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Amit Shah Arrives In Jammu, To Assess Anti-Infiltration Measures

The home minister visited the border outposts of Gurnam and Bobiyan in the Hiranagar sector and interacted with the Border Security Force (BSF) personnel guarding the frontier

New Delhi. (Agency)
Union Home Minister Amit Shah arrived in Jammu on a two-day visit, aimed at reviewing security and developmental initiatives in the region. The home minister visited the border outposts of Gurnam and Bobiyan in the Hiranagar sector and interacted with the Border Security Force (BSF) personnel guarding the frontier, the officials said. At Bobiya border outpost, Shah will e-inaugurate and lay the e-foundation for six welfare schemes for BSF personnel, underscoring the government's focus on enhancing border security and welfare of security personnel. He will also review repairs to BSF infrastructure damaged in last year's monsoon floods.



Later in the day, he will chair a security review meeting at Lok Bhawan with Lieutenant Governor Manoj Sinha and top

security officials. During the meeting officials will brief Home Minister about ongoing counter terror operations in different parts of Jammu region to flush out terrorists. Amit Shah reached Jammu late Thursday

night and was received by Manoj Sinha, Chief Minister Omar Abdullah and senior BJP leaders, including Leader of Opposition in the Assembly Sunil Sharma. Meanwhile, hours before Amit Shah's arrival, security forces eliminated three top Jaish commanders in twin operations in Udhampur and Kishtwar districts. These Pakistani terrorists killed in encounters were operating in Kishtwar and Udhampur belt for the last one and a half years. Their killings has helped villagers heave a sigh of relief. Shah will also distribute compassionate appointment letters and meet martyrs' families at Lok Bhawan and will later interact with them. Tomorrow, he will chair a development review meeting with Manoj Sinha and Chief Minister Omar Abdullah, focusing on Jammu's progress.

IAF to showcase air power near Pakistan border in 'Vayu Shakti 2026' exercise

New Delhi. (Agency)
The Indian Air Force will conduct a major air combat exercise near the Pakistan border on February 27, showcasing its full spectrum of offensive and defensive capabilities in a simulated war environment. The exercise, named Vayu Shakti 2026, will be held near Jaisalmer in Rajasthan and is expected to be the IAF's largest air combat drill of the year. It comes weeks after the force demonstrated its operational readiness during Operation Sindoor.

According to defence officials, airbases and assets of the IAF's Western and South Western Air Commands will participate in the exercise. All units have been fully

activated, with more than 100 aircraft expected to take part. Almost all frontline fighter aircraft



and air defence systems that were part of Operation Sindoor will be deployed during the exercise. These include Rafale, Su-30 MKI, Tejas, MiG-29, Jaguar, Mirage-2000 and Hawk aircraft, which will be seen

engaging ground and aerial targets with precision. The MiG-21, now retired from IAF service, will not feature in the exercise for the first time. The indigenous Prachand attack helicopter will also participate, firing rockets during live drills.

The exercise will be conducted in a simulated wartime scenario and monitored through the IAF's Integrated Air Command and Control System (IACCS), which enables real-time tracking and coordination of air operations. Inputs from long-range, medium-range and short-range radars will be integrated to generate a comprehensive air picture for both offensive and defensive missions.

No Alliance, Congress To Go Solo In All 294 Seats Of Bengal

The decision was taken at a meeting of the Congress Working Committee in New Delhi on Thursday.

New Delhi. (Agency)
The Congress, on Thursday, officially announced that it will contest independently in all the 294 Assembly constituencies in West Bengal in the forthcoming Assembly elections in the state scheduled this year, without going for any kind of seat-sharing arrangement either with the CPI(M)-led Left Front or the Trinamool Congress. The decision was taken at a meeting of the Congress Working Committee in New Delhi on Thursday.

The party's representatives from West Bengal were the current state Congress president Suvankar Sarkar, former state Congress president and former five-time Lok Sabha member Adhir Ranjan Chowdhury, and the sole Congress Lok Sabha member from West Bengal, Isha Khan Chowdhury.

After the meeting at the residence of the Congress's national president, Mallikarjun Kharge, in the national capital, Congress general secretary and the party's in-charge for West Bengal, Ghulam Ahmad Mir, announced the decision of the AICC to contest the forthcoming Assembly elections in the state independently without having

any alliance with any other political force. Besides Kharge and Mir, other national-level Congress leaders present at the meeting included the Leader of the Opposition in the Lok Sabha, Rahul Gandhi, and KC Venugopal, among others. "Our past experiences on alliance or seat-



sharing arrangements in West Bengal weakened the grassroots-level party workers in the state to a great extent. After discussions with everyone, including the state Congress leaders, it has been decided that the Congress will contest from all 294 Assembly constituencies in West Bengal independently. Poll preparations will start keeping this in mind," Mir said.

Adhir Ranjan Chowdhury, who was keen on an alliance with the CPI(M)-led Left Front from the beginning, said that going solo was the decision of the party high command. "We will be contesting independently this time as decided by the party's high command," he said.

Political observers feel that a smooth seat-sharing arrangement for the 2026 West Bengal Assembly polls had become inconceivable from the beginning. "The two main architects of the seat-sharing arrangement between the Left Front and the Congress since 2016 were former CPI(M) general secretary late Sitaram Yechury and former state Congress president in West Bengal and former five-time Lok Sabha member Adhir Ranjan Chowdhury.

"Now, after the demise of Yechury, there is not a single national leader in the CPI(M)'s central leadership who will be vocal in convincing the party's central leadership for an arrangement with the Congress." The same thing is applicable in the case of the Congress after Chowdhury was out of the party's major decision-making ambit," a city-based political observer said.

Karnataka to use AI tools to curb hate speech, fake news

Karnataka. (Agency)

With the fate of Karnataka Hate Speech and Hate Crimes (Prevention) Bill, 2025, uncertain with Governor referring it to President, the State Government is taking policy route to curb hate speech and fake news on social media. Except legacy media, including their digital

platforms, entire digital media and social media platforms will come under the scanner of the home department. The Cabinet on Thursday approved implementing state-of-the-art Artificial Intelligence (AI)-powered 'Social Media Analytics Solution' software by investing Rs 67.26 crore. It is to control increasing hate speech, misinformation and malicious campaigns in news and advertising media and for the convenience of administration, the Cabinet noted.

"Traditional methods of effectively preventing disinformation are becoming inadequate due to the sheer volume, speed, and complexity of information technology," Law and Parliamentary Affairs Minister HK Patil said.

'AI helps detection of digital threats at lightning speed'

"Artificial Intelligence (AI)-powered technologies enable the detection and countering of digital threats at lightning speed," Law and Parliamentary Affairs

Minister HK Patil said while briefing reporters.

"The software will not only fact check but will analyse how information with criminal intention get disseminated after manipulation especially on child trafficking, terror attacks, hate speech and fake news eventually alerting



the concerned for taking necessary action. The action will be taken under the existing laws and if we feel it, in the future, would formulate the laws exclusively," he said. "The digital platforms of the mainstream media will not be under the scanner of the AI solutions software, but those fake news banners and media houses will not be spared," the minister warned. "The government will give explanation to the Governor on the Karnataka Hate Speech and Hate Crimes (Prevention) Bill, 2025," he said.

"Will Thank Centre For Good Work, Even If Congress Gets Upset": Omar Abdullah

New Delhi . (Agency)

Jammu and Kashmir Chief Minister Omar Abdullah on Thursday said he will not refrain from thanking Prime Minister Narendra Modi or the Centre whenever they do good work for the Union Territory.

"I am not one of those people who would not be thankful for a good cause for Jammu and Kashmir. This sometimes upsets my friends, they don't like it when I thank the Prime Minister," he said, while mentioning Tariq Hamid, Jammu and Kashmir Congress chief. Abdullah is set to present the second budget of



his government for the financial year 2026-27 in the Assembly, with likely focus on daily wagers and the tourism and industrial sectors. Abdullah, who also holds the finance portfolio, had presented his maiden budget on March 7 last year.

The Abdullah-led National Conference government assumed office on October 16, 2024, marking the end of nearly six years of central rule in the Union Territory.

The J&K Assembly's Budget session, will be held in three phases. The first phase began with the address of Lieutenant Governor Manoj Sinha on February 2, will conclude on April 4.

The remaining sittings will be held after Eid-ul-Fitr in March and April. Ramzan is expected to begin on February 18 or 19, subject to moon sighting. February will have 18 working days of Assembly business, while March and April will have five and four working days respectively.

Diversifying energy sourcing: MEA Jaishankar on Trump's 'India not to buy Russian oil' claim

New Delhi . (Agency)

In the first remarks since US President Donald Trump's post on Truth Social that Prime Minister Narendra Modi "agreed to stop buying Russian oil" and "to buy much more from the US and, potentially, Venezuela", and that "this will help end the war in Ukraine", India on Thursday said it was "diversifying energy sourcing" in keeping with "objective market conditions and evolving international dynamics". Meanwhile, after meeting US Secretary of State Marco Rubio and Treasury Secretary Scott Bessent among others in Washington, External Affairs Minister S Jaishankar on Thursday described his visit to the US as "productive"

and "positive", and that the "historic India-US trade deal is in the final stages of detailing that will be completed very soon". "... It opens up a new phase in our bilateral ties, with vast possibilities for the relationship," he said. "Our critical mineral cooperation is also advancing rapidly. Expect engagement on strategic issues, defence and energy in the coming days. Overall, a strong momentum is evident," he said.

In Delhi, MEA official spokesperson Randhir Jaiswal, responding to questions on the US President's statements about Russian oil imports, said, "Insofar as India's energy sourcing is concerned, the government has stated publicly on several occasions



ensuring the energy security of 1.4 billion Indians is supreme priority of government. Diversifying our energy sourcing in keeping with objective market conditions and evolving international dynamics is at the core of our strategy to ensure this." While

Jaiswal did not spell out the stoppage of Russian oil imports, the formulation to "diversify energy sourcing" in view of "objective market conditions and evolving international dynamics" is a thinly-veiled reference to looking at alternatives to Russia like the US and Venezuela. Asked about Venezuelan oil, he said, "Venezuela has been a long-standing partner of India in energy sector encompassing trade and investments. The country was among India's major sources of crude oil until FY 2019-20, which were discontinued following sanctions. Imports from Venezuela resumed in FY 2023-24, before being halted again due to the re-imposition of sanctions.

Delhi pollution a legacy issue, says CM Rekha Gupta, defends long-term plan

Delhi Chief Minister Rekha Gupta says air and Yamuna pollution are legacy issues, defends long-term reforms on transport, waste and sewage, and argues that structural changes, not quick fixes, will deliver lasting results.

New Delhi . (Agency)

Delhi Chief Minister Rekha Gupta has described air pollution and the pollution of the Yamuna river as "legacy problems" rooted in years of neglect and short-term policymaking by previous governments. She said her administration is now focused on long-term, structural solutions. In an exclusive interview with ANI, Gupta pushed back against criticism that measures such as GRAP, Odd-Even restrictions, artificial rain and anti-smog guns have failed. She said these were never intended to be permanent fixes.

"Pollution is a legacy problem resulting from the negligence of previous governments. If we look at pollution only from the perspective that the air should be clean, we will not get results," Gupta said. "You have to work on dust, air and water together, with a holistic vision."

Taking aim at the Aam Aadmi Party, Gupta said earlier administrations relied on short-term measures and publicity, while deeper reforms were ignored.

"Sprinklers, anti-smog guns and mist can give only short-term

relief. The real work should have been done on dust mitigation, public transport and long-term



planning," she said. Gupta identified vehicular emissions, road dust and waste mismanagement as the main

drivers of Delhi's air pollution, which often stays in the 'severe' category during winter. While vehicle emissions are widely cited as a key cause, she said public transport was never expanded to the scale required.

Laying out her government's plan, Gupta said Delhi's public transport system is being gradually shifted towards zero emissions. "When we came, we planned that public transport should be 100 per cent electric and on clean fuel," she said.

News box

Gurgaon safai workers suspend strike after FIR, warn of protest again if arrest

Gurgaon.(Agency)
MCG sanitation and sewer workers on Thursday suspended their three-day strike a day after police registered an FIR against Prashant Bhardwaj, the husband of ward 33 councillor Sarika Bhardwaj. The workers resumed duties after lunch but warned that the protest would resume if Bhardwaj was not arrested by Monday. They announced that all sanitation workers would stage a protest outside the Gurgaon police commissioner's office on Feb 9 if no arrest was made. The FIR was registered on Wednesday against Prashant over allegations of criminal intimidation and use of casteist slurs against sanitation workers. After Bhardwaj allegedly threatened sanitation and sewer workers with physical violence on Monday, MCG workers stopped work and gathered for three consecutive days at the old municipal corporation office. They launched the strike on Tuesday. The workers, protesting under the banner of the MCG Employees Union, Haryana, made it clear that the filing of an FIR alone was "insufficient". Union leaders said that failure to arrest the accused despite serious charges reflected "political pressure and administrative apathy". The FIR was registered under sections related to criminal intimidation, obstruction of govt work and provisions of the SC/ST (Prevention of Atrocities) Act. However, more than 24 hours after the FIR was filed, police were yet to make an arrest. Union president Basant Kumar convened a meeting on Thursday and said the strike was being suspended for two days only in the interest of the general public. "Registering an FIR is not enough. The police administration failed to arrest the accused," Kumar said, warning that continued inaction would force workers to intensify their agitation.

Minimum temperature rises by 2°C, strong winds likely for 3 days in Gurgaon



Gurgaon.(Agency)
The city is likely to experience strong surface winds over the next three days, even as dry weather persists across Haryana, according to an India Meteorological Department (IMD) forecast. The weather office said gusty winds were expected at isolated places in Haryana and Punjab due to a western disturbance moving across the middle tropospheric westerlies. While no rainfall warning was issued for the state, IMD cautioned that the wind conditions could affect daily activities, particularly in open areas and along major roads. Temperatures across Haryana rose slightly on Thursday. The city recorded a maximum temperature of 22.2°C, about 1.5°C higher than the previous day, while Faridabad was the warmest in the state at 24.1°C. Nuh recorded 23.6°C, Hisar and Bhiwani 23°C each, and Rohtak 21.6°C. The state's average maximum temperature rose by around 1.2°C and remained close to normal, IMD said. Minimum temperatures also increased, with the city recording 8.6°C, about 2°C higher than the previous day.

Another plot filled with drain water waits to be fenced, now in Sorkha

Noida.(Agency)
A vacant plot between sectors 112 and 115, next to FNG road near Sorkha village, has become a health hazard due to years of accumulated sewer water, residents said. They alleged that the situation has not improved, with continued sewer overflow from Sorkha village and nearby sectors such as 112, 115 and 118 adding to the problem for several years. The plot, which residents said has around six feet of water, has no proper barricading or boundary wall. "The foul smell emanating from this stagnant water poses a serious health risk. With no barricading or boundary wall around the sewer-filled plot, commuters face the risk of accidents in the area," said Ravi Yadav, a resident of Sorkha village near Sector 115. Despite multiple complaints having been filed, and in wake of the recent incident when a techie drowned to death in a similarly flooded plot in Sector 150, the situation has remained unchanged, he said. Pawan Yadav, treasurer of the Federation of Noida Residents Welfare Association (FONRWA), wrote to the deputy general manager of Noida Authority, emphasising the urgency of the issue. He pointed out that thousands of commuters daily used the road near the sewer-filled water, as it was near the FNG road, which further connected to 7 x sectors from Sectors 112 and 115, and the issue needed to be addressed urgently to avoid future accidents. "The hazardous conditions could lead to a major accident at any time," he said, urging for the immediate completion of the unfinished wall around the plot and for the land to be put to appropriate use. Residents expressed disappointment over the lack of action from the authorities. "The plot is part of the green master plan of Noida Authority. We earlier have made several complaints to clean the sewer and construct a boundary wall or barricade the plot. But there has been no action taken so far. Instead, unauthorised construction emerged around the area, with no action from the authority," said Ravi Yadav.

Temple walk, forest trek: Three nature trails planned, to link Gurgaon with Aravalis

Gurgaon.(Agency)
Licensed eco-guides, QR-based identification of common and medicinal plants, detailed bird and butterfly identification, photography at marked spots and colour-coded routes — a concept plan to create guided nature trails in the Aravali Hills foothills has been drawn. With the city's green cover estimated at under 10%, the proposal outlines three graded trails — totalling nearly 9km — across parts of the foothills, starting from Bhondsi Park. "We have invited technical and financial proposals from agencies with experience in tourism and hospitality. Work will be initiated accordingly," conservator of forests (south Haryana) Subhash Yadav told TOI. Walks will be led by eco-guides trained by the forest department. All paths are to be laid using natural, permeable materials such as compacted earth and wood chips to limit erosion and retain the forest character.

Residents from nearby villages are to be trained as eco-guides and support staff through modules covering natural history, first aid, visitor management, trail maintenance, erosion control, waste handling, small-scale restoration, and biodiversity monitoring. The first route, a 1km loop linking Bhondsi Park to Aklimpur Lake, is designed as an easy, wheelchair-friendly introduction to common trees, birds and basic ecological concepts. This loop will have wider paths, shaded stretches, benches and minimal elevation change. Activities proposed along this trail include basic birdwatching, QR-based identification of common and medicinal plants, visits to the nursery and arboretum and simple nature art exercises for children. Officials said this stretch will also cater to people who are differently abled or undergoing therapy. The second, a 3km path extending from Bhondsi Park to Maa Bhuvneshwari

Temple, moves through more varied Aravali foothill terrain. This trail will include gentle inclines, designated viewing points and small bridges or boardwalks where required to avoid trampling sensitive patches. Guides will focus on explaining vegetation zones, riparian features, local geology and ecological interdependencies. Planned activities include detailed bird and butterfly identification, photography at marked spots and discussions on conservation challenges and restoration efforts in the region. The longest route, a 4.75km trek towards Chandra Shekhar Farmhouse, passes through relatively undisturbed forest stretches. With narrower paths, steeper gradients and longer walking time, this trail is meant for small guided groups. The emphasis here will be on quiet observation, advanced birding and animal tracking, understanding invasive species and forest resilience and silent nature walks.

Nocturnal walks may be introduced later under trained supervision and strict safety protocols, while optional basic wilderness skills could be offered under expert guidance. According to the plan, infrastructure across all three trails will be kept minimal. Paths will avoid concrete, while resting points will use eco-friendly benches made from local stone or recycled wood. Discreet bird hides and small elevated viewing platforms are proposed at select vantage locations. Drinking water refill stations are planned to discourage plastic bottles, along with segregated waste bins at entry, exit and designated resting areas. Safety measures include emergency contact signage, first-aid kits at the visitor centre and periodic trail checks by trained staff. Wayfinding will rely on colour-coded routes, difficulty symbols, directional arrows at junctions, distance markers, and unobtrusive trail tags on trees or posts.

