

Bhimapur High School to get heritage institution tag

Grievance Cell to visit Brahmampur to address public demands: CM

RAJEEV RATHAN ■ Bhubaneswar
Chief Minister Mohan Charan Majhi on Sunday said that the Bhimapur Government Upgraded High School in Ganjam district would be included among Odisha's heritage schools.



Addressing the school's centenary celebrations, Majhi said the State Government was committed to strengthening both primary and higher education to achieve the vision of a prosperous Odisha by 2036 when the State would celebrate its centenary.

Paying tribute to the school's founder, late Bhagaban Panda, the Chief Minister said that since its inception on March 15, 1924, the school had been a beacon of knowledge in the remote region for over a century. He emphasised that Indian education had traditionally thrived through the 'Guru-Shishya' tradition, which was disrupted during British rule with the introduction of a system designed mainly to create clerical manpower, ignoring character building and knowl-

edge pursuit. "Unfortunately, this colonial education model continued even after independence. Schools must now aim to produce responsible citizens who can contribute to building a strong society," he said.

Majhi credited Prime Minister Narendra Modi for ushering in reforms in the education sector by introducing the New Education Policy (NEP) in 2020. "Sadly, the previous State Government did not implement the NEP for five years. Our Government has now enforced it, paving the way for transformational changes," he said.

Highlighting new initiatives, the Chief Minister said pre-primary classes under 'Shishu Vatika' have been started in line with NEP-2020. Under the 'Nipun Odisha Mission,' measures have been taken to strengthen foundational literacy and numeracy skills among children, he added.

Taking a dig at the previous regime, Majhi said, "The so-called 5T School initiative was a farce. Only 16 per cent of schools were provided internet connectivity, yet they were falsely portrayed as 'Digital Schools'." No substantial effort was made to ensure quality education. "The Chief Minister also announced that the 'Chief Minister's Grievance Cell' would soon visit Brahmampur to directly hear the grievances and demands of the people.

Lecture highlights humanitarian activism



RAJEEV RATHAN ■ Bhubaneswar

National Human Rights Commission (NHRC) Member Justice Dr Bidyut Ranjan Sarangi on Saturday underscored the urgent need to strengthen humanitarian activism and legal aid partnerships to address the rising incidents of human rights violations.

Speaking as the chief guest at a lecture organised by the Ganjam District Advocates' Association at its temporary office in Brahmampur, Justice Sadangi said that despite in-

creasing violations, particularly among poor, marginalized, and neglected communities, silence and apathy continue to pose a grave threat to the foundations of democracy. He called upon the legal fraternity to proactively intervene in cases of human rights violations and ensure justice for vulnerable sections of society.

"Lawyers must prioritise action in cases involving the rights of the helpless and neglected. Their proactive role is essential for safeguarding democracy," Justice Sarangi said.

State Bar Association member Sanjit Kumar Panigrahi also addressed the gathering, emphasising that the protection of fundamental human rights forms the cornerstone of governance systems worldwide. He noted that although the Indian Constitution accords highest priority to human rights, a large section of citizens remains unaware of their entitlements due to lack of awareness and education.

District Circuit Judge Rupshree Chowdhury, association vice-president TK Reddy, secretary T Venket Rao, joint secretary Asit Sabat and several other prominent lawyers were present at the event.

The programme was presided over by association president Manoj Patnaik.

Cong to continue fight for women's security

PNS ■ Bhubaneswar
Crimes against women and girls have become routine in Odisha from February 21 till now. More than 2,000 cases of crimes have been lodged in different police stations of the State in the tenure of Chief Mohan Charan Majhi, said the Congress on Sunday.

The rape of a minor girl in Patapur in Ganjam district on April 27, the rape and murder of a six-year-old girl in the Disha industrial area of Angul district on in March and the gang-rape of a seven-year-old in the Hindol area in Dhenkanal district is the failure of the Mohan Majhi gov-

Couple stabbed by unidentified miscreants

PNS ■ Bhubaneswar
A couple was brutally attacked by unidentified miscreants on Saturday night in the Saheed Nagar area of Bhubaneswar, leaving the duo grievously injured.

According to reports, unidentified men launched a sudden attack on the couple, stabbing the woman and severely assaulting her husband with sharp weapons before fleeing the scene.

Panicked onlookers then rushed to the aid of the couple and found the woman with stab wounds in her abdomen

Justice sought for murdered Ganjam girl

RAJEEV RATHAN ■ Bhubaneswar
Outrage grows in Odisha, following the tragic death of a four-year-old girl in Ganjam district. The child, daughter of Ashok Swain from Mahanala village, went missing from Khalinga village on April 25, 2025 and was found murdered at an abandoned Anganwadi Kendra the next day.

While police have registered a case under Patapura Police station case 229/2025, the lack of arrests has fueled accusations of negligence. A key de-

Man thrashed to death by in-laws' family

In city
After attacking wife over marital dispute

PNS ■ Bhubaneswar
A domestic dispute took a violent turn on Saturday night at Gramadiha village under the Infovalley police station, in which one person died and two others were critically injured.

According to sources, the incident took place at the residence of one Pramod Jena when his son-in-law,

Dibakar, arrived at late night and attacked his wife Lakshmi Priya, with a sharp weapon following a heated argument. Lakshmi Priya sustained grievous injuries in the attack.

Upon witnessing his daughter being attacked, Pramod and his son retaliated by confronting Dibakar. In the ensuing scuffle, Dibakar sustained serious injuries. Despite efforts to save him, Dibakar succumbed to the injuries on the spot.

Following the violent incident, both Lakshmi Priya and her father, Pramod, were severely injured. They were rushed to AIIMS Bhubaneswar, where they are currently admitted in critical condition.

Eyewitnesses said Dibakar was in an inebriated condition. Further, they also added that matrimonial disputes between the husband and wife were ongoing for a while. "Pramod daughter had returned to her maternal home after suffering repeated

abuses from Dibakar. Last night, he entered Pramod's residence and started attacking his wife and mother-in-law with a sharp weapon, following which a confrontation ensued," said Gramadiha Sarpanch Sudhanshu Shekhar Moharana.

Getting information, Infovalley police and Bhubaneswar Zone-3 ACP Tapas Pradhan rushed to the spot and began an investigation. Statements from key witnesses, including family members and neighbours, were recorded.

2 brothers killed; bodies set on fire

In Ganjam
Deceased had criminal records; old enmity suspected

PNS ■ Brahmampur
Two brothers of Sumandal village under the Beguniapada police station in Ganjam district were brutally killed and later their bodies were set on fire on Saturday night.

The incident was suspected by police to be fallout of old enmity.

According to reports, the victims were identified as Sanjay Barik and his brother Ajay. Both brothers were allegedly involved in several criminal cases in the past and were known figures in the local area.

Police sources said that the attack was likely motivated by long-standing personal rivalry. The assailants attacked the two brothers at Shalaban village. After the gruesome murders, the assailants took the bodies to a deserted area near village, where they attempted to destroy evidence

by setting their bodies on fire. Locals alerted the police after spotting the burnt remains, following which senior police officials rushed to the spot. The area has since been cordoned off and investigation was underway to identify and nab those responsible.

Police said that multiple angles, including past criminal disputes and personal enmity, are being thoroughly probed. "We are taking this case very seriously. Teams have been deployed to collect

evidence and track down the culprits. The victims' history of involvement in criminal activities may have played a role in the motive behind their murder," a senior officer said.

The incident has left residents of both Shalaban and Sumandal villages in fear and shock. Additional police forces have been deployed in the region to prevent any further unrest.

