

IN BRIEF

Govt to fill over 14,000 Anganwadi teacher and helper vacancies

Hyderabad, Feb 22 (UNI) : The government on Saturday approved for a large-scale recruitment drive in the Women and Child Welfare Department, with plans to fill 6,399 Anganwadi teacher and 7,837 helper vacancies across the state. Women and Child Welfare Minister Dr Danasari Anasuya Seethakka signed the file approving the recruitment process, marking for the first time such a large-scale hiring for Anganwadi positions is being conducted in Telangana. The recruitment aims to enhance the efficiency of Anganwadi centers and strengthen child welfare initiatives.

Notifications for the vacancies will be issued by the respective district Collectors as soon as the election code for MLC polls ends.

The government's move to fill 14,236 positions is expected to significantly improve the functioning of Anganwadi centers and bolster services for women and children in the state, official sources said.

Former RBI Guv Shaktikanta Das appointed as Principal Secretary-2 to PM Modi

New Delhi, Feb 22 (UNI) : Former Reserve Bank of India Governor Shaktikanta Das has been appointed as the Principal Secretary-2 to Prime Minister Narendra Modi, a government notification said on Saturday.

The appointments committee of the Cabinet said "Mr Das appointment will be co-terminus with effect from the day he assumed the office".

PK Mishra has been the Principal Secretary to the PM since September 11, 2019.

Shaktikanta Das served as the RBI Governor for six years, including the three-year extension he was granted during his tenure. He is a former IAS officer of the 1980-batch Tamil Nadu cadre and had taken over the role of the RBI Governor in December 2018.

Additionally, the tenure of the government think tank NITI Aayog's CEO BVR Subrahmanyam has been extended by a year, beginning February 24, 2025, the government notification stated.

8 workers trapped in SLBC tunnel as its roof collapses

Hyderabad, Feb 22 (UNI) At least eight workers were trapped in the Srisailem Left Bank Canal (SLBC) tunnel and three others seriously injured after its roof collapsed on a three meter stretch near Domalapenta in Nagarkurnool district of Telangana on Saturday.

The incident took place at the 14th-kilometer mark of the left tunnel, where ongoing construction work had started just four days ago. Around 50 workers were present in the tunnel during the first shift when the roof collapsed at approximately 0830 hours. While 42 workers managed to escape, eight others were trapped in the tunnel.

Officials from the irrigation department and police have launched rescue operations to locate and save the workers.

Gurjeet Singh (Punjab), Sanneet Singh (Jammu &



Kashmir, Srinivasulu (UP), Manoj Rubena (UP), Sandeep (Jharkhand), Santosh (Jharkhand), and Jatka Hiran (Jharkhand), are among those trapped.

Three others who sustained serious injuries have been rescued and taken to nearby Genco hospital for treatment.

State Minister N Uttam Kumar Reddy, along with senior officials, visited the

site to assess the situation and oversee rescue efforts.

The SLBC tunnel project is crucial for providing irrigation and drinking water to Nalgonda district through a tunnel connecting the Srisailem backwaters.

Further investigation is underway to determine the cause of the roof collapse, official sources said.

Uttam Kumar Reddy

along with his cabinet colleague Jupally Krishna Rao, held a review meeting on the incident with senior officials at J.P. Guest House in Domalapenta.

The meeting was attended by Irrigation Department Advisor Aditya Das Nath, IG Satyanarayana, Fire DG GV Narayana Rao, Nagarkurnool District Collector, and

representatives of the agency carrying out the SLBC works.

Expressing shock over the incident, Reddy and Rao enquired about the condition of the injured and directed officials to ensure they receive the best possible medical treatment. They also instructed officials to intensify relief operations.

Following the Ministers' directives, officials accelerated relief efforts and are making every effort to safely rescue the workers believed to be trapped. Medical and health personnel have ensured the availability of oxygen, while firefighters and rescue teams have actively engaged in the operation.

Both the Ministers remained at the spot and continuously monitoring the progress of the relief measures.

KTR accuses CM Reddy of mismanaging finance and spreading false propaganda

Hyderabad, Feb 22 (UNI) BRS Working President KT Rama Rao (KTR) launched a sharp attack on Telangana Chief Minister A Revanth Reddy, accusing him of mismanaging the state's finances and spreading false propaganda. Speaking at a press conference at Telangana Bhavan, here on Saturday, KTR defended the BRS regime's decade-long achievements under former CM K Chandrashekar Rao (KCR) and challenged Revanth Reddy to an open debate in the Assembly on Telangana's economic progress. Citing the State Statistical Atlas Report, KTR argued that Telangana's Gross State Domestic Product (GSDP) grew from Rs 5 lakh crore in 2014 to Rs 15 lakh crore by 2023, making it one of the fastest-growing states.

He also highlighted the rise in per capita income from Rs 1.24 lakh to Rs 3.12 lakh during the same period, surpassing the national average. He credited projects like Kaleshwaram and Mission Kakatiya for expanding paddy cultivation from 34 lakh acres in 2014 to 1.18 crore acres in 2023. In the IT sector, he noted that exports surged from Rs 57,000 crore to Rs 2.41 lakh crore, creating over 10 lakh jobs under KCR's leadership. KTR criticised the Congress government for failing to fulfill its electoral promises, including loan waivers and increased pensions, even after 15 months in power. He also accused the government of mismanaging the Rythu Bandhu scheme and creating an artificial water crisis by emptying the Medigadda barrage.

Additionally, he alleged that Revanth Reddy had avoided questioning Prime Minister Narendra Modi on Telangana's rightful share of Krishna river water, suggesting that he feared political consequences.

Hinting at a possible secret understanding between the BJP and Congress, KTR questioned why the central government had not acted against alleged corruption in Telangana. He also accused BJP leaders of shielding Revanth Reddy from scrutiny despite several complaints against his administration. Issuing a direct challenge, KTR called on Revanth Reddy to debate Telangana's financial status in the Assembly. "If Revanth Reddy has the courage, let's discuss the facts. The people deserve the truth about Telangana's financial health," he stated.

He warned the Congress government against misleading the public, asserting that BRS would not remain silent if Telangana's progress was undermined.

CM monitors rescue operations at SLBC tunnel

(Standard Post Bureau) Hyderabad, Feb 22: Chief Minister A Revanth Reddy is closely monitoring the rescue operations at the SLBC Tunnel in Nagar Kurnool district, where a section of the roof collapsed near Domalapenta, trapping

eight workers. The Chief Minister has directed officials to expedite rescue efforts and ensure the safe evacuation of those trapped.

Following his instructions, Ministers N Uttam Kumar Reddy and Jupally Krishna Rao, along

with senior police and irrigation officials, have rushed to the accident site. The District Collector, Superintendent of Police, and other authorities are overseeing the operations on the ground. Revanth Reddy has also ordered

immediate medical assistance for the injured and assured the affected families of full government support.

Specialized rescue teams from the SDRF and NDRF are on their way to the site to assist in the operations. The Chief Minister has

instructed all departments to remain on high alert and take necessary precautions during the rescue process.

Officials have been directed to provide real-time updates on the situation, an official statement from Chief Minister's Office here said.

Amit Shah criticises Rahul Gandhi

Pune, Feb 22 (UNI) Union Home Minister Amit Shah on Saturday made a frontal attack on Congress leader Rahul Gandhi, accusing him of making a mockery of the central government's Jan Dhan scheme.

Speaking at a programme held for distribution of approval letters and the first installment to 20 lakh houses under the Pradhan Mantri Awas Yojana in the presence of Chief Minister Devendra Fadnavis, Deputy Chief Ministers Ajit Pawar and Eknath Shinde here, he said that when the BJP

government had launched the Jan Dhan scheme that provided a platform for universal access to banking facilities with at least one basic banking account for every household, Rahul Baba had questioned the scheme and alleged that the money of people in such accounts has been siphoned off. "But, today, money was deposited in 10 lakh people's accounts at once on a single day. This is Prime Minister Narendra Modi's miracle," taunted Shah.

He said that the dream of citizens of owning a house

is being fulfilled. Providing a house, electricity and food grains to everyone in the country is Prime Minister Modi's concept of developed India, he said.

Not a single political leader in the country has done the work of providing houses and foodgrains to 60 lakh people in a decade, said the Home Minister while addressing the gathering.

Shah praised the Mahayuti government in Maharashtra, saying it has also done good works. "Big works are going on in many areas," he added. CM Fadnavis also spoke on occasion.

Take precautionary measures to prevent drinking water shortage: Minister

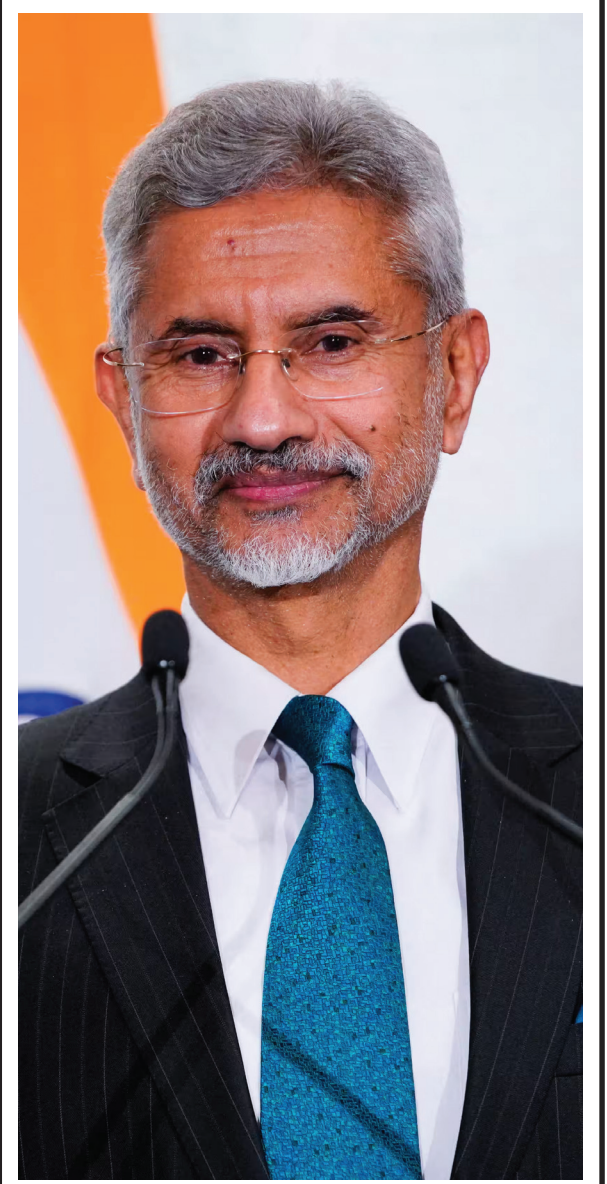
(Standard Post Bureau) Hyderabad, Feb 22: Rural Water Supply Minister Dr Danasari Anasuya Seethakka on Saturday emphasised the importance of taking precautionary measures to prevent drinking water shortage during the summer.

