

## Mumbai police summons Ranveer Allahbadia and Samay Raina for controversial joke

Mumbai, Feb 11 (UNI) :The Mumbai police on Tuesday issued summons to podcaster Ranveer Allahbadia and YouTuber Samay Raina for an inquiry over Allahbadia's controversial joke at the 'India's Got Latent' show hosted by Raina, a senior officer from the Mumbai police said.

The Assam Police yesterday registered an FIR against five people, including Allahbadia and Raina, in connection with a "joke" that many have criticised as being obscene. The Mumbai Police said it was conducting an inquiry into the issue but has not filed an FIR.

## Take strict action against teaching staff who help students in copying during HSC & SSC exams: CM

(Standard Post Bureau) Mumbai, Feb 11 : Chief Minister Devendra Fadnavis on Tuesday passed an order to dismiss the teaching staff who will help students in copying during HSC and SSC examinations.

He gave this direction in the state cabinet meeting held in Mantralaya here. In this meeting, Fadnavis interacted with all the collectors, police officers of the state regarding preparation of the examinations and action to be taken. He also instructed that the recognition of centres should be permanently cancelled where mass copying is found during exams. Fadnavis also instructed that strict implementation of Section 163 of the Indian Civil Security Code should be strictly enforced in the examination centre area and unauthorised persons should be completely prohibited at the examination centre. The Class XII (HSC) examination is being held from today until March 18 at 3,373 examination centres in the state, while Class X (SSC) exam will be held from February 21 to March 17 at 5,130 exam centres.



## Amit Shah chairs high-level meetings to review security scenario in J&K

Union Home Minister Amit Shah on Tuesday chaired high-level meetings here to review security scenario in Jammu and Kashmir. These meetings were in continuation of the high-level meetings with Indian Army and J&K Police held on February 4 and 5. Shah said that the central government is committed for 'Terror-free Jammu & Kashmir', a Home Ministry statement said.

(See on page 2)

## Allocation for Education and Health sectors in Budget is ....



Claiming that the Modi government's delivery mechanism in the last 10 years has been both slow and inconsistent, Rajya Sabha member Kapil Sibal on Tuesday said that India needs to achieve a growth rate of 8% annually.

( See on page 4)

## Trump raises aluminum tariffs to 25 pc, ends exemptions on ...



U.S. President Donald Trump on Monday signed proclamations to raise tariffs on aluminum from 10 percent to 25 percent and ended duty-free quotas, exemptions and exclusions for steel and aluminum tariffs.


(See on page 5)

## Kelly left out of England's Nations League squad




Chloe Kelly has been left out of England's squad for the Women's Nations League matches against Portugal and Spain this month. The forward moved to Arsenal from Women's Super League rivals Manchester City on transfer deadline day in January after falling out of favour at Joie Stadium, according to a BBC report.

