

# क्यों न लिखें सब

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प्रसारित क्षेत्र-बरेली, पीजीभीत, बदायूं, कासगंज, एटा, अलीगढ़, संभल, श्रावस्ती, अलीगढ़ और उत्तराखंड

page 3 कलेक्ट्रेट सभागार में किसान दिवस का आयोजन किया गया page 5 मित्रता निभाना तो श्री कृष्ण और सुदामा से सीखें.. page 7 HOWTO STYLE

## सीएम ने राज्य स्तरीय बैंकर्स समिति संग की बैठक

## गुजरात को पीएम मोदी देंगे 48 हजार करोड़ रुपए की परियोजनाएं

# डिजिटल बैंकिंग साक्षरता का चलेगा प्रोग्राम : सीएम



लखनऊ। सीएम योगी आदित्यनाथ ने बुधवार को अपने सरकारी आवास पर राज्य स्तरीय बैंकर्स समिति के अधिकारियों के साथ बैठक की। उन्होंने बैंकों का सीडी रेशियो (ऋण जमानुपात) 58.59 होने पर कहा की आगामी वित्तीय वर्ष में इसे 65: तक पहुंचाने का लक्ष्य रखा है। इसके लिए बैंकों को हर संभव सहायता और सुरक्षा मुहैया कराएगी। इसके साथ ही मुख्यमंत्री ने डिजिटल बैंकिंग और वित्तीय साक्षरता का कवरेज सभी 75 जिलों तक करने के लिए मिशन मोड में काम करने का आह्वान किया है।

बुधवार को राज्य स्तरीय बैंकर्स समिति की बैठक में चालू वित्तीय वर्ष के दिसंबर 2023 में समाप्त विमाही की समीक्षा करते हुए उन्होंने कहा कि हर जरूरतमंद और ऊर्जावान युवा को ऋण के रूप में वित्तीय प्रोत्साहन उपलब्ध कराने के हमारे प्रयासों

में बैंकों ने सराहनीय भूमिका निभाई है ऋण मेलों का यह क्रम आगे भी सतत जारी रहे। बैंक लोन देने में संकोच न करें। सरकार अपनी हर योजना में ऋण दिलाने से पहले लाभार्थी का प्रशिक्षण, क्षमता वृद्धि जरूर सुनिश्चित करायेगी। सीएम योगी ने राज्य सरकार की महत्वाकंक्षी योजना फेमिली आइडी का जिक्र करते हुए कहा, सभी बैंक, केंद्र व राज्य सरकार की योजनाओं के लाभार्थियों का पूरा डेटा उपलब्ध कराएं। ताकि प्रदेश के हर परिवार की स्थिति का सही आकलन किया जा सके। अटल पेंशन, जीवन ज्योति बीमा, जनधन सहित विभिन्न सामाजिक सुरक्षा योजनाओं की स्थिति की समीक्षा करते हुए मुख्यमंत्री ने कहा कि प्रदेश में प्रधानमंत्री जी के विजन के अनुसार हर नागरिक को सामाजिक सुरक्षा की योजनाओं का लाभ दिलाया जा रहा है विशेष बैठक में मुख्यमंत्री ने वित्तीय समावेशन के प्रयासों में श्वन जीपी-वन बीसीए (एक ग्राम पंचायत-एक बीसी सखी) कार्यक्रम को सगहना करते हुए बैंकों को बीसी सखियों को और प्रोत्साहन देने का आह्वान किया। उन्होंने कहा, इस एक कार्यक्रम ने महिलाओं को सशक्त और स्वावलम्बन बनाने में बड़ी भूमिका निभाई है और यह फाइनेंशियल इनक्लूजन का शानदार उदाहरण बनकर उभरा है। वहीं, हालिया पीटीएम पेमेंट बैंक प्रकरण से उपजी स्थितियों से प्रभावित बीसी सखियों की समस्याओं का तत्काल समाधान करने पर जोर दिया। बैंकों की सुरक्षा के लिए सीसीटीवी कवरेज बढ़ाने और सीसीटीवी फुटेज को पुलिस व प्रशासन को आवश्यकतानुसार उपलब्ध कराने के लिए सुचारु व्यवस्था बनाने की जरूरत बताई। उन्होंने कहा कि 2016-17 में प्रदेश में 12.80 लाख करोड़ का बैंकिंग बिजनेस था जो आज 26.80 लाख करोड़ के पार हो गया है। यह उत्साहजनक है विशेष

अवसर पर मुख्यमंत्री ने बड़ौदा-यूपी ग्रामीण बैंक और आर्यावर्त ग्रामीण बैंक को रण्चांश प्रदान किया, साथ ही 1.10 लाख किसान क्रेडिट कार्ड , 1111 बैंकिंग आउटलेट का शुभारंभ और 10 बीसी सखियों को टूल किट वितरित किए। बैठक में रिजर्व बैंक ऑफ इंडिया की सीजीएम निशा नांबियार की भी विशेष उपस्थिति रहीम उन्होंने डिजिटल बैंकिंग के विस्तार पर जोर दिया। मुख्यमंत्री ने बैंकर्स कमेटी की बैठक राज्य स्तर पर मुख्य सचिव की अध्यक्षता में प्रत्येक तीन माह में और जनपद में प्रत्येक माह करने के निर्देश भी दिए। इस मौके पर समग्र ग्रामीण विकास कार्यक्रम के तहत एचडीएफसी बैंक द्वारा 150 वनटागिया गाँवों को अपनाने की प्रमाण पत्र भी प्राप्त किया गया। बैंक इन ग्रामों में 75 स्मार्ट क्लासेज का निर्माण के साथ ही ही विकास के अनेक कार्य कराएगा।



