



## संपादकीय Editorial

## In Search of a Government

If the Himachal government's pledges are seeking a new identity, some of its intentions lend themselves to a more positive image for the Sukhu government. If today's Himachal Pradesh begins to examine the new criteria adopted by the government, beyond traditional decisions, new inscriptions will emerge, grounded in bitter sips. However, Himachal has witnessed a slew of attempts to test and cajole governments, preventing their attempts to repeat. The public benefits, the window to indiscriminate development, and the handouts distributed to the public sector are all discarded in the political divide. What remains are inscriptions and resentment in the face of alternatives. So, what and how much has the state seen from the current government's decisions? The Sukhu government's decisions are now revealing their true nature, driven by the need to showcase what it has seen, to deliver what it has done, and to establish what is in store. We can make many changes to the system, where tough decisions can be made between good intentions and bad policies. However, the government's strictness and acrimony after Shanta Kumar's tenure have certainly loosened some knots. For example, if the government is able to do and show something in the most dire moments of economic challenges, then every argument is being criticized. It's a different matter that the Congress party has its own stronghold, Shikhandi, between power and politics. The government's cordiality suggests a gentle touch for the Children of the State, the disabled, and the helpless, while the emergence of a campaign like "Intkaal" from the rusty files of the Revenue Department, the letter of tough decisions, activates the entire department. While it's not easy to assemble a family of relief from straws in a disaster-stricken environment, at least sprinkling perfume on basic issues is a hopeful goal. In this pursuit, the government has changed its methods and points of view to run the state, and some advances have been made in the field of tourism. In this context, the expansion of Kangra Airport appears poised to transcend the next century. Even though the current economic crisis is creating obstacles to development in the state, the government's financial support for the Kangra Airport project is a welcome achievement. Similarly, the implementation of 77 eco-projects on the ground is a testament to the demonstrated willpower. Furthermore, if the Bhakra-Pong reservoirs, despite the pain of displacement, are engaged in creating water tourism destinations, their role as a flight to cross the ocean of economic self-reliance is also effective. If the state moves beyond the clichés of green energy, a revolution could emerge through electric taxis and electric buses. While the HRTC buses in their current form are a nuisance, the message of a green state is still prominent over the expensive electric buses. While some new carnivals and various events are poised to establish a lasting tradition in the touristic state, an artistic vision is needed along with the environment. The state's announced information technology initiative still needs to be refined. It would be better if Himachal Pradesh creates employment opportunities by moving towards soft professions. Adding at least half a dozen more to the stalled Chaitud IT Park, and establishing a Film City and Film and TV Institute would increase employment opportunities. With the slogan of systemic change, the Chief Minister has demonstrated his skill in generating new headlines, but who knows how long the boats will spend in the sea of politics. Some whirlpools are visible, this battle of the heavens as it passes through the water.