Meanwhile, the bodies have been sent for postmortem to ascertain the exact cause and timing of death.

Technical glitches hit Ayushman Bharat rollout

In State
Healthcare Providers Assn submitted memo to govt for sorting out issues

PNS ■ Bhubaneswar
Earlier this month, the Odisha government began the transition process of eligible health card beneficiaries of the State to the Ayushman Bharat scheme from the Biju Swasthya Kalyan Yojana (BSKY).

Overseen by Union Health Minister JP Nadda, the rollout of the BJP government's flagship scheme ensures Rs 5 lakh annual health coverage per family, with an additional Rs 5 lakh for women beneficiaries, effectively expanding the benefits compared to BSKY.

However, the transition is reportedly not on a smooth



sail, with multiple software glitches reportedly hampering the process. From the beneficiary migration data to fresh registrations, several software-related hurdles are threatening a delay in the implementation of the Ayushman Bharat scheme, according to State Secretary of the All India Healthcare Providers Association Nilanjana Mukherjee.

She said that the mandatory requirement of doctor-patient photographs has been met with resistance from medical professionals. Additionally, the OTP generation time during patient registration, which has recently been reduced to 10 minutes, has created operational bottlenecks.

"Hospitals across the State are grappling with several technical problems that are

affecting the effective execution of the scheme. Despite 78% of Odisha's population being eligible beneficiaries, compared to the national average of 37%, the software is struggling to handle individual beneficiary cards under Ayushman Bharat."

She also added that the new scheme's individual card basis contrasts with the Biju Swasthya Kalyan Yojana (BSKY), which operated on a per-family card system, lengthening processing and registrations.

Mukherjee also raised another major concern as the absence of a pre-approval or pre-authorisation mechanism under the Ayushman Bharat scheme, a feature that was available in BSKY. The mecha-

nism will reportedly reduce delays in treatment and processing, she added.

Doctors need to carefully assess which pacemakers or spinal implants to use, as price caps vary and not all options are viable under the scheme's

current limitations. As such, these constraints are making it difficult for hospitals to deliver optimal patient care, even though treatments themselves are not being delayed.

"Although critical care is being provided without delay, the registration process for patients is significantly delayed. Priority should be given to finding ways to expedite this process," said Mukherjee.

To address these challenges, the All India Healthcare Providers Association has submitted a memorandum to the State government. The aim is to initiate dialogue and find sustainable solutions for the smooth functioning of the Ayushman Bharat scheme in Odisha.

Meanwhile, a response from the State government regarding the memorandum is awaited.

India emerges as global space leader: PM Modi

PIONEER NEWS SERVICE ■ New Delhi

Noting that India has become a global space power, Prime Minister Narendra Modi on Sunday said the country is leading the most cost-effective but successful space programme in the entire world and is going to scale new heights in the future. Many youth are attaining new milestones in the field of space startups, Modi said, adding 10 years ago, there was only one company, but today there are more than 325 space startups working in the country. In his monthly radio broadcast 'Mann Ki Baat', he also paid tributes to former Indian Space Research Organisation (ISRO) chief K Kasturirangan, who passed away last week. "Two days ago we lost the country's great scientist Dr K Kasturirangan ji. Whenever I met Kasturirangan ji, we discussed topics like the talent of Indian youth, modern education, Space-Science. His contribution in lending newer heights to science, education and India's space programme shall always be remembered. ISRO attained a new identity under his leadership," he said. The space programmes that moved forward under his guidance gave global recognition to India's efforts, Modi said. Many of the satellites that India uses today were launched under the supervision of Dr Kasturirangan, he said. "There was one more special facet to his personality, which the younger generation can learn from. He always accorded

importance to innovation. The vision of learning, knowing and doing something new is very inspiring," Modi said. The prime minister said Kasturirangan also played a major role in formulating the new National Education Policy of the country. Kasturirangan came up with the idea of "forward looking" education according to the modern needs of the 21st century, Modi said. "His selfless service to the country and contribution to nation building will always be remembered. Very humbly, I pay my tribute to Dr K Kasturirangan," he said. Noting that April marks 50 years of the launch of the Aryabhata Satellite, Modi said, "Today, when we look back and remember this journey of 50 years, we realise how far we have come. This flight of India's dreams in space once commenced with just conviction. Some young scientists with the passion to do something for the nation - they neither had the modern resources like today, nor the access to world technology as such. If at all they had anything, it was talent, dedication, hard work and the passion to do something for the country." "You must have seen pictures of our scientists carrying critical equipment themselves on bullock carts and bicycles. It is the result of that very dedication and spirit of service to the nation that so much has changed today," he said. Modi pointed out that India has become a global space power, pointing "We have created a record by launching 104 satellites simultaneously. We have become the first country to reach the South Pole of the



Prime Minister Narendra Modi FILE PHOTO

Moon. India has launched the Mars Orbiter Mission and we have reached pretty close to the Sun through the Aditya - L1 Mission," he said. Today, India is leading the most cost-effective but successful space programme in the entire world, he pointed out. Many countries of the world take help from ISRO for their satellites and space missions, Modi said. "When we see a satellite launch by ISRO, we are filled with

pride. I had a similar feeling when I witnessed the launch of PSLV-C-23 in 2014. I was also present at the ISRO Centre in Bengaluru during the landing of Chandrayaan-2 in 2019. At that time Chandrayaan failed to achieve the expected success, it was a very difficult time for the scientists. But I could see with my own eyes the patience of the scientists and their zeal to achieve something," he said. And a few

years later, the whole world too noticed how the same scientists made Chandrayaan-3 a success, the Prime Minister added. Noting that India has opened her space sector for the private sector as well, Modi said today many youth are attaining new milestones in the field of space startups. "The times to come are ushering in a lot of new possibilities in Space. India is going to scale new heights. The country is busy preparing for many important missions like Gaganyaan, SpaDeX and Chandrayaan-4. We are also working on the Venus Orbiter Mission and Mars Lander Mission," he said. Indian space scientists are going to fill the people of the country with new pride through their innovations, Modi said. Recalling the 'Champran Satyagrah', Modi said it was the first big experiment by Babu in India. "The entire British rule was shaken by Babu's Satyagrah. The British had to suspend the law that forced farmers to cultivate indigo. This was a victory that infused new confidence in the freedom struggle. All of you must be aware that another son of Bihar also contributed a lot to this Satyagrah, who became the first President of the country after Independence. The great personality was Dr Rajendra Prasad. He also wrote a book on the 'Champran Satyagrah'," Modi said. Many more indelible chapters of the freedom struggle are associated with April itself, he said. "Gandhiji's 'Dandi March' culminated on the 6th of April itself. This march which commenced on the 12th of

March and continued for 24 days had shaken the British. The Jallianwala Bagh massacre took place in April itself. The marks of this blood stained history are still present on the soil of Punjab," Modi said. He said that in a few days, on May 10, the anniversary of the first freedom struggle would also be there. The spark that arose in that first battle for freedom, later became a torch for millions of freedom fighters, Modi said. "On April 26, we observed the death anniversary of the great hero of the 1857 revolution, Babu Veer Kunwar Singh. The entire country derives inspiration from this great freedom fighter of Bihar. We have to keep alive the immortal inspirations of lakhs of such freedom fighters," he said. The energy received from them provides renewed strength to our resolve of 'Amrit Kaal', Modi added. He said the biggest strength of the country is our 140 crore citizens, their capability, their will power, and when crores of people join a campaign together, its impact is huge. He cited the example of the 'Ek Ped Maa Ke Naam' campaign and pointed out that on the 5th of June, on 'World Environment Day', this campaign is completing one year. "During this one year, under this campaign, more than 140 crore trees have been planted in the name of the mother across the country. Observing this initiative of India, people outside the country have also planted trees in the name of their mother," he said. In his broadcast, Modi also lauded how in Wayanad, saffron is not being grown in any field or soil but with the help of aeroponics technique.



