

सम्पादकीय Editorial

The Meaning of the Bengali Mandate

Bangladesh has given a resounding mandate to Tarique Rahman's party, the BNP. It is undoubtedly unprecedented, unexpected, and historic. BNP candidates won 212 of the 300 seats in Parliament. For a man who spent 17 long years in exile in London, times and circumstances have suddenly changed, and his becoming Prime Minister is merely a formality. The Bengali people have given a mandate for a democratic, inclusive, progressive, women-empowering, and developing country. Therefore, this poses the most serious challenge for Tarique Rahman. The Islamist forces that declared Bangladesh a Muslim country governed by the law of Allah, i.e., Sharia, are the ones who championed the rule of these very fundamentalists.

The people have virtually rejected these jihadist, fundamentalist, and anti-India and anti-Hindu forces. The 11-party alliance of Jamaat-e-Islami won only 74 seats. Pakistan and its intelligence agency, the ISI, General Munir and Prime Minister Shahbaz's "Islamic agenda," and the "Muslim Brotherhood" have been thwarted, as the BNP also favored keeping Pakistan at bay. This mandate comes after 18 months of radical forces' agitation under the guise of a student and youth uprising. Over 70 percent of the people voted in favor of the "July Charter" that forced Sheikh Hasina to flee the country. Prime Minister Modi, in his congratulations to Tarique Rahman, expressed the expectation and assurance that a democratic government will form a "new Bangladesh" after the overthrow of Prime Minister Sheikh Hasina. It is noteworthy that the BNP has returned to power in Bangladesh after nearly 20 years. This election was certainly not easy. During the voting, 14 areas witnessed widespread violence, including lathi-charges, bomb blasts at polling stations, and raids. Videos of fraudulent voting in the middle of the night exposed everything. Furthermore, over 4,000 attacks were carried out on minority Hindus, and their temples and idols of deities were vandalized. Yet, over 10 million Hindus cast their votes for democracy and a Bengali nation. Despite the ban on the Awami League, they voted for the BNP, thwarting the plot to create a "Muslim nation." A large number of women also gave their mandate to the BNP, the party that has remained in power and whose ideology is, by and large, not narrow or jihadist. However, that era of bloodshed, massacres, looting, and a collapsing economy is coming to an end. Now, Tariq Rahman's BNP has won a landslide majority, establishing him as a powerful leader. He is the son of two-time Prime Minister Khaleda Zia. His recent demise may also have generated sympathy votes for the BNP! Tariq's father, Ziaur Rahman, was the country's president. The challenge and priority now should be how to foster cordial, positive, and cooperative relations with India, as Bangladesh is India's largest and most important trading partner in South Asia. We are deeply concerned about ensuring the safety of Hindus and their temples.

Fundamentalist forces must be kept in check. Road, rail, and waterway projects, in which India has significant investments, are currently at stake. Bangladesh is a key country in the Indian government's "Act East" policy. India hopes to increase mutual cooperation in connectivity projects. The question also arises: how much influence does Pakistan still have in Dhaka? How interested is China in Bangladesh? Most importantly, how pro-India Tariq Rahman will be, as it was under his leadership that the "India Out" campaign was launched in Bangladesh.

The world will change in 1 to 5 years, an AI professional reveals the alarming truth

