

BJP Kohima Unit Slams Opposition Stand on Women’s Reservation Amendment

Kohima, Apr 23: BJP Kohima district unit on Wednesday slammed the Opposition for the failure of the Constitution (One Hundred and Thirty-First Amendment) Bill, 2026, in the Lok Sabha, terming it “anti-women” and detrimental to democratic interests.

Addressing a press conference, BJP state executive member Vineizo Tsürho said the amendment to the Nari Shakti Vandan Adhiniyam failed to secure the required two-thirds majority on April 16, 2026, with 298 members voting in favour and 230 against. He explained that although the Women’s Reservation Act was passed in 2023 and came into force on April 16, 2026, its implementation was tied to delimitation after the post-2026 Census, which risked delaying the benefits of 33% reservation for women beyond the 2029 general elections.



Tsürho said the Centre had introduced three Bills—the Constitution (One Hundred and Thirty-First Amendment) Bill, 2026, the Delimitation Bill, 2026, and the Union Territories Laws (Amendment) Bill, 2026—to delink reservation from delimitation and ensure timely implementation.

He maintained that had the Bills been passed, women could have availed reservation in the Lok Sabha by 2029. He further highlighted the need to revise the existing cap of 550 Lok Sabha seats, fixed in 1976, in view of the population increase from 54 crore in 1971 to around 140 crore

at present. He said the proposal to increase seats up to 850 was based on proportional expansion, ensuring fair representation across states and Union Territories.

Accusing the Opposition, including Congress, Samajwadi Party, Trinamool Congress and DMK, of ob-

structing women’s participation, Tsürho alleged that their stance had delayed women’s representation for decades. He said Prime Minister Narendra Modi had stressed that women’s representation was a matter of right, not favour, and urged parties to rise above partisan interests. He also

referred to Union Home Minister Amit Shah’s clarification that delimitation was essential to uphold equal representation. BJP Mahila Morcha Kohima district president Leanne Kiewhuo, also speaking at the press conference, said delimitation was a necessary and time-consuming process, taking up to two years, and was vital for implementing reservation. She reiterated that reservation policies under the Constitution were based on social and economic criteria, not religion, and emphasised that greater participation of women in legislative bodies would help address issues affecting women more effectively. Moderated by Kohima district BJP president Khrielie Üsou, the press conference reaffirmed BJP’s commitment to women’s empowerment, balanced representation and strengthening democratic institutions.

In Brief

Aadhaar Enrolment for Children Begins, Equipment Distributed

Kohima : The Office of the District Economics & Statistics Officer, Kohima, organised a programme on April 22 for distribution of IT equipment and launching of Aadhaar enrolment for children (0–5 years) at its office premises.

According to DIPR report, secretary & Chief Registrar of Births & Deaths, Akunü Meyase, handed over IT equipment to representatives of selected villages and underscored the importance of accurate and timely registration of vital events. She reminded that since 2022, registration has been mandated online, with the goal of achieving a fully digital system. Stressing that birth and death records are critical legal documents establishing identity, she cautioned that absence of such records could result in lack of legal recognition. Meyase further highlighted that reliable civil registration data forms the basis for government planning and policy-making. As part of the programme, computers, printers and internet connectivity support were distributed to 26 villages in Kohima district and 10 villages in Tseminyu district.

BJP Kohima Unit Slams Opposition on Quota

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Meghalaya High Court Informed of Environmental Clearance for Shillong Airport Expansion

Shillong, Apr 23: The High Court of Meghalaya was informed on Wednesday that the proposed expansion of Shillong Airport has received environmental clearance from the Ministry of Environment, Forest & Climate Change.

A fresh status report submitted on behalf of the Airports Authority of India revealed that the expansion

project has been awarded to KCC Buildcon Pvt. Ltd.. Deputy Solicitor General of India Nitesh Mozi-ka presented the report, which was taken on record by the court. As per the report, environmental clearance for the project—including the extension of the runway, construction of a new terminal building, apron, and allied infra-

structure—was granted on March 28. The work order was subsequently issued to the firm on April 1. The court was informed that, under Clause 6 of the agreement, the contractor has been given a total of 18 months to complete the project, including a three-month allowance for rainfall, calculated from the 10th day after the issuance of the

work order.

Safety-related documentation, prepared during a stakeholders’ meeting on April 8, has been forwarded to the AAI headquarters for review before submission to the Directorate General of Civil Aviation. Advocate General Amit Kumar informed the court that the Meghalaya government would hand over

land to Defence authorities at the earliest, in exchange for land already transferred by Defence for the runway expansion. The court accepted the statement. The bench, comprising Chief Justice Revati Mohite Dere and Justice Wanlura Diengdoh, has directed that a fresh status report be submitted on the next date of hearing.

Nagaland Unveils Seven Rice Varieties for Farmers

Kohima, Apr 23: A State Seed Sub-Committee meeting for the release of seven rice varieties specifically developed for Nagaland was successfully held on April 21 at ICAR Research Complex for NEH Region, Nagaland Centre, Medziphema. The meeting was convened in accordance with prescribed procedures and protocols for varietal release.

According to ICAR, rice cultivation in Nagaland has long been constrained by the predominance of long-duration, low-yielding varieties. Addressing this challenge, the development of short-duration, high-yielding rice varieties has become a critical priority for enhancing productivity and ensuring food security in the state. Presenting the outcomes of an extensive breeding programme, Scientist (Plant Breeding and Genetics), ICAR Nagaland Centre, Dr. Harendra Verma, informed that a total of 990 breeding lines were evalu-



ated, out of which 30 promising lines were shortlisted, ultimately leading to the development of seven superior rice varieties. These newly developed varieties have shorter duration of 115–120 days, higher productivity potential of 5–7 tonnes per hectare, and exhibit tolerance to both biotic and abiotic stresses.

Following thorough deliberation, the State Seed Sub-Committee approved

the release of all seven varieties and recommended them for further necessary action towards gazette notification. Advisor for Agriculture, Mhathung Yanthan, lauded the efforts of the scientific community and described the occasion as a historic milestone for the agricultural landscape of Nagaland. He emphasized that the introduction of the improved varieties would have tangible and positive impact on farming

communities and called for coordinated efforts among departments to ensure effective dissemination and adoption. Head of Regional Centre, ICAR Nagaland Centre, Dr. H. Kalita, highlighted that the development of the varieties was the result of over nine years of dedicated research and sustained effort. The meeting was attended by distinguished members of the State Seed Sub-Committee, including Commissioner & Secretary, Department of Horticulture, Akumla Chuba; joint secretary, Department of Agriculture, Limanenla; director, Directorate of Agriculture, Sanuzo Nienu; District Agriculture Officers; KVK officials; and faculty members from SAS, Nagaland University. Other eminent dignitaries present included Director, ICAR-NRC on Orchid, Dr. S. P. Das, and former director, ICAR Research Complex for NEH Region, Umiam, Dr. S. V. Ngachan.

Triple Bandh Paralyzes Routine Life Across Manipur

Imphal, Apr 23: Normal life across Manipur came to a grinding halt on Wednesday as three parallel shutdowns were enforced simultaneously in the valley and hill districts, intensifying the already volatile situation in the state.

The five-day total shutdown in the valley districts—Imphal East, Imphal West, Thoubal, Kakching and Bishnupur entered its fourth day, demanding justice for two children killed in an RPG attack and accountability for three persons who died in CRPF firing during subsequent protests. Markets, schools, colleges and public transport remained closed, while protest rallies continued across the valley. Security forces resorted to tear gas and mock bombs to disperse a massive rally at Wangkhei in Imphal East, resulting in minor injuries but no major untoward incidents. In the hill districts, the United Naga Council (UNC) enforced a

three-day total shutdown in Naga-dominated areas, including Ukhrul, Kamjong, Senapati, Tamenglong, Noney and parts of Chandel and Tengnoupal. The strike was called to protest the killing of two Tangkhul Naga civilians in an ambush by suspected Kuki militants on April 18. Road blockades were imposed across national highways, leading to tense stand-offs between protesters and security forces at Senapati (NH-2), Noney (NH-37) and Ukhrul (NH-202). In one instance, Assam Rifles vehicles were halted in Noney district headquarters, while Central forces faced resistance at Yaingangpokpi Bazar along NH-202.

Meanwhile, in Chura-chandpur district, Zomi civil society groups enforced a 13-hour shutdown from 5 a.m. to 6 p.m., demanding justice for late BJP MLA Vungzagin Valte, who succumbed to injuries sustained in a mob attack in May 2023. The

strike brought daily activities to a standstill, with shops, schools, offices and even pharmacies closed. A candlelight vigil was held in Lamka town in Valte’s memory, reflecting the emotional weight of the demand. The Manipur government, in response to the escalating crisis, invited the Coordinating Committee on Manipur Integrity (CO-COMI) for a “high-level” meeting with a delegation led by the state home minister and two MLAs. The invitation, conveyed by Chief Minister’s secretary Neilengthang Telien, sought dialogue to address the prevailing unrest. However, COCOMI leaders stated that a decision would be taken only after consulting their executive members. The apex body also announced that its boycott of BJP MLAs and ministers on Khongiom Day, April 23, would continue, citing the government’s failure to fulfil assurances made to the public.

Assam Equestrian Federation Hosts Sixth State Games in Dibrugarh



Dibrugarh, Apr 23: The Equestrian Federation of Assam is organising the 6th edition of the State Games from April 23 to 25 at the Borbari Equestrian Centre in Dibrugarh.

The championships will see the coming together of equestrian enthusiasts from across the state. The event is being held with the twin objectives of providing competitive opportunities and identifying and nurturing talent. The Equestrian Federation of Assam, since its inception, has been actively involved in the development of equestrian sports and has hosted several national and international events in Assam and the Northeast region.

The last few years have witnessed a noticeable and growing interest among the sub-junior and junior categories. This has prompted the organisers to host an exclusive state championship for junior and sub-junior categories later this year. According to SK Barua, President of the Federation, the event will also provide an opportunity to prepare and identify talent for the forthcoming National Games scheduled to be held in 2027 in Shillong, Meghalaya. The three-day event will feature Jumping, Dressage, and Tent Pegging. All major equestrian contingents/teams of the state, comprising Assam Police, the 47 R&V Squadron of the NCC, and individual senior riders, will participate in the event.

PM Modi to Unveil Indoor Cricket Infra Across Six NE States on Apr 28

Gangtok, Apr 23: Prime Minister Narendra Modi is scheduled to virtually inaugurate indoor cricket infrastructure across six North Eastern states during his visit to Sikkim on April 28. The announcement was made by BCCI Secretary Devajit Saikia, who confirmed that the Prime Minister will attend a function at Paljor Stadium to mark the conclusion of the year-long celebrations of Sikkim’s 50th statehood anniversary.

The Indoor Cricket Academy at Rangpo in East Sikkim district, developed at a cost of approximately ₹23 crore, will be among the facilities inaugurated. The complex includes indoor practice pitches, a high-performance fitness centre, a 25-metre swimming pool, and modern amenities

for players. Saikia, accompanied by IPL Governing Body member Mamom Majumdar and Sikkim Cricket Association President Tika Subba, inspected the site and expressed satisfaction with the quality of infrastructure. The Rangpo academy is part of a broader initiative by the BCCI to strengthen cricket infrastructure in the North East, with similar facilities constructed in Arunachal Pradesh, Manipur, Meghalaya, Mizoram, and Nagaland. Foundation stones for these projects were laid on May 20, 2024. Saikia noted that indoor facilities were essential in the region, where heavy rainfall often disrupts outdoor training for six to seven months each year.

He added that the BCCI is working closely with the Sikkim government and



the state cricket association to develop another stadium in the state, with the process

already underway. The new facilities are expected to provide year-round training

opportunities and support the growth of cricket talent in the region.

Advantages of Gulkand: The Importance of This Sweet Rose Preserve During Summer

Gulkand, a fragrant preserve crafted from fresh rose petals and sugar, has been a valued component of traditional Indian wellness practices for centuries. Frequently linked to cooling the body during hot summers, this sweet delicacy serves as more than just a treat; it is profoundly embedded in Ayurveda. Renowned for its calming properties, gulkand is typically enjoyed with milk, paan, or even by itself, providing both taste and health advantages in every spoonful.

Making gulkand at home is surprisingly straightforward. Traditionally, it is prepared using aromatic desi rose petals, especially the damask variety, renowned for their potent fragrance and medicinal properties. The petals are first gently washed and dried to eliminate moisture. They are then arranged in a glass jar with an equal quantity of sugar. Some individuals prefer to incorporate a hint of cardamom or fennel seeds for added flavor. The jar is sealed and placed in direct sunlight for approximately two to three weeks. During this period, the sugar gradually dissolves, and the petals release their natural oils, converting the mixture into a rich, jam-like preserve. Occasionally stirring it aids in achieving a uniform consistency. Once it is ready, gulkand can be stored for several months and utilized as required.

One of the most recognized advantages of gulkand is its inherent cooling effect on the body. It assists in regulating body temperature, which is particularly beneficial during warm weather when heat-related problems such as fatigue and dehydration frequently occur. In Ayurveda, it is commonly advised to counteract excess heat in the body, offering a soothing effect from the inside. This cooling characteristic also applies to the digestive system, where gulkand can alleviate acidity and lessen the discomfort associated with heartburn.



Another significant benefit of gulkand lies in its ability to aid digestion. It acts as a mild laxative, helping to relieve constipation without causing any harsh side effects. Regular consumption in small quantities can promote gut health and support smoother bowel movements. Because of its gentle nature, it is often considered suitable for people of all ages, including children and the elderly.

Gulkand is also known for its positive impact on skin health. Its detoxifying properties help cleanse the body from within, which can reflect in clearer, healthier skin over time. Many believe that it helps reduce issues like acne and dullness by flushing out toxins and cooling the system. This internal nourishment often complements external skincare routines, making it a holistic addition to one's wellness habits.

Beyond physical health, gulkand is valued for its calming effects on the mind. It is believed to help reduce stress, fatigue, and even mild anxiety. The natural compounds found in rose petals are known to have mood-enhancing properties, which can help promote relaxation and improve overall mental well-being. Consuming gulkand regularly may also support better sleep by calming the nervous system.

Furthermore, gulkand can contribute positively to oral health. It aids in fighting bad breath and can alleviate mouth ulcers thanks to its soothing and healing characteristics. Its inherent sweetness, along with the benefits of rose petals, renders it a more healthful option compared to numerous processed mouth fresheners.

French Toast with Bacon, Onion and Tomato Jam

Directions

Make the filling: Toss the bacon into a large skillet with a few drops of olive oil. Bring the pan to medium heat and cook the bacon until brown and crisp, about 13 minutes. Spoon off about half of the drippings. Add the onion to the pan and season with salt and the red pepper flakes. Continue to cook, stirring occasionally, until the onion is soft and very aromatic, 8 to 10 more minutes. Add the tomato, season with more salt and cook another 8 to 10 minutes, or until the tomato is soft and mushy and most of the liquid has evaporated. Taste and reseason if needed. Stir in the oregano and let cool.

