

IN BRIEF

MSEDCL junior engineer trapped in ACB net

Chhatrapati Sambhajanagar, Mar 11 (UNI) : The Anti-Corruption Bureau (ACB) on Tuesday arrested a junior engineer who was stationed at the Maharashtra State Electricity Distribution Company Ltd (MSEDCL)'s Bidkin office, for allegedly soliciting and accepting a bribe of Rs 20,000.

ACB stated in a press release that the alleged accused, Mahesh Kasinath Dhawat (35), had initially sought Rs 25,000 bribe from a complainant in return for processing and forwarding a sanctioning report necessary for the installation of a solar pump set on the complainant's farmland.

After negotiations, the amount was settled at Rs 20,000.

Unwilling to acquiesce to the illicit demand, complainant reported the matter to the ACB, whose team swiftly orchestrated a sting operation and caught red-handed Dhawat with the bribe money in the presence of independent witnesses.

A case under relevant sections of the Prevention of Corruption Act has been registered at Bidkin police station against the accused, release added.

Govt announces discontinuation of BA/BSc-BEd course from 2025-26

Mumbai, Mar 11 (UNI) : Government has announced the discontinuation of the four-year BA/BSc-BEd (Integrated) course starting from the 2025-26 academic year.

The course will be replaced by the Integrated Teacher Education Program (ITEP), a new four-year teacher training program that is in line with the National Council for Teacher Education (NCTE) guidelines, officials said here on Tuesday.

According to the Maharashtra Common Entrance Test (CET) Cell, candidates aspiring for admission to ITEP will now be required to appear for the national-level entrance test conducted by the National Testing Agency (NTA).

As a result, the state-level entrance test for the four-year integrated BA/BSc-BEd course has been cancelled.

Fadnavis launches 'CM Dashboard' website, 'SWAS' information system



(Standard Post Bureau) Mumbai, Mar 11 : Chief Minister Fadnavis on Tuesday launched 'CM Dashboard' website and 'SWAS' information system here. He launched the website and the system during a meeting held at Vidhan Bhavan regarding presentation of the CM Dashboard.

Speaking at this

meeting, he said that information of all government departments will soon be available to the public on 'CM Dashboard', in which the services of court, RERA and law & order should also be included.

Information about all government departments will soon be available to the public on the website

https://mdash-board.maharashtra.gov.in.

This website can be easily handled by the disabled and the right to information will also be available on it, he said.

He directed that all the government departments should be included in the official system of Information Technology

Department (S3WaaS) along with the website services of 34 departments.

The Chief Minister further said that 'S3WaaS' includes 34 websites of the state, and the websites of other departments will also be included in this system.

IT Department is continuously updating the 'CM Dashboard and S3WaaS' system, he added.

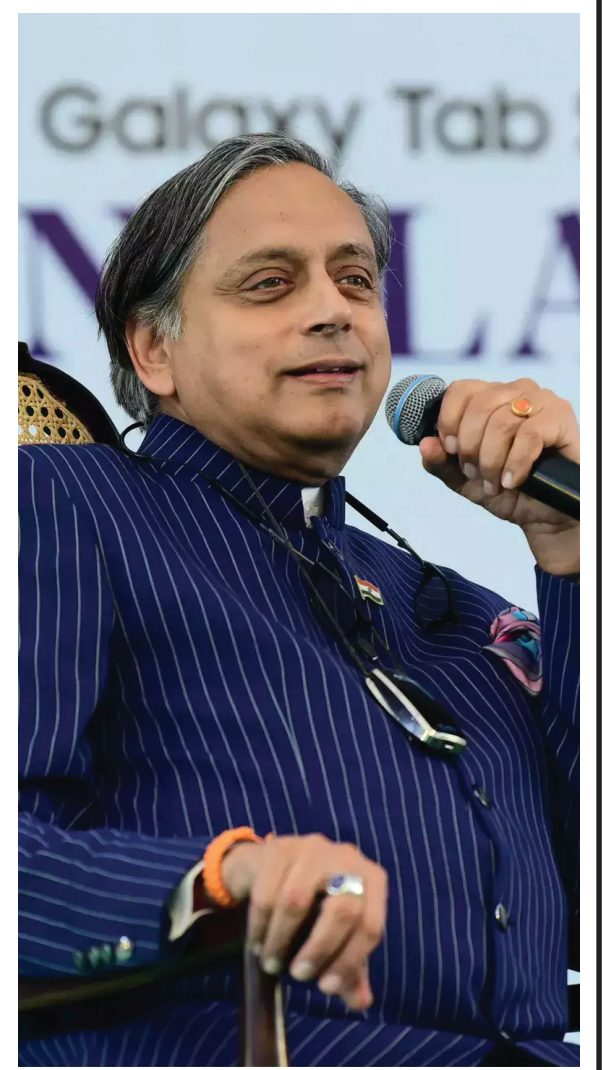
Three labourers crushed to death by unknown vehicle in Jalgaon

Jalgaon, Mar 11 (UNI) : In a tragic incident, three migrant labourers were run over by an unidentified vehicle while sleeping near a bridge at Jalgaon Khurd village. The incident occurred on the road leading from Bhusawal late on Monday night and came to light on Tuesday morning when local residents discovered the bodies.

According to police, a road construction work has been underway near a railway flyover adjacent to Nashirabad and several migrant labourers employed at the site have been sleeping at their workplace at night. Late on Monday, while three of these workers were asleep, a speeding unidentified vehicle veered off course and mercilessly ran over them, leaving no chance of survival.

The driver of the unknown vehicle fled the scene without attempting to render aid, turning the incident into a gruesome hit and run case.

The grisly accident discovered on Tuesday morning caused alarm among local residents, who quickly informed the authorities. A team from Nashirabad police immediately rushed to the spot, conducted a 'panchnama' and sent the three bodies for post-mortem to the Government Medical College Hospital in Jalgaon. Efforts are currently being made to identify the victims.



'Need to overhaul outdated systems to promote inclusion of disabled individuals'

Lok Sabha MP Shashi Tharoor on Tuesday called for urgent actions to promote inclusion of disabled individuals into society, stressing the need to overhaul the outdated systems. He emphasised that the legislative framework should not look like relics of a bygone era. Pointing to gaps in policies, and calling for urgent steps to ensure proper utilisation of allocated budgets, Tharoor stressed that it is essential to reconceptualize disability inclusion not merely as a social imperative but as an economic and political necessity, a statement said.

(See on page 4)

Govt to fulfil all resolutions in manifesto in 5 years: BJP chief



The Mahayuti government will fulfil all the resolutions made in the manifesto for the Maharashtra Assembly elections in next five years and no scheme will be closed, assured Revenue minister and state BJP president Chandrashekhar Bawankule on Tuesday.

(See on page 3)

PM Modi to be conferred with Mauritius' highest civilian honour

Port Louis/New Delhi, Mar 11 (UNI) : Prime Minister Narendra Modi is to be conferred with Mauritius' highest civilian honour, the Grand Commander of the Star and Key of the Indian Ocean (GCSK).

This was announced by Mauritius Prime Minister Navinchandra Ramgoolam during the Community Reception held for Prime Minister Modi at the Trianon Convention Centre.

The Mauritius PM announced that he has recommended to President Dharmbeer Gokhool to award PM Narendra Modi the distinction of Grand Commander of the Star and Key of the Indian Ocean (GCSK), the highest

distinction of the Mauritian' State.

Only five foreign personalities, including Nelson Mandela, have received this recognition so far, he added.

During the community reception, PM Modi presented the Mauritius PM Navin Ramgoolam and his wife Veena Ramgoolam the Overseas Citizenship of India (OCI) cards.

PM Modi said in his remarks that "the people and the government of Mauritius have decided to confer upon me their highest civilian honour".

"I humbly accept this decision with great respect.

"This is not just an honour for me, it is an honour for the historic bond between India and Mauritius."

NE has immense potential to attract global attention: Shah

New Delhi, Mar 11 (UNI) : Union Home Minister Amit Shah on Tuesday described the North-East as a priceless jewel of Indian culture and said that the region has immense potential to attract global attention, especially from a tourism perspective.

Speaking at the North-East Students' & Youth Parliament, organised by the Student Experience in Inter-State Living (SEIL) here, Shah praised the youth of the North-East for having the highest IQ in India and noted that the region is home to some of the most hard-working tribes, a Home Ministry statement said.

Shah acknowledged that despite its many unique qualities, the North-East fell behind in development due

to a time when insurgency and separatism were fuelled by creating various illusions and disputes.

He pointed out that violence, bandhs, drugs, blockades, and regionalism fragmented the region, causing a divide not only between the North-East and the rest of the country but also among the states within the region. As a result, the North-East faced a 40-year delay in development, with terrorism and separatist groups being the primary obstacles during this period. He said that whenever his party came to power, it always prioritised the North-East.

Emphasising that the greatest achievement of the Modi government was

reducing the distance between the North-East and the rest of India, Shah announced that by 2027, all state capitals in the North-East will be connected by rail, air, and road networks.

He added that Prime Minister Modi not only enhanced physical connectivity between the North-East and the rest of India but also worked to bridge the emotional divide.

Shah stated that the North-East is now experiencing peace. Between 2004 and 2014, there were 11,000 incidents of violence in the region, whereas from 2014 to 2024, this number decreased by nearly 70 percent, dropping to 3,428. He said that there is a 70 percent reduction in the

deaths of security forces and an 89 percent reduction in civilian deaths.

Shah stated that the development of any region is not possible without peace, as peace is a fundamental precondition for progress. Shah highlighted the significant benefits the North-East has gained from space technology, with around 110 schemes being implemented through the North Eastern Space Applications Centre (NESAC).

Shah remarked that while the Student Parliament is a commendable event, it should not be an isolated occurrence. Instead, a system should be established to bridge the

Student Parliament with other organisations and Vidyarthi Prishad, ensuring that all youth organizations contribute to the nation's strength.

He lauded the Students' Experience in Inter-State Living (SEIL) for its role in emotionally connecting the North-East with the rest of the country. He highlighted that today, over 4,000 families across the country are hosting children from the North-East, engaging with them through SEIL, which he described as having unmatched strength. Shri Shah credited the Vidyarthi Prishad for creating a sense of organizational dedication, which has allowed initiatives like SEIL to continue successfully for so many years.

Traffic police to conduct drugs test along with alcohol breathalyser test to prevent road accidents: Minister

Mumbai, Mar 11 (UNI) Transport Minister Pratap Sarnaik said in the Maharashtra Assembly on Tuesday that police will henceforth conduct drugs test along with alcohol breathalyser test in order to prevent road accidents in the state.

Replying to a question raised by member Kashinath Date about the number of accidents in the

stateduring Question Hour in the lower house, he said that the government was implementing various measures to control road accidents in the state and prevent accidental deaths, including regular alcohol consumption checks on drivers and now, drug consumption test will also be conducted.

For this, drug intake

testing machines will be made available to police soon, said the minister.

He expressed concern over an increase in road accidents across the country and said that the number of accidents has decreased by point zero two percent in the state as compared to the previous year.

Due to this, the number of accidental deaths has

also decreased compared to the previous year.

The government has reserved one percent of the district planning committee's fund for road safety. Various road safety measures and initiatives are being implemented through this fund, said Sarnaik.

Also, the Transport department is taking action to control the speed of

vehicles and for this, the department has purchased 263 interceptor vehicles, he informed.

Furthermore, stricter regulations are being implemented for issuing driving licences.

Automatic driving tests have been started at 38 places in the state. In this, 70 percent licence holders have been disqualified, added Sarnaik.

