

Pakistan implodes with Balochistan explosion

PIONEER NEWS SERVICE/AGENCIES ■ New Delhi/Karachi

Five people, including three Frontier Corps (FC) personnel, were killed and 30 others injured in a terrorist attack by suspected Baloch militants in Pakistan's restive Balochistan province on Sunday. Four terrorists, including the suicide bomber, were killed in counter-operations in Noshki district of the province.

The Baloch Liberation Army (BLA) claimed responsibility for the attack, and said 90 military personnel had been killed. Earlier last week, in the same province, the BLA militants ambushed the Jaffar Express, carrying 440 passengers, near the mountainous terrain

of Gudalar and Piru Kunri in Bolan district on March 11. The militants killed 21 passengers and four paramilitary soldiers before the Army eliminated all 33 terrorists on March 12.

As regards the latest incident, a suicide attacker rammed an explosive-laden vehicle into a convoy of Paramilitary Frontier Corp (FC) on the Nushki-Dalbandin National Highway; chief of the local police station Zafarullah Sumalani said adding that the initial investigations suggested that it was a suicide attack.

Sumalani also said evidence from the site of the attack suggested that a suicide attacker rammed an explosive-laden vehicle into the FC convoy.

Soon after the attack, security forces launched an immediate counter-

operation, killing four terrorists, including the suicide bomber, newspaper Express Tribune said.

It also quoted security sources to say that the attack was carried out by militants from the banned BLA.

Claiming that a total of 90 Pakistani military personnel were killed in the attack on their convoy on Sunday, a statement by the BLA said, "The Majeed Brigade, the Fidayee unit of the Baloch Liberation Army, targeted a convoy of the occupying Pakistani military a few hours ago in a VBIED Fidayee attack near Rakhshan Mill on the RCD Highway in Noshki. The convoy consisted of eight buses, one of which was completely destroyed in the explosion."

It added, "Immediately after the attack,

the Fateh Squad of the BLA advanced and completely surrounded another bus, systematically eliminating all military personnel on board, bringing the total number of enemy casualties to 90."

Pakistan Prime Minister Shehbaz Sharif and Interior Minister Mohsin Naqvi and Balochistan Chief Minister Sarfraz Bugti all condemned the attack and expressed sorrow over the loss of lives.

Immediately after the attack, the Fateh Squad advanced and surrounded another bus, systematically eliminating all military personnel on board
 — BALOCH LIBERATION ARMY

Sharif, in a statement, said, "Such cowardly acts cannot shake our resolve against terrorism." He also directed that the injured be provided with the best possible treatment. "Those who play with the peace of Balochistan would be brought to a tragic end," Bugti said in an official release.

Minister Naqvi condemned the blast and extended condolences to the victims' families and wished a swift recovery for the injured.

Denouncing the attack as an act of brutality, Naqvi emphasised that anti-state elements are attempting to destabilise the country and asserted that such cowardly acts would not shake the nation's resolve, according to a statement shared by the Ministry of Interior on social media.

Balochistan government spokesperson Shahid Rind also condemned the attack "targeting innocents."

Balochistan has witnessed an uptick in terrorist attacks over the past year. Bordering Iran and Afghanistan, Balochistan is home to a long-running violent insurgency.

Baloch insurgent groups frequently carry out attacks targeting security personnel, government projects and the \$60 Billion China-Pakistan Economic Corridor (CPEC) projects in this oil and mineral-rich province.