In "Something Big Is Happening," Matt Schumer reveals a shocking reality. Artificial intelligence has now reached a level where it can perform human tasks better than humans. His experiences indicate that this is not a distant future, but a change that is impacting our lives and jobs right now. Most discussions about artificial intelligence have revolved around speculation, predictions, and possibilities. However, there are some warnings that arise from fears about the future as well as current experiences. Meanwhile, an article titled "Something Big Is Happening" is gaining widespread attention these days. It was written by Matt Schumer, who works in the AI ??industry. Schumer's article is quite worrying, and it doesn't discuss what AI can do, but rather clearly describes what AI has already achieved. This article tells the story of when an experienced tech professional realized that machines were now performing the same tasks that required his expertise. This isn't a sudden revolution, but rather a series of rapidly expanding capabilities that outside observers are still unable to fully grasp. The most profound aspect of this article is that it doesn't attempt to spread fear. It's neither sensational nor blindly predicting the future. Instead, it expresses a calm but deep concern that the change that the public is currently considering overblown has already begun. Perhaps just as it did in early 2020 (before the coronavirus pandemic struck). The world will realize this when the path to return is very short. The following is a Hindi translation of what Matt Schumer wrote: Matt Schumer - Remember February 2020? If you were paying close attention, you might have heard some people talking about a virus spreading abroad. But most people weren't paying attention. The stock market was doing well. Kids were going to school. You were going to restaurants, enjoying good food, shaking hands with people, planning trips. Meanwhile, if someone said they were stockpiling toilet paper, you'd think they were spending too much time in some strange corner of the internet. Then, in about three weeks, the entire world changed. Your office closed. Your children stopped going to school or tuition. Your life changed in ways you wouldn't have believed if someone had told you about it a month ago. I think we're in a similar time again. I truly believe we're in a phase of exaggeration. However, what's coming this time is much bigger than COVID. I've spent the last six years building AI startups and investing in this field. I live in this world. And I'm writing this for those who aren't in this world. My family, my friends, the people I care about, repeatedly ask me, "What's the real deal with AI?" And I always give them a polite, cocktail-party-style answer. Because if I gave an honest answer, I'd be thought crazy. For a while, I thought, "Okay, that's right." But now the gap between what I'm saying and what's actually happening has become too stark. The people I care about deserve to know the truth, no matter how strange it may sound. Even though I work in AI, I have almost no control over what's going to happen. Frankly, neither do most people in the entire AI industry. The future is being shaped by a few hundred people, researchers working at a handful of companies. A single AI model, trained by a small team for a few months, can change the course of an entire technology. Most of us are simply working on foundations we didn't build ourselves. We too are seeing this happening, the only difference is that we feel the ground shaking first. Now is not the time to talk about it later; it's happening right now, and you need to understand it. It's happened to me before. One thing people outside the tech industry don't understand is that those sounding the alarm about AI aren't predicting the future. They're describing what's already happened to them and warning that it's about to happen to you. Initially, AI was improving slowly. There were occasional major improvements, but there was enough time between them for you to understand them. Then, in 2025, new technologies for building AI models suddenly accelerated the pace. And then faster, and then even faster. Each new model wasn't just better, it was many times better than the previous one. And the time between new models was getting shorter. Then, on February 5th, something changed. On February 5th, two major AI models came out in a single day: one from OpenAI (GPT-5.3 Codex) and one from Anthropic (Opus 4.6). That's when I realized. It wasn't like a light had come on, but like I suddenly realized that the water had risen a long time ago and was now chest-deep. The truth is, I no longer need my technical work. Now I tell the AI ??what I want it to build in simple English, and it just builds it. No rough drafts. No corrections. The finished work. I couldn't get up from the computer for four hours. I leave and return to find the work done better than I ever could. Until a few months ago, I used to discuss it with the AI ??repeatedly. Now, I simply share the results and leave it at that. Let's illustrate this with an example. I tell the AI ??I want to build an app. This is how it will work and look. You decide the user flow, the design, everything. Then the AI ??writes thousands of lines of code. It opens the app itself. It clicks buttons. It tests features. If something doesn't seem right, it changes itself. It makes repeated improvements until it's satisfied. Once everything is finalized, it tells me, "Now you can test." Most of the time, it's perfect. I'm not exaggerating. This was my experience on Monday. This time, the AI ??was something new. It wasn't just following orders. It was making decisions. For the first time, I felt like it had judgment, testing, and an understanding of what's right. It was said that AI would never have these qualities. Now it's difficult to distinguish whether this is true or not, because the effect is the same. AI Labs adopted a deliberate strategy from the beginning. They focused primarily on making artificial intelligence proficient in writing code. The reason for this is simple: developing AI requires a large amount of code. If AI can write this code itself, it can also assist in the creation of its next upgraded version. This creates a cycle where smarter AI writes better code, and that better code gives birth to even smarter AI. Making AI excellent at coding wasn't just a technical achievement, but a door that opened the door to all other capabilities. This is why the work of software engineers was the first to see changes. This wasn't the result of targeting a specific profession, but rather a natural consequence of the direction where AI development first hit. Now this phase is over, and this AI capability is expanding into other areas. Tech professionals have experienced a transformation over the past year, where AI has evolved from a helpful tool to a system that performs many tasks better than they do. These same experiences are now being experienced by other professions: law, finance, healthcare, accounting, consulting, writing, design, analytics, and customer service. This transformation won't come in ten years. The people building these systems themselves say the timeframe is one to five years. Some believe it's even shorter. Given the progress seen in recent months, it seems this transformation may come sooner than we expect.

The Yogi government's policies transform consumers into producers.