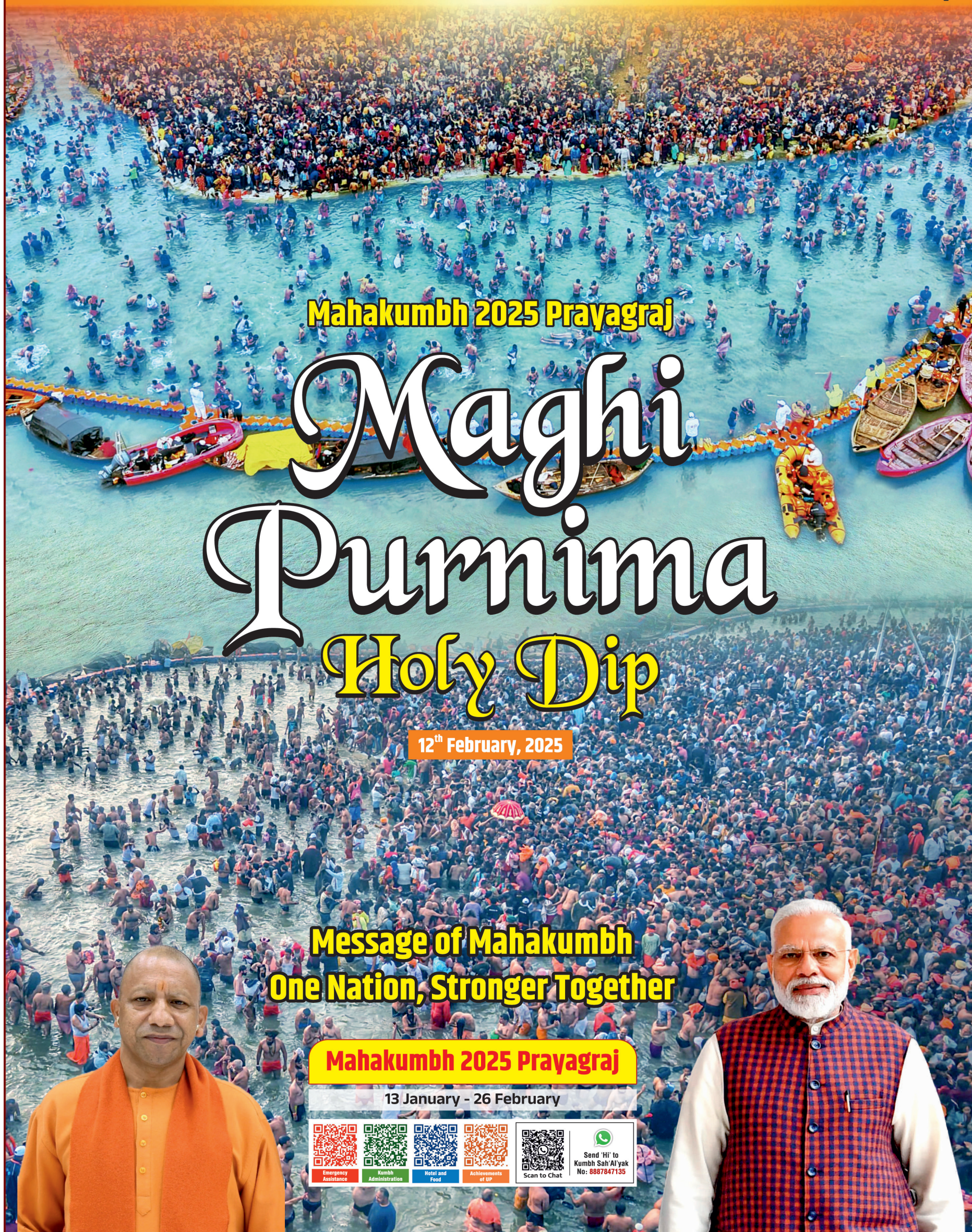
(See on page 7)



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## STANDARD POST

## Pariksha Pe Charcha initiative big encouragement for children

Pariksha Pe Charcha initiative comes as a big encouragement for children, as they feel important and included, said Shonali Sabherwal, a celebrity nutritionist.

Sabherwal was one of the 12 experts chosen from different fields to speak with children during the eighth edition of Pariksha Pe Charcha -- with participation from 36 students from each state and union territory.

"The Prime Minister's message that you can overcome everything and his tagline that be a warrior, not a worrier makes the children feel important and included. The children feel that the PM has asked them, he's involved with us and now we should work hard," Sabherwal told.

Pariksha Pe Charcha focused on stress management, time management, and addressing students' queries.

Sabherwal noted that she advised children not to stay awake during the night-time, but to study during the day hours. The noted gut health expert also advised the kids on "how to maintain a healthy gut, which can boost their brain health".

Amid rising stress levels related to exams, and pressure to score more, Sabherwal recommended reducing intake of sugary beverages which can boost their brain functions and help them perform well.

"Nowadays the intake of sugar has increased. This can lead to imbalances in the brain," and affect the performance of students, said Sabherwal.

Studies have shown that excess glucose consumption is linked to memory and cognitive deficiencies.

