



CM launches nutrition campaign

Inaugurates infrastructure

RAJEEV RATHAN ■ Bhubaneswar
Chief Minister Mohan Charan Majhi on Saturday reaffirmed his government's commitment to making Odisha malnutrition-free, stating that nutrition is central to building a prosperous and healthy society. Speaking at the State-level Poshan Pakhya-2025 celebrations at the State Women and Child Institute in Laxmisagar-Jharapada, he called for

greater awareness and multi-departmental coordination to strengthen the nutrition drive. Majhi inaugurated an 84-bed hostel, a library hall and an Anganwadi Training Centre in the campus. In a tribute to Odisha's eminent women, he also announced the naming of eight key buildings after iconic female personalities. These include the Rama Devi Sammilani Kaksha (conference hall), Sarala Devi Prekshalaya (auditorium), Kamala Pujari Granthagar (library), Sailabala Das Prashikshan Kaksha (training centre), Malati Choudhury



Nibas (hostel), Bangara Devi Nibas (Anganwadi hostel) and Gurubari Jani Atithi Bhavan (guesthouse). "The first 1,000

days of life are critical. A healthy child becomes a good student and a responsible citizen," said the CM. He announced the formation of a Poshan Pakhya Mission with a Rs 100-crore fund to consolidate and scale up nutrition initiatives. In FY 2024-25, the Women and Child Development Department has earmarked Rs 284 crore for nutritional support under Poshan Abhiyan. The CM also informed that the financial assistance under Pradhan Mantri Matru Vandana Yojana has been increased to Rs 12,000 for two girl children.

Another OISF battalion in State

PNS ■ Bhubaneswar
Chief Minister Mohan Charan Majhi on Saturday approved formation of another battalion of the Odisha Industrial Security Force (OISF).

As many as 1,040 posts have been created for the new battalion. Notably, one battalion of the OISF is already functioning in the State, in which there are 1,807 posts. The government is laying

stress on industrial development, due to which there is a need for security for industrial areas and business institutions. Keeping this in view, the CM has approved this battalion.

Naveen elected BJD chief for 9th term

RAJEEV RATHAN ■ Bhubaneswar
Odisha Leader of Opposition Naveen Patnaik was on Saturday unanimously re-elected as the president of the Biju Janata Dal (BJD) for a ninth consecutive term. His re-election was announced during the party's State Council meeting held in Bhubaneswar. With no other contender filing nomination for the post, Patnaik was elected unopposed. Party leaders and workers extended their greetings soon after the announcement. Following his re-election, Patnaik is expected to constitute a new team to strengthen the party ahead of the forth-



coming political battles. The State Executive Committee will be reconstituted shortly while the frontal organisations including the women, youth, minorities and student wings will undergo major revamps. Senior BJD leader Pratap Jena said Patnaik continues to command the unwavering support of both the party and the people. "For over two de-

In Baleswar Youth attempts suicide after losses in online games

PNS ■ Baleswar
A young man of Teghari village under Jaleswar block in Baleswar district allegedly attempted suicide after losing a huge sum of money in online gaming. The victim, identified as Sourajit Ray, is said to have lost more than Rs 5 lakh after playing some online betting games, plunging him into deep financial and emotional turmoil. Sourajit had become increasingly addicted to online gaming over the past several months. What began as a pastime soon turned into a dangerous obsession as he allegedly started betting large sums

of money in hopes of quick financial gain. Instead, he fell into a trap of continuous losses, which not only drained his savings but also pushed him into a state of depression and anxiety. Unable to cope with the financial stress and mental pressure, Sourajit allegedly attempted to take his own life. Family members found him in a critical condition and rushed him to Jaleswar Sub-Divisional Hospital. Later, he was shifted to the District Headquarters Hospital. His condition remains critical. Police are also probing whether the youth was lured by fraudulent gaming platforms or was under peer pressure.

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Sri Narendra Modi
Prime Minister

Sri Mohan Charan Majhi
Chief Minister, Odisha

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Sports & Youth Services Department, Government of Odisha

ICC conf

'Govt working to see a Developed Odisha by 2036'

RAJIV NAYAN ■ Bhubaneswar

The Indian Chamber of Commerce (ICC) organised a national conference on the theme "Developed Odisha 2036 Vision." ICC president Rajiv Sahu presided over the event and said that ICC is committed to building a developed Odisha.

With the help of the Odisha Government, ICC will play a key role in making Odisha a developed Odisha by 2036 and Odisha's economy a Rs 1.5 trillion economy by 2047. Along with this, it will play a major role in the economic development of India, added Sahu.

Law Minister Prithviraj Harichandan as the chief guest said Odisha will be fully developed by 2036.

"We have already started the process to achieve success in all aspects like infrastruc-



ture, culture, industry, agriculture. For development in the education sector, we are preparing a plan on how to bring excellence in higher education and technical education, starting from Godavarish Mishra Adarsh Vidyalaya. A target has been set for a USD 5 tril-

lion economy by 2036," he said. Special guest MP Bhartruhari Mahtab said that the Odisha government is doing a lot of development. He suggested how the Cuttack Charbatia Airbase can be a cargo dumping ground. Secretary, Ministry of Fi-

nance, Government of India, Nagaraju Madirala said that according to the data of NITI Aayog, Odisha is developing. But progress is needed in banking services in Odisha. Development Commissioner Anu Garg said a plan has been made to increase the

irrigation area by 15 lakh hectares in the next five years. There is a desire to increase the number of tourists by 30 lakh. On the occasion, heads of various major banks and heads of various industries of the country joined and expressed their views.

Naveen's reelection as BJD prez

Many senior leaders absent: Emerging chinks in party?

PNS ■ Bhubaneswar

Even as the Biju Janata Dal (BJD) formally announced Naveen Patnaik's re-election as party president for a ninth consecutive time on Saturday, a striking development overshadowed the celebration — the conspicuous absence of several senior party leaders during the official declaration.

This has sparked speculations about internal dissatisfaction and emerging fault lines within the party.

Notably, prominent leaders such as Ranendra Pratap Swain and Prafulla Mallick were not seen at the venue. In

addition, other senior figures like Shashi Bhusan Behera, Bhupinder Singh, and Niranjana Bishi were also absent. The absence of Sanatan Mahakud, Sulata Deo, and Sasmit Patra further intensified the chatter, especially since no official explanation has been provided for their non-attendance.

The situation has triggered a wave of questions and concerns regarding possible discontent within the ranks. Some political analysts suggest that this absence at such a critical moment hints at deeper issues, possibly revolving around organisational

changes and internal power dynamics.

With Naveen firmly at the helm, several key challenges lie ahead for the BJD including taking the senior leaders into confidence as regards the

Pandian puzzle; containing dissatisfaction within the cadre and mid-level leadership to prevent further cracks; strengthening party vote base in as many as 15 districts where the party is weak due to infighting; removing the disruptive elements that threaten unity ahead of elections and rebalancing loyalty dynamics.

Scribe Mohanty passes away at 70

PNS ■ Bhubaneswar

Veteran journalist Ratikant Mohanty, a stalwart in Odisha's political and social reporting, passed away at 70 on Saturday at a private hospital here.

Mohanty had been undergoing treatment for kidney-related ailments over the past few years. His passing has left the media fraternity and political circles in deep mourning.

In a career spanning nearly four decades, Mohanty worked

with reputed media organisations. He is survived by his wife Sipra Mohanty and two daughters Puja and Bandana.

Chief Minister Mohan Charan Majhi expressed sorrow, stating, "Ratikant Mohanty was a symbol of fearless and impartial journalism. His legacy will continue to inspire generations." Leader of Opposition Naveen Patnaik remembered him as "a principled journalist who gave voice to the people's issues with clarity and conviction".

Om Prakash shines in JEE (Main)

RAJEEV RATHAN ■ Bhubaneswar

The National Testing Agency (NTA) on Saturday announced the results of the Joint Entrance Examination (JEE) Main 2025 with 24 students securing a perfect 100 percentile. Among them, Odisha's Om Prakash Behera from Bhubaneswar created history by scoring a perfect 300 out of 300 and securing All India Rank (AIR) 1.

Om Prakash had been preparing in Kota in Rajasthan and stood out among the toppers, the majority of whom were coached at institutes in Rajasthan. He is the son of Kamalakanta Behera, an Odisha Administrative Service (OAS) officer currently



posted on deputation in Delhi and Smita Rani Behera, a college Lecturer who stayed with him in Kota for three years to support his preparation.

Over 15.39 lakh students registered, and 14.75 lakh appeared in the exam which was held in 19 languages, including Odia.

Om Prakash had begun preparing for the IIT entrance exam from Class-X and had scored 92% in his board exams. About his success, he said, "The key is to fully concentrate on what lies ahead, not what has already happened," he said.

Om Prakash followed all the guidance of his teachers and deliberately stayed away from mobile distractions during his preparation. With this stellar result, he has now begun preparing for JEE Advanced 2025.

Back home, several coaching centres in Bhubaneswar, Brahmapur, Cuttack and Rourkela reported encouraging results. Dozens of Odisha students have qualified for JEE Advanced this year.



Following internationally-famous sand artist Sudarshan Patnaik's being conferred the prestigious 'Sand Master Award' of the United Kingdom, Chief Minister Mohan Charan Majhi honours him at the Lok Seva Bhawan in Bhubaneswar on Saturday.

New policy draft

Odisha moves towards data-driven governance

RAJEEV RATHAN ■ Bhubaneswar

The State Electronics and Information Technology Department hosted a consultative workshop on Friday to gather feedback on the draft Odisha State Data Policy 2.0 aimed at fostering data-driven, citizen-centric governance.

Senior officials including Principal Secretary Vishal Kumar Dev, Special Secretary Manas Ranjan Panda and Additional Secretary Dr Pradeep Kumar Rout attended the workshop alongside representatives from academia, the IT industry and various government departments.

In his keynote address, Principal Secretary Dev highlighted the State's commitment to unlocking the full potential of data. He emphasised that while the government holds vast repositories of information, challenges remain in ensuring accessibility, integration and effective usage. Odisha's vision, he said, is to harness data to enhance service delivery, improve outcomes and promote accountable governance.

Dr Rout underlined the role of data in responsive policymaking and inclusive development. He said the new policy would prioritise ethical data handling, establish robust security protocols and enable inter-departmental collaboration to support real-time, evidence-based decision-making.

The draft policy outlines measures to promote seamless data sharing among departments, reduce redundancy and ensure data accuracy. It also emphasises the importance of transparency, privacy and cyber security and encourages open data access to spur innovation and economic growth. Informed consent and ethical use of public data remain central pillars of the policy.

To ensure broad-based public engagement, the draft policy has been uploaded on the Electronics & IT Department website (<https://it.odisha.gov.in>) and the OAC website (<https://www.ocac.in/or>). Citizens are encouraged to submit their suggestions and feedback via email to feedback.osdp@odisha.gov.in.

Odias shine

Murmu, Pradhan, Ray in MIT Global Popularity Ranking

PNS ■ Bhubaneswar

Three Odias and that too all woman have made it to the prestigious MIT Pantheon World Ranking of Globally Famous People released for the year 2024.

The MIT Pantheon World Ranking was first created at the US-based Massachusetts Institute of Technology (MIT) in 2013 and contains most comprehensive structured data on notable individuals from 3500 B.C. to 2023.

President of India Droupadi Murmu is placed at global rank of 252 in the popularity ranking for all living politicians worldwide. The list is led by US President Donald Trump and Russian President Putin with PM Modi at No. 5



Droupadi Murmu

spot. Acclaimed social activist Manasi Pradhan is placed at global rank of 113 in the popularity ranking for all living social activists worldwide. The list led by Nobel laureate Aung San Suu Kyi, Shirin Ebadi, Angela Davis is dominated by Nobel Prize winners and world leader turned peace activists.



Manasi Pradhan

Acclaimed writer Pratibha Ray is placed at global rank of 467 in the popularity ranking for all living writers worldwide. The list is led by bestselling author Paolo Coelho and Stephen King.

According to the MIT Pantheon national popularity ranking 2024 released for India, Droupadi Murmu is the 3rd most popular liv-



Pratibha Ray

ing Indian politician led by PM Modi and former President Ram Nath Kovind; Manasi Pradhan is 9th most popular living social activist in India led by Nobel laureate Kailash Satyarthi and Anna Hazare; Pratibha Ray is 8th most popular living Indian writer led by Salman Rushdie and Deepak Chopra.

JB Patnaik memorial body meets CM



PNS ■ Bhubaneswar

A delegation from the Janaki Ballabh Patnaik Memorial Committee met Chief Minister Mohan Charan Majhi at the Lok Seva Bhawan on Friday to discuss initiatives aimed at preserving the memory of the late Janaki Ballabh Patnaik, an eminent statesman, former Chief Minister of Odisha, and former Governor of Assam.

The members proposed installation of a statue in Patnaik's honour in a prominent place in the State

and naming of a road after him. The Chief Minister acknowledged their proposals and assured that the State Government would examine them with due consideration.

Committee members Pruthvi Ballabh Patnaik, Arya Kumar Jnanendra, Jagneswar Babu and Ananta Sethy were part of the delegation.

Janaki Ballabh Patnaik is widely revered for his significant contributions to Odisha's political, cultural and literary landscapes.

'ED working as BJP frontal organisation'

Youth Congress gheraos agency office

PNS ■ Bhubaneswar

Members of the State Youth Congress led by its president Ranjit Patra on Saturday gheraoed the Enforcement Directorate (ED) office here.

The agitators tried to jump over the barricades which led to a scuffle with police personnel. Later, the Congress members sat in a dharna before the ED office.

Patra said the ED is working as a frontal organisation of the BJP. The BJP is using the ED to target the Congress for raising the issues of corrup-



tion by the BJP, rising prices and unemployment, crimes against women and farmers' problems in the Parliament and outside. The ED's charge-sheet against Rahul Gandhi

and Sonia Gandhi is a glaring example of political vendetta. The National Herald and Young India issue is a conspiracy by the BJP. There is no money circulation or corrup-

tion. Prime Minister Narendra Modi is afraid of the popularity of Rahul Gandhi; so, he is using undemocratic means to malign him, Patra said.

Spain Ambassador meets CM

Discusses industrial partnerships

PNS ■ Bhubaneswar

In a bid to explore avenues of strategic cooperation between Spain and Odisha in key sectors such as renewable energy, metallurgy, textiles and automobiles, Ambassador of Spain to India Juan Antonio March Pujol met Chief Minister Mohan Charan Majhi at the Lok Seva Bhawan here on Saturday.

While Majhi highlighted Odisha's emergence as one of India's fastest-growing States and a leading destination for responsible and



future-ready investments, Mr. Pujol appreciated Odisha's industrial ecosystem and expressed Spain's keen interest in building long-term, technology-led partnership.

The discussions focused on deepening bilateral collaboration across priority sectors, such as metallurgy and refractory solutions, renewable energy and textiles and technical apparel.

The meeting reaffirmed Odisha's commitment to building high-value partnerships with Spain and laid the foundation for a new chapter of industrial, technological and cultural collaboration between the two regions.

Ganjam teacher couple defrauded of Rs 35L

Accused Subash Baburam arrested from Gujarat

RAJEEV RATHAN ■ Bhubaneswar
A teacher couple of Kukudakhandi block in Ganjam district has been defrauded of Rs 35 lakh in a cyber scam...



Court and later sent to the Brahmapur Mandal Jail on Saturday. The fraud unfolded when the teacher couple received a call from someone claiming to be from the Telecom Regulatory Authority of India (TRAI)...

ducted video calls from different numbers, impersonating police officers and a Supreme Court judge. They convinced the teacher couple to transfer Rs 35 lakh into the fraudster's bank account to avoid further legal action...

Rs 120 cr to boost education in Balangir

Pradhan unveils two KV temporary campuses

PNS ■ Balangir
The double engine government has taken responsibility for the development of education in Balangir district by investing to the tune of over Rs 120 crore...

breaking ceremony for permanent campuses on Saturday. Pradhan said that in December last year, Prime Minister Narendra Modi had approved the establishment of 85 new Kendriya Vidyalayas and 28 new Navodaya Vidyalayas across the country...

Jajpur honour killing Couple gets lifer for killing minor daughter

PNS ■ Jajpur
Fast Track Special Court here on Saturday awarded life sentence to a couple for killing their pregnant minor daughter in 2016.

filed a complaint. He had confessed to the murder during his interrogation. Investigation had revealed that the victim Ranu, a Class-X student in a local school, was in a relationship with a married man despite stringent opposition from her parents...

Tension erupts over RSP rly line work in R'kela

1 dead, several cops injured

PNS ■ Rourkela
A major conflict broke out in the Bondamunda area under the Rourkela jurisdiction during a protest against the construction of a new railway line near Barkani village by Rourkela Steel Plant (RSP)...

block the advancement of the machinery involved in the construction when the JCB moved forward, leading to the unfortunate death of a young protester. The agitators alleged that the plant is illegal, and they are trying to take over their land forcibly...