Dwarka Expressway link crumbles, Gurgaon commuters forced to dodge deep craters

Gurgaon.(Agency)
A 2.8km stretch has slipped into a state of neglect. Every day, thousands of motorists are forced to navigate the potholed road that once formed part of Dwarka Expressway alignment, before Central Peripheral Road (CPR) came up. Despite serving as a key arterial link for sectors 83, 84 and 36A, the road has now turned daily commutes into a slow, risky exercise for officegoers and schoolchildren alike. Just a few metres past Dwarka Expressway near Elan Miracle Mall, drivers are compelled to brakes abruptly — not for traffic, but to dodge deep craters that dot the carriageway. The entire stretch is marred by innumerable potholes, forcing vehicles to crawl and zigzag, often resulting in damaged suspensions and tyres. Former RWA president of SS Coralwood Puran Singh said, "Authorities are not doing residents any favour by maintaining a road that is used by thousands every day. Accidents have been happening regularly. We have been asking for the redevelopment of this road since 2020 and GMDA is dragging its feet over ensuring even basic repairs." Residents say the situation becomes particularly dangerous

after dark, when the absence of proper street lighting makes it difficult to spot broken patches and sudden drops in the



road surface. Ironically, the road was repaired as recently as 2024, ahead of Prime Minister Narendra Modi's visit to inaugurate the Dwarka Expressway. However, residents say its condition deteriorated rapidly since then. Despite repeated complaints to civic authorities, no repair work was carried out. GMDA officials said the authority is in the process of redeveloping the stretch and is awaiting approval from the high-powered

purchase committee headed by the chief minister. However, this plan was under process since Sept last year. Officials added that routine repairs can be taken up once the agency responsible for annual road maintenance, which ordinarily handles such repairs, is finalised, as the tendering process is still underway. A GMDA official told TOI, "Technical evaluation of the tender for the redevelopment of this road is complete and we are now awaiting approval from the high-powered purchase committee. In the meantime, we will repair the road under annual maintenance, for which an agency will be engaged soon." As per the proposal, the 2.8km road is to be redeveloped into a six-lane corridor with a 14-metre-wide main carriageway, a 10-metre central verge and a 40-metre-wide greenbelt, along with a footpath-cum-drain. The plan also includes installation of streetlights, construction of a rotary at the junction of sectors 83 and 84 and road safety infrastructure such as solar studs and reflective markings. The project is estimated to cost Rs 18.9 crore. Once approved, the work is expected to take around 18 months to complete.

Manesar civic body to earmark 10 street vending zones to regulate carts and stall business

Gurgaon.(Agency)
Municipal Corporation of Manesar (MCM) will designate street vending zones to regulate businesses operating from carts and stalls within its jurisdiction, officials said. Commissioner Pradeep Singh, joint commissioner Lokesh Yadav and district project officer Mahender Singh conducted an inspection of several areas as part of the exercise. Officials said 10 locations were provisionally identified for the proposed vending zones. The shortlisted sites include areas in Garhi village, Harsaru, Manesar, Kasan, Bhangraula, Sector 83, Nakhraula, Naurangpur and near

Hayatpur Chowk on Pataudi Road. Officials said the zones were planned away from main roads to reduce traffic congestion and improve safety for both vendors and commuters. Commissioner Pradeep Singh said, "Street vendors are an important part of the city's economy, but unregulated vending on roads obstructs traffic and poses safety risks. The creation of vending zones would provide vendors with designated spaces to operate." "Basic facilities such as electricity, water, toilets and tin sheds will be provided in all zones, along with cleanliness arrangements," he added.

The civic body also plans to develop night markets and community markets within these zones. MCM's district project officer said products made by women from self-help groups, including handicrafts, pickles, papads and soaps, would be sold at these locations. "This will economically empower women and promote local products," he said. The number of vending zones could be increased in the future based on demand, officials said, adding, however, that no timeline was announced for the initiative, and the proposal was under consideration. In 2023, the civic body had identified.

These measures, aimed at attracting new investment, will support the expansion of existing units in the state's most valuable industrial belts, the govt said. In Jan, the process to regularise the industries operating outside the designated industrial zones was also started. Industries operating in non-conforming areas have long faced issues related to legal clarity, banking access, and expansion. The new initiative aims to address these concerns and support future growth. Under the scheme, clusters with at least 50 factories spread across a minimum of 10 acres of contiguous land at one location can jointly apply for regularisation. Currently, only factories located within notified industrial zones are legally recognised.

Landowners to face FIR for leasing, selling farmland for illegal factories

Gurgaon.(Agency)
Landowners who lease or sell agricultural plots for illegal factory operations will now face criminal action alongside unit operators, officials from the Haryana State Pollution Control Board told TOI, in what will be the latest step to mitigate annual bad air crisis haunting Delhi-NCR. Officials said FIRs will be registered against both parties — owners and tenants — wherever industrial activity is found on farmland without statutory approvals, marking a shift from earlier enforcement that largely focused on sealing or demolishing units. Senior officials said teams were asked to identify such plots and initiate criminal proceedings against landowners who enabled the activity.

"If a unit is running illegally on agricultural land, FIRs will be lodged against both the operator and the land provider. The aim is to break the land supply chain that allows these units to keep resurfacing," an HSPCB official from Gurgaon said. Though there have been many isolated instances where FIRs were registered against owners



or tenants of such unauthorised units, this is the first time that a formal drive is being implemented in the state with a focus on tackling air pollution. The surge in unauthorised factories, warehouses and recycling sheds mushrooming beyond designated industrial zones has been a matter of concern as they lack basic pollution control systems. Several units run diesel generators and use furnaces and boilers, adding to particulate emissions. The pollutants

remain trapped on the surface under the heavy air in winters. Environmental officials have cautioned that activities such as metal processing, plastic recycling and small-scale fabrication are commonly found in these pockets, with many units operating at night to evade inspections. Recent joint inspections revealed hundreds of such units functioning outside approved industrial areas. While enforcement teams sealed multiple premises and

demolished illegal structures in recent weeks, officials admitted closures alone were not acting as a lasting deterrent, with operators often shifting locations. "What this really means is accountability is moving upstream. Earlier, operators relocated after raids while landowners remained untouched. Bringing land providers under the FIR framework is expected to reduce repeat violations," an officer involved in the drive said. Regional officer at the HSPCB Ballabhgarh, Harish Sharma, said the agency is coordinating with tehsildars for effective enforcement. "Land records of pollution-causing units are being verified to identify the actual owners. FIRs will be registered against them," Sharma said. Environmental activists welcomed the move but said enforcement must be consistent. "For years, illegal units simply shifted from one village to another after raids. Fixing landowner accountability is important, but unless inspections are regular and FIRs are actually taken to their logical end, these factories will keep

resurfacing," said Narender Sihori, an activist. The pollution board was directed to intensify inspections and share details.

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Editor-in-Chief
Gurcharan Singh Babbar
Mob : 9654077232, 9971359517
Website : www.thesikhtimes.in
Email : sikhtimesindia@gmail.com
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Sant Samaj lauds Bhagwant Govt for grand arrangements to mark 649th Parkash Purb of Sri Guru Ravidass Maharaj Ji



KHURALGAR : The Sant Samaj on Friday lauded the Punjab government led by Chief Minister Bhagwant Singh Mann for making elaborate and unprecedented arrangements to commemorate the 649th Parkash Purb of Sri Guru Ravidass Maharaj Ji, expressing deep appreciation for celebrating the sacred occasion with reverence and dignity. Addressing the gathering during the state-level function organised at Sri Khuralgar Sahib, Sant Nirmal Das Ji Jaure Wale said, "The Guru Ravidass Ji Sadhu Samparda Society extends its congratulations to the state government, particularly to CM Bhagwant Singh Mann, for making extensive arrangements for the Parkash Purb. He said, "On behalf of the entire Sant Samaj, I express special thanks to the Chief Minister for outlin-

ing comprehensive events at a broad level dedicated to the Prakash Purb." He recalled that Sri Guru Ravidass Maharaj Ji spent more than four years in devotion at Khuralgar, sanctifying this sacred land, and said it was a matter of immense pride that the Punjab government is celebrating the 649th Prakash Purb at the same land with full reverence. Sant Pradeep Das Ji of Dera Ballan termed the occasion historic and said that on the auspicious occasion of Sri Guru Ravidass Maharaj Ji's Prakash Purb, the Chief Minister, along with the entire Cabinet and Members of Parliament, had arrived at Sri Khuralgar Sahib to offer their devotion and respect. "It is a matter of immense pride and satisfaction that the Punjab government has provided 10 acres of land near Dera Ballan to estab-

lish the Sri Guru Ravidass Ji Bani Adhyayan Kendra, for which we are grateful to the government," he said. He also lauded the state government for these initiatives, stating that such steps would go a long way in perpetuating the glorious legacy of Sri Guru Ravidass Maharaj Ji. Finance Minister Harpal Singh Cheema, in his address, said that under the leadership of CM Bhagwant Singh Mann, the Punjab government has outlined a year-long series of events to mark the upcoming 650th Prakash Purb of Sri Guru Ravidass Maharaj Ji, which formally commenced on Friday. He said, "As part of these events, the teachings of Sri Guru Ravidass Maharaj Ji will be propagated in every nook and corner of the state." Minister Harpal Singh Cheema said that the Chief Minister has constituted a Cabinet sub-commit-

tee for these programmes, headed by him, and added that he would discharge this responsibility with full dedication. Earlier, Cabinet Minister Tarunpreet Singh Sond welcomed the gathering and said that the state government remains committed to preserving and passing on the glorious heritage of Punjab to future generations. Punjab Legislative Assembly Deputy Speaker Jai Kishan Rori thanked the Chief Minister for launching the year-long events marking the 649th Prakash Purb of Sri Guru Ravidass Maharaj Ji from the sacred land of Sri Khuralgar Sahib, which forms part of his Assembly constituency.

Earlier in the day, the Chief Minister and the entire Cabinet joined the Sangat to perform Ardas after the Bhog of Sri Akhand Paath Sahib. The Chief Minister and members of the

Cabinet also paid obeisance at the Tap Asthan of Sri Guru Ravidass Maharaj Ji at Sri Khuralgar Sahib.

NAME CHANGE

I, hitherto known as MARY P. TOPPO Alias MARY PHULGENTIA TOPPO D/O HELARIUS BARA W/O PETER TOPPO R/O RZ-15-B, GALI NO-7-E, PURAN NAGAR PALAM COLONY, PALAM VILLAGE, SOUTH WEST DELHI, DELHI-110045 have changed my name and shall hereafter be known as MARY PHULGENTIA TOPPO.

NAME CHANGE

I, hitherto known as MOHD. SHAH-NAWAZ S/O MOHD. ABBAS R/O 40 Gafour, Nagar, Jamia Nagar, Okhla, South Delhi, Delhi-110025 have changed my name and shall hereafter be known as MOHD. SHAHIN-AZ.

NAME CHANGE

I, KULDEEP S/O RAMBHOOL SINGH R/O 4/205, Dakshin Puri, Ambedkar Nagar, New Delhi, South Delhi, Delhi-110062 have changed the name of my minor son VIRAJ aged 11 years and he shall hereafter be known as VIRAJ MEHROLYA.

NAME CHANGE

I, hitherto known as AMRIT NATH S/O RAJESH KIROLA R/O PVT Flat No-C-3 Second Floor, Prop No-201M, Ward No.-KH.No-1, Mehrauli, South Delhi, Delhi-110039 have changed my name and shall hereafter be known as PAWAN KIROLA.

NAME CHANGE

I, hitherto known as MOHANDAS ADITYARATHIL alias A MOHAN DAS S/O POWITENKANDATH KUTTAN NAIK R/O 267-B, Pocket-K, K. Dishaad Garden, East Delhi, Delhi-110094 have changed my name and shall hereafter be known as ADHYARATHIL MOHAN DAS.

NAME CHANGE

I, Jayalakshmi Gurulingappa W/o Veerasheshkarappa S. Moodabagilu R/O Asha Nilaya, 1st Cross, Tilak Nagar, Shivmoga, Shivmoga, Karnataka-577201, have changed my name to Jaya Moodabagilu.

NAME CHANGE

I, Kiran Goswami W/o Nandlal Bharti R/O 17, Kothar Tola, Gram, Pharhad, 328, Post-Delhi, Teh- Simrou, Rewa, Madhya Pradesh-486441, have changed my name to Kiran Bharti.

NAME CHANGE

I, Dinesh Kumar Kanwar S/O Chain Singh Kanwar R/O House No.-24, Ward No.-02, Durpa, Korba, Chhattisgarh-495454, have changed my name to Dinesh Singh.

NAME CHANGE

I, MOHSIN S/O MD NAEEM residing at A-15/114 DDA Flats Inder Lok Delhi-110035 have changed my name to MD MOHSIN for all future purpose.

NAME CHANGE

I, MULABHAI Father of No. 15696983Y Rank-HAV Name-SOLANKI VIJAY KUMAR MULABHAI residing at VPO-MAHABHAI KHANPUR, TEHSIL-KHANPUR, DIST-MAHISAGAR, GUJARAT-389230, have changed my name from MULABHAI to CHAMAR MULABHAI for all future purposes Vide Affidavit dated 06/02/2026 before Notary Public Delhi.

NAME CHANGE

I, BASKANYA DEVI Mother of No. 6503862X Rank-SEP Name-DINESH KUMAR Presently residing at VILL-KHATAKEDI, PO-POLAY KALAN, TEH-POLAY KALAN, DIST-SHAJAPUR, MADHYA PRADESH, PIN-465116, have changed my name from BASKANYA DEVI to BAS KANYA BAI for all future purposes vide Affidavit dated 06/02/2026 before Notary Public, Delhi.

NAME CHANGE

I, ARKHIBEN Mother of No. 15696983Y Rank-HAV Name-SOLANKI VIJAY KUMAR MULABHAI residing at VPO-MAHABHAI KHANPUR, TEHSIL-KHANPUR, DIST-MAHISAGAR, GUJARAT-389230, have changed my name from ARKHIBEN to CHAMAR ARKHIBEN for all future purposes vide Affidavit dated 06/02/2026 before Notary Public Delhi.

NAME CHANGE

I, S SIVAN AMMAL mother of No. 2617293W, Rank-LNK, Name-MURUGAN S residing at 530, SCHOOL STREET, VILL & PO- URMELALAGIAN, TALUK-TENKASI, DIST-TIRUNELVELI, TAMIL NADU-627852, have changed my name from S SIVAN AMMAL to SIVANAMMAL SUBRAMANIAN for all future purposes vide Affidavit dated 06/02/2026 before Notary Public, Delhi.

NAME CHANGE

I, S SUBRAMANIAN father of No. 2617293W, Rank-LNK, Name-MURUGAN S residing at 530, SCHOOL STREET, VILL & PO- URMELALAGIAN, TALUK-TENKASI, DIST-TIRUNELVELI, TAMIL NADU-627852, have changed my name from S SUBRAMANIAN to SUBRAMANIAN SUDALAMUTHU for all future purposes vide Affidavit dated 06/02/2026 before Notary Public, Delhi.

NAME CHANGE

I, GAURI SHANKAR Father of No. 6503862X Rank-SEP Name-DINESH KUMAR Presently residing at VILL-KHATAKEDI, PO-POLAY KALAN, TEH-POLAY KALAN, DIST-SHAJAPUR, MADHYA PRADESH, PIN-465116, have changed my name from GAURI SHANKAR to GORISHANKAR BHAMURIYA for all future purposes vide Affidavit dated 06/02/2026 before Notary Public, Delhi.

NAME CHANGE

I, GUNJAN W/O PAWAN NARULA residing at H. NO-79, SRESHTHA VIHAR, LAXMI NAGAR, DELHI-110092 have changed my name to GUNJAN NARULA for all future purpose.

PUBLIC NOTICE

Be it known to all concerned that my client Mr. Jagdish Mitter Bajwa, R/o 11-B, Tigri Village, Opp. Vayusenabad, New Delhi-110062, had executed a Special Power of Attorney (e-Stamp No. IN-DI-9883279107725U dated 08.10.2022), which was attested on 10.10.2022, in favour of Mr. Puran Chand, S/O Sh. Madan Lal, R/o A-280, Dr. Ambedkar Nagar, Sector-2, Khanpur Colony, Deoli, New Delhi-110062, in respect of Property No. 6-C/A, out of Kharsa No. 156, situated in Lal Dora, Village Tigri, New Delhi-110062.

That the said Special Power of Attorney is hereby revoked/cancelled and declared null and void with immediate effect. Henceforth, Mr. Puran Chand shall have no right, title, interest, or authority whatsoever in respect of the aforesaid property. Any person dealing with him on the basis of the said revoked Special Power of Attorney shall do so at his/her own risk, cost, and consequences, and my client shall not be responsible or liable in any manner whatsoever.

Shailendra Singh Advocate
Chamber No. 240, Saket Courts,
New Delhi

NAME CHANGE

I, hitherto known as SUBHAS SHARMA S/O LATE. NAND RAM SHARMA R/O H NO-54 NANGALI RAJAPUR SARAI KALE KHAN HAZRAT NIZAMUDDIN S.O SOUTH DELHI DELHI-110013 have changed my name and shall hereafter be known as SUBHASH SHARMA Name Change

NAME CHANGE

I, hitherto known as SHAMNA alias AFSANA D/O NAWAB KHAN W/O MOHD SAMEER R/O H.No-616, Street No-8, New Mustafabad Rajiv Gandhi Nagar, Mustafabad, North East Delhi, Delhi-110094, have changed my name and shall hereafter be known as AFSANA.

PUBLIC NOTICE

Be it known to all concerned that my client Mr. Lakhbir Bajwa, S/o Sh. Jagdish Mitter Bajwa, R/o 11-B, Tigri Village, Opp. Vayusenabad, New Delhi-110062, had executed a Special Power of Attorney (e-Stamp No. IN-98833387911917U dated 08.10.2022), in favour of Mr. Puran Chand, S/O Sh. Madan Lal, R/o A-280, Dr. Ambedkar Nagar, Sector-2, Khanpur Colony, Deoli, New Delhi-110062, in respect of Property No. 11-B, measuring 126 sq. meters, out of Kharsa No. 156, situated in Lal Dora, Village Tigri, New Delhi-110062.

That the said Special Power of Attorney is hereby revoked/cancelled and declared null and void with immediate effect. Henceforth, Mr. Puran Chand shall have no right, title, interest, or authority whatsoever in respect of the aforesaid property. Any person dealing with him on the basis of the said revoked Special Power of Attorney shall do so at his/her own risk, cost, and consequences, and my client shall not be responsible or liable in any manner whatsoever.

Shailendra Singh Advocate
Chamber No. 240, Saket Courts,
New Delhi

NAME CHANGE

I, AVDESH KUSHWAH wife of No. 15818412X, Rank-HAV, Name-RAM-SEVAK KUSHWAH residing at VILL-JANAKPUR, PO-BANGWAN, TEHSIL-KARERA, DIST-SHIPUR, MADHYA PRADESH-473660, have changed my name from AVDESH KUSHWAH to AVDHESH KUSHWAH for all future purposes vide Affidavit dated 06/02/2026 before Notary Public, Delhi.

NAME CHANGE

I, BIGARI DEVI W/O SH. LATE VIJAY SINGH R/O C-67, BLOCK NO. 17, DDA FLATS, SARAI KALE KHAN, HAZRAT NIZAMUDDIN, SOUTH DELHI-110013 have Changed my Name from BINLA DEVI to BIGARI DEVI for all future purposes.

NAME CHANGE

I, JANAKI Mother of JC-285319Y Rank-SUB (OPR) Name-SUDHEESH V/C Presently residing at HOUSE-VAJKECHHALLI, VPO-NOCHAD, TEH-QUILANDRI, DIST-KOZHIKODE, KERALA-673614, have changed my name from JANAKI to JANAKI V C for all future purposes vide Affidavit dated 06/02/2026 before Notary Public, Delhi.

NAME CHANGE

It is for general information that I, PRINCE SINGH S/O SUKHA SINGH R/O D-241, Block-D, Raghubir Nagar, Tagore Garden, Po: Tagore Garden, Dist: West Delhi, Delhi-110027 declare that name of mine, my father and my mother has been wrongly written as PRINCE, SUKHOV and PANKI in 10th Class Educational Documents. The actual name of mine, my father and my mother are PRINCE SINGH, SUKHA SINGH and PINKAY Kaur respectively which may be amended accordingly.

NAME CHANGE

1. I, MD IMRAN S/O ABDUL RAHMAN R/O H-33, First Floor, Gali No-40, Zakir Nagar, Okhla, New Friends Colony, South Delhi, Delhi-110025 hereby undertake that I, MD IMRAN want to change my name to EMIRA and gender as Female.
2. I, MD IMRAN henceforth be known as EMIRA D/O ABDUL RAHMAN.

NAME CHANGE

It is for general information that I, SAJE-DA PARWEEN D/O SUKROO AHMAD R/O 1089/10, Govindpur, Kalkaji, South Delhi, Delhi-110019 declare that name of my father has been wrongly written as SUKROO ALAM in my all educational documents. The actual name of my father is SUKROO AHMAD which may be amended accordingly.