Make the French toast: Preheat the oven to 200 degrees F. In a wide dish, combine the eggs, milk, cayenne (if using) and a pinch of salt. Beat until smooth and homogeneous.



Lay 4 slices of bread on a work surface. Sprinkle each piece of bread lightly with cheese (use about half of the cheese). Spoon a quarter of the bacon filling onto each piece of bread, then sprinkle with the remaining cheese. Top each

slice with another piece of bread and press to secure. Working in batches, soak each "toast" in the egg mixture, about 1 minute; flip and soak the other side.

While the toasts are soaking, coat a large saute pan with olive oil and bring the pan to medium heat. Working in batches so you don't crowd the pan, cook the toasts for 2 to 3 minutes per side. The toasts should be golden brown, lovely and crisp-YUM! Transfer the toasts to a baking sheet and place in the oven to keep warm.

Prepare the eggs and assemble: Lightly coat a large nonstick skillet with olive oil and heat it to medium. Add the eggs to the skillet, cooking in batches if needed. Cook until the whites are fully set and the yolks are warm and runny, approximately 3 to 4 minutes. Take the toasts out of the oven and place a perfectly fried egg on each. Garnish with chives and serve right away.

Salmon Crusted with Mustard and Herbs Accompanied by a Warm Asparagus Salad



This meal represents a delightful taste of spring on your plate!

The sweet, tender salmon, combined with earthy spring vegetables and an abundance of herbs, creates an ideal dinner for a weeknight.

Preheat the oven to 425 degrees F and line a baking sheet with aluminum foil.

Bring 8 cups of salted water to a boil in a covered large saute pan. Fill a large bowl with ice water and set a mesh strainer on top of the ice.

Pulse the panko, parsley, the leaves from 1 sprig fresh tarragon and 1/4 teaspoon each salt and pepper in a mini food processor until the herbs are coarsely chopped. Drizzle in 1 tablespoon of the oil and pulse until the mixture is combined. Transfer to a plate.

Combine the brown sugar, mustard, 1 tablespoon of the lemon juice and remaining 1 tablespoon oil in a small bowl. Brush the tops and sides of the salmon generously with the mustard mixture and sprinkle with salt and pepper. Press a salmon fillet, top-side down, into the panko mixture. Place, panko-side up, on the prepared baking sheet. Repeat with the remaining fillets and bake until the panko is toasted and the salmon is just cooked through, 8 to 10 minutes.

Meanwhile, put the asparagus and peas in the saute pan of boiling water and cook until almost crisp-tender, about 3 minutes.

Transfer the vegetables to the prepared ice bath with a slotted spoon and let cool, about 1 minute.

In the meantime, heat another large sauté pan over medium-high heat and incorporate the butter, swirling it until it is fully melted. Drain the cooled vegetables and introduce them to the pan. Season with salt and pepper. Cook while stirring occasionally until they become tender, which should take about 3 to 5 minutes. Remove from the heat, then add the radishes, the remaining 2 tablespoons of lemon juice, and 2 tablespoons of tarragon. Toss everything together, taste, and adjust the seasoning as necessary. Serve the salmon alongside the asparagus salad and a lemon wedge.

Pancake and Sausage on a Stick



Fill a large, heavy pot or a high-sided skillet equipped with a deep-frying thermometer with 1 inch of oil, and heat it over medium-high heat until it reaches 360 degrees Fahrenheit. In a medium bowl, whisk together the all-purpose flour, oat flour, sugar, baking powder, salt and baking soda. In a separate small bowl or measuring cup, whisk together the buttermilk, egg and 2 tablespoons oil. Add the wet ingredients to the dry ingredients and stir

to combine. Transfer the batter to a tall skinny glass or measuring cup (this step isn't completely necessary, but it will make coating the sausages easier).

Working in batches of 3 or 4 sausages at a time, insert a lollipop or ice-pop stick into each sausage, pat off any excess moisture with a paper towel and dip into the pancake batter to fully coat, scraping off excess; it doesn't need to be a very thick coating, as the batter will puff up when frying. Carefully lower the entire thing (stick included) into the hot oil and fry until

A Comprehensive Guide to Preparing Hung Curd Sandwiches for Breakfast



This straightforward recipe, featuring a creamy texture, fresh vegetables, and uncomplicated preparation, serves as an ideal way to begin your day while ensuring it remains light and nutritious.

Ingredients: 1 cup of hung curd, 4 slices of bread, 2 tablespoons of grated carrot, 2 tablespoons of chopped cucumber, ½ tablespoon of black pepper, salt to taste, ½ tablespoon of chaat masala, 1 teaspoon of green chutney, and 1 teaspoon of butter or olive oil.

Firstly, make hung curd by draining the regular curd until it turns thick and creamy, so that it spreads easily without making the sandwich soggy. Then, in a bowl, mix the hung curd with some grated carrot, chopped cucumber, capsicum, salt, pepper, and chaat masala to make a flavourful filling. Taste and adjust the seasoning as needed. Spread the thin layer of butter or green chutney on the bread slices, then spread the hung curd on it. Next, place another bread slice on the top and press gently. Cut it into halves or triangles so that you can carry it easily. Serve the hung curd or wrap it in foil to keep it in the tiffin for later.

Raw Papaya Versus Ripe Papaya: Which Is More Effective in Regulating Blood Sugar

Glycemic Index (GI): Raw papaya is positioned lower on the GI scale due to its complex and bound carbohydrates. This characteristic facilitates a gradual and consistent release of glucose. In contrast, ripe papaya has a GI ranging from approximately 55 to 60; although it is still classified as "moderate," it is absorbed into the bloodstream more rapidly than its raw counterpart, necessitating more vigilant portion control.

Sugar Concentration: Raw papaya is fundamentally classified as a "vegetable" regarding its sugar content, possessing minimal levels of fructose. This characteristic renders it safer for regular consumption. As papaya ripens, it accumulates natural sugars during the maturation process.

Although these sugars are natural, consuming them in excessive amounts can still lead to an increased daily sugar intake.

Resistant Starch: Raw papaya is rich in resistant starch, which acts more like fiber than a carb. It resists digestion in the small intestine, meaning it doesn't break down into glucose quickly. In ripe papaya, this starch has converted into simple sugars, losing that "slow-release" benefit that helps stabilize insulin levels.

Enzyme Potency (Papain): Raw papaya has the highest concentration of papain. This enzyme helps reduce systemic inflammation, which is a common driver of insulin resistance. In ripe papaya, papain levels drop significantly. While the ripe fruit is better for general digestion, the raw fruit offers superior metabolic and

anti-inflammatory support.

Weight Management: Raw papaya is lower in calories and more satiating due to its toughness and fiber. Weight control is vital for managing Type 2 diabetes. Ripe papaya, being sweeter and easier to overeat, can lead to higher caloric intake. Raw papaya acts as a low-calorie volume filler in meals.

Pectin Content: Unripe papaya is rich in pectin, a type of soluble fiber that creates a gel-like material in the digestive system. This gel captures sugars and fats, which slows their absorption. As the papaya matures, the pectin decomposes into water-soluble elements, resulting in the ripe fruit being less efficient at capturing glucose during the digestive process.

Roasted Vegetable Frittata



Directions

Preheat the oven to 425 degrees F.

Place the zucchini, peppers and onion on a sheet pan. Drizzle with the olive oil, sprinkle with 1 1/2 teaspoons salt and 1/2 teaspoon pepper and toss well. Bake for 15 minutes. Add the garlic, toss again and bake for another 15 minutes. Remove from the oven and turn the oven to 350 degrees F.

Meanwhile, in a large bowl, whisk together the eggs, half-and-half, parmesan, 1 teaspoon salt and 1/2 teaspoon pepper.

In a 10-inch ovenproof saute pan, melt the butter and saute the scallions over medium-low heat for 1 minute. Add the roasted vegetables to the pan and toss with the scallions.

Pour the egg mixture over the vegetables and cook for 2 minutes over medium-low heat without stirring. Transfer the pan to the oven and bake the frittata for 20 to 30 minutes, until puffed and set in the middle. Sprinkle with the Gruyere and bake for another 3 minutes, until the cheese is just melted. Cut into 6 or 8 wedges and serve hot.

Congress Deploys 7 Teams for Assam Assembly Vote Count Monitoring



Guwahati, Apr 23: The Assam Pradesh Congress Committee (APCC) has formed seven special teams to oversee security measures and prevent irregularities during the vote counting process scheduled for May 4. The decision was taken following discussions between AICC general secretary and

Assam in-charge Jitendra Singh and APCC president Gaurav Gogoi, the party said in a release on Thursday. Digital news platform

The teams will begin inspections from April 25, visiting strongrooms, meeting party candidates, and holding discussions with district administrations across the

state. Assam recorded a voter turnout of 85.96 percent in the April 9 assembly polls, according to the Election Commission. In Upper Assam, the team led by Leader of Opposition Debabrata Saikia will cover districts including Tinsukia, Dibrugarh, Sivasagar, Charaideo, Jorhat, and Golaghat. For

the North Bank districts, responsibilities have been assigned to former Rajya Sabha president Ripun Bora and other senior leaders. Central Assam and the hill districts will be overseen by a team comprising Shibamani Bora, Diganta Barman, Mira Borthakur Goswami, and others, covering Hojai, Nagaon, Morigaon, Kamrup, Nalbari, Karbi Anglong, West Karbi Anglong, and Dima Hasao.

In Lower Assam, Dhubri MP Rakibul Hussain and his colleagues will visit Barpetta, Bongaigaon, South Salmara-Mankachar, Dhubri, Goalpara, and Bajali. The Barak Valley team includes Ajit Singh, Abhijit Paul, Aminul Islam, and others, while the Bodoland Territorial Region (BTR) will be monitored by a team led by Mehedi Alam Bora and Budhadev Phandanggari.

Delhi Court Grants 4-Day Police Custody of Accused in IRS Officer’s Daughter Murder

New Delhi, Apr 23: “Mujhse apradh ho gaya.... Galti ho gayi,” (I committed a crime, a mistake), said Rahul Meena, the 19-year-old domestic help accused of killing a senior IRS officer’s daughter at her upscale southeast Delhi residence, as a court sent him to four days of police custody on Thursday.

Judicial Magistrate Deepika Thakaran allowed the Delhi Police’s plea seeking four days of custodial interrogation of the accused. The accused, whose face was covered with a cloth, was produced in the jam-packed courtroom around 2:30 pm. The magistrate asked Meena about the injuries shown in the medico-legal report (MLC), to which the accused said he got hurt while getting down from the terrace. On being further quizzed by the court, the accused said he had committed a mistake and a crime.”Mujhse apradh ho gaya.... Galti ho gayi,” he said.

When the court asked the accused about the reason for committing the offence, Meena said the deceased’s fingerprints were needed to open a locker. Investigators believe Meena allegedly raped the victim, the daughter of a senior Indian Revenue Service (IRS) of-



ficer, while she was unconscious and later, dragged her downstairs. He then attempted to open a locker using her fingerprint, before breaking it open with a screwdriver and stealing cash and jewellery. The court, however, clarified that this would not be treated as a formal confession. The Delhi Police had moved a remand application seeking four days

of custodial interrogation of the accused to probe the “heinous crime”.

The prosecution said it needs to find the victim’s mobile phone, reconstruct the accused’s entry and exit route, and ascertain whether anyone else was involved in the crime. It said, “We are also investigating a similar case against him in Alwar.”

Bail Order Reserved for Shyamkanu Mahanta in Zubeen Garg Death Case Till April 30



Guwahati, Apr 23: A specially constituted fast-track court on April 23 reserved its order on the bail petition of Shyamkanu Mahanta, one of the main accused in the death case of singer Zubeen Garg, till April 30.

The court concluded hearings on Mahanta’s bail plea, which was argued by his lawyers Pran Bora and Rajdeep Banerjee. The fast-track court has been conducting daily hearings in the matter. Meanwhile, a bail petition was also filed on behalf of Siddharth Sharma, another accused in the case. The plea had earlier been delayed due to discrepancies in the affidavit submitted. Special Public Prosecutor Ziaul Kamar filed written objections opposing the bail pleas of both

accused.The case is being investigated by a Special Investigation Team (SIT) of the Assam Police, which has charged Mahanta and others with murder under relevant legal provisions in connection with the singer’s death in Singapore on September 19 last year. A total of seven accused, including Mahanta, Sharma, Sandipan Garg, Shekharjyoti Goswami, Amrit Prabha Mahanta, and PSOs Paresch Baishya and Nandeswar Borah, are currently in judicial custody following their arrests in October. The SIT had earlier filed a detailed chargesheet before the Kamrup Chief Judicial Magistrate’s Court, invoking murder charges under the Bharatiya Nyaya Sanhita (BNS).

Experts Convene at Cotton University to Save Critically Endangered White-Bellied Heron

Guwahati, Apr 23: Conservation experts, scientists, and forest officials gathered at Cotton University on Monday and Tuesday to chart a roadmap for protecting the critically endangered White-bellied heron, whose global population is estimated to be fewer than 50 individuals.

The two-day workshop was organised by the Nature Conservation Foundation and brought together a diverse group of stakeholders, including researchers, forest department officials, and community representatives. The White-bellied heron—scientifically known as *Ardea insignis*—is found across parts of India, China, Myanmar, and Bhutan. In India, its presence is limited to Arunachal Pradesh, particularly in Namdapha Tiger Reserve, Kamlang Tiger Reserve, and parts of Anjaw district. Bhutan currently hosts the largest known population, with around 28 individuals, while India has an estimated 6–9 birds. With the species on the brink of extinction, the work-



shop focused on developing a comprehensive conservation strategy. A nine-member delegation from the Department of Environment, Forest and Climate Change, led by Millo Tasser,

Chief Conservator of Forests (Eastern Arunachal Circle), participated in the discussions. Representatives from the PCCF & CWLW office, Namdapha and Kamlang Tiger Reserves, and

the Anjaw Forest Division were also present. Other participating institutions included the Wildlife Institute of India, Salim Ali Centre for Ornithology and Natural History, Ashoka Trust for Research in Ecology and the Environment, Zoological Survey of India, and Mizoram University. Experts stressed the urgent need to expand field surveys, strengthen habitat protection, and involve local communities in conservation efforts. Key research gaps identified include movement ecology, population genetics, and surveys of unexplored habitats. The species is known to inhabit undisturbed river systems in the Eastern Himalayas, preferring areas with sandbanks and gravel beds. Its survival is closely tied to the protection of riparian forests and river ecosystems. Reaffirming the government’s commitment, Tasser said coordinated efforts involving scientists, officials, and local communities are crucial to safeguarding one of the rarest heron species in the world.

MoU signed to boost handicraft sector in Arunachal Pradesh

Itanagar, Apr 23: Arunachal Pradesh took a significant step toward strengthening its traditional handicraft industry with the signing of a Memorandum of Understanding (MoU) on Thursday. The agreement aims to provide greater support to artisans, promote indigenous crafts, and open new avenues for marketing and skill development.

