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PAPER WITH PASSION

A clash of diplomacy and dignity

A dramatic Oval Office face-off between Trump and Zelensky, marked by sharp exchanges, underscores global political instability

In a high-stakes meeting that captured global attention, President Donald Trump and Ukrainian President Volodymyr Zelensky clashed in a dramatic showdown at the White House. What began as cordial greetings quickly spiraled into an explosive exchange, leaving Zelensky visibly humiliated on the world stage—even as his defiant stance earned him renewed backing from European leaders. The encounter marked the first in-person meeting between Trump and Zelensky since Trump's return to power in January. Early on, smiles and handshakes gave way to heated words as US Vice President JD Vance pushed for a diplomatic resolution to the ongoing Russia-Ukraine conflict. Vance's remarks underscored a fundamental point: the need for serious diplomacy to end the war, while also implicitly contrasting Trump's previous approach with that of past administrations. However, as the dialogue unfolded, Zelensky's pointed references to the long history of inaction—citing the annexation of Crimea and subsequent military struggles—sparked



a vehement rebuttal. In a sequence of rapid-fire exchanges, Trump dismissed Zelensky's critiques and reminded him of the overwhelming military support provided by the United States, arguing that without this aid, Ukraine's resistance could have crumbled in days. Despite the abrasive tone and what many saw as a public humiliation, Zelensky's resistance during the meeting resonated far beyond the confines of the Oval Office. While Trump's unconventional style and bombastic rhetoric further alienated many European policymakers, Zelensky's defiant posture emerged as a symbol of unwavering national resolve. European leaders, long critical of Trump's erratic diplomacy, viewed

the exchange as evidence that Ukraine needed to assert its own dignity in the face of American grandstanding. Moreover, Trump's harsh social media post demanding Zelensky "come back when he is ready for peace"—served not only as a dramatic moment of political theatre but also as a catalyst for European unity in support of Ukraine. Zelensky's refusal to be cowed sends a powerful message to both his domestic audience and international supporters. The Zelensky US visit might strengthen Ukraine's negotiating position and ensure a more coordinated effort to counter Russian advances. Trump's return to a more unpredictable form of diplomacy has underscored deep-seated divisions within the international community. His blunt dismissals and confrontational tactics risk undermining the credibility of traditional US diplomatic channels, potentially destabilising long-established alliances. In contrast, Europe's reaction suggests a pivot towards a more measured, collective response that prioritises multilateral engagement over unilateral posturing. This divergence could reshape how global conflicts are addressed in the future, signaling a shift away from "big talk" and towards pragmatic, alliance-based strategies. The Oval Office showdown will likely be remembered as a defining moment in the ongoing Ukraine war and in the evolution of American foreign policy.

PICTALK



A farmer prepares an agricultural land for paddy cultivation, in Nadia

A new era for rural revival and inclusive growth

With a sharp focus on strengthening infrastructure and boosting holistic rural development, the UP budget underscores a visionary and inclusive agenda

The Budget presented by the BJP's double-engine government in Uttar Pradesh will go a long way in strengthening infrastructure and further boosting the holistic development of rural areas. The state government's mammoth budget of Rs 8,08,736 crore for the all-round development of the state reflects the inclusive and visionary approach of the government, taking full care of the poor, disadvantaged, youth, women empowerment and Annadatas. This budget is 9.8 per cent higher than last year's, indicating the government's pro-development agenda. Under the Prime Minister's vision of a developed India, special emphasis has been placed on rural areas.

The mainstay of the economy of the state is the rural sector and the government has been continuously working towards ensuring that the benefits of the schemes reach the deprived sections of the society. Believing in the credo of self-reliance, the government has been focusing on fortifying the development arcs of villages to make them self-reliant as they will play an important role in creating a strong Uttar Pradesh. While over 96 lakh rural families have benefited under the State Rural Livelihood Mission (UPSRLM), on the other hand, financial transactions worth Rs 31,103 crore have been facilitated through 39,556 Banking Correspondent Sakhis. Until now, more than two lakh women have become "Lakshmi Didi," helping them become self-reliant. Uttar Pradesh is also the first state in the country to guarantee concrete houses to the poor. Fulfilling Prime Minister Narendra Modi's vision of "Sabka Saath, Sabka Vikas," the state government has already constructed more than 3.6 million houses in resolution. Providing further impetus to the cause, a provision of Rs 4,882 crore has been made in the Budget for the Pradhan Mantri Awas Yojana (Rural). Also, an amount of Rs 1,200 crore has been proposed under the Mukhyamantri Awas Yojana



KESHAV PRASAD MAURYA

(Rural). While the Prime Minister's empathetic leadership has ensured a roof over the heads of the poor, the state's economy has also been flourishing. The government's efforts have ensured the economic growth rate of the state has been recorded at 11.6 per cent, which is higher than the national GDP growth of 9.6 per cent. Once considered a "BIMARU" state, the estimated gross domestic product (GSDP) of the state has now risen to Rs 27.51 lakh crore, doubling from 2017-18. In line with this momentum, Uttar Pradesh's economy is expected to reach Rs 30 lakh crore in the next fiscal, which will significantly contribute towards making the state a \$1 trillion economy. Along with the ramping up of infrastructure, Uttar Pradesh is now witnessing a revolution in the transportation sector. The North-South Corridor Plan will be implemented keeping in view road connectivity and highway expansion. Under this, Rs 200 crore has been provided for the widening and construction of roads. A budget of Rs 2,900 crore has been proposed for the widening of roads. Also, a provision of Rs 1,450 crore has been made



THE STATE GOVERNMENT HAS ALREADY CONSTRUCTED MORE THAN 3.6 MILLION HOUSES IN RESOLUTION. PROVIDING FURTHER IMPETUS TO THE CAUSE, A PROVISION OF RS 4,882 CRORE HAS BEEN MADE IN THE BUDGET FOR THE PRADHAN MANTRI AWAS YOJANA (RURAL)

for the construction of bridges and railway overbridges to ease traffic congestion. The incredible growth has taken into account the need to further bolster youth empowerment and job creation. A budget of Rs 1,000 crore has been allocated under the Chief Minister's Youth Entrepreneur Development Scheme. Under the Swami Vivekananda Yuva Sashaktikaran Yojana, 49.86 lakh smartphones/tablets have been distributed to promote smart education. Free coaching is also being provided to the youth through the Abhyudaya Yojana. Renewable energy and artificial intelligence have been given special emphasis to ensure that youngsters do not fall behind. While the Artificial Intelligence City will be set up in Lucknow, plans are underway to set up a 500 MW solar power plant which will entail a cost of Rs 2,500 crore. Prime Minister Narendra Modi places special emphasis on ensuring the wellbeing of farmers and wants to ensure they do not fall behind in these changing times. In line with this, Annadatas have been placed at the top of the priority list in the mission of achieving the goal of 'Viksit Bharat'.

Under the Pradhan Mantri Kisan Samman Nidhi Yojana, Rs 79,500 crore have been distributed to farmers while Rs 496 crore have also been disbursed under the Pradhan Mantri Fasal Bima Yojana. The state's sugarcane production capacity has also increased from 72 tonnes to 85 tonnes per hectare, boosting the income levels of farmers. The recently presented Budget will not only take the development of the state to new heights but will also transform rural India. From roads to digital infrastructure, farmers to industry, and women empowerment to a bright future for the youth, this Budget has been able to ensure that the needs of every section of society are taken care of. With the Pradhan Mantri Awas Yojana and schemes aimed at boosting the rural economy and infrastructure, Uttar Pradesh is rapidly moving towards fulfilling the dream of a self-reliant India. I am confident that this Budget will realise the vision of 'growth and progress' of UP and propel the state towards the exalted status of the most developed state in the country. (The writer is Deputy Chief Minister of UP; views are personal)

Breakthrough 'Bedi cooling turban' a glimmer of hope for brain stroke

This innovative device selectively cools the brain—bypassing the complications of whole-body hypothermia—and comes in handy in the treatment of brain stroke

At the recently concluded 71st Annual Conference of the Indian Association of Cardiovascular and Thoracic Sciences, Dr Harinder Singh Bedi, Director of Cardiovascular and Thoracic Sciences at Park Grecian Hospital in Mohali, presented a groundbreaking technique designed to protect the brain from oxygen deprivation during surgery. Nicknamed the "Bedi Cooling Turban," this innovative method is a trailblazer in more ways than one. It is well known that lowering the temperature of an injured organ can help reduce damage. However, the brain presents a unique challenge because whole-body cooling introduces its own set of complications, and in brain surgery, only the brain needs to be cooled. Even a brief period of oxygen deprivation can result in devastating consequences, such as a massive stroke. Dr Bedi conceived the idea during intensive brainstorming sessions and set out to cool only the brain. Drawing on his vast experience, he designed a unique cooling



turban made of plastic tubes arranged in a coil. Once the patient is anaesthetised, the device is placed around the head and cold, sterile water is pumped through the coils using a specialised machine, cooling the brain while leaving the rest of the body unaffected. To date, this device has been successfully used in 48 cases to repair blockages in brain arteries, preserving brain function throughout. Dr Bedi refined his surgical skills in advanced cardiovascular techniques at Escorts Heart Institute and St Vincent

