

RANCHI | SUNDAY | MAY 11, 2025

Russia assured full support to India in its fight against terrorism: MoS Defence

PRESS TRUST OF INDIA ■ Moscow
Russia has assured full support to India in its fight against all manifestations of terrorism and promised to promptly fulfil military orders in the pipeline...



Minister of State for Defence Sanjay Seth

through existing frameworks and regular consultations. During the meeting, he thanked Russia for its support against cross-border terrorism.
During the visit, Seth laid a wreath at the Tomb of the Unknown Soldier. He also addressed the members of the Indian community in Moscow on Friday.

China urges India and Pakistan to exercise calm

PRESS TRUST OF INDIA ■ Beijing
China on Saturday strongly urged India and Pakistan to exercise calm and restraint and return to the track of peaceful settlement amid reports of escalation of the military conflict between the two neighbours.
China is closely following the ongoing situation between India and Pakistan and is deeply concerned about the escalation...

mental interest of both India and Pakistan, and for a stable and peaceful region. This is also what the international community hopes to see. China is willing to continue to play a constructive role to this end," it said.

Bangladesh to ban Hasina's political party

PRESS TRUST OF INDIA ■ Dhaka
Bangladesh's interim government on Friday said it would take a "quick decision" on banning deposed prime minister Sheikh Hasina's Awami League.
The announcement by the interim government chief Professor Muhammad Yunus's office in a statement came after student-led newly floated National Citizen Party (NCP) activists overnight rallied in front of his official residence demanding Hasina's party be disbanded.

The NCP set up a makeshift stage near Yunus's official residence 'Jamuna' after midnight Thursday. The party activists also offered Friday prayers at the scene.
The government statement came as leaders of different Islamist parties and groups such as Jamaat-e-Islam, its student front Islami Chhatra Shibir and Hefazate-Islam on Friday also joined the rally of the NCP.
The statement urged everyone to keep restraint until a decision is made and added that the government has disbanded what it called "terrorist Chhatra League" regarded as the Awami League's front organisation.

Saudi minister Discusses tensions with Pak minister Dar

PRESS TRUST OF INDIA ■ Dubai
Saudi Arabia's Minister of Foreign Affairs Faisal bin Farhan on Saturday evoked its "close and balanced relations" with both India and Pakistan and discussed efforts to de-escalate tensions and end ongoing military confrontations between them.
Faisal held two phone calls, with Minister of External Affairs India S Jaishankar and Pakistan's Deputy Prime Minister/Foreign Minister Ishaq Dar, a statement from the Saudi Foreign Office said. The discussions focused on efforts to de-escalate tensions and end ongoing military confrontations, it said, adding, Faisal affirmed the Kingdom's commitment to the security and stability of the region and its close and balanced relations with both friendly countries.

Earlier on Saturday, a brief statement from the Foreign Ministry said that upon the directives of the Saudi leadership, Minister of State for Foreign Affairs Adel Al-Jubeir visited India and Pakistan on May 8 and 9 as part of the Kingdom's "ongoing efforts to de-escalate tensions, end current military confrontations, and promote the resolution of all disputes through dialogue and diplomatic channels." Al-Jubeir travelled to New Delhi on Thursday on an unannounced visit and discussed with Jaishankar the situation that has developed since India's military strikes on terrorist infrastructure in Pakistan and Pakistan-occupied-Kashmir early Wednesday prompted by the April 22 terror attack that killed 26 people in Jammu and Kashmir's Pahalgam.

Gravely concerned: Singapore on India-Pakistan

PRESS TRUST OF INDIA ■ Singapore
Singapore has said it is gravely concerned about the ongoing "military confrontation" between India and Pakistan and has urged both parties to de-escalate.
Tensions between India and Pakistan soared significantly after the Indian armed forces on Wednesday conducted precision strikes targeting terror launchpads in Pakistan and Pakistan-occupied Kashmir (PoK) in response to the April 22 Pahalgam attack that had cross-border linkages.
Pakistan launched a fresh wave of drone attacks targeting 26 locations in India — from Jammu and Kashmir to Gujarat — for the second night on Friday.
"Singapore is gravely concerned about the ongoing military confrontation between India and Pakistan following the heinous terror attack in Pahalgam, Jammu and Kashmir, on April 22," Singapore's Ministry of Foreign Affairs (MFA) said in a statement on Friday.
"We call on both parties to de-escalate tensions through diplomatic means and ensure the safety of all civilians," it said.
Singapore had strongly condemned the April 22 terrorist attack in Jammu and Kashmir's Pahalgam, which claimed 26 lives.
On May 7, the MFA advised Singaporeans to defer all non-essential travel to Jammu and Kashmir in India, and to Pakistan.
"Travellers should exercise precaution, especially at the border regions between Pakistan and India," said the MFA, citing the volatile security situation between the two countries.
Singaporeans in India and Pakistan are advised to remain vigilant and take all necessary precautions for personal safety, including avoiding large gatherings, monitoring local news closely, and heeding instructions of local authorities, the MFA said.

Around 30 dead in separatist attack in southeastern Nigeria: Amnesty International

PRESS TRUST OF INDIA ■ Abuja (Nigeria)
At least 30 people have been killed after gunmen attacked travellers on a major highway in the southeastern part of Nigeria, rights group Amnesty International said.
The rights group said Friday that more than 20 vehicles and trucks were set ablaze during the Thursday attack along the Okigwe-Owerri highway in Imo state.
Police confirmed the attack but not the death toll.
No group has claimed responsibility for the attack, but police suspect the Eastern Security Network, the paramilitary wing of the proscribed separatist group Indigenous People of Biafra.

United States to accept white South African refugees

PRESS TRUST OF INDIA ■ Washington
The Trump administration will welcome more than two dozen white South Africans to the United States as refugees next week, an unusual move because it has suspended most refugee resettlement operations, officials and documents said.
The first Afrikaner refugees are arriving Monday at Dulles International Airport outside Washington, according to a document. They are expected to be greeted by a government delegation, including the deputy secretary of state and officials from the Department of Health and Human Services, which has organised their resettlement under its Office for Refugee Resettlement. The flight will be the first of several in a "much larger-scale relocation effort", White House deputy chief of staff Stephen Miller told reporters.
"Whatever is happening in South Africa fits

the textbook definition of why the refugee programme was created," he said. "This is persecution based on a protected characteristic — in this case, race. This is race-based persecution."
State Department refugee programmes have been put on hold since President Donald Trump ordered a review in February. While halting arrivals from Afghanistan, Iraq, most of sub-Saharan Africa and throughout Latin America, Trump also issued an executive order prioritising the processing of white South Africans who claim racial discrimination in their home country. "The US Embassy in Pretoria has been conducting interviews and processing pursuant to President Trump's Executive Order on Addressing Egregious Actions of the Republic of South Africa," the State Department said. "The Department of State is prioritising consideration for US refugee resettlement of Afrikaners in South Africa who

are victims of unjust racial discrimination."
The department said nothing about the imminent arrival of what officials said are believed to be more than two dozen white South Africans from roughly four families who had applied for resettlement in the US. Their arrival had originally been scheduled for early last week but was delayed for reasons that were not immediately clear.
The HHS refugee office was ready to offer them support, including with housing, furniture and other household items, and expenses like groceries, clothing, diapers and more, the document says. "This effort is a stated priority of the administration."
HHS didn't respond to messages seeking comment. The Trump administration has taken an outspoken adversarial position in regard to South Africa, which is the homeland of close Trump adviser Elon Musk and also holds the rotating presidency of the Group of 20 developed and devel-

oping nations. Secretary of State Marco Rubio notably boycotted a G20 foreign ministers meeting in Johannesburg in March because its main agenda centered on diversity, inclusion and climate change. Rubio also expelled South Africa's ambassador to the US in March for comments that the Trump administration interpreted as accusing the president of promoting white supremacy. Shortly thereafter, the State Department ended all engagement with the G20 during South Africa's presidency. The US is due to host G20 meetings in 2026. South African President Cyril Ramaphosa's office said in a statement Friday that he had spoken with Trump late last month on issues including the US criticism of South Africa and the Trump administration's allegations that Afrikaners are being persecuted. Ramaphosa told Trump that the information the US president had received "was completely false", the statement said.