Union Education Minister Dharmendra Pradhan paying tribute to former ISRO chief K Kasturirangan at Raman Research Institute in Bengaluru P11

Dharmendra Pradhan pays tribute to K Kasturirangan

PIONEER NEWS SERVICE ■ New Delhi

Union Education Minister Dharmendra Pradhan on Sunday paid homage to former ISRO chief K Kasturirangan, who died on April 25, in Bengaluru, saying he was one of the brightest stars of the scientific and academic community. "Paid homage to the mortal remains of Dr K Kasturirangan ji at Raman Research Institute, Bengaluru. One of the brightest stars of the scientific and academic community, Kasturirangan ji leaves behind an unparalleled legacy. "May his soul attain sadgati. Pray to Almighty to grant solace to the bereaved family," Pradhan wrote on social media and shared pictures. Kasturirangan, who led the Indian Space Research Organisation (ISRO) for nearly a decade and was the man behind the reforms proposed in the new National

Education Policy (NEP), passed away at the age of 84 in Bengaluru. His mortal remains, wrapped in the national flag, were kept at the Raman Research Institute (RRI) for the public and well-wishers to pay their last respects. His last rites will be conducted with full state honours. Pradhan shared a heartfelt post for Kasturirangan on social media on Friday, saying the space scientist was "more than a mentor" for him. "I am deeply heartbroken by the passing of Padma Vibhushan Dr K Kasturirangan ji. His loss is not only a profound one for the global scientific and academic community, but an intensely personal one for me. "To me, he was far more than a mentor — he was a guiding light, a wellspring of wisdom, compassion, and quiet strength. I consider myself truly fortunate to have received his affection, blessings and guidance over the years," the minister wrote.

509 Pakistanis leave India after notice

PRESS TRUST OF INDIA ■ New Delhi

As many as 509 Pakistani nationals, including nine diplomats and officials, left India in three days beginning Friday through the Attari-Wagah border point as the exit deadline for the 12 categories of short-term visa holders of the neighbouring nation ended Sunday, officials said. A total of 745 Indians, including 14 diplomats and officials, have returned from Pakistan through the international border crossing located in Punjab. The 'Leave India' notice to the Pakistani nationals was issued by the government after 26 people, mostly tourists, were killed by Pakistan-linked terrorists at Pahalgam in Jammu and Kashmir on April 22. Officials said that altogether 237 Pakistani nationals, including nine diplomats and officials, left India through the Attari-Wagah border post on Sunday, 81 Pakistani nationals left on April 26 and 191 on April 25. Similarly, 116 Indians, including one diplomat, returned from Pakistan on Sunday through the international land border crossing, 342 Indians, including 13 diplomats and officials, came back from Pakistan on April 26 and 287 Indians crossed over on April 25, officials said. Some of the Pakistanis might have left India through airports too, they said, pointing out that since India does not have direct air connectivity with Pakistan, they might have left for other countries. The deadline for exiting India for those holding SAARC visas was April 26. For those carrying medical visas, the deadline is April 29. The 12 categories of visas whose holders have to leave India by Sunday are — visa on arrival, business, film, journalist, transit, conference, mountaineering, student, visitor, group tourist, pilgrim and group pilgrim. Three Defence or Military, Naval and Air Advisors in the Pakistani High Commission in New Delhi have been declared Persona Non Grata and they

were given one week to leave India. Five support staff of these defence attaches were also asked to leave India. India has also withdrawn its defence attaché from the Indian High Commission in Islamabad. However, those having long-term and diplomatic or official visas were exempted from the 'Leave-India' order. At the Attari border in Amritsar district, vehicles queued up as Pakistani nationals hurried to cross over to their country. Many Indians came to bid farewell to their relatives, the pain of separation evident on their faces. Sarita and her family had come to India for a kin's wedding set for April 29. "We came to India after nine years." Besides, 438 Pakistani nationals are in the foreign countries on long-term visas and they include Hindus who have applied for Indian citizenship. She, her brother and her father are Pakistanis while her mother is an Indian national. "They (the authorities at Attari) are telling us they will not allow my mother to go along. My parents got married in 1991. They are saying Indian passport holders will not be allowed," she said, crying bitterly. Maharashtra Chief Minister Devendra Fadnavis said all Pakistanis have been accounted for and arrangements are being made to deport the people whose visas have been revoked as per the Centre's directives. State minister Yogesh Kadam on Saturday said the 1,000 Pakistani nationals with short-term visas have been asked to leave India. Around 5,050 Pakistani citizens have been living in Maharashtra and most of them are on long-term visas, officials said. The Bihar government said that all Pakistani nationals, who had been to the state in the recent past, have left well

ahead of the April 27 deadline. In the southern state of Telangana, police chief Jitender cited official records to say that as many as 208 Pakistani nationals were staying in the state, mostly in Hyderabad. Among them, 156 hold long-term visas, 13 short-term visas and 39 were with the travel document for medical and business purposes. There were 104 Pakistani nationals in the southern coastal state of Kerala, of whom 99 were on long-term visas. The remaining five, who were on either tourist or medical visas, have left the country. Central India's Madhya Pradesh had around 228 visiting Pakistani nationals, many of whom have left the country already, officials said. On the other hand, around 12 Pakistanis have been identified in Odisha and all of them have been asked to follow the deadline set for them to leave the country. Goa Chief Minister Pramod Sawant has said three Pakistani nationals, who were in the state on short-term visas, have been asked to leave. Seven Pakistanis were in Gujarat on short-term visas — five in Ahmedabad and one each in Bharuch and Vadodara. They have either left India or are leaving by Sunday, officials said. Besides, 438 Pakistani nationals are in the western state on long-term visas and they include Hindus who have applied for Indian citizenship. In the north, Uttar Pradesh Director General of Police Prashant Kumar said on Saturday that the process of sending back all categories of Pakistani citizens visiting the state who have been ordered to leave India has been completed. One Pakistani national is still in the state and he will depart for Pakistan on April 30, the DGP said. As many as 19 Pakistani nationals staying in Bihar with short-term visas have left the country. Union Home Minister Amit Shah on Friday called up the chief ministers of all states and asked them to ensure that all Pakistani stays in India beyond the deadline set for leaving the country.

PM Modi to inaugurate first WAVES summit in Mumbai

PIONEER NEWS SERVICE ■ New Delhi

Prime Minister Narendra Modi will inaugurate the first World Audio Visual and Entertainment Summit (WAVES) in Mumbai on Thursday, a four-day event that will bring together the entire spectrum of the media and entertainment industry. The prime minister is also expected to interact with top leaders of the media and entertainment industry during the summit, which is also aimed at giving a boost to the creator's economy taking shape across the world. Maharashtra Chief Minister Devendra Fadnavis and Information and Broadcasting Minister Ashwini Vaishnaw will also address the inaugural session of the summit, which is expected to witness participation from top actors such as Amitabh Bachchan, Rajinikanth, Mohanlal, Hema Malini, and Chiranjeevi, among others. The summit will feature theme-based plenaries and discussions aimed at shaping the future of the audio-visual industry in India and beyond. The first two days will focus on cinema, filmmaking, and marketing, while the next two days will witness business meetings and participation from the general public. External Affairs Minister S Jaishankar is expected to chair the Global Media Dialogue which will see participation from ministers, leaders of the media industry and policymakers from across the world. Mumbai is expected to be the permanent venue of the WAVES summit, billed as the biggest gathering of the media and entertainment industry, similar to what World Economic Forum meeting at Davos is for the business and economy sectors, officials said.



