

संपादकीय Editorial

Political bargaining based on investment

Even now, the headlines regarding the case of Palampur businessman Nishant Sharma have not dried up and once again the political issue of the destruction of a private university in Kangra has arisen. How lethal was the intention behind attacking Chancellor Vivek Singh of Arni University of Indora for the second time is a matter of investigation, but the manner in which an administrative officer is explaining it to him is not only indecent but also condemnable. If an SDM level officer is speaking threateningly to the Chancellor while advocating the wishes of the local MLA, then the government should also know what the situation is like in case of a private investor. Earlier, a DGP level officer had to step down from his post after setting up a police court in the personal and legal matter of two businessmen, now a similar tragedy is showing the intentions and administrative efficiency of the SDM of Indora. This SDM, at the behest of the local MLA, is not shying away from explaining to the investor that if the university has to be run properly, the patronage and blessings of the leaders are necessary. Actually, the university administration had fired seven employees for their own reasons and Mr. SDM Saheb is putting pressure on them to take them back into service. Administratively, advocating employment through private investment is not a crime, but here an officer was advocating 'hooligan tendencies' in the political definition. That is, give one hand and take relief from the other. Earlier such politics was practiced by political parties of states like Maharashtra, but now to run the business in Himachal, one will have to hold the fingers of the leaders, their pawns and submissive officials. It is surprising that the politics that deals with the foundation of universities is not even ashamed that such institutions can be a boon for generations. In a campus where there will be around eighteen hundred students, its economic and business aspects cannot be ignored. Despite this, in his efforts to make the university successful, the administrative officer forgot the dignity of his post. Earlier, the strict cognizance of the Honorable High Court on an office like DGP is putting the entire system on alert. To ensure impartiality of the investigation, the DGP was sent somewhere else while similar orders are awaited for the Superintendent of Police of Kangra. The implication of the incident of intimidating the Chancellor of Indora University after the Palampur businessman is similar. In these incidents, attempts are being made to usurp law and order. They are bent on usurping the work of the courts either politically, administratively or by the police. This is also an excuse to loot the investors on the basis of power, that the administrative officers on the horses of the MLA came out to recover the money. This is neither a sign of good governance nor a story of investment-friendly environment. Despite a chancellor being attacked twice, the restraint of the Noorpur police is also amazing. The situation of vigilance in the area of Kangra which is trapped in the claws of Chittar is such that law and order remained intact even after the attack on an educational institution. The surprising thing is that on one hand the Chief Minister of Himachal is making headway to bring the investor from Dubai and on the other hand the bad news is that the MLA is quoting his letters and quoting the conditions to the investor. Obviously, this is a scene of the nexus of political and administrative character of Himachal which is busy in various industrial centres, mining and contracting. We are not linking it with the present government, but there are holes in every government to absorb the characteristics of Himachal.

Politics: There is no end to the problems of the opposition, the role of Congress leadership is important in saving the alliance.