Officials said the MoU was signed between the state government and a national-level handicraft promotion body. The partnership is expected to bring technical expertise, training programs, and financial assistance to local artisans, many of whom rely on handicrafts for their livelihood. The initiative will focus on enhancing production quality, introducing modern tools while preserving traditional techniques, and expanding market access through exhibitions and e-commerce platforms. Authorities believe this will help artisans reach wider audiences both within India and abroad. Speaking at the signing ceremony, senior government representatives highlighted the importance of handicrafts in preserving Arunachal’s cultural heritage. They noted that the sector not only sustains rural communities but also plays a vital role in showcasing the state’s rich traditions.

The MoU is expected to pave the way for long-term growth of the handicraft sector in Arunachal Pradesh, ensuring that traditional skills are preserved while adapting to modern demands.

Arunachal Murder Convict Flees Prison, Arrested in Hours

Koloriang, Apr 23: Arunachal Pradesh witnessed a dramatic turn of events on Thursday when a murder convict managed to escape from jail, only to be re-arrested within a few hours by swift police action.

According to officials, the convict, serving a sentence for a murder case, fled from the correctional facility in

the early hours of the day. The escape triggered an immediate alert across the district, with police teams mobilised to track down the fugitive. Authorities said multiple checkpoints were set up along key routes, and a search operation was launched in surrounding areas. Acting on intelligence inputs, the police traced the convict’s movements

and apprehended him within hours of his escape.

Senior officers confirmed that the convict was taken back into custody without incident. They praised the quick coordination between jail staff and local police units, which ensured the escape did not lead to wider security concerns. The incident has raised questions

about prison security in the state. Officials have stated that an internal inquiry will be conducted to identify lapses that allowed the escape. Measures are expected to be strengthened to prevent similar incidents in the future. Local residents expressed relief at the prompt arrest, noting that such escapes can cause panic in the community. The po-

lice assured the public that vigilance has been increased and that safety remains a top priority.

The case highlights both the challenges of prison management and the importance of rapid response mechanisms. While the escape exposed vulnerabilities, the swift re-arrest demonstrated effective policing and coordination in Arunachal Pradesh.

Meghalaya High Court Informed of Environmental Clearance for Shillong Airport Expansion

Shillong, Apr 23: The High Court of Meghalaya was informed on Wednesday that the proposed expansion of Shillong Airport has received environmental clearance from the Ministry of Environment, Forest & Climate Change.

A fresh status report submitted on behalf of the Airports Authority of India revealed that the expansion project has been awarded to KCC Buildcon Pvt. Ltd.. Deputy Solicitor General of India Nitesh Mozika presented the report, which was taken on record by the court. As per the report, environmental clearance for the project—including the extension of the runway, construction of a new terminal building, apron, and allied infrastructure—was granted on March 28. The work order was subsequently issued to the firm on April 1.

The court was informed that, under Clause

6 of the agreement, the contractor has been given a total of 18 months to complete the project, including a three-month allowance for rainfall, calculated from the 10th day after the issuance of the work order. Safety-related documentation, prepared during a stakeholders’ meeting on April 8, has been forwarded to the AAI headquarters for review before submission to the Directorate General of Civil Aviation. Advocate General Amit Kumar informed the court that the Meghalaya government would hand over land to Defence authorities at the earliest, in exchange for land already transferred by Defence for the runway expansion. The court accepted the statement. The bench, comprising Chief Justice Revati Mohite Dere and Justice Wanlura Diengdoh, has directed that a fresh status report be submitted on the next date of hearing.

Supreme Court Told Mamata Leveraged State Machinery to Hinder I-PAC Probe: ED

New Delhi, Apr 23: Alleging complete breakdown of law and order in West Bengal, the Enforcement Directorate on Thursday told the Supreme Court that Chief Minister Mamata Banerjee used the state machinery to obstruct its probe against I-PAC office in Kolkata related to a Rs 2,700-crore coal smuggling case.

A bench comprising justices Prashant Kumar Mishra and NV Anjaria heard Solicitor General Tushar Mehta and Additional Solicitor General S V Raju on behalf of the ED and its official Robin Bansal and they sought a direction to the CBI to register an FIR and probe the case. The court was hearing arguments on the ED’s plea that has alleged obstruction by Banerjee and other state authorities during its January 8 search of the office of political-consultancy firm

Indian Political Action Committee (I-PAC) in Kolkata in connection with a money-laundering probe. The ED alleges that the chief minister, accompanied by a large police contingent, personally intervened to halt the search and seize evidence collected by federal officers.

The proceedings began with a sharp exchange between the Solicitor General and senior advocate Menaka Guruswamy. Guruswamy accused the ED of using the courtroom as a “social media weapon in a political campaign,” labelling the SG’s arguments as the behaviour of an “unelected crown”. “I cannot behave like a street fighter. I maintain a dignified silence,” the solicitor general said. Responding to the submission that the plea of ED and its officer was not maintainable, he said the petition under Article 32 was



valid because “rule of law” is an integral part of Article 14 (right to equality). He said that when a chief minister takes the law into her own hands, the fundamental rights of the investigating officers, as citizens, are violated.

“Dr Ambedkar never con-

ceived of such a situation,” Mehta said, adding “The Chief Minister along with hundreds of police officers entered the premises. They took away documents, stopped computer backups, and snatched security camera storage. This was not a standalone incident; it is

a pattern”. “Can I ask the same police to investigate allegations against the chief minister when I myself am facing FIRs from them,” the solicitor general said. “There is a total failure of law and order in West Bengal. This is my legal submission. I will demonstrate how the rule

of law is violated. This is a case where there is illegal smuggling of coal and the total amount runs to Rs 2,700 crore. The ED and their individual officers who are also citizens of India discharging their statutory functions are seeking protection of their fundamental rights,” he said. The law officer referred to the 2019 incident involving former Police Commissioner Rajeev Kumar to argue that West Bengal has a history of “arresting” federal officers to stall probes.

He further criticized the Director General of Police (DGP), stating that the DGP’s presence at the site was justified in affidavits as “protection for a Z-category protectee,” but in reality, he acted as a “personal PSO” for the chief minister. Additional Solicitor General Raju, appearing for ED officer, said that “ex-facie bogus FIRs”

were registered against the officers of the anti-money laundering probe agency. “The local police knew the identity of the ED officers by 10:00 AM, yet they registered an FIR at 12:00 PM against ‘unknown persons’ claiming to be ED officers,” he said. He said ED officers were victims of “wrongful confinement and theft” and could not expect a fair investigation from the West Bengal Police, who report to the very person accused of obstruction. He said the chief minister is also the home minister of the state and the ED officer cannot expect a fair and impartial investigation in the cases. During the hearing, the bench asked as to how a government department could claim fundamental rights, which are traditionally “person-centric”, by filing a petition under Article 32 of the Constitution.

HEALTH

As a child, you received vaccinations. However, the protection they provide may not be permanent

Reffect on your vaccinations. For numerous adults, this was an event that took place during their school years. You received an injection, a cotton swab, and experienced a sore arm for a day. After that, nothing occurred. No one reached out to you. No reminders were sent. Life continued. The notion that the task was completed also progressed.

For some diseases, it was done. Not all of them.

As Dr. (Col) Vijay Dutta, Director, Internal Medicine & Respiratory Services, ISIC Multispeciality Hospital, Delhi explains, what most adults do not realise is that some of those shots were never meant to last forever. The protection they offered was real. But like many things our body holds on to, it can quietly fade over the years. Some vaccines that are now recommended simply did not exist or were not widely given when many of us were growing up.

This is not cause for alarm. It is,

however, a reason to ask a question most of us never think to ask our doctor: Am I still protected from these diseases?

Why this matters more as we get older

Children are vaccinated because their immune systems are still learning. Immunity is not something our body sets and forgets. It shifts across a lifetime. As we age, our immune response naturally changes, and certain infections that felt manageable in our twenties can become more serious in our fifties and beyond.

“Diseases like pneumonia, shingles, whooping cough, and hepatitis do not just affect the elderly or the unwell,” says Dr. (Col) Vijay Dutta. “They affect adults who assume they are covered because decades ago, they were.”

Add to this the way infections themselves have changed. As Dr. Vijay Dutta points out, new viruses emerge while older ones return in new forms. The disease landscape adults are navigating today looks very different from



the one their childhood vaccines were designed for.

The gaps most people do not know they have

As Dr. Vijay Dutta highlights, these gaps are more common than people think:

Some vaccines wear off: Protection against diseases weakens over time and needs boosters to stay effective.

Some were never given: A number of vaccines now recommended for adults were not part of the childhood schedule a generation ago.

Some are age-specific: Certain vaccines become relevant in adulthood, particularly after 50 or when a health condition changes the body’s

vulnerability.

Some depend on lifestyle: Travel, pregnancy, or managing a long-term condition like diabetes can each create gaps in protection.

What to actually do about it

According to Dr. (Col) Vijay Dutta, catching up does not mean starting from scratch. In many cases, it simply involves one conversation with a doctor and, depending on what is needed, one or two visits.

“The vaccines that often come up for adults who have not reviewed their status in years include protection against pneumococcal disease, shingles, tetanus, hepatitis B, and influenza,” says Dr Dutta. “Most people are genuinely surprised to learn these vaccines are available, safe, and relevant to them, because no one ever brought it up.”

Timing matters too. As Dr Dutta advises, some vaccines work best when given before infection seasons begin, while others are most valuable at specific life stages. The earlier the conversation happens, the more options are available.

An aware approach to staying protected

Dr. Vijay Dutta recommends a few simple steps:

Do not assume childhood vaccines cover everything for life. Many do not.

Ask your doctor about adult immunisation, not just during illness.

If you are over 50 or managing a condition, make this conversation a priority.

Encourage family members, especially ageing parents, to check their status too.

Feeling healthy is not the same as being protected.

As Dr. (Col) Vijay Dutta states, immunity is not a subject we conclude during childhood. For numerous infections that are significant in adult life, it is an aspect we revisit, both practically and with little ado. The vaccination received at the age of ten may have been effective. The pertinent question to consider is whether it continues to be effective today.

The Most Detrimental Morning Habits That Are Harmful to Your Health

Your morning routine establishes the atmosphere for the remainder of the day, and minor errors made early on can greatly affect your overall well-being. For instance, neglecting breakfast or immediately checking your phone can result in diminished energy levels, reduced mental clarity, and potential long-term health issues. The theme emphasises the importance of scientific collaboration and evidence-based health practices, urging everyone to prioritise their health and well-being. By eliminating unhealthy morning habits, you can make better decisions throughout the day that contribute to a healthier life.

Here are the worst morning habits that are ruining your health:



Worst Morning Habits That Are Destroying Your Health

Skipping Breakfast: Skipping a nutritious breakfast can leave you feeling sluggish and hinder your metabolism.

Hitting the Snooze Button: Constantly hitting snooze can affect your sleep cycle and leave you feeling more tired throughout the day.

Reaching for Your Phone Immediately: Checking emails or social media right after waking up can increase stress levels and distract your focus.

Drinking Coffee First Thing: Drinking coffee on an empty stomach can spike cortisol levels and disrupt your digestive system.

Not Drinking Water: Dehydration can cause fatigue and poor concentration, so it’s crucial to drink water first thing.

Skipping Morning Exercise: Physical activity in the morning boosts your metabolism, and skipping it can decrease energy levels and lead to weight gain.

Overloading on Sugar: Starting the day with sugary cereals or snacks can cause a blood sugar spike, followed by an energy crash.

Staying in Bed for Too Long: Staying in bed for extended periods can make you feel groggy and slow down your mental and physical energy.

Not Getting Enough Sunlight: Lack of morning sunlight can disrupt your circadian rhythm, affecting your mood and sleep quality.

Rushing Through Your Morning Routine: Rushing through the morning can lead to stress, poor decision-making, and an overall chaotic start to your day.

Take Action for a Healthier Morning Routine

By eliminating these unhealthy morning habits and adopting a healthier routine, you can set yourself up for success each day.



Five Daily Practices in Your Late 20s That Your Back Might Regret in the Future

If you find yourself in your late 20s at this moment, I would like to pose a candid question: how frequently have you spent hours seated, only to suddenly stretch vigorously in an attempt to alleviate that persistent, dull back pain that seems to linger indefinitely?

It is simple to overlook these instances when one reaches their late 20s. After all, back pain is often perceived as an issue that arises later in life. However, an increasing number of physicians are observing a new trend — younger individuals presenting with early, ongoing discomfort that is less related to age and more connected to the subtle ways in which daily activities influence the spine.

Your back often reacts long before we notice the habits causing the strain. And by the time the pain becomes regular, those patterns are usually well established. That is the concern raised by Dr. Bharat S. Mody, Chairman and Chief Orthopaedic Surgeon at Welcare Hospital, who says most cases he sees in this age group are lifestyle-driven rather than structural disease.

“Back pain is no longer limited to older age groups; it is increasingly being reported in individuals in their 30s, often at the peak of their professional and personal lives,” says Dr. Mody. “In most cases, the cause is not a serious structural disease but a reflection of lifestyle patterns that place sustained stress on the spine.”

Here are five everyday habits he frequently identifies in clinical practice and what they may actually mean for long-term spinal health.

Gym culture has grown rapidly, but supervision has not always kept pace. Many young adults attempt weight training without proper technique or guidance, placing unnecessary strain on the spine.

“Incorrect lifting techniques can overload the back,” explains Dr. Mody. “This is something I see more often now than ever before.”

What it could mean: muscle strain, ligament injuries, and in some cases, disc-related problems.

4. Weight Gain And Abdominal Fat

Central weight gain, particularly around the abdomen, shifts the body’s balance and increases stress on the lower back. Over time, this altered alignment can contribute to ongoing discomfort and structural strain. Dr. Mody notes that this is not just about appearance but about mechanics. “Excess weight increases pressure on the spine and accelerates wear-and-tear changes,” he says. What it could mean: persistent lower back pain and faster spinal degeneration.

5. Stress And Poor Sleep

The connection between the mind and the spine is often underestimated. Chronic stress increases muscle tension, while poor sleep reduces the body’s ability to recover from everyday strain. Together, they can create a cycle of persistent discomfort.

“Many patients report pain that does not match any clear imaging findings,” says Dr. Mody. “Stress and sleep issues are often at the root.”

When Should You Be Concerned?

Most back pain in younger adults is not serious and often improves with lifestyle correction. However, certain symptoms should never be ignored.

If your back pain lasts longer than three to four weeks, radiates down your leg, causes numbness, tingling or weakness, or wakes you up at night, Dr. Mody advises seeking medical help promptly. Further seek medical advice if:

Pain spreads down the leg

There is numbness, tingling, or weakness

Pain worsens at night or is linked with unexplained weight loss

Experiencing back pain in your late 20s is more related to the accumulation of factors such as posture habits, movement patterns, stress, and a lack of attention to fundamental physical care, rather than the effects of aging.

According to Dr. Mody, it is frequently a signal of lifestyle rather than an indication of disease. The positive aspect is that early interventions can lead to substantial improvements. By maintaining good posture, engaging in regular physical activity, utilizing correct exercise techniques, and being mindful of stress and sleep, the majority of initial back problems can be not only managed but also prevented.



