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Appeal to Prime Minister for Release of Sikh Prisoners

Modi Hai to Mumkin hai

The Sikh Times Simmi Kaur Babbar

New Delhi 17 March: In a strong and emotional appeal, Gurcharan Singh Babbar, President of the All India Sikh Conference Babbar, has urged Prime Minister Narendra Modi to take immediate action for the release of Sikh prisoners who have already completed their sentences but continue to remain lodged in various jails across the country.

deteriorating health conditions of many Sikh prisoners. "Several of these prisoners are now elderly and suffering from serious illnesses. Their prolonged incarceration, despite completing their legal sentences, is not only unjust but also inhumane," Babbar stated.

opportunity to correct these historical injustices. Appealing directly to the Prime Minister, Babbar said, "You have the authority and the image of a decisive leader. It is often said 'Modi hai to mumkin hai.'



AAP govt's politics of work has fulfilled all guarantees within just 4 years: CM Bhagwant Singh Mann

The Chief Minister highlighted key achievements including free electricity, daytime power for farmers, canal irrigation reaching 78% of fields, 65,000 government jobs and 5.5 lakh employment opportunities, along with expanded healthcare through Aam Aadmi Clinics and free treatment up to ₹10 lakh.

Chandigarh. (Agency) On the completion of four years of the Aam Aadmi Party (AAP) Government, Punjab Chief Minister Bhagwant Singh Mann on Monday said the government has fulfilled all guarantees made to the people through what he described as a 'politics of work'.

₹1.55 lakh crore and road safety reforms through the Sadak Surakhya Force reflect the government's focus on rebuilding Punjab. Taking aim at opposition parties, CM Bhagwant Singh Mann said while Congress, Akalis and the BJP are concerned about power, the AAP Government is focused on saving Punjab and will not allow divisive politics to succeed in the state.



Bhagwant Singh Mann further said, "Along with me, millions of Punjabis took the oath to restore the pristine glory of the state." AAP Government Completes Four Years, Focus Now on Taking Punjab to New Heights

Speaking about the achievements of his government, CM Bhagwant Singh Mann stated, "In the last four years, the Punjab Government has worked tirelessly for the welfare of people and fulfilled the promises made to them."

NDA's Rajya Sabha gains reflect alliance discipline, strategic voting

New Delhi.(Agency) The National Democratic Alliance (NDA) emerged stronger in the recent Rajya Sabha elections, benefiting from alliance unity, a meticulously planned strategy, and alleged cross-voting, which collectively gave it an edge over the Opposition.



Bihar, where five seats fell vacant in April, served as a case study in alliance coordination. The NDA won all five, including the election of Chief Minister Nitish Kumar and BJP National

President Nitin Nabin. Reports indicated that three Congress MLAs and one RJD MLA abstained from voting, indirectly facilitating the NDA's clean sweep. RJD candidate AD Sinha lost the fifth seat as a result.

RJD Rank And File Turns Against Congress After Rajya Sabha Poll Defeat

New Delhi.(Agency) Rajya Sabha election for one seat in Bihar led to a victory for the NDA after three Congress MLAs and their colleague from the Rashtriya Janata Dal skipped the voting. The situation has led to massive misgivings among the rank and file of the RJD, who are now blaming the Congress for the defeat.

contesting, went to the NDA. The NDA had earlier asserted that Kushwaha will win. The Grand Alliance, which has 35 MLAs, had enlisted the support of five MLAs from the AIMIM and one from Mayawati's Bahujan Samaj Party to get the required count of 41. After initial hesitation, the AIMIM eventually agreed and cast its votes in favor of the RJD and the BSP legislator also stood by the RJD.

Opposition rattled as all promises fulfilled within 4 years, they have no issue left to face people in elections: CM Mann

The Sikh Times DHURI, 17 March: Punjab Chief Minister Sardar Bhagwant Singh Mann on Tuesday said India would have looked very different had Shaheed-e-Azam Bhagat Singh been the country's first Prime Minister, questioning why, even after decades of independence, the nation remains trapped in an outdated system for which revolutionaries like Bhagat Singh and Kartar Singh Sarabha laid down their lives.

the government in the state," said CM Bhagwant Singh Mann. He added, "People of Punjab are eagerly ready to constitute the AAP government again after the ensuing Vidhan Sabha polls in 2027. After assuming charge in 2022 from the native village of Shaheed-e-Azam Bhagat Singh, our government took several people-friendly decisions. We have already fulfilled all our promises in four years and in the coming year we will take the state to a new zenith."



bars. These leaders not only patronized drug by turning a blind eye towards their misdeeds. However, the AAP government ensured that the perpetrators of this heinous crime are put behind bars." Taking aim at Opposition leaders, he said, "Even today they are one and Charanjit Singh Channi, Amarinder Singh Raja Warring, Sukhjinder Singh Randhawa, Captain Amarinder Singh, Sukhbir Singh Badal and others have joined the chorus to tar-

get me. Earlier these leaders used to mock me by labeling me as an entertainer, but now they chant my name day and night out of fear." He added, "In 2017, when AAP got several seats and became Opposition, they said nothing will happen. In 2022 they said nothing will happen, but our government took several path-breaking initiatives. Now again they say nothing will happen in 2027, but AAP will form the government again with a thumping majority." On the Opposition's fail-

ure, CM Bhagwant Singh Mann said, "The entire opposition has never raised a single real issue concerning the people both inside and outside the Vidhan Sabha. This reflects that they are only concerned about their own positions as they are only interested in power." He added, "Desperate to attain power, the Akali Dal is posting AI-generated videos about me on social media to mislead people. This shows that in dearth of any issue against me they are baffled and making futile attempts to attain power."

News box

Cratered for 6 years, 'master' road now set for upgrade in Gurgaon

Gurgaon.(Agency)

After years of neglect, a 750m stretch of the master road dividing Sector 114 outer road is set for upgrade. Bids have been invited. This is part of the efforts to upgrade urban infrastructure and facilitate safer and smoother movement for commuters," a GMDA official said. The project is estimated to cost Rs 7.8 crore. The road was in poor condition for six years, with one carriageway becoming non-motorable and deep potholes making commuting difficult for motorists. The damaged surface and loose dust on the stretch also caused difficulty for residents and daily commuters. The road was developed by HSVP over a decade ago and was handed over to GMDA in 2018. In 2021, GMDA planned to carry out the repair, but the project did not see the light of day. Again, the redevelopment of the stretch was planned in June 2023, but the proposal was later put on hold as traffic movement on the stretch was considered low at the time. With the condition of the road deteriorating further, authorities have now revived the plan. Under the plan, strengthening of the main carriageway and installation of a central verge crash barrier to improve road safety will be taken up. The project will also include construction of drains on both sides of the road for better stormwater management. Apart from this, road furniture and other traffic safety infrastructure will be installed along the stretch to improve overall road functionality. Once the work is awarded, the project is expected to be completed within 8 months.

Mywoods runs on genset for 11 hours after NPCL cuts power

Noida.(Agency)

Power supply to Mahagun Mywoods in Greater Noida West was cut on Monday morning after the developer failed to clear electricity dues of about Rs 72 lakh, leaving thousands of residents dependent on diesel generators. The connection was restored around 8pm after the dues were cleared. Noida Power Company Limited (NPCL) officials said power supply was disconnected at 9am after repeated notices to the society management went unanswered. The residential complex has a total of 31 towers with around 6,100 flats. Of these, 4,800 units in 27 towers, housing more than 15,000 residents, are occupied. The project is still under the control of the developer as four towers remain under construction, and an apartment owners' association has not yet been formed. Residents said the outage has forced the complex to rely entirely on diesel generators, raising costs and causing frequent disruptions. "Residents have to recharge prepaid power meters. Yet, we have to suffer because the builder has not cleared the dues," said Anil Verma, a resident. "Since 9am, home appliances and lifts have been running on gensets. With so many households using electricity at the same time, the load is high, and the MCBs keep tripping. Even lifts and common areas are at risk." Residents said the timing has made the situation more difficult, with families at home during the school holiday period and electricity use remaining high throughout the day. According to NPCL, the billing cycle for the disputed amount began on Feb 18, when a total bill of Rs 84.33 lakh was generated. The payment deadline was Feb 28, with March 15 set as the disconnection date if the amount remained unpaid.

Noida Airport effect: 54 new industries in a year, 700 deeds

Gurgaon.(Agency)

Industrial activity around the upcoming Noida International Airport has accelerated over the past year. Data from Yamuna Expressway Industrial Development Authority (YEIDA) shows that industrial allotments rose from 3,059 last March to 3,113 by March 13 this year, adding 54 plots. Lease deeds executed also increased significantly, rising from 1,632 to 2,363 — an addition of 731 within a year. The number of units taking physical possession of industrial plots also climbed sharply, from 990 in March 2025 to 1,785 in March 2026. Officials said the growth reflects rising investor interest in the airport-led industrial corridor. On March 6, the Directorate General of Civil Aviation (DGCA) issued an aerodrome licence for the airport — a major step towards operationalising the greenfield airport project — indicating that the first flight could start within 45 days from the licence date. According to the data, Yamuna Authority had allotted 3,059 industrial plots as of March 31, 2025, over the 25 years since its formation in 2001. The figure rose to 3,113 by March 13, 2026, reflecting an addition of 54 plots in one year. While the rise in allotments was modest, other indicators of industrial activity recorded sharp growth, particularly lease deeds. Yamuna Authority CEO RK Singh said the number of units taking physical possession of industrial plots also rose significantly. "We are ensuring that all allottees take possession of their plots and begin construction and development work," he said. Singh added that the Authority has taken several initiatives to streamline the execution of lease deeds and the possession of properties to allottees. "We reviewed the allotted plots and identified key issues. Some plots were stuck in litigation, and we expedited the process. Farmers whose land was acquired were also given 7% developed plots. We additionally acquired land to meet the growing demand for industrial development in the area. Apart from this, we served notices and cancelled over 130 plots that had been allotted but not registered. However, the allottees soon approached the Authority and requested that the cancellations be withdrawn. Following this, the cancellation orders were revoked," he said. The trend reflects growing investor confidence as companies move ahead with project implementation, encouraged by the upcoming airport, which is expected to transform the region into a major industrial and logistics hub. The data also shows that construction activity intensified over the past year. The number of sanctioned industrial building plans increased from 318 to 716, an addition of 398 approvals. Consequently, the number of units under construction rose from 120 to 341, marking an increase of 221 projects.

IMD issues storm alert for March 19-20 in Haryana, says winds may hit 50kmph

Gurgaon.(Agency)

Thunderstorms accompanied by lightning and gusty winds of 40-50 kmph are likely in several districts of Haryana on March 19 and 20, according to an alert issued by India Meteorological Department (IMD). The forecast shows no warning for Haryana on March 17 and 18, indicating stable weather conditions. However, the weather across several districts may change afterwards due to the influence of a western disturbance, according to district-wise warnings issued by the Meteorological Centre, Chandigarh. Yellow alerts have been issued for the two days for several districts, including Ambala, Panchkula, Yamunanagar, Kurukshetra, Karnal, Panipat, Sonapat and Rohtak. On March 20, the warning is expected to be extended to most districts, indicating more widespread



thunderstorm activity. Residents have been advised to be prepared due to the risk of lightning and strong winds. Southern districts such as Gurgaon,

Faridabad, Rewari, Mahendragarh, and Mewat are likely to remain under relatively milder conditions until March 19, though isolated thunderstorm activity cannot be ruled out later. Weather officials said such conditions are typically triggered by western disturbances affecting northwest India, which can bring brief spells of rain, thunderstorms and gusty winds across Haryana during the pre-summer transition period. Meanwhile, Gurgaon recorded the highest maximum temperature in Haryana at 36°C on Monday, about 6.3 degrees above normal, according to the Sohna Road weather station. Other stations in the district recorded lower readings, with Gurgaon AWS at 29.8°C, Gurgaon KVK at 30°C and NorthCap University at 31.8°C.

PM SHRI schools to be 'adopted' in Haryana, to get Rs 2 crore for infra upgrade

Gurgaon.(Agency)

Senior administrative officers of the Haryana Civil Services (HCS) will now adopt select schools under the central gov't PM SHRI scheme to strengthen school education and infrastructure across the state. Each adopted school will receive up to Rs 2 crore annually for two years to upgrade facilities and improve the overall learning environment. During a review meeting, chief secretary Anurag Rastogi directed officials to ensure effective implementation. Authorities were instructed to set up district-level committees headed by deputy commissioners and additional deputy commissioners. These committees will assess infrastructure and academic gaps in the selected schools and will work towards resolving them. Officials were asked to conduct field visits to assess school facilities and identify priority areas for funding. The goal is to strengthen academic infrastructure and ensure

effective use of resources to transform these institutions into model schools. Rastogi also directed that all teaching and non-teaching staff vacancies in PM SHRI schools be filled on priority. The state govt



will honour the three best-performing PM SHRI schools and three Model Sanskriti schools on Independence Day. The awards will be based on academic performance, infrastructure development and innovative teaching practices. Education department officials have been instructed to form evaluation and selection committees at district and divisional levels

to identify the top-performing schools. So far, 250 schools across the state have been selected under various phases of the PM SHRI scheme—124 in the first phase, 111 in the second, six in the third, and nine in the fifth—ensuring broad regional coverage. Out of 143 development blocks in the state, 137 have already been covered under the initiative. Among them, 113 blocks have two PM SHRI schools each—typically one senior secondary school and one primary or secondary school—while the remaining 24 blocks have one such school. For financial year 2025-26, the scheme has an approved budget of Rs 191.6 crore, of which Rs 95.8 crore has been sanctioned and around Rs 29.78 crore spent so far. Selected schools are being developed as green campuses with solar power plants, LED lighting, water conservation systems, nutrition gardens, and waste management facilities. The focus is also on smart classrooms, digital tools, and experiential learning.

Gurgaon's power demand up by 80 lakh units in nine days

Ghaziabad.(Agency)

A deepening LPG shortage has triggered a rise in electricity consumption across Gurgaon, with officials attributing it to households, eateries and small industries shifting towards induction cooktops and other electric appliances. Power data shows the city's daily electricity use rose from 269.8 lakh units on March 6 to 350 lakh units on March 15, an increase of over 80 lakh units in just nine days. However, it should also be noted that February and March have been unusually warm this year, with temperatures already going beyond the 35°C threshold. With a harsh summer approaching, officials warned that continued dependence on electric cooking, coupled with rising temperatures, could place further strain on the city's power grid, though the utility

has assured uninterrupted supply. A spokesperson from Dakshin Haryana Bijli Vitran Nigam (DHBVN) confirmed



that both urban and rural consumers, as well as industries, are drawing more power due to the non-availability of LPG. "Consumers are increasingly shifting to induction and electric cookers. Since there are no power cuts and supply is adequate, electricity usage is rising

further," the spokesperson said. Markets in the city reported an unprecedented surge in demand for induction cooktops, with several stores running out of stock. "The demand for electric cooking equipment increased manifold, and there is a huge gap between demand and supply. Everyone wants to have at least one electric cooking stove," said an electronic shop owner in Sector 14. The data reflects a clear upward trend as LPG shortages continue to alter energy consumption patterns in the city. Officials caution that with temperatures expected to rise in coming weeks, electricity demand will peak. If the LPG crisis is not resolved soon, the surge in domestic and industrial power dependence could place an additional burden.

Gurgaon's new civil hospital should have come up here by now. Instead, it's a parking lot

Gurgaon.(Agency)

Ramesh Prasad's wife, 34-year-old Kamla, had been showing influenza-like illness (ILI) symptoms for 20 days. He brought her to the Sector 10 district hospital at night, hoping to get a specialist to see her. Prasad, a resident of Basai, works in a shop in Sadar Bazar and Kamla is a homemaker. Their first choice would have been a civil hospital — run by the govt in every district, forming the backbone of the public healthcare system. But what was once Gurgaon's Civil Hospital, spread across 7.73 acres, has now been reduced to a haphazard parking lot filled with vehicles from Sadar Bazar and construction debris. Broken concrete slabs and twisted metal lie scattered across the open ground. Stray dogs forage between parked vehicles while vendors informally occupy corners of the site during the day. Prasad and his family cannot afford private treatment and the Sector 10 hospital is the closest facility resembling a civil hospital.

But Kamla was referred to Delhi. "They said there were no beds. We reached at night... there was no one to register the patient. The doctor treated my wife but told us to go to Safdarjung Hospital as it might be pneumonia and other lung disease combined," he said. In 2021, Gurgaon's district civil hospital at Civil Lines was demolished after repeated structural failures. Between 2015 and 2016, at least six incidents of roof collapse were reported at the hospital, including in the maternity ward and ICU. The public works department later recommended complete demolition. The 200-bed facility was pulled down after Haryana govt announced plans to replace it with a new govt hospital. Four years on, construction has not begun, while pressure on the Sector 10 govt hospital continues to mount. Services from Civil Lines were shifted there gradually over a year. Originally a 100-bed facility, Sector 10 hospital was never meant to serve a city of

this size. Today, it is effectively accommodating two hospitals in one. The civil hospital project was first announced in the 2019 state budget as a 400-bed facility and later expanded to 750 beds. The proposal eventually has settled on a phased 400+200-bed model. "After examining the proposal, we did not find any objections with the layout. The file was resubmitted to proceed with the 400-bed hospital plan, which also includes provision for adding another 200 beds in the next phase," Gurgaon chief medical officer Dr Lokveer Singh told TOI. A timeline in limbo In Jan 2025, the state govt announced a revised construction timeline for the hospital, saying work would begin by May after the bidding process, with central public works department as the executing agency. Architectural drawings proposed a multi-block complex including a main hospital tower, a TB ward block, parking and residential facilities, a mortuary and

engineering services block. The project was pitched as a comprehensive district hospital with CT-MRI facilities, oncology and radiology departments and specialised laboratories. In Aug 2024, the state govt approved Rs 989.8 crore for the project and released Rs 60 crore as the first instalment. But the timeline never translated into work on the ground. Earlier, Haryana govt had also approved an increase in the floor area ratio (FAR) of the proposed hospital building in Civil Lines to accommodate higher capacity. Health department officials had said construction could begin after design approval, with tentative timelines pointing to the end of 2025. That too did not happen. Sec 10 hosp stretched thin Doctors at the Sector 10 govt hospital said the facility handles up to 3,000 OPD patients a day during peak seasons. Gurgaon still has no burn ward in the govt health system, forcing even moderate

burn cases to be referred out, often to Delhi.

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Expedite demarcation of Yamuna floodplain: NGT

New Delhi: The Principal Bench of the National Green Tribunal (NGT) has directed the Government of NCT of Delhi (GNCTD) to expedite the demarcation of the Yamuna floodplain along a 22-kilometre stretch from Wazirabad to Palla.

NAME CHANGE
I hitherto known as S. SHARMA W/O DULICHAND SHARMA R/O H. NO. B-711, New Ashok Nagar, Dist: East Delhi, Delhi-110086 have changed my name and shall hereafter be known as SHAKUNTALA SHARMA

NAME CHANGE
I Bharat Bhushan Chouhan R/O HNO 217, VILL. JAKHAULI, TEH SONPAT DISTT SONIPAT, JAKHAULI (37), Sonapat, Haryana - 131023 have changed my name to Bharat Bhushan for all future purposes.

NAME CHANGE
I Mohit Kumar S/O Prem Chand, R/O C-411/1 sector 5, rohini New Delhi, 110085 have changed my name to Mohit Wadhvani for all future purposes.

NAME CHANGE
I Laxmi Narayan Shukla S/O RAM BAHADUR SHUKLA, 1-2/132, SECOND FLOOR, SECTOR-16 ROHINI, Rohini Sector 15, PO Rohini Sector 15, DIST-North West Delhi, Delhi-110089 have changed my name to Laxmi Narayan Shukla for all future purposes.

NAME CHANGE
I Shashank S/O Mahender Kumar Kaushal, QTRS no.1, Ambulance Carrage R.B.I.P.M.T. Kings Way Camp Delhi, Dr.Mukerjee Nagar, Delhi - 110009 have changed my name to my name Shashank Kaushal for all future purposes.

NAME CHANGE
I, GITANJALI wife of No-15482693M, Rank-DFR, Name-KADAM VIKRAM ASHRAM residing at VILL-WADACHIWADI, PO-ANJANGAON (A U), TEH-MADHA, DISTT-SOLAPUR, MAHARASHTRA-413209 have changed my name from GITANJALI to GITANJALI VIKRAM KADAM for all future purposes vide Affidavit dated 17/03/2026 before Notary Public, Delhi.

NAME CHANGE
I, AVNISH KALSI W/O KULJEET SINGH residing at 344/129 ZJ, GALI NO-9, EAST GURU ANAND NAGAR, LAXMI NAGAR, NEW DELHI-110092, have changed my name to AVNISH KAUR KALSI for all future purposes.

NAME CHANGE
I, PARAMJIT SINGH W/O TALVINDER SINGH KALSI residing at H NO-406, NEAR PRISTINE MALL, SEC-31, FARIDABAD, HARYANA-121003, have changed my name to PARAMJIT KAUR for all future purposes.

NAME CHANGE
I, TALVINDER SINGH KALSI S/O DARSHAN SINGH KALSI residing at H NO-406, NEAR PRISTINE MALL, SEC-31, FARIDABAD, HARYANA-121003, have changed my name to TALVINDER SINGH KALSI for all future purposes.

NAME CHANGE
I, JITENDER S/O Gangadhen Gour R/O H.No.38, Rahul Colony, Faridabad, Haryana-121001, have changed my name from JITENDER to JITENDER GOUR permanently

NAME CHANGE
I, MANOJ BOTHRA S/O Kundan Mal Bothra R/O D-7, 2nd Floor, Vivek Vihar, Phase-1, Delhi-110095, have changed my name to MANOJ BOTHRA to MANOJ KUMAR BOTHRA permanently.

NAME CHANGE
I, PARAMOD DHANDA S/O Vipin Kumar Dhanda R/O B-126, 2nd Floor, B-Block, Jhilmil Colony, Delhi-110095, have changed my name from PARAMOD DHANDA to PARAMOD DHANDA permanently

NAME CHANGE
I, MOHD YASAR KHAN / MOHAMMAD YASER KHAN S/O Nasir Khan R/O B-70, 3rd Floor, Okhla, Imam Residency, Lane-3, Jhori Farm Noor Nagar Extn. Jamia Nagar, Delhi-110025, have changed my name to MOHAMMED YASER KHAN permanently

NAME CHANGE
I hitherto known as GUDDI BAI RAJAK W/O BIJENDER KUMAR DHOBI R/O 3329, Gali Hari Mandir, Near Kasera Wajan, VTC-Pahar Ganj, PO-Swami Ram Tirth Nagar, Sub District-Near District-Central Delhi, Delhi-110055 have changed my name and shall hereafter be known as GUDDI.