Chief Justice of India Sanjiv Khanna being greeted by Supreme Court Bar Association President Kapil Sibal before the start of a friendly cricket match between CJI XI and SCBA-XI at Modern School Cricket Ground in New Delhi on Sunday P11

IIT-Madras non-destructive evaluation centre grows

PRESS TRUST OF INDIA ■ New Delhi

From sensors detecting leaks in pipelines, tanks, bridges and dams without tearing those down to robots for ending manual scavenging — IIT-Madras has established itself as a global centre of excellence for developing disruptive material testing technology. "Non Destructive Evaluation" (NDE) is the broad name given to the field of testing and analysis used by industry to characterise components or structures for indicators of performance degradation, without causing damage to the original part. The "NDE 5.0 — Industrial Assets and Process Management CoE (CNDE)" at IIT-Madras is developing advanced inspection solutions using X-rays, infrared thermography, lasers, ultrasonics, microwave, terahertz and eddy currents, leveraging industry tools in robotics, drones, AI, Machine Learning, virtual reality, distributed ledgers, hyperspectral imaging and quantum computing. Krishnan Balasubramanian, Chair Professor, IIT-Madras, said that the centre of excellence has a team of internationally acclaimed professors and researchers who have executed projects with a cumulative value over ₹200 crore, attracted industry funding in excess of ₹50 crore and CSR funding of ₹10 crore for

socially-relevant projects. "The research undertaken by this team has already led to 15 IIT Madras-incubated startups with a combined valuation in excess of ₹2,000 crore. "The vision is to carry out cutting-edge research on asset integrity platforms for society and industry validated and accepted as benchmarks that can be commercialised worldwide," he said. Balasubramanian also underlined that technologies from this CoE impact the efficiency of industry operations and increase the availability and safety of industrial and infrastructural assets. "The key objectives of this CoE include impacting industries by helping them reduce operating costs by 40 per cent, decrease failure risk, improve availability and uptime by 20 per cent and extend as well as maximise asset life safety," he added. "The country has the second-longest road network in the world (6 million km) and the Indian Railways is one of the largest rail networks in the world under one management. The ports handle 95 per cent of its international trade in and out of India. "The country is currently the fourth largest consumer of energy globally after the US, China and Russia and, hence, has over 40,000 km of cross-country pipelines and underground oil reserve storage facilities," he said.

Editor's TAKE

Honouring the bravehearts

Metro murals for Param Vir Chakra winners must be replicated for the next generation

The Delhi Metro has put up murals to honour Param Vir Chakra winners, transforming urban spaces into canvases of culture and history.

The Param Vir Chakra is awarded to those soldiers who display extraordinary courage in the face of adversity, often paying the ultimate price for the safety and sovereignty of the nation.

But while their bravery is celebrated in military circles, it is essential that these heroes are also remembered in the heart of the public's consciousness.

These murals are not just decorative but hold deep significance. They act as visual landmarks in metro stations — places that see thousands of commuters pass by daily.

It is always crucial to honour bravehearts, as their sacrifices are the foundation of national pride and security.

Moreover, such tributes provide an educational aspect to public art. Younger generations, who may not be familiar with the history of these gallant warriors, are exposed to their stories in a non-traditional format.

Metro murals are not a new phenomenon, but their focus on historical figures and national heroes is a relatively recent development.

Today, metro murals dedicated to Param Vir Chakra winners are part of a larger movement to preserve the history and valour of India's armed forces in a visually accessible way.

Moreover, metro murals are also an important form of urban storytelling. They speak to the identity of the city and, in many ways, reflect the values of its people.

No Indus water for Pakistan

In a decisive shift, the Government of India has suspended the Indus Waters Treaty, marking a bold recalibration of its strategic doctrine

The recent terrorist ambush in Pahalgam of innocent tourists once again has exposed the rot of cross-border terror and has brought into sharp focus the question of proportionality and response.

In the aftermath of the Pahalgam attack, the Government of India has taken a bold and long-overdue step — it has moved to suspend the Indus Waters Treaty (IWT), one of the most generous and lopsided water-sharing agreements in the world.

For decades, India honoured the treaty even during full-scale wars and covert proxy conflicts. But the age of automatic magnanimity is over.

In return, what India receives is infiltration, radicalisation, and relentless bloodshed. The symbolism is stark — and so is the imperative.

This move comes after years of diplomatic exhaustion. India has been patient. It has absorbed attacks in Uri, Pulwama, and now Pahalgam, while choosing to respond through global forums, dossiers, and restraint.

Under the Vienna Convention on the Law of Treaties, a fundamental change in circumstances — such as the continued use of terror as state policy — provides legal ground



for renegotiation or withdrawal. India has exhausted the dispute resolution mechanisms under the IWT. Pakistan's habitual misuse of arbitration panels and neutral experts to stall Indian projects has made the treaty unworkable.

What does this suspension mean in operational terms? It means that India will now assert its full entitlement over the eastern rivers, accelerating long-delayed projects like the Shahpur Kandi Dam and Ujh multipurpose project.

It means that hydropower infrastructure on western rivers will be scaled up rapidly. It means that water flowing unutilised into Pakistan will now be directed to support irrigation, industry, and drinking water needs in Jammu, Kashmir, Ladakh, Punjab, and Himachal Pradesh.

This is water as a national right. Critics may raise concerns about international backlash or ecological consequences. But the reality is that global sentiment has shifted.

change, pre-terrorism era, is now outdated. The treaty does not account for glacial melt, increased water variability, transboundary hydro-politics or asymmetric warfare.

By suspending the Indus Waters Treaty, India is also rewriting the rules of engagement. The message to Islamabad is clear: treaties require trust.

If Pakistan wants the privileges of diplomacy, it must first uphold the principles of peace. The days of one-sided patience are over. This is a new water doctrine: principl

pled, powerful, and unapologetically Indian. This decision also sets a precedent for the broader region. It signals that India will no longer allow historical inertia to dictate present vulnerability.

The terrorists who struck in Pahalgam sought to destabilise the Valley. What they have done instead is awaken a deeper resolve. India has responded not just with weapons and diplomacy, but with the reassertion of control over its natural capital.

As the Indus flows through the mountains of Kashmir and into the plains of Pakistan, let it now carry a message — not of hostility, but of hard realism.

If Pakistan wishes to continue enjoying the privileges of a water-sharing agreement, it must renounce the politics of bloodshed. Until then, India has every moral, legal, and strategic right to turn the tide.

(The author is an IAS officer. Views are personal)



BHUPESH CHAUDHARY

Future belongs to XR, AR and 3D innovation

SECOND Opinion

BY SANJEEV DE

The Indian industrial landscape is undergoing a seismic shift. As products grow more complex, markets demand faster turnarounds, and sustainability becomes non-negotiable, businesses face a pressing challenge: how to communicate value effectively while keeping costs low and engagement high.

The rapid evolution of India's industrial sectors has exposed the limitations of conventional approaches. Companies now need ways to simplify product demonstrations, accelerate sales cycles, cut operational costs, and boost digital engagement.

Smarter, faster, and more sustainable by leveraging 3D and XR tools to deliver powerful product stories. Across various industries, immersive tech adapts to unique demands and transforms operations.