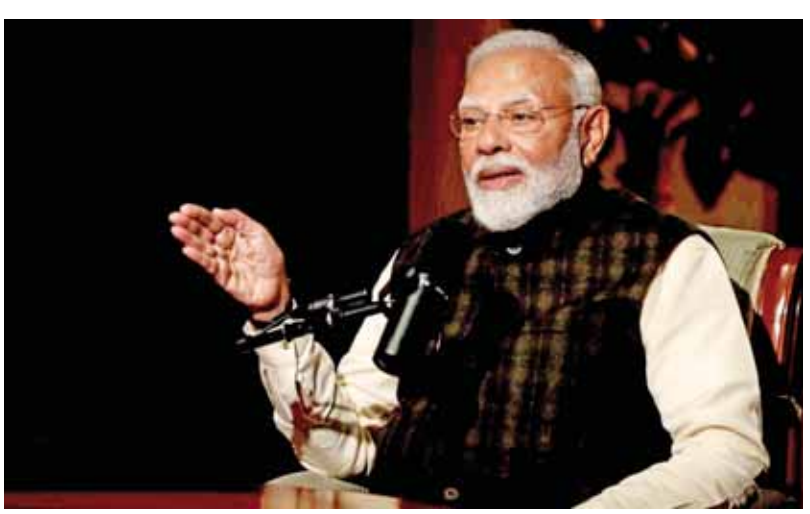
In the past, the railway tracks in this area have been attacked by Baloch militants using rockets or remote-controlled bombs, and the BLA claimed responsibility for most of the attacks.

PM bemoans lack of will and wisdom in Islamabad

PIONEER NEWS SERVICE ■ New Delhi

Prime Minister Narendra Modi has said that every attempt to foster peace with Pakistan was met with hostility and betrayal and hoped that wisdom would prevail on the leadership in Islamabad to improve bilateral ties. In a podcast with Lex Fridman released on Sunday, Modi recalled that he had specially invited his Pakistan counterpart Nawaz Sharif for his swearing-in ceremony in 2014 with the hope that the two countries could turn a new leaf.

"Yet, every noble attempt at fostering peace was met with hostility and betrayal. We sincerely hope that wisdom prevails upon them and they choose the path of peace," the Prime Minister said in his over three-hour interaction. Modi said he believed that even the people of Pakistan long for peace because they also must be tired of living in strife, unrest and relentless terror where even innocent children are killed and countless lives are destroyed. The Prime Minister said



Prime Minister Narendra Modi during a podcast with Lex Fridman in New Delhi

his first attempt at improving bilateral relations was a gesture of goodwill.

"It was a diplomatic gesture unlike any in decades. The very people who once questioned my approach to foreign policy were taken aback when

they learned I had invited all SAARC heads of state and our then President Pranab Mukherjee beautifully captured that historic gesture in his memoir," Narendra Modi said.

"This was a testament to how clear and confident India's foreign policy had become. This sent a clear message to the world about India's commitment to peace and harmony, but we didn't get the desired outcome," he said.

To a question on how he now view the 2002 post Godhra riots and its aftermaths, Modi said the discourse was an attempt to create a false narrative and his political opponents in power at the Centre wanted him to be punished but the courts cleared his name. Modi said there were many involved in misinformation to target him. "If you review the data from before 2002, you will see that Gujarat faced frequent riots. Curfews were constantly being imposed somewhere. Communal violence would erupt over trivial issues such as kite flying contests or even bicycle collisions," Modi said.

Modi said the riots in Gujarat in 1969 lasted for more than six months and that was an era when he was nowhere on the political horizon. He said the Godhra train burning incident took place barely three days after he was elected as a legislator of the Gujarat Assembly.

Lashkar Commander gunned down by Indian forces in Jhelum

PIONEER NEWS SERVICE ■ New Delhi

Top Lashkar-e-Taiba (LeT) commander, wanted by Indian security agencies for several deadly terrorist attacks in Jammu and Kashmir, was killed by gunmen in an attack in Pakistan, officials said on Sunday.

Zia-ur-Rehman alias Naadeem alias Abu Qatal alias Qatal Sindhi was gunned down in the Jhelum area of Punjab on Saturday evening. His security guard was also killed, the officials said, quoting information received from the neighbouring country.

Abu Qatal was under heavy protection from the Pakistan Army, with both Lashkar-e-Taiba terrorists and plainclothes Pakistani military personnel assigned to his security. The attack took place near Zeenat Hotel, close to Dina Punjab University in the Jhelum area. As Zia-ur-Rehman's convoy was passing through, unknown gunmen launched a barrage of gunfire.

Considered the most trusted handler of LeT founder and 26/11 Mumbai terror

attack mastermind Hafiz Saeed, they said 43-year-old Rehman was the main handler of the terror outfit involved in the planning of various attacks in the Poonch-Rajouri region of Jammu and Kashmir.