# India, shaping its future, becomes the world's fourth-largest economy

In 2025, India implemented significant reforms in trade and industry, boosting startups and driving record growth in exports. India has now become the world's fourth-largest economy, aiming to build a 'developed India.' FTAs, increased FDI, and labor reforms have helped the country become self-reliant. India became the world's fourth-largest economy, recording record exports of \$825.25 billion. Several laws were simplified to facilitate trade. The year 2026 brings renewed confidence and optimism to India's commerce and industry landscape. The decisive steps taken in 2025 further strengthened Prime Minister Modi's mission to accelerate trade and investment, increase global market access for small businesses and startups, create jobs, and promote ease of living for every citizen. A key initiative of the Modi government has been the promotion of startups. Today, there are over 200,000 government-recognized startups in India. The objective of supporting startups is to accelerate economic growth, create employment opportunities, and improve the living standards of every citizen, especially the poor. Today, India is being recognized globally as a reliable and trustworthy business partner. Despite global uncertainties, India's total exports are expected to grow by six percent to a record US\$825.25 billion in fiscal year 2024-25. To further support exporters, the government has announced an export promotion mission of ₹25,060 crore. The Repealing and Amendment Act, 2025, repealed 71 outdated and irrelevant laws, some dating back to 1886. Under the Jan Vishwas initiative, the Modi government removed several criminal provisions related to minor violations. These reforms improve governance, enhance ease of doing business, and ensure that India's legal system is in line with the modern economy. Last year, during the monsoon session of Parliament, five landmark bills related to shipping and ports were passed. These laws have simplified documentation, facilitated dispute resolution, and significantly reduced logistics costs. On the commercial front, the Directorate General of Foreign Trade has actively supported exporters through transparent and supportive policies. These initiatives have given a new impetus to the entrepreneurship of traders, startups, and small entrepreneurs. The core of India's trade and investment strategy is to empower local entrepreneurs, especially small businesses, startups, farmers, and artisans, and enable them to achieve global success. Under this strategy, India signed three free trade agreements (FTAs) last year, providing duty-free access for Indian products to developed markets such as the UK, New Zealand, and Oman. These FTAs ??are also part of the reform process. Unlike the UPA government, the Modi government has prioritized balanced and beneficial agreements with developed countries. These FTAs ??will accelerate job creation, increase investment, and open transformative opportunities for small businesses, students, women, farmers, and youth. In addition to the existing free trade agreements, the 2024 FTA with the European Free Trade Association (AFTA) comprising Switzerland, Norway, Iceland, and Liechtenstein is now in force. All FTAs ??protect India's agriculture and dairy sectors, including agreements with major global dairy exporters like New Zealand and Australia. These agreements benefit Indian exports through accelerated or accelerated tariff elimination, while maintaining a balanced and phased market opening in India. New Zealand has committed US\$20 billion in foreign direct investment over the next 15 years, mirroring the innovative investment-related provisions adopted by India in its free trade agreements with AFTA countries. This investment will support agriculture, dairy, MSMEs, education, sports, and youth development, ensuring inclusive and broad-based growth. In the last 11 fiscal years up to 2024-25, India attracted US\$748 billion in foreign direct investment, nearly two and a half times the US\$308 billion received in the previous 11 years. This is significant because the Modi government inherited an economy once considered one of the Fragile Five. Through corruption-free governance, bold reforms, and fiscal discipline, it has made India a preferred destination for business and investment. India concluded 2025 with a significant achievement, surpassing Japan to become the world's fourth-largest economy and now rapidly progressing towards overtaking Germany. To enhance workers' benefits, the Modi government has implemented historic labor reforms, consolidating 29 fragmented laws into four modern labor codes. These aim to ensure fair wages, timely payments, social security and protection, and increase women's participation in the workforce. GST reforms have benefited every Indian citizen, creating a clean two-slab structure. This will ease the burden on households, MSMEs, farmers, and labor-intensive sectors. 2025 has been a year of bridge-building. More encouraging steps are ahead. A panel led by NITI Aayog member Rajiv Gauba is studying comprehensive reforms, which will be in line with the Prime Minister's vision. It will further accelerate the 'Reform Express'. India's goal is clear: to build a 'Developed India' through competitive trade, innovative industry, and a strong, self-reliant economy. The success of India's exporters, manufacturers, farmers, and service providers is the success of the nation. India is not just preparing for the future, it is shaping it. With decisive leadership, bold reforms, and a clear global strategy, India is engaging with the world as a strong, self-reliant, and credible nation on its own terms.

# The American education system teaches a lesson: Students are taking loans.

Most students pursuing higher education in the United States take out substantial loans, amounting to billions and taking decades to repay. The decline in job opportunities and the growing influence of AI are exacerbating this problem. Indian families make sacrifices for education, while debt burden and loneliness are increasing in American society. This situation holds an important lesson for Indians. American students incur massive education debt, running into billions of dollars. AI and job shortages have made repaying loans difficult. Indian families make sacrifices for education, while debt in America. According to statistics, 61% to 83% of students attending private universities in the United States take out loans. Colleges run by 54% to 61%, while public institutions Center for Education Statistics, the Education, this debt burden continues reached billions. The interest rates student in America had a debt of Generally, middle-class children are Maryland, Georgia, and Virginia take after they get jobs. Most students pay essence, a large part of their life is spent Gurumurthy recently explained in an taking loans, whereas Indians children's education. In fact, every Indian parent wants their children to be well-educated. A few years ago, I met an American working in Geneva who was over fifty years old but was still repaying his education loans. He said he didn't earn enough to support his family and pay the monthly installments on his education loans. In the US, loan installments typically last from ten to thirty years. It's said that once trapped in debt, one remains trapped for life. More years spent repaying a loan also means paying more interest. It's not hard to imagine why many children in America drop out after school because they can't afford higher education. Therefore, many young people take up jobs. Education, which is supposed to be available to everyone, isn't actually so. These days, fears of the advent of artificial intelligence (AI) are causing employment opportunities in the US to steadily decline. Large companies are laying off thousands of people. Those who are not American citizens, when they take their CVs to job fairs, are asked the first question: are they American citizens? If they say no, their CVs are returned without even looking at them. Most of these people are American-educated individuals. Many may have even taken out loans to study. When there are no jobs there, how will students repay their loan installments? It seems the time will soon come when students will stop pursuing higher education because there is no guarantee of a job. What will happen to those universities that boast of their fame and charge exorbitant fees from students? If students don't come to study there, they won't take out loans. Obviously, the companies that provide loans will also disappear. Unlike America, the Indian people's devotion to family is unparalleled. Even today, many families here have three generations living together, whereas this is impossible in America. This is the case not only in America, but in many Western countries. Loneliness is presented as a rosy picture there. Children live alone. Even parents and grandparents live alone in old age. In the West, care is linked to money, giving rise to the care economy. But here, it is the family that rushes first in times of crisis. Indian parents forego their own comfort and focus on the well-being of their children. It's not that the importance of family is unrecognized in America. The wife of former US Vice President Al Gore has been championing the return of the family since 1993. President Trump repeatedly highlighted the importance of family in his election campaign. But no matter how much the West harps on the return of the family, it will never return. We Indians can certainly learn a lesson from this situation of American society and students.







