



TRAGEDY STRIKES DELHI'S HEART, ELEVEN DEAD

RAJESH KUMAR ■ New Delhi

In a tragic incident, a nightmare unfolded in Mustafabad area of North East Delhi in the early hours of Sunday when a four-storey building came crashing down like a stack of cards, leaving 11 people dead including two women. At least 11 of them were pulled out alive by rescue teams and rushed to a hospital, where five are undergoing treatment, while six have been discharged. Using cranes and thermal cameras, rescue teams of the National Disaster Response Force (NDRF), fire services, Delhi Police and other volunteers carried out rescue efforts for over 12 hours at the site of the 20-year-old four-storey structure that collapsed in the Mustafabad area of the national capital around 3 am, trapping several under the rubble. The congested bylanes of Mustafabad are making it

harder to move heavy equipment. Reacting to the incident, Delhi Chief Minister Rekha Gupta expressed her condolences and ordered a probe into the incident, assuring that strict action will be ensured against the culprits. "May God grant peace to the departed souls and give strength to the bereaved families to bear this irreparable loss," she said on social media. CM Gupta said the Delhi Disaster Management Authority (DDMA), National Disaster Response Force (NDRF), Delhi Fire Service (DFS), and other agencies are engaged in relief and rescue efforts. "Arrangements have been made for proper treatment of all the injured," she said. The Municipal Corporation of Delhi, in a statement, said that the structure was around 20 years old and was fully occupied.

According to police, there were 22 people at the building, most of them



Rescue operation underway after a building collapsed at Shakti Vihar area in New Delhi. 11 died and several others are feared trapped after the four-storey building collapsed. ■ RANJAN DIMRI/THE PIONEER

families. The owner of the building, Tehseen, and six from his family were among the 11 who died in the building collapse.

Police said they received information about the building collapse around 3.02 am at Dayalpur police station. A police team rushed to Gali No. 1, Shakti Vihar, where the building was found to have collapsed. Rescue teams from the National Disaster Response Force (NDRF), Delhi Fire Services (DFS), and ambulance services were immediately pressed into action. Police said around 22 people were reported to be trapped when the building collapsed.

According to Rajender Atwal, Divisional Fire Officer of the Delhi Fire Service, the office was alerted about the incident at 2.50 am. When the fire officials reached there, they found the entire building had collapsed and some were trapped, he said. CCTV in an adjacent

alley has captured the moment the building collapsed. The footage showed a sudden spark and a thick cloud of dust filling the alley, preventing any further recording. The police said that several families were suspected to be staying inside the building on rent and the tragedy occurred when the occupants were sleeping.

It was a harrowing experience for neighbours living next to the ill-fated building as some of the residents said it felt as if an earthquake had hit them. Even before they could comprehend as to what was happening, everything was covered in dust, shaken survivors recounted. "It felt like an earthquake. The floor shook beneath us and before we could understand anything, everything was covered in dust," said Shiv Vihar local Ryan who lives next to the building that collapsed on Saturday morning.

MHA issues digital fraud alert for pilgrims, tourists

PIONEER NEWS SERVICE ■ New Delhi

The Indian Cyber Crime Coordination Centre, under the Union Ministry of Home Affairs, has alerted the public about online booking frauds, especially those targeting Char Dham pilgrims and tourists, across the country.

These frauds are being perpetrated through fake websites, deceptive social media pages, Facebook posts, and paid advertisements on search engines such as Google, the home ministry said in a statement. The scams involve the creation of professional-looking but fake websites and social media profiles and WhatsApp accounts offering various services.

These include helicopter bookings for Kedarnath, guest house and hotel bookings for Char Dham pilgrims, online cab or taxi reservation, holiday packages

and religious tours, according to the statement. Unsuspecting individuals, upon making payments through these portals, often realise they have been duped when no confirmation or service is received and the contact numbers become unreachable. People are advised to exercise extreme caution, the ministry said in the statement.

"Always verify the authenticity of websites before making any payments. Verify before clicking on 'sponsored' or unknown links on Google, Facebook or WhatsApp. Cross-check bookings only through official government portals or trusted travel agencies," it added.

The Ministry also urged the public to report such websites immediately on the National Cybercrime Reporting Portal at cybercrime.gov.in or call 1930 in case of any fraud.

Protect minorities without excuses: India tells Bangladesh

PIONEER NEWS SERVICE ■ New Delhi

India on Saturday condemned the alleged abduction and killing of a Hindu minority leader in Bangladesh and called on the interim government in Dhaka to live up to its responsibility of protecting the minorities. Ministry of External Affairs (MEA) spokesperson Randhir Jaiswal said the "brutal killing" of Bhabesh Chandra Roy follows a "pattern of systematic persecution" of Hindu minorities in Bangladesh. "We have noted with distress the abduction and brutal killing of Shri Bhabesh Chandra Roy, a Hindu minority leader in Bangladesh," he said in his social media post.

"This killing follows a pattern of systematic persecution of Hindu minorities under the interim government even as the perpetrators of previous such events roam with impunity," Jaiswal said.

"We condemn this incident and once again remind the interim government to live up to its responsibility of protecting

all minorities, including Hindus, without inventing excuses or making distinctions," he added.

The Congress also condemned the killing and demanded that the government take up the matter with Dhaka, saying

There has been a sharp downturn in India-Bangladesh relations after Sheikh Hasina fled Dhaka in August last year in the face of a massive anti-government protest

silence and inaction were not options when such targeted violence was being allowed to take root.

Reacting to the killing, Congress general secretary in-charge communications Jairam Ramesh said the party stood in solidarity with the Hindu community in Bangladesh and added the government should ensure efforts were made to ensure

transparent action to bring the culprits to book. "The Indian National Congress strongly condemns the brutal killing of Bhabesh Chandra Roy, a prominent leader of the Hindu community in Dinajpur, Bangladesh. The abduction and assault leading to his tragic death is a chilling reminder of the growing sense of insecurity among religious minorities in the region," he said in a post on X.

Noting that this was not an isolated incident, he said there had been repeated and deeply disturbing instances of attacks on minority communities in Bangladesh over the past months — from desecration of

Hindu temples to targeted attacks on the homes and businesses of minorities.

"This pattern of intimidation and brutality cannot be ignored," Ramesh said.

Congress President Mallikarjun Kharge said that according to the government's reply in Parliament, there were 76 attacks on Hindus in the previous two months, leading to the deaths of 23 Hindus.

"Recently the chief advisor of Bangladesh made a very condemnable and disappointing comment about the north-eastern states of India. The atrocities against religious minorities in Bangladesh, human rights violations and the attempt to eliminate the memories of the 1971 Liberation War are efforts to weaken the relations between India and Bangladesh," Kharge said.

From 1971 to today, the Congress president said, India had always sought peace and prosperity for all the people of Bangladesh as it was in the best interest of the subcontinent.

There has been a sharp downturn in India-Bangladesh relations after deposed prime minister Sheikh Hasina fled Dhaka in August last year in the face of a massive anti-government protest.

The relations nosedived dramatically after the interim government headed by Muhammad Yunus failed to contain attacks on minorities, especially Hindus, in that country.

Indian team to visit US ahead of BTA negotiations

PIONEER NEWS SERVICE ■ New Delhi

Indian and US officials will hold three-day talks from April 23 in Washington for a proposed trade pact with terms of references (ToRs) covering around 19 chapters such as tariffs, non-tariff barriers, and customs facilitation, official sources said.

The Indian official team is visiting the US to give further impetus to the negotiations in the 90-day tariff pause window and discuss these ToRs to iron out differences on certain issues before formally launching talks for the bilateral trade agreement (BTA).

India's chief negotiator, Additional Secretary in the Department of Commerce Rajesh Agrawal, will lead the team for the first in-person talks between the two countries. Agrawal was appointed as the next commerce secretary on April 18. He will assume office from October 1.

"Both sides will discuss the level of ambition. The ToRs will be further developed and discussed. What will be the pathway for talks? The ToRs will include issues like tariffs, non-tariff barriers, rules of origin, goods, services, custom facilitation and regulatory issues," the official said, adding general contours of the pact will be discussed, besides scheduling, so that things can be finalised in 90 days.

The three-day deliberations assume significance, as a senior government official had recently stated that an interim trade agreement between the two countries could be finalised in the 90-day tariff pause announced by the Trump administration if it is a "win-win" for both sides.

In international trade parlance, the level of ambition refers to the extent to which two countries are willing to commit to specific trade liberalisation measures. The visit also follows senior official-level talks held between the two countries last month here.

Brendan Lynch, the Assistant US Trade Representative for South and Central Asia, was in India from March 25 to 29 for cru-

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cial trade discussions with Indian officials. The two sides are keen to utilise the 90-day tariff pause, announced by US President Donald Trump on April 9, to push the talks.

On April 15, Commerce Secretary Sunil Barthwal had stated that India will try to close the negotiations as quickly as possible with the US. India and the US have been engaged in negotiating a bilateral trade agreement since March. Both sides have targeted to conclude the first phase of the pact by the fall (September-October) of this year, with an aim to more than double the bilateral trade to \$ 500 billion by 2030, from about \$ 191 billion, currently. In a trade pact, two countries either significantly reduce or eliminate customs duties on the maximum number of goods traded between them. They also ease norms to promote trade in services and boost investments.

While the US is looking at duty conces-

sions in sectors like certain industrial goods, automobiles (electric vehicles particularly), wines, petrochemical products, dairy, and agriculture items such as apples, tree nuts, and alfalfa hay; India may look at duty cuts for labour-intensive sectors like apparels, textiles, gems and jewellery, leather, plastics, chemicals, oil seeds, shrimp, and horticulture products.

From 2021-22 to 2024-25, the US was India's largest trading partner. In the last fiscal, India's exports to the US rose by 11.6 per cent to \$ 86.51 billion as against \$ 77.52 billion in 2023-24. The imports were up by 7.44 per cent in 2024-25 to \$ 45.33 billion against \$ 42.2 billion in 2023-24. With America, India had a trade surplus (the difference between imports and exports) of \$ 41.18 billion in goods in 2024-25.

America accounted for nearly 19.78 per cent of India's total exports and 6.29 per cent of the total imports. To address the gap and boost manufacturing, the Trump administration announced sweeping tariffs on April 2, including 26 per cent on India. It was later suspended for 90-day till July 9.

In 2024, India's main exports to the US included drug formulations and biologicals (\$ 8.1 billion), telecom instruments (\$ 6.5 billion), precious and semi-precious stones (\$ 5.3 billion), petroleum products (\$ 4.1 billion), gold and other precious metal jewellery (\$ 3.2 billion), ready-made garments of cotton, including accessories (\$ 2.8 billion), and products of iron and steel (\$ 2.7 billion). Imports included crude oil (\$ 4.5 billion), petroleum products (\$ 3.6 billion), coal, coke (\$ 3.4 billion), cut and polished diamonds

(\$ 2.6 billion), electric machinery (\$ 1.4 billion), aircraft, spacecraft and parts (\$ 1.3 billion), and gold (\$ 1.3 billion). Meanwhile, imposition of high tariffs to protect domestic industries, once criticised by developed nations, is back in global trade and the rationale for levying such duties, which was earlier championed by developing countries, is also making a comeback in trade talks, sources said.

Without naming countries like the US, they also said that now the advanced economies are also talking about protecting livelihood of fishermen and farmers.

Now, the whole concept that livelihood fishing and farming are different from commercial activities is making a comeback. The same principles once raised by developing countries - previously dismissed - are now resurfacing in global discussions, they added. "Developed countries are using tariffs which they had left during GATT (General Agreement on Tariffs and Trade) to come back and say that tariffs are necessary for protection. We have been arguing about this when we gave the infant industry argument that developing countries' industries require some kind of tariff protection, the whole world went against this and they stated that your tariffs are very, very high and now the same sectoral tariffs are being used," one of the sources said.