In an agricultural state like Uttar Pradesh, the decision to encourage farmers to pursue entrepreneurship reflects the government's vision. Nine years ago, the government waived farmers' loans, but since then, its policies have focused on increasing productivity and making farmers self-reliant. Uttar Pradesh is the fourth largest state in the country in terms of area and the first in terms of population. This means that the ratio of available resources to needs is not up to standard. And this is where the challenges begin. Meeting every need of a population of 250 million is no easy task. Under these circumstances, it becomes necessary to discuss the ideal model of development for any state. Can all of Uttar Pradesh's needs be met by distributing government handouts? Can per capita income reach its highest level through budgetary provisions alone? Can the goal of a developed and self-reliant Uttar Pradesh be achieved with government funds alone? The answer is no. Aside from infrastructure development, budgetary support provided to various sections of society provides only temporary relief. It doesn't permanently address their problems. To raise the economic level of any state's people and make them self-reliant, budgeting based on a well-planned policy is essential, and the Yogi government has succeeded in doing so. To ensure inclusive development, a comprehensive study of the state's ground realities—availability of natural resources, education, health, human resources, skills, technology, innovation, markets, and investment opportunities—is essential. Only then can a blueprint for all-round development be formulated. The development model developed by the Yogi government for the state deserves praise. This model shifts the state from consumption to productivity, which is the key to sustainable development. Instead of distributing freebies, the government has chosen to invest in a long-term strategy. Investments should be made in its people, in improving and expanding education, in skill development, in creating employment opportunities, in infrastructure development, in empowering rural and backward areas, and in making the state attractive to investors. It's not that the government isn't spending or providing budgetary support. The only difference is that the government is investing only where concrete and lasting results are assured. Over the past several years, the Yogi Adityanath-led government has been working in this direction. And positive results are beginning to emerge. Providing advanced technology along with crop protection has led to significant improvements in farmers' productivity. The CM Yuvi Udyami Yojana provided youth with self-employment tools, offering them a platform to become job creators instead of working as mere employees. Budgetary support for various schemes is empowering rural women to become self-reliant. The government could have announced major incentives for the MSME sector, but instead, it promoted the One District, One Product (ODOP) scheme, helping small entrepreneurs produce quality products, brand them, and find markets for them. As a result, ODOP has provided a significant boost to MSMEs. Today, the incomes of entrepreneurs, artisans, and vendors associated with ODOP are increasing manifold. Now they are no longer dependent on government subsidies, which would have been useful for a long time. Currently, nearly three crore families are being supported by 9.6 million MSME units in the state, and this is a major achievement. The state's exports have also increased from 784,000 crore to 1.86 lakh crore. Would all this have been possible with budgetary grants? Now, in this context, the "One District, One Cuisine" (ODOC) scheme is being given budgetary incentives to open national and global markets for small entrepreneurs and artisans confined to the local level. This scheme will not only expand their business but also create new employment opportunities. In an agricultural state like Uttar Pradesh, the decision to encourage farmers towards entrepreneurship reflects the government's visionary thinking. While the government waived farmers' loans nine years ago, its policy since then has been to increase productivity and make farmers self-reliant. The government has streamlined the irrigation system and introduced farmers to new technologies. As a result, the agricultural growth rate in Uttar Pradesh has increased from 8 to over 18 percent. It's noteworthy that despite Uttar Pradesh being home to 17 percent of India's.

शिवरात्रि पर डीएम के आदेशों की अनदेखी, कांवड़ मार्ग पर खुलेआम बिकती रही शराब

क्यूँ न लिखूँ सच / लवकुश ठाकुर/ अलीगढ़ रविवार को कस्बा कस्बा अकराबाद गोपी नगला पतल कैडियांगज पिलखना पर्ने ठी शेख चांदगढ़ी में शिवालयों पर भोले के भक्तों द्वारा जलाभिषेक के बाद उद्घाटन के साथ पूजा अर्चना की गई शिवालयों पर सुबह से ही भोले के भक्तों की लाइन लगी रही मंदिर में लगे थे घड़ियालों की आवाज व बम भोले की गूँज दूर तक सुनाई देने लगी भक्तों कि भीड़ मंदिरों की तरफ निकल पड़े। महादेव मंदिर पर भक्तों ने दूध मिश्त जल से भोलेनाथ का अभिषेक किया। फल फूल धूरा बेलपत्र रोली चावल शहद आदि से भोले बाबा की पूजा अर्चना मंदिर पर हवन यज्ञ किया जिसमें जिसमें आदेशों को संबंधित अधिकारियों को निर्देश दिए कि मंदिर में आने वाले श्रद्धालुओं को किसी प्रकार की असुविधा न हो, इसके लिए सभी आवश्यक व्यवस्थाएं सुनिश्चित की जाएं। उन्होंने विशेष रूप से साफ-सफाई बनाए रखने, पेयजल की सुमित्र उपलब्धता तथा भीड़ प्रबंधन के लिए आवश्यक इंतजाम में किसी भी प्रकार का व्यवधान ना हो पाए। निरीक्षण के दौरान स्वास्थ्य विभाग द्वारा लगाए गए हेल्प कैंप, पुलिस बल की तैनाती तथा अन्य मूलभूत सुविधाओं की भी उनके द्वारा जानकारी प्राप्त की गई है। उन्होंने कहा कि श्रद्धालुओं की सुविधा एवं सुरक्षा प्रशासन की सर्वोच्च प्राथमिकता है और इसमें किसी प्रकार की लापरवाही ना हो पाए। इस अवसर पर संबंधित विभागों के अधिकारी एवं स्थानीय प्रशासनिक अमला उपरिस्थित रहा। प्रशासन द्वारा मेले एवं मंदिर में आने वाले श्रद्धालुओं के लिए सुमित्र एवं सुव्यवस्थित व्यवस्थाएं सुनिश्चित की गई हैं जिसका जायजा लिया गया।

