don't require major effort, just a willingness to pause and check in with yourself.

Self-love isn't about finding extra time, rather it's about making small, intentional choices. Even on the busiest days, these five-minute practices can boost your confidence, shift your mindset, and remind you of your worth.

Five Simple Self-Love Practices

Start Your Day with Affirmations - Stand in front of the mirror and speak positivity into existence. Say aloud "I am capable of achieving my goals.", "I am strong, resilient, and worthy of success.", "I choose to love and accept myself as I am." Affirmations shape your mindset for the day, boost self-confidence, and set the tone for positivity and self-acceptance.

Reset with Deep Breathing

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 6 seconds

Cultivate Gratitude in a Journal - Take a moment to jot down three things you're grateful for, no matter how small. Whether it's your morning coffee, a kind conversation, or simply the ability to take a deep breath, gratitude shifts your perspective and fosters contentment

Visualise Your Best Self - Close your eyes and picture yourself thriving such as achieving your goals, radiating confidence, and living with joy

Give Yourself a One-Minute Hug -Wrap your arms around yourself and whisper words of encouragement. Physical touch releases oxytocin, the feel-good hormone, instantly providing comfort

> — Inputs by Aamish Dhingra, ICF- PCC Certified Life Coach

Get in touch at vivacity@dailypioneer.com



sports 12

Yashasvi Jaiswal set to miss Ranji semis 10-man Real Madrid draws at Osasuna after red card

PTI NAGPUR

Tt is unlikely that Mumbai will have an injured Yashasvi Jaiswal in their ranks, but the resilient defending champions are firm favourites against Vidarbha in the Ranji Trophy semifinal, beginning here on Monday.

It is understood that Jaiswal might travel to the BCCI Centre of Excellence in Bengaluru for further assessment of his unspecified injury soon, as he has been named as a "nontravelling reserve" in India's Champions Trophy squad.

But the possible absence of Jaiswal in no way reduces the firepower of Mumbai in a match that is the repeat of last year's final.

Mumbai have a host of stars in their line-up such as skipper Ajinkya Raĥane, Suryakumar Yadav, Shivam Dube and Shardul Thakur who can alter the course of the game on their own.

But more than the presence of some acclaimed and accomplished players, their determination makes the 42time champions a team cut from different cloth.

On several occasions this season, Mumbai's top-order

tournament until 2031



malfunctioned but their lower batters order batters like Thakur and Tanush Kotian have bailed them out with gritty efforts. Even in the quarterfinal against top-order against Vidarbha, Haryana, they were tottering at who are in red-hot form this 113 for seven before Shams Mulani and Kotian milked 183 season. They don't have big names in

runs for the eighth wicket to rescue Mumbai. Mumbai would hope that the big guns will return to runmaking ways on the Nagpur pitch that often sides with

extension.Government officials

also unveiled plans Sunday to

shift the event from The Grange

"As a golf course designer, you

In fact, left-arm spinner Dubey While the stories of such lateis the highest wicket-taker this order resistance are heart-Ranji season with 59 victims in warming, Mumbai would like a his bag more polished effort from their

Hence, Vidarbha will be eager to exploit that slightly wobbly nature of Mumbai top-order and put them under pressure early.

None of the Mumbai batters figure among the top 20 of the their bowling line-up, but Harsh Dubey, Yash Thakur, highest run-makers this season. Aditya Thakare and Nachiket Bhut have consistently struck Siddesh Lad (565 runs) is their top run-aggregator and he is

22nd on the run-maker's list In contrast, Vidarbha's frontline has been in much better shape this season as Yash Rathod (728 runs) is the fourth-highest rungetter in the chart.

Karun Nair (591) and skipper Akshay Wadkar (588) too have chipped in with important runs. However, they would like some better outings from openers Atharva Taide and Dhruv Shorey. Teams (from):

Mumbai: Ajinkya Rahane (c), Ayush Mhatre, Angkrish Raghuvanshi, Amogh Bhatkal, Suryakumar Yadav, Yashasvi Jaiswal (injured), Siddhesh Lad, Shivam Dube, Akash Anand (wk), Hardik Tamore (wk), Suryansh Shedge, Shardul Thakur, Shams Mulani, Tanush Kotian, Mohit Avasthi, Sylvester D'Souza, Royston Dias, Atharva Ankolekar, Harsh Tanna.

