



CITY 3
OPP SOWED SEEDS OF DIVISION: YOGI

WORLD 7
HAMAS REVIEWING ISRAELI PROPOSAL FOR CEASEFIRE

SPORT 12
INCONSISTENT CSK FACE BRUISED SRH IN IPL

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Parties sit up, take note as voting drops

Low voter turnout sparks concern as voting on 191 LS seats concludes in first two phases

RAJESH KUMAR ■ NEW DELHI

The low voting percentage in the first two phases, particularly in the Hindi heartlands, that saw completion of 191 Lok Sabha constituencies has come as a great cause of worry and concern for political parties and more to the ruling BJP at the Centre and in States of Uttar Pradesh, Madhya Pradesh, Rajasthan and Bihar where it is in alliance as NDA.

Interestingly, both the ruling BJP as well as the Opposition, or the INDIA Bloc have claimed that a low turnout shall be advantageous to them. The dropping trends of voter turnout have also raised concern over this trend continuing in the remaining phases.

According to EC's voter turnout App, Uttar Pradesh recorded 55.01 per cent voter turnout; Bihar 58.89 per cent; Madhya Pradesh 58.59 per cent and Rajasthan 65.03 per cent.

Assam saw a reduction in voter turnout ranging from eight per cent to 13.9 per cent across constituencies.

Bihar's constituencies experienced an 8.23 per cent to 12 per cent fall. Chhattisgarh saw comparatively minor drops, with the smallest being only 0.86 per cent. Similarly, Madhya Pradesh, Maharashtra, and Rajasthan noted significant falls in turnout. Just like the first phase of the Lok Sabha elections, voter turnout across the 88 seats in 13 States



that went to polls dropped to 64.74 per cent in comparison to the 69.4 per cent in 2019 elections (barring the five delimited seats in Assam), indicating a broad decline in voter participation and also signalling a shift that could influence the final election results.

The questions arise whether the low voting percentage indicates a shift in voter engagement, highlighting potential changes in the political dynamics as the nation votes. What is the impact of a high or a low turnout on

electoral results? A higher voter turnout is considered an indication of change while a low voter turnout of continuity is the general belief? However, there is no clear correlation or trend as the data shows. Top officials say it is difficult to say who will be benefiting from low voting percentage as there is no data to establish which community, caste or class did not vote. Low voting percentage is expected to considerably impact all the political parties.

Some analysts say that there is no single issue strong enough to pull

voters out this time and the BJP's core voters may not be stepping out due to complacency or overconfidence on Prime Minister Narendra Modi's popularity and 'Aayega toh Modi hi' after consecration of Ram Temple in Ayodhya, resulting in lower turnouts. Some analysts say people are not coming out to vote as they assume that Modi is coming to power for the third time. They also argue that Muslim community has come in less number because the INDIA Bloc has failed to put up strongest

front against Modi. Factors like impending heat waves and historical turnout trends suggest India may not surpass the 67 per cent record high seen in 2019, possibly reverting to pre-2019 levels. The India Meteorological Department (IMD) has already predicted above normal temperatures in the coming days which signalling a low trend of voting percentage in the rest of the phase.

For instance, the national Capital which is going to polls on May 25 is expected for a low voters' turnout due to heat and long weekend. Given that May 23 (Thursday) is a gazetted holiday for Buddha Purnima and May 26 is a Sunday, officials are concerned that many people might take May 24 (Friday) off to create an extended long weekend. This could lead to a drop in voter turnout as residents may choose to travel out of town. Data showed less than 50 per cent of voters came to polling booths to cast their votes in six constituencies at Rewa in Madhya Pradesh, Ghaziabad and Mathura in Uttar Pradesh. Rewa recorded 49.43 per cent voter turnout; Ghaziabad 49.74 per cent and Mathura 49.41 per cent. Bhagalpur recorded 51.40 per cent voter turnout; Banka 53.90 per cent; Aligarh (56.62 per cent); Baghat (56.16 per cent); Bulandshahr (56.42 per cent) and Khajuraho (56.48 per cent).

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Forest on fire: Army, Air Force pressed into service in Nainital

ARCHANA JYOTI ■ NEW DELHI

As the unabated forest fires in Uttarakhand's Nainital district threatened to encroach upon the High Court Colony in the Pines area, Indian Army and Air Force were pressed into service on Saturday to aid in firefighting efforts, necessitating urgent intervention.

According to the reports, an MI-17 helicopter equipped with a Bambi Bucket collected water from Bhimtal lake and conducted water drops over the burning forests across various areas of the district, including Pines, Bhumiadhar, Jyolikot, Narayan Nagar, Bhawali, Ramgarh, and Mukteshwar.

However, the challenges faced by authorities extend beyond Nainital, as Uttarakhand reported a total of nine forest fire incidents from across the districts on Saturday alone, resulting in a significant damage to forested areas. Nationally, the situation remains

concerning, with 140 fire cases reported in a single day, with Chhattisgarh alone accounting for at least 41 incidents.

This widespread outbreak underscores the urgent need for coordinated efforts to contain and manage the fires.

In response to the crisis, Uttarakhand Chief Minister Pushkar Dhama reassured the public that all possible measures are being taken to bring the fires under control.

Additionally, three individuals have been arrested in Rudrapur for attempting to ignite further fires, emphasizing the seriousness with which authorities are addressing the issue.

The insights provided by the senior Indian Forest Service (IFS) official in New Delhi shed light on the predominant role of human activities in triggering forest fires.

According to the official, natural causes for forest fires are relatively rare, with most incidents being man-made.

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UP: Lack of enthusiasm or disconnect, wonder parties

BISWAJEET BANERJEE ■ LUCKNOW

In the second phase of polling, Uttar Pradesh witnessed a dismal turnout of just 54.85 per cent, the lowest in the country, sparking concerns among senior leaders of the Bharatiya Janata Party (BJP) and the Samajwadi Party (SP) regarding the lack of voters' enthusiasm.

A senior BJP leader, who extensively toured various regions including Chhattisgarh, Madhya Pradesh, and western UP, expressed bewilderment over the noticeable absence of interest among voters. "The enthusiasm is missing this time among the voters, and this has made our work very difficult to ascertain which side the wind is blowing," he stated.

His sentiments were mirrored by a lawmaker from the SP, who emphasised the low polling percentages as indicative of the prevalent disinterest among voters.

Despite vigorous campaign efforts, such as the BJP's slogan "Iss baar 400 paar" (This time, beyond 400) and SP's

This action is missing. Even the Muslims are silent. We know they will not vote for BJP, but there is no perceptible reaction from the members of the minority community. This has resulted in a lack of interest."

The SP has taken a cautious approach regarding Muslim and minority welfare, with one of its candidates from central UP stating a deliberate avoidance of meetings in Muslim-dominated areas. "This may give a reason to BJP to react and ultimately polarize the election," the candidate explained, echoing concerns raised by BJP lawmakers regarding the silence of Muslims.

SP chief Akhilesh Yadav held a meeting today morning showed concern over missing long lines in Muslim dominated areas. Even polling percentage witnessed a decline of around five per cent in Rampur. Statistical evidence further accentuates the gravity of the situation, with UP witnessing a decline in voter turnout compared to previous elections. In the first phase, UP registered a turnout of 61 per cent down from 66 per cent in 2019. The

second phase, with a polling percentage of just 54.85 per cent, marks a significant decrease compared to 62.76 per cent in 2019. Notably, Mathura reported a mere 49 per cent polling, a substantial 12 per cent decrease from the previous election's 61.08 per cent. Jal Shakti Minister Swatantra Dev Singh attributed the low turnout to people's satisfaction with the present regime, citing a similar turnout of 50 per cent in 2009 when the Congress retained power.

We are confident that BJP will sweep the elections, but we need to improve the voting percentage," he asserted.

Maharashtra: Youth migration, farmer woes cause voting to fall

TN RAGHUNATHA ■ MUMBAI

In a development that has surprised many in the State political circles, eight constituencies in Vidarbha and Marathwada that went to the second phase of Lok Sabha polls on Friday recorded 59.63 per cent polling, which reflected a significant 3.3 per cent drop in the polling percentage witnessed for the same eight seats in 2019 LS. polls.

Apart from a marked 3.33 per cent drop in the polling percentage from the voter turnout of 62.97 per cent registered in the 2019 Lok Sabha polls, the polling percentage recorded in Maharashtra on Friday was four per cent less than the polling percentage of 64 per cent recorded at the national level. In the second phase of Lok Sabha elections, Buldhana, Akola, Amravati, Wardha, Yavatmal-Washim -- all from Vidarbha, Hingoli, Nanded, and Parbhani - in



Marathwada region went to polls on Friday.

By 5 pm on Friday, the eight constituencies 53.51 per cent of the total 1.5 crore voters had exercised their franchise and one expected that the polling percentage might pick up during the last one hour. But, it did not happen. The final polling percentage in eight

constituencies showed that a relatively low 59.63 per cent of voters exercised their rights in the second phase of polling. Wardha recorded a maximum 62.65 polling, followed by 60.79 per cent in Hingoli, 60.74 per cent in Amravati and 60.09 per cent in Parbhani. The four other constituencies recorded below 60 per cent polling-Nanded (59.57 per cent), Buldhana (58.45), Akola (58.09) and Yavatmal-Washim (57 per cent). Unlike in the 2014 and 2019 where there was a Modi wave at the ground level, there was no absolutely no wave in favour or against any political party in any of the eight constituencies. All efforts by political parties of different hues - including the BJP which is struggling to regain four of the eight seats it had won in 2019 Lok Sabha.

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Voters show indifference to high octane campaign in Kerala

KUMAR CHELLAPPAN ■ KOCHI

The high-decibel campaign for the 2024 Lok Sabha election in Kerala turned out to be a damp squib as the State registered 71.16 per cent polling in the 20 constituencies which is almost seven per cent less than what was recorded in the 2019 polls. Though both the CPI (M) and the Congress fronts were harping on secularism, pluralism, democracy and Constitution, the electorate seemed to be least interested in these elements.

