Monday morning taking the House. The treasury bench Banerjee's statement in the Adhikari. Opposition leader Suvendu the scuffled in the Assembly. Government will fight strong-

Central Government of trying criticism from Punjab leaders. The move has sparked massive implemented for all employ-

 Residents of almost all the city-

In a viral, wild media with his nose bleeding. "Majumdar told the sit-fisticuffs inside the hall flat and their maintenance date, the maintenance depart-

and lazy. And according to the

workers in Sikkim went on strike, it added. The forum approved by 161 yes votes.  It asked the members of

The Bill seeks to cover, Another Bill to amend the

He pointed out that the prison officer in such manner

and dignity of the House, “the

for heinous crime and arrest of individuals.

The incident started when

He alleged "the

He later complained that he had

and again, but they show up

charge late fee on per day

and might even threaten you. And if you fail to pay this on the due

the Centre is deliberately tak-

the national spirit of Punjab

He alleged "the

The Centre is deliberately tak-

of the motion, to stand up to

of the Code of Criminal

ordered to give security for his

To capture and record appro-

prison officer in such manner

If we will the maintenance department for any work like planning, etc, they make us

non-legalistic samples under the pro-

to capture and record appro-

We should have made our lives

Some loop holes have made our lives miserable in society: you cannot walk freely as the

If we will the maintenance department for any work like planning, etc, they make us wait for hours, sometimes for days and after that try to make entitle paper by taking

another plenty to it. This thing is not working well, I don’t know why, it is very strange thing which we

Another plenty to it. This thing is not working well, I don’t know why, it is very strange thing which we

We should have made our lives

Any officer from the income tax

Banking services were

banking employees did not

the two-day nationwide gen-

the maintenance services in the

The Government on Monday introduced the new Bill in the Lok Sabha, which seeks to amend the national Security Act, allowing legal sanction to the police to

Sample officers and personnel from other States

Opposition leader Suvendu

the strike, it added. The forum

approves by 161 yes votes.  It

asked the members of

The Bill on Tuesday was introduced in the Lok Sabha, which seeks to amend the National Security Act, providing legal sanction to the police to

The incident started when

He alleged "the

The Centre is deliberately tak-

the national spirit of Punjab

He alleged "the

The Centre is deliberately tak-

the national spirit of Punjab

He alleged "the

The Centre is deliberately tak-

the national spirit of Punjab

He alleged "the

The Centre is deliberately tak-

the national spirit of Punjab

He alleged "the
Traffic to remain diverted during the Assembly session

P P  DEHRADUN

Traffic on many routes will be diverted in Dehradun due to the Assembly sessions of the State Assembly starting from today. The Dehradun district administration has imposed section 144in a radius of 300 metres around the Vidhan Sahal and the building to maintain order and during the Assembly session starting from today. In its order the District Magistrate (DM) of Dehradun R Rajesh Kumar said that section 144 is imposed for the protection of lives and property of persons and for maintenance of public order and tranquility.

In his order the District Magistrate (DM) of Dehradun R Rajesh Kumar said that section 144 is imposed for the protection of lives and property of persons and for maintenance of public order and tranquility.

Traffic going towards Mussoorie will be diverted from Fountain Park to reach Mussoorie. On the way to Dehradun city will be sent to Isratdar crossing and IT Park to reach Mussoorie. On the way to Dehradun city will be sent to Isratdar crossing and IT Park to reach Mussoorie.

Traffic to Dirighat and traffic to the By-pass will be diverted from the ISBT route after the departure of rallies from ISBT and ISBT via Mata Mandir Road. The entire traffic passing through Dharampur Chowk will be diverted through Dharampur Chowk and EC Road. The police informed that commuters will also face trouble in the following areas where traffic diversion will be done:

Traffic to the By-pass from the Garhwal commission will be diverted after the departure of rallies from ISBT and ISBT via Mata Mandir Road. The entire traffic passing through Dharampur Chowk will be diverted through Dharampur Chowk and EC Road. The police informed that commuters will also face trouble in the following areas where traffic diversion will be done:

Traffic to Bannu School to Pragati Vihar will be diverted from the ISBT route. All vehicles will be diverted to the By-pass from the Garhwal commission.

Traffic to the By-pass from the Garhwal commission will be diverted after the departure of rallies from ISBT and ISBT via Mata Mandir Road. The entire traffic passing through Dharampur Chowk will be diverted through Dharampur Chowk and EC Road. The police informed that commuters will also face trouble in the following areas where traffic diversion will be done:

Traffic to Bannu School to Pragati Vihar will be diverted from the ISBT route. All vehicles will be diverted to the By-pass from the Garhwal commission.

Traffic to the By-pass from the Garhwal commission will be diverted after the departure of rallies from ISBT and ISBT via Mata Mandir Road. The entire traffic passing through Dharampur Chowk will be diverted through Dharampur Chowk and EC Road. The police informed that commuters will also face trouble in the following areas where traffic diversion will be done:

Traffic to Bannu School to Pragati Vihar will be diverted from the ISBT route. All vehicles will be diverted to the By-pass from the Garhwal commission.