Utkal Alumina holds CSR Fair to empower local producers



BADAL TAH ■ Rayagada

Utkal Alumina, a unit of Hindalco Industries of the Aditya Birla Group, inaugurated a CSR Fair at Nuapada under Tikiri, in Rayagada district. The fair was organized with the objective of providing better market linkages to local artisans, producer groups and entrepreneurs from nearby areas...

guest. The event also witnessed the esteemed presence of AVP - Hindalco Mines Group Basudev Bandopadhyay, Mines Head - Utkal Alumina Vijay Chauhan, and Head - CSR, Lopamudra Mishra, among others. In his address, Jha highlighted the ongoing CSR initiatives of the company and encouraged the participating producer groups...

Rally marks Bishuba Sankranti, Ambedkar Jayanti



PNS ■ Bhubaneswar
In a vibrant display of community spirit and cultural heritage, the Odisha Green Force, in collaboration with Computer and Career Academy, Balipatana here, organised a grand rally and meeting to celebrate Maha Bishub Sankranti, the birthday anniversary of Lord Hanuman, and the birthday of Dr BR Ambedkar...

men, women and children in large numbers. The event was graced by several dignitaries who paid floral tributes to the great man who shaped Odisha's history. The gathering discussed the immense contributions of the icons and reflected on their enduring legacy...

Three-day Puri Literary Fest celebrated



PNS ■ Puri

The Puri Literary Festival 2025 commenced on Wednesday. Governor Hari Babu Kambhampati inaugurating the event emphasised its significance as a celebration of India's inclusive cultural legacy and progressive vision. Union Education Minister Dharmendra Pradhan, in a video message, congratulated the organisers and attendees...

legacy, shaped by luminaries like Adi Shankaracharya, Guru Nanak, and Chaitanya. The three-day festival will feature discussions on literature and culture while inspiring the youth with spiritual and cultural insights. The event, chaired by Om Priyadarshi Chhotaray, also saw contributions from other distinguished personalities, including Shivam Raghuvanshi...

Missing of minor boy triggers concern

Police launch search operation

PNS ■ Puri
The missing of a minor boy from the Ratanpur village of Puri district has sparked concern among the locals, who are speculating whether he was abducted by miscreants or he went away somewhere on his own. The mystery surrounding the victim's missing has created a tense atmosphere in the village, as residents anxiously await news of the child's whereabouts...

to search for my son. Everything can be made possible if the administration wants. The police have launched a thorough investigation based on the complaint filed by the family. Surveillance footage from CCTV cameras placed at various entry points in Delang, the region where the village is located, are being closely examined by authorities. Additionally, four investigative teams, led by the Pipili SDPO, have been formed to delve deeper into the case...

Puri lawyers protest bid to shift court to city outskirts

Supported by cross-sections of people

SAROJ KUMAR MISHRA ■ Puri
Thousands of lawyers, political leaders, and social activists including influential persons from cross sections of society in a protest meeting here reiterated their demand for cancellation of an order to shift the judicial court from the existing place. Among several personalities, former Union Minister Brajkisore Tripathy, former legislator Umaballabh Rath, legislator Sunil Mohanty, former MLA Jayant Sarangi and HC lawyer Bibhuprasad Tripathy joined the protest...



the place is a restricted zone for public activities. Besides, lawyers and the public, who are benefiting from work due to the existence of the Collector office and court at the same place, will face problems and HC lawyer Bibhuprasad Tripathy joined the protest. Favouring the present court near the Collector office, the lawyers opposed the displacement to Balukhand Sanctuary at the city outskirts, as

whereas the government is strict on Puri. It is lawyers there, whose opposition made the government to bow down, the lawyers said. "As per guideline of Supreme Court, '5-acre of land' is available here, if 1.77 acres of DRDA, Sub-collector, Tehsil offices and 0.17 acre road are attached to the present 2.91 acre of court premise. Besides, a vast 2.5 acre vacant land of small PWD bungalows is

81st birthday of playwright Panigrahi held

'Will stick to my creative journey till I breathe my last'

PNS ■ Bhubaneswar
Poets, playwrights, novelists, critics, lecturers, directors and actors recently crammed the auditorium of Press Club of Odisha here to celebrate the 81st birthday of Prof Dr Ramesh Prasad Panigrahi, the foremost vanguard of Odia cultural movement for more than last sixty years. Organised by Rangamanch, Rourkela, and conducted by Prof Debananda Dash, the serene celebration was graced by former Secretary-cum-Commissioner, Department of Odia Language, Literature and Culture Manoranjan Panigrahi and renowned cine-director and Director, Kalinga TV, Himansu Khatua. A play



entitled as Kanchi Bijaya Katha and a compilation of short plays entitled as "Natak, Anatak, AnuNatak," both recently written by the playwright, were released by the guests along with an anthology of critical essays named as "Mahanatak Mahanayak Samparkare" on Panigrahi's plays contributed by distinguished authors of the State. The books were reviewed by Prof Dr RabindraDash, Prof Dr Rasmita Tripathy, Prof Dr Mangaraj Mohapatra. The exciting aspect of the occasion was the live orchestra that offered sweet songs composed with lyrics written by the playwright himself in his early days and sung by Brajaballav Nayak, Mamata Nayak and Amlana Jyoti Nayak. Dr Panigrahi, the au-

thor of hundred plays, a record in the history of Odia literature, and now in the afternoon of his life, expressed enthusiastically in the talk that his creative trajectory is uncompromising with any lure or his old age and he will be writing until he breathes his last. The welcome address was given by Kailash Panigrahi while the vote of thanks was offered by Anindita Panigrahi.

PM Modi to visit Saudi Arabia for bilateral talks

PIONEER NEWS SERVICE ■ New Delhi

Prime Minister Narendra Modi will pay a two-day visit to Saudi Arabia beginning Tuesday with focus on further expanding bilateral cooperation in several key areas including energy, trade and defence.

A number of agreements will be inked between the two sides following talks between Modi and Saudi Crown Prince Mohammed bin Salman Al Saud.

The visit will be hosted in the city of Jeddah, where Prime Minister Modi's engagements will include a ceremonial welcome by the Crown Prince. Additionally, the two leaders will co-chair the second meeting of the Strategic Partnership Council, aimed at building on the already strong bilateral relationship.

The visit will provide an opportunity to build on the already strong strategic partnership between the two countries, Foreign Secretary Vikram Misri said here on Saturday at a media briefing. There will be an effort to infuse a strategic dimension to the India-Saudi Arabia energy cooperation, he said.

The Foreign Secretary highlighted the importance of Prime Minister Modi's visit to Saudi Arabia, stating, "The visit is significant due to Saudi Arabia's role as a strategic partner for India. The country is home to one of the largest Indian expatriate communities globally."

Additionally, Saudi Arabia is a key voice in the Islamic world and is increasingly influential in regional matters. This visit presents an opportunity to further strengthen the already robust ties with this



FILE PHOTO

strategic partner. The Prime Minister and Crown Prince share a strong personal bond, marked by mutual respect, which has greatly benefited the bilateral relationship."

Prime Minister Modi is visiting Saudi Arabia at the invitation of Crown Prince Mohammed bin Salman. This will be the third visit of the Prime Minister to the Kingdom after his previous visits in 2016 and 2019.

The visit follows the State Visit of Crown Prince Mohammed bin Salman to New Delhi in September 2023 to attend the G20 Summit and co-chair the first meeting of the India-Saudi Arabia Strategic Partnership Council.

India and Saudi Arabia share close and friendly ties with a long history of socio-cultural and trade contacts. As strategic partners, the two countries share strong

bilateral relations across various areas including political, defence, security, trade, investment, energy, technology, health, education, culture and people-to-people ties.

India's relations with the Kingdom have evolved into a stronger and enduring partnership in the past decade, expanding into many strategic domains, with growing investment commitments, broadening of defence cooperation and intensive high-level exchanges across sectors.

Modi's visit reflects the importance India attaches to its bilateral relationship with the Kingdom of Saudi Arabia. It will provide an opportunity to further deepen and strengthen our multi-faceted partnership, as well as to exchange views on various regional and international issues of mutual interest.

Inherited truth, courage from Nehru: Rahul Gandhi

PIONEER NEWS SERVICE ■ New Delhi

Jawaharlal Nehru's greatest legacy was giving Indians the courage to resist oppression and claim freedom, Congress leader Rahul Gandhi said on Saturday and added he inherited "truth and courage" from his great-grandfather — the country's first prime minister.

In a free-wheeling conversation with party leader Sandeep Dikshit that was posted on the former Congress chief's social media handle and YouTube channel, Gandhi talks about his pursuit of truth and his willingness to stand by it no matter what the cost.

"Nehru didn't teach us politics — he taught us to confront fear and stand for the truth. He gave Indians the courage to resist oppression and ultimately claim freedom," the leader of opposition in the Lok Sabha said in the post on X.

"His greatest legacy lies in his relentless pursuit of truth — a principle that shaped everything he stood for," he added.

The video has been uploaded on Gandhi's YouTube channel with the caption "Truth and Courage - What I Inherited from Nehru".

"This one's personal. In this podcast-

style conversation with Sandeep Dikshit, I speak about what drives me — the pursuit of truth — and how that pursuit is inspired by my great-grandfather, Jawaharlal Nehru. He wasn't just a politician. He was a seeker, a thinker, someone who walked into danger with a smile and came out stronger," Gandhi wrote in the video description.

"His greatest legacy lies in his relentless pursuit of truth — a principle that shaped everything he stood for. He didn't teach us politics — he taught us to confront fear and stand for the truth. That need to seek, to question, to stay rooted in curiosity — it runs in my blood," the former Congress chief added.

Gandhi said his grandmother — former prime minister Indira Gandhi — told him stories of how Nehru nearly fell into a glacier in the mountains he loved, how animals were always part of the family, or how they never missed an hour of exercise.

"My mother still watches birds in the garden. I do judo. These aren't just hobbies — they're windows into who we are. We observe. We stay connected to the world around us. And what we carry most deeply is the instinct to face challenges with quiet strength," he wrote.

Centre engages fishermen to combat pollution in Ganga

PIONEER NEWS SERVICE ■ New Delhi

In a bid to combat escalating plastic pollution in the Ganga, a government-funded study has proposed a "cash-for-nets" scheme aimed at incentivising fishermen to return worn-out or abandoned fishing nets.

These abandoned, lost or discarded synthetic nets — referred to as "ghost gear" — pose a severe, long-term threat to aquatic ecosystems.

Conducted over five years by the Wildlife Institute of India, the study forms part of the long-term conservation initiative -- Planning and Management for Aquatic Species Conservation and Maintenance of Ecosystem Services in the Ganga River Basin for a Clean Ganga.

Based on extensive riverine and socioeconomic surveys, the study recorded 72 incidents of aquatic species becoming entangled in fishing gear -- both active and abandoned. The researchers documented fishing gear and materials every five kilometers along the river.

For the socioeconomic survey, 150 key informant interviews, 10 focal group discussions with fishers, and personal observations were used.

The 'vulnerable' Indian flapshell turtle counted for the highest number of entanglements with 21, followed by the 'crit-

ically endangered' gharial with 11.

However, the study cautioned that these figures likely underrepresented the actual scale as it was limited to incidents observed during the brief survey window (30 days per year) or reported by local communities. Approximately 40 per cent of the respondents reported witnessing aquatic species trapped in ghost gear.

Low level of education among fishing communities was identified as a key barrier to awareness and access to information about the environmental and economic impact of ghost gear.

The report also pointed out systemic shortfalls -- none of the 20 block and panchayat offices surveyed across Uttar Pradesh, Bihar, Jharkhand and West Bengal had the infrastructure to collect, store or recycle ghost gear.

The abandoned nets can take up to 600 years to decompose, continuing to entangle fish, turtles and other riverine species long after their use.

As they degrade, they break down into microplastics, polluting the food chain and further deteriorating water quality.

Pollution levels were found to be particularly severe in West Bengal, where more than 4,600 abandoned nets were documented in a single survey area.

"The highest concentration of fishing nets was observed in the lower stretches of the

Low level of education among fishing communities was identified as a key barrier to awareness and access to information about the environmental and economic impact of ghost gear

river, with West Bengal (4,690) leading, followed by Uttar Pradesh (2,131), Bihar (1,194), and Jharkhand (191)," according to the report.

With nearly 30 lakh fishers relying on the Ganga for their livelihoods, the study underscored a critical knowledge gap.

Despite being directly affected by the problem, most fishers are unaware of the long-term damage caused by abandoned gear. While about 80 per cent of the respondents admitted to having lost fishing gear, only 25 per cent understood the environmental consequences of "ghost nets".

The study also highlighted economic pressures -- poverty, a lack of alternative livelihoods and rising demand -- exacerbating unsustainable fishing practices.

"The cost of fishing gear plays a crucial role in usage patterns. Traditional gear with larger mesh sizes is more expensive. Therefore, lowering the cost of sustainable, natural fibre-based alternatives and offer-

ing incentives could encourage eco-friendly practices," the Wildlife Institute of India said in its study report.

The proposed "cash-for-nets" scheme suggests rewarding fishers for depositing worn-out or abandoned nets to designated collection points, potentially managed through the existing network of fair price shops. The nets would then be transferred to block-level processing units and subsequently consolidated at the district level.

Identified recycling partners appointed by the government would collect the nets for upcycling and recycling.

The model calls for a multi-stakeholder, multi-tiered approach backed by robust policy measures to create strong upstream and downstream linkages.

Beyond one-time payments, the initiative proposes a rewards-based system -- fishers who responsibly use nets could access subsidised rates for replacements -- tracked through biometric IDs.

The longer a net is appropriately used, the greater the subsidy on its replacement -- promoting both economic and ecological benefits. The plan also envisions broader community participation.

The Wildlife Institute of India suggested involving self-help groups (SHGs) in the collection, sorting and recycling process, creating income opportunities while supporting river conservation.

BJP steps up attack on Supreme Court

PIONEER NEWS SERVICE ■ New Delhi

BJP MP Nishikant Dubey, one of the more vocal party members in the Lok Sabha, launched a broadside against the Supreme Court on Saturday, saying Parliament and state assemblies should be closed down if the apex court has to make the laws.

He accused the court of arrogating to itself Parliament's legislative powers by striking down laws passed by the legislature and even giving directions to the President who, Dubey noted, is the appointing authority of Supreme Court judges.

"Kanoon yadi Supreme Court hi banayega to Sansad Bhavan bandh kar dena chahiye," the BJP MP said in a social media post. His comment came following the Centre's assurance to the court that it would not be implementing some of the contentious provisions of the Waqf (Amendment) Act till the next day of hearing after the court raised questions over them.

It is hearing several pleas challenging the constitutionality of the Act, which was passed by Parliament in the first week of this month.

Dubey appeared to question the court's

The SC's decision to set a timeline for the President to take a decision on the bills sent to them has triggered a fresh round of debate, with VP Dhankhar voicing strong disapproval of the judgement

critical observations on the Act's dilution of the "Waqf by user" provision, saying it has sought documentary proof in cases involving temples, including Ram Mandir in Ayodhya, but has chosen to ignore the similar need in the ongoing case.

Citing Article 368 of the Constitution, he said that law-making is the job of Parliament, and the Supreme Court is meant to interpret the laws.

The court can order the government but not Parliament, he asserted.

Dubey cited the court's earlier decisions to decriminalise consensual homosexuality, which was covered under Section 377 of the erstwhile Indian Penal Code, and to strike down Section 66(A) of the IT Act to target its alleged overreach.

He claimed that the court decriminalised homosexuality despite all religions

considering it wrong and that Section 66(A) was required to curb the increasing misuse of online platforms to send objectionable contents.

Dubey, an MP from Godda in Jharkhand, is often in the vanguard of the BJP's political attacks on its rivals in the Lok Sabha and in articulating the ruling party's stand on various issues.

The apex court's recent decision to set a timeline for the President of India to take a decision on the bills sent to her has triggered a fresh round of debate, with Vice President Jagdeep Dhankhar voicing strong disapproval of the judgement.

Dhankhar has also been maintaining that the apex court was wrong in striking down the National Judicial Appointments Commission Act in 2015.

On the other hand, opposition parties have lauded the court's direction to the President as well as the proceedings in the apex court in the Waqf (Amendment) Act matter.

The discovery of a huge amount of cash last month in an outhouse at the residence of Justice Yashwant Varma, who has since been transferred from Delhi High Court to Allahabad High Court, has also reignited debate over the issue of judicial accountability.

Railway added more facilities since 2014

DEEPAK KUMAR JHA ■ New Delhi

With no facility of on-board lavatories for the railway loco pilots in 2014, the Indian Railways enhanced with more than 9,000 facilities to improve the working conditions of train pilots.

The facilities includes urinals, air conditioned well furnished running rooms. As per railways data, before 2014 there was not a single running room with adequate recreational facilities for the loco pilots who at one go ferries about 1000 lives from one destination to another.