Hospital in Sydney, where he managed cases using whole-body cooling (hypothermia) to preserve organ function. At the conference, the technique received an enthusiastic response from 1,700 national and international expert delegates. Dr Rajneesh Malhotra, Cardiac Director at Max Hospitals, expressed particular enthusiasm, suggesting that the technique be applied to more clinical cases to further safeguard patients' brain function. He noted that innovations like this empower Indian surgeons to tackle

cases that might otherwise seem hopeless. Dr Bedi confirmed that he plans to patent the technique and publish his findings so that it can be adopted worldwide to benefit similar cases. In conclusion, Dr Harinder Singh Bedi's innovative "Cooling Turban" technique represents a significant advancement in brain-protective strategies during cardiovascular and thoracic surgeries. By focusing cooling efforts solely on the brain, this breakthrough minimises the risks associated with whole-body hypothermia and opens new avenues for treating oxygen deprivation during surgery. With successful application in 48 cases and enthusiastic endorsement from leading experts, this pioneering approach underscores the ingenuity of Indian medical innovation. Dr Bedi's commitment to patenting and sharing his findings promises to influence global surgical practices, ultimately saving countless lives and setting a new standard in patient care with excellence. (The author is a columnist; views are personal)



GYAN BHADRA

FINDING FUNDS FOR FREEBIES

Madam — Apropos of the article 'Finding money for freebies: BJP faces an uphill task' (March 1), the statistical analysis and approach towards the funding of freebies is very realistic and compels the new BJP government to salvage the economy of the Capital. It is really challenging to mobilise the whopping revenue expenditure of Rs 20,100 crores on the promised direct cash transfer of Rs 2500 per month to women, Rs 3150 crores on cash assistance to the pregnant women, Rs 2500 crores on LPG cylinder subsidy, and Rs 30000 crores on education. Central funding of Rs 55000 crore is imperative. These figures are staggering and more than half the revenue expenditure budget of the Delhi state government. Many of the beneficiaries may not be deserving and needy of the freebies, but it can't be debated now and one section of people is providing resources for the others. Since it is a double-engine government, the central funding is a certainty. However, the other state governments will expect the same level of funding from the Union government. However, the local municipal corporations must be asked for self-reliance and mobilise their own resources. There should be separate autonomous development authorities for Dwarka, Rohini and East Delhi. Earlier arrangements of separate MCDs for North, South and East Delhi were doing well and should be restored. The Delhi government should raise circle rates and stamp duties for properties as the market values have risen phenomenally. Liquor shops should be under government control without any licenses to private vendors and more taxes should be imposed on liquor consumption. New mandis, commercial, and industrial complexes should be constructed for raising additional resources. Vinod Johri | Delhi

SEBI GETS NEW CHAIRMAN

Madam — Tuhin Kanta Pandey, the former Finance and Revenue Secretary, was appointed as the new chairman of the SEBI. The new appointment is crucial as the for-

Decriminalise Indian politics



It is with reference to the editorial "Lawbreakers as Lawmakers." It is time to eradicate the influence of criminality in Indian politics. The rising number of elected representatives with criminal backgrounds in Parliament and State Assemblies is a matter of deep concern to all law-abiding and right-minded citizens. The increasing trend is dangerous and has steadily been eating into the vitals of democratic polity along with the growing corruption of a humongous

nature. Good governance gets seriously undermined when, for instance, criminals, gangsters, or mafia dons become the political bosses of bureaucrats and subvert the system to serve their interests. In 2005 the Supreme Court ruled that a sitting MP or MLA will be disqualified from contesting the election if convicted and sentenced to imprisonment for two years or more by a court of law. The growing dependence of political parties on criminals for muscle power and electability must be stopped. It is high time all political parties came together and developed a consensus on keeping criminals—some with serious charges including kidnapping, rape, murder, grave corruption and crime against women—out of the system. P Victor Selvaraj | Tirunelveli

US-UKRAINE TALKS FAIL

Madam — The abrupt failure of US-Ukraine talks underscores a troubling low in American diplomacy. Trump's insistence on securing indefinite rights to Ukraine's rare minerals in exchange for past aid—while rejecting Zelensky's request for security guarantees—was a blatant betrayal of trust. The talks' undiplomatic nature, with raised voices, Trump walking out and Zelensky skipping lunch, further damaged relations. This shift signals that US commitments are now transactional, undermining credibility and emboldening adversaries like Russia. Such treatment of a war-torn ally weakens global trust in the US, proving that administration changes do not necessarily maintain the nation's moral or strategic responsibilities or commitments. The fallout from this episode will have lasting consequences on international alliances and geopolitical stability. Gopalaswamy J | Chennai

mer head was entangled in so many controversies due to her own financial favours along with her husband's investment-related vested interest. The Buch couple controversy was highlighted by Hindenburg Research, which accused the couple of misusing their governance power for self-interest. Her harsh and unprofessional approach to handling the SEBI key staff, mishandling of her regulatory position, and controversial connections with the Adani grouping make SEBI a body not so trustworthy. Despite all her flaws, it was shocking that she held her position for the entire duration of three years. The new appointment of Tuhin Kanta, an Odisha cadre IAS officer, brings a ray of hope for the security market regulation body. We hope that Tuhin will secure public confidence once again and he will improve the SEBI free from all materialistic controversies. SEBI deserves fairness and transparency so that security market investors gain confidence in the working of the market and grow their investment with market evangelism. Kirti Wadhawan | Kanpur



FIRST COLUMN

DEALING WITH EXAM ANXIETY

Embracing positive thinking, smart study habits and relaxation can make exams a breeze



SAKSHI SETHI

Examinations are integral to the educational system and are designed to assess students' knowledge, understanding and skills. However, for many students, exams are a source of significant anxiety, leading to stress, reduced performance, and even physical or emotional distress. Overcoming exam anxiety requires a combination of psychological strategies, effective study techniques, and a supportive environment. By adopting a proactive approach, students can transform their exam experiences from overwhelming to manageable.

There is no denying that exam anxiety is real, but so is one's resilience. The anxiety can stem from various factors, including fear of failure, high expectations from parents or teachers, past negative experiences, or inadequate preparation. Symptoms of exam anxiety range from nervousness, restlessness and even difficulty concentrating to physical manifestations such as headaches, nausea and rapid heartbeat. Recognising these symptoms is the first step in overcoming exam-related stress. Dealing with exam stress can be a heavy load and can often make an individual feel lonely. A crucial aspect of managing exam anxiety is cultivating a positive attitude toward examinations. Students need to view exams as opportunities to demonstrate their learning rather than threats to their self-worth. A growth mindset can improve only through effort and practice and can significantly reduce anxiety. Use of positive affirmations such as "I am prepared" or "I can handle this challenge" can boost confidence. Additionally, normalising mistakes and failures as part of the learning process can help students overcome the fear of underperformance. One of the primary reasons for exam anxiety is inadequate preparation. Implementing effective study strategies can enhance confidence and performance. Creating a well-structured study schedule can help prevent last-minute cramming and ensure thorough coverage of subjects. Active



learning techniques, such as summarisation, mind mapping and teaching concepts to peers can also help retain information better. Practising with past exam papers and taking mock tests can familiarise students with the exam pattern, reducing uncertainty and nervousness. Relaxation techniques can significantly reduce exam-related stress and improve focus. Deep breathing exercises, mindfulness meditation, and progressive muscle relaxation can help calm the mind before and during exams. Engaging selves in physical activities such as yoga, stretching, or even a short walk can release tension and improve concentration. Ensuring adequate sleep, maintaining a balanced diet, and staying hydrated contribute to overall wellbeing, making students more resilient to stress. A supportive environment at home and school plays a vital role in alleviating exam anxiety. In today's competitive environment, it becomes important for parents to encourage their children rather than pressurise them with unrealistic expectations. Study groups and discussions with peers can provide moral support and motivation, making exam preparation a less isolating experience.

What plays the most vital role is on the day of the exam, where students, by following simple yet effective strategies, can stay calm and focused. Following strategies such as arriving early, taking deep breaths, and engaging in light stretching before entering the examination hall can help reduce nervousness. Managing time effectively by allocating specific minutes to each question can help prevent panic. If anxiety arises during the exam, taking a few moments to pause, taking deep breaths, and refocusing can help prevent stress from escalating. Exam anxiety is a common challenge faced by students, but it can be effectively managed through self-awareness, positive thinking, strategic preparation, relaxation techniques, and a supportive environment. Ultimately, overcoming exam anxiety is not just about securing good grades but also about developing resilience and lifelong learning skills.

(The writer is an educator; views are personal)

Is Forest Rights Act driving deforestation?



B K SINGH

Despite its noble intent to secure the livelihoods of tribals, the Forest Rights Act has inadvertently opened the door to rampant deforestation and widespread encroachment

The law has been enacted to confer rights over the use of forest lands by individual tribal or forest dwellers under their occupation on the prescribed cutoff date. Besides the individual rights, there is also provision for community rights over certain forests for benefits of collection of usufructs like beedi leaves, minor forest produce, grazing, fishing etc. and rights can also be conferred to the communities for sustainable management of forest resources.

But the rights can be granted only when they are in actual possession of the forest land or have been enjoying the usufructs or sustainably managing the forest resources on or before 13-12-2005 for tribal and three generations (75 years) before this date for other traditional forest dwellers (OTFDs). Despite opposition from foresters, conservationists and environmentalists the law was enacted by the UPA government supported by left parties in 2005. This was followed by notifying the rules and the implementation from January 1, 2008.

Dipak Sarmah who succeeded me as the head of Karnataka Forest Department on my superannuation has observed on page 154 of his book titled, 'Forests Of Karnataka - Why And How Of Where They Are', "Most of the benefits that had accrued in the forests since the 1980s by way of forest consolidation due to implementation of Forest (Conservation) Act appear to have been nullified as a result of the implementation of the Forest Rights Act. The ominous signs of fragmentation and loss of forests are already discernible in a number of states as evident from the biennial India State of Forest Reports published by the Forest Survey of India, Dehradun.