नई दिल्ली। प्रधानमंत्री नरेंद्र मोदी 22 फरवरी को गुजरात के दौरे पर जाने वाले हैं। यह यात्रा गुजरात के विकास पर केंद्रित है। वह यहां जोसीएमएमएफ के स्वर्ण जयंती समारोह में शामिल होंगे, जिसमें अहमदाबाद के मोटेरा स्थित नरेंद्र मोदी स्टेडियम में 1.25 लाख से अधिक किसान भी भाग लेंगे। पीएम यहां महेशाणा में भारत नेट के दूसरे चरण के सहित कई महत्वपूर्ण परियोजनाओं को राष्ट्र को समर्पित करेंगे, जो 8000 से अधिक ग्राम पंचायतों को हाई-स्पीड इंटरनेट प्रदान करेगा। महेशाणा और बनासकांठा जिलों में रेल लाइन दोहरीकरण, गेज परिवर्तन, नई बॉर्ड-गेज लाइन के लिए कई परियोजनाएं सहित खेड़ा, गांधीनगर, अहमदाबाद और महेशाणा में सड़क परियोजनाएं गांधीनगर में कई जल आपूर्ति परियोजनाओं के साथ कई अन्य विकास परियोजनाओं का लोकार्पण पीएम मोदी करेंगे। बता दें कि प्रधानमंत्री गुजरात दौरे के क्रम में 22 फरवरी को सुबह 10.45 बजे अहमदाबाद पहुंचेंगे, जहां वह गुजरात सहकारी दुग्ध विपणन महासंघ (जीसीएमएमएफ) के स्वर्ण जयंती समारोह का नेतृत्व करेंगे। समारोह के बाद प्रधानमंत्री दोपहर 12.45 बजे वलीनाथ महादेव मंदिर में पूजा के लिए उपस्थित होंगे। इसके तुरंत बाद महेशाणा में एक सार्वजनिक कार्यक्रम में वह 8,350 करोड़ रुपये से अधिक मूल्य की कई विकास परियोजनाओं का उद्घाटन और शिलान्यास करेंगे, जिसमें सड़क, रेल, ऊर्जा और स्वास्थ्य बुनियादी ढांचे को बढ़ाने पर सरकार के फोकस पर जोर दिया जाएगा।

## जयंत चौधरी इंडिया गठबंधन में कर सकते हैं वापसी

नई दिल्ली। लोकसभा चुनाव से पहले दल बदल का सिलसिला चालू हो गया है। इसी कड़ी में इंडिया गठबंधन के सहयोगी जयंत चौधरी पाला बदल कर छत्र में शामिल हो गए थे लेकिन अब खबर आ रही है कि जयंत का एनडीए से मोहभंग हो गया है। जिससे वो इंडिया में फिर से वापसी कर सकते हैं। लोकसभा चुनाव से पहले देश में सियासी पारा हाई हो चुका है। इसी कड़ी में दलबदल का भी सिलसिला शुरू हो चुका है। इंडिया गठबंधन का साथ छोड़ कर एनडीए में शामिल हुए

आईपीएस अधिकारी और बीजेपी कार्यकर्ताओं के बीच बहस का वीडियो सोशल मीडिया पर काफी वायरल है। आईपीएस अधिकारी जसप्रीत सिंह को वीडियो में साफ तौर पर सुना जा सकता है कि वो दलबदल करने के बाद भी वापसी कर सकते हैं। इस मामले पर अब जयंत चौधरी ने भी बिना नाम लिए बीजेपी के खिलाफ नाराजगी जताई है। दरसअल जयंत चौधरी ने सोशल मीडिया पर लिखा है कि आईपीएस जसप्रीत सिंह का गुस्सा

समझ सकता हूं। हालांकि उन्होंने इस मामले को लेकर बहुत ज्यादा बात नहीं लिखी लेकिन ये पूरा मामला बीजेपी कार्यकर्ताओं के आईपीएस अधिकारी को लेकर रवैये से जुड़ा है। इसी बीच अब ये चर्चा भी है कि जयंत चौधरी एनडीए गठबंधन के साथ जाने का अपना मन बदल भी सकते हैं। फिलहाल आधिकारिक तौर पर भी वो इस गठबंधन को लेकर बहुत साफ कुछ कहते नहीं दिखे हैं। जिसके बाद ये कयास लगाए जा रहे हैं कि जयंत चौधरी इंडिया में फिर वापसी कर सकते हैं।



## मोदी के पास किसान की बात सुनने का समय नहीं: प्रियांक खड़गे

बेंगलुरु। कर्नाटक के मंत्री प्रियांक खड़गे ने बुधवार को कहा कि प्रधानमंत्री नरेन्द्र मोदी के पास मन-की-बात के लिए पर्याप्त समय है लेकिन किसान-की-बात सुनने के लिए उनके पास समय नहीं है। मंत्री ने कहा, जिस तरह से उन्होंने दिल्ली की सीमाओं पर नाकेबंदी की है, उससे पता चलता है कि सरकार किसानों के मुद्दों को हल करने की इच्छुक नहीं है। उन्होंने यहां संवाददाताओं से कहा, प्रधानमंत्री के पास महशूर हस्तियों को बधाई देने के लिए पर्याप्त समय है, लेकिन किसान-की-बात सुनने के लिए उनके पास समय नहीं है। श्री खड़गे ने कहा कि सिर्फ डॉ. एमएस स्वामीनाथन को भारत रत्न देने का मतलब यह नहीं है कि केंद्र सरकार ने किसानों की समस्या का समाधान कर दिया है। उन्होंने आरोप लगाया कि सरकार ने उनसे बात करने की जहमत नहीं उठाई है। केंद्र सरकार को किसानों की कोई परवाह नहीं है। किसानों ने भारत रत्न के फैसले का स्वागत किया है, लेकिन वे डॉ. स्वामीनाथन की सिफारिशों की मांग कर रहे हैं।

## संदेशखाली पर विपक्षी दलों की खामोशी, भाजपा नेता ने पूछे तीखे सवाल

नई दिल्ली। भाजपा नेता रविशंकर प्रसाद ने बुधवार को पार्टी मुख्यालय में संदेशखाली में महिलाओं पर हो रहे अत्याचार को लेकर प्रेस कॉन्फ्रेंस किया। इस दौरान रविशंकर प्रसाद ने पश्चिम बंगाल की मुख्यमंत्री ममता बनर्जी समेत राहुल गांधी, प्रियंका गांधी, अरविंद केजरीवाल समेत सभी विपक्षी पार्टियों पर हमला बोला। भाजपा नेता ने कहा कि संदेशखाली में जो हो रहा है, वह आप सबके सामने है। हाईकोर्ट ने क्या टिप्पणी की है, वह भी आप सबको पता है और वहां पर महिलाओं के साथ क्या-क्या हो रहा है, वो किसी से अब छुपा नहीं है। ममता बनर्जी इसे डिफेंड कर रही हैं। उन्होंने कहा कि मैं सभी

