

काशी में वॉलीबॉल महाकुंभः पीएम मोदी ने किया शुभारंभ, बोले- टीम फर्स्ट का संदेश देता है ये खेल; एक साथ रहें सभी

देश की धार्मिक राजधानी काशी में वॉलीबॉल महाकुंभ का शुभारंभ प्रधानमंत्री नरेंद्र मोदी ने किया। इससे पहले सीएम योगी ने खिलाड़ियों का अभिवादन किया। इस प्रतियोगिता में देश भर के 1022 खिलाड़ी हिस्सा लेंगे विवाणियों के सिंगरा स्थित डॉ. संपूर्णांद स्पोर्ट्स स्टेडियम में रविवार को मुख्यमंत्री योगी की मौजूदगी में प्रधानमंत्री नरेंद्र मोदी ने नेशनल वॉलीबॉल चैंपियनशिप का वर्चुअल रूप से उद्घाटन किया। दोपहर 12 बजे आयोजन में जब पीएम नरेंद्र मोदी वर्चुअल रूप से जुड़े तो पूरा स्टेडियम हर-हर महादेव के नाम से गूंज

संक्षिप्त समाचार



टी20 विश्व कप के लिए भारत नहीं आएगी बांग्लादेश की टीम, आईसीसी से श्रीलंका में मैच कराने कहा

मुस्तफिजुर रहमान को आईसीएल से बाहर करने के बाद विवाद बढ़ता जा रहा है। अब बांग्लादेश क्रिकेट बोर्ड (बीसीबी) ने स्पष्ट कर दिया है कि वह टी20 विश्व कप के लिए अपनी टीम भारत नहीं भेजेगांबांग्लादेश क्रिकेट बोर्ड (बीसीबी) ने फैसला किया है कि वह टी20 विश्व कप के लिए अपनी टीम भारत नहीं भेजेगा। भारत और बांग्लादेश के बीच विवाद उस वक्त से गरमा गया है जब भारतीय क्रिकेट कंट्रोल बोर्ड (बीसीसीआई) ने आईसीएल फैंसीजी कोलकाता नाइट राइडर्स (के के आर) से बांग्लादेश के तेज गेंदबाज मुस्तफिजुर रहमान को टीम से बाहर करने कहा था। अब बांग्लादेश के एक समाचार वेबसाइट देली स्टार के अनुसार, बीसीबी ने टी20 विश्व कप के लिए भारत की यात्रा करने से इनकार कर दिया है।



उठा। वहीं, पीएम मोदी ने नमः पार्वती पतये हर-हर महादेव के जयघोष के साथ स्टेडियम में मौजूद खिलाड़ियों, उनके कोच और कार्यकर्ताओं का अभिवादन किया। पीएम नरेंद्र मोदी ने वर्चुअल रूप से खिलाड़ियों को संबोधित किया। उन्होंने वॉलीबॉल खिलाड़ियों से कहा कि एक कहावत है कि बनारस के जानल चाहत हुआ त बनारस आवे के पड़ी... अब आप सभी बनारस आ गए हैं। 11-22 बजे से भी सभी योगी आदित्यनाथ जब सिंगरा स्टेडियम पहुंचे तो कार्यकर्ताओं ने उनका गर्मजोशी से स्वागत किया। काशी में पहली बार इस तरह के वॉलीबॉल प्रतियोगिता का आयोजन हो रहा है। 11-22 वीं सीनियर नेशनल वॉलीबॉल चैंपियनशिप में देश भर से 58 टीमें भाग ले रही हैं।