A clearer picture will emerge in about a decade or so, by which time we would come to realise the true impact of the Forest Rights Act on our forests. But it may be then too late to retrieve the losses. Foresters alone cannot prevent the unauthorised removal of trees and the destruction of forests. Villagers set fire to burn the wood and grab the land. Forests are perpetually subjected to encroachments with the support of local leaders. Even if police presence is ensured and the community's resistance is bulldozed while removing encroachments, the problem resurfaces and lands are again grabbed. Political leaders question the removal of cultivation when land is devoid of tree growth. Fresh plantations are damaged and the forest area is re-encroached. Practically all encroachments till 25th October 1980, when the Forest (Conservation) Act came into operation were already regularised by the Union Government.

The Act was operational from 2008 with the new cutoff date of 13-12-2005. It was only the vote bank; the OTFDs were brought in to benefit from the legislation though their encroachments till 25th October 1980 were regularised. It can be understood that OTFDs cannot have more than a generation-old encroachment on the new cutoff date, yet a floodgate of forest destruction was opened for them. Without having any consideration for the ecological security of the country, OTFDs went on a rampage, cleared the fresh tree growth, occupied lands and claimed rights. Ministry of Tribal Affairs, the nodal agency for implementation took up several reviews to monitor the progress of the



FOREST AREAS GIVEN FOR THE SUSTAINABLE MANAGEMENT OF GRAM SABHAS HAVE BEEN DEVASTATED, DEGRADED AND FRAGMENTED. THERE ARE PATCHES OF BAMBOO FORESTS IN MEDHA LEKHA GRAM SABHA WHERE ALL BAMBOO CLUMPS WERE CLEARED IN ONE STROKE IN 2012

states, further diluting the provisions in 2012 to ignore the only scientific evidence of satellite imagery interpretation among the evidence to be relied on in support of the claim. The claims of the tribal community, who had only to prove the occupation as of December 2005 were easily acceptable initially, but that too is now two decades old. Left-leaning forces and NGOs fought for claim cases of individual forest rights (IFR), community forest rights (CFR) and rights to manage the forest resources sustainably. This has accelerated the deforestation. IFRs have already been granted to 2.2 million tribal and OTFDs, covering nearly 5 million ha of forest land. Several activists have written articles in newspapers and magazines showing a satisfactory performance over the grant of IFRs and suggesting the states focus their attention on CFRs and grant of forest rights for sustainable management to avail the provisions that have been neglected by the states so far. The estimates of the activists suggest that 30 million hectare forest lands comprising more than 40 per cent of the total forest area can be granted for CFRs and sustainable management. They further argue that if this is done, it has the potential to secure the rights and livelihood of 200 million people including 90 million tribal. Local press in Hyderabad has recently brought out that seven lakh acres of forests have been occupied in 2022-23 and claims over four lakh acres for tribal were approved in Telangana before the 2023 Assembly election. State machineries have accepted the claims overlooking the reports of the concerned divisional forest officer. J Ramesh, Nature Friends

Environmental Development Society, Hyderabad, accused the state of pressurising officials for recognition of rights to ineligible individuals resulting in large-scale deforestation leading to the scam of unprecedented proportion.

There are reports from Rampachodavaram Forests division, Rajamundry (AP) that tribal department officials are granting rights in Papikonda National Park for money. A retired IFS M Padamanaba Reddy has filed a PIL for the scam. In February 2019, just before the Lok Sabha polls, states moved the Supreme Court to review its order of eviction of rejected IFR claims and allow them to re-verify. The court accepted it, but so far the states have not concluded and continue to accept the fresh claims. What signal does it send down the line?

The Act has provided unlimited time for filing claims and deforestation and bringing the land under plough can continue. No one has any concern about the ecological security of the country. It is to be understood that all rejected claimants are in occupation of the forest land, where they have already been successful in deforesting and clearing the area. More rejected claims are encouraged, and more deforestation takes place.

The only place where the CFRs and rights to manage the forests sustainably have been granted is the Gadchiroli district of Maharashtra. Section 3-1 (i) of FRA 2006 is relevant here, where rights can be granted to villages of Gram Sabha who have the experience of managing the area sustainably. Further the requirement of Section 4 (3) of the Act is also

essential for the grant of rights i.e. they should have the resource as on 13-12-2005 for tribal and 75 years before this date for OTFDs. Management rights have been granted in many Gram Sabhas of Gadchiroli overlooking both the provisions.

Activists are taking this example all over the country and pressing for a repeat of this. This has been frequently quoted example in articles and papers. What these authors have been hiding is the destruction of forests. Forest areas given for the sustainable management of Gram Sabhas have been devastated, degraded and fragmented.

There are patches of bamboo forests in Medha Lekha Gram Sabha where all bamboo clumps were cleared in one stroke in 2012. Forest officers were physically prevented from entering the area. Bamboo has not responded well to the clear feeling. The fresh regeneration is bushy and does not yield any usable bamboo culm. It yielded certain culms every four years when it was managed by the Forest Department.

The management of Medha Lekha Gram Sabha has not been sustainable and the area has not yielded culms in 2016, 2020 and 2024. Taking a cue from Madha Lekha, other Gram Sabhas have also started clear felling and over-exploitation of the resource. Further, the revenue realised from the sale proceeds has not been ploughed back for fresh regeneration activities and the management has become completely unsustainable.

(The writer is Retired Principal Chief Conservator of Forests, Head of Forest Force, Karnataka; views are personal)

The integral role of phygital in shaping India's rural economy

The emerging phygital model—merging the tangible strengths of traditional systems with the efficiency of digital innovation—is redefining growth

With over 1.4 billion inhabitants, India's economic landscape has evolved dramatically in recent years. Yet, while urban centres boom, the nation's rural heartland—home to around 908.8 million people as of 2022—continues to play a pivotal role in shaping the country's potential. Although initiatives like Digital India have ushered the country into a digital era with 806 million active internet users by February 2025, technology alone cannot resolve deep-seated infrastructural challenges. This is where the phygital model—a fusion of physical and digital elements—steps in to bridge the divide and ensure balanced growth. **A New Era: The Phygital Approach**



SAMEER MATHUR

Phygital combines the tangible benefits of traditional systems with the efficiency of digital technology, creating a hybrid framework that enhances accessibility, empowers local businesses, and fosters inclusive growth. In rural regions, where infrastructural deficits and resource limitations persist, phygital strategies are not about replacing established

methods but rather integrating them with modern digital solutions. This approach is proving transformative across key sectors such as banking, commerce, agriculture, healthcare, and public services.

Driving Financial Inclusion For years, traditional banking models have struggled to serve India's vast rural expanses. High operational costs, challenging geography, and low financial literacy have hampered efforts to bring modern financial services to remote communities.

While FinTech has broadened access through digital banking, a fully digital approach can alienate those who lack familiarity with smartphones or online transactions. The phygital model addresses these gaps by merging digital conven-

ience with physical touchpoints.

Systems like Aadhaar-enabled Payment Systems (AePS), micro-ATMs, and local banking correspondents empower rural residents to conduct transactions, access credit, and secure subsidies without the need for continuous internet connectivity. In many villages, Customer Service Points (CSPs) provide essential in-person support, guiding users as they gradually transition to digital financial solutions. Furthermore, partnerships between FinTech companies and local kirana stores or post offices have effectively transformed these outlets into mini banking hubs.

This integration allows people to withdraw cash, pay bills, and transfer money within their



locality, bypassing the need to travel long distances to bank branches and operating beyond standard banking hours. The result is a significant leap forward in achieving comprehensive financial inclusion.

Reinvigorating Rural Commerce

E-commerce has revolutionised urban shopping by altering customer habits and payment methods, but rural

consumers still rely heavily on cash transactions. A completely digital model often fails to resonate with these communities. Instead, the phygital model has emerged as an effective alternative by combining the reach of online platforms with the trust of local, physical commerce. Local kirana stores are increasingly functioning as pick-up points for online orders, ensuring that digital transactions are accessible even to those without digital payment capabilities.

Assisted commerce kiosks further support rural shoppers by helping them browse products, place orders, and make payments—often in cash—thereby bridging the gap between digital platforms and traditional retail.

Transforming Agriculture Agriculture remains the backbone of India's rural economy, providing livelihoods for more than 42 per cent of the population and contributing around 18.2 per cent to the nation's GDP. However, farmers have long contended with issues such as limited market access, dependence on intermediaries, and unpredictable weather. Phygital solutions are beginning to address these challenges by integrating digital tools with conventional agricultural practices. Platforms like eNAM enable farmers to compare prices and market their produce directly, thus reducing reliance on middlemen. At the same time, traditional mandi networks continue to play an essential role in the trading process.

By ensuring that digital marketplaces and physical trading hubs operate in tandem, the phygital approach provides farmers with a more balanced and effective route to market. **Enhancing Essential Services** Beyond commerce and agriculture, phygital innovations are making significant strides in healthcare and public service delivery. Rural communities have traditionally faced barriers to accessing quality healthcare. Now, telemedicine kiosks supported by trained health workers enable remote consultations with specialists, while mobile health units equipped with diagnostic tools bring medical care directly to remote areas.