But both the fronts continued to exude their confidence and claimed that they would make a clean sweep of all the 20 seats even as the UDF expressed concern over the polling percentage. The BJP-led NDA is the only front which did not bother about the prospects of the candidates fielded by it because it is almost certain



that the Hindutva party would not win even a single seat in the hustings.

An important point to be noted is the pattern of voting in the State. "There are 2.77 crore voters in the State out of which 1.97 crore exercised their franchise. This includes 1.02 crore women voters and 9.5 million men which gave the women a slight edge over

their men counterparts. How the women voters cast their votes would be discussed in detail after the results are announced.

Interestingly, in this era of 24x7 news channels and world of you tubes there were many voters who were ignorant of the names of the NDA candidates. P Venugopal, former IAF engineer, who settled in Perumbavoor recently, told

The Pioneer that he was not aware of the presence of the NDA candidate and the symbol. "I searched for the Lotus symbol which was not there in the EVM. The polling agents of the NDA had not

contacted us even once while the LDF and UDF agents visited our house at least two dozen times and even held family meetings in the area to brief the electorate why they should vote for the fronts led by them," said Venugopal.

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ED arrest ploy to crush AAP, Kejriwal tells SC

RAJESH KUMAR ■ NEW DELHI

Delhi Chief Minister Arvind Kejriwal has filed his response to the Enforcement Directorate's affidavit in the Supreme Court, saying his arrest is a classic case of how the ruling party-led Central Government has misused the ED and the PMLA to crush its biggest political opponent -- the Aam Aadmi Party and its leaders.

Kejriwal said the mode, manner and timing of his arrest just before the Lok Sabha elections when the Model Code of Conduct had come into play, speaks volumes about the "arbitrariness" of the agency. In a rejoinder to the Enforcement Directorate's reply affidavit filed on his petition challenging his arrest in the case, Kejriwal has alleged that ED "illegally picked up" a sitting Chief Minister five days after the general elections were notified and the Model Code of Conduct was put in place. "During an election cycle when political activity is at its highest, the petitioner's illegal arrest has caused grave prejudice to the petitioner's political party, and will provide the ruling party at the Centre an unjust upper hand in the on-going polls," Kejriwal has said.

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Lawyer Nikam replaces Mahajan on Mumbai seat



RAJESH KUMAR ■ NEW DELHI

The BJP on Saturday released its 15th list of candidates for the Lok Sabha Elections and fielded former special public prosecutor Ujjwal Deora Nikam from the Mumbai North Central seat, dropping the sitting MP Poonam Mahajan. Nikam, in his long and illustrious legal career, was associated with many cases including 1993 Mumbai bomb blasts, the Gulshan Kumar murder case, Pramod Mahajan murder case and the 2008 Mumbai attack. He was also the special public prosecutor in the 2013 Mumbai gang rape case. Ujjwal

Nikam was awarded the Padma Shri in 2016. Mahajan, the daughter of late BJP leader Pramod Mahajan, was elected from the constituency in 2014 and 2019. She is also a former president of the BJP's youth wing. Party leaders have claimed that the decision to drop her was based on organisational feedback. Though indications had been there for some time that Mahajan would be dropped, it was the party's search for her replacement that took time, sources said.

Nikam has represented the state in several important and high profile cases including the 1993 Mumbai blasts case, terror attack in Mumbai in 2008. He argued successfully for the state government and got death penalty or life imprisonment for the terrorists. The BJP has decided to bring him into the fray on a tough constituency in Mumbai.

Nikam has played a huge part in ensuring a death penalty for the Mumbai terror attack terrorist Ajmal Kasab and 1993 Mumbai serial blasts terrorist.

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JASHN-E-MATDAN



Qutub Minar lights up in spirit of Jashn-e-matdan to celebrate Lok Sabha polls

DM flags off LPG vehicles under SVEEP

PNS ■ VARANASI



District Magistrate and District Election Officer S Rajalingam, along with Chief Development Officer and SVEEP in-charge Himanshu Nagpal, flagged off vehicles loaded with LPG cylinders from the Collectorate premises here on Saturday in order to ensure 100 per cent voting in the Lok Sabha election in the district.

Magistrate (Civil Supplies) Prakash Chandra, District Supply Officer Umesh Chandra Mishra, Divisional Head of LPG Vikas Sahdev, Nodal Officer (LPG-S) Satish Kumar Yadav, sales managers, gas agency operators and others were also present.

'Hum sab ne thana hai, shatpratishat matdaan karana hai'. They also said that one's vote was precious and everyone should vote together and build a healthy democracy because polling was a great festival of democracy so everyone should together and increase the pride of Kashi.

(Kashi region) Rajesh Shukla said that people had an opportunity in the form of voting to form a prosperous, self-reliant and dedicated government in India.

Central Bank of India POSSESSION NOTICE (for Immoveable Property) Under Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act 2002 and in exercise of the Powers conferred under section 13(12) and read with rule 3 of the security interest (Enforcement) Rules 2002 issued demand notice as detailed here in below with our Branch to repay the amount mentioned in the notices within 60 days from the date of receipt of the said notices.

20 students selected in SHUATS campus drive

Prayagraj (PNS): Directorate of Career Planning & Counseling, Sam Higginbottom University of Agriculture, Technology and Sciences (SHUATS) on Saturday organised a campus placement drive for the students of B.Tech and MBA with four companies — Tractors & Farm Implement Ltd (TAFE), Mahindra & Mahindra, HDFC Life Insurance Co Ltd, and The House of Originals.

Youth found hanging

Prayagraj (PNS): A young social media manager allegedly hanged himself to death inside a hotel room in Andavan area under Saranayat police station late Friday night, police said.

Police preparing to file 4th supplementary chargesheet

Police are preparing to file a fourth supplementary chargesheet in connection with the murder of Umesh Pal and his two government gunners. Ali, the son of deceased mafia don-turned politician Atiq Ahmad, has provided a statement to the police and it has been recorded.

100-bed hospital inauguration today

Prayagraj (PNS): The 100-bed Shanti Vilas Multispecialty Hospital will be inaugurated in Prayagraj on Sunday. All superspecialist doctors will be available here under one roof.

management would arrange food free of cost for the patients admitted here. There is a hi-tech operation theatre, while state-of-the-art foreign machines have been installed for modular OT, ICU, NICU, endoscopy, dialysis, and laparoscopy, he added.

Vaccination programme at BLW

Varanasi (PNS): As part of the World Immunisation Week, a health awareness campaign and vaccination programme is being organised in the Central Hospital at Banaras Locomotive Works (BLW) from April 24 to 30 for the prevention of diseases for people of every age group.

Union Bank of India SALES NOTICE FOR SALE OF IMMOVABLE PROPERTIES | Date of e-Auction : 14-05-2024 E-Auction Sale Notice for Sale of Immovable assets under the securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 Read with Proviso to Rule 8 (6) of the Security Interest (Enforcement) Rule, 2002.

Don't take chest pain lightly: CMO

PNS ■ VARANASI

Chief Medical Officer Dr Sandeep Chaudhary said that chest pain should not be taken lightly and appealed to the patient not to be careless by considering chest pain as gas pain.



A heart patient is being treated at a health centre in Varanasi on Saturday

ysis facilities were available at three government hospitals (DDU Hospital Pandeypur, SSPG Divisional Hospital Kabir Chaura, SVM Government Hospital Bheelupur) and 11 CHCs.

having continuous chest pain and reaches the hospital within four to six hours, then the thrombolysis process can be completed within that window period and the patient's life can be saved.

World Veterinary Day celebrated

Varanasi (PNS): Faculty of Veterinary Animal Sciences (FVAS) of Banaras Hindu University celebrated World Veterinary Day with various events at faculty premises in Rajiv Gandhi South Campus (RGSC) at Barkachha (Mirzapur) on Saturday.

TMC Government protecting terrorists, rapists in Bengal: BJP

PIONEER NEWS SERVICE ■ NEW DELHI

The BJP on Saturday accused the Trinamool Congress (TMC) government in West Bengal of "protecting" terrorists and rapists and claimed the state appears to be on the brink of anarchy. BJP's national spokesperson Prem Shukla hit out at Chief Minister Mamata Banerjee at a press conference, a day after the CBI seized weapons, including a police service revolver and foreign-made firearms, during searches at two premises of an associate of now-suspended TMC leader Shajahan Sheikh, a key accused in the Sandeshkhali case.

While goons in Sandeshkhali robbed women of their 'mangalsutra', 'rapists' like Sheikh were given protection and the seizure of such arms, including a police weapon, shows that the state police were nursing such criminals, he alleged. Sheikh, a former TMC strongman, has been accused of running a ring of local thugs who molested women and grabbed land. Noting that the state government has moved the Supreme Court against the Kolkata High Court's order to transfer the probe to the CBI, Shukla claimed West Bengal appears to be on the brink of anarchy as the ruling dispensation has sided with those accused of



rape and terrorism. Banerjee questions raids by the probe agency and allegedly justified those who attacked the Enforcement Directorate (ED) officials but she offered no word of support to the CBI, he told reporters. The TMC claims to stand in support of "Ma, Mati, Manush" but has instead provided safety to criminals like Sheikh, he said. Does Banerjee now have any moral right to appeal in the apex court after the seizure of weapons, Shukla asked, slamming the opposition INDIA bloc parties for their silence on the Sandeshkhali issue. At the press conference, another BJP national spokesperson

Shehzad Poonawalla targeted the Aam Aadmi Party (AAP) following the Delhi High Court's critical remarks on the continuation of Arvind Kejriwal as the chief minister despite being in jail. The High Court on Friday pulled up the city government over the issue of non-supply of books to the children studying in the MCD schools, saying the continuation of Kejriwal even after his arrest puts political interest over national interest. The court said the Delhi government was "interested in appropriation of power". The court's observations came after the Delhi government's counsel said the matter requires certain approvals from

Kejriwal, who is in custody in the alleged money laundering case in connection with the 2021 excise policy. Poonawalla said mockingly that Kejriwal has travelled a long journey from advocating 'swaraj' (self-rule) to being arrested in a scam involving 'sharab' (liquor) and standing with opposition leaders like Sonia Gandhi, Rahul Gandhi and Lalu Prasad Yadav after once advocating for their arrest. He asked when Kejriwal will resign and stop playing with people's future, as he took a swipe at him over promoting his wife Sunita Kejriwal in politics after speaking against family politics all these years.