NAME CHANGE
I AARIT SINGH S/O HARI SINGH R/O H No 260, Dairy Aram Bagh, Pahar Ganj, Central Delhi, Swami Ram Tirth Nagar, Delhi-110055 have changed the name of my minor son VEDAANT SINGH RAJPUT aged 13 years and he shall hereafter be known as AASHVIK A SINGH.H.

NAME CHANGE
I hitherto known as ANSHA KUMARI W/O RAUSHAN KUMAR R/O 155 First Floor, Mangolpur Kalan, Rohini Sec-7, North West Delhi, Delhi-110085 have changed my name and shall hereafter be known as ANSHU KUMARI.

NAME CHANGE
I, LAL CHAND S/O BHAGAULTI PRASAD, R/O JHAKARASI, MOHAMMADPUR KUTCHARIA, RAEBARELI, UTTAR PRADESH-229405, have changed the name of my minor daughter ANJU DEVI, aged 15 years and she shall hereafter be known as SUHANI for all future purpose.

NAME CHANGE
I NARAYANA SAMY RASU S/O RASU HOLDER OF INDIAN PASSPORT NO 72092885 ISSUED AT ABU DHABI ON 28/06/2016, PERMANENT RESIDENT OF SEAYANAM MIMISAL PUJUKKOTTAI DT TN PIN 614621,INDIA AND PRESENTLY RESIDING AT FLAT NO 1902,NEAR AL SIFA SUPER-MARKET ELECTRA STABU DHABI,UAE.DD HEREBY CHANGE MY NAME FROM NARAYANA SAMY RASU TO NARAYANAN WITH IMMEDIATE EFFECT.

PUBLIC NOTICE
BE IT KNOWN TO PUBLIC IN GENERAL: my client Sh.Lavkush S/O Sh.Badam Singh R/O Kh.No.485,Gali No.5, Rajeev Nagar, Bhaswala Dairy,North West Delhi, Delhi-110042 have severed his all relation to his Daughter Mrs.Kanchan and also severed her from all his movable and immovable properties because of her disobedience.My client will not be responsible for any act done by her in any manner. Harish Chaudhary(Advocate) Off.Ch.No.931,Rohini Court Complex,9th Floor,Rohini

NAME CHANGE
I Nisha Ahlawat D/O Mahender Singh, 7/322, GALI NO. 2, NETAJI NAGAR, Bahadurgarh, Jhajjar, Haryana-124507 have changed my name to Nisha Chhillar for all future purposes.

NAME CHANGE
I apna sharma w/o anil Sharma R/O H-NO - 150 gali no. 1, Bahadurgarh, Jhajjar, haryana have changed my name to Aparna sharma for all future purposes

NAME CHANGE
I Sanjay Kumar S/O Late Shri Rambhais, R/O Flat No. A-503, 5th Floor, Climax CGHS Ltd., Plot No. 11/2, Near Balaji Temple, Balaji Apartment, Rohini Sector-14, PO: Rohini Sector-7, DIST: North West Delhi, Delhi-110085 have changed my name to Sanjay Kumar Gupta for all future purposes.

NAME CHANGE
I, hitherto known as MUKESH MEHTA S/O MOTI LAL MEHTA R/O Y-27, Sharma Colony, Bush Vihar Phase-2, Sultanpur, C-Block, North West Delhi, Delhi-110086 have changed my name and shall hereafter be known as BHAVESH MEHTA.

PUBLIC NOTICE
Mrs. Sunita Saijan and Mr. Tarun Mittal Owner of the Residential CGEWHO Built up Type-A, Flat no 27 on 2nd floor in Phase-4, Block-4, at Kendriya Vihar II, Noida, Distt. Gautam Budh Nagar, U.P. Mrs. Sunita Saijan and Mr. Tarun Mittal have lost Original Allotment letter cum call up notice dated 18/03/2002 issued by CGEWHO in favour of Mr. Hemanta Kumar Pattanaik for which complaint lodged to the Public. Therefore, by way of this Public Notice it is hereby notified that any person, Attorney and/or entity, firm/company, society and/or member of the Society, Bank/ HUF/member of HUF, Financial Institution having any claim, charge, interest, or lien whatsoever with respect to the Said house or otherwise, may notify to undersigned if on his rakuhuk-margupta281401@gmail.com with documentary proof within 15 days from the date of this publication of notice, failing which any such claim etc. shall be deemed to be null and void, whereas title shall be deemed to be clear, and marketable without any defect or encumbrance and free to create equitable mortgage.

PUBLIC NOTICE
This is to inform you that Mr. Chiranj Lal Sharma and Mrs. Meena Jangid intend to purchase a property/plot bearing No. G-7/04 and new No. G-7/04/A, admeasuring 52 sq. yards (i.e., 43.5 sq. meters), carved out of Khazra No. 8/4, situated in the area of Village Matiala, in the colony known as Kiran Garden Extension, Jain Park, opposite Najafgarh Road, Uttam Nagar, New Delhi - 110059, from Mrs. Laxmi Devi and Mr. Pramod Sharma, Mrs. Laxmi Devi and Mr. Pramod Sharma purchased the said property from Mr. Sunny Batra, S/O Ramesh Batra, through a Sale Deed dated 23.03.2015. Please note that the original chain documents, namely the Sale Deed dated 05.12.2012 (Registered No. 28647) and the Release Deed dated 27.12.2014 (Registered No. 8950), have been lost. Accordingly, the said original documents are not available in respect of the above-mentioned property. An online FIR (Lost Report No. 3249268/2025) was registered on 29.09.2015 regarding the loss of the aforementioned documents. Please also note that the said property is proposed to be financed by Bajaj Housing Finance Ltd., Subhash Nagar Branch, New Delhi.If any person(s) objection & regarding subject property, then kindly may submit his/her objection from the date of the Notice in writing. The said objection may be kindly sent to the undersigned by way of the Registered Post on the address given below and by E-mail, failing which, the claim as per aforesaid shall be treated as null and void in respect of the subject property.

NAME CHANGE
I hitherto known as MOHD AFSAR KHAN S/O AKHTAR MIYAR R/O H.NO. 31/126, 2nd Floor, Gali No.2, Ghaffar Manzil, Jamia Nagar, Okhla, South Delhi, Delhi-110025 have changed my name and shall hereafter be known as AFSAR MIYA.

NAME CHANGE
I NOOR MOHD S/O MOHD RAFIQ R/O E-17 BLOCK-E GAFFAR MANZIL EXTN PART-2 JAMIA NAGAR OKHLA SOUTH DELHI-110025 HAVE CHANGED MY NAME TO NOOR MOHAMMAD.

NAME CHANGE
I RIZWAN S/O RIYASAT KHAN R/O 632 BEHIND PACKO INDUSTRY JEEWAN NAGAR GOUNCHHI BAL-LABGARH FARIDABAD HARYANA 121004 have changed my name to RIZWAN KHAN Permanently for all Future purpose

NAME CHANGE
I SHALU JAISWAL W/O RAKESH JAISWAL R/O 06024 ATS GREENS PARADISO SECTOR CHI-4 GREATER NOIDA GAUTAM BUDDH NAGAR UTTAR PRADESH 201310 have changed my name to NEERU AGGARWAL Permanently for all Future purpose

NAME CHANGE
I SOBATH SINGH CHAUHAN W/O AZAD SINGH CHAUHAN R/O C-36 T FLOOR CHANAKYA PLACE -1 UTTAM NAGAR DELHI-110059 have changed my name to NEELAM CHAUHAN Permanently for all Future purpose

NAME CHANGE
I AZAD SINGH S/O SOBATH SINGH R/O C-36 TOP FLOOR CHANAKYA PLACE PART-1 UTTAM NAGAR DELHI -110059 have changed my name to AZAD SINGH CHAUHAN Permanently for all future purpose

PUBLIC NOTICE
This is to inform the general public that PNB Housing Finance Ltd., having its branch office at Shahrada, New Delhi, intends to extend a financial facility to Mrs. Hem Lata, against the security of one residential Built Up Second Floor up to ceiling level without roof and terrace rights alongwith common parking in still, part of Property No. 1/4665-D, Built on Plot No. 24, measuring area 57.69 sq. mtrs., out of Khazra No. 92 and 93, situated in the area of Village Sikdar Pur, in the abadi of Balbir Nagar, Illaqa, Shahrada, Delhi-110032. The Said Property is owned by 1) Mr. Sachin Mishra & 2) Mrs. Rashmi Mishra, who derived title thereto by virtue of a Sale Deed bearing Document No. 1185, dated 27.03.2015, duly registered and executed by 1) Mrs. Savita Goyal & 2) Mrs. Anjana Devi. It is hereby further notified that the Original Sale Deed Original Sale Deed dated 09.02.2015, executed by Mr. Shiv Chandra Goel in favour of 1) Mrs. Savita Goyal & 2) Mrs. Anjana Devi in respect of the said property i.e., Built-up Second Floor up to ceiling level, without roof terrace rights, vide Document No. 440 on 11.02.2015, has been mis-placed/lost and remains untraceable. A report in this regard has been duly lodged with the Crime Branch of Delhi Police vide LR No. 164665/2026, dated 14.03.2026. Accordingly, any person(s), individual(s), or entity (ies) having any claim, right, title, interest, lien, or objection whatsoever in respect of the aforementioned property or against the proposed mortgage in favour of PNB Housing Finance Ltd., are hereby called upon to submit their claims/objections in writing, along with supporting documents, to the undersigned within seven (7) days from the date of publication of this notice. Claims or objections, if any, may be submitted to Adv. Rishi Maheshwari (Mobile No. +91-9340118309). In the absence of any response within the stipulated time period, it shall be presumed that there are no claims, objections, or encumbrances pertaining to the said property, and the proposed transaction shall be completed without any further reference or demur.

NAME CHANGE
I, LAL CHAND S/O BHAGAULTI PRASAD, R/O JHAKARASI, MOHAMMADPUR KUTCHARIA, RAEBARELI, UTTAR PRADESH-229405, have changed the name of my minor daughter ANJU DEVI, aged 15 years and she shall hereafter be known as SUHANI for all future purpose.

NAME CHANGE
I, MANOJ BOTHRA S/O Kundan Mal Bothra R/O D-7, 2nd Floor, Vivek Vihar, Phase-1, Delhi-110095, have changed my name to MANOJ BOTHRA to MANOJ KUMAR BOTHRA permanently.

PUBLIC NOTICE
BE IT KNOWN TO PUBLIC IN GENERAL: my client Sh.Lavkush S/O Sh.Badam Singh R/O Kh.No.485,Gali No.5, Rajeev Nagar, Bhaswala Dairy,North West Delhi, Delhi-110042 have severed his all relation to his Daughter Mrs.Kanchan and also severed her from all his movable and immovable properties because of her disobedience.My client will not be responsible for any act done by her in any manner. Harish Chaudhary(Advocate) Off.Ch.No.931,Rohini Court Complex,9th Floor,Rohini

NAME CHANGE
I Shankar Prasad S/O Mahavir Prasad Gupta R/O k-90 gali no-15 khazra nu-174 SWAROOP NAGAR Samai Pur North West Delhi Delhi-110042 have changed my name to Shankar Prasad Gupta for all future purposes.

NAME CHANGE
I Mohammad Salim S/O Mohammad Gulam Bari R/O A 131, Ph. 2, Vijay Vihar, North West Delhi - 110085 have changed my name to Mohd Salim for all future purposes.

PUBLIC NOTICE
It is for general information that I Priyanka D/O Mahendra Kumar W/O Ex. Rajat W/O Navit Kumar R/O H. No. 483 Circular Road Near Animal Hospital Shahrada North East Delhi 110032 Declare that I got divorce from my husband vide Court decree HMA No. 97/22 dated 15.02.2022, further I remarried with Navit Kumar S/O Jay Mangal Singh R/O H. No. 4483 Circular Road Near Animal Hospital Shahrada Delhi 110032, marriage Registration No. 9073000237461 dated 10-12-2025 hence forth the name of my minor son namely Bhargav Kumar aged 14 years may be known as. Respectively and also the name of my minor son may be known as Navit Kumar in future for all purpose.

NAME CHANGE
I, hitherto known as MUKESH MEHTA S/O MOTI LAL MEHTA R/O Y-27, Sharma Colony, Bush Vihar Phase-2, Sultanpur, C-Block, North West Delhi, Delhi-110086 have changed my name and shall hereafter be known as BHAVESH MEHTA.

PUBLIC NOTICE
Mrs. Sunita Saijan and Mr. Tarun Mittal Owner of the Residential CGEWHO Built up Type-A, Flat no 27 on 2nd floor in Phase-4, Block-4, at Kendriya Vihar II, Noida, Distt. Gautam Budh Nagar, U.P. Mrs. Sunita Saijan and Mr. Tarun Mittal have lost Original Allotment letter cum call up notice dated 18/03/2002 issued by CGEWHO in favour of Mr. Hemanta Kumar Pattanaik for which complaint lodged to the Public. Therefore, by way of this Public Notice it is hereby notified that any person, Attorney and/or entity, firm/company, society and/or member of the Society, Bank/ HUF/member of HUF, Financial Institution having any claim, charge, interest, or lien whatsoever with respect to the Said house or otherwise, may notify to undersigned if on his rakuhuk-margupta281401@gmail.com with documentary proof within 15 days from the date of this publication of notice, failing which any such claim etc. shall be deemed to be null and void, whereas title shall be deemed to be clear, and marketable without any defect or encumbrance and free to create equitable mortgage.

PUBLIC NOTICE
This is to inform you that Mr. Chiranj Lal Sharma and Mrs. Meena Jangid intend to purchase a property/plot bearing No. G-7/04 and new No. G-7/04/A, admeasuring 52 sq. yards (i.e., 43.5 sq. meters), carved out of Khazra No. 8/4, situated in the area of Village Matiala, in the colony known as Kiran Garden Extension, Jain Park, opposite Najafgarh Road, Uttam Nagar, New Delhi - 110059, from Mrs. Laxmi Devi and Mr. Pramod Sharma, Mrs. Laxmi Devi and Mr. Pramod Sharma purchased the said property from Mr. Sunny Batra, S/O Ramesh Batra, through a Sale Deed dated 23.03.2015. Please note that the original chain documents, namely the Sale Deed dated 05.12.2012 (Registered No. 28647) and the Release Deed dated 27.12.2014 (Registered No. 8950), have been lost. Accordingly, the said original documents are not available in respect of the above-mentioned property. An online FIR (Lost Report No. 3249268/2025) was registered on 29.09.2015 regarding the loss of the aforementioned documents. Please also note that the said property is proposed to be financed by Bajaj Housing Finance Ltd., Subhash Nagar Branch, New Delhi.If any person(s) objection & regarding subject property, then kindly may submit his/her objection from the date of the Notice in writing. The said objection may be kindly sent to the undersigned by way of the Registered Post on the address given below and by E-mail, failing which, the claim as per aforesaid shall be treated as null and void in respect of the subject property.

NAME CHANGE
I, DANANAM Father of No-15808798P Rank-NK Name- MIDDLE MADDILETY residing at 5-256/2, SC COLONY, VPO-YERRAGUNTALA, TEHSIL-SIRIVELLA, DIST-NANDYAL, ANDHRA PRADESH-518510, have changed my name from M DANANAM to MIDDLE MADDILETY for all future purpose vide Affidavit dated 17/03/2026 before Notary Public, Delhi.

NAME CHANGE
I hitherto known as MOHD AFSAR KHAN S/O AKHTAR MIYAR R/O H.NO. 31/126, 2nd Floor, Gali No.2, Ghaffar Manzil, Jamia Nagar, Okhla, South Delhi, Delhi-110025 have changed my name and shall hereafter be known as AFSAR MIYA.

NAME CHANGE
I NOOR MOHD S/O MOHD RAFIQ R/O E-17 BLOCK-E GAFFAR MANZIL EXTN PART-2 JAMIA NAGAR OKHLA SOUTH DELHI-110025 HAVE CHANGED MY NAME TO NOOR MOHAMMAD.

NAME CHANGE
I RIZWAN S/O RIYASAT KHAN R/O 632 BEHIND PACKO INDUSTRY JEEWAN NAGAR GOUNCHHI BAL-LABGARH FARIDABAD HARYANA 121004 have changed my name to RIZWAN KHAN Permanently for all Future purpose

NAME CHANGE
I SHALU JAISWAL W/O RAKESH JAISWAL R/O 06024 ATS GREENS PARADISO SECTOR CHI-4 GREATER NOIDA GAUTAM BUDDH NAGAR UTTAR PRADESH 201310 have changed my name to NEERU AGGARWAL Permanently for all Future purpose

NAME CHANGE
I SOBATH SINGH CHAUHAN W/O AZAD SINGH CHAUHAN R/O C-36 T FLOOR CHANAKYA PLACE -1 UTTAM NAGAR DELHI-110059 have changed my name to NEELAM CHAUHAN Permanently for all Future purpose

NAME CHANGE
I AZAD SINGH S/O SOBATH SINGH R/O C-36 TOP FLOOR CHANAKYA PLACE PART-1 UTTAM NAGAR DELHI -110059 have changed my name to AZAD SINGH CHAUHAN Permanently for all future purpose

Table with 4 columns: Seq No., Lot No./Category, Trips, and Auction Start Date & Time: 11.00 hrs. on 30-03-2026 & Closing Date & Time: 10.30 hrs. on 31-03-2026.

NAME CHANGE
I Rajesh Munnalal Yawale S/O Sarwan, B-383 R. S. CHALKHANDI, TILAK NAGAR, NEW DELHI, West Delhi, Delhi- 110018 have changed my name to Rajesh Munna Lal for all future purposes.

NAME CHANGE
I ANANYA SHISHODIA D/O MANOJ KUMAR R/O 356/90 16A VASHISHTH PROPERTY ASHOK VIHAR PHASE 2 GURGAON HARYANA -122001 I HAVE CHANGED MY NAME ANANYA for future purpose

PUBLIC NOTICE
It is for general information that I Ashutosh Indresh Tyagi S/O Indresh Kumar Tyagi R/O E-904, Supertech Green Village, Meerut, Uttar Pradesh-250002, have changed my name to ASHUTOSH TYAGI permanently

NAME CHANGE
I, MANUJEN INDRESH TYAGI W/O Indresh Kumar Tyagi R/O E-904, Supertech Green Village, Meerut, Uttar Pradesh-250002, have changed my name to MANJU TYAGI permanently

NAME CHANGE
I, INDRESH TAPESHRAI TYAGI S/O Tapesha Chand Tyagi R/O E-904, Supertech Green Village, Meerut, Uttar Pradesh-250002, have changed my name to INDRESH KUMAR TYAGI permanently

Notice Inviting Tender
NIT No: RRP/ CSR/Tender/01/2026-27 Date: 12 March 2026 Sealed Tenders for the Installation of 4 Nos. Stadium Light Units at Gangaram Band Mahulkar Ground, Mahul Gaud, Mumbai, MAHARASHTRA, on behalf of Ramji Rampyari Gramothan Samaj Samiti, Village Devali, Post Salamatar, District Ghazipur, Uttar Pradesh, from the reputed vendors/contractors who fulfills the conditions of the Tender. The tender shall be available from 13th March, 2026 from 12:00 Noon from the office of Rampyari Gramothan Samaj Samiti, Village Devali, Post Salamatar, District Ghazipur, Uttar Pradesh, Pin Code-275201. Last date of tender submission is 20th March 2026 at 03:00 PM. Email: ramjirampyari@gmail.com @gmail.com

PUBLIC NOTICE
"Be it known to all concerned that my client Mr. KOKIL CHANDAN DAS S/O Late Sh. KALI MOHAN DAS R/O House No. A-23, Shiv Vihar, Vikash Nagar, Gali No. 9, Uttam Nagar, D.K. Mohan Garden, West Delhi, Delhi-110059 hereby declare that he has Expelled, Disowned and Dis-inherited his son i.e. RUPAK DAS & daughter-in-law i.e. NEETU DAS W/O RUPAK DAS from his all movable, immovable properties whatsoever / wherever situated & Bank Deposits etc. He has also released all his relations with the above mentioned Son & Daughter-in-law for all intents and purposes, and my client hereby declare that he shall not be responsible for any of acts and omissions of his above mentioned son & daughter-in-law from hereto. Anybody dealing with them shall do so at his/her/their own Peril." GULSHAN CHANANA (Advocate) Enrolment No: D/5869/2018

PROVISION OF HIGH LEVEL PLATFORM AT SURJAKAMAL RAILWAY STATION
E-Tender Notice No.: KIR/ Engg./02 of 2026 Date: 09-03-2026. E-Tenders are invited by the undersigned for the following works: Tender No. 1. Brief Description of work: Provision of High Level platform No. 2 at Surjakamal Railway Station of Kathiar Division. Tender Value: ₹3,80,000/- Date & time of closing of tender: At 15:00 hrs. & opening at 15:30 hrs. on 07-04-2026. The complete information with the tender document of above e-tender will be available upto 15:00 hrs. on 07-04-2026 on website www.ireps.gov.in DRM (W), Kathiar

NORTHERN RAILWAY E-TENDER NOTICE
The Director/Admin, Northern Railway Central Hospital, New Delhi-110055, for and on behalf of the President of India invites sealed open/electronic-tenders for under noted work:-

Table with 5 columns: S. No., Name of work, Approximate cost of work, Earnest money to be deposited, Completion period, Date of opening.

STORES E-PROCUREMENT
E-Procurement Tender Notice No.: S/43/2025-26, Dtd: 12-03-2026. E-Tender are invited by the undersigned for the following works. SI.No.: 1; Tender No.: 61/26/5148/OT/228/2025-26; Closing/Opening Date: 27-03-2026

Brief Description : Manufacturing and supplying of Joggled fish plates for 52kg Rails conforming to RDSO Drg No. T-5848 Alt. 1. and IRS Specification T-1-2021. Per set consist of two Fish Plates, two clamps to RDSO Drg. No. T-5855 and two clamps to RDSO Drg. No. T-5855/1 and two nuts and bolts Drg. No. T-11511 with Single Coil Spring washer Drg. No. T-10773, IRS Specification for Fish Plate (latest Alteration). [Warranty Period: 30 Months after the date of delivery] [Inspection Agency: TPI, Stage Insp.: No, Stages: 0] [UJAVM Linking: Item:3100466, Fish PLATES Sub Item: FISHPATE] Item Type: Goods (supply). Qty-8168 Set for SSE/P.Way/TD/Bongaigaon, NFR (Assam). P.L. No- 602590572305.

