

IN BRIEF

Midday meal scheme workers stir demanding payment of wage arrears

Kakinada, Feb 12 (UNI) : Midday Meal scheme workers owing allegiance to CITU led union, staged a 'dharna' in front of the office of the district Educational officer here on Wednesday demanding payment of wage arrears, stoppage of the political harassment and illegal retrenchment.

They raised slogans demanding enhancement of student menu charges to the midday meal scheme workers to Rs 20 in tune with the rising prices and hiking of wages of sanitation workers working in schools besides reinstatement of workers removed under political pressures.

Union district convener Narla Esveri and CITU district president Duvva Seshu Babji while addressing the demonstrators warned the government of launching a statewide agitation in support of the midday meal scheme workers, if their problems are not solved amicably.

Later, a delegation of protesters submitted a memorandum of their demands to the DEO.

Shallow fog likely in Coastal AP & Yanam in next 3 days: Met

Amaravati, Feb 12 (UNI) : Shallow fog is likely to occur at isolated places in the morning in Coastal Andhra Pradesh & Yanam during the next three days, Meteorological Centre said on Wednesday.

In a daily weather report here, it said that the maximum temperatures are likely to be above normal by 2-3 degrees Celsius in Coastal Andhra Pradesh & Yanam and Rayalaseema during the next five days.

Dry weather is likely to prevail in Coastal Andhra Pradesh & Yanam and Rayalaseema during the next seven days.

The lowest minimum temperature of 14 degrees Celsius was recorded at Arogyavaram in the Rayalaseema region on the intervening night of Tuesday and Wednesday, the report added.

PM Modi concludes productive France visit



Marseille/New Delhi, Feb 12 (UNI) Prime Minister Narendra Modi today concluded a productive visit to France and left for the US where he will hold talks with President Donald Trump.

In a special gesture, President Emmanuel Macron of France saw off the PM at the airport in Marseille. The PM was also

accorded a military farewell at the airport.

PM Modi in a post on X thanked President Macron and France for the visit.

"Thank you France! "A productive visit concludes, where I attended programmes ranging from AI, commerce, energy and cultural linkages. "Gratitude to President

@EmmanuelMacron and the people of France." The MEA spokesperson said in a post on X: "A historic visit to France in the ancient city of Marseille concludes. "In a special gesture President @EmmanuelMacron came to see off PM @narendramodi at the airport. "Next stop Washington D.C."

Mumbai Police question content creator Ashish Chanchalani over Ranveer Allahbadia controversy

Mumbai, Feb 12 (UNI) : The city police questioned popular content creator Ashish Chanchalani and recorded his statement during the investigation into an FIR (first information report) registered by Cyber Cell of police related to the controversial 'joke' allegedly made by podcaster Ranveer Allahbadia on comedian Samay Raina's show 'India's Got Latent', an official confirmed this on Wednesday. According to details, Chanchalani along with his lawyer visited the Khar police station and police questioned him for over 30 minutes, during which he shared details of the show, co-operated during probe and assured that he will make himself present as and when he is

required by the police, a police officer said.

Chanchalani is among the five artistes who were summoned by the Mumbai police. They include Allahbadia, Raina, Apoorva Makhija, Chanchalani and Jaspreet Singh. Raina is the organiser and host of the show. The show was held on November 14, 2024 in a private studio in the jurisdiction of the Khar police station and later premiered on YouTube. But some of the clips of the show were uploaded on Instagram on Sunday and it went viral sparking nationwide controversy. Meanwhile, an advocate from Samay Raina's legal team also visited the Khar police station and informed the police that Samay is

travelling at the moment for his tour but will be extending his full cooperation towards the inquiry. Police also plan to contact BookMyShow seeking details of who bought all tickets of the show and attended it as audience. Police will try to identify if anyone from the audience, especially any woman, felt insulted, discomforted or felt her modesty was outraged when the alleged 'obscene and vulgar' jokes were cracked during the show, an officer said. In a related development, sources in the Mumbai police also confirmed that a team of Assam Police has reached Mumbai to investigate the case related to India's Got Talent after the Guwahati Crime Branch registered a similar FIR.

Anti-Sikh riots victim on Sajjan Kumar's conviction

New Delhi, Feb 12 (UNI) : Families of the 1984 anti-Sikh riots on Wednesday welcomed the conviction of former Congress MP Sajjan Kumar saying that "decades later, justice has finally been served".

Hailing the judgment, one of the victims said, "Decades later, I'm overwhelmed with emotion as justice has finally been served. Today, I remember the resilience of my family, the kindness of our neighbour, and the sacrifices made by countless others. "Recalling the horror, Kulpreet Vesuna, who was just 11 at the time said, "I witnessed the devastating Sikh riots that shook our nation. Our family home was burned to ashes, but fortunately, we had temporarily relocated for repairs, sparing our lives."

"A mob descended upon our new residence in Janak Puri's C-2 block, but our brave neighbour, an army personnel, stood guard and protected us. We were eventually relocated to a safe location under custody, as my father was a prime target," she said.

It may be mentioned that a special court in Delhi on Wednesday convicted Sajjan Kumar in the murder of father and son in West Delhi's Raj Nagar.

Judge Kaveri Baweja delivered the verdict convicting the former Congress MP, who is already serving life imprisonment in another case of the 1984 riots.

According to the prosecution, on November one, 1984, a furious mob, led by the former MP, had killed S Jaswant Singh and his son S Tarundeep Singh.

Over 700 Rapid Response Teams monitoring Avian Influenza in AP

Amaravati, Feb 12 : A total of 721 Rapid Response Teams (RRTs) are monitoring Avian Influenza (H5N1) in Andhra Pradesh following its recent outbreak in two villages in the Godavari region, an official said on Wednesday.

The virus was detected in Velpuru, West Godavari district and Kanuru Agraharam, East Godavari district prompting Animal Husbandry officials to begin culling birds at two poultry farms in the affected areas. Animal Husbandry Department Director Damodar Naidu stated that RRTs are taking immediate measures to control the disease.

"Across the state, 721 RRTs are monitoring the situation. The transportation of chickens and related products is being closely monitored at state borders while the Animal Husbandry Department remains vigilant, implementing all necessary

containment measures," Naidu said in an official press release.

A 1 km radius around the viral disease-affected areas has been declared an alert zone while a 10 km radius around the affected villages has been designated a surveillance area, restricting the movement of chickens and related products.

According to Naidu, RRTs are also being deployed in Krishna district and the Godavari region which have a high concentration of poultry farms. Similar containment measures are being implemented in districts with a large number of ponds and lakes that attract migratory birds.

Outside the alert zones, Naidu assured that boiled eggs and chicken are safe for consumption.

Meanwhile he directed poultry farm owners to take precautions including preventing migratory birds from entering their farms.

TD appeal devotees to enter queues along with darshan tickets as per allotted time only

(Standard Post Bureau)

Tirumala, Feb 12 : Tirumala Tirupati Devasthanam (TTD) on Wednesday appealed to the devotees who have got tokens and tickets for Tirumala Srivari darshan to enter the queues at the specified time.

The devotees are being informed by many a number of times through media, TTD website and social media, the TTD said in a release here.

However, recently some devotees went to the queues before their allotted time and indulged in arguments with the staff to be allowed into the queues, but also spread lies on social media.

TTD has requested the devotees who have got Srivari Darshan Tokens to enter the queues only at the time allotted to them to avoid long waiting hours.

Over 2 cr take holy bath as devotees throng Sangam on Magh Purnima

Prayagraj, Feb 12 (UNI) : More than two crore pilgrims, including saints, Kalpwasis, and devotees, took a holy dip in Sangam, the confluence of Ganga, Yamuna, and mystic Saraswati rivers, on the occasion of Magh Purnima during Maha Kumbh on Wednesday.

Official sources said that adding to the religious and spiritual spirit of the pilgrims, saints, and devotees, who took a bath in the Sangam, were welcomed with flower showers from the air.

Sources said that till 6 pm over 2 crore devotees, including 10 lakh Kalpwasis, took a bath in the Sangam. Till Tuesday, more than 46.25 crore devotees have taken a holy dip, they said. To ensure seamless

arrangements, Uttar Pradesh Chief Minister Yogi Adityanath, along with the senior officers, continuously monitored the situation from Lucknow since the wee hours.

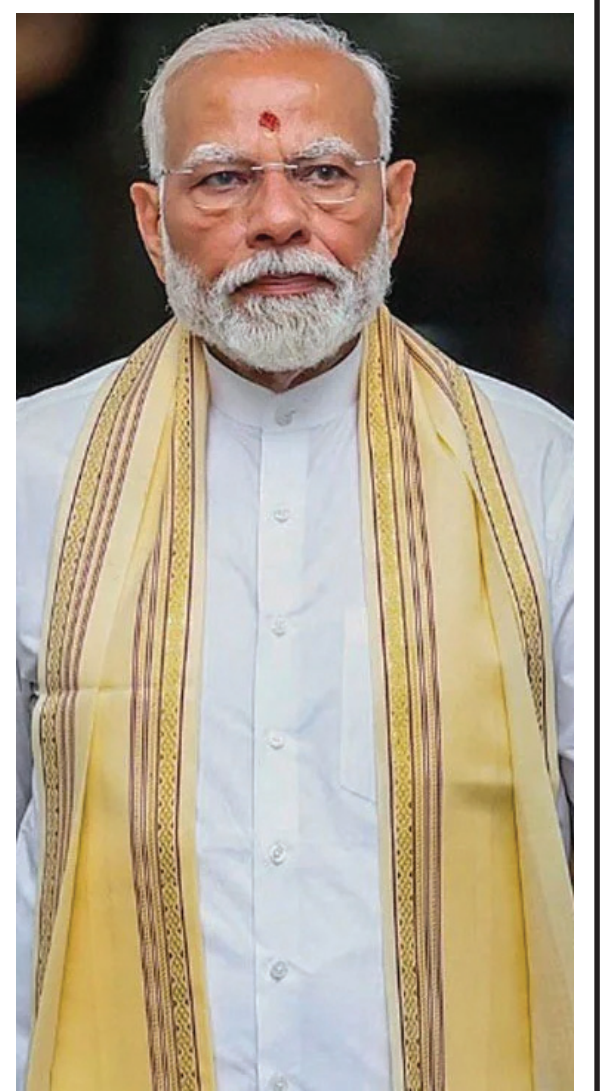
It may be noted that the UP government had made foolproof preparations for the successful organisation of the fourth bathing festival, Magh Purnima. CM Yogi had issued clear directives to ensure that no devotee, Kalpvasi, or ordinary citizen faces any inconvenience in the Maha Kumbh Mela area or across Prayagraj city.

In line with this, the local administration and police department worked with full readiness, focusing on traffic management, smooth vehicular movement, parking, security,

surveillance and overall monitoring.

Prayagraj Police Commissioner Tarun Gaba said that the UP government and police are committed to offering devotees a seamless and hassle-free experience at the Maha Kumbh. He highlighted that traffic management plans were formulated months in advance and are being successfully implemented.

He said, "Despite the surge in vehicles towards the weekend and intermittent high-traffic periods, the administration and police force have efficiently managed challenges through tireless efforts. As a result, traffic remains smooth on all routes leading to the fair area and within Prayagraj, ensuring no congestion in the city."



India, France to collaborate closely in field of civil ...

Making a major foray in the area of civil nuclear energy cooperation, India and France today agreed to collaborate in co-designing, co-developing, and co-producing Small Modular Reactors (SMRs) and Advanced Modular Reactors (AMRs), following talks between Prime Minister Narendra Modi and President Emmanuel Macron of France in Marseille. Of the 10 outcomes arrived at during the bilateral talks, three are on civil nuclear energy cooperation. The two sides will also be cooperating in the field of capacity building of researchers and professionals in the field of civil nuclear energy. (See on page 2)

Saint Ravidas emphasised Karma, spiritual purification ...



Uttar Pradesh Chief Minister Yogi Adityanath on Wednesday emphasised the importance of Karma on the 648th birth anniversary of Sant Shiromani Satguru Ravidas Ji Maharaj. The CM paid floral tributes to the revered saint's statue and highlighted his teachings on spiritual purity and dedication to work. (See on page 4)

Rybakina's ex-coach Vukov banned after investigation



The WTA Tour ban on Stefano Vukov, the former coach of world number five Elena Rybakina, has been upheld by an independent probe into his behaviour towards the player. The WTA - which governs women's tennis - had in January provisionally suspended the Croat for allegedly breaching its Code of Conduct, BBC reported. (See on page 7)

LG reviews security in Srinagar



Jammu and Kashmir Lieutenant Governor Manoj Sinha on Wednesday chaired a high-level security meeting at the Police Control Room (PCR) in Srinagar, directing law enforcement agencies to intensify the efforts to crush terrorism. The high-level meeting was held just a day after Union Home Minister Amit Shah chaired a high-level meeting in Delhi on the security situation in J&K. (See on page 8)



Madhya Pradesh Chief Minister Mohan Yadav pays obeisance on the Ravidas Jayanti, in Bhopal on Wednesday

Mehbooba, Lone welcome High Court ruling on passport denial over family's militancy links

Srinagar, Feb 12 (UNI) : Former Jammu & Kashmir Chief Minister Mehbooba Mufti and Peoples Conference President Sajad Lone on Wednesday welcomed the JK and Ladakh High Court's ruling that an individual cannot be denied a passport just because a family member was involved in militancy.