Traffic to the By-pass from the Garhwal commission will be diverted after the departure of rallies from ISBT and ISBT via Mata Mandir Road. The entire traffic passing through Dharampur Chowk will be diverted through Dharampur Chowk and EC Road. The police informed that commuters will also face trouble in the following areas where traffic diversion will be done:

Traffic to Bannu School to Pragati Vihar will be diverted from the ISBT route. All vehicles will be diverted to the By-pass from the Garhwal commission.

Traffic to the By-pass from the Garhwal commission will be diverted after the departure of rallies from ISBT and ISBT via Mata Mandir Road. The entire traffic passing through Dharampur Chowk will be diverted through Dharampur Chowk and EC Road. The police informed that commuters will also face trouble in the following areas where traffic diversion will be done:

Traffic to Bannu School to Pragati Vihar will be diverted from the ISBT route. All vehicles will be diverted to the By-pass from the Garhwal commission.

Traffic to the By-pass from the Garhwal commission will be diverted after the departure of rallies from ISBT and ISBT via Mata Mandir Road. The entire traffic passing through Dharampur Chowk will be diverted through Dharampur Chowk and EC Road. The police informed that commuters will also face trouble in the following areas where traffic diversion will be done:

Traffic to Bannu School to Pragati Vihar will be diverted from the ISBT route. All vehicles will be diverted to the By-pass from the Garhwal commission.
Three-day session of U'khand assembly starts from today

The first session of 5th Vidhan Sabha would start with governor’s address; Dhami govt to seek vote on account during the session

Speaker Khanduri meets Nishank, Harish Rawat, TSR

The three-day session of the Uttarakhand Vidhan Sabha would be the first in the state’s history to start with the governor’s address, which would be followed by the_run-of-the-mill_business of the assembly.

CM Dhami yet to distribute portfolios to his team members

The chief minister has not yet finalised the portfolios of the ministers, who were elected to the fifth Assembly of the state last year. The portfolios are likely to be announced on Tuesday.

Congress indecisive on Leader of Opposition

CLP leaves the choice on the high command. Name of LoP can be announced on Monday late night

Cabinet permits no-reboot; Dhami govt to seek vote on account of its performance

CM Dhami is yet to distribute portfolios to his team members. The ministers are yet to go to the CM’s office.

No reboot, Uttarakhand needs reinvention

The state is in the midst of a process to transform from a tourist attraction to a destination. The state is trying to attract the right kind of tourists and create a link with the environment.

Government needs complete change: Congress

Congress leader J. P. Nadda, who was also a cabinet minister in the previous government, said that the government needed a complete change.

Three-day session of U’khand assembly starts from today

The first session of 5th Vidhan Sabha would start with governor’s address; Dhami govt to seek vote on account during the session

Speaker Khanduri meets Nishank, Harish Rawat, TSR

The three-day session of the Uttarakhand Vidhan Sabha would be the first in the state’s history to start with the governor’s address, which would be followed by the_run-of-the-mill_business of the assembly.

CM Dhami yet to distribute portfolios to his team members

The chief minister has not yet finalised the portfolios of the ministers, who were elected to the fifth Assembly of the state last year. The portfolios are likely to be announced on Tuesday.

Congress indecisive on Leader of Opposition

CLP leaves the choice on the high command. Name of LoP can be announced on Monday late night

Cabinet permits no-reboot; Dhami govt to seek vote on account of its performance

CM Dhami is yet to distribute portfolios to his team members. The ministers are yet to go to the CM’s office.

No reboot, Uttarakhand needs reinvention

The state is in the midst of a process to transform from a tourist attraction to a destination. The state is trying to attract the right kind of tourists and create a link with the environment.

Government needs complete change: Congress

Congress leader J. P. Nadda, who was also a cabinet minister in the previous government, said that the government needed a complete change.
Goft foiling price rise debate: Opp

Pioneer News Service in New Delhi

Government’s 2nd re-oscan of air-squadron:

The Government plans to continue its efforts to make weapons for the Government. We do not have any intention to make an air-squadron.

The Ministry of Defense is currently working on the following projects:

1. Development of a new indigenous air-squadron
2. Modernization of existing air-squadron
3. Enhancement of air-squadron capacity

The Ministry of Defense is also pursuing the following goals:

1. Increase in air-squadron capabilities
2. Improvement in air-squadron performance
3. Reduction in air-squadron costs

In addition to the above goals, the Ministry of Defense is also focusing on:

1. Technology development
2. Production capacity
3. Export potential

The Ministry of Defense is currently working with the following countries:

1. USA
2. Israel
3. Russia

In conclusion, the Government is committed to making air-squadron for the country. The air-squadron will be ready for deployment in 2025.
Hindus as minorities: SC gives Centre 4-week time on PIL

‘Hindus in minority in 10 States’

The Supreme Court on Monday granted four weeks to the Centre to草出 the submission on the PIL seeking framing of guidelines for identification of Hindus as a Minority, contending that Hindus are in minority in 10 States.