Vidarbha: Akshay Wadkar (c & wk), Atharva Taide, Aman Mokhade, Yash Rathod, Harsh Dubey, Akshay Karnewar, Yash Kadam, Akshay Wakhare, Thakare, Aditya Darshan Nalkande, Nachiket Bhute, Siddhesh Wath (wk), Yash

Thakur, Danish Malewar, Parth

Rekhade, Karun Nair, Dhruv

Shorey.

PTI BARCELONA

Jude Bellingham's use of an English expletive to curse at the referee left Real Madrid a man down and unable to defend a lead as the La Liga leaders drew at Osasuna 1-1 on

Saturday. Kylian Mbappé put Madrid ahead in the 15th minute with his 11th goal in as many league games. But Madrid was outnumbered outnumbered after Bellingham's red card for using an expletive while protesting the refereeing five minutes before halftime.

Osasuna pulled level after the referee awarded a penalty after a video review and booked Eduardo Camavinga for stomping the foot of Ante Budimir in the box. Budimir slotted the 58th-minute equalizer past Thibaut Courtois to unleash celebrations at El Sadar Stadium.

The draw in Pamplona put Madrid's league lead in jeopardy. While Atletico Madrid failed to take advantage of the slip and stayed one point behind the frontrunners, Barcelona can pull level with its top rival if it beats Rayo Vallecano on Monday.

Nortday. Next up for Madrid is a home game against Manchester City on Wednesday when it will try to make good on its 3-2 win in their first meeting of the Champions League knockout rounds playoff.

'English translation error'In what seemed to be a stretch of linguistic analysis, coach Carlo Ancelotti tried to defend his player by claiming that referee José Luis Munuera made a error of Bellingham's use of an English

didn't do anything that deserved a sending off," Ancelotti said. "He said (expletive) off,' not '(expletive) you.' I don't think that was meant to be offensive." Munuera wrote in his report that Bellingham told him "from just a few meters away, (expletive) vou.

Bellingham said "I don't want to go into details of what was said" but insisted he was unfairly treated, saying the referee made a translation



scoring at ease in recent weeks

and has 17 league goals, second only to the 19 by Barcelona

striker Robert Lewandowski.

Mbappé had an opportunity to

bag an injury-time winner but

Osasuna goalkeeper Sergio

Herrera blocked his shot from

Osasuna, which beat Barcelona

4-2 in September when the

Catalan club was leading the league, moved into seventh

Budimir's goal let the Croatia

striker equal an Osasuna club record of 57 career goals in La

Liga, a mark set by Sabino

"It is always very special to enter the history of a club that

is over 100 years old. I am very

Atletico gladiators' fail to

retake leadAtletico Madrid

remained a point behind

Madrid after it was also

reduced to 10 men and needed

a late goal from substitute Alexander Sorloth to draw at

home with Celta Vigo 1-1.

proud," Budimir said.

an angle.

place.

Andonegui.

error and that there was indeed a degree of difference between the expletive when combined with "off" or "you.'

"It is clear that he made a mistake and there was a miscommunication," said the England midfielder, who got a two-game ban last season after receiving a red card for using an expletive in English protesting a ref's call.

More fuel for the fireAncelotti was also shown a yellow card early after he complained excessively for what he thought was a handball by an Osasuna player in the host's area.

Following its loss at Espanyol, the powerhouse sent a scathing letter to Spain's soccer federation to decry what it considered "adulterated" refereeing that favored other teams. The league president responded by saying that the 36-time champion had "lost its mind.

The decisions by Munuera aggravated Madrid's sense of grievance regarding the refereeing in La Liga.

Mbappé remains hotMbappé had an up and down first few months while adapting to Madrid, but he has been

Pablo Barrios hurt Atletico's "Things have happened in the last three games that everyone has seen," Ancelotti said. "The chances when he saw a direct red card for a studs-first slide into the lower leg of Pablo VAR has reviewed plays in our Durán just seven minutes into the match. Borja Iglesias area and not in the opponent's area. ... We just have to keep earned a penalty when fouled fighting. We played a good by Robin Le Normand in the game today and we will try to area, sending substitute Iago Aspas to the spot to put Celta do so again on Wednesday and in the next La Liga game.

ahead in the 68th. Sorloth salvaged a point for the hosts when the Norway striker won a long ball and rifled it home in the 81st.