The US imposed sweeping tariffs on April 2 which were later suspended for 90-days except on China, which is facing 245 per cent duty on steel, aluminium and auto components.



For the first time in Ranchi, Indian Air Force's prestigious Surya Kiran Aerobatic Team (SKAT) enthralled the audience with a breathtaking show at the Namkung Army Ground on Saturday. Air Chief Marshal A P Singh, senior defence and administrative officials were present at the event, which was split into two phases. The event will continue in Ranchi on Sunday as well, followed by an air show in Patna on April 22-23. ■ PTI

India rings happiness, warmth for army men at high-altitude Siachen

MOHIT KANDHARI ■ Jammu

In the cold desert region of Ladakh, the Indian Army is 'warming up' hearts and 'ringing in happiness' for thousands of families of soldiers, standing guard at the Siachen glacier — the world's highest battlefield and several other high-altitude forward locations, both in the eastern and western Ladakh sector, by providing round-the-clock seamless high-speed mobile connectivity thereby enabling them to stay in touch with each other.

For a long time, soldiers deployed in high-altitude forward locations, including the Galwan valley, used to wait for their turn to make a return call to speak to their loved ones and ask about their well-being. Due to adverse weather conditions and inhospitable terrain, they even failed to make calls and returned to their barracks with a heavy heart. Senior Army officials deployed in the Ladakh region said the Indian Army has

fulfilled its long-pending commitment by bridging the digital divide and providing high-speed mobile connectivity across the remote and high-altitude areas of Ladakh, including forward locations in eastern Ladakh, western Ladakh, and the Siachen Glacier.

The Indian army has successfully completed the installation of a 5G mobile tower on the Siachen Glacier — the highest battlefield in the world — showcasing India's technological prowess and resolve.

Following this, the mobile tower network was further expanded to provide 4G and 5G mobile connectivity to the foot soldiers deployed in some of the world's most inhospitable terrains — such as Daulat Beg Oldi (DBO), Galwan, Demchok, Chumar, Batalik, Dras and the Siachen Glacier.

By extending this facility, the Indian Army has brought soldiers closer to their families in such inhospitable forward locations.



A senior Army officer observed that ever since we have extended this high-speed mobile connectivity, the morale of the soldiers deployed in remote locations is relatively high. "We have also observed that their emotional health has improved as they can regularly speak to their loved ones and share their emotions."

The pioneering effort has been made possible through a collaborative approach under the Whole-of-Government framework, wherein the Indian Army — leveraging its robust optical fibre cable infrastructure — has partnered with Telecom Service Providers (TSPs) and the UT administration of Ladakh.

Ladakh-based Fire and Fury Corps has also played a leading role in enabling this synergy, resulting in the installation of multiple mobile towers on Army infrastructure, including four key towers in Ladakh and Kargil districts alone, the Army officials said.

By extending this facility in the region, the Indian Army is already reaping rich

dividends. Its impact can be felt beyond the troop welfare. It is a significant nation-building endeavour transforming the socio-economic fabric of remote border villages.

By integrating 'First Villages' into the national digital network, this effort is bridging the digital divide, boosting local economies, promoting border tourism, enhancing medical aid and emergency services, and enabling educational access.

The officials said local populations have welcomed this initiative with overwhelming gratitude. Mobile connectivity is not just a communication tool; it is now a lifeline for remote communities, fostering inclusion, opportunity, and dignity.

This visionary initiative by the Indian Army stands as a testament to its enduring commitment to national integration and development, echoing the spirit of 'Viksit Bharat' - India@2047, the officials added.

Classifieds

BEDKHALI NOTICE

We Rajinder Kumar S/O Harish Chander and Bimla Devi W/O Rajinder Kumar R/O # 53, Decent Colony, Ambala Cantt declare that my son Sahil Tiwari & His wife Poonam are out of our control. So we disown both of them from our movable / immovable properties. Anybody dealing with them self responsible. Our & our family members are not responsible.

I, Subhash Kumar S/O Late Sh. Nanak Chand R/O House No 1447/5, Sector 29-B, Chandigarh inform that my son Pushp Suryavanshi is out of my control. I disown him from my all moveable and Immovable Properties. Anybody deal with him will do at their own risk.

I, Surinder Kumar S/O Sh. Chintia Ram R/O Village, Mandi Tehsil Israna & Distt Panipat Haryana & Present Address # 138 Village Majri, Sector-2 Panchkula, Haryana inform that my son Shubham & his wife Tammana are out of my control. So I disown both of them from my movable / immovable properties. I and my family members will not be responsible for any kind of transaction or legal or illegal work done by them.

We Anil Kumar Gupta son of late Shri Prahlad Rai Gupta and Usha Gupta wife of Shri Anil Kumar Gupta residents of house No. 246/33, Kath Mandi Rohtak declare that our real son Sumit Gupta is beyond our control, therefore due to his wrong act and conduct evicting him from our movable and immovable property. In future whoever has any transaction or dealings with him will be responsible for the same, we or any member of our family will not be responsible for the same in any manner.

I, Satpal Kaur W/O Late. Rawel Singh R/O 79, Preet Nagar, Patiala (Pb.) inform that my son Harmanjeet Singh & his wife Harmanjeet Kaur are not under my control. I disown / Disinherit them from my moveable/immovable properties. Anybody deals with them at their own risk.

PUBLIC NOTICE

I Shyamraj Yadav F/O No. 14663102Y HAV Ajay Kumar Yadav, presently residing at 287 DV, WKSP, Chandimandir Cantt Panchkula Haryana, permanent resident Village Bhiswa ur Kotliya Distt Maharajganj UP, declared that in my son's service record my DOB mentioned as 01.07.1963, whereas my correct DOB is 12.07.1957.

I Meera Yadav M/O No. 14663102Y HAV Ajay Kumar Yadav, presently residing at 287 DV, WKSP, Chandimandir Cantt Panchkula Haryana, permanent resident Village Bhiswa ur Kotliya Distt Maharajganj UP, declared that in my son's service record my name mentioned as Meera Devi and DOB 01.07.1965, whereas my correct name is Meera Yadav and DOB is 11.07.1960.

I, Sinda Singh S/O Butta Singh R/O Village Chak Kamal Khan, Tehsil Lopoke, Distt Amritsar declare that my daughter is studying in 5th Class at St. Mary's Convent School Othian, Distt. Amritsar. In her certificate my name was wrongly mentioned as Harjinder Singh. My correct name is Sinda Singh.

I, Ranjit Kaur W/O No. 4489168L Hav. Rajinder Singh R/O Village Pandori Rehmana, PO Pandori Takhtandi, Tehsil & Distt. Tarn Taran, Punjab-143401 declare that in my husband's service record my name was wrongly mentioned as Ranjeet Kaur. My correct name is Ranjit Kaur.

I Ayushman S/O Sh. Sukhdev Prasad Jayaswal R/O Vill. Sirsala, Tehsil Thanesar, Distt. Kurukshetra my father's name is Sukhdev Prasad Jayaswal in all my documents like Aadhar card, PAN card. My father's name is Sukhdev Jayaswal in my tenth class certificate. I want to get my father's name registered as Sukhdev Prasad Jayaswal instead of Sukhdev Jayaswal.

For Change of DOB of Mother of Serving Soldiers. I, Gurdeep Kaur is Legally Mother of JC-355345A, Rank: Sub, Name: Sukhwinder Singh Permanent Residing at Village Sangrai, PO. Panjariyan, Tehsil Batala, Distt. Gurdaspur, State Punjab, Pin-143505 Presently Serving With Army Unit 108 ENGR REGT C/o 99 APO DO hereby declare that I have changed my DOB from 10-02-1960 to 01-01-1950 due to wrongly entered in my son Military Service Records Vide Affidavit No. IN-PB27468748728462X, Dated 19-APR-2025. Attested at Court Batala. Objection If any may be Conveyed to the concerned authority within Seven days.

For Change of DOB of Father of Serving Soldiers. I, Guljar Singh is Legally father of JC-355345A, Rank: Sub, Name: Sukhwinder Singh Permanent Residing at Village Sangrai, PO. Panjariyan, Tehsil Batala, Distt. Gurdaspur, State Punjab, Pin-143505 Presently Serving With Army Unit 108 ENGR REGT C/o 99 APO DO hereby declare that I have changed my DOB from 25-01-1956 to 01-01-1950 due to wrongly entered in my son Military Service Records Vide Affidavit No. IN-PB27469168864392X, Dated 19-APR-2025. Attested at Court Batala. Objection If any may be Conveyed to the concerned authority within Seven days.

PUBLIC NOTICE

I Shakti Kumar S/O Sh. Satpal R/O H.No. 914/8, Rani Bagh, Behind Sood Hospital, Jind have changed my name from Shakti Kumar to Shakti Sood for all future purposes.

I, Sapna Rani W/O Ajmer Singh R/O Vill. Taranwala (327), Po. Bherthal, Yamuna Nagar have changed my minor daughter's name from Nainsi to Nancy.

I, Mandeep W/O Gurmej singh R/O House no 1243/9 B, Ganga Nagar Colony, Jagadhri, Yamuna Nagar, Haryana have changed my name from Mandeep to Mandeep Kaur.

I, Nitiin Gupta S/O Jai krishan gupta R/O h. no 896, Sector 17, Huda Colony, Near Jindal Hospital, Yamuna Nagar have changed my minor son's name from Aayukt to Aayansh.

I, Manmehakpreet Singh S/O Manpreet Singh R/O House No 6745, Sector 56, Chandigarh have changed my name from Manmehakpreet Singh to Manmehakpreet Singh Aulakh.

I, Suman Lata W/O Vijay Kumar R/O Vill. Alewa Distt. Jind (HR) 126111 have declare that Priyanshu Aadhar No. 8918 3719 3288 S/O Vijay Kumar is my real son. Priyanshu's 10th & 12th class Certificate of C.B.S.E. the name of my Husband & myself (Both) are mentioned as Vijay & Suman which is wrong (existing Name). But in Priyanshi's Aadhar Card our name is mentioned as Vijay Kumar and Suman Lata which is correct (Proposed Name). Concerned note.

I, Himanshu Aadhar No. 8849 3820 2650 S/O Vijay Kumar R/O Vill. Alewa Distt. Jind (HR) 126111 have declare that in my 10th & 12th class Certificate of C.B.S.E. the name of my Father & Mother is mentioned as Vijay & Suman which are wrong (existing Name). But in my Aadhar Card the name of my father & mother is mentioned as Vijay Kumar and Suman Lata which is correct (Proposed Name). Concerned note.

I, Ishyraj Yadav F/O No. 14663102Y HAV Ajay Kumar Yadav, presently residing at 287 DV, WKSP, Chandimandir Cantt Panchkula Haryana, permanent resident Village Bhiswa ur Kotliya Distt Maharajganj UP, declared that in my son's service record my DOB mentioned as 01.07.1963, whereas my correct DOB is 12.07.1957.

I, Meera Yadav M/O No. 14663102Y HAV Ajay Kumar Yadav, presently residing at 287 DV, WKSP, Chandimandir Cantt Panchkula Haryana, permanent resident Village Bhiswa ur Kotliya Distt Maharajganj UP, declared that in my son's service record my name mentioned as Meera Devi and DOB 01.07.1965, whereas my correct name is Meera Yadav and DOB is 11.07.1960.

I, Sinda Singh S/O Butta Singh R/O Village Chak Kamal Khan, Tehsil Lopoke, Distt Amritsar declare that my daughter is studying in 5th Class at St. Mary's Convent School Othian, Distt. Amritsar. In her certificate my name was wrongly mentioned as Harjinder Singh. My correct name is Sinda Singh.