से सभी जीतते हैं। हमारे देश में भी (इंडिया फर्स्ट) की भावना है। सुबह 11-00 बजे तक सिंगरा स्टेडियम में वॉलीबॉल खिलाड़ियों के साथ भाजपा नेता और कार्यकर्ता जुट गए थे। जुटे देशभर के खिलाड़ियों को संबोधित किया। उन्होंने वॉलीबॉल खिलाड़ियों को किया। पीएम नरेंद्र मोदी ने पीएम योगी के आगमन और वर्चुअल रूप से पीएम मोदी को देखने के लिए आतुर भाजपा कार्यकर्ता मोदी-योगी जल्दी आवा व हर हर महादेव के नाम आप सभी बनारस आ गए हैं। 11-22 बजे से भी सभी योगी आदित्यनाथ जब सिंगरा स्टेडियम पहुंचे तो कार्यकर्ताओं ने उनका गर्मजोशी से स्वागत किया। काशी में पहली बार इस तरह के वॉलीबॉल प्रतियोगिता का आयोजन हो रहा है। 11-22 वीं सीनियर नेशनल वॉलीबॉल चैंपियनशिप का आयोजन पीएम मोदी की काशी में हो रहा है, जिसे पूरा देश देखेगा। आज काशी समेत पूरे देश में खिलाड़ियों की एक अलग पहचान है। कहा कि आज हमारे देश के खिलाड़ी जब एशियन गेम्स व कॉम्पनी वेल्थ गेम्स में प्रतिभाग करने जाते हैं तो हमारे प्रधानमंत्री नरेंद्र मोदी उनसे बात करते हैं, उनके वापस आने पर पीएम मोदी तो उसपर प्रधानमंत्री का खेल भी खेला जाता था।

आयोजन के लिए स्टेडियम को रंग-बिरंगे फैलाए, चैंपियनशिप के बैनर और होर्डिंग से सजाया गया है। 11-15 बजे तक स्टेडियम खिलाड़ियों से भर गया था। भाजपा कार्यकर्ता भी जुटेसीम योगी ने मंच पर पीएम मोदी का आभार कर अपना संबोधन शुरू किया। इससे पहले सीएम योगी का मंच पर डिटी सीएम बृजेश पाठक और महापौर अशोक तिवारी ने अंग वस्त्र और सूति चिन्ह देकर स्वागत किया। इसके बाद वर्दे मातरम... गीत गया गया। इस दौरान मुख्यमंत्री योगी आदित्यनाथ के साथ मंच पर शहर उत्तरी विधायक रवींद्र जायसवाल, कैट विधायक सौरभ श्रीवास्तव, शहर दक्षिणी विधायक डॉ. नीलकंठ तिवारी, विधायक टी. राम जिलाध्यक्ष व एमएलसी हंसराज विश्वकर्मा

समेत अन्य नेता मौजूद रहे। 11-40 बजे डिप्टी सीएम बृजेश पाठक ने अपना संबोधन शुरू किया। उन्होंने कहा कि 72वीं सीनियर नेशनल वॉलीबॉल चैंपियनशिप का आयोजन पीएम मोदी की काशी में हो रहा है, जिसे पूरा देश देखेगा। आज काशी समेत पूरे देश में खिलाड़ियों की एक अलग पहचान है। कहा कि आज हमारे देश के खिलाड़ी जब एशियन गेम्स व कॉम्पनी वेल्थ गेम्स में प्रतिभाग करने जाते हैं तो हमारे प्रधानमंत्री नरेंद्र मोदी उनसे बात करते हैं, उनके वापस आने पर पीएम मोदी कोई खेल आयोजन होता था तो उसपर प्रधानमंत्री का खेल भी खेला जाता था।