SI.No.: 2; Tender No.: 60/26/5010A/OT/229/2025-26; Closing/Opening Date: 08-04-2026
Brief Description : (1) Dual static electronic wagon weigh bridge (50MT) with all the detailed specification, technical data, accessories as mentioned in attached Annexure [Warranty Period: 24 Months after the date of delivery] [Inspection Agency: TPI, Stage Insp.: No, Stages: 0] [UJAVM Linking: Item Type: Goods (supply). (1) Qty- 1 Set for SSE/ WSP/Tindharia, NFR (West Bengal). P.L.No- 653200690015. (2) Comprehensive Annual Maintenance Contract (AMC) for 5 years. [Warranty Period: Months after the date of delivery, AMC period: 5 years, Rate of Discounting: 10 % Start After Year: 2] [Inspection Agency: CONSG, Stage Insp.: NA, Stages: 0] Item Type: AMC. Qty- 1 Set for SSE/WSP/Tindharia, NFR (West Bengal). P.L.No- 65320069.

SI.No.:3; Tender No.: 61/24/5471E/OT/227/2025-26; Closing/Opening Date: 20-03-2026
Brief Description : Supply of Dual Gauge 1 in 12 Turn out T/D variant RHLH turn-outs of UIC 60 Kg rails (for laying on Dual gauge PSC sleepers) with Thick Web Switches and weldable CMS crossings including rails, all components, fittings and fastenings complete in all respect (except PSC Sleeper, ERC Mk-V) by the RDSO certified vendors (for supply of 1 in 12 turn outs) with documentary proof of having supplied this material anywhere globally and working satisfactorily. [Warranty Period: 36 Months after the date of delivery] [Inspection Agency: TPI, Stage Insp.: No, Stages: 0] [UJAVM Linking: Item Type: Goods (supply). Qty-14 Set for Sr DEN/C/Lumding, NFR(Assam). P.L. No-60060268.

SI.No.:4; Tender No.: 20/26/5001/OT/230/2025-26; Closing/Opening Date: 23-03-2026
Brief Description : 3-Phase asynchronous traction motor (Resistance ring mechanically Interlocked to end plate design rotor, scheme-II types 6FRA-6068) for electric locos with active speed sensor, as per CLW PL No: 29940606 & CLW drawing No.0TWD.096.001 Alt.-3 or latest and STR No. CLW/2008/3PH TM/STR/0001 Rev-1 Alt-1, July 2022 or latest, And 4TMS.096.000 Rev-1 Alt-3 or latest. (All the specifications and dimensions should be as per CLW PL No., Drawing No. and STR No. as mentioned). [Warranty Period: 30 Months after the date of delivery] [Inspection Agency: TPI, Stage Insp.: No, Stages: 0] [UJAVM Linking: Item: 2100438, 3 ph Asynchronous T.M. Type 6FRA-6068 for 3, 1ph Locomotive to Drawing No. 0TWD.096.001 Alt.-3, spec No. 4TMS.096.001 (with Scheme-II design Rotor) & 4TMS.096.000 (with Scheme-I design Rotor) and STR No. LW/2008/3PH TM/STR/0001 (MAJOR) Sub Item: NIJ] Item Type: Goods (supply). Qty-6 Nos for SE/D/New Guwahati, NFR (Assam). P.L. No.-29940606.

SI.No.:5; Tender No.: 30/25/1187C/OT/231/2025-26; Closing/Opening Date: 25-03-2026
Brief Description : Description:- Standardized Brake Disc for LHB Coaches. Mat. Spec.- RDSO STR No. RDSO/2017/CG-02(Rev.-3) warranty/Guarantee as per clause No. 16 of RDSO/2017/CG-02(Rev.-3) [Warranty Period: 72 Months after the date of delivery] [Inspection Agency: TPI, Stage Insp.: No, Stages: 0] [UJAVM Linking: Item :3100299, Brake disc for LHB coaches and Vande Bharat train set including EMU-US & MEMU-US Sub Item: Standardized Brake Disc for LHB Coaches] Item Type: Goods (supply). i) Qty-118 Nos for Dibrugarh Town Workshop Depot, NFR (Assam), ii) Qty-115 Nos for New Bongaigaon Workshop Depot, NFR (Assam). P.L. No-33509682.

SI.No.:6; Tender No.: 61/26/0104/OT/232/2025-26; Closing/Opening Date: 23-03-2026
Brief Description : Fabrication & Supply of 11200 mm O/R (Curved) Fan shaped Switches for 1 in 16, T/O out for BG 60 kg (UIC) on PSC Sleepers to RDSO Drg. No. T-5692 Alt.04 complete with stock rails and all parts including check rails, NCGRSP as listed in the drawing, Plate Screw, Fish Plates and Fish Bolts etc. Except ERC and insulating liner complete as per RDSO Drg. RT-5692 (Latest alterations). IRS Specification IRS T-10 of 2025 [Warranty Period: 30 Months after the date of delivery] [Inspection Agency: TPI, stage Insp.: No, Stages: 0] [UJAVM Linking: Item: 3100045, Over Riding Curved Switches] Item Type: Goods (supply). Qty-12 set for Bongaigaon Depot, NFR (West Bengal). P.L.: = 60060207.

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.

NORTHEAST FRONTIER RAILWAY logo and text: Serving Customers With A Smile

NAME CHANGE
I Varsna Bhardwaj W/O Darshan Bhardwaj R/O B-232 3rd floor, hari nagar, west delhi , pin:110064, New Delhi (India)Changed my name to Versha Bhardwaj

NAME CHANGE
I, Fatma W/o Abdul Samad R/O 3356, Bagichi Achhaji, Bara Hindu Rao, Delhi-110006 have changed my name to Fatima

NAME CHANGE
I, MADEENA BANU Mother of No-2707091W, Rank- NK, Name-DAULAT KATHAT, permanent residing at VILL Chittr (Jalki Ka Badiya) post Chittr teh. Raipur Distt pall 306102 have changed my name from MADEENA BANU to MADEENA for all future purposes. Vide Affidavit dated 16/03/2026 before Notary Public, Delhi.

NAME CHANGE
I, LAXMAN KATHAT Father of No-2707091W, Rank- NK, Name-DAULAT KATHAT, permanent residing at VILL Chittr (Jalki Ka Badiya) post Chittr teh. Raipur Distt pall 306102 have changed my name from LAXMAN KATHAT to LAXMAN for all future purposes. Vide Affidavit dated 16/03/2026 before Notary Public, Delhi.

2nd CORRIGENDUM TO OPEN TENDER NOTICE
The following modifications are made in open Tender Notice No. EPC-PSI-MUR-GKC-NER dated: 30.01.2026 of the work Design, Supply, Erection, Testing & Commissioning of Traction Sub Stations with associated Switching Posts for 2x25 KVAT traction feeding system in Mankapur-Gorakhpur cantt section of Lucknow Division of North Eastern Railway for capacity up-gradation work of electric traction power supply installations on Engineering, Procurement & Construction (EPC) Mode. S.No.-1, Description:- Change in EPC tender document in Part 2.7 and part 6.2.1 (page no 175,176), Published:- Modified:- New document uploaded, Regarding respective changes. Additional relevant information may be checked on the website www.ireps.gov.in Chief Electrical Engineer (Project), CPRO/EL-307 Lucknow Do Not Smoke Bidi/Cigarette in train

NAME CHANGE
I, Ramkali Garg, W/O Jai Kumar Garg, R/O-D-13,Rana Pratap road,Adarsh Nagar,Distt.North West Delhi,Delhi-33,declare that Ramkali Garg and Ramkali are one and the same person i.e. me.

Public Notice
It is for general information that I, Kishan Sharma S/O Chuni Lal Sharma, R/O H. No. 395, Gali No. 7, Phase-5, Hanuman Mandir, Shiv vihar, Karawal Nagar, Dayapur, North East, Delhi-110094, declare that name of mine has been wrongly written as KRISHAN SHARMA in my minor daughter AARUSHI aged 14 years in her school Record. The actual name of mine is KISHAN SHARMA.

NEWS BOX

## With 400 Deaths, Pak Bombing On Kabul Hospital 'Deadliest' In Afghan History

World. (Agency)

Hundreds of people were reportedly killed or injured at a drug treatment centre in Afghanistan's capital, Kabul, after an airstrike that the Taliban government blamed on Pakistan. The new attack, which, according to the Taliban, killed 400 people, is the deadliest in Afghanistan's history after the suicide bombing at Kabul airport during the US withdrawal in 2021, when at least 169 Afghan civilians and 13 US service members died.

The new airstrikes marked a dramatic escalation of a conflict that began late last month and has seen repeated cross-border clashes as well as airstrikes inside Afghanistan. So far, all international calls for a ceasefire have gone unheeded. Pakistan's information ministry has denied targeting the hospital on Monday, saying it had struck military installations and what it called "terrorist support infrastructure" in Kabul and the eastern Afghan province of Nangahar.

### Afghanistan's Claim

Afghanistan's deputy government spokesman Hamdullah Fitrat, in a post on X, said the airstrike had hit the hospital at about 9 pm local time, destroying large sections of the 2,000-bed facility. He said the deaths had "so far" reached 400 people, while about 250 people had been reported injured. Some 2,000 people were being treated at the drug treatment hospital, the BBC reported, quoting a hospital official, who believes there could be hundreds of casualties.

Fitrat said rescue teams were working to control the fire and recover the bodies. Local television stations also posted videos on X showing security forces using flashlights as they carried out casualties while firefighters struggled to extinguish flames among the ruins of a building. Afghan government spokesman Zabiullah Mujahid condemned the strike. In a post on X, he accused Pakistan of "targeting hospitals and civilian sites to perpetrate horrors". He also said that those killed and injured in the attack were patients at the hospital. "We strongly condemn this crime and consider such an act to be against all accepted principles and a crime against humanity," he posted.

## US Urges Allies To Designate Iran's Military, Hezbollah As Terrorist Groups

World. (Agency)

President Donald Trump's administration on Monday urged US diplomats abroad to push allies to designate Iran's Islamic Revolutionary Guard Corps and Lebanon-based Hezbollah as terrorist groups, citing elevated risk of attack, according to an internal State Department cable seen by Reuters.

The directive, dated March 16 and signed by US Secretary of State Marco Rubio, was sent to all US diplomatic and consular posts worldwide. It asks US diplomats to deliver the message to their counterparts "at the highest appropriate level" and no later than March 20, adding that the advocacy efforts to get these groups blacklisted should be coordinated with Israeli counterparts. The Trump administration is attempting to rally reluctant allies - many of whom were not briefed ahead of the US-Israeli air war that started two weeks ago - to support its military operation. In one sign of trouble for that effort, several US allies said on Monday they had no immediate plans to send ships to help the US unblock the Strait of Hormuz, rebuffing Trump's plea to keep the vital oil shipping waterway open. With the elevated risk of attack from Iran and its partners and proxies, all governments must move expeditiously to diminish the capabilities of Iran and Iran-aligned terrorist groups from attacking our respective nations and citizens," one of the talking points in the cable said. The IRGC is an elite military force whose purpose is to protect Shi'ite Muslim clerical rule in Iran. It controls large parts of Iran's economy. Both the IRGC and the Lebanon-based Shi'ite Muslim armed group Hezbollah are already designated as terrorist groups by the United States and some other countries.

## Saudi Arabia cracks down on visa violators: Helpers face SR100,000 fine, 6 months jail, deportation risks and more

World. (Agency)

Saudi Arabia's interior ministry has recently issued a stark warning to individuals that transport, employ, shelter or assist violators of residency and labour regulations will face a fine of up to SR100,000 and imprisonment for up to six months. Moreover, the penalties also include deportation if the offender is a foreign national, said the ministry.

The authorities stressed that the penalties apply to anyone who provides any form of assistance to violators of residency, labour and border security regulations. Sponsors face legal risks. The ministry is cracking down on visitors who remain in the kingdom beyond their permitted stay. However, the authorities are also holding the sponsors responsible, warning jail time, fine and even deportation. Recently, the Saudi Public Security called on citizens and residents to immediately report visit visa holders who remain in the country even after their visa has expired. Authorities warned that failing to notify the officials of a visitor's departure can lead to penalties reaching up to SR50,000, along with six months of imprisonment. As per recent statistics issued by the General Directorate of Passports, a total of 19,559 administrative decisions were issued in the month of Rajab 1447AH (2026), targeting citizens and residents found violating residency, labour and border security regulations.

# At least 400 killed, around 250 injured in Pakistani airstrike on Kabul hospital

## Pakistan dismissed the accusation that it had hit a hospital, saying its strikes, which were also conducted in eastern Afghanistan, did not hit any civilian sites.

KABUL. (Agency)

Afghanistan accused Pakistan of killing at least 400 people in an airstrike on a drug rehabilitation hospital in the Afghan capital late Monday. It marked a dramatic escalation of a conflict that began late last month and has seen repeated cross-border clashes as well as airstrikes inside Afghanistan. International calls for a ceasefire have gone unheeded. Pakistan dismissed the accusation that it had hit a hospital, saying its strikes, which were also conducted in eastern Afghanistan, did not

hit any civilian sites. Afghanistan's deputy government spokesperson Hamdullah Fitrat, in a post on X, said the airstrike had hit the hospital in Kabul at about 9 p.m. local time, destroying large sections of the 2,000-bed facility. He said the death toll had "so far" reached 400 people, while about 250 people had been reported injured. Local television stations posted footage on X showing security forces using flashlights as they carried out casualties while firefighters struggled to extinguish flames among the ruins of a building. Fitrat said rescue teams were working to control the fire and recover the bodies. The strike came hours after Afghan officials said the two sides exchanged fire along their common border, killing four people in Afghanistan, as the deadliest fighting between the neighbors in years entered a third week. Afghan government spokesperson Zabiullah Mujahid condemned the strike on X, accusing Pakistan of "targeting hospitals and civilian sites to perpetrate horrors." In a post before the death toll rose

into the hundreds, he said those killed and injured were patients at the hospital. "We strongly condemn this crime and consider such an act to be against all accepted principles and a crime against



humanity," he posted. Pakistan dismisses the allegations. Pakistani Prime Minister Shehbaz Sharif's spokesperson, Mosharrarf Zaidi, dismissed the allegations as baseless, saying no hospital was targeted in Kabul.

Pakistan's Information Minister Attaullah Tatar posted on X in the early hours Tuesday that the Pakistani military had "carried out precision airstrikes" targeting military installations in Kabul and the eastern province of Nangarhar. He said "technical support infrastructure and ammunition storage facilities" at two locations in Kabul were destroyed. "All targeting has been done with precision only at those infrastructures which are being used by Afghan Taliban regime to support its multiple terror proxies," he wrote. Pakistan's Ministry of Information said earlier that Mujahid's claim was "false and misleading" and aimed at stirring sentiment and cover what it described as "illegitimate support for cross-border terrorism." It said Pakistan's targeting was "precise and carefully undertaken to ensure no collateral damage is inflicted."

## Cuba hit by total blackout as US fuel blockade bites

HAVANA. (Agency)

A power outage struck the entire island of Cuba on Monday, the state-owned electric company said, the latest blackout as the United States pursues its oil blockade against the island's communist government. The cuts resulted from a "complete shutdown of the national grid," Union Nacional Electrica de Cuba (UNE) said in a statement, adding that work had begun to restore electricity flow.

Cuba's ageing electricity generation system is in shambles, with daily power outages of up to 20 hours the norm in parts of the island, which lacks the fuel needed to generate power. But since the US ouster of Cuba's top ally, Nicolas Maduro of Venezuela, on January 3, the island's economy has been hammered further as President Donald Trump maintains a de facto oil blockade. No oil has been imported to the island since January 9, hitting the power sector while also forcing airlines to curtail flights to the island, a

blow to the all-important tourism sector. The crisis in the country of 9.6 million people comes as Trump has made no secret of his desire to see regime change in Havana. In early



March, a blackout hit two-thirds of the country, mainly in the center and west, for over a day after a breakdown at the Antonio Guiteras power plant, the island's largest. The blackouts as well as regular shortages of food, medicine and other basics are spurring frustrations, with demonstrators vandalizing a provincial office of the Cuban Communist Party last weekend.

It was part of a new trend of protests in which people bang pots and pans at night, at times yelling "Libertad," or freedom. President Miguel Diaz-Canel acknowledged in an X post "the discontent our people feel because of the prolonged blackouts" after the early March outage. "What will never be comprehensible, justified or admitted is violence," he said.

The government has rationed gasoline sales and some hospital services due the fuel shortages, and Diaz-Canel acknowledged last week that his government had held talks with the United States. Trump has alleged the fuel blockade is a response to an "extraordinary threat" posed by Cuba to the United States.

Trump said Sunday that Cuba "wants to make a deal", which could come quickly after his administration has finished the war against Iran. "I think we will pretty soon either make a deal or do whatever we have to do," Trump told reporters aboard Air Force One.

## How Iran's New Leader Mojtaba Khamenei Escaped Death By Seconds In US Strike

Tehran. (Agency)

Iran's newly appointed supreme leader, Mojtaba Khamenei, survived the US-Israeli strike that killed his father and other members of his family, as he stepped outside the compound for some work minutes before the blast, according to leaked audio obtained by The Telegraph. The audio also revealed other gruesome details about the strike, which reportedly reduced Iran's military chief to "a few kilos of flesh" and left Ayatollah Ali Khamenei's son-in-law's head split in two. The leaked recording has been attributed to a senior official in the office of the late Ayatollah Ali Khamenei, providing a detailed account of the February 28 strike that killed Iran's former supreme leader, several members of his family and other senior figures of Iran's Islamic regime.

How Mojtaba Khamenei Cheated Death. NDTV could not independently verify the authenticity of the audios, but The



Telegraph report said the recording belonged to Mazaher Hosseini, head of protocol in Ali Khamenei's office, speaking during a March 12 meeting in Tehran. According to the report, Khamenei's compound was struck at

9:32 am local time in what was described as a coordinated attempt to eliminate the Khamenei family and senior Iranian leadership at the same time. Hosseini said 56-year-old Mojtaba Khamenei had stepped out into the yard moments before the strike and was heading back upstairs when the building was hit. He reportedly sustained only "a minor injury to his leg" in the strike in the attack that killed his wife, Zahra Haddad-Adel, and their son instantly. Other Graphic Details: Mostafa Khamenei, Ali Khamenei's other son, was also reportedly "nearby" at the time of the strike but escaped with his wife, unharmed. Hosseini said the strike was so powerful that Iran's military chief, Mohammad Shirazi, was blown to bits, and all that was left to identify him was "a few kilos of flesh".

## Adult Mode' On ChatGPT Delayed Amid Concerns Over Suicide Cases Linked To AI Chats: Report

World. (Agency)

OpenAI has delayed the planned launch of an "adult mode" feature for its chatbot ChatGPT following internal debates and unresolved technical issues, according to a report by The Wall Street Journal. The decision reportedly followed concerns raised by members of OpenAI's AI well-being advisory council during a meeting with company officials in January. Experts from disciplines such as psychology and cognitive neuroscience cautioned that allowing erotic conversations with AI could carry significant social and mental health risks. According to the report, advisers warned that sexually explicit AI interactions might encourage users to form emotional attachments to the chatbot. They also highlighted the possibility that such systems could inadvertently provide minors with access to sexual content. One council member reportedly voiced particularly stark concerns, suggesting that without strong safeguards the technology could evolve into what they described as a "sexy suicide coach."

OpenAI had initially hoped to introduce the feature in the first quarter of the year. However, people familiar with the discussions told the Wall Street Journal that the rollout has been postponed due to a combination of competing product priorities, internal caution, and unresolved technical challenges. Despite the delay, the company is still expected to release the feature at some point in the future. One of the most significant hurdles involves OpenAI's age-prediction system, which is intended to prevent under-18 users from accessing explicit conversations. At one stage during testing, the system reportedly misidentified minors as adults in around 12 per cent of cases, raising concerns that younger users might still gain entry to adult-themed chats. Internal estimates cited in the report suggest that roughly 100 million ChatGPT users under the age of 18 interact with the platform each week, making the effectiveness of such safeguards particularly important. Documents reviewed by the Wall Street Journal also indicate that OpenAI employees have flagged several behavioural risks associated with AI-generated erotic content. These include the possibility of compulsive or addictive chatbot use, emotional dependence on AI interactions, gradual escalation towards more extreme material, and the potential replacement of real-world relationships with virtual ones. An OpenAI spokesperson told the publication that the company plans to permit certain forms of adult-themed text conversations in the future, describing the content as closer to "smut" than explicit pornography.

# Trump team applying pressure to media: Tell the war's story the way we see it

World. (Agency)

Through lectures, scoldings and outright threats, President Donald Trump and his aides are ratcheting up the pressure on journalists to cover the war in the Middle East the way the administration wants.

The president has fumed on social media about stories he doesn't like and berated a reporter on Air Force One. The government's top media regulator has warned that broadcasters risk losing their licenses if they don't stay away from "fake news." Trump and his defense secretary, Pete Hegseth, have both questioned the patriotism of news outlets because of their reporting. Trump has complained about war coverage in both specific and general ways. In a social media post, he said news reports exaggerated the damage to planes that were attacked by Iran at an airport in Saudi Arabia. He attacked "Corrupt Media Outlets" for falling for AI-generated false reports created by Iran and said the media "hates to report" how well the U.S. military has performed.

All presidential administrations tangle with the press; it's the natural byproduct of journalists' watchdog roles in a democratic society. But the incidents of the past few days speak to a hostility toward the very idea of being questioned — in a way that, some say, scratches up against the First Amendment itself.

A contentious gaggle on Air Force One Meeting with reporters on Air Force One while returning to the White House from Florida late Sunday, the president objected to a question from ABC News' Mariam Khan about a fundraising message that used a photo taken at last week's dignified transfer ceremony of the remains of U.S. service members. Khan was working as the pool reporter on the plane, but when she told Trump she was with ABC, he said: "I think it's maybe the most corrupt news organization on the planet. I think they're terrible." Federal Communications Commission Chairman Brendan Carr cited Trump's Truth Social message about the

planes struck in Saudi Arabia in warning news outlets to be careful about what they report. "Broadcasters that are running hoaxes and news distortions — also known as fake news — have a chance now to correct course before their license



renewals come up," Carr wrote on X over the weekend. "The law is clear. Broadcasters must operate in the public interest, and they will lose their license if they do not." Decades of court decisions

have generally sided with the press over government attempts to regulate the content it produces. But Carr said making changes is in the best interest of legacy media outlets because so many people don't trust them. His ability to make changes,

however, is limited. The FCC does not regulate networks like CBS, NBC and ABC — although it does have the authority to reject the licenses of individual affiliates of those networks when they come up for renewal. Cable news networks CNN, Fox News Channel and MS NOW are not under the FCC's purview. The Trump message that Carr retweeted mentioned only The New York Times and The Wall Street Journal specifically, and the FCC has no authority over newspapers. Punishing a television affiliate for war coverage that Carr objects to is likely to run afoul of the law, noted First Amendment attorney Floyd Abrams in an interview Monday.