She termed the ruling as a "step in the right direction" while strongly criticizing what she described as the weaponization of travel restrictions in Jammu and Kashmir since 2019.

"The honourable High Court's decision of not denying a passport to an individual for merely being related to a militant is certainly a step in the right direction. Given how even the basic fundamental right to travel is being weaponised brutally since 2019 in J&K," the PDP President said in a post on X.

The former Chief Minister alleged that the denial of passports has become a common practice in J&K, affecting not just individuals related to militants but also journalists, students, and job seekers.

There are countless cases pending in passport offices awaiting clearance from the CID department. Not only are passports denied to such individuals but also journalists, students and also job seekers who despite fulfilling the pre requisites for government positions are also denied jobs only because of a negative report given by CID. The

status of the related militant—whether dead or alive—seems irrelevant. Unfortunately this policy has even been extended to individuals even remote related to Jamaat-e-Islami party members as well," Mehbooba added.

The High Court of J&K and Ladakh on Tuesday in its ruling, made it clear that a passport cannot be denied to an individual solely because of their sibling's involvement in militancy. The court emphasized that the decision to issue a passport must be based on the applicant's own actions rather than those of their relatives.

The High Court direction came in a plea filed by Mohammad Amir Malik, a resident of Ramban, who had filed an application for passport issuance in 2021. However, his application was kept pending due to an adverse police verification report.

The Police in its report said that Malik's late brother, Mohammad Ayaz Malik, was a militant of the Hizbul Mujahideen and was killed in an encounter in 2011, while his father was an enlisted over ground worker (OGW).

The petitioner in his plea asserted that there were no criminal charges against him and that he was being unfairly penalized for his family's past.

The court upheld his plea and directed the Additional Director General of Police, CID to re-submit the report

uninfluenced by the conduct or activities of Malik's brother as well as his father to the Regional Passport Officer within four weeks.

The Court said the Passport Officer shall consider Malik's case on the report of the ADGP and pass an appropriate order in favour of the petitioner within two weeks thereafter.

J&K Peoples Conference President and Handwara MLA Sajad Lone, lauded the judgment by the High Court.

Lone emphasized that this judgment sets a powerful precedent for thousands facing similar discrimination.

"I feel optimistic that a comprehensive ruling along these lines will soon be issued in response to our party's petition," he said.

The Peoples Conference President underscored that his party had already challenged the "growing misuse" of police verification as a tool for "collective punishment" through a petition.

Welcoming the court's decision, he reaffirmed that an individual's rights must be determined solely by their own actions, not by the circumstances of their relatives.

"This should have happened much earlier, but better late than never. I am hopeful that this ruling will be extended across J&K and that our petition will be addressed at the earliest to ensure uniform application," Lone stated.

High-level Israeli delegation visits India to deepen economic collaboration

New Delhi, Feb 12 (UNI) : Israel's Minister of Economy and Industry, MK Nir Barkat, is visiting India at the head of a delegation comprising 100 top Israeli CEOs from Healthcare, Cyber, Energy, Automotive, Retail, logistics and Hi-Tech sectors. The visit, following an invitation from Union Commerce Minister Piyush Goyal, underscored the growing partnership between the two nations and marked a significant step forward in deepening economic collaboration across key sectors, an Israeli Embassy statement said. The high-powered business delegation showcased Israel's innovative spirit and advanced capabilities.

Over the course of the two-day visit, an Israel-India Business Forum was held in partnership with CII alongside a closed-door CEO Forum discussion which was led by Manufacturers' Association of Israel (MAI) and FICCI from. These events brought together over 400 business leaders from key Indian industries, fostering meaningful connections and opening new avenues for bilateral trade, investment, and innovation.

Israel and India share a rich history of collaboration across multiple domains, including agriculture, defence, water technology, and high-tech industries. This delegation's visit marked a significant milestone in elevating economic cooperation to new heights. During the visit, Minister Nir Barkat emphasized the strategic importance of the delegation's mission: "This historic delegation marks a new era of economic collaboration between Israel and India. We are here not just to do business, but to forge lasting strategic partnerships that will drive mutual growth.

"Together, we will turn opportunities into success stories and pave the way for a more prosperous future for both countries."

Natasha Zangin, Economic Counselor at the Embassy of Israel in New Delhi, said: "This was the third visit of Minister Barkat to New Delhi in the past two years, and this time, he led one of the biggest business delegations to ever leave Israel.

India, France to collaborate closely in field of civil nuclear energy

Marseille/New Delhi, Feb 12 (UNI) : Making a major foray in the area of civil nuclear energy cooperation, India and France today agreed to collaborate in co-designing, co-developing, and co-producing Small Modular Reactors (SMRs) and Advanced Modular Reactors (AMRs), following talks between Prime Minister Narendra Modi and President Emmanuel Macron of France in Marseille.

Of the 10 outcomes arrived at during the bilateral talks, three are on civil nuclear energy cooperation. The two sides will also be cooperating in the field of capacity building of researchers and professionals in the field of civil nuclear energy.

India and France also inked an agreement on Triangular Development Cooperation in the Indo-Pacific region.

According to Foreign Secretary Vikram Misri, the triangular cooperation aims at providing solutions to countries in the Indo-Pacific region for their economic progress and development in furtherance of the India-France roadmap on the Indo-Pacific.

These projects would be in the fields of digital innovation, digital public

infrastructure, clean energy, green technologies, preservation of biodiversity, women empowerment, education, health, nutrition, water, and sanitation.

These projects will be demand-driven and not supply-driven and would be owned by the countries in which they are situated, Misri informed.

PM Modi also inaugurated jointly with President Macron the new Indian Consulate General in Marseille. Both leaders have also given directions for early implementation of the agreement between the National Museum of India and France Muséums Développement, under which France has been identified as a knowledge partner in building India's new national museum, The Yuge Yugeen Bharat Museum, Misri informed.

The two sides have also operationalized the young professional scheme, which will help in promoting legal mobility of professionals, of skilled workforce, and students in both directions, he added.

PM Modi and President Macron held discussions on board the Presidential aircraft as they were being flown to

Marseille from Paris.

"You could say that India-France relations touched new heights, literally," the FS remarked.

The discussions on-board the aircraft on a number of issues continued upon landing in Marseille, where the two leaders were joined by their larger delegations.

And the discussions took place over the course of a dinner that was hosted by President Macron in honor of the Prime Minister, he added.

The discussions covered the entire gamut of our deep and diverse strategic partnership. The two leaders reviewed progress in the areas of defense, in the area of space, civil nuclear cooperation, and in the areas of health, as well as people-to-people cooperation between the two sides.

The two leaders appreciated recent progress that has taken place in all of these areas, in keeping with both the Horizon 2047 roadmap and in the defense area, in particular in keeping with the defense industrial roadmap that was adopted last year.

In the field of defence, the joint statement said: "Recalling the deep and longstanding defence cooperation between

France and India as part of the Strategic Partnership, President Macron and Prime Minister Modi welcomed the continuation of air and maritime assets in line with the ambitious Defence Industrial Roadmap agreed in 2024.

"Both leaders commended progress in collaboration in construction of Scorpene submarines in India, including indigenization, and in particular the work carried out with a view to the integration of DRDO developed Air Independent Propulsion (AIP) into P75-Scorpene submarines and the analyses conducted regarding the possible integration of the Integrated Combat System (ICS) into the future P75-AS submarines.

"Both leaders welcomed the commissioning of the sixth and final submarine of the P75 Scorpene-class project, INS Vaghsheer, on 15 January 2025. Both sides welcomed the ongoing discussions in missiles, helicopter engines and jet engines. They also welcomed the excellent cooperation between the relevant entities in the Safran group and their Indian counterparts.

Vij sends reply to show cause notice

Ambala, Feb 12 (UNI) : Haryana Cabinet Minister Anil Vij on Wednesday said that he has sent a reply to the show cause notice slapped on him by the BJP state unit chief Mohanlal Badoli. Speaking to the media, Vij said he was out of station and returned last night.

He then prepared his reply and sent the same. Vij

said that in his reply, he has written that if anything more is required, he is ready to clarify. Vij did not disclose the content of his reply and refused to take further questions.

However, when asked how the news about Badoli's show cause notice to him was leaked, the minister said if the party wished it could initiate an

inquiry. A couple of days back, Badoli sent a notice to Vij seeking his explanation for his recent remarks about Chief Minister Nayab Singh Saini. The party has termed it a breach of discipline. Vij had said that the Chief Minister remains in the air on his "Udan Khatola" and does not know the problems of the people on the ground.

Raised two civilian deaths issue with Amit Shah: Omar

Srinagar, Feb 12 (UNI) : Jammu and Kashmir Chief Minister Omar Abdullah on Wednesday said he had raised the issue of recent two civilian deaths with Union Home Minister Amit Shah during his recent meeting in New Delhi.

Omar was referring to the recent deaths of civilians Waseem Ahmad Mir of Bomai, Sopore, and Makhan Din of Kathua that sparked widespread outrage.

While Makhan Din died by suicide after allegedly being tortured, Mir died in Army's firing on the night of February 6 after he allegedly failed to stop at a checkpoint.

"I discussed with the Home Minister on the civilian killings in Sopore and Kathua and urged him to conduct a transparent inquiry into the both incidents and if anybody found guilty should be punished as per the law of land", the CM told media persons in Ganderbal today.

He said the matter of restoration of statehood to Jammu and Kashmir was also discussed during the meeting with the Home Minister.

"Matters related to the Budget session of the Union Territory beginning from March 3 were also discussed. Besides, several issues related to Jammu and Kashmir were also discussed during the meeting," Omar said.

Rajnath Singh engages in key bilateral talks at Aero India

Bengaluru, Feb 12 (UNI) : Defence Minister Rajnath Singh held bilateral meetings with his counterparts from Zimbabwe, Yemen, Ethiopia, Gambia and Gabon on the sidelines of Aero India 2025 here on Wednesday, discussing avenues for enhancing defence cooperation.

Rajnath Singh met Zimbabwean Defence Minister Oppah Muchinguri Kashiri, with both sides reviewing the existing bilateral defence cooperation and agreeing to strengthen collaboration in training, military courses, and capacity building of the Zimbabwe Armed Forces.

A Memorandum of Understanding (MoU) on defence cooperation was signed, with both leaders expressing confidence that this would lead to further deepening of ties.

Both sides underscored the importance of regular ministerial engagements in the field of defence. Both leaders deliberated on deepening cooperation in military training, courses, and capacity building of the Yemeni Armed Forces. The discussions provided additional impetus to expanding defence ties between India and Yemen.

discussed.

During Rajnath Singh's discussions with Ethiopian Defence Minister Aisha Mohammed (Eng), both countries expressed satisfaction over the growing bilateral defence ties. Acknowledging the significance of close engagement, an MoU on defence cooperation was signed to institutionalise the ongoing relations.

Both sides explored potential collaboration in military training, courses, peacekeeping, and capacity building of the Ethiopian Armed Forces. Strengthening defence industry cooperation was also discussed, with emphasis on India's emerging private sector in defence manufacturing.

In his meeting with Yemeni Defence Minister Lt Gen Mohsen Mohammed Hussein Al Daeri, Rajnath took note of increasing engagements in the field of defence.

Both leaders reaffirmed India's commitment to fostering stronger defence partnerships with African and Middle Eastern nations, underscoring India's growing role as a reliable defence partner in the global arena



NEW INDIA 75
आज़ादी का अमृत महोत्सव

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ISO 9001: 2015, ISO 14001: 2015 & ISO 45001 : 2018 Company

संदर्भ - विज्ञा 24-25/15 निविदा नोटिस दि. 24.01.2025 /Ref: ADVT.NO.24-25/15 TENDER NOTICE Date: 24.01.2025
IREL(India)Limited, Chavara invites Bid for the following items / job descriptions.

कार्य नं./Event No. (GeM)	काम/मद विवरण / Job / Item Description
GEM/2025/B/ 5863819	Manual collection of mineral sand from beach front by engaging VT/Ponmana forum members, loading and transportation of manually collected mineral sand from VT/Ponmana mining area and unloading near to spiral plant at VT mining site For 60,000 MT
GEM/2025/B/ 5851086	Engagement of 1 No of Excavator on hourly chargeable basis at Mineral sand yard at HUP
GEM/2025/B/ 5853785	Excavation, heaping, stacking, loading & transportation of mineral sand from Karithura Neendakara area to HUP yard at Chavara plant on zero moisture basis 1,00,000 Ton, Mechanical loading, transportation & levelling of tails sand from HUP MSP tails yard to excavated pits at Karithura Neendakara mining sites on zero moisture basis 70,000 Ton
GEM/2025/B/5892877	Loading of TOYO Dredger output by engaging VTPonmana forum members and transportation of mineral sand from VTPonmana mining area and unloading near to spiral plant at VT mining area
GEM/2025/B/5916900	Mechanical loading transportation and leveling of tail sand from VT mining site to excavated pits of Vellanathuruthu area

बिडर निविदा फार्म <http://irel.co.in> or <http://gem.gov.in> वेबसाइट में डाउनलोड कर सकते हैं। निविदा में कोई शुद्धिपत्र /बिस्तर वेबसाइट में ही डाल सकते हैं।
Bidder may download tender document from <http://irel.co.in> or <http://gem.gov.in> website. Any corrigendum / extension to above tenders shall be hosted in above websites only.

ह. प्रधान, चवरा / -Sd/- Head,Chavara

CBC 48139/12/0015/245



Devotees travel by an overcrowded train at Jhansi Railway Station amid a massive rush on Maghi Purnima during the Maha Kumbh Mela 2025, in Prayagraj on Wednesday.