Further, the expert advised children and parents to include millets like jowar, bajra, and ragi in their diets.

"Children are nowadays eating food more from outside than from home. Their foods which majorly include pizza, burgers, and chocolates significantly increase the sugar levels in the body," Sabherwal told.

"High intake of these foods can be detrimental not only for physical health but also for mental health. Increased sugar levels can negatively affect your mood and cause brain imbalances," she said.

The health expert suggested eating foods with natural sugars, such as sweet potatoes, beetroot, and carrots. These foods with natural sugars can "keep your mental state in a good condition".

# Government Launches Land Regularization Scheme Through MeeSeva



Ravi Kumar Boppana

(By Ravi Kumar Boppana)

The Andhra Pradesh government has introduced a new initiative to regularize encroached government lands, providing significant relief to economically weaker sections. Through the Land Regularization Scheme 2025, eligible applicants can now apply via MeeSeva centers without the need to visit multiple government offices. This move aims to bring transparency and ease to the regularization process while ensuring that land ownership rights are granted to deserving beneficiaries.

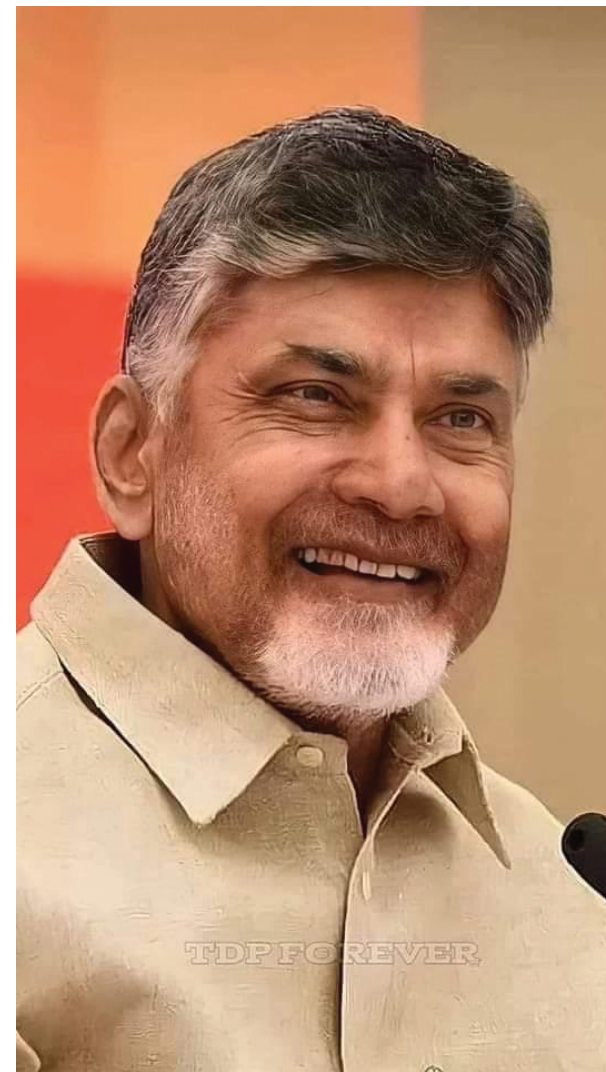
The state government has taken a crucial step to formalize encroached lands, ensuring rightful ownership for thousands of families. The scheme follows Government Order (GO.)No.30 and is open for applications until December 31, 2025. Beneficiaries can submit their applications at their respective village and ward secretariats. As part of the initiative to empower women, land titles will be issued exclusively in their names. Encroachments that existed before October 15, 2019, will be eligible for regularization. Beneficiaries will receive land titles and conveyance deeds, with full ownership rights granted after two years. To streamline the process, all applications must be submitted through MeeSeva centers along with the necessary verification documents.