चुनाव से पहले मूर्ख चुना लिए जा रहे हैं। अगर हम की सियासत गरमा गई है। उद्घव टाकरे और राज टाकरे एक मंच पर आए और सत्ता पक्ष पर लोकतंत्र कमज़ोर करने के गंभीर आरोप लगाए। मूर्ख महानगरपालिका (बीएमसी) चुनावों से पहले महाराष्ट्र की राजनीति में बड़ा घटनाक्रम सामने आया है। शिवसे ना (यूबीटी) प्रमुख उद्घव टाकरे और महाराष्ट्र नवनिर्माण सेना (मनसे) अध्यक्ष राज टाकरे ने संयुक्त प्रेस वार्ता कर सत्ताधारी गठबंधन और चुनावी प्रक्रिया पर तीखा हमला बोला। इस दौरान दोनों नेताओं ने जल्द ही अपना संयुक्त चुनावी घोषणा पत्र जारी करने की घोषणा भी की। यह लोकतंत्र नहीं, झुंडशाही है। ताकि सच सामने आ सके। राहुल नावेंकर पर गंभीर आरोप- उद्घव टाकरे ने चुनाव आयोग और महाराष्ट्र नवनिर्माण सेना (मनसे) अध्यक्ष राज टाकरे ने चुनाव आयोग को खुली चुनावी देते हुए कहा कि सभी रिटर्निंग अधिकारियों के कॉल रिकॉर्ड सार्वजनिक किए जाएं। ताकि सच सामने आ सके। राहुल नावेंकर पर गंभीर आरोप- उद्घव टाकरे ने चुनाव आयोग की प्रतिमा आज तक सामने नहीं आई। उद्घव टाकरे ने चुनाव आयोग को खुली चुनावी देते हुए कहा कि राजनीति में आने वाली पार्टी इस पर चुप कर्त्ता है। राज टाकरे ने चेतावनी देते हुए कहा कि राजनीति में आने वाले तो सत्ता स्थायी नहीं होती। जो सोचते हैं कि कभी सत्ता से बाहर नहीं होंगे, उन्हें फिर से चोचना चाहिए। उन्होंने यह भी आरोप लगाया कि महाराष्ट्र में वही लोकतंत्र कमज़ोर करने के गंभीर आरोप- उद्घव टाकरे ने चुनाव आयोग को खुली चुनावी घोषणा पत्र जारी करने की घोषणा भी की। यह लोकतंत्र नहीं, झुंडशाही है। जबकि महाराष्ट्र ने हमेशा देश को दिशा दिखाई है। राज टाकरे ने कहा कि राजनीति में आने वाले लोग अब विचारधारा बदलने लगे हैं, जो लोकतंत्र के लिए खतरनाक संकेत है।

56 इंच का सीना है तो पाकिस्तान जाओ

और 26/11..., वेनेजुएला का जिक्र कर

ओवैसी की पीएम मोदी को चुनौती



हालात चिंताजनक, बातचीत से हो समाधान, वेनेजुएला पर अमेरिकी कार्यवाई को लेकर बोला भारत



वेनेजुएला में जारी राजनीतिक घटनाक्रम पर भारत ने गहरी चिंता जारी है। विदेश मंत्रालय ने शांति, रिस्तराता और संवाद के जरिए समाधान की अपील की है वेनेजुएला में हालिया राजनीतिक और सुरक्षा घटनाक्रम को लेकर भारत ने गहरी चिंता जारी है। विदेश मंत्रालय ने एक आधिकारिक बयान जारी कर कहा कि भारत स्थिति पर लगातार नजर बनाए हुए हैं और वेनेजुएला के लोगों की सुरक्षा और भलाई के प्रति अपना समर्थन दोहराया है और सभी संबंधित पक्षों से अपील की है कि वे मुद्दों का समाधान शांतिपूर्ण तरीके से संवाद के जरिए करें, ताकि क्षेत्र में शांति और स्थिरता बनी रहे। काराकास स्थित भारतीय दूतावास वहां रहे भारतीय नारायणों के संपर्क में है और जरूरत पड़ने पर हर संभव मदद करता रहेगा वेनेजुएला को लेकर भारत की ट्रैवल एडवाइजरी-गैरतरलब है कि भारत ने शनिवार रात अपने नारायणों को वेनेजुएला की स्थिति पर भारत की चिंता, शांति और संवाद की अपील-वेनेजुएला में हालिया घटनाक्रम से बचने की देखते हुए भारत की ट्रैवल एडवाइजरी-गैरतरलब है कि भारत ने शनिवार रात अपने नारायणों को वेनेजुएला की स्थिति को देखते हुए वहां गैर-जरूरी यात्रा से बचने की सलाह दी थी। वेनेजुएला की स्थिति पर भारत की चिंता का विषय है। भारत सरकार वहां की बदलती स्थिति पर लगातार

के लिए अपनी टीम भारत नहीं भेजेगा। भारत और बांग्लादेश के बीच विवाद बढ़ता जा रहा है। अब बांग्लादेश के एक समाचार वेबसाइट देली स्टार के अनुसार, बीसीबी ने टी20 विश्व कप के लिए भारत की यात्रा करने से इनकार कर दिया है। वेनेजुएला की स्थिति पर भारत की चिंता का विषय है। भारत सरकार वहां की बदलती स्थिति पर लगातार