She conducted a review of Mission Bhagiratha scheme with its ENC Kripakar Reddy and other senior officials at Secretariat here. During the meeting, the officials provided an update on the current status of water supply under the scheme, assuring the Minister that there have been no major drinking water shortages so far. They

informed her that any issues arising in villages are being promptly addressed. Regular reviews with district officials are being held every morning at 8 AM to monitor and resolve concerns efficiently. Seethakka instructed officials to regularly check water storage levels in reservoirs and coordinate with the electricity department to ensure an uninterrupted power supply. She also stressed the need for proper maintenance of pump house motors to prevent operational failures and urged Mission Bhagiratha staff, from ENC to village level, to remain on high alert. The Minister directed

officials to submit daily reports on drinking water supply to district authorities and to immediately resolve any technical issues that may arise. She also emphasized the need for alternative arrangements in case of unexpected problems and underscored the importance of maintaining adequate water reserves in reservoirs to avoid shortages.

Seethakka further stated that the government is considering allocating a special fund to district collectors if necessary to address drinking water needs and ensure an uninterrupted supply throughout the summer, an official statement said.



Revelations about USAID are concerning, govt looking

External Affairs Minister S Jaishankar today said the revelations by the Trump administration about USAID giving \$21 million for "voter turnout in India" are "concerning" and added that the government is looking into it and the facts will come out. Answering questions at the Delhi University Literature Festival, the EAM said: "Some information has been put out there by the Trump administration, and obviously it is concerning. (See on page 2)

Mexican president warns of harsh penalties for foreign spies



Mexican President Claudia Sheinbaum warned Friday that any foreign national conducting security-related activities without authorisation will face severe penalties and immediate imprisonment. (See on page 5)

India thrash Ireland 4-0 in FIH Pro League



India delivered an emphatic performance to secure a 4-0 victory over Ireland in the ongoing FIH Hockey Pro League 2024-25 (Men) at the Kalinga Hockey Stadium here on Saturday. (See on page 7)

CM hands over cheque worth Rs 1 cr to the family of Shaheed



Condoling the death of Punjab police constable Harshveer Singh who attained martyrdom in line of duty a few days back, Chief Minister Bhagwant Mann on Saturday handed over cheque worth Rs one crore to the family of martyr as a mark of respect for his supreme sacrifice for country. (See on page 8)



Earthmovers demolish illegal encroachments along a road during an anti-encroachment drive by Ahmedabad Municipal Corporation (AMC), in Ahmedabad, Gujarat on Saturday.

Paper leaks bigger scam than Commonwealth Games: educator

Mumbai, Feb 22 (UNI) Paper leaks during examinations in India could be a bigger scam than the Commonwealth Games, said Faizal Khan popularly, popularly known as Khan Sir, a renowned educator and founder of Khan Global Studies, during a summit here on Saturday.

In his keynote address on 'The 21st Century Indian - Learning to Survive' on the growing issue of paper leaks during ABP Network's Ideas of India 2025, he pointed to flaws in the

education system particularly in medical college fees, stating, "Government colleges charge minimal fees, making education accessible. But private institutions demand such high fees that students prefer buying leaked exam papers instead of spending lakhs on tuition. Education is so expensive in India that students are flying abroad."

He called for a transparent and streamlined examination system. He also highlighted the limitation

of individual efforts, saying, "One person alone cannot change a nation of 140 crores. Change must begin within us." He reiterated that his fight is not against politics but about addressing real issues by actually ensuring that students are prepared not just for exams, but for life itself. "Every student must learn a skill, regardless of their course, to build a stable future," he highlighted the need for practical education, systemic reforms and skill development to prepare

the youth for real-world challenges.

Khan further said that education must go beyond academics, urging students to focus on employability.

"We should acquire a new skill every year - be it driving or anything useful. The right skill set makes a person employable," he said. Highlighting the shortcomings of edtech companies, he added, "These platforms offer features, but education needs both teachers and features."

Bezwada Wilson highlights problem of manual scavenging

Mumbai, Feb 22 (UNI) Bezwada Wilson, Ramon Magsaysay Awardee and national convener of Safai Karmachari Andolan, on Saturday highlighted the problem of manual scavenging due to its life-threatening nature of work and advocated the need of a proper sanitation system.

Speaking in a session titled 'The Humanitarian Touch - Creating a Kinder Universe' at ABP Network's Ideas of India 2025 event, Wilson stated that, "Manual scavenging is toxic and life-threatening. Just building toilets is not enough, how can we leave people to clean our waste? Even after independence, we

have not fully transformed a single city. India still lacks a proper sanitation system. We cannot allow humans to clean human excreta."

"Women in villages still manually clean fecal matter from toilets and septic tanks. Twelve people have already died since the beginning of 2025 because of this," he added.

Satyajit Bhatkal, chief executive officer of Paani Foundation, said, "We created Satyamev Jayate to drive change, not for views. Over 24 episodes, we made an impact, which led us to focus on water conservation. When the show ended, we dedicated ourselves to tackling

water pollution and unifying villages." When asked if films mirror society and can they bring change, Bhatkal responded, "Movies can create awareness, but real change needs government action and public participation. We are all polluters. Our job is not just to clean up—it is to stop polluting in the first place." Ramveer Tanwar, PondMan, environmentalist and Brand Ambassador of GNN, said, "Village ponds, once clean and essential, are now polluted beyond use. We used to swim in them—today, they are dumping grounds. If this continues, future generations will only see

them as garbage pits. We must minimise waste to reduce water pollution since we lack the infrastructure to manage it once it is out. Superstition can be both an obstacle and an advantage. Many sadhus dump offerings into ponds, polluting them. But if we turn beliefs into a force for good—by creating stories that inspire action—we can unite people to clean and restore these water bodies. 'Kooda ghar tak rahe, jitna kam ho utna behtar'."

On government support, Tanwar added, "Things are changing. The fact that we are having this discussion shows that awareness is growing."

Indian Army contingent departs for Japan to participate in exercise Dharma Guardian

New Delhi, Feb 22 (UNI) The Indian Army contingent departed on Saturday to participate in the 6th edition of India-Japan joint military exercise Dharma Guardian.

The exercise is scheduled to be conducted in the East Fuji Manoeuvre Training area of Japan from February 24 to March 9, a Defence Ministry statement said.

Exercise Dharma Guardian is an annual event conducted alternatively in India and Japan. The last edition was conducted in Rajasthan in February-March 2024.

The Indian contingent comprising 120 personnel will be represented mainly

by troops from a battalion of the Madras Regiment along with troops from other arms and services.

The Japan Ground Self Defence Force (JGSDF) contingent, also comprising similar strength, will be represented by the 34th Infantry Regiment.

The aim of the exercise is to enhance interoperability between the two forces while undertaking joint urban warfare and counter-terrorism operations under UN mandate. The exercise will focus on a high degree of physical fitness, joint planning, and joint tactical drills.

Aspects to be rehearsed will include

tactical drills, joint exercises, and disaster response strategies, designed to enhance operational capabilities, refine combat skills, and strengthen interoperability for effective joint operations.

Building on the momentum of the Chief of the Army Staff's successful visit to Japan from October 14 to 17 2024, Exercise Dharma Guardian will further strengthen the bilateral defence cooperation between India and Japan.

he exercise underscores the shared commitment of India and Japan towards regional security, peace and

stability, while advancing their common vision of a free, open, and inclusive Indo-Pacific.

Exercise Dharma Guardian reinforces the India-Japan relationship as a cornerstone of regional cooperation, fostering strong military-to-military ties and promoting cultural understanding.

A testament to the enduring bond of friendship, trust, and cultural linkages between India and Japan, the exercise sets the stage for meaningful professional engagement, highlighting the unwavering commitment of both nations to broader defence cooperation.

European Commission President Ursula von der Leyen to visit India Feb 27-28

New Delhi, Feb 22 (UNI) European Commission President Ursula von der Leyen will be on an official visit to India on February 27-28, at the invitation of PM Narendra Modi.

She will be accompanied by the European Union College of Commissioners.

This will be President Ursula von der Leyen's third visit to India. She has earlier visited India for a bilateral official visit in April 2022, and to attend the G20 Leaders' Summit in September 2023.

Prime Minister Modi and President Ursula von der Leyen have also met regularly on the sidelines of multilateral meetings, a statement said.

This will be the first ever visit of the EU College of Commissioners together to India, and among the first such visits since the start of the mandate of the current European Commission in December 2024 after the European parliamentary elections held in June 2024.

During the visit, Prime Minister Modi will hold delegation level talks with President Ursula von der Leyen. The second ministerial meeting of the India-EU Trade and Technology Council and bilateral ministerial meetings between the European Commissioners and their Indian counterparts will also be held during the visit.

Major fire in Mumbai building

Mumbai, Feb 22 (UNI) A massive fire broke out in a six-storey residential building at Marine Lines in South Mumbai on Saturday, officials said.

However, there were no casualties in this incident.

According to sources in the Fire Brigade, the fire broke out at 1226 pm in a flat of about 2,000 square feet at Marine Chambers and it was confined to electric wiring and electric installations, in which wooden furniture, important documents, false ceiling, rubber tube of household gas cylinder, mattresses, sofa set, other household articles, etc., were destroyed.