I, Ranjit Kaur W/O No. 4489168L Hav. Rajinder Singh R/O Village Pandori Rehmana, PO Pandori Takhtandi, Tehsil & Distt. Tarn Taran, Punjab-143401 declare that in my husband's service record my name was wrongly mentioned as Ranjeet Kaur. My correct name is Ranjit Kaur.

I, Kamal S/O Suresh Kumar Malik R/O H. No. 238 L, Near Jabbi Wala Gurudwara, Model Town, Yamuna Nagar have changed my name from Kamal to Kamal Malik.

I, Somvir S/O Sh. Krishan Lal Resident of House No. 643, VPO Kadma District Charkhi Dadi Haryana Pin Code-127312 India have changed the name of my minor son Sumit aged 13 years and he shall hereafter be known as Namam.

I, Somvir S/O Sh. Krishan Lal Resident of House No. 643, VPO Kadma District Charkhi Dadi Haryana Pin Code-127312 India have changed the name of my minor son Sachin aged 12 years and he shall hereafter be known as Subham.

I, Amit Chutani S/O Late Sh. Sunder Lal Chuttani R/O House No. 6-A, M.S Enclave, Dhakoli, Zirakpur Punjab have changed my name to Amit Chuttani.

I, Ajay Khanna S/O Subhash Chand R/O H.No.789, New Prem Nagar, Kamal, I have changed my name from Ajay Kumar to Ajay Khanna.

I, Subhash Chand S/O Kharati Lal R/O H.No.789, New Prem Nagar, Kamal, I have changed my name from Subhash Chander to Subhash Chand.

I, Amarjit S/O Raj Kumar R/O 636, New Indira Colony, Manimajra Chandigarh declare that I have changed my name spelling from Amarjit to Amarjeet

I, Shshi Bala W/O Amarjeet R/O 636, New Indira Colony, Manimajra Chandigarh declare that I have changed my name Spelling from Shshi Bala to Shashi Bala.

I hitherto known as Ramesh Kumar S/O Sh.Chander Singh residing at H.No. 355/1, ward no.1, Mohalla -Jatwara post & Distt. Sonapat Haryana-131001 have changed my name and shall hereafter be known as Ramesh Kumar Khatri.

I, Santha Kumari C Mother Of Service No 14651587A Rank Hav Name Renjith R Of Unit 7002 Eme Bn C/O 56 APO, R/O Vill-Vettuvuni, Po- Haripad, Tehsil-Karthikapally, State-Kerala, Pin-690514 Have Changed My Name From Santha Kumari C To C Santhakumari & Date Of Birth From 01-07-1964 To 31-05-1961 Vide Affidavit Dated 19-04-2025 Before Ambala Cantt

I, Vanshika D/o Amit Kumar R/O Village Arya Nagar, Teh. Badhra and Distt. Charkhi Dadi (Haryana) declare that I have changed my name from Vanshika to Vanshika Arya for future purpose.

I, Palak Kumar s/o Sh. Pardeep Kumar r/o Bajidpur Post Office Nalpar District Karnal declare that I have changed my name from Palak to Palak Kumar. Please know me as Palak Kumar in future.

I, Rajni Sharma W/O Rakesh Kumar R/O #626 Krishna Enclave Dhakoli, Gazipur have changed my name to Rajni Rani.

I, Tarun S/O Sh. Ram Avtar R/O B - 98, Sector - 35, Suncity, Rohak Haryana-124001 declare that I have changed my name from Tarun to Tarun Kadian. In future I will be known as Tarun Kadian for all purposes.

I, Karilal Chaudhari S/O Gauri Shankar Chaudhari, R/O Hisar, Tehsil and Distrit Hisar (Haryana), declare that I want correct my name from Karelal Chaudhari to Karilal Chaudhari and my minor son's name from Rausan Kumar to Ravi Kumar in my 10 years minor son Ravi Kumar's Aadhar Card.

I, Rupinder Singh S/O Dalbir Singh R/O VPO Thakarpura, Tehsil Patti, Distt. Tarn Taran Punjab-143416 have changed my name from Rupinder Singh to Singh is my surname and Rupinder is my given name.

I, Bhagirath S/O Sh. Satyapal R/O Village Khedi Damkan Distt. Sonapat-131301 declare that I have changed the name Bhagirath to Bhagirath Deswal. That in future I will be called as Bhagirath Deswal for all purposes.

I, Devender S/O Sh. Sukhdarshan R/O H.No. 3 Street No.1 Vikas Nagar Murthal Road Sonapat-131001 declare that I have changed the name from Devender to Devender Kadian. In future I will be called as Devender Kadian for all purposes.

I, Bhawari Lal Father of No.JC 423574M Sub Vijesh Kumar Gurjar R/O Village and Post Deemapura, Via Pankh, Distt. Jhunjhunu, Rajasthan-333053, now at 15 Mech Inf C/o 56 APO have changed my name from Bhawari Lal to Bhawari Lal Gurjar and Date of Birth from 15.10.1953 to 01.01.1955 Vide affidavit No.IN-PB2646597108555X Dt.16.04.2025 before notary public Amritsar

I, hitherto Known as Kuldeep Singh son of Satnam Singh residing at H.No.38, Gali No.2, Ward No.62, Kot Khalsa, Indira Colony, District Amritsar-143001 Punjab have changed my name and shall hereafter be known as Ranjit Singh.

I, Ravinder Singh Son of Sarmukh Singh residing at Bhopar Saidan Tehsil and District Gurdaspur-143520 Punjab have changed the name of my minor Son Ranbir Singh aged 16 years and he shall hereafter be known as Ranbir Singh Dhindsa.

I, Reena W/O Rajiva Kumar R/O VPO Rasulpur Rohta Tehsil and District Meerut (UP) PIN-250502 have changed my name from Reena Devi to Reena due to wrong name record in Army service record of my Husband.

I, Rajiva Kumar s/o Mahendra Singh R/O VPO Rasulpur Rohta Tehsil and District Meerut Pin -250502 (UP) declare that my mother has changed her name from Shntosh to Santosh Devi due to wrong name record in my Army service record.

I, Babita Kumari (DOB 15/11/1984) W/O Adhesh Kumar R/O Village Raipur (Teekari) PO Utra Tehsil Atrauli Distt Aligarh (UP) PIN-202129 have changed my name from Babita Devi to Babita Kumari due to wrong name record in Army service record of my Husband.

I, Rakesh Kumar S/O Sh. Sant Lal R/O House No. 24, Hari Bagh Colony, Assandh Road, District Panipat declare that I have changed my name from Rakesh Kumar Tagra to Rakesh Kumar. In future I should be known Rakesh Kumar for all purposes.

I, Sukhvir Kaur W/O Manraj Singh Bar/R/O Hira Singh Nagar, Kotkapura (Faridkot) have changed my name to Sukhvir Kaur Bar after marriage.

I, Ramandeep Kaur Bar W/O Harmandeep Singh Padam R/O Lajpat Nagar, Kotkapura (Faridkot) have changed my name to Ramandeep Kaur after marriage.

I, Gagandeep Kaur W/O Simranjot Singh R/O Partap Singh Nagar, Kotkapura (Faridkot) have changed my name to Gagandeep Kaur Bar.

I, Pooja Hooda W/O Sh. Sahil Hooda R/O 1066 Sector 1, Rohtak declare that I have changed the name from Pooja Badak to Pooja Hooda In future I will be called as Pooja Hooda for all purposes.

I, Bima is legally Mother of Service No. JC-313116N Rank: SUB Name: Vijay Unit: 21 ENGR REGIMENT C/O 56 APO, Residing at Village Bawani Khera, Post Bawani Khera, Tehsil Bawani Khera, Distt. Bhiwani (State) Haryana, Pin- 127032, have changed my name from Bima Devi to Bima.

I, Yashpal S/O Sh. Satish Kumar R/O VPO Bupp, Distt. Sirsa (Haryana). That I have changed my minor son name from Yohan to Yuvraj Kakkar, in future my minor son name is to be called as Yuvraj Kakkar.

I, Murni Bai Mother of No.15621871X Hav Gopalsingh resident of Village- Sadipura, Post- Hatpipliya, Tehsil- Hatpipliya, District- Dewas, State- Madhya Pradesh, Pin-455221, have changed my name from Murni Bai to Murni Bai Senthav Vide affidavit No.IN-PB2600816004717X dated 16 April 2025 before notary public Pathankot

I, Dipatika Hazra spouse of No.15630947N L/NK Anjan Hazra resident of Village-Boinchi, Post- Saragram, Tehsil- Katwa 1, District- Burdwang, State- West Bengal, Pin-713143, have changed my name from Dipatika Hazra to Dipatika Mandal Vide affidavit No.IN-PB2600938800405X dated 15 April 2025 before notary public Pathankot

I, Motanbai Mother of No.2808368L L/NK Bisen Vinod Yadav resident of Village-Dawdipar, Post- Soni, Tehsil-Goregaon, District- Gondia, State- Maharashtra, Pin-441804, have changed my name from Motanbai to Motanbai Yadora Bisen Vide affidavit No.IN-PB27048128027373X dated 17 April 2025 before notary public Pathankot

I, Munni Devi Mother of Arvind Singh resident of Village-New Sateswar, Post- Auryaia, Tehsil- Auryaia, District- Auryaia, State- U.P., Pin-206122, have changed my name from Murni Devi to Murni Rani Vide affidavit No.IN-PB272946509030574X dated 18 April 2025 before notary public Pathankot

I, Mahinder Singh S/O Zile Singh Vill.Sandholi, Kurukshetra have changed my Minor Son Name Harleen Khellon to Harman Kaloha

I, Chahat D/O Sanjeev Kumar R/O Chiranjeev Colony, Ambala Road, Kitlhal have changed my name Chahat to Chahat Garg.

I, Monika Masih D/O David Masih R/O Vill- Dialgarh, Po-Batala, Tehsil- Batala, Distt- Gurdaspur Punjab. Declare That My Given Name As Monika And My Surname As Masih.

I, Vikram Singh Rathore Father of No.13627923M/LHV Bhograj Singh Rathore resident of Village- Barnel, Post- Gachipura, Tehsil-Parbatsar, District- Nagaur, State- Rajasthan, Pin-341504, have changed my name from Vikram Singh Rathore to Vikram Singh Rathore Vide affidavit No.IN-PB27287247634176X dated 17 April 2025 before notary public Pathankot

I, Shailendra Bhaskar S/O Jagdish Rai Sharma R/O H.No.418/18, Onkar Nagar Gurdaspur, Tehsil/Distt-Gurdaspur, Punjab. Declare That In My Documents Is Known My Father Name J.R. Bhaskar, Jagdish Raj And J.R. Sharma And Jagdish Rai Sharma And The Names Of One And The Same Person.

I, Poonam Devi wife of No. 4584393N Rank NK Name Pardeep Kumar presently residing at Vill - Malrabass, PO - Lawan, Teh - Mahendragarh, Distt - Mahendragarh (HR) - 123029, have changed my name from Poonam to Poonam Devi vide Affidavit No. IN-PB2741564274939X Dated 19-04-2025 before Notary Public Pathankot (Punjab).

I, Laldeo Prasad Verma father of No 15779211A Rank Hav (Opr) Name Shashi Bhusan Kumar presently residing at Village - Shinghoul, Tehsil - Nawada, Distt - Nawada, State - Bihar, have changed my name from Laldeo Prasad Verma to Laldeo Prasad Vide Affidavit No IN 2500598852 Dated 27 Mar 2025 before Notary Public Nawada (Bihar).

I, Vibha spouse of No 15779211A Rank Hav (Opr) Name Shashi Bhusan Kumar presently residing at Village - Shinghoul, Tehsil - Nawada, Distt - Nawada, State - Bihar, have changed my name from Vibha to Vibha Kumar vide Affidavit No IN 2500598826 Dated 27 Mar 2025 before Executive Magistrate Nawada (Bihar).