10,000 Steps Compared to One Hour of Pickleball: Which is More Effective for Your Fitness

For many years, the concept of walking 10,000 steps daily has been regarded as the benchmark for fitness. It is straightforward, quantifiable, and easy to adhere to. However, as lifestyles change and attention spans diminish, the question is increasingly difficult to overlook: is merely counting steps still sufficient?

The Problem With Chasing a Number

“The idea of 10,000 steps as a universal benchmark is being questioned,” says Siddhant Jatia, Founder and CEO, Picklebay. “While step-counting promotes movement, it often lacks intensity, variety, and long-term engagement.”

That’s the core issue, step counts measure movement, but not necessarily meaningful movement. A slow stroll and a brisk walk may look identical on a tracker, even though their impact on the body is vastly different.

Dr. Deepak Agrawal, Senior Consultant in Cardiology, Narayana Hospital, Jaipur, reinforces this, “Routine daily steps are usually not brisk and rarely improve aerobic capacity, muscle strength, or metabolic health.”

Why Pickleball Is Gaining Ground



This gap is exactly where sports like pickleball are finding relevance. A one-hour session blends cardio, agility, reflexes, and functional movement, delivering a more complete workout in less time.

“It’s not just about burning calories,” Jatia explains. “It introduces competition and social interaction, which significantly improves consistency. People come back because it’s fun.”

That fun factor is driving a larger behavioural shift. Fitness is no longer just about discipline, it’s about experience. Younger audiences, especially, are gravitating toward activities that combine performance, community, and enjoyment.

Walking Still Matters, Just Not the Way You Think

Despite the criticism, experts are clear: walking isn’t obsolete. “For years, 10,000 steps has been promoted as a benchmark, but the number itself is largely arbitrary,” says Dr. Gaurav Singh Bhandari, Director and Unit Head of Orthopedics and Robotic Joint Replacement, Dharamshala Narayana Hospital, Delhi. “Research shows that even 7,000 to 8,000 steps can deliver significant health benefits.”

Walking remains one of the most accessible and sustainable forms of physical activity, particularly for older adults or those easing into fitness.

Intensity vs Consistency: The Real Trade-Off

The real difference lies in intensity. While walking offers consistency, sports like pickleball push the body into moderate-to-vigorous activity levels.

“An hour of pickleball can burn around 500 calories and improve cardiorespiratory fitness, coordination, and muscle strength,” says Dr. Agrawal.

However, it’s not without caution. “Like any sport, pickleball carries injury risks such as tennis elbow, shoulder strain, or ankle sprains,” warns Dr. Bhandari, emphasising the importance of warm-ups and moderation.

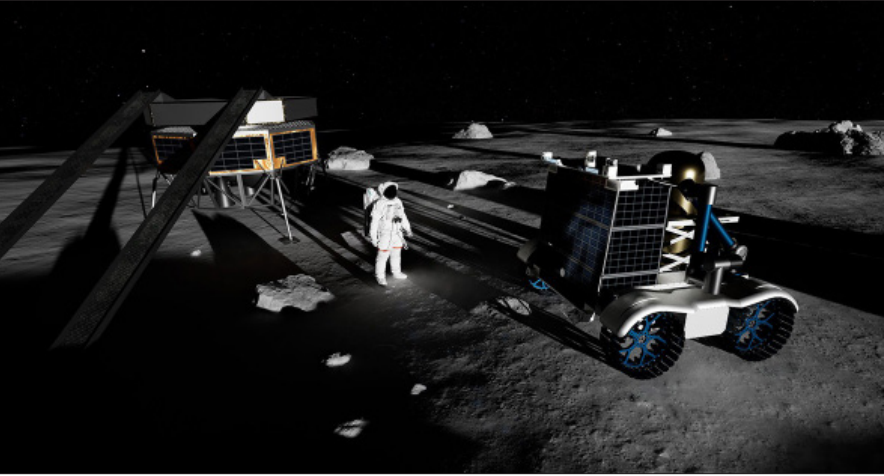
The Smarter Fitness Formula

So, is it 10,000 steps or one hour of pickleball?

The answer is neither and both. Dr. Agrawal suggests a balanced approach: aim for 6,000 to 7,000 steps daily as a baseline, and add 150 to 300 minutes of moderate exercise per week. In practical terms, that could mean daily movement combined with a few pickleball sessions.

The true transformation does not involve substituting one metric for another; rather, it entails transcending metrics entirely. Ultimately, the most effective fitness regimen is not the one that can be measured, but the one that you will adhere to.

Canada’s first lunar rover looks to future space exploration



In a shopping plaza an hour outside Toronto, flanked by a day spa and a shawarma joint, sits a two-storey building with blue tinted windows reflecting the summer sun. It is the modest headquarters of Canadensys Aerospace, where Canada is charting its first trip to the Moon. Canadensys is developing the first-ever Canadian-built rover for exploring the Earth’s only natural satellite, in what will be the first Canadian-led planetary exploration endeavour. Models, maps and posters of outer space line the office walls, while engineers wearing anti-static coats work on unfamiliar-looking machines. Sending this rover to the Moon is part of the company’s “broader strategy of really moving humanity off the Earth”, Dr Christian Sallaberger, Canadensys’ president and CEO, told the BBC. Learning about the Moon - which is seen to have the potential to become a base for further space exploration - is the “logical first step”, he said. “People get all excited about science fiction films when they come out. You know, Star Wars or Star Trek. This is the real thing.” The Canadian vehicle is part of Nasa’s Artemis programme, which aims to establish a sustainable human presence on the Moon. As part of that overarching goal, this rover aims to find water and measure radiation levels on the lunar surface in preparation for future manned missions, and survive multiple lunar nights (each equivalent to about 14 days on Earth). The rover will also demonstrate Canadian technology, building on Canada’s history in space. Canada was the third country to launch a satellite, designed the Canadarm robotic arms for the Space

Shuttle and the International Space Station, and is known for astronauts such as Chris Hadfield and Jeremy Hansen - the latter of whom will orbit the Moon on the Artemis II mission next year. The 35kg rover is scheduled to be launched as part of a Nasa initiative in 2029 at the earliest. It will land on the Moon’s south polar region - one of the most inhospitable places on the lunar surface. The vehicle does not have a name yet. The Canadian Space Agency held an online competition to select one, and is expected to announce the winner in the future. Canadensys is currently working on several prototypes of the rover. The final vehicle, Mr Sallaberger said, would be assembled shortly before launch. Each component is tested to ensure it can survive the Moon’s harsh conditions. Temperature is one of the main obstacles. Lunar nights can plummet to -200C (-328F) and rise to a scorching daytime of 100C (212F). “It’s one of the biggest engineering challenges we have because it’s not so much even surviving the cold temperature, but swinging between very cold and very hot,” he said. Designing the wheels is another challenge, as the Moon’s surface is covered with a sticky layer of fragmented rock and dust called regolith. “Earth dirt, if you look at it microscopically, has been weathered off. It’s more or less in a round shape; but on the Moon the lunar dirt soil is all jagged,” Mr Sallaberger said. “It’s like Velcro dirt,” he said, noting it “just gums up mechanisms”. The search for water on the lunar surface is especially exciting, considering the Moon was generally thought to be bone dry following the Apollo missions in the 1960s and 70s, the US human spaceflight

programme led by Nasa. That perception changed in 2008, Dr Gordon Osinski, the mission’s chief scientist, told the BBC, when researchers re-analysed some Apollo mission samples and found particles of water. Around the same time, space crafts observing the Moon detected its presence from orbit. It has yet to be verified on the ground and many questions remain, the professor at Western University in London, Ontario, said. “Is it like a patch of ice the size of this table? The size of a hockey rink? Most people think, like in the Arctic, it’s probably more like grains of ice mixed in with the soil,” he said. Water on the Moon could have huge implications for more sustainable exploration. He noted one of the heaviest things they need to transport is often water, so having a potential supply there would open doors. Water molecules can also be broken down to obtain hydrogen, which is used in rocket fuel. Mr Osinski described a future where the Moon could become a sort of petrol station for spacecrafts. “It gets more in the realms of sci-fi,” he said. Canada has wanted to build a lunar surface vehicle for decades, with talk of a Canadian-made spacecraft even in the early 2000s - but it was not until 2019 that concrete plans were announced. Canadensys was awarded the C\$43m (\$31m; £23m) contract three years later. Founded in 2013, Canadensys has worked on a variety of aerospace projects for organisations like Nasa and the Canadian Space Agency, as well as commercial clients. More than 20 instruments built by the company have been used in a host of missions on the Moon. But there are challenges ahead - as even landing on the Moon is no easy feat. In March, a spacecraft by commercial

US firm Intuitive Machines toppled over onto its side during landing, ending the mission prematurely. Three months later, Japanese company iSpace’s Resilience lost touch with Earth during its landing, and eventually failed. “That’s the nature of the business we’re in,” Mr Sallaberger said. “Things do go wrong, and we try to do the best we can to mitigate that.” Space exploration has been a collaborative field over the years, with countries - even rivals, such as the United States and Russia - working together on the International Space Station. But that might be changing, Mr Osinski said. As the prospect of a permanent presence on the Moon becomes more realistic, wider geopolitical questions have begun to swirl around the ownership of the satellite. “There’s more talk around who owns the Moon and space resources,” Mr Osinski said. In 2021, the US passed a law to protect the Apollo Moon landing site “because they had a concern that China could just go and grab the US flag, or take a piece of an Apollo lander”, he said. But he had some encouraging words about the Artemis missions, which are “even way more international than the space station”. The Artemis Accords, which is a set of ideals to promote sustainable and peaceful exploration of outer space, has been signed by more than 50 countries - including ones like Uruguay, Estonia and Rwanda, which are not traditionally seen as key space race nations. Space is also becoming more accessible. Private companies like SpaceX and Blue Origin have taken an increasingly important role and are able to take anyone with the money and barely any training - like Amazon founder Jeff Bezos and pop star Katy Perry - into space for a few minutes. But the Moon is the Holy Grail, as it opens up all sorts of possibilities. Mr Sallaberger said that Canadensys is involved in longer-term projects, such as lunar greenhouses for food production. Those still remain many years in the future, but the rover is a starting point. “If you design something that can survive on the lunar surface long-term, you’re pretty bullet-proof anywhere else in the solar system.”



Scientists make ‘superfood’ that could save honeybees

Scientists have developed a honeybee “superfood” that could protect the animals against the threats of climate change and habitat loss. Bee colonies that ate the supplement during trials had up to 15 times more baby bees that grew to adulthood. Honeybees are a vital part of food production and contribute to the pollination by animals of 70% of leading global crops. “This technological breakthrough provides all the nutrients bees need to survive, meaning we can continue to feed them even when there’s not enough pollen,” senior author Professor Geraldine Wright at the University of Oxford told BBC News. “It really is a huge accomplishment,” she says. Honeybees globally are facing severe declines, due to nutrient deficiencies, viral diseases, climate change and other factors. In the US, annual colony losses have ranged between 40-50% in the last decade and are expected to increase. Beekeepers in the UK have faced serious challenges too. Nick Mensikov, chair of the Cardiff, Vale and Valleys Beekeepers Association, told BBC News that he lost 75% of his colonies last winter and that this has been seen across South Wales. “Although the hives have all been full of food, the bees have just dwindled. Most of the bees survived through January, February, and then they just vanished,” he says. Honeybees feed on pollen and nectar from flowers that contain the nutrients, including lip-



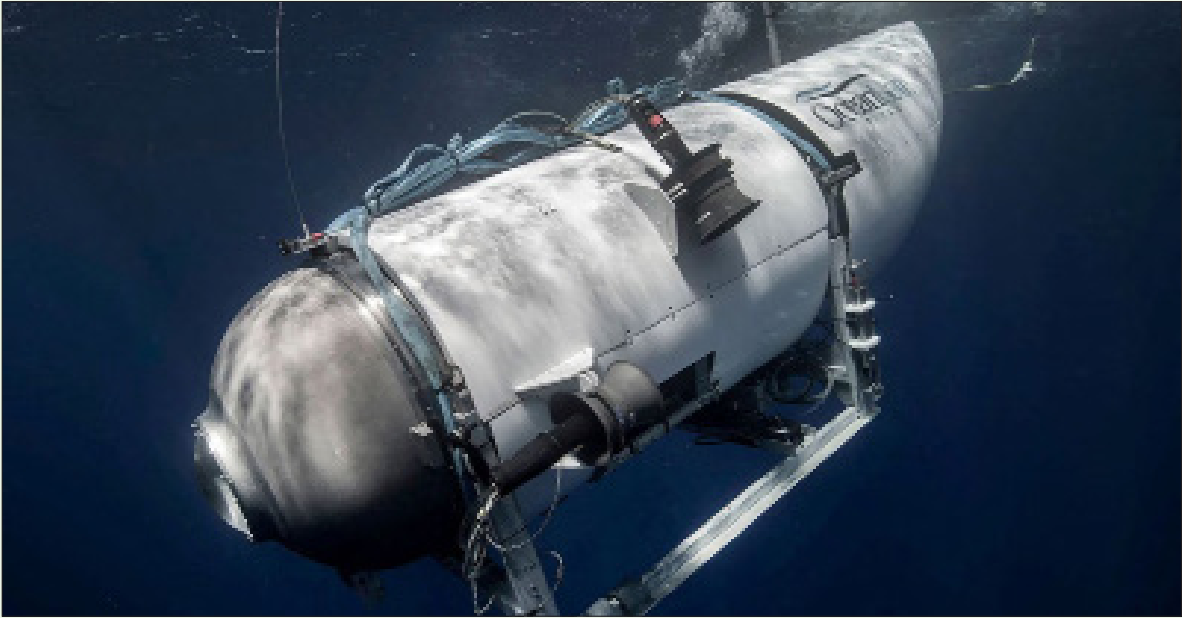
ids called sterols that are necessary for their development. They make honey in hives, which becomes their food source over winter when flowers have stopped producing pollen. When beekeepers take out honey to sell, or, increasingly, when there isn’t enough pollen available, they give the insects supplementary food. But that food is made up of protein flour, sugar and water, and has always lacked the nutrients bees require. It is like humans eating a diet without carbohydrates, amino acids, or other vital nutrients. Sterol has always proved very difficult to manufacture, but Prof Wright has led a group of scientists for 15 years to identify which exact sterols bees need and how to engineer them. In the lab at Oxford, PhD student Jennifer Chennells showed us small clear boxes of honeybees in an incubator that she feeds with different foods she has made. She uses kitchen equipment you could find at home to make the ingredients, and rolls out glossy, white tubes of food. “We put ingredients into what’s like a cookie dough, with different proteins, fats, different amounts of carbohydrate, and the micronutrients that bees need. It’s to try to work out what they like best and what’s best for them,” she says. She pushes the tubes inside the boxes and bees nibble at the mixture. It’s in this lab that, using gene editing, Prof Wright’s team successfully made a yeast that can produce the six sterols that bees

need. “It’s a huge breakthrough. When my student was able to engineer the yeast to create the sterols, she sent me a picture of the chromatogram that was a result of the work,” she says, referring to a chart of the substance structure. “I still have it on the wall of my office,” she explains. The “superfood” was fed to bees in the lab’s hives for three months. The results showed that colonies fed the food had up to 15 times more baby bees that made it to adulthood. “When the bees have a complete nutrition they should be healthier and less susceptible to disease,” Prof Wright says. Prof Wright says the food would be particularly useful during summers like this one when flowering plants appear to have stopped producing early. It’s really important in years when the summer came early and bees will not have sufficient pollen and nectar to make it through the winter,” she says. “The more months that they go without pollen, the more nutritional stress that they will face, which means that the beekeepers will have greater losses of those bees over winter,” she explains. Larger-scale trials are now needed to assess the long-term impacts of the food on honeybee health, but the supplement could be available to beekeepers and farmers within two years. The study was led by University of Oxford, working with Royal Botanic Gardens Kew, University of Greenwich, and the Technical University of Denmark.

