

Illegal Colony Flourishes on Prime Government Land in Delhi

Indira Vikas Colony Land Scam: Encroachment Worth Thousands of Crores Raises Serious Questions on Authorities



The Sikh Times Exclusive Story

New Delhi, 24 March: In a shocking revelation, a massive illegal colony—Indira Vikas Colony, located near Mukherjee Nagar and close to the Delhi Legislative Assembly and Raj Niwas—has allegedly come up on prime government land worth thousands of crores of rupees, raising serious concerns about administrative failure and possible large-scale corruption.



Residents claim that this illegal settlement has been flourishing for years under the alleged protection of multiple government agencies, including the Delhi Development Authority (DDA), Municipal Corporation of Delhi (MCD), Delhi Police, Revenue Department, Electricity Board, Jal Board, and even the Fire

Department. Shockingly, basic legal requirements such as fire safety clearances for lifts, building approvals, and land ownership documents are completely missing. Despite being a clear case of encroachment on valuable government land, no strict action has been taken so far.

Are you prepared to protect Indians? MK Stalin attacks PM over Iran war response

MK Stalin attacks PM Modi's 'be prepared' remark, questions if the Centre is ready to protect citizens amid the West Asia crisis.

New Delhi. (Agency) Tamil Nadu Chief Minister MK Stalin on Tuesday launched a scathing attack on Prime Minister Narendra Modi over his call for people to be prepared for the impacts of the West Asian crisis.

prepared" for the fallout of the West Asia war. Slamming the remarks, Stalin said preparedness is the government's responsibility and "cannot be outsourced to the people".



and had protested in Parliament against what they described as a lack of foresight and precaution. He alleged that even Opposition-ruled states took steps without waiting for the Centre, but received no response.

'people should be prepared'. Before telling citizens to be prepared, are you prepared to protect them? What precautionary measures have you taken to shield Indians from the impact of the West Asian war?" he asked.

disruptions."The situation in West Asia is worrisome. This conflict has been ongoing for over three weeks. It is severely impacting the global economy and people's lives, which is why the world is urging all sides to move towards an early resolution," Modi said.

Previous govts had destroyed Punjab's sports culture; we are bringing it back on track: CM Mann

The Sikh Times

CHANDIGARH, 24 March: Punjab Chief Minister Bhagwant Singh Mann on Tuesday presented the sports report card under the "Shandaar Char Saal Bhagwant Mann de naal" series, outlining how the AAP government's 'Khed Kranti' (sports revolution) is fundamentally reshaping the sector.

3,000 gyms, distribution of 17,000 sports kits, and the rapid expansion of "Khedan Watan Punjab Dian", where participation has grown from 1.5 lakh to 5



lakh players. He said this sustained, system-wide intervention is now delivering visible outcomes, with Punjab securing, for the first time in its history, the

hosting rights for the Hockey Asian Champions Trophy, along with the National Badminton Championship Under-13 after 40 years, marking the state's emergence as a serious sports hub in the country.

Several core issues remain unanswered: Tharoor on Centre's response in LS on Gyan Bharatam query

New Delhi.(Agency)

Congress MP Shashi Tharoor said despite claims of public access to digitised versions of 1.29 lakh manuscripts by the Centre under its Gyan Bharatam initiative, "no information" is given on access mechanisms, language interfaces, or reach.



Referring to the February 2 response by the Union government, he said, "No state/UT-wise or language-wise data is provided on manuscripts identified, catalogued, conserved, digitised, or uploaded to the National Digital Repository, with only aggregate figures offered."

Brace for impact: PM cautions on West Asia crisis, calls for Team India unity

As the West Asia conflict disrupts energy, trade and global markets, PM Modi lays out India's strategy, concerns for citizens abroad, and a broader plan to shield the economy from prolonged shocks.

New Delhi.(Agency)

Prime Minister Narendra Modi warned that the ongoing West Asia crisis has shaken the global economy and could take a long time to recover, cautioning that prolonged conflict may trigger serious consequences worldwide.



government is keeping a close watch on every changing situation and taking decisions with full seriousness," he said. He added, "This crisis is of a different kind and its solutions are also being worked out differently. We have to face every challenge with patience,

restraint and a calm mind." ENERGY, SHIPPING CONCERNS INTENSIFY The Prime Minister flagged the situation in the Strait of Hormuz as a major concern, with many global ships stranded and Indian crew members on board.

News box

Hit by car, auto overturns on way, driver dies

Gurgaon.(Agency)

A 44-year-old auto driver died after a car rammed into his three-wheeler from behind near Jharsa Chowk on the Delhi-Gurgaon expressway early on Sunday morning. The incident occurred at 5am when Naval Mahto, a resident of Trilokpuri in Delhi, was ferrying passengers from Anand Vihar towards Gurgaon. A car whose driver and registration details have yet to be identified hit the auto from behind. The impact caused the three-wheeler to overturn, leaving Mahto and several passengers injured. One of the passengers, Suresh, rushed him to a govt hospital in Sector 10, where doctors declared him dead. Mahto's uncle, Alakhdev Mahto, later approached the police and sought action against the unidentified driver. Police inspected the accident site, where the damaged auto was found along the service lane, and shifted the body for autopsy. In a separate incident, a 37-year-old man was also killed in a hit-and-run on the service road near Cloud Nine Hospital in Sector 57 at 12pm. Police said a team rushed to the spot after receiving information and took the injured to a hospital, where he succumbed during treatment. Singh had been living in rented accommodation in Udyog Vihar. Cases have been registered at Sector 40 and Sector 56 police stations under sections 106 (death by negligence) and 281 (rash driving) of the Bharatiya Nyaya Sanhita, and further investigation is underway.

Rain keeps temperature in check in Gurgaon, but warmer days to be back

Noida.(Agency)

A cloudy spell accompanied by light rain was observed across parts of Delhi-NCR on Monday, with more showers likely over the next few hours and through the week, officials said. India Meteorological Department (IMD) said the current spell was linked to a western disturbance active over Jammu and adjoining areas, along with an upper air cyclonic circulation over central Pakistan. "Under its influence, light to moderate rain is likely at isolated places in Haryana on March 23, 25, 26 and 28, and at a few places on March 29," IMD said. A yellow alert was also issued by the weather department for parts of Haryana on March 26 and 29, warning of thunderstorms with lightning and gusty winds of 30 to 40kmph. Despite the rain, maximum temperatures are expected to rise by 3 to 5°C over the next four days, with no significant change thereafter, indicating a gradual shift towards warmer conditions. "Cloudy weather prevailed across NCR, with light rain observed over north Delhi and Ghaziabad. Day temperatures are expected to remain below 25°C," meteorologist Navdeep Dahiya posted on social media platform X. He further said the current western disturbance is feeble and unlikely to bring widespread rainfall. "Nearly 60 to 70% of areas may not receive rain," Dahiya said, adding that dry and clear weather is likely to return on March 24 and 25, before another weak western disturbance affects north India around March 26. In Gurgaon, the minimum temperature settled at 16.6°C, an increase of 3.8°C from the previous day, according to IMD. The maximum temperature was recorded at 28.5°C, up by 0.3°C. Despite the rise, day temperatures remained below normal. Across Haryana, the average minimum temperature increased by around 1.9°C on Monday. The average maximum temperature also rose by 0.4°C but remained 2°C below normal. Bhiwani recorded the highest maximum temperature at 30.7°C. Officials said intermittent showers and cloud cover are likely to continue, offering brief relief before temperatures begin to rise steadily across the region.

6 key road projects stuck in slow lane, contractors come under fire for delay

NEW DELHI.(Agency)

An MCG review of key road development work has revealed delays and stalled projects, raising concerns about the pace of the city's civic infrastructure development. Records showed six road construction and recarpeting projects awarded to two contractors, Sachin Bansal and Ravindra India Projects Pvt Ltd, are running way behind their deadlines, with some projects delayed by more than a year. MCG commissioner Pradeep Dahiya said the corporation has issued notices to the contractors. Work on bituminous macadam and bituminous concrete layers on 10-metre-wide roads in Sector 46, which started in July last year, was scheduled to be completed by April this year. Records show only about 5% of the project has been completed so far, prompting MCG to impose a penalty of Rs 1.4 crore on the contractor (Ravindra India Projects Pvt Ltd) for the delay. Recarpeting work in Sector 39 has shown just 5% completion, even though the contract dates back to Jan 2025. The work order was issued on Jan 23, 2025, with a completion deadline of July 22, 2025. MCG issued three notices to the contractor in Nov and Dec last year over the slow progress. A fourth notice imposing 10% liquidated damages was issued later. A project to recarpet 18-metre and 10-metre roads in Sector 57 progressed about 40% despite release of the first running bill of Rs 1.25 crore, officials said. They said the rainy season and restrictions under the Graded Response Action Plan (GRAP) between Oct 2025 and Jan 2026 delayed the project, which is now expected to be completed by May 31, 2026. Reconstruction of internal roads in sectors 55 and 56, awarded to Bansal, has seen only about 15% progress despite an extension till May 15 this year. MCG officials said no payment has been released to the contractor so far due to the slow pace of work. Delays have also been flagged in projects in Sector 23A and Sector 21, both handled by Bansal. In Sector 23A, laying BM and BC layers on roads from 10 to 18 metres in width has seen 65% progress so far. MCG issued two notices in Jan, followed by a third notice in March imposing 10% liquidated damages. The contractor completed over 60% of the work, and we have been pursuing the issue for the last nine months. The contractor has clearly violated the stipulated timeline to complete the project. We raised the issue at Samadhan Shivir, but to no avail," said Bhawani Shankar Tripathy, a resident of Sector 23A. In Sector 21, recarpeting works in pockets B, C, and D started in Nov 2025 and were scheduled to be completed by May 28, 2026. MCG records show only about 15% of the work has been done. Officials issued the first notice to the contractor earlier this month.

Dust-free design plan for 15 Gurgaon roads: SPA & CRRI to come up with designs after GMDA lists stretches

Gurgaon.(Agency)

Road dust remains one of the most persistent contributors to air pollution in the region. Now, GMDA will identify 15 key roads across the city for redevelopment. Making them dust-free and sustainable corridors is part of an effort to curb air pollution in line with directions issued by the Commission for Air Quality Management (CAQM). Once shortlisted, these stretches will be redesigned by the School of Planning and Architecture (SPA) and CSIR-Central Road Research Institute (CSIR-CRRI). The redesign will focus on scientific road engineering practices, including better paving, improved drainage systems, and roadside greening. This comes after the memorandum of understanding (MoU) signed last month between NCR states, SPA, and CSIR-CRRI. The agreement lays down a standardised framework for urban road development, covering aspects such as road cross-sections, right-of-way (RoW) utilisation, plantation

strategies, and long-term maintenance protocols. The objective is to bring uniformity in how roads are designed and maintained across the NCR, with a clear focus on dust mitigation. "Under the CAQM directions, all road-owning agencies have been asked to identify 15 roads each for redevelopment as dust-free corridors. After shortlisting these stretches, we will share them with SPA and CSIR-CRRI, which will prepare scientific redesign plans," a senior GMDA official said. A key component of the plan is the rollout of a web-based road asset management system (RAMS), which will enable preventive and predictive maintenance of road infrastructure. By using GIS-based monitoring, civic agencies will move away from reactive repairs towards a more structured upkeep mechanism, ensuring roads remain dust-free over longer periods. In Dec last year, CAQM carried out an inspection across the city and flagged gaps in road maintenance. Of

the 125 road stretches inspected, only four were found to be completely free of visible dust. As many as 34 stretches showed high levels of dust, 58 had

driven maintenance. This includes standardising road geometry and cross-sections to ensure optimal use of available space, integrating greening measures within the RoW to act as dust barriers, and adopting advanced construction techniques that improve durability while reducing loose dust. "The focus will be on reducing road dust, which is a major contributor to air pollution, and improving overall road design through better paving, drainage, and greening. GMDA has already worked with SPA earlier on a right-of-way management study, and we are working on those recommendations.



With CSIR-CRRI also involved now, we expect more inputs on new technologies and materials that can further strengthen road construction and maintenance," the official added. moderate dust, and 29 recorded low dust intensity — highlighting the scale of the problem and the urgent need for systemic intervention. The new framework seeks to address these gaps through a combination of design improvements and technology-

RTE admissions: A third of private schools in Gurgaon yet to upload seat information

Gurgaon.(Agency)

The implementation of the Right to Education (RTE) Act in Haryana has hit a hurdle. Thousands of underprivileged children are facing uncertainty over admissions to private schools this year. As per the schedule, private schools were required to upload details of 25% reserved seats for entry-level classes by midnight on March 20. However, despite the state govt setting a target of enrolling nearly one lakh students, the response from private institutions has remained lukewarm. So far, only 66,640 seats have been uploaded on the official portal — nearly one-third less than the target — while 626 private schools have not displayed their reserved seats at all. This has put the hopes of around 33,350 children from 22 districts at risk, raising serious concerns over access to education for economically weaker sections. A senior official from the education

department said that strict instructions have been issued by the directorate and warned that action will be taken against schools violating RTE norms. The verification process by district elementary education officers will continue till March 29, after which the final list will be released between April 1 and April 6. Parents will be able to apply from April 9 to April 16, and allotment of schools is expected by April 20. District-wise data reveals a mixed picture of compliance. Faridabad leads with 1,372 schools, of which 1,287 have displayed seats and 85 have not, offering a total of 8,543 seats, including 3,810 in nursery, 50 in LKG, 151 in UKG, and 4,532 in Class 1. Gurgaon has 583 schools contributing 4,828 seats, followed by Hisar with 4,760 seats from 646 schools. Sonapat has reported 4,152 seats, while Palwal accounts for 3,827 seats. Panipat has 3,779 seats, Karnal 3,481 seats, Kaithal 2,803 seats,

Yamunanagar 2,763 seats, and Bhiwani 2,745 seats. While some districts have shown better participation, a significant number of schools are yet to fully comply with the RTE mandate. Despite repeated directions and discussions in the Assembly, the lack of compliance by private schools continues to weaken the implementation of the scheme. The situation highlights a clear gap between policy and ground reality, leaving thousands of children in uncertainty and questioning the effectiveness of RTE in ensuring equal educational opportunities. Despite repeated directions and discussions in the Assembly, the lack of compliance by private schools continues to weaken the implementation of the scheme. The situation highlights a clear gap between policy and ground reality, leaving thousands of children in uncertainty and questioning the effectiveness of RTE in ensuring equal educational opportunities.

Woman found dead in Gurgaon, family alleges murder over dowry

Gurgaon.(Agency)

A 23-year-old woman, Rashmi, was found dead in Rampura village of Kherki Daula on Sunday, following which a murder case was filed against her husband, Sunil Kumar. The couple got married in 2019 and lived in a rented house in the Lala Ki Dhani area of Rampura. Sunil worked as a security guard at a private company in the city and left his job 10 days ago.



Rashmi's brother, complainant Mahendra Singh, said he got a call from Sunil at 11.22am and was told that she had hanged herself. Mahendra, along with his wife, rushed to the couple's house and found her lying unresponsive on a bed with a scarf tied around her neck. He said her body turned blue, and she showed no signs of life. He alleged that Sunil repeatedly assaulted Rashmi for dowry, which led to frequent quarrels. Another relative, Neeraj Kumar, added that Sunil's family was repeatedly demanding a bike, cash and cattle and allegedly threatened to kill Rashmi if their demands were not met. Another relative claimed Rashmi often returned to her parental home in UP due to the harassment and assault. "At times, he would beat her and leave her at her parents' house. She mostly stayed there. After Holi, they came back to Gurgaon, and Sunil assured that things would be fine, but within days, this incident happened," a relative said. The family also alleged that Sunil had stolen Rashmi's gold jewellery and mobile phone after the incident.

Philippines-linked SIM racket busted in Gurgaon; UP man arrested

Gurgaon.(Agency)

A cyber fraud gang — with links to the Philippines — has been busted in the city with the arrest of a man from Uttar Pradesh. While Rahul Kumar (30), a resident of Kasganj, was nabbed from his native place on March 18, five SIM boxes and over 500 SIM cards were recovered from two rented accommodations in Gurgaon's DLF 3. Investigators found that the devices were part of a larger network used to route international calls through local SIM cards, masking their origin and facilitating cyber fraud. Kumar was produced in court on March 19 and taken into five-day police remand. After completion of police remand, the accused was produced before a Gurgaon court on March 23 and sent to judicial custody. The action followed two complaints received on March 17 by the Cyber Crime West police station from landlords in U Block, who flagged suspicious activity by their tenants involving illegal telecommunication equipment. ACP Priyanshu Dewan said, "A police team



raided two rooms in U Block, Phase 3, the same day and seized five illegally operated SIM boxes — fitted with 32-port antennas each, eight routers, 18 batteries, three UPS systems and 504 SIM cards belonging to Airtel and Vodafone Idea.

The setup was being used to divert calls through internet-based routing, enabling cyber fraud." "The interrogation revealed that he worked as a driver in Noida and came in contact with a Philippines-based handler through an associate. The equipment — including SIM boxes and routers — was supplied to him in Noida, after which he installed and activated the devices via video calls with the handler," the ACP added. Police said Kumar delivered the equipment to a location in U Block — DLF Phase 3, Gurgaon — and was paid Rs 15,000 for the job. The system diverted the calls through which cyber fraudsters operated. The accused disclosed that the equipment was routed from the Philippines to Nepal, then to Bihar, and was subsequently distributed across locations in India. A mobile phone used in the operation was also seized from his possession. Police said efforts are underway to trace other members of the network and the overseas handler.

Not picked up for days, garbage piles up in several Greater Noida sectors



Gurgaon.(Agency)

Residents from various areas of Greater Noida, including Ghodi Bachheda, Alpha 2 and the Surajpur-Kasna area, on Monday flagged prolonged garbage accumulation and the lack of garbage collection services. As frustration grew, residents said the accumulating waste has resulted in health hazards and a persistent foul odour, affecting daily life. Residents have reported a

significant increase in complaints over the past week, highlighting the dire state of sanitation in their neighbourhoods. "The situation has become unbearable and it's compromising our health," expressed a resident from the Surajpur-Kasna area. Ramdev Singh Rawal, who lives near Sector Xu 1, addressed the issue of uncollected waste on a vacant plot in Ghodi Bachheda. He urged the CEO of GNIDA,

further dumping. "Utilising this space for a community centre would not only give residents a venue for social gatherings, but also alleviate the health risks associated with the waste," he suggested. While noting the Authority's ongoing cleaning efforts, GNIDA official Gaurav Baghel said the authority conducts cleaning every one to two days, but indiscriminate dumping by residents continues to be a challenge. "We will conduct an inspection and work towards a permanent solution," he said. RWA representatives and residents from sectors Alpha 2, Delta 1 and Delta 2 criticised the slow response to this crisis, saying waste often remains unattended for days. "We urge the authority to take immediate action and prioritise effective waste management," a resident said. Baghel, however, stated that consistent waste management remains a challenge, particularly with market vendors in Alpha 2 failing to dispose of waste at designated spots. "We will look

into the matter," he said.