I, Sandeep Kaur Sehgal W/O Baldev Singh R/O Vpo. Chachrai Distt. Ludhiana Have Changed My Name To Sandeep Kaur.

I, Karambir S/O Parma Nand R/O 1308/12 St.No.7 Sewakpura Near Gurudwara Shri Guru Arjun Dev Ji Ludhiana Have Changed My Name To Karamvir Gogna.

I Punam W/O Karamvir Gogna R/O 1308/12 St.No.7 Sewakpura Near Gurudwara Shri Guru Arjun Dev Ji Ludhiana Have Changed My Name To Prem Lata.

I Johar S/O Surinder Pal R/O Village Khanpur, District Shaheed Bhagat Singh Nagar Punjab Have Changed My Name From Johar To Johar Banga.

I, Mandabai Mother of No.2808372N Sep Kahalkar Sandip Vitthal resident of Village- Bamhani, Post- Madgi, Tehsil- Tumsar, District- Bhandara, State- Maharashtra, Pin-441913, have changed my name from Mandabai to Mandabai Vitthal Kahalkar Vide affidavit No.IN-PB28015711701748X dated 15 April 2025 before notary public Pathankot

I, Vitthal Father of No.2808372N Sep Kahalkar Sandip Vitthal resident of Village- Bamhani, Post- Madgi, Tehsil- Tumsar, District- Bhandara, State- Maharashtra, Pin-441913, have changed my name from Vitthal to Vitthal Shamrao Kahalkar Vide affidavit No.IN-PB2600809007033X dated 15 April 2025 before notary public Pathankot

I, Jay Singh Father of No.15621871X Hav Gopalsingh resident of Village- Sadipura, Post- Hatpipliya, Tehsil- Hatpipliya, District- Dewas, State- Madhya Pradesh, Pin-455221, have changed my name from Jay Singh to Jay Singh Senthav Vide affidavit No.IN-PB2600938800405X dated 16 April 2025 before notary public Pathankot

I, Prakash Ganpat Kokitkar Father of No. 2801493M Hav Kokitkar Vilas Prakash resident of Village- Gadhingljaj, Post- Gadhingljaj, Tehsil- Gadhingljaj, District- Kolhapur, State- Maharashtra, Pin-416502, have changed my DOB from 18 Nov 1961 to 01 Jan 1961 Vide affidavit No.IN-PB26002749629732X dated 16 April 2025 before notary public Pathankot

I, Shital Bhimrao Khadse is legally Wedded Spouse of Army No: 6500177F Rank: NK Name- Digambar Kisan Dhule Presently Serving in Unit: HQ Coy 603 ASC BN (AM) N-Area Pin-905603, Chandigarh C/o 56 APO declare that I have changed My Name from Shital Bhimrao Khadse to Shital Digambar Dhule. Vide Affidavit No:48AA 901658, Dated:19/04/2025

I, Bikash CH Hazra Father of No.JC-859940X NB/Sub Manas Hazra resident of Village- Hiraganj Post-Kanjikhal, Tehsil- Uluberia, District- Howrah, State- West Bengal, Pin-711315, have changed my name from Bikash Hazra to Bikash CH Hazra Vide affidavit No.IN-PB27359822109906X dated 18 April 2025 before notary public Pathankot

I, Narmadha U wife of No. 15778005K Hav (OCC) J Paulraj resident of House No.4/84, Village- Allinagar, Post- Allinagar, Tehsil- Theni, District- Theni, State- Tamilnadu, Pin-625531, have changed my name from Narmadha to P Narmadha to Narmadha U Vide affidavit No.IN-PB27358858473033X dated 18 April 2025 before notary public Pathankot

I, Dasari Rajeswari wife of No. 6395808X Hav/CLK(SD) Dasari Rajendra Prasad resident of Village- Pulivendula, Post- Pulivendula, Tehsil- Pulivendula, District- Kadapa, State- Andhra Pradesh, Pin-516390, have changed my name from Raja Rajeshwari to Dasari Rajeswari Vide affidavit No.IN-PB27359416119541X dated 18 April 2025 before notary public Pathankot

I, Kalpana Mallappa Arakeri spouse of No.15777087L Hav Mallappa Arakeri resident of Village- Kalkuppi, Post- Myakalmardi, Tehsil- Kalkuppi, Distt- Belgaum, State- Karnataka, Pin-591121, have changed my name from Kalpana to Kalpana Mallappa Arakeri Vide affidavit No.IN-PB26271569691086X dated 15 April 2025 before notary public Pathankot

I, Kavita wife of No. JC-858707K NB/Sub Anup Kumar resident of Village- Meghnawas, Post- Dulana , Tehsil- Mahendra Garh District- Mahendra Garh, State- Haryana, Pin-123029, have changed my name from Kavita to Kavita vide affidavit No. IN-PB27484580090904X dated 19 April 2025 before notary public Pathankot

I, Farha wife of No.15815907Y Hav Saleem Khan of 18 FAD C/O 56 APO have changed my name from Farha Khan to Farha Vide affidavit No.IN-PB26880788244136X dated 17 April 2025 before notary public Pathankot

I, Gaurabi Prakash Kokitkar Mother of No.2801493M Hav Kokitkar Vilas Prakash resident of Village- Gadhingljaj, Post- Gadhingljaj, Tehsil- Kolhapur, State- Maharashtra, Pin-416502, have changed my DOB from 18 Nov 1962 to 01 Jan 1970 Vide affidavit No.IN-PB26602124226217X dated 16 April 2025 before notary public Pathankot

I, Poonam D/o Shri Richh Pal Singh Resident of House No. 184, Sector 16, Panchkula, Post Office Sector 15, Panchkula, Distt. Panchkula (Haryana) declare that I have changed my minor daughter's name from Manseerat Kaur to Kaushiki.

I, Prakash Ganpat Kokitkar Father of No. 2801493M Hav Kokitkar Vilas Prakash resident of Village- Gadhingljaj, Post- Gadhingljaj, Tehsil- Gadhingljaj, District- Kolhapur, State- Maharashtra, Pin-416502, have changed my DOB from 18 Nov 1961 to 01 Jan 1961 Vide affidavit No.IN-PB26002749629732X dated 16 April 2025 before notary public Pathankot

I, Shital Bhimrao Khadse is legally Wedded Spouse of Army No: 6500177F Rank: NK Name- Digambar Kisan Dhule Presently Serving in Unit: HQ Coy 603 ASC BN (AM) N-Area Pin-905603, Chandigarh C/o 56 APO declare that I have changed My Name from Shital Bhimrao Khadse to Shital Digambar Dhule. Vide Affidavit No:48AA 901658, Dated:19/04/2025

I, Bikash CH Hazra Father of No.JC-859940X NB/Sub Manas Hazra resident of Village- Hiraganj Post-Kanjikhal, Tehsil- Uluberia, District- Howrah, State- West Bengal, Pin-711315, have changed my name from Bikash Hazra to Bikash CH Hazra Vide affidavit No.IN-PB27359822109906X dated 18 April 2025 before notary public Pathankot

I, Narmadha U wife of No. 15778005K Hav (OCC) J Paulraj resident of House No.4/84, Village- Allinagar, Post- Allinagar, Tehsil- Theni, District- Theni, State- Tamilnadu, Pin-625531, have changed my name from Narmadha to P Narmadha to Narmadha U Vide affidavit No.IN-PB27358858473033X dated 18 April 2025 before notary public Pathankot

I, Dasari Rajeswari wife of No. 6395808X Hav/CLK(SD) Dasari Rajendra Prasad resident of Village- Pulivendula, Post- Pulivendula, Tehsil- Pulivendula, District- Kadapa, State- Andhra Pradesh, Pin-516390, have changed my name from Raja Rajeshwari to Dasari Rajeswari Vide affidavit No.IN-PB27359416119541X dated 18 April 2025 before notary public Pathankot

I, Kalpana Mallappa Arakeri spouse of No.15777087L Hav Mallappa Arakeri resident of Village- Kalkuppi, Post- Myakalmardi, Tehsil- Kalkuppi, Distt- Belgaum, State- Karnataka, Pin-591121, have changed my name from Kalpana to Kalpana Mallappa Arakeri Vide affidavit No.IN-PB26271569691086X dated 15 April 2025 before notary public Pathankot

I, Kavita wife of No. JC-858707K NB/Sub Anup Kumar resident of Village- Meghnawas, Post- Dulana , Tehsil- Mahendra Garh District- Mahendra Garh, State- Haryana, Pin-123029, have changed my name from Kavita to Kavita vide affidavit No. IN-PB27484580090904X dated 19 April 2025 before notary public Pathankot

I, Farha wife of No.15815907Y Hav Saleem Khan of 18 FAD C/O 56 APO have changed my name from Farha Khan to Farha Vide affidavit No.IN-PB26880788244136X dated 17 April 2025 before notary public Pathankot

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I, Prakash Ganpat Kokitkar Father of No. 2801493M Hav Kokitkar Vilas Prakash resident of Village- Gadhingljaj, Post- Gadhingljaj, Tehsil- Gadhingljaj, District- Kolhapur, State- Maharashtra, Pin-416502, have changed my DOB from 18 Nov 1961 to 01 Jan 1961 Vide affidavit No.IN-PB26002749629732X dated 16 April 2025 before notary public Pathankot

Panchkula to be developed into smart city: CM Saini



PNS ■ PANCHKULA

Haryana Chief Minister Nayab Singh Saini on Saturday said that Panchkula will be developed into a smart city equipped with all essential amenities for its citizens. "If Haryana is to progress, the development of Panchkula is essential," he said addressing a gathering here.

Saini inaugurated and laid the foundation stone of various development works worth over Rs 55.38 crore in Panchkula, including the inauguration of a newly constructed bridge over Ghaggar river built at a cost of Rs 50 crore. The development initiatives launched here have given a fresh momentum and new direction to Panchkula's growth, he added.

The chief minister also laid the foundation stone for two dispensary buildings in Sector 28 and 31 with an estimated cost of Rs 4.64 crore and Gram Sachivalaya in Kanauli village, Barwala, at a cost of Rs 74.38 lakh. He also announced to give Rs 5 crore for development works in various villages under the Panchkula Assembly constituency.

Expressing his optimism, Saini said, "I am confident that these projects will play a significant role in the development of Panchkula, a city that continues to thrive under the divine blessings of Mata Mansa Devi and Gurudwara Nada Sahib."

Taking a dig at the Congress, the chief minister said while they demand an account of the development undertaken in the last 10 years, they must first present the report card of their own tenure. He said the Congress has consistently "misled the public with false claims". In contrast, Saini said the present Haryana government is creating a new chapter in the state's development journey, guided by the core principles of 'Sabka Saath, Sabka Vikas, Sabka Vishwas and Sabka Prayas'.

About the project, Saini said the bridge over Ghaggar river has been constructed by the Haryana Shehri Vikas Pradhikaran (HSVP) at a cost of Rs 50 crore. Spanning 360 meters in length and 16 meters in width, the bridge will significantly improve regional connectivity. It will provide easier access to Zirakpur, Rajpura, Patiala and Mohali Airport, and will serve as a convenient shortcut for commuters travelling to Panchkula's southern sectors, Zirakpur and the southern sectors of Chandigarh. This vital infrastructure is part of the ring road project, which aims to enhance connectivity between Punjab, Haryana, Himachal Pradesh and Chandigarh, he stated.

Once fully developed, the ring road will help decongest not just Panchkula but also Chandigarh, offering major relief from traffic pressure. Saini said this is the third bridge in Panchkula connecting sectors across the Ghaggar river. With direct connectivity to national highways 5, 7 and 152, the bridge is poised to become a significant milestone in the development of Panchkula and the adjoining regions of Punjab.