Further more than half the locomotive cabs have been upgraded with ergonomic seats, air conditioning and other improvements. "Toilets are being fitted in all new locos manufactured henceforth. This was not even part of the production plan before 2014.

Older locomotives are being retrofitted with toilets. Design modifications are being done in older locomotives for this purpose. New running rooms are being added on the routes with heavy congestion. These steps have already brought down the working hours significantly," said a senior railway official.

New safety features like fog safety devices, Kavach, driver alert systems and better tech-



FILE PHOTO

nology for braking systems are further improving safety. Onboard facilities, better technologies, and better rest timings are also improving the working conditions, claimed the officials.

"Railway takes care for necessary requirements of all type of loco pilots. Goods Trains stop at many stations and yards for significant time. Timing at these stations is sufficient for using toilets. Crew also use this time for light snacks," added the official.

"In suburban trains, loco pilots work on short distance trains and crew of these trains

use toilets at terminal stations. Crew of passenger trains use toilet of train when train is standing at station and also use this time for snacks. All above steps are continuously being implemented," he explained.

Last year in July Leader of Opposition Rahul Gandhi courted a controversy after he visited New Delhi railways station and raised work conditions of the loco pilots which was immediately countered by Railways Minister Ashwini Vaishnav who accused the Opposition of trying to demoralise the Railway family with fake news.

Waqf by user issue deliberately raised by Centre to bring properties to dispute: Mallikarjun Kharge

PIONEER NEWS SERVICE ■ New Delhi

Congress president Mallikarjun Kharge on Saturday said the Supreme Court has given importance to the points raised by the Congress and other opposition parties on the Waqf (Amendment) Act and alleged that the government had raked the 'Waqf by user' issue deliberately to create a dispute over such properties.

Addressing a meeting of general secretary and in-charges here, Kharge said former party chiefs Sonia Gandhi and Rahul Gandhi were named in the Enforcement Directorate chargesheet and National Herald properties in Delhi, Lucknow and Mumbai were attached with a "spirit of vendetta".

Referring to the Waqf (Amendment) Act that is being heard in the Supreme Court, he said, "I am happy that the Supreme Court has given importance to the points raised by the Congress and other opposition parties."

He accused the BJP and the central government of misleading people on the issue of Waqf. "Especially the issue of 'Waqf by user' has been deliberately brought up by the government to put Waqf properties into dispute," he alleged.

Kharge said the Congress would be cowed down by the Enforcement Directorate's action in the National



PTI

Herald case. "You must have noticed how, as part of a big conspiracy, the names of CPP Chairperson Sonia Gandhi and leader of Opposition in Lok Sabha Rahul Gandhi have been put in the charge sheet in the National Herald case. But no matter whose name they put, we are not going to be afraid," Kharge said.

"Just two or three days before that, the properties of National Herald in Delhi, Lucknow and Mumbai were attached. There is no doubt that all this is being done out of a spirit of vendetta," he said.

Asserting that 'Young Indian' is a 'not for profit' company, Kharge said this means that no one can take or transfer the shares, properties or profit of AJL.

"The BJP people are misleading people by lying. We have to tell the truth to the public," he said.

The Enforcement Directorate filed the chargesheet against Sonia Gandhi, Rahul Gandhi and others before a special court here in the National Herald case, accusing them of laundering ₹ 988 crore.

It is alleged that a "criminal conspiracy" was carried out by Congress leaders to "usurp" properties worth Rs 2,000 crore of its public company Associated Journals Limited (AJL) by transferring 99 per cent shares to their private company named Young Indian for just Rs 50 lakh, a firm where Sonia and Rahul Gandhi are the majority shareholders.

Amit Shah urges Naxals to surrender, join mainstream

PIONEER NEWS SERVICE ■ New Delhi

Union Home Minister Amit Shah on Friday asked all underground Naxals to surrender as soon as possible and join the mainstream, saying the government is determined to free the country from the scourge of Naxalism before March 31, 2026.

Shah also said that the Cobra commandos and Chhattisgarh Police have arrested 22 notorious Naxalites with modern weapons and explosive materials in various operations in Chhattisgarh's Bijapur district. He said that 11 Naxalites have also surrendered in Badesetti Panchayat of Sukma due to which this panchayat has become completely Naxal-free.

"I appeal to the hiding Naxalites to lay down their arms as soon as possible and join the mainstream by adopting the surrender policy of the Modi government. We are determined to free the country from the scourge of Naxalism before 31 March 2026," Shah said in a social media post.

Addressing the CRPF raising day function at Neemuch in Madhya Pradesh earlier on Thursday, the home minister said that Naxalism is now confined to just four districts in India.

"Naxalism has been confined to just four districts in India. The menace will end in the country by March 31, 2026, as stated by Prime Minister Narendra Modi. The CAPF (Central Armed Police Forces)

The Commando Battalion for Resolute Action (CoBRA) is a specialised unit of the CRPF, known for its proficiency in guerrilla and jungle warfare, particularly in combating the Naxal menace

and the CRPF, especially its CoBRA battalion, are playing a major role in eliminating Naxalism from the country," he said.

The Commando Battalion for Resolute Action (CoBRA) is a specialised unit of the CRPF, known for its proficiency in guerrilla and jungle warfare, particularly in combating the Naxal menace.

Shah said the the CRPF has set up over 400 forward operating bases in Naxal affected areas and violence in these regions has come down by more than 70 per cent because of this and "we are now close to ending it".

On Thursday, he said the CRPF's contribution to national security is unparalleled, whether it is fighting terrorists in the Kashmir valley, ensuring peace in the Northeast, or confining hardened Naxalites to just four districts today.

"In all these achievements, the CRPF jawans have played a major role. No number of books can do justice to their bravery, sense of duty and courage," he said

Bhutan King visits Assam

PIONEER NEWS SERVICE ■ Guwahati

Bhutan King Jigme Khesar Namgyel Wangchuk arrived at Jogighopa in Assam's Bongaigaon district on Saturday to inspect India's first International Multimodal Logistics Park (MMLP), a state minister said.

He arrived by a royal helicopter and landed inside the MMLP, where the King was received by Assam Minister for Public Health and Engineering Department Jayanta Malla Baruah.

"This morning, as per the directives of Hon'ble CM Dr @himantabiswa dangoriya (respected senior), I had the honour of welcoming His Majesty Jigme Khesar Namgyel Wangchuk ji, the King of Bhutan, to Assam for his visit to inspect India's first-ever International Multi-Model Logistics Park (MMLP), currently in its final stages of construction under the Bharatmala Project (sic); Baruah said in a post on X.

Besides the MMLP, the King also visited the Inland Water Transport (IWT), which is under construction on the Brahmaputra river, he said.

"I am truly overwhelmed by His Majesty's affection towards Assam and extend my heartfelt gratitude to him for this gracious visit to our state," Baruah said.

Constructed by the National Highways and Infrastructure Development Corporation Ltd (NHIDCL), the park



Bhutan king Jigme Khesar Namgyel Wangchuk visited India's first International Multi Model Logistics Park at Jogighopa in Assam on Saturday. PIONEER PHOTO

will seamlessly integrate road, rail, air and waterways upon completion, the minister said.

"Spread across 317 acres on the banks of Brahmaputra, this project will unlock immense economic potential for our state by facilitating trade with neighbouring countries like Bhutan and Bangladesh," the minister said. "The strategic proximity of Bhutan's visionary urban development initiative — The Gelephu Mindfulness City, will also undoubtedly contribute to the success of the MMLP," Baruah added.

Security has been tightened in and around the MMLP, with the local police and personnel from Bhutan deployed in the area, officials said.

The King's visit took place amid strict diplomatic protocol and mediapersons were barred from entering the park.

Akhilesh Yadav condemns attack on SP MP Ramjilal Suman's residence in Agra

BISWAJEET BANERJEE ■ Agra

Samajwadi Party (SP) president and former Uttar Pradesh Chief Minister Akhilesh Yadav strongly condemned the recent attack on the residence of SP Rajya Sabha MP Ramjilal Suman in Agra, allegedly carried out by members of the Karni Sena. Calling it a "planned conspiracy," Akhilesh said the assault was not just an act of political aggression but a targeted attempt to instill fear among Dalits and the broader PDA (Pichhda, Dalit, Alpsankhyak) communities.

"This was not an ordinary incident. The attack on a Dalit leader's home is a message — a dangerous one — to those who dare to speak up for the rights of the backward, Dalits and minorities. It is a calculated attempt to silence their voices and create an atmosphere of terror," Akhilesh said after meeting Suman at his residence in Sanjay Place.

Akhilesh alleged that the attack was carefully orchestrated and carried out with full knowledge of its implications. "This was not a sudden outburst. The attackers came with a clear intention — to cause harm, to intimidate and to send a message to the PDA communities that they should remain silent. This is part of a larger, sinister design to divide society and

crush dissent," he added. The attack reportedly took place days after a controversial remark was made in Parliament regarding historical figure Rana Sanga. The Karni Sena, known for its aggressive stance on issues related to Rajput pride, held Suman responsible for the remark and allegedly vandalised his property.

The incident has sparked a fresh political storm in Uttar Pradesh, where caste and identity politics continue to dominate the political discourse

Akhilesh was quick to dispel any notion that his visit was meant to mobilise political support or display the party's street power. "I did not come here to demonstrate political strength. I came to meet a senior leader of my party, to stand by him during a difficult time. We had made it clear from the beginning that this visit would be peaceful — no protests, no sloganeering," he said.

Despite this, hundreds of SP supporters gathered near Suman's residence even before Akhilesh's arrival. Anticipating possible unrest, the Agra administration

had made heavy security arrangements from Hariparvat Chauraha to Speed Color Lab. Police personnel were deployed in large numbers and kept on high alert. Thankfully, the visit remained peaceful and no incidents of violence or disruption were reported.

Reiterating his party's commitment to the PDA communities, Akhilesh said the Samajwadi Party will not be deterred by such attacks. "We will continue to speak up for justice, for equality, and for the rights of every marginalised person in this country. Those who think they can silence us through violence are mistaken. We will not be intimidated," he asserted.

The incident has sparked a fresh political storm in Uttar Pradesh, where caste and identity politics continue to dominate the political discourse.

SP leaders have demanded strict action against those involved in the attack and accused the ruling BJP of tacitly encouraging such groups for political gain. As tensions remain high, the spotlight is now on how the administration and political parties respond to the growing discontent among marginalised communities who see the attack on Suman as an attack on their voice and representation.

CM Nitish using public funds for JD(U) campaign: RJD

PIONEER NEWS SERVICE ■ Patna

Opposition RJD on Saturday accused Bihar Chief Minister Nitish Kumar of "institutionalising" corruption in the state and using government funds for electoral campaign ahead of the assembly polls due later this year. It also alleged that the NDA government in Bihar was responsible for "financial anarchy" in the state. The ruling JD(U), however, termed the allegations "baseless".

"Nitish Kumar is responsible for institutionalising corruption in Bihar, the CM is using state government funds for his party's poll campaign," RJD leader Tejashwi Yadav said at a press conference here. He also alleged that the recently launched 'Mahila Samvad' initiative to

connect with and inform women about welfare measures was a part of the JD(U)'s electoral campaign "by using government funds." "The cabinet approved ₹225 crore for it.

Reacting to Yadav's allegations, JD(U) national working president Sanjay Kumar Jha said people of the state are well aware of the development work undertaken by CM Nitish Kumar

The state government is using public money for its campaign, there is nothing concrete on the ground for women of the state, but crores are being spent for propaganda," Yadav asserted. The former

deputy chief minister also hit out at the state government over "global tenders" for construction work. "The cabinet has cleared proposals for ₹76,622-crore funds for construction activities in the state from December 2024. Surprisingly, for the first time, the government has floated global tenders for such work, what was the reason for floating global tenders?" the young RJD leader said.

"Also, we have seen that bridges have been constructed without approach roads, several buildings are ready but the departments concerned were not taking possession, (new) hospital buildings are without equipment or doctors, several crores were spent on the 'Har Ghar Nal Ka Jal scheme' but there is no supply of water," Yadav said. He also claimed that ministers in the state government were paid

hefty commissions in lieu of projects. "I have heard that around 30 per cent commission of the total amount is paid to the ministers concerned for each project, and through this, the NDA government is trying to cover election expenses," alleged Yadav. The RJD leader criticised the Bihar government over rising liabilities of the state, too. "The government's wasteful spending of public funds on campaigns for elections is highly condemnable, liabilities are increasing day by day. The Bihar government is paying at least ₹25,000-30,000 crore annually as interest for its loans," he said.

Reacting to Yadav's allegations, JD(U) national working president Sanjay Kumar Jha said people of the state are well aware of the development work undertaken by Nitish Kumar across Bihar.



Prime Minister Narendra Modi with Assam Chief Minister Himanta Biswa Sarma during a meeting in New Delhi. PTI

Assam CM invites PM Modi to Hazarika centenary launch

PIONEER NEWS SERVICE ■ Guwahati

Assam CM Himanta Biswa Sarma called on Prime Minister Narendra Modi in New Delhi on Saturday and invited him to the year-long celebration of Bharat Ratna Dr Bhupen Hazarika's birth centenary, beginning in September.

Hazarika was born on September 8, 1926, and the Assam cabinet had recently decided to hold a year-long celebration of the music maestro.

"It was my privilege to meet Hon'ble Prime Minister Shri @narendramodi ji in New Delhi today. I had the honour of inviting him to Assam as the Chief Guest for the inaugural ceremony of the year-long celebration of Bharat Ratna Dr Bhupen Hazarika's birth centenary," Sarma posted on X.

Events across India, release of Hazarika's biography and commemorative

coin among others, have been planned. "I also took the opportunity to request his gracious presence for the inauguration of the Assam Bio-Ethanol Plant, with a production capacity of 49 KTPA ethanol, using 300 KTPA bamboo as feedstock," the Chief Minister said.

Assam Bio Ethanol Private Ltd (ABEPL) is the first bio-refinery to produce fuel-grade ethanol from bamboo biomass and has been formed as a joint venture company between Numaligarh Refinery Ltd (NRL) and two Finnish companies, Fortum and Chempolis Oy.

"In addition, I also requested him to lay the foundation stones of two key infrastructure projects: the ₹5,700 crore Guwahati Ring Road project and the Darrang Medical College and Hospital," Sarma said.

The CM said the prime minister has "agreed to grace these important occasions on September 8, 2025".

Delay in MP BJP chief appointment worries party cadre

GIRISH SHARMA ■ Bhopal

The Bharatiya Janata Party (BJP) in Madhya Pradesh finds itself at an organizational crossroads as the long-anticipated appointment of a new state president continues to face delays. As per the original timeline, the election for the state unit chief was to be completed by January 15, 2025, but as April nears its end, there has been no official movement—fueling speculation and unease within party ranks.

The absence of a new president has created a leadership vacuum in the state unit and is now being seen as a bottleneck in the BJP's national organisational roadmap, particularly the selection of a new national president, which is to follow the completion of state-level appointments. VD Sharma, the incumbent state president, has been at the helm since February 2020. Though his term formal-

ly ended in February 2023, he was granted an extension to steer the party through the November 2023 assembly elections. Despite earlier indications that a successor would be announced by mid-January, the process remains stalled.

Party insiders attribute the delay to several factors, including the central leadership's preoccupation with the Delhi Assembly elections, ongoing internal deliberations, and the challenge of choosing a candidate who can uphold the party's organisational goals while navigating Madhya Pradesh's intricate caste dynamics.

Traditionally, the BJP has maintained a strategic caste balance in Madhya Pradesh by selecting a Chief Minister from the Other Backward Classes (OBC) and appointing a state president from the upper castes. This formula has helped consolidate the party's support base across communities. With Chief Minister

Mohan Yadav belonging to the OBC category, expectations point toward an upper caste or minority community leader taking over the state unit to maintain this equilibrium.

However, there is also growing pressure on the party to enhance representation for Scheduled Castes (SC), Scheduled Tribes (ST), and women, reflecting the evolving political and social landscape of the state.

Several names have surfaced as contenders for the top post, including Narottam Mishra, Gajendra Singh Patel, Alok Sharma, Raghvendra Sharma, and Hemant Khandelwal. Among them, Hemant Khandelwal—a legislator from Betul and a prominent Vaishya community leader—is reportedly emerging as a consensus candidate, acceptable to multiple factions within the party.

He is seen as a strong contender with cross-sectional appeal. Sources suggest that the party high command is cautious

about appointing a leader who could evolve into an alternative power centre in the state, particularly in parallel to Chief Minister Mohan Yadav. This strategic consideration is believed to be one of the key reasons behind the prolonged decision-making process.

The delay has also disrupted the party's internal organisational framework. Although elections at the booth and mandal levels have been completed, the finalization of district presidents has faced multiple hiccups.

Some appointments were even revoked due to non-compliance with internal guidelines, further slowing down the structure-building process.