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Previous govts had destroyed Punjab's sports culture

62nd.....Front page For the first time, Punjab will host the Asian Champions Trophy in October and it is Asia's most prestigious hockey tournament. He further stated, "Matches will be held at Balbir Singh Sr. Hockey Stadium and Surjit Hockey Stadium Jalandhar." The Chief Minister also announced the return of a major badminton event, stating, "After 40 years the state has also got national badminton championship to be held at Jalandhar. This tournament will be held for under 13 category and will ensure that the state gets impetus for overall development and sports."

ing impetus to the sports for channelising the unbounded energy of the youth in a positive direction." Underscoring Punjab's deep-rooted sporting legacy, CM Bhagwant Singh Mann said, "Punjab has produced several legendary sportspersons and the state shares a deep connection with sports for centuries." He noted, "Our revered Sikh Gurus promoted not only spirituality but also physical fitness through sports. Sri Guru Angad Dev ji established a wrestling arena at Khadur Sahib and personally supervised physical training and wrestling, and Sri Guru Hargobind ji trained youth in horse riding and archery." He added, "Dashmesh Pita Sri Guru Gobind Singh mastered all forms of sports and martial arts of his time and even today traditional sports are showcased every year during Hola Mohalla at Sri Anandpur Sahib."

tribution to modern sports, CM Bhagwant Singh Mann said, "Captain of the Indian Hockey Team Harmanpreet Singh, Captain of India's Australia tour squad Hardik Singh, Indian Men's Cricket Team Captain Shubman Gill, Indian Women's Cricket Team Captain Harmanpreet Kaur, Indian Basketball Team Captain Palpreet Singh Brar, Indian Football Team Captain Gurpreet Singh Sandhu and recently Abhishek Sharma and Arshdeep Singh, who won the T20 World Cup, are all from Punjab." He added, "All these players have brought laurels for the state and country and are inspiring the youth." CM Bhagwant Singh Mann further said, "Indian Women's Cricket Team won the ODI World Cup last year under

Harmnpreet Kaur, with players like Amanjot Kaur and Harleen Deol." He added, "Hockey and Punjab are often considered inseparable and it is impossible to imagine Indian hockey without Punjab players." He stated, "More than 50 Punjab hockey players have won Olympic medals and 10 Punjab players have captained India in Olympic hockey." Citing historical achievements, the Chief Minister noted, "Balbir Singh Senior and Udhm Singh won three Olympic gold medals each and Ajit Pal Singh led India to its only Hockey World Cup victory in 1975." He added, "Legends like Prithpal Singh, Surjit Singh, Harcharan Singh and Surinder Singh Sodhi emerged from Punjab, and villages like Sansarpur, Khusrupur and Mithapur have produced over 20 Olympians." He further said, "In Tokyo Olympics 2021, India won a bronze medal after 41 years, with 9

Punjab players led by Manpreet Singh." CM Bhagwant Singh Mann said, "In Paris Olympics 2024, India again won bronze, with 10 Punjab players where Harmanpreet Singh was captain and top scorer." Detailing the upcoming tournament, CM Bhagwant Singh Mann said, "Teams from India, Pakistan, South Korea, Japan, Malaysia and China will participate in this mega event." He added, "Punjab will showcase its culture through Bhangra and Giddha before matches and this event will inspire youth participation in hockey." Highlighting policy interventions, CM Bhagwant Singh Mann said, "To give impetus to sports a new sports policy was introduced in 2023." He added, "It stipulates financial support for preparation including ₹15 lakh for Olympics and ₹8 lakh for Asian

Games." He further stated, "In 2023 Asian Games, Punjab athletes won 20 medals, which is a historic record." He added, "Olympic bronze medalists (Paris 2024) were awarded ₹1 crore each and Asian Games gold medalists also received ₹1 crore each." The Chief Minister stated, "Nine Olympic medalists were given PCS and DSP jobs and nearly ₹100 crore has been distributed as prize money in the last four years." He added, "There is a historic increase in the sports budget with ₹1791 crore in 2026-27 which was only ₹350 crore in 2023-24." He further said, "The number of coaches has been increased from 500 to 2458 and 324 new coaches have been recruited, while 48 accomplished players have

been appointed as coaches." On grassroots engagement, CM Bhagwant Singh Mann said, "Khedan Watan Punjab Dian are being organised at block, district and state levels." He added, "Participants aged 14 to 60 plus took part in these games and in 2023-24 around 3.5 lakh players participated, which rose to 5 lakh in 2024-25." He further stated, "₹10 crore prize money is being given annually for 10,000 medal winners and ₹97.3 crore has been spent in three years." Calling sports a powerful social tool, CM Bhagwant Singh Mann said, "Sports is the most lethal weapon against the menace of drugs in Punjab, due to which the

Punjab Government is promoting sports." He added, "Due to strenuous efforts of the Punjab Government, Kila Raipur Sports Festival has been revived with bullock cart races through legislation in 2025 after 14 years." He said, "These games are known as the 'Mini Olympics' of rural sports but no one had bothered for their revival earlier." CM Bhagwant Singh Mann said, "The AAP Government is laying major thrust on promotion of sports with 3100 playgrounds being developed at a cost of ₹1350 crore."

PUBLIC NOTICE
I, Rizwana Khatoon D/O Gufur Mansuri R/O A-75, Josthi Colony Mandawali Shakarpur East Delhi-110092, do hereby solemnly affirm and declare that I have embraced HINDUISM and renounced MUSLIM with effect from 05.11.2025.

PUBLIC NOTICE
I, hitherto known as Rizwana Khatoon D/O Gufur Mansuri R/O A-75, Josthi Colony Mandawali Shakarpur East Delhi-110092, have changed my name and shall hereafter be known as Shivani Yadav.

NAME CHANGE
I, Gurme Singh S/O Bawa Singh R/O-6/251, Janta Flats, Sector-16, Rohini, Delhi-89 have changed my name to Garmej Singh for all future purposes.

NAME CHANGE
I, Meena D/o K.L. Sharma R/O B-65, LIC Colony, Paschim Vihar, Sunder Vihar S/O West Delhi, Delhi-110087 have changed my name to Meena Goel for all future purposes.

NAME CHANGE
I, Ashok Kumar Aggarwal S/O Abheyraj Aggarwal, R/O 21/15, Gali No-5, Padam Nagar Kishan Ganj, Delhi-7, Kishan Ganj, North Delhi, Delhi, 110007 have changed my name to Ashok Kumar Aggarwal for all future purposes.

NAME CHANGE
I, Devinder Singh Thakral S/O Sardar Chatter Singh R/O House Number-B/1202, Paschim Vihar, DIST: West Delhi, Delhi-110063 have changed my name to Davinder Singh Thakral for all future purposes.

NAME CHANGE
I, Pradeep Kumar Sawhney S/O Tara Chand R/O - 10 Siri nagar extension, ashok vihar road Delhi-110052 have changed my name to Pardeep Kumar Sawhney for all future purposes.

PUBLIC NOTICE
THROUGH THIS PUBLIC NOTICE, PUBLIC IN GENERAL IS INFORMED THAT MY CLIENTS MRS. PUSHP LATA WIFE OF LATE MAHAVIR SINGH, AGE ABOUT 52 YEARS, R/O 176, MUNIRKA VILLAGE, SOUTH WEST DELHI, DELHI-110067, HAS DISOWNED AND DEBARRED HIS SON SAHIL TOKAS FROM THEIR MOVEABLE AND IMMOVABLE PROPERTIES, HENCEFORTH AND HAVE SEVERED ALL THEIR RELATIONSHIP DUE TO HIS CALLOUS BEHAVIOR AND MY CLIENT WILL NOT BE RESPONSIBLE FOR HIS ACTS AND DEEDS DONE BY HIM AND DEALING WITH MR. SAHIL TOKAS WILL DO SO AT HIS/HER/THEIR OWN RISK AND RESPONSIBILITIES AND MY CLIENTS WILL NOT BE RESPONSIBLE FOR ANY ACT IN ANY MANNER WHATSOEVER HENCE FORTH.

MANISH KUMAR ADVOCATE
Chamber No.958, Patiala House Courts, New Delhi-110001
Contact No. 9811630803

PUBLIC NOTICE
This is to inform you that Mrs. Ram Sakhi is intending to purchase a freehold residential house measuring 50 sq. yards (41.80 sq. meters), bearing House No. F-77, comprised in Kharsa No. 321, situated at Block-F, Rampark Extension, Hadbast, Village Hakitpur urf Khudabans, Pargana and Tehsil Loni, District Ghaziabad, Uttar Pradesh, from Mrs. Sarita and Mrs. Mamta Pal. The original owner of the entire property was Mr. R.K. Nanda, who sold the property to Mr. Ek Bahadur through a Sale Deed dated 30.01.1996. Thereafter, Mr. Ek Bahadur sold the property to Mrs. Sharda Devi through a Sale Deed dated 25.05.2012. Subsequently, Mrs. Sharda Devi sold the property to Mr. Shyam and Mrs. Rajni through a Sale Deed dated 11.07.2013. Thereafter, Mr. Shyam and Mrs. Rajni transferred their rights in favour of Mrs. Sarita and Mrs. Mamta Pal through General Power of Attorney, Agreement to Sell, and Will dated 27.11.2019. Consequently, Mrs. Sarita and Mrs. Mamta Pal have become the absolute owners of the aforementioned property. The property is confirmed to be free from all kinds of litigation, encumbrances, liens, charges, or claims. Please also note that the said property is proposed to be financed by Vastu Housing Finance Corporation Ltd., Sahibabad Branch, Uttar Pradesh. If any person(s) objection & regarding subject property, then kindly may submit his/her objection within 07 days 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.

[ASHWANI KUMAR]
Advocate
Chamber No. 122, Tehsil Compound, Ghaziabad, U.P.
kumar2021ashwani@gmail.com

PUBLIC NOTICE
This is to inform you that Mr. Manilul Mia and Mr. Abeya Bibi are the owners of a residential one-storey house bearing No. 138, having a land area measuring 145 sq. yards, forming part of Kharsa No. 36, Min. situated in the area of Village Dundhahera, near Radha Ram Public School, Pargana Loni, Tehsil and District Ghaziabad, Uttar Pradesh - 201009. The original owners of the entire property were Mr. Chhat Singh and Mr. Mahender, who sold the property to Mrs. Raj Bal through a Sale Deed dated 14.08.1986. Thereafter, Mrs. Raj Bal executed a Will dated 17.05.1999 in favour of her son, Mr. Anil. Unfortunately, Mrs. Raj Bal passed away on 13.10.2013. Subsequently, Mr. Anil Tyagi, on the basis of the said Will, gifted the property to his wife, Mrs. Geeta Tyagi, through a Gift Deed dated 21.05.2024. Thereafter, Mrs. Geeta Tyagi sold the property to Mr. Manilul Mia and Mr. Abeya Bibi through a Sale Deed dated 27.11.2019. Consequently, Mr. Manilul Mia and Mr. Abeya Bibi have become the absolute owners of the aforementioned property. The property is confirmed to be free from all kinds of litigation, encumbrances, liens, charges, or claims. Please also note that the said property is proposed to be financed by Vastu Housing Finance Corporation Ltd., Noida Branch, Uttar Pradesh. If any person(s) objection & regarding subject property, then kindly may submit his/her objection within 07 days 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.

[ASHWANI KUMAR]
Advocate
Chamber No. 122, Tehsil Compound, Ghaziabad, U.P.
kumar2021ashwani@gmail.com

PUBLIC NOTICE
I, DEEPAK S/O HUKAM SINGH R/O H.No. 281, Kadarabad - 2 Modinagar, Ghaziabad, Uttar Pradesh - 201204 have changed the name of my minor son CHINTU aged 13 years and he shall hereafter be known as CHIRAG.

Public Notice
It is for general information that I, Md Sahabuddin S/O Mohiuddin R/O B-68, BINDAPUR, J COLONY, Uttam Nagar, Po: D.K Mohan Garden, DIST: West Delhi, Delhi-110059, declare that name of mine, my father and my Mother have been wrongly written as Sahabuddin, Md Mohiuddin and Umate Khatoon in my 10th Class educational documents. The actual name of mine, my father and my Mother are Md Sahabuddin, Mohiuddin and Umatt Khatoon, respectively which may be amended accordingly.

NAME CHANGE
I, RASHIDUDDIN S/O NASIRUDDIN R/O C-8/A, Okhla Vihar, Janta Nagar, South - East Delhi - 110025 declare that the name of mine has been wrongly written as RASHIDUDDIN in my Aadhar No. 9793 0699 8797. The actual name of mine is RASHIDUDDIN, which may be amended accordingly.

NAME CHANGE
I, Shashi Chanda W/O M.L. Chandra, R/O 38-B, DDA Flats, Mansarovar Park, SHAHDARA, Shahdara, East Delhi, Delhi, 110032 have changed my name to Shashi Kiran for all future purposes.

NAME CHANGE
It is for general information that I, NISAR AHMED S/O ZENULL ABADEEN, Residing at B-290 B-Block, J J Colony, Hastnall, Uttam Nagar, D.K.Mohan Garden, PO: Uttam Nagar, West Delhi, Delhi - 110059 declare that the name of mine has been wrongly written as NISHAR AHMAD in my Birth Certificate No. NC/DOLR/0188-0074196 and name of my father has been wrongly written as ZEMULL ABADEEN in my 10th Class Educational Documents. The actual name of mine and my Father are NISAR AHMED and ZENULL ABADEEN respectively which may be amended accordingly.

NAME CHANGE
I, SURYA PRATAP S/O SESH NATH SINGH R/O C-87, SECOND FLOOR, SAHAY GRAM, RAJEEV NAGAR, GURGAON, HARYANA-122001, HAVE CHANGED MY TO SURYA PRATAP SINGH FOR ALL FUTURE PURPOSES

NAME CHANGE
I, SUMIT KUMAR S/O UDAY SHANKAR SINGH, Permanent residing at WALIUPUR, WALIUPUR, LAKHSHY ARAI, BHR-813131, Presently residing at QTR NO-162/04, ME LINE, DELHI CANTT, NEW DELHI-110010, have changed the name of my minor son TEJAS KUMAR aged 04 years and he shall hereafter be known as SHIVANSH KUMAR.

NAME CHANGE
I, BIRJESH S/O KAMAL SINGH R/O RATAN THAL(180), RATTANTHAL REWARI HARYANA -123301 HAVE CHANGED MY NAME TO BIRJESH SINGH FOR ALL FUTURE PURPOSES

NAME CHANGE
I, GHAZALA PARVEEN W/O PARVEZ AHMED JAMILANA R/O 1110, Gali Neem Wali, Mohalla Kishan Ganj, Telwara, Azad Market, Delhi-110006 have changed my name to Ghazala Parvez.

NAME CHANGE
I, Sunita Kataria W/O Rajinder Kumar Kataria R/O EG-19, 2nd Floor, Interpuri, Delhi-110012 have changed my name to Sunita.

NAME CHANGE
I, Ghazala Parveen W/O Parvez Ahmed JAMILANA R/O 1110, Gali Neem Wali, Mohalla Kishan Ganj, Telwara, Azad Market, Delhi-110006 have changed my name to Ghazala Parvez.

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PUBLIC NOTICE
Information is hereby given to the general public that our client Mrs. Kalpana W/O Mr. Sunil Kumar is the owner and in possession of a Freehold Residential Built-Up Property with Roof Rights on Property Bearing No. 13, area measuring 34 sq. yards, out of Kharsa No. 22/24/2, situated at abadi of Street No. 1, Sunder Park, Shastri Nagar, in the area of Village Khureji Khas, Ilaha Shahdara, Delhi. Our client acquired the said property by virtue of a Sale Deed dated 05.12.2020, duly registered as Document No. 6783, in Book No. 1, Volume No. 9676, on pages 166 to 173, on 05.12.2020, with the Sub-Registrar Office of Sub-Registrar VIII, Delhi New Delhi. In the chain of documents, the Death Certificate & SMC of Late Shri Jugal Kishore expired on 28.03.2020 & Death Certificate of Late Shrimati Darshan Rani expired on 05.06.2016, is not available. Therefore, our client hereby declares that except him, no other person has any right, title, interest, claim or objection in respect of the above-mentioned property. The said property is presently financed / mortgaged with Piramal Finance Ltd., Branch: Burari, New Delhi. If any person(s) have any objection(s) or claim(s) with respect to the right, title or interest in the Said Property then contact us within 07 days from the date of Publication of this notice and of the same to the undersigned if found by anyone. Thereafter no claim shall be entertained.

[NAVEEN KUMAR VERMA]
Advocate
F-211, Sector-3, Vaisali, Ghaziabad, Uttar Pradesh-201010
(Contact at 09958871432)

GOVERNMENT OF MANIPUR
PUBLIC WORKS DEPARTMENT,
IMPHAL WEST DIVISION, PWD, MANIPUR

NOTICE INVITING OPEN TENDERS
Imphal, the 23rd March, 2026

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NAME CHANGE
It is for general information that I, PREETHAM RATHOD S/O RATHOD MURARI R/O W/20-21, ADARSH GALI NO-01, PALAM VILLAGE, SOUTH WEST DELHI, DELHI-110045, declare that name of mine, my father and my mother has been wrongly written as R PREETHAM, R MURARI and R CHANDRA KALA in my 10th Class and 12th Class educational documents. And the name of my father has been wrongly written as R MURARI in my Aadhaar card No. 9945574330. The actual name of mine, my father and my mother are PREETHAM RATHOD, RATHOD MURARI and RATHOD CHANDRA KALA respectively which may be amended accordingly.

NAME CHANGE
I, Anil K M Aggarwal S/O Satya Narayan, H.No. 97, FIRST FLOOR, Pocket-7, Sector-22, Rohini, Begumpur, Delhi-110086, have changed my name to Anil Kumar for all future purposes.

NAME CHANGE
It is for general information that I, RIZWAN AHMED S/O ZENULL ABADEEN, Residing at B-290 B-Block, J J Colony, Hastnall, Uttam Nagar, D.K.Mohan Garden, PO: Uttam Nagar, West Delhi, Delhi - 110059 declare that name of mine and my father has been wrongly written as RIZWAN and JANUL AUBUDDIN in my 10th Class Educational Documents and the name of my father has been wrongly written as JANUL AUBUDDIN in my Passport No. T065355. The actual name of mine and my Father are RIZWAN AHMED and ZENULL ABADEEN respectively which may be amended accordingly.