अलीगढ़ में कांवड़ यात्रा के बाद नुमाइश के गेट खोले गए

क्यूँ न लिखूँ सच / लवकुश ठाकुर/ अलीगढ़ कांवड़ यात्रा के दौरान सुरक्षा और यातायात व्यवस्थाओं को ध्यान में रखते हुए नुमाइश पर लगाई गई अस्थायी रोक अब हटा दी गई है। 15 फरवरी दोपहर एक बजे से नुमाइश के गेट आम जनता के लिए खोल दिए जाएंगे। एडीएम सिटी किंशुक श्रीवास्तव ने बताया कि पुलिस और प्रशासन की प्राथमिकता कांवड़ यात्रा को सुकृति और शांतिपूर्ण ढंग से संपन्न कराना थी। इसी कारण नुमाइश को कुछ समय के लिए स्थिरित किया गया था।

थाना सेक्टर 20 पुलिस द्वारा अवैध गांजे की बिक्री करने वाला 01 अभियुक्त गिरफ्तार

क्यूँ न लिखूँ सच / सोनू नोएडा, गौतम बुद्ध नगर / थाना सेक्टर 20 पुलिस द्वारा अवैध गांजे की बिक्री करने वाला 01 अभियुक्त गिरफ्तार, कब्जे से 01 किलो 100 ग्राम अवैध गांजा बरामद। कार्यवाही का विवरण- दिनांक 14.02.2026 को थाना सेक्टर 20 पुलिस द्वारा अवैध गांजे की बिक्री करने वाला 01 अभियुक्त गिरफ्तार किया गया। उनका नाम मौहम्मद पुत्र मो 0 कासिम को डीएनडी रोड भेल कालोनी के पास सेक्टर 17 नोएडा से गिरफ्तार किया गया है। कब्जे से कुल 1 किलो 100 ग्राम गांजा अवैध बरामद किया गया है। उपरोक्त के विरुद्ध थाना सेक्टर 20, नोएडा पर मु00000000 45/2026 धारा 8/20 एनडीपीएस एक पंजीकृत किया गया है। गिरफ्तार अभियुक्त का विवरण: मो 0 सलमान उर्फ विनय उर्फ शान मौहम्मद पुत्र मो 0 कासिम निवासी बुलन्द मस्जिद सास्त्री पार्क दिल्ली 53 उम्र 28 वर्ष

दैनिक क्यूँ न लिखूँ सच

हिंदी अंग्रेजी तकनीक समाचार पत्र

दैनिक क्यूँ न लिखूँ सच को आवश्यकता है उत्तर प्रदेश.

उत्तराखण्ड मध्य प्रदेश, दिल्ली, बिहार पंजाब छत्तीसगढ़ राजस्थान आदि सभी राज्यों से रिपोर्ट, जिला

व्यूहों विज्ञापन प्रतिनिधि की

समर्पक करें-9021116991

अकराबाद में शिवालयों में नीलकंठेश्वर महादेव मंदिर में क्रियान्वित व्यवस्थाओं का अपर कलेक्टर ने जायजा लिया

क्यूँ न लिखूँ सच / लवकुश ठाकुर/ अलीगढ़ रविवार को कस्बा कस्बा अकराबाद गोपी नगला पतल कैडियांगज पिलखना पर्ने ठी शेख चांदगढ़ी में शिवालयों पर भोले के भक्तों द्वारा जलाभिषेक के बाद उद्घाटन के साथ पूजा अर्चना की गई शिवालयों पर सुबह से ही भोले के भक्तों की लाइन लगी रही मंदिर में लगे थे घड़ियालों की आवाज व बम भोले की गूँज दूर तक सुनाई देने लगी भक्तों कि भीड़ मंदिरों की तरफ निकल पड़े। महादेव मंदिर पर भक्तों ने दूध मिश्त जल से भोलेनाथ का अभिषेक किया। फल फूल धूरा बेलपत्र रोली चावल शहद आदि से भोले बाबा की पूजा अर्चना मंदिर पर हवन यज्ञ किया जिसमें जिसमें आदेशों को संबंधित अधिकारियों को निर्देश दिए कि मंदिर में आने वाले श्रद्धालुओं को किसी प्रकार की असुविधा न हो, इसके लिए सभी आवश्यक व्यवस्थाएं सुनिश्चित की जाएं। उन्होंने विशेष रूप से साफ-सफाई बनाए रखने, पेयजल की सुमित्र उपलब्धता तथा भीड़ प्रबंधन के लिए आवश्यक इंतजाम में किसी भी प्रकार का व्यवधान ना हो पाए। निरीक्षण के दौरान स्वास्थ्य विभाग द्वारा लगाए गए हेल्प कैंप, पुलिस बल की तैनाती तथा अन्य मूलभूत सुविधाओं की भी उनके द्वारा जानकारी प्राप्त की गई है। उन्होंने कहा कि श्रद्धालुओं की सुविधा एवं सुरक्षा प्रशासन की सर्वोच्च प्राथमिकता है और इसमें किसी प्रकार की लापरवाही ना हो पाए। इस अवसर पर संबंधित विभागों के अधिकारी एवं स्थानीय प्रशासनिक अमला उपरिस्थित रहा। प्रशासन द्वारा मेले एवं मंदिर में आने वाले श्रद्धालुओं के लिए सुमित्र एवं सुव्यवस्थित व्यवस्थाएं सुनिश्चित की गई हैं जिसका जायजा लिया गया।

