

sonnel reach distribution centre before being deployed at various polling stations ahead of voting in Dibrugarh on Thursday.

VOICE THE

21 states and UTs in Phase 1 to begin at 7 am and end at 5 pm

Voting in 102 seats across

Counting of the votes and results for the Lok Sabha polls will be announced on June 4

Moni Sharma

New Delhi/Jaipur



eve of first phase of Lok Sabha elections in Nagpur on Thursday.

The commencement of the Indian national election's inaugural phase is slated for today. This election cycle pertains to allocation of 543 seats within the Lok Sabha, India's lower house of Parliament. The formation of the forthcoming government hinges upon the party or coalition securing a majority of these LS seats. This electoral event stands as largest ever democratic undertaking in both world and historical contexts, featuring a staggering 969 million registered voters empowered to participate across 44 days, facilitated by 5.5 million electronic voting machines.

Today marks initiation of Phase 1 in the

2024 Lok Sabha elections across various states. A total of 102 Lok Sabha seats spread across 21 states and UTs are slated for polling during this initial phase. Notably, among these seats, 45 were secured by UPA and 41 by NDA in 2019 elections. Furthermore, 6 of these seats have undergone redrawings as part of the delimitation process.

In the diverse landscape of India's multiparty democracy, a myriad of national and regional parties vie for electoral support. However, electoral battleground primarily features 2 principal coalitions contending for national leadership: NDA, spearheaded by Modi's BJP, and the INDIA coalition, comprised of 26 parties and led by Opposition, the INC.





As Lok Sabha elections begin, I urge citizens especially firsttime voters, to vote. It is important to shape the

future of the country. DROUPADI MURMU, PRESIDENT



Our country India is great and we are ahead of

everyone in the world. Voting is a symbol of a strong and prosperous democracy. Let us all play our part and vote. DY CHANDRACHUD, CII



100% voting in the Lok Sabha general polls.

Every vote of all eligible voters matters. All the citizens should exercise their right to vote for a strong democracy. KALRAJ MISHRA, GOVERNOR

Let us put everything aside and prioritise the

most important task: voting. It is our chance to make a difference and score big for our country. My Vote, My Duty! **SACHIN TENDULKAR, EX-RS MP**

POLL FOR 96 SEATS TO BE HELD ON MAY 13 The Election Commission of India (ECI) on Thursday issued the notification for the fourth phase of voting in the Lok Sabha elections 2024. The fourth phase of voting will take place on May 13, in 96 constituencies spread

POLLING OFFICIALS

Madhya Pradesh, Maharashtra, Odisha, Telangana, Uttar Pradesh, West Bengal, and

PHASE 4

Jammu and Kashmir.

April 25: Last date for filing the nominations **April 26:** Scrutiny of the nomination papers April 29: Last date for withdrawal of nominations

across 9 states and one Union Territory,

including Andhra Pradesh, Bihar, Jharkhand,

EC ISSUES NOTIFICATION FOR 4TH PHASE,

102 LOK SABHA CONSTITUENCIES, 21 STATES THAT WILL VOTE IN LOK SABHA POLL TODAY

The polling in Phase 1 will be held in Tamil Nadu (39), Uttarakhand (5), Arunachal Pradesh (2), Meghalaya (2), Andaman and Nicobar Islands (1), Mizoram (1), Nagaland (1), Puducherry (1), Sikkim (1), and Lakshadweep (1). Besides, there will be voting in 12 seats in Rajasthan, 8 in Uttar Pradesh, 6 in Madhya Pradesh, 5 seats each in Assam and Maharashtra, 4 in Bihar, 3 in West Bengal, 2 in Manipur, and 1 seat each in Tripura, Jammu and Kashmir, and Chhattisgarh.