Steps afoot to mitigate floods, says Meghalaya CM



Meghalaya Chief Minister Conrad Sangma on Tuesday said that steps were afoot to mitigate the impact of floods caused by heavy rainfall in the plain areas in the State. Replying to queries during the Question Hour in the assembly.

(See on page 8)

Sabalenka beats Bronzetti to reach Indian Wells last 16



Women's top seed Aryna Sabalenka of Belarus cruised into the round of 16 at Indian Wells by overcoming Italian Lucia Bronzetti 6-1, 6-2. Sabalenka won 75 percent of her first serve points and converted five of 12 break points en route to victory in an hour and 15 minutes on Monday.

(See on page 7)

Career

5 skills you need to improve your Work life

The rules of professional world are changing fast. These are five fundamental skills that you need to be a good professional

People skills:

Most of our professional life is centered on interacting with people. It is essential to have great people's skill which means one should be

at ease with both his/her seniors or subordinates. Having effective people's skills means one creates a pleasant environment around him/her and exudes positive energy.

Higher Emotional

Quotient:

The new-age working environment needs more of EQ (Emotional Quotient). People having higher level of EQ will deal with work related crisis better and they are also good team leaders and team builders. When they walk, they take people along with them in the journey. They have compassion, empathy and most importantly they know how to stay calm in the face of crisis.

The art of innovation:

In today's competitive world, innovation is the buzzword. One needs to push one's creative boundaries. You need to think different and think of innovative way to bring in more productivity. Innovation also involves celebrating the power of imagination.

Be decisive:

give work top priority? Make sure all these efforts are noticed. Being a silent hard-worker, even though admirable doesn't do much good in today's fast paced, competitive world. Manage your time: Setting a goal is just the start. Dedicated work, clockwise meticulousness and sincerity towards your goals work hand in hand. Set a schedule for yourself and appreciate your efforts once you hit the desired benchmark.

When at work, you just can't be the headless chicken. You need to have a firm grip over the situation. And to top it all, you need to be a quick decision maker. This skill matters most in the midst of crisis where the only option is the right option. Decisiveness saves you more time than anything and it also helps with fast thinking skills.

Learn to delegate:

Most people in position of authority don't delegate out of sheer insecurity and fear and of course with a superiority complex that makes them think nobody can do a better job than them. It's necessary to trust people and let them take responsibility for the work they do. Delegation makes the work process easier and gives others the opportunity to show their strengths as well. It instills confidence and a sense of well-being in people.

Taking control of your Career

Be a go-getter: Just having a firm resolve is not enough. Evaluate your goals and give yourself a time frame to achieve them. It's important to keep your eyes open for opportunities and strive towards them. Take charge of your dreams and work relentlessly towards them.

Remember that it takes time: The most important step is to launch yourself in the direction of your dreams or the field that you're interested in. As a fresher, you might be at the receiving end of a lot of cringe-worthy tasks but remind yourself that it is just a stage and taking the first step is most important.

Make sure your efforts are noticed: Do you come an hour early and leave two hours late? Do you devote extra time at home to your work? Do you



China to allow full foreign ownership of e-commerce businesses

China will allow full foreign ownership of some e-commerce businesses, aiming to encourage foreign investment and the development and competitiveness of the industry, the ministry of Industry and Information Technology said.

The move, effective immediately, will apply to "online data handling and trade handling services", the ministry said in a statement on its website. It was not immediately clear how this would affect e-commerce



companies already operating in China. China's e-commerce industry has been booming, with companies like Alibaba Group Holding Ltd and JD.com Inc benefitting from a rising middle class with more disposable income. Other players include US online retailer Amazon.com Inc, Vipshop Holdings Ltd and US supermarket chain Wal Mart Stores Inc, through its stake in shopping site Yihaodian.

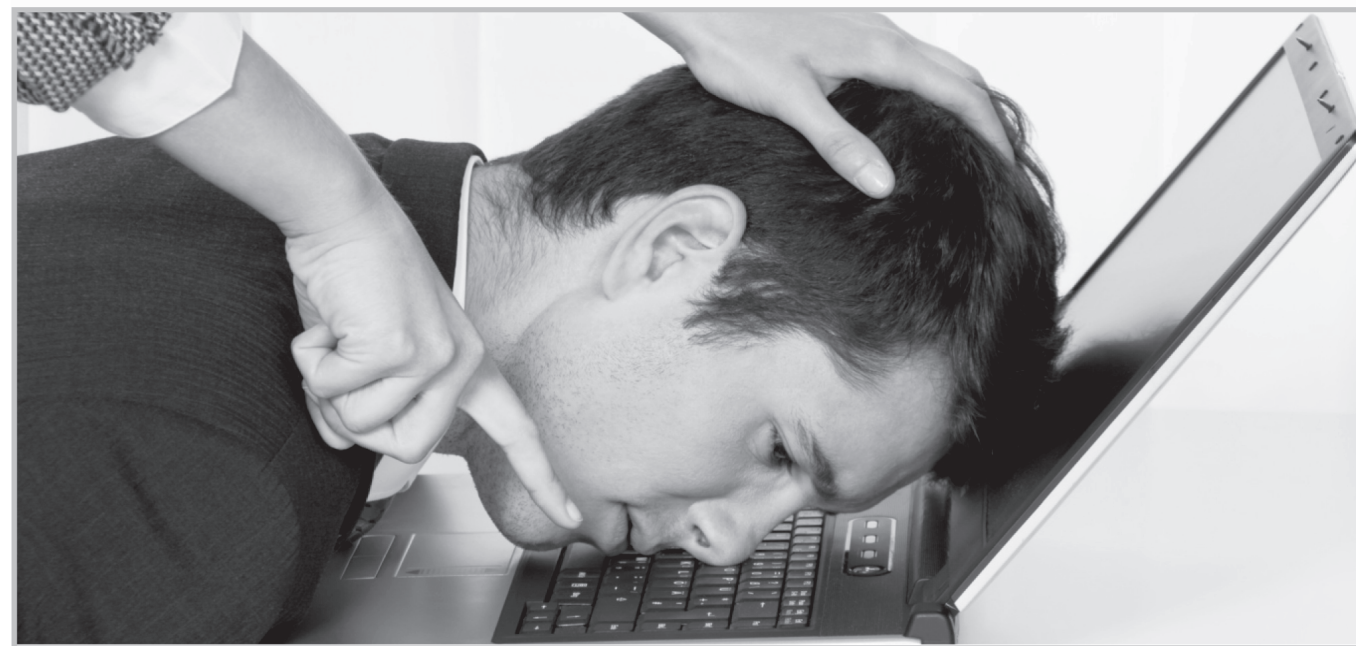
Allowing full foreign ownership "supports our country's e-commerce development, encourages and brings in the active participation of foreign investment, and further excites market competition," the ministry said.

In recent years, the government has lent its support to the industry by keeping taxes low and loosening restrictions on cross-border trade, among other concessions.

E-commerce and the internet sector more broadly have been shining stars for Chinese industry. Companies including Alibaba, social networking and online entertainment firm Tencent Holdings Ltd and search leader Baidu Inc account for hundreds of billions of dollars in stock market capitalization.

Their success comes as the world's second-largest economy grows at its slowest pace in three decades and Beijing looks to catalyze a shift away from a dependence on manufacturing and towards higher-value services.

10 signs that you're being bullied at work



While bullying is usually perpetrated by someone in a position of power and authority, peers and even subordinates are also known to engage in bullying. A bully (read: weak soul) is actually an insecure, paranoid, control freak. Their aim is to belittle and ultimately diminish their prey through persistent hostile and unnecessarily rude behaviour. Can you spot such a type at work? Here are 10 signs that you're being bullied at the office:

See obvious biasness

Others in your work group are receiving preferential treatment top projects, travel perks and free time. Meanwhile, you find that most of your requests along the same lines are denied without reasonable explanation.

Your progress goes unseen

Say you've been given a directive with certain objectives, an ultimate goal and a deadline. You work hard and with focus only to find out, that suddenly there's a change in direction on the project. Your progress is not celebrated or applied to the new project, but not even taken into account.

All your decisions are questioned

So you are constantly bombarded by excessive micro-managing? You don't feel like your intuition or decisions are being trusted, and you can't explain

why. Your boss and others hover over you much more than telling you what to do (and what not to do). You get the sense that you are wrongly perceived as incompetent and your decision-making capability is greatly reduced as a result.

You are socially alienated

All of a sudden, you're excluded from meetings you once attended. Your colleagues tend to discuss work prior to your arrival and you are left with absolutely no clue what to do. Besides, you are not marked on important mails. Co-workers tend to avoid you and keep interaction to a minimum. You may also find that you're no longer invited to post work drinks with your teammates.

You often feel targeted

Often, when you make a comment, suggestion or disagree with someone's opinion, you're responded to with a plethora of responses by others. It doesn't matter whether you're right -the gang mentality is determined to prove you wrong.

Your health is failing

Mentally, you're drained and your energy is zapped. You're sleeping more and getting out of bed is a real task for you. Exercising and socialising with your folks is a chore. Bullying can lead to depression, anxiety, panic attacks and mood swings. There are physical symptoms such as increased blood pressure, rapid heart beat, and loss of appetite (or excessive eating).

Have experienced verbal

spat

You're subjected to negative, abusive language -reprimanded often in front of the entire office. Verbal abuse can also be more subtle than loud insults. You may find that you are being joked around with in a way that makes you feel uncomfortable and small, and that too can be verbal bullying.

Your work is publicly diminished

Your dedication to your job is not acknowledged by your boss or they give credit to others (for your hard work) in a public setting such as a meeting.

Face unnecessary criticism

It seems that in the eyes of your boss, you are ineffective and unprofessional. Feedback is always provided in the form of criticism and delivered in a way to make you feel awful about yourself. There's no effort to provide guidance.

Presented unreasonable obstacles

So does the boss man purposely throw roadblocks in front of you to prevent you from successfully completing a project? Now, this is a major act of bullying.

How to deal?

Once you've come to the realisation that you're a victim of bullying -at work, or life -it's important to know what kind of recourse you have. Here are possible actions that you could take.

- Speak to a trusted authority in the organisation: A good start may be human resources. They should be able to help you under stand, if you're actually being bullied. If it's determined that a bullying situation exists, they can also provide guidance on how to deal with it. Alternatively, you may feel more comfortable speaking with a higher authority senior colleague.

- Know your rights: If you feel that you're not being heard within your company, you might seek external counsel.

- Find another job: This should be a last resort. But sometimes it's not worth the fight -emotion ally and financially. Respect your self. Look for new employment with a company possessing a strong culture of integrity. Such companies have zero tolerance policies.

Microsoft, Tanstia partner to help SMBs adopt cloud computing

Tech giant Microsoft and state industry body Tamil Nadu Small and Tiny Industries Association (Tanstia) have partnered to help 10,000 small and medium sized businesses (SMBs) in the state leverage Information Technology (IT) to grow their businesses.

Announcing the tie-up, CK Mohan, vice president of Tanstia said, "To begin with, Microsoft and Tanstia have agreed to put our joint efforts in training 10,000 member SMBs in cloud technology for this year." The state industry body expects that

member organizations would be able to leverage new-age cloud technology to grow their businesses by mid-2016. Speaking at the event, Prashanth S, executive director of Quadrasystems.net, a Microsoft cloud accelerator partner in India, said that according to a Boston Consulting Group (BCG) survey, tech-savvy SMBs have been able to grow their revenue faster by almost 15 percentage points compared to those SMBs who lagged in

IT adoption.

For businesses today, 'cloud' has the potential to be a great leveller and bring a level playing field and hence help SMBs play the role of a growth engine for the economy, Microsoft said.