NAME CHANGE

I, hitherto known as UDITA KHATIAN D/O PRADEEP AGRAWAL W/O PRATEEK PATEL R/O E-10, Kalindi Colony, Srinivas Puri, Po-East of Kailash Phase-1, District: South Delhi, Delhi-110065 have changed my name and shall hereafter be known as UDITA PATEL

NAME CHANGE

It is for general information that I, MEGHNA SANAL D/O T N SANAL KUMAR R/O FF-4, A-Block, Ward No. 8, Silver Oakwood Residency, under VPO-1, MIRA, South Delhi, Delhi-110030 declare that name of mine has been wrongly written as MEGHNA S in my all Educational Documents. The actual name of mine is MEGHNA SANAL which may be amended accordingly.

SUPPLY AND ERECTION OF G-JUMPER

Tender Notice No. TRDLMG/28 of 2025-26, Dated: 03-02-2026. E-tenders are invited by the undersigned for the following works: **Tender No: EL-TRD-NER-LMG-OHEMD04782.** Name of work: Supply and Erection of 160 sqmm G-Jumpers to ensure electrical continuity of Overhead Equipment (OHE) wiring, thereby enhancing current carrying capacity suitable for high-speed train operation and improving current capacity in single-line sections within Lumding Division. Advertised Value: ₹1,81,24,427.25; Earnest Money: ₹2,40,600.00. **E-tender will be closed at 15:00 hrs. on 26-02-2026.** The complete information with the tender document of above e-tender is available on website www.ireps.gov.in

Sr. DEE/TRD/Lumding
NORTHEAST FRONTIER RAILWAY
"Serving Customers with a smile"

NAME CHANGE

I Rubina Begum W/O Mohd Khursheed R/O - 677/7/1st Floor Nooruddin park beri wala bagh Azad mark Delhi 110006 changed my name to ROBINA

NAME CHANGE

I, hitherto known as MAHNAZ ABBAAS D/O MOHD. ABBAS R/O 40, Ghafoor Nagar, Jamia Nagar, Okhla, South Delhi, Delhi-110025 have changed my name and shall hereafter be known as MAHENA AZ ABBAS.

NAME CHANGE

I, Urmila Pulni W/o Sanjay Pulni R/O A/13, Plot No. 28, Sector-4, Paarjat Apt., Dwarka, N.S.I.T. Dwarka, South West Delhi, Delhi-110078 that in my Aadhaar Card bearing no-4768 9267 7998 my name has been wrongly written as Urmil Pulni instead of Urmila Pulni which may be amended accordingly.

PUBLIC NOTICE

Be it known to all concerned that my client Mrs. Kulwant Kaur Bajwa, W/o Mr. Jagdish Mitter Bajwa, R/o 11-B, Tigri Village, Opp. Vayusenabad, New Delhi-110062, had executed a Special Power of Attorney (e-Stamp No. IN-9883552445726U dated 08.10.2022), which was attested on 10.10.2022, in favour of Mr. Puran Chand, S/O Sh. Madan Lal, R/o A-280, Dr. Ambedkar Nagar, Sector-2, Khanpur Colony, Deoli, New Delhi-110062, in respect of Property No. 8-A, D-2, Third Floor, measuring 65 sq. yards, out of Kharsa No. 156, situated in Lal Dora, Village Tigri, New Delhi-110062.

That the said Special Power of Attorney is hereby revoked/cancelled and declared null and void with immediate effect. Henceforth, Mr. Puran Chand shall have no right, title, interest, or authority whatsoever in respect of the aforesaid property. Any person dealing with him on the basis of the said revoked Special Power of Attorney shall do so at his/her own risk, cost, and consequences, and my client shall not be responsible or liable in any manner whatsoever.

Shailendra Singh Advocate
Chamber No. 240, Saket Courts,
New Delhi

NAME CHANGE

I, Sagor S/O Dharanveer Sisodia R/O 7, Rajapur Gaon, Sector - 09, Rohini, Delhi-110085 my name to Sagor Sisodia for all future purpose.

NAME CHANGE

I, KHASHTI DEVI Wife of JEEWAN CHANDRA R/O H NO. B-53, GALI NO-6, BHAIJANPURA, GARHI MENDU, NORTH EAST DELHI, DELHI-110083, have changed my name from KHASHTI DEVI to KHASHTI PANDEY for all future purposes.

NAME CHANGE

I, JEEWAN CHANDRA PANDEY Son of RUDRAMANI R/O H NO. B-53, GALI NO-6, BHAIJANPURA, GARHI MENDU, NORTH EAST DELHI, DELHI-110053, have changed my name from JEEWAN CHANDRA PANDEY to JEEWAN CHANDRA for all future purposes.

NAME CHANGE

I, RAVLEEN KAUR SAWHNEY D/O RATIAN DEEP SINGH R/O 64 UPPER GROUND FLOOR TAGORE PARK DR. MUKHERJEE NAGAR DELHI 110009 HAVE CHANGED MY NAME TO RAVLEEN KAUR FOR FUTURE.

NAME CHANGE

I, RATIAN DEEP SINGH SAHNI S/O RINDER PAL SINGH R/O 64 UPPER GROUND FLOOR TAGORE PARK DR. MUKHERJEE NAGAR DELHI 110009 HAVE CHANGED MY NAME TO RATIAN DEEP SINGH FOR FUTURE.

NAME CHANGE

I, DALJEET KAUR SAHNI W/O RATIAN DEEP SINGH R/O 64 UPPER GROUND FLOOR TAGORE PARK DR. MUKHERJEE NAGAR DELHI 110009 HAVE CHANGED MY NAME TO DALJEET KAUR FOR FUTURE.

NAME CHANGE

I, Kunal Gahlot S/O Rajpal Singh R/O - House No. 176 Tigri Pur Bakhtawar Pur Narela North West Delhi Delhi 110036 have changed my name to Kunal Gahlot for all future purpose.

NAME CHANGE

I, hitherto known as VINITA PALIWAL alias VINITA SHARMA D/O Om Prakash Sharma W/O Anshul Paliwal R/O H-no-1635, Arun Vihar, Noida sector-37, Noida, PO: Noida, DIST: Gautam Buddha Nagar, Uttar Pradesh - 201301, have changed my name and shall hereafter be known as VINITA PALIWAL.

NAME CHANGE

I, AMAR SINGH S/O Kanti Prasad R/O 10, shanti kunj power house, Ghaziabad, PO: Ghaziabad, DIST: Ghaziabad, Uttar Pradesh - 201001, have changed the name of my minor daughter PALAK SINGH aged 14 years and she shall hereafter be known as MAHI SINGH.

NAME CHANGE

I, Rozina Shariff D/O YASHWANT DHONDBA PATIL W/O Ex. wife of DIPAK VISHAYAKAR MOLE, R/O House No. 211, Masjid Moth, Andrewsagar, S.O Andrewsagar South Extension, New Delhi-110049, have changed the name of my minor daughter Rizwana Shariff alias swara mole aged 13 years and she shall hereafter be known as Rizwana Shariff.

IMPROVEMENT OF BRIDGE APPROACHES

E-Tender Notice No. 120/W-2/AP/DJ Dated: 03-02-2026. E-Tenders are invited by the undersigned for the following works: **Tender No. 50-AP-I-2025. Name of work:** Improvement of Bridge approaches at Br. No. 358 UP span-5x6.10m, Km.-194/8-10) under the jurisdiction of ADEN/E/Alipurduar Jn. **Tender Value:** ₹4,03,29,124.67/- **Earnest Money:** ₹3,51,700/- **Date & Time of closing of tender:** At 15.00 hrs. & opening at 15.30 hrs. on 25-02-2026. The complete information of above e-tender will be available in website www.ireps.gov.in

DRM (W), Alipurduar Jn.
NORTHEAST FRONTIER RAILWAY
"Serving Customers with a smile"

NAME CHANGE

I Deepak singh S/O Dhaneshwar R/O - Flat no - 359, EWS , KLJ Society, sector 77, NIMKA (96) Po: Neemka , District: Fardabad, Haryana - 121004 Changed my name to DEEPAK KUMAR.

NAME CHANGE

I MOHD ANWAR QURESHI S/O MOHD IQBAL R/O T-435 GALI PAHAR WALI AL-QURESH MASJID QASAB PURA DELHI SADAR BASAR NORTH DELHI-110006 HAVE CHANGED MY NAME TO MOHD ANWAR.

NAME CHANGE

I, Rajyan Khan s/o mohd zakir r/o House No.- 863, Gali Tandras Khan, chandini mahal daryaganj New Delhi 110002 , have changed my name from mohd.rayyan Khan s/o Mohd Zakir Khan to Rajyan Khan s/o Mohd Zakir Khan for all future purposes . Rajyan Khan and mohd rayyan Khan is same and one person.

NAME CHANGE

I, Ravinder Sherawat S/O Sh. Saroop Lal, R/O Opposite Satsang Bhawan, 23-B, Chirag Delhi, Malviya Nagar, South Delhi, Delhi-110017, I have changed my surname name from Kumar to Sherawat for all future purposes. In future I will be called and known by the name of Ravinder Sherawat.

NAME CHANGE

I, MONIKA RANI GROVER D/O SUBODH KUMAR GROVER R/O 6/368 SECOND FLOOR BLOCK -6 NEAR RADHA KRISHAN TEMPLE GEETA COLONY DELHI -110031, I have changed my name to MONIKA GROVER Permanently for all future purpose.

NAME CHANGE

I, Tofik S/O Imrat Khan R/O Ferozpur, Meo, Ferozepur Meo(203), Pingwan, Mewat, Haryana-122508 have changed my name to Tofik Ahmed.

NAME CHANGE

I, Hasim S/O, Mohd Anif R/O, New F-81, Raghubir Nagar Extn., Delhi-110027 have changed my name to Mohd Hashim for all future purposes.

NAME CHANGE

I, Bijwana Begum W/O, Mohd Hashim R/O, New F-81, Raghubir Nagar Extn., Delhi-110027 have changed my name to Rizwana for all future purposes.

NAME CHANGE

I, ANJUM W/O ZAEHER YAR KHAN R/O B-578 3RD FLR GALI NO -19 SHRI RAM COLONY RAJEEV NAGAR KARAWAL NAGAR DELHI-110094 , I have changed my name to HALEEMA WARSII Permanently for all future purpose.

NAME CHANGE

I, MD NAEEM ALI MOHD NAEEM S/O MD AMANATULLAH residing at A-15/114 DDA Flats Inder Lok Delhi-110035 have changed my name to MD NAEEM for all future purpose.

NAME CHANGE

I, RAVLEEN KAUR SAWHNEY D/O RATIAN DEEP SINGH R/O 64 UPPER GROUND FLOOR TAGORE PARK DR. MUKHERJEE NAGAR DELHI 110009 HAVE CHANGED MY NAME TO RAVLEEN KAUR FOR FUTURE.

NAME CHANGE

I, LATA, is legally wife of JC No. 463419Y, Rank - Ns Sub, Name - BHITADE PRATAP PARAJI, presently residing at Vill - Sakharwadi, Post - Chikhali, Teh - Badnapur, Dist - Jalina, State - Maharashtra, Pin - 431203, have changed my name from LATA to LATA PRATAP BHITADE for all future purposes. Vide affidavit dated 06/02/2026 before Notary Public Delhi.

NAME CHANGE

I, INDRABAI, is legally mother of JC No. 463419Y, Rank - Ns Sub, Name - BHITADE PRATAP PARAJI, presently residing at Vill - Sakharwadi, Post - Chikhali, Teh - Badnapur, Dist - Jalina, State - Maharashtra, Pin - 431203, have changed my name from LATA to LATA PRATAP BHITADE for all future purposes. Vide affidavit dated 06/02/2026 before Notary Public Delhi.

NAME CHANGE

I, AMALE DADA DNYANDEO, is legally father of Army No. 2815795X, Rank - Nk, Name - AMALE VITTHAL DADA, presently residing at Vill - Kondhej, Post - Kondhej, Teh - Karmala, Dist - Solapur, State - Maharashtra, Pin - 413202, have changed my name from AMALE DADA DNYANDEO to AMALE DADA DNYANDEV for all future purposes. Vide affidavit dated 06/02/2026 before Notary Public Delhi.

NAME CHANGE

I, Neeta D/O Om Parkash R/O H. No.108, Near Hanuman Mandir, Punjab Colony, Narela, North West Delhi, Delhi-110040 have changed my name to Neha for all future purposes.

NEWS BOX

American officials arrive in Oman as Iran and US set for talks over Tehran's nuclear program

MUSCAT. (Agency)

A convoy believed to be carrying American officials arrived Friday at the site of talks between Iran and the United States where the two countries are set to hold negotiations over Tehran's nuclear program.

The talks Friday come after a chaotic week that initially saw plans for regional countries to take part in talks in Turkey. The two countries have returned to Oman, a sultanate on the eastern edge of the Arabian Peninsula, months after rounds of meetings turned to ash following Israel's launch of a 12-day war against Iran back in June. The U.S. bombed Iranian nuclear sites during that war, likely destroying many of the centrifuges that spun uranium to near weapons-grade purity. Israel's attacks decimated Iran's air defenses and targeted its ballistic missile arsenal as well.

Associated Press journalists saw the American convoy drive into a palace on the outskirts of Muscat, near its international airport. One of the vehicles flew American flags. Vehicles that carried Iranian Foreign Minister Abbas Araghchi arrived earlier, with Iranian state television saying he was meeting with Omani Foreign Minister Badr al-Busaidi. That convoy later left for a hotel being used by the Iranians near the airport. The same palace had been used by Oman in earlier talks between Iran and the U.S. in 2025. U.S. officials like Secretary of State Marco Rubio believe Iran's theocracy is now at its weakest point since its 1979 Islamic Revolution after nationwide protests last month represented the greatest challenge to 86-year-old Supreme Leader Ayatollah Ali Khamenei's rule. Khamenei's forces responded with a bloody crackdown that killed thousands and reportedly saw tens of thousands arrested — and spurred new military threats by U.S. President Donald Trump to target the country. With the aircraft carrier USS Abraham Lincoln and other warships in the region along with more fighter jets, the U.S. now likely has the military firepower to launch an attack if it wanted. But whether attacks could be enough to force Iran to change its ways — or potentially topple its government — remains far from a sure thing.

"Leave Iran Now": US Urgent Warning To Americans Amid Trump's Attack Threat

Washington. (Agency)

Amid rising tension between Washington and Tehran, the United States has warned its citizens in Iran to "immediately" leave the West Asian country. The advisory, issued by the Virtual US Embassy in Iran, told American nationals to prepare a departure plan that does not rely on US government help, as unrest and travel disruptions persist across the nation.

The United States and its archival Iran have been at daggers drawn since the 1979 Islamic Revolution and embassy hostage crisis in Tehran. However, tensions have escalated since US President Donald Trump threatened to strike Iran in response to its bloody crackdown on the massive protest movement, which began in late December 2025.

Trump has sent what he describes as an "armada" to the Gulf, which includes the aircraft carrier USS Abraham Lincoln and its escort. The so-called armada has been stationed in the region since late January.

New US Advisory

The US advisory told Americans to "leave Iran now. Have a plan for departing Iran that does not rely on US government help. It said US citizens should expect continued internet outages. Therefore, they should plan alternative means of communication and, if safe to do so, consider departing Iran by land to Armenia or Turkey, it said. "Flight cancellations and disruptions are possible with little warning. Check directly with your airlines for updates. If you cannot leave, find a secure location within your residence or another safe building. Have a supply of food, water, medications, and other essential items. Avoid demonstrations, keep a low profile, and stay aware of your surroundings," the advisory said.

Pakistan's 'Kashmir Solidarity Day' Backfires With Protests Exposing Terror Links

London. (Agency)

Pakistan's annual attempt to project itself as a champion of Kashmir collapsed into an international embarrassment after Kashmiris and Pakistani dissidents across Europe denounced Islamabad's so-called "Kashmir Solidarity Day" as a propaganda stunt launched to mask decades of violence, repression, and demographic manipulation.

From the United Kingdom to Belgium, protesters rejected Pakistan's narrative, accusing Islamabad of waging a prolonged proxy war in Jammu and Kashmir, suppressing political rights in territories under its control, and exporting disinformation abroad while denying basic freedoms at home.

Bradford Protest Targets Pakistan Consulate

The most visible demonstration took place outside the Pakistani Consulate in Bradford, where residents from Jammu and Kashmir, under the banner of the United Kashmir People's National Party (UKPNP), staged a large and vocal protest. Demonstrators dismissed the observance as "fraudulent solidarity", raising slogans such as "Our State is Ours — Occupation is Unacceptable", "Stop Land Grabbing", and "End State Terrorism". Organisers noted that more than 100,000 Kashmiris have lost their lives over the past 78 years due to a Pakistan-backed proxy conflict and terrorism, calling Islamabad's annual show of sympathy -- a mockery of real suffering

Tropical storm leaves four dead, thousands displaced in Philippines after flooding and landslide

More than 6,000 villagers were displaced due to the storm, including 5,800 who moved to evacuation centers in southern and central provinces.

CAIRO. (Agency)

A tropical storm set off flooding and a landslide in the southern Philippines, leaving at least four people dead, displacing more than 6,000 and trapping residents in houses in two flooded villages, officials said Friday. Tropical Storm Penha slammed ashore onto the southeastern province of Surigao del Sur from the Pacific late Thursday. It was last tracked Friday around noon off central Bohol province with sustained winds of up to 55 kilometers (34 miles) per hour and gusts of up to 70 kph (43mph), according to forecasters. A couple and two children died Thursday night when their shanty was hit by a landslide in a quarry area that was set



off by torrential rains in a village in southern Cagayan de Oro city. Office of Civil Defense regional director Antonio Sugarol said. In southern Iligan city, about 55 kilometers (34 miles) southwest of Cagayan de Oro, a resident called the DZMM radio network Friday and pleaded

to be rescued from the second floor of her house as floodwater rose and trapped her and three other family members.

"Rescuers are on the way," Sugarol told the frantic resident over the radio, saying other families were being rescued in the villages of Mahayahay and Tubod in Iligan

city. More than 6,000 villagers were displaced due to the storm, including 5,800 who moved to evacuation centers in southern and central provinces. Classes were suspended in many areas, the Office of Civil Defense said.

Nearly 5,000 passengers and cargo workers were stranded in 94 seaports after interisland passenger ferries and cargo ships were temporarily prohibited from venturing into rough seas, the Philippine Coast Guard said. The storm, which has a 660-kilometer- (410-mile-) wide rain and wind band, hit ahead of summer when the least number of storms lash the Philippine archipelago, government forecaster Robert Badrinar said. Penha was forecast to weaken into a tropical depression later Friday as it blows northwestward across central island provinces toward the western Palawan province, the country's weather agency said. The Philippines is battered by about 20 typhoons and storms each year. The country also is often hit by earthquakes and has more than a dozen active volcanoes, making it one of the world's most disaster-prone countries.

Hong Kong ex-media tycoon Jimmy Lai will be sentenced Monday after national security conviction

HONG KONG. (Agency)

Hong Kong's pro-democracy former media tycoon Jimmy Lai will be sentenced Monday following his conviction in December under a Beijing-imposed national security law. Lai, the 78-year-old founder of the now-defunct Apple Daily newspaper, could face up to life in prison in the case that has stirred criticism from some foreign governments. The judiciary said Friday on its website that it's calling for the sentencing session at 10 a.m. Monday. Lai was an outspoken critic of China's ruling Communist Party and was arrested in 2020 under the national security law that Beijing deemed necessary for the city's stability following anti-government protests the previous year. His trial was widely seen as an indicator of the decline of press freedom in the former British colony, which returned to Chinese rule in 1997.

The sentencing could create tensions between Beijing and foreign governments. Lai's conviction already drew criticism from the U.S. and Britain. After the December verdict, U.S. President Donald Trump, who had raised Lai's case with China, said he felt "so badly." U.K. Prime Minister



Keir Starmer 's administration has called for the release of Lai, who is a British citizen.