## कर्नाटक: वकीलों के मुद्दे पर आलोचना के बाद के उपमुख्यमंत्री ने कुमारस्वामी पर बोला हमला

बेंगलुरु। रामानगर जिले में तनावपूर्ण स्थिति के लिए आलोचना झेलने के बाद कर्नाटक के उपमुख्यमंत्री डी.के. शिवकुमार ने बुधवार को पूर्व मुख्यमंत्री एच.डी. कुमारस्वामी पर हमला बोला। उन्होंने कहा कि क्षेत्र में अधिवक्ताओं के आंदोलन और अन्य कानून-व्यवस्था की स्थिति के लिए पूर्व सीएम जिम्मेदार हैं। शिवकुमार ने कनकपुरा शहर में आरोपों का जवाब देते हुए कहा कि वह और उनके भाई कांग्रेस सांसद डी.के. सुरेश क्षेत्र में अशांति फैला रहे हैं। वाराणसी कोर्ट के जज के खिलाफ सोशल मीडिया पोस्ट लिखे जाने के बाद रामानगर क्षेत्र में तनाव पैदा हो गया था। स्थिति तब और बिगड़ गई जब एक पुलिस सब-इंस्पेक्टर ने 40 वकीलों के खिलाफ एफआईआर दर्ज की, जिन्होंने पोस्ट लिखने वाले के खिलाफ मामला दायर किया था। पुलिस सब-इंस्पेक्टर तनवीर हुसैन के निलंबन पर प्रतिक्रिया व्यक्त करते हुए कुमारस्वामी ने कहा, हमें भी इस संबंध में कानून के अनुसार कार्रवाई शुरू करने को लेकर बयान दिया है। विधायकों ने भी यही राय दी है। हमने अधिकारियों से दोषियों के खिलाफ कार्रवाई करने को कहा था। मैंने निर्देश दिया था कि किसी के साथ अन्याय नहीं होना चाहिए। भाजपा-जद(एस) नेता इस मुद्दे पर राजनीति कर रहे हैं। उनके पास काम नहीं है और वे संकट की स्थिति पैदा करने की कोशिश कर रहे हैं।

## इंडिया गठबंधन में शामिल नहीं होंगे कमल हसन

चेन्नई। अभिनेता से राजनीतिज्ञ बने कमल हसन ने कहा कि वो और उनकी पार्टी ने अभी तक इंडिया गठबंधन का दामन नहीं थामा है। कमल हसन अपनी पार्टी मकल नीधि मय्यम (एमएनएम) की सातवीं वर्षगांठ पर पत्रकारों से बातचीत कर रहे थे। अभिनेता से राजनीतिज्ञ बने कमल हसन ने मीडियाकर्तियों से कहा कि वो किसी भी ऐसे मोर्चे में शामिल नहीं होंगे, जो स्थानीय सामंती राजनीतिक गतिविधियों में व्यस्त हो। वो एक ऐसे राजनीतिक समूह का हिस्सा बनना चाहते हैं, जिसके लिए राष्ट्र प्रथम हो। जब उनसे इंडिया गठबंधन में सीट बंटवारे को लेकर सवाल किया गया, तो उन्होंने कहा कि अभी तक वार्ता का सिलसिला जारी है। बता दें कि पहले खबर आई थी कि कमल हसन की पार्टी इंडिया गठबंधन में शामिल होने जा रही है। इसके अलावा डीएमके उन्हें कोयमबटूर और चेन्नई में से कोई एक सीट देने के लिए राजी हो चुकी है। इससे पहले यह अटकलें तेज थी कि कमल हसन को सीट आवंटित करने के लिए कांग्रेस को कुछ सीटें देने में कटौती की जा सकती है।



## जयपुर में 10,465 लीटर नकली घी बरामद, एक गिरफ्तार

जयपुर। राजस्थान पुलिस की अपराध अन्वेषण शाखा (सीआईडी ब्रह्म ब्रंच) ने जयपुर में एक गोदाम पर छपा मारकर 10,465 लीटर नकली घी जब्त किया है। इस मामले में एक व्यक्ति को गिरफ्तार किया गया है। पुलिस ने बुधवार को यह जानकारी दी। पुलिस के मुताबिक शहर के विश्वकर्मा थाना क्षेत्र में एक गोदाम में चार नामी ब्रांड के देशी घी के मिरले जुते नाम और डिजाइन में घटिया स्तर का नकली व

मिलावटी घी की पैकिंग कर बाजार में खपाए जाने की सूचना मिली थी। इस पर सीआईडी ब्रह्म ब्रंच की टीम ने छपा मारकर 10,465 लीटर नकली घी जब्त किया है। इस मामले में एक व्यक्ति को गिरफ्तार किया गया है। पुलिस ने बुधवार को यह जानकारी दी। पुलिस के मुताबिक शहर के विश्वकर्मा थाना क्षेत्र में एक गोदाम में चार नामी ब्रांड के देशी घी के मिरले जुते नाम और डिजाइन में घटिया स्तर का नकली व

## बेगूसराय: झटका मीट का प्रचार करते नजर आए गिरिराज सिंह

नई दिल्ली। केंद्रीय मंत्री और बेगूसराय से भाजपा सांसद गिरिराज सिंह ने सोशल मीडिया प्लेटफॉर्म पर एक पोस्ट किया है, जिसमें वह मीट की दुकान का खुद प्रचार करते हुए दिखाई दे रहे हैं। साथ ही लोगों को झटका मीट के लिए प्रोत्साहित करते हुए दिखाई दे रहे हैं। भाजपा सांसद गिरिराज सिंह ने पोस्ट करते हुए लिखा, बेगूसराय में कई लोगों से बात की और उन्हें झटका मीट की दुकान खोलने के लिए प्रोत्साहित किया है।