Rajneesh Agrawal, State Co-Election Officer for the BJP's organisational elections, told The Pioneer that the state unit is fully prepared for the election and is currently awaiting approval from the central leadership.

Principal Secretary to PM envisions \$5 trillion economy to eradicate poverty

PIONEER NEWS SERVICE ■ Sambalpur (Odisha)

Pincipal Secretary to the Prime Minister, Dr P K Mishra, on Saturday said the vision of a \$5 trillion economy is not just a GDP figure — it is about millions lifted from poverty, world-class infrastructure, energy security, and digital empowerment.

Addressing the graduate students during the ninth Annual Convocation of the Indian Institute of Management at Sambalpur, Mishra drew inspiration from Prime Minister Narendra Modi's grand vision of Amrit Kaal. Mishra reiterated PM wants all of us to take the country to the next level through the process of



"reform, perform and transform". In this endeavour all of us will be playing a critical role in ensuring that India becomes a developed country by 2047. Speaking on a theme "Opportunities and Challenges in the Current Geopolitical and Economic Context", Mishra opined that we are living in an interesting and challenging time as the global economy is at a critical juncture, facing an array of complex challenges including disruptions in global supply chains, protectionist policies, heightened geopolitical tensions, and changing global trade patterns.

Mishra exemplified India's prowess in becoming a global innovation powerhouse. He mentioned that with over 100 unicorns, we are the third-largest start-up

ecosystem in the world. Talking about Production-Linked Incentive (PLI) Schemes across sectors such as electronics, pharma and solar are driving manufacturing resurgence, Mishra highlighted that this opens up exciting roles in operations, logistics, supply chain strategy and manufacturing excellence.

Dr Mishra encouraged the students to be courageous and resilient in adversity. In line with the spirit of Vasudhaiva Kutumbakam — "The world is one family", Dr Mishra concluded his deliberations by saying that leaders who think beyond profits and positions. He exhorted the students to be managers who can manage not only businesses but also values, diversity and change.

Punjab police bust two ISI-backed Khalistani terror modules

PRESS TRUST OF INDIA ■ Chandigarh

With the arrest of 13 people, Punjab Police on Saturday claimed to have busted two major ISI-backed Khalistani terror modules that were being run from abroad and seized two rocket-propelled grenades, two hand grenades, IEDs and RDX along with other munitions.

The first terror module was operated by France-based Satnam Singh alias Satta and the second by Greece-based Jaswinder alias Mannu Agwan, Director General of Police Gaurav Yadav said.

These modules, which were backed by Pakistan's spy agency Inter-Services Intelligence (ISI), were being operated by a proscribed terrorist outfit Babbar Khalsa International (BKI) from abroad, Yadav said. This is a major blow to transnational terror networks targeting peace and stability in Punjab, said Yadav in a post on X. Sharing details, the DGP said the police seized two rocket-propelled grenades (RPGs) including a launcher, two IEDs (2.5 kg each), two hand grenades with detonators, two kg RDX with remote control, five pistols (Beretta and Glock), six magazines, 44 live cartridges, one wireless set and three vehicles.

The arrested have been identified as Jatinder alias Honey, Jagjit alias Jagga, both residents of Kapurthala, Harpreet and Jagroop, both from Hoshiarpur, said the DGP, adding their terror module was operated Satta. He said a case has been registered under the Unlawful Activities (Prevention) Act (UAPA) and the Explosives Act in Amritsar.

VHP demands President's rule in West Bengal after Murshidabad violence

PIONEER NEWS SERVICE ■ New Delhi/Kolkata

The Vishva Hindu Parishad on Saturday staged protests in different parts of the country against the recent communal violence in West Bengal's Murshidabad over the amendments made to the Waqf law, demanding immediate imposition of President's Rule in the state.

The protests were held in Murshidabad, Delhi and Noida, among other places, with VHP members claiming a complete breakdown of law and order in the Mamata Banerjee-ruled state where clashes claimed at least three lives last week. In Delhi's Nangloi Chowk, Vishva Hindu Parishad (VHP) general secretary Bajrang

Bagda led a protest condemning the violence in West Bengal. In Noida, the VHP took out a rally raising slogans against the Trinamool Congress government in West Bengal led by its national spokesperson Vinod Bansal.

"Protests were held at multiple locations across the country, barring Punjab, because the Trinamool Congress is carrying out a cycle of oppression and repression of Hindus in connivance with Bangladeshi-Rohingya infiltrators," Bansal said.

"The recent incident of violence in Murshidabad was only a 'gruesome form' of the ongoing oppression (of Hindus) in Bengal under Trinamool's watch. In Bangladesh, what began as protests against reservation eventually went on to

target Hindus. But we will not tolerate such Bangladeshi mindset in our country," Bansal said. The VHP demands immediate imposition of President's Rule in West Bengal, fencing off borders in the state, adequate compensation to the victims of violence in Murshidabad and ensuring the safety of Hindus in Bengal, the VHP leader said. "The VHP also demands that land grabbing in the name of Waqf be immediately stopped and a high-level inquiry be ordered into the properties acquired in the name of Waqf," Bansal said. "We also demand that authorities identify the Bangladeshi-Rohingya infiltrators in West Bengal and drive them out. Strictest action should be taken against the perpetrators of violence in Murshidabad," he said.

Ricky Rai shot near Bidadi

PRESS TRUST OF INDIA ■ Ramanagara (Karnataka)

The son of late underworld don N Muthappa Rai was allegedly shot at by unidentified assailants near his residence in Bidadi here, police said on Saturday. Ricky Rai is currently undergoing treatment at Manipal hospital in Bengaluru, they said.

Karnataka Home Minister G Parameshwara said he was aware of the incident and sought details from the police. "I was told that the incident happened at 1:30 or 2 am. I have asked for details. He (Ricky) has been admitted to Manipal Hospital and I'm told he is out of danger. Police have begun the investigation at the spot by deploying extra force," he told media. The incident occurred between 1 am to 1.30 am (late Friday night) near his residence when he

was travelling from Bidadi to Bengaluru in his car. According to police, some unidentified people allegedly opened three rounds of fire and a bullet struck the vehicle. He was seated in the rear along with his gunman when the bullet pierced through the driver's seat, injuring both the driver and Rai.

Citing preliminary inquiry, a senior police officer said Ricky, who usually drives himself, sustained injuries to his nose and arms. Both the driver and the Ricky are stated to be out of danger. Initially, Ricky was taken to a private hospital in Bidadi and later referred to Manipal Hospital in Bengaluru for advanced treatment. Based on the complaint of his driver, a case has been registered against Muthappa Rai's second wife Anuradha, entrepreneur Rakesh Malli (close associate of Muthappa) and Niketan trust, the senior police officer said.

US airstrike on Yemen escalates Trump's campaign

PRESS TRUST OF INDIA ■ Dubai
US airstrike on an important oil port held by Yemen's Houthi rebels killed more than 70 people and wounded many others...

smashed tanker trucks. They denounced the strike as a "completely unjustified aggression."
"It targets a vital civilian facility that has served the Yemeni people for decades," the group said in a statement.



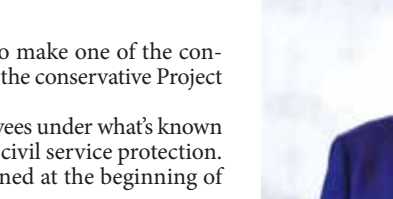
country's energy-rich Marib governorate moved through Ras Isa for export. But since the Houthis don't control that region, the port now serves as an import hub for gasoline, diesel and liquefied petroleum gas that help power those parts of Yemen the Houthis control.

liest known attack yet in the month-old campaign. The actual cost in lives is hard to assess, said Luca Nevola, the senior analyst for Yemen and the Gulf at the Armed Conflict Location & Event Data Project, a think tank.

The US accuses a Chinese company of aiding Houthi attacks. A US State Department spokesman, Tammy Bruce, accused a Chinese commercial satellite image provider, Chang Guang Satellite Technology Co. Ltd., of "directly supporting Iran-backed Houthi terrorist attacks on US interests."

Trump to invoke 'Schedule F' to fire some federal workers

PRESS TRUST OF INDIA ■ Washington
President Donald Trump is preparing to make one of the controversial personnel changes laid out in the conservative Project 2025 blueprint for his second term.



behavior, they should no longer have a job," he wrote on his Truth Social platform. "This is common sense, and will allow the federal government to finally be run like a business."

Member of Ahmadi community lynched in Pakistan TLP rally

PRESS TRUST OF INDIA ■ Karachi
A mob of Islamists allegedly beat to death a member of Pakistan's minority Ahmadi community Friday while demonstrating near an Ahmadi place of worship in Karachi...

avoid any unrest in the city ahead of the TLP rally. He said Cheema was killed away from the Ahmadi worship site, and that police were still trying to confirm who attacked him.

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It is informed that requirement of Lady Headmistress, Teacher & Aaya for Nursery, LKG and UKG for the academic session 2025-26 at Montessori School of Deputy Inspector General of Police, Group Centre, CRPF, Dadri Road, Sutiara, Greater Noida-201306...

PUBLIC NOTICE
This is to inform General Public and others that my Client Radhey Shyam Vijay S/o Late Sh. Ram Swarup Vijay R/o RZ-421 Gali No. 13 Tughlakabad Extn. New Delhi - 110019 presently residing at H.No. 20/1 Gali no. 3, Malik Colony, Udhampur Singh Nagar, Uttarhand-263153 has severed his all relation from his son Om Vijay and his family and Disowned from all moveable and immovable properties with immediate effect...

PUBLIC NOTICE
Public is hereby informed that Mr. Lokesh Kumar has claimed to the DDA LG Flat No. A-4C/164, Situated in the layout plan of Housing Estate, Janakpuri New Delhi. And now, Mr. Lokesh Kumar and Mrs. Jagtamba Devi has approached the IDBI Bank Ltd. for loan against mortgage of above said property...

MPL MAITHON POWER LIMITED
Registered Office: Corporate Center, 34 Sant Tukaram Road, Carnac Bunder, Mumbai 400 009, Tel: 91 22 67171232
Website Address: www.tatapower.com/mpl
E-mail: angshuman.c@tatapower.com

PUBLIC NOTICE
Be it known to all, that my client Ms. Manik Motors India LLP intends to purchase the property being Freehold Industrial Plot No. A-7, situated at Mohan Co-operative Industrial Estate, Mathura Road, New Delhi, measuring 1004.88 Sq. Yards, from its present owner Mrs. Mirza International Limited (formerly Mirza Tanners Limited).

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MPL MAITHON POWER LIMITED
Public Notice Inviting Suggestions/ Objections on Petition of Maithon Power Limited in compliance with Clause (7) of Regulation 23 of Central Electricity Regulatory Commission (Conduct of Business) Regulations, 2023 for determination of supplementary tariff for ECS (De-NOx System) for Control Period FY 2024-29.

THE PIONEER CLASSIFIEDS
CHANGE OF NAME
I, Bijender Singh, Father of No.10137044F Rfn Sonu, R/o-Vill- Koth Kalan, PO- Koth Khurd, Teh- Narnaund, Dist- Hisar, Haryana, have changed my name from Bijender Singh to Bijender Sharma, vide affidavit dated 19/04/2025 before Notary Public Delhi.

Group sues Costa Rica over rights of 81 deported children
PRESS TRUST OF INDIA ■ Mexico City
A group of human rights lawyers is suing Costa Rica, alleging the Central American nation violated the rights of dozens of migrant children by detaining them in a rural camp for nearly two months after they were deported from the US in February.

Iran, US to hold second nuclear talks in Rome



Iran and the United States prepared Saturday for a second round of negotiations over Tehran's rapidly advancing nuclear programme in Rome. The talks in Italy over Easter weekend again will hinge on US billionaire Steve Witkoff, the US Mideast envoy of President Donald Trump, and Iranian Foreign Minister Abbas Araghchi.

spiked over the Israel-Hamas war in the Gaza Strip and after US airstrikes on targeting Yemen's Iranian-backed Houthi rebels killed more than 70 people and wounded dozens more.

IPL: CSK take on Mumbai Indians

PRESS TRUST OF INDIA ■ Mumbai

Chennai Super Kings' (CSK) poor form may take the sheen off the return leg of this year's IPL Clasico but for Mumbai Indians (MI), the contest will present a challenge to change strategy in order to maintain their winning run here on Sunday.

Mumbai Indians have done well to resurrect their faltering campaign with two consecutive wins over Delhi Capitals and Sunrisers Hyderabad, but Hardik Pandya's seventh-placed side still needs to steer through mid-table traffic with several other teams in a similar situation.

Mumbai Indians were spot on with their planning an execution on a tricky pitch here at the Wankhede Stadium on which they took apart SRH's explosive batting style with precision.

That surface, an uncharacteristic one for Wankhede, had turn and grip for spin as well as pace off the ball for seamers which took the fight out of SRH batters.

But such an approach against the spin-heavy CSK would not be the right way and has the potential to backfire.

Noor Ahmad has thrived in CSK colours with 12 wickets in seven matches which includes his three wickets against MI earlier this season, while the five-time winners also have two seasoned exponents in Ravichandran Ashwin (5 wickets) and Ravindra Jadeja (4).

MI, however, would still have the upper hand given their current form despite having lost to CSK in their season-



opener in Chepauk. Rohit Sharma has not notched up a big score yet but his brisk start against SRH gave MI the impetus they needed. Tilak Varma has been on a roll and so has Suryakumar Yadav, with Ryan Rickelton's contribution at the top and Will Jacks' all-round show giving MI the fuel for their win. MI would be pleased with how their bowling department is finding its rhythm with Trent Boult causing a lot of trouble with his perfect execution of the yorkers in recent outings, and Jasprit Bumrah also finding his lengths in the contest against SRH.

Pandya has floated well through his roles as a bowler and batter but he will continue to rely on Naman Dhir for some

aggressive batting in death overs.

Karn Sharma suffered a finger webbing split while fielding against SRH and given the lack of turnaround time between matches, he is an injury concern.

On their part, there are no signs yet that CSK have been able to end their troublesome run of four consecutive losses with a five-wicket win over Lucknow Super Giants. But MS Dhoni's return to the Wankhede — the venue for many battles between these teams — should spur the visiting side. Dhoni was the difference between MI and CSK the last time these two teams clashed here in 2024, with his four-ball 20 with three sixes off Pandya. Dhoni's return as full-time skipper for

the remainder of the season and CSK finding "manoeuvrability" with their bowling line-up was one positive sign for the old warhorse, who faces the task of reviving their disappointing campaign, contribute with the bat in death overs, and manage his knee injury amid all this.

CSK have added former MI player Dewald Brevis but it remains to be seen if the South African batter, as well as young Mumbai recruit in Ayush Mhatre, would slide into the playing XI immediately given their limited knowledge of conditions and pitch here.

Teams

Mumbai Indians: Hardik Pandya (c), Rohit Sharma, Suryakumar Yadav, Robin Minz, Ryan Rickelton (wk), Shriji Krishnan (wk), Bevon Jacobs, Tilak Varma, Naman Dhir, Will Jacks, Mitchell Santner, Raj Angad Bawa, Vignesh Puthur, Corbin Bosch, Trent Boult, Karn Sharma, Deepak Chahar, Ashwani Kumar, Reece Topley, VS Pannemetsa, Arjun Tendulkar, Mujeeb Ur Rahman, Jasprit Bumrah.

Chennai Super Kings: MS Dhoni (C&wk), Dewald Brevis, Devon Conway, Rahul Tripathi, Shaik Rasheed, Vansh Bedi, Andre Siddharth, Ayush Mhatre, Rachin Ravindra, Ravichandran Ashwin, VJ Jay Shankar, Sam Curran, Anshul Kamboj, Deepak Hooda, Jamie Overton, Kamlesh Nagarkoti, Ramakrishna Ghosh, Ravindra Jadeja, Shivam Dube, Khaleel Ahmed, Noor Ahmad, Mukesh Choudhary, Nathan Ellis, Shreyas Gopal, Matheesha Pathirana.

Royal Challengers Bengaluru eye comeback against PBKS

PRESS TRUST OF INDIA ■ Mullanpur

Royal Challengers Bengaluru (RCB) have very little time to pick up the pieces after a debilitating loss as they eye a much-improved display from their batting unit in a return Indian Premier League match against in-form Punjab Kings (PBKS) here on Sunday.

With the exception of Tim David, the RCB batters had a night to forget as they slipped to 95 for nine against PBKS in Bengaluru on Friday, losing the match by five wickets. In a rain-curtailed 14-over-a-side match, the RCB batters cut a sorry figure with the likes of Phil Salt, Virat Kohli, skipper Rajat Patidar and Liam Livingstone failing miserably in front of their home crowd.

Patidar acknowledged the batters' failure at the Chinnaswamy Stadium.

"Initially it was sticking and two paced, but we could have done far better as a batting unit. Partnerships are important, we have lost wickets in quick intervals and that's a big lesson for us," Patidar had said after the loss against Punjab Kings.