The government has ensured that the

application process is efficient and transparent. Applicants must upload all required documents through MeeSeva for verification. The authorities will then review and approve the requests based on eligibility criteria. The scheme offers free regularization for plots up to 150 square yards, with no registration fees. For plots between 151 and 300 square yards, beneficiaries below the poverty line must pay 15 percent of the basic value and 50 percent of the registration fee, whereas those above the poverty line must pay the full registration fee. For plots between 300 and 450 square yards, below-poverty-line families must pay the full basic value and 50 percent of the registration fee, while those above the poverty line are required to pay twice the basic value along with the full registration fee. Encroachments exceeding 450 square yards will require payment of five times the basic value and the full registration fee. Failure to comply with the payment requirements will result in the government reclaiming the land.

While the scheme is designed to benefit the poor, there are specific conditions to ensure that only deserving individuals receive assistance. Applicants must have a monthly income of no more than ₹10,000 in rural areas and ₹14,000 in urban areas. Additionally, their electricity consumption should not exceed ₹300 per month, and their total landholding should not exceed 10 acres of combined dry and wet land. Only structures with RCC or asbestos roofs and brick walls will be considered for regularization. Property tax receipts, electricity bills, and water bills will be used for verification. Certain areas, such as layouts, canals, riverbanks, master plan zones, and water bodies, are excluded from

regularization. Beneficiaries must not be income tax payers or own four-wheeler vehicles.



regularization. Beneficiaries must not be income tax payers or own four-wheeler vehicles.

To ensure fair implementation, the verification and approval process will be carried out step by step under government supervision. Pending applications will also be reviewed as part of this scheme.

Local officials, under the supervision of tahsildars, will inspect the encroached lands before publishing a preliminary list of eligible beneficiaries at village and ward offices. The public will be given an opportunity to raise objections before final approvals. Once objections are reviewed, the final beneficiary list will be submitted to sub-collectors and revenue divisional officers.

If applicants disagree with the decision, they have the right to appeal to the joint collector within 30 days. After the final list is

confirmed, tahsildars will forward ownership details to sub-registrars and district registrars for official documentation.

The government has urged eligible individuals to apply immediately rather than waiting until the last moment. This scheme has been widely welcomed, especially by economically weaker sections, who believe it will resolve long-standing land ownership disputes. By providing legal ownership rights to thousands of families, the initiative is expected to significantly improve financial security and stability for many.

**(The author is a senior journalist and information analyst consultant, who previously served as the Chief Public Relations Officer to Hon'ble governor at the Andhra Pradesh Raj Bhavan and media liaison officer to Hon'ble speaker at the AP Legislative Assembly.)**

## Allocation for Education and Health sectors in Budget is insufficient: Sibal in Rajya Sabha

New Delhi, Feb 11 (UNI) Claiming that the Modi government's delivery mechanism in the last 10 years has been both slow and inconsistent, Rajya Sabha member Kapil Sibal on Tuesday said that India needs to achieve a growth rate of 8% annually.

Slamming the Union Budget, Sibal suggested that the allocation for the education and health sectors is insufficient.

He also termed the government's target of making India a 5 trillion dollar economy as misleading.

"When new government comes to power naturally people of India expect that government will give us a vision of what it intends to do in next five years. This government already had 10 years and the delivery mechanism has been both slow and inconsistent," Sibal said while participating in the discussion on Budget 2025-26.

Targeting the government, he further said, "Every day we talk about India becoming 5 trillion dollar economy, it will happen soon, it will happen in 2024 and now they (government) are saying it won't happen till 2027. But what does 5 trillion dollar economy mean? This is very misleading. India will become 5 trillion dollar economy in any case. And I assure the Finance Minister Nirmala Sitharaman that even if she does nothing this country will grow at 6%.

It will grow at 6% even if she does nothing," the senior politician said.

Sibal stated that the country has been growing at 6.3%, 6.7% and it will continue to grow but it needs to clock a growth rate of 8%.

"What we need is double digit growth. What is the vision of this government to attain double-digit growth and attain 8% growth?" he asked.