NAME CHANGE
I, hitherto known as PANNA GAUTAM S/O BHAGWAT R/O H NO-236/4, BLOCK-23, TRILOK PURI, DELHI-110091 have changed my name and shall hereafter be known as MUNNA LAL. It is certified that I have complied with other legal requirements in this connection.

NAME CHANGE
I, hitherto known as RUKMIANI JHA W/O: SHIV KUMAR JHA R/O A/No. 10 - f27, Gali No.3, Mohan Baba Nagar, Badarpur, South Delhi, Delhi-110044, have changed my name and shall hereafter be known as RUKMIANI KUMARI.

NEWS BOX

At least 66 dead after Colombia military plane with 125 soldiers aboard crashes

BOGOTA. (Agency)

A Colombian military plane carrying 125 soldiers and crew members crashed on takeoff early Monday, killing at least 66 people and injuring dozens of others, officials said. The C-130 Hercules aircraft went down shortly after departure from Puerto Leguizamo, near the southern border with Ecuador and Peru, strewn burning wreckage on the jungle floor.

A military source told AFP that 58 soldiers had died, along with six air force personnel and two police officers. The updated toll came shortly after the local government secretary Carlos Claros told RCN television that 33 people had died, and that efforts were being made to treat and evacuate dozens of others injured. He added that investigators were probing the cause of the crash. The border area where the plane went down has been the scene of heavy military activity in recent weeks, as the Colombian and Ecuadorian militaries try to tackle drug-running cartels and militias. AFP images from the scene showed civilians clambering around the broken tail of the aircraft, marked FAC 1016, as smoke and flames billowed above the trees. Defense Minister Pedro Sanchez expressed his "deep sorrow" over the disaster, saying it was too early to determine the cause of the crash. "It is a deeply painful event for the country. May our prayers bring some measure of comfort," Sanchez said. General Carlos Fernando Silva Rueda said that 114 troops were aboard and 11 crew members, travelling from Puerto Leguizamo to an Amazon outpost nearby. "The airport is small and there are several difficulties" hindering the evacuation of bodies and the injured, Jhon Gabriel Molina, governor of the Putumayo region, said in a Facebook video. Horrific accident

Locals in the area recounted hearing a loud bang.

"I felt an explosion in the air and, when I looked up, the plane was flying close to the house on my plot," said Noe Mota, a farmer. Colombia's President Gustavo Petro shared footage showing the aircraft attempting to gain altitude before plummeting down.

He described the crash on X as a "horrific accident" and emphasized a need to modernize Colombia's military hardware, though he did not specifically link the crash to the plane's condition.

Iranian report claims energy infrastructure damage in strikes

DUBAI. (Agency)

A semiofficial Iranian news agency close to Iran's paramilitary Revolutionary Guard reported early Tuesday that two energy sites had been struck by airstrikes. The report by the Fars news agency appeared timed to call into question comments by US President Donald Trump, who extended his deadline for Tehran to halt its attacks that have effectively closed the Strait of Hormuz, the narrow mouth of the Persian Gulf. Trump had threatened to strike Iranian power plants.



Fars claimed an attack struck natural gas infrastructure in Isfahan, while another "targeted" a gas pipeline for the Khorramshahr power plant.

Neither Israel nor the US had claimed strikes in the area on Monday, though both countries don't always acknowledge their attacks. It also wasn't immediately clear if those sites had been specifically targeted or damaged in strikes hitting other sites in the area.

US Allies Saudi, UAE Edge Towards Joining Iran War

world. (Agency)

Saudi Arabia and the United Arab Emirates have taken steps toward joining the Iran war, the Wall Street Journal reported, potentially signaling an escalation of the fighting. Saudi Arabia agreed to give the US military access to King Fahd Air Base, the WSJ reported, citing people familiar with the matter, an apparent reversal after saying its bases couldn't be used to attack its longtime rival. The newspaper also cited people familiar as saying the United Arab Emirates closed an Iranian-owned hospital and club - undercutting a key source of support for Tehran.

Videos apparently showed that some missiles used in attacks on Iran were launched from Bahrain, the WSJ said. The US military declined to say if it was getting help from countries in the region, the newspaper reported. Crude oil edged higher after the WSJ report and US stock-index futures erased gains.

The reported moves by Washington's Gulf partners indicate they are growing frustrated with Iran, which has responded to US and Israeli attacks by hitting targets in several nearby nations. Israel's attack last week on an Iranian gas field sparked retaliatory strikes by Iran against energy assets across the Middle East. President Donald Trump rebuked Israel, which later said it would no longer target energy infrastructure. The WSJ report followed Trump's announcement on Monday that he was holding off on attacking Iranian energy infrastructure for five days, after what he called "productive conversations" with the country. Trump has yet to provide any details on the participants in the talks or the parameters of a deal.

Jury finds that Bill Cosby sexually assaulted woman in 1972 and awards her nearly \$60 million

After a nearly two-week trial in Santa Monica, jurors found Cosby, 88, liable for the sexual battery and assault of Donna Motsinger.

LOS ANGELES. (Agency)

A civil jury in California found Monday that Bill Cosby was liable for drugging and sexually assaulting a woman in 1972 and awarded her \$59.25 million. After a nearly two-week trial in Santa Monica, jurors found Cosby, 88, liable for the sexual battery and assault of Donna Motsinger. They awarded her \$17.5 million in past damages and \$1.75 million for future damages, including "mental suffering, loss of enjoyment of life, inconvenience, grief, anxiety, humiliation, and emotional distress." Then in a second phase of the trial Monday afternoon, they awarded an

additional \$40 million in punitive damages. Cosby's attorney, Jennifer Bonjean, said in an email after the initial award earlier Monday that they are disappointed and fully intend to appeal the verdict. She did not immediately respond to a request for comment on the punitive damages.

Deliberations lasted about two days.

The decision came nearly five years after Cosby was freed from prison in Pennsylvania when the state Supreme Court threw out a criminal conviction based on similar allegations. He has settled some similar lawsuits and has been ordered to pay in others, but Monday's award is likely the most he has had to pay in a case.

"This verdict is not just about me - it's about finally being heard and holding Mr. Cosby accountable," Motsinger said in a statement. "I have carried the weight of what happened to me for more than 50 years. It never goes away. Today, a jury saw the truth and held him accountable. That means everything. I hope this gives



strength to other survivors who are still waiting for their moment to be heard."

Motsinger had been a server at a restaurant in Sausalito near San Francisco who said in her lawsuit, filed in 2023, that Cosby had invited her to his stand-up comedy show at a theater in nearby San Carlos. Both were in their 30s at the time. She said Cosby gave her wine and two pills that she believed were aspirin, and that she was going in and out of consciousness as two men put her in a limousine. "She woke up in her house with all her clothes off, except her underwear on - no top, no bra, and no pants," the lawsuit said. "She knew she had

been drugged and raped by Bill Cosby."

In court filings, Cosby's lawyers argued that the allegations rested almost entirely on speculation and assumption, saying Motsinger "freely admits that she has no idea what happened." Motsinger's lawsuit moved with surprising quickness through the California courts, taking just 2 1/2 years from filing until verdict while other lawsuits against him stalled. "We are grateful to the jury for their careful attention to the evidence and to Ms. Motsinger for the extraordinary courage it took to come forward," said Jesse Creed, one of her attorneys from the Panish Shea Ravipudi law firm that represented her.

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Cosby did not testify at the trial, whose witnesses included Andrea Constand, the Temple University sports administrator he was convicted of sexually assaulting in a Pennsylvania criminal court in 2018. The state's Supreme Court threw out the verdict and Cosby was freed from prison after serving nearly three years of a three- to 10-year sentence.

Russian missile strikes kill three in Ukraine

On the eve of the strikes, Ukrainian President Volodymyr Zelensky warned in his daily televised address that "there is information from our intelligence that the Russians may be preparing a massive strike".

KYIV. (Agency)

Russian missile and drone strikes triggered air raid alerts across Ukraine on Tuesday, with attacks killing two people in Poltava and another person in Zaporizhzhia, regional military administrations said. Air raid alerts were issued in the small hours in all of Ukraine except for Odesa region, according to regional authorities. "As a result of the enemy attack on



Poltava community, damage was recorded to residential buildings and a hotel. Fires broke out," Vitali Dyakivnych, head of the Poltava regional military administration, posted on Telegram. "Unfortunately, two people died and seven were wounded as a result of the attack," he said, later revising the number of wounded to 11. Farther south, Russia carried out a "massive combined missile-drone strike" in Zaporizhzhia, according to Ivan Fedorov, head of the regional military administration.

"One person died, five were wounded: the number of victims of the nighttime enemy attack on Zaporizhzhia is increasing," Fedorov posted on Telegram. Six apartment buildings and two private houses, a shop, non-residential buildings, and an industrial infrastructure facility were damaged, he added. On the eve of the strikes, Ukrainian President Volodymyr Zelensky warned in his daily televised address that "there is information from our intelligence that the Russians may be preparing a massive strike".

Ousted Venezuela president to return to New York court

NEW YORK. (Agency)

Lawyers for the ousted Venezuelan president Nicolas Maduro are expected to push for the dismissal of his drug trafficking charges when he appears in a New York court Thursday. The Manhattan hearing comes as Washington cautiously warms ties with Caracas, with the question of who will pay the legal fees of the former autocrat and his wife expected to take center stage. Venezuela's government is seeking to pay Maduro's legal fees but because of Washington's sanctions on the oil-rich south American nation, Maduro's lawyer Barry Pollack must obtain a US government license that has not been issued. Pollack argued in a court submission that the license requirement violated Maduro's constitutional right to legal representation, and demanded the case

be thrown out on procedural grounds. Maduro, who autocratically ruled Venezuela since March 2013, was ousted as president in a January 3 raid by the United States. Detained in



Brooklyn's Metropolitan Detention Center, a federal prison known for unsanitary conditions, Maduro is alone in a cell, with no access to the internet or newspapers. The man some of his fellow detainees call "president" in the

hallways reads the Bible, according to a source close to the Venezuelan government. He is only allowed to communicate by phone with his family and lawyers, for a maximum of 15 minutes per call, the source added. "The lawyers told us he is strong. He said we must not be sad," said his only son, Nicolas Maduro Guerra, quoting his father as saying "we are fine, we are fighters."

Prisoner of war' claim

Maduro, 63, has pleaded not guilty to the US drug trafficking charges and declared that he is a "prisoner of war" in a hearing on January 5. He is accused of having allied himself with guerrilla movements, particularly Colombian groups Washington considers "terrorist," as well as with criminal cartels to ship tons of cocaine to the United States.

Trump says US and Iran are talking. His claim is eliciting market cheers and plenty of skepticism

WASHINGTON. (Agency)

President Donald Trump started the fourth week of his war against Iran by offering the world some guarded optimism that the U.S. could soon be winding operations down, a claim that markets cheered but Iranian officials dismissed as a ploy to buy time for a conflict that is causing economic pain around the globe.

In a social media message timed before markets opened, Trump said he was putting off for five days plans he announced over the weekend to bomb Iran's power plants unless Tehran opened the Strait of Hormuz by Monday evening. The critical passageway for some 20% of the world's crude has been effectively shuttered during the war, sending oil and gas prices soaring.

He decided to hold back on targeting Iran's critical infrastructure, Trump explained, because his envoys, son-in-law Jared Kushner and Steve Witkoff, had "very good" talks over the weekend with unnamed "respected" Iranian officials on ending hostilities.

The president made no mention of Iran's vow that vital infrastructure across the Gulf region - including energy and desalination facilities critical for drinking water - would be considered legitimate targets and "irreversibly destroyed" if Trump acted on his threat. The back-and-forth drove a steep selloff in Asian markets as the clock ran down on Trump's ultimatum.

"All I'm saying is we are in the throes of a real possibility of making a deal," Trump said during an extended exchange with reporters before boarding Air Force One on Monday morning to make his way from his home in Florida to an event in Memphis, Tennessee. "And I think, if I were a betting man I'd bet for it. But again, I'm not guaranteeing anything." Before the president's plane had landed in Tennessee, less than two hours later, Iran refuted there had been any high-level communications with the White House and dismissed Trump's rhetoric as a thinly veiled attempt to manipulate jittery global markets. "No negotiations have been held with the US," Mohammad Bagher Qalibaf, the speaker of Iran's parliament, posted on X. "And fakenews is used to manipulate the financial and oil markets and escape the quagmire in which the US and Israel are trapped." The Iranian Foreign Ministry also said Trump's statement was nothing more than an effort "to reduce energy prices and to buy time for implementing his military plans." But Trump's key objectives in the war have not yet been achieved.

If Trump were to end the war now, he would be walking away from the fight at a moment when he still hasn't fully achieved his stated objectives, some regional analysts have noted. Over the course of the past few weeks, Trump has offered shifting reasons for launching the war as Democrats accuse him of needlessly shaking the global economy and polls at home show that Americans are divided along party lines about the conflict.

North Korea's Kim vows 'irreversible' nuclear status, warns Seoul of 'merciless' response

GENEVA. (Agency)

North Korea will never give up nuclear weapons, leader Kim Jong Un said, indicating that the country will soon designate South Korea the "most hostile state", state media reported Tuesday. Kim also told the country's rubber-stamp legislature in a policy address on Monday that the United States was committing "state terrorism" in an apparent reference to its military attacks on Iran. "We will continue to firmly consolidate our status as a nuclear-armed state as an irreversible course, while aggressively stepping up our struggle against hostile forces," Kim told the Supreme People's Assembly. "We will, in line with the mission entrusted by the Constitution of the Republic... further expand and advance our self-defensive nuclear deterrent," Kim said, according to the official Korean Central News Agency.

While the United States and Israel have said that their attacks on Iran are to stop the Islamic republic from developing nuclear weapons - an aim Tehran denies -

Pyongyang's atomic activities are thought to be light years ahead by comparison.

Despite years of sanctions and diplomatic isolation, the Chinese ally is estimated to have dozens of nuclear warheads and the fissile material for many more. The poor communist country has also unveiled increasingly sophisticated delivery systems, including new solid-fuel intercontinental ballistic missiles that can launch with little warning. It has done six nuclear tests. Kim, a day after his reappointment as head of the authoritarian nation's highest policymaking body, the State Affairs Commission, also did not mince words about his southern neighbour. "We will designate South Korea as the most hostile state and deal with it by thoroughly rejecting and disregarding it," Kim said.

The announcement came despite repeated overtures by South Korean President Lee Jae Myung, a doveish leader who took office in June, for dialogue without



preconditions. Pyongyang has ignored these gestures. Pyongyang will "make it pay mercilessly -- without the slightest consideration or hesitation -- for any act that infringes upon our Republic," Kim added.

Grave concern

Hong Min, a senior analyst at the Korea Institute for National Unification, said that Kim's comments on consolidating its nuclear status reflect "the extent to which Kim and the leadership perceive the current US actions with deep concern and

seriousness." It indicates that Kim and the leadership, viewing recent US attacks on Venezuela and Iran with grave concern, interpret these developments as reinforcing their decision to pursue the further advancement of North Korea's nuclear capabilities," Hong told AFP. In recent months, Washington has pushed to revive high-level talks with Pyongyang, eyeing a possible summit with Kim this year, potentially around US President Donald Trump's delayed visit to Beijing in April. "The United States and its allies are constantly bringing nuclear strategic assets into the areas surrounding our country, shaking the foundations of regional security," Kim said. "The United States is carrying out acts of state terrorism and aggression across the world, but the arrogant and reckless exercise of its power has not weakened progressive humanity's will to oppose domination and subjugation and to achieve independence and equality."

NEWS BOX

Crisil, IIT Kanpur ink pact to boost AI collaboration, launch lecture series

Kanpur.(Agency)

Crisil Limited and the Indian Institute of Technology Kanpur have signed a memorandum of understanding (MoU) to deepen industry-academia collaboration in artificial intelligence and intelligent systems, with a focus on talent development and real-world innovation.

The partnership, forged with the Wadhvani School of AI & Intelligent Systems (WSAIS), will see the launch of a Crisil Lecture Series, bringing industry leaders and academic experts to campus to deliver talks on AI, cybersecurity, robotics, intelligent systems, and emerging technologies relevant to industry.

A Crisil Student Award will also be instituted, to be presented annually during the IIT Kanpur Convocation to recognise outstanding academic performance among students of the Department of Intelligent Systems.

Pooja Mirchandani, President & CHRO of Crisil said here on Tuesday that, "Our partnership with IIT Kanpur is an exemplar of industry-academia collaboration that supports student learning and develops talent that is equipped to meet the challenges of emerging technologies."

Crisil has also expressed interest in continuing engagement with WSAIS through recruitment visits for internships, interaction with students of the Department of Intelligent Systems, and encouraging students to work on industry-relevant problems.

HP: 158 Hemophilia, 205 Thalassemia patients; free treatment in govt hospitals

Shimla.(Agency)

Himachal Pradesh has 158 registered Hemophilia patients and 205 Thalassemia patients in the State Government informed the member in the state Assembly on Tuesday, highlighting the burden of these chronic genetic disorders and the government's ongoing support measures.

Replying to a question raised by Vipin Parmar during the session, Health and Family Welfare Minister D. R. Shandil stated that all patients are registered on the national portal, with districts like Kangra, Mandi and Shimla reporting a higher concentration of cases.

Kangra accounts for the highest number of Thalassemia patients at 91, while Mandi leads in Hemophilia cases with 39 patients. Shimla, Chamba, Hamirpur and Una also have a significant number of affected individuals, indicating a statewide spread of both conditions.

The government informed the House that "treatment for both diseases is being provided free of cost in all government hospitals and medical colleges". Hemophilia patients are given clotting factor injections and related medicines, while Thalassemia patients receive regular blood transfusions and iron chelation drugs through public health institutions.

In addition to free medical care, the state is extending "financial support of Rs 3000 per month" to Thalassemia patients from BPL families or those with an annual income below Rs 4 lakh under a Direct Benefit Transfer scheme. Health authorities outlined that Hemophilia, a bleeding disorder, is marked by prolonged bleeding, frequent bruising and joint damage, while Thalassemia patients suffer from severe anaemia, weakness, pale skin and, in advanced cases, bone deformities.

DC launches 100-day campaign for 'TB-Free Hamirpur

Hamirpur.(Agency)

On the occasion of World TB Day, Deputy Commissioner Gandharva Rathore on Tuesday launched a 100-day screening drive as part of the 'TB-Free Campaign.'

She said that under this campaign, teams from the Health Department will conduct preliminary screenings of approximately 1.70 lakh people across 432 villages, out of the district's total estimated population of 5.15 lakhs. This group includes all individuals over the age of 60, as well as those suffering from hypertension, blood pressure/diabetes issues, and other serious ailments, who are at a higher risk of contracting tuberculosis.