के लिए अपनी टीम भारत नहीं भ

संपादकीय Editorial

The Light of Embossed Letters in the Deep Darkness

In short: Countless are the people whose lives never seem to end in darkness. That 12-year-old boy was in the same situation. He did everything by groping. Countless are the people whose lives never seem to end in darkness. That 12-year-old boy was in the same situation. He did everything by groping. His education was limited to groping and understanding, and writing was out of the question. He was little Louis Braille, studying at the Royal Institute for Blind Youth, a special school for blind children in Paris. His education was also minimal, as embossed books were scarce. Such children were given a special coin to help them survive. That boy was also taught to make spinning wheels and slippers. Life went on somehow, but he often remembered that he once had good eyesight. He must have been three years old, running around the house and playing. One day, while playing, one of his father's tools pierced his right eye. He hadn't yet had a good time healing. His right eye also developed an infection, and within a few days, he lost sight in both eyes. Everyone he met, helpless, would ask why it was so dark. It was in that darkness that he was transported from his village to the special school in Paris. Time passed somehow, until one day, a special presence arrived at the school. Former army captain Charles Barbier explained to the special students that soldiers use a special script or style to send or read messages in the dark. The boy, touched by the symbols embodied in this script with great interest, and every fiber of his being was filled with joy. He decided to incorporate this special script into his education. So, after listening to a lesson in class or making slippers, whenever he got a chance, he would start working on this script for writing in the dark. He soon realized that this script could be simplified. Soldiers used a 12-dot flag for their code, but this teenager created a structure with only six dots. He designed a special slate symbol and a tool for making the dots, called a stylus. It took three years to create this complete script. Now it was time to prove his new work. New Year's celebrations were going on in Paris. The year was 1824. Dr. Alexander de Degrave, the headmaster of the Royal Institute, arrived in a very serious mood. He was told that Louis Braille, a student of your institute, would be demonstrating a script. 15-year-old Louis Braille said to the headmaster, "Sir, please read a page from the book and I will listen and write." The headmaster began speaking, and the Braille stylus and slate of paper began to make marks on the paper. The headmaster was reading slowly, when Louis himself said, "Sir, please read faster, I'm writing." The headmaster quickly read, and Braille engraved the entire page with marks. When the headmaster finished reading, Braille went back to the beginning of his writing, ran his fingers over the raised dots, and recited the entire text verbatim. Everyone present was stunned. Overjoyed, the headmaster declared that a revolution had begun in the world of those who cannot see. That very day, the school began teaching Braille's raised dot system. The stylus moved so quickly across the paper, as if he had a machine in his hand. At an exhibition in Paris, Braille was seen making 2,500 dots per minute. He was writing useful books one after another in Braille, so that the light of letters could reach the world like his. The people of his world could not only read but also write as per their wish. Gradually the whole world adopted Louis Braille's script. In a ceremony organized on the 100th anniversary of Braille's death, Helen Keller, the world famous writer and the most special example of the world of the visually impaired, had said, all of us visually impaired people are indebted to Louis Braille.

A consciousness that became the support of millions of rural women.