The rights group said Friday that more than 20 vehicles and trucks were set ablaze during the Thursday attack along the Okigwe-Owerri highway in Imo state

Myanmar's military government chief holds meeting with China

PRESS TRUST OF INDIA ■ Bangkok
The chief of Myanmar's military government, Senior Gen Min Aung Hlaing, has for the first time since seizing power four years ago met with President Xi Jinping of China, a top ally of his military government, state-run media in the Southeast Asian nation reported Saturday. The Global New Light of Myanmar newspaper reported that Xi pledged to provide assistance for recovery after Myanmar's devastating earthquake in March and aid in efforts to end the country's civil war. The two leaders met Friday in Moscow on the sidelines of the commemoration of the 80th anniversary of the defeat of Nazi Germany in World War II.
Its report said they also discussed "bilateral relations, enhancing cooperation in all sectors, and cooperating in regional stability and peace" China has been using its influence with ethnic rebel organisations to ease their pressure on the military government in an apparent effort to stabilise it. China, along with Russia, is a major arms supplier to Myanmar's military in its war against pro-democracy and ethnic minority resistance forces. Beijing is also Myanmar's biggest trading partner and has invested billions of dollars in mines, oil and gas pipelines and other infrastructure. Its interests in security in Myanmar are especially strong because the two nations share an 890-mile (1,440-kilometer) border. China's government has maintained good working relations with Myanmar's ruling military, which is shunned and sanctioned by many Western nations for the army's February 2021 takeover from the elected government of Aung San Suu Kyi and for major human rights violations. It is also one of the countries providing major relief and

reconstruction assistance after the 7.7-magnitude March 28 earthquake that killed more than 3,700 people in Myanmar and injured more than 5,100. The quake worsened an already dire humanitarian crisis, with more than 3 million people displaced from their homes and nearly 20 million in need due to the war, according to the United Nations. Beijing has been concerned about instability that threatens its interests in Myanmar since Myanmar's army suffered unprecedented battlefield defeats over the past few years, especially in areas near the Chinese border. An offensive began in October 2023, by the "Three Brotherhood Alliance", comprising the Myanmar National Democratic Alliance Army, the Arakan Army and the Ta'ang National Liberation Army, was able to quickly capture towns and overrun military bases and command centres and strategic cities along the Chinese border in northeastern Shan state. It was widely seen at the time as having Beijing's tacit support to help stamp out rampant organised crime activities in areas controlled by ethnic Chinese. In early 2024, Beijing helped broker a ceasefire, but that quickly fell apart when the alliance launched new attacks. Myanmar's ruling generals and China's government showed concern as pro-democracy guerrillas and armed ethnic minority groups, sometimes working hand in hand, gained the initiative in fighting. The alliance's offensive lost momentum after China shut down border crossings, cut electricity to Myanmar towns and took other measures to discourage the fighting. Under increasing pressure from Beijing, the Myanmar National

Democratic Alliance Army or MNDAA, withdrew its forces and administration authorities last month from the strategically important town of Lashio in northeastern Myanmar, which hosts a major regional military headquarters but which the rebel group seized in August last year.

THE PIONEER CLASSIFIEDS
CHANGE OF NAME
I, Sanjeev Dhingra, S/o Madan Lal Dhingra, R/o G-49, Top Floor, Lajpat Nagar-2, New Delhi has changed my name from Sanjeev Dhingra to Sanjiv Dhingra for all future purposes. PD(2010)C

PUBLIC NOTICE
My client, Sajda, wife of Lt. Sh. Javed Akhtar, resident of House No. 239, Street No. 3, New Lahore Colony, SDM Court, Shastri Nagar, East Delhi, Delhi-110031, has disowned her daughter Rani Baby (DOB: 28.01.2002) from all my movable and immovable properties due to her misconduct and misbehavior. She has severed all relations with her, and my client shall not be responsible for any of her acts, deeds, or financial transactions of any nature whatsoever from this day forth. GAGAN KUMAR SINGHAL, D/4022/2015 (Advocate) for GCS LEGAL.

कार्यालय, नगर पालिक निगम, कोरबा (छत्तीसगढ़)
ई-प्रोक्चरमेंट निविदा सूचना
क्र. 1441/निर्माण/2025 दिनांक 02.05.2025
एकीकृत पंजीयन प्रणाली अंतर्गत सक्षम श्रेणी में पंजीकृत ठेकेदारों से निम्नलिखित निर्माण कार्य हेतु (Online) आनलाईन निविदा आमंत्रित की जाती है:-

राष्ट्रीय प्रौद्योगिकी संस्थान, कुरुक्षेत्र
NATIONAL INSTITUTE OF TECHNOLOGY
(Under the Ministry of Education, Govt. of India)
KURUKSHETRA-136119 (HARYANA)
Advt.No.12/2025
Admissions to M.Tech. (left over seats of CCMT-2025, Self-Financed, Sponsored) and M.Sc. (left over regular and Self-Financed seats of CCMN-2025) for Academic Year 2025-26

PUBLIC NOTICE
Notice is hereby given on behalf of Mr. Manoj Singh Mehta to inform to the public at large that Mrs. Urvashi Rana Ch. Padam Singh Rana is purchasing the Built-up Second Floor Front Side (Left Portion), Flat Pvt. No. SF-01, without roof rights, built on land area measuring 100 Sq. Yds., out of total land area measuring 350 Sq. Yds., out of Khasra No. 1915, situated in the area of Village Burari, abadi known as Satyawati Bhawan, Gali No.2, A-1 Block Extn., Sant Nagar, Burari, Opp. Burari Police Station, Delhi-110084 from Mrs. Anita Kumari who became owner vide Notarized GPA dated 10.07.2023, Notarized ATs dated 10.07.2023 & Notarized Deed of Will dated 10.07.2023 executed by Mr. Ram Kumar Tomar and same to be financed & mortgaged by Aditya Birla Housing Finance Ltd. So to comply the requirements of BANK/NBFC, we give this public notice that if any Person having any type of claim right/life/interest/creating mortgage over the said property, may inform in writing, at the address mentioned below, about his objections, within 15 days from today, failing which it shall be presumed that the said property is free from all type of Encumbrances, lien etc. Lucern Legal LLP B-93B, Second Floor, Opp. SBI Bank Sector 2, Noida, UP-201301>ContactNo:120-4289379

In times of turmoil, it is often cinema that rekindles the spirit of national unity through stories of heroism and honour, says ABHI SINGHAL



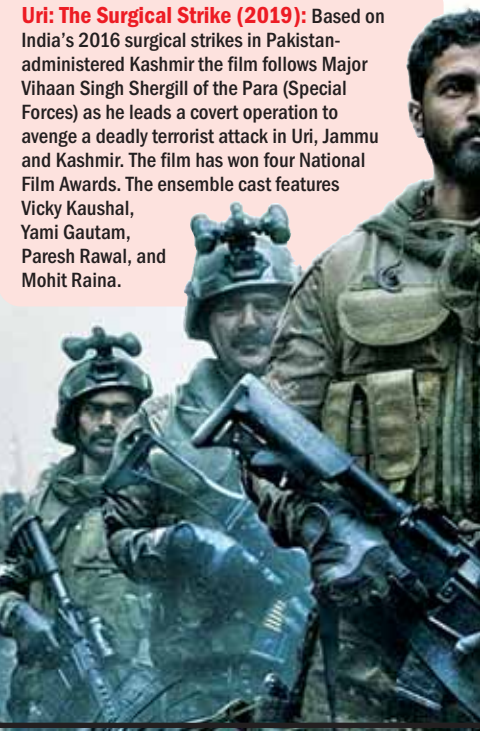
CINEMA SALUTES

THE BRAVEHEARTS

Cinema has long been a powerful and responsible medium for storytelling, capturing and portraying real-life events with depth and authenticity. Over the years, Indian filmmakers have brought to the screen numerous stories rooted in the nation's complex history and its geopolitical relationships with neighbouring countries. These films take you into the harsh realities of war, terrorism, and propaganda, offering not just entertainment but meaningful insights into the sacrifices made by the armed forces and the challenges faced in safeguarding national security. Through compelling narratives, emotional depth, and striking visuals, such films serve as eye-openers, stirring patriotism and prompting reflection among audiences.