Lai was found guilty of conspiring with others to collude with foreign forces and conspiracy to publish seditious articles. He was accused of conspiring with senior executives of Apple Daily and others to ask foreign forces to impose sanctions or blockades or engage in other hostile activities against Hong Kong or China.

Lai, alongside other co-defendants — six former Apple Daily journalists and

two activists — are expected to return to court Monday to hear about their fate. Their convictions under the security law carry a maximum penalty of life imprisonment.

Lai pleaded not guilty to all charges. His six former Apple Daily colleagues and the two activists all entered pleas, which could help them get reduced sentences. Lai previously was convicted of several lesser offenses related to fraud allegations and his actions in 2019. He is serving a nearly six-year prison term for those offenses.

UK's Starmer didn't know Jeffrey Epstein. But the prime minister's job is under threat

LONDON. (Agency)

Keir Starmer never met Jeffrey Epstein. But the British prime minister's job is under threat because of the fallout from the late sex offender's global web of relationships.

Friendship with Epstein has already brought down a British royal — Andrew Mountbatten-Windsor, formerly known as Prince Andrew — and U.K. ambassador to Washington Peter Mandelson, fired by Starmer over his links to the financier.

Now new revelations have plunged Starmer's center-left government into turmoil. The prime minister is facing mounting pressure from within his governing Labour Party over his decision in 2024 to appoint Mandelson, a veteran Labour politician, to the Washington role despite his ties to Epstein. Just how close those ties were



has been exposed in newly released documents that have dominated headlines in the U.K. Starmer apologized on Thursday to Epstein's victims, saying Mandelson had repeatedly lied and "portrayed Epstein as someone he barely knew."

"I am sorry, sorry for what was done to

you, sorry that so many people with power failed you," Starmer said. "Sorry for having believed Mandelson's lies and appointed him."

Critics believe it's an error that could end Starmer's premiership. "He is now essentially a boxer on the ropes," said Rob Ford, professor of political science at the University of Manchester. "His administration could fall over tomorrow, or it could stagger on for months or even years. (But) his authority is seriously shot."

Mandelson a risky appointment

Starmer fired Mandelson, 72, in September after emails were published showing that he maintained a friendship with Epstein after the late financier's 2008 conviction for sex offenses involving a minor.

Famine spreads to more towns in Sudan's Darfur region, hunger experts warn as war rages on

CAIRO. (Agency)

Famine is spreading in war-torn Sudan's western Darfur region and has now engulfed two more towns there, a global hunger monitoring group said Thursday.

The announcement came after the group said last year that people in Darfur's major city of el-Fasher, overrun by the paramilitary forces after an 18-month siege, were enduring famine. Since April 2023, war has gripped much of Sudan after a power struggle erupted between the East African country's military and the powerful paramilitary Rapid Support Forces. The conflict has triggered what the United Nations calls the world's worst humanitarian crisis.

The report on the spread of famine by the Integrated Food Security Phase Classification, or IPC, came as an attack Thursday by the RSF on a military hospital in southern Sudan killed 22 people, including the hospital's medical director and another three members of the medical staff. The attack, in the town of Kouik in South Kordofan province, also left eight people wounded, the Sudan Doctors' Network, a group of medical professionals tracking the war said. It was not immediately clear how many of the casualties were civilians. In a statement, the network said the attack was "not an isolated incident, but rather part of a series of attacks that have plagued South Kordofan" and have left "several hospitals inoperable."

The U.N. estimates that over 40,000 people have been killed in the war in Sudan, but aid agencies consider



that the true number could be many times higher. Over 14 million people have been forced to flee their homes. A harrowing report The IPC report said famine has now been detected in the towns of Umm Baru and Kernoi in Darfur. In November, the group said el-Fasher — a major city in the region — was enduring famine and also the city of Kadugli in South Kordofan. At the time, it also said 20 other areas across Sudan were at risk of famine. In Umm Baru, nearly 53% of children aged between 6 months and nearly 5 years suffered from acute malnutrition, while 32% of children in Kernoi face the same ordeal. "These alarming rates suggest an increased risk of excess mortality and raise concern that nearby areas may be experiencing similar catastrophic conditions," the report said.

Bangladesh official admits ties with India witnessed 'setback' during Yunus-led interim regime

DHAKA. (Agency)

Bangladesh's Foreign Affairs Adviser Touhid Hossain Thursday admitted that ties with India witnessed a "setback" during the interim regime led by Muhammad Yunus, but hoped that the relations could be restored under an elected government following the general elections scheduled for next week. "The relations faced some setbacks during the interim government, but they (ties) remained important," he told reporters at a media briefing a week ahead of the elections, the first since the ouster of the Sheikh Hasina-led government in a mass protest in August 2024.

Hossain, a former career diplomat who served as the deputy high commissioner in India as well, expressed optimism that the next elected government would be able to make the relationship smoother, finding some ways. The Yunus-led interim government was installed after the ouster of Hasina's Awami League regime in a student-led violent protest - dubbed as the July Uprising - on August 5, 2024. Since

then, the 78-year-old leader has been living in India. A special Bangladeshi tribunal last year sentenced Hasina to death, accusing her of committing crimes against humanity through her efforts to brutally tame the protests, while Dhaka repeatedly demanded her extradition to face justice.

Asked if India continued to refuse to return her, would the next government be able to rebuild ties with New Delhi, Hossain said, "Don't be pessimists". Bangladesh-India relations are said to have witnessed their lowest ebb in the past 18 months when Dhaka's ties with Pakistan saw a remarkable development through political, trade and defence engagements.

Hossain's comments came hours after youth and sports adviser Asif Nazrul thanked Islamabad for its decision to boycott the T20 World Cup match against India on February 15 to protest Bangladesh's removal from the

tournament.

"Thank you, Pakistan," Nazrul said on a Facebook post sharing Sharif's remarks and expressing his gratitude.

Hossain acknowledged that bilateral



progress stalled in several areas but called the situation "not a major crisis" and rather a "period without forward movement".

He said, "differing perceptions of national

interests" between India and Bangladesh contributed to the slowdown as each side pursued its own priorities, which did not always synchronise. Hossain, however, said the interim government advanced key negotiations, including trade talks with the United States and other partners, to ease the workload of the next elected government.

He said the interim government, which is expected to end its 18-month rule after the February 12 election, was "not leaving behind unresolved burdens" and instead pushed forward several important issues to ensure continuity. He said Bangladesh has remained actively engaged in discussions, helping reduce tariffs from earlier levels of 25 to 37 per cent to 20 per cent, while tariffs for India and Pakistan stand at 18 per cent.

"Achieving such a reduction would complete a major task in advance for the next government," he added.

NEWS BOX

Principal, three teachers booked for Dalit nursing student's death by suicide in Gujarat

Vadodara. (Agency)

Two days after a 19-year-old Dalit student of a nursing college in Kheda district of Gujarat allegedly died by suicide, leaving behind a note referring to torture saying "madam is blaming me without proof", the Nadiad Rural police lodged an FIR against five persons and handed over the probe to the Deputy Superintendent of Police of the SC-ST cell.

Jay Vijaykumar Patil, a first year student of Dinsha Patel Nursing College at Nadiad, allegedly took the extreme step at his residence on Monday after being "depressed" for a few days. According to the FIR lodged by the police, the student and his parents were summoned to the institution last week, where the teachers and the Principal of the college warned the student about his "behaviour" and threatened to "issue a leaving certificate".

The Principal of the institution and three teachers identified as Dhara Madam, Prakruti Madam, Sherin Madam and a person named Smit, who has been identified as a "close aide" of the teachers, have been named in the FIR. The accused have been booked under relevant sections of the Bharatiya Nyay Sanhita for abetment to suicide as well as The Scheduled Castes and the Scheduled Tribes (Prevention of Atrocities) Act, 1989.

Periyar Tiger Reserve to host Media—Literature Conclave on Green Writing, Human—Wildlife Conflict

Thekkady (Kerala). (Agency)

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Surat's iconic tower set to turn back the clock

Ahmedabad . (Agency)

Surat's iconic 80-feet-tall clock tower, which stopped working several years ago, is all set for repair and renovation. Surat Municipal Commissioner M Nagarajan on Thursday announced that a provision has been made in the draft budget for 2026-27 for restoration, maintenance and repair of the vintage clock tower in Surat built in 1871.

Talking to The Indian Express, Nagarajan said, "We have taken up the task to restart the closed clock tower on Raj Marg as it has a historical importance. We have made provision in the annual budget for its operation, repair and maintenance. We will find an expert who can repair it, and a contract will be given for its operation and maintenance."

The Surat Clock Tower, which stands in the middle of Zampa Bazaar on Raj Marg connecting Surat Railway Station to Chowk Bazaar, is one of the oldest clock towers in India. The clock has four dials facing four cardinal directions. Sources said it stopped working 60-70 years ago, but no effort was made by the authorities till date to restore it. The spiral staircase to the upper floor is closed for public use.

According to sources in the heritage department of SMC, the Clock Tower was constructed in 1871 by Parsi merchant Khan Bahadur Burjorjee Mewangee Fraser at a cost of Rs 14,000 in memory of his father, Merwanjee Hormusjee Fraser. It was built in the middle of Zampa Bazaar to serve the local people as many at that time could not afford wristwatches or pocket watches to keep track of time.

The tower is visible from a distance even while travelling via vehicles and buses plying in the area. The impressive design of the Clock Tower is further enhanced by its tall red-brick structure.

Opposition exposed Karnataka government's scams during legislative session: LoP Ashoka

BENGALURU. (Agency)

Leader of Opposition in the Assembly R Ashoka said on Thursday that during the legislative session that concluded on Wednesday, the opposition parties unmasked the corruption of the Congress government led by Siddaramaiah.

The senior BJP leader said the Congress government has been entangled in a web of scams since it came to power in the state, and alleged looting of over Rs 6,000 crore in the Excise Department is a new addition to the list of scandals.

The treasury is empty; government is not in a position to allocate its share of 40% funds for the implementation of the VB G-RAM-G scheme, and that is the reason for its opposition to the new scheme. Congress is making baseless allegations against the Centre and opposing the new Act as they can no longer be able to commit any irregularities, he said.



Ashoka said in the last two and a half years, scams are the only achievements of the Congress government. The government is trying to mislead people of the state by passing resolutions against the Union Government, but the BJP legislators effectively fought

against such attempts by presenting facts before the people, he said. The BJP leader said they would continue to protest against the scam in the Excise Department and demand Minister RB Thimmapur's resignation. Most of the leaders, including the

Congress's central leaders, are involved in it, and that is the reason they are supporting the Excise Minister, said the Leader of Opposition.

Accusing the Congress leaders of sending money from the scam in the Excise Department for elections in the neighbouring states, the BJP leader said during the assembly session, they provided enough evidence to substantiate their allegations. The party is planning a statewide protest against the Excise scam, and they are also contemplating a legal action, he said.

State BJP president BY Vijayendra and Ashoka slammed Congress MLA Shivalingegowda for using unparliamentary words against the BJP legislator. The Speaker failed to conduct the proceedings properly, and when Shivalingegowda was making personal allegations, the Speaker was smiling, Ashoka said.

Thief turned complainant: Karnataka burglar files case after partner ditches him

The thief filed a complaint against his two associates who had lured him into participating in the attempted crime and then abandoning him to his fate when passersby caught him.

BENGALURU. (Agency)

BENGALURU: A 24-year-old autorickshaw driver, who was a novice at stealing, was caught red-handed and assaulted by the public on his very first attempt to steal from a couple's house on Chokkanahalli Main Road in Sampigehalli. Not only did he end up filing a complaint with Sampigehalli police against those who nabbed and assaulted him, he also sought action by the police against his two accomplices who managed to escape when passerby nabbed him, ending in their arrests, too.

The hapless youth, M Azgar Khan, reportedly gave in to the lure of quick money by his two friends, Razak and Shyam, to accompany them to commit the crime. Khan felt his earnings were inadequate to support his daily dose of alcohol. To his bad luck, he was

caught while his associates escaped, much to his ire. Khan along with Razak and Shyam



had come to the house of Rekha, 28, and her husband Samuel, on Saturday between 9.30pm and 10pm to steal electrical items, which the trio planned to sell and make money. While committing

the theft inside the compound of the house, the couple got alerted and raised an alarm. Khan, Razak and Shyam allegedly attacked them with beer bottles and stones.

The injured couple raised an alarm, which drew the attention of passersby, who rushed to their rescue. Khan was nabbed and severely assaulted, while Razak and Shyam escaped. Khan was assaulted by an unverified number of people with one using a wooden plank, causing him a deep gash on the head that left him bleeding. Thief, accomplices attacked burglary victims first. The injured couple and their rescuers then called '112' and handed Khan over to the police. The police said Khan was taken for immediate medical treatment for his injuries. Meanwhile, Rekha, after getting treated for her injuries, filed a complaint on

Sunday morning about the attempt to steal and the attack on them at their premises. Incidentally, Khan, too, filed a complaint against 'unknown persons' for brutally assaulting him, besides seeking action from the police against his own two associates who had lured him into participating in the attempted crime and then abandoning him to his fate when passersby caught him.

Razak and Shyam were subsequently arrested after Azgar, who was already in the police net, was interrogated about his two associates. The police said Rekha and Samuel run a laundry service now, after closing down a hotel they used to run which ran on loss. The items from the hotel, including several electrical items, were kept in the compound of their house.

Vande Bharat Sleeper Express Receives Overwhelming Appreciation from Passengers

Maligaon: The Vande Bharat Sleeper Express operating on the Kamakhya – Howrah route has been receiving an enthusiastic response from passengers, who have expressed high levels of satisfaction and happiness while travelling on the service. The Vande Bharat Sleeper Express was inaugurated by the Hon'ble Prime Minister of India, Shri Narendra Modi, on 17th January, 2026 marking a historic moment in the modernization of Indian Railways. Commuters have



widely appreciated the modern design, enhanced comfort, superior riding experience, and improved onboard amenities, making their journey more pleasant and memorable. Introduced as a major step towards transforming long-distance

rail travel, the Vande Bharat Sleeper Express reflects Indian Railways' commitment to providing world-class travel facilities. Passengers travelling between Kamakhya and Howrah have highlighted the train's smooth operation,

cleanliness, advanced safety features and sleeper-class comfort as key factors contributing to their positive travel experience. Passengers have particularly appreciated the newly introduced premium bed roll provided for the first time in this train with blanket covers featuring Sangneri print, which are comfortable, hygienic and aesthetically pleasing. Passengers have also highly appreciated the punctuality of the train which has achieved 100% punctuality since its regular run.

Dam Safety Act workshop organised at IET Lucknow

Lucknow .(Agency)

A one-day workshop was organised on Thursday at the Institute of Engineering and Technology (IET), Lucknow, on the theme 'Dam Safety Act' in collaboration with the State Project Monitoring Unit (SPMU) and the State Dam Safety Organisation (SDSO), Lucknow.

IET Director Prof Vineet Kansal, Head of Mechanical Engineering Department, Prof Arun Kumar and Prof Virendra Pathak, Head of Civil Engineering Department shared their views during the workshop. Around 100 students from the civil and mechanical engineering departments participated in the event.

During the occasion, DK Singh, Superintending Engineer (Vindhyachal), SDSO Lucknow, and SK Priyadarshi, Project Director

(Administration), SPMU Lucknow, highlighted the provisions of the Dam Safety Act, 2021, safety protocols, rehabilitation of old dams, and the importance of institutional coordination. Under the technical sessions on the Dam Safety Act, Assistant Engineers from SDSO Lucknow, Sunil Kumar Mishra and



Khushboo Yadav, delivered lectures focusing on the practical aspects of dam safety, modern technological interventions, and the need for real-time implementation.

Five arrested from Gujarat, aharashtra in Rs 930-cr cybercrime case spanning 25 states

Nagpur.(Agency)

The Cyber Centre of Excellence (CCoE) on Thursday said it has arrested three persons from Gujarat and two from Maharashtra for allegedly carrying out transactions to the tune of Rs 930 crore acquired from 1,535 cybercrime victims spread over 25 states and 3 Union Territories through 80 mule bank accounts.

The arrested accused have been identified as Abdul Hafeez Panwala and Mushtaq Abdul Khalid Khanani, both from Gir-Somnath district and Gagji Manji Rajput, of Ahmedabad, Gujarat, and two others from Thane, Maharashtra, including Shabbir Mohammad Hanif Bhadela and Mohammad Taha Shabbir Bhadela. According to the CCoE, a team led by Detective Inspector B M Choudhary conducted a raid in Surat, based on a tip off. The team found that the accused persons, as part of a pre-planned criminal conspiracy, and with the intention of defrauding victims, opened bank accounts in their own and other people's names, received proceeds of cybercrime in the bank accounts, withdrew the deposited money from Dubai through Forex prepaid cards, and delivered money to an international syndicate. During the investigation, the CCoE found a total of 1,535 complaints filed against the 80 bank accounts involved in the case. These complaints were filed across 25 states and 3 union territories and involved a total sum of Rs 930 crore. On the modus operandi of the gang, the CCoE statement said, "The cyber criminals committed fraud by creating false identities and contacting potential victims through SMS, WhatsApp or Telegram and either lured or threatened them with various scams including digital arrest, investment fraud, UPI fraud, deposit fraud, loan fraud and job fraud. The money stolen from these victims would be deposited in bank accounts opened in the name of various people who were paid commissions to let the gang use their documents to operate these "mule" accounts.

STORES E-PROCUREMENT

E-Procurement Tender Notice No.: S/39/2025-26, Dtd: 03-02-2026. E-Tender are invited by the undersigned for the following works.

SI.No.: 1; Tender No. : 40/25/5509A/OT/217/2025-26; Closing/Opening Date: 20-02-2026

Brief Description : Supply, installation, testing and commissioning of AI (artificial intelligence) based measuring and recording instrument (MRI) as per the RDSO specification no. TI/SPC/OHE/MRI/0143 or latest containing the basic minimum condition as per annexure-A. All the condition and specification of RDSO should be strictly adhere to. Make/brand : crystal or similar, warranty period: up to 30 month from the date of supply. [Warranty Period: 30 Months after the date of delivery] [Inspection Agency: TPI, Stage Insp. : No, Stages : 0] [Uvam Linking:] Item Type: Goods (supply). Qty-3 Nos for SSE/IC/TDR/Katihar, NFR (Bihar). Qty-3 Nos for SSE/IC Traction Distribution, New Jalpaiguri, NFR (West Bengal). Qty-2 Nos for SSE/Traction Distribution/Overhead Equipment/New Alipurduar, NFR (West Bengal). Qty-3 Nos for SSE/IC/TRD/New Bongaigaon, NFR (Assam). Qty-6 Nos for JE/TRD/HQ/Lumding, NFR(Assam). Qty-5 Nos for SSE/TRD/Dibrugarh, NFR (Assam). Qty-3 Nos for SSE/IC/TRD/Rangia, NFR (Assam). Qty-3 Nos for SSE/TRD/IC/New Coochbehar, NFR (West Bengal). P.L.No-200026710010.

SI.No.: 2; Tender No. : 50/25/5401/OT/218/2025-26; Closing/Opening Date: 27-02-2026

Brief Description : Supply of 6 QUAD cable 0.9 mm dia Copper conductor Polyethylene insulated Aluminium screened armoured under ground jelly filled cable as per RDSO spec. No. IRS-TC-30/2005(ver.1) with Amendment No. 1 to 5. [Warranty Period: 30 Months after the date of delivery] UVAM Item Ref: Item Id : 3100047 - QUAD CABLES for S&T INSTALLATIONS, Sub Item Id:- 3100047001 - Underground Railway Jelly Filled Telecom Quad Cables For Signaling And Telecom Installations. Qty- 16.00 Kilometre for West Bengal for Sr. Section Engineer/TELE/Alipurduar Jn./NFR (West Bengal). P.L. No- 561100193308.

