

IN BRIEF

Trump threatens 100 pc tariff on BRICS countries for challenging US dollar

New Delhi, Feb 14 (UNI) :US President Donald Trump has once again issued a stern warning to BRICS countries of which India is a key member, threatening to impose a 100% tariff in case they decided to challenge the dominance of the US dollar in international trade."BRICS was put there for a bad purpose and most of those people don't want it...I told them if they want to play games with the dollar, then they are going to be hit by a 100% tariff. The day they mention that they want to do it, they will come back and say - we beg you, we beg you not to do this," Trump said while speaking to journalists in Washington.Earlier in January also, Trump had threatened to impose tariffs on BRICS countries if they tried to introduce alternative currency to the US Dollar.

Rajanna seeks clarity on Shivakumar's KPCC presidency

New Delhi, Feb 14 (UNI) Karnataka Cooperation Minister KN Rajanna on Friday urged the Congress high command to clarify the status of Deputy Chief Minister DK Shivakumar as the Karnataka Pradesh Congress Committee (KPCC) President.

Rajanna stated that the party had earlier decided that Shivakumar would retain the KPCC presidency until the parliamentary elections. With the elections now concluded, he suggested the arrangement be revisited.Speaking to reporters, Rajanna said, "Following the assembly elections in May 2023, the Congress central leadership had stated that Shivakumar would serve as both Deputy Chief Minister and state unit president until the completion of the Lok Sabha elections."

"Since the Lok Sabha elections concluded in June 2024, I have requested the party's top leadership to clarify whether Shivakumar will remain in the position or if a new president will be appointed," he said.

Defence a major plank of Indo-US joint statement; US to sell F-35s to India, says Trump

Washington/New Delhi, Feb 14 (UNI) : Defence was a major agenda on the talks between Prime Minister Narendra Modi and US President Donald Trump with the latter announcing that his administration would pave the way to provide India with the F-35 stealth fighters.

The US President said in his White House address: "We will be increasing our military sales to India from this year by many billions of dollars. We are also paving the way to ultimately provide India with the F35 stealth fighters."

PM Modi in his address said, referring to Defence, that the US has an important role in India's defense preparedness. "As strategic and trusted partners, we are actively moving in the direction of joint development, joint production and transfer of technology."

"In the coming time, new technology and equipment will increase our capability. We have decided to launch the Autonomous Systems Industry Alliance. The Defence Cooperation Framework will be created for the next decade. Defence inter-operability, logistics, repair and maintenance will also be its main parts," the PM announced.

According to the Joint Statement: The two sides firmed up a new 10-year Framework for the US-India Major Defense Partnership in the 21st Century, which will be signed this year.

HM Shah reviews implementation of three new criminal laws in Maharashtra

New Delhi, Feb 14 (IANS) : Union Home Minister Amit Shah on Friday chaired a review meeting on the implementation of three new criminal laws in Maharashtra, asking the state to establish a model Directorate of Prosecution system in line with the new criminal laws.

In the presence of Chief Minister Devendra Fadnavis, HM Shah reviewed the implementation and present status of various new provisions related to police, prisons, courts, prosecution, and forensics in the state.

The meeting was attended by the Union Home Secretary, the Chief Secretary and Director General of Police of Maharashtra, the Director General of the Bureau of Police Research and Development (BPRD), the Director General of the National Crime Records Bureau (NCRB), and other senior officials from the Union Home Ministry and the state government.The Home Minister said that the Narendra Modi government is committed to providing a speedy and transparent justice system to the countrymen.

He said that to strengthen law and order, it is essential for crimes to be registered so that there should not be any delay in filing FIRs.HM Shah emphasised that efforts should be made to achieve over 90 per cent conviction rate in cases with sentences of more than 7 years and that the police, government lawyers, and judiciary should work together to ensure that the guilty are punished as swiftly as possible. The Home Minister reiterated that senior police officers should regularly monitor cases of organised crime, terrorism, and mob lynching to prevent the misuse of the sections related to these crimes.



In this image released by @narendramodi via X, Prime Minister Narendra Modi during a meeting with US President Donald Trump at the White House, in Washington, DC, USA.

The US would expand defense sales and co-production with India to strengthen interoperability and defense industrial cooperation.

"The leaders welcomed the significant integration of US-origin defense items into India's inventory to date, including C-130J Super Hercules, C-17 Globemaster III, P-8I Poseidon aircraft; CH-47F Chinooks, MH-60R

Seahawks, and AH-64E Apaches; Harpoon anti-ship missiles; M777 howitzers; and MQ-9Bs.

"The leaders determined that the U.S. would expand defense sales and co-production with India to strengthen interoperability and defense industrial cooperation.

"They announced plans to pursue this year new procurements and co-

Kharge appoints Bhupesh Baghel as Punjab general secretary

New Delhi, Feb 14 (UNI) Congress president Mallikarjun Kharge on Friday appointed former Chhattisgarh Chief Minister Bhupesh Baghel as general secretary of Punjab and Syed Naseer Hussain of Jammu and Kashmir and Ladakh. According to a statement issued by party general secretary KC Vengopal these appointments have been made with immediate effect.

Besides general secretaries, Kharge also appointed in-charges for several states and Union Territories.Senior Congress leader Rajani Patil has been made in-charge of Himachal Pradesh and Chandigarh; BK Hariprasad for Haryana; Harish Chaudhary for Madhya Pradesh; Girish Chodankar for Tamil Nadu and Puducherry; Ajay Kumar Lallu for Odisha; K Raju for Jharkhand; Meenakshi Natarajan for Telangana; Saptagiri Sankar Ulaka for Manipur, Tripura, Sikkim and Nagaland;and Krishna Allavaru for Bihar.

production arrangements for "Javelin" Anti-Tank Guided Missiles and "Stryker" Infantry Combat Vehicles in India to rapidly meet India's defense requirements."