People who were stranded on upper floors due to smoke were safely rescued by firemen through the staircase. The fire was eventually extinguished at 1411 pm, sources added.

Minister meets MNS president

Mumbai, Feb 22 (UNI): Deputy Chief Minister Eknath Shinde's close cabinet colleague, Uday Samant, met Maharashtra Navnirman Sena (MNS) chief Raj Thackeray here on Saturday.

Speaking to reporters after the meeting, Samant clarified that this was a goodwill meeting and there was no reason to draw political implications from it. In fact, this meeting is considered important in view of upcoming municipal elections in the state.

Sunil Bharti Mittal receives UK govt's KBE honorary knighthood

London/New Delhi, Feb 22 (UNI) : Sunil Bharti Mittal, founder and chairman of Bharti Enterprises, today received the insignia of the Knight Commander of the Most Excellent Order of the British Empire (KBE).

He was presented the medal at a special investiture ceremony in the presence of friends and family at the British High Commissioner's residence in New Delhi, a press statement from the High Commission said.

"The ceremony follows the announcement in 2024 that The King has been graciously pleased to confer Mr Mittal the Honorary Knighthood for services to UK-India business relations."

Lindy Cameron, British

High Commissioner to India, said: "Mr Mittal is a great friend of the UK – with significant investments, including BT, Gleneagles, Norlake Hospitality, and OneWeb.

"Mr. Mittal's leadership has made a lasting impact on the UK-India partnership, including through his work with the India-UK CEO Forum. Most recently, he led a senior Indian business delegation to the UK to meet with Prime Minister Starmer, the Foreign Secretary, the Chancellor, and other Cabinet Ministers to identify opportunities for accelerating economic growth across both nations. I look forward to continuing to work closely with Mr Mittal and congratulate him once

again."

Sunil Bharti Mittal, Chairman and Founder, Bharti Enterprises, said: "As India and the United Kingdom continue to chart remarkable scale in our bilateral relations, I acknowledge this recognition both as a privilege and a responsibility. I remain committed to working with stakeholders in our nations towards advancing India – UK business relations.

Mittal was recognised in the Honorary British awards for foreign nationals that The King approved during 2024.

The KBE is among the highest honours awarded by The UK King to foreign nationals for pre-eminent contributions in various fields.

Revelations about USAID are concerning, govt looking into it: EAM

New Delhi, Feb 22 (UNI) External Affairs Minister S Jaishankar today said the revelations by the Trump administration about USAID giving \$21 million for "voter turnout in India" are "concerning" and added that the government is looking into it and the facts will come out.

Answering questions at the Delhi University Literature Festival, the EAM said: "Some information has been put out there by the Trump administration, and obviously it is concerning.

"It would suggest that there are activities which have a certain objective -- to push a certain narrative or a viewpoint. As a government we are looking into it... my sense is the facts will come out."

He said the US Agency for International Development (USAID) was allowed in India "in good faith, to do good

faith activities". "Now suggestions are being made out of America, that there are activities that are in bad faith; so it surely warrants a look. If there is something to it, the country should know who are the people involved in the bad faith activities," he added.

Referring to his book 'Why Bharat Matters', the EAM said there is a chapter in it about such kind of issues. In apparent reference to American billionaire philanthropist George Soros and his Open Society Foundation that is referred to as part of the "Deep State", the EAM said: "There are a bunch of guys in the world who are not elected, they are self-selected, and they believe that they should decide what is good, what is bad, what are the norms, and rules; and for the past 25-30 years they had a huge domination, not just economic, but across countries..."

1 killed, 20 injured in Nashik accident

Nashik, Feb 22 (UNI) : A 46-year-old woman died and 20 others were injured in an accident on the Mumbai-Agra National Highway in Chandwad taluka, Mumbai.

The accident occurred at Rahud ghat involved seven to eight vehicles on the Mumbai-Agra National Highway in Chandwad on Friday at around 10 pm. Rahud Ghat is located between Chandwad and Malegaon on the highway. According to police, the brakes of a goods vehicle failed on the downhill road of the Rahud ghat. This goods vehicle overturned three vehicles and crashed multiple vehicles.

Chandwad Tehsildar Mandar Kulkarni informed that the accident took place at the ghat on Friday. The impact of the speeding goods vehicle was so strong that other vehicles were literally crushed to pieces. The deceased woman, identified as Usha

Deore (46, Malegaon), died on the spot in this accident. While 20 others from different vehicles were injured. As soon as the information about the accident was received, the police rushed to the spot. The injured were sent to the rural hospital of Chandwad. After primary treatment, some were taken to private hospitals in Malegaon and elsewhere. Due to the accident, traffic on both sides of the highway was disturbed for two hours. Eyewitnesses are estimating that the accident occurred due to the brake failure of the goods vehicle on the slope of the ghat. The goods vehicle, including the Eco and Swift cars, suffered major damage. Police called the crane and ambulance. The injured person was admitted to Malegaon and Chandwad hospitals. After two hours, the traffic on both sides was released step by step, the sources said.

Couple, their son die in road accident in Sangli

Sangli, Feb 22 (UNI) A couple and their son were killed on the spot in a road accident after a speeding car rammed their motorcycle at Bhoze village in Miraj tehsil of the district on Saturday. According to sources in Miraj Rural Police, the couple, residents of Dharashiv who were working as labourers at a sugar factory in the district, was on way to Dharashiv with their son on a motorcycle at end of sugarcane crushing season.

Near Bhoze village on Ratnagiri-Nagpur highway, a speeding car hit their motorcycle, who fell down on the road and died on the spot due to grievous injury.

The deceased have been identified as Suresh Shinde, his wife Sanjana and their son Dnyaneshwar.

Pico Iyer elucidates on importance of stillness in human lives

Mumbai, Feb 22 (UNI) : Elaborating on importance of stillness in human lives, Pico Iyer, celebrated Indian author, journalist and travel writer, said that humanity's last frontier is really its first frontier which is what kind of invisible clarity and calm can humans find to make peace with AI (artificial intelligence) and other accelerating technologies.

Speaking at fourth edition of ABP Network's Ideas of India 2025 in city, he highlighted, "This is an idea of India, and it is also an idea from India, because for millennia it is India which has been telling the rest of the world how much we gain by sitting still."

While recounting his life in a Catholic hermitage after his family home in California was burned down in a fire incident, he said, "The very night I lost everything when my house burned down, I realised I still had the most important things. I also realised I do not need 90 percent of things I accumulated; I can live more minimally." Responding to the impact of AI in modern lives, the writer said, "My sense is that as long as we can keep surprising ourselves, we will be ahead of AI." Referring to observations from His Holiness the Dalai Lama, Pico Iyer remarked, "We can use the most modern technologies by bringing to them the most ancient principles and values."

STANDARD POST

Rahul Gandhi's Mayawati critique a calculated strategy for UP chessboard

It was quite interesting to see how BSP chief Mayawati trashed Congress leader Rahul Gandhi in one hard-hitting statement, advising him not to point fingers at others but to look into his own self.

Mayawati has always been upfront and ready to whack anyone she finds questioning her political position. After all, she is the patron of Bahujan Samaj politics in the country and knows how to go about it.

The BSP chief has not been as aggressive in election campaigning as the others, especially, the BJP, Congress or Samajwadi Party yet she has her style of making her presence felt. Her party has not been doing well for the past several elections, whether the Lok Sabha or the state Assembly polls, and in particular, Uttar Pradesh.

Her party's lack of aggression has, no doubt, been baffling. The results have been discouraging since 2012 creating the feeling that she may have lost the plot. In 2007, the party had a majority in the Uttar Pradesh Assembly, winning 206 out of 403 seats. In the 2012 Assembly elections, it won only 80 seats, and in 2017, it fell to just 19. However, the worst was in the 2022 elections when the party won only one seat. At the national level, the BSP won 21 Lok Sabha seats in 2009 but failed to get any in 2014. After its alliance with the Samajwadi Party in 2019, it won 10 seats. And in the 2024, Lok Sabha election, it failed to secure a single seat after going solo.

BSP's dismal performance in the elections has left her followers perplexed. Her electoral base has gradually shifted to other parties.

It is this shifted vote base that Rahul Gandhi appears to be targeting. What he said in his address to Dalit youths in Rae Bareilly, where he was visiting a few days ago, was a clear-cut message to the community. His words were carefully worded to impress the Dalits, especially the youths, to stir the thought that Mayawati was not serious about electoral fights.

The Congress leader posed questions to a group of Dalit students: "Behenji aaj kal chunav theek se kyun nahi lad rahi (Why is Mayawati not fighting properly these days)..." "Hum chahte the Behenji BJP ke virodh main hamare saath lade magar Mayawati ji kisi na kisi karan nahi ladi. Hume toh kaafi dukh laga kyunki agar teeno party ek ho jaati toh BJP chunav kabhi nahi jeetti (We wanted Behenji to fight with us against BJP...) Mayawati ji did not fight for some reason or the other. I felt very sad because if the three parties (including Samajwadi Party) had united, BJP would never have won the election".

Mayawati reacted sharply, saying that Congress was the B-team of BJP and had a casteist attitude towards her party. In a post on her X handle in Hindi (loosely translated as): "In the states where Congress is strong or where it has governments, there is animosity and casteist attitude towards BSP and its followers, but in a state like UP where Congress is weak, there is deceptive talk of alliance with BSP, if this is not the double standard of that party then what is it?"

Her dismissal of Rahul Gandhi's statement was swift and intense but there is no denying the fact that BSP's successive setbacks have created a vacuum in Dalit politics.

And, several new faces and various parties are trying to create a bloc out of them.

In the 2024 Lok Sabha elections, BSP failed, but Bhim Army chief Chandrashekhar Azad clinched victory in Uttar Pradesh's Nagina Lok Sabha seat in 2024, securing over 51 per cent of the vote share.

This win has indicated that there is space for the Dalit-centric electoral politics and if Mayawati is lacking for some reasons, there are others ready to dive in.