Amid current events, with rising awareness and heightened sensitivity to national issues, scenes from several of these films have found renewed relevance. Clips and dialogues from patriotic movies are going viral on social media platforms, resonating with the public, reinforcing the spirit of unity. For instance, powerful scenes from the 2008 film *Shaurya*, featuring *Kay Kay Menon*, are being widely shared online as symbols of national solidarity. These cinematic moments echo the collective resolve of a nation that stands united against terrorism and divisive forces.

Uri: The Surgical Strike (2019): Based on India's 2016 surgical strikes in Pakistan-administered Kashmir the film follows Major Vihaan Singh Shergill of the Para (Special Forces) as he leads a covert operation to avenge a deadly terrorist attack in Uri, Jammu and Kashmir. The film has won four National Film Awards. The ensemble cast features Vicky Kaushal, Yami Gautam, Paresh Rawal, and Mohit Raina.



Hindustan Ki Kasam (1973): Hindustan Ki Kasam (1973), directed by Chetan Anand, is a patriotic Hindi war film set against the backdrop of the Indo-Pakistani War of 1971. The story follows an Indian Air Force pilot who undertakes a covert mission deep into Pakistani territory after being presumed dead. The film stands out for its powerful portrayal of national duty, emotional intensity, and aerial warfare sequences, making it a tribute to the Indian armed forces. With music composed by Madan Mohan and a memorable title track evoking patriotic fervour, the film captured the spirit of the era and continues to resonate with audiences today.

1971 (2007): Directed by Amrit Sagar, is a Hindi-language war drama based on the true story of Indian soldiers held as prisoners of war (POWs) in Pakistan following the Indo-Pakistani War of 1971. The film follows six Indian Army officers who attempt a daring escape from a Pakistani camp after years

of unlawful captivity. With a gripping narrative and powerful performances by Manoj Bajpayee, Ravi Kishan, Piyush Mishra, and Deepak Dobriyal, the film highlights themes of resilience, sacrifice, and patriotism. Critically acclaimed for its authenticity and emotional depth, 1971 serves as a reminder of forgotten war heroes and unacknowledged suffering.

Shershaah (2021): A biographical war film that chronicles the life and heroism of Captain Vikram Batra, a Kargil War martyr who was posthumously awarded the Param Vir Chakra. The film captures Batra's valour during Operation Vijay and his undying sense of duty and patriotism. Through intense combat sequences and emotional depth, the film offers a heartfelt tribute to one of India's most celebrated soldiers.

Shaurya (2008): Directed by Samar Khan, is a courtroom drama inspired by the Hollywood film — A

"REAL HEROES DON'T WEAR CAPES, THEY WEAR UNIFORMS AND STAND AT THE BORDER" — INDIAN SOLDIERS DO NOT FIGHT FOR PERSONAL GLORY; THEY FIGHT FOR EVERY LIFE AND EVERY HEARTBEAT OF THEIR NATION. THEY STAND AS THE SILENT GUARDIANS OF OUR FREEDOM AND PEACE EACH HOUR AND DAY

Few Good Men, set against the backdrop of the Indian Army. The film follows two army lawyers, Majors Siddhant Chaudhary and Akash Kapoor, as they defend a fellow officer accused of murder in Kashmir. As the case unfolds, hidden truths emerge, forcing the protagonist to confront his own values and fears. The film stars Kay Kay Menon, Rahul Bose, Javed Jaffrey and Deepak Dobriyal.

Sam Bahadur (2023): Directed by Meghna Gulzar biographical war drama that chronicles the life of India's first field marshal, Sam Manekshaw. The film traces his military career, from his early days at the Indian Military Academy to his pivotal role in the 1971 Indo-Pakistani War, which led to the creation of Bangladesh. The narrative showcases Manekshaw's strategic brilliance and commitment to the nation.

Border (1997): Based on the Battle of Longewala during the Indo-Pakistani War of 1971. It features an ensemble cast including Sunny Deol, portrays the courage and sacrifice of Indian soldiers. The film's stirring music and patriotic narrative made it a major critical and commercial success.



LOC Kargil (2003): War film based on the 1999 Kargil conflict between India and Pakistan. Featuring a vast ensemble cast, it recounts the bravery of Indian soldiers during Operation Vijay. The film emphasises patriotism, sacrifice, and the harsh realities of mountain warfare.

These films are more than just cinematic experiences as they are powerful chronicles of courage, sacrifice and patriotism. As they continue to resonate with audiences, especially during times of national reflection, they serve as emotional anchors and reminders of our shared history. In every scene and dialogue, they echo a united call: we stand together, always.

The Ghazi Attack (2017): Hindi-Telugu bilingual war film inspired by the mysterious sinking of Pakistan's PNS Ghazi during the 1971 Indo-Pakistani War. The film portrays the crew's tense underwater standoff as they attempt to thwart an enemy attack on India's aircraft carrier, INS Vikrant. The cast includes Rana Daggubati, Kay Kay Menon, Atul Kulkarni.



John Abraham shines again in a Patriotic Drama

A taut story of an Indian woman's fight for freedom in a foreign land finds its soul in *The Diplomat*, writes ABHI SINGHAL

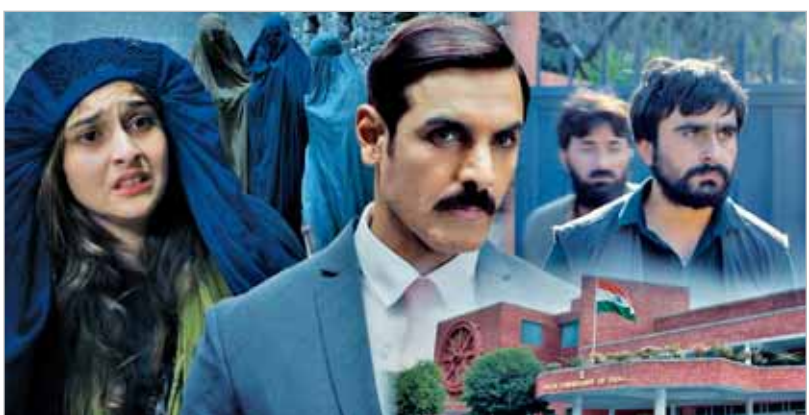


RATING
★★★★

When I hear the name *John Abraham*, a strong wave of patriotism rises within me. Over the years, he has become synonymous with roles that portray undying national pride and commitment to duty. Whether it is donning the uniform of an army officer, stepping into the shoes of a government official, or now taking on the role of a sharp and compassionate diplomat, his performances are so compelling that one might easily imagine John as an actual government representative, embodying the spirit of national service with conviction and intensity.

John's latest film, *The Diplomat*, now streaming on Netflix, takes that patriotic resonance to another level. The movie is based on the true story of Uzma Ahmed, an Indian woman who found herself trapped in Pakistan under distressing circumstances, only to be rescued through the bold efforts of Indian diplomacy. The film opens powerfully, with a distressed Uzma bursting into the Indian Embassy in Islamabad, pleading for help to return to her homeland, India.

The narrative then unfolds to reveal the events that led her to this desperate situation. Uzma, living in Malaysia, was lured into a trap by Tahir, a man from Pakistan posing as someone trustworthy. Fooled by his false promises and charm, she travelled to Pakistan only to discover the harsh truth behind his real intentions. The film



captures her trauma and the fear of being held against her will, evoking empathy from the audience. Cast — John Abraham, portraying JP Singh, the Deputy High Commissioner of India in Pakistan, delivers a power-packed performance. His body language, calm authority and nuanced dialogue delivery add immense weight to the character. John's ability to blend into such roles like a chameleon proves once again why he is a

favourite for films with patriotic themes. *Sadia Khateeb*, as Uzma Ahmed, gives a deeply moving performance. She portrays a range of emotions — from initial hope to fear to sheer desperation — with remarkable authenticity. Her portrayal of a woman caught in a foreign land, fighting for her basic right to return home, forms the emotional core of the film. *Kumud Mishra* plays NM Sayeed as the Pakistani advocate adds a touch of much-needed humour and warmth in an otherwise intense story. *Jagjeet Sandhu*, previously known for his role in *Paatal Lok*, convincingly plays Tahir, the antagonist who traps Uzma. His menacing presence and powerful screen delivery make his character both believable and chilling. His performance captures the manipulative nature of his role, making the audience loathe him with every scene. Veteran actress *Revathy* appears as the late Sushma Swaraj, Union Minister of External Affairs. **Final Thoughts** — The movie is well-paced, and the tension builds gradually with gripping courtroom scenes and powerful diplomatic exchanges. Also, the best part is doesn't have to prove again and again that it is a patriotic film and just leans on the story storyline. The climax is especially stirring. As the tricolour unfurls and patriotic music swells in the backdrop, set dramatically at a border location reminiscent of Wagah, it is hard not to feel emotional, leaving viewers teary-eyed and proud.