XploR supports this by enabling energy firms to simulate smart grids or solar plant systems dynamically, streamlining sales, training, and even Government tender processes.

Beyond innovation, immersive tech delivers measurable gains. Reducing the need for physical demos and event logistics can slash expenses by up to 70 per cent, eliminating freight, installation, and handling costs.

Globally, immersive tech is already standard practice. In Germany, Japan, and the US, B2B Expos feature 3D displays, OEMs use VR for training, and retailers leverage AR to enhance online shopping.

For Indian industries, it is a chance to sell with confidence, train with clarity, and communicate with creativity. With the adoption of immersive technologies, India has the tools to lead, not follow.

(The writer researcher and expert on immersive technologies and founder of BizConnect. Views are personal)

Leaderspeak



In 2013 Waqf Bill was passed unanimously by both houses of Parliament. As per the theory of separation of powers, the judiciary, the legislature, and the executive are all independent. If the Government misuses its powers or any article of the Constitution, the judiciary will intervene. Where else will we go?

ASADUDDIN OWAIISI, MEMBER OF THE LOK SABHA

Letters to the Editor

Adieu Dr Kasturirangan

Madam — Any discussion on the odyssey of India's space and research history is incomplete without making the mention of Dr Krishnaswamy Kasturirangan. He bade adieu to all of us at the age of 84, due to illness.

From holding the peculiar chairmanship of ISRO from 1994 to 2003, he held the basket of accolades and honours to his name. From the satellite missions like Bhaskara I and II, his excellent leadership has given India its first remote sensing satellite, powerhouse launch vehicle technologies like PSLV and GSLV, INSAT-2, and also chaired Earth Observation Satellite committees.

India will never forget his contribution in making Indian space and research capable of attaining self-reliance. He extended his versatile contribution to his nation's service during his entire life. From the space apex of ISRO to Rajya Sabha to Planning Commission to chairing many other committees on environment, higher education and technology, his list of national contribution is really long.

The war against Naxals

Madam — The anti-Naxal operations in Chhattisgarh are at their peak. Naxal hotbeds Bijapur and Sukma have never witnessed such an unprecedented "war" against the Maoists. Combing operations by more than 10,000 security personnel, drawn from various forces — including the dedicated Commando Battalion for Resolute Action (CoBRA) — have gone hammer and tongs at Naxal dwellings and explosives by working day in and day out at unfamiliar terrains.

Amidst the ongoing operations against the Naxals, Chhattisgarh Deputy Chief Minister Vijay Sharma has proposed a dialogue with the Maoists. Quickly acting on the proposal, the Communist Party of India (Maoist) has, instead, asked for a month-long ceasefire in anti-Naxal operations to come to the negotiating table.

In a serious war against any kind of terror, aimed at the State, the Government cannot let its guard down by agreeing to a truce. The dangerous Naxals may seize the ceasefire period to recoup. The Government must tread very carefully in responding to the Maoist offer.

Trade tariffs are counter-productive

Madam — Trade tariffs are intended to protect domestic industries and promote local production. Taxes on imported goods make local products cheaper and more attractive, which boosts the economy and employment.

However, high import prices of raw materials increase the cost of production, burden consumers and increase inflation. Exports can become expensive and lose competitiveness in the global market.

Trade disputes around the world have affected economies, as seen in the Trump era, where some countries have benefited and others have been affected. India should maintain its export potential despite rising costs, explore new markets, support local industries and train its youth so that the economy becomes self-sufficient and can withstand trade pressures.

While trade tariffs aim to protect domestic industries, they can also increase production costs, burden consumers, and impact global competitiveness. India must focus on maintaining export potential, exploring new markets, and strengthening local industries.

By investing in workforce training and fostering self-sufficiency, the country can better withstand global trade pressures and position itself for sustainable economic growth in an evolving global landscape.

RAHUL GANDHI GETS WARNING FROM SC FOR SAVARKAR REMAKRS

Belonging from a freedom fighter family, I agree with the Supreme Court (SC) that it is not good for anyone to make disparaging remarks about freedom fighters. SC's stern warning to the Leader of Opposition Rahul Gandhi stated that Vinayak Damodar Savarkar is revered in Maharashtra. Not only this, the SC, pointing out that Gandhi's grandmother, former Prime Minister Indira Gandhi, had written a letter praising Savarkar. Pardon me, for SC to have credibility in their views, but they must first identify freedom fighters, and their actions. It is not about whether Rahul Gandhi has any obligation to accept the actions of his grandmother (or great-grandfather, or great-great-grandfather), but whether any defamation of someone who espoused the ideology of Hindu Mahasabha led to Mahatma Gandhi's assassination.

receive a pension of ₹60 per month (which was higher than the salary of a District Collector) from the British Government, after his release from imprisonment in 1924, when Savarkar was placed under surveillance and had restrictions on his movements? Not only these, was Savarkar not supposed to have supported Mahatma Gandhi's call for the Quit India Movement? But instead of support, he was recruiting Indians for the British Army.

Parivar (many among them worship the first terrorist in India, Nathuram Godse, who killed the Father of the Nation) and the people of Maharashtra, majority other Indians have not recognised Savarkar as a freedom fighter, because he was the original proponent of the two-nation theory — the theory ("there are two antagonistic nations living side by side in India") which led to the partition of India. My humble request to the Honourable Justice of the SC, the above points also need to be examined.

BIDYUT KUMAR CHATTERJEE | FARIDABAD

Regaining Pahalgam's lost paradise

A brutal terrorist attack in Pahalgam's Baisaran Valley has shattered dreams, reignited fear, and exposed the fragile calm, threatening Kashmir's hard-earned progress and hopes for lasting peace

FIRST Column

Holidaying in happiness turned into a nightmare at the idyllic landscape of Pahalgam, often described as a 'heaven on earth,' as a scene of unimaginable horror broke open on April 22, 2025.

A brazen terrorist attack on a group of tourists in the Baisaran Valley — mainly men being killed based on their religious identity — resulted in the tragic and unfortunate loss of at least 28 lives and left over 20 others critically injured.

This barbaric act, claimed by 'The Resistance Front' (TRF), a shadow outfit of the Pakistan-based Lashkar-e-Taiba (LeT), has not only devastated families and shattered dreams but has also ripped apart the fragile veneer of normalcy that authorities had been attempting to bring back in the Kashmir Valley.

The gruesome incident unfolded in the afternoon of 22 April when a group of four to six heavily armed militants, disguised in military — style uniforms, emerged from the dense forests surrounding Baisaran Valley (a meadow accessible only by foot or pony and an open area with no hideouts for safety). According to eyewitness accounts, the assailants systematically targeted non-Muslim tourists after checking their identities and religious affiliations.

This selective targeting underscores the malicious intent to sow communal discord and further destabilise the region. The victims included 24 tourists from various parts of India, two local residents, and two foreign nationals from Nepal and the UAE. The serene meadow erupted into chaos and grief in the attack's immediate wake.

Social media feeds flooded with harrowing videos — terrified cries for help mingled with the grim sight of lifeless bodies scattered across the onepicturesque landscape.

The emotional wounds inflicted on the bereaved families are immeasurable. While the Government's offer of ₹20 lakhs for information on the terrorists' location is one step to involve citizens' participation in nabbing the culprit, it cannot erase the haunting memories of this devastation.

The image of the young woman beside her fallen Navy officer husband, a honeymoon tragically cut short; the local pony owner's family, now without their sole provider after his courageous son tried to shield tourists; the woman forced to witness the brutal murder of her husband and son; the recently married IAF officer from Arunachal Pradesh on vacation — these stories of unimaginable loss and despair paint a stark and enduring picture of terrorism's human cost, shattering the illusion (read deception) of calm in this vulnerable region.