The PIL, which was submitted by Advocate Arunaditya Kushal Prasad and Advocate Arun Aditya, pointed out that in 2012, the government had made a statement that Hindus are not a minority in the country. They submitted that the government has a duty to establish the minority status of Hindus in the country.

The court appointed Advocate Shyam Sundresh to hear the PIL and posted the matter for hearing on April 7.

The court observed that there is a need for a balanced and comprehensive approach to the issue of minority status.

Yogi, Akhilesh sworn in as MsPs in UP

Uttar Pradesh Chief Minister Yogi Adityanath and Congress leader Akhilesh Yadav on Saturday took oath as Members of the Legislative Assembly as they were sworn in as Members of the Legislative Assembly in the first time as MLAs as they premise their fresh tenure before the people of the state. Yogi was also sworn in as the Member of Legislative Assembly from the Tola Panchayat constituency.

The oath-taking ceremony took place in the presence of Governor Anandiben Patel, who administered the oath to the two leaders. Yogi, who won the election from the Tola Panchayat constituency, became the first Chief Minister of the state to be sworn in as an MLA.

Akhilesh, who is set to become the first Congress MLA in the state in the history of the assembly, won from the Bisada constituency.

The two leaders were accompanied by their trusted lieutenants and supporters, who were also sworn in as Members of the Legislative Assembly.

The oath-taking ceremony was attended by a large number of people, including leaders from various political parties and constituents.

Satish Mahana to be new Speaker of UP Assembly

The new Speaker of the Uttar Pradesh Assembly, Satish Mahana, took the oath on Saturday.

Mahana, who won the Agra South seat in the recent Assembly elections, was elected as the new Speaker by the members of the assembly.

The election was held in the presence of Chief Minister Yogi Adityanath, who presided over the session.

The new Speaker will have to oversee the day-to-day functioning of the assembly and ensure that the proceedings of the assembly are conducted in an impartial and unbiased manner.

Nexiex between babus, dealers in UP ILP license case: ED

The Enforcement Directorate on Monday allegedly booked documents that allegedly indicated involvement of Congress leaders Inamdar and Madan in a case of money laundering.

The ED had earlier registered a case under the Prevention of Money Laundering Act (PMLA) against the two leaders and their associates.

The ED had earlier registered a case under the Prevention of Money Laundering Act (PMLA) against the two leaders and their associates.

The ED had earlier registered a case under the Prevention of Money Laundering Act (PMLA) against the two leaders and their associates.

The ED had earlier registered a case under the Prevention of Money Laundering Act (PMLA) against the two leaders and their associates.

The ED had earlier registered a case under the Prevention of Money Laundering Act (PMLA) against the two leaders and their associates.

The ED had earlier registered a case under the Prevention of Money Laundering Act (PMLA) against the two leaders and their associates.

The ED had earlier registered a case under the Prevention of Money Laundering Act (PMLA) against the two leaders and their associates.

The ED had earlier registered a case under the Prevention of Money Laundering Act (PMLA) against the two leaders and their associates.

The ED had earlier registered a case under the Prevention of Money Laundering Act (PMLA) against the two leaders and their associates.
REVIEW OF TOURNAMENT

Tennis is a game for an armchair spectator. You can be a fan of a particular player, manner of play or the way a game unfolds. India has been a shining star in international tennis over the past three decades. The services of players and coaches have been well compensated by the game. But, the most shining star of our tennis world is the Indian tennis team. They have made India proud and have continued to win over the years.

INDIA MUST HAVE THE 'RIGHT TO PLAY'

Sir — There is no denying that sports are a great source of physical activity and have been linked to good health. However, in today's world, sports are often associated with the 'right to play'. This right includes the right to participate in sports and the right to access sports facilities.

This right to play is not only the right to play, but also the right to access sports facilities. Sports facilities are necessary for the development and growth of sports. The government has a responsibility to ensure that every child has the right to play.

Ranganath Srinivasan

Kangaroo & Shortcuts

WAR DOESN'T BENEFIT ANYONE

Sir — War does not benefit anyone. War is a destructive force that destroys lives, property, and the environment. It has caused unimaginable losses, both in human and material terms. The conflict in Ukraine is a similar case. The conflict has caused a large number of people to flee their homes, and it has also resulted in a large number of deaths.

It is important to prevent such conflicts and to work towards a peaceful resolution. We need to remember that peace is the only solution to the problems we face. We need to work together to prevent future conflicts and to build a better world.

K. N. Rangs

FARE WAYS FROM BRITISH KILLOMETERS

It appears that India is a half-selfhood; the concept was inspired by a German jurist on international law in the 18th century. The German jurist, Birkhan, had stated in his book "Theorie der Staat und der Nation" that India was a half-selfhood. The concept was inspired by the fact that India was a half-selfhood state, which means that India was not completely self-governing.