## महिलाओं व बालिकाओं पर हो रहे अपराध के प्रति उन्हें जागरूक किया

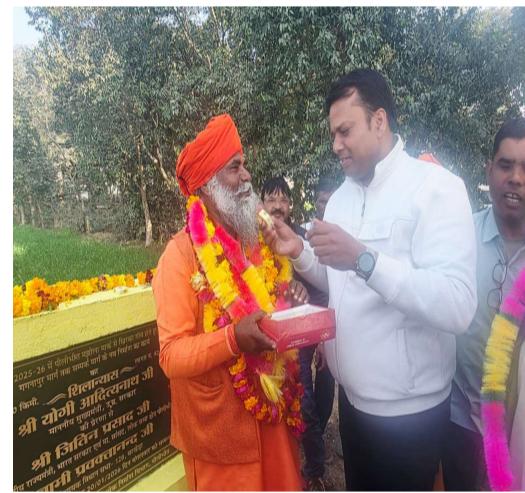


क्यूँ न लिखूँ सच / अमरीक सिंहं / बहराइच - मिशन शक्ति फेज 5.0 के तहत थाना मटेरा के अंतर्गत ग्राम सिंगहा थाना मटेरा जनपद बहराइच में उच्चाधिकारी द्वारा दिए गये आदेशों के क्रम में तथा उत्तर प्रदेश सरकार द्वारा संचालित जन कल्याणकरी योजना के बारे में महिलाओं व बालिकाओं से उनकी समस्याओं को महेनजर रखते

हुए महिलाओं व बालिकाओं पर हो रहे अपराध के प्रति उन्हें जागरूक किया गया। अयुष्मान प्रधानमंत्री, उज्ज्वला योजना ..... Etc व बालिकाओं से उनकी समस्याओं के बारे में पूछताछ करते हुए कहा कि अपनी मेहनत की कमाई को सुरक्षित रखने के लिए बैंकिंग प्रणाली से जुड़ना अनिवार्य है। उन्होंने बताया कि किस प्रकार सही वित्तीय नियोजन के माध्यम से एक आम व्यक्ति भी अपने भविष्य को सुरक्षित कर सकता है। CFL की ओर से एरिया मैनेजर अरसला ने डिजिटल बैंकिंग के बढ़ते महत्व पर प्रकाश डाला। उन्होंने कहा, आज के दौर में बैंकिंग सेवाएं आपकी उंतालियों

दशम छात्रवृत्ति योजना, मातृ वंदना योजना, वृद्धा पेंशन योजना, एंटी रोमियो टीम ०३०१० श्री अहमद हुसैन ०३०१० श्री सुनील कुमार सिंह हेंडॉन ०३०१० दिग्विजय सिंह ०३०१० सौम्या रावत

खिरका बहारुआ और रामपुर बौरख को मझोला संपर्क मार्ग से जोड़ने वाली सड़को का क्षेत्रीय विधायक के द्वारा किया गया शिलान्यास।



मिखरीपुर धनकुना आदि। गांवों की करीब १५ हजार आबादी के लाल १ भूमिले। ग्रामीणों १००८ महामंडले श्वर स्वामी प्रवक्तानन्द जी महाराज के पावन करारविन्द से आज गत पांच दशकों से अपनी सुध लिए जाने हेतु प्रतीक्षात मझोला खिरका बहरुआ संपर्क मार्ग का शिलान्यास सम्पन्न हुआ। इस अवसर पर कार्यक्रम में उपस्थित कपिल अग्रवाल ने कहा कि महाराज जी भाजपा की जनहितकारी सरकार और सभी PWD अधिकारियों का क्षेत्रावासियों की ओर से आभार प्रकट किया।