SI.No.:3; Tender No. : 61/25/5471A/OT/219/2025-26; Closing/Opening Date: 05-03-2026

Brief Description : Manufacture and supply of Metal Liner to RDSO Drawing No. T-8749 & T-8750 for use with PSC wider Sleeper to drawing No. RDSO T-8746 suitable to 52 Kg Rails with IRS Specification for Metal Liners for use with Elastic Rail Clips. Serial No. T-56-2020. (HSN Code: 73021010 [Warranty Period: 30 Months after the date of delivery] [Inspection Agency: TPI, Stage Insp. : No, Stages : 0] [Uvam Linking:] Item Type: Goods (supply). Qty-750000 Set for SSE/P/TD/Bongaigaon, NFR (Assam). P.L. No-60110818.

SI.No.: 4; Tender No. : 60/25/5320/OT/220/2025-26; Closing/Opening Date: 16-03-2026

Brief Description : (1) Supply, installation and commissioning of CNC UNDER FLOOR WHEEL LATHE (BG) with shed along with concomitant accessories according to tender specifications, any other accessory essentially required for making the machine fully functional, concomitant works according to tender specifications and Preventive Maintenance during 1st and 2nd year of Warranty Period. [Warranty Period: 24 Months after the date of delivery] [Inspection Agency : TPI, Stage Insp.: No, Stages : 0] [Uvam Linking:] Item Type: Goods (supply). Qty- 1 Nos for SSE/IC/Mech, NFR (West Bengal), P.L.No- 652899601149. (2) Comprehensive AMC for five years after the warranty as per clause 17 of section-V. [Warranty Period: Months after the date of delivery, AMC period: 5 years, Rate of Discontinue: 10 % Start After Year: 2] [Inspection Agency: CONSG, Stage Insp.: NA, Stage.: 0] Item Type: AMC. Qty- 1 Nos for SSE/IC/Mech, NFR (West Benaal), P.L.No- 65289962. (3) Optional accessories with break up of individual item as specified in clause 4.3 of section-IV. [Warranty Period: 24 Months after the date of delivery] [Inspection Agency: TPI, Stage Insp.: No, Stages: 0] [Uvam Linking:] Item Type: Goods (Optional Spare). Qty- 1 Nos for SSE/IC/Mech, NFR (West Bengal), P.L.No-65289960. (4) Consumables as per clause 6 of section-V with break up of individual item as applicable. [Warranty Period: 24 Months after the date of delivery] [Inspection Agency: TPI, Stage Insp. : No, Stages: 0] [Uvam Linking:] Item Type: Goods (essential spare). Qty- 1 Nos for SSE/IC/Mech, NFR (west Bengal), P.L.No- 65289961.

Note :- For full details of Tender Notice and Tender Documents, Tenderer may log on to the website (www.ireps.gov.in) prospective bidder who intend to participate in above tenders are required to log in themselves with the above website and submit their offer electronically, if they are already registered with IREPS. In case they are not registered with IREPS, they are advised to obtain class-III Digital Signature Certificate from the certifying agencies under Govt. of India IT Act 2000 and participate in the above tenders.

PCMM, Maligaon

Small window to redesign pension

India is reworking the architecture of social security. The labour codes are edging closer to implementation, with draft rules under public consultation, several states initiating rule-making, and administrative systems preparing for the transition. At this juncture, a central question comes into focus: will the evolving design of social security align with workers’ lived realities? One clue lies in how provident funds are being accessed. In June 2025, the Employees’ Provident Fund Organisation (EPFO) raised the auto-settlement limit for advance claims from ₹1 lakh to ₹5 lakh. In the 10 weeks that followed, close to 70 percent of PF advance claims were processed automatically. From an administrative standpoint, this is a success. From a system design perspective, it invites a deeper enquiry into what workers expect. PFs were conceived as instruments of long-term savings. In practice, workers increasingly use them to manage unavoidable disruptions to income and consumption. The instinctive explanation is weak financial discipline. That reading misses a deeper reality. For a large share of India’s workforce, liquidity is not a preference; it is a constraint. A rupee today carries far greater value than a rupee decades later. When wages are modest and uncertainty persistent, the time value of money weighs heavily on every decision.

Seen this way, withdrawals are not a failure of the PF idea. They are signals on how workers smooth consumption across uneven working lives. The larger question, therefore, is not whether withdrawals should be discouraged, but what role PFs should play across the full arc of a working life and where responsibility for old-age income should ultimately rest. For this, India’s constitutional framework offers an anchor. Article 366(17) defines pension expansively, covering not only periodic retirement payments but also gratuities and returns from PF contributions. Seen in this light, pension is neither charity nor deferred pay. It is income support that continues when earning ability declines or ends. The EPF system is distinctive because it translates this idea into a rights-based framework during working life, ensuring that savings are accumulated as an entitlement rather than a matter of choice alone.

The Employees’ Pension Scheme (EPS) was designed to carry this logic forward, but only partially. The 10-year minimum service condition and refunds for shorter service were introduced as fairness measures. Over time, they have had the opposite effect, steadily shrinking the pension pool. This is often described as the ‘cobra effect’, where incentives undermine the outcome they were meant to secure. Locking the pension component until retirement, even at a modest level, could establish a predictable income floor and prevent distortions. Whether such redesign is feasible depends not only on institutional choices, but also on demographic timing. In this respect, India’s population profile strengthens the case for acting now, but only if it is read carefully.

The UN’s projections show that nearly 68 percent of India’s population is of working age, while only about 7 percent is above 65. Contributors outnumber potential pensioners by roughly three to one, a balance most advanced economies lost long ago. This is not a guarantee; it is an opportunity. Much of the working-age population remains outside contributory systems altogether. That is precisely why design choices matter. India’s median age, still under 29, reflects demographic momentum while net fertility has already fallen. The workforce will continue to expand for another two to three decades before ageing accelerates. The constraint India faces today is not demography, but institutional reach. Pension sustainability is shaped less by how old the population is, and more by who is covered, for how long and under what rules. Many of these constraints surface in quieter parameters that govern entry and exit. Wage ceilings are one. In India, they have historically functioned as thresholds for exclusion. This is most explicit in EPS, which restricts enrolment for those earning more than ₹15,000 a month. Even where EPF allows a voluntary window, the pension element remains closed.

Why India can’t decouple from China

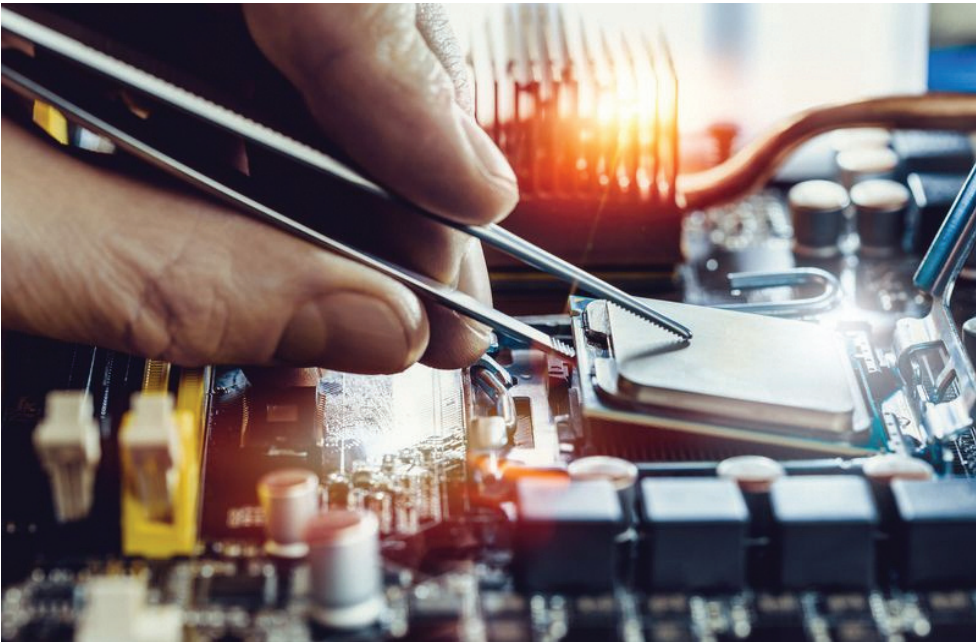
India’s long-term drive to make itself a manufacturing powerhouse is reliant on Chinese technology

ONE of the opening calls in Finance Minister Nirmala Sitharaman's Budget speech was to build domestic manufacturing capacity in an imperilled external environment by remaining deeply integrated with world markets and attracting stable long-term investment. How does this call, however, square with simultaneous appeals to build up domestic capacity in strategic sectors and India's concerns over external dependence, particularly on China, a major contributor to India's insecure external environment? It is this complicated economic imperative that offers the context for the growing thaw in India-China economic relations after the meeting between Prime Minister Narendra Modi and Chinese President Xi Jinping at Tianjin in September.

From low-hanging fruits like the restoration of flight services, resumption of tourist visas for Chinese nationals and easier entry norms for skilled workers from China, and even talk of allowing Alipay into India's instant payment system, over the last few months and weeks, the needle has certainly moved a great deal on India's economic engagement with China following the Galwan tensions. There are plans to lift restrictions imposed six years ago on Chinese firms bidding for Indian government contracts and to ease scrutiny of equity partnerships between Indian and Chinese entities. Specifically, in the electronics and capital goods sector — as per a draft cabinet note circulated to relevant ministries — Chinese companies acquiring up to 49 per cent stake in Indian firms will not undergo extensive security scrutiny. The note also calls for relaxation of the 'beneficial owner' clause of 2020, under which the acquisition by any entity, based in countries sharing land borders with India, of more than 10 per cent stake in any Indian company requires New Delhi's approval.

Following military disengagement by both countries at the Line of Actual Control in Eastern Ladakh in 2024, the Indian government has started greenlighting proposals for joint ventures (JVs) between Indian and Chinese electronics contract manufacturers aimed at achieving expertise in original design manufacturing and localising sub-component production.

While the caveat of case-by-case evaluation of proposals



remains in place, the eagerness for JVs between Indian and Chinese counterparts is mutual, with a particular interest in the Indian government's Electronics Components Manufacturing Scheme launched in April last year. Meanwhile, after being banned following the Galwan clashes, Chinese fast-fashion e-commerce company, Shein, made a return to the Indian retail market in February 2025. This time, it partnered with Reliance Retail, though the partnership has lagged Amazon and Flipkart in gaining traction. For the Chinese, meanwhile, the sheer size of India's market and its stable financial system are sources of attraction.

A combination of domestic and international factors explains India's return to economic engagement with

US President Donald Trump's heavy-handed tariffs have upended the global trade regime and the training its guns at India has also been a compelling factor in the latter's warming up to Chinese capital. Both from within the government and from India Inc, there have been calls for revisiting and revising hardline positions.

The admission as early as the 2023-24 Economic Survey that 'to boost Indian manufacturing and plug India into the global supply chain, it had to plug itself into China's supply chain', aptly sums up India's predicament.

Chinese economic coercion The Indian government has preferred a graded reopening, based on reciprocity from the Chinese side. On the one hand, this is a case of optics to avoid being seen as desperate and lacking in viable alternatives.

On the other, there is also recognition of Beijing seeking to use its dominance in supply chains and intermediate goods to weaponise Indian dependence and squeeze New Delhi from achieving its manufacturing ambitions. From stopping machinery and its nationals employed as technicians in Foxconn's facilities in India to the sudden imposition of curbs on rare earth elements (REEs), China has consciously exerted geopolitical leverage, underscoring its asymmetric advantages against India.

Cognisant of the need to future-proof itself and build its own manufacturing capabilities, India has also initiated measures like the Electronics Components Manufacturing Scheme — its outlay was increased to Rs 40,000 crore in the latest budget — and augmented production-linked incentives. Similarly, Indian firms — especially start-ups — are emerging with workarounds and alternatives for sectors that are tied to REEs — from developing new motors based on relatively lighter REEs that could be sourced locally to eliminating magnets from motors altogether.

The Budget announcement on dedicated Rare Earth Corridors in select states adds to Indian efforts to domestically manufacture vital permanent magnets. However, these efforts are yet to scale up and Indian industry will remain unable to provide solutions in the near to medium term. Therefore, while India implements long-term de-risking strategies from China, including building capabilities from the ground up, it can paradoxically do so only by keeping China plugged into India's economic and industrial aspirations.

Tariff relief for India, but US has upper hand in trade deal

The Tribune Editorial: Will the Modi government be able to protect the interests of domestic farmers while opening India’s markets to US products in the dairy and agriculture sectors?

INDIA has heaved a huge sigh of relief as the US has slashed tariffs from a crippling 50 per cent to a manageable 18 per cent. This is good news for labour-intensive sectors such as gems, jewellery, textiles and apparel, which have been struggling ever since US President Donald Trump upped the tariff ante in August last year. However, the long-delayed trade deal worked out by the two countries seems to be loaded in America’s favour, even as its fine print is awaited. India will increase purchases of US petroleum, defence equipment, electronics, pharmaceuticals, telecom products and aircraft. This is in sync with Trump’s push to reduce the trade deficit and deny India an “unfair” advantage. It’s apparent that Trump has prevailed upon India to stop buying Russian oil — the phase-out will take months — and lower trade barriers. The writing was on the wall when Indian refiners started reducing purchases from Russia and stepped up imports from West Asia, Africa and South America. What has set alarm bells ringing is US



Agriculture Secretary Brooke Rollins’ statement that the trade deal will boost American farm exports to India,

lifting prices and “pumping cash into rural America”. The all-important question is: will the Modi government be able to protect the interests of domestic farmers while opening India’s markets to US products in the dairy and agriculture sectors?

The US President’s “my way or the highway” approach has prompted New Delhi to make a slew of concessions and compromises. The US continues to hold most of the aces on the trade front, raising doubts about India’s ability to strike a hard bargain and assert strategic autonomy. On the bright side, India’s export competitors such as Indonesia, Vietnam and Bangladesh are being charged higher tariffs by the US. However, there are telltale signs that Delhi might have missed a golden opportunity to outtrump Trump.

Mixed signals for research funding

Budgetary allocations mark a clear shift towards the private sector

THE Union Budget, it is often said, is not just about taxes, revenues and sectoral allocations, but it is also about new policy directions and a reflection of the government’s thinking in crucial sectors. Given that the world is witnessing rapid changes in the technological arena linked with new geopolitical realities, one would have expected this year’s Budget to reveal India’s response to these emerging challenges. On this count, the Budget speech was disappointing. Far from being a “futuristic Budget”, as is being claimed, it looks like “business as usual” on major science and technology fronts like artificial intelligence (AI) and semiconductors. Among the key science and technology-related announcements made by Finance Minister (FM) Nirmala Sitharaman are the setting up of new telescopes and a planetarium, the creation of rare earths corridors, the launch of part two of the semiconductor mission, and a strategy for biopharma manufacturing. These are all the right things to do, but they do not amount to a policy shift as they are all projects with incremental forward movement. The Indian Institute of Astrophysics (IIA) has been working on the development of the National Large Solar Telescope for 15 years and the National Large Optical-infrared Telescope for over five years. These two are among the projects announced in the Budget. Major work, such as designing, site selection, development of a testbed laboratory and scientific capacity-building for the solar telescope, has been underway for a long time. The FM herself visited the site selected for setting up the large solar telescope in Ladakh last year.

India has a strong scientific capability in solar observation, and the proposed solar telescope is going to complement observations from Aditya-L1 satellite and ground-based Multi-Application Solar Telescope at Udaipur. The new telescope projects will cost an

estimated Rs 3,500 crore, but the IIA has not received any extra budgetary support for the new projects announced. The IIA is one of the 25 autonomous bodies under the Department of Science — all of which together get Rs 1,623 crore in the Budget.

Another initiative the minister announced is Biopharma SHAKTI (Strategy for Healthcare Advancement through Knowledge, Technology and Innovation) with an outlay of Rs 10,000 crore over the next five years to build facilities for the production of biologics and biosimilars. However, the money would go for the creation of three new National Institutes of Pharmaceutical Education and Research (NIPERs) and a network of over 1,000 accredited clinical trial sites — both of which are general-purpose activities and not dedicated to biopharma alone.

The third component of the proposed outlay is to strengthen the Central Drugs Standard Control Organisation. It is much needed but clubbing it under the biopharma strategy is rather strange. It is unclear how much of Rs 10,000 crore would go for developing new NIPERs or strengthening the regulatory system, and the development of biopharma as such.

In any case, SHAKTI is a follow-up action of the \$250-million National Biopharma Mission launched with aid from the World Bank in 2017. It was focused on scientific research, startups and developing clinical trial sites for vaccines, biosimilars and medical devices. It promoted early-stage bio-manufacturing, clinical development, training and technology transfer. The Budget speech also touched upon the hot topics of semiconductors, rare earths and AI, but none of the mentions merit the tag of a game-changer. Reiterating that a scheme for manufacturing Rare Earth Permanent



the broad goals of the National Critical Minerals Mission launched last year, and other initiatives to boost rare earths exploration and processing.

While announcing the India Semiconductor Mission (ISM) 2.0, the FM said it would focus on producing “equipment and materials, design full-stack Indian Intellectual Property, and fortify supply chains”. Here too, she merely said what the Minister for Electronics & IT Ashwini Vaishnaw, stated last week. He said the target for the production of advanced chips (in 2-3 nanometre mode) for use in smartphones, defence equipment and computing devices was 2032. In the

previously announced second phase of the Design-Linked Incentive (DLI) scheme, the focus will be on chip categories such as compute, radio frequency, networking, power, sensor and memory.

The tax holiday till 2047 for foreign companies setting up data centres in India is highly problematic. Data centres are power guzzlers. That’s why tech giants like Meta, Google and other AI companies want to set them up at offshore locations in India and elsewhere.

The other big-ticket idea that featured in the minister’s speech in the past several years — the Anusandhan National Research Foundation (ANRF) — got only a cursory mention this time. The government had promised Rs 50,000 crore for the ANRF over five years, but it got a meagre Rs 2,000 crore last year, and gets the same this year. Another big idea was the Research, Development and Innovation (RDI) scheme announced last year to fund deep tech projects in the private sector. It is supposed to get Rs 1 lakh crore over seven years. It was allotted Rs 20,000 crore last year, but only Rs 3,000 crore could be spent as the scheme was approved by the Cabinet only in July, and rules were formed by November last year. Despite low utilisation of funds and tardy implementation of the RDI, the budgetary allocations mark a clear shift from the public to private in research funding. The ANRF, which supports research in government labs and universities, gets Rs 2,000 crore, and the RDI — set up solely for the private sector — gets 10 times more. In effect, the research kitty for public institutions has shrunk and not grown as was promised when the ANRF was floated as an umbrella research funding agency replacing the Science and Engineering Research Board. This is a silent but worrying signal from the science and technology budget this year.

Bored of hitting the gym every day this summer?
Don't fret! Fitness can be achieved through fun sports too.



summer Sports to get you in Shape

There are several fun sports that can help you achieve great health and fitness. We got, R.G More, Sports Director at St. Andrew's College, Mumbai, share a list of top 10 summer sports you can play to maintain your fitness.

Tennis
Tennis is undoubtedly the best way to pass your time leisurely and improve your health. Playing tennis helps in moving your body and keeps your mind alert. Since it is a low-impact sport, you don't need a lot of strength and skills to play the game. Hence a good option for toning.

Football
Football or soccer is one of the best summer sports, as it engages players to run fast and slow - with sudden balance shifts. This helps to build stamina and works for interval training too. Being a continuous game, it is extremely effective for fitness and cardiovascular health.

Cricket
This favourite Indian sport provides a number of benefits to its player along with gallons of excitement. Cricket helps in endurance,

stamina, balance and co-ordination and physical fitness. It also improves hand-eye co-ordination.

Frisbee
Frisbee is a swift and easy sport which can be played with anyone, anywhere. Besides adding the fun quotient, this has health benefits too. Throwing a frisbee is a good cardio-vascular workout, it uses your thigh muscles and arms too. It improves balance and helps to develop better landing skills.

Volleyball
Summer volleyball is one of the best sports workouts. This sport helps you burn calories and improves your muscular system.

Cycling
Cycling is a good summer sport option, because you don't need company. All you have to do is pick your bicycle and race for good health. Cycling helps to build strength, tones muscles, builds stamina, burns calories, improves heart health and reduces stress.