कुटकेश्वर शिव मंदिर में महाशिवरात्रि पर उमड़ी भक्तों की भीड़, हर हर महादेव के जय घोष से गूँज उठा शिवालय भक्तों ने किया जलाभिषेक

क्यूँ न लिखूँ सच / हाकम सिंह रघुवंशी/ पठारी/ महाशिवरात्रि पर्व पर नगर में स्थित कुटकेश्वर मंदिर में आस्था का सैलाब उमड़ पड़ा। रविवार की भोर से ही श्रद्धालुओं ने घंटा घड़ियाल और हर हर महादेव के जय घोष के बीच मंदिर में स्थित शिवलिंग का जल जलाभिषेक किया। इस दौरान पूरा वातावरण भक्त मय रहा। श्रद्धालुओं ने देवाधिदेव महादेव का दर्शन पूजन कर शिवलिंग पर जल अर्पित किया और अपने परिवार की सुख समृद्धि के लिए प्रार्थना की। महाशिवरात्रि के अवसर पर कुटकेश्वर मंदिर के साथ-साथ अन्य शिव मंदिरों में भी सैकड़ों भक्तों की भीड़ उमड़ी। सुबह से ही मंदिरों में लंबी कतारें देखी गईं। भक्तों ने भगवान शिव को प्रसन्न करने के लिए फल, पुष्प, बेल पत्र गंगाजल, शहद, घी, मिथान, भांग और धूरा सहित विभिन्न सामग्री अर्पित कर पूजा अर्चना की। मंदिरों में दर्शन के लिए हर उम्र के लोग मौजूद थे, जिसमें सुबह से ही महिलाओं की संख्या अधिक रही दर्शन का यह सिलसिला सुबह 4:00 बजे शुरू हो गया था।

कलेक्टर सख्त: गेहूँ कटाई में स्ट्रारीपर अनिवार्य, नरवाई जलाने पर जुर्माना

क्यूँ न लिखूँ सच / राजकुमार शर्मा (कटारे)/ शिवपुरी। जिले में गेहूँ एवं अन्य रसीदों की कटाई का कार्य शीघ्र प्रारंभ होने वाला है। इसी को लेकर जिला प्रशासन ने सख्त निर्देश जारी किए हैं। कलेक्टर के आदेशानुसार अब जिले में कम्बाइन हॉर्सेस्टर के साथ भूसा बनाने वाली मशीन (स्ट्रारीपर) का उपयोग अनिवार्य कर दिया गया है। बिना स्ट्रारीपर के गेहूँ की कटाई करने वाले संचालकों को कटाई करने का आवश्यकता है। इसके लिए जिले में आदेशानुसार अवधिकारीय विभागों ने सख्ती से कार्रवाई की जा रही है। प्रशासन ने गेहूँ कटाई करने वाले संचालकों को जलाने पर जुर्माना लगाया है। जिले में गेहूँ एवं अन्य रसीदों की कटाई का कार्य शीघ्र प्रारंभ होने वाला है। इसी को लेकर जिला प्रशासन ने सख्त निर्देश जारी किए हैं। कलेक्टर के आदेशानुसार अब जिले में कम्बाइन हॉर्सेस्टर के साथ भूसा बनाने वाली मशीन (स्ट्रारीपर) का उपयोग अनिवार्य कर दिया गया है। बिना स्ट्रारीपर के गेहूँ की कटाई करने वाले संचालकों को कटाई करने का आवश्यकता है। इसके लिए जिले में आदेशानुसार अवधिकारीय विभागों ने सख्ती से कार्रवाई की जा रही है। प्रशासन ने गेहूँ कटाई करने वाले संचालकों को जलाने पर जुर्माना लगाया है। जिले में गेहूँ एवं अन्य रसीदों की कटाई का कार्य शीघ्र प्रारंभ होने वाला है। इसी को लेकर जिला प्रशासन ने सख्ती से कार्रवाई की जा रही है।

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A weight-loss keto diet can lead to fatty liver disease, a new study reveals.

According to a new study, the keto diet may be effective for weight loss, but long-term adherence can increase fatty liver and blood sugar problems. Researchers at the University of Utah Health found in a 9-month study on rats that sensitivity. Let's explore this in detail. The keto accumulation in the liver. Following the keto doctor before adopting the keto diet is essential. loss. This diet is known for its ability to reduce by scientists at the University of Utah Health research, although the keto diet prevents disease and blood sugar-related problems. experiment on rats to understand the long-term different diets for nine months: Standard keto carbohydrate diet Low-fat and balanced keto diet did not gain weight (which was a good This is medically known as "hepatitis steatosis," liver disease. The researchers also found that those of female rats. Why does fat accumulate study, explained the reason behind this in that fat is bound to end up somewhere in the eventually in your liver, causing liver damage. diet also affected the body's ability to regulate sugar levels: Initially, the mice's fasting glucose and insulin levels remained low. Later, when these mice were given carbohydrates again, their blood sugar levels suddenly increased rapidly and did not come down. Scientists believe that long-term high-fat diets put pressure on the pancreas' beta cells, which produce insulin. Excessive fat causes these cells to function poorly. However, it's a relief that when the rats were removed from the keto diet, their problem began to improve somewhat. What if you're on a keto diet? This study clearly shows that being lean isn't necessarily a sign of good health. If you're considering or already following a keto diet, heed these expert advice: Consult a doctor: Always talk to your doctor before following any diet long-term. Keep up with the testing: Get your liver function and sugar levels checked regularly. Balance is key: Avoid a diet high in saturated fat. Consider whether a balanced diet might be safer and more sustainable for you. This study on rats suggests that while the keto diet can help control weight, it may cause liver inflammation and diabetes in the long term. Therefore, until more research is available in humans, it's wise to adopt this diet with caution and under medical supervision.