Saini said since the formation of the present government, Panchkula has been witnessing a new era of development, with several transformative projects setting new benchmarks for progress in the region. The chief minister said that since 2014, when the Haryana government undertook the responsibility of public service, both direction and development trajectory of Panchkula and the entire state have seen a remarkable transformation.

Himachal CM seeks commencing Kailash Mansarovar Yatra through Shipki-La

PNS ■ SHIMLA

The Himachal Pradesh government would take up the issue of commencing the Kailash Mansarovar Yatra through Shipki-La in Kinnaur district with the Union Government, Chief Minister Sukhvinder Singh Sukhu said on Saturday.

The state government would also urge the central government to abolish inner-line check posts of various military and paramilitary forces that currently pose permit-related hurdles for the tourists, he said while speaking during a meeting here with the General Officer Commanding in Chief, Central Command, Lucknow, Lt. General Anindya Sengupta.

Sukhu sought cooperation and collaboration with the army and other paramilitary forces to promote tourism up to the Line of Actual Control (LAC). He also suggested simplifying travel-related procedures to improve visitor's experience. Kailash Mansarovar Yatra has religious significance for Hindus, Jains and Buddhists and every year thousands of pilgrims visit Kailash Mansarovar. Sukhu said that pilgrims can enter Tibet through Shipki-La as it offers a viable route for them. He said that the state government would also urge the central government to establish a Himachal Scouts Battalion on the analogy of Sikkim, Ladakh and Arunachal Pradesh with a special quota for local persons from the border areas of the state. He said that this was a long pending demand of the people of border areas.

Sukhu also asked the Army to set up an airstrip in Spiti Valley, facilitating the landing of large aircraft to promote tourism in the area. He also suggested that a survey be conducted for constructing heliports in Sangla, Neesang and Thangi and said that these measures would go a long way in promoting tourism in these areas and strengthening the economy of the local people.

Two terror modules busted; 2 RPGs, IEDs, grenades, RDX seized in Punjab

PNS ■ CHANDIGARH

Punjab Police on Saturday said it has nabbed 13 alleged members of 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.

These modules were being controlled by proscribed terrorist outfit Babbar Khalsa International (BKI) from abroad through France-based Satnam Singh alias Satta and Greece-based Jaswinder alias Mannu Agwan, Director General of Police Gaurav Yadav said. Officials said more arrests are likely in the coming days.

With the busting of these modules, Punjab Police has foiled a conspiracy masterminded by Pakistan's spy agency Inter-Services Intelligence (ISI) to disturb peace and harmony in the border state, the DGP said. Counter Intelligence (CI) Jalandhar and District Police Batala dismantled the modules in two separate operations and 13 accused including a minor were held, the officials said.

This is a major blow to transnational terror networks targeting peace and stability in Punjab, Yadav said. 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.

Sharing operation details, Assistant Inspector General, CI Jalandhar, Navjot Singh Mahal said in an intel-based operation, police teams arrested Jagroop Singh of Basti Amritsarian in Hoshiarpur, Jatinder Singh alias Honey of Daburji in Kapurthala, Harpreet Singh of Hoshiarpur and Jagjeet Singh of Kapurthala, and recovered arms and explosives from their possession.

Preliminary investigations revealed that these accused were working on the instructions of Satnam Satta. Further investigations are being conducted to unearth this entire network and previous crimes, he said.

Satnam's name had cropped up in 2010 in an IED and RDX recovery case, said Yadav. About the second module, Senior Superintendent of Police (SSP) Batala Suhail Qasim Mir said in a week-long intelligence-led operation, police teams apprehended nine people including a 17-year-old. The other eight arrested have been identified as Pawanpreet Singh, Balbir Kumar alias Varun, Gombji alias Gotta, Gurpreet Singh alias Gopi, Ajaypal Singh, Rahul alias Bhaia and Johanson, all residents of Batala, and Jatinder, a resident of Kapurthala. The SSP said that an inquiry is on and more arrests are expected in the coming days.

Two separate FIRs have been registered under the relevant sections of the Unlawful Activities (Prevention) Act (UAPA) and the Explosives Act at Police Stations in Amritsar and Batala, respectively.



Under 'Sant Mahapurush Samman Evam Vichar Prasar Yojana'

Sant Shri Dhanna Bhagat Jayanti

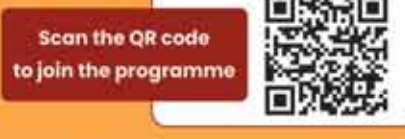
State Level Function

Chief Guest

Sh. Nayab Singh Saini
Chief Minister, Haryana



April 20, 2025 | 11:00 am
Village- Palwa (Uchana), District-Jind



“भारतीय संतों और ऋषियों की भूमिका केवल पूजा और उपासना तक सीमित नहीं रही है। उन्होंने राष्ट्र और समाज के हर आयाम को सशक्त बनाने में अहम योगदान दिया है।”
- नरेन्द्र मोदी

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MEGA E-AUCTION SALE NOTICE

ZONAL OFFICE : BATHINDA

PUBLIC NOTICE FOR E-AUCTION FOR SALE OF MOVABLE & IMMOVABLE PROPERTIES

LAST DATE & TIME OF SUBMISSION OF EMD AND DOCUMENTS (ONLINE) ON/BEFORE 29.04.2025 UPTO 04:00 PM

Sale of immovable property mortgaged to Bank under Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest (SARFAESI) Act, 2002 (No.54 of 2002) Whereas, the Authorized Officer of Punjab & Sind Bank has taken possession of the following property/ies pursuant to the notice issued under Sec 13(2) of the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest (SARFAESI) Act, 2002 in the following loan accounts with our Branch with a right to sell the same on "AS IS WHERE IS BASIS AND AS IS WHAT IS BASIS" for realization of Bank's dues. The sale will be done by the undersigned through e-auction platform provided at the <https://baanknet.com/>

Name of the Branch and Borrower's/Guarantor's	Amount Outstanding Demand Notice Date Possession Date Type of Possession	Details of Property/ies	Reserve Price		EMD Submission Account Details	Date/Time of Inspection of Property	Date/Time of e-Auction	QR Property Photo	QR Property Location	QR BankNet
			EMD	Bid Increase Amt.						
1. Rampura Phul 1. M/s Kalsi Industries Prop. Manpreet Singh S/O Major Singh, 2. M/s Major Singh & Sons, 3. Major Singh Manpreet Singh, 4. Kulwant Kaur and Rajwinder Kaur.	Rs. 1,67,88,987.18 as on 29.02.2024+interest up to date+ Litigation & other expenses. 13.11.2018 11.12.2020 Physical	Residential House 48'6" X 61" = 328.72 Sq. yd and super structure thereon MC no. B-10/00252 in the name of Major Singh S/o Hazura Singh vide Sale deed no. 1705 dated 25.06.1997 situated at Mehraj Basti, Rampura Phul, Teh- Phul Distt Bhatinda bounded by North-Street, South - Street ; East - Balwinder Singh & South - Gurdev Singh. As per Section/Record the area measuring 328.72 Sq. yards is mortgaged with bank.	Rs. 33.90 Lacs	A/c.No.80105040070003	Name of Account: NEFT INWARD STP PARKING ACCOUNT IFSC Code: PSIB0008010	28.04.2025 10.00 AM to 04.00 PM	29.04.2025 12.00 PM to 04.00 PM			
			Rs. 3.40 Lacs							
			Rs. 0.20 Lacs							
2. Gidderbaha M/s Neeraj Goyal & Co., Near Axis Bank, Chakk Wali Street, Circular Road, Gidderbaha, Muktsar.	Rs.53,09,192.60 as on 29.02.24+interest up to date + Litigation & other expenses. 08.12.2022 10.03.2023 Symbolic	1. Title deed No. 222 dated 09.05.2000. i.e 2, 1/2 Marla or 15' X 51'-6" Khewat No. 1825, Khatoni No.2823. 2. Title deed No. 1256 dated 24.07.2012. i.e 2Marla 1/2 Sarsai or 22'x28' Khewat No.1825, Khatoni No.514 (2-10).	Rs. 65.00 Lacs	A/c.No.80105040070003	Name of Account: NEFT INWARD STP PARKING ACCOUNT IFSC Code: PSIB0008010	28.04.2025 10.00 AM to 04.00 PM	29.04.2025 12.00 PM to 04.00 PM			
			Rs. 6.50 Lacs							
			Rs. 0.20 Lacs							
3. Gidderbaha M/s On & Co., Setia Wali Gali Ward No.19, Roop Nagar, Gidderbaha, Muktsar.	Rs. 27,73,820.59 as on 29.02.2024+interest up to date+Litigation & other expenses. 19.01.2023 08.06.2023 Symbolic	Sale Deed no. 1589 dated 11.08.2014 30' X 90' or 10 Marlas, Khewat No.1731, Khatoni No. 2717, 2718, Khasra No. 696 min (14-0), 696 min (6-18), Jamabandi 2009 - 10, Near Jain Sons Showroom, Setia Wali Street, Gidderbaha Muktsar.	Rs. 84.00 Lacs	A/c.No.80105040070003	Name of Account: NEFT INWARD STP PARKING ACCOUNT IFSC Code: PSIB0008010	28.04.2025 10.00 AM to 04.00 PM	29.04.2025 12.00 PM to 04.00 PM			
			Rs. 8.40 Lacs							
			Rs. 0.20 Lacs							
4. Gidderbaha M/s Chahal TV Center Prop. Sh. Baldev Singh S/o Sohan Singh R/o House. No. 32, Water Works, Park Road, Gidderbaha, Distt. Muktsar.	Rs.45,91,417.38 as on 29.02.24+interest up to date+Litigation & other expenses. 03.10.2019 10.03.2021 Physical	Property measuring 659.91 Sq. yd. bearing Khewat No. 1022, Khatouni No. 2302, Mustile no. 197, Killa no. 8/1(2-12), 8/3 (2-16) situated at Opposite Markfed Street, Malout Road Gidderbaha, Distt. Muktsar in the name of Smt. Gurwinder Kaur W/O Baldev Singh by depositing original sale deed no. 732 dated 05.06.2008 (40'X60') and sale deed no. 896 dated 23.06.2008 (60'x60') bounded as South: Surinder Kumar & Ashok Butter, North: Darshan Singh, East: Street & West: Street	Rs. 22.00 Lacs	A/c.No.80105040070003	Name of Account: NEFT INWARD STP PARKING ACCOUNT IFSC Code: PSIB0008010	28.04.2025 10.00 AM to 04.00 PM	29.04.2025 12.00 PM to 04.00 PM			
			Rs. 2.20 Lacs							
			Rs. 0.20 Lacs							

Emd To Be Transferred By Bidders In Their Own Wallet Provided On E-auction Portal i.e. <https://baanknet.com/> By Neft/rts/challan
Details Of Account In Which Remaining Amount After Emd Is To Be Deposited Through Rts/neft: A/c Name- Neft Inward Stp Parking Account; A/c Number: 80105040070003; Ifsc Code: Psib0008010
For Detailed Terms & Conditions Of The Sale, Please Refer To <https://punjabandsindbank.co.in/module/sarfaesi-list> & <https://baanknet.com/>

STATUTORY 15 DAYS SALE NOTICE UNDER RULE 9(1) & 8(6) SARFAESI ACT, 2002

DATE: 20.04.2025 AUTHORISED OFFICER, PUNJAB & SIND BANK

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 accounted 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 use" 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

US airstrike on Yemen escalates Trump's campaign

PRESS TRUST OF INDIA ■ Dubai
US airstrike on an important oil port held by Yemen's Houthis 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.



his term, and it's expected to be published in the Federal Register on Friday afternoon.

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, a member of the community said.

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.

OFFICE OF THE DIGP, GROUP CENTRE, C.R.P.F. DADRI ROAD GREATER NOIDA-201306
ADVERTISEMENT
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, Sutiana, Greater Noida-201306 purely on temporary and contractual basis (From 01/07/2025 to 31/05/2026).