TO GO TO POLLS IN PHASE 1 Voting in Rajasthan's Lok Sabha elections is

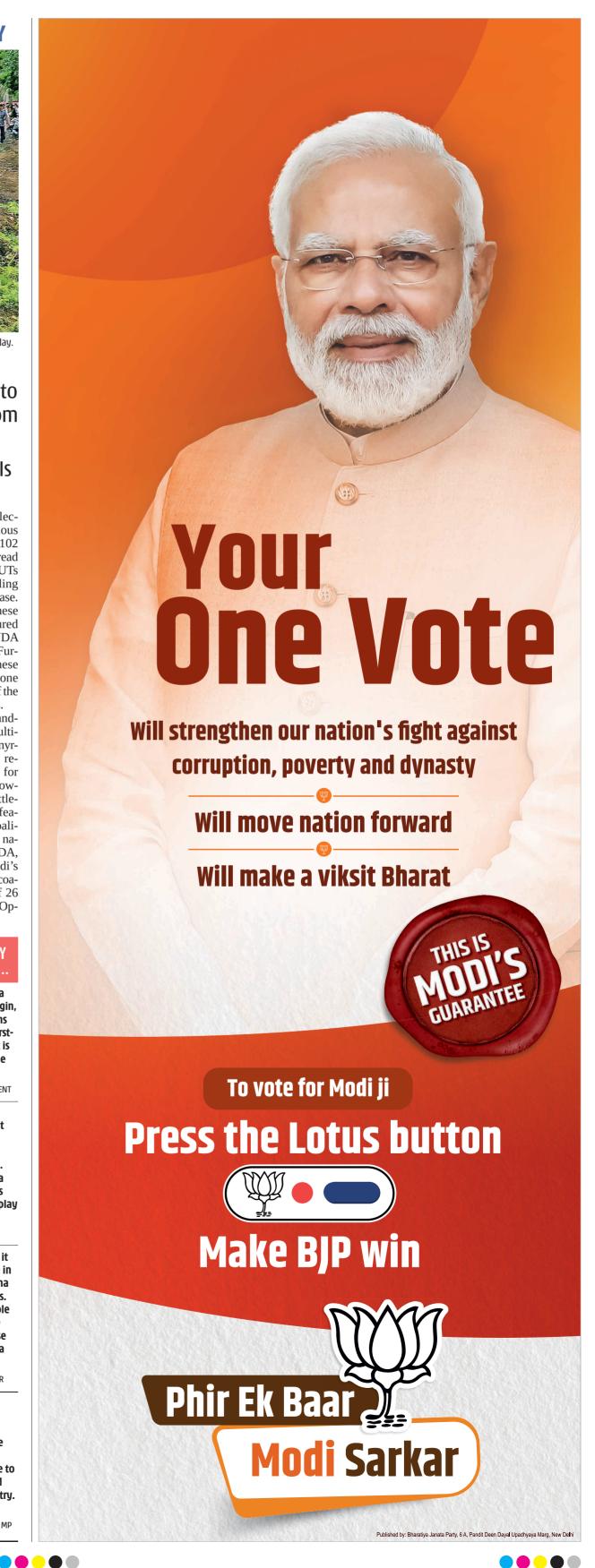
12 SEATS OF RAJASTHAN

set to happen in 2 phases. In the Phase 1, voters from 12 constituencies including Sri Ganganagar, Bikaner, Churu, Sikar, Jhunjhunu, Jaipur, Jaipur Rural, Alwar, Bharatpur, Karauli-Dholpur, Nagaur and Dausa will cast their votes today.



THERE IS 'NOTHING LIKE VOTING': CEC RAJIV KUMAR URGES PEOPLE TO VOTE ON EVE OF POLL

On eve of the Lok Sabha polls' first phase, CEC Rajiv Kumar on Thursday reminded people of significance of each vote, saying there have been instances when one vote has mattered in a critical contest. Polls are most beautiful expression of India's democracy & there is "nothing like voting", he said. In view of heatwave, he said people must take precautions. "But I know spirit of the Indian voter will beat the summer heat," he said.



IN BRIEF

Strict vigilance in Sri Ganganagar, Bikaner & border districts

Bikaner: All preparations have been completed for voting in Sri Ganganagar and Bikaner parliamentary constituencies. As both the constituencies are situated on the international border, the police are extra vigilant. IG Omprakash Paswan is continuously monitoring the security arrangements. In a conversation with First India News. Paswan said that we are keeping a close watch on all the happenings. "Police force is deployed. This time ADSP level officers have been deployed assembly wise," he said.

🚣 Laxman Raghav

Public holiday declared to ensure 100% voting for LS Poll in Jpr today

Jaipur: To ensure 100 percent voting in the first phase of polls, the District Election Officer has declared a public holiday today. Deputy District Election Officer Neelima Takshak said that in compliance with the order issued by the General Administration Department on March 22, there will be a public holiday on the polling day. Besides, there will be a public holiday on April 26 in Dudu assembly constituency included in Ajmer Lok Sabha constituency.

75,000 officers, jawans of Raj Police deployed for polling today: DGP

Jaipur: Elaborate security arrangements will be in place for Lok Sabha elections in 12 out of 25 lok sabha constituencies in Rajasthan on Friday. DGO UR Sahu said that for first phase, 23, 651 polling stations and 719 auxiliary polling stations have been set up under 14 police districts in 12 Lok Sabha constituencies & about 75,000 officers & jawans of Rajasthan Police have been deployed for smooth polls. Á Shivendra Singh Parmar

Two polling officials die during duty in **Churu and Kota**

Churu / Kota: A sad news has come to light in Churu district after a polling party employee died of a heart attack on Thursday in Sadulpur of Churu district. According to information, polling parties were sent from Govt College, Sadulpur. Tarachand's health deteriorated & he died. Meanwhile in Kota. Home Guard Sunil Sharma, who died on duty was cremated on

2,54,29,610 voters to get inked today

First India Bureau Jaipur

of 25 welve Lok Sabha seats in State will go to polls in the first phase of Lok Sabha elections on Friday. A Union minister is among the 114 candidates in the fray.

Polling will be held in twelve out of 25 Lok Sabha seats – Churu, Nagaur, Ganganagar, Jhunjhunu, Bikaner, Sikar, Jaipur Rural, Jaipur, Alwar, Bharatpur, Karauli-Dholpur and Dausa, from 7 am to 6 pm.

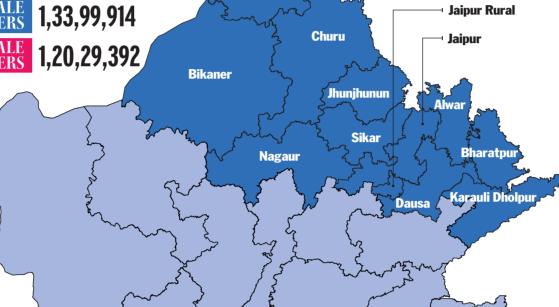
According to chief electoral officer Praveen Gupta, a total of 2.54 crore voters are set to vote in the first phase on Friday. One of the key constituencies Nagaur is set to witness a keen contest between the Rashtriya Loktantrik Party (RLP) candidate and former MP Hanuman Beniwal in alliance with Congress against BJP candidate and former Congress MP Jyoti Mirdha. Beniwal with the BJP's support in the 2019 elections defeated Mirdha, who was then a Congress candidate. However, Beniwal separated from the NDA in 2020 over the farmer's agitation issue.

In the Churu Lok Sabha constituency, former BJP MP Rahul Kaswan is contesting as Congress

.....

2,54,29,610TOTAL VOTERS ON THESE 12 SEATS

CONSTITUENCIES TOTAL CANDIDATES **Jaipur Rural**



Polling Today **BALLÓT UNITS VVPAT MACHINES** Polling on April 26

pic Devendra Jhajharia. Dalit leader and Union Minister Arjun Ram Meghwal, who has been representing Bikaner Lok Sabha seat since 2009, is contesting the Lok Sabha

candidate and paralym- is contesting against Congress candidate and former state minister Govind Ram Meghwal.

In Sikar, the Congress' Indian National Developmental Inclusive Alliance (INDIA) bloc partner, the candidate against BJP elections for 4th time. He CPI(M) has fielded for-

mer MLA Amra Ram against the BJP's incumbent MP Sumedanand Saraswati. Amra Ram had been an MLA from the Danta Ramgarh and the Dhod seats. Sikar is hometown of PCC chief GS Dotasra.

Voting for Jaipur and Jaipur Rural Lok Sabha constituencies will be held on Friday. In Jaipur Lok Sabha constituency, 22.87 lakh voters including 11.90 lakh male and 10.96 lakh female voters will cast their votes.