(The writer is Managing Director and Founder of Roinet Solution; views are personal)

UK, France, Ukraine agree to work on ceasefire plan for war in Ukraine

PTI ■ LONDON

British Prime Minister Keir Starmer says Britain, France and Ukraine have agreed to work on a ceasefire plan to present to the United States. Starmer says the plan emerged after talks among the four countries' leaders following Ukrainian President Volodymyr Zelenskyy's Oval Office blowout with US President Donald Trump. The prime minister told the BBC he believes the US president wants a durable peace in Ukraine. He repeated his assertion that American security guarantees will be needed to make it stick. Starmer is hosting a summit of European leaders in London on Sunday to discuss Ukraine. It was supposed to cap a week of whirlwind diplomacy advancing the prospect of peace in Ukraine. But a summit of European leaders on Sunday has been overshadowed by the extraordinary scolding by US President Donald Trump of Ukrainian President Volodymyr Zelenskyy at the White House on Friday for being ungrateful for US support. The London meeting has now taken on greater importance in defending the war-torn ally and shoring up the continent's defenses.



Britain's Prime Minister Keir Starmer (right) greets French President Emmanuel Macron as he arrives for a summit on Ukraine at Lancaster House in London, on Sunday. AP/PTI

do we go from here?" The meeting at Lancaster House, a 200-year-old elegant mansion near Buckingham Palace, follows a charm offensive last week to engage with Trump at the White House to put Ukraine at the centre of negotiations and tilt his allegiances toward Europe. British Prime Minister Keir Starmer, who is hosting the leaders of more than a dozen countries and other officials, said he is determined to find an end to Russia's war on Ukraine. "We have an opportunity to come together to ensure a just and lasting peace in Ukraine that secures their sovereignty and security," Starmer said in advance. "Now is the time for us to unite in order to guarantee the best outcome for

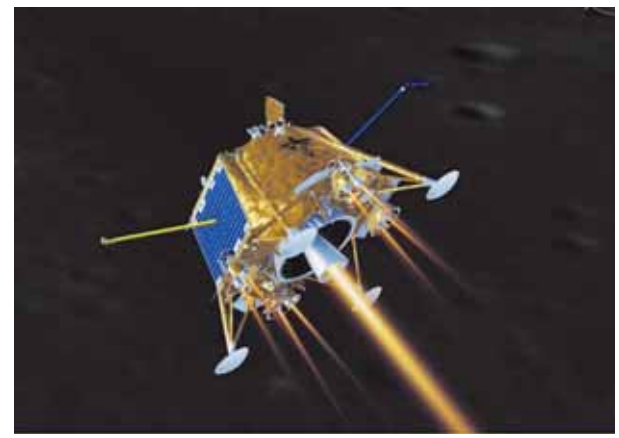
Ukraine, protect European security, and secure our collective future." The summit will also include leaders from France, Germany, Denmark, Italy, Netherlands, Norway, Poland, Spain, Canada, Finland, Sweden, the Czech Republic and Romania. The Turkish foreign minister, NATO secretary-general and the presidents of the European Commission and European Council will also attend. Zelenskyy received broad support from leaders across Europe after the White House fiasco, which was exceptional for featuring an attack on an ally — and because it was broadcast on live television. Starmer embraced Zelenskyy when he arrived Saturday for a private meeting — a day before

a get-together had been scheduled before the summit. "As you heard from the cheers on the street outside, you have full backing across the United Kingdom," Starmer said. "We stand with you, with Ukraine, for as long as it may take." Europe has been uneasy since Trump initiated direct peace talks with Russian President Vladimir Putin, who had been isolated by most Western leaders since invading Ukraine three years ago. The scramble to remain relevant and protect European interests as their once stalwart ally appeared to be cozying up to Putin was even more troubling when Trump called Zelenskyy a dictator and falsely said Ukraine started the war. Meetings in recent days had provided some hope — until Zelenskyy's visit to the White House. Visits to the Oval Office by French President Emmanuel Macron, who had declared his visit a "turning point," and Starmer were seen as steps in the right direction. The meetings were cordial and Trump even took a gentler tone toward Ukraine though he would not commit to providing US security guarantees and maintained Europe would need to provide peacekeeping troops. Within 12 hours of Starmer's return from Washington, the talk of peace seemed to collapse as Vice President JD Vance berated Zelenskyy for challenging Trump's assertions that Russian President Vladimir Putin could be trusted. "Starmer did an impressive job of asserting Europe's agency in the war on Ukraine and conveying to President Trump that Europe is willing and able

to take a leading role in implementing any credible peace deal," said Rachel Ellehuus, director-general of Royal United Services Institute, a defence and security think tank. "Unfortunately, Friday's White House meeting was a major step backward." Ukraine can no longer count on military or political support from the US after Trump declared himself neutral in negotiations, Ellehuus said. She said Europe needs to step in and could release some 200 billion euros (USD 207 billion) in seized Russian assets to help fund that effort. "The immediate goal of the meetings in London must be to keep Ukraine in the fight so it can negotiate from a maximum position of strength," she said. Starmer pledged this week to boost military spending to 2.5 per cent of gross domestic product by 2027. Other European nations may follow suit. Czech Prime Minister Petr Fiala said Saturday that Europe faces a historic test and has to care for itself. He said European countries have to increase their arms spending to reach at least 3 per cent of GDP. "If we don't increase our effort fast enough and let the aggressor dictate its conditions we won't end up well," he said. Macron, who said it was legitimate for the US to shift its focus to dealing with China and Asia, also called for more defense spending as he called for unity among his neighbors. "We should have woken up earlier," Macron said. "I've been saying for years that we need a more sovereign, more united, more independent Europe."

Private lunar lander Blue Ghost aces moon touchdown

PTI ■ CAPE CANAVERAL (US)



A private lunar lander carrying a drill, vacuum and other experiments for NASA touched down on the moon Sunday, the latest in a string of companies looking to kick-start business on Earth's celestial neighbour ahead of astronaut missions. Firefly Aerospace's Blue Ghost lander descended from lunar orbit on autopilot, aiming for the slopes of an ancient volcanic dome in an impact basin on the moon's northeastern edge of the near side. Confirmation of successful touchdown came from the company's Mission Control outside Austin, Texas, following the action some 225,000 miles (360,000 kilometers) away.

providing extra stability, according to the company. Launched in mid-January from Florida, the lander carried 10 experiments to the moon for NASA. The space agency paid USD 101 million for the delivery, plus USD 44 million for the science and tech on board. It's the third mission under NASA's commercial lunar delivery programme, intended to ignite a lunar economy of competing private businesses while scouting around before astronauts show up later this decade. Firefly's Ray Allensworth said the lander skipped over hazards including boulders to land safely. Allensworth said the team continued to analyse the data to figure out the lander's exact position, but all indications suggest it landed within the 328-foot (100-metre) target zone in Mare Crisium. The demos should get two weeks of run time, before lunar daytime ends and the lander shuts down. It carried a vacuum to suck up moon dirt for analysis and a drill to measure temperature as deep as 10 feet (3 metres) below the surface. Also on board: a device for eliminating abrasive lunar dust — a scourge for NASA's long-ago Apollo

moonwalkers, who got it caked all over their spacesuits and equipment. On its way to the moon, Blue Ghost beamed back exquisite pictures of the home planet. The lander continued to stun once in orbit around the moon, with detailed shots of the moon's gray pockmarked surface. At the same time, an on-board receiver tracked and acquired signals from the US GPS and European Galileo constellations, an encouraging step forward in navigation for future explorers. The landing set the stage for a fresh crush of visitors angling for a piece of lunar business. Another lander — a tall and skinny 15-footer (4 metres tall) built and operated by Houston-based Intuitive Machines — is due to land on the moon Thursday. It's aiming for the bottom of the moon, just 100 miles (160 kilometers) from the south pole. That's closer to the pole than the company got last year with its first lander, which broke a leg and tipped over. Despite the tumble, Intuitive Machines' lander put the US back on the moon for the first time since NASA astronauts closed out the Apollo programme in 1972.

Iran's parliament fires minister of economy over plummeting rial, mismanagement

PTI ■ TEHRAN

Iran's parliament on Sunday impeached the country's economy minister and voted to remove him from office, amid growing concerns over the crashing rial and accusations of mismanagement. Parliament Speaker Mohammad Bagher Qalibaf announced that 182 out of 273 lawmakers voted to dismiss Abdolnasser Hemmati, just six months after President Masoud Pezeshkian's government took office. Pezeshkian, who defended Hemmati, emphasised that the government is locked in a tough battle with the West. He called for greater unity and cooperation from Parliament to face these challenges. The decision comes amid rising tensions over Iran's nuclear program and worsening relations with the West. Iran's economy has been severely affected by international sanctions, especially after the US withdrew from the 2015 nuclear deal. In 2015, the rial was worth 32,000 to the dollar, but by the time Pezeshkian took office in July, it had plummeted to 584,000 to the dollar. Recently, it dropped even further, with exchange shops in Tehran trad-



Iranian President Masoud Pezeshkian speaks during an open session of parliament for impeachment of his Finance Minister Abdolnasser Hemmati, in Tehran, Iran, on Sunday. AP/PTI

ing 930,000 rials for each dollar. During the impeachment proceedings, Mohammad Qasim Osmani, a lawmaker supporting Hemmati, argued that rising inflation and exchange rates were not the fault of the current government or Parliament. He pointed to the budget deficit left by the previous administration, which he said contributed to the economic instability. Osmani also cited recent geopolitical events as factors that undermined public confidence, causing many people to convert their savings into foreign currency, which in turn further devalued the rial. Hemmati acknowledged the tough economic climate during his five months in office, including a 10% reduction in inflation. However, he acknowledged that inflation remained high, standing at 35%. He assured lawmakers that his team was working hard to address the issue, but warned that the process would take time. This latest development is another chapter in Iran's ongoing political and economic struggles as the country continues to navigate a complex relationship with the international community.