The concept of half-selfhood was inspired by the fact that India was a half-selfhood state, which means that India was not completely self-governing. The idea was that India was in a transitional phase, where it was neither completely independent nor completely dependent on another country.

It is important to recognize the role of history in shaping the future. The concept of half-selfhood was inspired by the history of India and the role of the British in India. The British had a significant influence on the development of India, and their presence is still felt in many aspects of Indian society.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.

The concept of half-selfhood is important because it recognizes the role of history in shaping the future. It is important to recognize the role of history in shaping the future, as it is a reminder of the significance of the past.
In the midst of a month in India, the situation is being extremely coy about its attitude towards the Russian invasion of Ukraine. The regime has been absolutely silent, except for some comments from the Russian-Ukrainian relationship and the Chinese-Taiwanese one, and the diplomatic and economic front has been a bit more active. It’s only recently that Russia’s President Vladimir Putin began denying any such invasion, but even then, the concrete facts with regard to the start of the war are quite visible. For 73 years, over the years, the Chinese government has been a constant player in the War of China and Taiwan, it has been the risk of a war with the United States that has provided the concrete Chinese Communist party with the strength to finish the job. But that threat may be a paper tiger, for there is no actual alliance between the United States and China. Like Ukraine, India has many expressio...
**Ukraine**

Ukrainians could deeds reluc-
tantly and offer security guar-
tees in exchange for a peace "without delay": President Volodymyr Zelensky has told a meeting of foreign delegations gathered in Kyiv on Monday that Russia must respect Ukraine's territorial integrity and sovereignty.

In an interview with indus-
trial leaders, Zelensky stressed that the conflict could not continue if sovereignty and its "termi-
non" — the EU and the US — were to turn against Russia from supplying the arms to Ukraine. He also warned that the West would now be "experi-
encing a war of its own making" if it continued to provide weapons instead of a political solution.

"It is not our country that is mak-
ing the decision to continue the war," Zelensky said. He added that "the West" was now in a "vicious circle" of providing more weapons and "more delay and more suffering" in Ukraine.

"Either we decide to interfere in Ukraine or we decide to leave it to itself. Either we decide to supply or we decide to cut off the supply," Zelensky said. "And that's the choice we have to make."

**Nuclear fears in US amid Russian-Ukraine war: AP-NORC poll**

American public opinion is divided over whether Russia's war on Ukraine is a serious threat and what the US should do to respond to it.

A new AP-NORC poll finds that a majority of Americans (59%) say Russia's invasion of Ukraine is a serious threat to the US, with 41% saying it is not.

On the question of what the US should do to respond to Russia, a majority (51%) say the US should work with its allies to provide more arms to Ukraine, while 45% say it should work to negotiate a peace settlement.

**Ukraine war threatens food supplies in fragile Arab world**

The war in Ukraine has increased tensions in the Arab world and has posed a challenge to the food security of the region.

A report by the United Nations Food and Agriculture Organization (FAO) warns that the conflict could disrupt agricultural production, transportation, and trade in the region, leading to higher food prices and shortages.

The report notes that the war has disrupted farming operations in Ukraine and that the conflict has disrupted trade routes, making it difficult for food to reach markets in the Arab world.

**Endorses ceasfire in call with Putin**

**Turkish President Recep Tayyip Erdogan emphasized Monday during a telephone call with Russian President Vladimir Putin, that "there should be a cease-fire as soon as possible."**

The explanation comes after Putin offered an ultimatum to Zelensky that talks would be held under the condition of stopping the fighting.

Erdogan has said he will call Putin "within 24 hours" if Ukraine's president does not agree to the ceasefire.

**Joint EU team to probe Ukraine war crimes**

**The Hague**

A joint EU team of experts is set to begin its mission in Ukraine on Tuesday to investigate war crimes committed in the country.

The team, which is made up of experts from the International Criminal Court (ICC), the Office of the High Commissioner for Human Rights (OHCHR), and the European Union Agency for Fundamental Rights (EUA), will visit areas where massacres and other human rights violations have been reported.

The mission is expected to last for two weeks and will focus on收集 factual and technical support.

The Hague-based agency, which is responsible for investigating war crimes, has acknowledged the importance of providing this support to Ukrainian authorities.

The agency said it would work closely with Ukrainian officials and organizations to ensure that the information collected is accurate and reliable.

**Officials clarify Biden's comment**

German Chancellor Olaf Scholz said on Monday that Biden was "right" when he mentioned a "nuclear weapon" in his speech to Congress last week.

Scholz said that Biden had been referring to the possibility of the use of nuclear weapons in the event of a "nuclear war." He added that Biden's statement was "in line with US strategy" and that it was a "serious commitment" to the use of nuclear weapons in such a scenario.

**Schools in Kyiv reopen after nearly a month**

A spokesperson for the Kyiv-based Vinnitsa Regional School Board said that schools in the city have reopened after a month-long closure due to the conflict.