SUGGESTED BINGES

Carème
OTT - Apple TV+
Cast - Benjamin Voisin, Jérémie Renier, Lyna Khoudri

The Royals
OTT - Netflix
Cast - Ishaan Khatter, Bhumi Pednekar, Sakshi Tanwar, Zeenat Aman

The Diplomat
OTT - Netflix
Cast - John Abraham, Kumud Mishra, Vishal Vashishtha, Sadia Khatib, Revathy, Ashwath Bhatt

Long Way Home
OTT - Apple TV+
Cast - Ewan McGregor, Charlie Boorman

Gram Chiktisalay
OTT - Amazon Prime Video
Cast - Vinay Pathak, Amol Parashar, Akash Makhija

Get in touch at vivacity@dailypioneer.com

The Pioneer AGENDA

"Reflecting on where I came from helps me to appreciate and balance what I have now"
— Meghan Markle

The root of conflict
The roots of the conflict lie in the McMahon Line, a boundary drawn during the 1914 Simla Convention between British India and Tibet, which China does not recognise. This disagreement led to the Sino-Indian War of 1962

The border
This is the closest point to the China border civilians are allowed. Yet, there are no visible Chinese posts - only a mountain separating the two sides.

The dispute
The Indo-China dispute over Arunachal Pradesh is a long-standing territorial conflict. Arunachal Pradesh, shares a 1,129 km border with China and has been a point of contention since the 1950s

All quiet on Eastern Front!

As we trace the winding roads, climb misty hills, and meet the soldiers who call this unforgiving terrain home, we begin to understand the true cost of peace, the quiet dignity of service, and the powerful contrast between performative nationalism and the real courage of standing a post, writes
GYANESHWAR DAYAL

As we prepare to leave Machuka in Arunachal Pradesh for the Indo-China border, there is a quiet thrill among us — the anticipation of witnessing firsthand how our borders are guarded, and what it takes to man some of the harshest terrains on Earth, where temperatures in winter can plummet to minus 50 degrees Celsius.

Our motorcade departs early. The road to the Palang border is smooth, winding through the hills in a journey that takes roughly two hours. The landscape is breathtaking. Arunachal Pradesh, after all, boasts the highest forest cover in India — nearly 85 percent of its area is blanketed in lush greenery.

As we ascend, human habitation becomes sparse. Villages dwindle to mere clusters of one or two houses. Along the way, we pass cascading waterfalls, jagged rock formations, and spiritual landmarks — a temple, a monastery, and a Gurudwara — their small prayer flags fluttering in the crisp April breeze. Our driver points to a rock formation said to resemble Lord Hanuman, believed by locals to guard the border.

We stop. The resemblance is uncanny. Some of us clasp our hands in awe, others close their eyes in silent prayer. Some simply marvel — it's more a matter of faith than reason. In such places, we often see what we believe.

The breeze turns colder, the road bumpier. At a check post, our permits are verified, and headcounts taken. We're reminded to

avoid photographing army installations. As we move on, the drizzle begins, but the weather remains pleasant enough to continue.

We halt briefly near a waterfall where an army post — resembling a cottage perched on the hillside — overlooks the path. After a few more vehicle checks, we arrive at the point where we must proceed on foot for the last kilometre. This is the furthest civilians are allowed. Soldiers are scattered across the area, many relaxed, and temporary army quarters dot the landscape.

A flat expanse, roughly the size of a football field, serves as both a helipad and an open-air gym. Today, it's a cricket pitch where soldiers are engaged in a friendly match, a large cutout of "I Love My India" standing behind them — a popular selfie spot for visitors. We are told this is the closest point to the China border. Yet, there are no visible Chinese posts — only a mountain separating the two sides. The actual border lies less than a kilometre away as the crow flies, but it takes eight days on foot for a patrol party to reach it due to the unforgiving terrain.

Our guide, a young soldier named Dinesh from Haryana, dressed in track pants and a jacket, walks with us, sharing valuable insights. The Indo-Tibetan Border Police (ITBP) and the Indian Army primarily man this area. Though the border has been mostly peaceful, the Galwan clash changed the equation, prompting both nations to increase infrastructure and presence.

Guarding such a remote frontier is no small feat, before confronting any adversary, soldiers must first withstand the brutal elements. I learn that the ground beneath my feet lies buried under six feet of snow in winter, the only colour visible then being white. Today, however, it is a vibrant green, with moss — covered trees and camouflaged posts that blend seamlessly into the landscape, invisible from even 100 meters away. Patrolling is conducted for six months of the year; during the harsh winter — from November to March — neither side sends patrols. When active, patrols consist of 20 or more soldiers and take eight days to complete a round. To mark

their presence, they leave behind biscuit wrappers and empty cans — a subtle, silent message acknowledged by the Chinese in kind.

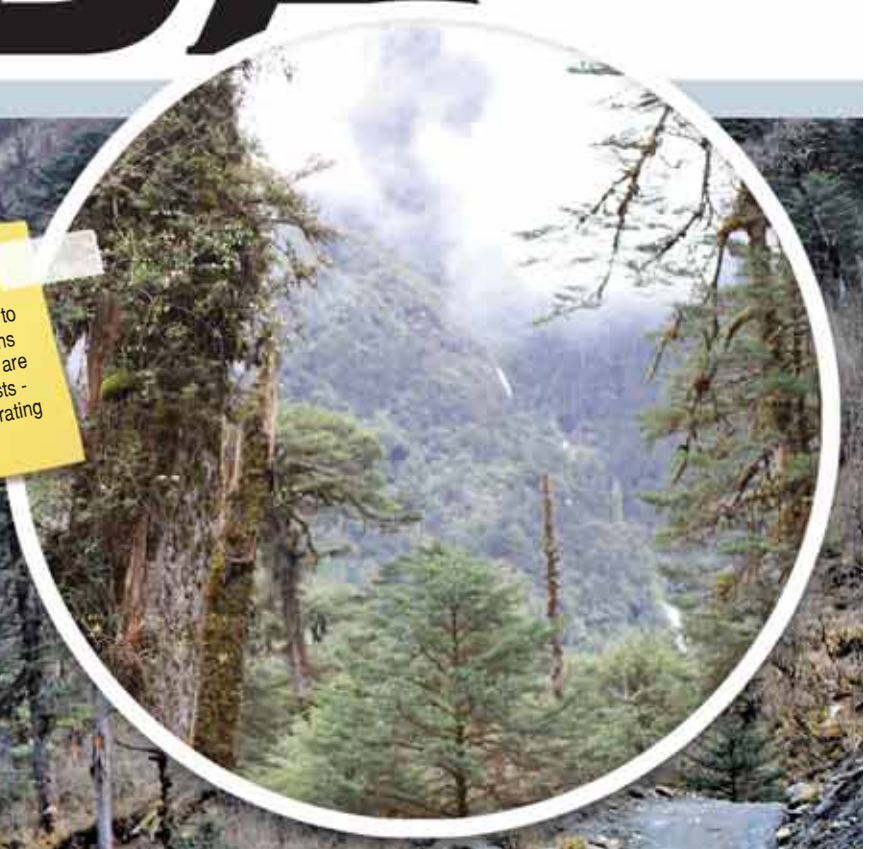
I ask Dinesh if he has ever seen Chinese soldiers up close, and whether they ever exchange words. He smiles: "Not usually. Sometimes from a distance. But we're not here for pleasantries. We do our job, they do theirs. The tension and vigilance, however, are constant." On our way back, we pass a riverbank where the remains of a crashed helicopter lie — a tragic reminder of a pilot who lost control two decades ago. The wreckage still rests there, undisturbed. We are now at the foothills of the mountain that separates two powerful nations. Even in an age of fighter jets and missiles, human presence on the ground remains vital.