ने बताया कि लगभग डेढ़ किलोमीटर लंबी यह सड़क काफी समय से जर्जर हालत में है। इससे आवागमन में दिक्कतों



का सामना करना पड़ रहा है। बरखेड़ा के परम यशस्वी अति लोकप्रिय विधायक श्री

गुप्ता, महेंद्र राजपूत, देव मौर्य के अलावा जेई राज कुमार राज जूदूर रहे।

## चारे की कमी और ठंड़: मुरादाबाद के गोशाला में पांच पशु मरे, चार की हालत गंभीर, सरकारी तंत्र की सभी कोशिश नाकाम

भटावली की अस्थायी गोशाला में पशुओं की मौत का सिलसिला जारी है। चार दिन में पांच पशुओं की जान जा चुकी है। हरे चारे की कमी, कड़ाके की ठंड और बीमारी के कारण कई गोवंश गंभीर की मौतों का सिलसिला रुक नहीं रहा है। रविवार को एक चार गोवंश अब भी जिंदगी और मौत से जहोरजहद कर रहे हैं। की सभी कोशिशें नाकाम साबित हो रही हैं। भटावली स्थित गोवंशीय पशु थे, इसमें गाय, बैल और बछड़े थे। पिछले चार जिससे अब गोशाला में १३७ गोवंश रह गए। यहां पर बताया की कमी है। कड़ाके की ठंड पशुओं पर भारी पड़ रही है। पशु जमीन पर लेटे हैं और उनसे उता भी नहीं जा रहा है। बीमारी रहे हैं। बीमार गोवंश को जल्द बेहतर इलाज - पंडित दीन टीम ने सोमवार को भटावली की अस्थायी गोशाला के बीमार मनोज सक्सेना के मुताबिक रविवार को उनकी टीम गोशाला मरने की हालत में देखे गए। सोमवार को ड्री और दवा के बीमार मिले हैं, जिनमें कई की हालत अभी भी नाजुक है। गई है। तीन गोवंश की मौत की सूचना तो नहीं है, लेकिन एक



पशु की सुवह मौत होने की सचिव ने सूचना दी थी। यह गोवंश पहले से बीमार था। इनमें कई चोटिल भी आए थे। बीमार पशु पर ठंड का भी असर हुआ है। गोशाला का निरीक्षण किया था। गोवंश को हरा चारा, चौकर और गुड़ दिया जा रहा है। सभी व्यवस्थाओं पर ध्यान दिया जा रहा है। - स्वाति सिंह, खंड विकास अधिकारी

## वित्तीय साक्षरता कैंप का हुआ आयोजन

### ग्रामीण क्षेत्रों में वित्तीय साक्षरता की गूँज़: CFL और FLCC ने लगाया जागरूकता कैंप

क्यूँ न लिखूँ सच / अरविंद कुमार / पीलीभीत / तहसील अमरिया के भरा पचपेड़ा में ग्रामीणों को बैंकिंग और डिजिटल लेन-देन के प्रति जागरूक करने के उद्देश्य से आज वित्तीय साक्षरता केंद्र (CFL) और वित्तीय साक्षरता परामर्श केंद्र (FLCC) के संयुक्त तत्वावधान में एक विशेष जागरूकता शिविर का आयोजन किया गया। इस कार्यक्रम में बैंकिंग विशेषज्ञों ने ग्रामीणों को बचत, सुरक्षा और सरकारी योजनाओं की बारीकियों से अवगत कराया। विशेषज्ञों का संबोधन कार्यक्रम में मुख्य अतिथि के रूप में उपस्थित स्थानीय जगदीश कुमार ने उपस्थित जनसमूह को संबोधित करते हुए कहा कि अपनी मेहनत की कमाई को सुरक्षित रखने के लिए बैंकिंग प्रणाली से जुड़ना अनिवार्य है। उन्होंने बताया कि किस प्रकार सही वित्तीय नियोजन के माध्यम से एक आम व्यक्ति को अपने भविष्य को सुरक्षित कर सकता है। CFL की ओर से एरिया मैनेजर अरसला ने डिजिटल बैंकिंग के बढ़ते महत्व पर प्रकाश डाला। उन्होंने कहा, आज के दौर में बैंकिंग सेवाएं आपकी उंतालियों