Moreover, Trinamool Congress MP Saket Gokhale criticised the state of the economy and said that the economy's foundations have been weakened from within, much like termite-infested walls. While the Finance Minister has attempted to mask the damage with 27 layers of paint, this cosmetic approach cannot prevent its eventual collapse. Presenting his budget speech as a chargesheet against the government, Gokhale asserted that due to demonetisation, GST, Covid lockdown, lockdown have severely impacted the country, shutting down opportunities for investment and employment. The government has increased capital expenditure by leveraging tax revenue, leading to the development of some infrastructure. However, the overall state of the economy has deteriorated. He also alleged that the Finance Minister announces new schemes in every budget while previous ones are forgotten. The Trinamool Congress MP further claimed that under the Paid Internship Scheme, last year's budget promised internships for over 1.25 lakh youth, but the actual number did not exceed 10,000.

Congress MP Chandrakant Handore, while delivering his maiden speech in the House, criticised the budget provisions for the welfare of Scheduled Castes, Scheduled Tribes, and Other Backward Classes, calling them inadequate. Handore also demanded the enactment of a law to hold government officials accountable if funds allocated for the welfare of Scheduled Castes and Scheduled Tribes remain unutilised. He suggested that the law should include a provision for a minimum of three years of imprisonment in such cases.

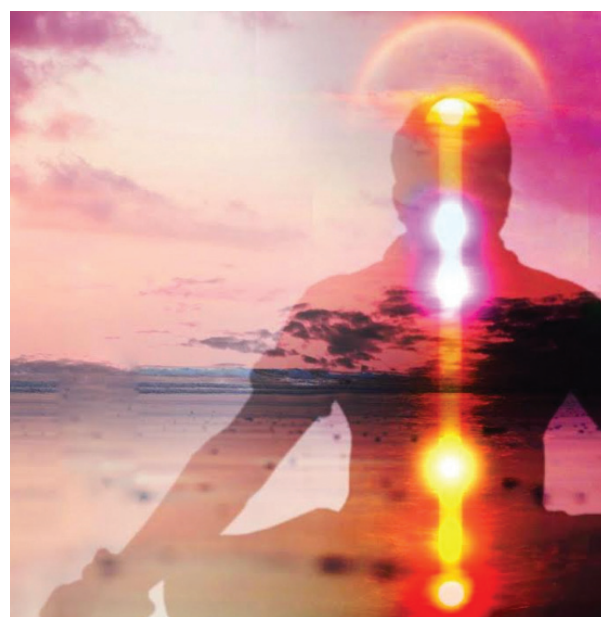
Nationalist Congress Party and former Union Minister Praful Patel, a member of the ruling coalition, while congratulating Finance Minister Sitharaman for presenting the budget for the eighth consecutive time, congratulated the leadership of Prime Minister Narendra Modi for the transformative work of the government in the last ten years.

## Clairvoyance - By Ashwini Guruji of Dhyan Ashram

(Standard Post Bureau)

The world of the spirit begins when logic ends. In 2011, I was invited by the prestigious Indian Medical Association (IMA) Mumbai to demonstrate clairvoyance and the power of yoga. It would suffice to say that the doctors while respectful did not believe in the accuracy of this ancient science. They gave clairvoyants of Dhyan Foundation randomly selected images of some sick and some healthy people. The clairvoyants in a matter of 10 minutes were able to not just identify the sick but also pinpoint the exact diseased area.

In the words of the IMA past-president Dr. Lele, "Your clairvoyant's predictions by looking at the pictures of the subjects, which were provided by the IMA, are 80% accurate, which is good enough." At the event there was also a yoga performance and the pulse of the practitioner was noted before and after



the asanas. The pulse dropped by 15 counts. In fact, regarding the dropping of the pulse rate the IMA has even given a written validation that the pulse rate of a practitioner dropped by 15 counts after 50 minutes of strenuous asanas. They said, "We have today changed for the positive, our opinion on Yoga and a Yogi." (The entire event is recorded and

is available for viewing.)

So what is clairvoyance? To understand this let us understand Creation.