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# Editorial

## India is on the right track in Nepal

### Locking horns

Agitating farmers intend to intensify their 'Delhi Chalo' protest from Wednesday as their negotiations with the Government remain deadlocked. With both sides adamant on their respective positions, it seems unlikely that the stalemate will end in a hurry despite several rounds of dialogue. Foremost among the farmers' demand is the insistence on legal assurances for a minimum support price (MSP) across all crops, coupled with open-ended procurement of 23 key crops under MSP. Additionally, they seek complete debt waiver for both farmers and farm labourers, along with a reversal of policies perceived as detrimental to their interests. Central to their demands is the implementation of crop prices in line with the recommendations of the Dr MS Swaminathan Commission's report. Farmers are pushing for pensions to be extended to both farmers and farm hands, as well as a waiver on any increase in electricity tariffs. They also seek nationwide enforcement of the Land Acquisition Act of 2013. The demands extend to the realm of international trade, with calls for India's withdrawal from the World Trade Organisation (WTO) and a freeze on all Free Trade Agreements (FTAs). One may agree or disagree with their demands but these are not unconstitutional. The latest development in the saga has the farmers rejecting the Government's MSP offer, signalling the resumption of the 'Delhi Chalo' march. The offer, which was made in the midst of ongoing negotiations, failed to meet the farmers' expectations. The MSP offer, though presented as a goodwill gesture by the Government, was perceived by farmers as insufficient and lacking concrete assurances. Despite assurances from the Government side regarding the continuation of MSP, farmers remain sceptical that the lack of legal guarantees and deregulation could eventually lead to the dismantling of the MSP system. The 'Delhi Chalo' march posturing goes back to 2020, when thousands of farmers from various States converged on the outskirts of Delhi to protest against the farm laws. The march garnered widespread support and attention, both nationally and internationally, highlighting the gravity of the issues. The decision to resume the march underscores the farmers' plan to continue their struggle; it is also a flashback of farmers' siege of the Capital not very long ago. The Government seems to have made the Capital a fortress which, however, does not augur well for a democratic system. Dialogue, not confrontation, should be the way forward. The farmers must respect the law of the land while the Government should try to assuage their anger. It would be prudent to accept some, if not all, farmer demands so that a conducive atmosphere is built for the talks to continue in a congenial atmosphere. As the protest enters a new phase, it is imperative for both sides to engage in constructive dialogue to find a viable solution to the impasse. It is a call to action for all stakeholders to prioritise the nation's interests and work towards a fair and equitable resolution.

Prime Minister Pushpa Kamal Dahal (Prachanda) has completed 13 months of his third term, by far the most successful in leading Nepal with the Maoist party with just 32 seats. A seasoned and balanced Nepali journalist billed Prachanda's tenure as 'firm, polished, and people-oriented'. About the power-sharing formula that has become a staple in coalition politics, his assessment was different from that of a senior Nepali Congress parliamentarian who, out of the three options – two-one-two; two and a half and two and a half; and Prachanda doing full five years – while not favouring the first option, was hugely critical of it. So was the journalist. The figures indicate the number of years of premiership. The first set relates to Prachanda and Deuba doing two years each while Madhav Nepal would get one year. The second is minus Madhav Nepal. The parliamentarian said on any major coalition issues, the Big 3 were former Prime Minister Sher Bahadur Deuba (NC, 89 seats) and Prachanda and former PM Madhav Nepal of the United Socialist (with only ten seats

and not recognised as a national party) ignoring Janata Samajwadi (National) Party with 14 seats. He went on to suggest that both Nepal and Yadav should share a year term, however wobbly the arrangement. The wily former Prime Minister KP Oli (CPN UML 80 seats) who did not honour power-sharing with Prachanda is determined to ensure Madhav Nepal does not become PM for even a day. Incidentally, Prachanda and Deuba have happily shared power earlier. Astutely, Prachanda, while firing salvos at NC, indicating their alliance has not been rewarding for his party, is also suggesting that the option is open of returning to the CPN (UML) fold, a home-

coming for which Chinese leaders will give their right arm and a contingency India will dread. This warning keeps alive the Prachanda premiership for five years. But nothing is done till everything is done. Prachanda's scorecard shows the right boxes are ticked: corruption, the people's biggest concern, has been emphatically addressed with top guns or their wards in jail or on bail. Also being investigated is the Pokhara International Airport which involves China trying to inveigle Nepal into its BRI debt trap. It will turn out to be another white elephant like Matale Airport or Hambantota Port in Sri Lanka. China's bullying of Nepal is legendary

who took Kathmandu for a royal ride. Nepal was browbeaten into accepting the One China policy at the drop of a hat, a former Nepalese diplomat told me. While Tibetans were cowed down in Kathmandu and Pokhara, China has closed down the border in the north since the pandemic. Chinese have indulged in salami-slicing in nine places on the Nepal-China border. A former Madhesi MP informed me that border pillars have been removed, water sources diverted and dual-use villages constructed. Encroachments are reported at Dharchul, Mustang, Gorkha, Sindhupal

Chowk, Rasua, and Solukhumbu. He said the Government maintains silence, especially the ruling Communists. Ambassador Chen Song and other CPC leaders like Sun Haiyan are brazenly criticising India for "not being a friendly neighbour and not so beneficial for Nepal". Nepal mildly smacked China for violating diplomatic norms. President Xi first visited Nepal in 2019 resulting in the 20 agreements none of which materialised. In 2016, the Trade and Transit Treaty with China following the blockade resulted in China granting access to seven sea and land ports for third-country trade and commerce and promised of alternate source of petroleum. Not a litre was provided. India built a pipeline from Motihari to Amlekhgunj and provided Nepal with its fuel requirements in full. The rail link from Kirung to Kathmandu first mooted in 1973 was followed by a feasibility study in 2018-20. Total silence prevails on Chinese connectivity projects. India submitted the preliminary feasibility report on a rail link with Kathmandu two years ago. Funding has to be worked out. Nepal can sell power to India to

the order of 452.6 MW plus 108 MW with an additional 10,000 MW in the next ten years. This will redress the trade balance. China exported USD1.7bn worth of goods in 2022 while it imported USD5.11 mn and has just reopened some border trade posts. Protests were launched in the first week of February about BRI and the Chinese-built Pokhara airport. When I was in the VIP lounge of the Pokhara airport on 27 November 2023, the carpets were soiled with water leaking. It is also the only airport in Nepal with an aerobridge. But what's the use, since there are no international flights? Prachanda has managed foreign relations deftly balancing US and China and India and China. Kathmandu issued a statement that criticised Israel's humanitarian breaches in Gaza as well as called Russia's war against Ukraine an aggression that must stop. Further, he asked Russia to stop enlisting Nepalese nationals into its army. The villain of the piece is India's flawed Agniveer which has shredded the strategic strand in India-Nepal relations. Still, for Delhi, Prachanda is the right horse to back while keeping Deuba in the stable.