So, when Rahul Gandhi made the comments on Mayawati and BSP, the target was clear – the over 21 per cent Dalit population in Uttar Pradesh. The Congress, which has made the Muslim community the main plank in its electoral battle against the BJP, is now seeking the Dalit community ahead of the 2027 Assembly elections in Uttar Pradesh.

Rahul Gandhi strategically started the campaign by creating clear-cut doubts among the Dalits and other Backward Classes about the "intentions" of Mayawati in not contesting against the BJP.

With this, the Congress leader hopes to bring the grand old party's traditional SC vote bank back to it. At the same time, this is also a subtle message to Akhilesh Yadav's SP that the Congress doors are open to other tie-ups also.

While Gandhi may have started his political move to woo Dalits, Mayawati has cautioned the community against what she claims is a biased and discriminatory attitude of the grand old party.

She has said that whenever the BSP has contested elections in UP and other states in alliance with Congress, her party's base vote has been transferred to them but the same has not been reciprocated.

Rise of Robotic-Assisted GI Surgery in Healthcare

(Standard Post Bureau)

In recent years, robotic-assisted surgery has been making significant strides in India, particularly in the field of gastrointestinal (GI) surgery. With the rising burden of GI diseases, including colorectal cancer, gastric cancer, and complex hepatobiliary conditions, robotic technology is emerging as a transformative force, offering precision, minimally invasive procedures, and faster recovery times for patients.

Growing Adoption of Robotic Surgery

The adoption of robotic-assisted surgery in gastrointestinal (GI) procedures has seen a significant rise globally. Between 2012 and 2022, the utilization of robotic surgery in general surgical procedures increased from 1.8% to 17%. This growth is driven by the advantages of robotic systems, such as enhanced

precision, reduced postoperative pain, and quicker recovery times. In 2020, approximately 1.24 million robotic-assisted surgeries were performed worldwide.

In India, the adoption of robotic surgery in GI procedures is also on the rise. The increasing availability of advanced medical technologies and the growing expertise of surgeons in robotic systems are contributing to this trend. Patients in India are becoming more aware of the benefits of minimally invasive procedures, leading to a higher demand for robotic-assisted surgeries. As healthcare infrastructure continues to improve, it is anticipated that the adoption of robotic surgery in GI procedures will further expand.

Advantages of Robotic GI Surgery

The benefits of robotic-assisted GI surgery extend beyond just precision.



Dr. Neeraj Chaudhary, Director - Robotic and Laparoscopic, GI-HPB Surgery and Oncology, Yatharth Hospital, Greater Noida

Traditional open surgeries often require large incisions, leading to prolonged recovery periods and an increased risk of infections. In contrast, robotic surgery enables minimally invasive procedures, significantly reducing postoperative

pain and scarring. Patients experience lower risks of complications and infections, allowing for a smoother recovery process.

Additionally, the advanced precision of robotic systems ensures improved outcomes in complex procedures,

particularly in cancer surgeries. The ability to perform delicate movements with enhanced visualization aids in better tumor removal and precise lymph node dissection. As a result, patients benefit from faster discharge, quicker return to daily activities, and overall improved surgical success rates.

Expanding Accessibility Beyond Metro Cities

While robotic GI surgery is gaining momentum in urban India, challenges remain in expanding this technology to tier-2 and tier-3 cities. High initial costs and the need for trained specialists have limited its widespread availability. However, efforts are being made to make robotic surgery more accessible through training programs, collaborations, and cost-effective robotic systems.

Government and private healthcare providers are

also exploring ways to subsidize robotic procedures, making them affordable for a larger segment of the population. Additionally, as more surgeons receive specialized robotic training, the reach of this advanced surgical technique is expected to grow significantly in the coming years.

Future of Robotic GI Surgery

The future of robotic-assisted GI surgery looks promising, with advancements such as AI-integrated robotic systems, telesurgery, and indigenous robotic platforms on the horizon. As the technology becomes more cost-effective and widely available, more hospitals are expected to integrate robotic surgery into their practice, ensuring that patients receive world-class treatment with minimal discomfort.

Not Just an Ambulance... A Lifesaver for Newborns! SP Vikrant Patil Inaugurates Neonatal ICU Ambulance



(Standard Post Bureau)

District SP Vikrant Patil emphasized that in cases where critically ill newborns need to be transferred to a larger hospital, the lack of proper ambulance facilities has been a major challenge. However, with the launch of an advanced neonatal ambulance by KIMS Cuddles, this issue is now addressed. He inaugurated the state-of-the-art neonatal ambulance services at KIMS Cuddles Hospital in Kurnool on Friday.

Speaking on the occasion, SP Patil stated that this special ambulance, the first of its kind in Rayalaseema, will allow the

necessary medical care even while being transferred. He commended the doctors, staff, and management of KIMS Cuddles for introducing such a vital service.

Advanced Life Support for Newborns

Speaking at the event, Consultant Neonatologist Dr. H.A. Naveed explained that some newborns face severe health complications at birth. In such cases, regardless of how remote the location is, this ambulance can ensure their safe transport while providing critical medical care. He highlighted that the ambulance is equipped with a high-tech incubator, ventilator, oxygen support, and even emergency medication facilities. He

been introduced in Rayalaseema.

KIMS Hospital Chief Operating Officer, Dr. Sunil Sepuri, shared that KIMS Hospital in Kurnool consistently introduces advanced medical facilities to serve the people better. As part of this initiative, they have launched this cutting-edge neonatal ambulance, which will be a boon for the people of Rayalaseema. He assured that parents of critically ill newborns will no longer have to worry about transportation difficulties. Dr. Sunil further explained that preterm babies often face severe health challenges, making it crucial to transfer them to specialized hospitals. With this ambulance now



safe transport of critically ill newborns from any remote location.

Equipped with an incubator and advanced medical facilities, it ensures that newborns receive the

noted that previously, only portable ventilator-equipped ambulances were available for adults, but this is the first time such comprehensive neonatal transport services have

available, parents can rest assured about their baby's safety.

The service will also benefit for pregnant women and children in need of emergency medical care.

Haryana operated 595 buses to Prayagraj

Chandigarh, Feb 22 (UNI) Haryana Transport Minister Anil Vij said that to facilitate devotees attending the Mahakumbh in Prayagraj, the state Transport department had operated a total of 595 buses from all districts till February 21, with all buses running to full capacity.

The Transport department has recorded an average receipt of Rs 43.85 per kilometer under this arrangement.

Vij mentioned that the Transport department had

decided to introduce bus services due to increasing number of devotees travelling to the Mahakumbh. As a result, the operation of buses was initiated, he said. He highlighted that each bus had an occupancy rate of around 80-85 percent, and the Transport department was earning an average of Rs 43.85 per kilometre. The introduction of bus services from Haryana has greatly benefited devotees travelling to and from the Mahakumbh.

PM Modi to visit MP, Bihar and Assam from Feb 23 to 25

New Delhi, Feb 22 (UNI) Prime Minister Narendra Modi will visit Madhya Pradesh, Bihar and Assam from February 23 to 25 and participate in various programs in these states and lay foundation stones and inaugurate several projects.

On Sunday, he will travel to Chhatrapur District in Madhya Pradesh and will lay the foundation stone of Bageshwar Dham Medical and Science Research Institute in Garha village of Chhatrapur district.

Ensuring better healthcare services for people from all walks of life, the Cancer hospital, worth over Rs 200 crore will offer free treatment to underprivileged cancer patients and will be equipped with state-of-the-art machines and have specialist doctors, an official statement said on Saturday.

On 24th February, the Prime Minister will inaugurate the Global Investors Summit 2025 in Bhopal. Serving as an important platform to establish Madhya Pradesh as a global investment hub, the GIS will include departmental summits; specialized sessions on pharma and medical devices, transport and logistics, industry, skill development, tourism and MSMEs among others. It will also include international sessions like the Global South countries conference, Latin America and Caribbean session and special sessions for key partner countries.

Three major industrial exhibitions will be held during the Summit. The Auto Show will showcase the state's automotive capabilities and future mobility solutions. The Textile and Fashion Expo will highlight the state's expertise in both traditional and modern textile manufacturing. The "One District-One Product" (ODOP) Village will showcase the state's unique craftsmanship and cultural heritage.

Representatives from over 60 countries, officials from various international organizations, over 300 prominent industry leaders from India and policymakers among others will participate in the Summit.

Thereafter, Modi will travel to Bhagalpur in Bihar and release the 19th installment of PM Kisan scheme. Over 9.7 crore farmers across the country will receive direct financial benefits amounting to more than Rs 21,500 crore.

The PM will inaugurate the Centre of Excellence for Indigenous Breeds in Motihari, built under the Rashtriya Gokul Mission. Its major objectives include introduction of cutting edge IVF technology, production of elite animals of indigenous breeds for further propagation, and training of farmers and professionals in modern reproductive technology. He will also inaugurate the Milk Product Plant in Barauni that aims to create an organized market for three lakh milk producers. In line with his commitment to boost connectivity and infrastructure, Modi will also dedicate to the nation the doubling of Warisaliganj – Nawada – Tilaiya rail section worth over Rs 526 crore and Ismailpur – Rafiganj Road Over Bridge.

On 25th February, the Prime Minister will inaugurate the Advantage Assam 2.0 Investment and Infrastructure Summit 2025 in Guwahati.

He will attend the Jhumoir Binandini (Mega Jhumoir) 2025, a spectacular cultural extravaganza with 8,000 performers participating in the Jhumoir dance, a folk dance of Assam Tea Tribe and Adivasi Communities. The Mega Jhumoir event symbolises 200 years of the tea industry, and also 200 years of industrialisation in Assam.

Iraqi forces destroy 25 IS sites

Baghdad, Feb 22 (UNI) The Iraqi military said on Friday that its forces had destroyed 25 sites used by Islamic State (IS) militants in a mountainous area in northern Iraq.