blood sugar problems. Researchers at the University of Utah the keto diet accumulates fat in the liver and affects insulin diet doesn't cause weight gain, but it does cause fat diet for a long time can increase blood sugar. Consulting a The keto diet is gaining popularity worldwide for weight weight quickly and improve metabolism, but a new study has raised alarm bells about this diet. According to this new weight gain, long-term adherence to it can lead to fatty liver Nine-month long study on rats: Scientists conducted an effects of the keto diet on the body. They fed the rats four diet Normal "Western" high-fat diet Low-fat and high-protein diet The results were surprising: The rats on the thing), but their livers accumulated a large amount of fat. or fatty liver disease. It is considered the initial stage of chronic the livers of male rats were more adversely affected than in the liver? Amandine Chaix, the lead researcher of this simple terms. She says that when you eat a high-fat diet, body. Often, this fat accumulates in your blood and Negative effects on blood sugar: Not just the liver, the keto

Later, when these mice were given carbohydrates again, their pressure on the pancreas' beta cells, which produce insulin, their problem began to improve somewhat. What if you're following a keto diet, heed these expert advice: Consult a doctor: levels checked regularly. Balance is key: Avoid a diet high in while the keto diet can help control weight, it may cause liver with caution and under medical supervision.

Have you ever tasted ginger pudding?
If not, take note of its easy recipe.

Are you bored with carrot and moong pudding? Then give ginger pudding a try this time. It's as delicious as it is easy to make at home. So today, we bring you a step-by-step recipe for ginger pudding, which you can follow and make mention of pudding makes many people's mouths this time, ginger pudding is perfect for this. Ginger beneficial for health. The warmth of ginger and the for making this pudding at home. Ingredients Fresh (can be increased or decreased according to taste) grams Almonds - 100 grams Green cardamom - 5-6 3-4 drops Chopped almonds - 50 grams for ginger thoroughly and peel it. Leave it in water for mixer grinder. This improves the texture of the halwa water. Step 2: Heating the ghee: Heat 4 to 5 cardamom and fry for a few seconds. Then, set it cup of milk to the ginger paste and simmer over low ginger's flavor. When the ginger begins to smell step is done correctly. Step 4: Adding Sugar - After stir continuously. This will add some moisture to the completely dissolved and the paste should begin to bubble. Step 5: Adding Khoya and Almonds - After the sugar has dissolved, add the khoya and almonds to the halwa. This enhances the flavor and makes it look attractive. Continue cooking over low heat, stirring constantly, until the halwa begins to change color. Step 6: Cook the halwa thoroughly - If you feel your halwa is burning, add a few drops of milk and ghee and continue to fry until all the milk and ghee are absorbed. Step 7: The halwa is ready to serve - When the halwa is golden brown, add saffron and kewra water and turn off the heat. The ginger halwa is ready. You can garnish it with chopped almonds and serve it hot.



at home. So today, we bring you a step-by-step recipe for quickly at home. Let's learn more about it. The mere water. If you want to try something different and delicious pudding not only tastes amazing, but it's also considered aroma of ghee make it special. Let's learn the easy recipe ginger - 500 grams Ghee - 500 grams Sugar - 500 grams Milk - 500 milliliters Khoya - 500 grams Cream - 125 Black cardamom - 2 Saffron - 4-5 strands Kewra water - garnishing Step 1: Preparing the ginger First, wash the some time to soften it. Then, grate it finely or grind it in a and balances the flavor. Also, add the saffron and kewra tablespoons of ghee in a pan. Heat it lightly. Add the aside for later use. Step 3: Roasting Ginger - Add half a heat until the ginger softens. The milk enhances the fragrant and turns a light golden color, you'll know this the milk has cooked into the ginger paste, add sugar and halwa and enhance its flavor. Ensure the sugar is

Step 6: Cook the halwa thoroughly - If you feel your halwa is ready to serve - When the halwa is golden brown, add saffron

Cancer has vanished! Scientists have achieved a major breakthrough in the treatment of the most dangerous disease.