Lalit

Yadav

Bhupender



Devendra Rahul

Arjun Ram





Ramsvaroop



Shubhkaran Brijendra





Amra



Swami Sumedhanand



Rao Rajendra Anil

Chopra

Jyoti

Hanuman

POLL READY!



All decked up polling booth awaiting voters at Mahatma Gandhi Government School in Gandhi Nagar of Jaipur on Thursday. Special selfie booths and other arrangements have been meade here. O SANTOSH SHARMA

VIP VOTERS ALL SET TO CAST THEIR VOTI

As the voters of 12 Lok Sabha seats of Rajasthan vote today, here's a look at where the State's who's who will cast their votes

Governor Kalraj Mishra will vote in Residency School, C-Scheme, Jaipur at 9.30 am

CM Bhajanlal Sharma will vote at 7:30 am in Navodaya Women's Edu Training College in Jagatpura

Dy CM Diya Kumari will vote at 9 am in govt primary school in Dhyodi

CEO Praveen Gupta will vote between 7-7:30 am in govt school in front of the dairy booth, Gandhi Nagar CS Sudhansh Pant will vote at 7 am at Seth Anandilal Poddar School

MLA Gopal Sharma will vote at Little Wings School, DCM MLA Kalicharan Saraf

will vote at 8 am in booth number 124 at Adarsh Vidya Mandir School

Hawa Mahal MLA Bal Mukundacharya will vote at 7 am at booth number 130 in Sanskrit school of Hathoj Balaji temple

Jaipur MP Ramcharan Bohra will vote at 9 am at booth number 123 in Govt Girls School, Durgapura

MP Ghanshyam Tiwari will vote in Shyam Nagar at 10 am Former BJP state prez Arun Chaturvedi to vote

at 9 am at Sand Dunes School in Vivek Vihar BJP candidate from Jaipur seat Manju Sharma will

vote at 9 am in Adarsh Girls

School, Gangauri Bazar

at 10:30 am in Sikar's Kriparam Ki Dhani Former Deputy Chief Minister Sachin Pilot will cast vote at 10 am

in Residency School,

PCC Chief Govind Singh

Dotasara will cast vote

C-Scheme Congress candidate from Jaipur seat Pratap Singh Khachariyawas will vote at 8 am at booth on Main Hatwara Road

Tikaram Jully will vote at booth in Jai Krishna Club. Alwar at 9:15 am Justice Sudesh Bansal

Leader of Opposition

will vote at Mahatma Gandhi Senior Secondary School, Tonk Phatak at 7:30 am

ELECTION COMMISSION ALL GEARED UP

All preps in place, polling parties take command: Praveen Gupta



Women polling officials leaving for duty after collecting the polling material from Control centre at Shri Bhawani Niketan Ground in Jaipur on Thursday

Vinod Singh Chouhan Jaipur

ll preparations for voting in 12 Lok Sabha seats going to polls under first phase on Friday have been completed. Voting will take place at 24,370 polling stations. This includes 719 auxiliary polling stations, 5,729 urban and 17,922 rural booths.

Also, to encourage voting, 768 polling stations each will be operated by women and youth and 96

INCREASED NUMBER OF VOTERS POSSIBLE DUE TO MONITORING BY CHIEF ELECTORAL OFFICER Jaipur: A total of 5.35 crore voters are registered

in Rajasthan for the Lok Sabha Election-2024. Of these, 1.40 crore are service voters. During the 2019 Lok Sabha general elections, 4.89 crore voters were registered. In the 2024-elections, the total number of voters in the state has increased by 45.51 lakh. The significant increase in the number of voters could be possible as a result of strict monitoring by Chief Electoral Officer Praveen Gupta. Out of all 25 Lok Sabha constituencies of state, Pali has highest number of registered voters, which is 23.48 lakh. - Dr Rituraj Sharma

polling stations will be operated by disabled per-

The departure of polling parties from Jaipur to the polling booths for the

elections on Friday started from Thursday morning. By afternoon, all the polling parties had taken command of the polling booths in their respective areas. In Jaipur on Thursday,

first phase of Lok Sabha

4213 polling parties left in two shifts from Bhawani Niketan College on Sikar Road, Jamia Tul Hidaya University on Jamvaramgarh Road and Rajasthan College on JLN Marg. The polling teams left with EVMs, VVPATs and voting materials.



Polling officer with Ballot Unit in Jaipur on Thursday.



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IN BRIEF

ED arrests AAP MLA in Wagf Board-linked case

New Delhi: The ED on Thursday arrested AAP MLA Amanatullah Khan in connection with a money laundering case linked to the Delhi Waqf Board, in latest such arrest of party leader by probe agency.

Supreme Court on pleas to count all VVPAT slips

New Delhi: The Supreme Court on Tuesday dismissed criticism of voting through the Electronic Voting Machines and said that attempts should not be made to "bring down the system", reserved verdict.

India to deliver 1st set of missiles to Philippines

New Delhi: India is set to deliver today first set of BrahMos supersonic cruise missiles to the Philippines as part of the USD 375 million deal between the two sides signed in 2022, Defence Ministry said.

Iran agrees to release remaining 16 Indians

New Delhi: In a major diplomatic win for India, Iran has agreed to release the remaining 16 Indian crew members of the seized Israeli ship," Iran's Embassy in New Delhi said on Thursday.

BJP WILL GIVE BEST IN SOUTH INDIA: HM



Union Home Minister Amit Shah with Gujarat CM Bhupendra Patel and State BJP Chief CR Paatil during an election campaign roadshow for the Lok Sabha elections 2024 in Ahmedabad on Thursday.

First India Bureau

Gandhinagar

Union Home Minister Amit Shah on Thursday expressed confidence that the BJP will put up its "best ever" performance in south India in LS polls this time. Shah, BJP candidate from Gandhinagar Lok Sabha constituency, told during a roadshow in Ahmedabad. He said that atmosphere in country suggests that we will get over 400 seats. BJP's performance in south India will be the best ever so far. BJP will win all 26 seats in Gujarat with high margins.

SHAH TO VISIT JODHPUR AND UDAIPUR TODAY UHM Amit Shah will address election meeting in Jodhpur's Bhopalgarh in support of Gajendra Singh Shekhawat today. He will also conduct roadshow in Udaipur today to support Rawat.