NEWS BOX

**UP: BJP leader brutally murdered during morning walk in Gorakhpur**

**Gorakhpur.(Agency)**  
A shocking murder of a Bharatiya Janata Party (BJP) leader created panic in the Bargadwa area under Chilua Tal police station limits on Tuesday morning. The victim, identified as Rajkumar Chauhan, was attacked while he was out on his routine morning walk. According to eyewitnesses, unidentified assailants ambushed him and stabbed him repeatedly with knives. Reports suggest that he was stabbed nearly 50-60 times, leading to his death on the spot. Upon receiving information, senior police officials rushed to the scene along with a heavy police force. A forensic team was also called in to examine the crime scene and collect crucial evidence. The body has been sent for post-mortem to ascertain the exact cause of death. Preliminary investigation indicates that the attackers acted with extreme brutality. Police suspect possible political rivalry behind the murder, though all angles are being investigated. Multiple teams have been formed to identify and arrest the culprits. The incident has triggered tension in Bargadwa and nearby areas, with residents expressing fear and shock. Police have intensified patrolling and tightened security to prevent any untoward incidents.

**HC upholds anganwadi helpers' right to promotion after long service**

**Shimla. (Agency)**  
Himachal Pradesh High Court has held that Anganwadi helpers who have rendered long years of service have a legitimate claim to promotion as Anganwadi workers. A Division Bench comprising Chief Justice Gurmeet Singh Sandhawalia and Justice Bipin Chandra Negi made this observation while hearing a writ petition filed by a woman who had served as an Anganwadi helper for over two decades. The petitioner, Tara Devi, contended that despite her prolonged service, she had been denied promotion to the post of Anganwadi worker. The court passed a six-page verdict recently and released it to the media on March 16, noting that Anganwadi helpers, who perform essential grassroots duties under the Integrated Child Development Services (ICDS) scheme, often remain in the same position for years without adequate career progression. Taking cognisance of the petitioner's long and continuous service, the Bench observed that such employees cannot be deprived of promotional avenues indefinitely. Terming the expectation of promotion as "legitimate", the court emphasised that fairness in public employment requires that long-serving workers be given due consideration for advancement. It further underlined that denying promotion despite decades of service would be unjust and contrary to principles of equity. The judgement is expected to have wider implications for similarly placed Anganwadi helpers across the state, many of whom have been seeking regularisation and promotional opportunities. Legal experts believe the ruling reinforces the rights of grassroots workers and may prompt the state government to revisit its policies regarding service conditions and promotions within the Anganwadi system.

**Man who killed mother-in-law and brother-in-law shot dead in police encounter in Bareilly**

**Bareilly.(Agency)**  
A man accused of murdering his mother-in-law and brother-in-law in Bareilly was killed in a police encounter on Tuesday morning. According to Bareilly Senior Superintendent of Police (SSP) Anurag Arya, the accused, identified as Afasar Khan alias Baura, opened fire on police when he was surrounded during an operation in the Izzatnagar police station area around 6 a.m. Police had received a tip-off from an informant about the suspect's location. When the police team tried to arrest him, he allegedly fired at them. In retaliatory firing by the police, the accused was shot. He was taken to the district hospital but died on the way. The incident occurred about 17 hours after the accused allegedly attacked his family members during a community meeting (panchayat) on Monday afternoon. Afasar Khan, a resident of Rahpura in Bareilly, had been involved in a dispute with his wife, Saima. Due to the conflict, Saima had been staying at her parental home for the past five days. A panchayat was convened on Monday at the house of jeweller Rashid Khan, located about 50 meters from Afasar's residence, to resolve the dispute. During the meeting, Afasar suddenly became aggressive and attacked his mother-in-law Asma (54) and brother-in-law Adil (20) with a knife, stabbing them multiple times. Both died on the spot. When his wife Saima tried to intervene, he also attacked her with the knife, leaving her seriously injured. She was rushed to a private hospital, where her condition remains critical. After the attack, the accused fled the scene. Police formed five teams to track him down and conducted raids at several locations before the encounter on Tuesday morning.

**Gujarat Assembly Speaker reprimands AAP's Italia: 'Urge him to take sufficient care'**

**Members should take this matter seriously so that House will not have to take disciplinary action in future, says Chaudhary**

**Ahmedabad.(Agency)**  
Speaker Shankar Chaudhary on Monday issued an official reprimand to Aam Aadmi Party (AAP) MLA Gopal Italia for "speaking about matters pending discussion in the Gujarat Legislative Assembly, outside the House." "I reprimand Member of the House Gopalbhai Italia and also urge him to take sufficient care in this matter in the future," Chaudhary said while reading out his decision, five days after Italia made the remarks. Earlier, he reserved his decision on the point of order stating "I think I will have to give an elaborate decision on this." This comes after a heated exchange of words between members of the Opposition and the ruling BJP over a Point of Order raised by Agriculture Minister Jitu Vaghani on March 11, alleging breach of privilege by AAP MLA Gopal Italia. Vaghani alleged that Italia had committed breach of privilege by speaking to mediapersons about a starred question that was not discussed in the House on March 10. Italia defended himself by



saying that there cannot be a ban on making political observations outside the House and the replies given by the government in the Assembly become public property, as anyone can access these through NeVA (National e-Vidhan Application). Reading out his decision, Chaudhary said, "On February 24, 2026, I announced a decision in the House that any issue which is not discussed in the House, documents or papers that are not tabled in the House, that issue cannot be made public. The legislators should refrain from

construing the discussion happening in the House or presenting incomplete information and from misinterpreting and disseminating information contrary to the facts." "The members should take this matter very seriously so that in the future, the House will not have to take any disciplinary action. The documents which are not discussed in the House but are placed on the table of the House, such as unstarred questions, reports placed on the table of the House, etc, which are considered public documents after being placed on the table of the House, cannot be made public in any way, whether in a fair or imaginary way, but only to the extent that they are mentioned in the actual documents," he added. Requesting all the members of the House, both the ruling party and the opposition members to exercise the special rights given to them by the Constitution, the Speaker added that public representatives should refrain from any behavior that would adversely affect the Constitution.

**'9th from Muslim community': State govt after organ donation of 51-yr-old woman who died in road accident**

**Jebunben, 51, was declared brain-dead after an accident near Keshod in Junagadh, a government statement said. The woman had been admitted to the civil hospital for treatment. Jebunben's organ donation on Sunday yielded two kidneys and a liver, it added.**

**Ahmedabad. (Agency)**  
THE FAMILY of a road accident victim - belonging to the Muslim community - has donated her organs at the Ahmedabad Civil Hospital, the state government said on Monday. Jebunben, 51, was declared brain-dead after an accident near Keshod in Junagadh, a government statement said. The woman had been admitted to the civil hospital for treatment. Jebunben's organ donation on Sunday yielded two kidneys and a liver, it added. The statement said that the hospital, which has seen a total of 221 cadaver organ donations since 2020, "received the ninth organ donation from the Muslim community". "While the entire Muslim community is immersed in the worship of God during the holy month of Ramzan, the Chavda family of Junagadh has provided the highest example of 'Khidmat-e-

Khalq' (service to humanity) by donating the organs of their beloved relative, Jebunben." The

family of a 25-year-old woman, who was also undergoing treatment at the hospital and was declared brain-dead on March 15, donated her organs. The move resulted in the donation of two kidneys and one liver, which will be used for transplantation at the Institute of Kidney Diseases and Research Centre (IKDRC). The statement said, "In 14 hours, two organ donations were carried out at Ahmedabad Civil Hospital. In total, six patients received new organs." Since 2020, 231 individuals have donated two organs in a span of 14 hours. The family of a 25-year-old woman, who was also undergoing treatment at the hospital and was declared brain-dead on March 15, donated her organs. The move resulted in the donation of two kidneys and one liver, which will be used for transplantation at the Institute of Kidney Diseases and Research Centre (IKDRC). The statement said, "In 14 hours, two organ donations were carried out at Ahmedabad Civil Hospital. In total, six patients received new organs." Since 2020, 231 individuals have donated two organs in a span of 14 hours. The family of a 25-year-old woman, who was also undergoing treatment at the hospital and was declared brain-dead on March 15, donated her organs.



**He tried three times to kill his wife. The fourth time, he hired contract killers and staged a suicide**

**A double ligature mark on Geeta Chaudhary's neck — and a Bombay High Court order for exhumation — unraveled what Powai police had initially recorded as a suicide, exposing an alleged Rs 6 lakh contract killing plot by her husband.**

**Mumbai. (Agency)**  
What was initially believed to be a case of suicide in a Powai apartment has now unravelled into an alleged contract killing, with investigators claiming that a man plotted his wife's murder after three earlier attempts to eliminate her failed. Mumbai Police have arrested Sakharan Chaudhary, 40, and three associates for allegedly conspiring to murder his wife, Geeta Chaudhary, 35, and then staging the crime as suicide by hanging her from a ceiling fan. Chaudhary, a hardware shop owner and resident of Sangharsh Nagar in Chandivali, lived with his wife, their two children aged 12 and 5, and his parents. The other arrested accused have been identified as Shankar Logaral Dangi, Amarchand Gayri and Dinesh Gayri, all in their mid-twenties. **Affair and contract killing plot**

According to police, Chaudhary was allegedly involved in a relationship with another woman and wanted to live with her. Investigators claim he began planning his wife's murder in 2024 and allegedly offered Rs 6 lakh to his associate Dangi, who

attacking her with a heavy object while returning from dinner through the Aarey Colony road. However, the attempt was abandoned after the accused noticed people moving around in the area. The second plan was to stage a fatal road accident, but investigators said this failed because Geeta routinely used the footpath while walking her son to and from school. A third attempt allegedly involved pushing her from a running train, but this too could not be executed. **Murder staged as suicide**

According to police, the final plan was executed on October 14, 2024, when Geeta was alone at home in the afternoon while the children were at school. Investigators say that the three associates entered the house and strangled her. Chaudhary later arrived and the accused allegedly hung the body from the kitchen ceiling fan to make it appear as a suicide.



then roped in two others. Chaudhary rented a flat in another building in the same locality in August 2024 and began staying there with his wife and children. Police said the conspirators allegedly made multiple attempts to kill Geeta before the final plan succeeded. The first plan involved

**Bombay HC declines fisherfolk's plea over tagging Khar (West) fish-drying area as slum, says fact-finding needed**

**Mumbai.(Agency)**  
The Bombay High Court on Monday held that a detailed fact-finding exercise was required on a claim by fisherfolk related to traditional rights over a portion of disputed land at Khar (West) for drying fish and fishing nets.

The HC noted that the "dispute is purely on demarcation as to whether the traditional rights were in any manner affected by the slum redevelopment in question," on adjoining land, being developed by Hanuman Nagar CHS Ltd through Jasani Realty Pvt Ltd. The court said the issue can be resolved before a competent civil court and the HC could not examine the same under the writ jurisdiction. The bench then dismissed the plea by keeping the contentions of the parties open. The bench also continued status quo on the portion of the land for three weeks. A bench of Justices Makarand S Karnik and Shriram M Modak passed the verdict on a plea by Danda Koli Masemari Vyavasayik Sahakari Sanstha Maryadit and the Danda Koli Samaj. The plea claimed the fishing was the primary

livelihood source of Kolis (fisherfolk) from Khar Danda area and ancillary activities such as fish-drying, fishing equipment storage, net-mending were key for them to sustain economically as well as culturally and the same was recognised by a state government circular in 1993. The petitioner through senior advocate Gayatri Singh claimed the



Brihanmumbai Municipal Corporation had reserved the land in question for the local fishing community and over 1,000 families depended on the said land, which could not be used for an SRA project. On December 17, 2025, another high court bench heard earlier plea against the SRA's May 2022 order declaring fisherfolk's fish-drying portion of land as a slum and seeking removal of encroachment by the developer.

**Second Indian-flagged ship crosses blockaded Strait of Hormuz, reaches Gujarat's Vadinar Port**

**In the last week, Nanda Devi was one of two Indian-flagged vessels, along with Shivalik, to have set out from the Persian Gulf on March 13 and safely crossed the Strait of Hormuz on the morning of March 14.**

**Ahmedabad. (Agency)**  
About 12 hours after the Indian-flagged vessel Shivalik reached Gujarat's Mundra Port, MT Nanda Devi, carrying Liquefied Petroleum Gas (LPG), arrived at Vadinar Port in Jamnagar on Tuesday, which is part of the Deendayal Ports Authority (Kandla Ports). MT Nanda Devi arrived at Vadinar carrying 46,500 Metric Tonnes (MT) of LPG for ship-to-ship (STS) transfer at the anchorage. Subsequently, the fuel was transferred to MT BW Birch. Speaking to the , Sushil Kumar Singh, Chairman, Deendayal Ports Authority (DPA) said, "The MT BW Birch, will carry the fuel for the Indian Oil Corporation Limited

(IOCL) to Ennore and Haldia." While Kamarajar Port is located in Ennore, near Chennai, Tamil Nadu, Haldia Port of Haldia Dock Complex is located in West Bengal. Singh visited the vessel and interacted with the captain and crew of Mother Vessel MT Nanda Devi, said a statement from the Authority. "India, under the visionary leadership of Hon'ble Prime Minister, ensures uninterrupted energy lifelines even amid global challenges."



In the last week, Nanda Devi was one of two Indian-flagged vessels, along with Shivalik, to have set out from the Persian Gulf on March 13 and safely crossed the Strait of Hormuz on the morning of March 14. A third vessel that did not need

to cross the Strait of Hormuz, the Jag Laadki, is also on its way to Kandla Ports. Speaking in the Gujarat Assembly on

Monday, Minister Jitu Vaghani said, "At a time when there is a crisis and war atmosphere between Iran, Israel and other countries, India's LPG gas-laden ship Shivalik has safely passed through the Strait of Hormuz and arrived on Gujarat's soil at Mundra Port. Apart from this, another 'Nandadevi' ship has also safely passed through the Strait of Hormuz and will reach Gujarat's Vadinar Port tomorrow (March 17)." "Under the leadership of the Prime Minister, India has reached a different height in the world today diplomatically. As a result of these diplomatic relations, Indian ships have safely passed through even in the midst of war-like unrest," he added.

## West Asia crisis tests India's diplomacy

The US-Iran conflict continues to disturb the economic equilibrium, more than that the loss of a humane side of diplomacy is quite visible. The sinking of Iran's naval vessel IRIS Dena by a US submarine off the Sri Lankan coast killing 87 people elicited silence from India. Not to forget the Minab tragedy in Iran where over 165 schoolgirls lost their lives in the US bombing. The absence of regret regarding IRIS Dena was in line with the Modi government's cave-in to the US over the past year, writes former MEA Secretary Vivek Katju in his edit article Time for India to stand firm. At the recent Raisina Dialogue in Delhi, Minister S Jaishankar's reference to IRIS Dena's sinking was less than humane, insensitive and not in keeping with India's cultural tradition of respectful reference to the dead. If it was humanity that made India accommodate an Iranian naval vessel, Jaishankar's reference to IRIS Dena's sinking and the loss of lives was less than humane, he writes. Jaishankar should be aware that his reference can only be perceived as kowtowing to the US, he feels. The military and economic policies of major powers are not creating a global environment that would be conducive to India's emergence as a developed economy, writes senior journalist Sanjaya Baru in his Edit article Viksit Bharat is our grand strategy. What is India's 'grand strategy'? Should we not be objecting to their actions rather than remaining mute? Will the destabilisation of West Asia not slow down India's journey towards Viksit Bharat, he argues. Our global personality as a liberal, plural and secular democracy has been defined by our constitutional principles and values. If the world is becoming less tolerant of such values, ought we not to reiterate our interests based on our grand strategy? The economic ramifications of the West Asia crisis are vast and widespread. The immediate impact of West Asia crisis has been stock market volatility around the globe. With energy facilities continuing to be targeted and crucial sea passages blockaded by Iran, a price surge is not likely to ease anytime soon, writes senior financial journalist Sushma Ramachandran in her Edit piece West Asia crisis roils oil, gas markets. As much as 85 per cent of LPG imports move through the blockaded Strait of Hormuz. The question is, what can India do to insulate itself from the global crisis? The first step is to continue with the policy of diversifying sources of oil supply that has served it well till now. The second is to contain the inflationary impact by ensuring that petrol and diesel prices are kept stable in the medium term. The skyrocketing international oil prices have the potential to create a perfect storm for the global economy. But the saving grace is that not only India, but it's the entire world that has to tackle the consequences of a war that has engulfed the oil-rich nations of West Asia, she writes. Back home, the Opposition first brought a no-confidence motion (it was defeated by a voice vote) against Speaker Om Birla for not acting impartially and then toyed with a proposal for an impeachment motion against the Chief Election Commissioner (CEC). The BJP bowled a googly, harking back to "the mother of all legislation" the Women's Reservation Act. It's typical of the BJP to put the cart before the horse and score brownie points, writes senior journalist Radhika Ramaseshan in her article Women's quota is back at the forefront.

It is dawning on the BJP that the issues that formed the nucleus of its political strategies, like the Ram Temple and Hindutva agenda, might have outlived their utility or can no longer yield the projected dividends. At the core of the BJP's strategic shift lies a political realisation: the indubitable significance of the emergence of a gender vote bank. In Punjab, the AAP government's investment summit in Mohali garnered Rs 10,000 crore investment that may have come a bit late in the day. Punjab is not a consolation for the loss of Delhi or the pivot to relaunch the party across the rest of the country, writes Editor-in-Chief Jyoti Malhotra in her piece The way forward for Punjab in her weekly column The Great Game.

## When scrubbing the mirror doesn't help

We cannot have a generation growing up shielded from reality

THE stench of censorship hangs heavy over Delhi these days, enveloping two books, one for perhaps containing official secrets, the other for calling a spade a spade. It's a theatre of the absurd, and brings to mind that well-worn World War II anecdote: a man, who publicly called Winston Churchill a fool, was promptly arrested. Opposition MPs in Parliament protested that England was becoming a police state where free speech was being curbed. Churchill clarified that the man was being proceeded against not because he had called the Prime Minister a fool, but for revealing a state secret! Unfortunately, this sense of humour is missing in our institutions, having been replaced long ago by a sense of righteousness and entitlement. We will probably never know what official secrets Gen Naravane's book contains that prompted this government to disallow its publication. But it's the furore over the other book, a Class VIII textbook on Social Sciences published by NCERT, that is more interesting and warrants a deeper reflection. Does Churchill's quip about revealing a state secret apply to it?

I, for one, was shocked at the sheer ferocity of the Supreme Court's reaction when the book was brought to its notice. The CJI instantly dubbed it "a calculated move to undermine and overawe the judiciary", to "demean the dignity of the judiciary", a "deep-rooted conspiracy". He called for a "deeper probe", adding for good measure that no one would be spared and that "heads must roll".

He refused to accept the Centre's or the NCERT's apologies. The book was banned instantly and a Sidney Sheldon type investigation launched to trace all of the 38 copies of the book sold so far — I believe about 20 of them have been retrieved, the remaining continue to pose a grave threat to our democracy, like a hidden time bomb. From material in the public domain, one has been able to glean that this was a new book on Social Sciences for Class VIII. It contained a chapter titled 'The Role of the Judiciary in our Society'. The offending part, it is reported, was a sub-chapter called 'Corruption in the Judiciary'. It attributes delays in the dispensation of justice to factors such as an inadequate number of judges, complex legal procedures, poor infrastructure and corruption. It is this latter part which appears to have invited the court's ire, even though nine out of 10 Indians would agree with these conclusions. Moreover, the book is certainly not targeting the judiciary, as the court appears to believe. It also criticises other organs of the state. As The Hindu writes in an editorial: the problem with the SC ban "is not that the textbook selectively targets the judiciary, it is that the judiciary selectively targets certain portions".

Let's not gloss over the reality — corruption has been part of our culture since time immemorial, regularly



reinforced by every element of our establishment. It would be a fantasy to expect the judiciary to be an outlier on this. Data presented in Parliament in February shows that between 2016 and 2025, 8,600 complaints were filed against sitting judges. In 2011, Justice Soumitra Sen of the Calcutta High Court resigned before he could be impeached, but was never prosecuted. In 2019, Justice RK Mittal, a tribunal judge, was sacked in a corruption case. The case of Justice Yashwant Varma, in whose official house crores of unexplained cash were allegedly found just last year, is nowhere near resolution. More instances can be found in the book 'A Controversial Judge' (2025) by Paranjy Guha Thakurta and Ayaskant Das. India ranks 79th out of 143 countries in the Rule of Law Index (2024); that is, we are in the bottom half. Surely, the factors listed in the NCERT book have something to do with this?

An issue which strikes at the very root of judicial probity should be confronted head-on if we wish to resolve it,

and not brushed under the carpet. As Prashant Bhushan says: "Judiciary is not above scrutiny and is accountable to the people... Reference to judicial corruption and delays in the NCERT curriculum is in keeping with the constitutional values of transparency and accountability." In fact, advocate and eminent legal scholar Gautam Bhatia has questioned whether Article 19 even empowers the Supreme Court to ban a book.

It is unfortunate that the court has decided to take this route; the CJI's assurance that this "is not meant to stifle any criticism" sadly does not inspire much confidence. There has already been much redacting and sanitisation of NCERT textbooks by this government and we could do without more. Education should prepare our youth to enter this harsh and imperfect world, not hide its defects under a coat of judicial enamel paint. We cannot have a whole generation growing up shielded from reality, ignorant of the ills which plague our society and institutions.