### An epitome of wisdom, service and compassion

Sant Shiromani Acharya Shri 108 Vidhyasagar Ji Maharaj Ji attained Samadhi and left us all saddened. His life is a spiritually rich epoch graced with profound wisdom, boundless compassion and an unwavering commitment to uplift humanity. I have had the honour of receiving his blessings on numerous occasions. Thus, I feel a deep sense of loss, akin to losing a guiding light that has illuminated the path for countless souls, including myself. His warmth, affection and blessings were not just gestures of goodwill but profound transmissions of spiritual energy, empowering and inspiring all those fortunate enough to have come in contact with him. Pujya Acharya Ji will always be remembered as a Triveni of wisdom, compassion and service. He was a true Tapasvi, whose life epitomised the ideals of Bhagwan Mahavir. His life exemplified the core principles of Jainism, embodying its ideals through his own actions and teachings. His care towards all living beings mirrored Jainism's profound respect for life. He lived a life of truthfulness, reflecting Jainism's emphasis on honesty in

thought, word, and deed. He also led a very simple lifestyle. It is due to stalwarts like him that the world continues to be inspired by Jainism and the life of Bhagwan

means to empower individuals, enabling them to lead lives of purpose and contribution. His teachings emphasised the importance of self-study and self-awareness as the



Mahavir. He stood tall among the Jain community but his impact and influence were not limited to only one community. People across faiths, regions and cultures came to him and he worked tirelessly towards spiritual awakening, particularly among the youth. Education was an area very close to his heart. His journey from Vidhyadhar (his childhood name) to Vidhyasagar was one of deep commitment to acquiring and imparting knowledge. It was his firm belief that education is the cornerstone of a just and enlightened society. He championed the cause of knowledge as a

pathways to true wisdom, urging his followers to engage in lifelong learning and spiritual growth. At the same time, Sant Shiromani Acharya Vidhyasagar Ji Maharaj Ji wanted our youngsters to get an education that is also rooted in our cultural ethos. He often said that it was because we drifted away from the learnings of the past that we were not able to find solutions to key challenges like water scarcity. He also believed that a holistic education is one that focuses on skilling and innovating. He took immense pride in India's linguistic diversity and encouraged youngsters to learn Indian languages. Pujya Acharya

Ji himself wrote extensively in Sanskrit, Prakrit and Hindi. The heights he reached as a saint, and how grounded he was on the earth, is seen clearly in his iconic work Mookmati. Through his works, he gave a voice to the downtrodden. In the domain of healthcare too, Pujya Acharya Ji's contributions were transformative. He was associated with several efforts, especially in underserved areas. His approach to healthcare was holistic, integrating physical well-being with spiritual wellness, thereby addressing the needs of the person as a whole. I would especially urge the coming generations to study extensively about Sant Shiromani Acharya Shri Vidhyasagar Ji Maharaj Ji's commitment to nation building. He would always urge people to rise above any partisan considerations and instead focus on national interest. He was one of the strongest votaries of voting because he saw it as an expression of participation in democratic processes. He advocated healthy as well as clean politics, even saying that policy making has to be about people's welfare, not self-interest (Lokneeti is about Loksangrahot

Lobhsangraha). He believed that a strong nation is built on the foundation of its citizens' commitment to their duties towards themselves, their families, society, and the country. He encouraged individuals to cultivate virtues such as honesty, integrity and self-reliance, which he saw as essential for the creation of a just, compassionate, and thriving society. This emphasis on duties is of great importance as we work towards building a Viksit Bharat. In an era where environmental degradation is rampant world over, Pujya Acharya Ji called for a way of life which would minimise the harm being inflicted on nature. Likewise, he saw a paramount role for agriculture in our economy, also stressing on making agriculture modern as well as sustainable. His work towards reforming jail inmates was also noteworthy. The beauty of our land is that for thousands of years, our soil has produced greats who have shown light to others and made our society better. Pujya Acharya Ji stands as a towering figure in this illustrious lineage of saints and social reformers. Whatever he did, he did not just for the present but

also the future. In November last year, I had the opportunity to visit the Chandragiri Jain Mandir in Dongargarh in Chhattisgarh. Little did I know that this visit would be my last meeting with Pujya Acharya Ji. Those moments were very special. He spoke to me for a long time, blessing me for my efforts in serving the nation. He expressed joy on the direction our nation is taking and the respect India is getting on the world stage. He was filled with enthusiasm while talking about the work he was doing. Then and always, his gentle gaze and serene smile were enough to instill a sense of peace and purpose. His blessings felt like a soothing balm on the soul, a reminder of the divine presence within and around us. Sant Shiromani Acharya Shri 108 Vidhyasagar Ji Maharaj Ji's void is deeply felt by all who knew him and were touched by his teachings and his life. However, he lives on in the hearts and minds of those he inspired. In honouring his memory, we commit to embodying the values he espoused. In this way, we not only pay tribute to a great soul but also take forward his mission for our country and people.









## How to style a traditional sofa

A traditional couch or sofa is a type of seating furniture that is designed in a classic and timeless style. Traditional couches typically have several distinctive characteristics like ornate wood trim, rich upholstery, button tufting, cabriole legs, classic silhouettes, and a formal appearance. Styling a traditional-style couch can form a classic and elegant look in your living space! Here are some expert tips on how to style a traditional style couch.



**Accentuate it with throw pillows**  
Add throw pillows in classic patterns like floral, damask, toile, or stripes. These patterns are commonly associated with traditional design. Mix and match pillows with varying textures, colours and sizes for added interest and drama!

**Choose the right colours**  
Traditional couches often come in classic hues like deep browns, rich reds, and dark greens. Select decorative elements in complementary colours, such as muted neutrals to form a harmonious colour scheme.

**Choose classic coffee and side tables**  
Select wooden coffee and side tables with an ornate detailing or antique finish. These tables need to match the overall aesthetic of the traditional style room. Having these handy pieces of furniture beside the couch can make the seating zone truly practical and decor-perfect!

**Roll out traditional rugs**  
Pick a beautiful Persian or oriental area rug in rich colours and intricate patterns to elevate the traditional feel of the room. Always select a medium or large-size rug that can accommodate all four or at least the front two legs of the traditional sofa. The bigger rug is a clever solution to anchor or differentiate the seating area.

**Complement with coordinated drapes or curtains**  
Go for heavy, floor-length drapes or curtains with classic patterns, like floral, damask, paisley, stripes, etc to complement the traditional look of the couch. Select colours that match or complement the couch.