India is to procure six additional P-8I Maritime Patrol aircraft to enhance its maritime surveillance following agreement on sale terms.

The two sides will review

Ranveer Allahbadia skips second summons of Mumbai Police in 'India's Got Latent' row

Mumbai, Feb 14 (IANS) : YouTuber Ranveer Allahbadia, facing backlash for his controversial remarks on a comedy show, has skipped a second summons issued by the Khar Police in Mumbai, which is investigating his controversial comments on an episode of fellow content creator Samay Raina's comedy show, India's Got Latent.

On Friday, officers from Mumbai's Khar Police and Assam Police visited Allahbadia's Andheri residence but found it locked. The police had initially summoned him to appear on Friday and record his statement, but he failed to do so.Assam Police, also probing the case, pasted a notice at his residence, directing him to appear before them soon.

Meanwhile, Allahbadia

their respective arms transfer regulations, including International Traffic in Arms Regulations (ITAR), in order to streamline defense trade, technology exchange and maintenance, spare supplies and in-country repair and overhaul of U.S.-provided defense systems.

They called for opening negotiations this year for a Reciprocal Defense Procurement (RDP) agreement.

They called for accelerating defense technology cooperation across space, air defense, missile, maritime and undersea technologies.

The US announced a review of its policy on releasing fifth generation fighters and undersea systems to India.

They announced a new initiative - the Autonomous Systems Industry Alliance (ASIA) - to scale industry partnerships and production in the Indo-Pacific.

[The Autonomous Systems Industry Alliance refers to India-US cooperation in the area of underwater domain awareness technologies.

The US has offered a few co-production and co-development opportunities for UDA technologies, on commercial basis.

India is the very first country with whom US defence industry has offered to work with on these sensitive technologies.



Nityanand Rai raises alarm over growing complexity of cross-border terror financing

Minister of State for Home Affairs Nityanand Rai expressed concerns about the growing cross-border connections in terror financing, noting that the flow of funds is becoming more complex.He highlighted that with the advancement of new digital technologies, the methods, sources, and channels through which terrorists move assets are becoming more complex and posing a major challenge to global security, a Home Ministry statement said here on Friday. The Minister was speaking at the 4th No Money for Terror (NMFT) Conference held in Munich, Germany, on Thursday.

(See on page 2)

Role of maritime sector vital for India to become developed ...



Former President Ram Nath Kovind on Friday emphasised on the critical importance of India's maritime resources, trade routes, and strategic positioning in the global geopolitical landscape.

(See on page 4)

Smith optimistic about Champions Trophy despite ...



Australia's stand-in skipper Steve Smith was unperturbed about the team's Champions Trophy prospects despite the side suffering a 2-0 ODI series reversal against Sri Lanka.Australia have been ravaged by selection issues, with Pat Cummins, Josh Hazlewood and Mitchell Marsh all ruled out of the tournament with injuries.

(See on page 7)

Punjab CM launches revolutionary digital education ...



Punjab Chief Minister Bhagwant Singh Mann on Friday distributed laptops to the students of the government school as a part of the digital education program of the Ludhiana administration.

(See on page 8)

STANDARD POST

Role Of Prashant Kishor In Helping Trinamool Counter BJP In Bengal

Elections in Bengal just two months away, poll strategist Prashant Kishor's team is playing a key role for Chief Minister Mamata Banerjee's Trinamool Congress, helping it tackle the BJP challenge. Amid speculation that it also has a say in candidate selection, the Indian Political Action Committee or IPAC says it is acting as a force multiplier for the ruling party, helping it identify chinks in its armour, plugging gaps in its strategy and draw in votes that had moved away.

The third item on the list is important, with the BJP rapidly expanding its footprint in tribal areas of the state. A portion of Scheduled Caste, Scheduled Tribe and Adivasi votes in the western and northern parts of the state had shifted to the BJP in 2019, giving it a chunk of the 18 parliamentary seats it won in the state.

The IPAC's role is to ensure that Trinamool's message for these segments get amplified. Much of this is done through outreach programmes, where mid-level and district leaders can interact with the Chief Minister.

At one such programme organised by IPAC to reach out to the party's tribal and Scheduled Castes leaders, Mamata Banerjee had said: "I am appealing to my brothers from the SC/ST and Adivasi community. They (the BJP) have won a lot of your seats. They have won in Junglemahal and North Bengal. They have won so many MPs. Have they given you anything?"

The event set the tone for the messaging the Trinamool wanted to send out.

Mamata Banerjee's flagship scheme "Duarey Sarkar" has distributed over 10 lakh caste certificates for the Scheduled Castes and Tribes within a month. This initiative has to reach the ground and the IPAC comes into the picture here, Trinamool leaders say.

The IPAC is closely working with the party's SC/ST cell leaders to bring back the Scheduled Caste votes the BJP has been eyeing.

President of Trinamool's cell for the Scheduled Castes, Dr Tapas Mandal, said: "When a political representative goes to the people, he may not get the entire truth. But when an independent agency goes to the people, we will get unbiased information."

The IPAC is also helping the party stand against the BJP's bombardment of advertisements and videos on social media and WhatsApp. From providing feedback from the ground to regular updates on concerns of voters, it is also keeping the party's top leadership updated. Party leaders say Mamata Banerjee is also aware the BJP troll army's relentless attack on her is helping it polarize the state.

IPAC teams are also educating district-level leaders about the pitfalls of social media blunders. Booth-level workers are being advised to attend training sessions on weekends to familiarize themselves with the party's social media strategy.