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.

PUBLIC NOTICE
Be it known to all, that my client M/s 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 M/s Mirza International Limited (formerly Mirza Tanners Limited).

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
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. PD(1863)C

Iran, US to hold second nuclear talks in Rome

PRESS TRUST OF INDIA ■ 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.



US special envoy Steve Witkoff

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.

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.

lifting of economic sanctions. At risk is a possible American or Israeli military strike on Iran's nuclear sites, or the Iranians following through on their threats to pursue an atomic weapon.

Lack of resources hinder recovery after Myanmar's deadly earthquake

PRESS TRUST OF INDIA ■ Bangkok

Basic services have yet to be restored to the areas of Myanmar worst hit by a huge earthquake three weeks ago, and emergency workers recovering bodies and clearing debris are contending with regular aftershocks and lack of resources, humanitarian services say.

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 Clásico 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 re-assert 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), Shrijith 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 Parnment, 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, Vijay 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 netronome 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 relentlessness 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 the 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 over-a-side match at the Chinnaswami Stadium.

In reply, PBKS competed the chase in 12.1 overs with Nehal Wadhara 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 Wadhara 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.

Super Cup: East Bengal vs Kerala Blasters

PRESS TRUST OF INDIA ■ Bhubaneswar

Defending champions East Bengal face Kerala Blasters FC in the opening match of the Kalinga Super Cup here on Sunday, with 15 teams vying for the trophy and a lone slot available for next season's AFC Champions League 2. Unlike the last two years, when the tournament witnessed a group stage followed by semi-finals, this season will be played in a knockout format like in 2018 and 2019, meaning every game is a do-or-die affair.

Last year, East Bengal FC snatched the silverware, defeating Odisha FC 3-2 after a thrilling period of extra-time in the final. The Red and Gold brigade ended their 12-year wait for a national trophy, and are out to defend their crown on the same pitch.

East Bengal are no strangers to defending cup titles, having won back-to-back Federation Cups in 2009-10 and 2010, while Kerala Blasters are seeking their first-ever trophy at the national level.

Both sides had underwhelming Indian Super League campaigns, ending in ninth and eighth place respectively, and this tournament presents them with a shot at glory. The winner of this clash will face Mohun Bagan Super Giant, who received a bye after I-League side Churchill Brothers' withdrawal, in the first quarter-final on April 26.

On April 21, another ISL side FC Goa, champions from 2019, will take on Gokulam Kerala FC in an inter-league showdown. The Gaurs couldn't make it past the group stage in the last two edi-

tions and will be eager to not only win the trophy again, but also mark a return to the continental stage for the second time after the 2021 AFC Champions League.

Gokulam Kerala are also eyeing a second Asian campaign after the 2022 AFC Cup, but the Malabarians have never gone past the round of 16 of the Kalinga Super Cup. They finished without a win in the last two tournaments, including a 0-1 loss to Goa in 2023 group stage.

East Bengal are no strangers to defending cup titles, having won back-to-back Federation Cups in 2009 and 2010, while Kerala Blasters are seeking their first-ever trophy at the national level

Later on Monday, hosts Odisha FC will face Punjab FC. Ever since making their Super Cup debut in 2023, the Juggernauts have been the team to beat in the competition. Champions in 2023 and runners-up in 2024, the Super Cup has been their favourite tournament. It also opened their doors for a maiden AFC Cup appearance in 2023-24.

Punjab FC also debuted in 2023, but have never made it past the group stage, winning just one of their six matches in the two seasons.

Bengaluru FC and Inter Kashi will meet for the third time in two seasons on April 23. They drew 1-1 in the Kalinga Super Cup group stage in 2024, before the

Blues ran out 3-0 winners in the Durand Cup group stage in August last year.

The hurt of losing the ISL final is still fresh for Bengaluru FC. But that will only add to the hunger of the first-ever winners of the Super Cup in 2018 as they look to become the first club to win the tournament twice, and also end their four-year absence from Asian competitions. Inter Kashi made their Super Cup debut last year, coming through the qualifying round, but ending the group stage without a win.

On Wednesday, Mumbai City FC and Chennaiyin FC will face off for the fourth time in the Super Cup, making it the most-played fixture in the tournament's brief history. The Islanders won 1-0 in each of the last two seasons' group stage, while the Marina Machans were 2-0 victors in the round of 16 in 2019.

Mumbai City have a 13-game unbeaten streak across all competitions against Chennaiyin, who haven't tasted victory in this fixture since February 2020. Both sides have played continental football before — Mumbai City in the 2022 and 2023-24 AFC Champions League, and Chennaiyin FC in the 2019 AFC Cup.

NorthEast United FC and Mohammedan Sporting will lock horns on April 24. It's already been a historic season for the Highlanders, who won their first-ever silverware in the form of the Durand Cup last August, and made it to the Indian Super League play-offs.

Mohammedan, on the other hand, will hope to find some joy in the tournament after a disheartening debut ISL campaign that concluded with just two wins.



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.

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.



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



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.

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."



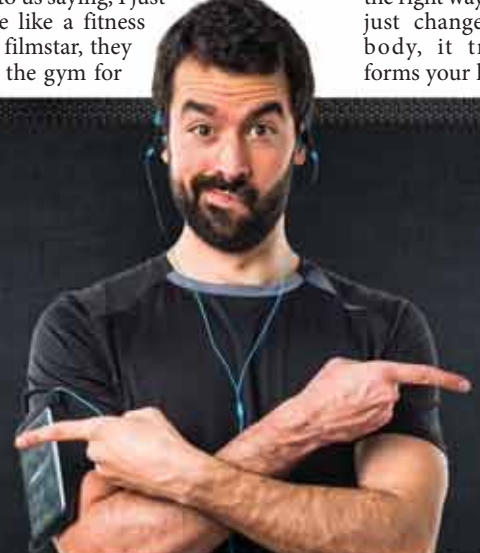
THE SIDE EFFECTS OF THE WRONG PROCESS ARE NOT JUST PHYSICAL; THEY CAN LEAD TO MENTAL, EMOTIONAL AND LONG-TERM HEALTH CHALLENGES THAT AREN'T WORTH THE TEMPORARY HIGH OF A PERFECT PHYSIQUE TO SHOW OFF

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.

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

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,



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

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-

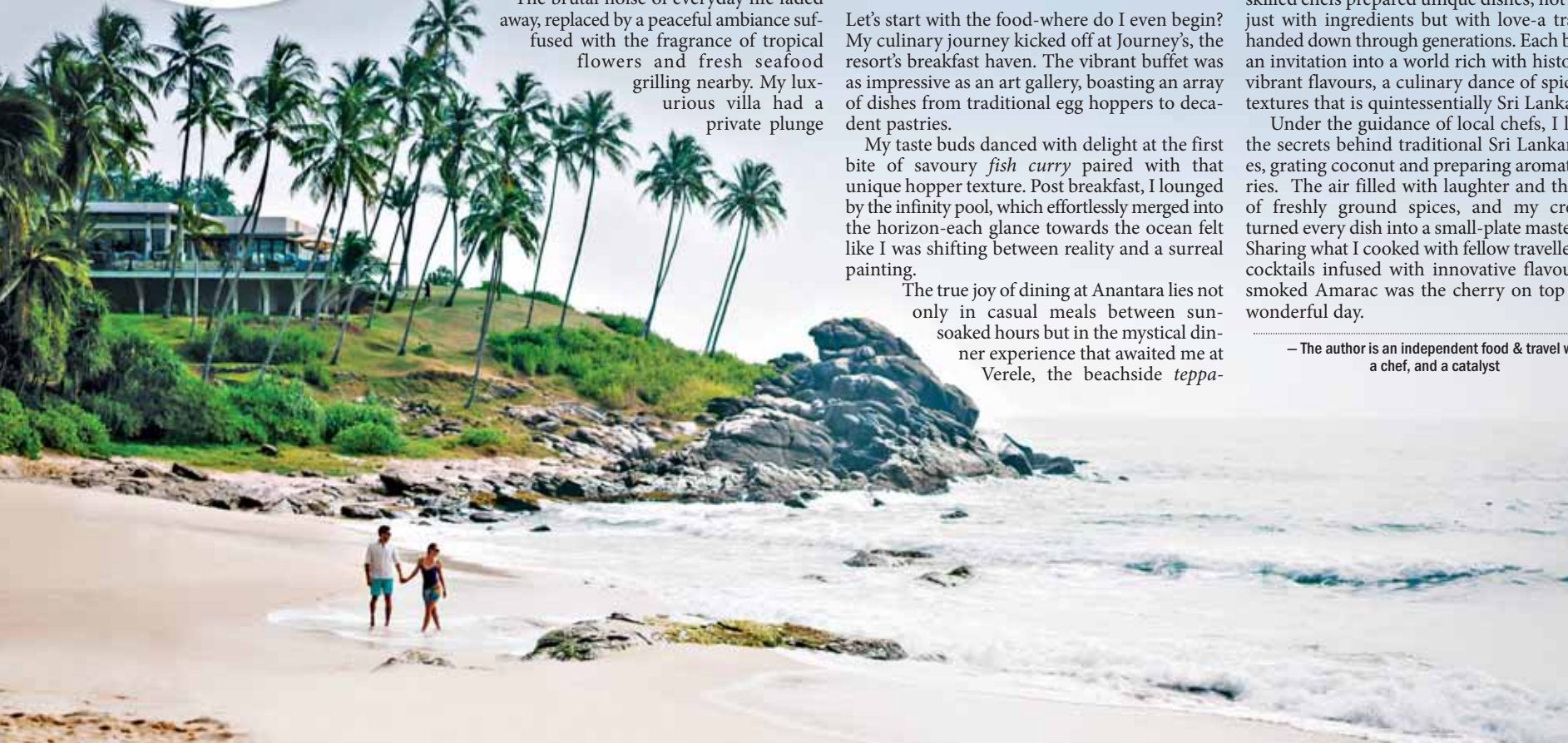
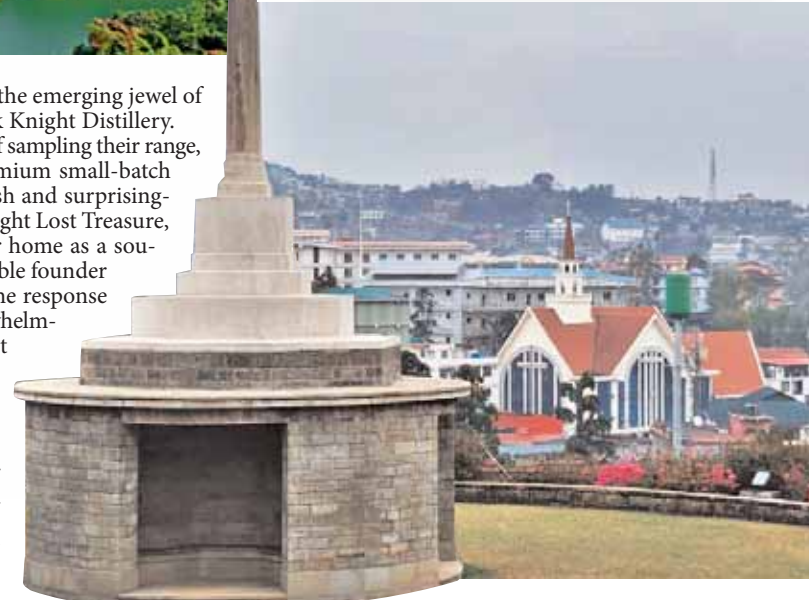
nyaki restaurant. As the sun slipped below the horizon, live folk music curated a soothing backdrop to my BBQ feast.