Come Sunday, and RCB, who are placed fourth in the points table, would bank on Salt and Kohli to provide an explosive start and the onus would be on Patidar, Livingstone, Jitesh Sharma, Krunal Pandya and David to lend stability in the middle-order. On the bowling front, Josh Hazlewood and Bhuvneshwar Kumar will be spearheading the attack but they

will need a lot more support from people like Yash Dayal, Krunal and Suyash Sharma.

Despite their third loss at home, Hazlewood sought to look at the positives. "Quite unreal schedule in the last few days, well, we are playing again tomorrow. Yeah it is something different and I think the way we went about it (defending the total) on the field was a positive, to take wickets and put them under a little pressure and we can take that momentum to the next game," he said.

PBKS, on the other hand, are going great guns under Shreyas Iyer's leadership and are currently placed second in the standings with five wins in seven games behind table toppers Delhi Capitals.

What has stood out for PBKS this season is their bowling department.

Arshdeep Singh, Xavier Bartlett and Marco Jansen have been brilliant on the pace front, while leg-spinner Yuzvendra Chahal has reignited himself, taking crucial wickets in the middle overs.

Chahal's attacking bowling has reaped rich dividends for Punjab Kings, something which the team's skipper Iyer acknowledged.

"Personally I had a chat with Chahal. I told him you are a match winner and you need to get us wickets as much as possible. You do not need to be safe in your approach and he has got the capability of bouncing back. That's what we appreciate of him as a leggie," Iyer said.

It is great to learn from Bhuvi: Josh Hazlewood

PRESS TRUST OF INDIA ■ Bengaluru

Josh Hazlewood smiled wistfully as he ran past a dumbstruck Punjab Kings skipper Shreyas Iyer after dismissing him with a climbing delivery in the channel just outside the off-stump. The moment had two layers of significance to it.

It was the third time Hazlewood had the number of Shreyas in four IPL innings, conceding just eight runs.

So, it was a personal victory for the Royal Challengers Bengaluru pacer. But more than stamping the authority over a familiar rival, it signalled the Australian's ability to learn from past mistakes.

His previous two spells at the Chinnaswamy Stadium were ordinary — 1/43 against Gujarat Titans and 0/40 against Delhi Capitals where Jos Buttler and KL Rahul took him to cleaners despite the track here offering more assistance to the bowlers.

For a master metronome like Hazlewood, those punishments would have hurt his pride immensely.

But he changed the script on his third visit to the venue — 3/14 off three overs but it was a travesty that such an excellent effort ended up in a losing cause.

However, the spell was an underliner of Hazlewood's efficiency across the formats and it's based on relentless rather than magic. If you have a keen eye, then shades of Australian legend Glenn McGrath is unmistakable.

Like the 'Pigeon', Hazlewood too is a master of the 6-metre length and it's not surprising that he has close to 60 dot balls in this edition of the IPL alone.

It's an incredible stat as the 34-year-old bowls at least 12 balls in the Power Plays, and his dot ball percentage during that phase is approximately 73 per cent.

"I find if you really hit the wicket hard on that six to eight metres, it's quite tough to bat. I think it's just about trying to read

the play, read the batter," Hazlewood said in the post-match press conference.

"I think sometimes you get that sense that they're either going to come at you or sit deep and you can just make subtle changes of that length and can make a big impact," the Aussie detailed his modus operandi.

Along with his ability to adapt, the high release point makes Hazlewood a tricky customer to deal with on any kind of surface, as it allows him to find that disconcerting extra bounce.

Shreyas will vouch for that. The ball pitched slightly behind the good length but it bounced above the batter's midriff, robbing him of space to execute the cut/slash past the point fielder.

All the PBKS skipper could manage was a tame edge for Jitesh Sharma behind the stumps and now Hazlewood shares the Purple Cap with Chennai Super Kings' spinner Noor Ahmad with 12 wickets.

"Yeah, it's just, I think, trying to sense the batter and what mindset he's had and just those subtle changes when required. Yeah, potentially, I think it just could have been that balance of how hard to go," he noted.

Hazlewood has also benefited from the presence of the vastly experienced Bhuvneshwar Kumar at the other end, and the two have been the acoustic hearts of RCB new ball attack.

They operate rather similarly too — troubling batters with hard-to-notice changes in line and length. Hazlewood accepted that. "I think to bowl with someone like Bhuvi, who's been around for so long, so skilful at the start and at the end, it's great to learn from as well.

"But I think just the variety, we are all a little bit different, complement each other really well. So yeah, it's exciting," he said.

Perhaps, Hazlewood will be rewarded more suitably when RCB face Rajasthan Royals here on April 24.

Yuzvendra Chahal one of the best bowlers in IPL: Iyer

PRESS TRUST OF INDIA ■ Bengaluru

Punjab Kings (PBKS) captain Shreyas Iyer has called Yuzvendra Chahal "one of the best bowlers" in the Indian Premier League and said he has asked the seasoned leg-spinner to always look for wickets instead of worrying over leaking runs during a "personal chat."

After a subdued start to this edition of the T20 tournament, the Punjab Kings spinner has found his rhythm and took the wickets of Rajat Patidar and Jitesh Sharma in PBKS' five-wicket win over Royal Challengers Bengaluru here on Friday. "Personally I had a chat with Chahal. I told him you are a match winner and you need to get us wickets as much as possible. You do not need to be safe in your approach and he has got the capability of bouncing back. That's what we appreciate of him as a leggie," Iyer said.

"He is one of the best bowlers in the IPL, probably the best bowler in the IPL so far. You to back that all the time," he said after the win over RCB.

Punjab Kings produced an inch-perfect bowling effort to restrict RCB to 95 for nine in a rain-curtailed 14 overs-a-side match at the Chinnaswamy Stadium.

In reply, PBKS competed the chase in 12.1 overs with Nehal Wadhra making a match-winning 19-ball 33.

Personally I had a chat with Chahal. I told him you are a match winner and you need to get us wickets as much as possible

— SHREYAS IYER, PBKS CAPTAIN

The Player of the Match award, however, went to RCB's Tim David who proved to be their lone-ranger in an otherwise forgettable batting display, with a blazing 50 off 26 balls.

"As they say variety is the spice of life. We are able to experience all kinds of games over here. It is a great challenge," Iyer said. "There was no thinking to be honest. I was making instinctive moves and obviously we were getting wickets. I didn't want the new batsman to come in

and settle straightaway," the skipper said of his decisions on the field.

Asked to bat first, RCB lost wickets at regular intervals with the likes of Arshdeep Singh, Chahal, Marco Jansen and Harpreet Brar doing the bulk of the damage for the visiting team.

"Marco was able to extract little bit of bounce on this wicket. He was bowling lethal. He basically steadied the ship. And the rest of the bowlers they helped him.

"To be honest, we did not know how the wicket was going to play and I personally feel the bowlers they adapted according to it," Iyer said.

"When I had a chat with Arshdeep, he said, the hard length balls were very difficult to hit on this wicket because I did not see a single six off a fast bowler hit down the ground. That was the chatter going around and they were fantastic in executing it."

On expected lines, Iyer lavished praise on Wadhra for his attacking knock.

"Yes absolutely, you need one batsman to take the charge. Nehal was brilliant in

his approach today. The attitude was top notch. I hope he continues the same form."

Could have done better as batting unit: Rajat Patidar

Royal Challengers Bengaluru (RCB) skipper Rajat Patidar acknowledged that his batters left a lot to be desired, especially those slotted in the middle-order as the pitch eased up a bit in the second half of their innings.

"Initially it was sticking and two paced, but we could have done far better as a batting unit. Partnerships are important, we have lost wickets in quick intervals and that's a big lesson for us," Patidar said.

Asked about leaving out Devdutt Paddikal from the playing XI, he said the decision was made taking into account the conditions. We have had to make that change due to conditions. The wicket was not that bad, it was under covers for a long time, it helped their bowlers, credit goes to them. No matter how the wicket plays, we need to bat well and get a winning total," Patidar said.

Indian hockey has great depth, says Craig Fulton

PRESS TRUST OF INDIA ■ New Delhi

Impressed with talent on show at the National Championship, Indian men's hockey team chief coach Craig Fulton on Saturday said the country has great depth but the players' ability to adapt to new tactics quickly will be key, going forward. He emphasised that the next 18 months will be crucial for creating a squad with sufficient bench strength.

Fulton, who closely monitored the recently-concluded Nationals, highlighted the competitiveness of the matches when the top teams clashed.

"When we put strength on strength, the games were very, very close. There's good depth — particularly in goalkeeping and

across the board — which was great to see. It was also encouraging to spot players who haven't featured in the league before," Fulton was quoted as saying in a Hockey India release.

Asked about positional gaps, Fulton acknowledged the need for improvement in scoring field goals and handling various tactical scenarios. "We want players who can move the ball effectively against both man-to-man and zonal defenses, press intelligently, and outlet under pressure. Versatility is not the main focus — it's more about athleticism, game awareness, and the ability to quickly adapt to new tactics," Fulton remarked.

Commenting on regional performances, the coach observed that while

winners Punjab stood out with a strong representation of international players, the top four teams overall demonstrated good balance and quality. "Some regions were definitely stronger than others. Punjab, for instance, stood out with the highest number of international players, which gave them an edge. At the same time, there was a healthy balance of talent across the top four teams. Beyond that, however, the depth and overall quality did dip a bit."

With a new core group being formed for the Asia Cup cycle, Fulton emphasised that the primary focus is not on age but on finding the right players for specific roles. "It's not about bringing in more youth — it's about identifying the right

players for the right positions," he said. "A training camp with 54 probables is scheduled soon, from which a core group of 40 players will be selected. We have been speaking about creating depth for a while now. The next 18 months are crucial in building a squad with sufficient bench strength," Fulton explained.

The coach also shed light on his scouting criteria. "We looked at individuals, of course, but also how they operated within their team's tactical framework. The biggest attribute we assessed was defense — both one-on-one and group defence."

With PR Sreejesh being the only retiree after the Paris Olympics, Fulton confirmed that the core group will largely remain intact.



Nayar returns to KKR after exit as India assistant coach

PRESS TRUST OF INDIA ■ Kolkata

Abhishek Nayar, who was recently removed as India's assistant coach, has joined Kolkata Knight Riders' support staff team, the IPL side announced on Saturday but his exact role and position has not been specified. "Welcome back home, Abhishek Nayar," KKR posted on X, conforming his re-entry into the team setup. Nayar was part of the KKR support staff as assistant coach and mentor when they lifted their third IPL title in 2024, a decade after their previous triumph in 2014.

He also played a pivotal role in player development at the KKR Academy. In an earlier post KKR revealed that he was back as assistant coach but soon deleted it from X. Nayar's exit from the Indian team setup comes in the wake of a performance review by the BCCI, following India's dismal run in Test cricket late last year. India suffered an unprecedented 0-3 whitewash at home against New Zealand, followed by a 1-3 series defeat — first in a decade — in Australia during the Border-Gavaskar Trophy. Closely associated with India head coach Gambhir, Nayar had joined the national team in July 2024. Despite earning praise for his work with players like KL Rahul, Rohit and Shreyas Iyer, his future became uncertain after the BCCI brought in Sitanshu Kotak as batting coach for the England white-ball series earlier this year. Incidentally, the BCCI has not issued any official communication confirming Nayar's termination.

ACA announces 1st North East Little Masters Trophy 2025

PIONEER NEWS SERVICE ■ Guwahati

The Assam Cricket Association (ACA) has announced the commencement of the 1st North East Little Masters Trophy 2025 for under-14 boys. The Opening Ceremony and Trophy Unveiling were hosted at the 91 Yards Club Auditorium, ACA Stadium premises, Guwahati.

This tournament brings together eight teams from the northeastern states for the first time, competing in a 40-over format. With matches set to take place across two venues in Guwahati starting on April 19 to April 30, providing a fantastic opportunity for young cricketers to

showcase their talent.

Assam Cricket Association extends its best wishes to all the participating teams. May the best team emerge victorious and lift the 1st North East Little Masters Trophy 2025 for under-14 boys.

The ceremony was graced by the presence of esteemed dignitaries, including BCCI Secretary Devajit Saikia as Chief Guest and Member of the BCCI Apex Council MKJ Majumdar along with ACA Secretary Tridib Konwar, Tournament Director of the 1st North East Little Masters Trophy Romen Dutta and representatives from North Eastern State Cricket Associations, District Sports Associations and other distinguished guests.

GOVERNMENT OF ODISHA		E-mail : eemissundargarh@yahoo.co.in
OFFICE OF THE SUPERINTENDING ENGINEER		
MINOR IRRIGATION DIVISION, SUNDARGARH.		
1st Corrigendum		
Letter No. 2057 Dtd. 17.04.2025		
In continuation to this office tender identification No. SNPR/Online 01 of 2025-26		
invited vide this office letter no. 1869 dtd. 09.04.2025, under unavoidable circumstances partial modification of TCN has been made as follows.		
Bid Reference No. SE MID SNG 01/2025-26		
Bid documents consisting name of Works, Estimated cost, Cost of tender paper, EMD, time of completion, Class of Contractor, the set of terms and conditions of contract and other necessary documents can be seen in e-procurement portal https://tendersodisha.gov.in .		
1	Name of the works: -	Civil construction work.
2	No of Works: -	01 (One) No.
3	Estimated cost: -	Rs. 20.92 lakh (Approximately)
4	Period of completion	03 (Three) Calendar months
5	Date and Time of availability of bid documents in the portal: -	From dt.22.04.2025 at 10.00 AM to dt.01.05.2025 up to 5.30 PM.
6	Last date / time of receipt of bids in the portal: -	Dt.01.05.2025 up to 5.30 PM
7	Date of opening of Bid: -	Dt.02.05.2025 at 11.00 AM onwards
8	Name and address of the OIT: -	Superintending Engineer, Minor Irrigation Division, Sundargarh.
** Further details can be seen from the e-Procurement market place http://tendersodisha.gov.in		Superintending Engineer M.I.Division, Sundargarh
OIPR-32124/11/0025/2526		

GOVT OF ODISHA				
OFFICE OF THE EXECUTIVE ENGINEER				
RURAL WORKS DIVISION SONEPUR				
1st Corrigendum				
Letter No. 2057 Dtd. 17.04.2025				
In continuation to this office tender identification No. SNPR/Online 01 of 2025-26				
invited vide this office letter no. 1869 dtd. 09.04.2025, under unavoidable circumstances partial modification of TCN has been made as follows.				
Sl. No	Tender identification No	Items	Time Schedule as per original TCN	Time Schedule as per 1 st Corrigendum notice
1			11.04.2025 at 11.00. A.M. to 22.04.2025 up to 5.00 P.M.	21.04.2025 at 11.00. A.M. to 30.04.2025 up to 5.00 P.M.
2	Bid identification SNPR/Online-17 of 2024-25	Date & time of seeking tender clarification	21.04.2025 up to 4.00 P.M.	29.04.2025 up to 4.00 P.M.
3		Date & time of opening of tender	23.04.2025 at 11.00 A.M	01.05.2025 at 11.00 A.M
OIPR-25054/11/0031/2526				
Executive Engineer, Rural Works Division, Sonepur				



When Walls Hold Stories

These homes show how vintage design can make spaces feel warm, lived-in and personal, says **SAKSHI PRIYA**

Step inside a home that tells a story and time slows down. The scent of polished wood, the soft glow of aged brass, the weight of a mirror with history in its frame—these are not impulse buys. They are chosen, kept and remembered. In a world driven by constant novelty, vintage interiors offer something far deeper: character. The design world has begun to shift. Clean, modern lines may still dominate, but they are often softened by a velvet armchair with studded legs or a table with claw feet. One, shaped by Anjaleka Kriplani through Angie Homes and the other, the deeply personal residence of Ragini Mehra, CEO of Silhouette Salon de Beauté at The Oberoi, New Delhi. Each holds a unique voice, yet both embrace history through objects and design choices that elevate lived experience over surface styling.

Vintage as a Way of Life

Anjaleka Kriplani approaches vintage interiors with a sense of permanence. Her curated collections feature teak sideboards, carved headboards, and low tables with intricate brass inlay. Spaces feel collected, not styled. Nothing is hurried; every element adds to the room's quiet confidence.

Textiles create warmth—mustard velvets, deep indigos, and brocade with gold tassels. Colours hold depth, often bold but never brash. Curtains fall with a certain weight. Armchairs in mohair or linen invite pause. Perfection is not the goal. Slight irregularities bring charm. A crack in a table leg, the worn polish of a wooden bench—these details add presence, not flaws. Lighting is selected with restraint. Linen lampshades cast a warm glow, echoing the gentle angles of mid-century design. Wooden rafters, carefully preserved, lend a lived quality to the room. This approach treats interiors as layered narratives rather than stage sets.