The IPAC is also helping Trinamool run a directed campaign.

For example, in one block of Kalyani, where the Trinamool has to recover ground, a key trouble area was pending land deeds for residents. That feedback was shared with the party and the local leadership has managed to sort out the issue.

Now the message that the government has been of help in a predominantly Scheduled Caste area is now spreading through word of mouth. "We have taken the "Duarey Sarkar" programme to the people's doorstep. People here were waiting for the land certificates for years. Recently Mamata Banerjee had given these people her word and now they have been given land ownership documents," Pankaj Singh, Kalyani Block President, Trinamool Congress told NDTV.

Arjun Datta, who works with IPAC, said: "We are force multipliers. The party's leadership, the party's grassroots leaders are the individuals who will go into the communities and convince people to support the Chief Minister and the party's programme." There, however, are critics of Mr Kishor as well. Those who have been expelled from the party like Baishali Dalmiya, say Prashant Kishor hasn't been able to do what he set out to.

Leaders like Suwendu Adhikari have also blamed him for their departure -- a stance the party has vehemently objected to. Suwendu Adhikari had "plans to join the BJP with 35 MLAs and try and become Chief Minister," party MP and its youth wing chief, Abhishek Banerjee said.

Conversation with Ms. Basmati Gagrai

A Trailblazer in Empowering Tribal Communities

(By Swapnil Singh)

Ms. Basmati Gagrai, a remarkable social reformer, hails from Lamjhari, located in the Manjhari block of West Singhbhum district in the state of Jharkhand. Her roots in this region have deeply influenced her commitment to empowering tribal communities and fostering education and awareness among marginalized groups. Basmati's journey is truly inspiring. Overcoming significant challenges, including financial struggles, limited educational opportunities, and a traumatic assault at the age of 17, she demonstrated remarkable resilience and determination. Today, she is the founder of a residential school that provides holistic education to 330 children, from nursery to 7th standard. Beyond education, her efforts extend to raising rights-based awareness among over 42,000 forest-dwellers in the tribal regions of Jharkhand, empowering marginalized communities and fostering a brighter future. Ms. Gagrai's journey began humbly, with just four students under a tree during 2016. From this modest beginning, she established a school that has since grown to impact the lives of many children now her school is registered as a public charitable trust under name Rural Development of Child Education and Women Empowerment (RDCEWE). Her vision, hard work, and determination transformed a small initiative into a thriving institution, empowering students with education and opportunities for a better future. She visited our MS Engineering College in Bengaluru, and I had the honor of engaging in a conversation with her.

What motivated to start



a school by quitting teaching job?

Ms. Basmati shared that the condition of her village and the surrounding areas in the district was much poorer compared to others. The children in her village had no access to proper education, and basic facilities were lacking. She felt a deep sense of responsibility to address these challenges and create an opportunity for the children in her community to receive an education. This drive to improve the lives of these children, who were otherwise deprived of educational opportunities, led her to take the bold step of founding a school.

The challenges she faced during school construction?

Ms. Basmati shared that her journey was filled with both physical and emotional obstacles. The greatest challenge was the resistance she encountered from her own community. Many villagers were not supportive of her efforts, with some even trying to sabotage the construction of the school. They feared the changes she represented and believed that educating children, particularly in a way that broke with tradition, would disrupt their way of life. This resistance soon escalated into direct opposition.

As

construction began, Ms. Basmati faced acts of vandalism, such as stones being thrown at the building, damaging walls and windows. At night, groups of men would break into the construction site and steal materials like bricks, cement, and wood, setting back her progress.

Every day, she would arrive at the site to find her work undone, and her vision slowly being dismantled. Alongside the physical challenges, Ms. Basmati also had to endure personal attacks. Rumors spread about her character, fueled by jealousy and the discomfort of seeing a woman in a leadership role. Some accused her of using the school project for personal gain, while others suggested she was being manipulated by outsiders. These rumors not only isolated her from parts of her community but also put her safety at risk. Despite the adversity, Ms. Basmati refused to back down. She continued to rebuild what had been destroyed, often doing the work herself, and sought support from sympathetic NGOs and nearby towns when materials were stolen. The challenges, though difficult, only made her more determined to prove her detractors wrong and to fulfill her mission. Slowly, some villagers began to see

the value of her efforts, and her school became a symbol of courage, resilience, and the power of education.

When asked what gives her satisfaction?

Basmati shared that her greatest fulfillment comes from using her skills in fund and resource management to construct five classrooms for her school. These classrooms were built using locally available materials like mud, clay, and an asbestos roof, reflecting her commitment to resourcefulness and sustainability. She takes great pride in leading her village with the mindset of helping people, ensuring that everyone has access to education, and fostering a community-oriented approach. Ms. Basmati is particularly passionate about women's empowerment and supporting those who are physically or economically disadvantaged. She shared the poignant story of a physically challenged woman who had been bitten by ants and rats. Basmati stepped in to provide food and care for her, embodying her compassion and dedication to improving the lives of the most vulnerable. Meeting Basmati and hearing her life experiences was truly inspiring. It offered valuable life lessons on resilience,

selflessness, and the power of community-driven change.

When asked how she convinced parents to send their daughters to school?