Why Congress did not conduct caste census when in power: BJP

PIONEER NEWS SERVICE ■ NEW DELHI/HYDERABAD

BJP Rajya Sabha member K Laxman on Saturday asked why the Congress did not think of conducting a caste census when it was in power for over five decades and said that it was the Nehru-Gandhi family which was in power for a long and sought to know why the Congress did not think of conducting a caste census then. "Why they (Congress) are making this demand now, it is to provoke (people). We are not against any caste census. But, it needs scientific and thorough study on it," Laxman, national president of BJP's OBC Morcha, said in a media interaction. Observing that there is diversity vis-a-vis various communities in the country, he said the Reddys of Telangana and Andhra Pradesh are BCs in Karnataka. Similarly, Kammas of AP and Telangana are a backward class in Karnataka, he said. The Reddys and Kammas come under Other Castes (OCs) in Telangana and Andhra Pradesh.



Why did the Congress government in Karnataka not publish the census held in the state, he asked. Laxman, former president of Telangana BJP, also asked why the previous BRS government in Telangana did not publish the details of the 'intensive household survey' conducted in the state. Is it an attempt of opposition parties to show the BJP in a bad light? Laxman, a BJP Rajya Sabha member from Uttar Pradesh, accused Congress and other opposition parties of resorting to divisive and appeasement politics in the run-up to the Lok Sabha polls.

At a time when the BJP is working with the resolve of making the country a developed nation by 2047 with the slogan of 'sab ka sath, sab ka vikaas', "the opposition is talking about caste census, Muslim appeasement and creating animosities and bringing a division," he said. Laxman also alleged that "Muslim appeasement is not a new thought, but it is in the DNA of Congress from the beginning". Elections to the 17 Lok Sabha seats in Telangana will be held on May 13. The BJP is fighting the parliament elections in Telangana without any alliance.

BJP's hypocrisy knows no bounds: Congress

PNS ■ NEW DELHI

Congress on Saturday said the BJP's "hypocrisy knows no bounds" and alleged that while it called the administrative allocation of 2G spectrum under the UPA a "scam", the Narendra Modi government was now seeking permission from the Supreme Court to "give away spectrum" without an auction. The opposition party's attack came after the Centre on Monday moved the Supreme Court seeking modification of its verdict in the 2G spectrum case which said the State was duty bound to adopt the auction route while transferring or alienating the country's natural resources. A top source, however, later said the government is not seeking to change the 2012 Supreme Court judgement that backed auction as the preferred mode of allocating telecom spectrum except for narrowly defined sectors such as satellite communication and defence where auction is not feasible. Attacking the BJP, Congress chief spokesman Jairam Ramesh said the hypocrisy of



the 'Modi Sarkar' and 'Bhrasht Janata Party' knows no bounds. "During Dr Manmohan Singh's tenure, they tried to all who would listen that the administrative allocation of 2G spectrum was a 'scam'. Now, they are arguing the opposite - they have gone to the Supreme Court for permission to give away spectrum to whoever they want, without an auction," he alleged. In its judgement delivered on February 2, 2012, the apex court had quashed 2G spec-

trum licences given to various firms during the tenure of A Raja as the telecom minister in January 2008. On Monday, Attorney General R Venkataramani, appearing for the Centre, mentioned an interim application before a bench of Chief Justice D Y Chandrachud and Justice J B Pardiwala. While seeking urgent listing of the application, the top law officer told the bench that the plea seeks modification of the 2012 verdict as the Centre wanted to grant 2G spectrum licences in some cases.

NCB, ATS bust three drug manufacturing labs in Rajasthan, Gujarat

PIONEER NEWS SERVICE ■ NEW DELHI

The Narcotics Control Board (NCB) and Gujarat Police ATS Saturday busted three "clandestine" drug manufacturing labs in Rajasthan and Gujarat leading to the seizure of 300 kgs of narcotics and arrest of seven persons. Narcotics Control Bureau (NCB) Deputy Director General (Operations) Gyaneshwar Singh in a statement said the labs were unearthed after about three months of "intensive" technical and ground surveillance that was mounted by the two agencies to identify the people involved in the network as well as the locations of the labs. A total of 149 kgs of mephedrone or 'meow meow' (both in powder and liquid form), 50 kg ephedrine, and 200 litres of acetone was recovered from the three labs located in Bhimnal of Jalore district and Osian in Jodhpur district of Rajasthan and Gandhinagar in Gujarat, the officer said. Seven people have been arrested till now in



the crackdown, he said. The teams of the two agencies were also raiding a similar lab in Amreli district of Gujarat and more recoveries are expected, Singh said. "The kingpin of this network has been identified and will be arrested soon. Efforts are being made to track and identify the source of precursor chemicals as well as the distribution network, national as well as any international linkages," he said. Mephedrone, also known as 4-methylmethcathinone, 4-MMC and 4-methyl-ephedrone, is a synthetic stimulant and is also identified by its slang names -- drone, M-CAT, white magic, meow meow, and bubble.

Congress attacks Modi over snatching quotas remarks

PIONEER NEWS SERVICE ■ NEW DELHI

The Congress on Saturday slammed as "false propaganda" Prime Minister Narendra Modi's 'snatching quotas' remarks and alleged that it was the BJP that was against reservation for SCs, STs and OBCs. Congress general secretary Jairam Ramesh said the reality is that since 1950, reservation in education and employment has been possible when there have been Congress prime ministers and Congress governments at the helm. In a video statement, Ramesh said, "The prime minister is repeatedly indulging in the false propaganda that the Congress is against the reservation for SCs, STs and OBCs and wants to snatch it away. This is absolutely false." "The reality is that the provi-



sions in the Constitution for reservation for Scheduled Castes and Scheduled Tribes were made because of B R Ambedkar, Jawaharlal Nehru, Sardar Vallabhbhai Patel and other Congress leaders. So, this was the contribution of the Congress," Ramesh said. He said in 1994 when P V Narasimha Rao was the prime minister, for the first time, 27 per cent reservation for OBCs was given in employment in central government and in 2006 when Manmohan Singh was the prime minister, 27 per cent reservation was made in higher education institutions

for OBCs. "So, the reality is that since 1950, reservation in education and employment for SCs, STs and OBCs, has been possible when there have been Congress prime ministers and Congress governments," he said. A few months ago, when the women's reservation bill was being debated, the Congress demanded that OBC women should also be given that reservation but the central government did not accept it and the PM did not say anything about it, Ramesh said. "A new law came into being in which there is no provision for OBC women. So the reality is that the BJP is against the reservation for SCs, STs and OBCs. It has been due to the guarantee of the Congress that the reservation for SCs, STs and OBCs in education and employment is still available," the Congress leader said.

Adults with adverse childhood experiences more likely to feel depressed

PIONEER NEWS SERVICE ■ NEW DELHI

Adults with four or more adverse childhood experiences are four times more likely to experience depression and low life satisfaction, three times more likely to experience anxiety and are 30 times more likely to attempt suicide than people with no adverse childhood experiences, according to a study that explored the role of modifiable community- and societal-level factors in youth mental health and well-being. The study led by Hasina Samji, a professor in the Faculty of Health Sciences collected data from January to March 2022 during the fifth wave of the pandemic, a time that included the highest number of daily COVID-19 case counts. Students were asked to note their number of positive and adverse experiences (up to age 18), the degree to which they experienced depression



and anxiety symptoms, and to rank their mental wellbeing and life satisfaction. According to Samji, having more positive childhood experiences was associated with lower levels of depression and anxiety, and better life satisfaction and mental health. Conversely, people with a higher number of adverse childhood experiences had

more symptoms of depression and anxiety, and poorer life satisfaction and mental health. "We can't prevent adversity for all young people," says Samji. "We know adversity leads to so many poor outcomes across a whole host of domains, whether it's infectious diseases, or substance use, or obesity, or cardiac disease. When

you look at people who have been exposed to four or more adverse childhood experiences, versus fewer or zero adverse experiences - they are at higher risk for almost every poor health outcome." Adverse childhood experiences include verbal, physical and sexual abuse, emotional and physical neglect, domestic violence, caregiver mental illness, incarceration, substance use and divorce. Additional adverse experiences are also found at the societal-level (food-insecurity, homelessness); at the community-level (feeling unsafe at school or in the community); and at the family-level (caregiver separation or divorce). "As a health-care system, we're often very reactive," Samji says. "Young people tell us that we wait for them to be in crisis before we provide the support that they need. I really wanted to go upstream and think about what kind of individual level supports, but also

structural and systemic supports we can provide earlier." Mental illness, Samji explains, is not randomly distributed in the populations, but follows a socio-economic gradient. The study therefore recommends systemic changes to provide extra support to families, by institutions, (justice, health, schools), to increase positive childhood experiences and reduce adverse experiences. "We have to change the paradigm," Samji says. "When people think about mental health, they only think of mental illness, but mental health is so much more. "Just like physical health, there is the illness aspect, but we know we can do more to support our physical health: We can work out, we can eat well. Similarly for mental health. Mental illness is not a done deal. You can delay it; you can prevent it in certain cases. There is, of course, a genetic component, just like there is in physical illness."