Prana is 'the force' in the universe; there is nothing in Creation, which is devoid of prana. In fact, prana combines with the five elements (fire, air, water, ether, and earth) to give form to the entire Creation. Whatever has been,

whatever exists, and whatever lies in the future dimensions of the physical world is nothing else but these five elements with different pranic frequencies.

Prana vibrates in innumerable forms at innumerable dimensions.

At one dimension it is sound, and another is that of colours. There exist different colours with different shades and combinations. Some are pleasant, soothing, and some represent love, some Divinity, some stand for power, some for anger and some are dull and depressing. All are different and have different effects on the physical. A clairvoyant is a person who can see the colour pattern of prana around the physical.

Darker shades like dark reds, browns, and dark greys are the grosser colours while lighter pinks, violets, blues, greens, etc. are the subtler colours.

In fact, colour is the code by which the subtle body communicates with the physical body. It is by seeing the colours in the next layer that clairvoyants are able to foretell disease before it manifests in the physical. These colours are regulated at seven energy centres of the body or the seven major chakras. What the clairvoyant can see is the aura or chakra imbalances. Considerations like what shade is mixing with the natural colour, in what proportion, the positioning, the luminosity, etc. all determine the state of the being. You can hide your true face by applying make-up or you may hide your true body by wearing loose fitting clothes, you may even lie about your character and intention but it is impossible to hide your true self from the eyes of a clairvoyant. For he or she would see your aura, which is something you cannot hide. However, not all clairvoyants can see the

same thing. Some have a more developed sense of vision than the others. But since this is a subject on which clairvoyants, ostensibly don't meet at a club to share notes on, there may be a paucity of information on how they compare. Clairvoyants are often unaware of their gift or constraints thereof, if they are using it. A clairvoyant can only see the colours and needs a Guru to correctly interpret it. Through correct practice of yoga and Sanatan Kriya one can develop the ability of clairvoyance. This science is more accurate than any present diagnostic equipment available, because the equipment tells you what is happening now and that also when the problem is strong enough to come into the catching capacity of the machine, while a clairvoyant tells all what is happening and what will or is about to happen. Such is the power of this ancient science.



## Relationships



# School kids Growing up too fast?

Life was all rosy for 13-year-old Chitra studying in a reputed school in Mumbai until she laid eyes on a magazine brought in by her senior school-mate Aman who was 15-years-old. Excited and titillated by the explicit visual content - she soon developed a habit to drool over the magazine with her school friend on a daily basis. In no time, this habit took a physical turn and one fine day the two youngsters decided to experiment with sex out of sheer curiosity. Tragedy struck as Chitra got pregnant at the age of 13 and Aman could never come out of the guilt. This real-life instance shared by the principal of a reputed school from Mumbai on conditions of anonymity reveals the grave side effects associated with young school children indulging in reading pornography. Be it the curiosity to watch porn, getting a taste of alcohol or enjoying the ecstasy of drugs - modern school kids are choosing to live life in the fast lane...so unaware of the speed breakers and dead ends that lie ahead.

Dr. Samir Parikh, chief psychiatrist, Max Healthcare, who recently conducted a survey in Delhi reveals, "26 percent of the boys surveyed fell in the moderate category and 21 percent fell in the high category when it came to talks about visiting porn sites, being a common conversation in schools. Among girls, 24 percent fell in the

moderate category and 5 percent in the high category."

Though figures of drug addiction in schools were comparatively lower, but it was quite prominent as these young party animals often hit night clubs and pubs to enjoy themselves.

Moving away from the national Capital the scene was equally disappointing in other parts of the country as well. Pramod

Sharma, Principal of Mayo College, Ajmer reveals, "Being a residential school, Internet access is quite controlled and well monitored at our institution. Also, we have installed special software which blocks certain sites, but still on a number of occasions we have found kids receiving porn stuff on their E-mails."