Ms. Basmati explained that her first step was to convince her own mother about the importance of education for girls. Once her mother understood and supported the idea, she became a key ally in convincing the rest of the village. Together, they worked to change the mindset of the community, emphasizing that education was not just a right but a necessity for all children, regardless of gender. Ms. Basmati also reassured the parents that the school was equipped with all necessary facilities, including separate toilets for girls, ensuring that their daughters would have a safe and comfortable environment in which to learn. By addressing their concerns and showing them that the school would provide a supportive and secure space for their children, she was able to gradually gain the trust of the parents. Over time, the efforts paid off as more and more families, initially hesitant, began to see the benefits of sending their daughters to school. Eventually, the majority of the village's parents recognized the value of education for girls, and

more girls enrolled in the school. This was a significant shift in the community's mindset, and Ms. Basmati's persistence in advocating for girls' education played a vital role in breaking down the barriers that had previously kept many girls from attending school.

When asked about her visit to M.S. Engineering College in Bengaluru?

Basmati expressed her admiration for its peaceful and creative environment. She noted that it reminded her of Shantiniketan, a renowned place celebrated for fostering learning in a calm, artistic setting. She appreciated how the college encourages not just academic learning, but also personal growth, creativity, and emotional well-being. Ms. Basmati praised the leadership of the college, particularly Dr. Rana Pratap Reddy, the Principal, and Mr. Sudarshan Raju, the Secretary. She emphasized that their vision and commitment have made the college a nurturing space where students can explore, think freely, and develop into well-rounded individuals. Ms. Basmati particularly admired how the college supports students in achieving not only academic success but also in becoming compassionate, thoughtful, and innovative individuals who can make a meaningful impact in the world. Her visit served as a powerful reminder that education goes beyond classrooms and textbooks.

It's about creating an environment where students feel inspired, supported, and empowered to pursue their dreams.

She encouraged everyone at the college to take full advantage of the resources and opportunities available to them, to work hard, think big, and never give up on their goals.

Science of Yagya - Ashwini Guruji Dhyani Ashram

(Standard Post Bureau)

A Yagya is a means of direct interaction with the positive forces in creation. Vedas abound with descriptions of yagyas performed the rishis and munis to energeise the manifested creation. Devas and devis would come to be a part of such yagyas. Asurs and daityas would also come...to disturb them, the Creation being a balance of the two forces, positive and negative.

Asurs are known to disrupt havan and create obstruction in invocation of devic forces. Even in the times when Rishi Agastya and Vishvamitra were in the body, asurs tried to disrupt the yagyas and havan performed by these rishis. Ram and Lakshman went with Rishi Vishvamitra to protect one such yagya.

The nature of a human being is to aid the positive forces, the devas and devis, by protecting the havan for the peace and prosperity of one's home, surroundings and creation at large.

Satyug was the time when devas and devis and rishis and munis would roam about freely on earth, since the positivity was at its peak. The present times, the times of kaliyug, are



times of heightened negativity and so, subtler energies like yogis and gurus are rare to find in the body, and devas and devis can only be accessed in their subtle forms by invoking positive aspect of creation through certain yogic practices and acts of charity and service.

Sanatan Kriya details the amazing science of yagyas as given by the vedic rishis to induce positivity in the body as well as surroundings. The practice involves making oblations to fire using specific chants. Fire, having the ability of transformation can transform the physical into the subtle and the mantras have the ability to manifest the ability and power of devas in the physical world and also have the power

and ability to control nature and normal human physical lives. At the beginning of a yagya, a sankalp is made which indicates the purpose for which the yagya is conducted. Then the ahvahan (invocation) of specific devas and devis is done requesting them to bless the yagya.

A yagya performed under the sanidhya of a Guru, with purity thought, ingredients and the correct chants, has the effect of completely changing the environment - the weather changes, air becomes fragrant, birds perch on the trees around, there is peace and stillness within and outside and diseases disappear - these are all indicators of warding off negativity and manifestation of positive forces in creation. Sadhaks

at Dhyani Ashram routinely conduct such yagyas for purity of homes, environment and body, the manifestations are witnessed and recorded and their effects felt by one and all. If there is smoke in a yagya or any kind of unpleasantness, it indicates the chants are incorrect or not done by an adept. Erroneous chants can have disastrous effects and do more harm than good, therefore one must ensure yagya is performed with correct chants and purity of ingredients and thoughts.

If you want to know whether the yagya was performed properly or not, just watch the yagya-agni at the time of pura-ahuti. You will be able to see the form of dev/devi if the invocations were successful.

Role of maritime sector vital for India to become developed nation by 2047: Kovind

New Delhi, Feb 14 (UNI) Former President Ram Nath Kovind on Friday emphasised on the critical importance of India's maritime resources, trade routes, and strategic positioning in the global geopolitical landscape.

Speaking at the Vice Admiral KK Nayyar Memorial Lecture, Kovind highlighted the vital role of the maritime sector in realising India's aspirations to become a developed nation by 2047, a Defence Ministry statement said. The former President's lecture focused on "Increasing Maritime Consciousness in India: A Strategic Imperative for National Prosperity and Security."

He emphasised on fostering a robust maritime culture to enhance economic growth, strengthen national security, and solidify India's stature as a leading power in the Indo-Pacific region.

The 2025 edition of the Vice Admiral KK Nayyar Memorial Lecture coincided with the 20th Foundation Day of the National Maritime Foundation (NMF).

This prestigious event commemorates the enduring legacy of VAdm KK Nayyar, whose vision and intellectual rigour established the National Maritime Foundation as a premier institution for maritime thought and policy advocacy.

Speaking on the occasion, Admiral Dinesh K Tripathi, Chief of the Naval Staff, highlighted the National Maritime Foundation's role as India's premier maritime think tank, dedicated to the study and advocacy of maritime issues critical to the nation's growth and security, that through its research, publications, and policy recommendations, continues to shape India's maritime future in alignment with the nation's aspirations. He underscored the Indian Navy's increasing role in ensuring a stable and secure maritime environment, exemplified by its ongoing maritime security missions and enhanced regional cooperation.