For the first time in the history of independent India, Congress is going to contest elections on less than 272 Lok Sabha seats. But for the Indian alliance to remain intact, it is necessary that the top leadership of Congress, oblivious of the reality, accepts the bitter formula of seat sharing. Otherwise, the fragile alliance is bound to become chaotic. Diwakar Rahi has a couplet - Now we are not as lucky in drinking wine as we used to be. This will be the first time in independent India that the 'Grand Old Congress' party will contest less than 272 Lok Sabha seats for the 18th Lok Sabha in 2024. In such a situation, even if it is theoretically assumed that if Congress wins all the Lok Sabha seats on which it is planning to contest in April-May, 2024, then it will still be at the center on its own. Government cannot form. In the first Lok Sabha elections, Congress contested 489 out of 499 seats and won 364 seats. In the year 1957, under the leadership of Jawaharlal Nehru, Congress contested 494 seats and won 371 seats. Similarly, in 1962, the party managed to retain power by winning 361 out of 494 seats and for the first time in 1967, under the leadership of inexperienced Indira Gandhi, the party managed to retain power by winning 283 out of 523 Lok Sabha seats. In the year 1971, Indira Gandhi made a strong comeback by winning 352 out of 518 seats with the slogan of 'Garibi Hatao'. After the Emergency of 1975, voters definitely showed Indira the way out of power, but Congress managed to win 154 seats. In the year 1980, Indira Gandhi once again defeated the opposition and came to power by winning 353 seats. After the assassination of Indira Gandhi a few months before the Lok Sabha elections, Rajiv Gandhi led the Congress to a bumper victory by winning 404 seats in December 1984. The figure reached 413 seats with the Congress' victory in Punjab, where elections were held a few months later. But in 1989, Rajiv Gandhi had to face defeat, but Congress emerged as the largest party with 197 seats. After the fall of VP Singh and Chandrashekhar governments, Congress made a comeback. In fact, after the tragic assassination of Rajiv Gandhi during the 1991 elections, Congress won 244 seats and formed the government under the leadership of PV Narasimha Rao with outside support from smaller parties. In the year 1996, under the leadership of Rao, Congress was out of power by winning only 140 seats. Congress provided outside support to the short-lived HD Deve Gowda and IK Gujral governments. In the year 1998, BJP formed the NDA government under the leadership of Atal Bihari Vajpayee. Even then Congress had 141 seats and BJP 182 seats. In the midterm elections of 1999, the BJP alliance led by Vajpayee returned to power, while the Congress was reduced to 114 seats, which was the worst performance of the 'Grand Old Party' till date. However, in 2004, the Congress improved its position, winning 145 seats and forming a coalition that managed to form the government not only in 2004, but also in 2009, when the Congress won 206 seats. This was perhaps the last time in the Lok Sabha elections when Congress performed well. The rise of BJP under the leadership of Narendra Modi badly decimated the Congress, which could not get even ten percent of the seats in the 2014 and 2019 Lok Sabha elections. It was shameful for Congress to be reduced to just 44 seats in 2014. At the same time, in 2019 also it could win only 52 seats, most of which were from Kerala, Punjab, Tamil Nadu and Karnataka. Under the joint leadership of Mallikarjun Kharge and the three Gandhis (Sonia, Rahul and Priyanka), Congress is facing bleak prospects and existential crisis due to continuous defeat in elections and weak self-confidence. AAP, Trinamool Congress, JDU, NCP (Sharad Pawar), DMK, along with Shiv Sena (Uddhav Thackeray) and 22 other regional parties, is trying to defeat BJP. A five-member high-level team of the party held a meeting at Wasnik's residence to decide the party's strategy for talks with alliance partners. According to two members of the panel, they were disappointed to see that the Congress was not in a position to demand three hundred seats from the alliance partners. The panel has shortlisted 292 Lok Sabha seats, but upon closer scrutiny it turns out to be less than 240. There are many seats in different states where there is no basis for the party to contest the elections as an alliance partner. Not only this, their analysis shows that out of 345 parliamentary seats in the states that Rahul Gandhi will pass through in his upcoming Bharat Nyay Yatra, only 15 seats have Congress MPs. If we look at it practically, it would be difficult for Congress to cross the mark of 50 Lok Sabha seats even after forming an alliance with like-minded parties. There are many people in the Congress who consider Rahul's second phase visit as meaningless, wrong and harmful for the party which is already struggling with lack of resources. No one, including Team Kharge, is in a position to give honest opinion to Rahul. However, on his part, Kharge has called state leaders to discuss the possibilities of seat sharing. There is no doubt that the principle of need and compulsion is leading Congress towards seat sharing, because it is not in a position to contest elections on its own. However, Kharge is less popular in Uttar Pradesh, West Bengal, Tamil Nadu, Punjab, Delhi, Bihar and Maharashtra. Accepting the bitter formula of the seats would require a lot of persuasion and support from the Gandhi family. The allies do not consider themselves inferior and are not ready to make any concessions. The problem of Congress leaders who are oblivious of the reality is that they live in the past and old memories that our forefathers had eaten ghee, smell our palm. In such a situation, Congress leaders are sure to get a shock. But if this does not happen, then the fragile India alliance is sure to be chaotic.

Strength of economy: NRIs can play an important role in making developed countries