The Deputy Commissioner informed that the Health Department has already constituted teams for this special campaign, and they have also undergone training. These teams will comprise ASHA workers, Community Health Officers (CHOs), other health staff, and—when necessary—health officials.

Gandharva Rathore explained that three portable digital X-ray machines will be utilised to conduct on-the-spot X-rays for people in the field; additionally, X-rays for residents living in areas surrounding health centres can also be performed at those respective health centres.

The Deputy Commissioner emphasised that this campaign is crucial for making District Hamirpur 'TB-free.'

She noted that a complete cure for TB is possible, and if detected in a timely manner, patients recover very quickly. Therefore, he urged everyone to cooperate with the Health Department teams and to ensure they get tested if there is any suspicion of TB.

LPG crisis in Lucknow: Small businesses paralyzed by gas shortage and black marketing

Lucknow.(Agency)

The deepening shortage of LPG (cooking gas) and skyrocketing prices in Lucknow, the capital of Uttar Pradesh, have crippled small business owners and migrant workers alike.

The situation has become so dire that many labourers and street vendors—who originally hail from the districts of the Purvanchal region—are being forced to shut down their operations and return to their villages.

Migrants from districts such as Azamgarh, Basti, Deoria, Mau, Ballia, Jaunpur, and Kushinagar report that the erratic supply of gas—coupled with the fact that cylinders are available only on the black market at double the standard price—has made it nearly impossible to earn a livelihood. Rakesh Maurya, who runs a tea stall serving "bun-makkhan" (bun and butter) in Hazratganj, explains that his earnings are dwindling while his expenditure on gas continues to rise.

Meanwhile, Arvind Mishra—a Basti native who operates a fast-food cart in Indira Nagar—states that he has not received a gas

cylinder for the past 10 days, bringing his business to a complete standstill. Arvind, who previously earned up to ₹500 a day, is now unable to even pay his rent and has made the



difficult decision to return to his village. Rahul Verma, a Deoria native who sells 'chaat' (street food) in Nishatganj, notes that LPG cylinders are currently available on the black market at exorbitant rates. Out of sheer necessity, he purchased an induction cooktop; however, this has slowed down his cooking

process, causing customers to lose patience and walk away rather than wait.

In Gomti Nagar, Manoj Singh from Ballia shared that with gas selling at double its usual price, continuing to run his shop has become an impossibility.

According to Mohammad Arif from Kushinagar, who sells 'kebab-paratha' in the Chowk area, he attempted to cook using firewood after his gas supply ran out. However, his landlord refused to grant permission for this, resulting in a complete disruption of his income.

The impact of this crisis is not limited solely to street vendors and cart operators. Daily-wage labourers in areas such as Transport Nagar, the Talkatora Industrial Area, and Chinhath are also facing a severe crisis. Many workers can now be seen leaving the city, their bags and bedding in tow. Workers employed in small-scale units in Sarojini Nagar and Amausi state that, despite the availability of work, making ends meet has become difficult due to the high cost of gas.

Polls, new year festival hit Bengaluru's construction and hotel sectors as migrant workers head home

Visakhapatnam.(Agency)

BENGALURU: Regional new year festivities, along with the festival of democracy, are threatening to upend the construction and hotel sectors in IT capital Bengaluru, and other parts of Karnataka, through the month of April.

With the Election Commission setting the poll calendar for West Bengal, Tamil Nadu, Kerala, Assam and Puducherry, these sectors are likely to take a beating as a large chunk of voters from these states would leave Bengaluru.

According to representatives from a Tamil association in Bengaluru, Karnataka has around 80 lakh Tamilians, and lakhs travel to Tamil Nadu during elections to cast votes. "About 30 per cent of these Tamilians vote in Tamil Nadu but are settled in Bengaluru and other districts. Many are here only for livelihood in small hotels and construction.

With the Tamil New Year falling on April 14 and poll date on April 23, construction and hotel

workers and others will be on leave, and industries dependent on them will take a hit," said Ko Damodharan, president, Bengaluru Tamil Sangam. Similarly, there are over 16 lakh



Bengali migrants in Karnataka, and those engaged in construction work have already left the city as an election is not just serious work, but good business for them. "A majority of them will leave for Pohela Bhoishak, the Bengal New

Year on April 15, and elections slated on April 23 and 29," said Rudra Shankar Roy, philanthropist and patron of many Bengali associations. With the hotel industry facing LPG supply issues, some workers have already left the city.

With a voting population of nearly 4 lakh, migrant workers from Assam are pleading with the Assam Society of Bengaluru to request the government to deploy special trains as all running trains are booked out due to Bihu, the Assamese New Year falling on April 14. With polling on April 9, a majority of students and workers will start leaving Bengaluru in the first week of April.

"Many of our boys are in the construction field, and some are students. With the festival and elections, many are leaving by train.

Hope the government considers our request for a special train," said Dheeraj Talukdar, adviser, Assam Society of Bengaluru. The community is spread across Electronics City, Hebbal and surroundings.

Metro Water gets CRZ approval for underground sewer in Thoraipakkam

CHENNAI.(Agency)

Chennai Metropolitan Water Supply and Sewerage Board (Metro Water) has obtained Coastal Regulation Zone (CRZ) clearance to construct an underground sewage network in Okkiyam Thoraipakkam area in Sholinganallur zone, which presently lacks an organised sewage disposal system.

The clearance has been accorded during a recent Expert Appraisal Committee (EAC) meeting. As per the proposal, the Metro Water will construct underground sewage lines for a total of 84 kilometers at a cost of Rs 266 crore. The project will include six new pumping stations and three lifting stations. Of the total 84 kilometres of proposed sewage lines, about 4 kilometres fall within the CRZ area.

Once completed, more than 14,000 households in Okkiyam

Thoraipakkam (divisions 193, 194 and 195) will be benefited. The project was first announced in the state assembly in August 2021. The Metro Water has estimated a sewage generation of 38 million litres per day (MLD) in Okkiyam Thoraipakkam by 2055. Once the underground



sewer line is completed, the generated sewage will be sent to plants in Perungudi and Sholinganallur for treatment. Presently, households in the project area have their own septic tanks and the tanks are being

cleaned using tanker lorries. Earlier, the Metro Water proposed to construct underground sewage lines in VPG Avenue Extension and Nehru Nagar. But, the state forest department identified the areas as encroachments on Pallikarandai Marshland and razed down the buildings. Following the action, the Metro Water changed the alignment of the sewage network to avoid damaging the wetland area.

In June 2022, the state municipal administration and water supply department issued a G.O. sanctioning the fund for the project under AMRUT 2.0 under which the state government and union government provide 30%

and 25% of the project cost while remaining amount will be spent by the Metro Water. The department has estimated that Okkiyam Thoraipakkam will house a population of 3.14 lakh by 2055.

New payment system, panic buying cause long queues at Hyderabad fuel pumps

HYDERABAD.(Agency)

"There is no immediate shortage. The problem is panic buying. People are topping up more than usual, fearing scarcity, which is accelerating the depletion at outlets," Kuldeep, a staff member at a petrol bunk in Paradise, told the TNIE on Monday. He was responding to a query on longer queues at several petrol stations in Hyderabad in recent days. A closer look into the development revealed that the problem is due to temporary disruptions linked to a change in payment terms by oil marketing companies (OMCs). Dealers said supplies remain adequate overall, but local constraints and increased demand have led to delays at some outlets.

India's three state-run fuel retailers — Indian Oil Corporation, Hindustan Petroleum and Bharat Petroleum — have shifted from credit-based supply to advance payments for dealers. HPCL and

Top Maoist commander Papa Rao likely to surrender in Bastar

Raipur.(Agency)

With less than a week left before the deadline for a Maoist insurgency free India and Chhattisgarh, security forces are leaving no stone unturned to achieve what union Home Minister Amit Shah had declared a year ago.

There has been a noticeable buzz within the security establishment since reports emerged that talks regarding the surrender of the most wanted and influential Maoist leader, Papa Rao, have reached an advanced stage. While there is no official confirmation yet, all preparations are being made to bring him to Jagdalpur if the surrender goes through.

Chhattisgarh Chief Minister Vishnu Deo Sai on Monday described the possible surrender of senior Maoist commander Papa Rao as a significant development in the ongoing anti Naxal operations. Sai said that the sustained push against Left-Wing Extremism under Prime Minister Narendra Modi and union Home Minister Amit Shah's leadership has shown results.

Deputy Chief Minister Vijay Sharma termed the development an important moment in the broader campaign against Maoist insurgency.

A Bijapur based journalist, on condition of anonymity, revealed that a special team of personal has already moved towards the Indravati National Park area. Papa Rao is expected to surrender with weapons, along with around 17 cadres. Papa Rao has been associated with the West Bastar Division and is a member of the Dandakaranya Special Zonal Committee. He carries a reward of about Rs25 lakh on his head. Over the years, his name has figured in several major incidents in the Bastar region, including the IED blast on the Kutru-Bedre road.

Within the Maoist setup, Papa Rao has been seen as someone with considerable influence. Officials say that his organisational grip remained strong, and even members of his family were linked to the network during these years.

18 arrested in nationwide crackdown; Spy network used digital surveillance tools to track army movements

Ghaziabad.(Agency)

In a significant breakthrough, the probe by Indian security agencies have uncovered a sophisticated espionage network that relied heavily on digital technology to gather intelligence inputs. Sources confirmed on Tuesday that the gang busted earlier by the Uttar Pradesh police with arrest of 18-members reportedly used advanced methods such as installing solar-powered surveillance cameras in sensitive cantonment zones, tracking army movement, and monitoring prominent religious locations—all of which were allegedly used to transmit critical information to their Pakistan-based handlers.

Investigations reveal that these solar cameras were strategically placed in military areas, railway stations near cantonments, and high-footfall religious sites to avoid suspicion. The devices,

capable of functioning independently through solar energy, enabled continuous monitoring without requiring direct human presence. The footage and data collected were then transmitted through encrypted digital channels, including Voice over Internet Protocol (VoIP), allowing handlers sitting abroad to receive real-time intelligence while masking their locations.

The network is believed to have been controlled by operatives based in Pakistan and other countries such as Dubai, Malaysia, the United Kingdom, Nepal, and Canada. Key handlers, identified by aliases like Sarfaraz (also known as Sardar or Jora Singh), Shahzad Bhatti, and Waqar alias Vicky Jatt, coordinated operations using Indian SIM cards and internet-based communication systems to avoid detection. Authorities say the group's activities

extended beyond simple surveillance. Members traveled across several states, including Uttar Pradesh, Uttarakhand, Rajasthan, Delhi, and Haryana, conducting reconnaissance missions under the guise of religious tourism. Visits to places like Haridwar, Rishikesh, and Khatu Shyam temple were allegedly used as cover to study surrounding areas, including nearby military installations. One of the most alarming aspects of the case is the deliberate use of disguise and identity manipulation. Operatives adopted Hindu names and appearances—wearing sacred threads (kalava), rudraksha beads, and applying tilak—to blend in and avoid suspicion. Investigators believe this tactic also helped them gain access to sensitive or crowded areas without raising alarms.

The gang also reportedly recruited local youths and minors, making the network

harder to detect. Some recruits were misled into believing they were working on legitimate government projects, such as installing CCTV cameras. Social media played a key role in recruitment, with operatives targeting vulnerable individuals by offering job opportunities. The role of women in the network has also come under scrutiny.

Sane Irm alias Mahak, a resident of Sambhal, was reportedly tasked with recruiting young women and luring youths via social media by offering fake job opportunities. Recruits were told they were working on government-authorized projects, such as installing surveillance cameras.

Another accused, Meera Thakur (also known as Meera Prajapati), a 29-year-old e-rickshaw driver from Mathura, is believed to have played a key role in reconnaissance operations.

Universe: Morality in times of war

West Asia is engulfed in a war that threatens to spread wider. Nothing about war is surgical; nothing about it is clean. The violence unfolding evokes memories from a very different moment in history. This region is one where Guru Nanak travelled during his fourth Udasi, conversing with scholars, mystics and ordinary people about the nature of God and the ethical foundations of society. These spiritual journeys in the early 16th century were not pilgrimages; they were dialogues across cultures. Accompanied by Bhai Mardana, Guru Nanak travelled westwards through Afghanistan and Iran to the Arab world, visiting centres of Islamic learning. Seeing the destruction, one is reminded of Guru Nanak's shabad in which he says: "In the Dark Age of Kalyug, kings have become butchers and Dharma has sprouted wings and flown away. In this dark night of falsehood, the moon of Truth is not visible anywhere."

This shabad was composed in response to Babur's invading army rampaging through Saidpur and forms part of the hymns later known as Babar Bani, enshrined in Guru Granth Sahib. Guru Nanak spoke truth to power, writing from the perspective of the suffering populace.

In one striking passage, he likens those in authority to predators: "The kings are like tigers and their officials like dogs who harass the helpless." The imagery is unsparing. What is particularly remarkable is that Guru Nanak's criticism was not directed only at the invading forces. He questioned the failure of the rulers to defend their people. For him, the tragedy of the invasions was not simply a military defeat but a deeper moral failure of leadership. When those entrusted with authority abandon justice, society itself becomes vulnerable to catastrophe. Perhaps the most poignant moment in these hymns is when Guru Nanak turns his anguish into a question addressed to the Divine: "When such terrible suffering was inflicted and people cried out in agony, did You not feel compassion, O Lord?" This is not an expression of disbelief but a profound moral lament — a sensitive observer confronting injustice while affirming faith in a higher moral order.

From these reflections emerges a clear ethical



framework. Violence against the weak and the innocent is morally indefensible. The rulers' legitimacy rests not on conquest but on justice and compassion. At the moment, both these qualities are scarce. It seems we live in a society that has lost its moral moorings. The societal guardrails have been eroded, in some cases almost to invisibility. The social compact is severely damaged. We are lied to so often that we fail to trust; we shout and no longer listen; we exaggerate divisions and divide the world into binaries, ever eager to condemn those who do not agree with us. As people, we need to engage with others, seek to understand their point of view, advance our opinions if necessary, and then decide whether we agree or not. We have the paradigm of Guru Nanak, who met people, held a dialogue with religious leaders of the time, and laid great stress on developing inner moral and spiritual strength. He stressed the Oneness of humanity and stood against divisiveness and greed. The Janamsakhi episode of Guru Nanak arriving in Multan particularly resonates. The locals wished to indicate that there was no room for another holy man and sent a bowl filled to the brim with milk. The Guru quietly placed a jasmine petal on the surface. It floated gently without causing the milk to spill.

Carrying on in the good and bad times

Those who have the skills that create the strength to weather the bad times somehow manage to keep moving on

There are many things that I've never learnt. Occasionally, one regrets not having done so. There is one that is a bit of a handicap — I can't drive. That's not to say that I haven't tried. Every time I sat behind the wheel, the limited cells in my brain would freeze. They jammed faster than one could cry: "Brake!", or worse: "Accelerate!" The other thing that I can't do is swim. Now, that may be put down to growing in the hills where my school did have a swimming pool, but given the town's water shortages at the time, this was rarely filled. There was one time that it was. To celebrate the moment, a fine fellow pushed me in. A head-bang on the bottom of the pool and a minor blackout conspired to put me off swimming — and much of anything that has to do with water. Moving to the plains, with the able assistance of a friend, I learnt how to cycle. Well, so much for what one can or cannot do. And while we are it, one can't teach an old dog new tricks. Some years back, I was alone in the hills and as luck or a winter chill-wind would have it, I found myself without that middle class crutch of domestic help. I'm okay with cleaning and have been told that the broom, duster and vacuum cleaner are extensions to my body. But then came the issue of food. I could clean, but who would cook? After a few days of eating out or bringing food home, the stomach decided that enough was enough. The tastebuds began recoiling at the thought of bazaar food. It was time to take a look at all the unused cookbooks that hung around the house. With covers and pictures that could entice the pickiest of eaters, all they seemed to do was gather dust and fumes from the kitchen. The mouth-watering recipes held therein rarely transformed into food on the table. In that collection quietly sat what was to become my saviour in the kitchen. Now, with the culinary equivalent of trumpets blaring and VIP-car sirens screaming, a rescuer and deliverer arrived in print. [Please keep in mind that this was long before wonderful recipes that are (im)possible to replicate at home were easily available on YouTube]. Appropriately titled as "The Foolproof Cookbook for Brides, Bachelors and Those Who Hate Cooking", this was a lifesaver and had come as one of the free books when I'd joined a book club. Should the author, Rohini Singh, chance upon these lines, may I say: "Thank you!" The ice broken, the tawa heated, the pressure cooker timing mastered, here began my journey into the esoteric world inhabited by chefs and other great souls. With every dollop of ghee, and every turn of the ladle, I lauded myself and all the while, the fast-growing paunch appreciated the lauding. I could now cook dals, meats and vegetables. That the flavours are appreciated only by me and that the chapattis resemble maps of our neighbouring countries,



is quite another matter — and is one that we shall not go into at the moment. Over the years, there have been moments where one was imparted certain skills that were seemingly useless, but have come in handy. Many of these were learnt when we were young. Several came from the time when we went camping, or were a part of Boy Scouts. We learnt ways of tying assorted knots — and it's after seeing some of these new reels on Instagram, that one realises that the sailors' knots seem to have moved on to elegant ways of tying flower bouquets and gifts. Some basic knowledge of first-aid and essential home repairs also came from that time. One of the many memories that remains from those days is some two dozen of us stirring a huge pot of mutter-aloo (peas-potatoes) and chanting: "Mutter-mutter said the aloo." Apart from the business of knotting oneself and using a screwdriver, one of the 'survival skills' imparted at that time was of what one could eat from the wild.

What berries were edible and which were not. This was the rhyme we learnt: "White and yellow, Will kill a fellow; Purple or blue, Good for you; Red, could be good, Could leave you dead." Apart from chomping away at the easily recognisable wild raspberries and the tasteless tiny strawberries, one hasn't really foraged in the forests. An urban upbringing does that. So many things that one should have been taught in school or later, seem missing. Unlearnt skills like driving or swimming may be very well, but there are several that one can think of that could stand every person in good stead. Years after one had been taught to tie a tourniquet, it was a rail accident where some of those first-aid lessons came handy. Seat covers served as temporary bandages.