Oceangate’s Titan whistleblower: ‘People were sold a lie’

When the Titan submersible went missing during a dive to the wreck of the Titanic in 2023, David Lochridge hoped the five people on board - including his former boss - could be rescued. “I always hoped that what happened wouldn’t happen. But I just knew if they kept carrying on the way they were going and with that deficient equipment, then there would be an incident,” he told the BBC. The whistleblower had been sacked by the firm behind the sub, Oceangate, after warning about safety issues in 2018. In June 2023 the sub imploded killing all five people on board - including Oceangate CEO Stockton Rush. A report from the US Coast Guard (USCG) published on Tuesday found that Oceangate’s failures over safety, testing and maintenance were the main cause of the disaster. “There is so much that could have been done differently. From the initial design, to the build, to the operations - people were sold a lie,” Lochridge told the BBC. But he firmly believes the US authorities could - and should - have done more to stop Oceangate. Lochridge had joined Oceangate seven years earlier as the company’s Director of Marine Operations. He moved his family from Scotland to the US, and was full of excitement about the company’s ambitions. Oceangate was building a new

submersible to take paying passengers down to the most famous wreck in the world - the Titanic. And he was going to be involved in the project from the very start, working alongside the team designing the sub. The straight-talking Glaswegian has worked at sea for more than 25 years, first with the Royal Navy and later as a submersible pilot. He also led submarine rescue operations, responding to distress calls from people trapped underwater. He knows about the risks involved in deep dives. His responsibilities included planning dives and, as chief pilot, he would be the one taking the sub and its passengers 3,800m beneath the waves to see the Titanic. Safety was at the heart of his role. “As the director of marine operations, I’m the one responsible for everybody,” he told BBC News. “I was responsible for the safety of all Oceangate personnel and all of the passengers that were going to be coming in the sub.” A prototype for the new submersible, which would eventually be called Titan, was being developed with the University of Washington Applied Physics Laboratory (APL). The plan was to build its hull - the part where the passengers would sit - out of carbon fibre. No deep diving sub had been made out of this material before - most have hulls constructed from titanium or steel. But



Lochridge had confidence in the APL team. He said he was told by Oceangate’s CEO Stockton Rush that the craft would undergo a safety assessment by an independent marine organisation, known as certification. Lochridge was adamant that this third-party oversight was essential - especially because Titan was to be made of experimental materials. But by the summer of 2016 he was starting to have doubts about the project. Oceangate

stopped working with APL and decided to bring the design and construction of Titan in-house. Lochridge was worried. He didn’t have the same confidence in Oceangate’s engineers. He told the BBC he didn’t think they had experience of building subs able to withstand the immense pressures found at the depth of the Titanic. “At that point, I started asking questions... and I felt I had a duty of care to keep asking them,” he said. As

the parts for Titan began to arrive, and the craft started to take shape, Lochridge said he was spotting problem after problem. “When the carbon hull came in, it was an absolute mess,” he said. He saw visible gaps in the material, areas where the layers of carbon fibre were coming apart - known as delamination. And he identified issues with other key components. The carbon fibre hull had titanium domes fitted on each end, but he said the

metal had been machined incorrectly. He was also worried that the sub’s view port had not been designed to work at extreme depths. Most concerning, he learnt that Titan was not going to be independently certified for safety. He told the BBC that he had always been outspoken on safety issues - so he wasn’t going to stay silent. “I brought up all the issues that I was seeing... but I was just met with resistance all the way,” he said. In January 2018, he outlined his concerns again to Stockton Rush. This time Rush asked him to complete an inspection of the vessel. Titan was at a crucial point of its development. Passengers had already paid deposits for dives to the Titanic planned for later that year. Test dives were about to start in the Bahamas before those expeditions got underway. Lochridge wanted Oceangate to delay these plans. “I formulated a report and I sent it out to all the directors in the company.” The following day he was summoned to a meeting with Rush and several other Oceangate employees. A transcript from the two-hour-long meeting, where the itemised report was picked over, reveals a heated exchange between Lochridge and Rush. Towards the end of the meeting, in response to Lochridge’s safety concerns, Rush says: “I have no desire to die. I’ve got a nice granddaughter.”

Doctors Say High Blood Pressure Can Hasten Cognitive Decline: Here Are 4 Strategies to Fight Both



It’s true that your body has several systems, including the neurological and circulatory systems. However, there isn’t a clear distinction between them. The more we understand about the body, the more we see how intricately linked and cooperative all of our cells are. Stress and anxiety levels are linked to gut health, our diet can affect the color of our hair, COVID-19 may affect our long-term cognitive function, and much more. The mind and the heart are two systems that are very in sync, whether it be for the better or worse. As previously discussed, the risk factors for Alzheimer’s disease are similar to those for heart disease, with the addition of a few additional social and cognitive elements. Therefore, it makes sense that recent study in the journal Hypertension has verified that, even if blood pressure rise only happens early or late in life, it might accelerate memory loss and other types of cognitive decline in middle-aged individuals and seniors. ”There is a close relationship between brain and heart health. According to David Amstel, M.D., a cardiologist at Westmed Medical Group in Yonkers, New York, “any condition that impairs cardiovascular health will have negative impacts on the function of our other organs because an

estimated 25% of the blood pumped out of the heart flows through the brain.” According to the American Heart Association, hypertension—defined as blood pressure more than 130/80 mm Hg—is especially harmful to brain function and is linked to strokes and several types of dementia, according to Amstel.Cognitive, cognitive, and memory problems are also associated with high blood pressure. According to recent evidence, this impact is true regardless of the duration of a patient’s hypertension or the age at which it first manifests, he adds. According to Michael Silver, M.D., a cardiologist and internal medicine specialist at Westmed Medical Group in White Plains, New York, our blood pressure range is essential to the proper operation of our entire body. The blood vessel walls are put under higher stress when blood pressure is high. According to Silver, this results in thicker blood vessel walls and encourages cholesterol to enter the walls, which restricts blood flow to these organs. “For the heart and brain to function properly, there must be a sufficient flow of blood to supply them with nourishment and oxygen. Inappropriate function or, in extreme cases, the death of certain heart and brain regions (referred to as a heart attack or stroke, re-

spectively) can result from reduced blood supply. The crazy thing is that some of these strokes that damage our brains might be so mild that we may not even be aware they are occurring. One significant risk factor for “silent strokes,” which might result in cognitive deterioration, is hypertension. Depending on the area of the brain experiencing the stroke, different parts regulate memory, speech, and movement. “Many of these strokes may be sub-clinical, but if they happen frequently, these ‘mini’ or ‘silent’ strokes can be severe,” says Salim S. Virani, M.D., Ph.D., a cardiologist professor at Houston’s Baylor College of Medicine. According to the most recent data from

the Centers for Disease Control and Prevention, 45% to 50% of individuals in the US have been diagnosed with hypertension, making it one of the most prevalent medical diseases. Obesity, a sedentary lifestyle, smoking, bad eating habits, excessive alcohol use, and stress are just a few of the numerous factors. Race, age, and family history are also significant factors, according to Amstel. According to Silver, physicians name “idiopathic,” or “no known cause,” as the reason for hypertension in 95% of patients. Causes including kidney illness, benign adrenal gland tumors, vascular disease, sleep apnea, and thyroid disease may account for the remaining

5%. According to Amstel, “Patients should take active roles in their health care to prevent hypertension.” This is good news if you are one of the two Americans with high blood pressure, had a borderline high reading at your most recent physical, or have a family history of hypertension.According to the experts, there’s no incorrect reason to attempt changing to healthy living habits, regardless of whether you want to take control for your heart health alone or are also concerned about your risk of dementia. ”Since elevated blood pressure causes no ‘symptoms’—it is a silent disease and can change over time—regular trips to the doctor for evaluation are important,” Silver says.For a physical and blood pressure check, see your primary care physician at least once a year.

“Once you try these lifestyle changes to potentially lower blood pressure naturally, blood pressure medication will almost always be a plan B,” Virani continues. The World Health Organization and American Heart Association suggest 150 minutes of moderate physical activity or 75 minutes of intense physical activity each week. However, Virani advises against becoming scared if you are unable to accomplish that goal immediately. Being physically active can significantly reduce blood pressure. Any amount of time spent exercising is preferable to none at all. There are still some advantages for those who begin as inactive and increase their level of exercise beyond zero. Reducing alcohol consumption to one drink for women and two for men per day (or fewer) can be a simple solution.



Three Drinks for Blood Pressure Reduction



You are already aware of the standard recommendations for lowering blood pressure: limit salty meals and avoid sugar-sweetened beverages, which might increase your risk of weight gain and hypertension.However, cutting out isn’t the only way to reduce blood pressure. It also depends what you choose to drink. Here are three drinks that have supporting data, along with one to stay away from. When you combine them with a diet high in nutrients and frequent exercise, you’ll be setting yourself up for improved blood pressure. Raise your milk glass. It is enriched with vitamin D, a vitamin that supports healthy blood pressure, and has high levels of calcium, potassium, and phosphorus—three minerals linked to good blood pressure. Consuming more dairy products, whether full-fat or low-fat, did not increase blood pressure, according to a systematic analysis that included 19 randomized studies.1 Low-fat dairy products were associated with slight drops in systolic blood pressure in certain studies. Although the data wasn’t overwhelming, it does support the idea that dairy products may be included in a heart-healthy diet. Higher dairy consumption was linked to considerably lower systolic blood pressure in another research of young women; the difference was around 6 points for each additional serving of dairy per day.2 The study supports the notion that dairy may be a component of a heart-healthy habit, but it is unable to show cause and effect because it was observational. Anthocyanins and other antioxidants found in hibiscus tea have been shown in studies to assist blood arteries withstand damage that may lead them to constrict.

3.One study that included individuals in the early stages of hypertension suggested that drinking hibiscus tea might help decrease blood pressure.4. Compared to the control group, which did not drink the tea, participants in the intervention group who drank two cups of hibiscus tea every morning for a month experienced a significant drop in blood pressure (both groups were advised on blood pressure reduction lifestyle and dietary changes, as well). Higher hibiscus consumption was associated with lower systolic and diastolic blood pressure, according to a review research, and the impact tended to increase with higher dosages or longer use.5. Overall, the data points to hibiscus as a potential addition to a blood pressure-friendly

practice, however the outcomes differed according to the dose, the type (tea vs extract), and the person’s initial blood pressure. It’s time to introduce yourself to this delightful ruby-red fruit if you’re concerned about your blood pressure. Pomegranate juice, which is high in potassium and other heart-healthy minerals, has up to three times the antioxidant activity of green tea, according to lab testing.6. Additionally, a review research discovered that individuals with Type 2 diabetes who drank 6 ounces of pomegranate juice every day for six weeks saw a substantial drop in blood pressure when compared to those who did not.7. Pomegranate juice has been shown in another assessment of clinical studies to have a mildly lowering effect on blood pressure. According to the research, systolic BP decreased by an average of roughly 5 points in those who drank up to 300 mL (10 ounces) each day.

8. Although it isn’t a panacea, it is a good, scientifically supported choice to incorporate into a heart-healthy regimen. Alcohol use and elevated blood pressure are clearly linked, according to research. According to a study, alcohol can raise blood pressure through a number of bodily routes, particularly when consumption exceeds minimal thresholds.9. The study’s authors also pointed out that chronic excessive drinking might exacerbate organ damage associated with hypertension.Similar findings were made by a comprehensive evaluation of 23 cohort studies, which showed that the risk of hypertension rose nearly linearly with increasing alcohol use.10. Higher systolic and diastolic readings have been associated with even mild to moderate drinking. Reducing or abstaining from alcohol can help improve blood pressure management. The goal of lowering blood pressure is to develop long-term behaviors that support your heart and blood vessels, not to look for short-term solutions. Drinks like pomegranate juice, hibiscus tea, and low-fat milk can be beneficial, but they function best when combined with other healthy habits like eating more whole foods, exercising, getting enough sleep, and managing stress.Even though many people’s routines involve alcohol, it is evident from the data that cutting back on alcohol use is one of the easiest methods to improve your numbers. Little decisions made every day add up, and the more often you make them, the better your blood pressure will be.

Thirty Crucial Signs That Could Point to a Heart Attack



Heart disease can be a major burden. Most people think they just appear out of nowhere, without any warning signals from the body. However, it is very important to recognize these signals, not only to protect your own health, but also to save the lives of those around you. If you recognize any of the following symptoms, be sure to visit your doctor for more information. The most important thing is not to simply look away from these signs, as this could save several lives. Heart illness may cause a lot of hardship. The majority of individuals believe they merely show up without any prior warning signs from the body. To save the lives of those around you as well as to save your own health, it is crucial to understand these warning signs. Make sure to see your doctor for further information if you identify any of the following symptoms. The most crucial thing is to pay attention to these warning indi-

cators since doing so might save many lives. Physical weakness is the definition of fatigue. It is a condition when the body has a strong desire to sleep but also lacks vitality and strength. It usually occurs after a demanding, long day, but if you feel exhausted for no apparent reason, literally keep your eyes open. Fatigue and unwarranted fatigue might be indicators of cardiac arrest. Therefore, it is likely that your heart’s blood supply has decreased if you are unable to do daily tasks. These are quite typical symptoms that also lead to excessive sleep. You should speak with your doctor to determine what is causing your weariness and what steps should be taken if this issue persists for an extended period of time. Naturally, it’s also possible that this exhaustion is an indication of another severe sickness. Do you faint occasionally? Do you faint a lot? This may very well be a heart disease warning sign.Since heart

disease typically starts with a drop in blood pressure, which leads to a shortage of oxygen in the blood, this might be one of the causes. Most patients who suffer from bradycardia and tachycardia report that they first fainted. Therefore, they highly encourage you to contact a doctor if anyone close to you reports fainting or passing out!Numerous factors, including severe physical exertion, discomfort, and dehydration, can induce unconsciousness. Fainting is caused by a shortage of blood in the brain.Although there are therapies that can help with these symptoms, it’s still crucial to frequently check weight fluctuations and see a physician. A visible, fast weight gain is never healthy and might lead to additional health issues.Perhaps your heart is attempting to communicate with you. The buildup of fluids, which can cause bloating, swelling, and eventually significant weight gain, is one potential

sign of heart disease. Naturally, this is not a cause for concern, as anybody can have these symptoms. However, these symptoms are frequently disregarded since they are thought to be digestive issues. It could possibly indicate pregnancy, but it’s better to see a doctor to be sure.Each of them may also indicate cardiac issues. See a doctor if these symptoms occur out of the blue.For most people, a beating heart is not a serious problem. It might be brought on by excitement or adrenaline.An arrhythmia, which is indicated by an abnormal cardiac rhythm, should be treated to restore healthy heartbeat and blood flow to the body. Additionally, arrhythmias can raise the chance of stroke. However, if the heart skips a few beats on a regular basis, you should see a doctor right once.Have you had a persistent cough that you can’t really explain? This cough can be a sign of heart disease.Therefore, it is crucial to pay attention to the

cough’s color since a pink or white cough may be a sign of potential heart problems. Lying down at night generally makes my cough worse. You should consult a physician right away because this might possibly be an indication of heart problems. A cough may result from the heart’s inability to pump enough blood to the body, which can then infiltrate the lungs. Your heart may be sending you a warning signal if you have cold sweats without exerting yourself or exercising.You should go to the hospital right once if you have these symptoms in addition to others. Furthermore, it’s critical to understand that, among other things, stress, drugs, neurological disorders, infections, and cancer can all contribute to cold sweats. Sweating is how you normally control your body temperature. However, heavy perspiration causes the heart to attempt to pump through constricted arteries, making it difficult to flush the entire body.