The officials said Rehman had infiltrated the Jammu region in early 2000 and exfiltrated in 2005. He had a wide network of Over Ground Workers in Poonch and Rajouri through his old contacts, they said.

In the various investigations conducted by the National Investigation Agency (NIA) into the gruesome terror incidents in Poonch-Rajouri region, his involvement was found, officials said.

He was charge-sheeted by the NIA under the Unlawful Activities (Prevention) Act and other sections for an attack on Hindu minorities in Dhangri Village of Rajouri District in 2023, they added.

Terrorists struck Dhangri village on January 1, 2023, and targeted villagers before fleeing the scene, leaving behind an Improvised Explosive Device (IED). While five people were killed in the firing by terrorists, two others died in the IED explosion the next morning.

Trump orders air strikes on Houthis, 31 dead

PRESS TRUST OF INDIA ■ West Palm Beach (US)

The Houthi rebel-run Health Ministry says the death toll from US strikes on Yemen has climbed to 31, including women and children.

Anees al-Asbahi, a spokesperson for the ministry, said on Sunday that another 101 people were wounded in the overnight strikes. President Donald Trump said he ordered a series of airstrikes on the Houthi-held areas in Yemen on Saturday, promising to use "overwhelming lethal force" until Iranian-backed Houthi rebels cease their attacks on shipping along a vital maritime corridor. The Houthis said at least 18 civilians were killed.

"Our brave Warfighters are right now carrying out aerial attacks on the terrorists' bases, leaders, and missile defences to protect American shipping, air, and naval assets, and to restore Navigational Freedom," Trump said. "No terrorist force will stop US commercial and naval vessels from freely sailing the Waterways of the World." He also warned Iran to stop supporting the rebel group, promising to hold the country "fully accountable" for the actions of its proxy.

It comes two weeks after the US leader sent a letter to Iranian leaders offering a path to restarting bilateral talks between the countries on Iran's advancing nuclear programme.

Ram Mandir generates ₹400 crore as tax in five years

BISWAJEET BANERJEE/KAMLESH SRIVASTAVA ■ Ayodhya

The construction of the Ram temple has not only transformed the religious landscape of Ayodhya but has also had a profound impact on the city's economy. Over the past five years, the influx of tourists and devotees has surged tenfold, creating new employment opportunities and significantly boosting local businesses. This rise in religious tourism has also resulted in substantial revenue generation for the government.

Shri Ram Janmabhoomi Teerth Kshetra Trust General Secretary Champat Rai disclosed that between February 5, 2020 and February 5, 2025, the Ram Mandir Trust contributed approximately ₹400 Crore in taxes to the government. Of this, ₹270 Crore was collected as GST, while the remaining ₹130 Crore came from other tax sources.

In the past year alone, over 16 Crore devotees and tourists visited Ayodhya, with five Crore devotees attending the court of Ramlala following the Pran Pratishtha ceremony.

During an inspection by the Comptroller and Auditor General (CAG) about six months ago, the trust requested an economic analysis of Ayodhya.


From February 5, 2020 to February 28, 2025, the government received

₹396.26 Crore in taxes from the trust, rounded off to ₹400 Crore. The Maha Kumbh 2025 further contributed to the surge, with four to four-and-a-half lakh people arriving in Ayodhya daily for darshan. Around 1.5 Crore people visited Ramlala during this period.

Moreover, ten trains from the Kumbh Mela reached Ayodhya daily, carrying around 4,000 passengers per train. This brought approximately 40,000 to 50,000 visitors to Ayodhya each day.


The significant revenue generation from the Ram Mandir has not only enhanced the spiritual experience for devotees but has also strengthened infrastructure development and contributed to the government's revenue collection.

The Uttar Pradesh Rajkiya Nirman Nigam has been awarded a ₹200 crore contract for the construction of the Ram Katha Museum, the trust office, and a rest house.