Life here is grueling. Soldiers are posted for three years at a stretch. Though patrolling stops during the deep winter, the posts remain manned. Troops live in modest cabins, warmed by diesel generators, with minimal mobile connectivity, far from their families. Many hail from southern India — some have never seen snow before. Now, they must wear snow boots and brave temperatures reaching — 40°C in winter. It is a job like any other — but far tougher, far riskier. As I return, breathless from the climb back to base, a thought lingers: How many of our politicians — who so readily cry for war and challenge China or Pakistan — would be willing to send their own children here? Or come themselves? For that matter, how many of us would be willing to take up this ultimate duty of courage and endurance?

It's easy to indulge in armchair patriotism — to forward nationalistic messages on WhatsApp and challenge enemies from behind our screens. But it is here, at the post, where true patriotism is tested. We must ask ourselves: do we really mean it, or are we simply excusing ourselves by saying "it's not my job"? Fair enough if it isn't — but let us not make it harder for those who do. They have families too. They have children waiting. They have mothers — especially today, on Mother's Day — waiting with pride, and with prayers.

THE DISPUTE

China claims approximately 90,000 square kilometers of the state's territory as part of its "South Tibet" region, a claim India strongly rejects, asserting full sovereignty over the area. Tensions persist through periodic border incursions, diplomatic protests, and military standoffs, such as the one in Tawang in 2022. Despite several rounds of talks, both countries have yet to reach a permanent resolution. The issue remains a sensitive and strategic concern for India, especially as China continues to object to Indian infrastructure development and visits by Indian leaders to the region.



LIFE HERE IS GRUELING. SOLDIERS ARE POSTED FOR THREE YEARS AT A STRETCH. THOUGH PATROLLING STOPS DURING THE DEEP WINTER, THE POSTS REMAIN MANNED. TROOPS LIVE IN MODEST CABINS, WARMED BY DIESEL GENERATORS, WITH MINIMAL MOBILE CONNECTIVITY

"CAKES ARE HEALTHY TOO, YOU JUST
EAT A SMALL SLICE"
— MARY BERRY

VINTAGE VIBES

MODERN MUNCHIES

Set against the colonial backdrop of Lutyens' Delhi, SOCIAL's new outlet celebrates bold tastes and bites, says ABHI SINGHAL

With already 56 outlets in operation, SOCIAL, the hyped café-bar has opened its 57th outlet in Connaught Place, and it is nothing short of a love letter to Delhi's past. The newest outlet has its walls in the heart of the capital, Lutyens' Delhi. SOCIAL blends the charm of India's postal legacy with the brand's signature edge, creating a one-of-a-kind dining and cultural experience.

Bold Flavours, Big Cravings

SOCIAL's food offering continues to impress, and Connaught Place SOCIAL is no exception. The menu is a mix of crowd favourites and exclusive new creations, catering to every mood and palate. The *Butter Chicken Biryani* is a must-try, rich, creamy and indulgent. The *Crispy Corn Chakka* and *Fully Loaded Nachos* are perfect bar snacks, while *Old School Chicken Tikka* and *Paneer Tikka* bring smoky, satisfying flavours to the table. The *Hot Tennessee Chicken Wings* in the Munchies section is delicious and juicy with fried chicken wings tossed in a delicious hot sauce. Vegetarians will also enjoy the *Bell Pepper Pizza*, a zesty and cheesy delight. From the momos section

SOCIAL SUBSTANTIALS

From the special section you have many options like the *Classic Mac N Cheese Pasta*, *Keema Spaghetti Pasta*, for the main course lovers — *Kadhai Paneer*, *Dal Makhani*, *Punjabi Kadhi Chawal* and much more to savour.

the momo lovers can enjoy *Classic Veggie Momos* and other variations, with street taste and dough softer like no other.

A Cultural Playground

More than just a café or bar, the Connaught Place SOCIAL is set to become a buzzing cultural hub like its other outlets. With plans to host live music, curated performances, and artistic pop-ups, it is designed as a space where Delhiites can connect, create and celebrate. It is not just about the food or ambience, it is an experience in itself.

FACT SHEET

Connaught Place Social
Address: First Floor, The Colonnade, Plot No 5, Middle Cir, Block B, Connaught Place, New Delhi, Delhi 110001
Price for Two: ₹1,600

BEVERAGES TELLING A STORY

No SOCIAL experience is complete without its legendary cocktails. Signature drinks such as *The Pink Pound*, *Trip on the Drip*, and the spa-inspired *Thai Malish* are just the beginning. The drink *LLITS* — (Longest Long Island Iced Teas) remains the crowd's favourite also delivering a potent punch and plenty of personality to the beverage lovers.

CHOOSING IS YOUR POWER

The #Atmanirbhar China Box in the menu is where you can make your own combos by customising what you want to get added in there. You have the options of Fixes — paneer, chicken, prawn; Sauces — hot garlic, shezwan, social sexy and more; Carbs — fried rice, hakka noodles, steamed rice and the egg fried rice. Your choice, your taste!

If you are a shake lover you can go for the *Oreo Chocolate Shake* that would come in with a great presentation of a plant served in a mud pot. The *Ferrero Rocher Shake* is a bit thick and the after-taste is something different, chances only the Ferrero Rocher lovers might like it.

OFFERINGS AND VIBES AT SOCIAL

Connaught Place SOCIAL keeps on curating an exceptional lineup of events, featuring artists, musicians, and cultural experiences that reflect the soul of the city. From intimate performances, Mehfil Nights to thought-provoking gatherings, Connaught Place SOCIAL is where history and contemporary culture converge to create something truly extraordinary already loved and approved by the people at other outlets having the same fun and experience.

AMBIENCE: A POST OFFICE REIMAGINED

Inspired by the nostalgia of the Indian Post Office, this café-bar brings the bygone era of handwritten letters and telegrams alive through its immersive design. Every corner pays homage to the past, from vintage currency notes and old postal stamps to framed letters, telegrams, and even sorting tables repurposed as service counters. The grand oval-shaped bar draws inspiration from British-era teller windows, and the palette of deep reds, forest greens, and rich wooden textures instantly transports guests to a sepia-toned memory lane. The vibe is old-world yet electric, making it ideal for work, play or both.

THE CRISPY CORN CHAKKA AND FULLY LOADED NACHOS ARE PERFECT BAR SNACKS, WHILE OLD SCHOOL CHICKEN TIKKA AND PANEER TIKKA BRING SMOKY, SATISFYING FLAVOURS TO THE TABLE

Flame-Kissed Feasts Worth the Hype

Although The Pit is undoubtedly a haven for non-vegetarians, even the vegetarians were left satisfied — a achievement in a meat-forward dining experience



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

while the *Mushroom Sando*, served in pillowy soft bread, was a savoury treat even the non-meat eaters couldn't resist.

Then arrived the true evening heroes. The *Buttery Garlic Prawns* were decadently rich, while the meatloaf provided the kind of comforting depth reminiscent of classic American diners. The *Philly Cheese Sub* was packed with flavour, the *Chicken Wings* had just the right kick, and the pork belly — simply outrageous. The smoked grilled chicken came with crisped, golden skin and melt-in-the-mouth meat. The *Lamb Chops* were cooked to tender perfection, and the *Humble Jacket Potato* stood out enough to be a main course.



Punjabi Food Passion on a Plate

At Pind-e-Zaika, the essence of Punjab wasn't just served but was celebrated in flavours, writes ABHI SINGHAL

The taste of Punjab came alive at *Shangri-La Eros New Delhi* during the much-celebrated *Pind-e-Zaika* pop-up at *Tamra*. This exclusive culinary event paid tribute to the lively food culture of Punjab — a land known for its robust flavours, warm hospitality, and rich culinary heritage.