PM MODI, CM YOGI TO SUPPORT SHEKHAWAT IN JODHPUR

Prime Minister Narendra Modi will also address an election rally in Jodhpur on April 23. On the other hand, Uttar Pradesh Chief Minister Yogi Adityanath will hold a road show in Jodhpur in support of Shekhawat on April 20. PM Modi will also address rally in Banswara on April 21.

BITCOIN PONZI CASE AGAINST RAJ KUNDRA AND SHILPA SHETTY

. ₹97.79 crore and flat in Juhu



First India Bureau Mumbai/New Delhi

The ED has attached properties worth ₹97.79 crore of Shilpa Shetty's husband Raj Kundra under the provisions of PMLA 2002. The agency, among the seized properties, has also attached the Juhu flat that is in name of actress, as well as shares and others, in connection with a Bitcoin ponzi scam of nearly ₹7,000 crore. The ED has attached properties including a bungalow situated in Pune and equity shares in name of Raj Kundra. Following multiple FIRs registered by Maharashtra and Delhi Police against one Variable Tech Private Limited and other accused including against late Amit, Ajay, Vivek, Simpy, and Mahender Bhardwaj.

'Modi Ki Guarantee' will AND SHILPA SHETTY ED attaches properties worth POZ 79 crore help BJP win all 25 seats in Rajasthan: CM Sharma

Aishwary Pradhan from First India News engages in an insightful conversation with **Chief Minister Bhajan Lal Sharma** regarding the various pertinent topics surrounding the upcoming Lok Sabha polls.

In these LS polls, spotlight is on Rajasthan, where BJP has claimed all 25 parliamentary seats for 2 consecutive terms. What's your perspective on this?

It's worth recalling that in 2014 elections, Congress leaders made similar assertions. Again, in 2019 polls, they echoed similar sentiments, albeit for a few seats. I want to emphasize that Modi's dedication to uplifting poor, fostering national development, ensuring border security, and enhancing India's global stature has garnered widespread trust among the populace. I am sure that unwavering support for PM Modi will ensure victory in all 25 seats.

Why are Cong leaders flocking to join BJP in

substantial numbers? It's a common belief that political parties earn and lose prestige through their actions. Modi has exemplified this by presenting work plans to the public, effectively implementing them. His ap- 3 crore people and irri-



CM Bhajan Lal Sharma in conversation with Aishwary Pradhan at the Chief Minister's residence in OTS on Thursday.

SCAN OR CLICK TO WATCH FULL INTERVIEW OF CM

proach serves as a lesson for political parties on effective governance.

Modi Ki Guarantee that you have fulfilled here — will it prove beneficial for BJP in other states where you have campaigned as well?

Rajasthan has long suffered from water scarcity, and I've always believed that PM Modi empathised with state's plight. Cong govt showed reluctance to act, leading to stalling of the ERCP project. The ERCP alone will benefit gate 2.80 lakh hectares of the land. Thanks to PM Modi's intervention, issue was swiftly resolved.

With Congress leaders opting out of contesting polls this time, do you believe this could be advantageous for the BJP?

Congress, besides facing corruption charges, has been accused of deception and exploiting nation. Eventually, the truth will surface. Even Congress members recognize this reality and comprehend their circumstances.



लोकसभा चुनाव-2024



आज मतदान दिवस

शुक्रवार 9 अप्रैल, 2024

सुबह 7:00 बजे से शाम 6:00 बजे तक

अपील आपका वोट कीमती है !

प्रिय मतदाता,

VOTEQ Tracker एप

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Live स्थिति

हम सोचते हैं कि हमारे एक वोट से क्या फर्क पड़ता है ? वैसे भी आज मझे बहत काम हैं।

लेकिन आपके एक वोटसे फर्क पड़ता है।

आपके एक वोट से लोकतंत्र का फैसला प्रभावित हो सकता है। मतदान आपका अधिकार है और कर्तव्य भी ! ध्यान रहे, आज १९ अप्रैल छुट्टी का दिन नहीं है ,लोकतंत्र का महापर्व है! आज सभी के लिए अवकाश घोषित किया गया है।

आज 19 अप्रैल को सुबह 7:00 बजे से शाम 6:00 बजे तक अपना अमूल्य मत दैना ना भूलें ! सशक्त एवं मजबूत लोकतंत्र के साथ शत-प्रतिशत मेतदान के लिए हम सभी की सहभागिता आवश्यक है!

गर्मी के इस मौसम में सुबह 7 बजे से 9 बजे तक early voting करें और जागरूक मतदाता प्रमाण पत्र पाएँ।

घर से निकलकर, प्रसन्न एवं निर्भीक होकर मतदान जरूर करें...

प्रवीण गुप्ता

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सबसे पहले वोट की बारी, बाकी कामों की फिर तैयारी!



मतदान है महा अभियान!

दिव्यांगजनों हेतु रैंप एवं व्हील चेयर की

 दिव्यांगजन के लिए परिवहन सुविधा सहायता हेतु प्रशिक्षित वॉलिन्टियर्स

■संयुक्त परिवार, नवविवाहित जोड़े, युवा समूह व मतदाताओं द्वारा मतदान की फोटो/सैल्फी विभाग की वेबसाइट पर अपलोड करने पर मतदाता डिजिटल प्रमाणपत्र डाउनलोड कर सकते हैं।

चुनी गई सेल्फी को जिला एवं राज्य स्तर पर सम्मानित किया जाएगा

वोटर आईडी कार्ड या इनमें से किसी एक फोटोयुक्त पहचान पत्र को दिखाकर मतदाता कर सकेंगे मतदान

आधार कार्ड

पैन कार्ड

ड्राईविंग लाइसेंस

पासपोर्ट

युनिक डिसेबिलिटी कार्ड

मनरेगा जॉब कार्ड

स्वास्थ्य बीमा कार्ड

एनपीआर - आरजीआई

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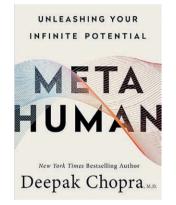
OFIRST INDIA 04

When your sleep goes METAHUMAN



DEEPAK CHOPRA

The writer is MD, FACP, FRCP founder of the Chopra Foundation, a non-profit entity for research on well-being and humanitarianism, and Chopra Global



TWO POINTS OF THE BOOK

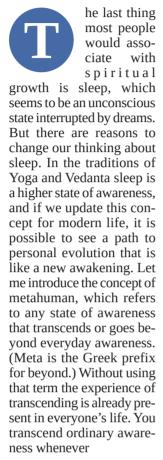
I OFFER A DETAILED
DEFENSE OF THE
CONSCIOUSNESS
WORLDVIEW IN MY BOOK
METAHUMAN. TWO MAIN
POINTS FROM THE BOOK
ARE UNDERSCORED IN
THIS ARTICLE



Meta-experiences are normal, natural, and present in everyone's life.