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



Tibetan Culture, Himalayan Allure: Discovering Myriad Charms of McLeodganj



AMITABH SHUKLA

Sometimes I wonder how much the British as colonial powers have impacted India and contributed to its history, legacy and most importantly creation of hill stations. A case in point is McLeodganj in Dharamshala, Himachal Pradesh. As the name itself suggests, the popular hill station was named after Donald Friell McLeod, Lieutenant-Governor of Punjab (1865-1870) who apparently had a role in the creation of the hill station and making it an army cantonment for the Gurkha Battalion. Of course, the credit for the retention of the British sounding name even in 2025, goes to some wise heads around who have not yet renamed the hill station and continue with its popular name suggesting its historicity and legacy.

The British came from the cooler climates so they kept going to the hills to escape the peak summer heat wave in the plains of North India and in the process, created several hill stations all over the hills in Himachal and the neighbouring

Dhauladhar hills majestically shine in the afternoon sun from quite a distance, giving a view to remember all life. It is here that I stop my car for a small break to have an eyeview of the majestic peaks. It is a stiff climb for a while and soon you arrive at a tri-junction or a Square where narrow roads converge from different directions amid a cacophony of noise generated by the honking of vehicles and the sound generated by their engines. As I had visited the place twice earlier, I was quite familiar with the street settings and I straight away drove to Hotel Bhagsu, a property of the Himachal Pradesh Tourism Department Corporation (HPTDC). Whenever I am on a visit to this hill state, which is quite often, I prefer the hotels of HPTDC as they are spacious and have adequate parking space. Though the maintenance and upkeep of the hotels need improvement and upgrading, they score over others because they have extra large compounds and quite often a small park, clearly a luxury for the privately owned hotels. The rent per day for a spacious suite was Rs 4800.

The best part which I personally like about McLeodganj is the availability of a large variety of restaurants and cafes, making it a foodie's delight. Just after checking in the hotel, the hunger pangs had struck and off we went in search of some authentic Tibetan food. The top restaurants of this hill station, made famous by the

The Joy of Little Lhasa in the Hills

the name of the joint suggested, was selling roasted chicken, Tikka, fried fish and readymade kebabs and a group of 4-5 people were ordering it. There were small kiosks of Gol Gappa, Pakode, Samosa and even Tikki and they had some patrons too. I wondered why people eat the same stuff available in every nook and corner of the place.

Taking a stroll on the roads where the market was in full bloom was an experience in itself. You can roam around here like a vagabond for hours without getting tired by watching and reading the faces of the monks, Tibetan shopkeepers and the tourists. What they all must be doing and thinking! The smiling faces of the young Sikh tourist couple, dressed in their best, suggested that they were in awe of the place and were thoroughly enjoying the moment. A concerned face of a monk in robes perhaps suggested that he had a tough day spiritually. The smiling wrinkled face of an old Tibetan lady, with a walking stick, perhaps suggested that she was one of the original migrants from Tibet

There is nothing like getting up early and exploring a place on foot when the local residents are yet to wake up and you only have stray monkeys and dogs for company. When the sun was yet to rise, I woke up, brushed my teeth, put my walking shoes on and took on the beaten path which goes to the Bhagsu temple and also to Bhagsu waterfall some distance away uphill from the temple. I had once stayed in a hotel close to the temple around 12 years back and had a vivid memory of the place. I wanted to recreate what was stored in my memory for the last 12 years and check if I was forgetting the place or has my memory faded with years. Nothing of that sort happened as the 2 km walk was exactly the way I remembered. The Budget hotel with a Brownish building in which I had stayed was still there with a glass facade though I do not remember what its name was then but now, it had been given a Tibetan name.

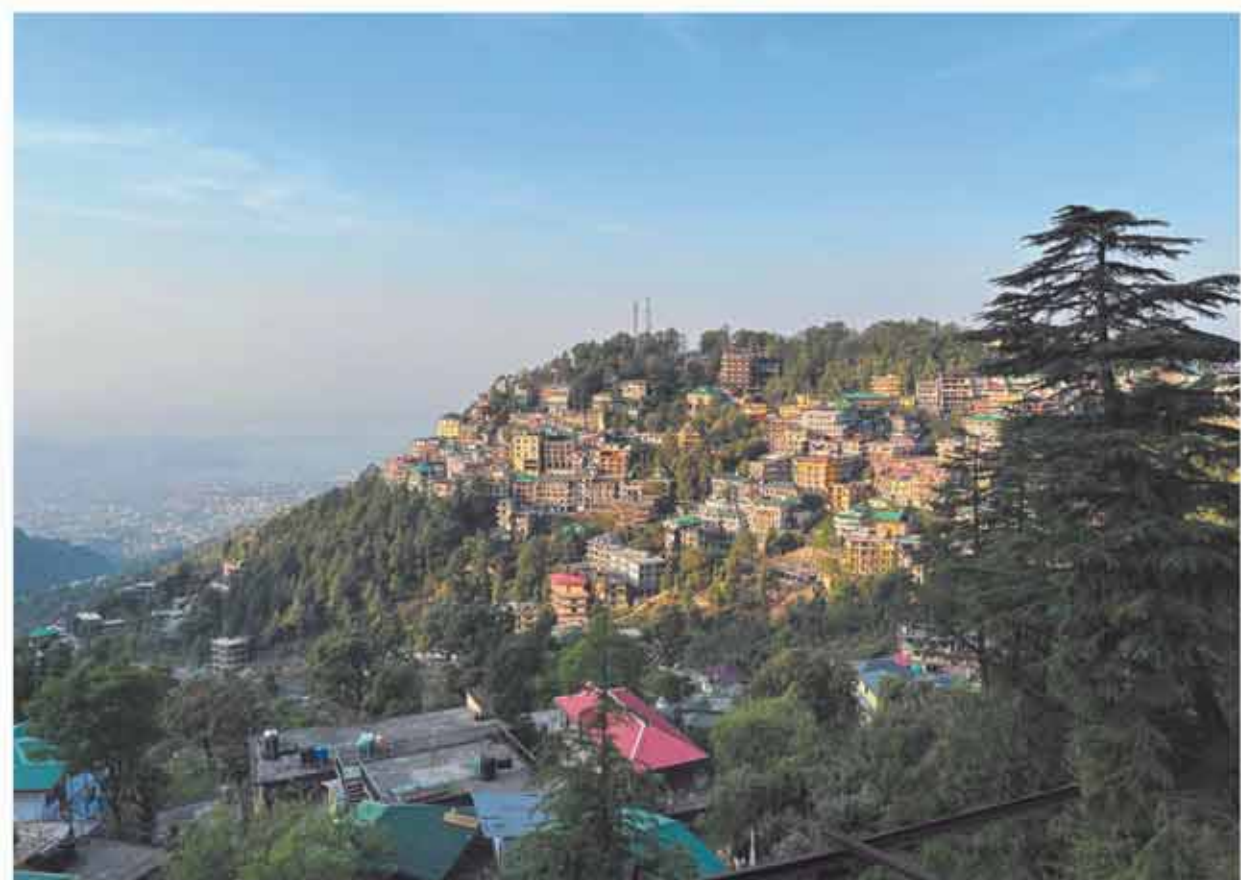
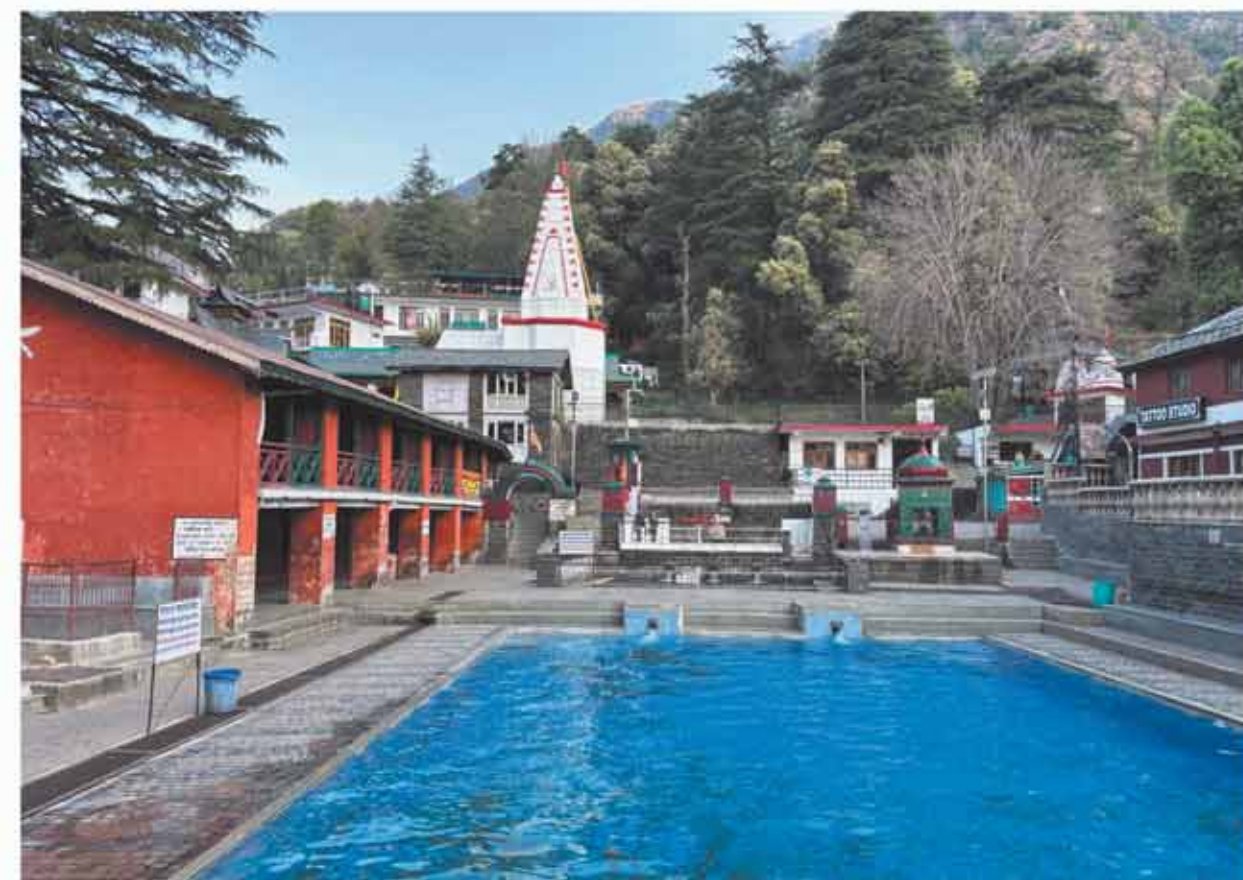
The Bhagsu temple and the adjoining bathing pool was exactly the way I remembered. Fresh water from melting

their home. A stone carved entrance to the temple from the bathing ghat proudly says '1st Gurkha Rifles'.

By the time I finished exploring the temple and the nearby areas, a couple of shops selling pooja material and souvenirs had started opening. They played devotional Hindi songs and started setting up their shops, placing their goods for a better view. One tea and biscuit kiosk too had opened its shutter though it was yet to start its business for the day. Monkeys were frolicking around the temple, hoping for the first food of the day from the devotees who were yet to arrive. The street dogs were giving them stiff competition. I started my walk back to the hotel even as I overheard two English speaking White females talking about their experience in the area. They were 10 feet behind me and I could hear them talk about the natural beauty of the place and they had a list of things to buy for the day. Perhaps, they were backpackers and had been staying in the area for a while. I had more plans for the day and so walked back to my room, energised and rejuvenated. I didn't really have time to walk to the Bhagsu waterfall, a 25-minute uphill trek, leaving it for some other day.

of the Square below from a corner table. Again excellent Tibetan Food was served. This time, I also asked for Trout Fish which was in the Menu and was perhaps the most expensive dish of the restaurant at Rs 990. The fresh fish, found only in ice cold flowing waters of the hills, came along with rice, some curry and salad. The taste of this would linger on for a few days as it was an exquisite preparation which combined Tibetan as well as Himachali-Punjabi way of cooking.