Following the Pahalgam attack, the Cabinet Committee on Security (CCS) recommended a set of five decisive actions against Pakistan — that included holding the 'Indus Waters Treaty of 1960' in abeyance until verifiable cessation of cross-border terrorism; immediate closure of the 'Integrated Check Post Attari' with a grace period until 1 May for those with valid endorsements to return; the cancellation of all 'SAARC Visa Exemption Scheme'



RAJDEEP PATHAK

(SVES) visas for Pakistani nationals with a 48-hour deadline for those currently in India to depart; the declaration of Pakistan's Defence/Military, Naval, and Air Advisors in New Delhi as 'Persona Non Grata' with a week to leave (and a reciprocal withdrawal of Indian counterparts from Islamabad along with five support staff from each mission); and a significant reduction in the overall strength of High

Commissions from 55 to 30 personnel by May 1, 2025.

The Pahalgam attack has triggered widespread condemnation across India, with many viewing it as a direct assault on the nation's unity and secular fabric. Many countries, including the United States, Russia, the United Kingdom, and several European

and Middle Eastern nations, especially the UAE, issued strong statements condemning the attack. They emphasised the need for international cooperation to eradicate terrorism and called for the perpetrators to be brought to justice. This incident has added a new dimension to Kashmir's intricate geopolitical scenario. For decades, this region has been a fiercely contested territory between India and Pakistan, leading to repeated conflicts and border tensions and solidifying its status as a highly sensitive area. The situation has become even more complex with China's bordering presence. Adding to this volatile mix, Bangladesh has recently emerged as a neighbour in dispute with India, further intensifying regional dynamics. The timing of this unrest could be a calculated move to draw international attention to the Kashmir issue and undermine India's attempts to showcase normalcy, particularly as it coincided with US Vice President JD Vance's visit and the ongoing WAQF debate. Moreover, striking at the height of the tourist season — a critical period for the local economy —

HIS REVERSES THE REMARKABLE GROWTH FROM 1.62 CRORE TOURISTS IN 2019 TO 2.36 CRORE IN 2024, WHICH HAD SIGNIFICANTLY BOOSTED LOCAL ECONOMIES AND LIVELIHOODS DEPENDENT ON THE HOSPITALITY INDUSTRY, INCLUDING HOTELS, HOUSEBOATS, GUIDES, AND ARTISANS, THEREBY REIGNITING FEAR AND UNCERTAINTY.

is a calculated attempt to inflict maximum economic harm and cultivate an atmosphere of fear, thereby disrupting peace and stability.

Since the abrogation of Article 370 in August 2019, the Indian Government has been actively pursuing peace-building and confidence — regaining measures in Jammu and Kashmir, while also promoting local entrepreneurship and development, recognising the practicalities of the situation on ground, which had begun to yield positive results, thereby projecting a return to normalcy in the region.

The recent attack has severely impacted its sector, specifically, the recovering tourism sector in Jammu and Kashmir. Travel agencies in Delhi experienced nearly 90 per cent booking cancellations, as per media reports.

This reverses the remarkable growth from 1.62 crore tourists in 2019 to 2.36 crore in 2024, which had significantly boosted local economies and livelihoods dependent on the hospitality industry, including hotels, houseboats, guides, and artisans, thereby reigniting fear and uncertainty.

Amidst the tears of this tragedy, the response of the Kashmiri people showcased a powerful display of humanity. Immediately following the attack, residents rushed to the scene to assist the injured tourists.

They helped with evacuations, offered first aid, and provided emotional support to those traumatised by the event. A day later, on April 23, religious organisations condemned the attack and large numbers of Kashmiri citizens took to the streets in protest of this massacre, holding peaceful demonstrations with the Tricolour, besides candlelight vigils, further underscoring the rejection of violence by the local population and their desire for peace and stability.

It would not be an exaggeration to say that the insidious nature of terrorism often finds fertile ground in the tilled soil of human emotions — fear, anger, and envy — emotions that are tragically amplified by the harsh realities of systemic inequalities and sometimes, forced acts of blind belief.

It is a matter of grave national concern to observe the seeds of violence taking root even in our villages, and growing children's aggressive behaviour. This early violence is often a bitter harvest of neglect, stemming from a lack of fundamental education that instils mutual respect, and the gnawing anxiety of unemployment, that darkens the horizons of their future. These interconnected issues demand serious and sustained attention to prevent the escalation of individual frustrations into larger societal threats.

While the Government is taking strong counter-terrorism measures in light of this barbaric attack, the participation of citizens in rebuilding the shaken confidence is crucial. Despite this barbaric act that threatens to undermine the hard-won progress in the Valley, rebuilding trust is now paramount. The time is now to act — in all directions, for peace is the only way.

(The writer is a programme executive Gandhi Smriti Sansthan. Views are personal)

Congress in crisis: Reform or perish

Despite the energy generated by Rahul Gandhi's Bharat Jodo campaigns, the session offered little more than ritualistic rhetoric, exposing deep structural inertia and a status quo mindset at odds with the urgency of the political moment

Why is the Congress reluctant to change its formation in terms of organisational network, and reform the decades — old processes related to the functioning of its highest bodies — Congress Working Committee, AICC and its customary session?

Are the Congress leaders fearful of the change or intense pressure from some invisible forces that have forced them to play safe and be status quo?

These questions confronting the current Congress dispensation (read Sonia Gandhi-Mallikarjun Kharge-Rahul Gandhi powerful troika) are not new. But a refresh button pressed by the recently held non-happening Ahmedabad AICC session has once again made these questions relevant and begging for answers.

The session left all those participating or not (the party leaders rank and file, and the public) unenthused to the level of the lowest ebb, as it failed to throw an alternative vision to fight the might of Mr Narendra Modi — led well-oiled ruling network — and also to ignite the minds of the Congresspersons to make them ready for future political battles — elections or otherwise.

The abysmal affair that the AICC session turned out to be, with no clear-cut direction emerging out of it as to how the Grand Old Party (GOP) proposes to fight the politico-ideological battle on its way to strengthening its place as the premier opposition party and the unchallenged leader of the fledgling opposition combine — I.N.D.I.A. The session has ended up adding to the confusion and demoralisation rather than emanating any ray of hope.

The Ahmedabad AICC session was not different from the preceding ones held in the last few decades. At a time when the Congress is facing the toughest battle of its survival, with an all-round onslaught launched by the ruling dispensation — both at the political and Government levels — the session was expected to be a path-breaking one, if not revolutionising the party's thinking or strategy. But nothing of the sort happened.

Where does the Congress — particularly Mr Rahul Gandhi, whose remarkable Bharat Jodo Yatra and Bharat Jodo Nyay Yatra had rekindled a fresh hope — go from here?

The Ahmedabad AICC session was a valuable opportunity to unveil the blueprint of what the party intends to do in the coming times. Most of the contentious but significant issues — such as strengthening and overhauling the organisational set-up, changing the style of working, purging the party of non-performers and the deadwood, and those coniving with the arch-political rivals — went missing from the discourse.

Those who had their eyes and ears fixed on the session and waited with bated breath for a new look



ANIL ANAND

agenda to unfold were despaired to be content with passing references (on these issues) made by Mr Kharge and Mr Gandhi in their speeches.

The scores of leaders and the delegates who travelled long distances to be in attendance, left without carrying a message to enthuse the workers back home, as there was none. Under the circumstances, getting back to the grassroots and convincing the people to be back in the Congress — fold remains a tall order.