Shri Ram Janmabhoomi Temple Chief Priest passes away

Lucknow, Feb 12 (UNI) Chief priest of Shri Ram temple Acharya Satyendra Kumar Das passed away at Sanjay Gandhi Post Graduate Institute of

Medical Sciences (SGPGIMS) here on Wednesday.

He was about 87 years old. Acharya Das was recently admitted to SGPGI due to brain haemorrhage, where he breathed his last at around 7 am. Chief Minister Yogi Adityanath has condoled the death of Shri Das.

He posted on X, "The death of Acharya Shri Satyendra Kumar Das Ji Maharaj, the chief priest of Param Ram Bhakt, Shri Ram Janmabhoomi Temple, Shri Ayodhya Dham, is extremely sad and an irreparable loss to the spiritual world. Humble tributes. I pray to Lord Shri Ram to give a place to the departed soul at his lotus feet and give strength to the bereaved disciples and followers to bear this immense sorrow. Om Shanti."

Shri Ram Janmabhoomi Teerth Kshetra Samvad Kendra Ayodhya Dham issued a statement and shared the information about the death of Mahant. It said that the chief priest of Ayodhya Dham, Acharya Shri Satyendra Kumar Das Ji Maharaj, has passed away on the holy day of Magh Purnima, at around 7 am, and breathed his last at PGI Lucknow. He had been serving Shri Ram Lalla since 1993. General Secretary of Shri Ram Janmabhoomi Tirtha Kshetra Champat Rai and other people associated with the temple management have expressed deep condolences on the demise of the chief priest.

A wave of mourning spread among saints and devotees as soon as the news broke. Just four days ago, Chief Minister Yogi Adityanath had visited PGI

to check on his health and assured all possible assistance.

Acharya Satyendra Das witnessed key milestones in Ayodhya's history, from the demolition of the disputed structure to the construction of the grand Ram temple. He had been devoted to Ram Lalla's service since 1993, offering prayers from the makeshift tent to the sanctum of the newly constructed temple. Appointed as Ram Lalla's priest in 1992, he initially received a salary of Rs 100, but his commitment to service remained unwavering for 34 years. Before becoming a priest, Acharya Satyendra Das was a teacher, having earned an Acharya degree in Sanskrit in 1975.

He began his career as an assistant teacher at Sanskrit College in Ayodhya before being appointed as a priest in March 1992 by the receiver of the temple. He bore witness to Ram Lalla's transition from a makeshift tent to the grand temple.

Following the installation of Ram Lalla in the newly constructed Ram Janmabhoomi Temple, he had requested to be relieved of his duties. However, the Ram Janmabhoomi Tirth Kshetra Trust declined his request, affirming that he would continue as the chief priest and could offer prayers to Ram Lalla whenever he wished, without any restrictions.

Belonging to a Brahmin family from Sant Kabir Nagar, Satyendra Das arrived in Ayodhya in the early 1950s, where he became a disciple of Abhiram Das, the saint who installed the idol of Ram Lalla in 1994. He shared Guru Bhairav relations with Ram Vilas Vedanti and Sant Dharamdas of Hanuman Garhi, further deepening his connection to the Ram Janmabhoomi movement.

The Shri Ram Janmabhoomi Temple Trust confirmed that Acharya Satyendra Das breathed his last at PGI Lucknow around 7 AM on Magh Purnima. He had been serving Shri Ram Lalla since 1993, dedicating himself to the temple and its traditions. Expressing grief over his demise, Champat Rai, General Secretary of Shri Ram Janmabhoomi Tirth Kshetra, along with other members of the temple management, conveyed their deep condolences.

BJP fails to pick new CM of Manipur after Biren Singh's resignation

Imphal, Feb 12 (UNI) The BJP has failed to pick a new leader as the next Chief Minister of Manipur after the resignation of N Biren Singh. BJP leader Sambit Patra who reached here on Sunday held series of talks with BJP MLAs and leaders to appoint a new leader among the BJP MLAs who will become the next CM.

Patra went to Raj Bhawan on Wednesday and held talks with Governor AB Bhalala. K Shyam MLA of BJP said it is for the BJP leaders to decide who will be the next CM.

638 stolen mobile phones recovered

Eluru, Feb 12 (UNI) : The Eluru district police have recovered 638 stolen/lost mobile phones worth Rs 76.56 lakh and handed over some of them to the owners.

Superintendent of police Pratap Shiva Kishore here on Wednesday said that the CCS police, the Cyber Crime and the Law & Order police personnel jointly recovered stolen and lost mobile phones over the past three months. Using the district toll-free number and the Central Equipment Identity Register (CEIR) portal, a total of 638 mobile phones were recovered in the 14th

phase, amounting to a total value of Rs 76,56,000.

These mobile phones were retrieved from current users in various locations, including Eluru, West Godavari, NTR District, Ambedkar Konaseema, Krishna, Visakhapatnam, East Godavari, Vizianagaram, Telangana, Kerala, Maharashtra, Tamil Nadu, and other places.

"The Eluru district police from Phase 1 to Phase 14, have recovered a total of 2,398 lost/stolen mobile phones and the estimated value of the recovered phone is Rs 4,06,39,684," the SP revealed.

The SP emphasized the

legal consequences of purchasing or selling stolen goods, as it is a punishable offense. As per Section 317 of the Bharatiya Nyaya Sanhita (BNS) 2023, individuals involved in such activities may face legal action, including imprisonment for up to three years. Cybercriminals are increasingly using inappropriate video calls and other deceptive methods for blackmail and cyber fraud, the SP said. The SP urged citizens to remain cautious against UPI frauds and to avoid clicking on suspicious links to safeguard their mobile devices. Citizens are encouraged to report

their lost or stolen phones immediately at their nearest police station through the CEIR portal, which is available across all states and union territories in India. The CEIR portal helps prevent the misuse of stolen phones and accelerates recovery efforts. For cybercrime-related issues, the SP advised the public to report complaints promptly by calling 1930 or visiting cybercrime.gov.in. Additional SP N Surya Chandra Rao, DSP D Shrivani Kumar, CCS Inspector Rajasekhar and other police officials were among those who were present.

Govt committed to 42 pc OBC reservation: Dy CM

(Standard Post Bureau)

Hyderabad, Feb 12 : Deputy Chief Minister Bhatti Vikramarka Mallu reaffirmed the state government's commitment to providing 42 per cent reservation for Other Backward Classes (OBCs) in education, politics, and economic sectors, fulfilling a long-standing demand of the BC community.

Speaking to the media at the Dr B R Ambedkar Secretariat on Wednesday, he announced that the BC

Mizoram excise officials seize about 1 kg raw opium near Myanmar border

Aizawl, Feb 12: In a major crackdown on drug smuggling, officials of the Mizoram Excise & Narcotics Department seized 945 grams of raw opium along the Indo-Myanmar border, a senior government spokesperson said on Wednesday.

The seizure was made on Tuesday evening at a location between Zote village in Champhai district and Bulfek village in Myanmar, department spokesperson Peter Zohmingthanga said.

Three individuals were arrested in connection with the case. The suspects have been identified as Beirahnei (38) of New Colony in Siahia district, Chinsianmung (25) of Bulfek village in Myanmar, and Chinsianawani (40) of Bethel locality in Champhai town. Zohmingthanga stated that the first two suspects were apprehended at the scene, and their statements led to the arrest of Chinsianawani. According to officials, the contraband was smuggled from Myanmar and was in the process of being transported to Siahia when the authorities intercepted it. The arrested individuals have been charged under the Narcotic Drugs & Psychotropic Substances Act, 1985, and were produced before a district court in Champhai on Wednesday. While Mizoram has witnessed a surge in heroin seizures over the past few years—most of it derived from opium—this latest bust is one of the largest raw opium seizures recorded in the state.

Reservation Bill will be introduced and approved in the Telangana Legislative Assembly in the first week of March, in line with the Congress party's pre-election promise. He further stated that after passage in the state assembly, the bill will be taken to Parliament, and all necessary efforts will be made to secure its approval.

A delegation led by Chief Minister Revanth Reddy, along with representatives from like-minded political parties,

will travel to Delhi to push for the bill's approval in Parliament. The Deputy CM urged all national political parties to support the legislation.

Regarding the state's comprehensive house-to-house survey, he stated that 3 per cent of families had not participated and would be given another opportunity to register their details from February 16 to 28. Citizens can register via a toll-free number, through mandal offices, or online. Officials will also visit the homes of

those requesting assistance. Emphasising the importance of caste census, he said Telangana's scientific and extensive survey, conducted by over one lakh personnel, sets an example for the entire country. The data was presented in the Legislative Assembly by CM Revanth Reddy, detailing the population distribution of different communities.

Calling for unity, Deputy CM Vikramarka appealed to political

parties, social activists, intellectuals, and the public to set aside political differences and support the BC Reservation Bill. He reiterated that OBCs constitute 56 per cent of Telangana's population and deserve equitable representation.

BC Welfare Minister Ponnam Prabhakar, Chief Secretary Shanthakumari, and Planning Department Principal Secretary Sandeep Kumar Sultania were also present at the briefing.

Mahaprasad of Sri Jagannath temple to be prepared using organic rice

Bhubaneswar, Feb 12 (UNI) : A special project called 'Amruta Anna' will be implemented to prepare the Mahaprasad of Sri Jagannath Temple using organic rice.

Initially, organic rice varieties such as Kalajeera, Pimpudibasa, and Jubaraja, produced within the state, will be used in the 'Amruta Anna' Mahaprasad, which will be made available to devotees at Anand Bazaar inside the temple premises.

Among these, Kalajeera rice has already received the Geographical Indication (GI) tag. Currently, Odisha surpasses the national

average in rice productivity.

This year, Kalajeera rice has been cultivated on 1,365 acres of land in Koraput, and for the first time, a Kalajeera rice mandi has been established in Kotpad. The decision to use organic rice for preparing Mahaprasad was discussed in a consultation meeting chaired by Sri Jagannath Temple Chief Administrator and Agriculture Secretary, Arabinda Kumar Padhee.

Padhee stated that the state government has initiated efforts to make Mahaprasad chemical-free.

The decision to incorporate organic rice and vegetables in Mahaprasad

has been welcomed by the Suar-Mahasuar community and the temple administration.

In the initial phase, this organic rice will be used in Kotha Bhoga at Shree Mandira. Additionally, there is a proposal to use organic rice and vegetables in the Bhoga offered during Shree Gundicha Rathayatra. The meeting also proposed promoting organic farming, with Farmer Producer Organizations (FPOs) being encouraged to cultivate organic rice through a cluster approach.

A steering committee will be formed to ensure smooth implementation of the project, according to official sources. The

committee will comprise representatives from the Shree Mandira administration, Suar-Mahasuar community, producer groups, NGOs, and departmental officers.

In the initial phase, the target is to cultivate organic rice on 100 to 200 acres of land, with plans to preserve seeds and later expand organic paddy production.

As part of organic farming practices, the use of cow urine, cow dung, seed amrut, and other organic fertilizers will not only enhance soil fertility but also contribute to the protection and growth of the cattle population in the state.

EAST COAST RAILWAY	
Tender Notice No. eT-BR-WAT-01-2025 Dt. 05.02.2025	
NAME OF THE WORK: PROVISION OF INSPECTION PLATFORM FOR COMPOSITE / PSC GIRDERS AT MID SPAN TO FACILITATE TAKING THE CAMBER / DEFLECTION READINGS AT CENTRE OF SPANS AND PROVISION OF PERMANENT ARRANGEMENT FOR INSPECTION OF BEARINGS OF WALTAIR DIVISION UNDER THE JURISDICTION OF ASSISTANT DIVISIONAL ENGINEER/BRIDGE/WALTAIR.	
Approx. Cost of the Work : ₹ 3,51,09,196.81, EMD : ₹ 3,25,600/-	Completion Period of the Work : 12 (Twelve) Months.
Tender Closing Date and Time : 28.02.2025 at 15:00 Hrs.	
No manual offers sent by Post / Courier / Fax or in person accepted against such e-tenders even if these are submitted on firm's letter head and received in time. All such manual offers shall be rejected summarily without any consideration. Complete information including e-tender documents of the above e-tender is available in website : www.ireps.gov.in	
Note : The prospective tenderers are advised to revisit the website 10 (Ten) days before the date of closing of tender to note any changes / corrigendum issued for this tender.	
Divisional Railway Manager (Engg.), PR-970/P/24-25 Waltair	

EAST COAST RAILWAY	
Tender Notice No. B-E29-TRD-TNDR-19-24-25 Dt. 07.02.2025	
NAME OF THE WORK: Raising of muffs for traction masts/structures in connection with Track renewal works on GDR-BZA and BZA-DVD sections of BZA Division.	
Approx. Value (₹) : 62,15,300.00 Bid Security (EMD) (₹) : 1,24,300/-	Completion period: 12 Months Date of closing: 03.03.2025 at 15.00 hrs.
S.No.1 - Cost of Tender form (₹): Nil	
A0196 Sr. Divisional Electrical Engineer, TRD, Vijayawada	
For further tender conditions / details and for downloading the tender documents, Please visit website at https://www.ireps.gov.in or www.scr.indianrailways.gov.in	

Union govt. and PM Modi fully supporting Bihar's development: Nitish

Patna, Feb 12 (UNI) : Bihar Chief Minister Nitish Kumar on Wednesday said the NDA government at the Centre led by Prime Minister Narendra Modi was extending full support in the development of the eastern state.