LIV Tour commits to Adelaide Jannik Sinner's three-month ban slammed by tennis pros

PTI ADELAIDE

LIV GOIT has secure IV Golf has secured its Adelaide retaining hosting rights for its tournament until 2031, despite increasing speculation of a reunification of 2031, the PGA and LIV tours and what that could mean for the sport's landscape.

Sunday's announcement signals to a newly redeveloped city course designed by former LIV LIV's ambitions to remain a prominent player in world golf Golf chief Greg Norman. despite increasing efforts to reunify the PGA and LIV Golf Norman a central figure in establishing the breakaway tour tours, which included PGA will oversee the redesign of the North Adelaide Golf Course, Tour Commissioner Jay located in the city's central Monahan meeting with President Donald Trump last with business district. week.

very seldom get the opportunity to be involved with "There's no place we'd rather be than right here in Adelaide,' a project downtown," he said. "North Adelaide Golf Club is new LIV Golf CEO Scott O'Neil said ahead of Sunday's final round at The Grange Golf Club basically a diamond in the rough and we're going to unpick it." - the most successful stop in the fledgling golf league's short

history. Adelaide's hosting contract with LIV Golf had PTI LONDON been due to end after its fourth

Top-ranked Jannik Sinner accepting a three-month doping ban deal was slammed event in 2026, but with around 100,000 fans attending in each of the past two years it prompted the South Australian his fellow tennis by state government to bid for an

for Vidarbha.

professionals on Saturday. Sinner and the World Anti-Doping Agency settled on the suspension that means he can play again from May 5, will not lose his number one ranking, will not miss any Grand Slams, and will not lose titles or prize money he earned after testing positive for a banned anabolic steroid last March.

Three-time Grand Slam champion Stan Wawrinka wrote on X, "I don't believe in a clean sport anymore. 'Fairness in tennis does not

exist," Wimbledon runner-up Nick Kyrgios said on X. "Obviously Sinner's team have

done everything in their power to just go ahead and take a three

month ban, no titles lost, no prize money lost. Guilty or not? Sad day for tennis.'

World number eight Daniil Medvedev, speaking after losing in the Open 13 semifinals in Marseille, said, "I hope everyone can discuss with WADA and defend themselves like Jannik Sinner from now on.'

Former British number one Tim Henman told Sky Sport, "When I read the statement this morning it just seems a little bit too convenient.

Obviously having just won the Australian Open, to miss three months of the tour and therefore to be eligible to play at Roland Garros, the timing couldn't have been any better for Sinner, but I still think it leaves a pretty sour taste for the

sport." The Professional Tennis Players Association, founded by Novak

Djokovic and Vasek Pospisil, also weighed in on X, posting a statement criticising the parties involved in the decision-making process: The ATP, WTA, Grand Slams, WADA

Integrity Agency. "The system' is not a system. It's a club. Supposed case-by-case

cover for tailored deals, unfair treatment, and inconsistent rulings. It's not just the different results for different players. It's the lack of transparency. The lack of process. The lack of consistency. The lack of credibility in the alphabet soup

agencies charged with of regulating our sports and athletes," the PTPA wrote. It accused the agencies of unacceptable bias "for all

athletes and shows a deep disrespect for every sport and its fans

translation expletive. Bellingham

refereeing

Champions Trophy: Arshdeep poised to start ahead of Harshit

Aditi Ashok slips to tied 53 in Saudi Ladies International

PTI RIYADH

A diti Ashok played a

three-over 75 and slipped to tied-53rd at the Saudi Ladies

International here on Sunday. Aditi with rounds of 69-72-75

totalled even par 216 for three days. This was her first event



and International Tennis

discretion is, in fact, merely



PTI DUBAI

Harshit Rana has been the flavour of the season as far as India's emerging crop of fast bowlers is concerned but one of head coach Gautam Gambhir's finds is unlikely to start in India's playing eleven in the Champions Trophy with Arshdeep Singh still considered way ahead in terms of talent and quality. The Indian team management

gave Harshit all three ODIs against England, and if one is absolutely fair to the burly 6feet-2-inch tall Delhi speedster, he has not looked out of place. While Arshdeep enjoys a better economy rate of 5.17 compared to Harshit's 6.95 per over, it is the former's ability to bring the ball back into the right-handers during the Powerplay overs that will tilt the scales in his favour in the tournament starting February 19.