In summary: Many people in our country, especially politicians, are proud of the fact that they have improved the lives of countless Indians. In reality, they try to take credit for the work of the entire system... One such figure was Ela Bhatt, whose contributions set an example for women in India's unorganized sector. She empowered millions of women with self-reliance through the organization "SEWA." Ela Bhatt was born in Ahmedabad in 1933. She completed her law studies and began her career with the Textile Labor Association (TLA). She saw that the hard work of women selling goods on the streets or working as domestic help was undervalued and lacked legal protection. To address this problem, she founded the Self-Employed Women's Association (SEWA) in 1972. Ela believed that unless women had their own livelihoods, they would not be able to live with dignity in society. It was through her efforts that women in the unorganized sector gained worker status and access to banking and healthcare. She was honored with prestigious awards like the Padma Bhushan and the Magsaysay Award. Many people in our country, especially politicians, take great pride in having improved the lives of countless Indians. In reality, they constantly try to take credit for the work of the entire system, while an army of capitalists constantly trumpet their claims. When the work of grassroots leaders like Chetna Gala Sinha comes to light, it makes us realize how dwarfed our politicians are in comparison to these individuals! About 68 years ago, Chetna was born into a well-educated, financially secure family in Mumbai. Raised amidst metropolitan amenities, Chetna had the opportunity to study in the best educational institutions from an early age. In the early 1980s, while a commerce graduate student at Bombay University, she met the renowned Gandhian leader Jayaprakash Narayan (JP). That meeting transformed Chetna's entire consciousness. In those days, JP was visiting colleges and universities across the country, urging young people to go and work in the villages. If Chetna had wanted, she could have found a good job in Mumbai, but the philosophy of Gandhi and JP had such a magical effect that she traveled to the villages of Maharashtra and actively participated in land rights movements, agricultural movements, and women's empowerment campaigns. In this process, Chetna visited the drought-affected village of Maswad. She was deeply impressed by the young farmer leader Vijay Sinha. Vijay was not very educated, but was a brilliant orator. Eventually, she decided to get married, and in 1987, she moved to her in-laws' home in Maswad. One day, a woman from the village named Kantabai came to visit Chetna and said she wanted to open a savings account. Kantabai said, "I want to save money so that by the time the monsoons arrive, I can save enough to buy plastic sheets." She wanted to protect her family from the ravages of the rains. This inspired Chetna to found the "Mandesh Bank" for rural women, which today supports millions of women. Chetna took Kantabai to the bank, but the bank manager flatly refused to open an account, citing the small amount. This deeply hurt Chetna. Kantabai hadn't gone to the bank to ask for a loan; she simply wanted her hard-earned money to be safe. Chetna thought that if the bank wasn't doing this, why not start a cooperative bank to give women like Kantabai the opportunity to save? In 1996, she applied for a license. The Reserve Bank rejected Chetna's application, stating that the RBI couldn't grant permission to a bank whose promoters were illiterate. Chetna returned to the village, almost in tears, and told Kantabai and the other women that she couldn't obtain a license because they weren't educated. The women said, "Don't cry, we'll learn to read and write and apply for a license again." Within six months, Chetna's hard work paid off; the women of Maswad learned to read, write, and sign. In 1997, Chetna, along with 15 other women, approached the RBI. The RBI, appreciating the spirit of Chetna and the women of her village, issued a license, thus creating the country's first women's rural bank (Man Deshi Mahila Bank). This was women's own bank. Chetna, concerned about their interests, accomplished another remarkable feat. Since poor women couldn't visit the bank because it would have meant losing their wages or work, the bank reached their homes. This bank, run by women for women, not only helped Kantabai build a permanent house but also brightened the lives of millions of women in Maharashtra. This bank provides loans to girls to buy bicycles, to women to buy sewing machines and other equipment, or to start a business. Over the years, the Man Deshi Mahila Bank has grown. Today, more than one million women are account holders, and the bank has a market value of ₹200 crore. Chetna's silent revolution has been recognized worldwide. She has been honored with numerous awards. In 2018, she became the first Indian woman to co-chair the World Economic Forum. Gandhi taught the value of helping others without pride, JP adopted it, and Chetna Sinha carried it forward. Who wouldn't be jealous of such a life?

The question of social security: Gig workers' demands should be considered.

The article highlights the harsh working conditions, lack of social security, and low wages of gig workers, even as the quick commerce sector is growing. It emphasizes sympathetic consideration demands and proper of the government's social proposals. The number of expected to grow, so the government should take prevent their exploitation adequate income. It's true workers, temporary deliver food and other drawn national attention, happened when these under adverse conditions, Gig workers' demands considered sympathetically, conditions are extremely commerce and food companies are growing, conditions must be ensured for them. It is heartening that the central government has proposed social security for gig workers, but this proposal will only be implemented effectively. Gig workers face a problem: they are not considered employees of the companies they work for. Their working hours are not fixed. They are paid only for the time they work. They can be fired at any time. Because their status is comparable to that of workers in the unorganized sector, their working conditions remain largely unnoticed. If something untoward happens to them, the company involved is not held accountable. It should be understood that gig worker-based industries are demanding better regulation. Gig workers' problems have been exacerbated by the growing trend of delivering goods within ten minutes. This trend should be reconsidered, as it increases the risk of accidents involving gig workers. Gig workers are often seen violating traffic rules in their quest to deliver goods quickly. Undoubtedly, the number of gig workers is increasing, but their wages are not attractive. According to NITI Aayog, the number of gig workers, which was around 7.7 million in 2020-21, will reach 23.5 million by 2029-30. In such a situation, the government, along with the companies they work for, must take care of them. They should not only be brought under the ambit of social security, but also measures should be taken to prevent their exploitation and enable them to earn a sufficient income for their livelihood. Now that it is clear that the number of gig workers will only increase in the future, attention should also be paid to the use of battery-operated two-wheelers for delivery of goods. It is also the need of the hour to consider the interests of all other workers in the unorganized sector along with gig workers. It is unfair that millions of temporary workers are excluded from the ambit of social security.



the need for of their implementation security gig workers is companies and measures to and ensure that gig workers who goods, have but this only people, working went on strike. should be as their working harsh. As quick delivery better working

You'll forget the taste of restaurants and dhabas when you make this easy "Dum Aloo" at home. Take note of the recipe.