Ritu Nanda, a clinical psychologist and

counselor, Delhi Public School, Bhopal, narrates a different saga of addiction, which is governed by the availability of addictive. "Fortunately, we have not received any complaints of drug addiction, but instances of alcohol addiction have come to our notice, since it is easily available in comparison to drugs."

Taking the availability clause further, Ritu adds, "The main aim of school kids is to experience a feeling of high and if they do not get access to drugs and alcohol, a lot of them resort to other readily available options like inhaling petrol and even thinner, which they get along with the white corrective fluid or in the form of nail polish remover. When inhaled in abundance, fumes from petrol or the thinner leaves them hallucinating and in a state of ecstasy."

Usha Reddy, principal, Meridian School, Hyderabad shares some confessions made by adolescent kids in a 'Closed Box Session', which is an adolescent counseling session that is held in the school. "One of the kids said, 'I have done it thrice with my friend and now I can't study for my exams'. Another one who came for help expressed his guilt saying, 'I am bad as I watch bad things on my computer, I don't want to see them, but I cannot control my urges,'" reveals Usha.

The biggest shock comes from the fact

revelation that these honest confessions were from kids who were all under 15 years of age. And the fact that some of them couldn't even put their actions into words was enough to reveal their maturity levels.

Even kids studying in government schools are displaying promiscuous behavior. On conditions

of anonymity, a teacher from a Delhi-based girl's government school reveals, "It was a shock to find a girl showing a sleazy MMS to her friends, especially when we knew that her parents barely managed a square meal a day for their family. On enquiring we got to know that it was gifted to her by her boyfriend. Not just this, girls as young as 11 and 12 proudly boast about their boyfriends to their classmates." The reasons for this forward behaviour in school children experts say can be blamed on an easy access

to technology like mobile phones as well as the Internet being readily used mainly to complete school projects, untapped access and lack of control over children's Internet-habits by their busy parents.

Also, excess exposure to an overwhelming party culture and availability of easy money opens the door for many bad habits. "They want to try something new, cool and happening and unfortunately these addictions act as magnet to their wants. Then comes peer pressure and the need of social recognition combined with little knowledge that ends up proving dangerous for them," explains Ritu.

Meghna Manchanda, mother to a 12-year-old Samir says, "My husband and I are not at all Internet savvy. Even for our requirements we depend upon our son. On one such day when he was opening a site many pornographic pictures started popping up and on being asking, my son told us that he has become an online member to one such site. Though we couldn't stop him from using the Internet, after that they we as parents became extra vigilant."

Experts tag such promiscuous behaviour as the 'Gang-age', when doing everything in groups and gangs is considered uber cool!

Usha explains, "More than displaying a cool quotient, it is about creating a comfort zone of their own. When one child goes to a porn site accidentally or intentionally, mixed feelings of excitement and guilt start groping their mind. Excitement makes them visit the sites again, while the feeling of guilt makes them spill the beans in their peer group proving that 'it's not just me but every one who's indulging in the same behaviour.'" In today's scenario, trying to shield a child from such addictions seems absolutely impossible to many parents. So what's the way to help them to keep off the porn addiction?

1. The right way is to counsel your child well in advance so that there's a proper time for everything and getting into such habits in their age will only defocus them," advises Reddy.

2. Most children maintain these habits in seclusion which bears testimony to the constant guilt that grows inside them. So inculcate a habit in them of not doing anything in the world that they feel ashamed of telling their parents. Open the doors of communication. "Yelling, scolding and public insult can spoil things further, instead counsel them by telling them the pros and cons of every little step they take in their life," advises Reddy.

3. "Cutting upon their pocket money is not the solution. Instead develop a mutual trust between you and your kid. Make him spend the pocket money as he likes and in return he should give you an account of every single rupee he's splurged," suggests Veena Venugopal, vice principal, Abhayasa Residential Pub School.

4. Keeping a constant check on kids is nearly impossible for parents in a modern context. But they should ensure that the computer is in a common room rather than in kids' room. Also, the time of accessing the Internet should be fixed and surprise visits into the room must be maintained so that the youngster is not indulging in net surfing without the fear of supervision.