FASHION AFFAIRS...

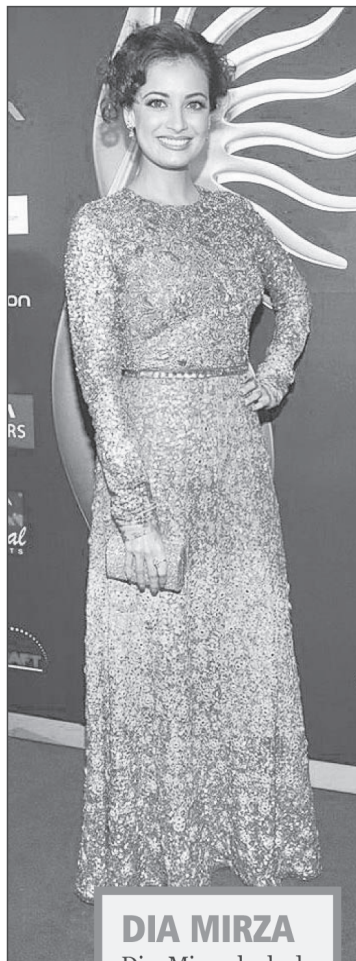
B-town divas were recently seen flaunting their designer outfits and beautiful jewellery for the cameras at an award function. Here are few of the best dressed fashionista's straight from the green carpet

Bollywood glitterati were in attendance for the fashion parade at the IIFA Awards green carpet recently in Kuala Lumpur, Malaysia. Here's a look at some of your favourite celebs fresh from Asia's green capital.



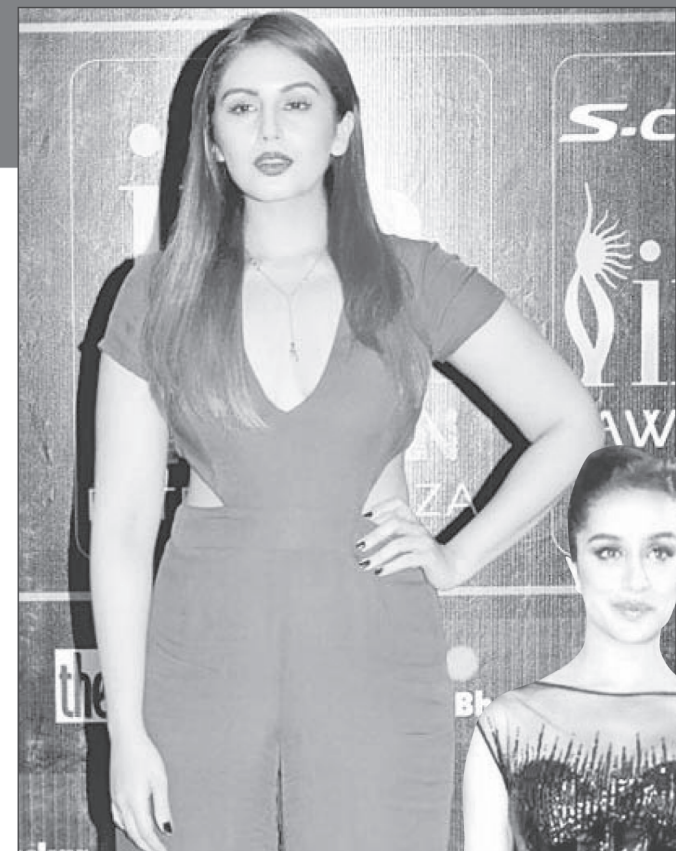
ADITI RAO HYADARI

Aditi Rao Hyadari attended the function in a Urvashi Joneja gown with a sleek top knot. Aditi kept her look simple with minimal jewellery. She rounded up her look with red lips and perfect make-up.



DIA MIRZA

Dia Mirza looked pretty in a fully embellished ombre pink and gold gown Sabyasachi. She styled her outfit with a matching clutch, messy hairdo and peach lipstick.



HUMA QURESHI

Huma was spotted wearing a Sonia Mehra jumpsuit. Letting the olive jumpsuit featuring a cutout back be the focus, she gave a finish to her look a dark lip, delicate necklace and snake-skin pumps.



PRIYANKA CHOPRA

Priyanka looked enchanting in a pink Jenny Packham gown. She styled her attire with berry lips, curly bob and pointed beige pumps.



MALAIKA ARORA KHAN

Malaika Arora Khan sizzled in a light lilac pastel coloured Michael Cinco gown. She added more panache to her look with Farah Khan Ali jewelry and Louboutins.



SONAKSHI SINHA

Sonakshi caught everyone's attention in Anamika separates and Amrapali necklace. She matched the outfit with a pair of ankle strap black sandals. The starlet kept her eyes dramatic with nude lipstick.

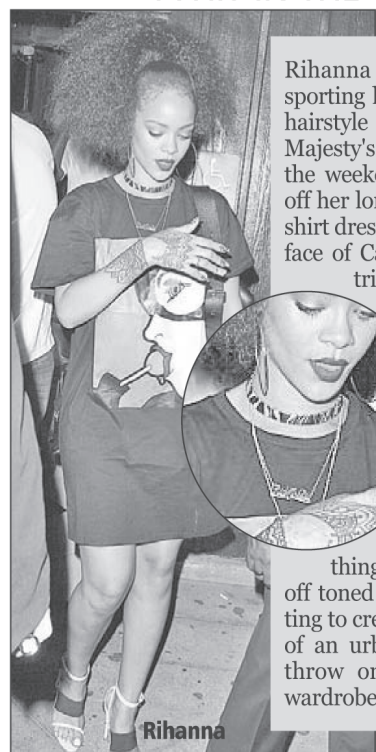


SHRADDHA KAPOOR

Shraddha Kapoor walked the green carpet sparkling in a black corset bodice Georges Chakra knee length dress. Hair worn up, she added to her look with peach lipstick. She matched her outfit with a pair of classic black pumps.