NRIs can play an important role in making India a developed country with their knowledge and skills. These days, two special things related to NRIs are being highlighted all over the world. First, while the diaspora is boosting the Indian economy, India has also been an effective advocate of protecting the interests of its diaspora. Second, on December 28, India played a diplomatic role in reducing the death sentence of eight former Indian Navy officers in Qatar, one of whom was Purnendu Tiwari, who was awarded the Pravasi Bharatiya Samman in 2019. It is noteworthy that according to the 'Migration and Development Brief' report 2023 recently released by the World Bank, last year NRIs sent remittances worth about 125 billion dollars back home. India has left Mexico, China and Philippines far behind in receiving remittances. Apart from India, the top five remittance receiving countries include Mexico (\$67 billion), China (\$50 billion), Philippines (\$40 billion) and Egypt (\$24 billion). The report has also revealed that while earlier unskilled workers from India used to go to low-income countries, now the number of highly skilled people going abroad is higher among Indians, who are working in countries like America, England, Singapore, Australia and New Zealand. Moving to higher income countries, from where they are sending more money. It is noteworthy that while in the year 2022, NRIs sent an amount of 100 billion dollars home, in 2021 an amount of 87 billion dollars was sent. When the Indian economy had reached a negative growth rate of 7.3 percent in the year 2020 due to Covid-19, even then amidst the economic difficulties, the amount of 83 billion dollars sent by the Indian immigrants provided a big support to the economy here. It is not a small thing that India has remained at the first place in the list of various countries of the world receiving money from migrants since 2008. In the past, whenever there was a sharp decline in the country's foreign exchange reserves, the emigrants have freely contributed to increasing the foreign exchange reserves. NRIs have also played an important role in making the G-20 organized under the chairmanship of India an unprecedented success last year. Important campaigns have been conducted to rescue and return Indian expatriates trapped in crisis in various countries to India. According to the government, Rs 626 crore was spent from 2014 to December 2023 to help Indians stranded abroad, which helped 3.42 lakh Indians. India has launched 'Operation Ajay' for the safe return of Indian citizens and NRIs trapped in Israel in the ongoing bloody conflict between Israel and Hamas in the year 2023. When the Indian community in Ukraine came under direct threat due to the Russia-Ukraine war in the year 2022, a large number of Indians were safely repatriated under 'Operation Ganga'. But there is still a need for more cooperation from India in reducing the suffering of its migrants. There are a large number of Indian workers in the Gulf countries, but the number of such Indians is increasing, who have become victims of their plight by falling into the hands of wrong people or institutions. Recently, in a report of the Centre, it has been said that more than 33 thousand Indian workers are forced to live like slaves in the Gulf countries. The Ministry of External Affairs has received six complaints from Arab countries between March 2021 and 2023. Although the Government of India has asked the governments of the concerned countries to intervene on these complaints, more activeness of the Center is necessary in this direction. Let us hope that in the new year 2024, new chapters of affection and partnership can be written with the migrants. At the same time, with the power of their knowledge and skills, NRIs are playing an important role in taking the Indian economy forward, making the Indian economy the third largest economy in the world by the year 2027 and rapidly moving India on the path of making India a developed country by the year 2047. Will be visible. It is not a small thing that India has remained at the first place in the list of various countries of the world receiving money from migrants since 2008. In the past, whenever there was a sharp decline in the country's foreign exchange reserves, the emigrants have freely contributed to increasing the foreign exchange reserves. NRIs have also played an important role in making the G-20 organized under the chairmanship of India an unprecedented success last year. 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Walnuts will keep you healthy in winter, know the 5 big benefits of eating it on an empty stomach.

Walnuts Benefits: To stay healthy in winter, it is very important to take special care of your diet. In this season, people often include many fruits and vegetables in their diet. Apart from this, eating dry fruits also benefits your health. Walnut is one of these dry fruits which has many benefits when eaten in winter. Eating dry fruits in winter is very beneficial. Walnut in



particular is very beneficial in this season. There are 5 big benefits of including it in the diet this season. To stay healthy in winter, it is very important to take special care of your diet. In this season, immunity often becomes weak, due to which we easily become victims of diseases and infections. In such a situation, it is important to include fruits, vegetables and dry fruits in your diet to stay healthy. Eating dry fruits in winter is also very beneficial for our health. Dry fruits like almonds, cashews, raisins are very beneficial for our health. Walnut is one of these dry fruits, which people often make a part of their diet to sharpen their brain and memory. Including walnuts, rich in nutrients like healthy fat, protein, fiber, vitamins and minerals, in your diet in winter provides many benefits. Many studies have also shown that eating walnuts has many health benefits. In such a situation, today in this article we will know some amazing benefits of eating walnuts on an empty stomach in winter - Improves brain health - Omega-3 fatty acids present in walnuts help in improving cognitive function, memory and mental health. This is especially important during winter, because it compensates for the lack of sunlight in this season and can affect your overall brain health. Increases immunity- Walnuts contain antioxidants and phytochemicals, which help in strengthening your immune system. Strong immunity protects you from cold, flu and other common winter diseases. - Improves heart health - Walnuts contain healthy fats, especially omega-3 fatty acids, which reduce the level of bad cholesterol. May help reduce inflammation and improve heart health. In winter, when there is more pressure on your heart, walnuts take care of your heart in this season. Gives warmth to the body- Walnut has a thermogenic effect on the body, which means it produces heat and makes you feel warm even in winter. Consuming them during winter controls the body temperature and keeps us comfortable from inside. - Rich in nutrients - Walnuts contain essential nutrients like omega-3 fatty acids, fiber, protein, vitamins and minerals, which are essential in winter. are important to maintain good health during.