Prominent temples to visit in Bagan, Myanmar

For an extended period, the enchanting images of the Bagan temples have captivated me. As you might be aware, Bagan is renowned for its multitude of ancient pagodas and stupas that extend towards the horizon. Bagan served as the capital of the Kingdom of Pagan from the 9th to the 13th centuries, a time during which approximately 50 Buddhist kings governed the Pagan Dynasty. Throughout this era, more than 10,000 temples were constructed on the plains surrounding the capital adjacent to the Irrawaddy River. Currently, over 2000 monuments of various dimensions remain, each in differing conditions of preservation.

Shwegugyi Temple
Located just to the north of Thatbyinnyu, the Shwegugyi was built in the early 12th century. It is a large single storey temple set on a large and tall platform. There are three square receding upper terraces with corner spires or stupas at each corner on top of the central block. A bright interior is created with wide corridors and eleven open arched windows. The temple is also famous for its fine stucco and carved wooden doors in the interior.



It is the only specimen of its structure among thousands of surviving monuments in Bagan. Built in the 13th century, this temple is a replica of the famous Mahabodhi temple in Bodhgaya, Bihar State in India. The temple is a two-storey structure about 43 meters high. Mahabodhi is unique among Bagan structures because of its extensive exterior ornamentation. Its numerous niches enclose over 450 Buddha images not only on the tower but also on the corner stupas.

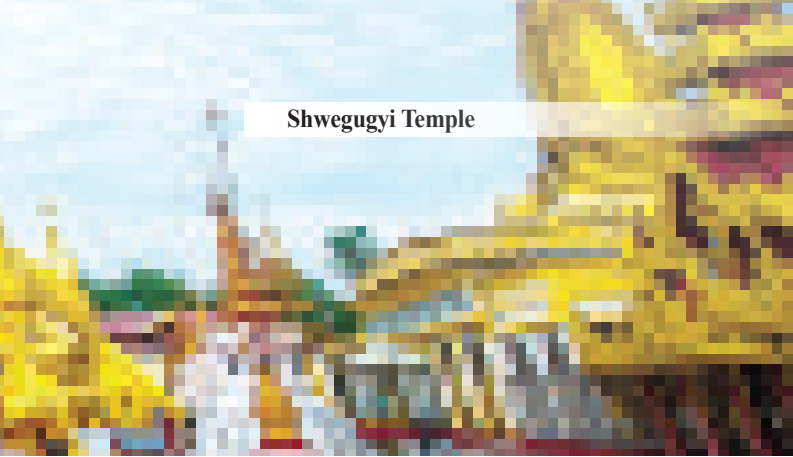


Gawdawpalin Temple
The Gawdawpalin temple was built in the 13th century. It is one of the largest and most imposing of the Bagan temples. The temple is a large east-ward-facing two-storey structure set on a low platform in the center of a walled enclosure with four gateways. Such a sub-

lime style was never again attempted at Bagan. Unfortunately, Gawdawpalin was close to the epicenter of the 1975 earthquake; the tower was destroyed and its upper parts were heavily damaged. There were repairs done at different times after that. Almost half of the exterior stucco mouldings are still in place.



Dhammayangyi Temple
Dhammayangyi Temple stands as the largest edifice in Bagan, sharing a similar architectural design with Ananda Temple. Constructed by King Narathu in the 12th century, he was also referred to as Kalagya Min, meaning 'the king killed by Indians'. The temple is situated approximately one kilometer southeast of the city walls, in the direction of Minnanthu. Following the assassination of his own father, Narathu took the throne of Bagan and subsequently commissioned the construction of this temple. The remaining western shrine houses two original representations of Gautama and Maitreya, the historical and future Buddhas.



Honeymoon Recommendations: Nations with Simplified Visa Processes for Indian Couples



Planning a honeymoon abroad has become considerably easier for Indian couples, thanks to a growing selection of destinations that offer visa-free entry, visa-on-arrival options, or simplified e-visa processes. These advancements enable romantic getaways across Asia, Europe, and the Indian Ocean, allowing couples to focus more on their experiences instead of bureaucratic details. From picturesque tropical islands to lively city hubs, here are 9 destinations that combine romance with visa-friendly policies.

Why Parli Vajinath Represents More Than Just A Pilgrimage

In addition to its religious significance, Parli Vajinath is recognized as one of the rapidly developing towns in the Beed district, flourishing as a hub for trade and commerce. Its agricultural markets facilitate the trade of cotton, groundnut, jaggery, grains, and pulses, which are distributed to cities such as Akola, Kalyan, Delhi, and Hyderabad. The town's industrial history can be traced back to 1905, when it established its first ginning and pressing mill, marking it as one of the earliest in the Marathwada region. Furthermore, a visit to Parli Vajinath serves not only as an opportunity to pay homage at the Jyotirlinga but also as a journey through centuries of faith, healing practices, royal support, sacred geometry, and shared human aspirations. Whether your purpose is to seek health, tranquility, faith, or merely a more profound connection with India's spiritual legacy, Parli Vajinath will certainly meet your expectations.

How To Get To Parli Vajinath
By Air- The nearest

sorts that serve honeymooners in search of both leisure and excitement. Closer to home, Bali in Indonesia is a perennial favorite. With visa-free entry for 30 days, couples can explore its beaches, temples, rice terraces, and vibrant nightlife. Thailand has also become even more accessible, offering visa-free entry for up to 30 days. Whether it's the islands of Phuket and Krabi, the cultural charm of Chiang Mai, or the energy of Bangkok, Thailand offers a mix of affordability and variety that appeals to many newlyweds. For couples who prefer mountains and spirituality, Nepal provides visa-free entry and breathtaking Himalayan views. Trekking, cultural immersion, and serene retreats make it ideal for nature lovers. Sri Lanka, with its easy e-visa process, offers scenic train rides, tea plantations, and coastal escapes, blending culture and natural beauty in a compact setting. Oman, another visa-friendly option, is perfect for those seeking something offbeat, with desert landscapes, fjords, and Arabian charm. Urban adventurers might consider Singapore to be captivating. The swift e-visa procedure in Singapore provides access to its futuristic skylines, Sentosa Island, and a lively culinary scene. Similarly, Dubai, with its uncomplicated e-visa, presents iconic skyscrapers, desert safaris, high-end shopping, and enchanting dhow cruises along the creek. This city merges modernity with distinctive cultural experiences, rendering Dubai perfect for couples who appreciate urban living.

Discover the untamed beauty of Venezuela and behold the tallest waterfall on Earth

Angel Falls, situated in Venezuela, is recognized as the tallest waterfall in the world, plunging an astonishing 979 meters (3,212 feet) from the Auyán-tepui mountain within Canaima National Park. Its striking descent and isolated jungle surroundings make it one of the most extraordinary natural wonders on Earth, attracting both adventure seekers and nature lovers. Locally referred to as Salto Angel or Kerepakupai Vená in the Pemon language, Angel Falls is found deep within the UNESCO World Heritage-listed Canaima National Park in Bolívar State, Venezuela. The waterfall is formed by the Río Kerepakupai Merú, which cascades from the edge of the Auyán-tepui, one of the massive table mountains unique to the Guiana Highlands. With a free fall of 807 meters before continuing in smaller cascades, Angel Falls holds the record as the tallest uninterrupted waterfall in the world. The falls were named after Jimmy Angel, an American aviator who first flew over them in 1933 while searching for gold. His plane later crashed nearby, cementing his name in history. Today, Angel Falls is not only a geological marvel but also a cultural symbol, revered by the indigenous Pemon people who consider it sacred. Traveling to Angel Falls is an adventure in itself. The site is extremely remote, accessible only by a combination of flights, river journeys, and treks. Most visitors begin their journey in Ciudad Bolívar or Canaima village, from where small planes fly into Canaima National Park. From there, travelers embark on boat rides along winding rivers, followed by hikes through dense rainforest. The journey can be challenging, but the reward is unparalleled: standing at the base of the world's tallest waterfall, surrounded by pristine jungle and mist. The best time to visit Angel Falls is during the rainy season, from June to November, when the water flow is at its strongest. In the dry months, the falls can reduce to a thin stream, though the dramatic

Best Time To Visit Parli Vajinath
The optimal period for a visit is between October and February, as the weather is enjoyable and suitable for temple excursions. Maharashtra State Road Transport Corporation (MSRTC) buses run regularly to and from these regions. Taxis and private vehicles are also convenient options for those travelling by road.



Kriti Sanon

Kriti Sanon (born July 27, 1990 in New Delhi, India) is an Indian actress, producer, and business-woman best recognized for her roles in current Bollywood films. She is a youth idol, best known for her award-winning role in the film Mimi (2021).Sanon has promoted companies including Coca-Cola and Tissot. She cofounded the Ms. Taken fashion company in 2016 and the Tribe fitness studio in 2022. In 2023, she

created the popular beauty business Hyphen. **Early life and debut:** Kriti Sanon was born in New Delhi to chartered accountant Rahul Sanon and professor Geeta Sanon. Her younger sister, Nupur Sanon, is also an actress. Kriti Sanon earned an engineering degree from the Jaypee Institute of Information Technology in Noida, a Delhi suburb, before pursuing a career as a model and actor. She made her South Indian film debut in 2014, playing the lead in

the Telugu film 1: Nenokadine (“1: I Am Alone”) alongside superstar Mahesh Babu. That same year, she appeared in her debut Hindi film, Heropanti (“Heroic Antics”), alongside actor Tiger Shroff. She won the Filmfare Award for best newcomer—female for her performance as Dimpy, a small-town woman fighting for agency in the conservative social milieu to which she belongs. **Rise to stardom:** Sanon rose to prominence with

the film Dilwale (2015; “Big-Hearted”), in which she starred opposite Varun Dhawan. The film was significant for including celebrities Shah Rukh Khan and Kajol, who are recognized as one of Bollywood’s most iconic screen pairs. She costarred with actor Sushant Singh Rajput in the underappreciated film Raabta (2017; “Connection”), in which a modern relationship is disrupted by the arrival of a reincarnated lover. Sanon had more luck with Bareilly Ki Barfi (2017; “Sweet from Bareilly”), a comedy set in the tiny village of Bareilly, Uttar Pradesh. She portrayed Bitti, a fiery young lady who falls in love with the author (Rajkumar Rao) of a book she admires, only to



discover that it was written by the proprietor of a local printing press (Ayushmann Khurrana).Sanon had a string of releases in 2019: Luka Chuppi (“Hide and Seek”), costarring Kartik Aaryan; Arjun Patiala, costarring Diljit Dosanjh; Housefull 4, featuring an ensemble cast including Akshay Kumar and Bobby Deol; Pati Patni Aur Woh (“Husband, Wife, and Her”), costarring Aaryan and Ananya Pandey; and Panipat, starring Arjun Kapoor and Sanjay Dutt. **Mimi and National Film Award:** In 2021 Kriti Sanon’s

stardom was amplified by her performance as a dancer who becomes a surrogate for an American couple in Mimi. The film won her the National Film Award for best actress in 2023, sharing the prize with Alia Bhatt, who was honored for her performance in Gangubai Kathiawadi. Sanon followed the success of Mimi with a string of films that received a mostly lukewarm response from critics and audiences, among them Hum Do Hamare Do (2021; “We Two, Our Two”), Bachchan Paandey (2022), Heropanti 2 (2022), Bhediya (2022; “Wolf”),

and Adipurush (2023; “The First Man”). Adipurush, a controversial retelling of the Ramayana, was criticized for its inelegant dialogues as well as its interpretation of characters such as Janaki (or Sita, played by Sanon), Raghav (or Rama, played by Prabhas), and Lankesh (or Ravana, played by Saif Ali Khan) **Crew and debut as producer:** Sanon bounced back with Teri Baaton Mein Aisa Uljha Jiya (2024; “Became So Entangled in Your Words”), in which she played a robot with whom

the male lead, played by Shahid Kapoor, falls in love. She starred as one of a trio of flight attendants in the heist film Crew (2024), with Tabu and Kareena Kapoor Khan playing her two confederates. The film also starred Diljit Dosanjh. She launched her own production house, Blue Butterfly Films, in 2023 and made her debut as a producer with the streaming film Do Patti (2024; “Two Cards”), in which she also starred alongside Kajol. She starred with Dhanush in Tere Ishk Mein (“In Your Love”), which released in November 2025.

Diljit Dosanjh

Diljit Dosanjh (born January 6, 1984 in Dosanjh Kalan, Jalandhar, Punjab, India) is an Indian singer, actor, and producer who has had a considerable effect on

party when he was 18. He used a portion of this



the Punjabi and Bollywood entertainment sectors with many blockbuster films and chart-topping music. He was the first Indian musician to play in Punjabi at the Coachella Valley Music and Arts Festival in 2023. The next year, he increased his worldwide profile by appearing on the cover of the inaugural issue of the print magazine Billboard Canada.

Early life and education: Dosanjh was born in a Jat Sikh family to Balbir Singh Dosanjh and Sukhwinder Kaur. At the age of 11, he was transferred to live with his maternal uncle in Ludhiana, Punjab, to further his schooling. He finished his education at Sri Guru Harkrishan Public School. During these years, he developed his love of music, performing devotional songs at local gurdwaras. His passion for performing lasted until college, when he refined his vocal abilities in theaters.

Musical career: Dosanjh has a diverse discography, from party anthems and bold tracks to spiritual songs and romantic ballads. His ability to perform across genres appeals to a variety of listeners. His lively music contrasts with his humble, down-to-earth nature. **Punjabi music:** Dosanjh earned his first paycheck for singing at a birthday

Soorma (2018), the Punjabi classic “Sauda Khara Khara” from Good Newwz (2019), and “Naina” and “Choli Ke Peeche” from Crew (2024).