According to Microsoft, Office 365, Dynamics CRM (customer relationship management tool) and Azure (cloud computing platform) are some of the tools which are most relevant to SMBs to be able to scale up to levels of the larger scale competition.

Witness fails to identify vital documents in Sheena Bora case

Mumbai Mar 11 (UNI): City-based advocate Gregory D'Souza, who notarised the Will of Peter Mukerjea and Indrani Mukerjea related to a flat in New Delhi, could not identify the documents in the court in the sensational Sheena Bora murder case trial which has resumed after a four-month break, a lawyer said here on Tuesday.

The trial in the murder case will now be held daily and Indrani, the deceased's mother, is a key accused. As per the said Will, Peter had transferred his half-share to Indrani, who had bequeathed the entire flat in the name of Sheena in September 2004.

The prosecution examined D'Souza, a notary advocate, as its 97th witness. As per the prosecution's case, Peter and Indrani owned a three bedroom-kitchen flat in New Delhi. On September 15, 2004, Peter bequeathed half of his share to Indrani. The same day, Indrani bequeathed her own share

and the share given to her by Peter to Sheena, mentioning her daughter as her "sister".

The prosecution had examined 96 witnesses till November 2024, after which the special judge hearing the case was transferred, bringing the trial to a standstill. In February, a new judge was assigned, after which the case came up for hearing last Friday.

Indrani Mukerjea, the alleged biological mother of Sheena, is the prime accused in the case, along with co-accused Sanjeev Khanna and Peter Mukerjea. Mukerjea's driver, Shyamwar Rai, a former co-accused, turned approver in the case.

According to the prosecution, Indrani and her ex-husband Sanjeev Khanna and driver Shyamwar Rai strangled Sheena in a car on April 24, 2012. It is alleged that the body was later dumped into a bag and kept overnight in the garage before being set on fire in Raigad's Pen village the next day.



BJP MP Bansuri Swaraj administers the oath to Delhi minister Parvesh Verma as a member of New Delhi Municipal Council (NDMC) during a meeting of NDMC, in New Delhi. NDMC Vice Chairperson Kuljeet Chahal is also seen.

Govt to submit proposal for reducing consumers' power bill: CM, Fadnavis

Mumbai, Mar 11 (UNI): The government will bring an independent solar energy-based scheme for electricity consumers, Chief Minister Devendra Fadnavis said on Tuesday, averring that it has submitted a petition before the state regulatory commission proposing consistent reduction in the power bill for the next five years.

Fadnavis said the

Central government has introduced the 'Pradhan Mantri Suryaghar Free Power Scheme' for consumers consuming 0 to 300 units of electricity. Through this scheme, 'root top solar' panels are being provided to such customers, he said during Question Hour in the Assembly.

The state government will bring an independent

scheme to support this scheme of the central government, he said.

The Chief Minister said his government was trying to reduce the electricity rates in the state, and towards that end, it has submitted a multi-year tariff petition for the next five years to the Maharashtra Electricity Regulatory Commission.

The petition provides

that electricity rates will decrease every year in the next five years in the state.

Among the Electricity Regulatory Commissions in the country, Maharashtra is the first state to submit a petition to the State Electricity Regulatory Commission for reducing electricity rates every year for the next five years, added Fadnavis.

Govt eases norms for selection of 125 Deputy District Officers in Revenue Dept

Mumbai, Mar 11 (UNI): In order to speed up people-oriented works of the Revenue administration in Maharashtra, the government has taken a decision to give selection category to 125 Deputy District Collectors in the state and 80 of these officers have been cleared to become Additional Collectors. An official press

statement issued on Tuesday stated that after working for 10 years as Deputy Collector, they will be regularised in service as Deputy Collector (Selection Grade), thereby increasing their pay structure. As a result, some of these senior Sub-District Officers will get the opportunity to become Additional Collectors. There was a backlog of non-promotion in the Revenue service for many years, however, due to this decision, the revenue works will now be speeded up. In the next period, preparations have been started for the promotion of Tehsildar to Sub-Collector as well as for filling up the post of Deputy Collector through the State Public Service Commission (MPSC), the statement added. Accordingly, a seniority list was finalised. 125 Sub-Collectors have been selected and the stalled District Caste Verification Committee chairman posts have also been filled, it stated.

Govt honours 'Sofosh' Pune with 'Balsnehi Award'

Pune, Mar 11 (UNI): 'Sofosh' Pune, which has been actively involved in the protection, rehabilitation, and adoption process of orphaned and destitute children for more than 60 years, was recently honoured with the prestigious 'Balsnehi Award 2024' by the Maharashtra government. The award has been given in the category of 'Best Specialised Adoption Agency.'

The award was presented during a programme organised by the State Commission for Protection of Child Rights at the Yashwantrao Chavan Centre here. Minister of Women and Child Development Aditi Tatkare, state minister Meghna Bordikar and Commission chief Sushibhen Shah were present during the program.

HC asks lower court to take right decision on cancellation of bail of self-styled journalist Prashant Kortakar

Kolhapur, Mar 11 (UNI) The Bombay High Court on Tuesday directed a court in Kolhapur to take a right decision on cancellation of interim bail given to self-styled journalist Prashant Kortakar, who had allegedly threatened historian Indrajeet Sawant over his comments in a TV debate on Hindi film 'Chhaava' based on the life of Chhatrapati Sambhaji Maharaj. Notably,

Kortakar had called history researcher Indrajeet Sawant twice and had threatened him for allegedly spreading hatred against the Brahmin community while participating in a debate on Hindi film Chhaava and had also made an objectionable statement against Chhatrapati Shivaji Maharaj and his son Chhatrapati Sambhaji Maharaj. After a complainant was lodged against him,

the Juna Rajwada police in the city tried to arrest Kortakar, who managed to secure an interim bail from the Kolhapur district court. Upon this, police filed an appeal in the HC seeking to cancel his bail for custodial inquiry.

In today's hearing, the Bombay High Court refused to interfere in the case and directed the local court of Kolhapur to take appropriate decision after hearing the side of the state government in this case.

Complaint of financial embezzlement against former trustees of Lilavati Hospital

Mumbai, Mar 11 (UNI): The Lilavati Kritilal Mehta Medical Trust, which oversees city's famous Lilavati Hospital, has initiated legal action against former trustees for alleged large scale financial embezzlement.

While addressing a press conference here on Tuesday, former Mumbai police commissioner

Parambir Singh, presently executive director of the Lilavati Hospital Trust, said that the Trust has formally lodged a complaint with Enforcement Directorate (ED) and Bandra Police Station against its former trustees and other related individuals.

The complaint alleged massive financial misappropriation of Rs 1,300 crore and a total of three FIRs (first information reports) have been lodged by the current Permanent Trustee Prashant Mehta against erstwhile trustees and their related companies, he said.

The Trust also alleged black magic being performed and theft in their premises.

Singh alleged that former trustees performed black magic against the present board of trustees on the hospital premises.

Eight 'kalash' (urns) filled with bones and human hair were found buried under the floor in office where the current trustees sit every day in Lilavati Hospital.

The trustees approached the Bandra police station and filed a complaint.

Then, the hospital management approached Bandra court, and the court itself initiated an inquiry into the black magic matter.

Khandoba Temple Trust implements dress code for devotees, bans short clothes

Mumbai, Mar 11 (UNI): Khandoba Temple of Jejuri, which is one of the most prominent Hindu pilgrimage centres of Maharashtra managed by the Khandoba Temple Trust, has implemented a new dress code for devotees banning short clothes, officials said here on Tuesday. To ensure proper adherence, the Trust has also released a set of guidelines outlining acceptable attire for darshan (viewing of the deity).

Moving forward, only those dressed in traditional Indian clothing will be permitted entry into the temple premises. This decision was taken by the Board of Trustees of Shri Martand Devasthan, Jejuri, with the aim of maintaining the sanctity of the temple.

Both male and female

devotees must adhere to the prescribed dress code, which prohibits inappropriate or revealing clothing. Items such as torn jeans, Bermuda shorts, skirts, and other fashion apparel deemed unsuitable for a sacred space will not be allowed.

Jejuri's Khandoba is a Kuladaivata of many farming families, Brahmins, and the nomadic Dhanger tribe of the Maharashtra and Deccan region.

According to legends and folklore, Khandoba was a human avatar of Bhagawan Shiva; he used to live and rule the region from Jejuri-gad (transl. Jejuri fort), where the Mandir is now present.

The Mandir is also known as Jejuri-gad. Khandoba killed the demon brothers Mani and Malla when they harassed people.

Govt to fulfil all resolutions in manifesto in 5 years: BJP chief

Mumbai, Mar 11 (UNI): The Mahayuti government will fulfil all the resolutions made in the manifesto for the Maharashtra Assembly elections in next five years and no scheme will be closed, assured Revenue minister and state BJP president Chandrashekhar Bawankule on Tuesday. Speaking at a function organised for entry of many Congress office-bearers and workers in the state including Amravati District Teachers' Federation president Chandrashekhar Bhojar into BJP, he reiterated that the Mahayuti government, led by Chief Minister Devendra Fadnavis, will fulfil the promise given to dear sisters in next five years. Bawankule further said that many Congress workers have left the party and joined the BJP as they believe that the path of developed India and Maharashtra will be accelerated under the leadership of Prime Minister Narendra Modi and Devendra Fadnavis. With the entry of the new members, BJP will gain new strength and with cooperation of all, the goal of extending benefits of the welfare schemes of the central and state governments as well as the schemes mentioned in the state budget to the last section of the society will be achieved, he added.

CENTRAL RAILWAY

MODIFICATION TO THE EXISTING OHE IN CONNECTION WITH THE CONSTRUCTION

Name of work: Modification to the existing OHE in connection with the construction of ROB at Km. 68/1-2 in KYN-IGP section of Mumbai Division of Central Railway. **Approx. Value:** ₹ 10031745.50 **EMD:** ₹ 200200.00 **Cost of Tender Form:** ₹ 0.00 **Completion period:** 12 months The time and date for submission of tender will be up to 11:00 Hrs on 09.04.2025. Complete details of E-tender are available at official Railway website <http://www.ireps.gov.in> the complete documents can be downloaded from the website. The details of tender is available in the "Notice Board" of the Sr.DEE(TD) KYN's office, Kalyan.

Open E-tender Notice No. - KYN-LD-585-W-743-CONT-R2 Dt. 07.03.2025

अपने जानवरों को रेल लाइन से दूर रखें 832

CENTRAL RAILWAY

SOLAPUR DIVISION E-TENDER NOTICE

The Senior Divisional Electrical Engineer (TRD), Central Railway, Solapur, for and on behalf of the President of India invites online e-tenders on Railways e-procurement website www.ireps.gov.in from reputed, experienced & licensed Electrical contractors for the following works. **Tender No. SUR/DT/T/2025/06** **Name of Work:** Electrical TRD portion of the work in connection with the Provision of subway for pedestrian at km 1) 539/6-7 between Gaudgaon-Gangapur Road section. 2) 541/6-7 between Gangapur Road -Savalgi between Dudhani-Wadi section. 3) 542/2-3 by pushing method between Gangapur Road -Savalgi in Dudhani-Wadi section. 4) 561/5-6 between Savalgi-Bablad in Dudhani-Wadi section. 5) 590/6-7 between Martur-Shahabad in Dudhani-Wadi section. 6) 594/1-2 between Martur-Shahabad Station by pushing technique in Dudhani-Wadi section. 7) 595/0-1 between Shahabad -Wadi in Dudhani-Wadi section. **Estimated cost:** ₹ 86,38,618.06 ; **Bid Security:** 1,72,800/- ; **Completion Period:** 12 months ; **Validity of offer:** 60 Days ; **Date & time of tender closing on website:** 03/04/2025 at 15.00 hours

Sr. DEE (TRD), Solapur

अपने जानवरों को रेल लाइन से दूर रखें SLP-45

CENTRAL RAILWAY

SOLAPUR DIVISION E-TENDER NOTICE

The Senior Divisional Electrical Engineer (TRD), Central Railway, Solapur, for and on behalf of the President of India invites online e-tenders on Railways e-procurement website www.ireps.gov.in from reputed, experienced & licensed Electrical contractors for the following works. **Tender No. SUR/DT/T/2025/05** **Name of Work:** Electrical TRD portion of the work in connection with the proposed subway at km 1) 494/6-7 between Akkalkot road-Nagansur in Mohol-Dudhani section. 2) 501/6-7 between Nagansur-Boroti in Mohol-Dudhani section. 3) 517/8-9 for avoiding public movement through hydraulic bridge no. 517/3-4 at Dudhani Yard. 4) 528/4-5 between Kulali-Gaudgaon by pushing method in Dudhani-Wadi section. **Estimated cost:** ₹ 49,36,353.18 ; **Bid Security:** 98,700/- ; **Completion Period:** 12 months. **Validity of offer:** 60 Days ; **Date & time of tender closing on website:** 02/04/2025 at 15.00 hours.