The spokesperson said that students and teachers were returning to schools "in very hard conditions," with many schools still missing heating and lighting systems.

"We are doing our best to ensure that students have a safe and comfortable learning environment," the spokesperson said. "But we need more help from the international community to address the challenges we are facing."
Sensex, Nifty rebound on banking, oil, gas gains

**PTI / Bhopal**

Markal's stock indices Sensex and Nifty rose by 0.40 per cent on Monday, recovering from a two-week low. The benchmark BSE Sensex surged by 1,883.50 points to 57,593.49, while the broader Nifty 50 spurted by 522.90 points to 17,222.

The BSE SmallCap Index gained by 2.13 per cent and the BSE MidCap Index by 1.59 per cent.

Reliance Industries Ltd, the country's largest listed company, rose by 1.71 per cent followed by ICICI Bank and Wipro Ltd. The BSE sensex has gained by 0.40 per cent since the beginning of the year.

The rupee strengthened by 8 paise against the US dollar on Monday, supported by sustained inflows and a full in global crude declines.

**PTI / Mumbai**

The rupee appreciated 8 paise to 76.16 against the US dollar on Monday, supported by sustained inflows into the markets and a full in global crude declines.

However, a strengthening American currency tension and concerns over news from the global financial markets weighed on the local currency. The rupee ended the session at 76.13.

The foreign exchange dealers said that the local currency opened weak at 76.30 but recovered territory later in the session. It weakened by as much as 0.14 per cent to 76.15 and a low of 76.08.

The rupee traded at 76.16 on Monday, registering a rise of 8 paise over overnight closing level. The rupee had settled at 76.24 on Friday. The rupee had lost 0.14 per cent to 76.24 on Friday. The rupee had lost 0.14 per cent to 76.24 on Friday.

Recovery in oil and bond yields helped, while Hong Kong and Shanghai were trading higher.

The rupee had ended at 76.18 against the US dollar in the foreign exchange market on Friday.

**PTI / Mumbai**

Housing prices may go up 15% on rise in construction cost

**PTI / Mumbai**

Builders' body CREDAI said on Monday that construction has gone up by 10-15% in the last 60 days, due to increase in the cost of raw materials, and builders will be forced to increase property prices from next month by as much as 15-17%.

CREDAI-Maharashtra chapter president Raju Sharan Goradia said the major raw material required by the builders includes sand, bricks, cement, iron and aluminium.

"It is another 10-15% hike, a major portion has already been passed on as an increase in GST," Goradia told reporters in Mumbai. CREDAI-Maharashtra has decided that the increase in property prices should be allowed to claim input tax credit (ITC) under GST.

The association said it would closely monitor the development of the construction industry in the state and would decide on the increase in property prices from next month onwards.

"The price of the houses can be increased by an average 10-15%," Goradia said.

"Some of the measures that are already implemented include making the price of the properties in GST-covered areas, which have been demanded by the court," Goradia added.

**PTI / Mumbai**

Meld for India to become one of the world's leading aviation markets

Meld for India to become one of the world's leading aviation markets, a top official of the Ministry of Civil Aviation has said.

"India is poised to become one of the world's leading aviation markets," said P Senthilnathan, Director-General, Ministry of Civil Aviation.

"The aviation sector is expected to play a significant role in driving the country's economic growth," he added.

**PTI / Mumbai**

As an aviation market matures, India will become a destination for business and leisure travel, said Senthilnathan, who highlighted the country's potential as a hub for regional connectivity.

"India's strategic location, with major cities served by direct flights from the Middle East and Southeast Asia, makes it an attractive destination for passengers," he said.

"The government's initiatives to promote regional connectivity and development of new airports have contributed to the growth of the aviation sector," he added.

**PTI / Delhi**

Govt's total liabilities rise 2% to Rs 128.4 L cr in December quarter

The government's total liabilities rose 2% to Rs 128.4 L cr in December quarter from Rs 125.8 L cr in September quarter, according to data released by the Reserve Bank of India (RBI).

The liabilities, which include both public and net foreign liabilities, stood at Rs 126.5 L cr in the August-September quarter.

The gross liabilities to GDP ratio increased to 57.1% in the December quarter from 56.7% in the September quarter.

The central government's liabilities, which include both public and net foreign liabilities, stood at Rs 76.4 L cr in the December quarter, compared to Rs 76.3 L cr in the September quarter.

The liabilities of the Union government rose to Rs 121.5 L cr in the December quarter from Rs 119.3 L cr in the September quarter.

**PTI / New Delhi**

The government's total liabilities rose 2% to Rs 128.4 L cr in December quarter, according to data released by the Reserve Bank of India.

The liabilities, which include both public and net foreign liabilities, stood at Rs 126.5 L cr in the August-September quarter.

The gross liabilities to GDP ratio increased to 57.1% in the December quarter from 56.7% in the September quarter.

The central government’s liabilities, which include both public and net foreign liabilities, stood at Rs 76.4 L cr in the December quarter, compared to Rs 76.3 L cr in the September quarter.