Swimming
Swimming is the best way to help your body cool down during summer. Since, swimming involves your entire body; it is the best full-body workout. It helps you to relax, builds endurance, tones your muscles, maintains a healthy weight and improves flexibility.

Dancing
Dance is an amazingly fun activity. It allows people to enjoy, socialise and develop creative skills. Dancing for 30 minutes helps to keep the body active, helps to improve strength and flexibility, improves posture and balance, reduces stress levels and burns calories.

Badminton
Racquet sport is good for people of all ages. Badminton helps to burn calories, maintains healthy weight, and improves cardiovascular fitness.

Hiking
Hiking is a good recreational activity. It helps to improve muscular fitness, reduce depression, maintains healthy weight and lubricates your joints well. So, plan a trek this weekend to enjoy a peaceful traffic-less zone.



Right way to treat Anorexia and bulimia!

The most common eating disorders include anorexia and bulimia, which are usually inter-linked and rarely singularly suffered by an individual. "Bulimia is an excessive and compulsive eating disorder, while anorexia refers to the lack of appetite caused by deliberate and compulsive starvation," explains Dr Anil Patil, a practitioner of holistic and integrated medicine, at Vedicure Healthcare and Wellness Pvt Ltd, who sees two patients suffering from either disorder every week. Both these conditions are potentially life-threatening and require treatment that is a combination of professional counseling, medication and support from family, friends and peers. "When bulimics feel hungry, they starve themselves. Later, they binge eat, leading to massive pangs of guilt, which make them vomit whatever they've consumed," explains Dr Patil, adding that deliberate vomiting often



leads to Cachexia (a wasting syndrome), and excessive fat, protein and muscle loss.

Extreme anorexics, he adds, can be difficult to manage and can sometimes warrant hospital care for forced-intake of nutrition

(intravenous glucose). "They don't realise it but they're committing suicide by starving. Sometimes, anxiolytic drugs help them but a large role has to be played by the support they get from family and friends," explains Patil, who describes those suffering from both conditions as "compulsive weight watchers who feel they are over-weight while they may actually be under-weight and invariably lacking basic nutrients". Purely psychological conditions that warrant psychiatric help, anorexia and bulimia are rarely genetic. "External influences like anxiety, depression, lack of emotional IQ, social adjustment disorder can call trigger anorexia and bulimia," he says. A person who is more predisposed to suffer from either, could be anyone obsessively concerned about body image or suffering from a low self image. "The main culprit is the fad to have size-zero bodies where women feel inadequate until they acquire a certain frame. In order to do so, they either starve themselves or seek alternatives to purge whatever they've eaten," he says, adding that both disorders are largely noticed away by women. Early warning signs to watch out for, include eating extremely sparingly or if you get suspicious of the amount of calories in any food item. "Anorexics and bulimics appear underweight but complain of having put on weight. Other signs include, enquiring for the calorie-configuration of food items before consumption, avoiding food, opting for weight-loss programmes even when they are well under their ideal weight," explains Patil, who

Each of us has different eating habits driven by our preference for taste or nutrition goals. And eating disorders are caused by either eating too little or too much or the adoption of harmful means to lose weight.

recommends opting for immediate psychiatric evaluation if any of these signs surface. Since such conditions are the result of external influences and psychological triggers, Patil feels that counsellors should also try to establish a patient's family history, social ties and inquire if they've suffered a life-altering incident in the recent past that could've triggered the disorder. This, he feels, could help them offer specific advice and even accelerate the treatment.

What is the Pir Panjal controversy that has rocked Jammu and Kashmir Assembly

Pir Panjal row: BJP leader Sunil Sharma has stirred a hornet's nest by claiming that there is no such region as Pir Panjal in Jammu and Kashmir. Why has it triggered a controversy? Why has it become an emotive issue in J&K?

Court can't compel any woman: Supreme Court okays termination of 30-week pregnancy

New Delhi.(Agency)
The Supreme Court on Friday observed that no court can compel a woman -- much less a minor -- to continue an unwanted pregnancy, underscoring the primacy of reproductive autonomy. The remarks came while permitting the medical termination of a 30-week pregnancy of a girl who had conceived when she was a minor.A Bench of Justice BV Nagarathna and Justice Ujjal Bhuyan stressed that the reproductive autonomy of the pregnant girl must be accorded due weight, particularly when she has clearly and consistently expressed her unwillingness to carry the pregnancy to term.
Referring specifically to the case, the court noted that “what has to be considered in the instant case is the right of the minor child to continue the pregnancy,” especially given that the pregnancy was unintended, and the girl did not wish to give birth.
“If the interest of the mother is to be taken note of, then her reproductive autonomy must be given sufficient emphasis. The court cannot compel any woman, much less a minor child, to complete her pregnancy if she is otherwise not intending to do so,” Live Law quoted the court order.Allowing the plea, the Supreme Court directed Mumbai’s JJ Hospital to carry out the medical termination of the pregnancy, ensuring that all necessary medical safeguards are followed.During the hearing, Justice Nagarathna acknowledged the complex moral and legal questions involved. She observed that while the birth of a child ultimately results in a new life, the decisive factor in the present case was the minor’s clear and unwavering decision not to continue the pregnancy.
"It is also difficult for us to decide what to do. Whether we should compel her to give birth to a child? Because the child which will be born is also ultimately going to be a life. Then there is another question: if she can terminate at 24 weeks, why not at 30 weeks? Ultimately, she doesn't want to continue the pregnancy. Bottom line is she doesn't want to give birth, that is the difficulty," Justice Nagarathna said.The Supreme Court has, in recent years, consistently upheld women’s bodily autonomy and reproductive rights. In a significant observation in 2024, the court held that the right to choose and reproductive freedom is a fundamental right under Article 21 of the Constitution.

'Missing Girls Hype Due To Paid Promotion': Delhi Police Warns Of Action

New Delhi.(Agency)
The panic over a surge in missing persons in Delhi was a result of promotional tactics, police have said, amid public concern over claims that 807 people had gone missing in January's first 15 days. Delhi Police has also warned of strict action against those spreading panic for financial gains. There is evidence suggesting that the missing figures were fabricated for propaganda purposes, to spread panic, and for personal gain, the police said.
"After following a few leads, we discovered that the hype around the surge in missing girls in Delhi is being pushed through paid promotion. Creating panic for monetary gains won't be tolerated, and we'll take strict action against such individuals," Delhi Police said in an online post.
Sources suggest that the claims emerged from a film promotion on missing children, with several internet theories also backing the claim and calling out "cheap marketing tactics."Several influencers and political leaders had picked up the claim and started raising questions, causing panic among people.Former chief minister and AAP chief Arvind Kejriwal called it "alarming" and targeted the BJP government that dethroned him.
"In just 15 days in Delhi, 807 people have gone missing, with the majority being women and children. These circumstances are not normal; they are extremely alarming. The safety of people in the country's capital has been left to the mercy of God. The BJP holds complete power at every level in Delhi, yet why is Delhi so unsafe?" Kejriwal said on Wednesday.
What Missing-Persons Data Show
The police said that 1,777 missing cases were reported in January, which was lower than the monthly average as well as the year-ago month. In comparison, 24,508 missing cases were recorded in 2025, or an average of 2,042 cases per month.Therefore, the January figure was "proportionately lower", police said, indicating there is no emerging trend in missing cases.

New Delhi.(Agency)
The Jammu and Kashmir Assembly witnessed pandemonium this week after BJP's Sunil Sharma, also the leader of the opposition, stirred controversy by dismissing the existence of the Pir Panjal region. The issue has snowballed into a full-blown flashpoint between the ruling NC-Congress government and the BJP. It has plunged the assembly session into chaos, triggering dharnas and protests in the Pir Panjal districts of Rajouri and Poonch. What is the controversy? Why has it become an emotive issue in J&K? Stay with us, and we will explain the reasons.The trigger behind the controversy was an interview thatthe BJP's Sharma gave to a news portal earlier this week. When asked about demands for a National Law University (NLU) in J&K's Pir Panjal region, the BJP leader said he never heard the name "in any dictionary" and that no such area existed. He, instead, claimed the area was known as Chandrabhaga. The remark was enough to set the cat among the pigeons. MLAs from Rajouri and Poonch, including deputy Chief Minister Surinder

People rejected you: Supreme Court bins Jan Suraaj plea to scrap Bihar polls

Jan Suraaj, which contested 242 seats but won none in 2025, had sought fresh Bihar elections, alleging Rs 10,000 transfers to women under a state scheme during the Model Code of Conduct period.

New Delhi.(Agency)
The Supreme Court on Friday turned down a plea by the Prashant Kishor-led Jan Suraaj Party seeking to nullify the 2025 Bihar Assembly elections over alleged misuse of a government welfare scheme to influence the voters ahead of polls.Hearing the matter, a Bench headed by Chief Justice of India Surya Kant, along with Justice Joymalya Bagchi, questioned the party's locus after its electoral rout. Jan Suraaj had entered the fray in 242 of Bihar's 243 constituencies but failed to secure a single seat.The court made it clear that judicial forums cannot be used to undo an electoral verdict.
"How many votes did you get? Once people reject you, you use the judicial

50% of audited planes show recurring snags, Air India tops list: Govt data

New Delhi.(Agency)
Around half the aircraft examined for technical deficiencies across Indian carriers have shown recurring defects, with Air India Group and IndiGo accounting for the largest share, according to data tabled in the Lok Sabha on Thursday.The government said 754 aircraft from six scheduled airlines were analysed for repetitive snags since January last year. Of these, 377 were flagged for recurring defects.
IndiGo had the highest number of aircraft reviewed. As of February 3, 405 IndiGo planes were analysed, and 148 were identified as having repetitive defects, Minister of State for Civil Aviation Murlidhar Mohol told the House in a written reply.
Air India Group recorded a far higher ratio. Of the 267 aircraft checked across Air India and Air India Express, 191 were found with recurring issues, nearly 72 per cent of the fleet audited. The data showed

Congress flags Ghaziabad girls’ suicide in Parliament, seeks social media policy

Citing the suicide of three sisters in Ghaziabad over Korean cultural influence, the Congress said social media has become the most influential medium today and urged the Centre to formulate a comprehensive social media policy.

New Delhi.(Agency)
The Congress on Friday urged the Centre to formulate a comprehensive social media policy, flagging the unchecked spread of misinformation, falsehoods and online threats, with little accountability for those responsible.Citing the recent death of three girls in Ghaziabad, who jumped to their deaths over their alleged obsession with Korean culture, Congress MP Rajiv Shukla, speaking in the Rajya Sabha, said social media had become the most influential medium of the present time.
“The situation today is that on social media, anyone can write anything, accuse anyone, tarnish someone’s reputation in a single post, and once it goes viral, retracting that lie becomes nearly impossible. Neither do social media platforms take responsibility, nor does the person who

Choudhary and Forest Minister Javed Rana, who are from the area, staged protests both inside and outside the assembly. They have demanded an apology from Sharma, who has flatly refused, and instead accused them of attempting to divide J&K on regional lines. However, a scrutiny has revealed that the J&K government has used the term "Pir Panjal zone" over the years for appointments in official documents.
WHERE IS THE PIR PANJAL REGION?
Now, why has this become so much of an emotive issue in J&K? First, let's understand the geography.The Pir Panjal region refers to the mountainous belt in south Kashmir. It is close to the Pakistan border along the LoC. It also includes the Chenab valley districts of Doda, Kishtwar and Ramban. For long, the locals in this region have complained of being overlooked by subsequent governments as Jammu and the Kashmir valley got most of the focus and infrastructure projects.

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On the other hand, the Pir Panjal region has always faced the brunt of Pakistan's misadventures and cross-border shelling. More recently, during last year's Operation Sindoor, several houses were heavily damaged due to Pakistan's shelling. "In Poonch city alone, 16 people were killed. Those sacrifices have been insulted," Independent MLA Muzaffar Iqbal Khan told the media.
Even J&K political experts have shredded Sharma over his remark. "Border people shield India

Delhi man falls to death in open Jal Board pit, 3 officials suspended

New Delhi.(Agency)
Panic, fear, and desperation gripped Kamal Dhyani's family in the early hours of Thursday. The 25-year-old, a resident of Kailashpuri, had left his office in Rohini the previous night, but he never reached home. Every unanswered call, every silent phone line, sent waves of terror through his family.
By midnight, the family was on the streets, retracing every possible route. From Janakpuri to Sagar Pur, Vikas Puri, and Rohini police stations, they ran from one to another, hearts pounding, praying for any clue of Kamal’s whereabouts.
THE POLICE JOIN THE FRANTIC SEARCH
At 2.45 am, Kamal’s brother reached Janakpuri Police Station, reporting his disappearance. Head Constable Ramkesh immediately joined the search, combing the area alongside the family for over two and a half hours. Despite their efforts, there was no sign of Kamal.
“The family did visit PS Janakpuri, and we were searching the entire night,” the police said. “We had Kamal’s tower location from his mobile, but narrowing it down to the exact spot took time. Claims that the police did nothing are incorrect. We will investigate all stakeholders of the DJB work related to this pit.”
TRAGIC DISCOVERY AT DAWN
Around 8 am, a woman called the police to report a shocking sight. A body lying in a 15-foot-deep pit. Officers rushed to the scene and found Kamal’s bike toppled beside him. Investigations so far indicate that his death was caused by the fall into the open pit, which had been dug for Delhi Jal Board (DJB) work.
NEGLIGENCE AND ALLEGATIONS
Kamal’s family has questioned how such a dangerous excavation was left unprotected on a busy road. “It could have been an accident, but we cannot rule out foul play. Someone might have pushed him into the pit,” a relative said.
The tragedy ignited outrage on social media. The Aam Aadmi Party tweeted, “At home, the mother must be waiting for her son to return. How would that innocent mother know that an incompetent government has swallowed her son? In Janakpuri, a son lost his life after falling into this pothole on the road. The system had already died at the hands of BJP.”AAP councillor Raminder Kaur (Ward 100) told PTI, “When I saw the photographs this morning, I felt very sad. A young man fell into a pit dug during PWD work. There were no barricades, no protective fencing, and the area was very dark. This work has been ongoing for eight months. Roads are being excavated without proper safety measures, causing repeated accidents.”

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daily. Do Rajouri-Poonch mothers lie? Martyred jawans don't exist? 14,000+ innocents killed since 1989. Real blood. Real sacrifice," Ashwani S Handa tweeted.
In fact, Sunil Sharma's remark comes on the heels of former J&K chief minister Mehbooba Mufti seeking a separate Pir Panjal administrative division along with the Chenab valley districts. Mufti has stressed that it was the need of the hour as the region, due to its remoteness and hilly terrain, has not seen much development. She also recently flagged the decline in funding for Baba Ghulam Shah Badshah University in Pir Panjal.
WHAT IS THE PIR PANJAL CONTROVERSY?
The Pir Panjal issue has boiled over in the J&K Assembly, which witnessed a war of words and chaos over two days. The house turned into a battlefield as slogans of 'Vande Mataram' and 'Bharat Mata Ki Jai' by BJP MLAs met with cries of 'Jive Jive Pir Panjal'.

Delhi man falls to death in open Jal Board pit, 3 officials suspended

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Kamal’s family has questioned how such a dangerous excavation was left unprotected on a busy road. “It could have been an accident, but we cannot rule out foul play. Someone might have pushed him into the pit,” a relative said.
The tragedy ignited outrage on social media. The Aam Aadmi Party tweeted, “At home, the mother must be waiting for her son to return. How would that innocent mother know that an incompetent government has swallowed her son? In Janakpuri, a son lost his life after falling into this pothole on the road. The system had already died at the hands of BJP.”AAP councillor Raminder Kaur (Ward 100) told PTI, “When I saw the photographs this morning, I felt very sad. A young man fell into a pit dug during PWD work. There were no barricades, no protective fencing, and the area was very dark. This work has been ongoing for eight months. Roads are being excavated without proper safety measures, causing repeated accidents.”

Congress flags Ghaziabad girls’ suicide in Parliament, seeks social media policy

Citing the suicide of three sisters in Ghaziabad over Korean cultural influence, the Congress said social media has become the most influential medium today and urged the Centre to formulate a comprehensive social media policy.

New Delhi.(Agency)
The Congress on Friday urged the Centre to formulate a comprehensive social media policy, flagging the unchecked spread of misinformation, falsehoods and online threats, with little accountability for those responsible.Citing the recent death of three girls in Ghaziabad, who jumped to their deaths over their alleged obsession with Korean culture, Congress MP Rajiv Shukla, speaking in the Rajya Sabha, said social media had become the most influential medium of the present time.
“The situation today is that on social media, anyone can write anything, accuse anyone, tarnish someone’s reputation in a single post, and once it goes viral, retracting that lie becomes nearly impossible. Neither do social media platforms take responsibility, nor does the person who



NEWS BOX

Yuzi Chahal tired of endless social media rumours: I know who I really am

NEW DELHI. (Agency)
Yuzvendra Chahal may no longer be a regular feature in India's international line-ups, but the leg-spinner continues to find himself at the centre of attention for reasons that extend far beyond cricket. From social media chatter to speculation about his personal life and heated online debates involving Indian cricketers, Chahal remains firmly in the public eye — sometimes for reasons he would rather avoid. Over the years, the Haryana-born spinner has carved out an impressive career, both for India and in the Indian Premier League, where he has represented multiple franchises and established himself as one of the tournament's most effective bowlers. Yet, as Chahal points out, visibility in modern sport comes with an unavoidable downside.

Spotlight for the wrong reasons
Chahal says he has learned to live with public attention, even when it borders on intrusive, as long as it stays within reasonable limits. "I don't mind it a little bit as long as it's about me, in a good, positive way, or even in a fun way," he said on India Today's Salaam Cricket. "That's part of the profession."



You're in the public eye, and people will talk." The issue, he insists, begins when speculation starts dragging others into the narrative without their knowledge or consent. When you start associating someone else's name with it, that's when it becomes wrong," Chahal said. "They don't know anything about it, and suddenly they're being discussed for no reason."

Friends mistaken for rumours
Chahal highlighted how easily ordinary social interactions are misread, particularly in a cricket-obsessed country where athletes' personal lives are constantly under scrutiny. "It's not necessary that if a boy and a girl are going out, they're boyfriend and girlfriend or that something is going on," he said. "Sometimes you're just meeting friends."

He recalled a recent visit to Mumbai — his first in several months — when he decided to step out for dinner instead of eating at his hotel. What he describes as a routine outing quickly snowballed into online speculation.

Smriti Mandhana has gone through a lot, this win is for her: Shreyanka Patil

NEW DELHI. (Agency)
Following Royal Challengers Bengaluru Women's historic second Women's Premier League title win, all-rounder Shreyanka Patil paid a heartfelt tribute to captain Smriti Mandhana, dedicating the victory to her resilience after a difficult personal phase leading into the tournament.

WPL 2026 Final, RCB vs DC: Highlights | Scorecard

Speaking during the post-match interviews, Shreyanka highlighted the emotional



significance of the win for Mandhana, who led the side through the campaign amid intense off-field scrutiny. I would say Smriti, because she's gone through a lot in the last one-and-a-half months, so this win is very special," Shreyanka said. "I would love to dedicate this win to her." She also acknowledged the contribution of head coach Malolan Rangarajan, who guided the team to the title in his first season in charge. "It's the first time he's head coach of the team, and I think it's a special win for all of us," she added.

Clinical chase seals historic title
RCB Women produced a dominant batting display in the final, chasing down a stiff target with authority. Mandhana led from the front with a fluent 87, while Georgia Voll provided blistering support with a rapid 79 as the pair stitched together a match-defining partnership.

Their aggressive approach ensured RCB completed a record run chase, underlining the team's transformation into one of the most consistent units in the WPL

WPL 2026: RCB script historic chase to clinch 2nd title as Delhi stumble again in final

Royal Challengers Bengaluru (RCB) scripted history by chasing down the highest total in WPL to clinch their second title. Smriti Mandhana led from the front with her innings of 87 (41) as RCB chased down 204 in 19.4 overs to beat Delhi Capitals by six wickets in the final.