Digital blues: Youth distress in a hyper-connected age

The success of countries like Costa Rica underscores a crucial lesson: happiness stems less from wealth and more from strong social bonds, trust and

THE World Happiness Report 2026, released on the eve of the International Day of Happiness (March 20), delivers a paradox that India can no longer ignore. Even as Finland retains its top position for the ninth consecutive year, India remains a lowly 116th out of 147 countries ranked. This is an uncomfortable reflection of the widening gap between economic progress and lived experience. The report's most striking insight lies in its focus on social media and its corrosive impact on youth well-being. Across regions, particularly in North America and Europe, young people are significantly less happy than they were 15 years ago. It coincides with the explosive rise of digital platforms. The pattern is hard to ignore. Endless scrolling, curated realities and algorithm-driven comparisons are quietly reshaping perceptions of success and self-worth. For India, with one of the world's largest youth populations



and rapidly expanding Internet access, the implications are profound. Social media, while democratising

expression, is also amplifying anxiety, loneliness and unrealistic aspirations. The result is a silent erosion of contentment, even as incomes rise and opportunities expand. Meanwhile, the success of countries like Costa Rica underscores a crucial lesson: happiness stems less from wealth and more from strong social bonds, trust and community life. Nordic nations exemplify this balance through robust welfare systems and high institutional trust — areas where India continues to lag. The message is clear. Policymaking must move beyond GDP growth to address mental health, social cohesion and digital well-being. For this, regulating harmful online ecosystems, promoting digital literacy and investing in public welfare are essential. India's demographic dividend cannot thrive on economic ambition alone. Without safeguarding happiness, the promise of growth risks becoming a story of restless, disconnected lives.

Hormuz crisis carries echoes of Gallipoli-1915

The Dardanelles taught that narrow straits respect neither battleship guns nor political deadlines

Amid the US-Israel-Iran war, one cannot escape the chilling historical parallel unfolding off Iran's southern coast. The Strait of Hormuz — that narrow 39-km chokepoint through which 20% of the world's seaborne oil once flowed — has become a de facto Iranian fortress. Shipping traffic has collapsed to near zero, insurance premiums have spiked, and Brent crude briefly touched \$126 per barrel. The United States and its hesitant allies now confront the grim prospect of forcing the passage. US President Donald Trump's repeated calls for coalition warships to escort tankers and "reopen the strait" echo another ill-fated naval gamble a century earlier: the Royal Navy's futile attempt to blast open the Dardanelles in 1915.

The Gallipoli naval plan

The Gallipoli campaign began as a purely naval operation to knock the Ottoman Empire out of the First World War. Conceived by Winston Churchill as First Lord of the Admiralty, the plan was breathtakingly ambitious: use surface superiority to force the narrow straits (less than 4 km wide at points), silence Ottoman forts with naval gunfire, sweep mines, and steam into the Sea of Marmara to threaten Constantinople (present-day Istanbul). The goal was to relieve Russia and perhaps end Ottoman participation with a single blow. No army landing was initially planned.

Allied naval assets

The assets assembled were formidable. Britain contributed the super-dreadnought HMS Queen Elizabeth, battlecruisers like Inflexible and pre-dreadnought battleships such as Irresistible, Ocean, Agamemnon, Lord Nelson, Swiftsure, Triumph, Majestic and Vengeance. France added Bouvet, Suffren, Gaulois and Charlemagne. The fleet also included cruisers, destroyers, submarines, civilian-crewed

minesweepers and the seaplane carrier Ark Royal. Opposing them were Ottoman coastal forts with 72 guns, mobile howitzers, searchlights and layered minefields, including 20 mines laid by one Turkish ship. **Early operations and setbacks** Operations began on February 19, 1915, with outer-fort bombardments. Early success bred optimism, but the inner defences proved lethal. Minesweeping under fire failed repeatedly, and Vice Admiral John de Robeck replaced the ailing Rear Admiral Carden on March 13. The climax happened on March 18. Eighteen capital ships advanced in three lines. By early afternoon, Ottoman fire slackened. Then disaster struck. Bouvet hit a mine and immediately capsized with 639 men lost. Inflexible hit a mine and was seriously damaged, with 30 dead. Irresistible was abandoned after striking a mine; Ocean, sent to help, sank likewise. Three capital ships lost, three more badly damaged — nearly 700 Allied sailors died in hours. Admiral de Robeck wisely withdrew the fleet that evening and refused to renew the assault despite Churchill's repeated pleas. The naval phase had failed utterly.

Shift to land operations

With the straits closed, the Allies pivoted to land operations. On April 25, 1915, British, French, Indian, Australian and New Zealand troops landed. Eight months of a trench stalemate, disease and futile assaults against Mustafa Kemal's entrenched Turks followed. Casualties exceeded 250,000 Allied and roughly 250,000 Ottoman. The force was evacuated in January 1916. Churchill's career lay in tatters, the Royal Navy's prestige seriously dented, and the Central Powers gained breathing room.

The lesson was brutally clear: narrow straits defended by integrated minefields and shore fire cannot be forced by

surface ships alone without catastrophic loss.

Hormuz today

Geography in the Strait of Hormuz today is uncannily similar — confined waters, strong currents — yet modern technology has made defence easier and attack deadlier. Iran's Islamic Revolutionary Guard Corps (IRGC) has declared the strait under "special conditions". Since early March 2026, Iranian forces



have attacked at least 21 merchant vessels with missiles, explosive drone boats and sea drones. At least ten seafarers are dead or missing; tankers have been abandoned or set ablaze. Naval mines — contact, influence and limpet types — litter the traffic separation scheme. US forces have destroyed 16 Iranian minelayers, yet the threat persists.

US military's firm stance

One saving grace has been the US military's ironclad refusal to escort commercial tankers through the mine-laced strait. Despite President Trump's repeated demands — most forcefully in his March 3 White House remarks — and Secretary of War Pete Hegseth's enthusiastic backing, the Pentagon and Joint Chiefs have

stood firm. Citing "unacceptable risk of catastrophic loss" from anti-ship ballistic missiles, drone swarms and undetected mines, General Dan Caine, Chairman of the Joint Chiefs of Staff, reportedly briefed the White House that any forced passage would replicate the March 18, 1915, disaster but with 21st-century lethality: Aegis destroyers are far more vulnerable than pre-dreadnought battleships inside the 39 km chokepoint.

Trump's pivot and global response

This principled stand forced Trump to pivot. On March 12, he publicly washed his hands of the mission, declaring: "If Europe, Japan, India and even China need the oil so badly, let them send their own ships. It's their problem, not America's." NATO has offered only token frigates under Operation Aspides; Britain and France remain cautious; Japan and India cite domestic risks; Beijing has declined. The result: paralysis. No escorted convoys have sailed. Oil prices remain close to \$100. History's lesson from Gallipoli — that narrow straits cannot be forced on the cheap — has been absorbed by uniformed leaders, if not yet by the Oval Office.

Iranian defences updated

Iranian defences mirror the Ottoman model, updated. Shore-based anti-ship ballistic and cruise missiles act as modern forts — mobile and saturating. Fast-attack craft, midjet submarines and kamikaze drones replace Ottoman howitzers. The IRGC insists that losing Hormuz means losing the war.

Stark parallels

The parallels are stark. In 1915, Allies assumed battleships could suppress batteries and mines could be swept quickly; both assumptions proved fatal. Today, planners assume Aegis systems and helicopter minesweepers will suffice.

Rajkot Clinic Spy Camera case: Doctor held, 'journalists' among several booked for extorting another doctor over 'compromising' videos

Ahmedabad.(Agency)

The Rajkot City Police on Monday said they arrested a doctor who was allegedly the mastermind in a case of violation of privacy and extortion attempt, in which several "journalists" are among the total 12 persons accused of being part of the criminal conspiracy.

Dr Kamal Chamanlal Nandha (32), who was arrested on Sunday, allegedly placed a camera in a bulb holder inside a clinic owned by the complainant, recorded private moments, and tried to extort Rs 25 lakh from the complainant, ACP Chintan Patel told mediapersons on Monday.

Dr Nandha and 11 others, some of whom claimed to be "journalists" from several "news organisations" in Rajkot and Ahmedabad, including a woman, were booked in an FIR registered on March 20.

They were booked under BNS sections for aggravated extortion, criminal intimidation, criminal defamation, abettor present and criminal conspiracy. According to senior police officers, the complainant is a doctor who practices in his own clinic and also started a second clinic in another area of the city. It was on this second premises that the primary accused, Dr Nandha, allegedly placed a spy camera between January and March 2024.

"The minuscule camera went unnoticed for several months during which the accused accumulated more than 4,000 clips that were found from (accused) Dr Nandha's electronic devices," ACP Patel told.

17 hospitalised in Tarapur chemical leak, second such incident this month

Bagalkot.(Agency)

At least 17 people were hospitalised after a chemical leak at an industrial unit in the Tarapur Industrial Area on Sunday. This is the second such leak in the area this month highlighting persistent safety concerns in one of Maharashtra's largest chemical manufacturing hubs. The incident occurred between 1.30 pm and 1.45 pm at Aarti Pharma Lab, located at plot D-18.

Officials said dimethyl sulphate was being loaded into a tanker when it began leaking through the vent line. Workers immediately halted operations and initiated containment measures. Caustic soda and other neutralising agents were deployed on the premises under the supervision of senior management.

Around 17 people were present at the site at the time. While the situation was brought under control by 2.30 pm, workers began to experience symptoms several hours later.

"Five to six hours after exposure, workers reported uneasiness, breathing difficulty, burning sensation in the eyes and vomiting," an official said. All affected individuals were admitted to a hospital in Betgaon and are currently stable, according to Madhav Totewad, Joint Director of Industrial Safety and Health.

Mumbai heatwave 2026: Only 64 public drinking fountains for 1.3 crore people — can reviving the city's century-old pyaav tradition help?

Mumbai.(Agency)

At first glance, Fort's Madhavdas Laxmidas Kothari Pyaav may appear little more than a dormant vestige of a bygone era. But on a scorching afternoon on March 12, weary wanderers stopped by the fountain to cool down with a sip and sometimes a splash of water. For a city prone to hot and humid summers, with six heatwave warnings already sounded this month, public drinking water kiosks and fountains like this century-old structure offer pedestrians from students to labourers a quick respite from the heat. Yet unlike many global cities where public drinking water stations are common in open spaces, such facilities remain limited in Mumbai.

Data obtained from the Brihanmumbai Municipal Corporation (BMC) shows that in a city with a population of around 1.3 crore, the civic body supplies metered water connections to 91 public water stations or pyaavs, of which only 64 are currently operational. Even as the development of new public water kiosks ranks low on the civic agenda, Mumbai has a rich legacy of such fountains dating back to the 1860s. In recent years, the BMC has attempted to revive this culture by restoring several British-era pyaavs across the city. How pyaavs came to dot erstwhile Bombay

Mumbai's first pyaav dates back to 1866, when philanthropist Sir Cowasjee Jehangir Readymoney transported a stone and iron drinking fountain from England aboard a ship named Bayard. Brought in parts, the structure was installed within the premises of St Thomas Cathedral.

NFR Introduces 20 Pairs of New Train Services During FY 2025-26 Enhancing Connectivity Across the Region

The Sikh Times

Maligaon, 24th March, 2026: Northeast Frontier Railway (NFR) has undertaken a major initiative to enhance passenger connectivity, comfort and operational efficiency with the introduction of 20 pairs of new train services during the Financial Year 2025-26. This significant expansion includes a balanced mix of premium, semi-premium, and conventional train services, aimed at strengthening railway links within the Northeast region as well as with other parts of the country. This initiative reflects NFR's continued commitment towards improving accessibility, passenger service quality and overall travel experience across its network. A major highlight of this expansion is the introduction of several advanced train services, notably the Vande Bharat Sleeper Express operating between Kamakhya and Howrah, offering a modern, high-speed overnight travel experience with enhanced passenger amenities. In

addition, seven pairs of Amrit Bharat Express train services have been launched to provide affordable yet comfortable long-distance travel, connecting key locations such as Nagercoil, Tiruchirappalli, Gomti Nagar, Rohtak, Bengaluru, Panvel, and Charlapalli. Among the list, another significant addition is the Rajdhani Express linking Sairang with Delhi, substantially improving connectivity between Mizoram and the national capital. Further strengthening long-dis-



Express, Silchar-Sairang-Silchar Express, NJP-Guwahati-NJP Express, Agartala-Narangi-Agartala Express etc. are few such trains enhancing intra-zone connectivity. Overall, the newly introduced services comprise a mix of express and passenger trains operating on daily, weekly and bi-weekly frequencies across key routes in the zone, and are expected to play a transformative role in strengthening regional integration and facilitating economic mobility. This expansion aligns with Indian Railways' broader vision of strengthening last-mile connectivity, promoting tourism and supporting socio-economic development across the Northeast and its adjoining regions. With services operating at varied frequencies, these new trains are expected to play a transformative role in regional integration and mobility. NFR remains committed towards delivering safe, efficient and passenger-centric rail services while continuously upgrading its infrastructure and service standards.

Honeytrap and blackmail racket busted, husband-wife duo among 3 held for 'extorting' Rs 50 lakh from victim

Panchkula honeytrap racket case led to the arrest of three accused after police uncovered an alleged Rs 50 lakh blackmail plot using secretly recorded intimate videos.

Panchkula.(Agency)

The Panchkula police has busted an organised honeytrap and blackmail racket, arresting three accused, including a husband-wife duo, for allegedly extorting Rs 50 lakh from a victim using objectionable videos recorded through a hidden camera. The case was registered at Chandi Mandir police station on March 20 following a complaint by a Kaithal resident.

Acting swiftly, police teams nabbed the accused from Sirhind and Zirakpur areas on the same day. According to the police, the main accused woman, who was known to the complainant, contacted him and lured him to Panchkula. She later persuaded him to visit a hotel at Morni, where she allegedly recorded an intimate video using a hidden camera during consensual relations. The accused then, along with her accomplices, sent the video to the victim via WhatsApp and demanded Rs 50 lakh,

threatening to make the footage public if the money was not paid. Police said the trio — residents of Fatehgarh Sahib district in Punjab



— had planned the crime in a premeditated manner to trap and blackmail the victim. During interrogation, the accused confessed to the crime. Based on their disclosure, the police

recovered key evidence, including the hidden camera used to record the video, mobile phones, SIM cards and the car used in the commission of the offence. The hotel where the incident took place has also been identified, said the police.

The accused were produced before a court on March 21. One of them was sent to judicial custody, while the husband-wife duo were remanded in two days of police custody. After the remand, both have now been sent to judicial custody.

Panchkula DCP Srishri Gupta said the case reflects a serious and organised attempt to exploit individuals private lives for financial gain. "This is not just a case of blackmail but a well-planned criminal conspiracy aimed at financial exploitation. Panchkula police acted swiftly and professionally to expose the entire racket," she said. Police said further investigation in the case is ongoing.

Iftar on Ganga: Varanasi court rejects bail petition of 14 accused

Lucknow.(Agency)

A Varanasi court on Monday rejected the bail application of the 14 youths who were arrested last week over allegations of eating chicken biryani in an iftar gathering they held on a boat on the Ganga before discarding the leftovers into the river on March 15. Charges of extortion were also invoked against the accused, all in their twenties, after their arrest on March 17. They have been lodged in the district jail since.

Defence counsel Rana Yadav said the bail application and the objections raised by the prosecution were taken up on Friday by the court which then fixed Monday for further hearing. "The court heard both parties on Monday and rejected the bail application of all the 14 youths," said Yadav.

The defence counsel further said they would file a fresh bail application in the Varanasi sessions court. During the bail hearing, the prosecution also referred to another case lodged by the complainant in the case, Rajat Jaiswal, against unidentified persons, alleging he was receiving death threats, Yadav added. Jaiswal, a Varanasi resident, is the district president of the BJP's youth wing, Bharatiya Janata Yuva Morcha (BJYM). According to

police, Jaiswal filed the second complaint last week, claiming he has been receiving "abusive messages" and "death threats" from unknown persons on social media.

Jaiswal said the incident has left him and his family "deeply shaken", amid "growing fears



for their safety in a hostile environment". He also expressed apprehension about the possibility of mob violence, citing the "demographic composition of his neighbourhood". He feared that those issuing the threats may act on them, thus putting both him and his family at risk, he added.

The second case was filed at the Sigra police

station on charges of "intentional insult with intent to provoke breach of peace and criminal intimidation". Sigra Station House Officer (SHO) Sanjay Kumar Mishra said they are collecting details of the IDs from which threats were sent to the complainant.

No one has been arrested in the case so far, he added. On March 17, Varanasi police sprang into action after a video of the incident started circulating on social media. Officials said the footage was reportedly uploaded by the accused themselves.

Following a complaint by Jaiswal, a case was registered at the Kotwali police station. Using the video as "crucial evidence", the investigators identified the youths and subsequently arrested them. The case was filed under sections 298 (injuring or defiling place of worship, with intent to insult the religion of any class), 299 (deliberate and malicious acts, intended to outrage religious feelings of any class by insulting its religion or religious beliefs), 196 (promoting enmity between different groups), 270 (public nuisance) and 223 (using evidence known to be false) of the Bharatiya Nyaya Sanhita (BNS) and provisions of the Water (Prevention and Control of Pollution) Act.

College student raped at birthday party in Gurugram: Police

Gurugram: Gurugram police arrested a Delhi resident for allegedly raping a 19-year-old college student during a house party in Sector 33 in Gurugram, officials said on Tuesday. The victim, who is a Delhi University student and is originally from West Bengal, had come to her friend's flat on Saturday for a birthday party, where alcohol was being consumed, they said. It is alleged that late at night, the accused, under the influence of alcohol, began molesting the woman. After this, he allegedly took the victim to a secluded area of the apartment and sexually assaulted her, taking advantage of her intoxicated state. Shocked by the attack, the victim resisted and raised an alarm. She also alerted her friend, and the accused fled from the spot, said the police. The victim approached the police the next day. A case of rape under Section 64 (1) of the BNS was registered at Sadar Police Station, and a medical examination of the victim was conducted. Her statement was also recorded before a judicial magistrate, they added. "The accused, who lives in Rohini, has been arrested. He had come to the party at the invitation of a friend. Preliminary investigation revealed that the accused committed the crime under the influence of alcohol. He was sent into judicial custody, and a further probe is underway," a senior police officer said.

Rs 50L gold robbery: Faridabad cops nab 3rd suspect after encounter

New Delhi: The Faridabad police nabbed the third accused wanted in the Rs 50 lakh jewellery robbery at a goldsmith's shop in Sarurpur village on March 11 after a brief encounter. The accused, identified as Dharambir alias Babu, a resident of Rasoolpur village in Uttar Pradesh, was shot in the leg and admitted to the hospital. In this case, the Crime Branch has already arrested two accused, Saqib and Javed, residents of Singraida village in Muzaffarnagar district. The Crime Branch received information from the arrested accused that after the robbery, the three had agreed to meet near Surajkund on Tuesday. From there, they planned to commit a major robbery in Delhi. The Crime Branch team reached Surajkund road early on Tuesday morning. As soon as the accused arrived on a bike, he saw the police team and opened fire. The police returned fire, hitting him in the leg. He was subdued and admitted to the Civil Hospital. "The accused Babu was arrested on Tuesday morning after an encounter on shooting range road, Surajkund. Four cases are already registered against him in Uttar Pradesh related to robbery, dacoity and other crimes. An illegal pistol and a bike are recovered from the spot. His condition is stable and he will be questioned after discharge from the hospital," said a spokesperson of the Faridabad police. It may be noted that on March 11, during the day, masked miscreants had looted about 350 grams of gold jewellery at gunpoint from Sanjay Jewellers shop located in Sarurpur village and fled on a motorcycle.