By keeping these small things in mind, you can make your relationship stronger with time.

If you love your partner very much and want love to always remain in the relationship, then for this it is important to pay attention to some things which we consider unnecessary and which are most useful. If you know these things, you can make your relationship stronger with time. The foundation of a relationship is love and trust. How to remove boredom in relationship. This is how to make your relationship stronger with time. As time goes by in a relationship, a feeling of boredom starts faced by people in arranged marriages, but is also tried to know why this happens? Relationship between husband and wife, mere love to understand each other. Human needs also relationship, emotional bonding is more important than physical bonding. If you affection will always remain in your relationship strong. Spend time with your lifestyle and spend it with your partner. Talking gives an opportunity to know the happiness. Have fun and joke. This is an important thing in a relationship is respect. you in many matters, but do not try to things because this only brings sourness it is very important to respect each other. no matter how busy both of you are throughout the day, you will eat dinner together. By the way, this is not just for dinner, but have a meal at any time of the day. This also strengthens the relationship. Learn to accept mistakes - Small conflicts are common in relationships, but if you do not want to increase it, then the easiest way is to accept your mistakes. Sorry is a word that directly hits the heart. Keep your ego aside and move forward in the relationship. Only then will you be able to remain happy for a long time.

If you are planning to switch to another company, then definitely inquire about these things before joining.

If you are thinking of joining any other company, then do not be happy just about the salary because sometimes there are many such policies which are not in your favor due to which you feel trapped after joining. To prevent something like this from happening to you, know these



things before joining any new company. Know these important things before joining a new job. Why is it important to read the offer letter before joining? Many times the happiness of getting a new job is so great that people do not pay attention to other things except the salary and later when they gradually come to know about the company's policy and other things. Then it seems that if you had paid attention at that time, such problems would not have arisen today. If you have also just started your career and are planning to switch to another company, then it is very important to pay attention to some things before joining. Let us know about them. Offer letter- Before joining any new company, read the offer letter received from the company carefully. Because it contains details of salary and rules and regulations related to the company. Whether the salary is as per your wish or not, there is nothing in the office policy that will bind you to the company for a few years. Accept the offer letter only after cross checking all these things. Probation period- In every new company, to check the ability of the employee, he is kept on probation period for some time, so use this period well. Also show proof of what you have mentioned about yourself in the resume. Avoid making any kind of mistakes because during the probation period the company has full rights to take action against you. You may lose your job even after receiving the offer letter. Pay Roll- In many companies, people are hired on contract basis and not on pay roll. In such companies, employees do not get facilities like PF, medical insurance, so it is an important thing, so clear this from the concerned person before joining. Gratuity- Also ask clearly from the company about the rules related to gratuity. Although to get gratuity you have to work continuously for 5 years in that company, but still keep the information related to it. According to PF-label law, if there are more than 10 employees in the company, then PF has to be given. In PF, some part of the salary given to the employee is deducted and the company also gives the same part on its own behalf. Which you can take after leaving there. Get complete details about this policy also from HR.



with increasing time. As time goes by in a relationship, a feeling of boredom starts appearing in it. This situation is not only seen in love marriages. So have you ever seen in love marriages. So have you ever experts say that for a successful relationship, emotional bonding is more important than physical bonding. If you affection will always remain in your relationship strong. Spend time with your lifestyle and spend it with your partner. Talking gives an opportunity to know the happiness. Have fun and joke. This is an important thing in a relationship is respect. you in many matters, but do not try to things because this only brings sourness it is very important to respect each other. no matter how busy both of you are throughout the day, you will eat dinner together. By the way, this is not just for dinner, but have a meal at any time of the day. This also strengthens the relationship. Learn to accept mistakes - Small conflicts are common in relationships, but if you do not want to increase it, then the easiest way is to accept your mistakes. Sorry is a word that directly hits the heart. Keep your ego aside and move forward in the relationship. Only then will you be able to remain happy for a long time.