MANCHESTER. (Agency)
The long-awaited happy ending for Delhi Capitals (DC) in the Women's Premier League (WPL) will have to wait yet another season, as heartbreak struck once more for the Jemimah Rodrigues-led side, who slumped to their fourth successive defeat in a WPL final. Despite producing a herculean batting effort in the first innings and posting

the highest total ever recorded in a WPL final—203/4—Delhi were left crestfallen as Royal Challengers Bengaluru (RCB) scripted history to clinch their second title. It was a breathtaking run chase for RCB, led by captain Smriti Mandhana (87 off 41) and Georgia Voll (79 off 54), who tore into the Delhi bowling attack and shattered record books on the biggest stage. The pair launched a relentless assault, registering the highest successful run chase in WPL history.

Their monumental 165-run partnership for the second wicket off just 92 balls became the highest partnership in the tournament's history and proved decisive in the final. With their win, RCB also achieved the unique distinction of becoming the first team to hold the IPL and WPL trophies at the same time. RCB's chase did not begin without drama. Chinelle Henry, riding high on confidence after her exploits with the bat, continued her golden touch with the ball by striking early. In her very first over, she removed Grace Harris for 9 off 7 balls,



momentarily swinging momentum Delhi's way. However, that early breakthrough did no damage to RCB's strong resolve as Voll joined Mandhana in the middle to inflict misery on Delhi. After the early wicket, it was largely one-way traffic for RCB as Mandhana and Voll showed no signs of nerves or hesitation, calmly dismantling the fielding setups and bowling plans with remarkable composure. Mandhana was elegance personified, finding gaps at will with her vast array of strokes, while Voll complemented her perfectly, bludgeoning

the ball with raw power and fearless intent as her bat seemed to breathe fire.

Mandhana leads from front
Mandhana brought up her fastest WPL half-century off just 23 balls, while Voll took 37 deliveries to reach her milestone, as the duo raced to a century stand in only 58 balls. During the course of her sparkling innings, Mandhana also became the fifth player to complete 1,000 runs in WPL history and finished as the leading run-scorer of the season with 377 runs, overtaking her

India captain, Harmanpreet Kaur. However, just when it appeared that RCB would cruise to victory without breaking a sweat, Delhi Capitals clawed their way back into the contest. In a dramatic twist, DC struck three times in as many overs, removing Voll, Richa Ghosh and Mandhana to suddenly breathe life into the final. With Mandhana walking back to the pavilion, RCB were left needing 13 runs from the final eight balls, and the tension inside the stadium was palpable.

Heartbreak is their canvas: Delhi Capitals paint pain like Picasso in WPL history

NEW DELHI. (Agency)
If you are a Delhi Capitals fan, or someone who truly lives and breathes women's cricket, look away. Don't rewind the Thursday night. Don't replay it in your head. Bury it somewhere deep and pretend it was just a bad dream, one of those you wake up from with a sinking feeling in your stomach. Because the moment you dwell on it, the only thing waiting for you is heartbreak and then some more. If there's ever a book written on sporting heartbreaks, Delhi Capitals won't just feature in it, they'll dominate the chapters. Three and a half hours of jaw-dropping, nerve-shredding cricket in a WPL final later, the question still echoes: How? How did this slip away? How on earth did Delhi Capitals lose this match? Yes, the Vadodara pitch was a belter, a bowler's graveyard, the kind of surface where batters dream and bowlers quietly suffer. But a target north of 200 in a final isn't just a number, it's a mountain. In the pressure cooker of a title clash, it feels



closer to 250. Everything was stacked in DC's favour. The odds. The momentum. The script. So much so that Royal Challengers Bengaluru had to pull off the highest successful run-chase in WPL history. WPL 2026 Final, RCB vs DC: Highlights | Scorecard

The summit clash of the 2026 was supposed to be redemption. A chance to erase the scars of the 2024 final. A chance to rewrite history. Instead, Delhi Capitals found themselves standing in the same place again, watching RCB celebrate, while they were left with the same old, familiar ache. If heartbreak were an art form, Delhi Capitals wouldn't just be practitioners of it, they'd be Picasso.

EVER THE FINALISTS, NEVER THE CHAMPION

Losing a final is painful, but you learn to live with it. Losing two finals in a row still hurts, but you convince yourself that your time will come. Losing three finals back-to-back is when the questions begin, when introspection becomes unavoidable. But four finals in a row? That's when you start wondering if the Almighty himself doesn't want you anywhere near the trophy.

U19 World Cup final: India eye record-extending 6th title, favourites vs England

NEW DELHI. (Agency)
The stage is set for an exciting U19 Cricket World Cup 2026 final as India and England prepare to clash at the Harare Sports Club on Friday, February 6. India reached the title decider in commanding fashion, completing a record run-chase of 311 against Afghanistan in the semifinal — the highest successful chase in U19 World Cup history — powered by a superb 115 from Aaron George and explosive starts from Vaibhav Sooryavanshi and Ayush Mhatre. This emphatic victory booked India's place in the final and continued their remarkable consistency at youth level. India come into the final aiming to extend their unbeaten run in the 2026 tournament and add a record-extending sixth Under-19 World Cup title to their illustrious record.

Historically, India are the most successful team in the U19 World Cup era, having already won the trophy five times — in 2000, 2008, 2012, 2018, and 2022 — the last of those triumphs coming against England in the final, where India won by

four wickets.

CAN ENGLAND TAKE DOWN INDIA?
England, on the other hand, have shown resilience and consistency throughout the tournament. They secured their spot in the



final by edging out a strong Australian side in a thrilling semifinal, showcasing balance in both batting and bowling. While England have traditionally won the U19 World Cup only once (in 1998), this 2026 squad will be eager to clinch only their second title, making a statement against a dominant Indian side. Heading into the final, England may not be the overwhelming favourites,

Lookman scores on his debut as Atletico Madrid cruises past Real Betis to reach Copa semifinals

MADRID. (Agency)
Ademola Lookman scored on his Atletico Madrid debut in a 5-0 rout of Real Betis on Thursday that sent Diego Simeone's team to the semifinals of the Copa del Rey.

David Hanco, Giuliano Simeone, Antoine Griezmann and Thiago Almada also scored for Atletico as it advanced to the last four for the third straight season. Atletico will try to reach its first Copa final since winning the competition for the last time in 2012-13.

The draw for the semifinals — which also includes Barcelona, Athletic Bilbao and Real Sociedad — will be on Friday.

Hanco opened the scoring for the visitors in the 12th minute and Giuliano Simeone added to the lead in the 30th before Lookman got his first goal for Atletico on a fast breakaway in the 37th. "I'm very, very happy, very proud to make my debut tonight, especial performance from the team," said Lookman, who had onle a



couple of training sessions before being added to the starting lineup. "Obviously the team and the staff and everybody has welcomed me very nicely. It has made it easy for me to settle in." Griezmann scored the fourth goal in the 62nd — with an assist by Lookman — and Almada closed the scoring in the 83rd. "He came to help us and hopefully we can help him so he can continue to improve," coach Simeone said

of Lookman. "He has different qualities than the players we have and that will make us better." Lookman was signed from Atalanta near the end of the winter transfer window. The 28-year-old Nigeria forward had requested to leave Atalanta citing broken promises and poor treatment. "We always open the doors to everyone who arrives here from the very beginning," Griezmann said. "We have to enjoy these new player and hope that they help us like they did tonight." Mexico midfielder Obed Vargas also made his Atletico debut after being signed from the Seattle Sounders. He came off the bench in the 79th to replace Lookman. Another winter signing by Atletico, midfielder Rodri Mendoza, came on in the 66th. Atletico and Betis will meet again on Sunday in the Spanish league, with Atletico as the host. Atletico is third in the league, with Betis in fifth place but 10 points behind Atletico.

Virat Kohli writes special message to Smriti Mandhana after RCB win 2nd WPL title

WPL: Royal Challengers Bengaluru became the first ever team in the history to hold the IPL and WPL titles together. After the historic feat, Virat Kohli penned a special message for RCB women's team captain Smriti Mandhana to congratulate the team.

NEW DELHI. (Agency)
The 'Ee Sala Cup Namdu' chant has officially transitioned from a hopeful prayer to a factual statement of dominance. Following a breathtaking victory in the Women's Premier League (WPL) 2026 final on Thursday night, Royal Challengers Bengaluru (RCB) have achieved a first: holding both the IPL and WPL trophies simultaneously. The historic

triumph prompted an emotional response from the franchise's spiritual heartbeat, Virat Kohli. Taking to social media almost immediately after the winning runs were hit, Kohli praised the squad for their resilience. "Champions again. Keeping the RCB flag flying high and something that each one of you can be proud of," Kohli wrote. "To Smriti and the whole squad and the management team, a big congratulations for this tremendous victory. You guys deserve this undoubtedly. Enjoy the moment and embrace the love of our amazing fans." RCB's WPL triumph in 2024 ended the Bengaluru franchise's long wait for silverware. One of the world's most-followed teams, RCB had long chased a major title until Smriti Mandhana and her side broke the jinx two years ago. The men followed suit in the IPL in 2025, with Rajat Patidar leading RCB to the trophy as Virat Kohli finally savoured championship glory after years of near-misses.

A RECORD CHASE IN VADODARA



The final at the BCA Stadium in Vadodara was a high-octane affair that saw records tumble. Delhi Capitals, appearing in their fourth consecutive final, posted a daunting 203 for 4, spearheaded by Jemimah Rodrigues' 57. It was the highest total ever recorded in a WPL final, leaving RCB with a mountain to climb. However, captain Smriti Mandhana produced a masterclass in leadership and batting. In what will be remembered as a "historic chase," Mandhana smashed a sublime 87 off just 41 balls. Alongside Georgia Voll (79), Mandhana orchestrated a 165-run

partnership that dismantled the Delhi bowling attack. Despite a few late wobbles, RCB crossed the line with two balls to spare, completing the highest successful run-chase in the tournament's history.

RCB: HISTORIC DOUBLE

This victory cements 2025–26 as the Golden Era for the Bengaluru franchise. With the men's team having finally broken their 18-year drought to lift the IPL 2025 trophy under Rajat Patidar, and the women now securing their second WPL title (adding to their 2024 win), RCB has become the first franchise in history to be the reigning champions of both premier Indian leagues at the same time.

RCB'S DOMINANT CAMPAIGN

The 2026 campaign was a testament to RCB's consistency. They dominated the league stage, winning six of their eight matches to book a direct spot in the final. Mandhana's personal form was the catalyst throughout, as she finished the season with the Orange Cap, proving that the weight of captaincy.

Sensex, Nifty open lower as IT stocks continue fall; TCS, TechM down 2%

New Delhi.(Agency)
Benchmark stock market indices fell in early trade as IT stocks continued their fall, tracking tech shares sell off in global markets. Investors were also waiting for RBI's MPC decision on repo rate.
The S&P BSE Sensex fell by 216.98 points to 83,097.00, while the NSE Nifty50 lost 80.25 points to 25,562.55 as of 9:48 am.
Dr. VK Vijayakumar, Chief Investment Strategist, Geojit Investments Limited, said that there is a risk-off sentiment in global markets.Bitcoin has crashed to below \$64,000. Silver is down to \$71 from the recent peak of 121. Even the safe-haven gold has turned weak despite huge uncertainty in global geopolitics. The tech-heavy Nasdaq has been steadily weakening and is now 6% down from its peak," he added.After the opening bell, Bajaj Finance Ltd led the Sensex gainers, rising 1.24%. It was followed by Power Grid Corporation of India Ltd, which gained 1.16%. Kotak Mahindra Bank Ltd was up 0.81%, while ICICI Bank Ltd added 0.50%. Bharti Airtel Ltd also opened higher, rising 0.49%.
On the losing side, Tata Consultancy Services Ltd saw the sharpest fall, dropping 2.15%. Tech Mahindra Ltd declined 1.66%, Infosys Ltd fell 1.46%, Eternal Ltd slipped 1.43%, and Asian Paints Ltd was down 1.42%."The selloff in tech and AI stocks and a departure from AI trade would be good for India in the medium-term, but for that further weakening of the AI trade is required. So, watch out for the trend in AI stocks," said Vijaykumar.
"FIIs again turning sellers in India and increasing their short positions in the derivative markets indicates further weakness in the market in the near-term," he added.

Apple likely to open store in Hyderabad



HYDERABAD.(Agency)
Apple is set to expand its retail footprint in India, with Hyderabad emerging as a likely location for the company's next physical store. Job listings on Apple's careers portal for roles such as Store Leader, Senior Manager and Genius in Hyderabad point to plans for a new brick-and-mortar outlet. Apple typically begins hiring nearly a year ahead of a store launch, indicating that the Hyderabad outlet could open in early 2027.
The development comes as the company is also expected to open another store in Mumbai later this year.The expansion follows the launch of Apple's Noida store in December 2025, reflecting the company's steady growth across major Indian cities.
Apple began operations with an online store in India in 2020 and opened flagship outlets in Mumbai and Delhi in 2023, later expanding to Bengaluru, Pune and Noida.

Reliance sends 1st fuel to Europe since ban on Russian oil-derived products

New Delhi.(Agency)
Reliance Industries has partially offloaded a jet fuel cargo in Italy, India's first export to the region since a European Union ban on ?products derived from Russian oil took effect on ?January 21, data from ship trackers and trade sources showed.
India is one of the top buyers of Russian crude, and market players are closely monitoring its refined oil exports to Europe for signs of trade disruptions that could drive up prices for supply from elsewhere.The EU's ban on importing products produced from Russian crude is aimed at curbing oil revenues Moscow uses to fund the Ukraine war.Reliance operates two refineries at its ?Jamnagar complex - one geared for exports and one for the domestic market. It said on November 20 that it stopped processing Russian crude at its export-oriented facility.
The Aframax tanker Liwa-V, chartered by Reliance, offloaded about 390,000 barrels of jet fuel, or around half its cargo, at the Fiumicino port near Rome between February 1 and February 4, Kpler, Vortexa and a trade source's ship-tracking data showed.The Liwa-V arrived in Italy around January 8 and waited outside the port for almost three weeks, the data showed. It was originally scheduled to unload the cargo by January 24, two separate trade sources said."The discharge has been delayed due to bad weather, the ship has already discharged substantial amount of cargo and is waiting outside the port to offload the cargo completely," said a Reliance Industries' spokesperson.Reliance segregates Russia-free fuel for European marketAs Western nations have sought to curtail their dependence on Russian energy over the war in Ukraine, India has been able to take advantage of Moscow's discounted ?crude.India exported 4.1 million metric tons of jet fuel ?to Europe last year, nearly three times the volume it shipped in 2021 before the outbreak of the conflict, Kpler data showed, and it supplied nearly 15% of Europe's aviation fuel imports from 2022 to 2025.Reliance told Reuters that it has been giving written declarations to European buyers and traders that Russian crude has not ?been used to produce fuels exported to Europe.

Repo rate unchanged: Why unchanged EMI are not bad news for homebuyers

While many homebuyers were hoping for a rate cut, the RBI decision to keep rates steady at 5.25% is not bad news, especially for those who value stability and clear planning.

New Delhi.(Agency)
The Reserve Bank of India has kept the repo rate unchanged at 5.25%. This means home loan interest rates are unlikely to move in the near term, and monthly EMIs for borrowers will remain the same.While many homebuyers were hoping for a rate cut, the RBI decision to keep rates steady at 5.25% is not bad news, especially for those who value stability and clear planning.
For existing borrowers, the biggest relief is that there will be no sudden increase in EMIs. Households that are already

managing tight monthly budgets can continue with their current repayment plans without worry.
WHY RBI HOLDING REPO RATE IS A WIN FOR HOMEBUYERSFor new buyers, unchanged rates bring predictability. They know what their loan outgo will look like over the next few months, which helps in making long-term decisions such as buying a first home or upgrading to a larger one.According to Anuj Puri, Chairman of ANAROCK Group, the status quo offers comfort but limited support to demand.
"RBI's decision to keep the repo rate at 5.25% means that home loan EMIs will not change either. This will keep buyers engaged," he said.However, he added that it does little to push demand higher or make homes more affordable.The upside is that current home loan borrowers will not experience any EMI shocks for now, and new borrowers can plan their housing purchases with the benefit of predictability."Puri pointed out that demand for affordable and mid-segment



homes is still holding up, but higher home prices are making affordability a challenge."A rate cut would have potentially brought at least some fence-sitters back to the market," he said.Data from ANAROCK Research shows that affordable housing has been under pressure for some time. In 2025, the affordable segment made up only around 18% of total home sales across major cities.In 2024, when about 4.60 lakh homes were sold in the top seven cities, affordable housing accounted for 20%. This share was much higher in 2019, when 38% of the roughly 2.61 lakh

homes sold were in the affordable category.Puri also flagged the lack of policy support for this segment.
"The Union Budget 2026-27 failed to deliver any notable relief to affordable housing buyers," he said.He added that the segment needs strong steps such as tax breaks for both developers and buyers to improve affordability and encourage more supply in this category.
From the developer and industry side, the RBI's steady stance is being seen as a positive signal.Manju Yagnik, Vice Chairperson of Nahar Group and Senior Vice President of NAREDCO Maharashtra, said the unchanged repo rate has brought much-needed clarity.
"With the RBI maintaining a status quo on the repo rate at 5.25%, policy continuity has brought stability for home loan borrowers," she said."An unchanged rate has ensured that EMIs on floating-rate loans remain steady, offering predictability at a time when housing demand continues to stay resilient across major urban markets."

Bitcoin prices hit 16-month low: Will it fall below \$60,000

New Delhi.(Agency)
Bitcoin prices fell sharply on Friday, touching a 16-month low and testing the important \$60,000 level. The fall came at a time when global markets were under pressure, with heavy selling seen in technology stocks, metals, and other risky assets. The move has raised concerns about whether Bitcoin could slip below \$60,000 in the coming days.
Bitcoin, the world's largest cryptocurrency, dropped to an intraday low of \$60,008.52 during volatile trade. This was the weakest level seen since October 2024. After touching this low, prices recovered slightly.At the last count, Bitcoin was trading 1.64% higher at \$64,153.24, moving sharply between gains and losses during the session.The fall marked Bitcoin's lowest point since a period just before Donald Trump won the US presidential election, when he had spoken in support of cryptocurrencies during his campaign.The sharp swings showed that investors remain nervous and cautious.

WHY BITCOIN PRICES FELL
Bitcoin fell sharply on Thursday as selling pressure increased across the broader crypto market. Risk sentiment weakened as investors sold metals,



technology stocks, and digital assets together.One key reason behind the fall was heavy liquidation. More than \$1 billion worth of Bitcoin positions were liquidated within 24 hours. This forced many traders to exit their positions as prices dropped.Another major factor was falling institutional demand. Spot Bitcoin exchange-traded funds have seen large outflows in recent

months.Analysts at Deutsche Bank said US spot Bitcoin ETFs recorded outflows of more than \$3 billion in January, following outflows of around \$2 billion in December and about \$7 billion in November. These continued outflows have kept pressure on Bitcoin prices.
GLOBAL CRYPTO MARKET UNDER PRESSURE
The weakness in Bitcoin reflects a wider decline across the crypto market. According to CoinGecko data, the total value of the global crypto market has fallen by about \$2 trillion since reaching a peak of \$4.379 trillion in early October. More than \$1 trillion of this value has been wiped out in the past month alone.Bitcoin is now on track to fall 16% for the week. This takes its losses for the year so far to 27%.Other major cryptocurrencies have also seen sharp losses. Ether is heading for a weekly fall of 17% and is down 36% so far this year, showing that stress is spread across digital assets.