Who doesn't love dhaba or hotel-style Dum Aloo? Its thick gravy and spicy flavor are perfect with naan or paratha. But did you know you can make restaurant-style Dum Aloo at home? To do this, you just need to follow this simple and easy recipe. Dum Aloo is a classic and popular North Indian dish, one that's sure to make your mouth water. Whether it's a wedding or a special guest, Dum Aloo always graces the menu. Dum means cooking over low heat, allowing the potatoes to permeate the flavors of the spices to create a crispy layer on the potatoes. Here, we share a simple and easy recipe for help you make delicious Dum Aloo at home. Ingredients: peeled) Oil - for frying and making the gravy For the chopped) Tomato puree - 3 medium tomatoes Ginger-garlic (well-whisked) Cashew paste - 2 teaspoons (optional, for bay leaf, 1 inch cinnamon, 2-3 cloves, 1 large cardamom Kashmiri red chili powder - 1 tablespoon (this gives a nice whole spices. When the spices begin to smell fragrant, add tablespoon Garam masala - 1/2 teaspoon Kasuri methi - 1 leaves - finely chopped Method: First, boil the baby leaves (cook them only till 80%). After peeling, prick the them (cook until the spices release oil. Add turmeric, coriander oil in a pan and fry the potatoes until golden brown. Frying Reduce the heat and add the beaten yogurt. Stir constantly that better absorbs the gravy. Heat 2 tablespoons of oil in curdling. When the gravy is cooked, add the fried potatoes water as needed. Add salt and garam masala. Cover the pan tightly with a lid. For a true "dum," seal the edges of the lid with kneaded dough. Let it simmer over low heat for 8-10 minutes. Open the lid at last, add Kasuri Methi and green coriander on top. Your hot and delicious Dum Aloo is ready. Pro Tip: Curd temperature- Curd should always be at room temperature, do not add it to the gravy immediately after taking it out from the fridge. Choose the right potatoes- Small potatoes are best for Dum Aloo, but if they are not available, then big potatoes can also be used by cutting them into two or four pieces. Serve- You can serve Dum Aloo with hot Naan, Lachha Paratha or Jeera Rice.



Is cholesterol an enemy or a friend? Read here about 7 major myths related to it and their truths.

People panic at the mention of cholesterol. But it's not always a cause for concern. In fact, many misinformation about cholesterol is prevalent among the public. Because of this, people are unable to control cholesterol properly or make mistakes, which have devastating consequences. Cholesterol accumulation causes blockage of arteries. The body contains both good and bad cholesterol. People believe many myths related to cholesterol. We consider cholesterol an enemy of our health, which is true. If cholesterol levels rise, the risk of heart disease increases. It plays an important role in hormone production, cell building, etc. However, good cholesterol is also essential for our body. However, most people consider all types of cholesterol to be harmful. This is just one example; there are many other myths related to cholesterol that people believe. Let's learn about them. Cholesterol Myths - All Cholesterol is Bad - the body, but this is only half true. In fact, good cholesterol removes bad cholesterol from the arteries and causes blockages. and exercise are essential for improving health, but sometimes they medication, ignoring them can be dangerous. The biggest myth is that cholesterol often increases without any symptoms and is not detected. Regular blood tests is the right solution. The belief that only overweight people can suffer from high cholesterol is also a myth. Even thin or normal-weight people can suffer from high cholesterol. Eating eggs increases cholesterol - Eggs do contain cholesterol, but they do not increase blood cholesterol as much as people believe. According to research, eating eggs in moderation is beneficial for health, as they contain protein, vitamins, and minerals. The notion that I can't do anything about my cholesterol extent by improving lifestyle, maintaining a healthy diet, exercising my cholesterol is high. Many people think fatigue, headaches, or that the body cannot sense it. High cholesterol can only be accurately detected through testing. These misconceptions about cholesterol either overly frighten people or make them careless. The truth is that it is an essential component of the body that can be easily controlled with a balanced lifestyle, regular checkups, and doctor's advice. So, trust facts, not myths, and maintain a healthy heart.