Forces from Iraq's Counter-Terrorism Service carried out an operation in the Makhmour area, some 100 km southeast of Nineveh's provincial capital, Mosul, and destroyed 18 IS hideouts and seven tunnels, according to a statement from the Security Media Cell, a media outlet affiliated with the Iraqi Joint Operations Command. The forces also found human remains, as well as explosive devices, ammunition, two drones, a motorcycle, and other logistical materials, the statement said, without giving further details about the human remains. While Iraq declared victory over the IS in 2017, remnants of the group continue to carry out attacks against security forces and civilians in urban areas, deserts, and remote regions.

Court rules against suspension of nuclear plant operations in southwestern Japan

Tokyo, Feb 22 (UNI) : A Japanese court on Friday rejected a request of thousands of residents to suspend operations of two reactors at a nuclear power plant in Kagoshima prefecture in southwestern Japan, local media reported.

The Sendai nuclear power plant, operated by Kyushu Electric Power Co., is located near a number of active volcanoes and an active fault but the Kagoshima District Court said there was no specific risk of a severe accident caused by a natural disaster, Kyodo News reported.

In the lawsuit, plaintiffs totalling around 3,000 claimed a catastrophic volcanic eruption or an earthquake could hit No. 1 and No. 2 reactors at the power complex, currently online.

The plaintiffs were set to appeal the ruling to a higher court, according to their lawyers, the report said.

The court's decision came as the central government on Monday unveiled a new energy plan that said nuclear power will account for about 20 percent of Japan's total energy output in fiscal 2040, which requires the country to reboot nearly all of more than 30 reactors nationwide, despite safety concerns raised by the Fukushima nuclear crisis triggered by a massive earthquake and tsunami in 2011.

In 2014, No. 1 and No. 2 units at the Sendai complex, both around 40 years old, became the first in Japan to pass stricter safety regulations drawn up after the Fukushima nuclear disaster and restarted the following year. A series of lawsuits have been filed against the Sendai reactors. In 2019, the Fukuoka District Court dismissed a request by residents to nullify the regulator's permission for installing the reactors, while the Kagoshima District Court rejected an injunction request to halt the units in 2015, according to Kyodo News.

U.S. company to launch another lunar mission to deliver NASA science

Los Angeles, Feb 22 (UNI) : U.S. company Intuitive Machines is set to launch its second lunar mission later this month to deliver NASA science to the lunar surface, NASA said on Friday.

The mission, codenamed IM-2, will lift off on a SpaceX Falcon 9 rocket from NASA's Kennedy Space Centre in Florida no earlier than Wednesday, Feb. 26.

After the launch, Intuitive Machines' lunar lander, Athena, will spend approximately one week in transit to the moon before landing on the lunar surface no earlier than Thursday, March 6.

The lander will carry NASA science investigations and technology demonstrations to further understanding of the moon's environment and help prepare for future human missions to the lunar surface, according to NASA.

Launching as a rideshare with the IM-2 delivery, NASA's Lunar Trailblazer spacecraft also will begin its journey to lunar orbit, where it will map the distribution of the different forms of water on the moon.

U.S. close to signing minerals deal with Ukraine: Trump

Washington, Feb 22 (UNI) : U.S. President Donald Trump said Friday that Washington was nearing a deal requiring Kiev to hand over 50 percent of its rare earth minerals as the payoff of U.S. aid during Ukraine's conflict with Russia.

"We're signing an agreement, hopefully in the next fairly short period of time," Trump told reporters in the Oval Office when asked about a deal for Ukraine's minerals.

In a video address, Ukrainian President Volodymyr Zelensky said, "Ukrainian and U.S. teams are working on a draft agreement between our governments. This agreement can add value to our relations -- what matters most is getting the details right to ensure it truly works."

"I look forward to just results," the Ukrainian leader said.

Trump, whose administration bypassed Ukraine to hold direct talks with the Russian side in pursuit of ending the three-year conflict, has craved Ukraine's rare earth deposits, which are crucial raw materials for certain high-tech products.

He has also criticised the former Joe Biden administration for providing too much aid to Ukraine but getting nothing in return.

Speaking on Wednesday of the Trump administration's initial proposal demanding a share of Ukrainian minerals without committing to providing a security guarantee for Ukraine, Zelensky said, "That's not a serious conversation. I can't sell our state."

Lebanese president urges U.S. support for army, calls for Israeli withdrawal

Beirut, Feb 22 (UNI) Lebanese President Joseph Aoun on Friday called on the United States to continue supporting the Lebanese army with equipment and resources to help it carry out its national security duties, particularly in southern Lebanon.

During a meeting with a U.S. congressional delegation led by congressman Darrell Issa in Beirut, Aoun also urged Washington to pressure Israel to complete its withdrawal from five remaining points it still occupies in southern Lebanon, according to a statement released by Lebanon's presidency.

Issa congratulated Aoun on his election and reaffirmed Washington's commitment to supporting Lebanon across various sectors, adding that he would work with the U.S. administration and congress to meet Lebanon's demand for a full Israeli pullout, said the statement. After the meeting, Issa told reporters that their discussions had covered both long-term and short-term challenges facing Lebanon, including strengthening governance, fostering economic recovery, and implementing UN Security Council Resolution 1701.

Regarding Israel's continued presence in five locations in southern Lebanon, Issa acknowledged that while significant progress had been made, further steps were needed. He cited ongoing security challenges, including dismantling weapons stockpiles and underground tunnels, as obstacles require additional time. However, he expressed confidence that full compliance with Resolution 1701 would eventually be achieved.

He reaffirmed that the U.S. and the United Nations will hold all parties accountable for compliance with the resolution. Issa also expressed confidence that the U.S. military support for Lebanon would continue, such as additional military training and equipment from the U.S. and regional allies such as Jordan.

Turkiye issues weather warnings for 14 provinces

Ankara, Feb 22 (UNI) Heavy snowfall continues to affect many regions of Turkiye, prompting the Turkish State Meteorological Service to issue orange-coded warnings on Friday for eight provinces and yellow-coded warnings for six others.

According to the latest forecasts, snowfall is expected Friday in the coastal areas of the central and eastern Black Sea, eastern and southeastern Anatolia, as well as Istanbul and its surrounding regions, the service said in a statement. The snowfall is predicted to continue on



External Affairs Minister S Jaishankar with Australian Foreign Minister Penny Wong during a meeting, in Johannesburg, South Africa.

Body of hostage Shiri Bibas returned Friday confirmed by Israel

Jerusalem, Feb 22 (UNI) : The body of Israeli hostage Shiri Bibas, which was handed over to Israel on Friday night by Hamas via the International Committee of the Red Cross (ICRC) in Gaza, was confirmed by forensic analysis, Israel's state-owned Kan TV News and other leading media outlets reported on Saturday. After being handed over to the Israel Defence Forces, the body was transferred to the National Institute of Forensic Medicine based in Tel Aviv, where the

identification was made. Bibas's remains were supposed to be returned to Israel on Thursday, along with the bodies of her two children and another hostage, 83-year-old Oded Lifshitz, as part of an arrangement under a three-phase ceasefire-hostage deal between Israel and Hamas, which took effect on Jan. 19.

However, forensic analysis showed the remains returned were not hers. In the developments afterwards, a senior Hamas official, speaking on condition of

anonymity, explained that the mix-up occurred due to the chaos caused by Israeli airstrikes, which led to the misidentification of the remains. "It was an unintentional mistake," he said. Earlier on Friday before the final delivery of the remains of Bibas, Israeli Prime Minister Benjamin Netanyahu said that Israel will seek revenge against Hamas over its failure to hand over Bibas's body.

"We will ensure that Hamas pays the full price for this cruel and evil violation of the

agreement," he said.

The four dead Israeli hostages were among the about 250 hostages abducted to Gaza during a Hamas attack on southern Israel on Oct. 7, 2023.

Hamas is expected to release six living hostages on Saturday in exchange for hundreds more Palestinians detained by Israel as part of the ceasefire deal. The release of the remaining living hostages in Gaza is expected to take place during the second phase of the ceasefire deal, which still needs to be negotiated.

Canadian Indian-origin ex-MP Ruby Dhalla disqualified from Liberal Party leadership race

Ottawa/New Delhi, Feb 22 (UNI) Canada's Indian-origin former MP Ruby Dhalla has been disqualified by Prime Minister Justin Trudeau's Liberal Party for running for the top position. Her ouster came amid questions about campaign finances and possible allegations of foreign interference, which Dhalla has strongly denied.

Dhalla described the party's decision as "shocking and deeply disappointing".

The Liberal Leadership Vote Committee unanimously made the decision following "an extensive process and review, including interviews, questionnaires, and an opportunity for Dr. Dhalla to directly address the committees." The

committee, in a joint sitting with the Leadership Expense Committee, said that Dhalla "was in breach of 10 violations of the National Leadership Rules, Leadership Vote Rules, and the Leadership Expense Rules." "The violations include concerns about alleged violations of the Canada Elections Act, certain other election finance matters, non-disclosure of material facts, and inaccurate financial reporting," they added.

Dhalla told CTV News that she learnt of her disqualification from "watching the news," adding that as someone running for the leadership race and to be the next prime minister, "the party would have had the courtesy to inform me directly, instead of having me learn about this from

media reports." She termed the allegations against her as "fictitious" and "false", and the disqualification as an effort by the Liberal Party to keep her off the debate stage and ballot in order to "complete the coronation" for former Bank of Canada governor Mark Carney to become the party's leader.

"I was the only outsider in the race that was speaking about progressive policies that I believe are the need of the hour in our country," Dhalla said. "It is very evident that the party did not like that, and they did not want me to bring those progressive policies to the debate stage in Montreal."

Following the announcement, she posted to social media saying the decision was "disappointing,"

considering it was "leaked to the media."

"I have just been informed by the Liberal Party of Canada that I have been disqualified from the leadership race. This decision is both shocking and deeply disappointing, especially since it was leaked to the media," she said in a post on X.

During her campaign, she vowed to take on US President Donald Trump, saying as a businesswoman, she is best suited to negotiate with him. She also promised a "stronger military, stronger borders," and that Canada will "end involvement in foreign wars," if she becomes prime minister. The Liberals will choose their successor to Prime Minister Justin Trudeau on March 9. The four remaining leadership

Hamas hands over body of Shiri Bibas to ICRC: Sr official

Gaza, Feb 22 (UNI) Al-Qassam Brigades, the armed wing of Hamas, handed over the body of Shiri Bibas, an Israeli hostage, to the International Committee of the Red Cross (ICRC) on Friday, according to a senior Hamas official, after Israeli authorities determined that a body returned by Hamas on Thursday was not her.