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SpaceX crew arrives for NASA astronauts

Sunita Williams and other astronauts greeting each other after the SpaceX capsule docked with the International Space Station

PRESS TRUST OF INDIA ■ Cape Canaveral

Just over a day after blasting off, a SpaceX crew capsule arrived at the International Space Station on

Sunday, delivering the replacements for NASA's two stuck astronauts.

The four newcomers representing the US, Japan and Russia will spend the next few days learning the station's ins and

outs from Butch Wilmore and Sunita Williams. Then the two will strap into their own SpaceX capsule later this week, one that has been up there since last year, to close out an unexpected extended mission that began last June.

Wilmore and Williams expected to be gone just a week when they launched on Boeing's first astronaut flight. They hit the nine-month mark earlier this month.

The Boeing Starliner capsule encountered so many problems that NASA insisted it come back empty, leaving its test pilots behind to wait for a SpaceX lift.

Wilmore swung open the space station's hatch and then rang the ship's bell as the new arrivals floated in one by one and were greeted with hugs and handshakes. "It was a wonderful day. Great to see our friends arrive," Williams told Mission Control. Weather permitting, the SpaceX capsule carrying Wilmore, Williams and two other astronauts will undock from the space station no earlier than Wednesday and splash down off Florida's coast.



Adaptation to Seasonal Changes

Due to changing weather patterns and increased exposure to environmental toxins, our skin and hair confront particular challenges when the seasons change



vent split ends and maintain hair vitality.

Similarly, hair tends to become dry and brittle due to pollutants. Using leave-in conditioners or oils can create a protective barrier for the hair and scalp.

Holistic Care

Beyond topical treatments, overall wellness plays a significant role in skin and hair health.

● **Hydration:** Drinking plenty of water helps maintain skin elasticity and hair strength.

● **Balanced Diet:** Consuming a diet rich in vitamins and minerals supports overall skin and hair health.

● **Adequate Rest:** Proper sleep allows the body to repair and rejuvenate, reflecting positively on skin and hair.

If you eat a well-balanced diet, drink plenty of water, and get plenty of rest, it will automatically show on your skin and hair. Maintaining their health requires modifying your skincare and hair care regimens to coincide with seasonal shifts and celebratory events.

— BY DR KARUNA MALHOTRA, AESTHETIC PHYSICIAN & COSMETOLOGIST

SEASONAL CHANGE

Indian summers (March–June) bring intense heat and humidity, leading to various skin and hair concerns. Excessive sweating and increased oil production can cause acne, clogged pores, and sunburns. Prolonged sun exposure also results in tanning, dehydration, and pigmentation. Skin tends to become dull and sensitive, requiring lightweight, oil-free moisturizers, sunscreen, and regular hydration. Hair also suffers in summer, becoming greasy, frizzy, and prone to dandruff due to sweat and humidity. The scalp may feel itchy, and excessive washing can strip natural oils, leading to dryness and breakage. UV exposure can further weaken hair, causing color fading and split ends. To combat these issues, it is essential to use mild, sulfate-free shampoos, hydrating hair masks, and protective hairstyles. Drinking plenty of water, maintaining a balanced diet, and using cooling skincare ingredients like aloe vera and cucumber help keep skin and hair fresh, healthy, and nourished during summer.



Due to changing weather patterns and increased exposure to environmental toxins, our skin and hair confront particular challenges when the seasons change, especially during this time of the year. To properly handle these changes, we must modify our skincare and hair care regimens. These professional tips and advice can help you keep your skin and hair healthy throughout these periods.

Skincare Adjustments

● **Gentle Cleansing:** With increased exposure to pollutants, it's essential to cleanse your skin thoroughly to remove impurities. Use a gentle cleanser twice daily to prevent clogged pores and breakouts.

● **Antioxidant Protection:** Pollutants can lead to free radical damage, causing premature aging. Incorporate antioxidant-rich serums into your routine to combat this effect.

● **Moisturization:** Despite the humidity, maintaining skin hydration is crucial. Opt for lightweight, non-comedogenic moisturizers to keep your skin supple without clogging pores.

● **Sun Protection:** Even during festive seasons, applying a broad-spectrum sunscreen is vital to shield your skin from harmful UV rays and prevent premature aging, sunburns, hyperpigmentation, and long-term skin damage.