Antibiotics rampant use during pandemic worsened AMR: WHO

PIONEER NEWS SERVICE ■ NEW DELHI

The indiscriminate use of antibiotics during the Covid-19 pandemic majorly given as a precautionary measure has exacerbated the silent spread of antimicrobial resistance (AMR), according to a recent report by the World Health Organization (WHO). The report indicates that approximately 75 percent of patients received antibiotics as a precautionary measure, despite only 8 percent of hospitalized Covid patients requiring antibiotics to combat bacterial co-infections. AMR represents a significant global public health concern and was directly responsible for approximately 1.27 million deaths in 2019, with an additional 4.95 million deaths attributed to its contribution. Antibiotic usage surged during the pandemic, with an 83 percent increase in the Eastern Mediterranean and African Regions and a 33 percent rise



in the Western Pacific Region between 2020 and 2022, according to the WHO. "The highest rate of antibiotic use was seen among patients with severe or critical Covid-19, with a global average of 81 per cent. In mild or moderate cases, there was a considerable variation across regions, with the highest use in the African Region (79 per cent)," the WHO report said. The findings are based on data

from 450,000 patients admitted to hospitals for Covid in 2020 and March 2023, as recorded in the WHO Global Clinical Platform for Covid-19. Often dubbed the "Silent Pandemic", AMR necessitates immediate and efficacious intervention rather than being relegated to a future scenario. In the absence of preventive measures, projections indi-

cate that by 2050, AMR could potentially supersede all other causes of mortality worldwide. Globally, estimates indicate that the direct fatalities linked to AMR surpassed 1.2 million in 2019, with a foreseen escalation to approximately 10 million deaths annually by 2050 if inadequate measures are implemented to curb AMR. "When a patient requires antibiotics, the benefits often outweigh the risks associated with side effects or antibiotic resistance. However, when they are unnecessary, they offer no benefit while posing risks, and their use contributes to the emergence and spread of antimicrobial resistance," said Dr Silvia Bertagnolio, WHO Unit Head for Surveillance, Evidence, and Laboratory Strengthening Division for AMR. "These data call for improvements in the rational use of antibiotics to minimise unnecessary negative conse-

quences for patients and populations." The report will be presented in a WHO scientific poster at the ongoing ESCMID Global Congress, in Barcelona, Spain being held from April 27-30. Dr Sangeeta Sharma, Professor & Head, Department of Neuro psychopharmacology, Institute of Human Behaviour & Allied Sciences (IHBAS), Delhi called the report a wakeup call. "Antibiotics work against bacteria only, not viruses like the common cold or flu as many believe. By not demanding antibiotics at the OTC or when visiting doctors, a patient can play a pivotal role in advocating for responsible antibiotic use and help combat one of the most pressing global challenges i.e. AMR." The WHO data underscores the urgent need for more prudent and targeted use of antibiotics to curb the spread of AMR and preserve the effectiveness of these crucial medications.

G7 nations set their sights on doubling renewable energy capacity by 2030

PIONEER NEWS SERVICE ■ NEW DELHI

The G7 economies comprising the world's richest countries have set their sights on doubling renewable energy capacity by 2030, an analysis conducted by the global energy think-tank Ember said. However, this falls short of the more ambitious target agreed upon at the UN climate conference in Dubai the previous year, which aimed to triple global renewable energy capacity by the same deadline. At the UN's COP28 climate change conference in December, leaders from around the world, including all G7 members, forged a historic agreement to triple global renewable energy capacity by 2030. However, Ember's analysis suggests that the G7 nations need to realign their targets to meet this commitment. Katye Altieri, an electricity analyst at Ember, emphasized



the need for the G7 to update their targets in light of the COP28 agreement. She stated, "Last year, the G7 agreed targets for solar and offshore wind. Given the COP28 agreement, these goals are now outdated and need to be aligned with a tripling of global renewables." Altieri also pointed out that the rapid acceleration of solar energy installations demonstrates that the goal of tripling renewable energy capacity is increasingly attainable. The International Energy

Agency underscores the importance of tripling global renewable energy capacity and doubling energy efficiency to mitigate climate change effectively and limit the average temperature rise to 1.5 degrees Celsius. This highlights the urgency for G7 nations and the global community as a whole to accelerate efforts in transitioning towards renewable energy sources and enhancing energy efficiency measures. A tripling of renewable capacity would require the G7 to reach 2.7 TW by 2030, leaving a 0.7 TW gap between current targets and a tripling-aligned goal. Italy, this year's host of the G7, along with Germany and the UK, are leading the way with 2030 targets that are more than doubling of the 2022 capacity. However, France and Japan are lagging behind their G7 partners with targets well below a tripling.

"I've spent days in cinemas answering questions from the audience, in interviews, travelling abroad, and all they do is thank me nicely"
— George Lopez



CHRONICLE OF BIHAR, BEYOND ELECTIONS

In his travels across cities and hamlets of Bihar, DEEPAK KUMAR JHA discovers that the local populace loves to have extensive discourses on politics and engage in conversations where the rhetoric of caste is quite pronounced and audible

Still considered as some of the most backward districts of Bihar — Madhepura, Purnea, Saharsa, Supaul — the *Dehati* (rural) thatched structures until a few years ago have all metamorphosed into brick and mortar dwellings amidst lush green mango orchards, banana plants, and corns in the backyard. However, the basic problems of health and education are galore. In every election for the past five decades, people of this region have been promised 'upliftment' by various political parties and leaders in the fray but ultimately the caste die is caste-ridden, preventing their holistic development. Migration, which started in large numbers almost three decades ago when Bihar was in the stranglehold of 'Jungle Raj', continues unabated even under the much hyped 'Susahsan Raj'. "Sitting chief minister Nitish Kumar rode over former CM Lalu Yadav's Raj and people overwhelmingly voted for him going beyond caste and religion, but things are different now. The JDU leader seems to have run out of ideas after a good two terms. His last alliance with Tejaswi Yadav's RJD kindled some hope on the employment front. But such people-oriented development seems to have taken a backseat while caste and religion-ridden politics is back if you look at the pattern of ticket distribution," says Pushpendra Kumar, former professor and chairperson of the Patna Centre of the prestigious Tata Institute of Social Sciences (TISS) who is now working full time as a researcher of Bihar's society and polity. Partly, *Bijli*, *Sadak* and *Paani* (BSP) are visibly translating into votes but what remains invisible, not only in the Dehati areas but even in towns and cities, are negligible secondary, higher education facilities topped by the lack of healthcare facilities. Amidst these deficiencies the irony is that a plethora of coaching institutes of engineering, medical, and Government jobs across prominent towns and cities like Patna, Muzaffarpur and Bhagalpur have come up and there is a mushrooming of private medical clinics and diagnostics centres in the principle districts of Darbhanga, Madhubani, Purnea, Katihar, Gaya and Ara-Chapra. Come election time, there is 'Chah (not Chai) Par Charcha' across cities or hamlets where people love to have extensive discourses over Modi, Nitish, Rahul, Tejaswi or even Obama and Biden. Nonetheless, the rhetoric of caste is loud and audible in the

conversation of the locals, sitting on machans (bamboo cane cots), a fact that still dominates the entry and exit of these villages. The women folk have to volunteer to supply the motley crowd with tea doses. "Din bhar mein kum se kum 50 cup chai banta hai. Inko koi kaam nahi, din bhar sirf rajneeti ki baat karte hain. Unka bhi time katata hai," for them every day. They have no other work so they spend their idle time talking about politics) observes Neelam Devi, a villager of Satarwar in the Saharsa district of Bihar. The elderly male folks gather as early as 5 am and hang around till 8 am and then come back by 3 pm, remain until dusk at their machans, finding some time to revive the agriculturists in them. Evening chats are conducted within the precincts of temples every 100 yards with the smoke of incense sticks — one for spiritual rites and the other from mosquito repellants — emanating, providing a mixed essence in the clean atmosphere, resplendent with the aroma of cattle and cow dung heaps. And during the wedding season and *Janeu* rituals (thread ceremony), almost every household performs functions and celebrations in its neighbourhood as everybody looks forward to welcoming either an election contestant or any of his/her representatives preferably the dominant caste of that village or town. This reporter, who was covering the Lok Sabha 2024 elections in the Supaul area, got the divine opportunity to feast on chaste *dehati* flavours sitting on a *gamcha* (cotton scarf) rolled over the raw mud field. The serve was obviously *puri*, salads, *papad*, *aloo-parwal*, tomato chutney, *dal-bhaat* (cooked rice) which has now been replaced by Pulao alongside new *Shaheri* add-ons like *paneer* based *subji* and mixed-veg. Sweet delicacies, what they call *Sukha Mitha* (*gulab jamun*) and *Gila Meetha* (*rasgulla*), *Boondiya* (besan cooked sweet), and lot of curd, is a must to earn the tag of best *Bhoj*. However, elderly people regret the fact that in recent times the city culture is dominating as huge decibels DJs loaded on tractors is a must during celebrations. Further down to a visit to another village Bara in Saharsa, the author halted and then became part of the discussion over a patient, identified as Nepali Jha, being transported from Sadar Hospital to Patna in a serious condition. The patient was transported to Patna in an ambulance accompanied

by at least a dozen villagers who, en route, were simultaneously making attempts to establish 'contacts' so that the patient could be admitted at Indira Gandhi Institute of Medical Sciences (IGIMS) in the State's Capital city. Despite their efforts the IGIMS turned down the patient and he was somehow 'accommodated' at Patna Medical College and Hospital (PMCH). All this while, the villagers accompanying the patient kept insisting with the hospital attendants that the patient be taken to IGIMS, but in vain. When this journalist witnessed their attempts turning futile and one of them claimed to even approach a sitting MP in Bihar, this reporter of *The Pioneer* volunteered to help using bureaucratic contacts in the administration for admission of the patient at IGIMS. The 'mission' was successful and the IGIMS agreed but by that time the patient had to be put on a ventilator back at PMCH and moving him in that critical condition was not feasible. In this grim milieu tea was offered and unfortunately the news about the patient's demise simply vanished from media attention. Although the villagers profusely thanked this reporter, they were equally troubled about their local leaders and MPs who were not of any help in their moment of crisis and used foul language to curse their apathy. "The need for better medical facilities is a must. While several elderly people have moved out of the villages to bigger cities to stay with their children, those who are fond of villages are left in the lurch. Several people have died due to lack of even basic medical facilities in backward areas like in Madhepura, Purnea, Madhepura, and here," said Gyan Mishra, a local villager. While the people in the districts of eastern Bihar struggled for a decade to get a sanction for an AIIMS at Saharsa, considered to be most backward, they are now annoyed with both the Central and State Governments as the project has been moved to neighbouring Darbhanga, considered to be prosperous. The Darbhanga AIIMS was inaugurated by Prime Minister Narendra Modi last year but soon the project got mired in controversy over the tug of war between the neighbouring districts. The matter is now before the Supreme Court. Last year a group of 20 parliamentarians led by Madhepura MP Dinesh Yadav, cutting across party lines launched an intensive campaign for the construction of an AIIMS in Saharsa, and even met Union Health