## Punjab's drug scourge: Sarpanch's arrest shows the rot runs deep

The arrest of the AAP-backed sarpanch with 18 kg of heroin in Tarn Taran district is a new low for the drug-afflicted state

PUNJAB'S 'Yudh Nashian Virudh' (war on drugs) is getting tougher by the day. The arrest of an AAP-backed sarpanch with 18 kg of heroin in Tarn Taran district is a new low for the drug-afflicted state. What makes the case particularly alarming is not merely the quantum of the seizure but the fact that the accused headed a village defence committee formed under the state's anti-drug campaign. When those entrusted with fighting the menace are themselves suspected of complicity, the ruling party itself comes under scrutiny. The state's border districts have long remained vulnerable to smuggling networks. The consumption of narcotics, often delivered through drones or couriers near the India-Pakistan border, has ravaged countless families and impeded Punjab's socio-economic progress. Successive governments have promised decisive action, and the current dispensation has repeatedly highlighted statistics of



arrests, seizures and convictions. While presenting the

state budget last week, Finance Minister Harpal Singh Cheema said the AAP government was pursuing a sustained campaign against the drug trade. The three-pronged strategy — strict enforcement, community involvement and preventive education — is well-intentioned, but it can succeed only if all stakeholders make sincere efforts in unison.

Two deaths in four days — both linked to suspected drug overdose — in Mehatpur village of Jalandhar district indicate that there's no room for laxity or complacency. Emphasis must be laid on transparent investigations, protection for informers, close monitoring of village defence committees and an unwavering commitment to dismantling networks regardless of political affiliation. Only when accountability reaches every level can the state begin to restore public trust and hope in its fight against drugs.

## The Victoria Cross medal that got lost for three days

↳ Lt Gen PS Bhagat's Victoria Cross medals remained in anonymity for three days until these were noticed per chance by Lance Naik SC Ghosh

...he a young man of the strangest profession his century had invented, a Sapper, a military engineer who detected and disarmed mines... the knight, the warrior saint' — Michael Ondaatje. Reading about the deep-set association of Lieutenant General PS Bhagat, VC, with the Sikh Light Infantry Regiment in The Tribune, my memory instantly homed in on Second Lieutenant PS Bhagat's five days of solo and courageous performance, bordering on recklessness, like a man possessed. Unmindful of a punctured ear drum and flesh wounds caused by shrapnel, he remained engaged in neutralising and/or controlled detonation of mines in 1941 during the Karen battle in Abyssinia (now Ethiopia), and befittingly emerging from that crucible as the first Indian Army officer in World War II and perhaps the youngest to be conferred the Victoria Cross for valour. Serving in Sikkim in February 1964, I had the chance to spend a whole day in the presence of then Maj Gen PS Bhagat. He came visiting 17 Infantry Division's ground-holding dispositions, soon after assuming the Chief of Staff appointment at HQ Eastern Command. He was focused on determining the most likely ingress routes of the PLA to the Siliguri Corridor (later-day Doklam episode) and how best to deter such potential intents. As the juniormost in the Operations Branch of the Division, I was tasked to carry a few maps for possible use of the two highly accomplished professionals, Generals Bhagat and Har Prasad ("Nadda" to his peers because of his short stature!), as they picked each other's brains to satisfy that our combat dispositions in Sikkim were fail-safe against all aggression intents. On the return journey to Gangtok, it had begun to snow, which besides hindering visibility, also turned the erstwhile pony track and now a single-lane road into a slippery quagmire. As we reached the treacherous 3-mile stretch



called the "Death Gallery", the driver panicked somewhat.

I had had a bona fide driving licence since the age of 14, as also ample experience in extreme hill driving in the 1940s' vintage cars on the Kalka-Shimla road and seeking my GOC's permission, shifted to the driving seat.

After about an hour's suspense-filled manoeuvring, the precious cargo was safely carried to the "Black Cat Lodge"! Stepping out of the Jonga, Gen Bhagat lifted the flap of his breast pocket, took out his gold-capped black Parker pen (most expensive of the era) and gifting it with a smile, said, "That was excellent driving, Baljit."

Shortly before his superannuation, following the prevalent uncodified custom, Field Marshal SHFJ Maneckshaw conveyed to the Government his pick of Lt Gen Bhagat as his successor, but sadly for India and her Army, he was superseded and appointed Chairman of the Damodar Valley Corporation, where with a "wounded heart", just 10 months later, he succumbed to a freak illness.

As Gen Bhagat had been commissioned into the Bombay Engineers Group, it was natural that post his demise, they would honour his life in uniform through an enduring memorial. They beseeched Mrs Bhagat for memorabilia of her choice, but in particular the much-coveted Victoria Cross medal. Mrs Bhagat promptly conveyed her consent to the proposal, but before that also gladly fulfilling a promise of showing all the medals to an acquaintance.

On the chosen day, she set out with a small container of medals but en route to the destination, another friend overtook and waved her to halt by the curb-side. Mrs Bhagat pulled up, got out of the car, the container in hand, shut the door and placed the container upon the roof. After a pleasant tete-a-tete, Mrs Bhagat drove off,

forgetful of the medals upon the roof which naturally slid off to anonymity for three days. Lance Naik SC Ghosh of the Signal Regiment per chance noticed the container under a shrub and handed it to his Commanding Officer.

"We couldn't stop smiling. We had gone through hell. At last we would be able to sleep again. The medals were restored to my mother and were duly presented at a touching ceremony on 1 February 1976 to the Bombay Engineer Group in Pune, where they remain on display for posterity," recalled Ashali Verma, the General's daughter, in her touching biography 'The Victoria Cross, A Love Story: The Life of Lt Gen PS Bhagat'.

And this brings me to another related memory flash about Booker winner in 1994, Michael Ondaatje's historical fiction, 'The English Patient'. Set in WW-II African desert and Italy, one co-protagonist is Lieutenant Kirpal Singh of the Indian Army. "Kip" was also a Sapper and especially trained in unravelling and neutralising minefield clusters much like 2nd Lt Bhagat was.

"...Kip will probably get blown up one of these days. Why? For whose sake?... The British Army teaches him the skills and the Americans teach him further skills and are given lectures... You are being used, boy... The armies indoctrinate you and leave you here and they... off somewhere else to cause trouble, inky-dinky parlez-vous".

I had brought this book to the notice of the then Engineer-in-Chief, Lt Gen Gurbir Singh, who agreed that Kip was likely modelled on 2nd Lt Bhagat though not quite "as wild as Bhagat was"! And Ondaatje goes on in the Acknowledgements section to thank the Directorate of Public Relations, New Delhi, for books on the Indian Army: 'Martial India', 'The Tiger Strikes' and 'A Roll of Honour'.

## On the first day of Navratri, Shankaracharya will release Sanatani Panchang in Kashi

Varanasi.(Agency)

After the "Gau-Pratistha Dharma Yudh Shankhnaad", Shankaracharya Swamishri Avimukeshwarananda Saraswati Ji Maharaj of Jyotish Peeth will arrive in Kashi via Prayagraj from Chhattisgarh on Wednesday evening. On this occasion, Sanatani people and cow devotees will give a grand welcome to Shankaracharya with flower shower and cheers. During Navratri, various spiritual rituals and special poojas will be performed in the presence and guidance of Shankaracharya Ji. On Tuesday, Shankaracharya's media in-charge, Sanjay Pandey, stated that upon his arrival in Kashi, devotees will welcome Shankaracharya by worshipping his Charan Paduka at Srividya Math. Additionally, Shankaracharya will release the "Sanatani Panchang" on the occasion of the Nav Samvatsar festival on Chaitra Navratri Pratipada (March 19). Various religious and auspicious rituals, including special worship of Goddess Bhagwati, will be held throughout Navratri. In the same sequence, on the first day of Navratri, on the 20th anniversary of "Pratarangalam", the Batuk students will offer Arghya to the first Sun of the New Year and the Batuks will present various cultural and religious programs.

## Non-bailable warrants issued against suspended BSA, clerk in teacher suicide case

Corakhpur.(Agency)

A court has issued non-bailable warrants against suspended Basic Shiksha Adhikari (BSA) Shalini Srivastava and clerk Sanjeev Singh in connection with the suicide case of a school teacher. The action comes after the investigating officer, Circle Officer Goraknath Ravi Kumar Singh, filed an application in court citing that both accused were absconding and deliberately evading arrest despite repeated police raids at their suspected locations, officials said on Tuesday.

# The agitation will continue until the accused are punished: Charanjev Malhotra

The Sikh Times

New Delhi. Prominent social worker and COVID-19 warrior Charanjev Malhotra said that the fire of the murder of Tarun, which occurred on Holi in Uttam Nagar, Delhi, is still burning. Public anger is evident in the demand for justice for Tarun's family. Large numbers of people are taking to the streets to demand speedy punishment for the accused. Protesters say they will continue to raise their voices until Tarun receives justice. Prominent social worker and COVID-19 warrior Charanjiv Malhotra, along with Hindu social activists and local residents, prayed for the young man's soul to rest in peace and demanded strict action against the culprits. Those present demanded that the accused in this case receive the harshest punishment possible so that the victim's family can receive

justice. Emphasizing on the unity of the society, he said that it is the need of the hour to raise collective voice against injustice done to any



individual. With the active participation of all activists, the protesters reiterated their resolve that this fight for justice at legal and

economic level will continue until the culprits are given severe punishment. Charanjev Malhotra said that in Uttam Nagar, Delhi, a

passing by. Tarun's parents and uncle were brutally beaten. Then, Tarun was brutally murdered in public with swords, stones, and sticks. He further stated that this year, more than 11 attacks were carried out on the holy festival of Holi to play Holi with the blood of Hindus. In the last 10 years, more than 42 complaints have been filed, regarding attacks on Holi alone. Not just Holi, there is no Hindu festival on which Jihadis do not attack Hindus. In the last 10 years, more than 240 deadly attacks have been carried out on Hindu festivals, in which many Hindus were surrounded and killed. Malhotra further said, "I want to tell Hindus to become your own shield of protection, otherwise Jihadis will continue to attack Hindus one by one. All Hindus must think about how to respond to the situation. Only then will justice be achieved."

## Himachal: Sleet, hailstorm bring sudden cold wave in Shimla; IMD issues Orange alert

Shimla.(Agency)

Shimla and its adjoining areas witnessed a thick layer of sleet today, causing a sharp fall in day temperature as dark clouds hovered over the region and inclement weather conditions prevailed across the hill state. Hailstorm and sleet lashed parts of the town, turning busy streets and tourist hotspots into deserted stretches as people rushed indoors to escape the sudden spell of harsh weather. The icy precipitation made several roads slippery, though major highways remained open till the filing of this report.

The India Meteorological Department (IMD) has issued an orange alert, forecasting light to moderate snowfall in Shimla, Kullu, the higher reaches of Mandi and Kinnaur districts during the ongoing western disturbance. According to the meteorological bulletin, Shimla and nearby areas may experience light rain accompanied by thunder, lightning and gusty winds with speeds of 40 to 50 kilometres per hour, while continuous winds of around 20 to 30 kilometres per hour may also prevail.

The weather office said the state is currently witnessing inclement weather conditions, which are likely to continue during the next few days. Light to moderate rain and snowfall are expected in several districts, particularly in the higher reaches.

Despite the adverse conditions, school children returning home in the afternoon were seen braving the biting cold. Many residents, who had recently put away their winter clothing following a sudden rise in temperatures, were forced to pull out warm garments again as mercury dipped sharply.

Weather experts said the belated spell of rain and snowfall could prove beneficial for agriculture and horticulture in the state. The precipitation is expected to improve moisture conditions for Rabi crops, apple orchards and off-season vegetables, which had been affected by the prolonged dry spell earlier in the season.

# Rail Capacity to Surge in Assam with Key Doubling Projects Underway

The Sikh Times

Maligaon, 17th March: In a major boost to railway infrastructure in the Northeast, the Hon'ble Prime Minister laid the foundation stone for the Furkating - New Tinsukia Doubling Project on 13th March, 2026. Spanning a total length of 194 kilometres and with an estimated cost of approximately Rs 3634 crores, this important initiative will significantly enhance rail capacity, improve operational efficiency and strengthen connectivity across Upper Assam and adjoining regions. Work on this project is being taken forward in a planned manner. The Furkating - New Tinsukia section is a vital rail link under Northeast Frontier Railway, catering to both passenger and freight traffic. Doubling of this section will help decongest the existing line, ensuring faster, smoother and more reliable train operations. The project is expected to benefit several long-distance and intercity services while supporting economic growth in the region. Work on this section is currently in progress. At the same time, the Lumding - Furkating Double Line Project is also progressing steadily.

The Lumding - Furkating section, spanning approximately 140 km, is

ment of both passenger and freight traffic. Work on this project is cur-

construction of 19 major bridges, 161 minor bridges and develop-



a crucial rail corridor under Northeast Frontier Railway. Sanctioned during 2024-25 with an estimated cost of Rs 2123.70 crore, the project aims to decongest one of the busiest single-line sections in the region. Once completed, the doubling work will significantly improve train operations, reduce delays and enable seamless move-

ment across 20 stations, reflecting the scale and complexity of the initiative. Northeast Frontier Railway remains committed to the timely execution of these strategic projects, which align with Indian Railways' vision of modernizing infrastructure and improving connectivity across the Northeast region.

ment across 20 stations, reflecting the scale and complexity of the initiative. Northeast Frontier Railway remains committed to the timely execution of these strategic projects, which align with Indian Railways' vision of modernizing infrastructure and improving connectivity across the Northeast region.

# Opposition rattled as all promises fulfilled within 4 years, they have no issue left to face people in elections: CM Mann

Contd.....Front page

On past governance, CM Bhagwant Singh Mann said, "These leaders plundered the resources of the state for their vested political interests. While Punjab was facing unemployment, brain drain and corruption, these leaders were busy minting money illegally. They built palaces and business

empires at the cost of the people and the state." He added, "They have sown thorns for Punjab and its younger generations by derailing its progress and prosperity. Their hands are drenched in this crime and history will never forgive them for backstabbing Punjab." He further said, "These leaders are frustrated because we have exposed their ugly faces before the people and have become a threat to their power. They cannot digest that common people are now getting positions." Taking a swipe at the Badals, CM Bhagwant Singh Mann said, "They ruined businesses by luring people with false promises. It is said that if you write 'Badal' on a tree, it will dry up." Invoking Shaheed-e-Azam Bhagat Singh in

detail, CM Bhagwant Singh Mann said, "Bhagat Singh was born in 1907, on 28 September, and was martyred on 23 March 1931 at just 23 and a half years of age. He fought for the country's freedom and to drive out the British. His way was different because he was young and aggressive, while others like Jawaharlal Nehru and Mahatma Gandhi had their own approaches. But later, we reduced his legacy to merely offering flowers once a year on 23 March." He added, "If Bhagat Singh had lived, or had been given the opportunity to lead after Independence, the entire direction of the country would have been different. He had written extensively, his jail letters and writings were like a manifesto. He had said that he was

not worried about whether independence would come or not, because it would come, but he was concerned about who would rule the country after independence." CM Bhagwant Singh Mann further said, "Sixteen years after his martyrdom, the country became independent. By 1952, when the first elections were held, Bhagat Singh would have been around 45 years old. He should have been the first Prime Minister of the country. The entire map and destiny of the nation would have been different if Bhagat Singh had led India." He continued, "He had already warned that after independence, power should not go into the wrong hands. Unfortunately, the same happened. Even after 80 years, we are still trapped in the same old

system, the same patwari-tehsil structure, and people are still struggling for basic needs like jobs and services." CM Bhagwant Singh Mann said, "Just as Mahatma Gandhi was called Babu, Jawaharlal Nehru was called Chacha and Chaudhary Devi Lal was called Tau, I consider myself a son and brother of the people." He added, "Traditional political parties have damaged the country. Congress shaped symbols for itself, while others used religion to seek votes, and people trusted them." On drugs, he said, "These parties destroyed generations of Punjab by pushing drugs into the veins of youth. Those responsible are now making hollow claims to mislead people, but they can never be forgiven." He added, "It is not money but deeds that earn a place

in people's hearts, and we have worked tirelessly for public welfare." Listing achievements, CM Bhagwant Singh Mann said, "The AAP government has started Mukh Mantri Mawan Dhian

Satkar scheme under which women above 18 years of age from general category will receive ₹1000 per month and women from SC category will receive ₹1500. This is a mark of respect for

mothers and daughters and their smiles give me satisfaction." On employment, he said, "We want to put tiffins in the hands of youth so they stay away from drugs."

**PUBLIC NOTICE**  
GENERAL PUBLIC IS HEREBY INFORMED THAT ORIGINAL CONVEYANCE DEED DATED 05.08.1993 IN F/O MR. BALDEV RAJ AND MR. DASHAN KUMAR IN RESPECT OF PROPERTY NO. 10 AREA 168 SQ. METERS SITUATED IN DISPLACED JAIN CO-OP HOUSE BUILDING SOCIETY LIMITED, VEER NAGAR, JAIN COLONY, NEAR GURMADI, DELHI-110007, VIDE DOC. NO. 5118, IN BOOK NO. 1, VOLUME NO. 6233, ON PAGES NO. 162-163, ON DATED 05.08.1993 IN SRO-1-NEW DELHI/DELHI. HAD BEEN LOST BY THE MR. DASHAN KUMAR JAIN AND IN THIS REGARD, FIR HAD LODGED VIDE NCR NO. 493/2012 ON DT. 06.06.2012 IN PS: BHARAT NAGAR, SUBJECT PROPERTY CURRENTLY OWNED BY MR. PRATEEK MARDIA S/O MR. JAYANT LAL MARDIA, R/O, 25/44 SHAKTI NAGAR, MALKA GUNJ, DELHI-110007 AND MR. PARMOD JAIN S/O MR. SUDARSHAN JAIN R/O 65 UGF, BLOCK-D, VILR NAGAR, JAIN COLONY, DELHI-110007 AND MR. PRATEEK MARDIA AND MR. PARMOD JAIN PURCHASED THE SAID PROPERTY VIDE TWO SALE DEEDS (1) DT. 03.02.2023 AS DOC. NO. 1704 & (2) DT. 20.02.2023 AS DOC. NO. 2763 NOW MRS. VAISHALI JAIN G/O PARMOD JAIN AND MR. SHOURYA JAIN S/O MR. PARMOD JAIN BOTH R/O 65 UPPER GROUND FLOOR, BLOCK-D, VILR NAGAR, JAIN COLONY, DELHI-110007 ARE GOING TO PURCHASE THE SAID PROPERTY, FROM OWNER'S / SELLER'S MR. PRATEEK MARDIA AND MR. PARMOD JAIN, WHICH WILL BE MORTGAGED WITH NIDO HOME FINANCE LIMITED AS SECURITY AGAINST HOUSING LOAN FOR PURCHASING OF SAID PROPERTY. PLEASE SUBMIT THE SAID ORIGINAL DEED IF FIND BY ANY PERSON. ALSO PLEASE CONTACT WITH WRITTEN OBJECTION LETTER WITH RELEVANT DOCUMENTS WITH UNDERSIGNED IF HAVING ANY OBJECTION IN RESPECT OF SAID PROPERTY/ DEED WITHIN 07 DAYS OF THIS PUBLICATION. ITS USE BY ANYONE IS ILLEGAL.  
ADITYA VERMA, ADVOCATE  
E-16, MANSAROVAR PARK, SHAHDARA, DELHI-110032  
MOBILE NO. 9999042521

**PUBLIC NOTICE**  
Notice is hereby given by Mr. Sajjan Haldar who is Purchasing the Shramik Kunj Residential Flat No.224-C, on Second floor, area measuring 19.70 sq. mtr in Block-SK-I, situated at sector-93, Noida Distt. Gautam Budh Nagar U.P. from Mr. Kalyan Singh, who is the owner of the bovementioned property vide Transfer Deed cum Sale Deed dated 20.05.2016 which is registered as Document No.5346 in Addl. Book No.1, volume no.7769 on pages 99-124 dated 20.05.2016 SRO-Noida-II and will be taking financial assistance from Aditya Birla Housing Finance Ltd. That the Original Allotment letter dated 22.02.2002, Original Possession certificate dated 26.03.2003 & Original Lease Deed dated 03.07.2014 executed by Noida in favour of Mr. Kalyan Singh S/o Late Mr. Shankar Lal in respect of Residential Flat No.224-C, on Second floor, area measuring 19.70 sq. mtr Block-SK, Sector-93, Noida, Distt. Gautam Budh Nagar, U.P. are lost/misplaced. Public is being warned not to deal with the said document. Any person dealing with the said document would do so at their own risk & responsibility. Owner shall not be liable in any manner whatsoever for any loss incurred by such person. If anybody found these document or notice any misuse of the above mentioned document, Concern person is required to communicate in writing to the undersigned at below address.  
Khatian & Khatian  
Plot No. 100, 1st floor  
Okhla Phase III, New Delhi  
Ph. No: 011-49774545

**PUBLIC NOTICE**  
Be it known to all that my clients namely Sh. Babu Lal son of Sh. Late Dhani Ram having Adhaar No. 797008705262 and Smt. Savitri wife of Sh. Babu Lal having Adhaar No. 841244367781 resident of House No. 383, Dakshinpur, Ambekar Nagar, New Delhi - 110062 have severed all relations with their son Sh. Amit Kumar and also debar him from all their moveable and immovable properties due to his unwarranted behavior/facts and anti-social conduct towards my clients. My clients shall not be responsible for any acts/conducts, misconducts, deeds and things done by Sh. Amit Kumar in any manner whatsoever. Whoever deals in any manner with Sh. Amit Kumar may do so at his/her own free will and responsibility.  
Md Absar Ahmad (Advocate)  
Enr No- D/4367/2015.

**NAME CHANGE**  
I, Kumari Nutan is legally husband of No. 15794317K Rank HAV (DS) Name Dharmendra Kumar Singh, Residing at Vill Chanwakh PO: Kudra, Distt-Kaimur (Bhabua) (Bihar) 821108, have changed my name from Nutan to Kumari Nutan vide Affidavit Dated 17.03.2026 before District Court, Dwarika Court, New Delhi.

**NAME CHANGE**  
I, hitherto known as A K ANAND alias ASHWANI KUMAR ANAND S/O TARA CHAND R/o House No-13A/7, Near Water Tank, Old Rajinder Nagar, Central Delhi, Delhi-110060, have changed my name and shall hereafter be known as ASHWANI KUMAR ANAND.