पर हैं, बस जरूरत है तो थोड़ी सावधानी और सही जानकारी की। धोखाधड़ी से बचाव की ट्रेनिंग सेंटर मैनेजर संजीव कुमार ने ग्रामीणों को ऑनलाइन फॉर्ड योजना की जानकारी। और साइबर अपराधों से बचने के लिए बैंक से मिलने वाले आसान त्रैण। बैंक कभी भी फोन पर निजी जानकारी नहीं मांगता। इस कैंप के समापन पर ग्रामीणों के सवालों के जवाब दिए गए और प्रश्नों के लिए जानकारी दी। यूपीआई (UPI) और नेट बैंकिंग का सुरक्षित उपयोग। अटल पेंशन योजना और सुकन्या समृद्धि योजना की जानकारी। स्वरोजगार के लिए बैंक से मिलने वाले आसान त्रैण। बैंक कभी भी फोन पर निजी जानकारी नहीं मांगता। इस कैंप के समापन पर ग्रामीणों के सवालों के जवाब दिए गए और प्रश्नों के लिए जानकारी दी। उन्होंने बैंकिंग से जुड़ी उनकी समस्याओं का मौके पर ही समाधान करने का प्रयास किया गया। कैंप में भारी संख्या में स्थानीय नागरियों ने हिस्सा लिया और वित्तीय रूप से सशक्त बनने का संकल्प लिया

## सीएम योगी बोले- पार्टी को नई ऊर्जा व दिशा देंगे नितिन नबीन...उत्तर प्रदेश को भी मिलता रहेगा मार्गदर्शन



चुने जाने पर सुभकामनाएं दीं। मुख्यमंत्री योगी आदित्यनाथ ने कहा कि आपके कुशल नेतृत्व, संगठनात्मक अनुभव और दूरदृशी से पार्टी को नई ऊर्जा-दिशा मिलेगी तथा लोकतांत्रिक मूल्यों को और मजबूती प्राप्त होगी। सीएम ने आशा जताई कि उत्तर प्रदेश को भी आपका निरंतर मार्गदर्शन प्राप्त होता रहेगा।

मुख्यमंत्री योगी आदित्यनाथ ने भाजपा के नवनिर्वाचित राष्ट्रीय अध्यक्ष नितिन नबीन से मुलाकात की और उन्हें बधाई दी। सीएम ने उनके नेतृत्व, संगठनात्मक अनुभव और दूरदृशी से पार्टी को नई ऊर्जा-दिशा मिलेगी तथा लोकतांत्रिक मूल्यों को और मजबूती प्राप्त होगी। सीएम ने आशा जताई कि उत्तर प्रदेश को भी आपका निरंतर मार्गदर्शन प्राप्त होता रहेगा।

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पार्टी के नवनिर्वाचित राष्ट्रीय अध्यक्ष नितिन नबीन



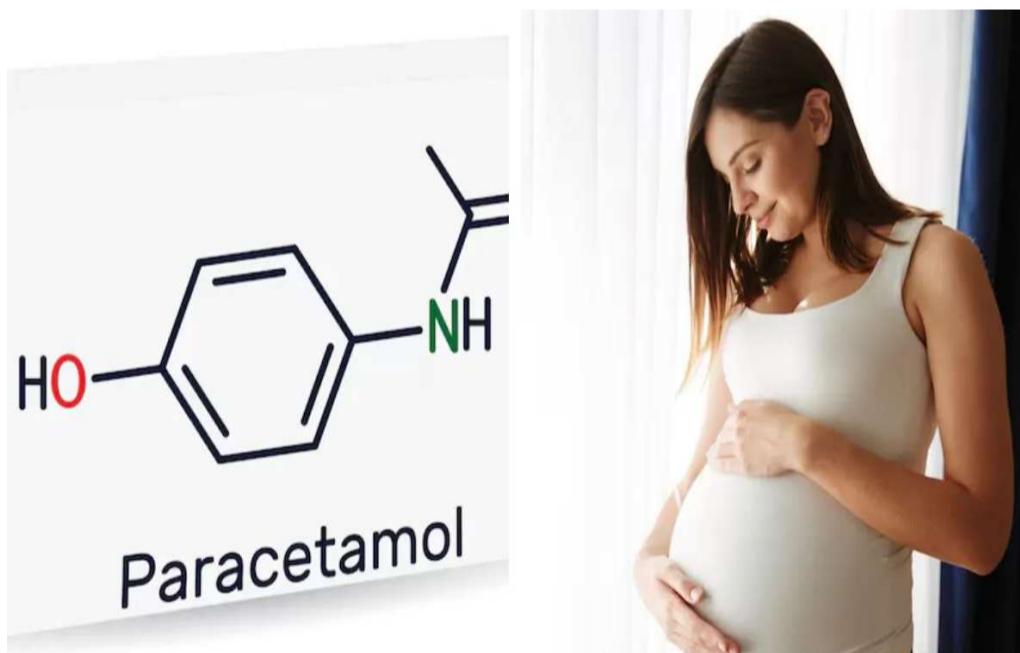
# Your blood pressure can rise even without salt and stress; scientists have discovered a surprising reason.