Addressing Sant Shiromani Ravidas Jayanti here, Kumar said he was working with the NDA for the development of the state since 2005. Kumar reiterated that it was the late Prime Minister Atal Bihari Vajpayee who made him the chief minister. He said now the Central Government and the Prime Minister Modi were fully supporting the development of Bihar.

Kumar said his government took the initiative for development of every section of the society including Hindus, Muslims, general category, backwards, extremely backwards, Dalits and Mahadalits.

Speaking about the contributions of Sant Shiromani Ravidas, Kumar said he raised his voice against casteism, discrimination and untouchability, paving the way for equality and harmony in the society.

Mahadalit Vikas Mission was established in 2009 for the benefit of the Mahadalit sections.

The Chief Minister said several schemes have been initiated for the upliftment of scheduled castes and Scheduled tribe and an entrepreneurship scheme was initiated for the section in 2015.

Under this scheme, an assistance of Rs 10 lakh including a subsidy of Rs 5 lakh was being extended to the section for entrepreneurship. The section was also getting benefits of the civil services promotion scheme and Chief Minister rural Transporter programme.

EAST COAST RAILWAY	
(1) Notice No.: eT-West-WAT-07-2025 Dt.: 06.02.2025	
NAME OF THE WORK: THROUGH RAIL RENEWAL (PRIMARY) FOR 11.354 KM. FROM KM.293.162 - KM.400.302 (IN PATCHES) ON DN LINE AND COMPLETE TRACK RENEWAL (SECONDARY) ON LOOP LINES OF VARIOUS YARDS FOR 5.557 KM. BETWEEN MALLIGURA - KIRANDUL STATIONS UNDER THE JURISDICTION OF SENIOR DIVISIONAL ENGINEER (WEST)/WALT AIR ON KK-II LINE OF WALT AIR DIVISION.	
Advised Value : ₹ 2,93,31,236.49, EMD : ₹ 2,96,700/-	(2) Notice No.: eT-West-WAT-08-2025 Dt.: 06.02.2025
NAME OF THE WORK: (1) SUPPLY AND TRANSPORTATION OF WELDING PORTIONS OF SIZES WELDING OF 60 KG/60 ER260 GRADE RAILS ON CESS / TRACK FREE OF TRAFFIC CONDITION BY ALUMINO THERMIC PROCESS INTO SHORT WELDED PANELS OR OTHERWISE WITH RSO APPROVED WELDING PORTIONS & TECHNIQUES (2) SUPPLY AND TRANSPORTATION OF WELDING PORTIONS FOR 60 KG. 90 UTS RAILS BY ALUMINIUM THERMIC / SKV PROCESS UNDER THE JURISDICTION OF SENIOR DIVISIONAL ENGINEER / WEST /WALT AIR.	
Advised Value : ₹ 68,27,477.15, EMD : ₹ 1,36,600/-	Completion Period of the Work : 12 (Twelve) Months (for both SI. Nos.)
Tender Closing Date and Time : 04.03.2025 at 15:00 Hrs. (for both Tenders).	
No manual offers sent by Post / Courier / Fax or in person accepted against such e-tenders even if these are submitted on firm's letter head and received in time. All such manual offers shall be considered invalid and shall be rejected summarily without any consideration. Complete information including e-tender documents of the above e-tender is available in website : www.ireps.gov.in	
Note : The prospective tenderers are advised to revisit the website 10 (Ten) days before the date of closing of tender to note any changes / corrigendum issued for this tender.	
Divisional Railway Manager (Engg.), PR-974/P/24-25 Waltair	

EAST COAST RAILWAY	
(1) Notice No.: eT-East-WAT-06-2025 Dt.: 06.02.2025	
NAME OF THE WORK: REPLACEMENT OF 1 MT & 10 MT CAPACITY TRUCKS SECTOR SENIOR SECTION ENGINEER/P/CHIRPURUPALLE, SENIOR SECTION ENGINEER/P/VIZIANAGARAM & SENIOR SECTION ENGINEER/P/GAJAPATINAGARAM UNDER ASSISTANT DIVISIONAL ENGINEER/VIJAYAWADA RAIL AND SENIOR SECTION ENGINEER/P/SRIKAKULAM ROAD, SENIOR SECTION ENGINEER/P/NAUPADA & SENIOR SECTION ENGINEER/P/PARALAKHEMUNDI UNDER ASSISTANT DIVISIONAL ENGINEER/SRIKAKULAM ROAD FOR CARRYING RAILWAY MATERIALS FOR A PERIOD OF 36 MONTHS IN SENIOR DIVISIONAL ENGINEER/EAST/JURISDICTION OVER WALT AIR DIVISION.	
Approx. Cost of the Work : ₹ 1,45,63,436.68, EMD : ₹ 2,22,800/-	(2) Notice No.: eT-East-WAT-07-2025 Dt.: 06.02.2025
NAME OF THE WORK: FLASH BUTT WELDING OF 60KG RAILS TO FORM LWR OR LONGER WELDED RAILS USING CONTRACTORS OWN SELF PROPELLED RAIL-CUM-ROAD MOBILE FLASH BUTT WELDING PLANT UNDER THE JURISDICTION OF ASSISTANT DIVISIONAL ENGINEER/SRIKAKULAM ROAD.	
Approx. Cost of the Work : ₹ 1,99,51,234.68, EMD : ₹ 2,49,800/-	Completion Period of the Work : 36 (Thirty Six) Months (for SI. No. 1) and 12 (Twelve) Months (for SI. No. 2).
Tender Closing Date and Time : 28.02.2025 at 15:00 Hrs. (for Tender No. 1) and 03.03.2025 at 15:00 Hrs. (for Tender No. 2)	
No manual offers sent by Post / Courier / Fax or in person accepted against such e-tenders even if these are submitted on firm's letter head and received in time. All such manual offers shall be considered invalid and shall be rejected summarily without any consideration. Complete information including e-tender documents of the above e-tender is available in website : www.ireps.gov.in	
Note : The prospective tenderers are advised to revisit the website 15 (Fifteen) days before the date of closing of tender to note any changes / corrigendum issued for this tender.	
Divisional Railway Manager (Engg.), PR-973/P/24-25 Waltair	

STANDARD POST

How Pollution Surge Fuels Stroke Cases

Air pollution has long been recognized as a significant contributor to respiratory and cardiovascular diseases. However, growing evidence now highlights its alarming connection to stroke, one of the leading causes of death and disability worldwide. The recent surge in pollution levels across North India has underscored this link, with deteriorating air quality posing severe risks to public health, including an increased incidence of strokes.

How Pollution Contributes to Stroke

Stroke occurs when blood flow to the brain is interrupted due to a clot or bleeding, leading to brain cell damage. While lifestyle factors like poor diet and sedentary habits are well-established stroke risk factors, air pollution has emerged as a silent yet potent contributor.

Fine particulate matter, nitrogen dioxide, and other pollutants can infiltrate the bloodstream, causing inflammation and oxidative stress. These processes damage blood vessels, accelerate atherosclerosis (narrowing of arteries), and raise blood pressure, all of which heighten the risk of ischemic and haemorrhagic strokes. Studies suggest that even short-term exposure to high pollution levels can trigger strokes in vulnerable individuals, while prolonged exposure significantly increases the lifetime risk.

The Situation in North India

North India, particularly during the winter months, experiences hazardous pollution levels due to a combination of factors such as stubble burning, vehicular emissions, and industrial discharge. Cities like New Delhi and its surrounding regions frequently record air quality indices (AQIs) in the "severe" category.

This toxic air is not only affecting the lungs but is also contributing to a marked rise in stroke cases. Neurology departments across hospitals in North India report a surge in stroke-related admissions during high pollution periods. Patients with pre-existing conditions, such as hypertension or diabetes, are particularly susceptible to pollution-induced strokes.

Vulnerable Groups and Immediate Impact

Children, the elderly, and individuals with pre-existing cardiovascular conditions are most vulnerable to the effects of pollution. Pregnant women exposed to high pollution levels may also face increased risks of complications that could affect both maternal and foetal health, including the likelihood of strokes. In urban areas with poor air quality, people are often unknowingly inhaling pollutants that compromise their cardiovascular systems over time. Short-term spikes in pollution levels, such as during festive seasons or crop residue burning, can act as immediate triggers for strokes, leading to emergency situations in hospitals.

Mitigating the Risks

Tackling the pollution-stroke connection requires both individual and collective action. At a policy level, stricter regulations on emissions, better public transport systems, and promoting cleaner energy sources are critical. On an individual level, people can minimize exposure by wearing masks, using air purifiers, and avoiding outdoor activities during high-pollution days.

Healthcare professionals emphasize the importance of regular health check-ups, especially for those in high-risk groups, to monitor blood pressure, cholesterol, and other stroke risk factors. Raising public awareness about the link between air pollution and strokes is equally vital to encourage proactive measures.

Women must maintain their weight to keep a multitude of diseases at bay

(Standard Post Bureau)

In today's fast-paced and demanding world, women are multitaskers, effortlessly juggling professional commitments, family responsibilities, and social obligations. While they excel in these roles, their own health and well-being often take a backseat. However, prioritizing fitness and health is not a luxury but a fundamental requirement for a fulfilling and balanced life.

Women's health is influenced by unique physiological and hormonal factors, making it even more essential to adopt a proactive approach to wellness. Maintaining a healthy body weight and staying physically active can protect against a range of preventable diseases while enhancing energy levels, mental clarity, and overall confidence.

Despite these benefits, many women struggle to integrate healthy habits into their daily lives, often due to time constraints or a lack of awareness. This article explores why maintaining a healthy weight is crucial and offers practical, sustainable tips to help women prioritize their health in every stage of life.

Why Maintaining a Healthy Body Weight Matters

Healthy body weight is more than just a number on the scale; it is a cornerstone of overall well-being. Excess weight can lead to a cascade of health issues that affect every aspect of life, from physical health to emotional and



Dr Geeta Shroff,
Director, NuBella Centre for Women's Health

psychological well-being. Studies consistently show that obesity or being overweight increases the risk of several chronic conditions, including:

Cardiovascular Diseases: Women with excess body weight are more susceptible to hypertension, high cholesterol, and heart diseases.

Type 2 Diabetes: Excess weight affects how the body processes sugar, leading to insulin resistance and diabetes.

Polycystic Ovary Syndrome (PCOS): A common hormonal disorder linked to obesity that can cause infertility and metabolic complications.

Osteoarthritis: Increased weight puts pressure on joints, leading to degenerative joint diseases.

Mental Health Issues: High body weight can contribute to low self-esteem, depression, and anxiety.

These health challenges underscore the importance of maintaining a healthy weight through consistent lifestyle choices.

Practical Tips for Women to Stay Fit and Healthy: Balanced Nutrition – Nutrition forms the foundation of good health. Women should focus on a diet rich in whole foods,

including vegetables, fruits, lean proteins, whole grains, and healthy fats. Portion control and mindful eating help in maintaining a healthy weight. Avoid processed and sugary foods, which are high in empty calories.

Regular Physical Activity - Exercise is non-negotiable for a fit and healthy body.

Women should aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous exercise per week, combined with strength training exercises.

Activities like yoga, pilates, and Zumba are not only effective but also enjoyable.

Stay Hydrated - Drinking adequate water is essential for metabolism and overall health. Aim for 8-10 glasses of water a day and limit sugary drinks.

Stress Management - Chronic stress is a silent contributor to weight gain and other health problems.

Practice relaxation techniques like meditation, deep breathing, or hobbies to manage stress effectively.

Adequate Sleep - Sleep is vital for physical and mental recovery. Women should aim for 7-9 hours of quality sleep each night to maintain hormonal balance and overall health.

Regular Health Checkups - Periodic checkups help in early detection and management of health issues.

Women should prioritize screenings for blood pressure, cholesterol, blood sugar levels, and bone density, along with routine gynecological exams.

Fitness is not just about looking good; it is about feeling strong, energetic, and confident.

For women, maintaining a healthy weight and lifestyle empowers them to take control of their health and enjoy a better quality of life. At NuBella Centre for Women's Health, we understand that every woman's health journey is unique.

We aim to support women in achieving their fitness and health goals with personalized guidance and holistic care. Let us remember: staying fit is a lifelong commitment, and every small step counts.

Lower the mercury, higher the chances of stroke

(Standard Post Bureau)

Every year it has been seen that the dipping temperatures are responsible for a rise in the number of cardiovascular problems, among which stroke is one of critical illnesses. This year, the temperatures have started to take sudden dip and is expected to be so throughout the new year period especially in the Northern part of the country.

Stroke, which can be because of blockage causing paralysis or burst of blood vessel leading to bleeding, is seen more commonly during the winters. This is an important problem, as stroke is recorded to be the third leading cause of death and disability and WHO estimates suggest that one in four people may suffer stroke over a lifetime. It is particularly worrisome that many young patients with uncontrolled blood pressure have developed bleeding in the brain during this vulnerable period. Probably the sudden increase in blood

pressure in cold weather has played a role in these particular patients.