No salary, release of arrested staff: Punjab transport outsourced employees hold rallies across

Jammu.(Agency)

The outsourced employees of Punjab Roadways, PRTC and PUNBUS staged gate rallies across Punjab on Monday, two days after the resignation of former Punjab transport minister Laljit Singh Bhullar. The rallies, held from 10 am to 12 in the afternoon at depots across the state, were organised by the PRTC-PUNBUS Contract Workers Union as part of their ongoing agitation.

The protests highlighted a range of issues, including non-payment of salaries, opposition to policy decisions taken during Bhullar's tenure and employees yet to be released from Sangrur jail arrested during last year's agitation.

Union leaders said nearly 4,500 outsourced employees are yet to receive their salaries this month and raised serious concerns about the department's functioning. "Employees working on meagre wages are struggling to run their households, but the government and management remain unconcerned," said union leaders. The leaders also said the unions have also announced another protest outside the PRTC head office on March 25 if salaries are not released.

This comes after Bhullar's resignation on Saturday following developments in the suicide case of Punjab Warehousing Corporation (PWC) district manager Gagandeep Singh Randhawa. Bhullar has been arrested in connection with the case.

Sehajpal Singh Sandhu, state vice-president of the union, said, "This was already an announced programme by the union regarding our pending demands. However, after the recent developments, we have also sought strict action."

A key demand raised during the protests was the release of ten outsourced Punjab Roadways employees from Sangrur jail who are in jail since November 29, 2025. They were booked under various charges, including attempt to murder following an incident during a statewide strike against the kilometre scheme for private buses. "Our primary demand is the release of our employees," Sandhu said.

Outsourced employees' bus workshop union president Harjinder Singh Gora, chief advisor Veer Chand Sharma, vice-presidents Beant Singh, Ekam Singh and Jaspal Singh Rajpura, along with press secretary Sandeep Kumar Bawa, alleged that the state had earlier admitted during Assembly sessions that outsourcing leads to employees' exploitation.

However, they claimed that contractors — allegedly close associates of leaders from previous governments — continue to benefit, resulting in an annual loss worth crores to PUNBUS/PRTC in the form of GST and commissions. Gora alleged that contractors fail to deposit EPF and ESI contributions on time making deductions from salaries.

ELECTRICAL WORKS

Tender Notice No.: DYCEE-PS-MLG-HQ-64-25-26. Dated: 21-03-2026. E-Tender are invited by the undersigned for the following work. Tender No.: DYCEE-PS-MLG-HQ-64-25-26. Name of Work: (A) At Nambari: Electrical works for construction of kitchen, waiting lounge, dining room, caretaker room and other ancillary works for newly proposed officer's rest house at Nambari, Maligaon. (B) At Nambari: Electrical work in connection with development works, boundary wall, water tank along with pipe line network for construction of New Officer's rest house at Nambari officer colony. (C) At Nambari: Electrical works for construction of G+1 Sub-Ordinate Rest House at Maligaon. (D) At Nambari: Electrical works for construction of Multi storied Officer's rest house at Nambari (Phase-I). (E) At Nambari: Electrical works for construction of 1st floor building at officer's rest house at Nambari, Maligaon. Advertised Value: ₹ 1,31,45,803/- Earnest Money: ₹ 2,15,700/- Date and time of closing of tender at 15:00 on 13-04-2026. For complete information with the tender document of above e-tender will be available in the website www.ireps.gov.in

PROVISION OF FOB AT TINSUKIA DIVISION
E-Tender Notice No. CPM-GSU-TSK-FOB-2026-01 Dated: 20-03-2026. E-Tenders are invited by the undersigned for the following works: Tender No. CPM-GSU-TSK-FOB-2026-01. Name of work: At Tinsukia Division-Provision of FOB 12.0 M Wide at New Tinsukia, Tinsukia, Dibrugarh, Amguri, Jorhat Town, Margherita, Duliajan, Mariani Jn. station in connection with Amrit Bharat Station Scheme. Approx. Value: ₹111,36,78,734.90/- E-tender will be closed at 12:00 hrs. & opening at 13:00 hrs. on 17-04-2026. For details please visit www.ireps.gov.in
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Women short service officers entitled to Permanent Commission in armed forces: Supreme Court

The Supreme Court granted Permanent Commission to women SSC officers, striking down systemic discrimination, the arbitrary 250-officer cap, and unfair evaluation practices in the armed forces.

New Delhi.(Agency)
In a landmark ruling that strengthens gender parity in the armed forces, the Supreme Court on Tuesday held that women Short Service Commission (SSC) officers are entitled to Permanent Commission, invoking its extraordinary powers to deliver justice. Calling out systemic bias, the court found that women officers had been subjected to a flawed and discriminatory evaluation framework, including arbitrary caps and unfair assessment processes, and issued sweeping directions to rectify past injustices and ensure equal opportunity going forward. It also ruled that the ceiling of 250 women officers per year for Permanent Commission is arbitrary and cannot be treated as sacrosanct. Exercising its authority under Article 142 of the Constitution, the court observed that women

officers were evaluated unfairly in both the Army and the Navy and sought to remedy the injustice. "Male SSCOs (Short Service Commission Officers) cannot expect that the Permanent Commission will remain exclusively male. The denial of Permanent Commission to women SSCOs was a result of discrimination rooted in the entrenched framework for evaluation," a bench headed by Chief Justice Surya Kant said. The court also flagged serious flaws in the assessment process, noting that the Annual Confidential Reports (ACRs) of women officers were evaluated casually, without due application of mind, and based on a preconceived assumption that they would never be eligible for Permanent Commission. "The ACRs for women were done with the assumption that they would



never be eligible for Permanent Commission. Their ACRs affected their assessment. The criteria placed them at a disadvantage compared to their male counterparts. ACRs were never done with regard to overall comparative merit," it

added. The court directed that affected women officers be deemed to have completed 20 years of service for the purpose of retiral benefits. This would apply to those denied Permanent Commission, including officers granted Permanent Commission after 2020 pursuant to court orders but not assessed under a proper framework. However, this does not apply to women Short Service Commissioned Officers (SSC WOs) and intervenors who are part of the Judge Advocate General (JAG) and Army Education Corps (AEC) cadres. With regard to the Navy, the bench ruled that women officers eligible under the one-time measure would be granted Permanent Commission subject to medical fitness. It also held that women officers inducted after 2009 would be entitled to Permanent Commission.

Woman molested during Dhurandhar 2 screening, accused beaten up outside theatre

The woman's father identified the accused outside the theatre after the screening and started beating him. He was also joined by some passersby.

New Delhi.(Agency)
A man in Uttar Pradesh's Kanpur was beaten up by the family members of a woman for allegedly molesting her. The incident occurred during a movie screening. The woman, along with her family members, attended the screening of Ranveer Singh-starrer Dhurandhar 2. The accused, who was sitting next to her in the theatre, allegedly took advantage of the darkness in the hall and tried to touch her inappropriately.

The woman soon protested against the incident and started shouting, which led to the identification of the man. As the screening was over, the woman's father spotted the accused outside the theatre and started beating him. He was soon joined by the other members of the family and some



passersby. Meanwhile, the local police soon rushed to the cinema hall after learning about the incident. They rescued the accused and took him into custody. "Based on the written complaint filed by the victim's father, a case is being registered under the relevant sections of the law. Any form of negligence regarding women's safety will not be tolerated," the station house officer told India Today while talking about the incident. At present, the accused remains in police custody. A further probe into the incident is ongoing.

EWS patients getting deprived of free treatment at private hospitals in Delhi, flags CAG report



New Delhi.(Agency)
"Utilisation of only 28.7% available facilities at private hospitals, serious lapses in grievance redressal and reimbursement process, and low referral rate by government hospitals — these are among the deficiencies flagged in the implementation of the Economically Weaker Sections (EWS) healthcare scheme in Delhi in the latest audit report by the Comptroller and Auditor General (CAG). The report has raised concerns that beneficiaries were deprived of free treatment between 2016-17 and 2021-22 despite clear court mandates.

"The underutilisation of free OPD and IPD services at IPH (identified private hospitals) needs to be viewed seriously..." read the report, highlighting that a total 13.89 crore EWS patients have taken treatment in the Delhi government hospitals between 2016-17 and 2021-22 while only 43,951 patients were referred to private hospitals by 28 government facilities, indicating limited outreach and access. Even if it is presumed that all the patients referred to IPHs were for IPD and each patient was admitted for an average seven days, the bed-days utilisation would be 6.565 lakh indicating that only about 28.77% of the facilities available were utilised, as per the findings.

Sameer Wankhede denies he sought Rs 25 crore to let Aryan Khan off in drugs case

As the long-running cruise drugs case resurfaces, Sameer Wankhede rejects bribery claims in court, even as judges question the evidence and the probe drags on without a chargesheet.

New Delhi.(Agency)
In a case that refuses to fade, former NCB officer Sameer Wankhede has told the Bombay High Court that he neither demanded nor accepted any bribe from actor Shah Rukh Khan, insisting someone else was responsible.

Appearing before the court on Monday, Wankhede said the allegations linking him to a Rs 25 crore bribe demand in the Aryan Khan case were misplaced.

"It was never him who had demanded or taken any bribe and it was someone else," his counsel Aabad Ponda argued, adding that even the CBI's case did not directly attribute the alleged payment to Wankhede.

The bench of Chief Justice Shree Chandrashekhar and Justice Suman Shyam, however, made it clear that the absence of a chargesheet was not central to the matter.

"The issue is not whether a chargesheet is filed or not but whether there is material in the case," the bench said, asking the defence to show why the FIR should be quashed. Wankhede had moved the

High Court in 2023 seeking to quash the CBI FIR registered against him. The matter remains under investigation, with no chargesheet filed so far. The bribery allegations stem from the high-profile October 2021



Cordelia cruise case, when Wankhede was serving on deputation with the Narcotics Control Bureau.

Several Bollywood-linked cases emerged during that period, including the arrest of Aryan Khan, son of Shah Rukh Khan. Though no drugs were

found in Aryan Khan's possession, he was travelling with someone who allegedly had a small quantity. The NCB later cited phone chats referring to past drug consumption as grounds to book him. According to the FIR, a Rs 25 crore bribe was allegedly sought from Shah Rukh Khan to avoid implicating his son in the case.

In court, Ponda argued that the bribery allegations were separate from other cases involving Wankhede, including those related to disproportionate assets. He maintained that there was no direct link tying Wankhede to the alleged demand or acceptance of money. The

court is set to continue hearing the matter on Tuesday. The case has seen repeated delays. In July 2025, the CBI had told the court it would complete its investigation within three months. That timeline has since lapsed, with the probe still ongoing.

Insensitive: Supreme Court slams Gurugram police, magistrate in 4-year-old rape case

New Delhi.(Agency)
The Supreme Court on Monday came down heavily on the Haryana Police and a judicial magistrate over their handling of a rape case involving a four-year-old girl in Gurugram, flagging serious lapses and a lack of sensitivity in dealing with the child.

A bench led by Chief Justice of India Justice Suryakant expressed strong concern over both the investigation and the circumstances in which the child's statement was recorded. "What kind of insensitive has the police become? In a

so-called metropolitan city, this is happening! You are dealing with a traumatised child," the CJI observed during the hearing.

The court also found it "shocking" that police allegedly asked the victim's parents how they wished to proceed. "Is it not their duty to register FIR? Don't they understand the basics of the law?" the bench remarked.

The CJI further took note of the manner in which the magistrate recorded the child's statement, pointing out that the accused was in close proximity, a clear

violation of established legal safeguards.

MUKUL ROHTAGI FLAGS SERIOUS PROCEDURAL LAPSES

Appearing for the victim's parents, Senior Advocate Mukul Rohatgi, citing details reported by Live Law, told the court that the investigating officer had been pressuring the family to withdraw the FIR.

He also flagged serious concerns about how the child's statement was recorded. "Magistrate is telling the girl oath toh isko samajh nahi ayega...but Magistrate

is telling the girl sach bolo sach bolo accused were there. The accused cannot be in close proximity of the child," Rohatgi submitted.

Rohatgi further alleged that the investigating woman officer, was asking the parents to withdraw the case and had previously been suspended in another POCSO matter over bribery allegations.

He also told the court that the child was repeatedly taken between the police station, Child Welfare Committee office, magistrate's court and hospital over several days.

Why Opposition protested CAPF Bill before it was tabled in Rajya Sabha?

The government's move to introduce the Central Armed Police Forces (CAPF) Bill in the Rajya Sabha ran into trouble early, after Opposition parties, including the Trinamool Congress, objected to procedural lapses, prompting a halt before the bill could be tabled.

New Delhi.(Agency)
The government's plan to introduce the Central Armed Police Forces (CAPF) Bill in the Rajya Sabha on Monday hit an early hurdle after the Trinamool Congress and other Opposition parties objected to the process, forcing a pause before the bill could be tabled. Despite the opposition, the Business Advisory Committee of Rajya Sabha on Monday allotted eight hours for a discussion on the Bill.

The Bill aims to bring the five central forces — Central Reserve Police Force (CRPF), Border Security Force (BSF), Indo-Tibetan Border Police (ITBP), Sashastra Seema Bal (SSB) and Central Industrial Security Force (CISF) — under a unified administrative framework, primarily to formalise the deputation of IPS officers to senior posts. It also seeks

to streamline recruitment, deputation and promotion across the forces. Though listed in the day's business, Trinamool Congress MPs protested that the CAPF Bill had not been circulated to members at least 48 hours in advance, as required. Raising the issue in the House, Party MP Derek O'Brien urged the government to adhere to parliamentary procedure. "The business listed includes the CAPF Bill for introduction. Members did not receive it 48 hours in advance. I request the parliamentary affairs minister, through you, to ensure due process is followed," he said.

Following the objection, the Trinamool Congress MPs announced a walkout from the House, alleging that established norms had not been followed. A source told news agency

PTI that apart from the Trinamool Congress, the Congress, AAP and CPI (M) opposed the introduction of the CAPF Bill in the Rajya Sabha, while



cautioning the government against passing legislations in a hurry.

Taking note of the concerns, the government decided to withhold the introduction of the Bill. A senior minister said differences had emerged

and would need to be resolved.

Soon after, Home Minister Amit Shah convened a meeting with MPs from various opposition parties, attended by Parliamentary Affairs Minister Kiren Rijiju. Sources told India Today TV that the discussions focused on building consensus on the CAPF Bill and the Women's Reservation Bill.

Later, Leader of the Opposition in Rajya Sabha, Mallikarjun Kharge, also met opposition leaders, including Jairam Ramesh, John Brittas, Supriya Sule and Pramod Tiwari, to firm up their stance.

Amit Shah subsequently held a separate meeting with NDA floor leaders and Union ministers, including Kiren Rijiju, Lallan Singh and Anupriya Patel, along with other alliance MPs, to chalk out the government's strategy.

NEWS BOX

Miami Open: Jannik Sinner breaks Novak Djokovic's record to script ATP Tour history

New Delhi. (Agency)

Jannik Sinner made ATP Masters 1000 history on Monday evening at the Miami Open, producing a commanding 6-1, 6-4 victory against Corentin Moutet inside the Hard Rock Stadium. With his straightforward third-round triumph, the Italian has now won 26 consecutive sets at the Masters 1000 level, moving clear of Novak Djokovic, who previously held the record at 24. Sinner had equalled that mark with his second-round win on Saturday in Miami before surpassing it with another clinical display in the third round. I am very happy," Sinner said following his victory. "This sport is unpredictable, so we try to keep attention as much as we can and we'll see what is coming in the next round." Sinner is bidding to join an elite group of players who have completed the Indian Wells and Miami Open double in the same season, and he arrived in Florida brimming with confidence after his title-winning run in California earlier this month. The Italian, who is chasing a second title in Miami after lifting the trophy in 2024, comfortably negotiated his third-round clash against French 30th seed Corentin Moutet.



Playing on the main court at Hard Rock Stadium, Sinner dictated the tempo from the outset and rarely allowed his opponent any foothold in the contest. Sinner's remarkable streak traces back to last November at the Rolex Paris Masters, where he clinched the title without dropping a set. He carried that form into March, repeating the feat at the BNP Paribas Open in Indian Wells. With his two victories so far in Miami, Sinner has now won 13 consecutive matches at the Masters 1000 level, underlining his consistency at the highest tier of the ATP Tour.

Against Moutet, there were few signs that the 24-year-old's streak was under threat. Sinner was dominant behind his serve, winning 87 per cent of his first-serve points, as per Infosys ATP Stats. He also struck the ball cleanly off both wings, finishing with 23 winners compared to Moutet's 11, and ensured that the Frenchman never settled into a rhythm.

Krunal Pandya sets sights on more IPL success with RCB: Just the beginning

NEW DELHI. (Agency)

RCB all-rounder Krunal Pandya played a key role in the franchise's maiden IPL title triumph in 2025 with a series of clutch performances. However, he is not satisfied and is already targeting more success with the Virat Kohli-starrer side in the upcoming season. Krunal was the Player of the Match in the IPL opener last year and went on to cap the campaign with another POTM award in the final, helping Royal Challengers Bengaluru end their 18-year wait for a title. In the process, he became the only player to win Player of the Match awards in two IPL finals, having first achieved the feat in 2017 during Mumbai Indians' title-winning



run. The 2025 season was the best of his IPL career. Krunal finished as the top finger spinner in the tournament and recorded his personal-best bowling figures. He picked up 17 wickets, the second most for RCB after Josh Hazlewood's 22, and established himself as a key option in pressure situations. "Feels really good that whatever I said in 2022 has come out exactly the way I said it. After 17 years of drought, and then in the 18th season, RCB winning the trophy and me being part of it - I had a decent, tiny contribution to their success - can't ask for more than this. Going forward, I'm still hungry. I feel like this is just the beginning," Krunal Pandya told ESPNcricinfo. Krunal also credited RCB spin-bowling coach Malolan Rangarajan for backing his approach and encouraging him to expand his bowling, including using the bouncer as an option. He comes into IPL 2026 after his best season in the tournament and has more weapons in his bowling arsenal than ever before.