Awareness during deep sleep shows that consciousness is never lost and can be experienced in its pure state, without the participation of the active mind. These two clues point to the possibility of moving into the next stage of personal evolution, which is metahuman. Absorbing that this is a natural goal in your own life represents a huge step in making higher consciousness a reality.



- You have an insight
- You feel inspiredYou see the truth
- You have a creative impulse
- You experience profound love and compassion
- You feel connected to a higher power
- You go into a deep meditative state

If you consider everything on this list, it describes the highest values and most cherished aspects of the human mind. Anthropology takes for granted that modern Homo sapiens evolved beyond our hominid ancestors chiefly by virtue of our higher brain, to which we owe the capacity for complex thought. What is overlooked, however, is the evolution of consciousness, which uses the higher brain but is not the same as the higher brain's biology. Self-awareness, for example, is crucial to being human, and some key areas of the brain, such as the prefrontal cortex, can be organized into a map of where self-awareness is registered. But a physical map doesn't explain how brain cells, whose biology is very similar to other cells in the body, manage to know that they exist, the

source of self-awareness.

This is where deep sleep enters the picture. The advantages of a higher brain aren't present in dreamless sleep. You experience no images, thoughts, sensations, or emotions. In fact, it comes as a relief to escape the endless activity of the waking mind, along with its troubled thoughts, memories, and emotions. Deep sleep is a safe place for consciousness beyond





The last thing most people would associate with spiritual growth is sleep, which seems to be an unconscious state interrupted by dreams. But there are reasons to change our thinking about sleep. In the traditions of Yoga and Vedanta sleep is a higher state of awareness, and if we update this concept for modern life, it is possible to see a path to personal evolution that is like a new awakening. Let me introduce the concept of metahuman, which refers to any state of awareness that transcends or goes beyond everyday awareness

anything normally experienced when we are awake.

But is it a meta state? Yoga and Vedanta both affirm that it is—deep dreamless sleep is considered the closest we come to our source in pure awareness. Therefore, if you could experience deep sleep instead of blanking out, you would grasp your true self. According to various Vedic philosophies, you would at the same time merge with your source and be free of the illusion, or Maya, of the physical world.

Obviously, there is a long distance between this view of deep sleep as a meta state and everyone's experience of blanking out. Here we can make an important distinction between consciousness and awareness. Advanced yogis, or even meditators of long experience, attest that they are self-aware in deep sleep. A kind of background state, the "I am" state, continues around the clock. Sometimes this is accompanied by a faint inner light, sometimes by bliss-consciousness.

Acquiring this meta state

Glad to receive Special

Representative Roza Otunbayeva,

Dr. S. Jaishankar (Modi Ka Parivar)

@DrSlaishankar

Head of UNAMA this morning.

Exchanged views on the current situation

in Afghanistan. Underlined that India has

provided wheat, medicines, pesticides and

school supplies. Appreciate the role of UN

agencies as partners in these endeavors.

is a skill that isn't part of the average person's skill set, but neither is the ability to sense all the things your body is doing behind the scenes, the enormous regulation of cell functions, heart rate, breathing, digestion the immune response, biorhythms, the elimination of waste, metabolism, and the flow of hormones. These are considered physical processes in medicine, but just as there is no explanation for how brain cells can think or feel, there is no physical explanation for how the body's internal clocks work, distinguishes invading pathogens, or organizes thousands of differ-

ent proteins inside each cell. Here is where an update of Yoga and Vedanta only makes sense, because both would declare that everything the body does is conscious yet outside our field of awareness. This, too, can be changed, as attested by advanced yogis who can consciously lower their breathing, heart rate, and body temperature at will. There are many practices that target other individual processes. To simplify matters, it makes much more sense to say that the body knows what it is doing than to deny it.

In other words, your body is already in a meta state that you depend upon for your physical existence. One intriguing piece of evidence for this comes from sleep research. As most people know, the purpose of sleep has long been a mystery. It is known that sleep deprivation is damaging to the normal operations of the body-mind system, and prolonged sleep deprivation leads to grossly diminished physical and mental capacity.

What deprivation implies, logically speaking, is that every process that is degraded when we don't get enough sound sleep might be what is replenished, rebalanced, and repaired during sleep. Research points in this direction, for example, in the brain detoxifying itself during deep sleep. There is no doubt, judging from everyday experience, that sound sleep makes a person feel refreshed and replenished.

Yet there is no escaping the basic objection that physical objects, including the cells in our bodies, are not conscious. Ascribing a thousand coordinated processes, either when awake or asleep, as not conscious doesn't hold water. It is an unproven assumption based on a physicalist worldview, which holds that everything must have a physical origin. Counting this is the worldview that everything must have an origin in consciousness..

THE VIEWS EXPRESSED BY THE AUTHOR ARE PERSONAL

IN-DEPTH

NO ONE CARES FOR THE HUMAN COST OF A CONFLICT

n conflicts, the devastating impact of war on human lives is consistently heart-wrenching and disturbing. Over the course of the two-year conflict between Russia and Ukraine, the BBC confirmed the deaths of 50,000 Russian soldiers, with American officials providing estimates. The New York Times reported Ukraine's military losses at 70,000 deaths last year, while the UN human rights office recorded over 10,000 civilian deaths in Ukraine. Obtaining exact casualty figures on either side is nearly impossible.