A Home That Holds Memory

Ragini Mehra's residence is where every corner tells a story, as she is a professionally trained Interior Architect. Known for her impeccable taste and strong design sensibilities, Ragini Mehra's home is a visual diary of textures, memories and artistic expression. Her journey began with a degree in Interior Architecture from the Rhode Island School of Design (RISD), where she honed her keen eye for aesthetics and detail.

From heritage-inspired statement pieces and modern minimal elements to unique décor accents sourced from her travels, the home strikes a balance between luxury and character. Persian rugs and Indian Carpets further enrich the space, adding texture and a sense of timeless elegance. The spaces are large, where both the empty and filled areas



blend to create an aesthetic and serene environment allow the design to breathe without feeling overcrowded. Furniture includes exquisite pieces from Bo Concept, Maitland-Smith, Baker and Henredon, each contributing its own character to the overall aesthetic. Each room is designed to look beautiful and feel lived-in, layered, and deeply personal. The unmistakable individuality of the space is shaped by her experiences, intuitions and affections.



THE BEAUTY LIES IN THE DETAILS, A TURNED LEG, A WORN HANDLE, AN OLD LIGHT SWITCH. THESE ARE HOMES THAT WELCOME, NOT IMPRESS. AT A TIME WHEN SPEED DEFINES MOST CHOICES, SPACES LIKE THESE CALL FOR THOUGHT



Wear What Reflects, Not Just Shines

BY TEAM VIVA

Is jewellery still about luxury or is it becoming something deeply personal? This is a question worth asking as more women turn to jewellery as a means of self-expression. No longer tied to tradition, ritual or display, jewellery has entered a new space of individuality.

This shift reflects a cultural change in how women engage with design. Jewellery is selected for its alignment with personality and purpose. Jewellery has become part of how women see themselves and how they wish to be seen.

Designer Janvi Sachdeva has embraced this evolving sensibility. Her new collection, **The Symphony of Wild Flowers**, captures a gentle strength. Working in 92.5 silver, she creates forms inspired by nature, floral shapes, delicate birds, textured leaves, shaped into pieces that are both elegant and wearable. There is no excess here, only attention.

A triangular purple gemstone necklace is one of the collection's highlights, where design precision meets a striking palette. Elsewhere, vivid birds set in silver pendants suggest joy and movement. These are thoughtful pieces, crafted for those who value detail and delicacy.

The collection stands out for its adaptability. Emerald-toned chokers pair with



matching bracelets and rings, creating harmony without repetition. Each stone, each clasp, each engraving is part of a larger dialogue between the wearer and the world around her. This kind of jewellery does not depend on excess or volume. It invites interpretation. It's a question worth asking: Are we entering an era where the value of jewellery is measured less in carats and more in character?

If so, the answer lies not in market trends but in the mirror. Woman is no longer waiting to be adorned — she selects, she curates, she defines. Jewellery, then, becomes her punctuation, graceful, sharp and entirely her own.



WHAT SHE WEARS, SHE MEANS — NOT FOR SHOW, BUT TO FEEL LIKE HERSELF, ALWAYS

A Bold Sequel Unmasking the Perils of Totalitarian Ideologies

BY TEAM VIVA

Crimson Crescent — The Last Quarter, a riveting 105-minute feature film by acclaimed filmmaker Mayank Jain, emerges as a powerful and timely sequel to the 2005 documentary **Bangla Crescent — ISI, Madrasas & Infiltration**.

The original film, launched by senior IPS officers Late KPS Gill, Prakash Singh and Late R.K. Ohri, was a path-breaking exposé of indoctrination and infiltration in the Indian subcontinent. Twenty-five years later, **Crimson Crescent** arrives with undiminished urgency. These 25 years have been largely wasted. Infiltration has not ceased. Indoctrination through madrasas has not slowed. And most alarmingly, the threats identified in **Bangla Crescent ISI, madrasas & Infiltration** have only metastasised — spreading far beyond borders.

A Global Canvas: From South Asia to Europe and the Middle East While **Bangla Crescent — ISI, madrasas & Infiltration** focused sharply on Bangladesh and Pakistan's role in radicalisation and infiltration, **Crimson Crescent — The Last Quarter** greatly expands its scope. The film explores the rising aggression in many European countries grappling with mass immigration from Middle Eastern, African and Pakistani regions. It captures the social unrest, ideological clashes and erosion of public safety emerging from these demographic and cultural shifts.



The documentary also covers the volatile Middle East, diving into the complex dynamics of Saudi Arabia, Iran, Syria and Israel. Here it examines not only the geopolitics but also the internal ideological conflicts and state-sponsored radical narratives that continue to destabilise the region. Encouragingly, signs of rationality and scientific thinking are beginning to emerge within the highest echelons of power—a welcome and much-needed development.

Crimson Crescent draws a provocative and compelling parallel between three major ideological threats of the past and present: Nazism, Communism and Jihadism. All three, the film argues, are driven by a thirst for absolute control and the destruc-

tion of dissent. Each has claimed millions of lives and eroded the moral foundations of societies they have touched.

Mayank Jain asserts that these ideologies thrive by silencing reason, glorifying violence and promoting absolute truth claims — often using religious or revolutionary fervour as a shield. The film is a cautionary tale of what happens when indoctrination replaces education and belief systems abandon dialogue in favour of dogma.

A central theme of the film is the insidious power of indoctrination through institutions like madrasas. It reveals how such education systems instil rigid ideological thinking, leading to intolerance, polarisation and often violent radicalisation. The film critiques societies that fail to challenge these systems and instead allow radical narratives to flourish in the name of tradition or religious freedom. A lesser-acknowledged but crucial aspect the film highlights is that Muslims themselves are often the first victims of Islamist extremism. From Shia Muslims targeted in Pakistan to the marginalisation and persecution of other minority Muslim sects, **Crimson Crescent** explores the deep fractures within the Muslim world.

Amidst the bleak landscape, **Crimson Crescent** also offers hope. It recognises the growing internal reform movements within radical Islam where bold voices from within the community are challenging violence and calling for rationality in discourse. The film uplifts these efforts, urging both policymakers and civil soci-

ety to support rational reformers rather than extremists. "Reason is humanity's shield against ideological tyranny," says Jain, reinforcing the film's core message: that education, critical thinking and open dialogue are the only long-term antidotes to radicalisation.

Resist Absolutism, Embrace Dialogue

This is not just a documentary. **Crimson Crescent — The Last Quarter**, is a call to action. It appeals to governments, communities and individuals to resist the growing appeal of absolutism and divisive ideologies. It advocates for education policies that foster rational thought and for a cultural shift toward Universalism, intellectual freedom and unity.

Mayank Jain is a renowned filmmaker with over 27 years of experience and more than 50 critically acclaimed films to his credit. His work spans governance, national security, public health and social reform and is known for tackling complex issues with intellectual rigour and cinematic clarity.

He rose to national prominence with **India Tomorrow — The Gujarat Miracle**, a documentary on Gujarat's development model under Narendra Modi. As Content Head of NaMo TV during the 2012 Gujarat elections, he shaped political communication strategies with high-impact visuals. Mayank's portfolio includes politically resonant films like **Gujarat Fast Track**, **Gujarat Tomorrow** and **No to Terror** and public health documentaries.

SUGGESTED BINGES



Logout
OTT — ZEE5
Cast — Babil Khan, Rasika Dugal



Khauf
OTT — Amazon Prime Video
Cast — Monika Panwar, Rajat Kapoor, Geetanjali Kulkarni, Shilpa Shukla, Chum Darang



Daveed
OTT — Zee5
Cast — Antony Varghese, Mo Ismail



Stranger Things: The First Shadow
OTT — Netflix
Cast — Kate Trefry, Stephen Daldry, Justin Martin

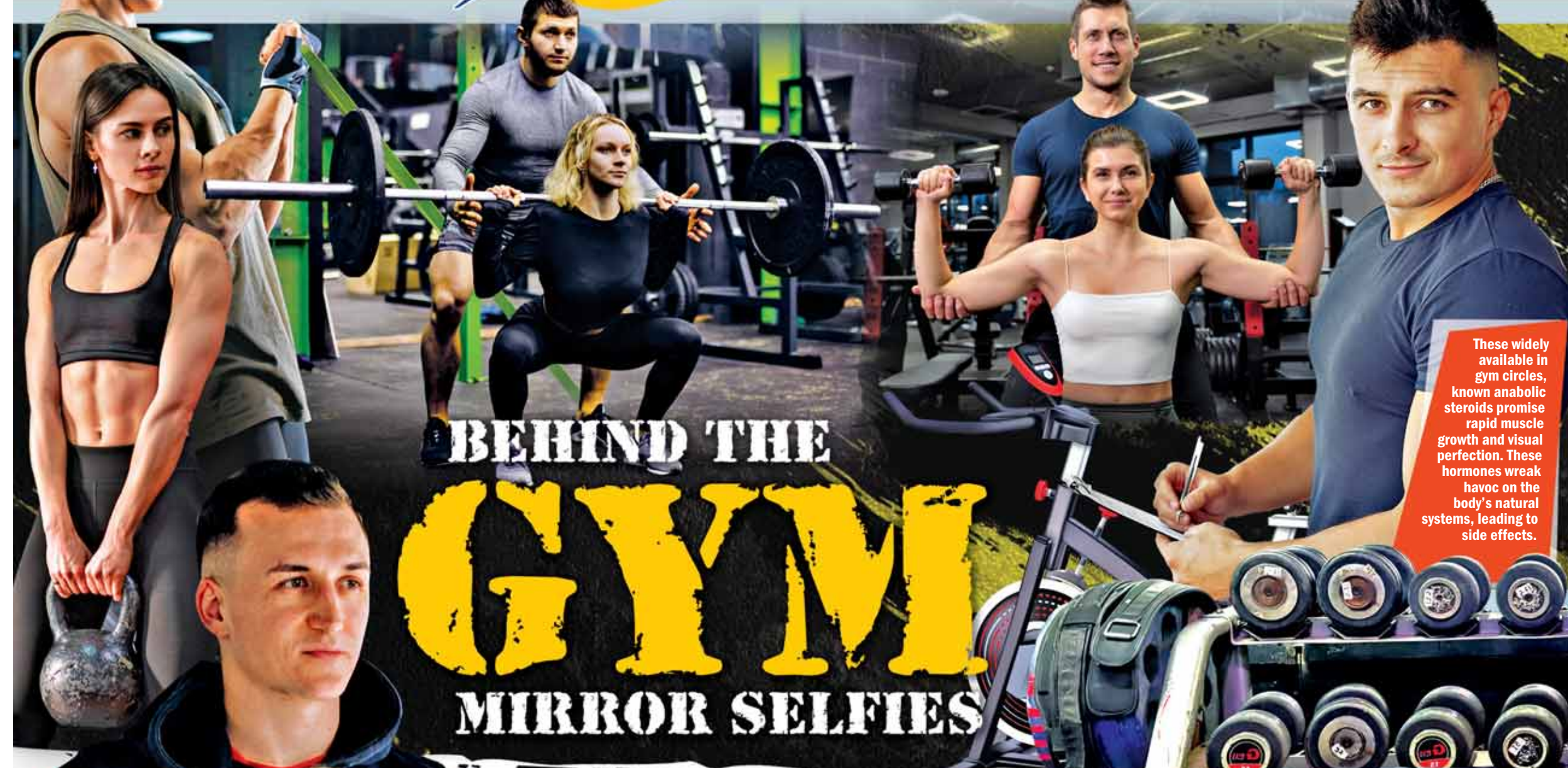


The Stolen Girl
OTT — JioHotstar
Cast — Denise Gough, Beatrice Cohen, Robyn Betteridge, Jim Sturgess



AGENDA

"Don't worry about what other people are doing. Worry about your own training" — Ronnie Coleman



BEHIND THE GYM MIRROR SELFIES

These widely available in gym circles, known anabolic steroids promise rapid muscle growth and visual perfection. These hormones wreak havoc on the body's natural systems, leading to side effects.

Beneath the neon lights and monthly memberships of the gyms, lies a reality we're not talking about enough, says ABHI SINGHAL

It is always talked about certified things while you train or build your body but it is equally important to choose the right place while you workout. The clang of iron plates, LED-lit workout zones, and neon signage screaming "TRANSFORM NOW", the gyms have become the modern sanctuaries of fitness. Across every urban block, new fitness centres sprout like cafés, each promising better bodies and faster results. What was once affair with morning walks in parks, yoga under the tree, or evening strolls around the neighbourhood with family or friends is steadily being replaced by treadmills and protein shakes.

More and more people are signing up for gym memberships, not just for health but often for aesthetics, validation and a fast track to physical change. The idea of fitness has shifted from functionality to form. The motto has shifted from feeling good to looking good within some years. But beneath the curated Instagram reels and sculpted abs lies a more pressing concern: *Are we choosing the right places to work out? And more importantly, are we trusting the right people to guide us through it?*

Gyms Are Everywhere, but Quality Isn't

Like not all that glitters is gold, not every gym with flashy equipment and discount deals is built for real fitness. The explosion of gyms across cities has brought with it a mixed bag — some well-equipped and guided by the certified professionals, others run by underqualified enthusiasts with little understanding of body or the process involved.

This boom in numbers doesn't guarantee quality or safety. While the fancy lighting and trending playlists may attract the crowd, the real test lies in the integrity of the space and the credentials of the trainers. A wrong choice can do more harm than good, both physically and mentally.

Fitness should energise the mind as much as it does the body. There are people who depend on external validation often spiral into cycles of anxiety, social withdrawal, or aggressive behaviour. The perfect body becomes a trap rather than a triumph. Unfortunately, many gyms are chosen based on popularity, influencer promotion, or peer pressure—not research or reliability. "People come to us saying, I just want a physique like a fitness influencer or a filmstar, they don't come in the gym for

fitness or health. The main purpose of today's generation is just getting a good physique," said Piyush Aggarwal, Owner of HAMR Fitness Centre at Shankar Chowk, Northwest Delhi for the past 16 years.

It is important that people keep a check on the trainers and advice provided by them. Piyush Aggarwal further added that there are cases where people don't even talk to trainers or experienced people and start following diets and steroids on their own for cost cutting, which leads to cheap quality items and, in turn, affects their body.

A Trainer Can Make or Break Your Body

This brings us to the second part of the question: Do we trust the right people to guide us through it? Trainers are your fitness compass. The right trainer knows when to push, when to pull back, and when to say rest. Yet, many gym-goers fall into the trap of trusting unqualified trainers who hand out one-size-fits-all workout plans and unrealistic expectations.

A certified trainer doesn't just have the responsibility of guiding; they have the responsibility of assessing and educating. They chart workouts based on your goals, physical limitations and lifestyle. More importantly, they know how to prevent injuries and manage progression before it's too late. Talking to Ayush Singh, a certified trainer practising in Delhi, he said, "Qualified trainers make a customised plan for different body types. But if you go to unqualified trainers, they will go on with the same plan they have learned from someone else or used on their own body. This is a major difference. If a product is not suitable to you, a qualified trainer will switch it, but an unqualified one will keep pushing the same because he doesn't have alternatives."

It's easy to get lost in filters and reels but fitness, was never meant to be a popularity contest. It was meant to empower and to strengthen the body and the mind. Prioritise your health over haste and don't fall for dangerous shortcuts. So, yes join the gym. Push yourself. Challenge your limits.

Fitness should be a celebration of your body. So, most importantly train for life, not for likes. Because strength built the right way doesn't just change your body, it transforms your life.

THE ILLUSION OF FAST RESULTS: THE STEROID SHORTCUT

In this pressure-filled ecosystem, where transformation pictures and social media likes serve as reward systems, people chase fast results and fall into darker traps. One of the most alarming trends is the misuse of steroids. "Nonprescription doses are usually many times higher than the doses prescribed for health conditions by your doctor. These doses have short and long term side effects when misused like high blood pressure, liver damage, heart attack, increased aggression, acne, and even depression. Young adults get attracted to improve body appearance which should not be done. These medicines should only be taken under medical supervision," said Dr Paras Agarwal, Clinical Director & Head - Diabetes, Obesity & Metabolic Disorders, Marengo Asia Hospitals.



CHECKLIST

It was equally important to speak to someone experienced who has practised gymming for years and competed at various levels. Akshay Tyagi, a fitness enthusiast, winner of many body building competitions like - Mr. Delhi, National Dead Lift Championship, 7th Amberprix Mr. India, said, "You have to keep a check from the start. The most important thing is the equipment. It should not be outdated, must be serviced regularly, and shouldn't be broken. Faulty machines can cause serious injuries. It's not always important to choose expensive gyms but to go to the right one where you can work out properly." Before signing up, consider these: verify gym credentials, observe the environment, ask for an assessment and listen to your body.