**NORTHERN RAILWAY**  
TENDER NOTICE No. 94/2025-2026 Dated: 17/03/2026  
Invitation of Tenders through E-Procurement system  
Principal Chief Materials Manager, Northern Railway, New Delhi - 110001, for and on behalf of the President of India, invites e-tenders through e-procurement system for supply of the following items :-

S. No.	Tender No.	Brief Description	Qty.	Closing Date
01	77269015	RUNNING CONTRACT FOR CMS CROSSINGS (T-4220 & T-4967)	2251 SET	08-04-26
02	07250012	HEALTH FAUCET 1/2 INCH	23315 NOS	20-05-26

Note :- 1. Vendors may visit the IREPS website i.e. www.ireps.gov.in for details. 2. No Manual offer will be entertained. 899/2026

**SERVING CUSTOMERS WITH A SMILE**

**E-AUCTION PROGRAMME FOR SALE OF RAILWAY SCRAP MATERIAL**  
E-Auction programme for sale of Railway Scrap material under jurisdiction of Dy.CMM/NFR/New Jalpaiguri for the month of MARCH '2026 unit wise, is hereby fixed as under:

For GSD-New Jalpaiguri	SN	Month	Date Fixed
	1	March' 2026	25-03-2026

For Alipurduar Division	SN	Month	Date Fixed
	1	March' 2026	25-03-2026

For Katihar Division	SN	Month	Date Fixed
	1	March' 2026	25-03-2026

Interested bidders may participate in E-auction through IREPS website www.ireps.gov.in  
Dy. Chief Material Manager/ New Jalpaiguri  
**NORTHEAST FRONTIER RAILWAY**  
Serving Customers with a smile

**E-AUCTION FOR AWARDING COMMERCIAL ADVERTISEMENT CONTRACT OVER RANGIYA DIVISION**  
E-Auction for awarding contract for display of advertisement over Rangiya Division. Rate Unit: Annual Licensing Fee. Trips/Days: 1096.

Seq No.	Lot No./Category	Description
AA/1	ADVT-EFF-269037-1-26-1 (Advertising -Train Exterior (Full Face))	Vinyl wrapping contract for display of advertisement on the exterior surface of train no. 55801/55802 (New Bongaigaon-Guwahati-New Bongaigaon Manas Rhino Passenger), measuring a total area of 5078.6 sq. ft., for the period of three years.
AB/1	ADVT-RNY-RNY-OH-235-26-1 (Advertising-Out of Home)	Out of Home Advertisement Rights for display of advertisements through hoardings near Rangiya Eco-Park, measuring total area of 600 sqft for a period of 3 years.
AB/2	ADVT-RNY-MSM-OH-204-25-1 (Advertising-Out of Home)	Out of Home Advertisement right contract for display of Advertisement on Road Over Bridge No. RT 322 in between Missamari and Rangapara North Station, measuring 400 Sq. ft through hoardings for a period of 3 years
AB/3	ADVT-RNY-BVU-OH-205-25-1 (Advertising- Out of Home)	Out of Home Advertisement right contract for display of Advertisement on Road Over Bridge No. 340 in between Balipara-Dhalabali Station, measuring 400 Sq. ft through hoardings for a period of 3 years
AB/4	ADVT-RNY-RNY-OH-179-22-3 (Advertising- Out of Home)	Out of home advertisement right for display of advertisement through wall painting at Railway water tank located at electrical power house near eco park Rangiya
AB/5	ADVT-RNY-RNY-OH-236-26-1 (Advertising-Out of Home)	Out of Home Advertisement Rights for display of advertisements through hoardings near Rangiya LC Gate No. RM-1, measuring total area of 200 sqft for a period of 3 years.
AC/1	ADVT-RNY-GOE-OSN-223 -25-1 (Advertising- on Station Premise (Non-Digital))	Rail Display Network contract for display of advertisements (non-digital) at inside and outside of the Station premises of Ghograpar Station, measuring a total area of 400 sq. ft for a period of three years.
AC/2	ADVT-RNY-KTCH-OSN-228-25-1 (Advertising - On Station Premise (Non-Digital))	Rail Display Network contract for display of advertisements (non-digital) at inside and outside of the Station premises of Kaithalkuchi Station, measuring a total area of 400 sq. ft. for a period of three years.
AC/3	ADVT-RNY-KDKN- OSN-225-25-1 (Advertising - On Station Premise (Non-Digital))	Rail Display Network contract for display of advertisements (non-digital) at inside and outside of the Station premises of Kendukona Station, measuring a total area of 400 sq. ft. for a period of three years.
AC/4	ADVT-RNY-CPQ-OSN-220 -25-1(Advertising - On Station Premise (Non-Digital))	Rail Display Network contract for display of advertisements (non-digital) at inside and outside of the Station premises of Chaprakata Station, measuring a total area of 400 sq. ft. for a period of three years.
AC/5	ADVT-RNY-CGS-OSN-219-25-1 (Advertising - On Station Premise (Non-Digital))	Rail Display Network contract for display of advertisements (non-digital) at inside and outside of the Station premises of Changsari Station, measuring a total area of 400 sq. ft. for a period of three years.
AC/6	ADVT-RNY-NMM-OSN-227 -25-1 (Advertising - On Station Premise (Non-Digital))	Rail Display Network contract for display of advertisements (non-digital) at inside and outside of the Station premises of New Misamari Station, measuring a total area of 400 sq. ft. for a period of three years.
AC/7	ADVT-RNY-TBH-OSN-233-25-1 (Advertising- On Station Premise (Non-Digital))	Rail Display Network contract for display of advertisements (non-digital) at inside and outside of the Station premises of Tatibahar Station, measuring a total area of 400 sq. ft. for a period of three years.
AC/8	ADVT-RNY-AZA-OSN-216-25-1 (Advertising- On Station Premise (Non-Digital))	Rail Display Network contract for display of advertisements (non-digital) at inside and outside of the Station premises of Azara Station, measuring a total area of 400 sq. ft. for a period of three years.
AC/9	ADVT-RNY-HML- OSN-222-25-1 (Advertising- On Station Premise (Non-Digital))	Rail Display Network contract for display of advertisements (non-digital) at inside and outside of the Station premises of Helem Station, measuring a total area of 400 sq. ft. for a period of three years.

Auction Start Date & Time: 12:00 hrs. Auction Close Date & Time: 14:50 hrs. of 02-04-2026. Prospective bidders are requested to visit E-Auction Leasing Module on IREPS website www.ireps.gov.in  
Divisional Railway Manager (C), Rangiya

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# Dressing up massacre as military op: India slams Pak for Kabul hospital attack

The strike on a drug rehabilitation hospital in Kabul, which killed over 400 and left nearly 300 injured, comes amid a sharp escalation in the conflict between Pakistan and Afghanistan.

**New Delhi.(Agency)**  
India shredded Pakistan over the air strike on a drug rehab centre in Kabul, which the Taliban claimed killed over 400 people, calling it a "barbaric massacre" and a cowardly and unconscionable act of violence. The strike on the Omid Addiction Treatment Hospital in Kabul, which left nearly 300 injured, comes amid a sharp escalation in the conflict between Pakistan and Afghanistan. The Ministry of External Affairs (MEA) stated the targeted facility "can by no means be justified as a military target". "Pakistan is now trying to dress up a massacre as a military operation," the MEA said. India's response came after Pakistan rejected the allegations and claimed it "precisely targeted" military installations and terrorist infrastructure in Kabul. The Shehbaz Sharif

government further emphasised that secondary detonations after the strike indicated the presence of "large ammunition depots". At the core of the conflict is Islamabad's continued assertion that the Taliban was offering a safe haven to the Tehrik-e-Taliban Pakistan (TTP), also known as the Pakistani Taliban. Pakistan has claimed that the outfit has been behind several suicide attacks in the country. **WHAT INDIA SAID ON KABUL HOSPITAL ATTACK?** Calling the strike a "heinous act of aggression", India further said it amounted to a blatant assault on Afghanistan's sovereignty and risked regional peace and stability. The Pakistan-Afghanistan conflict, which escalated last month after a fragile ceasefire

that was agreed last year, may potentially further destabilise the region already grappling with the fallout from the Iran war. "It reflects Pakistan's persistent pattern of reckless behaviour and its repeated attempts to externalise internal failures through increasingly desperate acts of violence beyond its borders," the MEA further said. India also highlighted the timing of the strike, noting that it came during the holy month of Ramzan. "There is no faith, no law, and no morality that can justify the deliberate targeting of a hospital and its patients," the statement said. **WHAT IS THE SITUATION IN KABUL?**



Visuals on social media showed massive flames engulfing a single-storey building, with bedding and blankets strewn around. Rescue workers rushed fervently to take out bodies on stretchers. Officials told the BBC that some 2,000 people

were being treated at the hospital in Kabul when it was targeted. The Afghan health ministry's spokesperson said there were no military facilities near the hospital. Eyewitnesses told Reuters that it felt like three bombs exploding consecutively. "The whole place caught fire. It was like doomsday," said Ahmad, 50, one of the few lucky patients to survive. "My friends were burning in the fire, and we could not save them all," he further said. The area struck by Pakistan was formerly a US military base and used to be known as a notorious hangout for drug addicts. After the Taliban took over in August 2021, following the withdrawal of troops by the US, they turned it into a drug rehabilitation centre.

## BJP's Sanjay Bhatia, Congress' Karamvir Boudh claim Rajya Sabha wins in Haryana

**The counting of votes, scheduled to begin at 5 pm after polling ended at 4 pm, was delayed by more than five hours following complaints from both parties alleging violations of ballot secrecy.**

**New Delhi.(Agency)**  
The BJP and Congress on Monday claimed victory on one seat each in the elections for two Rajya Sabha seats in Haryana after voting was marred by complaints of violations of vote secrecy and allegations of cross-voting. The seats were contested by BJP candidate Sanjay Bhatia, Congress nominee Karamvir Singh Boudh, and Independent candidate Satish Nandal. Soon after the counting process concluded, leaders from both parties announced that their respective candidates had won. The Leader of Opposition in the Assembly and former Haryana chief minister Bhupinder Singh Hooda said his party's nominee had secured victory on one of the two seats. "It is our victory," the veteran Congress leader told reporters. Calling the outcome a triumph for democracy, he said, "There is a victory of 'Prajatantar' and defeat of 'vote chori'," as he and other Congress leaders flashed victory signs. Meanwhile, Haryana minister Gaurav Gautam said the BJP's candidate Sanjay Bhatia had also been elected.

**COUNTING DELAYED AFTER COMPLAINTS**  
The counting of votes, scheduled to begin at 5 pm after polling ended at 4 pm, was delayed by more than five hours following complaints from both parties alleging violations of ballot secrecy. Earlier in the day, Haryana minister Krishan Kumar Bedi said the BJP had lodged a complaint with the Election Commission (EC) accusing two Congress MLAs of breaching vote secrecy.

## Not Gold, Not US Dollar, This Asset Has Surged The Most During Iran War

**New Delhi.(Agency)**  
Global markets have been tumultuous since the beginning of the ongoing Iran war as the conflict has disrupted oil supply significantly. Since the war has triggered a sell-off of equities (considered riskier), investors are scrambling to park their money in safe-haven assets. Traditionally, gold or the US dollar have been the go-to asset(s) for investors looking to hedge their risks during times of crisis. While the trend continues this time as well, there is another asset that has overtaken both in terms of price rise. Since the fresh conflict in Iran, which began on February 28, bitcoin (BTC USD) has crossed the \$72,000-mark, according to an Investopedia report. The rise in bitcoin's value is particularly significant as it comes at a time when both oil and stock markets are witnessing sharp swings. Although the 10 per cent gain in value might not seem dramatic, this hike has made bitcoin a standout at a time when investors are trying to navigate the uncertainty surrounding the conflict. Interestingly, bitcoin investment has always been seen as a risk, and the cryptocurrency has never performed like a safe-haven asset before. Sharing his insights, Anuj Chaudhary, Founder, INRGrid Stable, said, "As geopolitical tensions escalate during the Iran war, Bitcoin has risen nearly 10%. It has outperformed both gold and the US dollar, signaling a shift in what investors value in crisis. Unlike traditional safe havens, Bitcoin is not just an asset you hold. It's one you can move instantly, across borders, without banks, governments, or physical infrastructure. When capital controls tighten and uncertainty rises, that mobility is its greatest strength."

**Is Bitcoin A Safe Asset?**  
With the Iran war showing no signs of de-escalation, a section of investors may move towards crypto investments. However, experts are divided in their opinion about bitcoin's comparison with gold as a hedge. Recent investments show that investors may be seeking exposure to bitcoin as geopolitical risks rise. Funds tied to bitcoin, including the iShares Bitcoin Trust and the Fidelity Wise Origin Bitcoin Fund, have recorded positive inflows worth more than \$1.1 billion since the initial strikes on Iran, according to the Investopedia report citing data compiled by Farside Investors. Chaudhary added, "Bitcoin's self-custodial nature is redefining the concept of financial safety. Gold can be seized, currencies can be frozen, and banking systems can be disrupted, but when held in self-custody, Bitcoin remains accessible to its owner, regardless of their geographical location or the prevailing political climate. This combination of sovereignty, borderless transferability, and resilience is what is driving its emergence not just as a speculative instrument, but as a new-age safe haven built for an increasingly fragmented world."

## Adopted child no different: SC strikes down 3-month cap for maternity leave

A two-judge bench of the Supreme Court ruled that an adoptive mother should be entitled to maternity leave of 12 weeks, irrespective of the age of the adopted child.

**New Delhi.(Agency)**  
The Supreme Court on Tuesday held that denying maternity leave to women adopting children above three months was unconstitutional, recognising the right to a dignified life for adoptive parents and the child. A bench of Justice Pardiwala and Justice Mahadevan clarified that an adoptive mother should be entitled to maternity leave of 12 weeks, irrespective of the age of the adopted child. "The purpose of maternity protection does not vary with the way the child is brought into the life of the mother. Women adopting an older child are similarly placed as women who adopt a child less than 3 months old," the top court said. Crucially, the court held that such age restrictions under Section 60(4) of the Social Security Code,



2020, violated the right to equality under Article 14. The section envisaged that women would be eligible for maternity leave only if they adopt children who are less than 3 months old. It has not been struck down. **'ADOPTIVE VALID PATH FOR FAMILY CREATION'**  
While acknowledging that biological and adoptive mothers are distinct categories, the Supreme Court said

such a distinction cannot be used to deny social security benefits. "Classification under social security act ignores the emotional and physical adjustment required. Adoption is an equal exercise of the right to reproduction," the bench ruled. The court underlined that adoption was "an equally valid path" for the creation of a family. "An adopted child is no different from so called 'natural' child. The act of adoption carries equal if not more profound affirmation of parenthood," the bench said. The court also pointed out a practical flaw in the law. The bench said that, given the procedural requirements to declare a child "legally free for adoption", children below three months are rarely adopted.

## How Navy is escorting India-bound oil tankers as Iran chokes Strait of Hormuz

**New Delhi.(Agency)**  
As tensions in the Strait of Hormuz threaten global energy flows, the Indian Navy has deployed two task forces of warships to ensure the safe passage of merchant vessels and tankers carrying crude oil and gas to India, stepping up efforts to secure critical shipping lanes, according to top government sources. The move comes at a time when several Indian-linked vessels remain caught in the region, raising concerns over energy supplies and maritime security. **ESCORT OPERATIONS AMID RISING RISKS**  
Officials said the Navy has deployed multiple warships in and around the Strait of Hormuz and the North Arabian Sea to escort Indian-bound vessels through vulnerable stretches. According to top Defence Ministry sources, 22 Indian ships, including six carrying LPG, remain stranded in the

strait, while as many as 611 Indian vessels have been affected by the ongoing tensions. Escort operations began last week, with naval ships accompanying cargo vessels and tankers to ensure safe transit to Indian ports.



Drawing parallels with earlier missions, sources said the deployment mirrors the scale of Operation Sankalp, when the Navy sent warships to counter piracy threats and protect commercial shipping.

**DIPLOMATIC PUSH ALONGSIDE NAVAL DEPLOYMENT**  
The government is also pursuing diplomatic efforts to resolve the situation. External Affairs Minister S Jaishankar has held talks with Iranian authorities to secure the release of affected vessels. "From India's perspective, it is better that we reason and coordinate and get a solution," Jaishankar said, signalling New Delhi's preference for a negotiated outcome. Iran has reportedly asked India to release three tankers seized in February in exchange for safe passage of Indian-flagged ships. The vessels, Asphalt Star, Al Jafzia and Stellar Ruby, were allegedly involved in illegal ship-to-ship transfers. **EARLY RELIEF AND FOCUS ON ENERGY SECURITY**  
The Navy's efforts have already brought some relief, with the LPG carrier Shivalik safely reaching Mundra Port in Gujarat.

## High Court orders takedown of posts linking Hardeep Puri's daughter to Epstein

**Delhi HC grants interim relief to Himayani Puri, orders removal of posts linking her to Epstein, seeks replies from platforms and defendants within two weeks**

**New Delhi.(Agency)**  
In a significant interim relief, the Delhi High Court on Tuesday ordered the immediate removal of online content linking Himayani Puri, daughter of Union minister Hardeep Singh Puri, with convicted sex offender Jeffrey Epstein, observing that a prima facie case had been made in her favour. Hearing a plea filed by Himayani Puri, the court directed that all "impugned content" flagged by her be taken down forthwith. It added that if the content is not removed immediately, intermediary platforms must ensure its removal within 24 hours. The court clarified that the present direction applies to content uploaded within the Indian jurisdiction. "Let them file reply and then we can consider the issue," the bench said while issuing summons to the defendants, including intermediary platforms. **PRIMA FACIE CASE, BALANCE OF**

**CONVENIENCE**  
The court found that the balance of convenience lies in favour of the petitioner and that the matter requires deeper consideration. It directed all parties to file their responses within two weeks. Appearing for Himayani Puri, counsel argued that the allegations were part of an "orchestrated attack" aimed at tarnishing her reputation. "The actual nature of false imputation is association with a convicted criminal. I have none," the counsel submitted, adding, "I am a victim of an attack because I am the daughter of a cabinet minister. I suspect political malice." The counsel also informed the court that specific URLs had been identified and action was being sought against them. "We have set out the true facts and the correct picture," the

submission added. **REPUTATION DAMAGE RAISED**  
It was argued that Himayani Puri, a resident of New York, has suffered substantial reputational harm abroad. "I am a financial fiduciary and banker and investor there, so there is a global reputation to protect," the counsel said, seeking wider relief including a global



takedown. However, senior advocate Arvind Datar pointed out that the issue of global takedown orders is currently pending before a division bench. "We can take down only within India. On global, we have taken a stand that we cannot do it globally and we are contesting the issue," he submitted. **PLATFORMS RAISE JURISDICTION CONCERNS**  
Counsel appearing for Meta questioned whether an Indian court could issue a global takedown order. "We are a global company. If a global order is sought, we will have to file a counter," the counsel said. It was further argued that the suit had been filed in India because the allegedly defamatory content originated here, and that global enforcement raises complex jurisdictional questions.

## Langur cutouts to keep monkeys at bay ahead of President's Vrindavan visit

**New Delhi.(Agency)**  
Authorities in Uttar Pradesh are racing to outsmart Vrindavan's notorious monkeys ahead of President Droupadi Murmu's visit, with officials planning to install langur cutouts and deploy forest teams to prevent the animals from snatching her spectacles. The unusual preparations come as Murmu is set to arrive in the state on March 19 for a three-day visit to Mathura, including Vrindavan and Govardhan, where monkeys are known for snatching glasses and returning them only in exchange for food. **SPECIAL MEASURES TO TACKLE 'NOTORIOUS' MONKEYS**  
Officials said teams of forest department personnel armed with slingshots and sticks will be stationed across monkey-prone areas in Vrindavan and Govardhan. Around 30 personnel will be deployed, with up to eight staff assigned to areas with heavy monkey presence and three in relatively less affected zones. The teams will also carry red and green laser lights to scare away monkeys if needed.

In a novel step, authorities will install langur statues at key locations. The move is aimed at deterring monkeys, which typically avoid langurs. Earlier, trained handlers would deploy live langurs during VIP visits, but wildlife regulations now prohibit their use. Officials have instead turned to statues as a workaround. **FOCUS ON PRESIDENT'S ITINERARY**  
Murmu will visit prominent temples and sites in Vrindavan and is scheduled to inaugurate a new cancer block at the Ramakrishna Mission Sevashram Charitable Hospital. On March 21, she will also perform the traditional parikrama of Govardhan hill, a 21 km religious circuit. Officials said ensuring a smooth visit, free from disruptions caused by monkeys, has become a key priority. **MONKEYS KNOWN FOR SNAATCHING SPECTACLES**  
Vrindavan's monkeys have long been a concern for residents and visitors alike. They are known to snatch spectacles in seconds and return them only after being offered packaged drinks such as fruit beverages. The issue has affected even senior officials in the past. In August 2022, then Mathura District Magistrate Navneet Chahal had his spectacles taken by a monkey and spent nearly an hour retrieving them before offering a drink in exchange.

NEWS BOX

**Is CSK forcing a spot for MS Dhoni? De Villiers puzzled by veteran's role in IPL 2026**

New Delhi. (Agency)

AB de Villiers has questioned MS Dhoni's role at Chennai Super Kings ahead of IPL 2026, saying the legendary wicketkeeper-batter must move up the batting order or risk "making up a spot" for the wrong reasons.

Dhoni is one of the few players to have been part of the Indian Premier League since its inception in 2008. Over nearly two decades, he has been among the finest match-winners the tournament has seen, shaping CSK into one of its most successful and beloved franchises. But at 44, his career has reached a point where questions about his place in the side are becoming harder to ignore. His role has diminished steadily over the years. He handed over the captaincy to Ruturaj Gaikwad ahead of the 2024 season, and with Sanju Samson now in the CSK setup, even his wicketkeeping duties could be passed on. The introduction of the impact substitute rule has further narrowed his function, reducing him to a late-order batter who walks in to face



a handful of deliveries and attempts to maximise. It has worked on occasion, but the inconsistency of that role has only added to the scrutiny surrounding his place in the eleven.

**A LEGEND RUNNING OUT OF ROAD**

Since CSK's title win in 2023, speculation around Dhoni's retirement has been a constant backdrop to every IPL season. Yet he has continued to march on, and with that persistence comes a growing debate about whether he risks overstaying his welcome at a franchise he built. Speaking on JioHotstar, de Villiers acknowledged the weight of what Dhoni represents, noting that a brand like his is not built by one individual alone but shaped over years by the fans who invest in it. He was, however, careful to separate sentiment from selection. "I don't see a role for MS batting at 8 or 9 and not really doing enough," de Villiers said. "If he's going to play the role of batting at 8 or 9 and not really captaining, then I just feel he's almost making up a spot and is almost there for the wrong reasons. And that's not the position that he deserves to be in."

**Afghanistan cricketers slam deadly Pak strikes on Kabul hospital: A war crime**

LONDON. (Agency)

Afghanistan cricket stars Rashid Khan and Mohammad Nabi have condemned the reported Pakistani airstrikes in Kabul that allegedly struck a hospital, causing heavy civilian casualties. The two cricketers voiced their outrage and grief through posts on social media following reports of the attack. According to Afghan officials, a Pakistani airstrike hit the Omar Addiction Treatment Hospital in Kabul late Monday night. Reacting to the incident on X, Afghanistan T20I captain Rashid Khan said attacks on civilian infrastructure cannot be justified under any circumstances. I am deeply saddened by the latest reports of



civilian casualties as a result of Pakistani airstrikes in Kabul," Rashid wrote.