As the sun sets, Palestinians sit at a large table surrounded by the rubble of destroyed homes and buildings as they gather for iftar, the fast-breaking meal, on the first day of Ramadan in Rafah, southern Gaza Strip. PTI

US moves naval fleet to S Korea following missile tests by North

PTI ■ SEOUL

A US aircraft carrier arrived in South Korea on Sunday in a show of force, days after North Korea test-launched cruise missiles to demonstrate its counterattack capabilities. The arrival of the USS Carl Vinson and its strike group at the South Korean port of Busan was meant to display a solid US-South Korean military alliance in the face of persistent North Korean threats, and boost interoperability of the allies' combined assets, the South Korean navy said in a statement. It said it was the first US aircraft carrier to travel to South Korea since June. The deployment of the carrier is expected to infuriate North Korea, which views temporary deployments of such powerful US military assets as a major security threat. North Korea has responded to some of the past deployments of US aircraft carriers, long-range bombers and nuclear-powered submarines with missile tests. Since his Jan. 20 inauguration, President Donald Trump has said he will reach out to North Korean leader Kim Jong Un again to revive diplomacy.

Pope gets visit from Vatican secretary of state

PTI ■ ROME

A stable Pope Francis had a visit Sunday from the Vatican secretary of state as he continued his recovery from double pneumonia, the Vatican said, but again skipped his weekly noon blessing to avoid even a brief public appearance from the hospital. Instead, the Vatican distributed a message from the pope in which he thanked his doctors for their care and well-wishers for their prayers, and prayed again for peace in Ukraine and elsewhere. "From here, war appears even more absurd," Francis said in the message, which he drafted in recent days from the Gemelli hospital, the Vatican said. Francis said he was living his hospitalization as an experience of profound solidarity with people who are sick and suffering everywhere, "I feel in my heart the blessing that is hidden within frailty, because it is precisely in these moments that we learn even more to trust in the Lord," Francis said in the text. "At the same time, I thank God for giving me the opportunity to share in body and spirit the condition of so many sick and suffering people." Signs point to a recovery: It marked the third weekend in a row that Francis has cancelled



A nun prays at the Vatican at the time when Pope Francis would usually bestow his blessing in Rome. AP/PTI

the Sunday appointment delivering the Angelus prayer in person. He could have done so from his 10th floor hospital suite at the Gemelli hospital if he were well enough. But many signs indicated he was recovering and improving. "The night was quiet, the pope is still resting," the Vatican said in its Sunday update. Cardinal Pietro Parolin and his chief of staff, Archbishop Edgar Pena Parra, called on the pope Sunday morning, their second visit since Francis' February 14 hospitalisation, according to the Vatican spokesman, Matteo Brunni. There were no details of what was discussed, but the mere visit suggested Francis' condition was stabilizing. "The night was quiet, the pope is still resting," the Vatican said in its Sunday early update. He had no fever or signs of elevated white blood cells, which

would signal his body was still fighting an infection. Doctors on Saturday reported that Francis was in stable condition, with no mention of him being critical. Their upbeat assessment came a day after a respiratory crisis that resulted in him being put on noninvasive mechanical ventilation. But the 88-year-old pope had a "good response" in his gas exchange levels even during the "long periods" he was off the ventilator mask Saturday and only using high-flow supplemental oxygen, the Vatican said. The fact that Francis was able to use just high-flow oxygen for long periods, without any significant effect on the levels of oxygen in his blood, was a sign his respiratory function was improving. Doctors were cautious however and kept his prognosis as guarded, meaning he wasn't out

of danger. He was eating and drinking and continued his respiratory physiotherapy, and spent 20 minutes in his private chapel down the hall on Saturday, the Vatican said. The pope, who had part of one lung removed as a young man, has lung disease and was admitted to Gemelli on Feb. 14 after a bout of bronchitis worsened and turned into a complex pneumonia in both lungs. Prayers continued to pour in: Francis' hospitalization has come as the Vatican is marking its Holy Year, drawing pilgrims to Rome from all over. They are walking through the Holy Door at St. Peter's Basilica and also making pilgrimages to the hill-top Umbrian town of Assisi, to pray at the home of Francis' namesake, St. Francis. "Every day we're praying for the pope," said the Rev. Jacinto Bento, a priest visiting Assisi on Saturday with a group of 30 Jubilee pilgrims from the Azores Islands. "We're very sad for his situation." In an odd coincidence, Francis was supposed to have presided Saturday over a Holy Year audience in the Vatican's auditorium for the staff of the Gemelli hospital and other health care workers. They came as planned and completed the pilgrimage, while Francis continued his recovery at the hospital.

Syrians begin fasting during Ramazan without Assad family

PTI ■ DAMASCUS

Some restaurants and coffee shops in Syria were closed during the day on Saturday while others opened as usual as observant Muslims began fasting during the holy month of Ramazan, the first since the fall of Assad family rule in the war-torn country. Syria's interim Ministry of Religious Endowments reportedly called for all restaurants, coffee shops and street food stands be closed during the day and that people must not eat or drink in public or face punishment. Those who violate the rule could get up to three months in jail. However, it did not appear that any official order had been issued by the government to that effect. Associated Press journalists who toured Damascus on Saturday said some coffee shops were opened but had their windows closed to that people can't see who is inside. Insurgents led by the Islamist Hayat Tahrir al-Sham group, or HTS, overthrew President Bashar Assad's secular government in early December ending the 54-year Assad family dynasty. Since then, Syria's new Islamist

government under former insurgent leader Ahmad al-Sharaa, has been in control and many fear that the country could turn into an Islamic state, although al-Sharaa has so far promised to respect religious minorities. Under Assad's rule during the Muslim holy month of Ramazan, when observant Muslims abstain from eating and drinking from sunrise to sunset, people were allowed to eat in public. This year, many people are abstaining from eating in public fearing reprisals. "Ramazan this year comes with a new flavour. This is the Ramazan of victory and liberation," said interim Minister of Religious Affairs Hussam Haj-Hussein in a televised statement. Most countries around the world, including Saudi Arabia, Indonesia and Kuwait began observing Ramazan on Saturday, while a few other countries such as Malaysia and Japan, as well as some Shiite Muslims, will begin the fast on Sunday. In many parts of the region, the holy month this year is bitter-sweet. Lebanese this year mark Ramazan after the 14-month Israel-Hezbollah war ended

with a US-brokered ceasefire that went into effect in late November. In the Gaza Strip, a fragile ceasefire deal, which has paused over 15 months of war between Israel and Hamas, nears the end of its first phase, and many Palestinians ate their first iftar in the middle of the rubble where their houses used to be. "This year, after the fall of the regime, there are many confirmations regarding the prohibition of publicly breaking the fast, with violators facing imprisonment," said Damascus resident Munir Abdallah. "This is something new, good and respectable, meaning that the rituals of Ramazan should be fully observed in all their aspects." Ramazan is the ninth month of the Islamic lunar calendar; the month cycles through the seasons. The start of the month traditionally depends on the sighting of the crescent moon. The actual start date may vary among Muslim communities due to declarations by multiple Islamic authorities around the globe on whether the crescent has been sighted or different methodologies used to determine the start of the month.

US court rules head of watchdog agency must keep his job

PTI ■ WASHINGTON

The head of a federal watchdog agency must remain in his job, a judge in Washington ruled on Saturday, saying President Donald Trump's bid to remove the special counsel was unlawful.

US District Judge Amy Berman Jackson sided with Hampton Dellinger, who leads the Office of Special Counsel, in a legal battle over the president's authority to oust the head of the independent agency that's legally headed back to the US Supreme Court.

Dellinger sued Trump last month after he was fired, even though the law says special counsels can be removed by the president "only for inefficiency, neglect of duty, or malfeasance in office," Jackson, who was nominated to the bench by Democratic president Barack Obama, quickly reinstated Dellinger in the job while he

pursued his case. Jackson rejected the Trump administration's claims that the special counsel's removal protections are unconstitutional because they prevent the president from rightfully installing his preferred agency head.

The judge said allowing the president to remove the special counsel at will would have a chilling effect on his crucial duties, which include guarding the federal workforce from illegal personnel actions, such as retaliation for whistleblowing.

"The Special Counsel is supposed to withstand the winds of political change and help ensure that no government servant of either party becomes the subject of prohibited employment practices or faces reprisals for calling out wrongdoing — by holdovers from a previous administration or by officials of the new one," Jackson wrote in her decision.

The Justice Department quickly filed court papers indicating it will challenge the ruling to Washington's federal appeals court. The case has already gone up once to the Supreme Court, which previously temporarily allowed Dellinger to remain in his job.

The ruling comes as Dellinger is challenging the removal of probationary workers who were fired as part of the Trump administration's massive overhaul of the government. A federal board on Tuesday halted the terminations of several probationary workers after Dellinger said their firings may have been unlawful.

"I'm glad and grateful to see the court confirm the importance and legality of the job protections Congress afforded my position," Dellinger said in a statement on Saturday. "My efforts to protect federal employees generally, and whistleblowers in particular,

from unlawful treatment will continue."

The judge said the special counsel has a "unique status and mission," which requires independence from the president to ensure he can carry out his responsibilities. The office investigates whistleblower claims of reprisal, can pursue disciplinary action against employees who punish whistleblowers and provides a channel for employees to disclose government wrongdoing.

"If I don't have independence, if I can be removed for no good reason, federal employees are going to have no good reason to come to me," Dellinger told reporters outside Washington's federal courthouse after a recent hearing.