**Display antique decor**  
Prefer to add antique or vintage decorative items, such as ornate photo frames, mirrors, framed artwork, curios and collectables. These objects add character and history to the room!



**Brighten up with classic lighting**  
Elevate the classic style room and seating with traditional-style lamps with decorative bases and lampshades. Chandeliers or sconces can also add a touch of richness and elegance to the space.

**Personalize with Accessories**  
Add personal touches with objects like family photos in classic frames, decorative vases, memorabilia and other accessories that reflect your personality, style, history, and story!

**Feature symmetry**  
Traditional design often emphasizes symmetry. Arrange the furniture i.e. traditional couch and decor in a balanced and symmetrical way for a classic look.

Soft and beautiful hands add to our charm and are desired by all. Everyday chores, the cold winter weather, exposure to harsh chemicals and lack of proper care can make our hands dry, rough and damaged. And washing our hands frequently doesn't really help. But with all these mistakes that we make and things we expose our hands to, how do we keep them soft? To get soft and beautiful hands takes less work than you would imagine. Today, we are here to share with you some amazing tips and remedies that you can follow and make your hands soft naturally. Let's begin.

**Invest in a hand cream**  
Your hands need both nourishment and moisturisation. Hand cream can come in really handy to make your hands soft. It counters the loss of moisture in your hands. After every hand wash, treat your hands with some hand cream. It contains ingredients that make your hands soft. A few ingredients you want to look for in your hand cream are glycerin, dimethicone and hyaluronic acid. These help retain moisture in your hands.



**Keep your hands moisturised**  
Dryness tends to make your hands rough and cracked. Not only your face, but your hands also need a moisturisation boost. Keeping your hands hydrated is the easiest hack to get baby-soft hands. You can either choose a store-bought moisturiser for that or can use natural oils like coconut oil, almond oil and olive oil to keep your hands soft, supple and healthy.

**Avoid hot water**  
Using hot water to wash your hands or take a bath can strip the moisture of your hands making them dry and rough. Avoid using hot water to cleanse your hands. Use cold water or lukewarm water instead.

**Use gloves while doing household chores**  
Household chores such as washing utensils or clothes can also damage your hands and make them dry and rough. The detergents and the harsh soaps that we use to do these chores are the reason behind it. If you are doing these household chores, especially in the winters, make sure to protect your hands by using rubber gloves that do not let the water or the soap harm your hands.



**Don't use soap frequently**  
Washing your hands frequently can turn your hands dry which makes them rough. The reason is the soap you use to wash your hands. Soap has a higher pH as compared to our skin and this disturbs the pH balance of our skin. Soap also contains harsh chemicals that can strip the moisture of your hands. Instead of soap, use a gentle hand wash to wash your hands.

## How to make your hands soft

**6 Protect your hands from Sun Damage**  
Sun Damage And Cold Winds Sun damage is the worst kind of damage that can happen to your skin. When we think of sun damage, we only think of our faces, not our hands. But, your hands are as prone to sun damage as your face. So, when you are putting on sunscreen in the morning, ensure that you protect your hands as well. Apart from the sun, the cold winter winds can also make your hands dry and rough. To protect your hands from that, wear gloves whenever you go out.

**7 Home remedies to give nourishment boost**  
The tips mentioned above are the lifestyle changes that you need to make to get soft hands. But, there are certain measures you can take to level up the nourishment and make your hands softer.

**Olive oil and sugar**  
Olive oil adds moisture to your hands while the granular sugar gently exfoliates the skin to get rid of the roughness and make your hands soft and beautiful.  
**Ingredients:** 1/2 tsp olive oil, 1 tsp sugar.  
**Directions for use:** Take the sugar in your palms. Add olive oil to it and using your other palms rub and scrub your hands. Massage your hands for 2-3 minutes. Leave it on for another minute. Rinse it off using lukewarm water later.

**Butter and almond oil**  
Rich in vitamin A and fatty acids, butter nourishes your hands and adds a natural glow to them. Almond oil has excellent emollient properties that will improve the texture of your hands and make them soft.  
**Ingredients:** 1 tsp butter, 1 tsp almond oil.  
**Directions for use:** In a bowl, mix the two ingredients together. Take this mixture on your palms and scrub your hands for about a minute. Let the mixture sink into your skin for another minute. Rinse it off later using warm water and pat your hands dry.



## Foods that reduce excess stomach acid

**Milk**  
Milk contains calcium, an alkaline mineral that works to neutralize acid in contact. Milk contains large amounts of calcium, making it one of the best foods to reduce stomach acid. If you are suffering from stomach acidity, soothe your stomach by gulping down a glass of milk.

**Herbal tea**  
Herbal teas are considered to be among the best teas to fight against stomach acid. They calm your intestines and reduce the production of more acid. When you are drinking herbal teas, cool it slightly and sip the tea slowly, so that it acts better in your stomach.



**Apple cider vinegar**  
Apple cider vinegar or apples are widely regarded as effective treatments for stomach acidity. Although apples are acidic in nature, they contain healthy acids and enzymes that help neutralize the stomach acid inside your body.

**Ginger**  
Ginger is another wonderful ingredient to soothe the stomach acid instantly due to its anti-inflammatory properties. It has the ability to improve digestive problems and cures stomach acidity. Try chewing a raw ginger piece or make yourself a ginger tea, the next time you suffer from stomach acidity.

**Oatmeal**  
Oatmeal is a breakfast favourite for many. Whole grain oatmeal is an excellent source of fibre that absorbs acid in the stomach and it reduces the symptoms of acidity. Fibre reduces constipation, promotes intestinal health, and keeps the body full for a longer period of time.

**Green smoothies**  
Opt for dark green vegetables and make smoothies out of it. You will get all the antioxidants and nutrients in one go and it will help to reduce stomach acid quickly. Green juices help to curb inflammation in the body and it digests easily in the stomach. You can drink green smoothies before a meal.



**Aloe vera**  
Aloe vera is a natural cooling agent that has the ability to treat heartburns and stomach acid. It has healing properties, when consumed, which will benefit you in reducing the stomach acidity. You can have aloe vera juice or use it in food recipes to prevent stomach acid.

**Raw salad**  
Raw salads are naturally alkaline and full of digestive benefits. Salads prevent inflammation and stomach acidity. It is because a salad consists of leafy greens, carrots, cucumbers, celery, asparagus, and lettuces, which are some of the most powerful foods for reducing inflammation.