Do you also believe that reducing salt in your diet and avoiding stress will keep your blood pressure under control? If so, scientists at the University of Auckland in New Zealand have made a discovery that could completely change your to be the causes of high blood pressure. However, brains. The brain's lateral parafacial region is the exercise also increase blood pressure and constrict blood pressure treatment. We often believe that the or obesity. However, scientists at the University of research that is set to change old beliefs. They have brain is responsible for the increase in blood pressure of the brain is the real mastermind - According to in the lower part of our brain. Normally, this part such as digestion of food, breathing and controlling present in this part work to increase the blood coughing increase blood pressure? You will be increase blood pressure. When we laugh, exercise becomes active. Once activated, it activates the nerves space for blood flow decreases, increasing blood may develop chronic diseases like hypertension. Salt believed that the main causes of high blood pressure consumption. However, new research shows that the by sending signals to the heartbeat and the size of over-activate the brain, causing blood pressure to become uncontrolled. New hope for treatment: Scientists believe that this discovery could prove to be a boon for high blood pressure patients in the future. Now that we know that the root of the problem also lies in the nerves of the brain, in the future, instead of relying solely on medications, a simple and accurate treatment for this disease may be found. Learn the truth about this 'high blood pressure' from a doctor - Dr. Vineet Banga (Director - Neurology, Fortis Hospital, Faridabad) explained that your blood pressure can rise even without obesity or stress. There are many reasons behind this, which most people are unaware of. Let's learn about those reasons. Lack of physical activity - Just because you are thin doesn't mean you are safe. If you sit all day and don't exercise, it is a matter of concern. Lack of physical activity can harden your blood vessels, which increases the risk of high blood pressure. Lack of sleep - Sleep is deeply connected to our health. Not getting 6 to 8 hours of deep sleep daily disrupts the hormonal balance of the body. This hormonal imbalance can gradually increase your blood pressure. Genetic factors: Sometimes, the cause isn't our lifestyle, but our genes. If your parents have high blood pressure, it's possible you'll develop it too. Your weight or stress level doesn't matter; it can be passed down from generation to generation. Kidney and hormonal problems: If your kidneys aren't functioning properly, your blood pressure can rise. Additionally, problems with thyroid or adrenal hormones can also cause blood pressure to rise. Addiction to tea, coffee, and smoking: Excessive consumption of tea, coffee, energy drinks, and smoking are also major causes. These constrict our blood vessels, which can lead to sudden spikes in blood pressure. Other important factors: Drinking too little water throughout the day, excessive use of painkillers, and spending too much time in front of screens (mobile phones/laptops) can also increase your blood pressure. Therefore, it is very important to pay attention not only to weight and salt but also to your entire lifestyle.