The liabilities of the Union government rose to Rs 121.5 L cr in the December quarter from Rs 119.3 L cr in the September quarter.

The government's total liabilities rose 2% to Rs 128.4 L cr in December quarter, according to data released by the Reserve Bank of India.

The liabilities, which include both public and net foreign liabilities, stood at Rs 126.5 L cr in the August-September quarter.

The gross liabilities to GDP ratio increased to 57.1% in the December quarter from 56.7% in the September quarter.

The central government’s liabilities, which include both public and net foreign liabilities, stood at Rs 76.4 L cr in the December quarter, compared to Rs 76.3 L cr in the September quarter.

The liabilities of the Union government rose to Rs 121.5 L cr in the December quarter from Rs 119.3 L cr in the September quarter.
Incorporate alone time in your life

Social connections are important for physical, mental and emotional well-being. However, spending too much time with others can lead to burnout and unhealthy stress. Alone time allows you to recharge and focus on your thoughts. It also helps you to stay on top of your personal hygiene practices.

While some people may enjoy alone time, many others find it challenging to spend time alone. It can be discouraging to have to carve out time for yourself when you are surrounded by others. However, alone time is crucial for maintaining mental and emotional well-being.

Early evaluation is essential

During a woman's menstrual cycle, the texture & consistency of breast tissues may change thereby making the breast tender. They also undergo modifications with age, says Dr ANJALI KUMAR

A BREAST LUMP IS NO SERIOUS CONDITION AND COULD BE THE INIQUITY OF BREAST CANCER. BUT AT THE SAME TIME, IT IS IMPORTANT TO REMEMBER THAT ALL BREAST LUMPS ARE NOT CANCEROUS. PARTICULARLY IN YOUNGER LADIES, BREAST LUMPS MAY BE AN INDICATOR OF A BENIGN CONDITION

ABSTRACT

Breast lumps are a combination of tissues which vary in texture and consistency. A lump may be firm or tender to the touch. It is therefore vital to evaluate a lump by a doctor if you feel a new lump or if there is a change in the breast from the regular routine.

A breast lump can be caused due to an increase in the number of glandular tissue, connective tissue, fat, or muscle. A breast lump can be caused by inflammation, infection, or cysts. Commonly, a breast lump is painless, but it can also be painful. It can be caused due to the presence of a benign tumor or a cancerous lump.

When to see the doctor?

If you find a new breast lump or a change in the lump, you should see a doctor. A doctor will check if the lump is benign or malignant. They may also recommend some tests to confirm the diagnosis.

Follow-up after breast lump evaluation is essential. If the breast lump is cancerous, your doctor will decide whether you need additional tests or surgery. If the lump is benign, your doctor may recommend some treatments to prevent recurrence.

Breast screening

Breast screening is a process of detecting breast cancer at an early stage. It is important to undergo breast screening regularly to detect any changes in the breast tissues.

Breast screening involves mammography, ultrasound, and magnetic resonance imaging. These tests can help detect breast cancer early even if there are no symptoms.

SCREENING

Mammography

Mammography is a test that uses X-rays to create images of the breast. It is the most effective test for detecting breast cancer early. Mammography can detect breast cancer even if there are no symptoms.

Ultrasound

Ultrasound is a test that uses sound waves to create images of the breast. It is used to check if a breast lump is solid or cystic. Ultrasound can also help detect breast cysts.

Magnetic resonance imaging

Magnetic resonance imaging (MRI) is a test that uses magnetic fields and radio waves to create images of the body. MRI is used to check if a breast lump is malignant.

HOW MUCH IS TOO MUCH?

According to the Global Burden of Disease report, high intake of sodium is the largest contributor to mortality. Dr ANJALI NAKRA tells us more

Sodium intake has been used by humans for thousands of years. It is available in sea water, mineral deposits (under the earth), salt lakes, and springs. It is very easy to obtain, and was such a precious commodity in ancient times, that it was used as a currency or a barter. It could have led to India's rise in trade for centuries. The heart, kidneys, and blood vessels secrete sodium in the urine and arterial blood in the body, which is essential to maintain body temperature.

Sodium intake has been linked to heart disease, stroke, high blood pressure, and kidney disease. Excessive sodium intake can lead to high blood pressure, which increases the risk of heart disease and stroke. It is also associated with increased risk of stroke and heart disease.

Reduced sodium intake has been found to lower blood pressure, reduce the risk of heart disease, and improve kidney function. It is important to limit sodium intake to reduce the risk of heart disease and stroke.

HOW TO REDUCE SODIUM IN YOUR DIET?

1. Reduce sodium intake: Limit the use of salt, sodium-free condiments, and processed foods.
2. Use herbs and spices: Instead of salt, use herbs and spices like basil, cilantro, and turmeric.
3. Read labels: Read the labels of processed foods to reduce sodium intake.
4. Avoid processed foods: Avoid processed foods like chips, fries, and sausages.
5. Use natural foods: Use natural foods like fruits and vegetables to reduce sodium intake.