We deserved an afternoon siesta after the food and so it was back to the hotel. Then the Dalai Lama Temple in the afternoon was the next stop where you could easily walk down from the hotel. In fact, it was in 1959 that the fortunes of McLeodganj changed forever when the Dalai Lama fled Tibet following the Chinese occupation and the failed uprising against it. The Indian government offered him asylum and allowed him to establish the Tibetan Government-in-Exile and soon McLeodganj became the headquarters for the Dalai Lama and the Tibetan administration, transforming it into a global center for Tibetan Buddhism and culture. Tibetan refugees came in large numbers and set up monasteries and other institutions of spirituality which draws tourists from all over the world now. This is what made McLeodganj famous as 'Little Lhasa' all over the world. After



Uttarakhand. State Capital Shimla was then the Summer Capital of India and some of the finest buildings bearing the British architecture still exist there. No wonder, British tourists still visit Himachal Pradesh in large numbers to recreate and relive the days of the Raj. Many come to the state to see the graves of their forefathers and pay their respects while some come to see the places where their forefathers had served either in the military, police, civil service or Judiciary. I have met a couple of British tourists who had a very well chronicled family history, simply going to all the stations where their great grandfathers served in the army in the early parts of the last century.

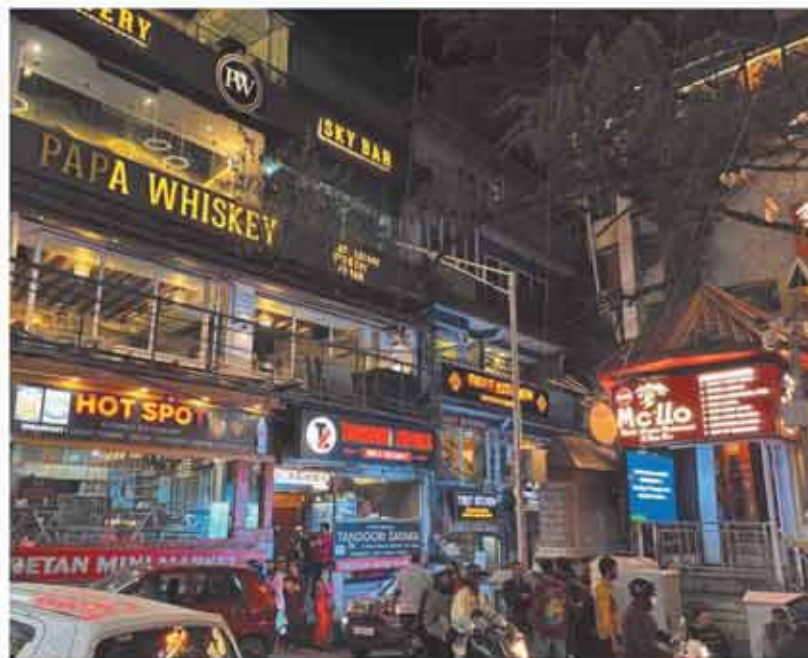
So one fine morning, I decided to drive down to McLeodganj again in what is called 'Off-Season' in the language of those associated with tourism and related services. The drive from Chandigarh is practically through the foothills in the plains of Punjab. The Grand Gurudwara of Anandpur Sahib, painted in White, is on the right side of the road. It was here that the Khalsa panth was established by the tenth and last Sikh Master, Guru Gobind Singh in 1699.

You have to drive through towns in the plains like Nangal and Una, the first major town of Himachal, before taking the circuitous roads first to Kangra, Dharamshala and then finally to my destination McLeodganj. The snow peaked

Dalai Lama and the Tibetans, are located in and around the Square, a rather small area and all you have to do is to choose whichever you fancy at first glance without reading reviews online. So, we chose Hotel Tibet in the alley for our first lunch here simply because we liked the way its entrance was decorated. Though it did not have a great view of the valley, you could still see people going through their routine chores from the corner table in the terrace. The restaurant had an indoor seating arrangement too but nothing beats sitting in the verandah of the restaurant, sipping your soup and gently trying different dishes. A smiling waiter took the order and also explained to us the dishes in the menu which were written in Tibetan as well as in English. After the soup, it was turn for Mutton Steam Momo and then Mutton Gyathuk or what is popularly called as Thukpa, a typical tibetan dish which I enjoy having whenever I get an opportunity. It was indeed excellent and I complimented the waiter and the chef. The Bill too was quite light on the pocket and I was surprised at the relatively low prices here. The Steam Momo with at least a dozen of them in a plate was only for Rs 200 and Mutton Gyathuk was only for Rs 190. Another chicken dish was only for Rs 300 for a big portion and I thought the prices were half or one third of the price of a similar restaurant anywhere in north India.

The hotel was at a distance of maybe 600 metres from the restaurant and a walk on the streets and to the room somewhat helped in the digestion process. An afternoon siesta was required after driving for almost 6 hours and having a satisfying lunch.

There is a flurry of activity in the evening. The famous Square of McLeodganj was not recognisable now as lights and colors of all hues were dazzling and the neon signboards of the bakeries and restaurants were inviting us. I could hear music in the streets, a popular Kishore Kumar song, perhaps sung by the lead singer in a live music band in a restaurant. Shops selling Tibetan items, local handicrafts, souvenirs and street food like Momos and some local Himachali food items were lined up. At one stall, full maize corn was being roasted on coal and eager people were awaiting their turn to get it after it was sprinkled with salt and lemon. Next to it was a kiosk selling roasted groundnuts, both with shells and without it and those going for their evening drinks were perhaps buying it as an accessory for their booze. Another kiosk run by a Punjabi as



who came along with the Dalai Lama a few decades back and made this Himalayan hill her abode. Many White tourists and backpackers were simply getting in and out of shops, munching in the bakeries, sipping a drink and enjoying themselves. I could not immediately make out their nationalities as they were speaking languages other than English.

After tiring ourselves for a while and rotating the drums in a Buddhist temple on the main road, it was time again to choose a different restaurant for Dinner. Again, the idea was to have as much of tibetan food as possible during our stay so that the taste lingers on for days and weeks before the next good tibetan meal in the plains of north India. This time, we decided to go to the first floor of a restaurant called 'Tibet Kitchen'. You could watch the activities on the streets below from the corner table of the restaurant. We ordered Tingmo or steamed Tibetan Bread, Mokthuk which is small dumplings in soup, Mutton Pokchoy or sliced lamb with vegetables and Crispy Spinach chicken. The meal started with chicken Lung Fung soup which was just right for the palate. Apart from the food being great and typical Tibetan, the Bill again was almost one third of the price of similar food in the restaurant of a big city.

MORNING WALK TO BHAGSU NAG TEMPLE

snow above the Triund peak was pouring through a couple of pipes in the waist deep bathing pool with a rhythmic regularity. The pool was constructed in a way that the excess water was draining out through another pipe and was perhaps being used for drinking purposes after being treated. Early in the morning, a devout Hindu was taking a bath and another sitting on the stairs was meditating. They were the only two people at that time and I was the third. I simply touched the cold water, sprinkled the droplets on my clothes and moved on. It was too early for a bath and in any case, I hardly bathed in open spaces as a matter of habit, cultivated over years.

There is a plaque at the entrance of the temple and it explains the mythology and says that the place is related to Lord Shiva. According to the legend, the snake God Nag devata was drawn into a battle with a local King Bhagsu, who had stolen water in a pot from the sacred Lake for his thirsty kingdom. King Bhagsu was defeated and forgiven by the Snake God and the site consecrated as Bhagsu Nag. In the battle, the pot of water fell and started flowing and it is said that the bathing area never got dry after that and continuous water flowed into it. As the temple in the modern era was built by the Gorkhas, who arrived in the area in the early to mid-18th century to establish the 1st Gorkha Rifles, Bhagsu is considered

FOUR POINTS OF DHARAMSHALA

Instead of having an industrial breakfast in the Hotel, which according to me is factory produced Bread, Butter, Jam and Eggs, Cereals and dip Tea, I decided to straightaway head for the ropeway to Dharamshala, built and operated by the Tatas. It was under construction when I last visited the place so in a way, it was a new attraction for me. One way ticket for a person costs Rs 500 and return ticket is for Rs 750. Being an off season, it was easy getting the tickets and so the panoramic journey started. It goes down 362 metre from the Dalai Lama Temple in McLeodganj to the Bus Stand in Dharamshala in a few minutes. Hanging in the air, you can see the peaks of Dhauladhar even as gentle but cold winds get inside the covered glass boxes of the Cable Car. A must try for the visitors any day.

Lower down, the taxi operators take you to what they call as 'Four Points' ride to the Cricket Stadium where IPL and International Cricket is played and is perhaps one of the most scenic stadiums for cricket in the world, nestled as it is in a valley, surrounded by snow-peaked Dhauladhar range. The next destination is the Tea Gardens a few distance away where Kangra Tea is grown amid a thick blanket of greenery. The third stop is a trip to Mata Kunal Pathri temple and finally to the Martyr's Memorial. It takes an hour and half to cover all these places. We are back at the ropeway again for our upward climb to McLeodganj. But unfortunately for us, some safety drill was being carried out on the ropeway and we were told that it could take 2-3 hours for restoration of services. Instead of being forced to wait, I decided to call for a taxi to McLeodganj. This time, the taxi driver of the Alto Car took a route which had a very stiff climb and extremely narrow roads. 'This is the shortcut,' he told me, proud of his prowess as a driver on those narrow, steep roads. I admit, I could not have driven my sedan through those roads despite being a skilled driver and having experience of driving in different terrain for years. ?

BACK TO MCLEODGANJ SQUARE

As we had skipped breakfast and only had herbal tea so far in the day, the first destination after getting to the Square was a restaurant called 'House of Tibet', which I had shortlisted a day before while walking on the streets. It was located on the first floor and had an excellent view

being enriched spiritually in the company of the Buddhist monks for a while and the temple, it was time to feel the worldly vibes again.

As the short climb from the temple to the Square began, a local was playing 'Pardesi Pardesi Jana nahin' on a small locally made instrument, a popular song from an Amir Khan movie 'Raja Hindustani', released perhaps three decades ago. It was perfect to the years in that particular setting as I recalled the scene from the movie. Listened to the music, made a video and paid the artist Rs 100 for the effort. Time again to go to the Square and relax by looking at people, studying their faces and expressions and also the signboards of the shops, window shopping and getting absorbed in the hustle bustle.

Dinner was at a place called 'Piano Piano Restaurant & Wine Bar' which I had finalised a couple of hours ago and for a change it was not located at the Square but close to my hotel. It had an excellent seating arrangement on a huge terrace, facing the valley. The twinkling lights of Dharamshala were visible from the terrace and in the evenings, it was indeed magical. Time to unwind, order some Wine and look down below in the valley for a couple of hours. It was like doing meditation with open eyes. Also ordered Crispy Chilli Lamb which came for Rs 410 and Thukpa again for a price of Rs 350. It was a fine dining restaurant, excellent service, a smiling host and a memorable evening indeed. As it was getting chilly on the terrace and I had a long day, it was time to reluctantly go back to the hotel.

We checked out early in the morning so that we could visit the Church of St John in the Wilderness, the final resting place of Lord Elgin, one of the Viceroy's of India who died in 1863. Situated just below the main Square of McLeodganj, nestled in a lush pine forest, the Church built in the neo-gothic style, as was in vogue in the nineteenth century, has beautiful Belgian stained-glass windows and a Christian cemetery on its grounds. The British served in India and were also laid to rest on this soil as in those days, it was impossible to get a burial in their home country. 'What an irony', I thought, 'they were absorbed by the soil of this country'. But that is the way life was in those days.