Sr. DEE (TRD), Solapur

अपने जानवरों को रेल लाइन से दूर रखें SLP-44

WESTERN RAILWAY

VARIOUS REPAIRING WORK

Divisional Railway Manager (WA), Western Railway, 6th Floor, Engineering Department, Mumbai Central - 400 008 invites **E-tender Notice No: BCT/24-25/305 dated 10/03/2025; Name of Work:** (1) Joravasan-Surat: Sec- General repairs of service buildings and other important station buildings under section SSE/W-BIM (2) Joravasan-Surat: Sec - Painting of important service building, Quarters, Steel structures, i.e. Foot Over Bridges (FOB's), covered, bridge portions under SEE/W/BIM section (3) Joravasan-Surat: Sec-General repairs & roof leakage treatment to existing dilapidated Staff under section SSE/W/BIM Section (4) Joravasan-Surat Section: Improvements to drainage in colonies under jurisdiction of SSE/W/BIM; **Approx. Cost of Work:** ₹ 5,47,11,618.54; **EMD:** ₹ 423600.00; **Date & Time of Submission:** till 04/04/2025, 15:00 Hrs; **Date & Time of Opening:** on 04/04/2025 at 15:30 Hrs; **For further details please visit www.ireps.gov.in**

1168

Like us on: f facebook.com/WesternRly

SOUTH WESTERN RAILWAY

E-(IREPS) Tender Notice No. 43 UBL 2024-25 Dated:04-03-2025

The undersigned, on behalf of the President of India, invites E-Tenders for the following work:

Sl.No	Name of Work	Approx. Value
1	Hubballi Division: Supply of Alumino thermic welding portion in Senior Divisional Engineer /Central Jurisdiction.	Rs. 31,05,847.00
2	Hubballi Division: South Hubballi-Karajagi (SUBL-KJG) Section: Proposed of W beam metal barriers & fixed knot fencing along side the track for a length of 104.12km. (Two Packet System)	Rs. 43,66,29,073.00
3	Hubballi Division: Londa- Miraj (LD-MRJ): Proposed construction of Foot Over Bridge (FOB) for Halt Station for Parkanahatti (PRKH) & Bagewadi (BGWD) in Londa - Miraj Section. [CN Deposit works]	Rs. 3,98,30,816.00

Last date for submission of bids: Upto 11:00 Hrs. on 04-04-2025

For details log on: www.ireps.gov.in

PUB/836/AAFP/RS/SWR/2024-25 Senior Divisional Engineer /Co-Ordination, Hubballi

South Western Railway - SWR | SWRRLY | SWRRLY

BRIHANMUMBAI MUNICIPAL CORPORATION

Department Chief Engineer (Mechanical & Electrical) No.E.E. Mech./9177/South, dtd : 11-03-2025

e- TENDER NOTICE

The Commissioner of Brihanmumbai Municipal Corporation invites online tenders for the following works from the eligible bidders. The Bid Start Date and Time and Bid End Date and Time is specified in the detailed tender notice on B.M.C.'s website under Tender section and Mahatender Portal.

Sl.No.	Bid No.	Name of the work
1	2025_MCGM_1159466_1	Provision of different types of raw materials for making CI manholes covers and frames at Municipal Foundry.

The intending tenderers shall visit the BMC website at <https://portal.mcgm.gov.in> and Mahatender portal website at <https://mahatenders.gov.in> for further details of the tender.

PRO/2779/ADV/2024-25

Let's together and make Mumbai Malaria free.

Sd/- E. E. Mech. (South)

STANDARD POST

Stalin's Mission 2026 aggression a push for national leap

Tamil Nadu Chief Minister M.K. Stalin's sudden activism comes as no surprise, given that the state is heading toward Assembly elections in 2026, for which he has set a target of winning 200 out of the total 234 seats. To ensure a "100 per cent" victory, the ruling party needs to excel in all spheres -- be it action or rhetoric, administration or governance, perception or posturing. The government's track record and performance must be exceptional for people to vote overwhelmingly in its favour. But does Stalin's DMK government fit the bill in terms of governance, public perception, and overall satisfaction among the masses? The government has been facing challenges on multiple fronts, particularly in law and order, in addition to the anti-incumbency factor. No party achieves a sweeping victory unless there is a strong wave of sentiment -- something that, in the Indian context, is witnessed when Pakistan or China engages in hostilities or when the Indian cricket team triumphs in a major tournament. However, other factors, such as language, culture, and regional identity, if strategically leveraged, can also shift the tide in an election.

CM Stalin is well aware of this. Free welfare schemes do not always guarantee electoral success, as demonstrated in the Delhi Assembly elections, where Arvind Kejriwal's AAP suffered a massive defeat. Against this backdrop, Stalin identified his electoral weapon: the NEP's three-language formula and the issue of delimitation.

For the past few months, he has been aggressively opposing the New Education Policy (NEP) 2020, accusing the Central government of imposing Hindi through the three-language formula. Even as this debate rages on, CM Stalin has opened another front against the BJP-led Union government -- delimitation.

He argues that the population-based delimitation proposed for 2026 will be unfair to Tamil Nadu and other southern states, contending that Tamil Nadu will lose Lok Sabha seats due to its relatively slow population growth.

On March 5, he convened an all-party meet on the issue and has since written to the chief ministers of West Bengal, Andhra Pradesh, Karnataka, Kerala, Odisha, and Punjab, urging them to join forces against delimitation. He has invited them to a meeting in Chennai on March 22.

Interestingly, he has also extended invitations to BJP units in Odisha, Karnataka, Kerala, Andhra Pradesh, and West Bengal to participate in the discussion.

Stalin is forming a Joint Action Committee (JAC), stating that its purpose is "to defend our states from being silenced."

With the twin issues of language and delimitation, CM Stalin is attempting to garner support not only within Tamil Nadu but also from other opposition-ruled states. He has been posting on social media almost every morning, directly targeting the BJP, its Ministers, and its leaders.

In a post on X, he took aim at Education Minister Dharmendra Pradhan, stating: "It was the Union Education Minister who provoked us to write this series of letters when we were simply doing our job. He forgot his place and dared to threaten an entire state to accept Hindi Imposition, and now he faces the consequences of reviving a fight he can never win."

The CM also wrote, "...This is like an LKG student lecturing a PhD holder..."

His posts are provocative and appeal directly to Tamil pride: "Dravidam does not take dictations from Delhi. Instead, it sets the course for the nation to follow." ... "Tamil Nadu will not tolerate Hindi colonialism replacing British colonialism." ... "From the names of schemes to awards to Union government institutions, Hindi has been imposed to a nauseating extent, suffocating non-Hindi speakers, who are the majority in India." ... "History will remember that it was DMK that stood as the vanguard." ... "Imposition of anything breeds enmity. Enmity threatens unity."

CM Stalin and his party have been running hashtags like 'Stop Hindi Imposition' to stir public sentiment, an essential strategy for creating a favourable electoral wave. The issues of language and regional identity have historically resonated with Tamil voters.

By tapping into these emotions, Stalin is aiming to secure 200 out of 234 seats. His campaign has now reached a decisive stage -- he is no longer just addressing the local population but is working to turn this into a national issue.

He is positioning himself not just as the voice of the South but also as a key opposition leader with a strong agenda. While the North-South divide may benefit him electorally in Tamil Nadu, Stalin is also striving to elevate his stature among national leaders, aiming to be counted alongside or even above Mamata Banerjee and Rahul Gandhi.

His strategy is to turn the Dravidian identity into a national cause by linking it with regional identity, culture, and language. His ultimate goal is to construct a narrative that counters the BJP's Hindutva agenda. This will help him on several fronts -- to secure DMK's decisive victory in Tamil Nadu for the second time in a row, a feat only done by his father, late Karunanidhi, to secure the position of his son Udhayanidhi Stalin, currently a first-time MLA and Deputy CM, in the big family tree of Karunanidhi, and last to emerge as a national leader.

Females are twice likely to suffer brain bleeding than males



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

(Standard Post Bureau) Female mortality rate attributed to brain bleeding is higher than men. According to the reports of WHO 2020, approx 4.98 lakh fatalities occur each year worldwide out of which around 2 lakh are under the age of 50 years. A brain (cerebral) aneurysm is a bulging, weak area in the wall of an artery that supplies blood to the brain. In most cases, a brain aneurysm causes no symptoms and goes unnoticed. In rare cases, the brain aneurysm ruptures, releasing blood into the skull and causing a stroke. The most common location for brain aneurysms is in

the network of blood vessels at the base of the brain called the circle of Willis. A recent report from the Institute of Medicine (IOM), arm of the National Academy of Sciences confirms that females are up to two times more likely to develop cerebral aneurysms compared to males.

Why Are Women So Vulnerable?

There has been dearth of research in the field; it is still too early to say why women are at a higher risk than men. Since pre and post menopausal women are more likely than their younger counterparts to harbor aneurysms.

Women over the age of 35 are particularly exposed to the risk. In fact, there are several instances of sex differences in the incidence and sign of cerebrovascular disease and trauma that warrant further investigation. Smoking, high blood pressure, and a family history of brain aneurysms seem to further increase a woman's risk of developing this potentially fatal condition.

A recent data from University of Texas Southwestern Medical School in Dallas recommend early aneurysm

screening for young women smokers, alcoholic at risk, that is, those who have hypertension or a family history of brain aneurysms.

Some research also suggests that level of estrogen is also responsible for the cause. However it is still too early to derive any conclusion. Only further studies examining the relationship between estrogen and aneurysms will provide a clear answer.

Many patients (up to 30%) do not survive initial bleeding. Even the patients who survive more than 50% of patients may not survive without treatment even for a month because the aneurysm bleeds again. Haemorrhage due to aneurysms is a medical emergency that is frequently misdiagnosed. The aneurysms are diagnosed by angiography and early aneurysm treatment should be performed to prevent repeat bleeding.

Most brain aneurysms causes no symptoms and may only be discovered during tests for another, usually unrelated, condition. In other cases, an unruptured aneurysm will cause problems by pressing on areas in the

brain. When this happens, the person may suffer from severe headaches, blurred vision, changes in speech, and neck pain, depending on what areas of the brain are affected and how bad the aneurysm is.

What are the early signs?

Signs are persistent once the aneurysm ruptures and unluckily more than 50% of the cases are detectable only when it ruptures. A sudden, explosive headache - often described as the "worst headache of the patient's life" - is the cardinal symptom of a burst aneurysm. But many people walk around with silent aneurysms for years.