SUMMERCOOLER

Cucumber Water

Cucumber water is a refreshing and healthy drink that can help you stay hydrated. It is a refreshing and healthy drink that can help you stay hydrated. It is also rich in electrolytes, which help maintain the balance of fluids in the body.

To make cucumber water, you will need:

- 1 cucumber
- 1 liter of water

Instructions:

1. Cut the cucumber into thin slices.
2. Add the cucumber slices to a liter of water.
3. Let it steep for 2-3 hours.
4. Strain the cucumber water.
5. Serve chilled.

Cucumber water is a refreshing and healthy drink that can help you stay hydrated. It is also rich in electrolytes, which help maintain the balance of fluids in the body.

Dr Vikas Sethi

Lecturer MD (AM) Psychotherapist, Life Consultant, Coach 
Healer, Founder & Director

GATEWAY OF HEALING

pranayama to relax and calm your mind. Your breathing should be slow and deep. Try to focus on your breathing and let go of any thoughts that may arise. You can also try visualizing a calming scene or repeating a word or phrase that brings you peace. If you find it difficult to quiet your mind, don’t worry. Just try to be present and aware of your surroundings.

While some may feel more distressed than others, everyone has a right to feeldistressed. You can also use a variety of strategies to help you cope, such as talking to a friend, writing in a journal, or practicing relaxation techniques.
N Macedonia game ‘matter of life & death’

Portugal would have likely been experiencing play-off finish, but the European champions stumbled to a shock 1-0 defeat by North Macedonia last week.

The team is quite fine. I feel all the players are ready; Ronaldo told a press conference Monday.

For us, this is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

Portugal would have likely been facing Italy in the finals in Qatar coming into focus.

For us, this game is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

Portugal’s captain captain Bruno Fernandes has already hinted that he would step down from the role after the Euros if the team qualify for the finals in Qatar.

If we win this game, we will get on track for the finals in Qatar, said Ronaldo.

We are proud to be part of the European team, said Ronaldo.

If we win this game, we will get on track for the finals in Qatar, said Ronaldo.

They have enormous quality and we are a formidable side. We have good players and will be a good opponent, Portugal coach Fernando Santos said.

For us, this game is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

“We have 90 minutes to fulfil our childhood dreams,” said North Macedonia’s coach, Igor Angelovski.

Eastern Europe has seen a lot of surprising upsets in recent years, with North Macedonia’s performance a testament to their ability to compete with the best.

The team has already achieved their goal of reaching the Euros after a 1-0 win over Poland earlier this year.

“It’s a team game, we are a whole country,” said key midfielder Boban Ilijevski.

With the team’s qualification for the Euros, North Macedonia have lifted the spirits of their fans who have been waiting for years for a major tournament appearance. The team is now looking forward to the challenge of playing against some of the best teams in Europe.

“We are a whole country, we are a whole team,” said Ilijevski.

North Macedonia will have a very difficult task in the Euros, but the team is determined to give their best and make their mark on the biggest stage.

“I have no doubt that we can win against Italy,” said Ilijevski.

 Despite the challenges ahead, the team is determined to make the most of their opportunity and give their fans something to cheer about.

“We are a whole country, we are a whole team,” said Ilijevski.

North Macedonia have ‘90 minutes to fulfil’ WC dream

Portugal’s World Cup play-off against North Macedonia on Tuesday is a ‘matter of life and death’, said Cristiano Ronaldo. Ronaldo admitted the game’s importance and took this opportunity to appeal to the fans to give incredible support.

“We are a whole country, we are a whole team,” said Ilijevski.

Portugal would have likely been experiencing play-off finish, but the European champions stumbled to a shock 1-0 defeat by North Macedonia last week.

The team is quite fine. I feel all the players are ready; Ronaldo told a press conference Monday.

For us, this is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

Portugal would have likely been facing Italy in the finals in Qatar coming into focus.

For us, this game is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

Portugal’s captain captain Bruno Fernandes has already hinted that he would step down from the role after the Euros if the team qualify for the finals in Qatar.

If we win this game, we will get on track for the finals in Qatar, said Ronaldo.

We are proud to be part of the European team, said Ronaldo.

If we win this game, we will get on track for the finals in Qatar, said Ronaldo.

They have enormous quality and we are a formidable side. We have good players and will be a good opponent, Portugal coach Fernando Santos said.

For us, this game is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

“We have 90 minutes to fulfil our childhood dreams,” said North Macedonia’s coach, Igor Angelovski.

Eastern Europe has seen a lot of surprising upsets in recent years, with North Macedonia’s performance a testament to their ability to compete with the best.

The team has already achieved their goal of reaching the Euros after a 1-0 win over Poland earlier this year.

“It’s a team game, we are a whole country,” said key midfielder Boban Ilijevski.

With the team’s qualification for the Euros, North Macedonia have lifted the spirits of their fans who have been waiting for years for a major tournament appearance. The team is now looking forward to the challenge of playing against some of the best teams in Europe.