The star all-rounder stressed that any strike on civilian targets, whether intentional or accidental, amounts to a serious violation of international law. "Targeting civilian homes, educational facilities or medical infrastructure, either intentional or by mistake, is a war crime. The sheer disregard for human lives, especially during the holy month of Ramadan, is sickening and deeply concerning," Rashid said. "I call upon the UN and other human rights agencies to thoroughly investigate this latest atrocity and hold the perpetrators to account. I stand with my Afghan people in this difficult time. We shall heal, and we will rise as a nation. We always do. Inshallah," he added.

Afghanistan veteran all-rounder Mohammad Nabi also reacted to the attack in an emotional message on social media, mourning the lives lost in the incident. Tonight in Kabul, hope was extinguished at a hospital," Nabi wrote.

"Young men seeking treatment were murdered in a bombing by the Pakistani military regime. Mothers waited at the gates, calling their sons' names. On the 28th night of Ramadan, their lives were cut short," he added.

**Tilak Varma felicitated by Telangana CM Revanth Reddy after T20 World Cup triumph**

**India T20 World Cup winner Tilak Varma received a warm welcome in his home state after the tournament triumph. Telangana Chief Minister A Revanth Reddy felicitated the young batter for his role in India's historic title defence.**

New Delhi. (Agency)

India batter Tilak Varma was felicitated by Telangana Chief Minister A Revanth Reddy after playing a key role in India's successful T20 World Cup 2026 campaign. The left-handed batter was honoured during a meeting in Hyderabad following the team's historic title win. Tilak was part of the Indian squad that successfully defended the T20 World Cup title, becoming the first team in



history to achieve the feat. The youngster contributed 207 runs in nine matches at a strike rate of 154.47, playing an important role in India's title-winning run. Sharing the moment on social media, Revanth Reddy congratulated the cricketer for his achievement and acknowledged his contribution to the national team's success. "On the occasion of the Indian team winning the T20 World Cup 2026 and arriving in

Hyderabad, Team India player Shri Tilak Varma paid a courtesy visit," Reddy wrote. "On this occasion, I felicitated and congratulated Tilak. In this program, ministers Shri Vakti Srihari and Shri Azharuddin, Rajya Sabha member Shri Vem Narendra Reddy, SATG Chairman Shri Shivaseena Reddy, and others participated," he added. Tilak had joined India's T20 World Cup squad shortly before the tournament

began after recovering from surgery for testicular torsion in January 2026. Despite a slow start in the competition, he gradually found his rhythm and played a key supporting role in the middle order. One of his notable contributions came during the semi-final against England, where he scored a quick 27 off 15 balls, helping India maintain momentum in a crucial match. **WHAT NEXT FOR TILAK VARMA?**

Tilak Varma is now set to shift his focus to franchise cricket as he prepares for the upcoming IPL 2026 season with Mumbai Indians. The young batter will once again share the dressing room with India T20I captain Suryakumar Yadav, along with Hardik Pandya and former India skipper Rohit Sharma. Mumbai Indians, the five-time IPL champions, will begin their IPL 2026 campaign against Kolkata Knight Riders on March 29 at the Wankhede Stadium in Mumbai.

After playing an important role in India's World Cup triumph, Tilak will be hoping to carry that confidence into the IPL season and continue his rise in international cricket.

**Rohit Sharma in top gear in MI nets session ahead of IPL 2026**

New Delhi. (Agency)

Mumbai Indians star batter Rohit Sharma has sparked excitement among fans after a video from the team's training session went viral ahead of IPL 2026. The former India captain was seen batting aggressively during a match-simulation practice in the nets. In the clip circulating on social media, Rohit attempted a powerful pull shot during the session. The ball took the top edge and went high into the air before being caught by a fielder, drawing reactions from teammates during the practice drill. Mumbai Indians officially began their IPL 2026 pre-season training on Monday, marking the team's first preparation session ahead of the upcoming tournament. Head coach Mahela Jayawardene supervised the training session alongside bowling coaches Paras Mhambrey and Lasith Malinga, while fielding coach Carl Hopkinson also joined the group on the ground. The franchise's strength and conditioning staff and physiotherapy team were present as

preparations began for the new season. The first batch of players to report to the camp included Shardul Thakur, Mayank Markande, Allah Ghazanfar, Naman Dhir, Raja Angad Bawa, Robin Minz, Raghu



Sharma, Mayank Rawat, Danish Malewar, Mohammad Izzhar and Ashwani Kumar. The rest of the squad is expected to join the training camp over the next few days as the team gradually builds intensity ahead of the tournament. Mumbai Indians will begin

their IPL 2026 campaign against Kolkata Knight Riders on March 29 at the Wankhede Stadium. Rohit is set to return to T20 action in the IPL after focusing primarily on ODI cricket for India. The veteran opener has stepped away from Tests and T20 internationals but continues to represent Mumbai Indians in the league.

**HOW WAS ROHIT SHARMA IN IPL 2025?**

Rohit Sharma played an important role for Mumbai Indians during the IPL 2025 season as the franchise reached the playoffs. After stepping down from the captaincy ahead of the season, Rohit played under the leadership of Hardik Pandya and was often used as an impact player during the tournament. The campaign began slowly for the experienced opener as he struggled to find rhythm in the early matches. However, Rohit bounced back strongly in the latter half of the season with a series of important contributions.

**Neymar focused on FIFA World Cup dream despite another Brazil squad snub**

New Delhi. (Agency)

Neymar has admitted he was disappointed after being left out of Brazil's squad for the upcoming friendlies against France and Croatia in the United States. The Santos forward, however, insisted that his dream of playing at the FIFA World Cup remains very much alive. Brazil coach Carlo Ancelotti announced his squad for the March friendlies on Monday, leaving out the 34-year-old attacker once again as the team prepares for its final matches before the World Cup roster is decided. Reacting to the decision, Neymar said he was upset but remains determined to fight for a place in the final squad.

"I'm going to talk about it, because I can't just let it slide. Of course, I'm upset and sad about not being called up," Neymar said. The Brazil



forward added that he remains focused on improving his fitness and performances in the coming weeks. "But the focus remains day after day, training after training, game after game. We're going to achieve our goal. There's still one final call-up left for the World Cup, and my dream lives on. We're in this together," he said. Brazil will face France on March 26 in Boston and Croatia on March 31 in Orlando, with the matches expected to be the final opportunities for players to impress before Ancelotti announces his World Cup squad on May 18.

**WHY WAS NEYMAR SNUBBED FROM BRAZIL FRIENDLIES?**

Neymar's omission from the squad is largely due to concerns over his physical condition after returning from a serious knee injury. The forward has struggled to maintain consistent playing time since recovering from a torn ACL and meniscus injury suffered in October 2023 while playing for Brazil.

**KKR's fast bowling problem: 2024 winners head towards shaky start to IPL campaign**

**Kolkata Knight Riders enter the new IPL season with a fast-bowling unit already battered by injuries and uncertainty. With Harshit Rana unlikely to feature and Matheesha Pathirana still recovering, the defending champions suddenly look short of pace options and experience.**

MUMBAI. (Agency)

Is it just ill luck or have Kolkata Knight Riders touched a nerve of destiny that since the release of Mustafizur Rahman, the wrath of the fast-bowling gods is upon the franchise? After the forced exit of the left-arm from the Indian Premier League, the 2024 champions have seen injuries strike two of the pacers who were expected to



anchor their bowling attack this season - almost as if the cricketing gods had decided to test the depth of their squad before the tournament had even begun. Harshit Rana (Rs 4 crore), KKR's hero during the 2024 campaign, and Matheesha Pathirana, bought for a massive Rs 18 crore at the IPL auction, are currently nowhere near full fitness and are likely to miss a significant

chunk of the upcoming season. Rana, who required knee surgery in February 2026, was seen hobbling on crutches at the Naman Awards on March 15. It is highly unlikely that he will play any part this season. Sri Lanka's Pathirana, on the other hand, suffered a severe calf strain during the T20 World Cup 2026, which ruled him out midway through Sri Lanka's campaign. As of March 16, there has been no official word from his camp or from KKR, who are yet to name a replacement. With three of their premier fast bowlers now effectively out of the picture - Mustafizur gone, Rana injured and Pathirana doubtful - KKR's pace attack suddenly looks far thinner than it did on auction day.

**WHAT OPTIONS DO KKR HAVE?**

The franchise will now have to lean on swing specialist Vaibhav Arora, the largely untested Kartik Tyagi, the out-of-favour Umran Malik and red-ball specialist Akash Deep. Alongside the Indian quartet stands the imposing Blessing Muzarabani, who was one of the key reasons behind Australia's exit from the T20 World Cup.

**IPL as big as international cricket: Ricky Ponting explains India's huge talent pool**

**Ricky Ponting believes the Indian Premier League plays a major role in shaping India's T20 success. The former Australia captain said IPL matches are as intense as international games and help prepare players for the national team.**

NEW DELHI. (Agency)

Former Australia captain Ricky Ponting believes the Indian Premier League has played a major role in building India's remarkable T20 strength. The Punjab Kings head coach said the intensity and pressure of IPL matches prepare Indian players for international cricket. India recently reinforced their dominance in the format after defeating New Zealand by 96 runs in the T20 World Cup 2026 final in Ahmedabad,

becoming the first team in history to successfully defend the title. Speaking on The ICC Review, Ponting said India's white-ball success over the last few years highlights the strength of the current squad. "It's really hard to argue a point against that. If you look at this, not just the T20I team but their white-ball record in ICC events over the last five or six years, it's quite remarkable," Ponting said. "This is a very, very strong Indian white-ball team, not just a T20 team. Back-to-back World Cups, hats off to them," he added.

Ponting also pointed out that India's players gain valuable experience through regular high-pressure games in the IPL. The Punjab Kings head coach explained how the scale and competitiveness of the IPL closely match international cricket. "The one thing that's probably overlooked with this current team is the amount of experience and the amount of cricket a lot of these guys have played, whether it's international cricket or

even just the IPL," he said. The IPL games are every bit as big as international games anyway, so this Indian team came in well primed with great balance and a great squad,"



**INDIA'S CRICKET DOMINANCE**

India's success in white-ball cricket over the last few years has been remarkable. The men's team ended a long ICC trophy drought by winning the T20 World Cup in

2024, before continuing their strong run by lifting the Champions Trophy in 2025.

India then created history in 2026 by defending the T20 World Cup, becoming the first team ever to retain the title. The triumph was even more special as it came in front of home fans in Ahmedabad. The country's dominance has not been limited to the senior team.

India's women's team lifted the ODI World Cup, securing their first ICC title, while both the Under-19 men's and women's teams have also won world championships in recent years. India's senior men's side could now achieve an even bigger milestone. If they win the 2027 ODI World Cup, the team would complete a historic white-ball treble after already winning the Champions Trophy and T20 World Cup. Such a feat would be unprecedented in world cricket and further strengthen India's reputation as the most dominant white-ball side of the modern era.

## Sensex, Nifty open flat as crude oil prices weigh in on investor sentiment

New Delhi, (Agency)

Benchmark stock market indices opened flat on Tuesday, as crude oil prices remain elevated amid Middle East conflict, weighing in on investor sentiment. IT stocks were the biggest laggards in early trade. The S&P BSE Sensex gained 63.36 points to 75,566.21, while the NSE Nifty50 added 21.90 points to 23,430.70 as of 9:42 am. Dr. VK Vijayakumar, Chief Investment Strategist, Geojit Investments Limited, said that with total uncertainty and confusion regarding the trend of the war continuing, this uncertainty is becoming reflected in the market, too. "Even seasoned experts lack conviction to advise investors on the right strategy. All that can be said with conviction now is: remain invested and continue with SIPs," he added. After the opening bell, Eternal Ltd led the Sensex gainers, rising 3.49%. It was followed by Mahindra and Mahindra Ltd, which gained 2.85%. Tata Steel Ltd moved up 2.51%, while Maruti Suzuki India Ltd added 2.08%. InterGlobe Aviation Ltd also opened higher, rising 1.63%. Infosys Ltd saw the sharpest fall, dropping 1.59%. Tata Consultancy Services Ltd declined 1.10%, HCL Technologies Ltd slipped 0.96%, State Bank of India Ltd was down 0.94%, and ITC Ltd fell 0.75% in early trade. "Nifty's sharp bounce of 257 points yesterday was triggered mainly by short-covering from oversold territory. This bounce back is unlikely to sustain, given the massive selling by FIIs which touched Rs 9366 crores yesterday," said Vijayakumar. "In the near-term this FII selling will continue since other markets like the South Korean and Taiwanese markets are giving better returns to FIIs. More importantly, the earnings growth prospects in these markets look much better compared to India's. In brief, the sustained FII selling is likely to weigh on markets in the near-term," he added.

## Oil prices spike more than 5 per cent as worries grow over Hormuz

New Delhi, (Agency)

Oil prices surged more than five percent Tuesday as several countries pushed back against Donald Trump's demand that they help secure the key Strait of Hormuz, while Iran continued to target crude-producing neighbours. They recovered the previous day's sharp losses that came after the head of the International Energy Agency (IEA) said more stockpiles could be tapped if needed. Still, most equities extended Monday's gains as tech firms rallied after Nvidia said it expected to make at least \$1 trillion in revenue through the end of 2027. Investors are also awaiting a slew of central bank decisions this week that analysts say could see a resumption of interest rate hikes aimed at offsetting a possible spike in inflation caused by the surge in crude prices. Australia said Tuesday it had lifted borrowing costs because of "sharply higher fuel prices". Trump has called for allies in Europe and elsewhere to help reopen the Strait of Hormuz, which Iran has effectively closed, saying at the weekend that securing the waterway "should have always been a team effort, and now it will be". But on Monday there was only a lukewarm response, with German Chancellor Friedrich Merz saying the war started by US-Israeli strikes on Iran was "not a matter for NATO", while Britain, Spain, Poland, Greece and Sweden all distanced themselves from the calls. Australia and Japan also opted not to join. The US president told The Financial Times on Sunday that it would be "very bad for the future of NATO" if the allies refused to help, and said Monday that he had asked to delay a summit with Chinese leader Xi Jinping by a "month or so" over the issue. With the crisis showing no sign of ending soon, both main crude contracts spiked. West Texas Intermediate and Brent each climbed more than five percent above \$100 a barrel before easing back slightly.

## Rupee falls 14 paise to 92.42 against US dollar in early trade

New Delhi, (Agency)

The rupee lost 14 paise and traded at 92.42 against the US dollar in early deals on Tuesday, as it failed to resist pressure from rising crude oil prices and the incessant withdrawal of foreign funds amid the heightened West Asia crisis. Subdued domestic equity markets and elevated American currency also weighed on the local unit even as investors moved cautiously, awaiting the interest rate decision of the US Federal Reserve, according to forex traders. At the interbank foreign exchange, the local unit opened at 92.35 and fell further to trade at 92.42 against the US dollar, registering a 14-paise decline from its previous closing level. The local unit ended Monday's session with a marginal gain of 2 paise at 92.28 against the dollar. The rupee, one of the worst-performing Asian currencies, touched its lowest intra-day level of 92.47 at the end of the previous week before closing the session at 92.30 against the dollar, its lowest-ever closing level until Friday. Meanwhile, the dollar index, which gauges the greenback's strength against a basket of six currencies, was trading 0.19 per cent higher at 99.65. Brent crude, the global oil benchmark, was trading higher by 2.68 per cent at USD 102.87 per barrel in futures trade. On the domestic equity market front, the Sensex declined 91.62 points, or 0.12 per cent, to 75,411.23 in early trade, while the Nifty fell 34.25 points, or 0.15 per cent, to 23,374.55. The latest government data released on Monday showed the country's trade deficit narrowed to USD 27.1 billion in February compared to January.

# How goal-based investing can transform savers into long-term wealth-builders

New Delhi, (Agency)

For decades, personal finance in India followed a familiar rhythm: earn, save, repeat. The emphasis was on protecting money rather than directing it. Bank balances grew slowly, investments were chosen cautiously, and financial comfort was measured by accumulation rather than purpose. Yet aspirations have expanded faster than habits. Education, healthcare, homeownership, retirement, and financial independence now demand longer and more substantial commitments. Simply saving is no longer sufficient. The real shift begins when money is no longer treated as a stored resource but as a tool designed to serve specific moments in life. In volatile markets and a culture of persistent consumerism, saving and investing can feel like quiet deprivation, postponing small pleasures today for uncertain rewards tomorrow. Without meaning, money becomes fragile, easily diverted or diminished by

inflation and impulse. Goal-based investing emerges as a response to this uncertainty. It begins not with products, forecasts, or benchmarks, but with clarity. Instead of asking, "How much should I save?" it asks, "What do I want my future to look like?" Financial decisions are anchored to defined life objectives, and strategies are built backwards from those destinations.

This reframing alters behaviour more than it alters portfolios. Traditional approaches often focus on outperforming markets; goal-based investing focusses on achieving certainty. A goal has a timeline, and that timeline introduces patience. Markets may fluctuate, but when investments are tied to purpose, temporary volatility loses emotional intensity. It becomes part of a longer journey rather than a trigger for reaction. Time then becomes the primary risk manager. Short-term

needs, such as a vacation or a home down payment, call for stability and capital preservation. Long-term aspirations, retirement, generational wealth, and financial independence can

structured framework where each allocation serves a defined role. Clear goal definition, strategic asset allocation, and disciplined contributions transform modest, periodic savings into purposeful wealth.

The behavioural transformation is perhaps the most profound. Many investment journeys falter not just because of flawed products but more because of inconsistent actions with enthusiasm during market highs and hesitation during declines. A goal-centric framework reduces this cycle by imbuing financial decisions with emotional meaning. Contributions represent future stability. Continuity becomes more valuable than prediction. Over time, consistency replaces timing as the true driver of outcomes, allowing compounding to operate uninterrupted.



be achieved through growth-oriented assets that harness compounding. Instead of labelling investments as simply safe or risky, suitability is judged in context. The portfolio evolves into a

## Explained: Why gold prices are not rising despite ongoing Iran war

Mumbai, (Agency)

Gold prices are under pressure even as tensions escalate in West Asia, a development that would typically push the metal higher as a safe-haven asset. On March 17, 2026, gold prices were hovering around Rs 1.6-1.62 lakh per 10 grams, after a recent decline from recent highs.

The trend is unusual. During periods of geopolitical conflict, investors usually rush to gold as a store of value. But this time, prices have failed to rally in a meaningful way. The shift is raising an important question. Why is gold falling instead of rising during a crisis?

### WHY GOLD PRICE IS NOT RISING?

The answer lies in what is driving the market right now. The West Asia conflict has pushed crude oil prices higher, with concerns around supply disruptions and shipping routes adding to the pressure. Rising oil prices have, in turn, revived fears that inflation could remain elevated for longer than expected.

### This is a key trigger.

When inflation stays high, central banks are less likely to cut interest rates. In fact, they may choose to keep rates

higher for longer to control price pressures. Markets are currently adjusting to this possibility, especially in the United States where the Federal Reserve's policy path remains uncertain.

### This directly impacts gold.

Gold does not generate any fixed

investors are now booking profits. This has added to the downward pressure on prices in recent sessions.

In simple terms, the market is not ignoring the war. It is just prioritising monetary policy over geopolitical risk.

### KEY DRIVER OF GOLD PRICE AMID UNCERTAINTY

Beyond inflation and interest rates, the US dollar is emerging as a key driver of gold prices.

In times of uncertainty, both gold and the dollar are considered safe-haven assets. However, in the current environment, the dollar is attracting more flows. A stronger dollar makes gold more expensive for buyers using other currencies, which reduces global demand.

### This has created additional pressure on gold prices.

At the same time, global markets are entering a crucial phase. Major central banks, including the US Federal Reserve, are expected to signal their stance on interest rates in the coming days. Investors are closely watching these signals before making large allocation decisions.



income. It does not pay interest like bonds or offer returns like deposits. When interest rates remain high, investors tend to prefer assets that provide steady income. As a result, the relative attractiveness of gold declines. There is also a technical factor at play. Gold had rallied sharply in the past few months and touched record levels above \$5,300 per ounce. After such a strong run, some

## Plumber in Mumbai makes Rs 18 annually and even owns a Creta; Reddit post draws massive reaction

New Delhi, (Agency)

A Reddit post claiming that a plumber in Mumbai makes Rs 18 lakhs annually has spurred a wide online debate about blue collar incomes and the dubious presumptions surrounding white collar jobs. In the post, the person said that while speaking with a plumber he came to know that the plumber working on a pipe fix in his township earned in lakhs. The plumber said that he handles the plumbing work of townships in Mira road, Borivali and Kandivali. When the user asked him how much he makes in a year, the plumber replied that he makes around Rs 18 lakhs per annum, combining all the incomes of the



townships that he works in. At first, the figure seemed excessive but the user became convinced when the plumber mentioned the figures. The user said that the plumber also owns a Hyundai Creta, has built a house in his village and also bought farmland. The user

said that the income of the plumber has forced him to reflect on his life decisions and the current state of society.

The post quickly drew a lot of reactions online with several users commenting that skilled blue-collar workers in India are progressively earning large incomes due to their hard work. One user commented, "Blue collar jobs will always be in demand. You can get high pay if you get the right experience and can market your skills well. Plumbers, Electricians, carpenters, mechanics, nursing, etc. These jobs are not easily replaced with AI. For ex: Doctors can be replaced with AI but not nurses." One user said,

# West Asia conflict triggers global helium shortage. Why it's bad news

New Delhi, (Agency)

The ongoing conflict in West Asia is already disrupting global energy markets. Oil prices are rising, supply routes are under pressure, and shipping risks are increasing.

But the impact is not limited to oil and gas. A lesser-known but critical industrial gas, helium, is now facing a supply shock, with potential consequences for healthcare, semiconductor manufacturing and advanced technology sectors. Qatar, a key producer in the Gulf, accounts for roughly 30-38% of global helium supply. Along with the United States, it contributes to about 70-75% of total production, making the market highly concentrated. That concentration is now turning into a vulnerability. Following disruptions linked to the conflict, a significant portion of Qatar's output has been affected. Around 5.2 million cubic metres of helium supply is being lost every month, tightening availability across global markets. Prices have already reacted, with spot rates doubling in recent weeks, and analysts warning of a further 25-50% increase if disruptions continue. Helium is produced as a byproduct of natural gas

processing, which means any disruption to LNG operations directly hits helium output. At the same time, much of Qatar's exports move through the Strait of Hormuz, a key shipping route that is now under pressure.