Other symptoms of a ruptured brain aneurysm may include:

- Headache with nausea or vomiting
 - Stiff neck
 - Muscle weakness, difficulty moving any part of the body
 - Numbness or decreased sensation in any part of the body
 - Vision changes
 - Eye lid drooping
 - Lethargy
 - Seizure
 - Speech impairment
- A number of factors can contribute to weakness in an artery wall and increase

the risk of a brain aneurysm.

Brain aneurysms are more common in adults than in children and more common in women than in men. Some of these risk factors develop over time; others are present at birth.

How can it be treated?

With the recent advancements in the field of neuro intervention, minimally invasive approach has now replaced the conventional open surgeries. Surgeries that entails direct exposure of the aneurysm and occlusion by placing a metallic clip over the affected part, involves complications like invasiveness and trauma to normal brain parenchyma. The minimally invasive approach involves treatment through endovascular means wherein a micro catheter is placed into the brain through the blood vessels in the leg.

With the use of specialized coils the aneurysm is occluded and hence the procedure is known as coiling. The procedure ensures 100% safety and has shown better outcomes. The outcomes are better with embolization for patients being treated for aneurysm.

LIC workforce shrinks nearly 14 pc in 5 years, show Govt data

New Delhi, March 11 (UNI) The number of permanent employees in public sector insurer Life Insurance Corporation of India (LIC) has declined 13.83 per cent to 98,661 over the past five years.

In a written reply in Rajya Sabha on Tuesday, Minister of State for Finance Pankaj Chaudhary said the number of permanent employees in LIC was 1,14,498 as on March 31, 2020.

As per the payroll data provided by the Minister, the number of permanent employees in LIC has shown a declining trend since March 2020.

At 98,661, the number of employees in LIC was, however, marginally up in March 2024 as compared to 98,463 in March 2023.

The reply of the Minister came in response to a question from TMC Rajya Sabha member Ritabrata Banerjee.

In his reply, Chaudhary noted that LIC is a Board governed commercial entity and the requirement of manpower is determined by the insurer keeping in view of various factors such as business requirement, spread of activities, superannuation, voluntary retirements and unfortunate demise etc.

Congress MLA Tara Bahinipati Suspended for Seven Days

Bhubaneswar, Mar 11 (UNI) Amid pandemonium in Odisha Assembly during the day, Congress MLA Tara Prasad Bahinipati was suspended from the Assembly for seven days for his unruly and indecent behavior.

Speaker Surama Padhy announced Bahinipati's suspension after a motion moved by BJP Chief

Whip Saroj Pradhan, requesting the Chair to suspend him for seven days due to his disruptive behavior, was passed by a voice vote. The Speaker directed the Assembly Marshal to evict Bahinipati from the House, barring him from attending proceedings for seven days.

BJD and Congress members demanded a voting process on the motion, but the Speaker rejected their request, prompting BJD members to stage a noisy walkout from the House. While moving the motion, BJP Chief Whip Saroj Pradhan stated that Congress MLA Tara Prasad Bahinipati had insulted the Speaker by throwing posters at her on Monday.

On Tuesday, Bahinipati also climbed onto the Speaker's podium and attempted to snatch the

microphone but was stopped by security staff.

The BJD strongly condemned the Speaker's ruling to suspend the Congress MLA and urged her to reconsider the decision. BJD MLA Arun Sahu stated that senior party MLAs would meet the Speaker on Wednesday to request a withdrawal of her ruling, calling it unilateral and undemocratic. Meanwhile, Congress MLAs decided to stage a sit-in protest near the Gandhi statue inside the Assembly premises, wearing black badges to oppose the Speaker's decision. Congress MLA Tara Prasad Bahinipati stated that party MLAs would continue their protest throughout the night and would not stop until his suspension order was revoked. Bahinipati alleged that the Speaker made a unilateral decision and did not allow the Opposition's demand for a division on the motion brought by the BJP to suspend him for seven days. He also claimed that Congress had submitted the names of BJP members who allegedly assaulted him and other Opposition members during the

commotion inside the House on Tuesday, demanding strict action against them.

The Odisha Assembly has been witnessing continuous disruptions for three consecutive sessions since March 7, as Opposition BJD and Congress members have been stalling proceedings over various demands.

While the BJD has been demanding a clarification from Chief Minister Mohan Charan Majhi on BJP MLA Jayanarayan Mishra's divisive statement, Congress members have been protesting against the rising atrocities against women in the state.

The situation escalated on Tuesday when the Speaker attempted to continue House proceedings during the question hour despite protests from Opposition members inside the well of the House. The agitated Opposition members climbed onto the Speaker's podium, stood on the reporter's table, raised slogans while holding posters, and attempted to obstruct Urban Development Minister

Krushna Chandra Mohapatra during the

Question Hour.

This led to a pandemonium in the House, as Treasury bench members rushed into the well in defense of the Minister, resulting in a scuffle between Treasury bench members and Opposition BJD and Congress members. Sensing the situation was spiraling out of control, the Speaker adjourned the House at 10:43 AM until 12:10 PM. Subsequently, the House was adjourned eight more times throughout the day until 5:40 PM due to continued Opposition protests. The Speaker appealed to Opposition members to return to their seats and cooperate in the functioning of the House, but they did not heed her appeal and continued their protest. The House was adjourned nine times without transacting any business, except for 13 minutes during the Question Hour and a brief period from 12:30 PM to 1:28 PM, during which 17 BJP members condemned the Opposition's unruly behavior and demanded strict action against them for disrupting House proceedings for the past three days.

J&K Police arrest 4 drug peddlers with contraband cash

Srinagar, Mar 11 (UNI) : Police have arrested four drug peddlers and recovered contraband and cash from their possession in Kashmir valley, an officer said on Tuesday.

In a drive against the menace of drug trafficking in Awantipora, a police team of Police Station Pampore at a checkpoint established at Kadlbal Pampore, intercepted a vehicle with three persons on board.

During the search, officers were able to recover 290 grams of Charas like substance and cash Rs 97,500 (proceeds of narcotic crime) from their possession.

The accused have been identified as Nazir Ahmad Wani of Sumurbugh New Colony, Mukhtar Ahmad Mir of of Dooru Mirmaidan Anantnag and Javid Ahmad Kawa a resident of Sumurbugh New Colony were arrested and the

vehicle used in the commission of crime has also been seized. Accordingly, a case vide FIR Number 29/ 2025 under relevant sections of NDPS stands registered at Police Station Pampore.

Another drug peddler was arrested during checking at Khazan Mati, Kralpora in Kupwara district. The accused, identified as Muneer Ahmad Lone, a resident of Kralpora, was intercepted when he was moving in a suspicious manner. During his search, a cannabis-like substance (apparently charas) was recovered from his possession.

He has been arrested and a case under relevant sections of law has been registered at Police Station Kralpora and investigation has been initiated.

'Need to overhaul outdated systems to promote inclusion of disabled individuals'

New Delhi, Mar 11 (UNI) : Lok Sabha MP Shashi Tharoor on Tuesday called for urgent actions to promote inclusion of disabled individuals into society, stressing the need to overhaul the outdated systems.

He emphasised that the legislative framework should not look like relics of a bygone era.

Pointing to gaps in policies, and calling for urgent steps to ensure proper utilisation of allocated budgets, Tharoor stressed that it is essential to reconceptualize disability inclusion not merely as a social imperative but as an economic and political necessity, a statement said.

Moreover, he also gave a clarion call to "change conventional paradigms and work collaboratively toward a future where the principles of equality, dignity, and inclusion are not mere aspirations but lived realities."

Tharoor, while delivering the keynote address at 'Empowering Inclusion: A Dialogue on Disability, Politics and Economic Inclusion' organised by National Centre for Promotion of Employment for Disabled People (NCPEDP), said, "While our legal edifice recognizes disability as a critical dimension of human identity, the implementation of these rights has not kept pace with the nation's aspirations. In our contemporary socio-political milieu, persons with disabilities are still underrepresented in governance, sidelined in policy deliberations, and overlooked in budgetary allocations."

Meanwhile, Fouzia Khan, Rajya Sabha MP, while highlighting the urgent needs for streamline data on disability, said, "In 2025 census we should have a separate segment for disabled people. In the absence of accurate data the resource allocation and effective policy intervention becomes a big hurdle."

Former Maharashtra MLA and founder of Prahar Janshakti Party Bachchu Kadu, highlighted the need to streamline budgetary allocations and ensure their judicious use to reach the benefits to the disabled people.

"Ensuring the rights and dignity of persons with disabilities requires more than just philanthropy - it demands concrete policy action, substantial budget allocation, and stringent implementation. While Maharashtra has taken big steps towards inclusion, the challenges remain vast. From inadequate funding to inaccessible education and technology, we must move beyond token measures and commit to systemic change. Only then can we build a truly inclusive and empowered society for all," he said.

Lok Sabha MP Pratap Sarangi called for creating a more humane and equitable society and asking for empathy for the disabled to be able to realize their true potential and mainstream them into our social and economic fabric.

Members of the disability advocacy groups urged the Parliamentarians that there is merit in considering the need to move beyond token representation and ensure robust legal and policy frameworks for disability inclusion.

Food&Kids



Simple fruit jelly recipe



Great with kids, this quick and easy recipe is also a great dessert option for summer

1 1/2 cup assorted fruits
200 grams sugar
300 ml water
3 tbsp gelatin
1 1/4 tsp citric acid
1 tsp raspberry red essence
1/2 tsp red color

DIRECTIONS

1. Boil 150 ml water and keep separately.
2. Add sugar, citric acid, raspberry essence and red color to remaining 150 ml water and boil till sugar melts.
3. Add gelatin to a cup of water and mix thoroughly.
4. Add mixed gelatin with boiled water and cook till blending of gelatin.
5. Blend this mixture with other mixture thoroughly.
6. Lastly, pour it into a container and add fruits when it cools. Refrigerate it for 4-5 Hours.

4 popular bedtime beverages

After a long day, all you want to do is unwind with a hot cup of steaming coffee. We list down a few delicious alternatives that you can sip on, on a cold wintry night.



Peppermint tea:

This herbal tea has properties that will help your body de-stress, relax and eventually sleep better. It is a great option to calm jittery nerves, reduce nausea and relieve anxiety.

Cocoa:

The most popular bedtime drink in the world, this is a winter favourite because of its delicious taste. Even the ancient Mayans consumed it by roasting the cocoa beans and adding some spice to it.

Chamomile Tea:

Like peppermint tea, it is also another non-milk tea that has soothing qualities. For best results, drink this tea around 30 minutes before your bed time.

Hot toddy:

This traditional alcoholic beverage involves pouring hot boiling water in a little whiskey and adding a twist of honey, lemon and cinnamon stick for flavour. It is good to prevent cold and flu during winter and is very delicious.

The next time you're sweltering under the sun, ditch the high-sugar syrups, artificially-flavoured beverages and slushes and opt for a stick of cold goodness the healthy, homemade fruit popsicle! Not only are they a natural fix, but can make for pretty handouts at your summer alfresco dinner party too. Best part? These fruit popsicles can be made with just four to five ingredients, or less.

Helps you stay hydrated:

Having artificially-flavoured drinks doesn't help hydrate the body, says nutritionist Naini Setalvad. "One glass of tetra pack juice adds up to 10 spoons of sugar; it makes you very hyper and all you get is a sugar rush after which it gives an energy plunge."