FITNESS FOR LIFE, NOT JUST FOR SOCIAL FEED

True fitness isn't built in 30-day challenges or shortcut supplements. It's a lifelong journey rooted in discipline, consistency, and informed choices. A healthy lifestyle isn't a trend but it's a personal investment. Dr Indramani Upadhyay, MPT (Ortho), HOD Physiotherapist at The Centre for Knee & Hip Care, says, "Overtraining or poor guidance from unqualified trainers can lead to both short- and long-term health issues. Some red flags in your gym trainer's guidance will be seen as persistent fatigue, recurring injuries, lack of recovery days and sleep disturbances."



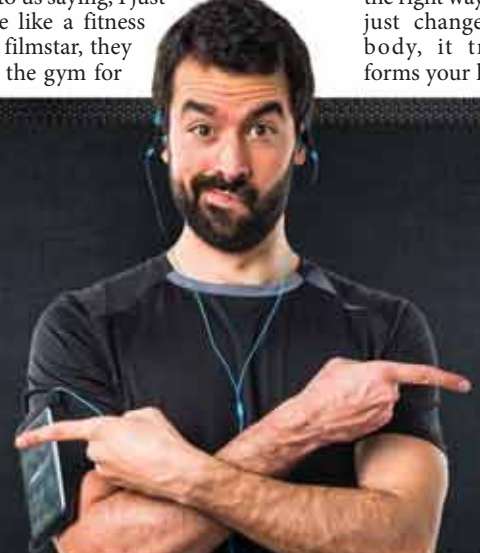
THE SIDE EFFECTS OF THE WRONG PROCESS ARE NOT JUST PHYSICAL; THEY CAN LEAD TO MENTAL, EMOTIONAL AND LONG-TERM HEALTH CHALLENGES THAT AREN'T WORTH THE TEMPORARY HIGH OF A PERFECT PHYSIQUE TO SHOW OFF

The most disgracing factor is that all the joiners are asked to do the personal training just for the money factor regardless the fact that they actually don't need it. People don't even ask for certification and follow routines that look effective on someone else.

MOVES TO KEEP IN MIND FOR YOUR GYM SUCCESS

- Your body is unique. Follow a plan that suits your fitness level, body type, goals and lifestyle and is ideally one crafted by a certified trainer or coach.
- Progress in fitness doesn't come overnight. Consistency beats intensity. Show up regularly, even if some days are light.
- Nutrition is key. Focus on balanced meals like protein, good fats, complex carbs, fibre. Stay away from fad diets or extreme calorie deficits.
- Learn the basics of anatomy, movement, and nutrition. It helps you make informed decisions and avoid blindly following trends.
- Stick to basic, tested supplements like whey protein, creatine, multivitamins — and only if

- needed. Always consult a trainer or a nutritionist.
- Seek guidance only from certified trainers (ACE, ISSA, ACSM, etc.). They are trained to guide you smartly — not push you into ham.
- Focus on your routine and stick to your plan. Avoid getting distracted by others or feeling pressured to do what they're doing.
- Ask questions from the trainers if you're unsure about how to use a machine or do an exercise, ask a trainer instead of guessing.
- Keep a track of your progress by using a journal, app, or progress pictures for your own self to stay motivated and track improvements over time.
- Dress comfortably and wear flexible gym clothes.



WORKOUT BLUNDERS YOU SHOULD SKIP IN GYM

- Steroids may promise faster gains, but they bring irreversible side effects — liver damage, hormonal imbalances, mood disorders, infertility, and more. They're not worth the risk.
- Avoid following gym "bros" or influencers who aren't qualified. What works for someone may harm you.
- Pro bodybuilders have years of experience and often unnatural aids. Their routines are not meant for beginners or average fitness goals. Don't try to be like them and follow them.
- Pain, dizziness, exhaustion, loss of motivation — these are all signs that something's wrong. Don't push through blindly.
- Starving your body will only weaken your immunity

- and metabolism. Long-term health always wins over quick fixes.
- Don't skip warm-ups or cool downs as this leads to stiffness, soreness, or worse that is injuries.
- Avoid texting or scrolling between sets as it disrupts your focus and slows your routine.
- Don't compare yourself constantly as everyone's fitness journey is unique. Celebrate your own progress, no matter how small.
- Don't rely on supplements alone as supplements are just the support systems but not the actual solutions. Real nutrition comes from real food.
- Don't neglect cleanliness. Always wipe sweat off equipment after use as it's basic hygiene.



A Toast to Taste

BY TEAM AGENDA

Somewhere between a laid-back hangout and a full-sensory culinary voyage, *Dos Delhi* is shaking up the city's bar culture, one artfully crafted cocktail at a time. Tucked into a lively corner of New Delhi, it is a mood. With its high-energy vibe, edgy design, and a menu that's unapologetically adventurous, this hotspot is redefining what it means to dine and drink in the capital. Now, the creative minds behind the concept — Chefs *Jatin Mallick* and *Julia Carmen De Sa* are raising the bar with the launch of a brand-new Beverage & Bar Snack Pairing Menu.

This isn't just about snacks that accompany your drink. It's a thoughtfully curated sensory experience where bold cocktails and inventive bites come together in a masterful dance of balance and contrast.

A sleek glass of *Truffle Spy*, made with gin, Martini Extra Dry, Cointreau, Campari, and a touch of truffle, paired with golden, crispy *Truffle Parmesan Fries* makes a day. What is refined, decadent, and almost too good to share are the fiery *Dos Me Up*, where tequila combines with wasabi, sour cream, cilantro, and basil. Its punch is balanced by the earthy calm of *Charcoal Grilled Snack Peppers with Yam Hummus*.

Each pairing feels like a little world of its own. The *Smirking Cacao*, with its heady mix of dark rum, vanilla liqueur, spiced vermouth, and cacao nibs, is like dessert in a glass. It is perfectly complemented by *Buttered Edamame with Thai Herbs and Lemongrass Ketchup*. Then there's the refreshing

Hot Russian Zombie, a vodka-apple-citrus-based drink that comes alive with Potato Lavash topped with Avocado, Salsa Macha, and Chipotle Cheese Sauce. And if tropical and smoky is your flavour, the *Sexy Lady Stunner*, a blend of whisky, Martini Bianco, and roasted pineapple, pairs beautifully with Mustard Marinated Fish Belly Fingers and lemon marmalade.

However, *Dos Delhi* isn't only about the drinks. The bar snack menu is a genre of its own - part street-style comfort, part global fusion, and entirely packed with surprises. Take the *Guntur Chilli Glazed Crispy Chicken Wings* for instance, bold and spicy, and ideal with whisky. Or the *Flash-Fried Sweet & Sour Green Candy Tomatoes* served with Yoghurt Tahina and Flour Crispies, which offer a tangy, crunchy contrast to citrus-forward cocktails. If you love bold umami flavours, the *Dos Magic Spiced Cassava Chips* with *Sriracha Cheese Ketchup* deliver a satisfying punch. And of course, there's the ever-popular Cheese Garlic Bread, warm, gooey, and comfortingly familiar — especially when enjoyed with red wine sangria or a smooth whisky spritzer.

The ambience is as much a part of the experience as the food and drink. Spread over two floors, with both indoor and outdoor seating, the space pulses with a modern, welcoming energy. Contemporary artwork adds visual intrigue, while live DJs set the tone, with music that shifts seamlessly from laid-back evening grooves to weekend party anthems.

At its core, *Dos Delhi* is about slowing down, enjoying good company, and celebrating the pleasures of flavour and connection. So whether you're winding down after work, reconnecting with friends, or seeking your next great cocktail discovery, Beverage & Bar Snack Pairing Menu invites you to sip and savour.

FACT SHEET:

Name: Dos By Tres
Address: Shop No. 9 & 10, Fourth Avenue Road, Lodhi Colony, New Delhi
Price for Two: ₹2,500/-
Timings: Mon - Thu, Sunday: 12:00pm to 12:00am
Fri - Sat : 12:00pm to 01:00am

Chill Mornings with Light Breakfast

BY TEAM AGENDA

Breakfast is often called the most important meal of the day and for all the good reasons. A wholesome breakfast fuels your body, sharpens your focus, and sets the tone for a productive day. Especially during summer, starting your morning with light, nourishing, and refreshing meals becomes

all the more essential to keep your energy up without feeling heavy.

In this spirit, we bring you two delightful breakfast recipes that are both satisfying and summer-friendly. First up is *Poha*, a light and flavourful dish made from flattened rice perfectly with a cup of chai. Then *Curd Upma*, a unique twist on the classic Upma that blends roasted semolina with curd.

CURD UPMA

Curd Upma, a dish combining the cooling effects of curd with the nutritional benefits of Upma, offers several advantages during the summer months. It helps to regulate body temperature, promotes digestion, boosts immunity, and provides hydration, making it a refreshing and healthy summer meal.

INGREDIENTS:

- 2 Cups sooji
- 1 tsp mustard seeds
- 10-12 Curry leaves
- 1 tsp urad dal
- 1 tsp chana dal
- 1 onion, chopped
- 1/2 cup vegetables of your choice, chopped
- 1 cup curd
- 1 tbsp ginger-garlic paste
- 2 Green chillies (slit)
- to taste salt
- to taste Red chilli powder
- for garnishing coriander leaves

INSTRUCTIONS:

- Roast sooji till fragrant. Keep aside.
- Heat ghee in a pan. Add mustard seeds, curry leaves, urad dal and chana dal. Wait till they splutter.
- Saute onion and ginger-garlic paste.
- When onion browns, add the
- vegetables, cover the pan and let the vegetables cook.
- Add curd water and saute for a minute. Add roasted sooji, 4 cups of water and let everything cook.
- Garnish with coriander leaves and serve hot.

POHA

Poha is a dish made from flattened rice, which is lightly steamed and cooked with onions, spices, and herbs. The term 'poha' refers both to the ingredient-flattened rice flakes, also known as beaten or

INGREDIENTS:

- 1 cup poha (flattened rice)
- 1 medium onion (finely chopped)
- 1-2 green chillies (slit or chopped)
- 1/4 tsp mustard seeds
- 5-6 curry leaves
- 1/4 tsp turmeric powder
- Salt to taste
- 1 tsp oil
- 1 small potato (optional, peeled and chopped small)
- 1-2 tsp sugar (optional, for a slight sweetness)
- 2 tbsp roasted peanuts
- Fresh coriander leaves (chopped, for garnish)
- Juice of half a lemon



INSTRUCTIONS:

- Rinse 1 cup poha in a colander under running water.
- Gently fluff it with your fingers and let it sit for 5-10 minutes to soften. (Make sure it doesn't become mushy)
- Heat 1 tsp oil in a pan, add mustard seeds and let them crackle.
- Add curry leaves, green chillies, and peanuts.
- Sauté for a minute and add chopped onions and sauté until translucent. (If adding potatoes, cook them until soft before adding onions)
- Sprinkle turmeric powder and mix well.
- Add the softened poha, salt, and sugar. Mix everything gently.
- Cover the pan and cook for 2-3 minutes on low heat.
- Turn off the flame, squeeze lemon juice, and garnish with coriander.
- Enjoy your poha with a hot cup of tea!



Brewing Innovation: Microbreweries

BY AJAY GOWDA

The craft beer industry thrives on passion, innovation, and an ever-evolving consumer palate. In a dynamic market like India, where beer culture is rapidly evolving, microbreweries must continuously adapt to remain relevant. This evolution goes beyond brewing exceptional beer as it requires innovation in menu offerings, immersive experiences, and customer engagement strategies. Leading microbreweries recognise that craft beer is more than just a beverage; it is an experience that fosters a deeper connection between consumers and the craft. Reinvention is not merely a business strategy but it is a commitment to consistently enhancing the customer journey, offering authenticity, novelty, and lasting impressions.

Craft beer lovers seek a holistic experience that extends beyond the pint glass. At our brewing company we have always believed that a microbrewery is more than just a place to drink — it's an immersive experience. This means that while our beer remains at the core, our food menu, ambience, and service must evolve to keep guests excited and engaged. Food and beer pairing is an area where we see constant innovation. The modern beer drinker wants to explore beyond traditional bar snacks, which is why we consistently experiment with our menu. A well-thought-out food pairing can enhance the flavours of a beer. Our recent menu refresh, inspired by global flavours while keeping our Viking



spirit alive, is a testament to this philosophy. Beyond food, microbreweries are also diversifying their beverage offerings. Craft cocktails, beer-based drinks, and even house-made non-alcoholic options ensure that there is something for every guest, making the microbrewery experience more inclusive and engaging.

The modern beer seeks variety. The rise of unique beer styles such as hazy IPAs, barrel-aged stouts, and fruit-infused sours, demonstrates that consumers are open to experimentation. Reinvention is about adapting to what our consumers want before they even know they want it.

— The author is Managing Director of Byg Brewski Brewing Company

THE FUTURE

The microbrewery industry in India is at an exciting juncture. With evolving tastes, rising consumer expectations, and a growing appreciation for craft beer, reinvention is no longer an option but it is a necessity. As we look to the future, our focus remains on pushing boundaries while staying true to our core values of quality, craftsmanship, and experience.

Step into a Slower World
Where Culture, Nature,
and Stories Breathe
Freely in Nagaland

Let the Hills Tell Their Story



CRAFTED MEMORIES

Souvenirs That Tell a Story Don't leave without picking up a bottle of Infamous-its bold character and striking design make it a gift worthy of your shelf. Handwoven Naga shawls, each tribe with its distinct pattern, ideal as a wrap or a wall accent. Tribal jewellery made from beads and brass-rustic, sustainable, and deeply symbolic. Bamboo and cane artefacts, from baskets to lampshades, crafted by local artisans. Smoked pork or dried bamboo shoot, vacuum-packed and available at select markets in Kohima. Locally grown wild Naga chillies, both fresh and in pickled form, for those who like their food fiery. Why Go Slow?

PANKAJ KUMAR



PAWAN SONI
COLUMNIST
Food critic and founder of the Big F Awards

If you're weary of Insta-itineraries and whirlwind checklists, perhaps it's time to let Nagaland happen to you—slowly, deliberately, and with the grace of a place untouched by frenzy. This Northeastern gem invites not a race, but a pause. Here, you don't "do" a holiday; you dwell in it. The gateway to Nagaland is surprisingly accessible—courtesy of a direct flight from Delhi to Dimapur. No layovers, no fuss. From Dimapur, it's a picturesque 90-minute drive to Kohima, the state's capital, where the hills roll in like a lullaby and time decides to take the long road. For those who prefer to stay in Dimapur, you're still in the heart of it all—with the added advantage of being just 20 minutes from Khatkhati in Assam, where the spirit flows a little more freely (more on that in a bit).

A Walk Through History

Kohima holds within it the whispers of the past. The Kohima War Cemetery, perched gracefully over green slopes, honours the brave who fought in one of the Second World War's fiercest battles. It's not just a site; it's a silenced storyteller. The epitaph that reads "When you go home, tell them of us," is reason enough to spend a moment longer in reflection. In December showcases all this and more—dance,

folklore, crafts, and cuisines that are as layered as the land. Now, here's the delightful surprise: while Nagaland's indigenous cuisine is a delight of lightly spiced, easy-to-digest dishes—think bamboo shoot pork, fresh river fish, sticky rice—there's no dearth of North Indian comfort food either. Craving choley bhature, jalebi, or a good old paratha? You'll find it in Kohima's modest eateries and hotels, served with the warmth of familiarity and a view to match.

Nagaland may be officially dry, but that doesn't mean you're cut off from your evening pour. A short ride to Khatkhati, across the Assam border, brings

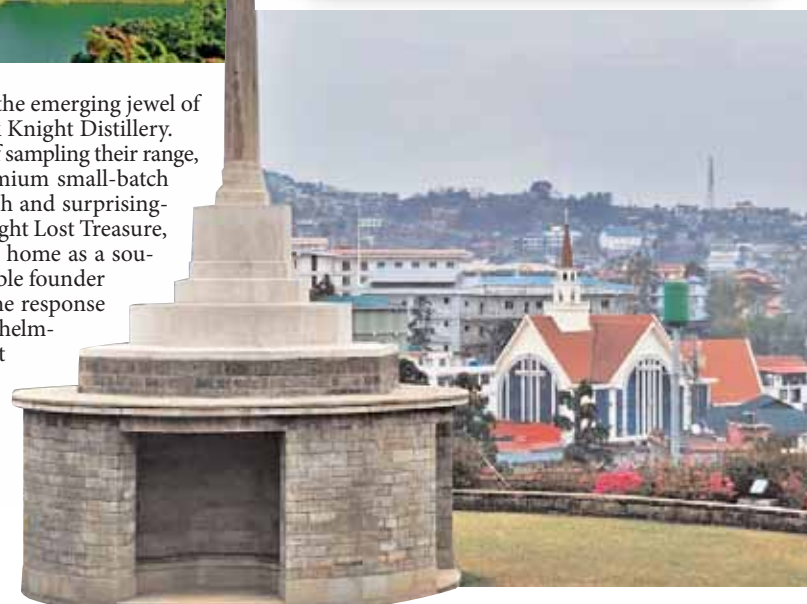
you to a clutch of bars and the emerging jewel of the local spirits scene—Dark Knight Distillery.