Various studies conducted in Japan, Korea, USA and China also suggests that there are more chances of stroke during the winter months. Several studies suggest that during extreme cold conditions, the risk of getting a stroke attack increases by 80% particularly when temperature dips below 15 degrees Celsius. Last year a study of around 56000 stroke deaths (over a decade) in Sao Paulo, Brazil found that falling temperatures may increase the number of deaths from stroke, particularly among people over 65 years. Another German study published in the same year in the European Journal of Epidemiology discerned that for every 2.9-degree Celsius drop in temperature over 24 hours, strokes increased 11 percent, and at higher rates for those already at risk. In the year 2016, a study published in the Journal of Stroke and Cerebrovascular Diseases examined nearly 1.72 Lakh



Dr. Vipul Gupta, Group Director and Head of Neurointervention at Paras Hospital, Gurugram

ischemic hospitalizations in the United States and found that most of them occurred in cold average temperatures and when temperatures fluctuated significantly. Taking care of this issue is very important because this

may lead to more chances of this deadly disease.

Why is winters a potential season for the rising incidences of stroke?

One of the prime reasons can be attributed that during the cold

Saint Ravidas emphasised Karma, spiritual purification: Yogi

Lucknow, Feb 12 (UNI) Uttar Pradesh Chief Minister Yogi Adityanath on Wednesday emphasised the importance of Karma on the 648th birth anniversary of Sant Shriromani Satguru Ravidas Ji Maharaj. The CM paid floral tributes to the revered saint's statue and highlighted his teachings on spiritual purity and dedication to work.

While addressing a program at Ravidas Mandir, Jafar Khera, Kanpur Road, he said that Satguru Ravidas attained the pinnacle of success through the practice of Karma. "He gave importance to karma. Our scriptures also emphasise the significance of performing one's duty. The Shrimad Bhagavad Gita states, 'Karmanye vadhikaraste Ma Phaleshu Kadachana' (one must focus on action, not its rewards). Similarly, karma determines one's destiny," he said. Yogi said that India can only achieve its vision of becoming a developed nation by prioritising work. He credited Prime Minister Narendra Modi's commitment to 'Karma Sadhana' over the past 11 years for elevating India to the ranks of global leaders.

He shared an anecdote about Sant Ravidas in Kashi, emphasising the power of spiritual purity. "When invited to bathe in the Ganga, Ravidas, busy stitching shoes, asked a saintly associate to offer one anna on his behalf. During the offering, Maa Ganga miraculously accepted Ravidas's coin but not the saint's. Shocked, the saint asked Ravidas about this, to which he replied, 'If the mind is pure, then Ganga is in the pot'. His words highlighted that true spirituality lies in purity of heart and dedication to karma," he said. The CM also highlighted the ongoing Maha Kumbh in Prayagraj, describing it as a deeply spiritual occasion. "Since January 13, more than 47 crore devotees have taken a sacred dip in the Ganga, Yamuna, and Saraswati confluence. This spiritual journey will continue until February 26, with millions more expected to participate in the coming days," he said.

He said that, in line with PM Modi's vision, the BJP-led double-engine government has transformed Shri Govardhan, the birthplace of Sadguru Ravidas in Kashi.

He highlighted major infrastructure improvements, including the construction of a grand statue, a public park and a passenger rest house, along with the expansion of road connectivity from a single-lane to a four-lane highway.

Yogi said, "Before 2017, there were no proper facilities. Today, over 1.5 to 2 lakh devotees can sit together in the park. We have also renovated the sacred sites of Maharishi Valmiki and Sant Tulsidas and are planning to introduce a ropeway system." He assured the temple committee that the state government is committed to the renovation of the Jafar Khera temple. "The government has already sanctioned Rs 1.06 crore for this project. There will be no shortage of funds and all necessary support for the beautification of the temple and other sites associated with Sant Ravidas Ji will be provided," he said.

seasons the blood vessels constrict, which leads to the increase in blood pressure, which is a major risk factor for stroke. Also, there are various changes in the chemical balance in our body during the winters that increases the chances of clotting. Probably the reason number of stroke cases go up by 11 per cent during winters. Other factors include prevalence of unhealthy habits like too much eating and drinking combined with decrease in physical activity. And in countries like India, High pollution levels and depleting Air Quality Index (AQI) clubbed with winter smog also aggravates the condition.

Though anyone is susceptible to get a stroke, however, people with existing cardiac problem, high blood pressure problem, smokers, obese and elderly need to be watchful as with the weather getting cold, they are the ones more vulnerable to get a stroke. In fact, such patients have a higher risk of even dying from heart disease as well. Reducing the risk of stroke in winters In order to curb down the chances for stroke and other cardiovascular events, the most vulnerable groups need to take sensible precautions to ensure and minimize the after-effects of extreme cold weather. It is strongly recommended to regularly monitor your blood pressure during this changing weather, particularly those who are already hypertensive. And even with mild changes or rise in the blood pressure, one need to immediately consult the doctor who can prescribe an adjustment in the medications. It is also advised to keep warm and avoid sudden exposure to severe cold temperatures as the risk of stroke remains for many days after the exposure. The elderly are advised to keep warm and if possible heat the home as well. It is advisable to keep oneself well hydrated and avoid sudden excessive exertion, excessive drinking or unhealthy eating.

Landslide kills 2 gold miners in North Afghanistan

Faizabad, Afghanistan, Feb 12 (UNI) :Two gold miners lost their lives due to the landslide in northern Afghanistan's Badakhshan province on Tuesday, provincial police spokesman Ehsanullah Kamgar said Wednesday. A group of gold miners were busy extracting the precious element in Shahr-e-Buzurg district on Tuesday afternoon when a hilltop slide killed two on the spot, the official added.

A similar incident claimed the life of another gold miner in Badakhshan province a week ago. Lack of modern machinery in mining and illegal extraction of mines by unskilled miners often lead to disasters, which claim the lives of poor miners in Afghanistan.

41 healthcare centers closed in 2 Afghan provinces due to US aid cut

Kabul, Feb 12 (UNI) : A total of 41 healthcare centers have been forced to shut down due to cuts in U.S. assistance in the provinces of eastern Ghazni and central Bamiyan in Afghanistan, a local media outlet reported on Wednesday.

"A total of 39 healthcare centers have been closed, including 15 small clinics, three subsidiary centers, 17 mobile teams, one safety center, and two medical clinics, in Ghazni province," TOLOnews quoted Mullah Hamidullah Nisar, director of the information and culture department of Ghazni.

After the suspension of U.S. aid, residents of Bamiyan have also been affected. With the cut in aid, two healthcare offices in Bamiyan have been closed, said Saboor Sighani, provincial government spokesman. Following the suspension of U.S. humanitarian assistance, 50 aid organisations in Afghanistan have ceased their operations.

5 injured after bus transit center explosion in U.S. Texas

Houston, Feb 12 (UNI) : Five people were injured Tuesday after an explosion at a bus transit operations center in El Paso, a city in the U.S. state of Texas, according to the El Paso Fire Department.

One person was seriously injured, as reported by the El Paso Times.

A fire started in a bus maintenance garage area at the Sun Metro Transit Operations Center, which is about 3.5 miles (5.6 km) away from El Paso International Airport, around 1 p.m. local time (2000 GMT) Tuesday. The explosion caused "severe damage" to the building, with the roof and walls collapsing, El Paso Fire Department Assistant Chief Robert Arvizu said. Fortunately, no firefighters were injured.

More than 100 firefighters responded to the fire, according to Arvizu. A large plume of black smoke was visible miles away, as seen in photos and videos shared on social media. Road closures around the explosion site are expected to last for several hours, according to the El Paso Times. El Paso International Airport operations were not affected, city officials confirmed. An investigation into the incident is under way.

Russia releases detained U.S. citizen Marc Fogel

Moscow, Feb 12 (UNI) : U.S. citizen Marc Fogel, who was convicted in Russia for drug smuggling and possession, has been released to the United States, local media reported on Wednesday.

"The information regarding his release is accurate. However, we do not know the route he is being transported on," Fogel's lawyer, Dmitry Ovsyannikov, told RIA Novosti, adding that he could not provide further details. Earlier, U.S. National Security Advisor Mike Waltz said that Trump's Middle East envoy, Steve Witkoff, visited Russia to negotiate Fogel's return. Witkoff accompanied Fogel on a flight back to the United States.

CNN previously reported that Fogel, 61, had worked for nearly a decade as a history teacher at the Anglo-American School in Moscow.

Fogel and his wife were detained at Sheremetyevo International Airport in August 2021 upon arrival from New York, with marijuana and hashish oil found in their luggage. During the search, investigators found out that his wife, who was sent home, was able to get rid of evidence in the apartment before the security forces arrived. A Russian court convicted Fogel of large-scale drug smuggling and possession. In 2022, the Khimki City Court in Moscow sentenced him to 14 years in a high-security penal colony.

Egypt to unveil Gaza rebuilding plan without relocation

Cairo, Feb 12 (UNI) : Egypt plans to present a comprehensive Gaza reconstruction plan designed to ensure Palestinians remain on their land, officials said Tuesday. The Egyptian foreign ministry said in a statement that the plan will be formulated in a way that respects and upholds the legitimate and legal rights of the Palestinian people.

According to the ministry, any proposed solution must consider the peace process within the region and seek to resolve the root causes of the ongoing conflict. This requires an end to the Israeli occupation of Palestinian territories and the implementation of the two-state solution, which is the sole path towards achieving stability and peaceful coexistence among all peoples in the region, the statement added.

The statement also expressed Egypt's aspiration to cooperate with the United States to achieve "a comprehensive and just peace in the region by reaching a just settlement of the Palestinian cause that upholds the rights of the region's peoples."



Prime Minister Narendra Modi meets Google CEO Sundar Pichai in Paris on Wednesday.

2 killed as landslide sweeps truck off Bolivian highway

La Paz, Feb 12 (UNI) Two women died when a cargo truck was swept off a highway by a landslide in Bolivia's La Paz department, authorities said Tuesday.

The regional police commander said the accident happened Monday morning on the Quiabaya-Sorata highway following heavy rains that triggered deadly landslides across the country.

Relentless rains since November 2024 have caused widespread destruction across Bolivia. The Vice Ministry of Civil Defense reported that 109,156 families had been affected or displaced as of Feb. 5, with more than 300 homes completely destroyed.

UN chief condemns death of employee detained by Yemen's Houthis

United Nations, Feb 12 (UNI) : UN Secretary-General Antonio Guterres on Tuesday denounced the death of a staff member of the World Food Programme (WFP) detained by the Houthis in Yemen, calling for an immediate, transparent and thorough investigation into the tragedy.

"I strongly condemn the death in detention on 10 February of a World Food Programme colleague who had been arbitrarily detained by the Houthi de facto authorities since 23 January 2025," Guterres said in a statement.

The UN chief extended his deepest condolences to the employee's family and WFP colleagues.

"The circumstances surrounding this deplorable tragedy remain unclear, and the United Nations is urgently seeking explanations" from the Houthis, he said, calling for "an immediate, transparent and thorough investigation" and for those responsible to be held accountable.

Guterres said that dozens of personnel from the United Nations, national and international NGOs, civil society organizations, and diplomatic missions continue to be detained, some of whom for several years.

UNHRC recommends independent investigations into Bangladesh July Uprising violence

Dhaka, Feb 12 (UNI) : In its probe into the violence following the July uprising, the United Nations Human Rights Council has recommended independent investigations into the multiple instances of violence that took place following the July Uprising in 2024, stating that if left unaddressed, these could pose major risks to the country's social fabric, democratic culture and cohesion going forward.

The UNHRC noted that violent mob killings against minorities, journalists, and Awami League officials continued well after the ouster of former Bangladesh Prime Minister Sheikh Hasina's government, with multiple revenge killings taking place, particularly from early August onwards. Most of the killings were noted to have little connection with the protests, but instead had completely separate motivations.

The report, released by the Office of the United Nations High Commissioner for Human Rights (OHCHR) today (12 February), cited instances of attacks, saying, "While protests were ongoing, some elements in the crowds committed lynchings and other serious retaliatory violence targeting the police and

China reveals names of moon-landing spacesuit, manned lunar rover

Beijing, Feb 12 (UNI) : The China Manned Space Agency (CMSA) on Wednesday unveiled the names of the moon-landing spacesuit and manned lunar rover for the country's manned lunar exploration missions.

The moon-landing spacesuit is named Wangyu, meaning gazing into the cosmos, and it echoes the name of the country's extravehicular spacesuit, Feitian, which means flying into space, according to the CMSA.

It represents that after realizing the goals of spaceflight and establishing China's space station, the country's manned space program has embarked on a new journey of venturing to the moon and deeper space.

The name also signifies the country's steadfast

Tropical cyclone off northwest Australia expected to make landfall within days

Sydney, Feb 12 (UNI) A tropical cyclone has formed off the north coast of Western Australia (WA), with authorities warning it will make landfall as a category three storm on Friday. Australia's Bureau of Meteorology (BoM) declared Tropical Cyclone Zelia on Wednesday as a category one system in the Indian Ocean.

It said that the cyclone was 280 km west of the town of Broome on WA's northwest Kimberley coast and 320 km northeast of Port Hedland in the Pilbara region. The BoM said that the cyclone is tracking towards the eastern parts of the Pilbara and warned communities along a 700-km stretch of coast between Broome and the industrial port of Dampier to prepare for the storm to hit.

Awami League officials or supporters, often in apparent direct response to unlawful violence perpetrated by or attributed to the victims," as reported by The Business Standard BD. The report further noted that Hindus, Ahmadiyya Muslims and indigenous people from the Chittagong Hill Tracts were also subjected to human rights abuses, including the burning of homes and attacks on places of worship, with different underlying motivations. Instances of vandalism, arson, and robbery of the properties of several prominent businessmen and Awami League

officials, or their families also took as police had all but ceased its operations in a lot of places due to the fear of the crowd.