minister Mansukh Mandviya and handed over a letter of their demand. The letter mentioned that the number of patients suffering from cancer, kidney, heart, liver and other such life-threatening ailments has been quite high in the north-eastern region, comprising Saharsa, Madhepura, Supaul, Khagaria, Purnia, Katihar, Araria and Kishanganj districts. The letter stated that the Saharsa district magistrate (DM) had communicated to the State Government about the availability of 217.74 acres of land for the construction of an AIIMS, but the State Government announced the allocation of land for the AIIMS in Darbhanga. MPs from Siwan, Nalanda, Karakat, Gaya, Valmikinagar, Gopalganj and Jehanabad had also signed the letter despite knowing that the people from their regions will not be visiting Saharsa for their treatment. But, when we talk about Bihar, it would be incomplete without the world famed and internationally acclaimed Madhubani paintings which have received several Padma awards. Another delight for the people of Bihar is the folklores of various languages, including charting numbers of Bhojpuri. Most of the popular artists who dominate all rituals including the mega festival of *Chhath*, is Sharda Sinha, who too has been bestowed with a Padma award. Most common regional languages spoken in Bihar include Angika, Bhojpuri, Magadhi, Maithili, Magadhi Prakrit, Hindi as well as Urdu amongst other dialects. Currently, Bhojpuri singers have carved a niche for themselves on both social and political platforms and some of them have even become Parliamentarians or are in the current fray to be one. Therefore the raw, rustic lyrics of traditional songs have now been tuned discreetly among the youth on occasions as several of them are tagged as '*juhar*'. They have been duly banned by the State Government. In one's travels across Mithilanchal, one is struck by the public emotion when people get talking about Madhubani

paintings, *paan* (beetle), *makhana*, *maach* (fish) and *litti-chokha*. Seema Roy, Mithila Painting artist said earlier the paintings were done by women with vegetable dyes on the walls. "Now it is done on paper. The paintings normally depict village scenes, human and animal forms, gods and goddesses," Seema said. "Through your platform let me share the most significant tradition of Bihar, particularly Mithila, as you have already been apprised by its arts and crafts. An unnecessary fish-mutton issue has been derived in the ensuing political campaign by top leaders and we heard the new age media platforms, including social, discuss a lot on this subject. Let me be very clear, be it any day of the week, any festival like *Durga Puja* (we do not call it *Navratri* in Bihar), *Saraswati Puja*, *Mahashivratri*, or *Sawan* or any given Hindu auspicious day, we essentially cook and relish on (*maach*) fish. Mithilanchal is famous as we say *pug-pug* (every step) is fond of *paan*, *makhana*, *maach*, *pokhar* (pond)," opines a delighted Birender Thakur, a retired school teacher and villager in Bavangaon in Supaul. He also narrated a poem in the local language which had all the auspicious occasions where it mentioned the serving of non-vegetarian food, particularly fish. His companion, Nand Kishore Jha, who was part of the discourse, was quick to add that in Bihar non-vegetarian dishes only mean fish and mutton and not chicken or eggs. Although now eggs and chicken delicacies have made their way in the bylanes, *chowks*, and bazaars the elderly people do not appreciate the invasion. Bihar is also famous for its stone pottery, white metal statuettes, bamboo artifacts, wooden toys and leather goods. Several villages around Vaishali are into making of toys. Sikki Work is done by weaving a humble blade of grass into a beautiful basket and mats while Lac bangles are also made in Muzaffarpur. Bihar's rich traditional and culture legacy must not be drowned by the political din around.

IN EVERY ELECTION FOR THE PAST FIVE DECADES, PEOPLE OF BACKWARD REGIONS HAVE BEEN PROMISED UPLIFTMENT BY VARIOUS POLITICAL PARTIES AND LEADERS BUT ULTIMATELY THE DIE IS CAST IN FAVOUR OF CASTE, PREVENTING THE STATE'S HOLISTIC DEVELOPMENT.

'Don't be afraid to commit mistakes' is Chef Massimo Bottura's mantra, that is how his iconic dish came to life, writes Gyaneshwar Dayal

'OOPS! I DROPPED THE LEMON TART'



The renowned Chef Massimo Bottura was in New Delhi once again with the culinary marvel, Osteria Francescana. Twice rated as The World's Best Restaurant by The World's 50 Best, Chef Bottura's culinary masterpiece returned to The Leela Palace New Delhi for a second consecutive year. This unparalleled partnership between The Leela Palace New Delhi, Culinary Culture, and the culinary virtuoso himself was an unforgettable gastronomic experience. Massimo Bottura is a renowned Italian chef and owner of Osteria Francescana, a three-Michelin-star restaurant in Modena, Italy. He is not just a culinary maestro but also a passionate philanthropist, earning international acclaim for his dedication to social and environmental causes. As a Goodwill Ambassador for the United Nations Environment Programme (UNEP) and the founder of the non-profit organization 'Food for Soul', Bottura advocates for sustainability and the reduction of food waste, aligning perfectly with The Leela's eco-conscious ethos. For the uninitiated, Chef Bottura is one of the top chefs in the world and people wait to eat at his restaurant Osteria Francescana for at least three months. Some say you need to be prepared because the restaurant is fully booked for four months. Osteria Francescana was ranked the #1 restaurant in the world in 2018. The menu includes dishes like Modena's bolognese, polenta with eel and saba, Aula on tempura, and Tortellini in cream of Parmigiano Reggiano. The chef brought his restaurant to Delhi for Rs 55,555 + taxes per person. Under Chef Bottura's guidance, Osteria Francescana has captivated global palates with its innovative approach to Italian cuisine. He is known for reinventing the Italian dishes. The restaurant has consistently secured its position among the world's best, offering a sensory journey unlike any other. Iconic dishes such as 'Oops! I Dropped the Lemon Tart', 'The Crunchy Part of the Lasagne', and 'Psychedelico



Cod Not Flame Grilled' will grace the special menus offered during the event. Bottura is a philosopher in his own right. He is passionate about making mistakes. That's right that is how his world-famous iconic dish 'Oops! I dropped the lemon tarts and came to life. Chef Bottura's culinary philosophy, is deeply rooted in embracing mistakes and turning them into culinary masterpieces. Bottura shared a story in his interactive session in Leela, about the creation of a dish that symbolises embracing imperfections. It originated when Francescana's sous chef Taka Kondo accidentally dropped a lemon tart. Feeling distraught, Kondo's perfectionist tendencies clashed with his mistake. Bottura intervened, reframing the mishap as a metaphor for the fusion of sweet and savoury, breaking boundaries. Bottura emphasised the importance of leaving room

for poetry in daily life, allowing for imagination and creativity to flourish. "If you don't make mistakes, don't dream big, you end up nowhere, won't learn a damn thing," he quips. This ethos of embracing imperfection and transforming it into something extraordinary resonates throughout his culinary creations. Chef Bottura hosted an interactive session, engaging in a conversation with Vir Sanghvi, India's foremost food expert, offering insights into his culinary journey and philosophy. During the conversation, they had a difference of opinions but agreed on two things. Italians like Indians are mama's boys and both love their food. Sanghvi remarked, "Massimo Bottura transcends the role of a chef; he serves as a global inspiration, leveraging his influence to bring about positive changes worldwide.

Mr. Anupam Dasgupta, General Manager of The Leela Palace New Delhi, expressed his enthusiasm for this unique culinary collaboration. He stated, "It is our privilege to host Chef Massimo once more at The Leela Palace New Delhi. We eagerly anticipate the epicurean delight that Chef Massimo will curate for the pop-up dinners." Speaking with anticipation about his return to India, Chef Massimo Bottura expressed his excitement, saying, "Namaste, India! I am delighted to return to your beautiful country. In New Delhi, we are working with Culinary Culture and The Leela Palace. I love India - the food and the people - and can't wait to be back and give you all a big Italian hug!" Indeed, chef Massimo Bottura is just not a chef he is a philosopher and a package you could talk to and take lessons for your kitchen and life. Chef is all for dreaming big and how creativity and dreaming big means a lot in life. His mantra: Dream big, it costs nothing and don't be afraid to make mistakes if you don't mistakes you will never learn anything new. Just a trivia here, any guesses what Massimo Bottura was most excited about in the evening. It was his breakfast with the underprivileged children he had invited for breakfast the next morning. So the world waits for Massimo Bottura's dinner and he for a simple breakfast with children of lesser God who give him all the inspiration he needs for his next masterpiece



Standing Alone, and How



MKT impressed with its high-quality ingredients, well-informed and well-attired servers, excellent preparations, and comfortable interiors. It not only stands out among standalone restaurants but also outshines many star hotels with its overall offerings, says **PAWAN SONI**

MKT at Chanakya stands out among Delhi's standalone, multi-cuisine restaurants with its delightful offerings. This spacious 144-seater, adorned with well-lit interiors, caters perfectly to both small and large groups, boasting several live kitchens that serve a variety of popular cuisines from around the globe.

While this was not my first visit to MKT, it was my first experience with their new menu. The shift towards modern Indian cuisine, complemented by a diverse Asian selection, came at the expense of the Mexican live kitchen.

Our culinary journey began with a tender coconut and poached lobster soup. While the lobster soup met expectations, the vegetarian tender coconut soup exceeded them. It offered a delightful tanginess, coupled with glass noodles, snow peas, broccoli, and chili-fried garlic.

The sashimi platter, featuring salmon, tuna, yellowtail, scallops, and prawns, was remarkably fresh, accompanied by freshly grated wasabi. However, the standout dish of the day was the salmon belly. Though the three skewers at ₹1335 may seem pricey, this cut is a rarity in the city.