FIRANGITADKA

PRESENTING TRENDS THAT ARE A HIT IN THE WEST



Rihanna looked ravishing sporting her Pebbles Flintstone hairstyle from her baby cousin Majesty's birthday party over the weekend. She showed off her long legs in a graphic T-shirt dress emblazoned with the face of Catwoman. She wore a trio of necklaces and a pair of golden hoop earrings. Not everyone wants to be a girly girl and if that's you then make Rihanna your style icon. T-shirt dresses are a great way to keep things casual. They show off toned legs but are loose fitting to create that laid back vibe of an urban cool kid. Easy to throw on, they're a summer wardrobe essential.

Rihanna

STRONG IS THE NEW SKINNY

Say goodbye to arm fat for good with our easy at-home workout. Sculpt strong and toned arms fast with these essential exercises

Strapless dresses expose your upper back, shoulders, upper chest, and arms. This workout will shape all those places. Do these six moves one after another with no rest in between. Repeat the circuit, resting a minute between circuits. Do this workout at least



four to six times a week.

HOW TO GET STARTED

What to lift:

For dumbbell exercises, use five- to 10-pound (two- to five-kilogram) weights. Once you can easily do 12 repetitions, try heavier weights.

The repetitions:

Complete one to two sets of eight to 12 repetitions for each of the exercises you do.

Side raise with dumbbells

Works: Anterior and mid-

dle deltoids.

A. Stand with feet hip-width apart and knees slightly bent. Holding a dumbbell in each hand, let your arms hang by your sides, palms facing in.
B. Keep a slight bend in your elbows as you raise your arms out to the sides until the dumbbells are level with shoulders and palms face the floor.
C. Lower your arms; repeat.

Triceps push-up

Works: Triceps

A. Get into a push-up position with arms straight but with knees on the floor and feet in the air. Hands should be under your shoulders but closer together than in a regular push-up.
B. Tighten abs and bend arms, bringing chest toward the floor. Keep upper arms close to your sides and back straight. Elbows should point behind, not out.

FASHIONPOLICE



Deepshikha Nagpal

BORING BLACK

Deepshikha was recently spotted wearing a black and white dress at the screening of a movie. As if the dress was not enough of a disaster because of its unflattering sleeve length, she also tried to match it with neck piece and golden hand accessory, which didn't work out either. To add more to it, she paired the outfit with dull black ankle strap sandal.

Good skin in a teacup!



Miranda Kerr

Miranda Kerr's secret to glowing skin and her beauty routine revealed

Miranda Kerr is known for unique beauty tricks, and the latest insider tip to be revealed involves using green tea.

While drinking green tea has a multitude of health benefits, the supermodel isn't consuming it in the traditional way. In her latest newsletter for her skincare range Kora Organics by Miranda Kerr, she revealed one of her secrets to maintaining healthy, glowing skin is to steam her face with the tea.

Explaining her weekly 'DIY deep double cleanse facial' regime, the gorgeous revealed that the routine involves cleansing once using a regular cleanser and once with an exfoliating cleanser to remove matter from pores. 'It's a pampering ritual I look forward to at

the end of each working week,' she said.

'Not only can I relax and unwind...I'm doing something beneficial for my skin that has immediate results so I can go makeup free for the weekend.' After the double cleanse, Kerr adds a green tea bag to boiling water and steams her face in a DIY steam bath.

'Fill your basin with a jug of freshly boiled water, add an organic green tea bag to the water, place your head over the basin and cover with a large towel, let the steam envelope your face for a few minutes to open your pores,' Kerr said. The benefits of green tea have been well documented, and the use of it in skin care has increased rapidly over the last few years due to its high antioxidant levels and apparent anti-aging bene-

fits. Alexandra Matkevich, skin care expert, says the benefits of green tea are due to a specific antioxidant compound called EGCG. 'Some research and anecdotal evidence shows that EGCG is useful in improving signs of ageing and inflammation,' Matkevich told a source.

'It is included in skincare products to soothe the skin, manage acne and fight premature ageing,' she said.

The antioxidant has also been tested in sunscreens to reduce photo-damage on a cellular level.

By using the tea in boiling water, the antioxidants are shot straight into pores by the steam, detoxifying and hydrating the skin. The process also plumps the skin, boosts blood flow and removes any leftover dirt from the pores.

GM, CR, Dharam Veer Meena conducts Safety Inspection of the Ballarshah-Sewagram Section on Nagpur Division

(Standard Post Bureau)

Mumbai, Feb 14 : Mr Dharam Veer Meena, General Manager, Central Railway, conducted a detailed safety inspection of the Ballarshah-Sewagram section on Nagpur Division on February 14, 2025.

Inspection at Ballarshah At Ballarshah the General Manager inspected the following :

- Route Relay Interlocking (RRI) cabin and Panel room,
- Relay/Power unit,
- CCTV control room at the Railway Protection Force (RPF) Thana.
- The Station Manager's Office
- Crew Lobby, Crew Running Room
- PRS Counters and various passenger amenities at the Station
- Limited Height Subway
- Goods Shed, and the Road Accident Relief Train at Ballarshah.
- The ongoing works under the Amrit Bharat Station Scheme

The General Manager also:

- Interacted with employees and advised them to remain vigilant to ensure safety & security.
- Interacted with esteemed freight customers to discuss plans for realizing existing potential and enhancing loading capacities.

Inspection at Chandrapur

- Shri Meena



conducted a brief inspection of Chandrapur station.