The official, speaking on condition of anonymity, explained that the mix-up occurred due to the chaos caused by Israeli airstrikes, which led to the misidentification of remains.

"It was an unintentional mistake, as the body of Shiri was mixed with others due to Israeli attacks on the area where it was located," he said. On Thursday, al-Qassam transferred the remains of four Israeli hostages -- presumably Shiri Bibas, her two sons, Ariel and Kfir, as well as retired journalist Oded Lifshitz -- back to Israel through the ICRC. The four hostages were abducted to Gaza during a Hamas-led attack on southern Israel on Oct. 7, 2023. However, after conducting forensic analysis on the four bodies, Israeli authorities announced that the body initially believed to be Shiri Bibas did not match her DNA.

candidates -- former central banker Mark Carney, ex-finance minister Chrystia Freeland, former House leader Karina Gould and ex-MP Frank Baylis -- face off in separate French and English debates on Monday and Tuesday.

In January, another Indian-origin Canadian Liberal MP Chandra Arya was barred from running for the leadership. The party did not say why Arya was disqualified, but pointed to Liberal Party rules that say candidates can be banned owing to "public statements, past improper conduct, a lack of commitment to democracy, or other reputational or legal jeopardy." On January 6, Justin Trudeau announced he will resign as Liberal party leader and prime minister once a new one is chosen in a leadership race.

Landmine blast kills 1 in S. Afghanistan

Lashkar Gah, Afghanistan, Feb 22 (UNI) At least one person was killed as a landmine left over from past wars went off in south Afghanistan's Helmand province on Saturday, a local official said. The deadly accident took place on a road in Gereshk district early Saturday morning when the old landmine exploded on a tractor, killing the driver on the spot, provincial police spokesman Ezatullah Haqqani said.

Afghanistan is reportedly one of the most landmine-contaminated countries in the world, with dozens of people, mostly children, being killed and maimed every month.

Mexican president warns of harsh penalties for foreign spies

Mexico City, Feb 22 (UNI) Mexican President Claudia Sheinbaum warned Friday that any foreign national conducting security-related activities without authorisation will face severe penalties and immediate imprisonment.

"Any foreigner engaging in activities outside the framework of collaboration, coordination and the National Security Law will receive the harshest possible penalty if detained," Sheinbaum said at a press conference.

"We are protecting Mexico," she said, reiterating that the U.S. designation of Mexican drug cartels as terrorist organisations should not serve as a "pretext for intervention in Mexico."

On Thursday, Sheinbaum introduced two constitutional reform proposals aimed at strengthening national security and sovereignty. The move came after the U.S. government added six Mexican drug cartels to its list of terrorist organisations, expanding its authority to target them.

The proposed reforms, which must be approved by Congress, would amend Articles 19 and 40 of the Constitution to prevent any form of foreign interference in Mexico and to impose the maximum penalty on any foreign national engaging in unlawful activities within the country.

Health

Perfect Exercises for the Perfect butt

With icons like Jennifer Lopez, Beyonce and Pippa ruling the roost with their perfectly shaped posteriors, every woman wants to shape up and fast. This brings us to the doorstep of our expert, International Master Trainer - Sophia Yasmin. We asked her what it takes to get that perfect toned butt, and here are her answers.

If you are working out at home, try out:

Single leg squat - First learn to balance yourself, then stretch out your arms parallel to the floor. Lift one of your legs and squat, stay down for a second and rise.

Step ups - Place your left leg on a step or a risen area for a second, and let your right leg be behind you. Then step down with your right leg followed by left.

Hip extensions - Place a table a little ahead of you, stand with you legs apart. With the support of the table bend

forward at a 45 degree angle; then lift your legs behind you without bending it or your body. Hold it for a second, and bring your leg back down.

If you want to try an outdoor sport to improve your derriere, try out:

Cycling - When you push down the pedal you are exercising the gluteal maximus, it is the muscle that begins at the upper part of the butt at the pelvis and stretches to the thigh bone.

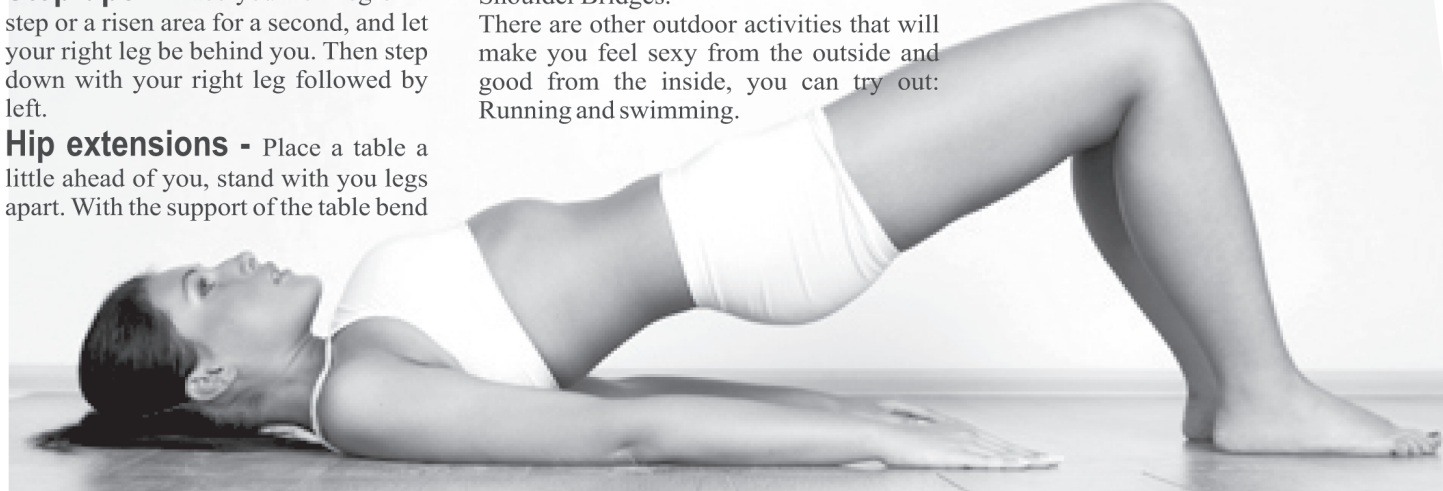
If you want to try yoga she has the answer, try out:

Pilates, especially side leg lift series and Shoulder Bridges.

There are other outdoor activities that will make you feel sexy from the outside and good from the inside, you can try out: Running and swimming.

Remember that spot targeting does not work.

Therefore, if you need to first lose weight in order to get a shapely butt, then you will need to attack that frontier with a balanced diet and optimal workout routine. The exercises and regimes listed above will work if you are within reach of your desired weight, and are including them in a well-rounded fitness programme. The ultimate solution to a flabby backside is always exercise along with a healthy lifestyle. Unfortunately, there are no short cuts.



The perfect figure, especially the perfect derriere, is as sought after as water on a hot day.



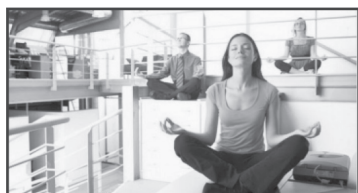
7 reasons Meditation isn't a waste of time



Think meditation is a waste of time? Here are seven reasons why you are wrong. Sitting in total silence, eyes closed, palms facing upward and mouthing Om, may seem a practice for sadhus. But this very mindful meditation technique can fit perfectly into the mundane lives of nine-to-five working professionals. And you'll be more than enlightened. Here are seven benefits to lure you to trying it.

1. Reduces the pain
Certain studies suggest that the pain you experience in your body is suppressed. Meditation helps you cool down. Also, though your back or other body areas may be feeling the ache, part of that pain may actually be in your head. In fact, a study published in the Journal of Neuroscience suggested just 80 minutes of meditation training could cut pain perception nearly in half. In the study, volunteers were given a pain test before and after the meditation training; brain scans using magnetic resonance imaging (MRI) of pain-reception regions revealed significant changes before and after meditation, too.

Another study found that people who meditated regularly found pain less unpleasant. Apparently their brains were busy focusing on the present and anticipated the pain less, blunting its emotional impact.



2. Charges up your sex life That's right. A little mindfulness can go a long way in bed. A recent research suggested that mindful meditation training (in which a person learns how to bring thoughts into the present moment) can enhance a woman's sexual experience. Turns out, self-judgmental chatter often fills a woman's mind during sex, keeping her from the full sexual experience. In another study, college girls who meditated were quicker to become aroused when viewing erotic photos compared with non-meditating women.

3. Steer clear of mental blocks Whether you are trying to get out of a bout of depression or solve a dispute with a friend, doing the same thing in the same way doesn't always work. Meditation can help a person avoid mental traps that drag out problem solving. After just a few weeks of mindfulness training, volunteers were better at switching strategies for problem-solving than volunteers who were not taught the technique.

This difficulty of letting go of old, habitual and non-adaptive ways of responding for the sake of better ones may underlie many of our everyday difficulties. A married couple that repeatedly gets into the same

quarrels and arguments may be able to break the cycle and look at things in a fresh perspective. Clinicians may be better able to offer new ways of looking at a clinical situation. Negotiators may be better at finding novel ways to settle disputes. Managers may be better able to think 'out of the box' and replace existing non-adaptive procedures with new and improved ones.

4. Makes you mentally tough Meditation can protect a person from the debilitating effects of some emotional events. In a study, US marines preparing for deployment spent two hours each week practising mindfulness meditation training for eight weeks. Compared with the marines who didn't meditate, those who did showed improved moods and working memory (allows for short-term retrieval and storage of information). The training seems to allow individuals to stay alert and in the moment without becoming emotional, equipping them with a mental armour.