## New study claims paracetamol poses no risk to the baby, calls fears of autism and ADHD unfounded

Women often complain of fever or body aches during pregnancy, but they are always apprehensive about taking the medication. If you too are worried about whether taking paracetamol will harm your unborn baby, this news is very comforting. A new and detailed study has revealed that paracetamol is safe to use during pregnancy. New Paracetamol is an important option for neurological disorders. Paracetamol is a time of During this time, even a slight fever or body aches for my unborn child?" For some time, there has common fever medication, might be hindering a this fear completely unfounded. A new and large mother and child. New research published in The in the prestigious medical journal "The Lancet has refuted long-standing fears that taking Researchers have clarified that taking this of autism, ADHD, or intellectual disability in the To reach this conclusion, scientists from the in Europe conducted a comprehensive It used particularly precise methods that no significant differences in neurological during pregnancy and those who were not. This The gap between old fears and reality: In guidance that suspected a link between paracetamol and autism. However, the new study has clarified that earlier studies had some flaws. According to the researchers, the previously reported risks may not be due to the drug itself (paracetamol), but rather to maternal illness, fever, pain, or genetic factors. Earlier studies failed to properly distinguish between these factors and the drug's effects. Treatment of fever and pain is important: Experts from the London School of Hygiene & Tropical Medicine supported this study. They say that not treating fever and infection during pregnancy can be more dangerous for both the mother and the fetus. Rudrarup Bhattacharya, a researcher at the University of Adelaide, Australia, also called this an important discovery. According to him, paracetamol remains an important and safe option for preventing fever and pain. Therefore, it can be taken without fear whenever medically needed. Do not ignore fever - Taking paracetamol during pregnancy does not increase the risk of autism or neurological disorders in the child. This conclusion has been reached after reviewing 43 studies. In earlier studies, 'mother's illness' was ignored, which led to misunderstanding. Leaving fever or pain untreated can be more risky during pregnancy.



Women's friendships don't weaken after 30, but rather deepen; read what new research says.

There's often a perception in our society that as women cross 30, their friendships fade. It's said that friends are left behind under the burden of increasing responsibilities. However, a belief. The truth is that after 30, women's friendships become stronger after 30, improving mental health support and "chosen family." Do you also feel that after 30, friends Do the pursuit of marriage, children, and careers dim the spark bring a big smile to your face. A recent study has completely women's friendships don't weaken; rather, they become stronger friendship isn't limited to mere jokes and fun, but becomes life's study conducted by University College London revealed some have a "best friend" have significantly better mental health and women begin to consider their close friends not just friends but deep satisfaction in life. They become companions in difficult times challenges. Marriage, children, career ups and downs, and caring all of these challenges. In such difficult times, these friends serve from the experience of 31-year-old Olivia. The year 2025 was extremely difficult for Olivia, but her friends kept her from breaking down. Olivia says, "This is the time when true friends are recognized." Relationships are filled with understanding: Friendships in the 30s have a different kind of understanding than those in the 20s. No complaints: At this age, if there's a delay in responding to a message, friends don't complain; instead, they understand each other's busy schedules. Happiness in the little things: Instead of talking for hours, just a single voice note is enough to keep a relationship fresh and vibrant. By this age, women begin to understand themselves better, and this is why their friendships become more soulful, beyond appearances, and extremely comforting.



# My husband brainwashed me...Bigg Boss fame Sana Khan reveals the reason for leaving Bollywood

Sana Khan spoke about her simple marriage with Mufti Anas Syed and the allegations against her husband that he brainwashed her into leaving Bollywood and wearing the hijab. Bigg Boss fame Sana Khan reveals the truth about why the actress distanced herself from showbiz - did her actress and Bigg Boss 6 fame Sana Khan was rumored to have leaving the industry. But now, Sana herself has responded to Bollywood films like Toilet: Ek Prem Katha. Just a month after showbiz in 2020, Sana married Mufti Anas Syed, a Muslim cleric first son, Syed Tariq Jameel, was born and in January 2025, entered their lives. Sana reacts to rumours - Sana has denied leaving Bollywood. Former actress Sana Khan, known for films and the web series Special OPS, has once again refuted claims Bollywood and changing her life. Sana, who rose to fame after industry at the peak of her career in 2020, citing her desire to of her Creator. In a recent conversation with Rashami Desai, away from showbiz, her secret marriage to Muslim cleric Mufti rumors that her decisions were influenced or forced upon her. explained how secretive the entire process was, with only her marriage was finalized, it was a top secret; no one knew except the groom's name." She recalled an awkward moment during

husband brainwash her? Former been brainwashed by her husband into these rumors. Sana has also worked in announcing her decision to leave and businessman. In July 2023, their their second child, Syed Hasan Jameel, that her husband brainwashed her into like Jai Ho and Toilet: Ek Prem Katha that she was brainwashed into leaving Bigg Boss 6, left the entertainment serve humanity and follow the orders Sana discussed her decision to step Anas Syed, and the persistent online Speaking about her wedding, Sana parents knowing. She said, "When our my mom and dad. No one even knew her mehendi ceremony, saying, "When I was getting my mehendi applied, the mehendi artist asked me what the groom's name was." I told him to leave it blank, we'll write it later. Sana replied to the trolls - Sana responded directly to the trolls, saying, "No one can brainwash you, that never happens. I wanted peace. A person can get money, fame, name and respect, but in the end, they keep searching for inner peace. I keep telling my husband that I couldn't have asked for anyone better than him. It was a really difficult decision, but I made it."