Planning a trip in January? From Gulmarg to Kutch, these places will make your trip memorable.

Are you planning a trip in January? If so, many places in India are perfect for this season. The weather in these places is pleasant during this season, and you can also indulge in activities like ice skating and snorkeling. January is a great time to travel. It's cold in North India during this time. The weather in South India is also pleasant during January. January is considered the perfect time to travel in India. While North India is covered in a white blanket of snow, the weather in South and West India is pleasant and relaxing. If you want to start the New Year with a memorable trip, let's explore some of the best places to visit in January. **Gulmarg, Jammu and Kashmir:** If you want to experience a true winter wonderland, there's no better place than Gulmarg. Heavy snowfall occurs here in January, making it a paradise for skiing and snowboarding enthusiasts. A gondola ride here will take you through the breathtaking views of the Himalayas. If you want to escape the harsh winter and enjoy the golden sunshine, Jaisalmer is the perfect destination. The temperature here is pleasant during the day in January. You can enjoy camel rides, desert safaris, and camping at the Sam Sand Dunes. Folk music and starry nights make the desert experience memorable. **Rann of Kutch, Gujarat:** Gujarat's "Rann of Kutch" is at its full glory in January. The "Rann Utsav" held here attracts tourists from all over the world. The miles of white salt desert, especially on full moon nights, feel like something out of this world. Here, you can enjoy local handicrafts and delicious Gujarati cuisine. **Auli, Uttarakhand:** Auli in Uttarakhand is famous for its scenic slopes and spectacular views of the Nanda Devi Mountains. In January, this place is completely covered in snow. The cool breeze and tranquility make it a popular destination for couples and adventure lovers. **Munnar, Kerala:** If you prefer greenery over mountain snow, Munnar in South India should be on your list. The weather here is mildly cool and very clear in January. Tea plantations, mist-shrouded hills, and waterfalls will make your trip relaxing. Some important travel tips: For North India, bring heavy woolen clothing, thermal wear, and snow boots. For South/West India, a light sweater or jacket will suffice. Booking: January is peak season, so book hotels and flights in advance.



Shah Rukh Khan in the news for the ouster of a Bangladeshi cricketer. How much does King Khan earn from the IPL?

Superstar Shah Rukh Khan's name is in the news due to the ouster of Bangladeshi cricketer Mustafizur Rahman from the IPL franchise team KKR. Therefore, we are going to tell you how much King Khan earns from the IPL. Shah Rukh Khan's IPL team is KKR. Mustafizur KKR - How much does King Khan earn from the IPL? achieved success in the entertainment world as well as Cricket League (IPL 2026), King Khan's team, Kolkata popular teams in the tournament. Currently, Shah franchise, KKR, are constantly making headlines due cricket team fast bowler Mustafizur Rahman from the controversy, we're going to provide you with Khan's earnings from the IPL. How much does Shah In 2008, Shah Rukh Khan purchased the IPL franchise Riders. So far, Shah Rukh Khan's team has won the 2014, and 2024. In addition to his films, the Hindi substantial amount from the IPL. Shah Rukh Khan team's shares, with Jay Mehta and Juhi Chawla owning Consequently, the majority of the Kolkata Knight Khan. According to various media reports, Shah Rukh 170 crore (approximately \$1.7 billion) per IPL season. However, these figures cannot be confirmed. Khan's total net worth is estimated to exceed ?1,200 According to a Forbes report, Shah Rukh is Bollywood's richest actor, and not only that, the young actor's name also tops the list of the world's top richest actors. Shah Rukh Khan's next film - Shah Rukh Khan has been keeping a distance from the big screen since 2023. His upcoming film, King, was announced on November 2, 2025. It is believed that King will be released in theaters in 2026. In this film, he will be seen with his daughter Suhana Khan for the first time.



This actress, not Hrithik Roshan, was Bollywood's first superhero; she later became cinema's "sad mother."