That is why this is not just an energy story. It is a supply chain shock that is beginning to ripple across multiple industries.

### WHICH SECTORS WILL BE IMPACTED?

Helium may not get the same attention as oil, but it is deeply embedded in critical industries. Healthcare accounts for roughly 25-30% of global helium demand. MRI machines rely on liquid helium to maintain extremely low temperatures, and there are no practical substitutes. Any sustained shortage can push up hospital costs and slow the expansion of diagnostic capacity. The semiconductor sector uses another 20-25% of global helium supply. It is essential for cooling and stabilising chip manufacturing processes. Prolonged disruption can affect production timelines across industries that depend on chips, including smartphones, automobiles and artificial intelligence

systems. Aerospace, defence and scientific research also depend on helium for specialised applications such as rocket systems and cryogenic experiments. While these sectors often receive priority allocation, longer disruptions can still create bottlenecks.



### The impact is also visible in markets.

Industrial gas companies such as Linde, Air Liquide and Air Products are directly exposed to helium supply chains. Disruptions can increase sourcing costs and tighten margins, even if higher prices offer some support. Semiconductor companies including TSMC, Samsung Electronics and SK Hynix depend on

stable helium supply for fabrication. Large players typically maintain inventories, but prolonged shortages could begin to affect output in a sector that is already sensitive to supply shocks. At the same time, producers outside the conflict zone, including firms linked to

US-based helium supply, may benefit from tighter markets and rising prices as buyers look for alternative sources.

The helium market is relatively small, valued at just over 5 billion dollars, but it is strategically important. Demand is rising steadily, driven by semiconductors, AI infrastructure and advanced manufacturing. Supply, however, remains limited and concentrated in a handful of countries.

### This makes the market fragile.

Even a single disruption can remove a large share of supply and trigger price spikes. That is what is happening now. The West Asia conflict is not just disrupting oil and gas. It is exposing how dependent modern industries are on specialised inputs like helium, where supply is limited and difficult to replace.



'If Warmth Was A Person':

# Rasha Thadani

## Receives Sweet Birthday Wish From Abhay Verma

It's Rasha Thadani's birthday today! The young actress is celebrating her 21st birthday, and warm wishes have been pouring in from fans, friends and well-wishers from all sides of the world. Her co-star Abhay Verma has also dropped a sweet post to wish her 'Laiki' on the special occasion. The Munjya actor took to his Instagram stories and shared a picture of Rasha and himself sweetly feeding each other. Alongside the post, Abhay captioned, "Happiest birthday!! If warmth was a person, it would be you my Laiki. Always here @rashathadani."

He also shared, "Took me a minute to find a sweet picture out of the 100 nautanki ones."

**Abhay Verma And Rasha Thadani's Upcoming Film Together**

The duo will share the screen in *Laikey Laikaa*. Directed by Saurabh Gupta, the romantic actioner promises emotional depth with a refreshing narrative voice. The film is backed by Bhavna Talwar and Raghav

Gupta, with Bhavna also serving as the creative force at Phantam Studios.

In June 2025, Thadani shared a video announcing the project with Verma, in which the duo was seen hinting at the movie's theme. "She's the chaos. He's the calm. Or is it the other way around? Get ready for #LaikeyLaikaa in theatres, Summer 2026!" she had written.

**What's Next For Abhay Verma?**

The actor will also star in Shah Rukh Khan's next big release *King*. The

action-packed thriller, made under the direction of Siddharth Anand, features Shah Rukh as a seasoned assassin, navigating the dangerous criminal underworld. Besides them, the film also features his daughter, Suhana Khan, as his trainee, marking her Bollywood debut.

Deepika Padukone, Arshad Warsi, Abhishek Bachchan, Jackie Shroff, Abhay Verma, Jaideep Ahlawat, Rani Mukerji, and Anil Kapoor are also part of the upcoming project. Bankrolled by Shah Rukh Khan's Red Chillies Entertainment and Siddharth Anand's Marflix Pictures, the film has already become one of the most anticipated Bollywood films for its star-studded cast, scenic



locations, and promise of edge-of-the-seat action.

**Rasha Thadani's Next Project**

Apart from *Laikey Laikaa*, Rasha is also set to make her Tollywood debut opposite Mahesh Babu's nephew Jaya Krishna Ghattamaneni in the film *Srinivasa Mangapuram*. The film, directed by Ajay Bhupathi, will see Rasha playing a character named Manga. Her motion poster in a simple Indian look has already sparked excitement among fans. As per reports, veteran actor Mohan Babu will also be part of the project.

## Malaika Arora Keeps It Cool In White Athleisure At Mumbai Airport



Malaika Arora, a Bollywood style queen, was recently spotted arriving at the Mumbai airport, turning heads with her beautiful, effortlessly put-together look. In a video provided, the actress appeared calm and poised as she strolled towards the terminal, dressed in a discreet but style-driven outfit. Malaika Arora dressed casually to the airport, wearing a white hoodie and matching lounge pants and a black cap. Malaika can be seen running towards the airport's entry gate in a paparazzi video. She paused briefly to wave at the cameras before walking inside.

**Malaika Arora At The Afterparty**

Last week, Malaika Arora made an eye-catching presence at the afterparty for Kritika Kamra and Gaurav Kapur's wedding. The star-studded celebration, held on March 12, brought together various celebrities to honour the newlyweds. Malaika's dazzling dress soon became one of the most talked-about looks from the evening. The fitness icon once again demonstrated why she is still one of the most fashionable celebrities in the industry.

Malaika wore a beautiful silver gown to the wedding afterparty, perfectly capturing the evening's opulent ambience. The strapless dress was embellished with reflective sequin embroidery, giving it a shimmering look evocative of the disco ball period. The gown had a plunging neckline and a body-hugging silhouette to accentuate her toned figure. Its floor-length hemline offered a dramatic finale to the ensemble, making it stand out at the party. Malaika chose a striking necklace studded with crystals and rubies, which added a sense of luxury to the glistening outfit. The actor accessorised the gown with embellished shoes, a fashionable bracelet watch, and a crystal-studded black purse.

**Malaika Arora's Career So Far**

Malaika Arora has long been a well-known personality in the entertainment business. She became well-known for her performances in popular Bollywood songs like *Chaiyya Chaiyya*, *Munni Badnaam Hui*, and *Anarkali Disco Chali*. Aside from film roles, she has judged various television reality series, including *Nach Baliye*, *India's Got Talent*, and *India's Best Dancer*.

## 'We Were Each Other's Team': Janhvi Kapoor Mourns Stylist Marce Pedrozo's Death



Marce Pedrozo, a celebrity hairstylist, passed away recently. Many Bollywood celebrities who worked closely with him sent in their condolences. Many of them shared their experiences with him, remembering him for his fun attitude. Among others, Janhvi Kapoor shared videos of snaps from the times they collaborated on projects and also hung out together.

She wrote a lengthy note talking about how heart-warming the relationship was with the late stylist. Janhvi mentioned, "I love you Marce. Every time I entered my van we'd look at each other and scream in a high pitched mocking voice "We have 20 minutes chalo chalo chalo" and giggle at the impossible tasks and crazy hours and the madness and the chaos. But in the middle of all that there was a knowing feeling of trust and joy that we had every time we'd work together (or sneak away time to eat food at restaurants when really we should have been getting ready). You weren't just a part of my team. We were each other's team." Janhvi Talks About Their Creative Collaborations

**Janhvi Talks About Their Creative Collaborations**

Janhvi noted how she misses the time spent with him working on creative looks. She added, "Literally, obviously. But also in a way that we had a right over each other that made me feel so taken care of. That these are my people. And I am theirs. I would give anything to have 20 more minutes with you to tell you what a bright light you were in all our lives. How beautiful your mind and your soul is, was, always will be. You were an artist in more ways than one. You were so pure and my god I know you had so many plans, and we had so many plans. And you weren't just my safe place but your warmth (and your sass) added so much color to all our lives."

**Janhvi's Heartfelt Good Bye**

Lastly, expressing how much she misses the stylist, Janhvi said, "I will miss you every day. And seeing your face at the start and end of every creative journey I've had over the last couple years has been one of the biggest honors of my life. I hope you're so happy wherever you are." The cause of Marce Pedrozo is yet to be disclosed but many others like Varun Dhawan, Nora Feteihi and shared condolences.

# Aamna Sharif

## Arrives In A Chocolate Colour Gown And We Can't Keep Calm

Renowned producer Ektaa Kapoor has unveiled a new talent management company called Hoonur. The initiative, featuring a diverse roster of celebrated actors and creators from across Bollywood and the Indian television industry, is designed to provide artists with strategic guidance, focused representation and a collaborative ecosystem where creativity and talent can flourish. To celebrate the launch, Kapoor hosted a grand party in Mumbai.

The event saw celebrated personalities from Bollywood and television A-listers, industry leaders and creators. Among the many guests was Aamna Sharif, best known for playing Kashish Sinha in *Star Plus' Kahin To Hoga*.

**Aamna Sharif Poses For The Paps**

Several videos from the star-studded event have surfaced on social media. One clip shows Aamna arriving in style at the venue. The gorgeous diva slipped into an off-shoulder body hugging gown. She completed her brown ensemble with matching bag, gold accessories and perfectly-straight hair. Her oh-so-gorgeous avatar was captured by the paparazzi stationed outside. In the clip going viral, Aamna is seen striking some stunning poses for the lenses before heading inside. She exuded her warm smile and her calm demeanour was cherry on the top.

**Star-Studded Guest List At Hoonur Launch**

Besides Aamna Sharif, the event saw several well-known personalities from the entertainment

industry including Suniel Shetty, Shilpa Shetty, Priyanka Chahar Choudhary, Tanya Mittal, Karan Kundrra, Tejasswi Prakash, Arjun Bijlani, Manisha Rani, Krystle D'Souza, Rupali Ganguly and Esha Singh. Shweta Tiwari, Palak Tiwari, Ankita Lokhande, Vicky Jain, Shiv Thakare, Nehal Chudasama, Farhanaa Bhat, Tusshar Kapoor, Ravie Dubey and Sargun Mehta among others also graced



the event.

**Aamna Sharif's Career So Far**

Before entering the acting world, Aamna tried her luck in modelling. She has worked for many top brands before taking her first step in the entertainment world.

The television star gained recognition through her music videos, featuring in tracks like Kumar Sanu's *Dil Ka Aalam* in 2001, *Chalne Lagi Hain Hawayein* in 2022, *Yeh Kisne Jaadu Kiya*, *Needon Mein Khwabon Ka*, and more.



# Quick Healthy Breakfasts for busy people

**Worried about missing the most important meal of the day a little too often? Here are 10 quick and healthy, low-fat breakfast ideas that'll help you get something**

**nutritious ready for breakfast in 15 minutes or less.**



The principle behind each of these breakfast ideas is to include lean protein, whole grain, fruits, vegetables and good fats in your opening meal for the day - in the right portions. This gives you a great starting point for high energy all day, as well as helps you stick to your 60 day plan of getting fit by December. Stock up on a few essentials listed in each breakfast idea, and get ready to have a wide variety of quick breakfast choices every morning!

**Roti rolls with paneer, lettuce and cucumber:**

If you have any rotis from the night before or if you are a roti superstar, then this breakfast is the easiest one to make.

Step 1: Dice 100gms fresh paneer. Shred some green lettuce and dice 1 cucumber.  
Step 2: Toss the paneer into a frying

pan with 1 tsp olive oil and add spices of your choice - light spices will go well here. Try 1 tsp five-spice masala mix.

Step 3: Lay out the roti and spread 1/2 tsp butter on it.

Step 4: Spread the lettuce, and then sprinkle the diced cucumber and season with salt and pepper.

Step 5: Add the stir-fried paneer and roll it shut.

Step 6: Enjoy with a tall glass of cold coffee on the side!

This recipe will give you 2 paneer rolls. More ideas for stuffing - mushrooms, stir fried chicken nuggets, and fish.

**Cracked wheat with peanuts and vegetables:**

Cracked wheat or daliya is a healthy breakfast ingredient for last-minute use. And peanuts are energy

powerhouses that keep you full for longer.

Step 1: Dice 2 tomatoes and 1 onion.  
Step 2: Heat 1 tsp olive oil in a frying pan. Add the onions and tomatoes, 1/2 cup raw peanuts, with 4-5 curry patta leaves.

Step 4: Add salt, and 1/2 tps of turmeric, red chilli powder and sambhar masala. Stir for 5 minutes.  
Step 3: Now add 1/2 cup wheat with 1 cup water.

Step 4: Stir well till the wheat cooks (roughly 2-3 minutes)

Step 5: Eat with a generous dollop of yogurt on the wheat mix.

This recipe will give you a breakfast for 2. Ensure that you eat only enough to cover 1/3rd of a plate.

**Whole grain sandwiches with egg white omelets and vegetables:**

Step 1: Toast two whole grain slices.

Step 2: Whisk 2-3 egg whites and 1 egg yolk with seasoning, and cook as an omelet with 1 tsp olive oil.

Step 3: Butter the toasts and line with thinly sliced onions, tomatoes and a layer of mustard.

Step 4: Add the omelet, then the top slice, and enjoy with a glass of milk or tea on the side.

This recipe will give you one sandwich. Some more ideas for vegetables in the sandwich - thinly sliced eggplant, zucchini. You can also add fish fillets or thinly sliced chicken breasts cooked the night before.

**Protein parathas with vegetable raita:**

Store some roti dough in the fridge - usually good for 2-3 days. Boil some peas and store. Step 1: Mash 1 cup boiled peas and mix with salt, 1/4 tsp turmeric, 1/4 tsp coriander powder, and 1/4 tsp red chili powder.  
Step 2: Take out 1 small (roughly 1-2 inch diameter) ball of roti dough.  
Step 3: Add 1 tbs of the mashed peas mix in the centre of the flattened dough.

Step 4: Bunch it up into

Eggs, toast, vegetables: The easiest breakfast on the go, this involves little to no planning. Stock up on a dozen eggs, a loaf of whole grain bread, butter, and some tomatoes, carrots and cucumber.

Step 1: Whisk 2 egg whites and 1 egg yolk in a bowl with some seasoning - salt, pepper, mixed herbs.

Step 2: Heat 1 tsp olive oil in a frying pan. Add the whisked eggs and make into an omelet or scrambled eggs.

Step 3: While the eggs are cooking, toast and butter 1-2 slices of bread.

Step 4: Chop the veggies and leave on a side plate. Sprinkle with seasoning like chaat masala.

Step 5: Combine it all, with a glass of soy milk or skimmed milk on the side. This recipe will give you breakfast for one. Double all counts to get breakfast



a ball - think momo style. Now flatten it out wide.  
Step 5: Heat 1 tsp oil in a non-stick tawa, and add the paratha.  
Step 6: Eat with a 50gms bowl of cucumber-carrot raita (which you can make by combining grated cucumber and carrot with chaat masala).

**This recipe will give you 4 small parathas.**

for two.

## 17 unexplored, exotic Indian ingredients

Chef Manu Chandra suggests 17 homegrown ingredients that can up the quotient of any plate

I think as one matures as a chef, intrinsically it becomes easier to look around oneself to be inspired and innovate rather than looking too far. Something similar has been happening with me despite my years working abroad and at some stellar restaurants at that. The depth and variety of what is available in our country is often overlooked by the restaurating ethos and instead most embrace hard-to-find western ingredients in the development of their menus and offerings.

While it would be unfair to say that some chefs haven't already attempted and been trying to champion Indian ingredients, I still feel that we have a very long way to go and being able to develop our brand of adopted cuisines (much like France, America, Australia have done).

Here's a list of 17 of perhaps hundreds of relatively unseen or underestimated ingredients, which I feel would add a lot of spunk to any menu, cuisine notwithstanding. Bon appetite.

**1. Bathua:** A seemingly wild growing green always found in certain parts of North India. Bathua is a fantastic replacement for spinach, which has always been associated with contamination. It's delicious, earthy and lends itself to many applications.

**2. Kachampoli:** Almost never heard of outside of Coorg, this is India's answer to Balsamic Vinegar even though it's neither sweet nor made with grapes. Watch it transform a non-vegetarian dish with its deep dark colour and lip-smacking tang.

**3. Singhara:** This absolutely delicious water vegetable is barely seen on any



menu. Peeled and sliced, it would make the most wonderful salad.

**4. Makhana:** Lotus seeds that have been dried are an incredible way to thicken sauces and gravies after frying and powdering. It's a great snack too, albeit a little heavy.

**5. Bhetki:** Despite the battle between the sea fish vs the fresh water fish lovers, the glorious Bhetki stands out as an outstanding fish. Its suppleness is a close second to the phenomenally expensive and imported varieties of bass. I would pass up a John Dory for a good Bhetki any day.

**6. Melon seeds:** So used are we to seeing pine nuts on menus, that we often forget how delicious roasted melon seeds can be. I've found them equally enticing on pastas, salads and even desserts. A must try.

**7. Bhut Jhalokia:** Also known as the Naga chili, I find myself reading more about this in foreign media than seeing it in our own restaurants. It's got a kick that will make most people chuck out the imported bottles of hot sauce.

**8. Gondhoraj lemon:** By far one of my favorite citrus flavours, the perfume fragrance from this north-eastern lemon can convert the simplest dish into a

stunner. Infuse it in a little vodka, or try a sorbet with it. A lemon tart with some zest and juice from the gondhoraj can give key lime pies a run for its money.

**9. Kalimpong Cheese:** Almost Gouda like, this cheese from Sikkim probably has a very small production, but can fool the finest of gourmets. Watch it transform the most humble bake or a simple chili cheese toast, if you can get your hands on it, that is.

**10. Rhododendron:** Literally the rose tree, these beautiful flowers from the hills of Nainital and around, make for the most amazing drinks and coolers. Instead of lapping up artificial green apple syrups in martinis, it would be fabulous to see bartenders adapt to this refreshingly different ingredient.

**11. Kashundhi:** Bengali cuisine would be unimaginable Bengali cuisine. Try it in dressings, as a condiment on steaks and fish, or even a sandwich spread and English mustard may not seem so attractive after all.

without this. This sharp and well-rounded mustard still remains within the confines of Bengali cuisine. Try it in dressings, as a condiment on steaks and fish, or even a sandwich spread

and English mustard may not seem so attractive after all.

**12. Jaggery:** For a country that almost knew no refined sugar, the jump to white sugar and caramel-coloured refined sugar seem odd. Jaggery in its many forms still makes for an excellent sweetener for confections and puddings. Some practice will get you stunning results.

**13. Mustard and sesame oils:** So here we are, a nation with a rich enough history of our own oils with arguably as many health benefits as some other oils; yet we look at the olive for gourmet reasons. Not true. Both sesame and mustard oils have amazing flavour characteristics and make some great dressings, sautes, marinades etc. Pick up a bottle of each for your kitchens today.

**14. Aam Ada:** This ginger root which has the most keen palates confused owing to its distinctively green mango flavour can be an amazing addition to soups, broths and relishes. It's again seen in very isolated cuisines, but I'm sure can gain a following as much as lemongrass if marketed well.

**15. Indian Vanilla Bean:** Many people will be unaware that some excellent Vanilla grows in the hills of Chikmagalur and Coorg and any place with coffee plantations. Substitute the sub par artificial essence with some caviar from a vanilla bean and watch a dessert move a step closer to Nirvana.

**16. Golden Apple:** As children one almost looked forward to apple season (yes, we ate seasonally as early as 20 years ago) for those incredibly juicy and sweet Golden Apples from Himachal. Today I'm hard pressed to find them. Instead I can easily settle for pretty, waxy and tasteless imported green and red apples. Eat an apple pie made from golden apples, and a whole generation may rethink the apple (edible) completely.

**17. Gulkand:** A stalwart of the pan shop, gulkand in all its rosy and sweet avatar can be an amazing ingredient. It's mellow yet lucid on the palate. Try it with cheesecake or with nuts and honey on warm almond cookies.

The best way to stay cool during this hot season is by altering your diet to some light eating that will not increase the heat in your body

While most of India is welcoming the monsoons, namma Chennai still is still battling with the summer sun, which is at its hottest best this year. What we eat makes a major factor when it comes to ensuring how cool we stay during the season. Experts tell Chennai Times how to beat the heat by altering our menu for a few weeks.

Dietician Sangeetha S says, "Summer time is when many people tend to fall sick. Directly or indirectly, a major factor to this is what we eat. We should know what we eat and its direct effects on the body. For instance, during summers, we should avoid spicy food, as well as food that can cause a lot of body heat. These can tend to have adverse effects on one's body."

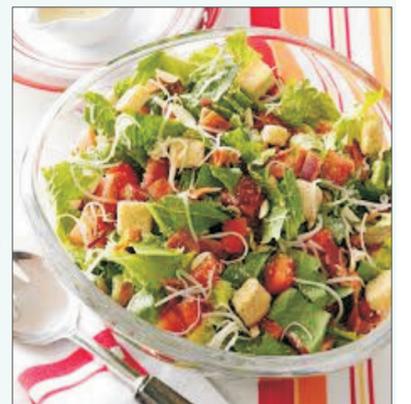
Nutritionists and dieticians say that salads can be the best way for one to stay cool and fit during the summers. "A lot of the people cannot do away with meats or want to have their favourite paneer or mushrooms in their meals. Salads can be made with seafood, chicken, cheese or mushroom, with light dressing, without the food seeming boring. Lighter and more frequent meals, with less oil and spices is the key mantra to keeping one's body cooler during the summers," says Jyothi P, dietician. Summer vegetables and fruits like cucumbers, greens and melons are the ideal ingredients for salads. Fruit and vegetable juices can work as great supplements to your meals. For instance, cucumber juice with fresh mint and lime not just works as a rehydrating source but also helps in weight loss.

## Simple summer Salad

**Simple summer salad recipe**

**Ingredients:**

- Carrot - 3
- Radish - 3
- Beetroot - 1
- Cucumber 1
- Tomato - 1
- Onion - 1
- Cheese - 100 grams
- Olive oil - 1 tsp
- Sugar - 1 tsp



Salt - to taste  
Lemon juice - 3 tbslsp  
Pepper - to taste

**Method:**

Grate the carrot, radish, beetroot and cucumber. Cut the tomato and onion finely. Mix the vegetables. Add grated cheese, preferably cheddar or mozzarella. Keep this mix inside the fridge and let it cool. Mix sugar and salt in the lemon juice. Sprinkle this on top of the vegetables. Add a dash of olive oil and sugar to suit your taste before you serve.