For parents who are finding it hard to get their kids to eat more fruits, this is an apt idea. Adds Naini, "This is a good option. Fruits help you stay hydrated. Most fruits, like yellow melon and watermelon have over 80 per cent

As summer approaches, get going with these tangy-sweet, easy-to-make cold desserts

water, so these melon pops with mint or basil or even lemon squeezed in them, are a delicious choice." These popsicles are a nice way to replenish the minerals lost while sweating, says consulting dietician Sheela Tanna. "Try citrus fruits like oranges, malts and sweet limes, which are thirst-quenching and have an instant pick-me-up effect. Pomegranate and lemon is an excellent combination too.

Pomegranate is heart-friendly, it has a low glycemic index and recommended for obese and diabetic patients. Add ginger to any of the fruit juices and purees; it adds flavour, is anti-inflammatory and a digestive. I would recommend mixing coconut water with most of the fruits. It makes for an ideal addition for summer as it is high in potassium, lowers blood pressure and has less calories. Moreover, it is great for healthy skin and hair. Mix it with the coconut malai for a natural, fruity punch," she

Although it isn't always convenient to invite them into the kitchen to help, it can be a fun activity for both of you as you get together to rustle up some delicious meals. Here are a few options...

Kids of different age groups learn different lessons

Younger children can watch and help out with small tasks, like stirring, shifting or setting the table. Slightly older ones can be taught to do easy things like buttering bread, boiling pasta, cracking eggs or mixing ingredients while baking. Teenagers would like to enhance their cooking skills and take important tips for future. Older ones will be interested in experimenting with different cuisines.

Beginners can see how the dishes are done and put together.

They can also enhance their math skills while trying to measure and combine ingredients for recipes. Tip Cooking time can also be used to talk about issues as well as good nutrition. It can lay the foundation for healthy eating and living for the future

Here's how you can go about it Take a lot of time Cooking with kids cannot be a hasty affair; it should not be done on a tight time schedule. Involving them while cooking a quick meal is not a great idea.

Set a menu Plan in advance what you'll prepare together. Beginners should consider starting with simple dishes with less than seven ingredients, so that they can remember them easily. A pizza or a mix pasta salad can be a good starter projects.

Do it stepwise Before starting to cook, list the ingredients and the method on a neat piece of paper or a magic board and fix it close to the

says.

Basics: How to make the pops:

Mix the fruit you need in a bowl. Spoon it into your popsicle moulds. Pour enough fruit juice or lime water to cover the fruit. Put them in the fridge. After about 20 minutes, insert a stick in each and freeze. To remove, run under cold water for a few seconds, then ease the pops out. Ways your dessert becomes a healthy popsicle mango juici-cle: First vote goes to this! It's healthy and is the fruit of the season. Make mango lassi-cles with mangoes, yogurt, a pinch of salt, cardamom and honey. Kiwi-sicle: Fresh kiwis, juice of limes, sugar and water are all you need to make this.

Str



awberry lassi-cle:

Prepare your strawberry and yogurt mix. Freeze in the popsicle mould and enjoy!

Peach and basil-sicle

Puree fresh peaches, add some lime juice, ginger, a little water and basil leaves. Freeze.

Vegan chocolate with pine nuts:

Make it with coconut and almond milk, oil, vanilla beans and

roasted pine nuts for the topping.

Low-fat cheesecake-slice:

Skim the cream, use low-fat cream cheese, skim milk, vanilla extract and sugar. Nice for a mid-day pick-me-up!

Sweet corn-sicle:

Boil corn kernels, add coconut milk, a pinch of vanilla essence and salt.

Low-fat fig-sicle:

Use vanilla, yogurt, sugar and sliced figs for this unique twist.

Share some kitchen time with kids this summer



counter. Discuss the steps that your child can do independently. Make sure you follow the right order of preparation so that your child doesn't get confused with the sequence. Make note of small steps like turning off the fire while adding the cream or keeping boiled potatoes in cold water for five minutes before peeling them, to ensure convenience.

Give it a cookery show feel to it Prepare the ingredients in advance, and set them in separate bowls and containers on the kitchen counter. This will not just make it easy for the child to pick up ingredients while cooking, but also give him/her the feel of being on a cookery show, where chefs always have things laid out in front of

them. This will make the exercise even more interesting.

Teach them post-cooking cleaning Kids cannot be counted on to be neat in the kitchen, hence, be prepared for some extra mess while they are at it. However, make sure that you seek their help while clearing up the kitchen after the cooking is done, so that they learn the importance of maintaining hygiene and keeping things in order.

Veggie crunch pizza

Ingredients
- Pizza base - 7 inch
- Pizza sauce - 2 cups
- Grated mozzarella cheese - 2 cups

Sliced bell peppers (red and yellow) - 1 cup
Blanched and diagonally cut baby corn - 1 cup
Tomatoes cubed - 1 cup
Onion cubes - 1/2 cup
Dry red chilli flakes (paprika) - 1 1/2 teaspoon
Dried mixed Italian herbs (readymade) - 1 1/2 teaspoon
Olive oil - 1 tablespoon
Salt to taste

Method

Take the pizza base, and spread a layer of pizza sauce evenly on it Add grated mozzarella cheese on this layer

Then add the onions, bell peppers, baby corn, tomatoes, chilli flakes, mixed herbs and salt Finally, sprinkle the remaining mozzarella cheese evenly over it Place the pizza on a greased baking tray and bake in a pre-heated oven at 200°C (400°F) for 15 minutes (help them with the microwave settings)

Method

Cut into equal wedges and serve immediately

Mango strawberry smoothie

Ingredients
Ripe mangoes peeled and chopped - 3 (substitute with strawberries as per your choice)

Yogurt - 5 tablespoons
Chilled milk - 3 cups
Ripe mango peeled, and cubed - 1

Method

The kitchen is just the place to help your kids look beyond playing their favourite games through the day during summer vacations. It's also a learning ground, where they can see grown-ups at work, watch the steam rise from pots on the stove, and smell and experience all that goes into the making their daily meals.

Take the yogurt in a blender Add mango pieces and milk and blend till smooth Pour the smoothie into a glass, and add some crushed ice Garnish with more mango cubes

Mix pasta salad

Ingredients
Macaroni, penne and fusilli - 2 cups

Red and green bell peppers chopped - 2 Tomato - 1 cup
Olive oil - 1 tablespoon
Mayonnaise - 1 cup

Mushrooms - 1 cup (can be substituted with chicken)
Bean sprouts - 1/2 cup
Oregano mix - 1 tablespoon

Method

Boil a large pot of lightly salted water, and add the different pastas to it and cook till they get soft Drain, and rinse with cold water, and transfer them to a large bowl

Stir in red and green bell peppers, tomato, mushrooms (or chicken), bean sprouts and olive oil

Mix in mayonnaise, and sprinkle the oregano mix; toss the salad properly

Refrigerate for a few hours before serving



EXPRESSWAY
SERVICES PVT. LTD.
HYDERABAD

Centre revokes suspension of Wrestling Federation of India

New Delhi, Mar 11 (UNI) : The Ministry of Youth Affairs and Sports on Monday revoked the suspension of the Wrestling Federation of India (WFI), restoring its recognition as the National Sports Federation (NSF) with immediate effect. The decision ensures Indian wrestlers' participation in upcoming international events, including the 2026 Asian Games and the 2028 Olympics.

The WFI had been suspended on December 24, 2023, due to governance lapses, including violations of the National Sports Development Code of India, 2011, and a lack of transparency in operations. In response, an Ad-hoc Committee appointed by

the Indian Olympic Association (IOA) had taken over the federation's responsibilities.

The suspension was lifted following a ministry review of WFI's corrective actions, findings from a spot verification committee, and legal observations from the Delhi High Court. Additionally, United World Wrestling (UWW), the global governing body for the sport, had reinstated WFI's membership on February 13, 2024, with conditions such as the re-election of an Athletes' Commission and the assurance of fair selection processes. As part of the reinstatement, the ministry issued key directives to WFI to ensure good governance and transparency. The

federation must revert amendments made during the suspension period within four weeks to restore a balanced power structure.

Moreover, non-elected individuals, including former office bearers and terminated officials, must remain completely dissociated from WFI and its affiliated units. All selections for international events must be conducted in a fair and transparent manner, adhering to the Sports Code and UWW regulations. The government reaffirmed its commitment to upholding good governance, ensuring compliance with the Sports Code, and prioritising athlete welfare to foster a robust sporting ecosystem in the country.

Global Indian Pravasi Kabaddi League to kick off on April 18

Gurugram (Haryana), Mar 11 (UNI) : The Global Indian Pravasi Kabaddi League (GI-PKL) is set to make its grand debut on April 18 here.

The league will witness participation from countries such as Egypt, Kenya, Argentina, Germany, England, Norway, Poland, amongst others showcasing the growing global reach of Kabaddi, in the quest to promote the sport globally.

Holistic International Pravasi Sports Association (HIPSA), the Administrator of the League have revealed the kick off date (April 18) as players gear up to feature in the much awaited tournament.

The inaugural season, which will be broadcast Live on Sony Sports Network will feature 12 teams—six women's teams and six corresponding men's teams—each embodying the cultural and linguistic richness of India. The teams have been strategically named to reflect their regional identities: Women's Teams: Marathi Falcons, Bhojpuri Leopardess, Telugu Cheetahs, Tamil Lioness, Punjabi Tigress, and Haryanvi Eagles.

Men's Teams: Marathi

Vultures, Bhojpuri Leopards, Telugu Panthers, Tamil Lions, Punjabi Tigers, and Haryanvi Sharks.

Speaking about GI-PKL, Kanthi D. Suresh, President of HIPSA, said, "Season 1 of GI-PKL is the culmination of all the efforts that have been put in over more than a year where the focus has been to spread the sport of Kabaddi globally, and inspire the World to recognise the Sport as a potential Olympic Sport. We are committed to making GI-PKL a premier global Kabaddi tournament, and ensure increased participation from players across continents in each season for the next 10 years."

GI-PKL has also unveiled the captains of the franchise. While Shiv Prashad has been handed the captain duties for Bhojpuri Leopards, Vikash Dahiya will lead Haryanvi Sharks, Marathi Vultures and Punjabi Tigers have named Kapil Narwal and Sawin Narwal as captains respectively. Sunil Narwal will lead Tamil Lions and Sandeep Kandola will captain Telugu Panthers.

Pushpa Rana will lead Haryanvi Eagles and Meena Kadyan will captain

Bhojpuri Leopardess. Marathi Falcons and Punjabi Tigress have named Tanu Sharma and Meera as captains respectively. While Julie Bhati will lead Telugu Cheetahs, Suman will oversee the captain's duties for Tamil Lioness.

Players have already begun rigorous training for the League and are leaving no stone unturned in their training. Sawin Narwal, Sandeep Kandola, Ajay Kumar, and Kapil Narwal are among the players who have started practicing. National gold medalists like M Anitha, Indra Rohini, Arul Santhiya, and Selvarebiksha have also commenced training sessions in their respective states. The GI-PKL Championship trophy will be unveiled in an event shortly wherein the Schedule of the League will also be announced.

HIPSA's past initiatives underline its commitment to Kabaddi's global growth. In March 2024, HIPSA ensured the Sport of Kabaddi was included in the Guinness World Record in an event held in Panchkula's Tau Devital Stadium, which was graced by Governor of Haryana, Bandaru Dattatreya.

Sabalenka beats Bronzetti to reach Indian Wells last 16

California, Mar 11 (UNI) Women's top seed Aryna Sabalenka of Belarus cruised into the round of 16 at Indian Wells by overcoming Italian Lucia Bronzetti 6-1, 6-2.

Sabalenka won 75 percent of her first serve points and converted five of 12 break points en route to victory in an hour and 15 minutes on Monday.

Bronzetti won just 45 percent of points on her first serve and 40 percent on her second. But the world No. 62 returned solidly and tested Sabalenka with her deep groundstrokes and impressive control in the windy conditions.