5. Helps you keep cool
Both novice and experienced meditators in the study practised compassion meditation (widely practised by Tibetan leaders), which involves focusing on loved ones and directing loving-kindness toward them, and then extending that goodwill to all beings indiscriminately. When participants heard emotional sounds, such as a distressed woman crying or a baby laughing, they showed more brain activity in brain regions linked to empathy while meditating than when not meditating.

6. Helps you focus City denizens tend to suffer from mild ADHD. And smart phones, laptops, wi-fi and the opportunity to essentially contact anyone at any time, compounds the problem of distraction. Then how does one stay focused? The Zen practice of 'thinking about not thinking' boosts your attention span by freeing the mind of distractions. A brain-scan study results showed that Zen meditation training, in which a person stays alert and aware of their breathing and posture while dismissing wandering thoughts, led to different activity in a set of brain regions known as the default network, which is linked with spontaneous bursts of thought and wandering minds. Their brains were also quicker to return to this Zen mode after being distracted compared with those who had no meditation training.

7. Bulks up the brain A few Om chants may make you smarter, suggests research on the effects of meditation on the brain. A study found that long-term meditators (who practised various techniques, including Samatha, Vipassana, and Zen) have larger amounts of folding, of the brain's cortex than people who don't meditate. The extra folds may allow the meditators to process information faster than others. Another study found that people who meditate also have stronger connections between brain regions and show less age-related brain shrinkage. The bulking-up in white matter was seen throughout the brain, the researchers said.

6 ways you are not using Lemons

In addition to enhancing the tangy taste to various delicacies, there are various other ways lemons can be used.

Cleanse and boost your system: A cup of warm lemon water first thing in the morning acts as the perfect body cleanser. Specifically because lemon is a diuretic and flushes out toxins from the body. Not only that, lemons are also believed to boost your immune system.

Digestive aid:

Lemon with water pushes the liver to produce bile acid, which is required for digestion. Moreover, they aid in moving toxins from the digestive tract.

Mosquito repellent:

Using it as a mosquito repellent, strange as it is, but is a n extr

emely simple process. You just need half a lemon, stuff it with sufficient amount of cloves and there you go. Now you are all set to drive away the nagging mosquitoes.

Home freshener:

Lemons, if mixed with rosemary and vanilla makes for a great way to freshen up your home.

Keep apples fresh:

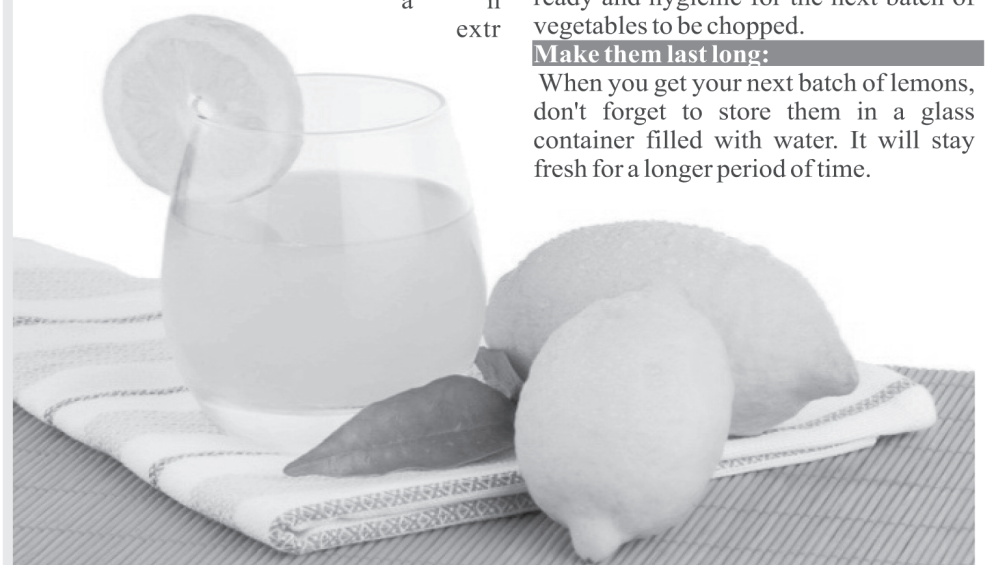
Lemons when added to cut apples and avocados will keep it fresh, such that it doesn't get brown.

Sanitize your cooking boards:

Use lemon to clean your chopping board to reduce the microbial count and make it ready and hygienic for the next batch of vegetables to be chopped.

Make them last long:

When you get your next batch of lemons, don't forget to store them in a glass container filled with water. It will stay fresh for a longer period of time.



Why should you have soaked almonds

If you love eating almonds raw and hate the idea of soaking it overnight, then it's time to put in that little extra effort. It's not about taste anymore and more about picking the healthier option when choosing between soaked almonds and raw almonds.

Why soaked almonds are better?

Many are unaware that the brown peel of almonds contains tannin, which inhibits nutrient absorption. Once the almonds are soaked, the peel comes off easily, allowing the nuts to release nutrients. Soaked almonds also help with digestion. It releases the enzyme lipase, which is beneficial for fat digestion. What's more? Almonds also



help in weight loss. They contain monounsaturated fats that curb your appetite and makes you feel full. Soaked almonds are a good

source of antioxidants too. It resists free radical damage and prevents ageing. Soaked almonds contain Vitamin B17 and folic acid that are vital for fighting cancer and reducing birth defects, another reason worth putting in a little effort. So make a habit, soak the almonds overnight and have your daily share of nutrition every morning.

Central Railway to run 28 Holi Special Trains between Mumbai - Nagpur, Madgaon, Nanded and between Pune – Nagpur

(Standard Post Bureau) Mumbai, Feb 22 : Central Railway will run 28 Holi Special Trains between Mumbai - Nagpur / Madgaon / Nanded & between Pune - Nagpur to clear the extra rush of passengers during Holi festival. The details are as under:

1. CSMT-NAGPUR-CSMT Bi-weekly special (8 trips)

Train no.02139 Bi-weekly special will leave CSMT on 09.03.2025, 11.03.2025, 16.03.2025 & 18.03.2025 (Sunday & Tuesday) at 00.20 hrs and will arrive Nagpur at 15.10 hrs same day.

Train no.02140 Bi-weekly special will leave Nagpur on 09.03.2025, 11.03.2025, 16.03.2025 & 18.03.2025 (Sunday & Tuesday) at 20.00 hrs and will arrive CSMT at 13.30 hrs next day.

Composition: One First AC, One First AC cum AC-2 Tier, Two AC-2 Tier, 10 AC-3 Tier, 4 Sleeper Class, 4 General Second Class and 2 General Second Class cum Guard's brake van.

Halts: Dadar, Thane, Kalyan, Igatpuri, Nashik Road, Manmad, Jalgaon, Bhusaval, Malkapur, Shegaon, Akola, Murtizapur, Badnera, Dhamangan and Wardha.

2. CSMT-Madgaon-CSMT Weekly special (4 trips)

Train no.01151 Weekly special will leave CSMT on 06.03.2025 & 13.03.2025 (Thursday) at 00.20 hrs and will arrive Madgaon at 13.30 hrs same day.

Train no.01152 Weekly special will leave Madgaon on 06.03.2025 & 13.03.2025 (Thursday) at 14.15 hrs and will arrive CSMT at 03.45 hrs next day.

Composition: One First AC, One First AC cum AC-2 Tier, Two AC-2 Tier, 10 AC-3 Tier, 4 Sleeper Class, 4 General Second Class and 2 General Second Class cum Guard's brake van.

Halts: Dadar, Thane, Panvel, Pen, Roha, Mangaon, Khed, Chiplun, Sangameshwar Road, Ratnagiri, Adavali, Vilavade, Rajapur Road, Vaibhavwadi Road, Kankavali, Sindhudurg, Kudal, Sawantwadi Road and Thivim.

3. LTT-Madgaon-LTT Weekly special (4 trips)

Train no.01129 Weekly special will leave LTT on 13.03.2025 & 20.03.2025 (Thursday) at 22.15 hrs and will arrive Madgaon at 10.30 hrs next day.

Train no.01130 Weekly special will leave Madgaon on 14.03.2025 & 21.03.2025 (Friday) at 14.30 hrs and will arrive LTT at 04.05 hrs next day.

Composition: One First AC, Two AC-2 Tier, Six AC-3 Tier, 8 Sleeper class, 1 Pantry car and 2 Generator Cars.

Halts: Thane, Panvel, Pen, Roha, Mangaon, Veer, Khed, Chiplun, Sangameshwar Road, Ratnagiri, Adavali, Vilavade, Rajapur Road, Vaibhavwadi Road, Nandgaon Road, Kankavali, Sindhudurg, Kudal and Sawantwadi Road.

4. LTT - Hazur Sahib Nanded - LTT Weekly

special (4 trips)

Train no.01105 Weekly special will leave LTT on 12.03.2025 & 19.03.2025 (Wednesday) at 00.55 hrs and will arrive Nanded at 21.00 hrs same day.

Train no.01106 Weekly special will leave Nanded on 12.03.2025 & 19.03.2025 (Wednesday) at 22.30 hrs and will arrive LTT at 16.05 hrs next day.

Composition: One First AC, One AC-2 Tier, 5 AC-3 Tier, 8 Sleeper Class, 4 Second Seating, 1 Pantry, 1 Generator Van and 1 Second Class cum Guard's Brake Van

Halts: Thane, Kalyan, Lonavala, Pune, Daund, Kurduwadi, Barsi Town, Osmanabad, Latur, Latur Road, Parli, Gangakh, Parbhani and Purna

5. Pune - Nagpur - Pune Weekly special (4 trips)

Train no.01469 Weekly special will leave Pune on 11.03.2025 & 18.03.2025 (Tuesday) at 15.50 hrs and will arrive Nagpur at 06.30 hrs next day.

Train no.01470 Weekly special will leave Nagpur on 12.03.2025 & 19.03.2025 (Wednesday) at 08.00 hrs and will arrive Pune at 23.30 hrs same day

Composition: Three AC 2 tier, 15 AC-3 Tier, 1 General Second Class cum Guard's brake van & 1 Generator Van.