Ben Stokes breaks silence on Ashes debacle, passionate Instagram post goes viral

England captain Ben Stokes has broken his silence after the team's humiliation at the hands of Australia in Ashes 2025-26. Stokes has called the series the hardest period of his captaincy journey.

BERLIN. (Agency)

England Test captain Ben Stokes has issued a passionate plea amid the turmoil in England's cricketing setup. In the aftermath of their The Ashes 2025-26 debacle, many have called for the resignation of head coach Brendon McCullum and England cricket chief Rob Key, and Stokes' latest message attempts to allay some of the fans' concerns.

The England captain took to Instagram late on Monday night, describing the Ashes as the hardest period of his captaincy journey.

England were hammered 4-1 by an Australian side that was not at full fitness. Additionally, England's antics in Noosa - where they took a mid-series break to drink and party while trailing in the series - raised serious questions about the team's culture. The backlash to the Noosa controversy, coupled with yet another overseas series defeat, was severe. Many called for the end of 'Bazball' and demanded accountability from Rob Key. In the aftermath of the series, England cricket put a review committee on the team and also put a gag order on the players, telling them not to speak to the media about the Ashes.

Stokes' Instagram message delved into his passion for England cricket and his belief that McCullum, Key, and he are the right people to take the team forward. He emphasised that their primary goal is to bring joy to fans and assured them that the team has been learning from its mistakes. "Being England captain is the greatest honour a player can be given, and I do not take it for granted. It has its highs and its lows; it makes you want to smile, it makes you want to cry. It completely and utterly

consumes you and at times feels like the only thing in your life. The last three months have, without a doubt, been the hardest period of my captaincy journey. It has tested me in so many different ways, and I'm sure every other captain has gone through this as well,"



Stokes began. "Baz, Rob, and I have the passion and desire to take this team forward. We are going to give you everything we have. We know we have made mistakes along the way, and we have learned from them - you learn more from failure than success. I have learned a lot about myself, but the most important thing I want the fans to know is

that," he added. "I f*****g love cricket. I f*****g love this team. I f*****g love being England captain, and I have so much more to give to this role. I'm so happy that I get to do it with Baz and Rob. We all appreciate every single person who supports us. We do what we do for many reasons, but one of those is to bring our supporters happiness and a sense of pride. We will aim to do that as much as we can in the future. See you all in June for the start of the Test summer," the England Test captain concluded. Stokes' post went viral on the internet and has amassed 60,000 likes in just 7 hours. The comments on the post were mostly in favour of the passionate England captain whose message struck the cord with the fans. "You have true grit @stokesy and your resilience and strength of character has only grown as you captained the team during tough times - we want you to continue and have faith that we will win the ashes next time," one of the fans commented on his post. England will begin their Test season with a 3-match series against New Zealand from June 4. They are currently in the 7th spot in World Test Championship points table with 3 wins and 6 losses from 10 games.

IPL: Rinku Singh set to be appointed regional sports officer by UP government

New Delhi. (Agency)

India cricketer Rinku Singh is set to be appointed as a Regional Sports Officer (RSO) by the Uttar Pradesh government. India Today has learnt that the state government is set to reward Rinku for his exceptional performances and commitment to the Indian team, which saw him win the T20 World Cup 2026 under the captaincy of Suryakumar Yadav. Rinku endured a difficult period during the tournament due to his father's illness and eventual death. The cricketer was shuttling between the Indian team and Greater Noida, where his father was undergoing treatment for Stage IV cancer. The Uttar Pradesh government has announced a major incentive package for athletes, under which players who have delivered outstanding performances at the international and national levels will be awarded government jobs, cash prizes, and prestigious sports honours. Apart from Rinku, Rajkumar Pal - a member of the

Indian hockey team that won a bronze medal at the Paris Olympics - will be appointed as a Deputy Superintendent of Police (DSP). Rajkumar hails from Ghazipur. The state government is providing jobs to a total of six



international medal-winning athletes. Chief Minister Yogi Adityanath will hand over appointment letters to these players at a felicitation ceremony at Lok Bhavan. Paralympic high jump gold medallist Praveen Kumar (Gautam Buddh

Nagar) will also be appointed as DSP. Paralympic javelin throw silver medallist Ajit Singh (Etawah) will be appointed as a District Panchayat Raj Officer. Paralympic 200m bronze medallist Simran (Ghaziabad) will also be given the post of District Panchayat Raj Officer. Preetipal (Muzaffarnagar), who won bronze medals in both the 100m and 200m events at the Paralympics, will be appointed as a Block Development Officer (BDO). At the ceremony, a total of nine players will be honoured with the Lakshman Award and the Rani Lakshmi Bai Award for the year 2024-25. Under these awards, athletes will receive a cash prize of Rs 3.11 lakh along with a bronze statuette.

The state government will also distribute a total cash reward of Rs 1.64 crore among 14 players. In addition, 19 players will receive financial assistance worth Rs 8.75 lakh under the Eklavya Sports Fund.

Anushka Sharma earns maiden call-up as India announce squad for South Africa T20Is

New Delhi. (Agency)

Young all-rounder Anushka Sharma earned her maiden national call-up as the Board of Control for Cricket in India (BCCI) announced the squad for the Indian women's team's five-match away T20I series against South Africa, scheduled from April 17 to 27.

Harmanpreet Kaur will continue to lead the side, with Smriti Mandhana serving as her deputy. The squad features a strong batting unit comprising Shafali Verma, Jemimah Rodrigues, Deepti Sharma, Bharti Fulmali, Uma Chetry and wicketkeeper-batter Richa Ghosh. All eyes, however, will be on Anushka, the 22-year-old batting all-rounder, who impressed in the Women's Premier League (WPL) this year. Signed by Gujarat Giants after fending off bids from Mumbai Indians and Royal Challengers Bengaluru, she made an immediate impact. On debut, she struck a fluent 44 off 30 balls from No. 3 against UP



Warriorz, laying the foundation for Gujarat Giants' first-ever opening win in a WPL season. She went on to score 177 runs in seven innings at an average of 25.28 and a strike rate of 129.19, emerging as one of Gujarat's standout performers, although their campaign ended in the playoffs with a loss to Delhi Capitals. India's bowling attack offers a balanced mix of youth and experience. Deepti will spearhead the spin department alongside Shreyanka Patil and Shree Charani, while Renuka Thakur, Arundhati Reddy and Kranti Gaud form the pace unit.

If Maradona was God at Napoli, then McTominay is Jesus: Argentine great's son

Diego Maradona Jr sparked debate after declaring that if Diego Maradona was "God" at Napoli, then Scott McTominay is "Jesus", hailing the Scotland midfielder as the club's second-greatest player ever following his sensational rise in Serie A.

NEW DELHI. (Agency)

Argentina football great Diego Maradona's son, Diego Maradona Jr, has sparked widespread debate after making a striking comparison involving his father and Scott McTominay. Maradona's son delivered a bizarre take, saying that if his father was God at Napoli, then the Scottish midfielder had achieved the status of Jesus at the Serie A club. The Scotland midfielder, who joined Napoli from Manchester United in 2024, has enjoyed a remarkable rise in Italy and is already being spoken of as one of the club's most influential players. McTominay played a central role in Napoli's Serie A title

triumph in his debut campaign and was also named the league's Player of the Season. His impact has been immediate and decisive. Known for his energy, physicality and knack for scoring



important goals, the 29-year-old has continued to shine this season as well. He has already scored 11 goals in all competitions and recently netted the winner in a 1-0 victory over Cagliari, keeping Napoli firmly in the title race. Under Antonio Conte, Napoli have closed the gap on leaders Inter Milan to six points, although Inter have a game in hand. The

belief within the squad remains strong, and McTominay's consistency has been a key factor behind their push.

It is this influence that prompted Diego Maradona Jr to make a statement that has quickly gone viral. "After my father, McTominay is the most influential player in Napoli's history. In Naples, we had God. For me, McTominay is Jesus. He is a fundamental player," he told Telemoro. The comparison, linking McTominay to a religious figure while placing him just behind Diego Maradona in Napoli's history, has divided opinion. While some fans have appreciated the passion behind the praise, others believe the statement is excessive given Maradona's unmatched legacy at the club.

Maradona remains an eternal figure in Naples, celebrated through murals, shrines and stories that have been passed down generations. His achievements with Napoli transformed the club's identity and elevated it to global prominence, making any comparison a sensitive subject.

The Solidarity of the Hopeful

At Patiala's National Institute of Sports, far from the glare of packed stadiums, India's throwers chase excellence in near anonymity. Here, success is forged not in moments of applause but in thousands of unseem repetitions, driven by a stubborn belief that today's effort will echo on a distant global stage.

LONDON. (Agency)

In a quiet corner of Patiala, within the sprawling legacy of the National Institute of Sports (NIS), there exists an oasis that demands singular focus. Once the palace grounds of the Maharaja of Patiala, these tree-lined avenues are punctuated by various facilities - basketball and tennis courts, football, and hockey pitches. To the corner of the 268-acre property lie two side-by-side synthetic tracks where the city's noise fades

into the rhythmic thud of a shot put, hammer, or discus, and the quivering flight of a javelin. For an athlete, this is a private area, a verdant territory where, even among a host of competitors, one remains alone in their At the recently concluded Indian Open Throws, this world was on full display. Under the watchful eyes of a motley crowd of barely two hundred, the air was thick with the 2026 season's first ambitions. There is no sign of sporting glamour here; what you see is the unadulterated grit of the U18s, U20s, and seniors, all trying to recreate or discover the invisible lines of excellence.

An Entire World Within a Circle

For the Kirpals, Toors, Damneets, and Nandas, their world comprises exactly seven feet in diameter. It is where they rule and perish. Anything outside of that circle is inconsequential, except for celebrating or regretting. Training or competition must be accomplished in that space. For the javelin



throwers, it is a runway of between 30 to 35 metres leading to an arc of an 8-metre radius - an entire universe of momentum and velocity. To the initiated, early morning starts at Patiala involve fans - including athletes' families - trickling in to witness the mechanics of power: the discus and shot put, metallic spinning orbs; the hammer, a metal

ball attached to a steel wire where the battle is against centrifugal force; and the javelin, a sprint that culminates in a sudden, explosive release. The javelin may have caught the fancy of millions of Indians, but that "fancy" is a notion. The two or three days of public focus come once every two or four years; for the athletes, the Jenas and the Lokhares, it is a daily regimen of finding the exact elbow angle and foot placement every single morning while the world sleeps.

They might compete against each other, but in reality, they are competing with themselves, pushing the mark, bettering a Personal Best, or chasing a National Record. Yet each of these athletes are bound by a deeper connection: camaraderie, companionship, and a quiet brotherhood. Man or woman, there is a solidarity - The Solidarity of the Hopeful.

Stock markets surge in early trade as Trump halts strikes on Iran's energy infra

MUMBAI.(Agency)

Equity benchmark indices Sensex and Nifty rebounded in early trade on Tuesday, in-line with a rally in global markets, after US President Donald Trump announced a temporary halt on strikes targeting Iranian energy infrastructure.

The 30-share BSE Sensex jumped 1,516 points to 74,212.47 in early trade. The 50-share NSE Nifty surged 386.95 points to 22,899.60.

From the 30-Sensex firms, InterGlobe Aviation, Asian Paints, Eternal, Adani Ports, Trent and Larsen & Toubro were the biggest winners.

Power Grid emerged as the only laggard from the pack. Trump said on social media that he has extended the deadline for Iran to reopen the Strait of Hormuz, the strategically-located shipping lane between the Persian Gulf and the Gulf of Oman, and that he will hold off strikes against Iranian energy sites for five days. Asian markets rebounded, with South Korea's benchmark Kospi, Japan's Nikkei 225 index, Shanghai's SSE Composite index and Hong Kong's Hang Seng index trading in positive territory.

The US market ended higher on Monday.

"The positive momentum appears largely driven by a sudden shift in global sentiment following signs of potential de-escalation in the ongoing Middle East conflict. Global markets reacted positively after Donald Trump indicated that the United States had engaged in discussions with Iran and announced a temporary halt on strikes targeting Iranian energy infrastructure." This development has raised expectations that the conflict—which had significantly elevated crude oil prices and triggered recessionary fears—may be approaching a phase of de-escalation. Hari Prasad K, Research Analyst and Founder, Livelong Wealth, said. However, the situation remains fluid, he said. "Asian markets have opened on a strong footing, supported by a pullback in crude oil prices. The cooling in oil has eased immediate inflation concerns and improved risk appetite across global equities," Hari Prasad added. Brent crude, the global oil benchmark, traded 4.16 per cent higher at USD 104.1 per barrel.

"The easing in oil has been triggered by a temporary de-escalation in geopolitical tensions, after Donald Trump postponed the planned strikes on Iran's power infrastructure for five days.

Asia boosts coal use as Iran war squeezes global LNG supplies

BANGKOK.(Agency)

Asian countries are turning to coal as the Iran war disrupts oil and gas shipments.

The continent is exposed because it relies on imported fuel, much of it passing through the Strait of Hormuz — a chokepoint for about a fifth of global oil and natural gas trade. LNG is a natural gas cooled to liquid form for easy storage and transport. It has been promoted as a bridge fuel in the shift from oil and coal to cleaner energy sources. The U.S. has sought to expand exports of LNG across Asia. It burns cleaner than coal, but still emits climate change-causing gases, especially methane.

The war has countries shifting back to coal to cover LNG shortfalls. India is burning more coal to meet higher summer demand. South Korea has lifted caps on electricity from coal. Indonesia is prioritizing using its domestic supply. Thailand, the Philippines and Vietnam are boosting coal-fired power.

Burning more coal risks worsening smog in major cities, slowing the transition to renewable energy and increasing the region's planet-warming emissions. Coal is a short-term fix, experts say, while renewables are the long-term solution. Continued reliance on coal exposes Asia to future shocks, said Julia Skorupska of the global coalition Powering Past Coal Alliance. Rising demand drives Asia back to coal. Coal is integral to Asia's emergency energy plans. Its wide availability in Asia makes it the default backup when renewables or gas fall short, said Sandeep Pai, an energy expert at Duke University.

Govt restores RoDTEP scheme for exporters amid West Asia crisis

New Delhi.(Agency)

Amid the ongoing West Asia crisis, the government of India has restored all the benefits of the RoDTEP scheme for the exporters. In a notification issued by the Directorate General of Foreign Trade (DGFT), the government restored the rates and value caps under the Remission of Duties and Taxes on Exported Products (RoDTEP) Scheme for all eligible export products till March 31. "Recent developments in West Asia have led to challenges in maritime logistics, including changes in routing and transit patterns. These have had an impact on logistics costs and shipping schedules for export consignments moving to or through the region. In view of the evolving geopolitical situation and its implications for maritime trade, the Government of India has decided to restore the rates," stated the Ministry of Commerce in their release. Last month, the government halved the rate of duty benefits under the RoDTEP Scheme. The exporting community expressed disappointment and had sought reconsideration of the decision. The budget allocation under the RoDTEP scheme for 2025-26 was Rs 18,232 crore. It was proposed to increase to Rs 21,709 crore in 2026-27. But the budget allocated was Rs 10,000 crore. Under the RoDTEP scheme, the government refunds some of the customs duties exporters pay for imports of goods used to produce items for exports. Due to the ongoing West Asia crisis, the freight rates have gone up considerably putting pressure on the exporters. Alongside, the insurance premiums have also been rising due to the crisis. The government launched the RELIEF scheme last week to aid the exporters and assured further assistance to help them cope with the situation.

Swiggy hikes platform fee to Rs 17.58 after Zomato, food orders get costlier

Food delivery bills are inching up again. Swiggy has increased its platform fee soon after Zomato, meaning customers will now pay more each time they order online.

New Delhi.(Agency)

Ordering food online may now cost a little more. Just days after Zomato increased its platform charges, Swiggy has followed with a similar move, pushing up the fee customers pay on every order.

Swiggy has raised its platform fee to Rs 17.58 per order (including GST), up from Rs 14.99 earlier. This marks a nearly 17% increase. The company has informed



users that the revised fee will help it "operate and maintain Swiggy platform", a message now visible on the app during checkout. The development comes

shortly after Zomato increased its own platform fee. The company has raised charges by Rs 2.40 per order, taking the pre-GST fee to Rs 14.90 from Rs 12.50

earlier. With taxes included, both Swiggy and Zomato now appear to be charging similar amounts, continuing a long-standing trend where the two rivals mirror each other's pricing strategies.

WHY ARE FEES GOING UP?

Platform fees are a small but growing part of food delivery bills. While they may look minor individually, frequent users end up paying significantly more over time. Companies often justify these charges as necessary to cover technology costs, app maintenance, and overall operations.

In fact, the timing of the hike is interesting. The food delivery space is seeing fresh competition, with ride-hailing startup Rapido launching its service, Oownly, in Bengaluru. Unlike Swiggy and Zomato, Rapido has said it will not charge extra platform fees from customers or restaurants, apart from a basic delivery charge.

HDFC Bank appoints external law firms to examine Atanu Chakraborty's exit

New Delhi.(Agency)

Largest private lender HDFC Bank said its Board has approved the appointment of external law firms, both domestic and international, to review the resignation letter of former part-time Chairman and Independent Director, Atanu Chakraborty, in a move aimed at reinforcing governance standards. The decision was made at a Board meeting on March 23, with the law firms tasked with reviewing the contents of Chakraborty's resignation and submitting their report within a reasonable timeframe, the bank said in an exchange filing. The private lender described the step as proactive, underscoring its commitment to transparency and robust corporate governance practices. The move follows Chakraborty's resignation on March 18 with immediate effect. In his letter, he had stated that certain

developments within the bank over the past two years were not aligned with his personal values and ethics. However, the bank clarified that he did



not point to any specific happenings or practices that were inconsistent with his values. Chakraborty has also publicly maintained that his exit was not linked to any wrongdoing or malpractice within the bank, but was

driven by a divergence in ideologies and approach. He had joined the bank's board in 2021. Following his resignation, the Reserve Bank of India (RBI) approved the appointment of Keki Mistry as interim part-time Chairman for a period of three months starting March 19. Mistry has indicated that there are no major concerns facing the bank after Chakraborty's departure.

The bank reiterated that the external review is intended to further strengthen governance oversight and ensure clarity around the circumstances of the resignation.

HDFC Bank reportedly terminated three employees, including senior executives, following an internal investigation into alleged mis-selling of high-risk AT1 bonds to NRI clients through its overseas operations.

Rupee falls 20 paise to 93.73 against US dollar in early trade

MUMBAI.(Agency)

The rupee fell 20 paise to 93.73 against the US dollar in early trade on Tuesday as the greenback strengthened and global crude oil prices kept rising even after US President Donald Trump signalled that negotiations were underway with Iran. Trump on Monday said the US was talking with a "respected" Iranian leader and claimed the Islamic Republic was eager for a deal to end the war. He also extended a deadline for Iran to reopen the crucial Strait of Hormuz or face attacks on its power plants, saying it has an additional five days. However, Iran's denial of Trump's claims created uncertainty, pushing up global crude oil prices.