A new study has shown a major breakthrough in the treatment of pancreatic cancer. Spanish scientists successfully tested a new combination of drugs on mice, which completely eliminated tumors. This discovery raises hope for this serious cancer. New combination of drugs completely eliminates tumors in mice - New hope and possibilities for the "silent killer" cancer. Cancer is a serious disease that can strike anyone. This disease affects various organs of the body and is known as the "silent killer," which is often diagnosed late. It is considered one of the most serious types. It is considered serious difficult to cure. However, now, some good news has emerged regarding that a new combination of drugs can eliminate this cancer. Let's learn more about this study - New study raises hope - National Academy of Sciences (PNAS), Spanish This experiment found that the tumors were completely eliminated without any serious side effects. This discovery could prove to be good news for the treatment of pancreatic ductal adenocarcinoma (PDAC). While the survival rate for this cancer was previously considered very low, scientists now believe that this discovery will pave the way for future clinical trials on humans. According to IARC, pancreatic cancer is the 12th most common cancer in the world, but its mortality rate is very high.



'Nepo-War' in the Kapoor family! A rift between Shanaya and Janhvi. Who called Maheep Kapoor's daughter a 'stale nepo kid'?

There are reports of a rift between Janhvi Kapoor and Shanaya Kapoor within the Kapoor family. Maheep Kapoor is reportedly upset with Boney Kapoor for not supporting Shanaya's career, while Boney focuses on his producer refusals to call Shanaya between Janhvi and Shanaya, rift between Janhvi and Shanaya with Boney Kapoor over calling Shanaya the 'real nepotism' in Bollywood and the uproar raised many times, and everyone corner of Bollywood. Now, news is Kapoor family have had a rift these coming out. What is this whole and Shanaya Kapoor? - By now Janhvi Kapoor and Khushi has entered Hindi cinema. Shanaya 'Gustakhiyaan' opposite Vikrant second film, 'Tu Ya Main', with February 14, 2026. Meanwhile, it and Janhvi Kapoor, and media. Is Shanaya angry with Hindustan Times, in a recent