Arshdeep, who also has only nine ODIs since he made his debut in a short ODI series in New Zealand in 2022, will be ahead on most counts when one looks at the parameters that would be taken into account based on the conditions available at the Dubai available at Dubai International Stadium.

"Harshit has improved by leaps and bounds in terms of reducing his weight and has

being a different dimension, has become sharper in terms of speed. But if I had to choose one an advantage. The Dubai track among the two as Mohammed will be decent for the pacers," Shami's partner, it has to be Raman observed. Arshdeep as he can swing the ball both ways and is a left-He also raised a key point about playing multi-nation event compared to bilateral series. armer. "A bit more experience always

"I would be a trifle surprised if Harshit starts ahead of Arshdeep," former national selector Devang Gandhi, who has also seen Rana from close quarters as Delhi Ranji coach said.

India will start with a clash Bangladesh against on February 20 here.

It is understood that Harshit national women's team. started in all three games Gandhi, on his part, also pointed out the options against England because the Arshdeep brings to the table in team management, currently helmed by Gautam Gambhir, various phases of the match. wanted to check out if his protege could be considered as "Harshit hits deck and gets it to move a bit both ways after pitching along with those Jasprit Bumrah's replacement, effective occasional heavy balls and also this was the only series in the range of mid 140s. But where Shami's fitness could also when you have Arshdeep, he have been tested in real terms. can swing the new ball and also Hence, Arshdeep was rested in use angles of the crease effectively when he comes the first two games and only got a chance when the think-tank round the wicket during death decided to rest Shami, who had played back to back ODIs. overs," he explained. An NCA level two coach, who Former India opener WV Raman, one of the most respected coaches in the had watched the India U-19 team play in Dubai during the Asia Cup, had observed that country, feels experience will be there is at least five to six inches

a key factor which should go in favour of the Punjab pacer. "Arshdeep, due to his relative experience and the left arm

of 2025 on the Ladies European Tour. It was a tough day with two birdies, three bogeys and a double bogey in the 75 at the Par-72 Riyadh Golf Club. The other three Indians, Pranavi Urs, Diksha Dagar and Tvesa Malik had missed the cut earlier on.

Thailand's Jeeno Thitikul secured her fifth Ladies European Tour (LET) title after storming to a four-stroke victory

The Thai star, who is number four in the Women's World Golf Rankings, began the day

with a three-shot lead. A round of 69 (-3) on the final day to end the week with a score of 16-under-par was more than enough to ensure Thitikul began her 2025 helps in ICC events, which is a different ball game from season in the best way.



Korea's Somi Lee finished the week in second place in the Individual competition with a score of 12-under-par after she captained her Team to victory on Saturday.

England's Annabell Fuller recorded her best-ever finish on the LET with solo third place on 11-under-par. Four players finished in a

share of fourth place with Japan's Chisato Iwai, Korea's

Ina Yoon, Denmark's Nanna Koerstz Madsen, and Thailand's Ariya Jutanugarn all on 10-under-par.

One shot back, five players rounded out the top 10 with England's Charley Hull, Naveed, Australia's Hira China's Muni He, Austria's Emma Spitz, and Switzerland's Chiara Tamburlini on nineunder-par.

In the LET Order of Merit,

England's Cara continued to standings with 505.18 points to her name, Thailand's Thitikul is now in second

place with 500 points. The LET season has a two-week break before a trip to Australia with the first of three events - the Australian WPGA Championship - taking place from March 6-9 at Sanctuary

Gainer

lead the

Cove Golf and Country Club.

bilaterals. In ICC event, you will Batting depth gives Royal Challengers slight edge over Delhi Capitals play different opposition every day and accordingly an experienced bowler changes his

plans," said Raman, who has also been India U-19 batting PTI VADODARA

coach and head coach of the

Stadium.