During the seven-month Israeli attack on Gaza, an estimated 33,843 Palestinians lost their lives, with the majority being innocent civilians. While the deaths of soldiers in combat are somewhat comprehensible, the tragic loss of civilian lives is unequivocally condemned, though at times, merely superficially, despite their enduring impact. Those accountable for conflicts bear responsibility for the ensuing human suffering, resulting in millions losing their homes and livelihoods, widespread displacement, and large-scale migrations, with little possibility of reversal. There's little possibility of preventing conflicts too.

ALL EYES WILL BE ON TN POLLS, NOT EVMs



hose familiar with the use of ballot paper for voting would recall the extent of bogus voting that took place in those days. Capturing of poll booths by goons of a party for fake voting was common. To stop the malpractice ballot paper was discarded. The Supreme Court has rightly rejected the plea for return to the ballot paper system. That leaves the voting process dependent on electronic machines, or the EVMs.

The apex court is hearing a petition for 100 percent verification of votes with Voter-verified paper audit trail (VVPAT) slips which allows voters to see

if their votes have gone to the intended candidate. At present only five EVMs per Assembly constituency are randomly selected for verification.

verification.

One must wait for the verdict but what can be said beforehand is that the maturity of the electorate and unquestionable integrity of officials helming the poll process are signs of a healthy democracy. Anil Masih-like presiding officer, who was caught tampering

The apex court is hearing a petition for 100 percent verification of votes with VVPAT slips which allows voters to see if their votes have gone to the intended candidate. At present only five EVMs per Assembly constituency are randomly selected for verification

votes in the Chandigarh mayoral elections, raises doubts about the system's probity in people's minds.

As the unduly long elections begin this Friday, EVMs would be under close scrutiny, just as the focus will be on the 39 seats of Tamil Nadu where Dravidian parties are facing their first big challenge in recent years. It will be a day's voting in Tamil Nadu and Uttarakhand, where five seats are at stake. Riding on Udayanidhi Maran's controversial remark on Sanatan dharma and the "surrender" of Katchatheevu Island by the Congress, the BJP is desperate to gain a foothold in Tamil Nadu.



Be it the Atal Tunnel, the Sumdo-Kaza-Gramphu highway, or the number of 4-lane roads built by the Hon'ble PM Shri @narendramodi ji in Himachal Pradesh, these initiatives are transforming connectivity and tourism, boosting economic growth and showcasing the state's natural beauty to the world.

Anurag Thakur (मोदी का परिवार) @ianuragthakur

SPIRITUAL SPEAK



Peace comes from understanding and accepting that which is.

BUDDHA

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OFIRST INDIA



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Special Heritage walk for tourists

Jaipur

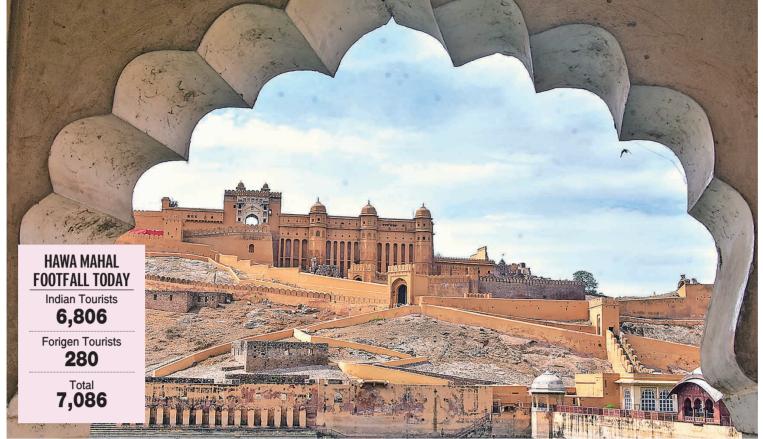
On the occasion of World Heritage Day, a heritage walk was organized in Jaipur on Thursday in which tourists were told about the ancient and rich heritage of the city.

Tourists listened to CEO Vinod Joshi, the pioneer of Rajasthan's heritage, art and culture in rapt attention as he told them about the history of Jaipur. . The walk, which started from the Heritage Path of New Gate, took three hours and concluded in front of Rajasthan School of Arts.

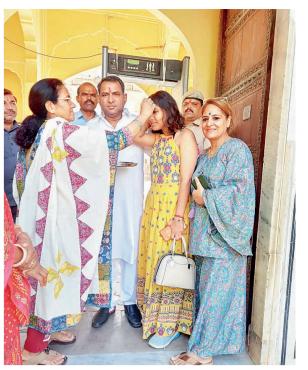
Joshi introduced the delegation to the heritage of Pink City. Tourists listened to the stories of forging of bronze utensils, settlement of film colony and other interesting anecdotes as they clicked pictures. People curiously listened to how arrangements were made for Prince Charles during his stay in Jaipur.

Sanjay Kaushik said only a select group of people were invited for the walk. Those present in the walk included writer Amit Sharma, Gausar Startup founder Sanjay Chhabra, Dancing Peacock's Naveen Tripathi, tourism related people Nitin Mathur, Reena Chaturvedi, Rakshat Huja, Pushpendra Bhargava and others.

The walk was organised under banner of Jajam Foundation & Friends of Raj Tourism



Several people including tourist guides, tour operators, heritage conservators held an awareness walk pledging to protect



Tourists being welcomed at Hawa Mahal on Thursday



People put water for birds at Hawa Mahal to mark Heritage Day



Rukmani Riyar administers pledge to protect heritage to the students participating in cleanliness drive at Albert Hall.



A cleanliness drive was organised at Ram Niwas Bagh to mark World Heritage Day. 💿 NAIM KHAN

BJP-Cong workers clash in Baran over issue of giving cash to voters

First India Bureau

Baran

BJP and Congress workers came face to face in Baran on Wednesday night. Congress workers accused the BJP members of assault, while the BJP workers accused an outsider of the Congress of distributing money.

The incident occurred near Anta's Siswali gate, where BJP workers accused Congress of distributing money to influence voters. In response, Congress workers accused BJP of assault.

BJP leaders have been accused of misbehaving and assaulting Congress city president Lalit Galav, Manmohan Meena, Kavish Jain, Vijay Suman and other Congress workers.