The General Manager also met Shri Kishor Jorgewar, Hon'ble MLA and Shri Sudhakar Adbale, Hon'ble MLC and discussed various issues. Shri Meena also released department specific booklets enroute for improvement of the knowledge of the staff and extension of services to the

passengers and freight customers.

Inspection of Bhandak-Majri Section

On the Bhandak-Majri section, Shri Meena inspected the:

- Konda Bridge
- Curve No. 01 and Level Crossing Gate No. 32.
- The General Manager also visited exhibition stalls displaying Ultrasonic Flaw Detection tools used for detecting

defects in railway rails & welds, improving safety and reliability of railway infrastructure.

Inspection at Hinganghat

Shri Meena inspected the Traction Sub Station at Hinganghat

- Speed Run Test
- The General Manager also conducted a speed run test on the

Hinganghat-Chitoda section between km 789/7 to 762.07.

Nagpur At Nagpur the General Manager:

- Interacted with Branch Officers, emphasizing the Hon'ble Minister of Railways' call for a threefold increase in efforts toward safety, maintenance, quality, and training (SMQT) to modernize railway infrastructure.
- Held discussions with union representatives
- Interacted with the Press and the genuine queries were satisfactorily answered.

The General Manager also engaged with ground-level staff throughout the inspection, emphasizing the importance of safe train operations and operational efficiency. "Shri Vinayak Garg, Divisional Railway Manager, Nagpur Division, along with Principal Heads of Departments and Senior Officers from Headquarters and Nagpur Division, accompanied the General Manager during the inspection.

WR to run 2 more special trains on the occasion of Maha Kumbh Mela

(Standard Post Bureau)

Mumbai, Feb 14 : For the convenience of passengers and to clear the extra rush of passengers during the Maha Kumbh Mela-2025, Western Railway has decided to run two pairs of Maha Kumbh Mela Special Trains on Special Fare between Valsad - Danapur and Sabarmati - Banaras.

According to a press release issued by Chief Public Relations Officer of Western Railway, Shri Vineet Abhishek, the details of the special trains are as under:

1. Train No. 09019/09020 Valsad - Danapur Maha Kumbh Mela Special (2 Trips)
2. Train No. 09453/09454 Sabarmati - Banaras Maha Kumbh Mela Special (2 Trips)

Train No. 09019 Valsad - Danapur Maha Kumbh Mela Special will depart from Valsad at 08:40 hrs on Sunday, 23rd February, 2025 and reach Danapur at 18:00 hrs, the next day. Similarly, Train No. 09020

Danapur - Valsad Maha Kumbh Mela Special will depart from Danapur at 23:30 hrs on Monday, 24th February, 2025 and reach Valsad at 09:30 hrs, on Wednesday.

Enroute this train will halt at Navsari, Bhestan, Nandurbar, Amalner, Bhusaval, Khandwa, Itarsi, Jabalpur, Katni, Maihar, Satna, Manikpur, Prayagraj Chheoki, Mirzapur, Chunar, Pt. Deen Dayal Upadhyaya, Buxar & Ara stations in both directions.

This train comprises AC 2-Tier, AC 3-Tier, Sleeper Class and General Second Class coaches.

Train No. 09453/09454 Sabarmati - Banaras Maha Kumbh Mela Special (2 Trips)

Train No. 09453 Sabarmati - Banaras Maha Kumbh Mela Special will depart from Sabarmati at 11:00 hrs on Saturday, 22nd February, 2025 and reach Banaras at 16:00 hrs, the

next day. Similarly, Train No. 09454 Banaras - Sabarmati Maha Kumbh Mela Special will depart from Banaras at 19:30 hrs on Sunday, 23rd February, 2025 and reach Sabarmati at 00:30 hrs, on Tuesday.

Enroute this train will halt at Mahesana, Palanpur, Abu Road, Pindwara, Falna, Rani, Marwar, Beawar, Ajmer, Kishangarh, Jaipur, Dausa, Bandikui, Bharatpur, Agra Fort, Tundla, Etawah, Govindpuri, Fatehpur, Prayagraj and Gyanpur Road stations in both directions.

This train comprises of AC 2-Tier, AC 3-Tier, Sleeper Class and General Second Class Coaches.

The Booking for Train Nos. 09019 & 09453 will open from 15th February, 2025 at all PRS Counters and on IRCTC website. For detailed information regarding timings of halts and composition, passengers may please visit www.enquiry.indianrail.gov.in

WR's Major Block on Sunday

(Standard Post Bureau)

Mumbai, Feb 14 : To carry out maintenance work of tracks, signalling and overhead equipment, a Major Block of five hours will be taken on UP and DOWN Fast lines between Borivali and Goregaon stations from 10:00 hrs to 15:00 hrs on Sunday, 16th February, 2025.

According to a press release issued by Chief Public Relations Officer of Western Railway, Mr Vineet Abhishek, during the block period, all UP

and DOWN Fast line trains will run on Slow lines between Goregaon and Borivali stations. Due to block some Up & Down suburban services will remain cancelled and some of the Andheri and Borivali locals will run up to Goregaon station on Harbour line.

Detailed information to this effect is available with concerned Station Masters.

Passengers are requested to please take note of the above arrangements.

Punjab CM launches revolutionary digital education initiative

Chandigarh, Feb 14 (UNI) : Punjab Chief Minister Bhagwant Singh Mann on Friday distributed laptops to the students of the government school as a part of the digital education program of the Ludhiana administration.

He said that it is heartening to see that this initiative aims at focusing on equipping the government schools' students with essential tools for success in a digital learning environment.