At the heart of the experience was *Chef Tikka Manpreet Singh*, a master of Punjabi cuisine whose deep-rooted knowledge and royal kitchen experience shaped every dish served. *Chef Singh* brought his culinary magic to *Tamra*, presenting a feast that captured the soul of Amritsar and beyond. Guests were treated to a menu steeped in authenticity and nostalgia, each dish telling a story of Punjab's bold spices and traditional cooking methods.

Signature creations by *Chef like Ferozpur Railway Mutton Curry*, *Tikka Singh Da Meat Tarrwala*, and *Paneer Bharwein Aam Ras* delighted meat

lovers and vegetarians alike, while classics such as *2 Din Walli Dal* and *Murgh Dahi Kali Mirch Walla* offered comforting, hearty bites. The Vegetarian delicacies like *Chooran Walli Bhindi* and *Chakunder Moongphali Di Tikki* added earthy depth to the spread.

The last of the meal were the awaited desserts such as *Rau Di Kheer* that provided a sweet end to this cultural journey.



FLAVOUR REVIVAL

Guests were treated to a menu steeped in authenticity and nostalgia, each dish telling a story of Punjab's bold spices. *Chef Tikka Manpreet Singh* brought his culinary magic to *Tamra*, presenting a feast that captured the soul and ingredients of Amritsar. A celebration of Punjab's rich culinary legacy unfolded in New Delhi.

SPECIAL MENTION
First, the cocktails. The *Jamuntini* — a bold twist on a martini made with frozen fresh jamun was beautifully balanced. What impressed me most

was the Pit's refusal to cut corners: no artificial syrups, no pre-mixes — just real ingredients. This commitment to quality shone through every drink.



"TO DESCRIBE MY MOTHER WOULD BE
TO WRITE ABOUT A HURRICANE IN ITS
PERFECT POWER"

— MAYA ANGELOU

A LOVE THAT FILLS EVERY ROOM

There's a quiet moment that no one sees. When the child falls asleep and the house is finally still, she looks at the bills, the dishes, the dreams. Her body aches, her heart carries stories no one knows. But she smiles. She touches her child's head gently and the storm inside her calms. She's not just raising a child. She's building a future. She's breaking cycles. She's rewriting what family means. She is not "incomplete." She is overflowing with love, with grit, with grace.

WHAT THE WORLD DOESN'T APPLAUD

There are no awards for showing up every single day. No medals for enduring courtrooms, stigma, or sorrow. No headlines for skipping meals so the child can have music lessons. Yet her victories are real. It's in the child who says "Mummy, I'm proud of you." In the teacher who says "She's a confident girl." In the friend who whispers "You've raised a good human." She doesn't need applause. But she deserves reverence.

All in a mother's heart

Honouring the strength, sacrifice and love of mothers who shape lives everyday, says SAKSHI PRIYA

Behind every Princess is a mother who built the castle, her arms were walls, her love was the roof that sheltered us: She built a castle called home. She wasn't just my mother — she was my quiet warrior, my constant support, my compass. She carried the weight of the world with grace and never once let it touch us. In every small act of love, in every silent sacrifice, she became the hero I looked up to — strong, steady and endlessly giving.

She Plays Every Role

I've watched her for as long as I can remember. Every morning, she was up before dawn, while the rest of us still lay asleep. The clock had barely struck 5 and already, she was in the kitchen, kneading dough, stirring pots, packing lunchboxes. She worked so we could live well. By the time I was out of bed, she had already created a day's worth of meals, packed in containers, ready for the day ahead. Yet, it was never just about the food she cooked. It was about the sacrifices that went unnoticed, the sleepless nights when she stayed awake with her thoughts and fears, the extra hours at work to make sure there was enough to cover everything. She wanted us to rise above, to have a future filled with possibilities. She worked tire-

lessly, not just to earn a living, but to teach us how to make a living, to instil in us a sense of responsibility, and above all, to ensure that we knew how to survive on our own.

Home is where mother is

Behind every princess, there's a mother who builds the castle. And hers was no fairy tale. It wasn't made of gold or jewels, but of small moments, long days, late nights and endless sacrifices. It was built on love, hard work and the quiet promise to give us everything she never had. Her arms were the walls that held everything together and her love was the roof that sheltered us, no matter how heavy the storms outside. She didn't ask for recognition or reward.

There was no applause for the countless hours she spent working, no accolades for the patience she showed, no thank-yous for the love she gave. She did it because, in her eyes, this was what a mother does. This is what love looks like when it is unconditional. She stood for herself. She stood for us. She built a life out of nothing, piece by piece, brick by brick. She never faltered, never gave up, even when the world around her seemed to crumble. Her resilience was our inheritance. Her strength was our foundation. I think of her now

— how, even when her own dreams were delayed, she never let us doubt that we could chase ours. Her own struggles became lessons for us. She showed us what it meant to fight through life's challenges, to face hardship without complaint and to always, always rise above. Her courage wasn't loud, but it was constant. Her love wasn't flashy, but it was fierce. And every time she came home with hot meals, a tired smile on her face and no complaint on her lips, I saw the warrior she was. She wasn't just my mother — she was my hero.

Not all mothers were created equal

Some are widowed. Some are separated. Some walked away from violence. Some never married. But all of them made a decision: to protect, to nurture and to carry forward, alone. No woman dreams of doing it all by herself. But when life left them no choice, they stepped up. They didn't wait for rescue. They became their own rescue. And in a country where every festival, every form, every social event insists on a father's name or a husband's shadow, single mothers stand tall, unapologetic and unbroken. People question with stares not realising, how her child is thriving, happy, well-adjusted, deeply loved. Because presence matters more than tradition.

LET'S RAISE A TOAST

Single mothers don't want our pity. They want policies that recognise their reality. Workplaces must support single-parent households with flexible hours, maternity protections and empathy. Schools must stop insisting on a father's name. Landlords must stop asking questions. Society must stop staring. Because the truth is, she's doing the work of two, often better than both. So this Mother's Day, forget the marketing fluff. Let's raise a toast not just to mothers, but to her struggle, to her tears, her to-do lists, her tucked-away dreams. To the child she is raising, not despite the odds, but because of them. She doesn't need the world's permission to feel whole. She is the world.

SHE CREATES A COCOON OF NORMALCY IN A WORLD THAT OFTEN REFUSES TO ACCEPT. BUT SHE DOESN'T NEED THEIR APPROVAL. HER CHILD'S SMILE IS HER STAMP OF SUCCESS

WRAPPED IN LOVE

Maneyoon (name changed) is a woman whose life in the remote hills of Arunachal Pradesh is a quiet yet powerful story of resilience and love. She works for an NGO, dedicating her time to helping others and her greatest responsibility is the tiny bundle she carries every day. Wrapped securely in a simple towel, her baby rests close to her chest as she moves through her work, a reminder that she balances a carer and motherhood, fiercely protective and unyielding in her devotion. The towel holds not just a baby, but the weight of her dreams, the sacrifice of every moment spent away from her child, and the quiet strength that allows her to keep going. As she walks from task to task, with her little one cradled in that cloth, she shows what it means to love fiercely, to fight for her family, and to never stop, no matter the odds. Her journey is one of quiet determination.

The world does not pause for her, but she continues, motivated by the soft breaths of her baby against her chest. Every step she takes is a reminder of the sacrifices she makes and the strength she draws from her love for her child.

Balancing work and motherhood is never easy, but for Maneyoon, it's a daily act of love, and each moment is a treatment to her resilience. Her story is one of unspoken heroism, filled with sacrifices, tears and moments of vulnerability. She seeks neither applause nor recognition. Her quiet strength, her devotion to her family and the love she carries in her heart show that even the smallest acts of courage can create lasting impact.

IN HER OWN WORDS

Aastha Kumari (name changed), a teacher and single mother, lives alone with her 10-year-old son and 15-year-old daughter in Pakur, Jharkhand. Balancing work, family and the emotional weight of raising two children on her own, she navigates the daily struggles with strength and determination.

What's the hardest part of being a single mother?

"Not having someone to share the daily decisions with. Big or small, I have to figure it out alone, whether it's school fees, health scares, or just what to cook for dinner when I'm exhausted."

What do you wish people understood?