The Office of Special Counsel is also responsible for enforcing the Hatch Act, which restricts the partisan political activities of government work-

ers. Dellinger's firing came as Trump administration employees have touted their support on social media for his policies even though the Hatch Act is meant to restrict political advocacy while on duty.

The Justice Department employed sweeping language in urging the Supreme Court last month to allow the termination of the head of an obscure federal agency with limited power. Acting Solicitor General Sarah Harris wrote in court papers that the lower court had crossed "a constitutional red line" by blocking Dellinger's firing and stopping Trump "from shaping the agenda of an executive-branch agency in the new administration's critical first days."

Dellinger was appointed by Democratic President Joe Biden and confirmed by the Senate to a five-year term in 2024.

Yawning wealth gap widening inequalities in China: Report

PTI ■ BEIJING

China's wealthiest individuals continue to grow richer, widening economic inequalities in the country despite the ruling Communist Party's efforts to control private businesses and implement policies aimed at boosting people's incomes, a report here said.

The combined wealth of the 5.12 million families in China with over six million yuan (USD 824,000) in assets was stated to be about 150 trillion yuan (over USD seven trillion) in 2024, according to a report published by the Hurun Research Institute.

Of this, the wealthiest 130,000 families accounted for 58 per cent in 2024, which is up from 56 per cent a year earlier, the report said.

China's per capita disposable income was stated to be 41,314 yuan (over USD 41,314) last year, up 5.3 per cent from 2023, the Hong Kong-based South China Morning Post reported, citing the report.

Analysts have warned that Beijing needs to work harder to narrow the wealth gap in society more broadly as it tries to ignite a private sector-led economic recovery, the Post reported on Sunday.

The country is grappling with weak consumption and a languishing property sector, where the rich park most of their assets.

Much of the economic strain is being felt by those in the mid-

dle and lower-middle classes, it said.

As a result, the overall consumption essential to halt the economic slowdown grew by just 3.5 per cent last year, a rate that was slower than the 5 per cent rise in GDP, suggesting that the income and wealth gaps were holding back spending. The growing inequality was reflected in the national Gini coefficient, which was 0.467 in 2022 when the National Bureau of Statistics last updated the number.

A Gini coefficient of 0 reflects perfect income and wealth equality, while 1 reflects maximal inequality, where a single individual has all the income while all others have none.

The yawning wealth gap was also apparent in data from Shenzhen-based China Merchants Bank (CMB), one of the country's biggest domestic wealth management-focused lenders.

CMB said that about 2.3 per cent of its accounts held roughly 81 per cent of the total private banking assets at the institution in 2023, representing a highly unequal distribution, the Post reported.

The Hurun report is published ahead of the upcoming annual Parliament session of the National People's Congress (NPC), which begins its two-week-long session from March 5, during which several legislations to boost the country's economy were expected to be approved.

The NPC would meet along with the advisory body, the Chinese People's Political Consultative Conference (CPPCC), to deliberate on the state of the economy and the country's strategic challenges arising out of US President Donald Trump starting a second stint in power.

Trump said he planned to slap new 10 per cent tariffs on goods from China, escalating trade fights with Beijing.

Already, Chinese goods were hit by 10 per cent tariffs by Trump earlier this month. During his election campaign, he threatened to slap 60 per cent tariffs on Chinese goods to address US concerns overentanyl, a potent opioid drug blamed for widespread drug addiction in the US.

In a bid to boost the sagging economy, Chinese President Xi Jinping on Feb 17 held a rare meeting with the country's top corporate leaders, including e-commerce giant Alibaba founder Jack Ma, and urged them to unleash their talents to shore up sagging business confidence in the country to reverse the economic slowdown.

Xi's meeting with leaders of the top corporate houses came amid a severe ebb in private sector morale prompted by a volatile mix of economic issues, including heightened geopolitical tensions with the US and harsh regulatory crackdowns on some of the country's business firms.

Prez Trump signs order designating English as official language of US

PTI ■ WASHINGTON

President Donald Trump has signed an executive order designating English as the official language of the United States.

The order allows government agencies and organizations that receive federal funding to choose whether to continue to offer documents and services in language other than English. It rescinds a mandate from former President Bill Clinton that required the government and organizations that received federal funding to provide language assistance to non-English speakers.

"Establishing English as the official language will not only streamline communication but also reinforce shared national values, and create a more cohesive and efficient society," according to the order signed by Trump on Saturday.

"In welcoming new Americans, a policy of encouraging the learning and adoption of our national language will make the United States a shared home and empower new citizens to achieve the American dream," the order also states. "Speaking English not only opens doors economically, but it helps newcomers engage in their communities, participate in national traditions, and give back to our society."

More than 30 states have already passed laws designating English as their official language, according to US English, a group that advocates for making English the official language in the United States.

For decades, lawmakers in Congress have introduced legislation to designate English as the official language of the US, but those efforts have not succeeded.

Within hours of Trump's inauguration last month, the new administration took down the Spanish language version of the official White House website.

Hispanic advocacy groups and others expressed confusion and frustration at the change. The White House said at the time it was committed to bringing the Spanish language version of the website back online. As of Saturday, it was still not restored.

The White House did not immediately respond to a message about whether that would happen. Trump shut down the Spanish version of the website during his first term. It was restored when President Joe Biden was inaugurated in 2021.

Anti-DOGE protests at Tesla stores target Elon Musk's bottom line

PTI ■ BOSTON

Demonstrators gathered outside Tesla stores across the US Saturday to protest the automaker's billionaire CEO, Elon Musk, and his push to slash government spending on behalf of President Donald Trump.

The demonstrations are part of a growing backlash in North America and Europe to Musk's disruptive role

up at showrooms everywhere and boycotting Tesla and telling everyone else to get out, sell your stocks, sell your Teslas."

Musk is taking direction from Trump to slash federal spending and sharply reduce the workforce, arguing that Trump's victory gave the president and him a mandate to restructure the US government. DOGE officials have swiftly gained access to sensitive databases, direct-

ment more efficient and more accountable to the hardworking American taxpayers across the country," said White House spokesperson Harrison Fields.

Tesla did not respond to an emailed request for comment.

More than 50 demonstrations were listed Saturday on the website Tesla Takedown, with more planned later in March from coast to coast in the United States along with England, Spain and Portugal. News reports showed demonstrations in recent days in US cities including Tucson, Arizona; St. Louis; New York City; Dayton, Ohio; Charlotte; and Palo Alto, California. Some Tesla owners have also reported their vehicles vandalized with spray painted swastikas amid what Jewish groups and observers fear is a rise in anti-semitism.

Federal prosecutors charged a woman in connection with a string of vandalism against a Colorado Tesla dealership, which included Molotov cocktails being thrown at vehicles and the words "Nazi cars" spray painted on the building.

Saturday's demonstration in Boston had a festive atmosphere, with a brass band playing music as protesters carried signs and chanted. Several of the signs mocked Musk and DOGE, with one reading: "Stop Elon and his despicable Musk rats."

"This government led by Trump and Musk, it's gone completely off the rails and we are here to stop that," said Carina Campovasso, a retired federal worker. "And I hope they listen." About 300 demonstrators protested at a Tesla dealership in New York City on Saturday. Police said nine people were taken into custody but did not elaborate on the charges they faced.

Tesla's share price has fallen by nearly a third since Trump took office, though it's still higher than it was a year ago. Musk's current net worth is an estimated \$359 billion, according to Forbes, which calculated his 2024 net worth as \$195 billion.



Demonstrators are arrested by NYPD officers during a protest against Elon Musk and Tesla outside of a Tesla showroom in New York. PTI

in Washington. Critics of Trump and Musk hope to discourage and stigmatise purchases of Tesla, the electric car company that is the world's most valuable automaker. Liberal groups for weeks have organized anti-Tesla protests in hopes of galvanizing opposition to Musk's Department of Government Efficiency and energising Democrats still demoralized by Trump's November victory.

"We can get back at Elon," said Nathan Phillips, a 58-year-old ecologist from Newton, Massachusetts, who was protesting in Boston on Saturday. "We can impose direct economic damage on Tesla by showing

ed thousands of federal job cuts, cancelled contracts and shut down sections of the government, including the US Agency for International Development.

Musk's critics say his actions defy Congress's power to control the US budget and present a host of ways for him to enrich himself. Musk leads several other companies, notably SpaceX, which conducts launches for NASA and the intelligence community, and the social media platform X.

"Protests will not deter President Trump and Elon Musk from delivering on the promise to establish DOGE and make our federal gov-



A man rides a Penny-farthing bicycle down the Mall towards Buckingham Palace in London on Sunday. AP/PTI

Imran Khan seeks global help for democracy, regional stability

PTI ■ ISLAMABAD

Pakistan's jailed former prime minister Imran Khan has appealed to the international community, particularly the United States, to reaffirm its commitment to democracy, human rights, and regional stability.

Dawn reported that in an article published in Time magazine in his name, the incarcerated politician congratulated US President Donald Trump on his "political comeback".

He also expressed the hope that the US would work with Pakistan to foster economic partnerships, promote stability, and prevent conditions that lead to conflict and extremism.

It remains unclear if the article was indeed penned by Khan, and how it was delivered to the magazine.

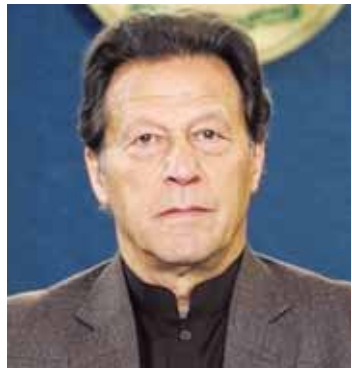
Khan reflected on the "political turmoil" in Pakistan and his ongoing fight for democracy. He expressed deep concern over the alleged erosion of democracy in the country, describing the current period as one of the most challenging in the nation's history.