He said that these laptops are part of broader efforts to democratise digital education while ensuring security and accessibility for all students. Mann said that these Prime Book 4G laptops, recognised as the world's most affordable under the first phase of the initiative, are high-performance laptops specifically designed for students.

Tools & Techniques in Molecular Biology and Bioinformatics Workshop held at MANUU



(Standard Post Bureau)

Hyderabad, Feb 14 : The Zoology Section of School of Sciences at Maulana Azad National Urdu University organized 4th National Hands-On Workshop on "Tools and Techniques in Molecular Biology and Bioinformatics". Prof. Kota Arun Kumar, Department of Animal Biology, University of Hyderabad was the Chief Guest. Prof. Syed Ainul Hasan, Vice-Chancellor presided over the inaugural session. Prof. Ainul Hasan, in his presidential remark underscored the importance of skill development and announced that the year

2025 will be the Year of the School of Sciences at MANUU. Prof. Arun Kumar acknowledged the workshop theme and conveyed the importance of the Western Blotting technique in the field of Proteomics.

Prof. Arif Ahmad, Head, Zoology Section delivered the welcome address. Prof. P.F. Rahaman, Convenor workshop, highlighted the theme and objectives of the workshop. He informed that the primary aim of this workshop is to enhance skills through exposure and training in contemporary biological techniques for researchers and faculties from various colleges and

institutions. Dr. Mohammad Kamran, the Co-Convenor proposed a vote of thanks in the inaugural session. Prof. H. Aleem Basha, Dean, School of Sciences addressed the valedictory session yesterday and also distributed certificates to the participants.

20 participants from various academic and research Institutes participated in the workshop. The participants received hands-on training from faculty members - Dr. Mohammad Kamran, Dr. Sufaya Jameel and Dr. Ali Raza, focusing on protein isolation, quantification, and identification using Western blotting techniques.

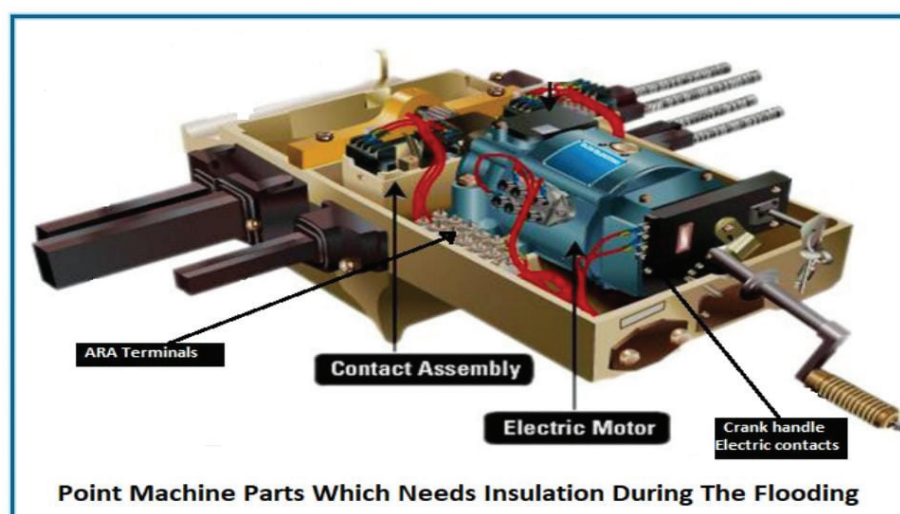
CR innovations recognised with 1st and 2nd prize by IRs

(Standard Post Bureau)

Mumbai, Feb 14 : Central Railway has clinched 1st and 2nd prize in the Suggestion Scheme of Best Innovation on Indian Railways" for the FY 2023-24.

"The 1st prize for Best Innovation was won by Central Railway for providing an "Innovative Solution to Prevent Point Machine Failures in submerged conditions" an important initiative to run suburban services in Mumbai during the Monsoon Season. The prestigious award recognizes the exceptional efforts put in by the Central Railway team for their ground breaking work in finding a solution to prevent Point Machine failures in submerged conditions especially during the monsoon.

The modification of point machine covers has been developed internally by Central Railway's dedicated team, demonstrating a commitment to innovative, cost effective and practical solution. This solution was implemented at various identified flood-prone locations across the Central Railway network specifically in Mumbai Suburban area, ensuring widespread protection and enhanced reliability. The reduction in point machine failures on account of



flooding during monsoon significantly improved

operational efficiency. This enhancement ensured that

lakhs and 2nd prize carries award of 2 lakhs.

The "Suggestion Scheme for Best Innovation" by Indian Railways, aims to identify and reward creative employees who propose practical improvements across various aspects of railway operations, boosting morale and encouraging cost-effective innovations to enhance productivity and quality across the network.

"The Objective of this Scheme is to encourage employees at all levels to come up with innovative ideas that can improve the efficiency and quality of railway services.

The scheme operates on three levels: divisional/workshop, zonal/production unit, and Railway Board level. "Innovations that are implementable and demonstrate their usefulness are considered for awards.

This scheme helps to motivate employees, foster a culture of innovation, and identify potential solutions to existing challenges within the railway system and has received an overwhelming response from Railway Employees. The scheme intends to foster the spirit of innovation and creativity among all employees to productively deploy and implement the novel solutions.

Nitish Rajora emphasises on strengthening media coordination through digital platforms

Jammu, Feb 14 (UNI) Newly appointed Director of Information J&K, Nitish Rajora, on Friday emphasised enhanced public outreach, efficient communication strategies, timely dissemination of government initiatives, strengthening media coordination, and improving public engagement through digital platforms. The director made these remarks while chairing a meeting to review the performance and functioning of the Department of Information and Public Relations at Media Complex here.