Acting career: Dosanjh started his acting career in Punjabi cinema and has acknowledged that his work in these films paved the way for his entry into Bollywood. **Punjabi cinema:** Dosanjh’s debut cinematic appearance was in the Punjabi film Mel Karade Rabba (2010), which means “God, Let Us Meet”. The next year, he made his lead acting debut in the Lion of Punjab (2011). Although the film disappointed at the box office, its music, notably the song “Lak 28 Kudi Da,” performed by Dosanjh and Yo Yo Honey Singh, became popular. His breakthrough came later in 2011 with the romantic drama Jihne Mera Dil Luteya (“The One Who Stole My Heart”). In 2012 Dosanjh starred in Jatt & Juliet, a romantic comedy. His impeccable

comic timing and on-screen chemistry with lead actress Neeru Bajwa made the film a blockbuster. Its success led to two sequels, Jatt & Juliet 2 (2013) and Jatt & Juliet 3 (2024), which were equally well received. Dosanjh experimented with diverse roles, and in 2015 he ventured into the fantasy genre with Sardaarji, playing a ghost hunter entangled in a supernatural love triangle. The film’s unique storyline, combined with Dosanjh’s engaging performance, contributed to its box-office success, leading to a sequel, Sardaarji 2 (2016).

Bollywood breakthrough: Dosanjh made his Bollywood debut with the crime drama Uda Punjab (“Flying Punjab”) in 2016 alongside Bollywood’s A-listers Shahid Kapoor, Alia Bhatt, and Kareena Kapoor Khan. The movie highlighted the issue of drug use in Punjab.Following this success, Dosanjh starred in Phillauri (2017), Welcome to New York (2018), and Soorma (2018; “Powerful Warrior”). While the films received mixed reviews, Dosanjh’s performances were appreciated.

He was a standout in the 2019 Bollywood comedy Good Newwz, and in 2024 he portrayed the titular role in Amar Singh Chamkila, a biopic on the life of the eponymous Punjabi singer. **Awards:** Dosanjh has won various awards for acting and singing. His acting abilities have been honored with prizes

such as best actor and best debut actor from the PTC Punjabi Film prizes, Filmfare Awards Punjabi, and International Indian Film Academy (IIFA) Awards, among others. Dosanjh has won several PTC Punjabi Music Awards and Brit Asia TV Music Awards in categories such as best album, best male pop vocalist, and best world single.

Global presence: Dosanjh’s solo performances and collaborations have earned him international fame and taken Punjabi music to the global stage. In 2020 he was featured on billboards in Times Square, New York City. In April 2023 Dosanjh became the first Indian artist to perform in Punjabi at the Coachella Valley Music and Arts Festival. He proudly declared onstage, “Punjabi aa gaye Coachella oye!” (“The Punjabis have arrived at Coachella!”).In June 2024 Dosanjh made his much-anticipated U.S. television debut on The Tonight Show, hosted by Jimmy Fallon, delivering a power-packed performance of his hit song “Born to Shine.” He headlined a concert at Vancouver’s BC Place in 2024, drawing more than 50,000 fans—the largest show by a Punjabi artist outside India. His 2024 Dil-Luminati Tour was sold out across the world. Dosanjh made his Met Gala debut in 2025. Dosanjh’s music breaks boundaries with his global collaborations, blending Punjabi music with international voices.



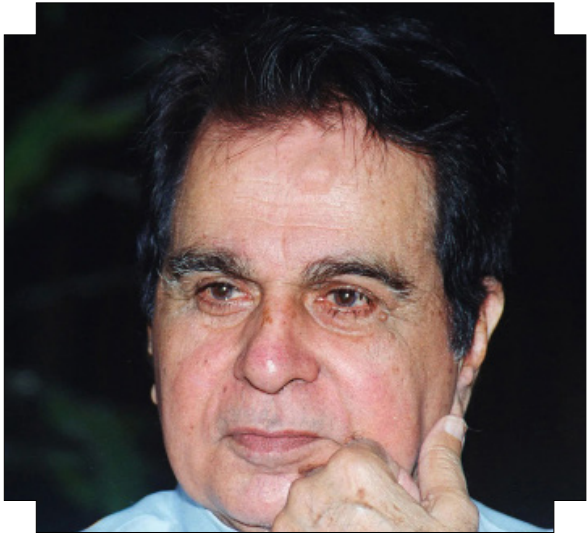
Filmfare Awards



The Filmfare honors are yearly honors that acknowledge creative and technical achievements in Indian film. The awards were established to commemorate Bollywood, India’s Hindi-language film industry, but are currently given to films created in a variety of regional languages. Winners get a black bronze sculpture known as the Black Lady. **History:** Filmfare magazine (produced by the Times Group) first established the Filmfare Awards in 1954. The honors were previously known as the Clare honors, or simply Clares, after Clare Mendonca, the film critic for the Times of India newspaper. On March 21, 1954, the inaugural awards ceremony took place at the Metro Theatre in Mumbai (then Bombay). Gregory Peck, a Hollywood icon, was the guest of honor but was unable to attend due to a delayed flight from Colombo, Sri Lanka, where he was shooting a movie. However, he did attend the banquet afterward. The first awards ceremony had only five categories—best film, best director, best actor, best actress, and best music director. The winners were the only nominees in their categories. Mul-

tiple nominees were gradually added over the years, starting in 1959. By 2024 there were roughly 30 awards across four broad categories—popular, critics, special, and technical. In 1956 a dual voting system was put in place in which votes by an expert committee were combined with those from the public to determine winners. All popular awards use the dual voting system; critics awards, however, are determined only by a jury of film critics. No awards were given for films made in 1986 and 1987 as Bollywood was on strike to protest the heavy taxation of film tickets by the government of Maharashtra.

Regional and other variants: The Filmfare Awards South were first given in 1963 to recognize achievements in the film industry of the four Dravidian (southern Indian) languages, Kannada, Malayalam, Tamil, and Telugu. The Filmfare Awards East, established in 1963, honor Bengali, Odia, and Assamese cinema. Separate awards are presented for excellence in Marathi and Punjabi cinema.The Filmfare OTT Awards were introduced in 2020, with about 30 categories to recognize artistic and technical achievements in entertainment content released on streaming (over-the-top) platforms.



Hrithik Roshan’s Inspirational Journey from Dance Floors to Box Office Hits

Hrithik Roshan is an Indian actor. He works in Hindi film. He has portrayed a variety of characters and is noted for his dance abilities. He is among

the highest-paid actors in India. He has garnered several honors, including six Filmfare honors, four of them were for best actor.Since 2012, he

has landed on Forbes India’s Celebrity 100 many times. It depends on his wealth and fame. He frequently cooperated with his father, Rakesh

Roshan. In many films he had acted as child actor also. From 1980s he worked as an assistant director on four of his father’s movies. In

2000, his first leading role was in Kaho Naa... Pyar Hai. Later he appeared in Fiza and Kabhi Khushi Kabhie Gham co-starring Amitabh Bachchan. In 2003, he acted in Koi... Mil Gaya, for that he received Filmfare Awards. Later he appeared in Krrish & Krrish 3. Later he acted in Dhoom 2, Jodhaa Akbar, Guzaarish, Zindgi Na Milegi Dobara, Kaabil, War etc. He has also performed on stage. In 2011, he debuted on television with the dance reality shoe Just Dance. He is involved in many humanitarian causes.

Early life and background: Hrithik Roshan was born on 10th January 1974 in Mumbai to the Roshan family. His father, film director Rakesh Roshan, is the son of music director Roshanlal Nagrath; his mother, Pinkie is the daughter of producer and director J. Om Prakash.His uncle, Rajesh, is a music composer. Roshan has an older sister named Sunaina. He was educated at the Bombay Scottish School. As Roshan

belongs to a Hindu family, though he considers himself more spiritual than religious. Hrithik Roshan felt isolated as a child; he was born with an extra thumb fused to the one on his right hand, which led some of his peers to avoid him. He has stammered since the age of six; this caused him problems at school, and he feigned injury and illness to avoid oral tests. He was helped by daily speech therapy. In 1980, he was on screen at the age of six in the movie Aashna. He appeared uncredited in several family cinema productions, notably his father’s movie Aap Ke Deewane. In Prakash’s Aas Paas, he sang the song “Shehar Main Charcha Hai”. When he was 12, he played Govinda, the title character’s adopted son, in Prakash’s Bhagwaan Dada, his only speaking role during this time.

In his early twenties, he was afflicted with scoliosis, which prevented him from dancing or doing feats. Despite his initial disappointment, he opted to pursue a career as an actor.He helped his father with four films— Khudgarz, King Uncle, Karan Arjun, and Koyla—while also cleaning the floor and making tea for the team. While assisting his father, he studied acting under Kishore

Namit Kapoor. **Personal life of Hrithik Roshan:** On 20 December 2000, Hrithik Roshan married Sussanne Khan in a private ceremony in Bangalore. Despite their religious difference—Roshan is a Hindu and Khan is a Muslim—Roshan says that he equally valued her beliefs. The couple has two sons, Hrehaan and Hridhaan. Roshan and Sussanne separated in December 2013 and their divorce was finalised in November 2014. Both maintained that they parted amicably.In 2016 filed a lawsuit against Krrish 3 co-star Kangana Ranaut for cyber stalking and harassment. Owing to a lack of evidence, the Mumbai Police closed the case later that year. As of 2023, Hrithik Roshan is dating actress Saba Azad. Roshan had considered quitting the film industry after two assailants fired bullets at his father in 2000.

Film career of Hrithik Roshan: Hrithik Roshan was scheduled to make debut in Tara Rum Pum with Preity Zinta, but he made his debut in Kaho Naa... Pyaae Hai against Ameesha Patel. He played double roles in that movie.With global revenues of ₹800 million (US\$10 million), Kaho Naa... Pyaar Hai became one of the highest-grossing Indian films

of 2000. For the role, Roshan received Best Male Debut and Best Actor Awards at the annual Filmfare Awards, IIFA Awards and Zee Cine Awards. He became the first actor to win both Filmfare Best Debut and Best Actor awards the same year. The film established Roshan as a prominent actor in Bollywood.Later he acted in Fiza, co-starring Karishma Kapoor & Jaya Bachchan. His performance earned him a second nomination for Best Actor at the Filmfare ceremony.

He next appeared in Vidhu Vinod Chopra’s action drama Mission Kashmir alongside Sanjay Dutt, Preity Zinta, and Jackie Shroff.In 2001, he acted in Yaadein & Kabhi Khushi Kabhie Gham... Kabhi Khushi Kabhie Gham... finished as India’s highest-grossing film of the year and among the most successful Bollywood films in the overseas market, earning ₹1.36 billion (US\$17 million) worldwide. Hrithik Roshan was nominated for the Filmfare Award for Best Supporting Actor for his performance. He starred in the 2002 film Aap Mujhe Achche Lagne Lage with Ameesha Patel. In the same year, he appeared in Na Tum Jaano Na Hum with Saif Ali Khan and Esha Deol.



Lata Mangeshkar

Lata Mangeshkar (born September 28, 1929, Indore, British India—died February 6, 2022, Mumbai [Bombay], India) was a legendary Indian playback singer affectionately known as “Swar Kokila” (vocal nightingale). Her career spans eight decades and included songs on the soundtracks of over 2,000 Indian films. **Early life:** Mangeshkar was born into a traditional Marathi family and was the eldest of five siblings. Her father, Dinanath Mangeshkar, was a famous Marathi stage personality often celebrated as Master Dinanath. Mangeshkar was trained from age five by her father, a disciple of the Gwalior gharana (a community of performers who share a distinctive musical style), and she was tutored by maestros such as Aman Ali Khan and Amanat Khan. She started her career at an early age

owing to her father’s untimely death in 1942. Today she is honored as one of the most melodious voices India has ever produced, but her journey started not as a singer but as an actress. Mangeshkar played several small roles in Marathi movies. In her words: “I started out as an actress. But I never used to like acting.” Mangeshkar recorded her first song at age 13 for Vasant Joglekar’s Marathi film Kiti Hasaal (“How Much Will You Laugh”), though her song did not make the final edit. Mangeshkar’s siblings have also made remarkable contributions to music and film. Her sister Meena Khadikar is renowned for the popular song “Duniya Mein Hum Aaye Hain” from Mother India. She sang this song alongside her sisters Usha Mangeshkar and Lata Mangeshkar. Usha Mangeshkar earned the President’s Silver Medal for

best feature film in Marathi for the film Jait Re Jait (“Win, Win”) at the National Film Awards. Asha Bhosle, Mangeshkar’s most widely known sibling is a celebrated playback singer who has recorded more than 12,000 songs in 20 different Indian languages. The youngest of all siblings, Hridaynath Mangeshkar, a Padma Shri awardee, has composed numerous songs and scored for various films. **Career:** In her initial years, Mangeshkar faced many challenges while supporting her family, establishing herself as a playback singer in the Hindi film industry during the 1940s. During a time when the field was dominated by powerful bass singers, such as Shamshad Begum and Noor Jehan, her soft, high-pitched voice made it difficult for her to gain a foothold. Mangeshkar’s first hit



was “Uthaye Ja Unke Sitam” in Andaz (1949; “Style”). She became the first choice for the musical parts for every major leading actress. She sang through generations in Hindi cinema from Nargis (1950s) and Waheeda Rehman (1960s) to Madhuri Dixit (1990s) and Preity Zinta (2000s). Music directors such as Naushad Ali, Madan Mohan, and S.D. Burman composed tunes specifically to utilize the potential of her wide-ranging soprano voice. Mangeshkar’s singing contributed greatly to the commercial success of such films as Mahal (1949;

“Palace”), Barsaat (1949; “Rain”), Satyam Shivam Sundaram (1978; “Truth God Beauty”), and Maine Pyar Kiya (1989; “I Have Loved”). Notable among her concert performances was her soulful rendition of Kavi Pradeep and C. Ramachandra’s patriotic song “Ae Mere Watan Ke Logo” in 1963, which moved Indian Prime Minister Jawaharlal Nehru to tears. **Awards and achievements:** Mangeshkar was named the most recorded artist in human history by The Guinness Book of Records in 1974. She was later cred-

ited with recording about 30,000 solo, duet, and chorus-backed songs in 20 Indian languages. During her lifetime, she was credited with having sung more than 40,000 songs. Mangeshkar received numerous prestigious honors and awards throughout her career. Mangeshkar’s contributions to the Marathi film industry were recognized with the Maharashtra State Award in 1966 and 1967. She was also the first female winner of the Lifetime Achievement Award (1994) at the Filmfare Awards.