After starting from the blocks with contrasting wins, Royal Challengers Bengaluru (RCB) and Delhi Capitals (DC) will look to consolidate their position when they meet in WPL 2025 here on Monday.

Defending champions Royal Challengers brushed aside Gujarat Giants (GG) by six wickets in the opening game, while the Capitals had to go through a last-ball thriller before notching a win over Mumbai Indians (MI).

But the overall balance, especially in batting, and bowling gives RCB a slight edge over Delhi.

Their batting strength was on full display when the Smriti Mandhana-led side chased down a 200-plus target more bounce on offer at the Dubai International Cricket without much ado.

They have been bolstered by the addition of young talents

like Raghavi Bist, Kanika Ahuja, who have seamlessly blended with seniors Mandhana, Ellyse Perry, Richa Ghosh and Danny Wvatt.

Both Kanika and Bist had played excellent roles too in the team's win over GG. However, they might just hope

for a tidier effort from their bowlers, and Perry abstaining from bowling has reduced their efficiency a bit in that department.

The Aussie star is recovering from a hip injury that she sustained during the recent Women's Ashes, and will not be bowling at least in the

initial stages of the WPL. So, RCB will need a heftier contribution from experienced Kim Garth and Georgia Wareham, as both

leaked plenty of runs against Gujarat. They would also like to see youngsters VJ Joshitha and

Prema Rawat too step up and support seasoned Renuka Singh.

It is imperative because Delhi has a fiery batting unit consisting of skipper Meg Lanning, Annabel Sutherland, Shafali Verma, Jemimah Rodrigues, Alice Capsey and Sarah Bryce.

They did not deliver as desired in a middling chase against Mumbai, but they will be looking to atone for that blip against a relatively more inexperienced bowling lineup of RCB.

The Bengaluru outfit will have their task cut out against Delhi bowlers, led by veteran pacer Shikha Pandey, as they did well to restrict Mumbai to 164 in the previous match.

However, the RCB batting line-up could offer them a vastly different challenge. Squads

Delhi Capitals: Meg Lanning (Captain), Alice Capsey, Sarah Bryce, Annabel Sutherland, Minnu Mani, Shafali Verma, Arundhati Reddy, N Charani, Shikha Pandey, Jemimah Rodrigues, Nandini Kashyap, Sneha Deepthi, Jess Jonassen, Niki Prasad, Taniyaa Bhatia, Marchizanne Kapp, Radha Yadav, Titas Sadhu.

Royal Challengers Bengaluru: Smriti Mandhana (Captain), Nuzhat Parween, Joshitha Vi Richa Ghosh, Danni Wyatt, Kanika Ahuja, Sabbineni Meghana, Ekta Bisht, Kim Garth, Shreyanka Patil, Ellyse Perry, Prema Rawat, Georgia Wareham, Raghvi Heather Graham, J Bist. Jagravi Pawar, Renuka Singh, Charlie Dean.

Rauf recovers from injury, set for CT opener

PTI 📕 KARACHI

Pakistan fast bowler Haris Rauf has recovered from his injury and will be available for his side's ICC Champions Trophy (CT) opening match against New Zealand on Wednesday, according to sources.

A source close to the Pakistan team confirmed on Sunday that Haris, who sustained a muscular strain in his lower chest wall during the recent tri-series tournament, has recovered and will play in the Champions Trophy opener in Karachi.

"Haris is okay now and the rest given to him after the first match of the Tri-Series has helped him recover well," the source said, adding that Pakistan have no fitness issues with any

other player. Haris, one of Pakistan's kev bowlers with his express pace and ability to take wickets in the middle overs, has remained with the squad despite the selectors

calling up uncapped Akif Javed as a backup for him. Haris has a haul of 83 wickets in 46 one-day internationals and another 110 wickets in 79 T20 internationals as he has built

a reputation as a specialist white-ball bowler. Former Pakistan left-arm pacer Muhammad Amir had on Saturday expressed his concerns on a TV channel about Haris' fitness for the Champions Trophy. Amir claimed that if the pacer had suffered a side strain it would take five to six weeks to heal completely.