He underscored that his imprisonment and the charges brought against him were politically motivated attempts to stifle his advocacy for democratic principles.

He claimed his struggle was not personal but addressed the broader

issue of democracy, which had far-reaching consequences, not only for the country but also for regional and global stability.

Given Pakistan's strategic importance, Khan emphasised that the international community must recognise the urgency of addressing the crisis.



On the issue of terrorism, Khan criticised the government for diverting resources from crucial counterterrorism efforts to pursue a political vendetta against Pakistan Tehreek-i-Insaf (PTI).

Regions like Khyber Pakhtunkhwa and Balochistan, which have seen an uptick in terrorist activity, were neglected in favour of "military campaigns against political opponents".

The judiciary, Khan alleged, had been reduced to a tool of political persecution.

Speaking on the DawnNews TV show 'Doosra Rukh' on Saturday, Senate Standing Committee on Foreign Affairs Chairman Irfan Siddiqui said the PTI was "impossible to predict".

The party was suggesting alliances while simultaneously calling for civil disobedience, sending letters and publishing "explosive" articles in Time magazine, the PML-N senator said.

While discussing the talks with the PTI, Senator Siddiqui said it was impossible to present options during the talks as they did not assess them at any forum; rather, their decisions came straight from Khan.

He said the PTI did not know what they were doing until they received instructions from Khan.

"When Imran ordered 'no more talks', the PTI committee was completely caught off guard," he said.

Asked if the PTI wanted to continue negotiations despite Imran's instructions, he responded in the affirmative. "I remember (PTI Chairman) Gohar Ali Khan went to see Imran, and when he returned, there were still three or four days left before the deadline to meet their demands. Still, they said no more talks."

Officials concerned about militant attack in Karachi

PTI ■ KARACHI

A hand grenade attack on a police station in Karachi has left senior officials concerned whether insurgent groups from Balochistan or the Tehreek-e-Taliban Pakistan (TTP) have become active in Pakistan's biggest city. Despite the ongoing terror attacks carried out by the banned Balochistan Liberation Army (BLA) or the TTP in other parts of Pakistan, Karachi has largely remained peaceful in recent times.

On Friday evening, unidentified men on two motorcycles hurled at least three hand grenades at the Preedy police station in Saddar town, injuring four policemen and damaging the outer building.

Deputy Inspector General (DIG) South Syed Asad Raza said the people who hurled the grenades had still not been identified as they sped away on their bikes in the narrow lanes after the attack. "The injured policemen were moved to a hospital where their condition is out of danger," he said.

Bomb Disposal Squad experts said three grenades were detonated in the attack.

Reza said in the past the criminal gangs in Lyari used hand grenades to attack police stations and mobile vans. Reza said the attack alerted police and security personnel as there had been very few such cases in Karachi.

The official said they had intelligence reports saying the banned Tehreek-e-Taliban Pakistan (TTP) have recently made videos in Karachi, and some of the suspected militants were also apprehended in the city.

Child dies of Ebola in Uganda, raising concern over surveillance

PTI ■ KAMPALA

A 4-year-old child became the second person to die of Ebola in Uganda, the World Health Organisation has said, in a setback for health officials who had hoped for a quick end to the outbreak that began at the end of January.

The child had been hospitalised at the main referral facility in Kampala, the capital of the East African country, and died Tuesday, the WHO office in Uganda said in a brief statement on Saturday. The statement said WHO and others are working to strengthen surveillance and contact tracing.

There were no other details about the death and local health officials were not commenting on the case.

The death undermines Ugandan officials' assertions of an outbreak under control after eight Ebola patients were discharged earlier in February. The first victim was a male nurse who died the day before the outbreak was declared on Jan 30. He had sought treatment at multiple facilities in Kampala and in eastern Uganda, where he also visited a traditional healer in trying to

diagnose his illness, before later dying in Kampala.

The successful treatment of eight patients who had been contacts of that man, including some of his relatives, had left local health officials anticipating the end of the outbreak. But they are still investigating its source.

Tracing contacts is key to stemming the spread of Ebola, and there are no approved vaccines for the Sudan strain of Ebola that's infecting people in Uganda.

Over 20,000 travellers are screened daily for Ebola at Uganda's different border crossing points, according to WHO, which supports the work.

The WHO has given Uganda at least USD 3 million to support its Ebola response, but there have been concerns about adequate funding in the wake of the US administration's decision to terminate 60% of USAID's foreign aid contracts. Dithan Kiragga, executive director of the Baylor College of Medicine Children's Foundation, a non-governmental group that supports Ebola surveillance in Uganda, told The Associated Press on

Friday that his group had stopped its work supporting local health authorities in screening travelling passengers after the termination of its contract with USAID.

THE PIONEER'S CLASSIFIEDS

CHANGE OF NAME

I, Anil Kumar S/o Shri Ram Avadh R/o A-1175, Indira Marg Mandawali Fazalpur Delhi-110092 declare that I have Changed my name from Anil Kumar Singh to Anil Kumar for all future Purposes.

PD(1606)C

I, Rinku Tiwari W/o Pranav Kumar Raju R/o G- 118 Sector Delta 2, Greater Noida, Gautam Buddh Nagar have changed my name from Rinku to Rinku Tiwari for all future purposes.

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YOGASANAS FOR BELLY FAT LOSS



SURYA NAMAKSARA: A series of 12 asanas combined to form a perfect combination we call *sun salutation*. It is also known as the mother of all asnas. It starts with namaste and stretching the abdomen and then stretching the hamstrings bending forward and so on! The sequence we all know it, if you don't and are completely new to it, just google it. It will burn the fat faster resulting in a smooth and toned belly shape that every person desires when roaming beachside. There is and never be another substitute for *Surya Namaskar*. It helps in overall blood circulation in the body and stretching abdomen muscles resulting in good appetite and reduced bowel problems.

Tasty Recipe Using Pistachio



On the occasion of *World Pistachio Day*, Chefs have shared with *The Pioneer* delicious recipe that you can make using pistachios on behalf of *American Pistachio Growers*. *Pick Me Up Pista Bomb* is a recipe by *Chef Sanjeev Kapoor*, *Chocolate Pistachio Kunafa Cake* is by *Chef Shivesh Bhatia*. You can have a taste of all these dishes by preping the recipes:

Pick Me Up Pista Bomb By Chef Sanjeev Kapoor

On behalf of *American Pistachio Growers*, *Chef Sanjeev Kapoor* shares the recipe for *Pick Me Up Pista Bomb*.



INGREDIENTS
 ● 1 cup American Pistachios; ● ¼ cup brown sugar; ● 1 cup rolled oats, toasted; ● 1 cup puffed amaranth (rajgira); ● ¼ cup honey; ● ¼ tsp cinnamon powder

METHOD
 ● Dry roast American Pistachios for 3-4 minutes on medium heat. Switch the heat off and allow to cool slightly.
 ● Put the roasted pistachios in a food processor jar and process to a coarse mixture.
 ● Heat a non-stick pan. Add brown sugar and 2 tbsps water and cook till the sugar melts.
 ● Add rolled oats, puffed amaranth, and

coarsely processed pistachios. Add honey and cinnamon powder and mix till well combined. Transfer on to a plate and allow to cool slightly.
 ● Take small portions of the mixture with greased hands and roll each portion into a ball.
 ● Serve.



Chocolate Pistachio Kunafa Cake By Chef Shivesh Bhatia

On behalf of *American Pistachio Growers*, *Chef Shivesh Bhatia* shares the recipe for *Chocolate Pistachio Kunafa Cake*.

INGREDIENTS-
 ● 1 tbsp butter; ● 1 cup kunafa dough; ● 2 cups pistachios; 1 tbsp oil; ● 3 tsp icing sugar; ● For assembly; ● 2 layers of chocolate sponge; ● Chocolate glaze

METHOD-
 ● Set a non-stick pan on medium heat and add butter to it.
 ● Once the butter has melted, add the kunafa dough and roast till it becomes golden brown. Set it aside.
 ● To make the pistachio paste, add California pistachios in a blender jar along

with oil and icing sugar.
 ● Pulse the entire mixture at regular intervals of about 1 minute until the pistachios start releasing some oil and turn into a paste.
 ● Combine this pistachio paste with the roasted kunafa to make the filling for the cake.
 ● To assemble the cake, place a layer of chocolate sponge on a stand or turn table.
 ● Spread the pistachio kunafa filling generously over the cake layer and sandwich it with another chocolate sponge.
 ● Now tightly wrap an acetate sheet around the assembled cake. Pour the chocolate glaze over the cake and pull the acetate sheet up to let the glaze drip down from all sides.

BY YASH GUPTA

Obesity is the most common problem among the elderly as well as the youth, the people and their lifestyle are forcing them to walk and have poor posture, which results in low confidence and prone to diseases. Due to sitting all day in front of a computer and workstations, it is obvious the belly from the button will say hello before you can speak. So, if you think there is a remedy that will burn the fat without you moving an inch, everyone would do it. It's better to choose your hard, either regret or discipline. Here we will look at the top 5 yoga asanas to reduce belly fat quickly. The flatter the stomach the more fabulous the life. Health is the new currency of the era. Make sure you own it and keep the wealth as long you live.

The author is an Art of Living faculty, meditation & mind coach, professional yoga trainer.



- Work on yourself, because it is the only thing that will stay,
- Work on yourself because it is the only thing you are working on at the end of the day.
- Work on yourself because you have to leave a legacy behind
- Work on yourself because this is how you win the mind.