"She played an incredible match," the 26-year-old Belarusian said. "The score looks easy, but it wasn't an easy match. I had to fight for every point and I'm super happy with the win." The world No. 1 will meet Britain's Sonay Kartal on Wednesday for a place in the quarterfinals of the WTA 1000 event. The latter advanced by beating Russian Polina Kudermetova 7-5, 6-3.

Meanwhile, Australian Open champion Madison Keys from the United States claimed a 6-2, 6-7 (8), 6-4 victory over Elise Mertens of Belgium while world No. 3 Coco Gauff of the United States defeated Greece's Maria Sakkari 7-6 (1), 6-2.

Rajiv Kumar fires red-hot 65 for first-round lead at PGTI NEXGEN season-opener

Gurugram, Mar 11 (UNI) : Chandigarh's Rajiv Kumar Jatiwal fired a red-hot seven-under 65 to seize the round one lead at the PGTI NEXGEN 2025 season-opener being played at the Golden Greens Golf & Polo Club here on Tuesday.

The seasoned Rajiv scored an eagle and five birdies on the way to his 65 on Tuesday.

Chandarjeet Yadav from Chandimandir, Haryana, was placed second as he shot a four-under 68 on the opening day of the INR 20 lakh event.

Rajiv Kumar Jatiwal, who won his only title on his professional debut back in 1998, made all his gains early in his round as he collected five birdies between the first and the 10th and followed that up with an eagle on the 11th.

The 48-year-old's eagle came as a result of a 10-foot conversion. All aspects of his game came together as Rajiv sank two more long birdie putts and landed his wedge shots within four feet on two other occasions for birdies. He narrowly missed a hole-in-one on the eighth where he also landed a birdie.

Rajiv said, "I'm really pleased with this effort considering the course conditions were quite tough as the wind was up when I was playing. I couldn't have asked for a better start. It's important for me to just keep it going from here on. I've had a decent start to the 2025 season on the main tour and that has given me the confidence coming into this week."

Historic 150th Anniversary Test match to be played between Australia & England in 2027

Melbourne, Mar 11 (UNI) To celebrate 150 years of the first-ever Test match between fierce rivals, a day and night Test will be played between Australia and England at the iconic MCG in the year 2027.

The 150th anniversary celebration Test match in 2027 will have a distinctly modern feel, with Cricket Australia today confirming it will be the Australian men's first under lights at the Melbourne Cricket Ground.

The match, commemorating the first ever Test, played between Australia and England in Melbourne in 1877, will be the first men's day-night Test at the venue, and follows the successful women's Ashes day-night Test at the MCG this summer, according to a Cricket Australia media release. The announcement comes to mark two years out from the match, which has been confirmed to be played March 11-15, 2027.

That will make it the latest in the home summer a men's Test has been staged in Australia since the 1978-79 series against Pakistan (which ended on March 29). CA holds contractual rights to use



the MCG until the end of March each summer, despite the venue often being used for Australian Rules football in that month. CA recently extended its venue hire agreement with the MCG until the 2030-31 summer.

While the MCG's annual Boxing Day Test is hugely popular, the move to a day-night Test for the 150th Anniversary match, which will start on a Wednesday, is designed to encourage attendance outside of the school holiday period.

A day-night Test should also prove attractive for the UK television audience. Regular Ashes

Tests hosted on Australia's east coast typically begin just before midnight in England, but a later start means early-rising UK fans will be able to watch the final two sessions.

The match, which will come after Australia's five-Test Border-Gavaskar Trophy series in India that year, is likely to mean the late arrival of Australia and England players to the 2027 IPL, with IPL franchises told to expect that year's tournament to run between March 14 and May 30.

The 1977 Centenary Test – held from March 12-17 – was a lavish occasion to which every living men's cricketer who had

represented either Australia or England in an Ashes match was invited.

Her Majesty Queen Elizabeth II met the competing teams on-field during the tea break on day five, shortly before Greg Chappell's Australia completed a 45-run win over Tony Greig's men, remarkably mirroring the result of the inaugural match a century earlier.

In that first match, played from March 15-19, including a rest day on the Sunday, Charles Bannerman hit 165 before retiring hurt, setting a record that still stands with 69.6 per cent of Australia's first-innings total of 245.

Team India Women's Kabaddi Team felicitated, receives Rs 67.50 lakh reward

New Delhi, Mar 11 (UNI) : The Indian Women's Kabaddi team was felicitated on Tuesday following their triumphant title defence at the 6th Asian Women's Kabaddi Championship in Tehran, with Union Minister for Youth Affairs and Sports Dr Mansukh Mandaviya announcing a cash reward of Rs 67.50 lakh for the team.

Recognising their achievement, Mandaviya also revealed plans to launch a women's kabaddi league to provide more opportunities for female athletes, mirroring the men's league. "We will take all efforts to support our female athletes. Prime Minister Narendra Modi wants our girls to get equal opportunities in the development of Viksit Bharat," he stated at the felicitation ceremony.

Dr Mandaviya further disclosed that, during the recent Chintan Shivir in Hyderabad, a decision was taken to encourage

corporate sponsorship in sports. "The government will do everything necessary to develop indigenous sports, including kabaddi. We will encourage the corporate sector to adopt sports and provide financial backing for training and infrastructure development," he said.

The Indian Women's Kabaddi team successfully defended their title by overcoming hosts Iran 32-25 in the final held on Saturday. The tournament, returning after an eight-year hiatus, was previously held in Iran in 2017, where India triumphed over South Korea to lift the trophy.

With this latest triumph, India continues its dominance in the sport, having also secured gold at the 2023 Asian Games in Hangzhou, China. This victory marks India's fifth title win at the Asian Women's Kabaddi Championship, reinforcing its stature as the undisputed powerhouse of

the sport. Placed in Group A alongside Thailand, Bangladesh, and Malaysia, India advanced comfortably to the final, securing dominant victories over Bangladesh (64-23), Thailand (76-21), and Malaysia (73-19), finishing with an impressive cumulative score difference of +150. In the semifinal, India defeated Nepal 56-18, setting up a title clash with hosts Iran. Despite facing stiff competition, Team India prevailed 32-25 in the final. Captain and raider Sonali Shingate attributed their success to rigorous training at SAI Sonapat, which played a crucial role in their preparation. She also expressed gratitude for the Supreme Court's intervention, which ensured the Indian team's participation in the championship. "We are grateful to the Supreme Court for enabling our participation. This victory belongs to every member of our team, who played

magnificently to ensure we returned as champions," Shingate said.

As the team's captain and a formidable raider, Shingate played a crucial role in India's victory. Her leadership on and off the mat ensured that the team remained focused throughout the tournament. "Now, we look forward to the Women's Kabaddi World Cup in Bihar this June," she added.

Amateur Kabaddi Federation of India (AKFI) Secretary-elect Jitendra Pran Singh Thakur lauded the team's achievement, calling it a significant milestone ahead of the Women's Kabaddi World Cup. "This victory reinforces India's dominance in kabaddi and highlights the growing strength of our women athletes on the international stage. The AKFI remains committed to supporting their participation in upcoming tournaments," he stated.

TT icon Sharath Kamal announces retirement

Chennai, Mar 11 (UNI) : Indian table tennis icon Aachanta Sharath Kamal on Tuesday announced his retirement from professional play, marking the end of a remarkable 22-year international career.

The 42-year-old athlete will make his final appearance at the WTT Star Contender Chennai 2025, scheduled from March 25 to 30 at the Nehru Indoor Stadium in Chennai.

Reflecting on his journey, Kamal remarked, "Having represented India for nearly 22 years and dedicated almost 38 years to the sport, I feel I have contributed to the best of my ability as a player. Now, it's time to give back as an administrator, mentor, and coach."

He added that concluding his career in Chennai is fitting, as his international journey began there in 1999 during the Junior Asian Championships.

Kamal's career is marked by an array of achievements, solidifying his status as one of India's greatest table tennis players.

He won 13 medals across five Commonwealth Games, including seven golds, with a standout performance in 2006 when he clinched gold in both men's singles and team events. His historic

contribution to Indian table tennis includes leading the national team to a bronze medal at the 2018 Asian Games, the country's first in the sport at the event in 60 years. On the domestic front, Kamal dominated as a ten-time national champion, while also making an impact internationally by reaching a career-high world ranking of 30 in 2019. His consistency and ability to challenge top players on the global stage have been instrumental in raising India's stature in table tennis.

His contributions to the sport have been recognized with several prestigious awards, including the Arjuna Award in 2004, the Padma Shri in 2019, and the Khel Ratna Award in 2022.

Beyond his on-table achievements, Kamal has played a crucial role in promoting table tennis in India. He serves as the Co-Chair for the ITTF Athlete's Commission alongside Chinese legend Liu Shiwen and is an ambassador for the ITTF Foundation, focusing on grassroots development of the sport.

As he transitions from player to mentor and administrator, Sharath Kamal's legacy will continue to inspire future generations of Indian table tennis players.

Wrestling Stars Tease major announcement for India Speculation grows as WXM builds

New Delhi, Mar 11 (UNI) Speculation is mounting in the pro-wrestling industry as Wrestling Xtreme Mania (WXM) appears poised to make a major entry into the Indian market.

While no official announcement has been made, industry insiders suggest that a large-scale pro-wrestling platform featuring global talent and high-end production is in the works.

The speculation gained traction after former WWE star Jeet was seen involved in what is believed to be a significant pro-wrestling initiative. The development has led to discussions that WXM could emerge as a serious competitor in the

international pro-wrestling landscape.

Further fueling interest, celebrities such as Rannvijay Singha have shared cryptic social media posts hinting at an upcoming pro-wrestling event.

Meanwhile, teaser videos released on WXM's digital platforms suggest a production standard comparable to leading international platforms, you can watch them on WXM's Instagram (@official_WXM).

Adding to the speculation, well-known international pro-wrestlers, including Raj The Maharaja (Jinder Mahal), Kalisto, and Axel Tischer, have

announced their arrival and are arriving for WXM around March 20. The timing has raised industry expectations of a major development in the Indian pro-wrestling scene.

India has a substantial

pro-wrestling fan base, with 163 million viewers following the sport. Despite the dominance of cricket and kabaddi, pro-wrestling continues to attract a dedicated audience.

Printed, Published and Owned by
Mohammed Shafi

Printed at Modi Print & Co.,
Gala No. : MFL-IF, Devidayal Industrial Estate,
Near Brittanina Factory, Darukhana, Reay Road (E),
Mumbai - 400 010. Maharashtra and
Published from # Room No:106, Ground Floor,
Flat No.40, Malvani Gate, Near Collector Compound,
Near Quadri Masjid, Malad (W), Mumbai-400 095

Editor: Mohammed Shafi
R.N.I.No. : MAHENG/2014/59632
Cell : 9849881368

Email : standardpostmumbai@gmail.com

Railways to run 8 Holi Special Trains between LTT Mumbai-Gorakhpur

(Standard Post Bureau) Mumbai, March 11 : Railways will run 8 Holi Special trains between LTT Mumbai and Gorakhpur to clear the extra rush of passengers as under: LTT Mumbai-Gorakhpur Holi Specials (8 trips) 05326 special will depart LTT Mumbai at 10.20 hrs on Thursday and Monday from 13.03.2025 to 24.03.2025 and arrive Gorakhpur at 20.00 hrs next day. (4 trips) 05325 special will depart

Gorakhpur at 19.00 hrs on Tuesday and Saturday from 11.03.2025 to 22.03.2025 and arrive LTT Mumbai at 06.50 hrs on third day. (4 trips) Halts: Thane, Kalyan, Igatpuri, Nashik Road, Bhusaval, Khandwa, Itarsi, Rani Kamalapati-Bhopal, Bina, Virangana Lakshmi Bai-Jhansi, Orai, Govindpuri, Prayagraj, Ayodhya, Mankapur and Khalilabad. Composition: 4 AC-3 Tier, 8 Sleeper Class, 4 General Second Class and

2 Luggage cum Guard's Brake Vans. Reservation: Bookings for trips of special train No. 05326 on special charges will open on 12.03.2025 at all computerised reservation centres and on website www.irctc.co.in For detailed timings and halts of these Special Trains, please visit www.enquiry.indianrail.gov.in or download NTES App. Passengers are requested to avail the special train services.