"People assume things or ask too many personal questions. But over time, I've learnt to tune it out. My focus is my child and our life. That's what matters and single mothers don't need sympathy. Just understanding and basic respect. We're doing our best, just like everyone else."

What keeps you going?

"My kids smile. When I see them going to school in their uniforms, laughing and learning, I feel everything is worth it."

MOTHERHOOD WITH STRENGTH AND GRACE

Nitu Singh is a single mother of two daughters, from Ranchi, Jharkhand, who has built her life with strength. She is someone who finds joy in the little things, the quiet presence of animals. Life hasn't always been kind, but she has met each challenge with steady resilience and a generous heart. Her roles are many, animal activist, organic farmer, social worker, and a dedicated member of the Khadi Board.

But beyond the titles, she is simply a woman who gives herself fully to whatever she does. In her presence, there is calm. In her silence, there is strength. And in her daily acts of service often unseen, often unspoken, there is the quiet courage of a woman who has chosen compassion as her path. She stands not in the spotlight but in the light of her own making, built from years of selfless care, honesty, and a belief in doing good — quietly, steadfastly, beautifully.

WHAT'S THE HARDEST PART OF BEING A SINGLE MOTHER?

The hardest part of being a single mother is being oneself. You want a companion to live your single life with and that person is nowhere to be found so sometimes, it hurts. But once you understand this, it becomes easier to handle yourself.

AND THE BEST PART?

The best part you show your children what it means to love oneself. How to trust oneself. Sometimes it can be difficult, but when you learn to trust yourself and teach your children the same, everything becomes easier.

ARE SOCIETAL EXPECTATIONS DIFFERENT FOR SINGLE WOMEN IN THE WORKPLACE?

Definitely yes. Society does not look at a single mother from the lens of motherhood. She is judged as a woman. Instead of helping her, people keep a sharp eye on her every activity. People judge you, create difficulties, or present



you differently. Men do not respect women, they often engage in character assassination.

HOW DO YOU HANDLE ASSUMPTIONS ABOUT YOUR PERSONAL LIFE?

Only assumptions can be made about my personal life, it cannot be interpreted. The one who has not even seen a glimpse of my struggle, what can they guess? I follow the theory of "Let it go" and "less communication, less reaction."

WHAT ADVICE WOULD YOU GIVE TO OTHER SINGLE MOTHERS?

Being a single mother is a matter of pride. Surely, we must have some special capability—that is why God chose us for this role. And I am happy with it.

HOW DO YOU BALANCE WORK LIFE?

Balancing between both, raising growing children and working, is the most difficult part. It depends on the situation. Time management is the key, which makes coordination easier. This is my life, and I have the right to live it while setting boundaries.

ARE YOU JUDGED AND HOW YOU REACT?

I don't care what others think about my life, because those who haven't stood with me in my struggle, what opinion can they have about my life?

A MOTHER WHO DOES EVERYTHING ALONE IS A WOMAN WHO HAS LEARNED THAT PERFECTION IS A MYTH. IT'S THE EVERYDAY EFFORT, THE ENDLESS LOVE AND THE BELIEF IN YOUR OWN STRENGTH THAT COUNT

STORIES OF LOVE AND SACRIFICE

Motherhood, in all its forms, is a journey of love, sacrifice, and resilience. Whether it's a protective single mother rediscovering her identity, a woman navigating the harsh realities of poverty, or a surrogate learning the true meaning of love, these four films and series explore the multifaceted nature of being a mother. From Helicopter Eela to Mimi, each story delves into the emotional complexities and transformative power of motherhood, showing that no matter the circumstance, a mother's love knows no bounds.

Helicopter Eela (2018)

Starring Kajol, Helicopter Eela follows a single mother who, after dedicating her life to her son, returns to college to rediscover her dreams. The film explores the balance between motherhood and personal growth.

Maid (Netflix Series, 2021)

Maid is about Alex, a young single mother who, after

escaping an abusive relationship, becomes a maid to support her daughter. The series highlights the struggles of poverty, trauma, and resilience in single motherhood.

Gilmore Girls (2000-2007 and 2016)

This beloved series centers on the close relationship between single mother Lorelai and her daughter Rory. It celebrates unconditional love, sacrifices and the complexities of being a mother and daughter.

Mimi (2021)

Mimi tells the story of a young woman who becomes a surrogate mother and faces unexpected challenges. The film explores themes of motherhood, sacrifice, and societal judgment, showcasing the strength of a woman's love.



YOUR WEEK AHEAD

MADHU KOTIYA



ARIES March 21-April 19
This week heralds a wave of good vibes that deepens your connection with your higher self. You'll feel a presence with you that is encouraging and shifting you towards greater awakening and understanding. The challenges you face will be resolved as you listen to your inner wisdom which is guiding you towards trust and confident decisions. The festivities, whether through new relationships, personal milestones, or fortuitous events will result in a bountiful amount of love and inspiration. Creative inspiration will also pour forth, bursting forth like a fountain overflowing with color. As you make progress on your goals, it will be evident that your deepest desires were indeed fulfilling. In love and friendship, even career – in all aspects of life, you will flow without friction and with immense ease, joy and effortless beauty.
Lucky number 2 | Lucky colour Mint
Lucky day Monday



LEO July 23-Aug 22
This week starts with some emotional strains with your close connections. As much as you wanted to stay optimistic, the actions of people around you may leave you feeling bitter. A wish to be alone may emerge as you want to hide from the rest of the world in order to find your footing again. Progressing through the week, challenges remain, needing you to be alert and concentrated on your tasks. An upcoming trip is likely, maybe with friends or family, changing the tempo and offering a good distraction. You could undergo a transition from deep thoughts caused by solitude to enhanced levels of enthusiasm which will inspire a shift in perspective mid-week. Personally, you will be sensitive, warm, and caring, whereas, in the professional life, your strengths as a go-getter will stand out.
Lucky number 17 | Lucky colour Mustard
Lucky day Sunday



SAGITTARIUS Nov 22-Dec 19
You are eager to expand your skills and explore new opportunities, with a strong focus on your material well-being. It's important to pay attention to practical matters, gather useful information, and reflect on your values. A new business venture or project is on the horizon, so keep organized by making lists and securely storing important documents. Your commitment and patience will lead to a growing awareness. Midweek brings favorable conditions for your career, with potential for a business increase, a new assignment, or even a job offer. A new income source or a romantic opportunity could also arise. Towards the end of the week, be cautious—there may be some tension or disagreements, but a relative may come through with support. If you're facing any medical tests, the results will be positive.
Lucky number 9 | Lucky colour Lavender
Lucky day Saturday



TAURUS April 20-May 20
This week, you will face the truth head-on, even when it's difficult, quickly assessing situations with sharp insight. Your strong intuition allows you to detect hidden motives and understand others' desires, giving you the ability to get straight to the heart of the matter. You value honesty and directness, steering clear of games and deception. However, there is a need for balance—ensuring that work and action are harmonized with self-care, emotional control, and healthy habits. Trust your judgment and choose what is best for your well-being. If there are any legal matters, expect a fair resolution. You will soon be recognized and rewarded for your hard work, gaining the respect you deserve while restoring order to any chaos that once surrounded you.
Lucky number 19 | Lucky colour Peach
Lucky day Wednesday



VIRGO Aug 23-Sep 22
Explore unconditional and trust based bonds this week. A more emotionally nurturing and balanced connection is opening up, bringing with it peace and a sense of security. Release self doubt. Your actively frustrating career is growing. Heightened expectations arrive midweek, and with them the determination to take charge of one's fate. You are successful as a partner, father, and leader, so long as your authority is not questioned. The current phase is good for 'out for blood' investments and hard work. Towards the end of the week, expect to be thrown into the deep end of unfamiliar territory all at once. Support at work will come from coworkers as well as family, but one of your family members is likely to need to head out of town for a bit.
Lucky number 3 | Lucky colour Navy Blue
Lucky day Wednesday