PALI: COUPLE ENDS LIFE BY JUMPING IN DAM, COPS FIND BODIES, IDENTIFICATION UNDERWAY

A couple jumped into the Jawai Dam near Sumerpur in Pali. The bodies of both have been found after a search operation. Sumerpur police station incharge Bharat Singh Rawat said that he got information that a boy and a girl had jumped into Jawai Dam. "When we reached the spot, we found a mobile phone, a Rs 10 note and a bike in the parking lot. Details showed that the phone was being used to talk on a single number only. Soon, divers were called. Efforts are being made to identify the two through social media," he said. The couple in love had jumped into the water with their hands tied to one another with a towel. But after jumping, the boy's hand got untied.

WOMAN KILLS SELF, TWO MINOR CHILDREN BY CONSUMING PESTICIDE IN BANSWARA DISTRICT

A woman along with her two children reportedly died after consuming poison in Nagawara village under Kalinjara police station in Banswara on Thursday. It is said that the woman first gave pesticide to her children and then consumed it herself. According to information, Kajal (32), her daughter Tamanna (12) and son Karthik (7) were found lying unconscious by the neighbours in the house. But Tamanna was still breathing. The villagers took all three to MG Hospital in Banswara, where the doctor declared all three dead. The house was sealed. Their bodies have been kept in the mortuary.

RAPE CASE AGAINST **INSTAGRAM FRIEND** BY 24-YR-OLD GIRL

A case of rape of a girl by an Instagram friend has come to light in Jaipur. The accused promised to marry her and kept on exploiting her. When he was pressured by the victim for marriage, he fled. The case is being investigated by ACP Vinod Kumar. Police said that the 24-yearold victim of Sanganer complained that she became friends with Vikas Yadav on Instagram some time ago. Later, Yadav raped her on the pretext of meeting. When she protested, he promised to marry her but finally ran away.

Raj HC notifies of 42 vacancies in district judge cadre 2024-25

First India Bureau

Jodhpur

The Rajasthan high court nas notified a total of 41 vacancies in the district judge cadre for the year 2024-25. 3 vacancies are for direct recruitment, 2 for promotion by limited competitive examination and 33 for regular promotion. The registrar general of Rajasthan HC, Jodhpur issued notification on Tuesday. 3 future vacancies are not assigned to any category for the present. However, this will be assigned as per the roster to the particular category wherein any vacancy on account of death, elevation, dismissal etc. will arise as per the resolution.

Two dead, one man injured in bike-car collision in Dungarpur

First India Bureau

Dungarpur

Two youths on a bike died in a car collision near Tijwad on Aspur Road in Sadar police station area of Dungarpur. One man was seriously injured & has been ad-

mitted to hospital. Sadar SHO Girdhari Singh said that the accident took place near Tijwad on Aspur Road. Babulal Katara reported that his son, Naresh Katara, 19 and Mahesh, 16 had gone to drop Rahul, 20 when their bike collided with a car coming from the opposite side. Naresh and Mahesh died at the hospital while Rahul is undergoing treatment. A case has been registered in the matter.

SPEEDING PICKUP HITS 3 ON A BIKE: ELDERLY WOMAN AND GRANDSON DEAD. ONE INJURED

Barmer: A woman and her grandson died after a pickup coming from the opposite direction hit their bike on Adel to Nimbalkot road under RGT police

station of Barmer on Thursday. The granddaughter, who was seriously injured was referred to Balotra after firstaid. The three were returning to their village on bike after attending a wedding. Police



have confiscated the pickup and the dead bodies were handed over to the family after a post-mortem.

DRIVER ABSCONDING AFTER PICKUP HITS BIKE IN PHALODI, FATHER-SON SUCCUMB TO INJURIES

Jodhpur: On Thursday, a fast moving pickup hit a bike in Phalodi due to which a father-son duo, riding the bike, sustained serious injuries and later died while midway during referral to Jodhpur. Post mortem of both bodies was done and the dead bodies were handed over to family members. Pickup Driver Sukharam Meghwal is reportedly absconded from the spot and a case has been registered at Phalodi police station. The police has started a search for the accused driver. The fatal accident took place near Tata Gargi garage located on Mega Highway

3-member body formed to probe MBM univ case

Shiv Prakash Purohit

The reports of both the committees in the case of financial irregularities and sexual harassment of girl students in Jodhpur's MBM University were presented in the Board of Management meeting on Thursday. In the report, it was recommended to terminate suspended HoD of Architecture Depart-

A 3-member committee has been formed, to take decision regarding this within two months.

ment, Dr Pulkit Gupta.

The suspension of Gupta has been kept reg-



ular till the final report of the High Power Committee is received. Gupta will not be able to teach for five years. Apart from this, his five increments have been stopped.

More than 38 girl students had accused the suspended HoD of sexual harassment.

Mahi water reaches Sagwara for first time in 15 yrs after directions by CM

First India Bureau

he water from

Banswara's Mahi dam has reached Sagwada through Bhikha Bahi ca-Chief minister nal. Bhajanlal Sharma had given instructions to the officers to revive the canal so that water could reach Sagwada from Mahi dam.

An official said that Bhikha Bhai Sagwara Canal was a challenging and inaccessible canal system but the task was



Mahi Dam is one of the key sources of potable water in the area.

completed and Mahi water reached Sagwara for the first time in 15 years.

The Distance between Mahi dam and Sagwara is about 140 kilometers. 41 small and big dams were filled with water on the way due to running of Bhikha Bhai Canal.

Filling of ponds will provide drinking water for locals and water for animals in summer.

Also, 27,700 hectares of irrigated area will be available in future, Chief Engineer of Water Re-Department sources Bhuvan Bhaskar said.

Week-long, Lakhi Fair of Lord Mahavir starts

Hindaun City

The annual Lakhi Fair of Lord Mahavir started on Thursday. Lakhs of Jain devotees from across the country will visit the fair, which will conclude on April 25. Various religious and cultural programmes will be held during this time.

The main attraction of the fair will be the Rath Yatra of Lord Mahavir Swami on April 24. A total of 286 CCTV cameras have been installed and 300 police personnel will be deployed for security purposes.



Manager Nemi Kumar Patni inaugurated the There will be hoisting, birth flag anniversary procession, water procession, worship, Jinendra Rath Yatra and Kalashabhishek, etc. in the fair. National Kavi Sammelan will also be organized.

ff phase of LS polls today As voting begins in 102 LS constituencies on Friday, here is a look at key contests in some of the seats

Big faces to watch out in first phase of polling

With just a day left for the first phase of the Lok Sabha elections to be held on April 19, let us look at the big faces in the BJPled-NDA versus the Opposition's INDIA bloc.