Grilled on a robotayaki with a mildly sweet miso marinade, the salmon belly was incredibly tender and flavorful, justifying its price for the exceptional preparation. Once you have experienced this, you will never look back at the dry salmon tikka available at many other restaurants.

A server-recommended starter, the Kimball mushroom, was a delightful mix of enoki, shimeji, king oyster, and shitake mushrooms tossed in Kimball sauce. This carb-free dish not only excelled in healthfulness but also in taste.

While our appetizers were satisfying, we also sampled two dishes from their Indian menu - Quinoa mutton seekh and Champaran mutton for the mains.



The mutton seekh was tender and flavourful, served with smoked lehsun chutney and khameeri roti, a refreshing departure from the ubiquitous mint chutney. The Champaran mutton was a pleasant surprise, as this rustic Bihar preparation with onions, mustard oil, and whole garlic showcased one of the best qualities of mutton. Our chef revealed that they prepare a small batch every day in a traditional handi, ensuring authenticity and quality.

Our meal concluded with homemade ice cream, which was delightful and could have been enhanced further with the addition of mango chunks. Overall, MKT impressed with its high-quality ingredients, well-informed and well-attired servers, excellent preparations, and comfortable interiors. It not only stands out among standalone restaurants but also outshines many star hotels with its overall offerings.

Author is a food critic and founder of the Big F Awards. He can be reached at Pawan.Soni@indianfoodfreak.com

FACT SHEET
MKT, Lower Ground Floor, The Chanakya Mall, Yashwant Place Community Centre, New Delhi
Phone: 83769 86799 | Cuisine: Global
Rating: Food: 4.5/5 | Drinks: 4.25/5 | Service: 4.5/5 | Ambience: 4.25/5 | Overall: 4.5/5

REVIVING KASHMIRI PANDIT CUISINE

A culinary journey through Kashmir

CHEF RAHUL WALI, through his expertise and dedication brings forth a unique culinary experience that celebrates the distinct identity of Kashmiri Pandit cuisine. **DIVYA BHATIA** had the chance to taste his lip-smacking delicacies

Kashmir is known for its scenic beauty but what people often miss on a trip to Kashmir is its Kashmiri Pandit cuisine which is a rich in flavors, influenced by the cultural heritage and geographical diversity of the Kashmir Valley. Renowned for its exquisite blend of aromatic spices and traditional cooking techniques, Kashmiri Pandit cuisine is a true reflection of the region's history and culinary prowess. Staple ingredients such as rice, yogurt, and vegetables form the foundation of many dishes, which are often infused with an array of spices like fennel, cardamom, and saffron, lending a unique and complex flavor profile. Signature dishes such as Rogan Josh, Yakhni, and Dum Aloo are cherished for their rich textures and vibrant taste. Moreover, the cuisine also features a variety of delectable vegetarian options, including Nadru Yakhni (lotus stem in yogurt gravy) and Haq Saag (collard greens cooked with spices). With its emphasis on fresh ingredients and intricate preparation methods, Kashmiri Pandit cuisine continues to captivate palates worldwide, showcasing the rich culinary heritage of the Kashmiri Pandit community. Recently, I had the opportunity to indulge in Koshur Wuriabal, a culinary extravaganza celebrating the exquisite flavors of Kashmiri Pandit cuisine, at The Roseate House. Often overshadowed by the renowned Wazwan, Kashmiri Pandit cuisine boasts a distinct identity, tracing its origins back to 326 BCE, long before the arrival of Wazwan in the 16th century. Contrary to common perception, Kashmiri Pandit cuisine stands apart with its unique flavors and traditions. There are very few chefs who



understand traditional Kashmiri Pandit cooking, but Chef Rahul Wali stands as a beacon of tradition in this culinary landscape where authenticity is often diluted by modern interpretations. With a deep understanding of Kashmiri Pandit cuisine, Chef Rahul introduced us to age-old recipes and forgotten culinary practices, offering a rare opportunity to savor the true essence of Kashmiri Pandit's gastronomy. Chef Rahul Wali talked about his journey and passion. Excerpts:

Could you share your journey as a Chef?
I was born in Srinagar, Jammu & Kashmir, and spent my formative years in Mumbai and Pune. My culinary journey began after completing my Bachelor's in Hotel Management from Pune. I garnered extensive experience across various renowned brands in India and abroad, eventually pursuing an advanced Graduate Degree in Gastronomy from Le Cordon Bleu, Adelaide Australia. In recent years, I've been dedicated to reviving and promoting Kashmiri Pandit cuisine through pop-ups, festivals,

and collaborations with hotels and restaurants.

What inspired you to focus on promoting Kashmiri Pandit cuisine?
The inspiration stems from a dual purpose - preserving our culinary heritage and introducing the richness of Kashmiri Pandit cuisine to a broader audience. This cuisine, dating back to centuries, holds a distinct place in culinary history, characterized by unique flavors and techniques. Unfortunately, it has remained relatively obscure compared to the more widely known Kashmiri cuisine. I aim to change that by bringing it to the forefront and showcasing its diversity and depth.

How would you differentiate Kashmiri Pandit cuisine from other regional cuisines?
Kashmiri Pandit cuisine is distinctive in several aspects. Firstly, it predates the more commonly known Kashmiri cuisine, tracing its roots back to ancient times. Secondly, unlike many other Indian cuisines, it refrains from using onion, garlic, or tomatoes in its preparation. The focus is on a handful of traditional spices, meticulously blended



to create nuanced flavors. Additionally, the cooking method involves patience and slow cooking, preserving the authenticity of the dishes.

What challenges do you face in promoting Kashmiri Pandit cuisine outside its native region?
While the reception has been overwhelmingly positive, there are challenges, particularly in sourcing authentic ingredients. Additionally, there's a misconception that Kashmiri cuisine is solely suited for colder climates, which isn't entirely accurate. Educating people about the versatility and richness of our cuisine is an ongoing effort, requiring collaboration and support from various stakeholders.

How do you ensure an authentic culinary experience for guests during food festivals and pop-ups?
Authenticity is paramount, although it's essential to acknowledge that complete replication may not always be feasible, especially in diverse culinary landscapes. However, I strive to maintain the essence and integrity of Kashmiri Pandit cuisine while adapting to local ingredients and preferences. Each dish is crafted with care and respect for tradition, ensuring that guests experience the true flavors of Kashmir.

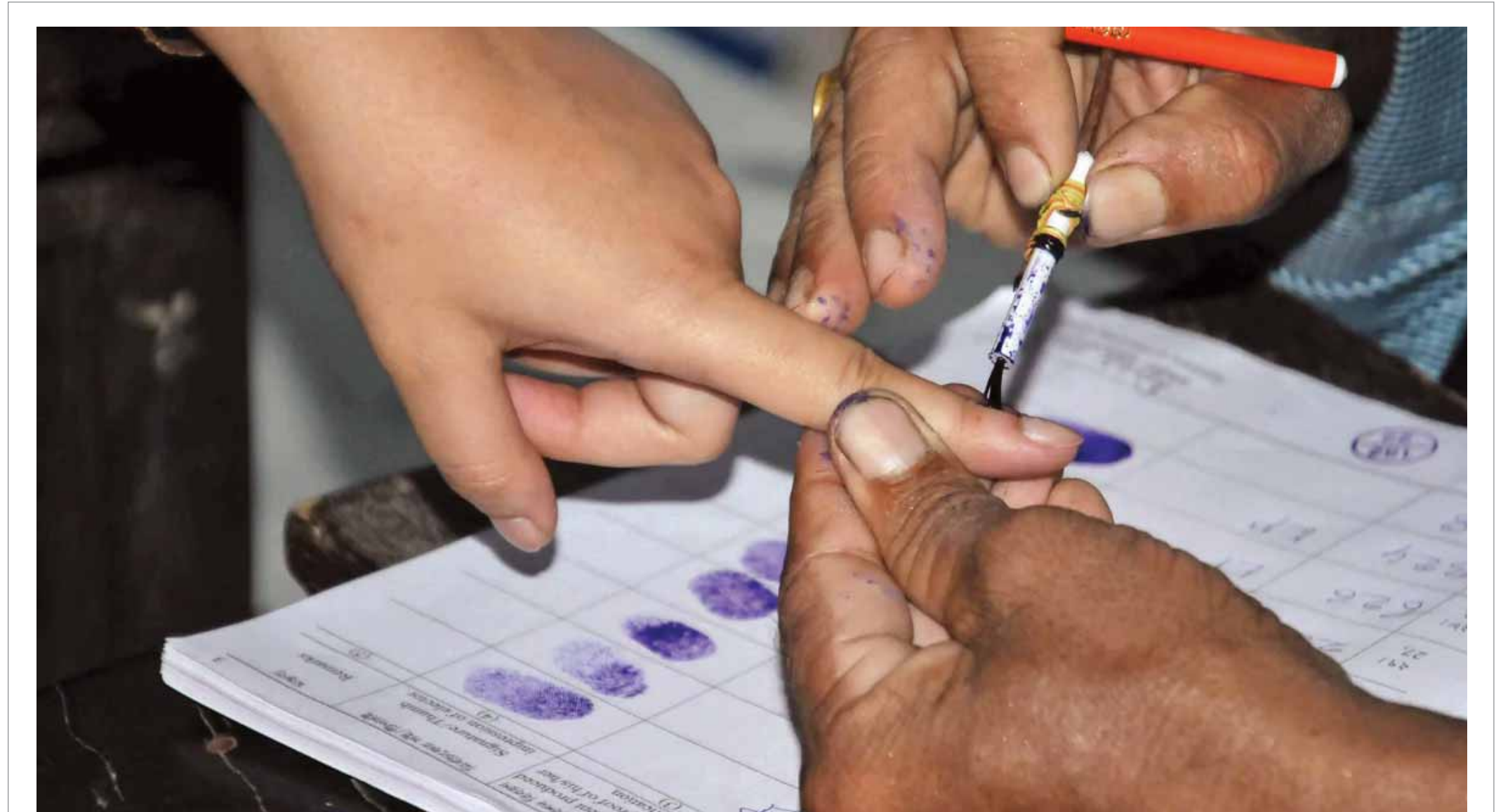


ONE NATION, ONE ELECTION FEDERALISM AT RISK OR UNITY FORTIFIED?