Hindustani classical music, one of the two major genres of South Asian classical music, is mostly found in the northern three-fourths of the subcontinent, where Indo-Aryan languages prevail. (The second major variety, Carnatic music, is situated in the Dravidian-speaking region of southern India.) The two systems diverged

gradually, beginning in the 13th century with the Islamic invasion of northern sections of the subcontinent, which introduced extremely important Arab and Persian musical styles that eventually fused with Hindu traditions. (Muslim cultures have very no impact on the creation of Carnatic music.) Northern and southern India share

Hindustani classical music

the usage of ragas (melodic frameworks for improvisation and composition), the rhythmic principles of

tala (cyclic metric patterns that can be quite complicated), and the practice of nonmetric, rhythmically

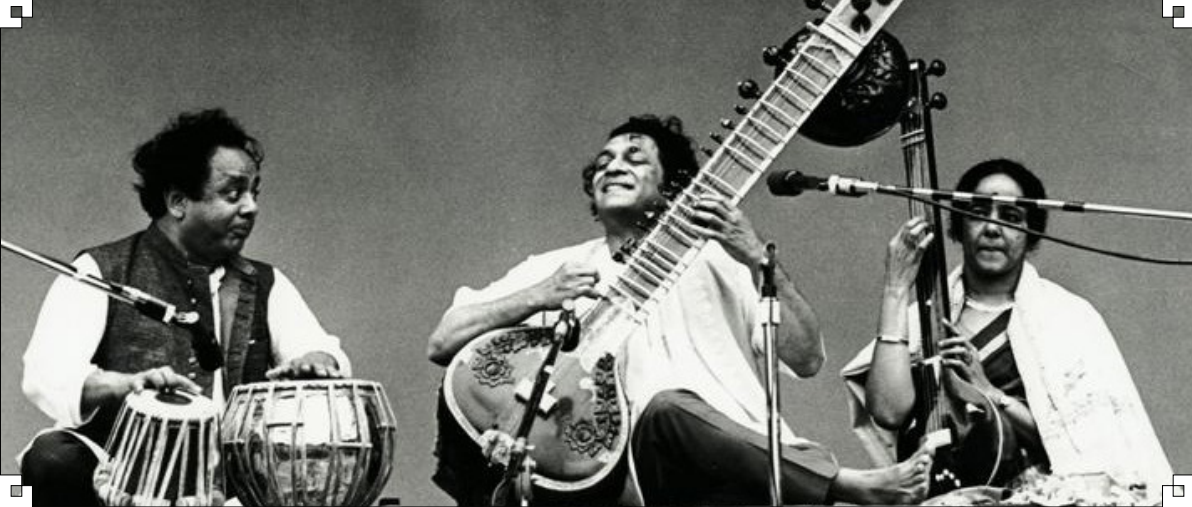
“free” improvisation. Although vocal music is significant, instrumental music is more prominent in Hindustani music than in Carnatic music; certain forms are entirely instrumental, such as the gat theme with variations. The sitar (a long-necked fretted lute with about 30 melodic, drone, and sympathetic strings), sarod (a short-necked unfretted lute with sympathetic and drone strings), sarangi (a bowed fiddle), shehnai (an oboelike wind instrument), tabla (a set of two drums played by one musician, the right-hand drum carefully tuned), and tambura (a large long-necked lute with four strings, used only to play the supporting drone, a A typical Hindustani performance, which may last well over an hour, begins with a long, nonmetric improvisation (alap) by the singer or melodic soloist,



followed by jor, or improvisation without metric cycle but with a perceptible pulse, and eventually by the similar but faster jhala. Then follows the composed piece, which is performed with improvised variations—most typically khayal (a poetic form) in vocal music and gat, a short, rhythmically distinc-

tive theme, in instrumental music. Here, the soloist is accompanied by the percussionist on tabla, and the improvisations often involve various kinds of virtuosic rhythmic competition and cooperation. The centers of Hindustani music in the 21st century are the cities of Delhi, Kolkata (Calcutta), Varanasi, and Mumbai

(Bombay), but, until the early part of the 20th century, smaller cities with princely courts, such as Jaipur, Agra, and Gwalior, played a major role. In the early 21st century, the practitioners of Hindustani music best-known outside the subcontinent included Ravi Shankar, Ali Akbar Khan, and Bismillah Khan.



former Indian cricketer & captain of Indian National Team

Rahul Dravid is a former Indian cricketer and the captain of the Indian National Team. He is now the head coach of the Indian national team. He is likely one of the last traditional Test match batters. Dravid formerly served as the head coach of the senior men’s national team, the National Cricket Academy (NCA), and the India Under-19 and India A sides. Under his leadership, the under-19 team came second in the U-19 Cricket World Cup in 2016 and won in 2018. In the history of cricket, Rahul Dravid scored 24,177 runs in international cricket. He is regarded as one of the greatest batsman in Indian history. He is also known as The Wall & Mr. Dependable. In 2000, he was named as one of the best five cricketers of the year by Wisden Cricketers’ Almanack. He is having a record of never getting out for a Golden duck in the 286 Test innings that he played. Currently, Dravid & Sachin Tendulkar are having highest scoring partnership in cricket history with 6920 runs while batting together for India. In August 2011, declared his retirement from ODIs as well as Twenty20 International (T20I). He announced retirement from international & first-class cricket in March 2012. He appeared as the captain of Rajasthan Royals in 2012 IPL. Rahul Dravid is honoured with the Padma Shri and the Padma Bhushan award, India’s fourth and third highest civilian awards respectively. In 2004, Rahul Dravid received the Player of the Year and the Test Player of the Year awards at the inaugural ICC awards ceremony. He became the first non-Australian cricketer to deliver the Bradman Oration in Canberra in 2011. He became the fourth-highest run scorer in test cricket as of 2016. In 2012, he created record for the most catches taken by a non-wicket-keeper player in test cricket with 210. He joined the GoSports Foundation, Bangalore as a member of their board of advisors. With that, he is mentoring India’s future Olympians and Para Olympians as part of the Rahul Dravid Athlete Mentorship Programme. Rahul Dravid became the 5th Indian cricketer to be included into ICC Hall of Fame in July 2018.

Early & personal life: Rahul Sharad Dravid was born on 11th January 1973 in a Marathi Brahmin family in Indore, Madhya Pradesh, India. His father Sharad Dravid was working for a company that makes jams & preservatives. His mother Pushpa was a professor of architecture at the University Visvesvaraya College of Engineering (UVCE), Bangalore. He has a younger brother Vijay. Rahul completed his schooling at St. Joseph’s Boys High School, Bangalore and received a degree in commerce from St. Joseph’s College of Commerce, Bangalore. While working towards MBA, he was selected to India’s national cricket team. Rahul Dravid married Vijeta Pendharkar on 4th May 2003. She

is a surgeon from Nagpur. The couple have two children named Samit & Anvay.

Domestic career: At the age of 12, he started playing cricket & represented Karnataka at the Under 15, Under-17 & Under-19 levels. There he played as a wicket keeper also. In February 1991, he made his debut in Ranji Trophy.

International career: In 1994, he received his first international call for the last two matches of Wills World Series. Then he went back to the domestic circuit & kept knocking harder. On 3rd April 1996, Rahul Dravid made his international debut on in an ODI against Sri Lanka in the Singer Cup held in Singapore. That was immediately after the 1996 World Cup, replacing Vinod Kambli. His test debut was successful in compare to ODI. Rahul Dravid was selected for Indian squad touring England. On 20th June 1996, finally he made his test debut at Lord’s against England in the second test instead of Sanjay Manjrekar. He came to bat at 7th number & scored 95 runs. He scored hundred in the next tour against British Universities. He concluded his successful debut series with the average of 62.33 from two test matches. After a successful test debut in England, Rahul Dravid played in the one-off-test against Australia in Delhi. That was his first test in India. He played at 3rd position for the first time. He played with the average of 29.16 runs. After two weeks, India toured South Africa for three match series. He almost won the Third Test for India with his maiden test hundred in the first innings with the score of 148 runs and another 81 runs in the second innings. His performance in the test gave him his first Man of the Match Award in Test cricket. He continued in the same vein in the West Indies by aggregating 360 runs at an average of 72.00 including four fifties. With that series, he concluded a successful 1996/97 test season by topping international runs chart with 852 runs with the average of 50.11. Rahul Dravid scored seven fifties in the next eight tests that in six innings, he became only the second Indian to do so after Gundappa Vishwanath. By the end of 1997/98 test season, he scored 15 fifties in 22 tests. In contrast to his test career, he had to struggle a lot in ODIs. During 1996 to 1998, he found in & out of the ODI team. His received his first success in ODI during 1996 ‘Friendship’ Cup against Pakistan. He scored 220 runs in five matches at an average of 44.00 & strike rate of 68.53. In that series, he won his first ODI man of the match award.

He has been branded as a Test specialist. He continued to score high in test cricket & his score in ODI was poor. Rahul Dravid drew criticism for that also. He worked hard to fit in ODI cricket. As a result, during 1998-99 New Zealand tour, he scored run-



a-ball hundred in first match of the bilateral ODI series & earned his third ODI man of the match award. He was the top scorer of the series with 309 runs from five games with the average of 77.25 & strike rate of 84.65. In the match against Pakistan, he bowled four overs & too a wicket of Saeed Anwar. That was his first wicket in international cricket.

World Cup: Rahul Dravid made his world cup debut against

South Africa. Nevertheless, he scored just 13 runs against Zimbabwe. He made partnership of 237 runs with Sachin Tendulkar against Kenya at Bristol. Once again, he had a record-breaking partnership worth 318 runs with Saurav Ganguli. In 1999, India toured Australia for a 3-match test series & a triangular ODI tournament. He scored century against Tasmania in the practice match.

Shafali Verma



Shafali Verma, one of India’s most promising female cricketers, has transformed women’s cricket with her aggressive batting and six-hitting stroke play. Shafali was born January 28, 2004, in Rohtak, Haryana. She rose to international prominence as a youngster, being one of the youngest players to routinely appear for India’s national team. Shafali, known for her aggressive opening style, has revolutionized the Indian women’s cricket squad across all formats. From a simple childhood with limited training facilities to a global cricketing phenomenon, her journey has been one of determination, skill, and passion. Alongside her cricketing career, fans are curious about her education, family, astonishing statistics, and growing net worth – all of which illustrate her remarkable rise to being one of the most well known cricketers in the world.

Early Life & Family Background: Shafali Verma was born into a simple middle-class family in Rohtak, Haryana on January 28, 2004. Her father, Sanjeev Verma, has a small jewelry shop and has played a significant role

in shaping her cricketing aspirations; her mother, Parveen Bala, is a homemaker. She grew up with her brother, Sahil, who also liked cricket. Since childhood, she exhibited exceptional enthusiasm for the sport, even to the point of practicing with boys due to fewer opportunities for girls in and around her hometown. Her father constantly supported her by taking her to training sessions and playing in local matches. It is the determination of Shafali combined with her father’s support that helped her overcome social barriers and be a beacon of hope for future cricketers as one of India’s most fearless and accomplished players.

Education Details : Shafali Verma attended primary school in her hometown, Rohtak, Haryana. She first went to St. Paul School and later onto studies at Mandeep Senior Secondary School to continue with cricket as well. It was never easy for Shafali to balance studies and sport, and eventually she became increasingly committed to cricket. She has also been reported to have to miss some of her studies by repeating a grade in preparation for a fu-



tured in the Women’s Premier League (WPL) with the Delhi Capitals, where she showed some of her consistency and the maturity to continue growing as a batter.

Net Worth & Earnings: Shafali Verma’s net worth in 2025 is estimated to be between ₹5 crore and ₹11 crore, a significant amount given her status as one of India’s most renowned female cricketers. She earns money from a variety of sources, including match fees, BCCI central contracts, and profits from franchises such as the Women’s Premier League (WPL), in which Shafali represents the Delhi Capitals. Shafali earns a significant amount of money from brand sponsorships in addition to playing contracts. Her journey from a small-town kid in Rohtak to one of India’s most well-known cricket players has been astounding, as has her ascent in popularity and money. Shafali’s financial future appears to be more better in the future, because to her growing popularity and demanding performances.

Conclusion: Shafali Verma’s transition from the narrow lanes of Rohtak to playing cricket at the international level is inspiring. With her garish approach to the game, power hitting, and relentless commitment to the sport, Verma has become a role model for young cricketers. Despite her rough experiences early on in her career, she remains composed while excelling at an international level. Shafali Verma should serve as a reminder of hard work, skill, and the rapidly changing landscape for women’s cricket in India as she continues her career.

Her father wanted her to play tennis because there is no scope in football. She loved football and was ready to create all the scope needed! Can you guess who is this sportsperson we are talking about? She is none other than our champion goalkeeper Aditi Chauhan. Aditi started playing football in school for fun. Soon she realized how much she loved the sport and it became her dream.

With a lot of hard work, Aditi has come a really long. She has grappled with some tough decisions, some injuries, and much successes. What inspired her to keep playing and what are her future plans? Let us find out!

Family Background and Early Life: Aditi’s father A V Chauhan is the Inspector General of CRPF, Jammu. Aditi moved to New Delhi with her family when she was nine years old. Aditi’s grandmother, a former athlete herself, played a key role in motivating Aditi. As a school student, Aditi participated in zonal and inter-zonal porting events for discus throw, javelin throw, and shot put. She also played basketball and represented her school team as well as the Delhi state team.

Aditi’s coaches suggested that she try out as a football goalkeeper due to her athletic build. Destiny played a huge part as football turned out to be her forte soon and she started excelling in it.

Aditi Chauhan Football Journey: Aditi became a part of the India Under-19 team when she was just 17 years old. The 2012 SAFF Women’s Championship in Sri Lanka is the most memorable tournament for her. Being a part of the winning squad was a huge honour. Aditi started playing for Loughborough University while studying there. After her studies, she began her internship with Decathlon. She also began trying out for Millwall. Unfortunately, she wasn’t eligible to play for

Aditi Chauhan

them on her student visa. However, her goalkeeping coach used to train at West Ham as well. On her advice, she tried out there. The most special moment of her career was perhaps the selection for West Ham United Ladies football club. The club is highly prestigious and a part of the Football Association’s (FA) Women’s Premier League Southern Division. With this feat, she became the first Indian woman to join a top English football club.

Aditi Chauhan Injury: February 2017 was a tough month for Aditi, and so was the period that followed. Continuing from one high to another, our champion suddenly faced a huge obstacle. An ACL injury was all set to hamper her career. Aditi was very resilient through the long recovery. She went through with the surgery and work hard throughout the rehabilitation process. She was fortunate enough to have friends and family who supported her in this tough period.

Humble and Hardworking Icon: “At the age of 17, I got selected for the under-19 national team camp and was away from home for almost three months for the first time. But I did not let it get to me because my aim was very clear – to be the first-choice goalkeeper for the

team. I trained hard and achieved it. I represented the under-19 Indian national women’s team for AFC Qualifiers at Malaysia,” Aditi told the Hindustan Times. Success at a young age can be a curse as well. It is very easy to get swayed and take things for granted. However, Aditi has always emphasized hard work and consistent training. Six days of intense training is part of her regular schedule. Also, she ups the intensity during national camps and before major leagues. Time and again, she has spoken about the importance of education as well. It is extremely heartening to see a grounded sports star who is inspiring numerous young girls in a wholesome way!

Interesting Facts about Aditi Chauhan:

She has a Masters degree in Sports Management from Loughborough University, England. Aditi holds the distinction of being the third Indian to join a top British club. Mohammed Salim and Bhaichung Bhutia are the other two Indians who played for Celtic FC and Bury FC respectively.

She is also the first Indian woman to win the Woman In Football Award.’ She won the award at the third Asian Football Awards in London in 2015.