Maruti partners with Andhra govt to set up 4 automated driving test tracks

Under the MoA, the car major will automate and maintain these driving test tracks for a period of three years from the date of commissioning

New Dey)
Maruti Suzuki India on Friday said it has inked a pact with Andhra Pradesh government for the setting up and maintenance of four automated driving test tracks across the state.The tracks will be set up at four Regional Transport Office (RTO) locations in the state, namely Eluru, Ongole, Vizianagaram, and Anakapalli.Under the MoA, the car major will automate and maintain these driving test tracks for a period of three



years from the date of commissioning.
"Aligned with his vision for technology-led solutions, we are honoured to bring 4 Automated Driving Test Tracks (ADTTs) to the state of Andhra Pradesh,"Maruti Suzuki India MD and CEO Hisashi Takeuchi said in a statement.ADTTs use advanced technology that ensure a

comprehensive, efficient, and transparent process with zero human intervention, he added.This guarantees that only skilled drivers are awarded a driving license, thereby improving overall road safety, Takeuchi noted.
"The automation of driving test tracks is expected to bring greater uniformity and objectivity in the testing process and ensure that driving licenses are issued only to candidates with the requisite driving skills, thereby strengthening road safety in the state," Andhra Pradesh Transport Commissioner Manish Kumar Sinha stated.The ADTTs in Eluru, Vizianagaram, Ongole and Anakapalli will serve light motor vehicles and two-wheeler driving license applicants.



this reduces the direct control of investors on their investments, the market regulator said in a statement.Therefore, SEBI proposed to "extend the facility of standing instruction for SWP/STP may for the MF units held by investors in demat form, thereby facilitating EoDB to the various stakeholders of the MF industry".The regulator has outlined a two-phase rollout. In the first phase, investors would register unit-based SWP and STP mandates through depositories or stock-exchanges, with transactions executed on order entry platform of stock exchanges, the statement said.The second phase would move processing to registrars and transfer agents and could introduce more flexible options such as "amount-based and other variants of SWPs and STPs," like as appreciation-based withdrawals and swing-STPs.

RBI maintains 5.25% repo rate: What it means for homebuyers and EMIs

The RBI has decided to keep its key interest rate unchanged in its latest policy review. What could this steady stance mean for homebuyers and their monthly loan repayments

New Delhi.(Agency)
The Reserve Bank of India (RBI) has kept its key policy rate unchanged in its final monetary policy meeting of FY26, bringing a sense of stability for home loan borrowers. The move means interest rates on housing loans are likely to remain steady for now, helping buyers plan their finances with more certainty.
RBI MAINTAINS STATUS QUO ON RATES
The RBI's six-member Monetary Policy Committee (MPC) decided unanimously to keep the repo rate unchanged at 5.25%.

The panel also maintained its policy stance at 'neutral'.The central bank said inflation is staying close to its target, while economic growth remains stable despite global challenges. By keeping rates steady, the RBI has signalled that it wants to balance price stability with growth.For borrowers, this means lending rates linked to the repo rate are unlikely to change immediately. As a result, existing home loan EMIs are expected to remain broadly stable in the near term.
WHAT IT MEANS FOR THE HOUSING MARKET
Stable interest rates are often seen as good news for the property market. When borrowing costs are predictable, more people feel confident about taking home loans.Commenting on the decision, Ramani Sastri, Chairman and MD, Sterling Developers, said: "The decision to maintain status quo will keep the ongoing residential real estate sales momentum on course, offering homebuyers assurance of steady loan terms."He added that a supportive interest rate environment is key to maintaining buyer confidence and expressed hope for

further rate cuts in the future to improve affordability.
REAL ESTATE SECTOR SEES CONTINUED SUPPORT
Industry leaders believe that a steady rate environment, along with government



spending on infrastructure, will continue to support housing demand.Pradeep Aggarwal, Founder & Chairman, Signature Global (India) Ltd., said: "The RBI's decision to hold the repo rate steady at 5.25% offers stability for interest-rate-sensitive sectors like real estate in the current macroeconomic environment. With inflation remaining at manageable levels and the benefits of earlier rate cuts

continuing to flow through to homebuyers in the form of improved affordability, residential demand has remained resilient."Aggarwal also highlighted the Union government's plan to increase public capital expenditure to 12.2 lakh crore in FY27, announced in the Union Budget 2026. He said infrastructure-led development, combined with stable monetary policy, will help the real estate sector drive economic growth, jobs and urban development.
WHAT BORROWERS SHOULD WATCH NEXT
While the current decision brings short-term comfort, future rate movements will depend on inflation trends and global economic conditions. If inflation remains under control, there could be room for rate cuts later, which would further reduce borrowing costs.For now, home loan borrowers can expect stability in their EMIs. Those planning to take a loan may find this a good time to lock in rates, as predictable borrowing costs make long-term financial planning easier.



Sidharth Malhotra And

Tamannaah Bhatia

Set Internet On Fire In New Vvan BTS Photo

Sidharth Malhotra and Tamannaah Bhatia will be sharing screen space in Vvan. With audiences eagerly waiting for more details, the recently released intriguing teaser offered a peek into its mystical world. Adding to the excitement, a new picture featuring Sidharth Malhotra and Tamannaah Bhatia has surfaced.

A sneak peek of Sidharth Malhotra and Tamannaah Bhatia from the sets of Vvan is simply too cute to miss. Their never-seen-before pairing sparkles with warmth and charm. Coming together on screen for the first time, the duo radiates youthful, energetic vibes, instantly winning hearts. This glimpse has only amplified the buzz around the film. The fresh pairing has already sparked massive excitement among fans, who have long been eager to see these two stars share screen space. Their crackling chemistry in this BTS moment has sent social media into a frenzy, building anticipation for what's to come.



If a recent report by Bollywood Hungama is to be believed, Vvan is likely to be postponed from its original release date, i.e. May 15. Reportedly, the film is being pushed to avoid a clash with Akshay Kumar's Bhoot Bangla, since both films are produced by Ekta Kapoor. "Vvan is no longer releasing on May 15. The film is produced by Ekta Kapoor and her other film, Bhooth Bangla, directed by Priyadarshan and starring Akshay Kumar, Tabu, Wamiqa Gabbi, Paresh Rawal and late Asrani, has been pushed from April 3 to May 15. Hence, releasing two films of her production on the same day was not practical. Accordingly, Vvan has been pushed. The new date has been kept a secret by the makers and they are expected to mention it on the first look poster," a source cited by the news portal claimed.

About the film

Vvan: Force of the Forest is generating significant buzz as it brings together Sidharth Malhotra and Tamannaah Bhatia in a gripping tale set against the backdrop of an ancient forest. Set in the dense, mythical heartlands of Central India, VVAN is rooted in Indian folklore and is being shot in real forest locations to ensure authenticity and depth. Directed by Deepak Mishra and Arunabh Kumar, and produced by Shobha Kapoor, Ekta R Kapoor and Arunabh Kumar, the film is a joint production venture of Balaji Motion Pictures and The Viral Fever (TVF). Meanwhile, Sidharth was last seen in Param Sundari with Janhvi Kapoor. The film, directed by Tushar Jalota and produced by Dinesh Vijan under the Maddock Films banner, opened to mixed reviews but failed to leave an impressive mark.

'It Certainly Raises The Bar': Mohit Malik On Yeh Dil Sunn Raha With Zoya Afroz And Shaheer Sheikh



Mohit Malik, who made his Bollywood debut with Azaad as the antagonist, is now eyeing the release of his upcoming romantic thriller series Yeh Dil Sunn Raha. The series will premiere on Netflix and star Zoya Afroz, Shaheer Sheikh, and Malik. Mohit, who is super excited about the project, spoke about how the series has helped him push his limits. The cast, including Mohit, attended Netflix's content announcement event, where the actor spoke candidly about his excitement for the project. Opening up about his role, Mohit shared that the series allowed him to explore a completely different psychological and emotional space. For him, stepping out of familiar territory is essential. He shared, "I'm quite thrilled to be part of this series. It allows me to explore a different psychological and emotional space with this character. As an artist, you always want to be pushed out of your comfort zone and avoid repetitive roles. This is a role where I feel I can explore myself further as an actor, and it certainly raises the bar for me. The show is very close to my heart, the title itself is mysterious and intriguing. To sum it up, romance isn't just an emotion; it can also drive conflict."

About the Series

Yeh Dil Sun Raha is directed by Kapil Sharma and boasts a strong writing team comprising Nilanjana Purkayastha, Paromita Ghosh, Pranjali Saxena, and Shashank Kunwar. The series is produced by Aditya Pittie, Samar Khan, and Herumb Khot.

About Mohit Malik

Mohit Malik has been a household name on Indian television for the past twenty years, captivating audiences with his charming persona and impeccable acting skills. The actor was seen in shows like Doli Armaano Ki, Miilee, Kullfi Kumarr Bajewala, and Lockdown Ki Love Story. His last daily soap was Baatein Kuch Ankhahi Si. Beyond television, the actor has also ventured into the digital space with the web series Cyber Vaar – Har Screen Crime Scene, where he starred opposite Sanaya Irani. He has also participated in the reality show Khatron Ke Khiladi season 12, emerging as one of the top three finalists.

Shahid Kapoor Smiles As He Poses With Female Fans For Photos



Shahid Kapoor is once again winning hearts on social media. A recent video of the actor posing with female fans for photos has gone viral, leaving netizens praising his friendly nature. Shahid can be seen patiently stopping to take pictures with a group of excited fans. Dressed in a casual yet stylish outfit, the actor flashes his signature smile as he happily poses for selfies and group photos. In the video, shared by Filmygyan, we can see Shahid Kapoor coming out of a café and he is dressed in casuals. The actor looked handsome in a white T-shirt paired with trousers. He was seen surrounded by female fans and happily posing for photos. The video has gone viral with fans reacting to it. Many called him handsome.

Shahid Kapoor Engages In Fun Banter With Triptii Dimri

Shahid Kapoor was seen getting engaged in fun banter with co-star Triptii Dimri. Ahead of the release of the much-awaited film O'Romeo, Shahid Kapoor took to Instagram and shared behind-the-scenes glimpses from a photoshoot. The photo captured a candid moment between Triptii Dimri and Shahid Kapoor. As Triptii stepped in front of the camera to strike a face, Shahid playfully pulled an annoyed face as if the actress was running his shot. Sharing the candid glimpse, Shahid jokingly wrote, "Shendi lag gai..."

Shahid Kapoor and Triptii Dimri Gear Up for O'Romeo Release

Prior to the release of their highly anticipated film, Shahid Kapoor and Triptii Dimri were seen doing a photoshoot together. Behind-the-scenes pictures shared by the actor showed him dressing in a beige button-down shirt and khaki tailored pants. On the other hand, Triptii opted for a gorgeous ethnic suit, featuring a long red kurta, which she paired with black pants and a contrasting white dupatta. The actors were seen having a fun time as they shared light-hearted moments between shoots.

What Do We Know About O'Romeo?

Written and directed by Vishal Bhardwaj, O'Romeo is based on the book Mafia Queens of Mumbai by Hussain Zaidi. Set against post-independence Mumbai, the gritty tale explores the criminal landscape of the era, weaving through the streets and shadows of India's bustling metro city.

Bipasha Basu's

Daughter Devi Saying Her Bedtime Prayer Is Too Cute To Miss

Bipasha Basu's Instagram is giving us all the feels with snippets of her daughter Devi and her cute little antics. True to form, Bipasha recently shared another video, and it's impossible not to smile while watching it. This time, fans get a peek into Devi's nighttime routine, and it's just the cutest thing ever.



Devi Basu Singh Grover's Adorable Sleep Ritual

Bipasha Basu recently took to her Instagram Stories to give fans a peek into what Devi does before drifting off to sleep. In the video, Devi is all set for bed, dressed in an adorable night suit in her super cute bedroom. With her two tiny pigtailed perfectly in place, Devi can be

seen saying her little thank-you prayer. In her sweet, soft voice, she says, 'Thank you God for the birds that sing, thank you God for everything.' Her tiny hand gestures and earnest expression will leave you with a smile. Capturing this precious ritual, Bipasha added a simple yet meaningful caption: "Grateful heart."

Devi's Adorable Videos

Back in November last year, Bipasha shared a clip of Devi celebrating her birthday. The little one wore a cute pink frock with a gorgeous hairdo, and watching her have fun, walk around in her pretty dress, and do her little things was simply too cute to miss. Bipasha also gave fans a glimpse of Devi's Navratri celebrations. The little girl looked absolutely charming in a multicoloured lehenga, paired with a few bangles. In the video, Devi could be seen twirling and playing with flowers, radiating absolute joy and innocence. But it's not just her style and cuteness that has impressed fans. Devi's latest video of saying a short prayer shows the values Bipasha is nurturing in her daughter, making her even more endearing.



If you're an emotional eater, chances are that whenever tragedy strikes, you probably go running to seek comfort in ice creams, desserts and cookies, pizzas, burgers, etc — basically foods that are loaded with sugar and fat. However, you know that no matter how much a soothing effect these foods have on your emotions, they aren't really great for your waistline. But still you gorge on them in times of despair and get racked with guilt later. We give you a list of healthy foods...

Nuts
Walnuts and almonds are the healthiest of all nuts. Nuts are fortified with the B group of vitamins, magnesium, zinc and omega oils that helps to keep cortisol (a stress hormone) levels low. Also, they are a good source of energy, balance out sugar cravings and aids metabolism. The monounsaturated fats present in nuts help in curbing overeating. But there's no need to go overboard with nuts as they have high calories. Stick to a handful; say about 10-12 nuts daily.

Broccoli
Broccoli is considered as one of nature's superfoods.

It's rich in folic acid that helps in reducing stress and irritability. But if you're still averse to eating steamed or stir-fried broccoli, then eat it with a low-fat version of your favourite dressing.

Salmon
If you're a seafood lover, then you'll definitely relish this option. Oily fish (including mackerel and anchovies) but especially salmon is rich in omega-3 fatty acids, which

Foods

you should eat to stay

Happy



aid in optimum functioning of the brain. Low levels of omega-3 have been associated with poor blood and energy regulation linked with stress. This in turn, helps you to deal with stress effectively.

Milk
Drinking a glass of milk can boost your mood because it contains a compound called tryptophan, which gets converted to serotonin, also known as the happy hormone. Also, the magnesium, potassium and calcium content in milk help keep blood pressure in control. Lactium, a protein in milk has a calming effect on the body. Also, drinking milk reduces symptoms of PMS and boosts energy.

Hot cocoa
Having warm beverages tend to raise the temperature in the body by a few notches. And the feeling of warmth that we derive from a slight raise in

temperature, which we often associate with comfort, triggers a similar response in the brain.

Chamomile/Green/black tea
Theanine, an amino and glutamic acid found in tea, reduces tension producing beta waves and accelerates the production of relaxation inducing alpha waves in the brain. A UK study found that having four cups of black tea daily for about six weeks lowers cortisol levels. Having chamomile tea is known to have a calming effect and is great for aiding good sleep.

Did you know? The antioxidants present in green tea aid curbing physiological stress and also a genetic tendency towards stress called COMT gene.

Berries
Take your pick from a variety of berries like strawberries, raspberries and mulberries. Berries have abundant antioxidant properties that support brain function and blood circulation. Raspberries are said to contain the most amount of ellagic acid that improves liver functions, regulating cholesterol levels and eliminating toxins. Since berries are sweet, they are the healthiest choices to satisfy your sugar cravings.

Beetroots
This colourful tuber is a great source of folate also known as vitamin B9. This vitamin promotes functioning of the liver and the nervous system, which usually gets congested under chronic stress.

Avoid these common causes of bad

Posture

Most people do not realize how important good posture is, and hence often neglect how they carry themselves.

A person with bad posture is perceived as a person with low self-esteem and low confidence, besides harming overall health in the long term.

The physical harm directly affects back and neck pain, amongst several other ailments. Today, we have Dr. Tina Mahendrakar - Physiotherapist, lay down some common causes of poor posture, so that being aware of these causes can help you avoid it to improve your posture.

Pain or past injuries

When you experience pain in your back or neck muscles or any other part of the body, you tend to overcome the pain by holding your body in a different position. When this posture is continued for a long time, it can become a daily habit. Hence holding yourself differently can be due to some pain or muscle injury in any part of your body.

Low nutritional state

Your spine and back need adequate nutrients to grow strong and straight. Low nutrition and lack of vitamins and calcium can affect the bones and muscles by not providing adequate strength and flexibility to hold itself in a correct posture.

Hereditary

If you have a family history of bent back, then even you might have to deal with it. Sometimes no matter

how hard you try to hold your posture in a correct way, the reason can be just genes that are preventing you from improving your posture. However, this can be rectified with professional help.

Extra weight

According to Dr. Tina, carrying extra weight can also be the reason for your poor posture. Many women with large breasts tend to have bad posture because the extra weight around their chest pulls them forward. People with extra weight around their stomach can have a problem with lower back pulled forward, due to the stomach weight.

Habit

Sometimes, the way you walk or the way you hold things can be the reason of bad posture. For instance, if you always walk with your head down or slump your shoulders, this can cause your posture to pull out from proper alignment. Sometimes, carrying weight on only one side of the body can contribute to imbalanced or poor posture.

Your job

Your desk job is the biggest reason for your hunched back - according to Dr. Tina. People, who have desk jobs, often push their neck and head forward and hunch their shoulders. All these factors contribute to our inability to keep our spines straight and results in poor posture.

Lifestyle and fashion

Clothing and shoes especially affect posture. Women, who walk on pencil heels, are more prone to cause problems to their posture. Besides high heels shoes, wearing boots, tight fitting clothes, low waist jeans and wide belts can cause bad posture - according to Dr. Tina. When you wear something uncomfortable like wide belts or high heeled shoes, this changes your centre of gravity, which ultimately causes your posture to suffer.



Foods that fight wrinkles and ageing



Blueberries: These tiny berries are powerhouses of nutrition. They are loaded with antioxidants, which stops premature ageing and help prevent cancer. Wild blueberries also boost your health. A study suggests that anthocyanins in blueberries appear to combat oxidative stress, which is one of the main causes of ageing. Yellow and orange root vegetables: Put plenty of beta-carotene on your plate.

These super-antioxidants are good for your skin and eyes. Good choices include carrots, sweet potatoes, pumpkins, and squash.

Broccoli: Quercetin is a powerful antioxidant that is found in broccoli, along with other foods including cranberries, onions, and apples. It is a natural anti-inflammatory agent as well, fighting the number two cause of aging. Broccoli sprouts have 30 times more isothiocyanates (yet another antioxidant) than regular broccoli.

Raw, organic eggs:

A single egg contains, nine essential amino acids. It's rich in proteins and has naturally occurring Vitamin D. Consuming your eggs raw is the best thing to do as cooking destroys some of the highly perishable nutrients.

Aloe vera: Aloe vera's anti-ageing properties have been known for ages. Scientific evidence suggests that Aloe

Vera juice can heal skin and reverse skin ageing. Skin ages because of UV light damage and loss of collagen in the skin. Collagen helps in keeping the skin firm and elastic.

Ageing breaks down the collagen matrix in your skin which leads to wrinkles. Drinking aloe vera juice is known to reduce the wrinkle depth and improve skin elasticity due to increased collagen production.

Garlic: Allium is an antioxidant that packs a punch. Garlic, onions, and scallions are loaded with this free-radical fighter that is good for your skin and your immune system.



Ageing, dark spots, wrinkles, and fine lines... these are the last things that a person would like to see on his or her skin.

No wonder, both men and women are willing to shell out a lumpsum to look good and are going all natural in the process. According to experts, the secret lies in the plate and that's precisely why what you eat matters the most. Food experts recommend people to opt for natural products to maintain a youthful look in a healthy way. And when it comes to these natural products, there are umpteen varieties to choose from. We give you a list of products that one could choose from to delay the ageing process and to maintain that youthful look.

Leafy greens:

Like eggs, leafy greens such as spinach, kale, turnip greens, and romaine lettuce, are great sources of lutein and zeaxanthin. Studies have shown eating foods rich in these antioxidants can significantly reduce risk of AMD (age-related macular degeneration), as well as non-Hodgkin's lymphoma. Spinach has a very high ORAC (Oxygen Radical Absorbance Capacity) score. It is a measurement of a food's ability to destroy the free radicals that cause damage in your body. The higher the ORAC score, the better a food is for you.