Here, I had the pleasure of sampling their range, including Infamous, a premium small-batch whisky with a smooth finish and surprisingly nuanced profile, and bought Lost Treasure, a cold-brew coffee rum for home as a souvenir. Dani Chand, the affable founder of Dark Knight, stated, "The response to Infamous has been overwhelming. We're still keeping it small-batch to retain quality, but expansion plans are definitely brewing."

This place is about learning to savour again, whether it's a bite of Naga stew or a verse of war history. So, take that flight. Take your time. Let Nagaland linger.

HORNBILL VILLAGE AND THE 16 TRIBES OF NAGALAND

Nagaland is home to over a hundred tribes, each with its own dialect, traditions, and legacy. Among these, 16 are officially recognised as major tribes, and their presence is vividly brought to life in the Hornbill Village—a living museum where tradition stands tall. Here, tribal architecture tells you as much as the elders do. You can walk through authentically built morungs, see traditional weaponry once used in headhunting days, and witness daily practices that have survived centuries.



Luxury Beyond the Ocean's Horizon

BY AKANKSHA DEAN

As I boarded, the promise of an enchanting journey ahead filled the air. Flying Business Class with SriLankan Airlines transformed the journey into a memorable escapade. As I settled into my plush seat, the friendly flight attendants welcomed me with warm smiles and a glass of sparkling champagne that shimmered like the Indian Ocean below. Soon enough, we glided into Colombo, a city alive with culture and hues. Upon my arrival at the Anantara Peace Haven Resort, I was instantly lulled by the gentle sound of waves crashing against the shore.

The brutal noise of everyday life faded away, replaced by a peaceful ambience suffused with the fragrance of tropical flowers and fresh seafood grilling nearby. My luxurious villa had a private plunge

WAVES, WELLNESS AND WONDERS

My adventurous side thrived during watching a thrilling surf lesson with an extraordinary instructor, who transformed missteps into pointers—by the end of it, you could be riding waves like a pro. A session of restorative yoga against the backdrop of the sun dipping into the ocean was the perfect balance, allowing me to connect both mentally and physically with nature. It was a moment of pure zen. Every treatment I enjoyed led me deeper into tranquility, leaving me blissfully void of any worldly stress. Between flavours, surf and spa, I truly felt the essence of Sri Lanka's welcoming charm.

pool, which beckoned me for a refreshing dip. As I settled in, excited for what lay ahead, I could feel Sri Lanka's rich culture and bright spirit spilling from the very walls of this oasis.

CULINARY BLISS BY THE SEA

Let's start with the food—where do I even begin? My culinary journey kicked off at Journey's, the resort's breakfast haven. The vibrant buffet was as impressive as an art gallery, boasting an array of dishes from traditional egg hoppers to decadent pastries.

My taste buds danced with delight at the first bite of savoury fish curry paired with that unique hopper texture. Post breakfast, I lounged by the infinity pool, which effortlessly merged into the horizon—each glance towards the ocean felt like I was shifting between reality and a surreal painting.

The true joy of dining at Anantara lies not only in casual meals between sun-soaked hours but in the mystical dinner experience that awaited me at Verele, the beachside teppa-

nyaki restaurant. As the sun slipped below the horizon, live folk music curated a soothing backdrop to my BBQ feast.

I relished every moment as the skilled chefs prepared unique dishes, not just with ingredients but with love—a tradition handed down through generations. Each bite was an invitation into a world rich with history and vibrant flavours, a culinary dance of spices and textures that is quintessentially Sri Lankan.

Under the guidance of local chefs, I learned the secrets behind traditional Sri Lankan dishes, grating coconut and preparing aromatic curries. The air filled with laughter and the scent of freshly ground spices, and my creativity turned every dish into a small-plate masterpiece. Sharing what I cooked with fellow travellers over cocktails infused with innovative flavours like smoked Amaranac was the cherry on top of this wonderful day.

— The author is an independent food & travel writer, a chef, and a catalyst

IN THE END, IT'S THE LAUGHTER SHARED OVER SPICES, WAVES RIDDEN, AND PEACE FOUND AMIDST VEILS OF PALM TREES THAT MAKES THE ANANTARA EXPERIENCE TRULY UNFORGETTABLE



"OLD LAYERS OF KARMA CAN STICK TO YOU ONLY IF YOU KEEP ADDING NEW LAYERS OF KARMIC GLUE"
— SADHGURU

YOUR WEEK AHEAD

MADHU KOTIYA



ARIES March 21-April 19

This week may bring some financial disappointments for you. If you've set high expectations, you might find that things don't unfold as anticipated. In your work environment, confusion prevails, leaving you unable to make decisive moves. Tasks remain unfinished, and your organizational efforts feel scattered. Procrastination may take over, especially regarding work or travel plans. However, by midweek, you'll find a renewed sense of stability, and you will begin to approach your tasks with a clearer mindset. Connections from distant places could offer some benefits. Your colleagues and subordinates will expect more involvement from you, and you will rise to the occasion. But the week concludes on a challenging note, with family issues or health concerns demanding your attention, which might affect your professional commitments and result in some losses.

Lucky number 17 | **Lucky colour** Yellow
Lucky day Thursday



LEO July 23-Aug 22

Work is the primary focus of your energy this week. You could feel overloaded with work and unable to find time for even small breaks. The feeling of working towards something seems permanently out of reach, and slow advancement only exacerbates the feeling. Midweek, your stability might be shaken by unexpected factors like the arrival or departure of someone important. It is essential not to make hasty choices, particularly when one is muddled or burned out. Travel of some sort is probable, providing a refreshing shift. When uncertainty grips you, a few minutes of quiet contemplation can invoke poise. Even though facing tough decisions with fairness is your forte, acting too quickly might make your efforts null—it's wisest to avoid needless expenditure.

Lucky number 29 | **Lucky colour** Purple
Lucky day Sunday



SAGITTARIUS Nov 22-Dec 21

This week emphasizes the need for organization, focus, and discipline. However, confusion may cloud your thoughts, and there could be a rift between partners. In some situations, answers are available, yet fear may prevent you from accepting the truth. You might hesitate to confront reality, worried that acknowledging it could worsen things. Midweek may bring legal challenges or situations beyond your control, potentially leading to disappointment. Be mindful of your health and avoid unnecessary confrontations. It's best to hold back from arguments and take some time to rest. Reflect on your actions in solitude, heal, and approach your challenges with renewed strength. Patience is key—this is just a temporary setback, and things will improve with time.

Lucky number 21 | **Lucky colour** Grey
Lucky day Sunday



TAURUS April 20-May 20

This week, a wave of positive energy surrounds you, bringing blessings from all directions. If you have children, expect their academic efforts to bear fruit, and any long-awaited projects will finally come to fruition. There's also a strong possibility of a new home entering your life, whether through a lucky break or a new opportunity. Your family and peers will be celebrating together further fortifying relationships and filling you with joy. You showcase personal magnetism, a trait which draws people toward you, making you an automatic leader within your community. With progression in the week, practices like meditation, prayer, or chanting will enable you to feel a greater connection to the divine, which in turn will increase the flow of creativity and also enhance further growth on the spiritual level.

Lucky number 30 | **Lucky colour** Orange
Lucky day Monday



VIRGO Aug 23-Sep 22

Analyse the upcoming days as them bringing growth, personally satisfaction and financial gains all in one. Your work ethic and application of knowledge is noteworthy. Everything about your work endeavors right now starting from discipline, attitude towards time, and fairness ensures a solid financial foundation which offers safety and comfort. Inheritances or windfalls, expected or unexpected, could come your way. Increased recognition will accompany your confidence through promotions and salary boosts, delivering them at this time. Taking the time to contemplate past accomplishments is recommended. In closing, new projects, tasks, or roles which are around the corner will enable the effective usage of resources. Welcome those insights and put them into action for your professional life. This along with youthful energy from your kids and younger individuals surrounding you will elevate your overall wellbeing.

Lucky number 14 | **Lucky colour** Brown
Lucky day Tuesday



CAPRICORN Dec 22-Jan 19

Your hard work will soon bear fruit. You are likely to focus on work-related issues during the first part of the week, paying attention to personal development as well. Your ability to progress and succeed will be determined by your attention to detail, how persistent you are, and how focused you are while handling what looks like overly complex challenges. Moreover, through this process, unwavering devotion will be rewarded, allowing you to appreciate the knowledge gained along the way, giving you a renewed sense of pride. This time frame also supports spiritual development and reconnection with higher guidance. Towards the week's end, you may undergo deep healing on a personal level and with others. This can mean finding acceptance within oneself in love, or for some, being proposed to—which marks a major milestone.

Lucky number 12 | **Lucky colour** White
Lucky day Wednesday



GEMINI May 21-June 20

This week encourages you to embrace all aspects of life: emotionally, spiritually, and materially. Initially, your financial goals will also be achieved, and there will be an increase in profits as the week progresses. Your bold approach, coupled with your caring nature, will allow you to foster warm relationships in the workplace. There's also a chance of travel for work or pleasure, which might include international or water-based travel. Midweek, you will focus on personal and professional life balance, handling household matters with a gentle touch. Toward the end of the week, you will gain the fruits of your toils which will manifest as good health, vitality, and creativity. The weekend leaves you a peaceful, pleasant time with to spend with family so you can recharge.

Lucky number 23 | **Lucky colour** Blue
Lucky day Saturday



LIBRA Sep 23-Oct 22

This week, you will begin with a mini period of self-exploration to find answers that help you mitigate problems and help you achieve your desired outcomes. You have a few more hurdles to overcome, but you are standing right at the precipice of success. Romance is bound to make an appearance midweek, so expect a surge of it which will help further bond with your partner or spouse. You will likely, by week's end, find yourself in favorable scenarios concerning your most crucial property decisions like buying a new home or an automobile. In this week, you will be one of many who are placed in a fortunate position where favorable opportunities are abundant. With the full support of your family, you are healthy, feeling vibrant, and energized.

Lucky number 26 | **Lucky colour** Black
Lucky day Friday



AQUARIUS Jan 20-Feb 18

Utilize this week as a timeline to achieve your goals and let your mental framework enhance your self-organization, gut feelings, and mental sharpness. Prepare yourself to receive an increase of love and joy as you are showered with riches and blessings. You can make remarkable strides in your goals and shift business outcomes magically. Claims and loved ones will become a main focus this week because all in your strife will finally come together. Fresh opportunities in your vocation or enterprise can come up too. Expect to feel vibrant and self-assured. Be at peace knowing that the universe is there to champion all your endeavors. Expect this week to provide richness not just in terms of finances, but your emotional, and personal development too.

Lucky number 27 | **Lucky colour** Sky Blue
Lucky day Thursday



CANCER June 21-July 22

Different shifts will give way to an undeniable feeling of amazement within your life. Suddenly, you find yourself in a situation where you feel composed, proud, and ready to accept the world. You will receive success in areas where there was once no hope of ever triumphing. You will gain respect for your achievements which will make you famous, winning both admiration and envy. True supporters will celebrate your progress. All areas that resonate best will align in your interests observing much progress. A challenge is now behind you, receiving the recognition of others towards your goals accomplished. You will be delighted because of the past, and by the end of the week, you will still revisit the positive moments and spend them with loved ones and younger people.

Lucky number 11 | **Lucky colour** Red
Lucky day Tuesday



SCORPIO Oct 23-Nov 21

This week, focus primarily on work and embracing the opportunities it brings. There's a strong potential to earn through your efforts, as the risk now presents itself as an opportunity. With a surge of creativity, you're equipped to push past any limitations. A challenge that has seemed insurmountable now becomes an achievable task, and your confidence will lead you to success. Midweek, expect guidance from a wise female figure in your life, such as a mother or mentor. Heed her advice, as it will bring valuable benefits. Strengthen your mind by engaging in intellectual activities like reading or puzzles, and prepare for a breakthrough that will deepen your spiritual understanding.

Lucky number 19 | **Lucky colour** Pink
Lucky day Wednesday



PISCES Feb 19-March 20

Success stems from collaboration and cooperation, fostering improved relations and understanding in your professional environment. This will allow you to appreciate your self-esteem and recognize your value, rejuvenating both your career and lifestyle with energy and creativity. Promising opportunities awaiting you look optimistic, including positive results from a recent endeavor. If you are working, perhaps a new employment opportunity will arise. Integration will be essential from a cooperation standpoint, and negotiations should go favorably. Spirituality and further divine creation are very relevant during this timeframe as well. For those waiting for joyful news, a happy family announcement for a new addition may be on the way. You, as a spearhead, are prepared to take on fresh challenges boldly and wholeheartedly without hesitation.

Lucky number 16 | **Lucky colour** Lemon
Lucky day Monday

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Steps to Reconnect: Healing Relationships with Love

THOUGHTFUL INSIGHTS



Dr. Tanu Jain

The beauty of life lies in meaningful, long-lasting relationships. True happiness does not come from material success or fleeting pleasures, but from deep, fulfilling connections with those around us

Have you ever experienced a friend suddenly stopping communication with you? Have you seen a loved one become distant, with no conversations for weeks or even months? Were these relationships always like this from the beginning? No. Every connection starts with warmth, affection, and mutual understanding. However, over time, misunderstandings, unresolved emotions, and changing circumstances can create distance, making communication difficult and eventually leading to broken ties.

Have we ever paused to reflect on why this happens? Is it simply because change is a natural part of life? What really transforms a relationship from closeness to estrangement? More often than not, we blame the other person for their changed behavior. But in reality, the root cause lies within the restless nature of our own minds. The human mind is inherently unsettled, untamed, and constantly moving from one thought to another. This restlessness influences how we perceive relationships, leading us to react impulsively, hold grudges, and drift away from people who once meant a lot to us.

Yet, deep within our hearts, we do not want our relationships to turn stale or bitter. We long for them to remain fresh, full of warmth and understanding. We wish to preserve the love and care that once brought joy into our lives. The good news is that it is possible to bring back the same delight and freshness we once had in our



relationships. But this requires us to train our minds, overcome inner resistance, and take conscious steps toward reconciliation and emotional maturity.

So, how can we nurture our relationships and restore lost connections? Here, are some essential steps to cultivate spiritual maturity in relationships:

Train Your Mind to Stay Present The mind is always wandering, overanalysing the past or worrying about the future. Teach your mind to stay in the present moment. If you consciously ask it to stay, it will listen. Allow yourself to go with the flow rather than

resisting change.
Be Mindful of Your Thoughts Observe how your mind functions. Meditation is a powerful tool to bring awareness to your thoughts and emotions. Instead of being consumed by mental restlessness, direct your focus to your surroundings, nature, or even the simple joys of life.
Let Go and Forgive Holding onto resentment only burdens your heart. Remember, life is fleeting — why waste it on grudges? Forgiveness liberates not only the other person but also yourself. It allows you to move forward with peace and clarity.

Overcome Prejudices and Assumptions Many relationships suffer not because of real harm done by others, but due to our own assumptions and prejudices. Our mind often magnifies problems, making them seem bigger than they actually are. Let go of unnecessary judgments and look at situations with an open heart.

Express Your Emotions in a Healthy Way Suppressing emotions leads to inner turmoil. Share your thoughts and feelings with someone you trust. If that is not possible, write them down or confide in nature. Releasing pent-up emotions helps in clearing mental clutter.

Take the Initiative to Reconnect If a relationship has turned cold, don't wait for the other person to take the first step. Muster the courage to reach out. A simple message, a phone call, or a heartfelt conversation can rekindle lost connections.

Free Yourself from Expectations One of the biggest barriers in relationships is the weight of expectations. We expect others to behave in a certain way and feel disappointed when they don't. Release yourself from the need for constant validation. Instead, focus on giving without expecting in return.

Respect People for Who They Are Every individual is unique. Instead of trying to mold others into what we want them to be, appreciate them for who they truly are. Accepting people as they are strengthens relationships and fosters deeper understanding.

Adopt a Positive Mindset Train your mind to see the good in people. Constantly finding faults leads to dissatisfaction and negativity. Make a conscious effort to switch to a no-complaint attitude, focusing on what is right rather than what is wrong.

Appreciate Strengths Instead of Focusing on Weaknesses Nobody is perfect. Instead of dwelling on a person's shortcomings, recognise their strengths. Celebrate their positive qualities, and you will find that relationships naturally become more fulfilling.

The beauty of life lies in meaningful, long-lasting relationships. True happiness does not come from material success or fleeting pleasures, but from deep, fulfilling connections with those around us.

Spiritual maturity in relationships requires self-awareness, patience, and a willingness to nurture bonds despite challenges. By training our minds and letting go of ego-driven conflicts, we can create a life filled with love, understanding, and harmony. In the end, relationships thrive not on perfection but on the effort we put into keeping them alive. Choose peace, choose connection, and above all, choose love. As Lao Tzu wisely said: "Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

— The author's views are personal. The author is a civil servant at the Ministry of Defence and a spiritual speaker