CAPRICORN Dec 22-Jan 19
A fresh perspective will emerge regarding a lingering concern, bringing clarity. While intellectual achievements are important, it's essential to balance knowledge with compassion. You're steadfast in pursuing your goals, undeterred by obstacles, conflicts, or challenges that may arise. In your professional sphere, be prepared for competition, as someone may show interest in your field. The atmosphere at home could become tense, with strained communication leaving you feeling like walking away. However, stay grounded—change is on the horizon, working in your favor. With a blend of courage and sharp intellect, no obstacle will stand in your path. There are guiding forces at play, especially willpower and self-discipline. A consultation with a seasoned leader will offer invaluable guidance, providing the support needed to turn your dreams into reality.
Lucky number 1 | Lucky colour Maroon
Lucky day Thursday



GEMINI May 21-June 20
Sharing your work with a partner can lead to growth, provided they match your dedication and responsibility. Your schedule will be filled with new projects and tasks, demanding focus and teamwork. Strategic planning, resource coordination, and tapping into the collective strengths of your team will be essential for success. You are in harmony with your emotions and exude a deep sense of wisdom. Your nurturing side shines as you offer support and healing to others through gentle gestures and understanding. In both personal and professional realms, you maintain a calm, composed demeanor. You have a strong presence in the business world, valuing structure. A spiritual journey may beckon, leading you to practices like meditation or community prayers, bringing transformative growth.
Lucky number 7 | Lucky colour Turquoise
Lucky day Saturday



LIBRA Sep 23-Oct 22
As the week progresses, you feel a deep sense of happiness and satisfaction seeing the fruits of your efforts. Emotional release and new unexpected ties mark deepening relationships. While heart and mind seem in conflict, resolving one will clarify the other, unfolding towards success. An exploration or a different form of imaginative expression may capture your interest midweek which promises taking revolutionary steps towards your goals. You feel full of energy and in the best of health, ready to take on any challenges. By the week's end, you find yourself in a state of equilibrium and savoring the bliss in all aspects of life – financial, emotional, material and spiritual. Your social bonds are healthy and the relationships you have are fulfilling.
Lucky number 11 | Lucky colour Teal
Lucky day Thursday



AQUARIUS Jan 20-Feb 18
You exhibit emotional balance, confidence, and selflessness because you tend to think about other people. In relations, whether it be dialogue, friendship, or romance, you display a distinctive combination of charm, passion, and stimulation. But, it's crucial to make certain you keep that energy at its highest peak. Getting lost way too far into the deep end's either getting consumed by intense passion, or feeling waaaay too overwhelmed by emotional depth could spin the wheel of unwanted consequences. Especially from midweek, there might be hurdles tied around your workplace that introduce rivalry and competition. Be careful as some might try to take credit for your work. Concentrate on your profession, remember to use your diplomacy, tact, and 'executive politeness' to sail through toughest of situations. Defuse the blame approach and instead be more receptive to other possibilities.
Lucky number 16 | Lucky colour Charcoal
Lucky day Sunday



CANCER June 21-July 22
You are at a stage of profound balance and coherence in which trust and understanding provide support to deal with challenges. A choice or an action will require one to deliberate deeply on the most prudent option. While some situation may seem hindering at first, in the end it will always come up as a valuable lesson or a set of opportunities. Your creative energy is at its peak, and because of your natural self-belief you will be able to assume control of affairs. Participation in social events and other activities will be energizing and beneficial to you in ways that you did not anticipate. By the close of the week, you will receive some form of recognition or supportive remarks that will not meet, but exceed, your expectations.
Lucky number 14 | Lucky colour Lilac
Lucky day Tuesday



SCORPIO Oct 23-Nov 21
This week, you remain focused on your spiritual journey your heart and head guiding you. A mentor or a trusted guide might be required to help you with your inner self and the divine within you irrespective of what you believe in. Prayers and group activities make you feel part of a community which you are comfortable in. As the week develops, your work life comes into focus and you handle it with a great deal of confidence and courage. You will participate in spirited auctions and take on new projects. There is bound to be new development in your career and you shall continue to enjoy good healthy relations with your peers. At the moment, you seem to be enjoying a position of great power and .
Lucky number 6 | Lucky colour Olive
Lucky day Monday



PISCES Feb 19-March 20
This week offers exceptional warmth, love, and support from family and friends. The environment around you is upbeat and balanced within the household. Your imagination and creativity are at their best, and family gatherings are enjoyable. Children bring so much of this joy into your life as most of them are doing wonderfully. For those wishing to expand their families, there is good news coming in terms of birth or conception announcements. By midweek, expect some newfound discipline, where you will apply it to both your professional and personal life through imposed routines. Stay on target but be careful not to put too much attention on a single issue. Obtain calmness and surety but accept that old habits are hard to break during the growth and renewal stages.
Lucky number 2 | Lucky colour Emerald
Lucky day Wednesday

Madhu Kotiya is a tarot card reader, spiritual healer, and Founder, MShezaim Institute of Tarot and Divination. Contact details: madhu@indiatarot.com, www.indiatarot.com, M: 9873283331

THOUGHTFUL INSIGHTS



Dr. Tanu Jain

Moving From Inner Struggle to Conscious Evolution

Shifting from negativity to positivity is perhaps one of the most daunting journeys in life. Through personal experience, I have realised that while everyone advises us to “stay positive,” “be patient,” and “trust that things will change,” the real challenge lies much deeper than mere words or passing motivation. Negativity is deeply ingrained in all of us, often in ways we don't fully comprehend. Our first thoughts are frequently clouded with doubt, fear, or hesitation — rarely are they purely positive or hopeful. Why is this so? Because we are socialised to see life through the lens of scarcity, struggle, and comparison. From a young age, we are taught to strive, compete, and measure our worth through external achievements. As children, our needs are simple and our joys are spontaneous. But as we grow older, our desires become more layered, shaped by societal expectations and personal ambitions. Life, however, does not always align with these aspirations. We realise early on that it does not hand us everything we long for. Over time, the widening gap between desire and reality moulds our learned behaviour, breeding compromises, self-doubt, and the belief that life is full of unavoidable limitations. We encounter strained relationships, financial hardships, career uncertainties, and a fiercely competitive world. Friends change, perceptions shift, and our notions of permanence are tested. Life teaches us many lessons — often the hard way. We



come to understand that even people we once believed were truly “ours” may, in fact, be part of a largely transactional world, where emotional loyalty is rare and self-interest often prevails. So, what do we do? We must carve out a life for ourselves — consciously, courageously, and without fear of solitude. It is in those solitary moments that we begin to discover who we truly are. Strength does not always roar; sometimes, it whispers quietly in the background, guiding us through chaos. First, strengthen your emotional quotient.

You cannot constantly seek emotional validation from others. It's an exhausting cycle that leaves you unfulfilled. Begin by recognising your triggers and learning to self-soothe. As Sri Aurobindo profoundly said: “Emotion must not govern the intellect, nor the intellect stifle the soul's deeper feelings; all must harmonise in the light of the Spirit.” Let your feelings exist, but don't let them control you. Be rational, be practical. Understand the emotional needs of others — not to absorb them, but to protect your own peace. With that understanding, lib-

erate yourself. Create healthy distances. Free yourself from emotional bondage — it is not worth sacrificing your mental and emotional well-being for relationships that are one-sided or draining. Second, master a skill with passion. Learning should not feel like a burden; it must be a fulfilling pursuit. Whether it's writing, coding, painting, or gardening, immerse yourself in something that sparks joy. Learning can become your greatest anchor in uncertain times. As Osho beautifully reminds us: “Learn as if you have all the time in the

world — relaxed, playful, joyous. Then the learning becomes not just a means, but an end in itself.” In a world obsessed with instant results and quick success, find peace in becoming a student of life. Be curious. Let learning become a lifestyle, not a task. Third, and most importantly, invest in building yourself. That is the greatest and most reliable investment you can make. This includes developing your character, expanding your wisdom, and nurturing your spiritual and emotional foundations. God has created you with immense potential. Strive every day to reach the highest version of yourself — not out of competition, but out of love for who you are capable of becoming. Be grateful for your body, your mind, your breath — for you already have everything you need to perform, flourish, and inspire. The journey from negativity to positivity is not about blind optimism. It is not about denying pain, or pretending that everything is fine. It is about conscious evolution — living with awareness, with resilience, and with gratitude. It is about showing up for yourself each day, even when the world feels heavy. It is about refusing to let bitterness win, choosing instead to move forward with faith, and a belief that light always follows darkness.

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