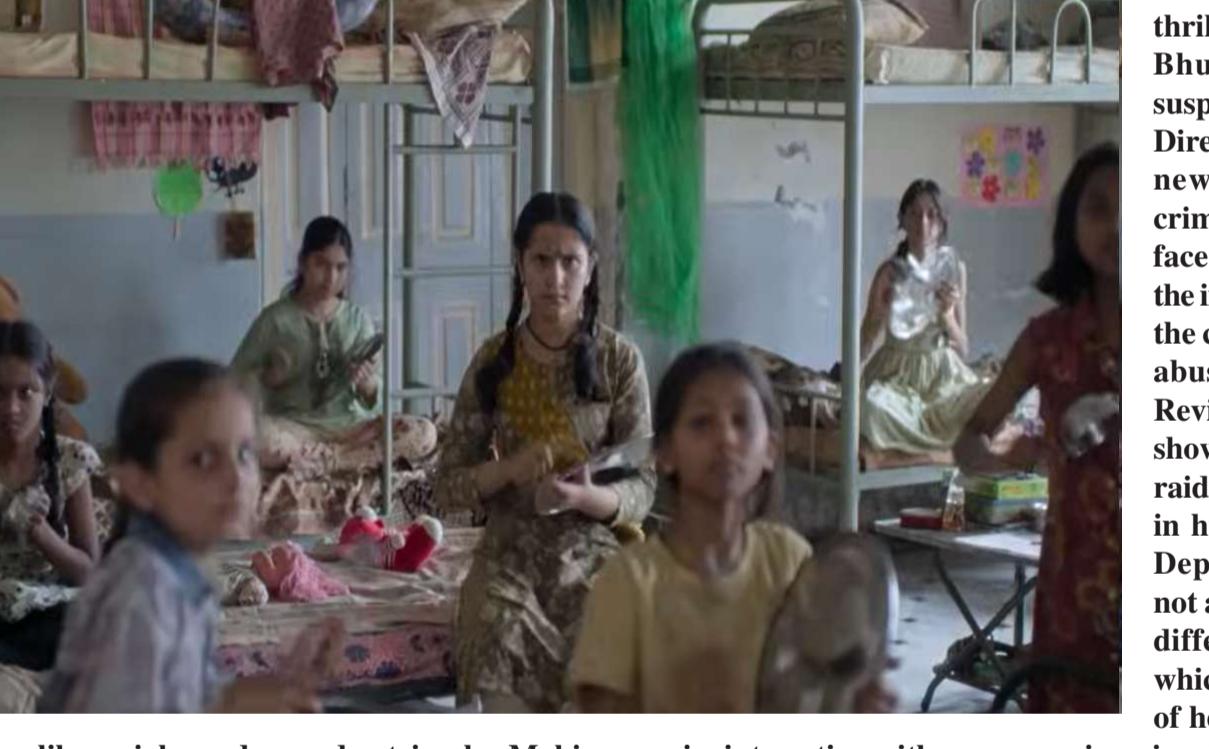




Shanaya Kapoor's mother and Sanjay Kapoor's wife, Maheep Kapoor, was angry with Janhvi's father and brother-in-law, Boney Kapoor. The reason for the resentment was that Boney Kapoor did not help her daughter Shanaya in starting her acting career. This was at a time when Shanaya's first film had not even been released and she was desperately trying to enter Bollywood. According to this Reddit thread, Maheep believed that her uncle, Boney Kapoor, would definitely help her daughter, and Maheep even used the "family card" through her husband Sanjay Kapoor, but things did not work out. Boney Kapoor is more interested in the careers of his daughters, Janhvi and Khushi. Maheep Kapoor upset with Boney Kapoor? - A Reddit user claims that Maheep Kapoor became even more furious when a producer rejected Shanaya, saying she wasn't a "real nepotism kid." The thread claims, "Maheep's temper flared when a top producer who rejected Shanaya said he only wanted "real nepotism kids," not the "leftovers" who have been sitting in the industry's refrigerator since everyone else has taken what they want. Now, Maheep wants her daughter, Shanaya, to be more successful than Janhvi in ??Bollywood." It's now being said that this is the reason for the rift between Janhvi and Shanaya. While it's not a major rivalry, there is a mild friction between the two. A glimpse of this rivalry has also been seen on Shanaya Kapoor's Instagram, where Shanaya's best friends Suhana Khan and Ananya Panday, along with Janhvi's sister Khushi Kapoor, are enthusiastically encouraging her on social media for her upcoming film "Tu Ya Main," while Janhvi hasn't posted anything specific for Shanaya or made any comments. For your information, before entering acting, Shanaya worked as an assistant director on Janhvi's 2020 film "Gunjan Saxena: The Kargil Girl." While it's not known whether this theory on Reddit is true or not, it is certainly being discussed on social media.

Bhumi Pednekar's crime thriller is caught in a quagmire of confusion, with each murder scene sure to leave you terrified.

Bhumi Pednekar's dark crime thriller, "Daldal," released on Amazon Prime Video on January 30th. The film revolves around a serial killer and Bhumi Pednekar's character, ACP Rita Ferreira. Let's find out how the crime Prime Video. Bhumi Pednekar's masterful stuck? Bhumi Pednekar's dark crime investigation. This crime thriller, starring situations, heartbreaking murders, and review. What is the story of the series? - Daldal depicts the struggles of Mumbai's Pednekar), who is caught between Rita begins an investigation that brings her battling a media trial. The show explores and family struggles while trying to keep related to gender-based crimes, child workplace sexism. Daldal Web Series is its blend of psychology and crime, criminal mind. The series begins with a in which she rescues several girls trapped receives a promotion and becomes a becoming DCP, her first case is a murder, a serial killer uses the same methods to kill flashbacks from Rita's life are shown, in determined to murder the person in front began with human trafficking, later addresses issues like serial murders and patriarchy. Making a series interesting with so many crimes becomes a bit slow and boring. The story becomes confusing and feels exhausting even before the climax. Bhumi and Samara anchor the story - While the cinematography is good, the story concept is good, and the supporting actors, including Bhumi Pednekar, deliver good performances, the story fails to capture the plot. Bhumi Pednekar plays DCP Rita Ferreira well, while Samara also surprises with her performance. The murder scenes in the series are spine-chilling, with some even forcing you to close your eyes. However, such a unique and innovative idea required compelling storytelling, which falls short. Should I watch it or not? - If you're a fan of dark crime thrillers and are interested in psychological themes, this is a must-see. The series is streaming on Amazon Prime Video.





Rani Mukerji countered AR Rahman's statement, saying, "Bollywood is the most..."

Rani Mukerji counters AR Rahman's statement, saying, "Bollywood is the most... Rani Mukerji has disagreed with AR Rahman's accusations of communal discrimination in Bollywood. She said that in her 30-year career, she has never experienced such a thing and that Bollywood is the most secular place. Rani plays Shivani Roy in Mardaani 3, releasing AR Rahman's statement? AR Rahman was Rahman had said that communal and that because of this, he has not been able said that power has now shifted from the completed 30 years in the industry - now this matter. In an interview with DD News, discrimination in her three-decade-long place, and I completely believe in that. There here. In my 30 years in the industry, I have industry; it has made me who I am today." Bollywood? Rani further said, "I am Your work is your identity, and ultimately, succeeds. For me, Bollywood is one of the was questioned about lobbying in the herself away from such things. What did AR

A promotional still from the movie Mardaani 3 featuring Rani Mukerji as Shivani Roy. She is standing in a dimly lit, cluttered room that appears to be a workshop or a backstage area. She is wearing a dark green jacket over a black ribbed top and has her hands on her hips. She is looking directly at the camera with a serious expression. The background is filled with various items and equipment, suggesting a backstage or industrial setting.



herself away from such things. What did AR Rahman say? In an interview with BBC Asian Network, AR Rahman shed light on his struggles. He said, "I'm not looking for work. I want work to come to me; my hard work and dedication should earn me money. I think it's a bad omen for me to wander around looking for work... These days, people who aren't creative have the power to make decisions, and this may have been a communal issue, but not for me. I heard from someone else that they had booked you, but then the industry hired five of its own musicians. I said, 'Wow, great! Now I can relax and spend time with my family!'"