“We are a whole country, we are a whole team,” said Ilijevski.

North Macedonia will have a very difficult task in the Euros, but the team is determined to give their best and make their mark on the biggest stage.

“I have no doubt that we can win against Italy,” said Ilijevski.

 Despite the challenges ahead, the team is determined to make the most of their opportunity and give their fans something to cheer about.

“We are a whole country, we are a whole team,” said Ilijevski.

North Macedonia have ‘90 minutes to fulfil’ WC dream

Portugal’s World Cup play-off against North Macedonia on Tuesday is a ‘matter of life and death’, said Cristiano Ronaldo. Ronaldo admitted the game’s importance and took this opportunity to appeal to the fans to give incredible support.

“We are a whole country, we are a whole team,” said Ilijevski.

Portugal would have likely been experiencing play-off finish, but the European champions stumbled to a shock 1-0 defeat by North Macedonia last week.

The team is quite fine. I feel all the players are ready; Ronaldo told a press conference Monday.

For us, this is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

Portugal would have likely been facing Italy in the finals in Qatar coming into focus.

For us, this game is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

Portugal’s captain captain Bruno Fernandes has already hinted that he would step down from the role after the Euros if the team qualify for the finals in Qatar.

If we win this game, we will get on track for the finals in Qatar, said Ronaldo.

We are proud to be part of the European team, said Ronaldo.

If we win this game, we will get on track for the finals in Qatar, said Ronaldo.

They have enormous quality and we are a formidable side. We have good players and will be a good opponent, Portugal coach Fernando Santos said.

For us, this game is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

“We have 90 minutes to fulfil our childhood dreams,” said North Macedonia’s coach, Igor Angelovski.

Eastern Europe has seen a lot of surprising upsets in recent years, with North Macedonia’s performance a testament to their ability to compete with the best.

The team has already achieved their goal of reaching the Euros after a 1-0 win over Poland earlier this year.

“It’s a team game, we are a whole country,” said key midfielder Boban Ilijevski.

With the team’s qualification for the Euros, North Macedonia have lifted the spirits of their fans who have been waiting for years for a major tournament appearance. The team is now looking forward to the challenge of playing against some of the best teams in Europe.

“We are a whole country, we are a whole team,” said Ilijevski.

North Macedonia will have a very difficult task in the Euros, but the team is determined to give their best and make their mark on the biggest stage.

“I have no doubt that we can win against Italy,” said Ilijevski.

 Despite the challenges ahead, the team is determined to make the most of their opportunity and give their fans something to cheer about.

“We are a whole country, we are a whole team,” said Ilijevski.

North Macedonia have ‘90 minutes to fulfil’ WC dream

Portugal’s World Cup play-off against North Macedonia on Tuesday is a ‘matter of life and death’, said Cristiano Ronaldo. Ronaldo admitted the game’s importance and took this opportunity to appeal to the fans to give incredible support.

“We are a whole country, we are a whole team,” said Ilijevski.

Portugal would have likely been experiencing play-off finish, but the European champions stumbled to a shock 1-0 defeat by North Macedonia last week.

The team is quite fine. I feel all the players are ready; Ronaldo told a press conference Monday.

For us, this is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.

Portugal would have likely been facing Italy in the finals in Qatar coming into focus.

For us, this game is a matter of life and death, we are aware of the importance and I take this opportunity to appeal to the fans to give us incredible support.
Rohit, SRH aim for winning start

Australias T20I hero Krunal Pandya has been ruled out with injury as they prepare for the 50-over World Cup when they start a three-match ODI series in Lahore on Tuesday. India are part of the 13-team ODI Super League in which every match counts 10 points, with the top seven qualifiers automatic for the World Cup next year.

The series begins with five ODIs against Pakistan, who have already announced their squad, and will see the two sides meet for the first time in 36 years. India have qualified for the World Cup for the first time since 2015, while Pakistan will be looking to qualify for their first World Cup in 2023. The series will be played on Tuesday at the Mational Cricket Stadium in Lahore, which was postponed after a COVID-19 outbreak in the visitors camp last year.

The PCB said the West Indies board had also confirmed that Rawalpindi will host the postponed ODI series between Pakistan and the West Indies for two matches in July.

Pak-Wi ODI series rescheduled to 2022

The third ODI series between Australia and Pakistan, which was postponed after a COVID-19 outbreak in the visitors camp last year, was on Monday rescheduled to June. The Pakistan Cricket Board (PCB) announced that Rawalpindi will host the postponed ODI series against Australia in June.

The PCB said the West Indies board had also confirmed that the postponed ODI series between Pakistan and the West Indies for two matches in July would be played on Tuesday at the Mardan Cricket Stadium in Lahore, which was postponed after a COVID-19 outbreak in the visitors camp last year.

The PCB said the West Indies board had also confirmed that Rawalpindi will host the postponed ODI series against Australia in June.