● **Cleansing is crucial:** Use a gentle cleanser twice daily and apply an antioxidant-rich serum to protect your skin from free radical damage. Moisturizing and using a broad-spectrum sunscreen, even indoors, is essential.

Understanding Seasonal Impacts

A change in the weather frequently occurs over the holiday season, increasing humidity and exposing people to toxins from things like fireworks. The health of both skin and hair may be negatively impacted by these variables.

The change in weather, paired with makeup, pollutants, and erratic schedules, can take a toll on your skin, leaving it dull and tired. Excessive sweating and increased oil production can cause acne, clogged pores, and sunburns.



Hair Care Adjustments

● **Protective Measures:** Exposure to pollutants can make hair dry and brittle. Using leave-in conditioners or oils can create a protective barrier for the hair

and scalp. ● **Gentle Handling:** Avoid excessive heat styling and frequent shampooing during festive periods to prevent further dryness and damage.

● **Regular Trimming:** Keeping hair ends healthy through regular trims can pre-

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Survivors Join Hands to Stop TB

Before 2025 World TB Day, I spent a day accompanying TB-affected street activists (TASA) in Delhi, women who assist homeless women and female migrant workers in finding TB services. It was an intense experience, connecting with women battling gender inequalities and surviving. Homelessness or migrant status significantly increases TB risk and gender-based suffering.

TB and Gender Inequalities Affect Both: Career and the Person Being Cared For

I recall a powerful encounter with a TB-affected woman supporting others through treatment. Her story highlights the importance of advocacy and community support for homeless women, empowering them to act against TB and assert their rights. As Samantha Power said, "All advocacy is, at its core, an exercise in empathy."

Empathy Binds Women to Stop TB

Jyoti's story is one of resilience. Daughter of a vegetable vendor, she graduated from Delhi University and is pursuing further education while working. She experienced TB firsthand when her sister suffered from it in 2019, navigating misdiagnosis and expensive treatment.

"We spent INR 1.5 lakh (about USD 1721) on her treatment with borrowed money. But we could save her life, and she was cured of TB."

Never Say Die Attitude

Jyoti faced immense challenges, particularly after her mother's death in 2022. Despite financial hardship, she began working while continuing her education, determined to fulfill her mother's dream.

"When she was gone, our lives were broken. We are now slowly coming to terms with her loss. Right after completing my class 12, I started working in



THE POWER OF COLLECTIVE SUPPORT

Reena, living in a threatened Delhi slum, was diagnosed with TB in 2010, interrupting her treatment due to neglect. After 14 years, her symptoms returned severely in June 2024. Fortunately, she met Jyoti, a TASA with Humana People to People India, during a "Saheli Support Group" meeting.

Jyoti recognised Reena's symptoms and took her to government clinics. Despite initial negative test results, Jyoti persisted, securing a positive diagnosis and initiating treatment. She also helped Reena access financial support through the "Nikshay Poshan Yojna."

"... a call centre as our financial condition was not good. My father had said that if I wanted to study, I would have to bear the expenses myself. But come what may, I was determined to fulfil my mother's dream of becoming a teacher. Currently I am the sole bread winner of the family," Jyoti shared with me.

Finding Light in Helping Others

Jyoti became a TASA in August 2024, surveying areas, organising health camps, and assisting with government procedures. She helps people obtain essential documents and encourages them to take control of their lives.

"We TASAs do survey work in our allotted areas, looking for homeless people with TB symptoms and also asking the people about their needs. We hold health camps to mobilise the homeless persons of our area. In these health camps, doctors do free health checkups and provide free medicines. We also help people navigate the hospital system (and other government systems). We help them get their identity cards and other documents made, without which they cannot avail the existing government facilities."

— By Shobha Shukla (The author is the award-winning founding Managing Editor and Executive Director of Citizen News Service)



SAHELII SUPPORT GROUP MEETINGS

Weekly Saheli Support Group meetings educate women on TB and other health issues, fostering empowerment and knowledge sharing. They address challenges like unequal wages and discrimination, encouraging women to advocate for their rights.