Hrithik Roshan is credited with making the first superhero film in Bollywood. But did you know that an actress played a flying superhero before him? This actress is Bollywood's first superhero - known as the Queen of rare in Bollywood. Especially, the "Loka: Chapter 1" marked a major Kalyani Priyadarshan plays the lead. Soon, we will have another female as "Shakti Shalini." These films are Indian cinema, but did you know on-screen? - This actress became heroes soared in CGI skies and even saw its first 'Superman,' and she weeping as the 'Dukhiyaari Maa' in before she wept on screen for Santoshi Maa, Nirupa Roy played inspired by the DC hero. The film starred Jayaraj, Helen, and Tuntun. Meanwhile, Hollywood's first Men," released in 1951, starring often considered the first modern Christopher Reeve. What was the laser-eyed villains. She played Shanti, the adopted daughter of a scientist who created a serum that grants flight and makes humans immortal. Shanti uses the serum to become a superhero and defeat a bandit who was terrorizing people. Today, we often talk about representation and female-led superhero films as if they were a new concept. But long before the term "women empowerment" became a marketing pitch in Bollywood, a woman was "saving the world."



Misery - and has worked in over 300 films. Superhero stories are presence of a female superhero in a film is even rarer. Recently, milestone in Malayalam cinema as the first female superhero film, role, possessing supernatural powers and fighting against injustice. superhero film produced by Maddock Films, starring Anita Padda said to be paving the way for more female-led superhero stories in that decades ago, an actress was one of the first female superheroes Bollywood's first superhero - Long before Bollywood's caped before Hrithik Roshan donned the mask of Krrish, Hindi cinema wasn't, but was. She was Nirupa Roy, whom most of us saw melodramatic Hindi films. Played Superman in this film - Long Amitabh Bachchan or bestowed the Goddess's blessings in 'Jai Superman in the 1960 Bollywood film 'Superman,' a character was directed by Mohammed Hussain and Anant Thakur and also The late actress was Indian cinema's first female "Superman." feature-length Superman film was "Superman and the Mole George Reeves. However, the most famous and recognizable film, superhero blockbuster, is "Superman," released in 1978, starring story? In the Nirupa Roy-starrer, there were no spandex suits or

transported in a wheelchair. Khanna was one of the biggest superstardom later declined, Khanna was as hardworking as he was in his youth? many secrets about this. Balki Rajesh Khanna was as hardworking, and funny as he worth noting that R. Balki is the legendary actor's last Havells ad like? Balki recalled, never forget the moment I went 'Kaka.' I used to call him 'Sir.''' Rajesh Khanna's death. It was Khanna is seen remembering his true fans may no longer be fans. Several ceiling and table background, while Rajesh, tune of his famous song "Yeh Samanta's 1970 film Kati come in a wheelchair. R. Balki "Mama's Couch" YouTube very ill at that time. We were brought in by air ambulance.

Air ambulance, drip in his arm... Rajesh Khanna's condition was extremely poor on the shoot, R. Balki recounts the entire story.

Rajesh Khanna was as professional and dedicated in his final days as he was in his youth. Filmmaker R. Balki recounted directing Rajesh Khanna's last commercial (Havells Fan). At the time, Rajesh Khanna was very ill, and on an IV drip. Rajesh stars of his time. Although his did you know that Rajesh and professional in his final days Filmmaker R. Balki has revealed recalled that even in his final days, professional, dedicated, was at the peak of his career. It's producer who directed the commercial. What was that "It was a beautiful experience. I'll up to him. I never called him This ad was released in 2012, after a Havells fan ad, in which Rajesh his fans and explaining that while with him, he still has his Havells fans are then seen blowing in the standing in the center, whistles the Shaam Mastani" from Shakti Patang. Rajesh Khanna used to explained in a podcast on the channel, "Rajesh Khanna was shooting in Bangalore. He was



He had an IV drip in one of his hands. He came to the set in a wheelchair. He would get up, the drip would be removed, and he would be able to shoot for exactly 45 seconds, after which he would have to go back.' Promised to do a film together - R. Balki said that they had less than 7 minutes of footage for the one-minute commercial. He said, 'Rajesh Khanna saw the ad after it was completed. He was happy. He said that we will do a film together. However, he passed away shortly after that. R. Balki said that at that time he became very emotional seeing his favorite actor in so much pain on the set.