Heavy FII outflows further weighed on the local unit while a strong start in trading at the domestic equity markets cushioned against sharper losses, forex traders said. At the interbank foreign

exchange, the local unit opened at 93.66 against the greenback before slipping to 93.73, down 20 paise from



its previous close. "The rupee which fell to its lowest yesterday at 93.98 (some trade did happen above 94.00 levels also) recovered after Trump said he is postponing his strike on power plants of Iran by five days after talks with Iran, which Iran denied but still market believed in him and rallied," Anil

Kumar Bhansali, Head of Treasury and Executive Director, Finrex Treasury Advisors LLP, said. "The rupee has been vulnerable due to the rise in oil prices. RBI was present around 93.95 to 93.98 levels and may be present today to keep a tab on the rupee which continues to be vulnerable," he added. The dollar index, which gauges the greenback's strength against a basket of six currencies, was trading 0.42 per cent higher at 99.36. Brent crude, the global oil benchmark, was trading 3.96 per cent lower at USD 103.9 per barrel in futures trade.

On the domestic equity market front, the Sensex rose 829.40 points, or 1.14 per cent, to 73,525.79, while Nifty was up 234.65 points, or 1.04 per cent, to 22,747.30 in morning session.

Foreign institutional investors sold equities worth Rs 10,414.23 crore on a net basis on Monday, according to exchange data.



raised eyebrows in market circles, as it remains unclear whether a single entity or multiple traders were behind the large positions placed ahead of the announcement.

The market reaction was driven by expectations of easing geopolitical tensions in the Middle East. However, uncertainty persisted after Iran denied that any such talks had taken place, adding to volatility across oil and financial markets. The episode highlights how sensitive global markets remain to geopolitical developments, with even a single statement capable of triggering billions of dollars in trades and sharp price swings.

Bought gold during Iran war Here's why it's not giving you returns

Gold and silver prices have fallen despite ongoing war tensions, which is unusual as precious metals are typically seen as a safe investment during crises like war.

New Delhi.(Agency)

Gold and silver are usually seen as safe investments during wars. Prices often rise when global tensions increase, as investors move money into these metals for safety. But this time, things have played out very differently and the safe haven demand theory has failed.

Despite the ongoing West Asia conflict, gold and silver prices have fallen sharply, leaving many investors with little or no returns. On the Multi Commodity Exchange (MCX), gold was trading at Rs 1,36,834, down 1.74%, while silver stood at Rs 2,17,060, down 3.60%. Globally, gold has fallen nearly 18% since the

conflict began on February 28, while silver has also declined. This has surprised many investors who expected prices to rise during a war. WHY GOLD PRICES ARE FALLING DURING A WAR

The key reason lies in how markets are behaving in the current situation.

Dr. Renisha Chainani, Head of Research at Augmont, said gold is not acting like a traditional safe haven right now.

She explained that the current fall is mainly due to a "liquidity-driven phase", where investors are selling gold to raise cash.

"In times of extreme uncertainty, investors tend to liquidate their most liquid assets first, and gold becomes a source of funds rather than a safe-haven destination," she said. This means investors are not buying gold for safety. Instead, they are selling it to manage losses or meet margin calls in other markets.

STRONG DOLLAR AND INTEREST RATES ADD PRESSURE

Another major reason for the fall in gold prices is the strength of the US dollar. When the dollar rises, gold becomes more expensive for global investors, which

reduces demand. Dr. Chainani said the situation has created a cycle where money is moving out of gold and into the dollar. "Gold selling leads to dollar buying, and a stronger dollar puts further



pressure on gold," she said. At the same time, expectations of fewer interest rate cuts in the US have also hurt gold. Higher interest rates increase the returns from other assets like bonds, making gold less attractive since it does not give regular income.

WHY THIS WAR IS DIFFERENT

Another key factor is how this conflict is affecting inflation. Usually, wars push gold higher. But this

time, rising crude oil prices have increased inflation concerns instead.

This has led central banks to remain cautious on rate cuts, which is negative for gold. Dr. Chainani said this cycle is different because inflation is taking

priority over safe-haven demand. "Geopolitical escalation is supporting inflation, not gold, as it reinforces central bank hawkishness," she noted. The fall in

prices of precious metals has left many investors wondering why gold prices are falling and whether gold investment is still safe. Even though prices have fallen, experts say gold and silver are still strong

investments in the long term. Dr. Chainani said investors should not panic.

"Gold and silver remain structurally strong assets, but in the current environment they are behaving less like immediate safe havens and more like liquid assets during stress," she said. She advised existing investors to stay invested but manage risks, while new investors should buy in small amounts during dips instead of investing all at once.



Kareena Kapoor

Wishes 'Dearest' Niece Samara On Her 15th Birthday: 'Sending You Love And Joy'

Bollywood superstar Kareena Kapoor on the 23rd of March, took to her social media account to wish her 'dearest' niece Samara on her 15th birthday. The actress shared an adorable picture featuring herself cuddling little Samara. She wrote, "Happy birthday dearest Samara... Sending you love and joy on your special day @riddhimakapoorsahniofficial @brat.man."

For the uninitiated, Kareena Kapoor is the 'Maasi' (maternal aunt) of Samara. Riddhima's father, late Rishi Kapoor, and Kareena Kapoor's father, Randhir Kapoor, are real-life brothers, making the two women first cousins. Earlier in the day, Samara's mother Riddhima had also penned a heartfelt note for her daughter as she turned 15.

Calling her 'the greatest blessing' in her life, Riddhima shared a carousel post featuring throwback pictures capturing Samara's growing years.

In the first picture, a toddler Samara, barely a year old, can be seen taking her first few steps while holding hands with her 'mamu', Ranbir Kapoor. In another picture, Samara is seen dressed in a lavender fairy gown.

Riddhima captioned the post as, "My Sampie. 15 years of loving you holding your hand and calling you mine...my greatest blessing." She added, "You make my world brighter just by being you. Stay as kind strong and beautiful as you are I love you to the moon and back - and a little more every day. Happy 15th birthday my heart (sic)"

For the uninitiated, Riddhima and Kareena are cousins to Bollywood stars Karisma Kapoor, Ranbir Kapoor.

While the other three are top actors in Bollywood, Riddhima opted for a different career and currently runs a flourishing jewellery design business.

Riddhima made her acting debut with the OTT series The Fabulous Lives of Bollywood Wives.



'I Haven't Seen The Crime Rate Going Down': Rajeev Khandelwal Opens Up On Casting Couch



Actor Rajeev Khandelwal never shies away from sharing his thoughts; he always puts forth what he believes. Rajeev Khandelwal has often spoken about his casting-couch experience when he entered the industry, saying these situations are not uncommon and that people in power often exploit newcomers.

Now, in a fresh interview, the actor has again shared his views on the casting couch in the industry and said that he doesn't think that the crime rate has gone down anywhere. Speaking to Free Press Journal, the actor shared, "I would have to ask women, or I would have to ask newcomers who come into this town, do they feel safer? Are they facing the same situations that we probably faced when we were a little more tight-knit fraternity, where nobody would talk about certain things, and people would believe that these are the norms of the industry? I wouldn't know what I'm missing unless I spoke to them. But when it comes to reading, when it comes to consuming news from different platform channels, newspapers, I don't see the crime rate going down."

"I have a different way of looking at it sometimes. I understand you sometimes submit yourself while in your weak state, but you are also looking for an easy way out. And you submit yourself in an emotional or a weak situation of your life. You're also looking for an easy way out; otherwise, you would have fought like others, those who do it," the actor continued while sharing how he sees situations of the casting couch. He further continued and added that when he hears someone sharing that they were exploited for years, he often thinks, "Why were you there for years? And probably you were looking for an easy way out. Now it didn't pan out the way you were looking at it, and now you are calling it exploitation. Of course, somebody was definitely exploiting you in your vulnerable state, but you were also looking for an easy way."

More about Rajeev Khandelwal

Rajeev's rise to fame began with television, where shows like Kahiin To Hoga made him a household name. Unlike many actors who quickly transition to mainstream cinema, Rajeev took his time, choosing projects that resonated with him rather than chasing commercial success.

Uorfi Javed's 'Bottle Cap Dress' Has Mira Rajput-Ishaan Khatter's Attention



Uorfi Javed is a true fashion icon. No matter what she wears, she instantly grabs attention and sets trends, with her appearances creating a buzz everywhere she goes. The same happened recently, but this time it wasn't just the paparazzi who were impressed. Her look also caught the attention of Mira Rajput and Ishaan Khatter, and honestly, it comes as no surprise, given that Uorfi is known for her consistently bold and creatively unique ensembles.

In a paparazzi video, Uorfi Javed is seen chatting with Mira Rajput, who appears visibly stunned by her outfit. Ishaan Khatter looks equally impressed as he watches the interaction. Uorfi then greets Ishaan as well, while Mira smiles, listening to her talk about the dress in the video.

Uorfi Javed's look was truly one for the books. She wore a striking blue dress with a halter neckline, which she later revealed on Instagram was crafted entirely out of bottle caps. Interestingly, it did not look like it was made from such an unconventional material at all, which made the outfit even more impressive.

She layered it with a blue blazer and paired the look with chunky matching heels that added to its bold appeal. Even her earrings were designed using the same elements as her dress, tying the entire look together seamlessly. With her hair styled in a neat bun, Uorfi looked absolutely stunning.

It is truly no surprise that style enthusiasts like Mira Rajput and Ishaan Khatter were visibly impressed by her look.

Uorfi Javed Served A 'Sweet' Surprise With Her Earlier Look

This time it was bottle caps, and previously it was an actual cake. Uorfi Javed once wore a black edible cake dress to an event, and even fed pieces of it to the paparazzi, turning the moment into something truly unforgettable. She later shared the story behind the look on Instagram, revealing that she had been feeling low for a while and was struggling to come up with new outfit ideas. When she finally felt like herself again, she wanted to do something bold for her comeback, which led to the cake dress. While it looked massive, she clarified that the actual cake weighed around 5 kilos, with the rest was made using foam to avoid wastage. The entire outfit took nearly 24 hours to create.



Aditi Rao Hydari

Stuns In Midnight Blue Lehenga, Siddharth Can't Take His Eyes Off Her

The final day of Lakmé Fashion Week 2026 wrapped up with a strong closing moment as Aditi Rao Hydari took to the runway as the showstopper for Satya Paul. Known for her understated elegance, Aditi brought a calm, controlled presence to the ramp, letting the outfit and the movement do the work rather than relying on theatrics. Her walk was measured, confident, and in sync with the tone of the collection, making the finale feel cohesive.

Among those watching closely was Siddharth, seated in the front row, visibly engaged and cheering her on through the show.

Midnight Blue With A Modern Twist
Aditi's look leaned into classic Indian silhouettes but with a clear contemporary update. She wore a rich midnight blue lehenga featuring a fluid skirt detailed with subtle prints that caught light as she moved. The blouse added a sharper edge. Designed in a bralette style with a plunging neckline, it brought structure and contrast to the otherwise soft flow of the skirt. But the defining element was the trench coat layered over the lehenga.

Long, structured, and tailored, the coat introduced a modern, almost urban feel to the traditional outfit. The mix of fluid fabric underneath and the clean lines of the outer layer created a balanced silhouette, one that felt both experimental and wearable.

Styling That Stayed Controlled
The styling followed the same approach, minimal, but

precise. Aditi chose a statement silver choker layered with fine chains, paired with classic jhumkas that added just enough detail without making the look heavy.

Her makeup stayed luminous and soft, flushed cheeks, smokey eyes, and nude lips. Nothing too sharp, nothing distracting. The finish was clean and consistent with the overall tone. Her hair, styled in a sleek ponytail and accented with a flower, added a

slight romantic touch without taking away from the structure of the outfit.

Siddharth's Reaction Becomes The Highlight

While Aditi's runway moment drew attention, it was what followed that quickly took over social media. As she stepped off the ramp, Siddharth greeted her with a warm hug. Videos of the interaction have since gone viral, with fans calling it genuine and refreshing.





administering tablets) without realizing that they won't last long in the body. What your body needs is constant exposure to microbes that lead to good bacteria in the gut. One way to enable this is by increasing their consumption of raw seeds and vegetables, which will then allow these microbes to enter their gut. Having a bath without soap also retains necessary microbes.

So how can you do it if you don't have access to gardens or clean soil around you? We definitely don't recommend you to let your kid play in the soil, which is contaminated with animal excreta or urine and works more like a dump yard for many. There is an alternative. Luke recommends making a microbe box. Buy organic soil and fill up the box with that soil. Also add some leaves or seeds once a week - not to grow but for it to generate and feed the microbes. The leaves decay and become natural compost. Allow your child to run his hands in this soil. It is not only healthy for your gut but also therapeutic. Not only your kid, even you should do that 5-10 minutes every day. "Every time I play with the soil, it connects me with nature. It is better than any supplements and makes your child's immunity lot better," he concludes.

We are losing fifth of world food to overeating, wastage



Almost 20% of the food made available to consumers worldwide is lost through over-eating or wastage, according to a new study. The world population consumes around 10% more food than it needs, while almost 9% is thrown away or left to spoil, researchers said. Efforts to reduce the billions of tonnes lost could improve global food security -ensuring everyone has access to a safe, affordable, nutritious diet -and help prevent damage to the environment, they said. Scientists at University of Edinburgh in the UK examined 10 key stages in the global food system -including food consumption and the growing and harvesting of crops -to quantify the extent of losses.

least efficient process, with losses of 78% or 840 million tonnes, the team found. Some 1.08 billion tonnes of harvested crops are used to produce 240 million tonnes of edible animal products including meat, milk and eggs. This stage alone accounts for 40% of all losses of harvested crops, researchers said. Increased demand for some foods, particularly meat and dairy products, would decrease the efficiency of the food system and could make it difficult to feed the world's expanding population in sustainable ways, they said. Meeting this demand could cause environmental harm by increasing greenhouse gas emissions, depleting water supplies and causing loss of biodiversity.

Using data for 2011 (the most recent date for which the researchers said all required data was available) collected primarily by the UN's Food and Agriculture Organisation, the team found that more food is lost from the system than was previously thought. Almost half of harvested crops -or 2.1 billion tonnes -are lost through over-consumption, consumer waste and inefficiencies in production processes, researchers said.

Encouraging people to eat fewer animal products, reduce waste and not exceed nutritional needs could help reverse these trends, the team said. "Until now, it was not known how over-eating impacts the system. Not only is it harmful to health, we found that overeating is bad for the environment and impairs food security," Peter Alexander from Edinburgh's School of GeoSciences said.

Why your kids need dirt to be Healthy

Do you often compare your child to the neighborhood kid who never falls sick? Do you suspect his parents know something that you don't? Probably not. In all likelihood, the fault lies in the fact that you fuss a lot over hygiene and cleanliness. Surprised? Well, don't be.

Nutrition and fitness expert, Luke Coutinho who has authored the globally acclaimed book, 'The Great Indian Diet' with Shilpa Shetty, explains, "A lot of kids have allergies, skin problems like psoriasis, eczema, asthma, skin issues and wheezing problems. In fact, wheezing is growing as a common trend among kids and a lot of this relates back to the way we bring up our children. We are living in a world, which is very clean. We keep our homes so clean, keep our children clean, we keep washing our hands all the time with anti-microbial hand washes, bath soaps and sanitizers." In our attempt to be super clean, we compromise on microbes that are extremely important for our living. Microbes are small organisms that are present everywhere- in air, clothes, on the skin, food and most

prominently in the soil. We need them to maintain good gut health and boost immunity. The microbes in the gut feed your good bacteria. However, by constantly making your kid wash his hands with anti-microbial and anti-bacterial soaps, or sanitisers and preventing your kid from playing in

the garden or soil, you are rapidly depleting the presence of these essential microbes.

To increase good bacteria in the gut, we feed our kids on probiotics present in certain foods (or by

The scent of sleep

Is bedtime a troubled time for you? You are sleepy, tired...but the moment you lie down, the ZZZs bid goodbye? Sleep is the first casualty of everyday stress, but help is only a sniff away. We are talking about essential oils. "Once applied to the skin, essential oils are absorbed in the bloodstream within 3 to 5 minutes. Use just a bit on your ear lobes, wrists and soles to let the aroma lull you to quality slumber," says aromatherapist Nikki Kapoor. Here's a quick primer on what to sniff and sleep well.

Lavender oil for mild headache

This pleasant-smelling popular oil has been anointed as the super sleep oil in many studies and is used in many relaxing products such as aroma candles, bath salts and eye masks. Kapoor's advice: Use it for mild insomnia and a light headache.

Clary Sage for blood pressure

Clary sage oil is renowned for its quality of bringing down blood pressure levels. "Elevated BP leads to sleep troubles and using clary sage helps in controlling it, leading to better sleep," says veteran aromatherapist Blossom Kochhar.

Frankincense for pain relief

A 2016 study conducted on cancer patients found that 64 per cent reported improved sleep after using aroma sticks with frankincense. Kapoor, a two-time cancer survivor, swears by its healing power. A 2004 study said that using this oil reduces pain and anxiety of childbirth. "It has a sedative effect and is an anti-depressant as well," adds Kochhar.

Jasmine oil for confidence

This quintessential Indian essential oil with its sweet aroma works as a confidence booster. "Those who bring back the pressures of work home will benefit by including jasmine oil as it helps one forget trivial worries and induces relaxation," explains Kochhar.

Vetiver oil for arthritis

Vetiver or khus is a cooling oil. Extracted from vetiver grass, its oil is earthy and helps relieve aches and pains. According to Kochhar, "People with a history of arthritis



have difficulty in sleeping because of the pain. A healing oil like vetiver applied on the affected area provides relief."

Make your own sleep mists

1. In a small bowl, mix 3 drops of lavender oil, 2 drops each of geranium and sandalwood oil. Combine this blend with 200ml almond or grapeseed oil.
2. In a bowl, mix 3 drops of jasmine oil with 1 drop each of patchouli and sandalwood oil. Add this blend to 200ml almond, jojoba or grapeseed oil.

Now you have two DIY sleep mists. Apply 8-10 drops of either on your skin for good sleep.

How to use

With the exception of lavender, don't use essential oils directly on the skin. Always mix them with other carrier oils such as almond, coconut, grapeseed or cocoa and shea butter. You can also add 2-3 drops to your regular lotion or body cream.

Don't use essential oils on infants under three months. Lavender is best for them.

Pregnant women should consult their physician before using essential oils.

Create your own customised oil by mixing different essential oils, but be aware of the right quantity.