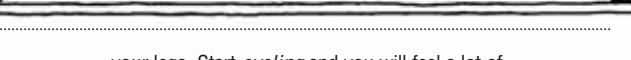


NAUKASANA
 Also known as the boat pose/posture. Looks very tough but with practice the core muscles function well and get those 3D abs. All you have to do is lie down on your back and lift your arms, feet, and eyes in the same line. At least 6 inches off from the ground, hold the position for at least 30 seconds, and later you can progress the number of times and for a longer duration. It promotes burning belly fat and building stabilized core muscles. Advisable to do an empty stomach and women on periods must avoid the asana. Make sure to continue breathing while holding onto the posture and relax in Shavasana very slowly.



PADA CHAKRASANA
 One's favourite exercise for belly fat loss is *leg rotation*. It is indeed the most effective way to build a strong core. It works on every single muscle major and minor, from the torso to the hips.
 Every muscle group is involved, working on the inner thighs and hip abductors. Just as above simply lie down with the same hand placement you have to do is keep your feet

together and rotate your legs in a circular motion clockwise and anti-clockwise. Make big circles like from up and coming down barely touching the ground and with the strength of your core and groin bone raise your leg in a circular motion.



PADA SANCHALANASANA
 Let me simplify, cycling. You don't have to go for cycling outside. Just relax and lie down on your back place your palms on the ground for support (personal recommendation to put both your palms in a diamond shape under your lower back, gives you comfort) and lift

your legs. Start *cycling* and you will feel a lot of muscles saying "hello" and "save me" and if you are not used to this exercise "let's stop for now". Don't worry, until to trick your mind you will never achieve the rewards if keep listening to your mind. Do it for 15-20 seconds clockwise and 15-20 seconds anti-clockwise 2-3 times each. Works magic, but there is always a price to pay.



TAKE CARE OF:
 When performing Pada Sanchalanasana keep in mind to maintain proper alignment of your spine, core muscles & leg movements with your breath to avoid strain on lower back.

Move Your Body, Lift Your Mind

Move Your Body, Lift Your Mind
 In an era where stress, anxiety, and depression are becoming increasingly common, the role of physical activity in promoting mental well-being has never been more crucial. While most people may associate exercise with physical health, its impact on mental well-being is also quite significant- from managing stress, boosting one's mood and enhancing the overall well-being. Studies indicate that who exercises regularly have improved mental health, healthier cognitive functions, and enhanced emotional well-being.

But how this happens?
 High levels of cortisol- a

primary hormone that body release in response to stress; can lead to increased anxiety and negatively impact your overall mental well-being. Engaging in regular exercise helps lower cortisol levels, making it easier to manage stress and maintain a balanced mood.
 When you engage in physical activity, your body releases endorphins, those feel-good hormones that help reduce stress while increasing happiness and relaxation. They help relieve pain, relax, and lift mood. Exercise also promotes the production of serotonin and dopamine, neurotransmitters that play a key role in



regulating mood and preventing mental health disorders such as depression and anxiety.

Cognitive Benefits of Physical Activity
 Not only emotional well-being but exercise is also beneficial for better cognitive function. Regular physical activity has been linked to improved memory, concentration, and problem-solving skills as it reduces stress and anxiety.
 Regular exercise increases blood flow to the

brain, which enhances cognitive abilities and reduces the risk of neurodegenerative disorders such as Alzheimer's disease. Studies suggest that even moderate activities like walking or yoga can significantly enhance brain function and mental clarity.

— By Dr Parul Malhotra



SOCIAL AND EMOTIONAL BENEFITS

Physical activity is undoubtedly beneficial for your body and brain. But have you heard of social and emotional benefits of it? Ever wondered how exercising gives you opportunities for social connections. Let's see- joining a dance class, gym or yoga sessions introduce you

to meet like-minded people. Exercising with them builds a sense of community, offering emotional support and motivation. If you are lucky enough, you might find people who through their positive energy inspire you to become better versions of yourselves.

Vidarbha wins third Ranji Trophy title

PTI ■ NAGPUR

A magnificent run in domestic cricket this season culminated in a third Ranji Trophy title for Vidarbha, who emerged champions on the basis of their first-innings lead in the summit clash, which ended in a draw at their home ground on Sunday.



Vidarbha players pose with the trophy after winning Ranji Trophy final cricket match against Kerala in Nagpur on Sunday

Unlike Kerala who also had luck on their side in the knockouts when they beat Jammu and Kashmir (quarterfinal) and Gujarat (semifinal) by barest of margins and progressed on basis of first-innings leads, Vidarbha grabbed outright wins.

matches they played in the Ranji Trophy this season, which reflects the dominance of the team in India's premier domestic competition.

Even though Nair could only add three more runs to his overnight tally, Vidarbha battled for long enough — close to the tea break — taking their overall lead to 412 runs, far beyond the reach of Sachin Baby's side.

the previous record of 68 wickets which belonged to Bihar's Ashutosh Aman. Dubey also implemented the batting tips given by legendary Indian player Ravichandran Ashwin to make 476 runs in 10 matches with five fifties, perhaps to show early signs of another spin-bowling all-rounder in making for India.



India has 'strong case' in 2036 Olympics bid: Coe

PTI ■ NEW DELHI

International Olympic Committee (IOC) President's post contender Sebastian Coe feels India's bid to host the 2036 Olympic Games is a "strong case" but competition will be tough with several other countries throwing their hats in the ring.



Praggnanandhaa scores second victory in Prague Masters

PTI ■ PRAGUE

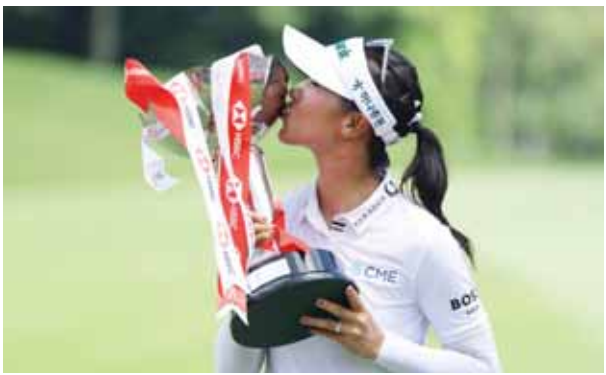
Grandmaster Praggnanandhaa scored his second victory on the trot, outwitting Vincent Keymer of Germany to join compatriot Aravindh Chithambaram at the top on three points after the end of the fourth round of the Prague Masters here.

avenged his defeat fighting from what looked like a shaky French defense with black. Keymer was caught off guard in the middlegame. Praggnanandhaa went for the trade of queens and got his counter attack rolling.

Lydia Ko wins Singapore LPGA

PTI ■ SINGAPORE

Lydia Ko finally conquered the LPGA's HSBC Women's World Championship, clinching her first title at her 11th attempt with a dominant four-stroke win over Ayaka Furue and Jeeno Thitikul in Sunday's final round.



Lydia Ko celebrates with the trophy after winning HSBC Women's World Championship 2025 at Sentosa Golf Club in Singapore

like, dang, it's not real yet," said Ko, who secured her 23rd LPGA title and her first victory since the Kroger Queen City Championship last September.

you know, didn't really put myself in trouble that much. I think that was going to be the key for today."

Asia's major to my major collection," the New Zealander said. World No. 2 Jeeno Thitikul fought hard to chase Ko down, but her charge fell just short.

Viv Richards praises Kohli, calls him 'legendary' player

PTI ■ MUMBAI

West Indies legend Sir Vivian Richards on Sunday said Virat Kohli's fighting spirit, energy, and passion put him in the category of cricket's "great" and "legendary" players.

interaction. "This is why I put him in the category of being great and legendary... Not all the time that you get players who can come back when they're down. His fighting spirit, energy and passion to do well make him stand out."



Tendulkar, who has retired," he said. "But presently, Virat Kohli. He reminds me of myself. He who dares, win. He believes in himself, 120 per cent confident at all times and whenever it needs to be aggressive, and confront opponents, you need guys like that."

believes, very passionate about the game. You never know. He could still play when he's 50," he said.

some very good player," he said. "I will never make comparisons. They all did their time, they worked for the time that they represented their countries. And we should appreciate that time because it's not just us alone who would be giving the answer, but all the folks, the fans who would be watching would pay tribute to that."

Real Betis defeats Real Madrid 2-1 in Spanish league

PTI ■ BARCELONA

Real Madrid stumbled in the three-way race for the Spanish league title as Isco Alarcón guided Real Betis to a 2-1 comeback win over the defending champion.

a 1-0 win over Athletic Bilbao. Kylian Mbappé was back starting for Madrid after missing one game because of a problem with a tooth. Coach Carlo Ancelotti substituted him with 15 minutes left, saying that his dental issue had impeded him from training properly and that his star striker "was not 100 per cent."



he lost his starting job and then struggled to get off the bench. But Madrid might wish it had him back after the 32-year-old midfielder was the most decisive player on the field at the Benito Villamarin.

the hard work of the entire team we wouldn't have been able to do this," Isco said, before adding that he was still "grateful" for his time at Madrid.

the playmaker also showed he has not been slowed down by a leg injury that likely cost him a spot on Spain's European Championship side last summer.

down, Courtois had to make a wonder save to palm another Cardoso header over the bar in first-half injury time.

including midfielders William Carvalho and Marc Roca. Atletico takes advantage Alvarez scored from a pass by Marcos Llorente in the 66th after both came off the bench to help break through Athletic's defense.