"These meetings have yielded good results by way of general empowerment and knowledge sharing among the homeless and migrant women. They are now capable of getting birth certificate,

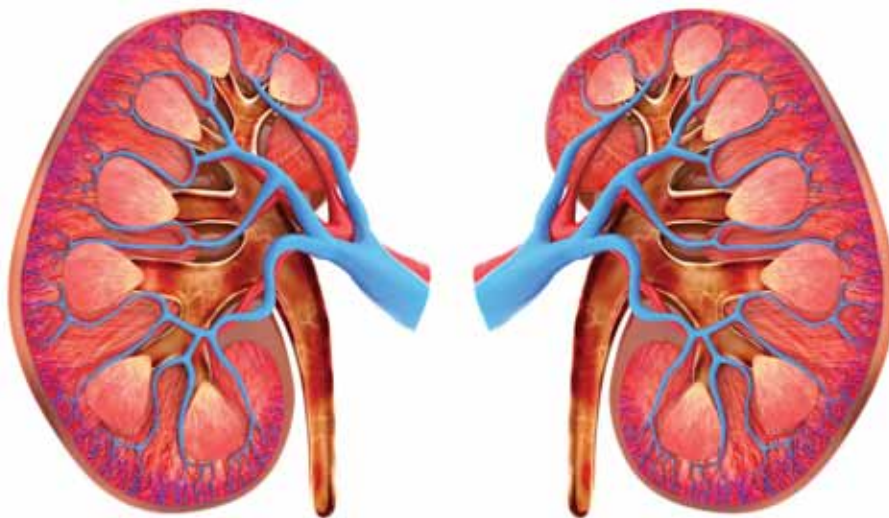
Aadhar unique identification card, etc, made themselves without any help," she added. Jyoti finds immense satisfaction in helping vulnerable women. Her message is clear: respect and support all lives, regardless of education or economic status.

"I get a lot of gratification by deploying my skills as a social worker with Humana People to People India" said Jyoti. Jyoti's message to all women is: "One must be educated, but we must respect even those who are not educated."



The Need for Early Detection and Prevention

With nearly 2 lakh new cases of kidney failure diagnosed annually in India, Chronic Kidney Disease is a growing health concern, writes ABHI SINGHAL



Nearly 210000 new cases of kidney failure are diagnosed annually in India highlighting the growing burden of Chronic Kidney Disease (CKD). A research paper 'Journey of a Patient with CKD in India' published by Kidney 360, a Nephrology Journal reveals that CKD is often diagnosed late in India. This delay stems from a lack of awareness and the absence of noticeable symptoms particularly with higher incidences of interstitial nephritis and CKD of unknown origin.

Our kidneys the silent workhorses of the body play an important role in filtering waste and maintaining overall health. World Kidney Day observed on March 12th every year, serves as a crucial reminder of their importance and the need to combat the growing prevalence of kidney disease.

Recently marking this significant day medical professionals highlighted the critical need for proactive kidney care. Dr Vikas Agarwal, Director & HOD - Robotic Urology, Kidney Transplant, Uro Oncology, Andrology & Male Infertility Kidney Transplant, Akash Healthcare speaking on the occasion emphasised that kidney health through exercise, hydration, and a vegetarian diet while avoiding junk food and preservatives. Early signs include swelling and fatigue, but routine kidney function and urine tests ensure early detection, especially for diabetics and hypertensives.

Dr Vikas Agarwal said, "If you talk about Indian transplant numbers, it goes around fifteen thousand per year, and most of them are living-related donors. If we talk about kidney health, we need to exercise daily, have a routine walk, and drink a lot of water to stay hydrated. We should decrease the amount of salt and sugar in our diet, consume more vegetarian food, and avoid junk food and preservatives."

Early Signs - If we talk about the early signs of kidney issues, swelling may occur, such as feeling your ring becoming tight or experiencing swelling in your legs, hands, or fingers. Other signs include early tiredness, low energy, and urine-related issues like frothy urine or microscopic abnormalities in a urine test.