5. Software that can bar certain sites (containing adult content) can also be installed on machines at home as well as in schools.

The influences that work on a young mind in today's modern context is not easy to monitor, but being cautious as parents helps to keep your child safe from harm.

## Step-parenting tips

**Being a step-parent is a tough ask. But, you can easily work your way around to having a happy family if you follow a few basic rules.**

The first and the most important rule is to never put your wife/husband in an awkward situation, where they end up having to choose between you or the children. This will bring in immediate dislike from the children towards you, especially if your spouse ends up choosing you over them. Accept your step-children with all their shortcomings. Remember, they are looking for a mentor, a guiding light from you. They are having as tough a chance when it comes to accepting the new surroundings at home as you are. Give them reassurance and reinforcements. In the case of becoming a stepfather, remember that you need to be the strong supportive figure. They need to know that they can trust you. As for stepmothers, you will have to be their emotional anchor.

## Is summer a 'fur'nace for your pets?

**The summer sun is brutal for our furry and feathered companions too. Here are some pointers on what to do for your pets as the weather starts hotting up.**

Did you know that dogs and cats don't sweat, but instead pant to release heat? Veterinary surgeon Dr Afzal H Mohamed says, "Dogs and cats have sweat glands, but they are poorly developed and are of no use in thermoregulation."

**Outdoor vs indoor**  
Contrary to popular opinion, indoor pets don't need to be kept in an air conditioned environment all the time. This actually reduces their tolerance to heat. "Even long-haired breeds don't necessarily need an air conditioner on all the time," says Dr Afzal. "If they have

been bred for generations in a tropical climate, they are probably well-adapted to the heat. It depends on how the individual dog or cat is raised."

Moreover, dogs adapted to living outdoors will do fine outside as long as they have shady spots to sleep in and access to water at all times, he adds.

### Shedding in summer

We look for thin, comfortable clothes to wear during summer. Imagine having a fur coat on all the time! No wonder our pets want to shed all that hair...

"Most breeds have a soft undercoat and a fairly coarse overcoat. The undercoat grows out during the cooler months — this is what is shed during summer," says veterinarian Dr Priyadarshini Govind. "A good 10 to 15 minutes of brushing every day helps to bring the shedding under control."

### An ice cube a day

Dogs and cats go through some minor changes in their eating patterns. "They may prefer to eat during the cooler parts of the day, like in the early morning and late evening," says Dr Priya. "Ensure they have fresh water easily available - especially if you're giving them mainly dry food (kibbles)."

But what about pets that are poor water drinkers? "A bowl of chicken soup, chilled butter milk or tender coconut water is an alternative," she says. "You can also freeze these into ice cubes and offer these as a treat during the day."

### Travelling by car

Sure, your dog loves to come along on a

drive! But summers mean you have to be extra careful about taking your pets out on that joyride. Dr Afzal warns, "Under NO circumstances should a dog or cat be left in an exposed parked car for even a short while. If parked in the shade, keep the air conditioner running and roll down the windows a couple of inches."

Be a Good Samaritan

- Constant panting
- Dry nose
- Glazed eyes
- Vomiting
- Fast heart rate
- Weakness progressing to depression
- Blindness
- Inco-ordination while walking
- Collapse
- Seizures
- Coma

If you suspect heat stress/heat stroke:

- Move your pet immediately to a cool environment (air conditioned)
- Wet it with room-temperature water
- Place under a fan to increase convective heat loss
- You may also need to hurry to your veterinarian as soon as possible.

Summer's also not a good time for you to consider mating your pet. Dr Priya says, "I generally discourage my clients from breeding in the summer due to the stress of the heat that makes it very difficult for both the mother and puppies. Pregnant dogs can go into abortion if they have the slightest of heat stress."

- Tips:**
- Walk your dog in the early morning or late evening, never in the afternoon
  - Never leave your pet unattended in a car
  - Ensure there is always plenty of fresh water available
  - Ensure there is plenty of shade available