The OHCHR said it could not provide its own estimate on the extent of revenge violence, in particular killings of police officers and Awami League members.

"Awami League provided OHCHR a detailed list with names, dates and causes of killings according to which 144 officials and members of Awami League and its affiliated organisations were killed during attacks that occurred between 1 July and 15 August,

including 23 deaths up to 3 August, 35 deaths on 4 August, 68 deaths on 5 August and another 18 deaths between 6 and 15 August." It said according to Bangladesh Police, 44 police officers were killed and a further 2,308 were injured during the period of 1 July to 15 August. The Border Guard Bangladesh reported that three border guard personnel killed and 129 injured. Among the paramilitary forces, the Bangladesh Ansar and Village Defence Party reported three killed and 63 injured, while two officers of the Rapid Action Battalion were killed and 307 injured.

Mexico City, Feb 12 (UNI) Mexico on Tuesday rejected the 25-percent tariffs on all steel and aluminum imports announced a day earlier by the U.S. administration.

Noting that Mexico has a deficit with the United States in steel and aluminum trade, Mexican President Claudia Sheinbaum told reporters that there is no point in placing tariffs on Mexico's steel and aluminum exports.

It is even more important to note the existence of the United States-Mexico-Canada Agreement, which benefits all three parties, she said.

At the same press conference, Mexican Economy Minister Marcelo Ebrard said the United States earns more from trade with Mexico. Imposing these tariffs would raise the price of components used in different industries, including the automotive industry, where a piston, for example, crosses the borders between Mexico, the United States and Canada multiple times during its manufacturing process, he said. Prior to the announcement of the new tariffs, U.S. President Donald Trump signed an executive order to impose a 25-percent tariff on Mexican imports, but later agreed on a one-month suspension on the measure. During his first presidential term, Trump imposed tariffs of 25 percent on steel and 10 percent on aluminum imports. He granted certain trading partners duty-free exemptions later, including Canada, Mexico and Brazil, his country's main markets in this area.

United Nations, Feb 12 (UNI) The suspension of U.S. foreign aid has harmed UN humanitarian operations in the Democratic Republic of the Congo (DRC), a senior UN official said Tuesday.

"The security and humanitarian situation in the eastern DRC remains extremely volatile," with escalating armed clashes, mass displacement and increasing insecurity in both North Kivu and South Kivu provinces, said Bruno Lemarquis, deputy special representative of the UN

secretary-general, resident coordinator and humanitarian coordinator for the DRC.

The U.S. suspension of foreign aid "is having a major impact" on humanitarian aid operations in the country, Lemarquis told reporters via video from the capital Kinshasa. The dependence on U.S. funding "means a lot of programs had to shut down on everything we are doing. So, it's emergency health, it's emergency shelter," he said, adding that coordination capacity

in his office had to halt.

"This is a major source of concern with several UN agencies and international NGOs active on the ground having seen their operations at best severely impact, if not halted," he said.

Lemarquis said the only exception so far was emergency food assistance, calling for more exceptions from Washington and urging the international community to intensify support for the humanitarian response in the country.

DeepSeek gains popularity in Russia for high-quality content, accessibility: Media

Moscow, Feb 12 (UNI) Chinese artificial intelligence (AI) application DeepSeek has become popular among Russian users for its high-quality content and accessibility, RIA news agency reported Tuesday. "DeepSeek has primarily become popular due to the high-quality content that can be generated using the company's large language model, as well as the availability of its products," the report said, citing the press service of the AI segment of Russia's largest mobile operator MTS. Unlike ChatGPT, DeepSeek is free and can be easily downloaded in Russia, it said, adding that the rise of new free and accessible applications like DeepSeek will likely lead to a decrease in ChatGPT's users. Russian mobile operators t2 and Yota have also previously noted a growing interest in DeepSeek nationwide. DeepSeek's monthly users was 15 percent larger than that of ChatGPT in January, according to data from t2.

Mexico rejects U.S. tariffs on steel, aluminum

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Beauty

Why you should try a Hair spa this summer



Treatments using exotic oils and pastes can be a boon for thinning, heated tresses this time of the year

mixed with the conditioner onto the hair. I recommend using argan oil, which is very beneficial and can penetrate the hair shaft and restore moisture. After oiling and shampoo, a deep-conditioning mask or pack made with natural ingredients is applied to the hair and massaged well.

5 steps to a home hair spa

A hair spa is not just about pampering the hair with a massage. It also provides nutrients to the hair, with a variety of packs. The four essentials are: Oil massage, shampoo, mask and conditioner.

1. Massage your scalp: This is the first step to start a hair treatment at home. Warm some coconut oil or olive oil. Massage your head with this. This increases blood circulation and boosts hair growth.
2. Steam the hair: Dip a towel in warm water and squeeze the excess water out. Wrap the towel around the hair. This allows the oil to penetrate deep into the scalp. Do this for about 5-6 minutes.
3. Wash your hair: Now, wash the hair with a mild shampoo. Use only cold water as hot water is harmful to the hair roots.
4. Apply conditioner: Post the shampooing, use a conditioner. You can also use the water of tea leaves to which a few drops of lime juice has been added. Or try a paste of grated beetroot to which hibiscus powder has been added. The hibiscus flower powder is a great base and is rich in iron and other vitamins. Rinse it off after half an hour with just warm water and no shampoo.
5. Lastly, a hair mask: The last step is crucial as it seals in the nourishment. Try making this mask at home. In a bowl, mix two eggs, honey and some coconut oil. You can add a ripe

banana to this — banana is a softener. You can also use olive oil instead of coconut oil. Leave the mask on for 20 minutes, then rinse with a mild shampoo.

Try these hair masks

Avocado mask

Make a mix of 1 avocado, 1 egg and a little lemon juice. Apply this concoction to wet hair and leave on for 15 minutes. Rinse and wash.

Banana-almond mask

Mash up a banana and add a few drops of almond oil to this. Mix well and massage this on the hair. Allow it to remain for about 20 minutes, then rinse and wash hair. Gives softness to the hair.

Honey de-frizzing mask

Take half a cup of honey and yogurt. Add half a teaspoon of almond oil to it. Mix and add to the hair. Wash off.

Pumpkin booster

Blend a cup of cooked and diced pumpkin, half a tablespoon of coconut or almond oil, a teaspoon of yogurt and one teaspoon of honey. Apply on the hair and leave for 20 minutes. Rinse off. As pumpkin is a source of vitamin A and potassium, it calms the scalp and promotes hair growth.

Use a night cream for Better skin

Night creams work wonders on your skin while you sleep... read on to find out more



Skin is the most important part of one's body. And it is the most essential part of one's beauty as well. If your skin looks fresh and radiant, there is little that you need to do after that. And in the rush to look younger and slow down the process of ageing, night creams have come as a blessing to women who want to keep themselves beautiful.

So how do these night creams work? And are they any good? Better than day creams? These are the normal questions that arise in a person's mind. But let me tell you, night creams are very good. They repair and moisturise your skin. These are called night creams because you apply them before you go to sleep and when you wake up, viola! You find your skin refreshing and the complexion soft and rosy. This is because the elements used in night creams remove all the dull and dead skin while you sleep. The night creams are thicker as compared to the ordinary moisturisers. Hence, they penetrate deep inside the skin and moisturise it. And the vitamins and snit-ageing components help your skin look younger, wrinkle-free.

Also, when you are sleeping, the deep-breathing helps your skin produce new cells, which also helps in looking younger. But remember; don't apply the night cream on your upper lids of your eyes before sleeping or else you will wake up with puffy lids. So use the night creams and wake up to find a soft and supple skin and feel refreshed.

It's certainly hot and while you're watching your diet and eating right, also ensure you take care of your hair, which faces damage due to the heat. A hair spa can take care of that. Importantly, it seeks to normalise oil secretions due to sweating. Of course, one can go in for a hair spa for tired-out hair during any season, but with the hair losing its moisture and sheen during the summer, the treatment is especially a boon. Agrees beauty expert, Nisha Jhaveri. "Sun damage does have an adverse effect on the hair, leaving it dehydrated.

But as people are constantly highlighting and streaking their hair, it makes the hair very brittle. So, I'd advise a hair spa at least once a week at any time," she says.

What is the treatment about?

If you're going in for a hair spa, the therapist would first take a look at what kind of hair you have, its quality, etc. You are then offered suitable remedies and packs. Some spas also have a protein treatment for hair. Says Jhaveri, "The idea is to rejuvenate and protect the hair. A serum is

Sign #1

Your hairstyle hasn't changed since ages

You have evolved through the years and so has your sense of fashion but not your hairstyle. It's high time you altered that too. Hairstylist Savio Pereira suggests you to get inspired by collecting images of cuts and styles you wish to have. Hurry and schedule an appointment!

Sign #2

You look older than you really are

Even though you might humbly grace greying, often when the grey strands are visible at a young age, you tend to look older than you are. Consider a colour change or head in to shorten the length of your hair to look chic as they age.

Sign #3

Your hair has no volume

With the increasing level of pollution and almost no time to oil and nourish your hair every week, the hair starts losing out on volume. "When you feel your hair is flat on the crown and has no movement even after a blow dry, it is time for you to go in for a new hairstyle," says Sylvia Chen hairstylist. A haircut with added layers will retain the length and will inject life and energy to your hair.

Sign #4

Your hair colour has begun to fade out

You are planning to go for a party and you notice that your hair colour has begun to fade out, and you don't want people to start noticing the little strands of grey hair. Head to a salon straight away and ask your hairstylist for a new look. Add deeper, warmer streaks using peroxide and ammonia-free shades in burgundy and mahogany to add loads of dimension without damaging your hair.

Sign #5

No one compliments your long-black-straight-hair

You'd had people complimenting your long straight hair 5 years back. But now no one notices it! Turn heads by a simple twist to your present hairstyle. Hairstylists recommend setting your strands on hot rollers. Of all the styling tools, the hot rollers produce the sexiest and the softest waves.

Sign #6

You are bored with your current hairstyle

Going to beauty parlours is not always a viable option due to time and financial constraints. However, we still look forward to healthy and glowing skin. Here are some quick home remedies anyone can follow. Everybody desires to have fair and flawless skin like Kareena Kapoor and Katrina Kaif. Television advertisements and tips garnered from the internet tell us we ought to drink gallons of water and use endless varieties of creams, soaps and face washes. Instinctively, we also know maintaining a beautiful,



10 signs you need a hair Makeover

It usually takes a jolt to do anything that would fundamentally change our look. But it's worth it. If no one has given you a second glance in a while and you are tired of tying the same boring ponytail, it's time for a snip...

Limp and dull hair

You might like the length of your hair and be quite happy with your hairstyle, but often the hair becomes dull and boring. Chen explains,

"The hair needs a cut or a trim every three to four months. Though the hair is growing constantly, however due to regular use of styling products or wash and external factors like exposure to sun, air and dust, the hair develops split ends and becomes dull and limp and loses its texture. This is the time you should go in for a haircut or a hair make-over."

Sign #8

When your partner says 'you still look the same'

When your partner says 'you still look the same,' he is not referring to your overall look always. He is looking for a change in your hairstyle too! Ask your hair expert to give you an interesting look to surprise him when you get back home. Pereira says, "If you have long hair, you could opt for layers and shorten your hair upto your shoulders and if you have medium-length, you could go in for a flared bob."

Sign #9

Always sporting a pony

You wouldn't want your hair to look like a lizard's tail! Chen says, "You can add some layers and locks to your mane to wear them down." If you do not want to shorten the length of your hair, you can always add layers or bangs to add more volume to your hair. This will help you can wear them in any way you want to and not tie them up all the time.

Sign #10

You fail miserably every time you try to style your hair

If styling your hair takes more than 15-20 minutes, then your cut is clearly not making the most of your texture. In this case, ask your stylist to give you a hair cut or style that is easy to maintain and can be styled in just five to 10 minutes.

Treat your skin to oatmeal, almonds

ageless skin also means numerous visits to the parlours and emptying out of our hard-earned cash on various beautification regimens.

But for many of us this is not an option. A more viable alternative to have an enviable skin tone is right inside your kitchen cabinets itself. Skin specialist Keertana Mohan, gives a few tips on how to prepare your own skin creams

and lotions to look picture perfect.

- Add oatmeal to a mixture of curd and tomato and apply it on your face. Wait till it dries. Wash off. Repeat twice a week to de-tan your face. - Keep raw potato slices to remove blemishes and scars on the face. Keep repeating the process till you achieve the desired result. - Take one spoon of milk powder and to it add a teaspoon

of lemon juice and a drizzle of honey. When it becomes a homogenous mixture, add some almond oil and mix it thoroughly again. Apply this mix on your face and rinse it out after 20 minutes. - Take one tomato and crush it to a pulp in a blender, to it add 6 drops of lemon juice. Apply the pulp on your face for about 20 minutes to achieve an instantaneous glow and lightens skin as well. - Take some

almonds and soak in cold water overnight. Crush them in the morning and add it to 20 ml of honey. Rub the concoction to your face for about 30 minutes. Rinse off with cold water to reveal fresher, glowing skin. - Take dried orange peels and crush it to powder. Add this to milk and apply the paste on your face. It must be used regularly for whiter skin.

"Apart from this, consuming fruits and raw vegetables are always beneficial, to maintain your skin's healthy glow," says Mohan.