PRIYOTOSH SHARMA and **CHANDRIMA DUTTA** address this question posed by sceptics on whether the consolidation of electoral cycles could lead to a domination of the political narrative by parties and candidates vying for power and potentially undermine the essence of democracy by overshadowing the voices and choices of individual citizens

In India's democratic landscape, elections have long stood as pillars supporting our diverse linguistic tapestry and regional pride for over seven decades now. Stating Amartya Sen, individuals can hold singular affiliations while valuing their multifaceted identities. But a pressing question arises: If one Nation, one Election were to happen, would national unity overshadow regional loyalties? Sceptics have raised concerns that the consolidation of electoral cycles as a question of national importance could lead to a domination of the political narrative by parties and candidates vying for power. The emphasis may shift away from citizen engagement and democratic participation towards partisan interests and power struggles. This could potentially undermine the essence of democracy by overshadowing the voices and choices of individual citizens.

It's noteworthy that the proposal of One Nation and One Election is not a recent development. As far back as September 1982, the Election Commission of India recommended simultaneous elections to both the Lok Sabha and State Legislative Assemblies. Additionally, the Law Commission of India's Draft Report on Simultaneous Elections in August 2018 further explored this idea. Given this historical context, one might wonder why the ruling party suddenly embraced this proposal in their manifesto ahead of the 2024 general election. The sudden appropriation of the One Nation and One Election proposal by the ruling party likely reflects a strategic move to prioritise electoral reform and streamline governance processes. However, such a significant shift in policy approach raises questions about the underlying motivations and potential implications. India's governance model hinges on representative democracy, where elections serve as the bedrock of our political system. Campaigning, a pivotal aspect of elections, comes with substantial costs. A case in point is the staggering expenditure seen between February and May 2019, where Google and Facebook collectively reported political online advertising spending amounting to ₹58.67 crore. Notably, while Google declared 12,276 advertisements worth ₹29.3 crore, Facebook's India Ad Library disclosed a significantly higher volume of individual advertisements, totaling 132,419 and valued at ₹29.28 crore. Yet,



amidst this financial discourse, we often overlook the ripple effects of reducing the frequency of elections. Such a move could inadvertently disrupt sectors that thrive on heightened electoral activity, notably advertising, hospitality, and transportation. In light of this, it becomes imperative to carefully consider the implications of "One Nation, One Election" on federalism, regional dynamics, and political stability. For instance, the recent issue in Manipur over regional disparities highlights the potential risks and challenges associated with synchronising elections across different levels of government. As such, thorough deliberation and stakeholder engagement are essential in the electoral reform process to ensure that any changes uphold democratic principles and address the diverse needs of the

respective states. The ongoing debates outside of parliament surrounding One Nation and One Election are fueled by contrasting perspectives. Proponents argue that synchronising elections would bolster national unity by aligning electoral cycles and directing political discourse towards pressing national issues. At least for a brief period of time this narrative of one nation, one election, would appeal to the imagination of the public, as it would come on a platter of "national interest". However, sceptics raise concerns that this unity could merely be a facade concealing broader political agendas. Another significant issue that may raise eyebrows among the opposition is the prospect of diminished accountability if elections are held every five years.

THE ONGOING DEBATES OUTSIDE OF PARLIAMENT SURROUNDING ONE NATION AND ONE ELECTION ARE FUELED BY CONTRASTING PERSPECTIVES. PROponents ARGUE THAT SYNCHRONISING ELECTIONS WOULD BOLSTER NATIONAL UNITY BY ALIGNING ELECTORAL CYCLES AND DIRECTING POLITICAL DISCOURSE TOWARDS PRESSING NATIONAL ISSUES. AT LEAST FOR A BRIEF PERIOD OF TIME THIS NARRATIVE OF ONE NATION, ONE ELECTION, WOULD APPEAL TO THE IMAGINATION OF THE PUBLIC, AS IT WOULD COME ON A PLATTER OF "NATIONAL INTEREST"

This could spark doubts regarding the government's responsiveness to pressing concerns, such as notably fluctuations in oil prices, sharp fluctuations in food prices and hikes in gas cylinder costs paralyse citizen's every potential to remove a party from power through electoral process at least in state legislative elections. In navigating India's vibrant democratic landscape, it's crucial to recognize the unique context and complexities inherent to our nation. While other countries like Belgium or Japan may offer valuable insights, it's imperative not to blindly emulate their electoral models. Instead, decisions regarding electoral reforms must stem from a grassroots consensus, voting behaviour tailored to India's diverse socio-political fabric. The denizens of the streets and the

daily wage earners exhibit scant enthusiasm for engaging with political rhetoric; rather, their electoral participation hinges largely upon aligning themselves with the party that they could benefit financially from, thereby rendering the manipulation of their sentiments a feasible endeavour. Nevertheless, this one election holds the potential to wield considerable influence, particularly in terms of cost saving, especially where the prospect of bifurcating public sentiment during concurrent elections remains plausible.

PRIYOTOSH SHARMA
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Education a must for the Panchayati Raj System to flourish

By
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Panchayati systems are considered to be the fundamental pillar of local administration because it provides rural people with direct participation in the country's democratic process. The provision of local self-government has been in India since ancient times. In Indian democracy, since Independence, Panchayati systems were given their due importance for which different models were adopted. Mahatma Gandhi's ideology regarding the Panchayati Raj system was that the village panchayats should be made solid and self-sufficient so that they conduct all administrative activities at the village level. This is why the makers of the Indian Constitution had added separate provisions for this. India is the largest democratic country in the world, with about 90 crore voters registered, according to the Election Commission's 2019 list. According to the 'Rural Connection Network,' there are

2,39,000 Gram Panchayats all over the country, which are a State subject mentioned in the Seventh Schedule of the Constitution. The responsibility for their management, financial system, election, and arrangement of the structure rests on the State Government. The governance system of India works at three levels in which the third level is local self-government (the Panchayati system). Article 40 of the Indian Constitution contains provisions related to it, which was not an enforceable procedure. The states were not in favour of giving constitutional status to the panchayat systems, saying it violated the federal system. This is why Rajiv Gandhi's 64th Amendment (1989) and VP Singh's constitutional effort (June 1, 1990) failed. Constitutional status was accorded to Panchayats in 1992 and 1993 by the 73rd Constitutional Amendment, which then Prime Minister PV Narasimha Rao worked tirelessly on. The responsibility of conducting their elections rests with the State Election Commission, provided by



Article 243 (K) of the Indian Constitution. Some states have announced their election because of the Constitution; their tenure is for five years, which is provided by Article 243 (E) of the Indian Constitution, but the purpose for which the concept of Panchayati systems was implemented is today helpless in achieving its original objective. Voters and elected officials engage in conversations, yet the conversation does not begin since communication throughout an election is frequently devoid of substance.

Additionally, there are no discussions going on between the candidate and the voter. Prominent political party leaders attend these polls in order to tally their victories. The news certainly delighted the voters when Netaji Subhash Chandra Bose too had to raise local issues like loans, Commission, housing commissions, what issues do you have with the water and roads, he had asked earlier. In these elections, health and education are burning issues. The headman often remains indifferent, even as voters focus

on the state of primary schools along with other local issues. Because of lack of knowledge or education, the candidates' intentions and professional experiences are also not scrutinised during these elections. While the Panchayati system has helped local bodies, only a portion of the projects are intended to serve the villagers. Under such circumstances, every voter ought to select the candidate who best reflects the desires of the people, not the 'sole' candidate who offers casteism, religion, regionalism, and self-interest. This process

can only proceed if there is evidence of improvement at the local level. Voters ought to cast their ballots voluntarily and with diligence in order to support local institutions' credibility and enabling the competent leader's directives to be carried out over a period of five years, both of which encourage advancement. Today, the Panchayati Raj system exists in almost the whole country, but in reality, self-reliance today is far from what was envisioned at the time of its implementation. A provision for reservations was made in the Panchayati system under Article 243A. However, women have been unable to take full advantage of it, so have the lower classes, because even today, voting in rural areas is inspired by several biased undercurrents. Only when the Panchayati system becomes solid and self-reliant will India's democracy be strengthened. The process of reforms can start from the village itself. Women have become sarpanches but they do not run the administration; their husbands step in. A person belonging to the SC/ST category becomes a

sarpanch, but only a handful of wealthy people run the administration. Even today, many states need to transfer their subjects to the Panchayati system. In Panchayat elections deceit and force are openly used. The person who has access to the top of the administration is the one who occupies critical positions, a reason why the purpose for which it was created has not been fulfilled. The Government allotted crores of funds to the development of villages but the benefits instead are spent on things remote from a village or its voters. To this date, the Panchayati system is entirely self-sufficient and those whose dreams could not be realised. In the present circumstances, the Government should make Panchayati Raj self-reliant for which education is the most significant step ahead. Awareness is only possible with education because that alone can make citizens and voters politically aware. (Views expressed are personal. Author is President of the Indian Research Scholars Association and can be contacted at sagarvikash829@gmail.com)



**YOUR
WEEK
AHEAD**



MADHU KOTIYA



ARIES March 21-April 19

This week is set to highlight your professional talents. Your focused dedication and innovative thinking will significantly boost your career prospects. With a clear and expansive mindset, you're poised to achieve notable success. However, your commitment to work may cause some oversight in personal relationships, possibly leading to feelings of neglect among your loved ones. Stay alert as challenges may arise; individuals driven by envy could attempt to undermine your efforts through underhanded tactics or by claiming your achievements as their own. Towards the week's end, a significant business trip awaits. You'll be tasked with conveying key strategies or ideas, a responsibility that will likely culminate in personal recognition and success. This journey not only promises professional gains but also offers a moment of triumph that acknowledges your contributions.