Capacity increase of the transformer at Mahatransco's Anandnagar substation

Appeal to consumers in Ulhasnagar, Ambernath and Badlapur to use electricity wisely



(Standard Post Bureau) Kalyan, March 11 : The work of increasing the capacity of one of the three 50 MVA transformers at Mahatransco's 220/22 KV Anandnagar substation to 100 MVA has been undertaken since Tuesday (11 March) morning. This work is expected to be completed by the midnight of 20 March. The capacity increase work has been started as unanimously decided in a joint meeting of various industrial associations and consumers, Mahatransco and Mahavitaran.

Power supply to industrial consumers on 13 express feeders in Anandnagar MIDC has been planned in a circular manner through the remaining two 50 MVA capacity transformers at Mahatransco's Anandnagar substation. It is also planned to continue

uninterrupted power supply to other consumers supplied from this substation. Meanwhile, until the work is completed, all electricity consumers under Ulhasnagar Sub-Division 4 and 5, Ambernath East and West, Badlapur East and West are appealed to use electricity wisely by Mahatransco and Mahavitaran. Mahatransco's Anandnagar Sub-Station supplies electricity to consumers in Ulhasnagar, Ambernath, Badlapur areas including Mahavitaran's Anandnagar Industrial Estate.

The entire load of Mahavitaran's Kharwai and Poddar Sub-Stations, which are supplied with electricity from Anandnagar Sub-Station, has currently been diverted to Mahatransco's 100/22 kV Morivali Sub-Station. Badlapur East is supplied with electricity from Kharwai

and Poddar Sub-Station. Badlapur West is supplied with electricity from Mahavitaran's Sonivali Sub-Station. Currently, the load of some parts of Badlapur West has been diverted to Mahatransco's 220/22 kV Jambhul Sub-Station.

The above planning has been made jointly by Mahatransco and Mahavitaran to ensure that the power supply of the consumers in the concerned areas is not disrupted until the capacity expansion work is completed. This too may lead to power supply disruption due to increased load or unavoidable technical reasons.

Therefore, Mahavitaran has appealed to use electricity as little as possible during this period and to cooperate in this work. The capacity expansion work will enable better service to be provided to all the electricity consumers in the area.

WR to provide additional stoppage to Dadar - Bhusaval Special train at Palghar Station

(Standard Post Bureau) Mumbai, March 11 : For the convenience of passengers, Western Railway will provide additional stoppage at Palghar station to Train No. 09051/09052 Dadar - Bhusaval Special Train. According to a press release issued by Chief Public Relations Officer of Western Railway, Shri Vineet Abhishek, the details are as under:-

Train No. 09051 Dadar - Bhusaval Special has been provided with additional halt at Palghar station w.e.f journey commencing Ex Dadar on 15th March, 2025. The train will arrive Palghar station at 01.29 hrs and depart at 01.31 hrs. Similarly, Train No. 09052 Bhusaval - Dadar Special has been provided with additional halt at Palghar station w.e.f journey commencing Ex Bhusaval on 15th March, 2025. The train will arrive Palghar station at 03.17 hrs and depart at 03.19 hrs.

For detailed information, passengers may please visit www.enquiry.indianrail.gov.in.

Holi special trains Between Visakhapatnam and Patna

(Standard Post Bureau) Visakhapatnam, March 11 : In order to clear extra rush of passengers, East Coast Railway has decided to run special trains between Visakhapatnam and Patna for 3 trips as detailed below.

The train No. 08537 Visakhapatnam - Patna Holi special will leave Visakhapatnam on Sundays at 19.30hrs on 16.03.2025, 23.03.2025 and 30.03.2025 which will reach Patna on the next day at 21.00hrs

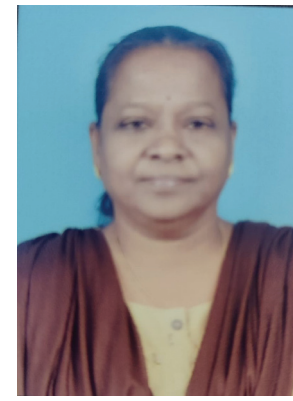
In return direction the train No. 08538 Patna-Visakhapatnam Holi special train will leave Patna on Mondays at 22.30hrs on 17.03.2025, 24.03.2025 and 31.03.2025 which will reach Visakhapatnam on the early hours of Wednesday at 03.50hrs.

Stoppages: These pair of trains will stop at Vizianagaram, Bobbili, Parvathipuram, Rayagada, Muniguda, Kesinga, Titlagarh, Balangir, Bargarh Road, Sambalpur, Jharsuguda, Rourkela, Hatia, Ranchi, Muri, Bokaro Steel City, Chadrapura, Gomo, Koderma, Gaya, Jehanabad between Visakhapatnam and Patna. Composition: 2nd AC-3, 3rd AC Economy-4, Sleeper Class-7, General Class-4, Second class cum Luggage/Divyangjan Coach-1, Generator Motor Car-1.

People are requested to make use of these special train services.

Two of WR's women ticket checking staff achieve outstanding performance WR salutes the indomitable spirit of Narishakti

(Standard Post Bureau) Mumbai, March 11 : Indian Railways has been at the forefront of empowering women, providing them with opportunities to showcase their skills and strengths. The role of Nari Shakti (Women Power) in railways is multifaceted and vital to the organization's growth and success. In this sequence, the women ticket checking employees of Western Railway have shown significant strides in dealing with ticketless travel. Smt. Nayana Patel, Chief Ticket Inspector/Surat and Smt. Malliga, Dy. Chief Ticket Inspector/Dadar are two such staff, who have displayed such exemplary performance. They both



have accomplished in securing the highest earnings in ticket checking over non-suburban and suburban section respectively. According to a press release issued by Chief Public Relations Officer of Western Railway, Shri Vineet Abhishek, women in railways have broken stereotypes and proven themselves. Smt. Nayana



Patel, a Chief Ticket Inspector, demonstrated exceptional service and performance in 2024, showcasing her determination and ability to work independently with great enthusiasm. Her tireless efforts led to record-breaking ticket checking earnings of around Rs. 33 lakhs by detecting more than 4,470 unauthorized travellers on

Western Railway's non-suburban section, while Smt. Malliga, Dy. CTI/Dadar, who oversees the suburban section of Western Railway, achieved impressive results from January to December 2024, detecting almost 7,820 cases of ticketless travel and collecting more than Rs. 21.50 lakhs in fines in the calendar year 2024.

Shri Vineet informed that Smt. Nayana Patel and Smt. Malliga's exceptional dedication, vigilance, and commitment to revenue protection and passenger compliance have set a remarkable example for other lady employees to follow, inspiring them to emulate their outstanding performance and work ethic.

4 Stations of Solapur Division of Central Railway to have Halts for Mumbai-Nanded Holi Special Trains

(Standard Post Bureau) Solapur, March 11 : Indian Railways will run 4 Holi special train services between LTT Mumbai and Hazur Sahib Nanded. These special trains will halt at 4 stations of Solapur Division of Central Railway, namely: Kurduwadi, Barsi Town, Osmanabad and Latur. LTT Mumbai - Hazur

Sahib Nanded Weekly Specials (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. Halts: Thane, Kalyan, Lonavala, Pune, Daund, Kurduwadi, Barsi Town, Osmanabad, Latur, Latur Road, Parli Vajinath, Gangakher, Parbhani and Purna. Composition: 1 First AC, 1 AC II-Tier, 5 AC III-Tier, 8 Sleeper Class, 4 Second Seating, 1 Pantry Car, 1 Generator Van and 1 Second Class cum

Guard's Brake Van. (22 Coaches) Reservation: Bookings for special trains 01105/01106 on special charges are open at all computerised reservation centres and on website www.irctc.co.in. For detailed timings and halts of these special trains, please visit www.enquiry.indianrail.gov.in or download NTES App.

Commissioning of Bacheli - Kirandul section doubling significant milestone : ECoR

(Standard Post Bureau) Visakhapatnam, March 11 : Waltair Division of East Coast Railway achieved a significant milestone today (09.03.2025) with the commissioning of the 9.143kms Bacheli-Kirandul section doubling, authorized by Commissioner of Railway Safety (South Eastern Circle) Shri Brijesh Kumar Mishra. The inspection was conducted under stringent security measures, underscores a major enhancement in railway infrastructure vital for the region's development.

Accompanied by Mr Lalit Bohra, Divisional Railway Manager Waltair; Shri Gautam Srinivas, Chief Administrative Officer (Construction); Shri K Dhanunjaya Rao Chief Engineer (Track); Shri Gourishankar Rao, Chief Engineer (Construction); Chief Electrical Engineer (Construction) Shri Manjit Singh Sansanwal; Chief Signal and Telecom Engineer (Construction)



Shri KS Varma; Deputy CRS Shri Asutosh Kumar and other Senior Officials, Commissioner of Railway Safety oversaw comprehensive inspections and trials crucial for operational safety and efficiency. The inspections included track assessments on motor trolleys, evaluations of Bacheli and Kirandul Railway stations, scrutiny of new signalling systems, and examination of the newly constructed

bridges. Further, speed trial was successfully conducted on the newly laid line, affirming readiness for operational deployment. The completion of this doubling project in the Bacheli-Kirandul region of Chhattisgarh is a strategic advancement for the Waltair Division. This segment, challenged by security reasons, now boasts enhanced capacity to facilitate the smooth

transit of iron ore from Bailadila Mines to various parts of the country. The upgraded infrastructure not only supports increased traffic demands but also fortifies connectivity crucial for regional economic growth. The successful commissioning of the 9.143kms section doubling underscores our commitment to enhancing rail connectivity and operational efficiency in the region.

Steps afoot to mitigate floods, says Meghalaya CM

Shillong, Mar 11 (UNI) Meghalaya Chief Minister Conrad Sangma on Tuesday said that steps were afoot to mitigate the impact of floods caused by heavy rainfall in the plain areas in the State.

Replying to queries during the Question Hour in the assembly, Sangma said that the government was working on a weather forecasting system integrated with new technologies to better predict major flash floods or

cloudbursts. "Multiple steps are being taken. Wherever interventions are possible, whether through the water resources department, the soil and water conservation department or the forest department, various measures have been implemented in different areas. Of course, these are not completely foolproof, as weather conditions today are quite unpredictable," he said.

"More importantly, we are developing a weather

forecasting mechanism that incorporates new technologies, satellite imagery, and other advanced tools. This allows us to predict major flash floods or cloudbursts in advance, though not with absolute certainty. With advancing technologies, we are now able to issue weather warnings in most situations," the Chief Minister further informed.

Sangma also informed that the Disaster Response

Fund stood at Rs 322 crore, while the Disaster Mitigation Fund was Rs 81 crore over the past five years. "Last year alone, the government spent Rs 71 crore out of the Rs 322 crore DRF to assist disaster-affected areas. We have amended the rules to allow Deputy Commissioners to provide housing materials, if necessary, for affected households. Additional funds have also been placed at their disposal.