Although Mr Kharge, as the Congress president, has done commendable work despite age-related and physical constraints and has left no opportunity to go inside and outside the Parliament — without

fighting back on crucial issues — the challenge is more daunting for Mr Gandhi. It remains a fact that Mr Kharge is acting only as a guardian figure, but every policy decision in the party has Mr Gandhi's stamp affixed to it. The party president has no one in doubt about his position and candidly admitted from time to time that Mr Gandhi was the real force. A very tricky situation seems to have arisen in Congress, particularly after the lacklustre AICC session and with the next set of assembly elections approaching fast. Normally, the onset of any election has been used as a standard excuse by the Congress strategist to ward off or postpone decisions on vital issues — to the great disadvantage of the party — which is there for everyone to see at the AICC and the state/UT levels where confusion prevails supreme. The play would not work anymore. The clock is ticking fast and the indecisiveness is getting entrenched deeper, a situation that demands

ACCORDINGLY, THE ENTIRE GAMUT OF ORGANISING AICC SESSIONS MUST ALSO DRASTICALLY CHANGE. IT SHOULD NOT BE MERELY A CUSTOMARY FULFILMENT OF ELECTION COMMISSION REQUIREMENTS BUT AN EXERCISE THAT SHOULD BE DEEPLY INTERACTIVE AND ALL, ENCOMPASSING.

a fast remedy.

Since Mr Gandhi has led the battle from the front, notwithstanding the personalised campaign against him to tarnish his image, with two pan-India sojourns having a dramatic effect both for the party and at the personal levels, unfortunately, the spirit has not been carried forward. A weak organisation, dotted by leaders with vested interests and at times working at cross-purposes to BJP's advantage, has been the Congress's bane and spoke in Mr Gandhi's wheels.

With this backdrop, it has become imperative that Mr Gandhi must press the alarm bell. The image of indecisiveness has to be shed and the mask of the status quo has to be blown to smithereens as fast as possible.

The charity must begin at the AICC with a thorough change in its work culture. In most of the cases, it has become a parking place for those elevated as its office-bearers in charge of key tasks. A big casualty is that they tend to lose touch with the middle-lower rung leaders and workers.

Accordingly, the entire gamut of organising AICC sessions must also drastically change. It should not be merely a customary fulfilment of Election Commission requirements but an exercise that should be deeply interactive and all — encompassing. The Ahmedabad AICC session starkly revealed the Congress party's deep-rooted reluctance to confront its structural inertia and outdated processes.

Despite the hopes ignited by Rahul Gandhi's Bharat Jodo initiatives, the session failed to offer any meaningful vision or reforms, leaving leaders and workers disillusioned.

The Congress's continued avoidance of internal overhaul — especially in revamping the AICC, energising the grassroots, and purging non-performers — has eroded morale at a time when clarity and decisiveness are critical.

With Mr Kharge serving more as a caretaker and Rahul Gandhi being the de facto decision-maker, the party can no longer afford to hide behind election timelines to defer reforms. The Congress must shed its image of indecisiveness and break free from status quoist tendencies.

Only a bold reimagining of its organisational network and work culture — starting at the top — can revitalise the Grand Old Party and position it as a credible challenger in the evolving political landscape. The clock is ticking.

Every missed opportunity deepens the disconnect with the electorate and empowers the opposition narrative. Time for half-measures is over — action must replace introspection.

(The writer is a political and national affairs analyst. Views are personal)



Self-Care Now a Lifestyle, Not a Luxury

In an age of overstimulation, walking into a wellness clinic is a kind thing you can do for yourself, says **ABHI SINGHAL**

In a typical working week, how much time do you really take out for yourself, to slow down, to recharge, or to nourish your skin and scalp? For many, the answer still leans towards "too little." But the narrative around self-care is shifting. Wellness is no longer considered a luxury; it has steadily become a lifestyle choice. As individuals strive to balance demanding careers with personal well-being, they're beginning to invest not just in rest, but in routines that nourish both body and mind.

At the heart of this evolution lies a deeper appreciation for skincare and hair care - once seen as cosmetic indulgences, they are now recognised for their therapeutic and preventive benefits.

Facials, in particular, have transformed from occa-

sional treats to essential self-care rituals. More than just a glow-up, they are a reflection of inner health and mindfulness.

Daily skincare routines, while foundational, often fall short when it comes to tackling environmental stressors, premature ageing, and hormonal fluctuations. This is where professional facial treatments come in - offering targeted solutions that cleanse, nourish and repair the skin at a cellular level. Treatments like Hydrafacials, Fire & Ice facials, nano-needling, and chemical peels are now powered by dermatologist-led protocols and medical-grade devices. These don't just make the skin look good, they help it function

SKIN ANALYSIS IS IMPORTANT

Every facial is preceded by an in-depth skin analysis, ensuring that the treatment is suited to your skin and current condition - particularly important in seasons like summer, where a simple de-tan facial without proper diagnosis can do more harm than good.

better.

But the modern wellness journey doesn't stop at skincare. A healthy scalp is just as vital as a glowing face - and this realisation has brought hair care treatments into the wellness spotlight.

Much like skin, the scalp suffers from pollution, stress, and lifestyle choices, and requires targeted care to stay healthy. Advanced therapies such as Scalp Analysis, the K Revive Scalp Spa, and Low-Level Laser Therapy (LLLT) now provide holistic solutions for common issues like hair thinning, dryness, and dandruff, while also encouraging new growth and scalp balance.

However, just like with skincare, a one-size-fits-all approach does more harm than good. It's crucial to consult a qualified dermatologist or cosmetologist before beginning any facial or scalp treatment. These professionals can assess your skin and scalp type, identify underlying concerns, and

APPROACH TO BETTER HAIR

Equally impressive is Merakki Wellness and Co., approach to hair wellness. Recognising that good hair starts with a healthy scalp, the clinic offers FDA-approved treatments like LLLT and the K Revive Scalp Spa, a luxurious therapy that

detoxifies the scalp, boosts circulation, and nourishes hair follicles from the root. With rising cases of stress-related hair fall and scalp sensitivity, such treatments are no longer a niche - they're a necessity.

curate a plan that works best for your individual needs. Choosing the wrong products or treatments without expert advice can lead to allergies, acne breakouts, or further damage.

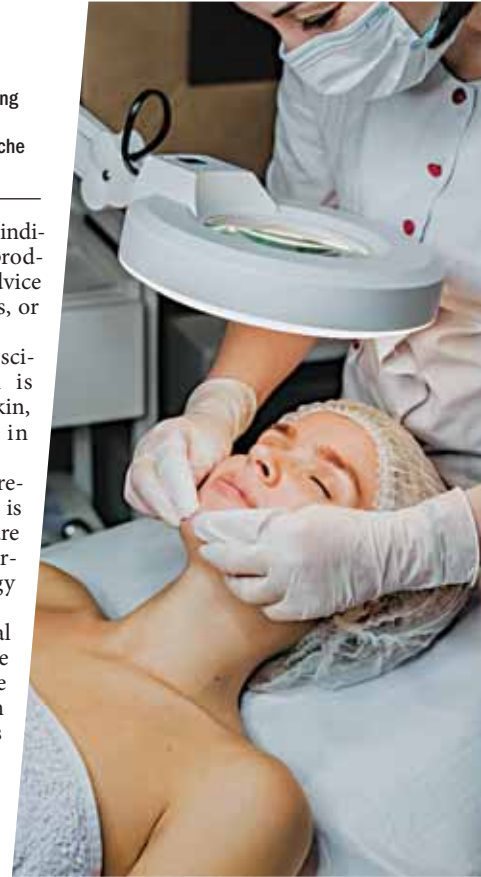
One wellness centre leading this science-meets-self-care revolution is Merakki Wellness Co., a premium skin, hair, and beauty clinic based in Faridabad.