Lucky number 8 | Lucky colour Magenta
Lucky day Wednesday



LEO July 23-Aug 22

This week, you display a laid-back and relaxed demeanor. Your unique approach to life stems from doing what feels right for you, showing great confidence in your individual path, irrespective of others' opinions. While you cherish your freedom, any form of limitation tends to disrupt your peace. This can sometimes lead to a somewhat negligent attitude, especially in your professional life. Such carelessness could invite criticism from higher-ups and potentially hinder career advancements or recognition you might otherwise receive. The key focus for you this week should be on dedication and attention to detail. Success and respect come through persistence and a disciplined approach. By adopting a more considerate attitude, you set yourself up for success, gaining admiration and compliance from those around you.

Lucky number 5 | Lucky colour Mint
Lucky day Monday



SAGITTARIUS Nov 22-Dec 21

The start of the week might find you feeling a bit overwhelmed and uncertain, making it tough to handle significant choices. This sense of mental turmoil could lead to stress. To alleviate this, you often turn to creative expressions like art and reading, particularly enjoying stories steeped in rich traditions and ancient narratives. Relationships hold significant value for you, as your sense of balance often hinges on interpersonal connections. Your instincts and insight receive careful attention, fostering a balanced perspective. As the week progresses, you might find solace in quiet reflection, often seeking solitude to harness your inner wisdom. Personal growth and insights become central themes. Toward the week's end, expect a surge of new beginnings—be it in your professional life or personal developments.

Lucky number 20 | Lucky colour Bronze
Lucky day Friday



TAURUS April 20-May 20

This week may present challenges, with rising tensions either at home or at your workplace. You may encounter disagreements and unexpected confrontations that could leave you feeling shocked. Remember the principle of kindness without expectation of return. It's a good time to reassess any joint ventures or collaborations. Midweek, you might experience a dip in your vitality and self-assurance. Prioritize your well-being and maintain a structured routine. Seeking medical advice could prove beneficial during this time. As the week progresses, conditions will stabilize. Supportive influences will begin to emerge, bringing solace across various aspects of your life, from financial to personal. A renewed sense of optimism will emerge, and engaging in calming, reflective activities may provide you with the tranquility you seek.

Lucky number 12 | Lucky colour Beige
Lucky day Monday



VRIGO Aug 23-Sep 22

The week begins on a challenging note, as you might face rejection in a personal relationship or miss a professional opportunity. Feelings of isolation and disappointment may surface, and if you're in a committed relationship, circumstances could require you to spend time apart from your loved ones due to work commitments. As the week progresses, prospects look brighter; you may receive an enticing job proposal or notice an increase in your financial status through your career. A significant responsibility or project could be entrusted to you, requiring your dedication to see it through to completion. Over the weekend, your emotions might intensify, leading you to grapple with strong desires or impulses. Stay grounded by focusing on your aspirations, using meditation and inner wisdom as tools to maintain clarity and direction.

Lucky number 14 | Lucky colour Peach
Lucky day Friday



CAPRICORN Dec 22-Jan 19

This week, you'll experience an unparalleled peak in your life, enjoying fulfillment across all facets—emotional, physical, and financial. A sense of deep satisfaction will wash over you as all your desires find their way to fulfillment. It's a time for gratitude, recognizing the blessings that surround you. Health and vitality are yours; a calm tranquility permeates your surroundings, allowing you to rise above the mundane concerns that usually preoccupy your mind. The days ahead promise joy unbounded and profound peace. Achievements in your financial endeavors and harmony in your home life mark this period. Past challenges will fade, leaving room for affection and mutual support within your family circle. Recognize the immense strength found in love. Cherish those close to your heart, acknowledging their significance in your life.

Lucky number 3 | Lucky colour Aquamarine
Lucky day Tuesday



GEMINI May 21-June 20

Reflecting on your past experiences and future ambitions can provide valuable insight, helping to pave a smoother path forward by transforming challenges into opportunities. Instead of avoiding difficulties, consider embracing a new direction that promises enhanced joy and fulfillment. You may face periods of emotional lows or physical imbalances. Rather than suppressing these feelings, acknowledge and harness their influence constructively. Let go of past attachments and focus on the present to resolve emotional turmoil. As the week concludes, a significant decision related to either personal journeys or family concerns will likely crystallize. This period is also an opportune time for rejuvenation, promoting both mental and physical well-being. Embrace this chance to foster inner peace and holistic healing.

Lucky number 7 | Lucky colour Lime
Lucky day Thursday



LIBRA Sep 23-Oct 22

This week, your determination and mental strength are key to achieving your objectives. It's an ideal time to channel your efforts and savor the rewards. With a clear vision and resolve, you're well-positioned to turn your aspirations into reality and reach your highest ambitions. This period also marks a significant phase for personal growth and beginnings. Midweek, you may find yourself reflecting on the past, with childhood memories and connections drawing you back. You might feel compelled to reconnect with old friends or revisit places from your past, enjoying the warmth of familiar bonds. The week brings small tokens of affection and moments of heartfelt exchanges. As the week closes, you'll find fulfillment in dedicating time to reflective or calming practices, enhancing your inner peace and focus.

Lucky number 9 | Lucky colour Burgundy
Lucky day Saturday



AQUARIUS Jan 20-Feb 18

This week, embrace a grand approach to life. Your inner strength and resolve are at their peak, making you a pillar of support for many around you. Your advice is highly sought after due to your resilience and compassionate nature. Sometimes, your firm approach is necessary to manage situations and steer them in the right direction. As the week progresses, you might find yourself feeling more confrontational than usual, leading to spirited discussions rather than physical altercations. Your stoic and introverted demeanor may yield mixed outcomes. Your sharp insight cuts through surface appearances, allowing you to understand the core of any matter. This balanced perspective could prove advantageous, particularly in enhancing your financial standing.

Lucky number 18 | Lucky colour Rose Pink
Lucky day Thursday



CANCER June 21-July 22

You often feel overwhelmed by fear and allow external influences to dominate your decisions, leading to a sense of confinement and overshadowing your thoughts with negativity. This can sometimes distort your creativity, causing it to work against you. However, it's important to recognize that you are in control of your own actions, not merely at the mercy of circumstances. You might find yourself engaging in conversations that could escalate into disputes. Embracing forgiveness could significantly alter your interactions. Harnessing your inherent dynamism constructively could lead to remarkable achievements. As the week progresses, you'll experience a resurgence of energy and initiative, presenting an ideal opportunity to pursue ambitions that previously seemed intimidating. This is your moment to channel this renewed vigor for maximum advantage.

Lucky number 17 | Lucky colour Navy
Lucky day Sunday



SCORPIO Oct 23-Nov 21

This week, you emerge as a vibrant force, radiating a brilliant energy. As the week kicks off, you'll find your wishes unexpectedly coming to fruition, surrounded by a glow of positivity and warmth. Achievements are met with rewards, ushering in joy, familial stability, and abundance. This marks the conclusion of one phase, giving way to a tranquil interlude—perfect for savoring the moment and recharging. During this prosperous period, consider the relevance of longstanding beliefs and traditions. They may no longer serve their purpose, suggesting it's time to forge new paths for advancement, whether in your personal habits or lifestyle choices. As the week wraps up, adopt a stance of fairness. In facing challenges, maintain a cool, balanced perspective to navigate issues effectively.

Lucky number 6 | Lucky colour Violet
Lucky day Wednesday



PISCES Feb 19-March 20

This week marks a period of deep personal fulfillment and communal connection for you. Your focus on spiritual growth is evident as you engage in collective rituals that uplift and inspire. Reflecting on your past efforts brings a profound sense of satisfaction, particularly as you celebrate the completion of significant projects, like a home renovation. Family gatherings will enhance your joy, adding layers of celebration, accomplishments, and well-earned recognition to your life. Relationships, especially close partnerships, will experience enhanced harmony and mutual understanding. This period also favors securing new assets, whether they are investments in real estate or personal property. The combination of material success and spiritual depth creates a uniquely enriching atmosphere. You receive abundant blessings and support from your elders, making this a truly auspicious time to embrace growth and happiness.

Lucky number 10 | Lucky colour Amber
Lucky day Sunday

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ASTROTURF
BHARAT BHUSHAN PADMADEO

Mother calls for full alert against evil forces



ones, who, understand and following the laws of nature, wilfully service the existential order laid down by the divine forces. Also, the killing of demon also means that mother takes away their ego and sense of evil.

Evidently, lotus flower corresponds to productive face of the source energy, which following a long-drawn course of progressive evolution brought into place the manifest world with all its enormity and diversity.

Mother supposedly carrying different weapons provided by the devatas in her remaining 8 arms is evidently aimed at combating the onslaught of demonic forces. The question now is: Why has She been assigned with weapons in 8 hands as against accessories reflecting creative potential in only two? This is simply suggestive of the fact that forces, contrary to our productive aspirations, are far more active and no less potent than our creative initiatives. The evil forces are in evidence all around, making us vulnerable to their onslaught from all possible directions. And their killing potential would be felt much faster and relatively cover a wider range than our productive initiatives. We, therefore, need to be fully on guard and in a combative mode against the evil forces to service the overall needs of our existential order. To drive home this point, the simile of Demon is used to exemplify and forewarn us about impending danger from all around. About the demons, it is said that they are inherently conjurers. They can hoodwink us by making varied illusionary presences and charge us

from all possible directions unannounced, to their asking. Here, weird forms, in which demons are usually depicted, deserve further elaboration. We are all aware that that no such form-existence is in evidence anywhere on earth. It is so characterised just to exemplify in clear terms the danger inherent in the evil forces existing both within and beyond us. The evil forces dwelling within us are no less potent than those from beyond. It needs to be appreciated here that human minds, which is driven by a sense of relative perception, can move either way – if rightfully used may prove rewarding and fulfilling, but when used negatively could prove self-defeating. For, besides carrying humane sense, it also has in store animalistic tendencies. If by chance the animalistic influence becomes stronger, it may prove a greater danger than a carnivorous animal, which is why some of the demons are shown with animal heads. The writer is an astrologer, vastu consultant and spiritual counsellor. Connect with him at Tel: 91-11-9818037273/9871037272 Email: bharatbhushanpadmadeo@gmail.com