Rybakina's ex-coach Vukov banned after investigation

London, Feb 12 (UNI) The WTA Tour ban on Stefano Vukov, the former coach of world number five Elena Rybakina, has been upheld by an independent probe into his behaviour towards the player.

The WTA - which governs women's tennis - had in January provisionally suspended the Croat for allegedly breaching its Code of Conduct, BBC reported.

On Tuesday, the WTA confirmed Vukov's ban had been upheld. The 37-year-old has rejected the allegations while Rybakina said she was never mistreated by him. Confirming the conclusion of the investigation to BBC Sport, the WTA added: "Following this process, the suspension remains in place", but declined to give further details, while expressing the body's commitment to deal with the matter in a fair and objective manner. It also did not specify how long the ban on Vukov will continue and which part of the WTA's code he has breached.

Vukov can appeal against the decision.

The decision means Rybakina will not be able to bring Vukov back on to her team - something she hoped to do at the start of the year. Concerns have been raised over the past few seasons by some, including coach and commentator Pam Shriver, about the way Vukuov spoke to Rybakina on and off court at tournaments.

Kazakhstan's Rybakina, who won the Wimbledon title in 2022, said at last month's Australian Open she has never made "any complaints" about Vukov, adding: "I don't agree with a lot of things the WTA do in the sense of my relationship with Stefano".

Torrent group to acquire majority stake in Gujarat Titans

New Delhi, Feb 12 (UNI) : Marking its foray into sports sector, Torrent Group has entered into a definitive agreement to acquire a majority stake of 67% in the Indian Premier League (IPL) franchise, Gujarat Titans from Irelia Company Pte Ltd. "The transaction is subject to customary closing conditions and approvals (including from BCCI)," the company said in a media release. As part of the deal, Irelia will retain a substantial minority stake of 33% in the franchise. "This strategic partnership between one of India's leading Business Groups and a globally renowned private equity firm, is the first of its kind in India's sports sector and will unlock exciting opportunities for growth and collaboration," Torrent group said. Jinal Mehta, Director, Torrent Group, said that as sports continues to gain prominence in India, the company sees great potential in this rapidly growing sector.

"With the acquisition of a majority stake in the Gujarat Titans, we are excited to have the opportunity to elevate our fan experience and unlock new growth avenues in the years to come," said Mehta.



Former Indian cricket captain Anil Kumble prays after taking holy dip at the Sangam on Maghi Purnima, during the ongoing Maha Kumbh Mela 2025, in Prayagraj on Wednesday.

Yuvraj Sandhu storms into sole lead courtesy tournament low of 61

Kolkata, Feb 12 (UNI) : Chandigarh's Yuvraj Sandhu stormed into the sole lead, courtesy to a tournament low of nine-under 61 in Round 2 at TATA Steel PGTI Players Championship 2025 at Tollygunge Club here on Wednesday. The 27-year-old Sandhu (63-61), a winner of nine titles including one on the international stage, followed up his top-notch 63 in round one with a sensational 61 to move into a commanding three-shot lead at 16 under 124.

Jamal Hossain (65-62) of Bangladesh, a winner on the PGTI last year, struck an equally impressive eight-under 62 to close the day in second position at 13-under 127. Five players were

bunched in tied third place at 10-under 130 including Honey Baisoya (65), Rahil Gangjee (67), Kolkata's S S P Chawrasia (66), MDharma (63) and Arjun Sharma (67).

The cut came down at two-under 138. Fifty-nine professionals and one amateur made the cut. Local lad Anshul Mishra was the only amateur to make the cut. Yuvraj Sandhu, the overnight joint leader, began his fireworks on Wednesday with an eagle conversion from 15 feet on the 10th. He then added five more birdies till the first hole landing his shots within five feet on three occasions. Yuvraj conceded a bogey against the run of play on the fifth but roared back with a couple of excellent iron

shots to set up birdies on the next two holes. He capped his round with the day's longest birdie conversion from 25 feet on the eighth to fall one short of the 1998 course record set by Indrajit Bhalotia.

Yuvraj, a former winner at Tollygunge Club, said, "It was a solid ball-striking day for me. I've been working on my tee shots with my coach Gurbaaz Mann and the results are finally showing. Jamal Hossain produced a chip-in for eagle on the 10th along with eight birdies and two bogeys during his round of 62." Jamal thus climbed five positions from his overnight tied seventh.

Defending champion Manu Gandas was tied 50th at two-under 138.

India rout Macau in Badminton Asia Mixed Team Championships opener

New Delhi, Feb 12 (UNI) : India, last edition's bronze medalists, began their Badminton Asia Mixed Team Championships 2025 campaign with a commanding 5-0 victory over Macau in Group D at the Qingdao Sports Centre Conson Gymnasium in China on Wednesday.

The emphatic win also secured India's place in the knockout stage. They will now take on two-time runners-up South Korea in the second Group D encounter on Thursday to decide the group winner.

National Games mixed doubles gold medalists Sathish Karunakaran and Aadya Variyath set the tone for India with a clinical 21-10, 21-9 triumph over Leong Lok Chong and Ng Weng Chi in the opening mixed doubles fixture.

Lakshya Sen extended India's lead, defeating Pui Pang Fong 21-16, 21-12 in the men's singles, while Malvika Bansod

sealed India's knockout berth with a dominant 21-15, 21-9 victory over Chan Hao Wai in the women's singles.

India fielded a new men's doubles combination of MR Arjun and Chirag Shetty, who breezed past Macau's Pui Chi Chon and Vong Kok Weng 21-15, 21-9, making it 4-0. The women's doubles pairing of Gayatri Gopichand and Treesa Jolly completed the rout with a resounding 21-10, 21-5 win over Ng Weng Chi and Pui Chi Wa, capping off India's flawless start to the tournament.

Result: India bt Macau 5-0 (Sathish Karunakaran/Aadya Variyath bt Leong Lok Chong/Ng Weng Chi 21-10, 21-9; Lakshya Sen bt Pui Pang Fong 21-16, 21-12; Malvika Bansod bt Chan Hao Wai 21-15, 21-9; MR Arjun/Chirag Shetty bt Pui Chi Chon/Vong Kok Weng 21-15, 21-9; Gayatri Gopichand/Treesa Jolly bt Ng Weng Chi/Pui Chi Wa 21-10, 21-5).

Asalanka's ton, Theekshana's 4-fer propel SL to win

Colombo, Feb 12 (UNI) : Charith Asalanka's fighting century and Maheesh Theekshana's four-wicket haul scripted a remarkable turnaround for Sri Lanka as they secured a thrilling 49-run victory against Australia in the first ODI of the two-match series here on Wednesday. Batting first, Sri Lanka found themselves in dire straits at 55/5 after opting to bat on a tricky surface.

Asalanka, leading from the front, anchored the innings brilliantly. He was unbeaten on 50 when Eshanalinga joined him at 135/8, and from there, the captain took charge.

Managing the strike expertly, he found crucial boundaries and stitched a vital 79-run stand for the ninth wicket, of which he contributed 77. His sensational knock of 127 off 126 balls powered Sri Lanka to a respectable 214 before

being bowled out.

Sean Abbott claimed three wickets for Australia, while Spencer Johnson, Aaron Hardie and Nathan Ellis picked up two each. Despite conceding over 200 runs after having Sri Lanka in trouble, Australia would have fancied their chances in the chase. However, Asitha Fernando struck early, removing both openers to put the visitors on the back foot.

Jasprit Bumrah ruled out from India squad for Champions Trophy 2025

Dubai, Feb 12 (UNI) : India pace spearhead Jasprit Bumrah has been ruled out of the squad for the ICC Men's Champions Trophy 2025, media reports said. Harshit Rana has been named as his replacement, with the lower back injury sustained in January during the Border-Gavaskar Trophy continuing to sideline India's pace ace, according to an ICC media release.

Bumrah had also missed the ICC Men's T20 World Cup 2022 in Australia, making this the second ICC event the 31-year-old has had to miss with a back injury. India's Squad for the ICC Champions Trophy 2025: Rohit Sharma (Captain), Shubman Gill, Virat Kohli, Shreyas Iyer, KL Rahul, Rishabh Pant, Hardik Pandya, Axar Patel, Washington Sundar, Kuldeep Yadav, Harshit Rana, Mohammed Shami, Arshdeep Singh, Ravindra Jadeja, Varun Chakravarthy.

According to reports, Rana has impressed in the ongoing ODI series against England, scalping four wickets in his first two outings.

The third ODI will be played in Ahmedabad on Wednesday.

India also included spinner Varun Chakaravathy in the squad, replacing Yashasvi Jaiswal, who was originally part of the provisional team. Jaiswal has been named as a non-travelling substitute, alongside Mohammed Siraj and Shivam Dube.

India begin their ICC Men's Champions Trophy 2025 campaign against Bangladesh on 20 February, before taking on rivals Pakistan in a highly-anticipated clash on 23 February.

England Men Hockey Team arrives in Bhubaneswar for FIH Pro League

Bhubaneswar, Feb 12 (UNI) : The England Men's Hockey Team touched down here on Wednesday ahead of their participation in the India leg of the FIH Hockey Pro League 2024-25. The upcoming matches, which will be held at the iconic Kalinga Hockey Stadium, promise to showcase top-tier international hockey, with England eager to maintain their strong run in the tournament.

England, currently ranked No. 2 in the world, will face Spain in their opening match in Bhubaneswar.

Notably, England have been impressive in the FIH Hockey Pro League 2024-25 so far, securing second place in the overall standings. They have accumulated 11 points from four games, recording three wins and a draw, and are looking to build on this momentum.

A key player for England throughout the tournament has been forward Sam Ward, who has emerged as the team's leading scorer with eight goals.

His sharp finishing and ability to find the net have been instrumental in England's success, and he will be a crucial player as the team looks to climb to the top of the standings in this leg of the competition.

The England squad will be aiming to put on a strong performance in front of an enthusiastic Indian crowd at the Kalinga Hockey Stadium, which has become a renowned venue for world-class hockey. The India leg of the FIH Hockey Pro League promises thrilling matchups, and England will be eager to make their mark as they continue their pursuit of the championship.

"I'm really excited to be playing in India for the first time," said England Captain Tim Nurse upon arriving in Bhubaneswar.

"My teammates have shared their incredible experiences from the 2023 World Cup here, and I'm eager to experience that atmosphere myself. Hopefully, we'll be playing in front of a packed stadium when we take on India," he said. He added, "We're here to win and aim to secure victories in all four games of this leg. Facing India at home will be a tough challenge. We've had some intense battles with them over the past few years, and I expect more closely contested matches this time around."

Also, England's interim Head Coach Zak Jones shared his thoughts upon arriving in Bhubaneswar, saying, "I've had the privilege of being here for the 2022 Pro League and the 2023 World Cup, and I love playing here. The atmosphere is incredible, the crowd is fantastic, and I enjoy the unique culture." "The hospitality is always top-notch. While we'll need to adjust to the heat, fortunately, many of our players recently spent significant time playing in the Hero Hockey India League, so they're already familiar with these conditions," he said. On facing India, Jones added, "We're excited for the challenge. Both teams have had some great matches in the last 2-3 years, with the most memorable being at the 2024 Paris Olympics, where India beat us. We have immense respect for the Indian side as they are highly skilled. We are eager to face them and hope to execute our game plan and come out on top."

Gill's century seals series as India crush England

Ahmedabad, Feb 12 (UNI) : A scintillating century from Shubman Gill and a clinical allround performance propelled India to a commanding 142-run victory over England, sealing the five-match ODI series with an unassailable 3-0 lead here on Wednesday.

Put in to bat, India posted a formidable 356, with Gill anchoring the innings with a majestic 112. The young opener was well-supported by Virat Kohli (52) and Shreyas Iyer (78), ensuring India capitalised on a strong foundation despite a spirited late fightback from England's bowlers.

England's chase began with promise as an injured Ben Duckett (34 off 22) and Phil Salt (23 off 21) attacked early, giving the visitors a rapid start. However, yet another dramatic middle-order collapse saw them lose seven wickets for just

67 runs, ultimately folding for 214. Tom Banton's 38 was the only real resistance before a late cameo from Gus Atkinson (38 off 19) merely delayed the inevitable.

England made early inroads after winning the toss, with Mark Wood dismissing Rohit Sharma (1) in the second over. However, Kohli and Gill steadied the ship with a crucial stand before leg-spinner Adil Rashid, England's best bowler on the night (4/64), provided breakthroughs. Despite Rashid's efforts, India surged ahead, thanks to Iyer's fluent 78 and a late cameo from KL Rahul that pushed them past the 350-mark. England's bowlers did manage to pull things back, restricting India to just 67 runs in the last nine overs, but the damage had already been done.

Chasing 357, England started aggressively with

Salt playing his natural attacking game. But once India's spinners took charge after the powerplay, the visitors found themselves in familiar trouble. Banton showed brief resistance, but with wickets tumbling at the other end, England's chase never truly recovered. A disciplined Indian bowling attack, led by spinners Ravindra Jadeja and Kuldeep Yadav, ensured the visitors never found momentum, wrapping up the innings inside 40 overs.

With the series in the bag, India now head into the Champions Trophy in prime form. The team ticked all the right boxes—Rohit and Kohli found form, Gill reinforced his credentials in ODIs, and Iyer shrugged off concerns about his short-ball vulnerability with two fifties in three games. Axar Patel's resurgence with the bat is a big plus, while KL Rahul remains

Shubman Gill cracks 7th ODI ton

Ahmedabad, Feb 12 (UNI) : India's young batting sensation Shubman Gill added another feather to his cap by becoming the first Indian player to score a century in his 50th ODI.