Founded in 2023 by wellness entrepreneur Rima Narula, the centre is redefining what it means to take care of oneself - offering personalised services that blend advanced technology with natural healing principles.

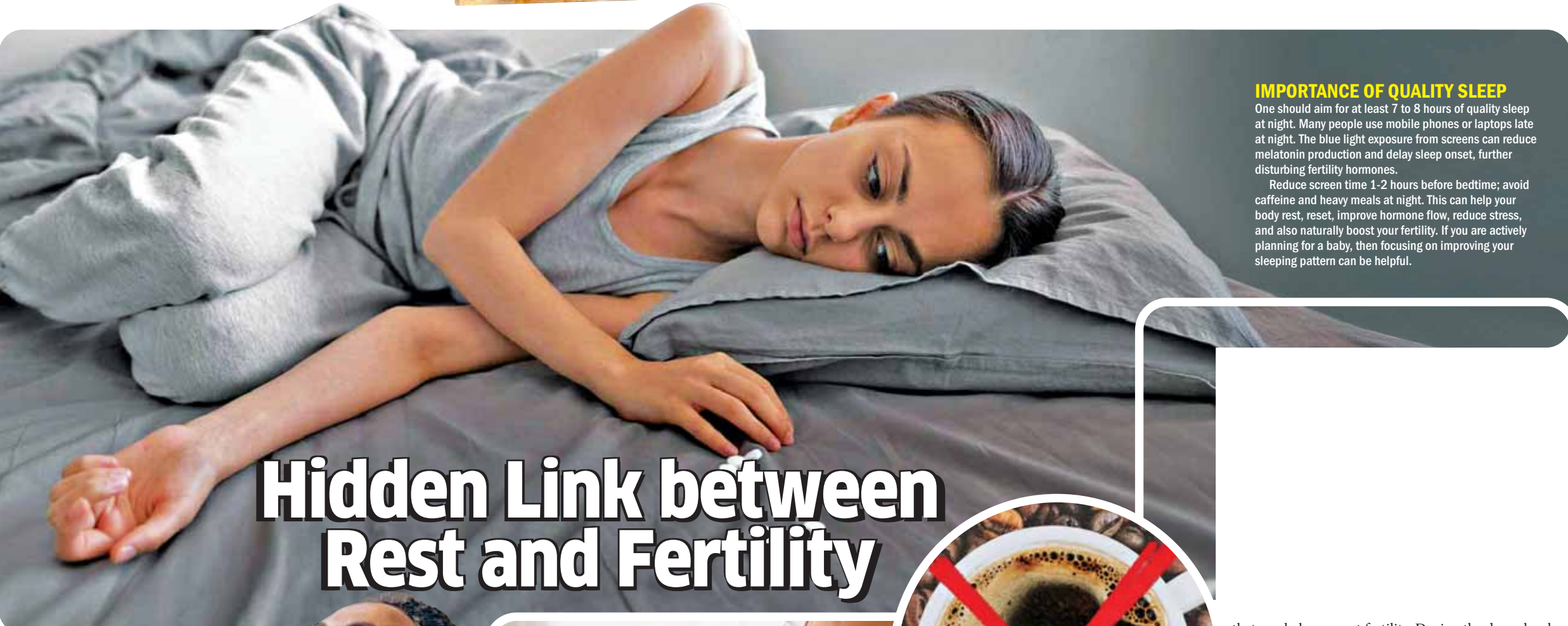
At this wellness centre, the facial menu reads like a tailored skincare blueprint: from the calming Signature Facial to the luxurious Platinum Hydra Facial, each treatment is designed to address specific concerns, whether it's pigmentation, dullness, or fine lines.

The use of LED therapy, oxygen infusion, and deep exfoliation ensures both immediate results and long-term skin health. But what truly sets Merakki apart is its commitment to expert-led care.

Every facial is preceded by an in-depth skin analysis, ensuring that the treatment is suited to your skin type and current condition - particularly important in seasons like summer, where a simple de-tan facial without proper diagnosis can do more harm than good.



What makes centres like Merakki Wellness Co. in Faridabad a growing part of people's routine is not just the range of services, but the shift in how people perceive self-care. Today, facials and scalp therapies are seen much like a balanced meal or a weekly workout - they are maintenance tools, designed to keep your body functioning at its best. It's not about vanity; it's about vitality. Because when you take time for your skin and scalp, you're not just pampering yourself - you're protecting your peace and embracing a lifestyle that puts you first.



Hidden Link between Rest and Fertility

IMPORTANCE OF QUALITY SLEEP

One should aim for at least 7 to 8 hours of quality sleep at night. Many people use mobile phones or laptops late at night. The blue light exposure from screens can reduce melatonin production and delay sleep onset, further disturbing fertility hormones.

Reduce screen time 1-2 hours before bedtime; avoid caffeine and heavy meals at night. This can help your body rest, reset, improve hormone flow, reduce stress, and also naturally boost your fertility. If you are actively planning for a baby, then focusing on improving your sleeping pattern can be helpful.



that can help support fertility. During the deep slumber, your body works effortlessly to regulate important hormones like oestrogen, progesterone, testosterone, and luteinising hormones that are essential for the production of sperm and regular ovulation. Not getting enough sleep for an extended period can easily confuse your internal clock, causing imbalances. It can increase the production of a stress hormone called cortisol. This can further lower fertility by negatively interfering with these reproductive hormones. Lack of sleep is more likely to reduce melatonin, a hormone that protects the eggs and sperm from getting damaged. Disturbed sleep patterns in women can lead to irregular menstrual cycles or problems with egg release. Poor sleep is also linked with insulin resistance, which can affect fertility; in this way, metabolic hormones and sleep are also interconnected. Chronic sleep deprivation can impact thyroid hormones which can be linked with poor sleep, and can lead to irregular periods or ovulatory issues. In men, it can lower their testosterone levels, reduce sperm quality, and also affect libido. This is why it becomes crucial to prioritise your sleep. Many people use mobile phones or laptops late at night. The blue light exposure from screens can reduce melatonin production and delay sleep onset, further disturbing fertility hormones.

count, difficulty in conceiving despite continuous efforts, or frequently feeling tired, then your sleeping pattern may be the culprit. Both women as well as men need enough sleep to ensure that their reproductive hormones are working smoothly. One must understand that good quality sleep not only helps boost fertility but also supports your overall health.

The Role of Sleep in Hormonal Balance and Fertility

Your sleep plays a vital role in efficiently balancing the hormones

al balance, particularly the hormonal system. Your hormones are responsible for controlling various key functions such as mood, energy levels, metabolism, and most importantly, reproduction. If you are someone who is dealing with problems like irregular periods, low sperm

BY DR JYOTI GUPTA

Trying to balance your hormones or start a family? Your sleep schedule might be more important than you may think. Discover how a good night's sleep can support your hormones and boost your fertility naturally.

Sleep is more than just resting your body. It is also about giving yourself enough time to do crucial internal work, especially when it comes to hormones. In today's busy lifestyle, many people often struggle to get quality sleep for even a few hours. This can lead to sleep deprivation. This can be mainly due to taking too much stress, long and busy working schedules, or excessive screen time. But what one may not realise is how a lack of sleep can silently disrupt your body's natur-