about why the actress distanced herself from showbiz - did her actress and Bigg Boss 6 fame Sana Khan was rumored to have leaving the industry. But now, Sana herself has responded to Bollywood films like Toilet: Ek Prem Katha. Just a month after showbiz in 2020, Sana married Mufti Anas Syed, a Muslim cleric first son, Syed Tariq Jameel, was born and in January 2025, entered their lives. Sana reacts to rumours - Sana has denied leaving Bollywood. Former actress Sana Khan, known for films and the web series Special OPS, has once again refuted claims Bollywood and changing her life. Sana, who rose to fame after industry at the peak of her career in 2020, citing her desire to of her Creator. In a recent conversation with Rashami Desai, away from showbiz, her secret marriage to Muslim cleric Mufti rumors that her decisions were influenced or forced upon her. explained how secretive the entire process was, with only her marriage was finalized, it was a top secret; no one knew except the groom's name." She recalled an awkward moment during

## No men in the makeup room, no exit after 6:30, did this actress's husband turn her life into hell?

Bollywood boasts wealth and fame, yet many stars are gripped by loneliness, a fate they can never escape. In the 1950s, an actress secretly married a director 18 years her senior, but little did she know that this marriage would become the details: You've often heard people say that isn't present, your story is incomplete. A famous mistake" plunged her into a quagmire from years her senior proved very costly for the husband's arrogance turned her life into hell. The actress fell in love with this director. The to the point where she lost all hope of survival. Meena Kumari, who was married to the and Meena Kumari first met when the director Kamal Amrohi was introduced to Meena Amrohi cast her in his film "Anarkali." The film accident while returning to Mumbai from where Akshar Amrohi would visit her. A secret report in The Times of India, Amrohi visited the love with him. Kamal Amrohi was already 1952, with Meena Kumari's younger sister, his home in Sion, and Meena and Madhu returned to theirs. The two tried to keep their marriage a secret for a long time, but the news later leaked to the media. When Meena Kumari's family learned of their marriage, there were significant difficulties, but the actress remained firm on her decision. In 1953, Kamal Amrohi made the film "Dayara," in which he cast Meena Kumari, but her father was not agreeing to it. After unsuccessfully trying to convince her father, she moved to Kamal Amrohi's house in Sion. Amrohi began controlling Meena Kumari's life. Vinod Mehta, in Meena Kumari's biopic, revealed that once Kamal Amrohi began controlling her life. He wanted his wife to be known by his name. Meena Kumari didn't want to leave films, and she somehow convinced him. However, Kamal Amrohi placed several conditions before Meena Kumari would return to films. Two of these were that she return home by 6:30 pm and that no men would be in her makeup room. It is also said that Kamal Amrohi kept all the money Meena Kumari earned. Annu Kapoor mentioned on his show that once Meena asked for two rupees extra to pay the masseuse, and the director scolded her and threw her out of the house. In his biography, Vinod Mehta also mentions domestic violence against the actress. According to reports, during the muhurat of the film 'Pinjre Ke Pachhi', Kamal Amrohi's assistant got into a scuffle with Meena Kumari. When the actress called Kamal Amrohi, he asked her to come home, but instead of going to his house, the actress went to her sister's house and never returned. When the doctor's advice became an addiction - Meena Kumari was unable to sleep at night due to the ups and downs in her personal life. The doctor advised her to drink a small cap of brandy along with sleeping pills, but gradually it became an addiction and she started drinking alcohol. She died on March 31, 1972 due to a disease called liver cirrhosis.



the culmination of her life's sin. Who was that actress? Read no matter how much wealth and fame you achieve in life, if love actress of the 1950s and 60s lived a life of emptiness, whose "one which she could never find a way out. Marrying a director 18 actress. Initially, she received a lot of love, but gradually, her Who was this legendary actress? Read her story in detail below: humiliation she faced from her husband shattered this actress This actress, who died at the age of 38, was none other than renowned director-producer Kamal Amrohi. Kamal Amrohi was looking for a child actor for the film "Jailer." Years later, Kumari by Ashok Kumar on the set of "Tamasha." Kamal was signed, but on May 21, 1951, Meena Kumari met in an Mahabaleshwar. She was admitted to Sassoon Hospital in Pune, marriage with a director 18 years her senior: According to a hospital regularly for four months, and Meena Kumari fell in married, yet he secretly married the actress on February 14, Mahalika, as a witness. After the wedding, Amrohi returned to

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