The milestone was achieved during India's ongoing match against England at the Narendra Modi Stadium in Ahmedabad on Wednesday.

Gill also set a new record as the fastest batsman in terms of innings (50) to reach seven ODI centuries, underlining his dominance in the format. The stylish right-hander played a measured knock before accelerating to his hundred, displaying his adaptability on a pitch that offered movement early on.

With his century, Gill joined an elite group of cricketers who have scored a hundred at a single venue in all three international formats, a feat previously achieved by Faf du Plessis (Wanderers, Johannesburg), David Warner (Adelaide Oval), Babar Azam (National Stadium, Karachi), and Quinton de Kock (Supersport Park, Centurion). Notably, the 24-year-old has also registered an IPL century at this venue, further solidifying his reputation as "Ahmedabad ka Raja" (Ruler of Ahmedabad).

Gill reached his landmark in style, flicking a length delivery from Mark Wood past mid-on for a boundary in the 32nd over.

As he completed his hundred, he removed his helmet, raised his bat, and bowed in celebration while the Ahmedabad spectators erupted in applause. His teammates stood to acknowledge the knock, recognising the significance of yet another milestone in his burgeoning career.

rock-solid behind the stumps. Hardik Pandya contributed in both departments, and Jadeja led the spin attack brilliantly.

India also experimented with Varun Chakaravathy, who showed promise, while young pacer Harshit Rana impressed despite leaking runs early, making crucial breakthroughs in the middle overs. Mohammed Shami and Kuldeep eased their way back from injuries, while Arshdeep Singh once again showcased his wicket-taking ability.

For England, the road ahead looks bumpy. While their openers provided bright starts, the middle order remains a major concern. They will be hoping Duckett's injury is not serious, as he has been one of their most consistent batters. Bowling, too, remains an issue, with only Rashid standing out.

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Rayagada - Vizianagaram section inspected by ECoR, DRMs



(Standard Post Bureau) Visakhapatnam, Feb 12 : Divisional Railway Manager of Waltair, Shri Manoj Kumar Sahoo, along with DRM of Rayagada, Shri Amitabh Singhal, and other senior officers, conducted a comprehensive safety inspection and amenity review of the Rayagada-Vizianagaram section on 12.02.2025. The primary focus was to assess station facilities, staff accommodations, and infrastructure improvements at Rayagada station.

The inspection included a thorough evaluation of important areas such as circulating areas, retiring rooms, crew lobby, RRI cabin, relay room, waiting halls, food courts, booking and parcel offices, Running Room, Traction Depot, Accident Relief Trains and Medical Equipment Vans, Carriage

depot and overall station building improvements. The DRMs engaged with station staff to evaluate their competency, maintenance practices, and concerns, ensuring adherence to safety protocols and also enhancing passenger amenities and infrastructure.

Further, a safety audit was conducted at Level Crossing Gates in the Ladda-Jimidipeta section and Gajapathi Nagaram-Komatipalli section. The DRMs interacted with gatemen and staff to assess their knowledge and adherence to safety protocols.

The DRMs also reviewed ongoing station development projects at Parvathipuram, including yard improvements, and inspected Sitanagaram station. Major bridges were thoroughly inspected, with special attention given to

safety-critical elements such as fasteners, guard rails, H-beam channel sleepers, and girders.

Staff quarters at Rayagada and Parvatipuram were also inspected by both the DRMs and interacted with residents to gather feedback on available amenities and requirements. DRMs also interacted with the sectional gang men to know their acquaintance on safety protocols and working skills.

Later, DRMs inspected the Vizianagaram Yard and also inspected the amenities at Vizianagaram railway station.

Window trailing inspection was also carried out from Rayagada to Vizianagaram, during which the DRMs closely observed the maintenance of tracks, curves, bridges, points, crossings, and other related amenities.

Arun Kumar Jain, GM, SCR Conducts Inspection of Guntur - Pagidipalli Section



(Standard Post Bureau) Mumbai, Feb 12 : Arun Kumar Jain, General Manager, South Central Railway undertook inspection of Guntur - Pagidipalli section on Guntur Division today. He was accompanied by Mr M. Ramakrishna, Divisional Railway Manager, Guntur Division and other senior officials from both the Headquarters and Division throughout the inspection.

Arun Kumar Jain conducted a detailed inspection of Guntur Railway station and reviewed the passenger amenities, circulating area, Foot over bridge, Crew Booking Lobby and Running Room etc., The General Manager interacted with Loco Pilots and Guards about the facilities provided during the stay at Running Rooms. He also checked the hygiene of food supplied to staff. The

General Manager interacted with Loco Pilots and Guards about the facilities provided to them during the stay in Running Rooms. He also inspected the Women Running Room and checked the quality of food supplied, facilities available and Safety aspects.

Later, the General Manager conducted a detailed inspection of Nallapadu railway station and reviewed the passenger amenities, circulating area, Foot over bridge, Crew Booking Lobby and Running Room etc., The General Manager interacted with Loco Pilots and Guards about the facilities provided during the stay at Running Rooms. He also checked the complaint register and

compliance given. Shri Arun Kumar Jain conducts rear window inspection between Nallapadu - Piduguralla section. He inspected major bridge on Krishna River and checked the maintenance records and advised the officials to conduct regular maintenance as per schedule. Later he inspected Vishnupuram railway station. Later, the General Manager conducted a detailed inspection of Miryalaguda railway station and reviewed the passenger amenities, circulating area, Foot over bridge, Station Manager's room. He also reviewed re-developmental works and expansion plans of the Miryalaguda railway station under Amrit Bharat Station Scheme.

Indian Railways is working day and night to ensure that pilgrims return home without any delay after taking the holy bath on Maghi Purnima : Ashwini Vaishnaw

Union Railway Minister and Chairman, Railway Board visits the war room to review and monitor the situation, directing officials to run trains in all directions

(Standard Post Bureau)

Mumbai, Feb 12 : Union Railway Minister, Mr Ashwani Vaishnaw along with CEO & CRB, Mr Satish Kumar today reviewed crowd management situation of Prayagraj Railway stations in the war room at Rail Bhavan. The Minister instructed officials to ensure that trains are made available for pilgrims in all directions. He also mentioned that the Prayagraj division has been directed to run extra trains as needed to ease passenger congestion while ensuring passenger comfort in the holding areas.

According to the Mahakumbh Railway Information Bulletin, by 6:00 PM today (12 February 2025), 225 trains had been run for the



convenience of passengers, with over 12.46 lakh passengers having traveled. On Tuesday, 11 February 2025, 343 trains were

operated, carrying more than 14.69 lakh passengers. Information related to trains is continuously being provided by Indian

Railways through various channels—including special bulletins, the Mahakumbh area holding zones, railway stations, social media, and other

media outlets.

For the convenience of passengers, four holding areas near Prayagraj junction railway station (each with a capacity of 5,000) have fully been operational. Additionally, a new holding area at Khusrabagh with a capacity 100,000 passengers has been operational today on the occasion of Maghi Purnima with Special arrangements for lodging, meals, and other essentials have been made so that waiting passengers can stay comfortably until they board their trains.

All passengers are advised to obtain information only from official sources and to avoid any unverified reports and misleading information.

Splendid performance of the joint teams of Kalyan-Ratnagiri and Association Office-Bhandup

(Standard Post Bureau)

Kalyan/Bhandup, Feb 12 : Both the joint teams of Kalyan-Ratnagiri Circle and Association Office-Bhandup Circle performed brilliantly in the state level inter-zonal sports competition of Mahavitaran held in Baramati. In this competition, the joint team of Kalyan-Ratnagiri Circle won 6 gold and 11 silver medals while the joint team of Association

Office-Bhandup Circle won 6 gold and 9 silver medals.

The joint team of Kalyan-Ratnagiri Circle won silver medals in Kabaddi (Men), Cricket (Men) and Table Tennis (Women) in the team sports category. In individual sports, Megha Junghare won gold medals in long jump and 200 meters, Sunil Konkani in 5000 meters, Ranjana Tiwari in chess, Sunil

Sawant in 65 kg weight category in bodybuilding and Apurva Shirke in 90 kg weight category won gold medals.

While Megha Junghare won gold medals in 100 meters, Sampada Kotre and Chandrashekar Hemane won gold medals in 400 meters, Amit Humane won gold medals in long jump, Harshala More and Milind Dafla in javelin throw, Ranjana Tiwari won silver

medals in table tennis singles, and Leena Patil won silver medals in tennis.

The joint team of Team Office-Bhandup Circle won gold medals in Kabaddi (men), Kho-Kho (women) competitions and silver medals in Kabaddi (women), Carrom (women), 4 x 100 meters relay (women), Carrom (men), Table Tennis (women). In individual sports, Sainath Masane

won gold medals in the 100m race, Sagar Suryavanshi in the 1500m race, Sonali More in the high jump, and Anant Nagargoje in the 70kg weight category wrestling. Amrita Joshi in chess, Sainath Masane in the 200m race, Sandesh Mohite in discus throw, and Rani Pansare in badminton won silver medals. Senior officials have congratulated all the medal-winning athletes.

One-way Special Train from Mysuru to Lucknow : SWR

(Standard Post Bureau)

Mumbai, Feb 12 : To accommodate the extra rush of passengers during the Kumbh Mela, the Railway Board has approved the operation of a one-way special express train from Mysuru to Lucknow (Train No. 06221). The one-way special train number 06221 Mysuru-Lucknow Special will depart from Mysuru at 7:30 AM on Friday, 14th February 2025, and is scheduled to reach Lucknow at 4:00 PM on Sunday, 16th February 2025. The train will consist of 1 AC Three-Tier Coach, 8 Sleeper Class Coaches, 10 General Second-Class Coaches and 2 SLR/D Coaches. It will stop at Mandya, Kengeri, KSR Bengaluru, Yesvantpur, Tumakuru, Arsikere, Kadur, Chikjajur, Davangere, Harihar, Ranibennur, Haveri, SSS Hubballi, Dharwad, Londa, KHanapur, Belagavi, Gokak Road, Ghatprabha, Raybag, Kudachi, Miraj, Sangli, Karad, Pune, Daund Chord Line, Manmad, Bhusaval, Itarsi, Jabalpur, Katni, Satna, Manikpur, Prayagraj Chheoki and Varanasi stations. For more information about train schedules and ticket bookings, passengers can visit the official Indian Railways website or call the helpline number 139.

Inaugural Function of the 2nd North East India Film Festival (NEIFF) 2025 Held in Manipur

(Standard Post Bureau)

Imphal, Feb 12 : The 2nd North East India Film Festival (NEIFF) 2025 was inaugurated today in Manipur, celebrating the rich cinematic heritage of the region. The prestigious event brought together distinguished academicians, filmmakers, and film enthusiasts to highlight the power of cinema as a medium of cultural preservation, education, and social change.

The inaugural function was graced by Prof. N. Lokendra Singh, VC, Manipur University, Prof. L. Hemchandra Singh, Director, DM Community College, DM University, Shri M Asnikumar Singh, Chairman of Loktak Development Authority, esteemed guests from the film industry, and other



dignitaries. The event was organised by THOUNA, Manipur, in association with Film Forum Manipur and the Directorate of Information and Public Relations (DIPR), Government of Manipur. It was supported by the Ministry of Information and Broadcasting, Government of India, and the National Film Development Corporation

(NFDC). Speaking at the event, Shri M. Asnikumar Singh, Chairman of the Loktak Development Authority, highlighted the significance of cinema in shaping society. He stated, "Cinema is a powerful medium that not only entertains but also serves as a reflection of our identity and aspirations. Despite challenges, Manipuri cinema continues to thrive and gain

recognition, becoming a voice for the culture, folklore, and social issues unique to our state. We must support and promote our filmmakers to ensure this industry flourishes for future generations."

He further extended his best wishes to THOUNA, Manipur, for successfully organising the event and acknowledged the efforts of Film Forum Manipur, DIPR, Government of Manipur, the Ministry of Information and Broadcasting, and NFDC in fostering the growth of cinema in the state.

The NEIFF 2025 promises to be a landmark event, showcasing the creativity and resilience of filmmakers from the Northeast while fostering collaborations and discussions on the future of cinema in the region.

LG reviews security in Srinagar

Srinagar, Feb 12 (UND) : Jammu and Kashmir Lieutenant Governor Manoj Sinha on Wednesday chaired a high-level security meeting at the Police Control Room (PCR) in Srinagar, directing law enforcement agencies to intensify the efforts to crush terrorism. The high-level meeting was held just a day after Union Home Minister Amit Shah chaired a high-level meeting in Delhi on the security situation in J&K. On Tuesday, two Army personnel, including a Captain, were also killed in an IED explosion near the Line of Control (LoC) in Akhnoor sector of Jammu region. The Director General of Police Nalin Prabhat briefed the LG regarding the present security scenario of the valley and the roadmap put in place to counter the various

security challenges like counter insurgency, law & order, protection of minorities, terrorist recruitment etc. at zonal, range and district level, an official spokesman said.

IGP Kashmir also gave a detailed presentation highlighting the challenges and the achievements of the Kashmir Zone and strategic foresight for the future, he added. The Lieutenant Governor directed the senior police officials and head of its various wings to work in close synergy with each other and intensify the efforts to crush terrorism and those aiding and abetting terrorists.

He said that under the leadership of Prime Minister Narendra Modi, Jammu Kashmir is witnessing an era of peace, progress and prosperity.