6. Pune - Nagpur - Pune Weekly special (4 trips)

Train no.01467 special will leave Pune on 12.03.2025 & 19.03.2025 (Wednesday) at 15.50 hrs and will arrive Nagpur at 06.30 hrs next day.

Few trains affected due to block between Vangaon and Dhanu Road stations

(Standard Post Bureau)

Mumbai, Feb 22 : A Block will be taken on Sunday, 23rd February, 2025 for shifting/diversion/height raising of Monopole between Vangaon and Dhanu Road stations of Mumbai Central Division. The one-hour block, from 09.50 hrs to 10.50 on 23rd February, 2025 will be undertaken on UP & Down Main Lines, due to which a few Western Railway trains will be affected.

According to a press release issued by Chief Public Relations Officer of Western Railway, Mr Vineet Abhishek, the details of the trains which will be affected on 23rd February, 2025 are as under:-

Short Termination/ Partially Cancellation of Trains:

1. Train No. 93011 Churchgate – Dhanu Road Local departing from Churchgate at 07.42 hrs will short terminate at Vangaon and hence Train Nos. 93011 & 93016 will remain partially cancelled between Vangaon and Dhanu Road stations.

2. Train No. 93013 Virar – Dhanu Road Local departing from Virar at 09.30 hrs will short terminate at Boisar and hence Train Nos. 93013 & 93014 will remain partially cancelled between Boisar and Dhanu Road stations.

Regulation of Trains:

1. Train No. 12934 Ahmedabad – Mumbai Central Karnavati Express will be regulated by 35 minutes.

2. Train No. 09653 Ajmer – Bandra Terminus Special will be regulated by 01 hour.

24 lakh 38 thousand small voltage customers paid their electricity bills from home

Growing trend towards online payment in Kalyan-Bhandup circle

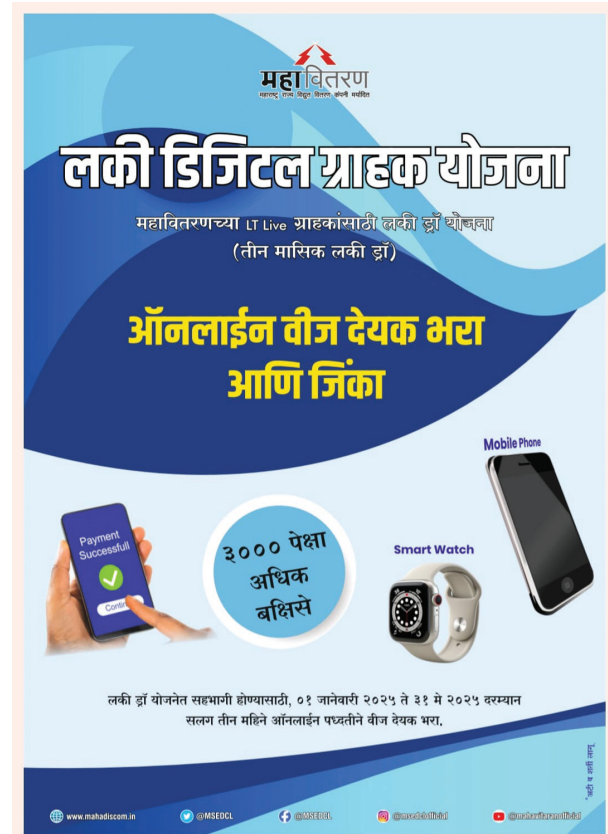
(Standard Post Bureau)

Kalyan/Bhandup, Feb 22 : 24 lakh 38 thousand small voltage customers in Kalyan and Bhandup circles of Mahavitaran have paid their electricity bills online till 20 February. In the previous month of January, 38 lakh 48 thousand customers had used digital means to pay their electricity bills. Due to this, these customers saved the trouble and time of standing in line in front of the bill payment center, and also got a quarter percent discount on the bill. Meanwhile, customers who pay three or more electricity bills online in a row between January and May 2025 have a great chance to win attractive prizes like smartphones, smartwatches through lucky draw. Mahavitaran has appealed to all customers to take advantage of this scheme.

One - Day Training programme on Human Trafficking and legal procedures for AHTU's (Anti Human Trafficking Units) of RPF and GRP of Telangana Region

In Kalyan Circle, 20 lakh 988 low voltage consumers paid their electricity bills worth Rs 456 crore 22 lakh online in January. While till February 20, 13 lakh 22 thousand 606 consumers have paid their electricity bills worth Rs 280 crore 30 lakh online. In Bhandup Circle, 18 lakh 47 thousand 151 low voltage consumers paid their electricity bills worth Rs 553 crore 41 lakh online in January. While till February 20, 11 lakh 14 thousand 990 consumers paid their electricity bills worth Rs 329 crore 82 lakh online.

On behalf of Mahavitaran, electricity consumers are provided with the facility to pay their electricity bills of any amount online anytime and



anywhere through the website www.mahadiscom.in as well as through Mahavitaran's mobile app. Consumers can pay their electricity bills through electronic means such as credit/debit card, net banking and UPI etc. Also, electricity bills can be paid through Bharat Bill Payment System (BBPS). All small-scale consumers with bills exceeding Rs 5,000 can pay their bills through RTGS/NEFT. A discount of 0.25 percent of the bill amount has also been given for online payment. Online payment of electricity bills is very secure and is subject to the provisions of the Reserve Bank of India's Payment and Settlement Act-2007. Pay your bill online and



Hubballi Division launches Digital Identity card for Divyangjan : SCR

(Standard Post Bureau)

Mumbai, Feb 22 : Hubballi Division of South Western Railway Introduces online issuance of "Digital Identity Card" (ID) for Divyangjan (differently-abled persons). Persons with disabilities need not visit the railway offices and submit applications in person; they can apply and download the digital ID card once their application is approved through online. To access the portal and begin registration, passengers can visit <http://divyangjan.in> where a

detailed user manual is also available to assist with the process.

Persons with visual impairment with absence of sight, mentally challenged persons, persons with hearing and speech impairment totally (both afflictions together in the same person) and orthopedically handicapped/paraplegic persons can apply for issuance or renewal of their photo ID cards to avail concessional rail tickets.

Concessional reserved tickets can be booked at ticket counters or via IRCTC website.

Concessional unreserved tickets can be availed at ticket counters or using the UTS app on cell phones. For any grievances, users may register their complaints at <https://pgportal.gov.in>

Eligible applicants can submit their applications and upload the required documents; photo identity card, Date of birth proof, address proof, Disability certificate issued by Government doctor and passport size photo (All documents should be less than 600KB in PDF/JPEG/JPG/PNG format). After successful verification of

credentials, the ID card will be signed by the competent authority digitally.

On completion of the above process, an automated message will be generated by the system and sent to the applicant advising about the readiness of the card.

This will obviate the need of physical commute to Divisional Office and also to reduce the processing time. Applicants can also track their application status and receive their smart card without visiting railway offices.

(Standard Post Bureau)

Mumbai, Feb 22 : A One-Day Training Programme on Understanding Human Trafficking and Legal Procedures was organized at Hawa Mahal, Sanchalan Bhavan, Secunderabad by RPF, Secunderabad Division, South Central Railway, in coordination with Association for Voluntary Action (AVA). The event saw 105 participants, including law enforcement personnel from RPF & GRP, legal experts, and dignitaries, coming together to strengthen anti-human trafficking efforts.

The program was graced by Chief Guest Ms. Aroma Singh Thakur, IG-Cum Principal Chief Security Commissioner, SCR, Smt D C Banerjee, Sr Divisional Security Commissioner, RPF, Secunderabad along with Sri Venkateshwarlu (State Coordinator, AVA) and Ms. Sri Harshitha (Advocate, AVA) as key speakers. The event began with the inauguration of a special booklet on Key Points on Human Trafficking for RPF,



followed by the launch of Human trafficking awareness short film and a collective pledge reinforcing commitment against trafficking. The training focused on legal frameworks, trafficking vulnerabilities, and the role of RPF & GRP in rescue operations. Expert-led sessions by Ms. Sree Harshitha and Sri Venkateshwarlu covered Standard Operating Procedures (SOPs) for handling missing children, legal provisions related to trafficking, and the operational responsibilities

of AHTUs in tackling cases within railway premises. The event highlighted RPF Telangana Region's significant achievements in anti-human trafficking operations. In 2023, 305 children were rescued and 137 traffickers were arrested, while 2024 recorded 310 rescues and 174 arrests. These efforts, driven by coordinated operation under initiative of Operation AAHT (Action against Human Trafficking) have played a crucial role in dismantling trafficking networks.

To enhance practical understanding, the training included interactive Q&A sessions, real-life case studies, role-playing exercises, and hands-on activities, equipping officers with critical skills for identification, intervention, and rescue operations. The program, conducted from 10:00 hrs to 15:45 hrs, provided participants with enhanced vigilance, strengthened multi-agency collaboration, and proactive strategies to effectively combat human trafficking through railways

Urdu in Delhi and Unani Treatment

(Standard Post Bureau)

New Delhi, Feb 22 : February Urdu Academy Delhi and Awani Ekta Welfare Association Organised Seminar on "Urdu in Delhi and Unani Treatment" at Mahmoodia Public School, Chauhan Bangad, In Which Chief Guest Professor Abdul Haq has Given Best Medical Service Award to Dr Altfah Ahmed Chairman Alfaiz Health and Life Care Foundation, in picture Dr Syed Ahmed Khan, Shah Jabin Qadri Advocate and Other Also Seen.



CM hands over cheque worth Rs 1 cr to the family of Shaheed constable of SSF

Bhawanigarh, Feb 22 (UNI) Condoling the death of Punjab police constable Harshveer Singh who attained martyrdom in line of duty a few days back, Chief Minister Bhagwant Mann on Saturday handed over cheque worth Rs one crore to the family of martyr as a mark of respect for his supreme sacrifice for country.

He said that Constable Harshveer Singh had attained martyrdom while performing his duty in Sadak Surkhya Force. He said that Rs one crore has been given as ex-gratia by state government whereas another payment of insurance cover worth Rs one crore had been made by the HDFC bank.