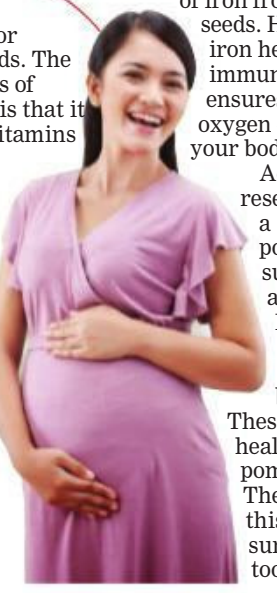
**Olive Oil**  
Olive oil helps with heartburn and indigestion and provides anti-inflammatory benefits. Drizzle olive oil on your foods, instead of cooking with it. Avoid using canola oil, peanut oil and other vegetable-based oils because they are more acidic in nature.

**Chicken**  
Chicken does not cause acidity, as it has proteins that will help in preventing stomach acidity. Don't deep fry or pan fry the chicken; instead grill or sauté the chicken and avoid adding too many spices. Too much spices can increase the stomach acidity.

## Health Benefits: Pomegranate seeds

**Benefits of consuming Arils**  
Pomegranate seeds contain 3.5 grams of fiber. Adding it to your daily diet especially for women is good. Fiber promotes efficient digestion. This helps to keep your bowels healthy and working properly. It is also good for women who want to get pregnant. You will only get a small amount of iron from pomegranate seeds. However, this iron helps protect your immune system. It also ensures you have plenty of oxygen circulating through your body. According to research it is said that a 1/2-cup serving of pomegranate seeds supplies a good amount of vitamin K to the body too. This nutrient is essential for proper blood clotting. These are some of the health benefits of pomegranate seeds. The next time you eat this garnet fruit, make sure to enjoy the seeds too.

**Arils is a fancy name for pomegranate seeds.** The best health benefits of pomegranate seeds is that it is loaded with key vitamins and minerals. These minerals are good for you to consume as it helps ward off health problems.



## What causes depression in the brain?

**Symptoms of depression**

- Depressed mood or feeling sad all the time.
- Trouble in falling asleep or sleeping much more than normal.
- Fatigue or loss of energy.
- Feeling of guilt or feeling worthy less or feeling like a loser.
- Immense weight loss or weight gain.
- Facing difficulty in concentrating or thinking.
- Suicidal thoughts.

**Is chemical imbalance responsible for depression?**  
It is true that chemical imbalance is also the reason for the cause of depression, but it does not mean that by just having low or high chemicals, it can trigger depression in a person. Actually, there are numerous chemical reactions that take place both inside and outside of our brain, depending on the mood and situations. All these chemical reactions are responsible for a person to get into depression.

**Genes and depression**  
The seriousness of depression differs from person to person, two individuals can show similar symptoms of depression, but the inner strength of the person only decides the complexity of the situation and treatment as well. There are people who are prone to get into depression sooner, whereas some of them are stronger to tackle traumatic situations without getting into depression. This difference between two people is actually because of the difference in genes that influences the reaction to situations and even response to medications.

**Impact of brain on depression**  
Still, many people think that emotions come from the heart; but it has been proven scientifically that all kinds of emotions come from the brain. The mood of a person is completely regulated by the brain. It's not just brain chemicals, but nerve cell growth, nerve circuits, nerve cell connections and working conditions of all these together that actually have more impact on depression. Medical science is not able to completely understand the reason for mood swings.

**Impact of hormonal imbalance on depression**  
Out of many reasons, extra production of stress hormones is also a big reason for depression. Hormones will be released as per the reaction of a person to a stressful condition, but can it be really considered as the cause of depression? Studies have found that depressed people will be carrying extra stress hormones in the blood and which actually can make them feel exhausted.



**Smoking**  
As per medical experts, smoking is also a very big reason that pushes a person into depression. Actually still, there is doubt in the common populace of whether smoking pushes them into depression or people with depression pick up smoking. However, clinical trials have proved that nicotine has the capability of affecting the neuro-transmission inside the brain that results in higher levels of dopamine and serotonin. This is the reason people who have smoking habits tend to get into depression much faster.

**Depression and family history**  
Studies have found that depression can be a genetically inherited disorder and it can run through families. However, it does not mean that you will have depression if your close relatives or parents are suffering from depression related issues. Personal factors and life circumstances have more influence on depression.

**Impact of personality**  
If a person has low self-confidence or affinity to worry too much or has the personality like a perfectionist, then there are more chances of the person to get into depression while facing even small traumatic issues.

**Drug or alcohol abuse**  
People who are not satisfied with their life tend to lean into the use of drugs and alcohol. However, it has been proven that excess use of alcohol and drugs can push the person more into depression with other disorders.

**Life events**  
This has been proven long back that if a person is living in difficulties for a long time, then it can push the person into depression. Situations like prolonged unemployment, bad relationships, loneliness, and work stress can definitely trigger depression.



# LEADING LADY REVEALED

Actress joins Ranveer for Farhan Akhtar's *Don 3*

**M**oviegoers have been eagerly awaiting the female protagonist in Farhan Akhtar's highly anticipated film *Don 3*. Farhan has revealed that Kiara Advani is joining the cast of *Don 3* opposite Ranveer Singh. The director of the movie took to Instagram to make the announcement. He captioned it, "Welcome to the *Don* universe @kiaraaadvani #Don3." Soon after Farhan shared the post, industry friends flooded the comment section with red

hearts and fire emoticons. Zoya Akhtar dropped heart emojis. Shibani Dandekar dropped the dancing girl and heart emojis. Earlier, in August 2023, Farhan Akhtar revealed that Ranveer Singh will be the new *Don* in the third film of the hit franchise with a special announcement post. In the teaser, Ranveer is seen seated in a building with his back to the camera. He lights up a cigarette, introduces himself as *Don*, and then turns to face the camera. He wears a leather jacket and matching pants for the dapper look and accessorizes it with leather boots and matching sunglasses. Shah Rukh Khan and Amitabh Bachchan played the character in the earlier versions. An official announcement for the remaining cast of *Don 3* is still awaited. The *Don* series has always been associated with compelling stories, exhilarating action, and unforgettable moments. *Don* starred Shah Rukh Khan, Priyanka Chopra and Boman Irani in prominent roles. The film was released in 2006 and won *Best Asian Film* at the *Neuchatel International Fantastic Film Festival*. Later, its sequel was released in 2011 and was declared a hit. Actor Hrithik Roshan was seen in a special appearance role in *Don 2*. Farhan's directorial was a remake of 1978's *Don*, featuring Amitabh Bachchan in the lead role. A new era of *Don* will begin in 2025.