Sonam Kapoor lost weight When Janhvi Kapoor and after delivery without diet Khushi Kapoor got the news and exercise, said- 'It took 16 of mother Sridevi's demise, months to get myself back' their condition was like this.

In the caption accompanying the photo, Sonam Kapoor told about the journey of getting fit again after becoming a mother. The actress said that after the birth of her son Vayu, it was not easy for her to get her body back. She told that after delivery, she made herself fit without diet and breaking exercises.

Sonam Kapoor often gives her life updates on social media. Now she has talked about the changes in her body after becoming a mother. The actress told that after delivery, it took more than a year for her to get herself back. Sonam Kapoor has shared some photos and videos of herself in a beautiful white lehenga set. The actress looks gorgeous in this traditional dress with pure white and golden border combination. In the caption accompanying the photo, Sonam Kapoor told about the journey of getting fit again after becoming a mother. The actress said that after the birth of her son Vayu, it was not easy for her to get her body back. She told that after delivery, she made herself fit without diet and unhealthy exercises. Sonam Kapoor often gives her life updates on social media. Now she has talked about the changes in her body after becoming a mother. The actress told that after delivery, it took more than a year for her to regain her composure. Sonam Kapoor has shared some of her photos and videos in a beautiful white lehenga set. The actress looks gorgeous in this traditional dress

with pure white and golden border combination., was troubled by her husband's serious illness, said - 'Doctors were not able to treat' - became fit without diet and exercise - Sonam Kapoor told about the journey of becoming fit again after becoming a mother in the caption with the photo . The actress said that after the birth of her son Vayu, it was not easy for her to get her body back. She told that after delivery, she made herself fit without diet and breaking exercises. It took a long time to find herself - Sonam Kapoor said, "It took me 16 months to feel like myself again. Slowly without No crash diets and grueling workouts, just consistent care of myself and baby. I'm still not there, but almost where I want to be.. I'm still so grateful for my body And this is so incredible. Being a woman is a wonderful thing." Sonam's fans praised - Sonam Kapoor's fans reacted to this post and thanked the actress. Being a celebrity, fans liked talking about the topic of post delivery problems. While many fans praised her looks, some praised her understanding and outspoken style. Liked her outspoken style. Commenting on Sonam's post, a fan said, "For someone who has always watched you and followed you as a fan, your talking about such topics has a deep impact on people like me.. I've always appreciated that you talk about the importance of the fact that we are all human at the end of the day, in a world where social media makes it so easy to fool anyone into believing false things. Maybe, you've always kept it real."

Koffee With Karan 8 The new episode of Koffee With Karan Season 8 has been telecast. This time Kapoor sisters are seen in the show. Janhvi Kapoor and Khushi Kapoor enjoyed coffee with Karan this time.

During this, both the sisters also made many revelations about their lives. Jhanvi and Khushi in Karan Johar - Jhanvi and Khushi remembered their mother in the show - told how they got the news of their mother's demise. Karan Johar's famous show Koffee with Karan Season 8. The new episode has been telecasted. This time Kapoor sisters are seen in the show. This time Jhanvi Kapoor and Khushi Kapoor enjoyed coffee with Karan. A lot was seen in the episode. Meanwhile, there came a moment when Karan mentioned Khushi and Jhanvi's mother Sridevi after years. Sridevi died in the year 2018. Years later, Jhanvi revealed in the show the day when she got the news of her mother's demise. How Jhanvi and Khushi got the news of Sridevi's demise - In February 2018, Sridevi left this world forever. Had said goodbye. After his departure, both the sisters took complete care of each other. Now after about 6 years, Jhanvi and Khushi remembered the day when they came to know about it.



Khushi had taken care of sister Jhanvi - Jhanvi told about this, I was in my room when I got the call. On the other hand, I could hear crying sounds from Khushi's room. I went to his room crying badly. As soon as I went in front of Khushi, she looked at me and stopped crying. She sat beside me and calmed me down. I never saw her cry about it after that. Jhanvi further talked about the similarities between Khushi and Sridevi. He said, "She is a very calm person and I think this is the similarity between her and Mama, but she starts crying bitterly in front of the camera. Upcoming films of Khushi and Jhanvi - Talk about the actress's work front Recently, she was seen in the film 'Bawal' with Varun Dhawan. Now soon she will be seen in the films 'Mr. and Mrs. Mahi' and 'Devra'. Whereas, last year, Khushi Kapoor also made her debut with The Archies. Now the news is that she will soon be seen with Ibrahim Ali Khan.