Precautions - Diet and hydration play a crucial role in preventing kidney diseases. Proper hydration helps flush out waste and excess salt, reducing the risk of kidney stones and ensuring proper kidney function. A vegetarian diet rich in fresh fruits and vegetables helps prevent kidney disease, while junk food, soft drinks like Coca-Cola, and alcohol should be avoided.

Most kidney diseases are diagnosed late due to a lack of awareness. Since we have two kidneys, they continue functioning until more than 50% of their capacity is lost, leading to late symptoms. The best way to detect kidney disease early is through a kidney function test and a urine routine test. Otherwise, symptoms appear only when significant damage has occurred, such as swelling around the eyes or extreme fatigue."

McLaren's Lando Norris wins Australian Grand Prix

PRESS TRUST OF INDIA ■ Melbourne

McLaren's Lando Norris has won a chaotic rain-affected Australian Grand Prix... Lewis Hamilton had a miserable Ferrari debut...



final safety car and tire stops. Mercedes' George Russell closed out the top-three... Aston Martin's Lance Stroll also made the best of the chaotic conditions...

New Zealand beat Pakistan by nine wickets

PRESS TRUST OF INDIA ■ Christchurch

A new era for Pakistan white ball cricket got off to a rough start on Sunday with a nine-wicket loss to New Zealand...

areas and there was swing and seam for them as well. 'But out batting wasn't up to the mark... They bowled really well. They were bowling in the right areas and there was swing and seam for them as well...'

soil," said Jamieson who bowled 18 dot balls. 'We had some pretty favorable conditions which I'm sure me and (Duffy) would take most places around the country...'

Bayern held to 1-1 draw at Union Berlin

PRESS TRUST OF INDIA ■ Munich

A mistake by young goalkeeper Jonas Urbig meant Bayern Munich dropped points for the second Bundesliga game in a row with a 1-1 draw at Union Berlin... Bayern seemed on course for victory when Leroy Sané scored...

Champions League, beating Leverkusen 5-0 over two legs to reach the quarterfinals, its Bundesliga form has dipped... Leipzig punishes wasteful Dortmund...

racked up 26 total shots in the game, but a mix of strong goalkeeping by Leipzig's Peter Gulacsi, poor finishing and bad luck three shots hit the crossbar or post prevented a comeback...

Early wickets of Shafali, Lanning turned match for us: Edwards

PRESS TRUST OF INDIA ■ Mumbai

Mumbai Indians head coach Charlotte Edwards said the early wickets of Delhi Capitals' skipper Meg Lanning and opener Shafali Verma helped her team win the Women's Premier League final here...

easier for her side. 'It probably fell in our hands a little bit that we were a bit short, and potentially they went about it a bit slower than they normally do...'

Having family around helps player to recover from on-field disappointments, says Kohli

PRESS TRUST OF INDIA ■ Bengaluru

Star batter Virat Kohli supported the presence of players' families on tours, saying he would always prefer having personal support around him to deal with tough and intense days on the field...



standing of what value it brings," Kohli said having the family around would help a player to recover from on-field disappointments that much quicker...

I want to be able to be normal. Then you can really treat your game as something that is a responsibility. 'Not in a vague sense, but in a very real way that you finish your commitment and then you come back to your house, you're with family, and absolutely normalcy in your house and normal family life goes on...'

back to your house, you're with family, and absolutely normalcy in your house and normal family life goes on. 'So, for me, that is absolutely a day of immense pleasure. I won't miss any opportunities to go out and spend time with my family whenever I can...'

Real Madrid 2-1 win over Villarreal in Spanish League

PRESS TRUST OF INDIA ■ Barcelona



club greats. Mbappe scored twice in Madrid's 2-1 comeback win over Villarreal on Saturday to take his tally to 31 goals in all competitions this season...

10. 'They are legends who marked eras with the club,' Mbappé said about the two Ronaldos. 'If I score more goals than Ronaldo and Cristiano it doesn't mean that I am better, just that my first season is better. Scoring goals is important, but it is even more so if we win La Liga...'

Advertisement for Bis shoes featuring an image of a man in a pink suit and text in Hindi: 'अबू कपूर कहते हैं... पैरों का रखें खास ख्याल'.