## Wedding bells

Actress shines in traditional Punjabi attire at her mehendi ceremony



**R**eality TV star Divya Agarwal embraced tradition and elegance as she adorned herself in a stunning ethnic Punjabi ensemble for her mehendi ceremony, and flaunted minimal henna adorning her hands.

She is all set to tie the knot with her boyfriend, restaurateur and 'ginfluencer' Apurva Padgaonkar. The mehendi ceremony which was held at her residence, after the grand cocktail night, features the *MTV Ace of Space 1* winner in a heavily embroidered Punjabi outfit - a yellow long kurta, red sharara, and a multicoloured transparent dupatta.



The look was rounded off with a minimal makeup, and her hair braided with a *paranda*. The groom Apurva wore a pink kurta pyjama, and a matching jacket. The duo happily and playfully posed for the lenses holding onto each other closely.

One picture shows Apurva adorably planting a kiss on his ladylove's forehead. A snap shows Divya's henna-adorned hands featuring minimal intricate design.

Earlier, Divya had said they are getting married at home, at the terrace.

"It will be a simple and sweet wedding. I used to see my family in Punjab, the wedding used to happen at home only. 'Food used to be cooked at home and guests used to sleep together on the mattresses laid out for them at home. We want to recreate the essence of those kind of marriages,'" she said.

## Terrific strike!

Salman Khan and Ram Charan launched the Hindi and Telugu trailers of *Operation Valentine*



Manushi Chhillar and Varun Tej

**S**alman Khan and Ram Charan launched the trailer of Varun Tej's upcoming film *Operation Valentine*. The trailer unveiling made fans excited since two big stars of Bollywood and South came together to unveil the patriotic thriller. Salman Khan took to social media to share the Hindi trailer of the film and wrote in the caption, "Jo Hoga Dekha Jayega!... Glad to launch this terrific #OPVFinalStrike....My best wishes to @JamVarunTej and team #OperationValentine for March 31st!". Fans

were very excited after the trailer was shared and thronged the comment section.

Ram Charan too shared the Telugu trailer of the film on social media. The caption read, "The #OPVFinalStrike is here and looks massive. Very proud of my brother @JamVarunTej for always picking up unique films and this time a film that whole the nation will be proud of! Good luck to the entire team of #OperationValentine Looking forward to the film on March 1st!".

Directed by Shakti Pratap Singh, *Operation Valentine* will also star Manushi Chhillar, Navdeep and Mir Sarwar. The film will showcase our Air Force heroes on the front lines and the challenges they faced as they fought one of the biggest, fiercest aerial attacks that India has ever seen. *Operation Valentine* is scheduled to be released in theatres on March 1.

For the unversed, Varun Tej predominantly works in Telugu Cinema. He has worked in several popular films including *Kanche*, *Mister*, *Fidaa*, *Tholi Prema*, *Nanna Koochi*, *F2: Fun and Frustration*, *Aladdin*, *Ghani* and *Gandevadhari Arjuna*.



## SPECIAL PERFORMANCE

**T**here's great news for actor Kartik Aaryan's fans. The *Satya Prem Ki Katha* star has been chosen to perform at opening ceremony of the second season of Women's Premier League (WPL). The update was shared on the official Instagram handle of WPL.

The second season of the WPL will kick off on February 23 with last year's finalists Mumbai Indians and Delhi Capitals competing in the opening match in Bengaluru at M. Chinnaswamy Stadium. The tournament will go on till March 17 and will be held in Bengaluru and Delhi.

The summit clash will take place on March 17 in New Delhi while the eliminator will be played on March 15. The upcoming edition will be hosted by Delhi and Bengaluru. All matches will start at 7:30 pm. The maiden event was held in March 2023 in Mumbai and Navi Mumbai. This time, two vibrant cities will share the spotlight, promising a double dose of cricket fever for fans across India. Five teams - UP Warriorz, Royal Challengers Bangalore, Gujarat Giants, Delhi Capitals, and Mumbai Indians - are ready to put their best foot forward, vying for the prestigious trophy.

Teams have already picked players for their squads after the conclusion of the WPL 2024 auction in December last year.

The WPL's 2024 season will follow the same structure as the previous year, with the top three sides from the league stage qualifying for the playoffs.



## CAUGHT ON CAM

Celebs were snapped as they were out and about in Mumbai

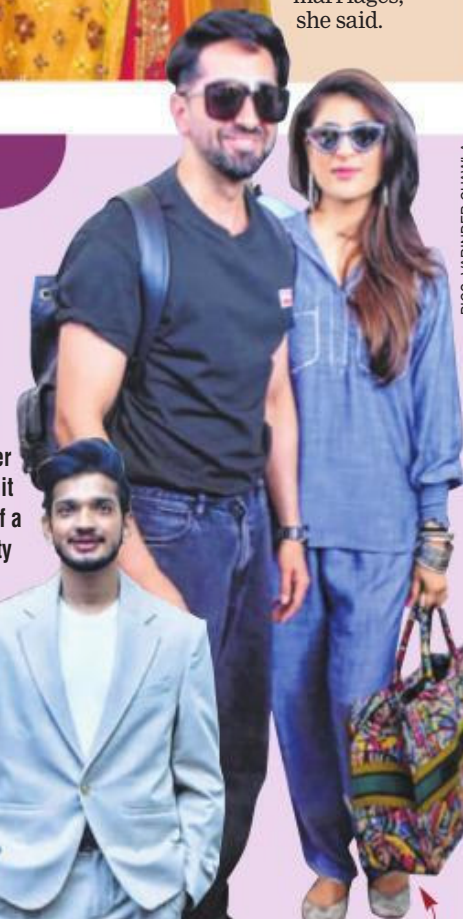
Esha Deol looks pretty in smart casuals as she was snapped at the airport



Comedian Munawar Faruqui looks dapper in formal suit on the sets of a dance reality show



Ayushmann Khurrana and his wife Tahira Kashyap are all smiles as they step out from the airport



Mannara Chopra and Abhishek Kumar pose for our shutterbugs in film city



Nimrat Kaur looks cool as she was spotted outside a dental clinic