The Coimbatore Lok Sabha seat will witness a high-stakes battle, with Tamil Nadu BJP chief K Annamalai facing DMK leader Ganapathy P Rajkumar and AIADMK's Singai Ramachandran.

Union Minister Nitin Gadkari, will be eyeing a third straight victory from Maharashtra's Nagpur seat. The seat will witness the contest between Gadkari and Congress candidate Vikas Thakre, who is currently the Nagpur West MLA.

Jitin Prasada, who quit Congress in 2021, is one of the prominent faces of the first phase of the Lok Sabha elections as he replaced two-time MP from Pilibhit, Varun Gandhi.

Former Bihar CM, Jitan Ram Manjhi is contesting the Gaya seat in Bihar. This election holds important political significance for the 79-yearold Manjhi.

The BJP is leaving no stone unturned to snatch the alone seat won by the Congress in the 2019 elections, Chhindwara in Madhya Pradesh.



A polling official checks Electronic Voting Machines (EVM) kept inside a strong room ahead of the



Officials with EVMs disembark from a ferry on way to a polling station ahead of first phase of LS polls, in Golaghat, on Thursday.

Manipur ready for Lok Sabha elections amid tight security

Security personnel and polling officials with election materials leave for poll duty ahead of the first phase of LS polls.

Imphal

Tight security arrangements have been put in place for the first of twophased Lok Sabha polls in Manipur, which had been rocked by ethnic violence over the last one year, officials said on Thursday.

The Inner Manipur Lok Sabha seat, which comprises 32 of the 60 assembly segments in the state, and 15 assembly segments of the Outer Manipur Lok Sabha seat will go to polls in the first phase on Friday. Voting will be held in the remaining 13 segments of Outer Manipur in the second phase on April 26.

A total of six candidates, including state Education Minister Thounaojam Basanta Kumar Singh of the BJP and Angomcha Bimol Akoijam of the Congress, are contesting the Inner Manipur seat.

Republican Party of India (RPI) has nominated Thounaojam Maheshwar, while there are three other Independent candidates.

Voting will commence at 7 am and is likely to continue till 4 pm.

A total of 9.91 lakh voters are eligible to exercise their franchise in Inner Manipur, with the highest concentration of 3.81 lakh in Imphal West district, District Election Officer Th Kirankumar said on Thursday.

Voting will be held in 1,319 polling stations in Inner Manipur, in addition to 29 special polling stations set up for people displaced due to the ethnic strife, he said.



first phase of voting for Lok Sabha elections, in Agartala, on Thursday. PTI



Nakul Nath, son of

CM Kamal Nath is fight-

ing again from Chhind-

wara against BJP candi-

date Vivek Bunty Sahu.

seat in Assam will decide

if the Congress' deputy

leader in the Lok Sabha,

Gaurav Gogoi can make

it to the elected House

this time too.

The Jorhat Lok Sabha





1. Officials transport EVMs and other election material for the first phase of voting at Dusra Village in Doda, on Thursday. 2. A polling official carries an EVM and other election material, in Nagpur, on Thursday. 3. Polling officials collect EVMs and other election material at a distribution centre, in Moradabad, on Thursday.

ALL EYES ON COOCH BEHAR IN FIRST PHASE former Madhya Pradesh POLLS TO 3 NORTH BENGAL CONSTITUENCIES

Kolkata: All eyes will be on Cooch Behar which goes to polls on Friday along with two other seats in north Bengal in the first phase of Lok Sabha polls in West Bengal. Union Minister Nisith Pramanik is taking on TMC's Jagadish Chandra Barma Basunia in Cooch Behar (SC), which saw the death of four people in firing allegedly by central forces in Sitalkuchi during the 2021 assembly polls that has been made an issue by the TMC in the current poll campaign also. Jalpaiguri (SC) and Alipurduars (ST) are the other two constituencies which will go to polls in the first of the 7-phase polls in West Bengal, which has 42 LS seats.

STAGE SET FOR SIMULTANEOUS LOK SABHA AND ASSEMBLY ELECTIONS IN ARUNACHAL PRADESH

Itanagar: Stage is set for simultaneous polls to Lok Sabha and assembly in Arunachal Pradesh on Friday as Election Commission has made elaborate ar rangements in the frontier state. Officials on Thursday said that voting for the two Lok Sabha seats — Arunachal West and Arunachal East — along with 50 assembly constituencies will be held on Friday under a tight security cover. Of the total 60 assembly constituencies in the state, polls will be held in 50 seats as BJP candidates including CM Pema Khandu (Mukto seat) and Deputy Chief Minister Chowna Mein (Chowkham seat), have won unopposed in 10 seats

of our party: RaGa tells Cong workers

Agencies New Delhi

Former Congress chief Rahul Gandhi on Thursday called his party



vorkers as 'backbone DNA of the and

hailed them for fighting the ideologies of the BJP and RSS. Ahead of first phase of

Lok Sabha polls, Rahul through a video message to the party workers said, "You are the Congress worker, our backbone and DNA of our party".

Calling the workers as 'defenders', Rahul Gandhi said, "You helped us bring key ideas from the people of India into our Manifesto for the 2024 Lok Sabha elections".

You are backbone BJP runs govt on policy of Didi responsible development: UP CM Yogi



UP CM Yogi Adityanath being presented a memento at an election rally for LSpolls at Pilkhunwa in Hapur, on Thursday.

Agencies

Bulandshahr

UP CM Yogi Adityanath said on Thursday that while SP, BSP and Congress used to run their governments on riot policy, the BJP runs it on the policy of development.

"BJP is necessary for faith, security and prosperity. People of SP, BSP and Congress are under of the state," he said.

curfew. During their rule, a curfew was imposed for months but today there is no curfew in the state. These people used to create chaos in the state by instigating riots. They used to run riot policy, we run the policy of development. In our govt, the path of 'Ram-Ram' journey will remain open for the common people

for Murshidabad violence: BJP

New Delhi

Banerjee should be held serted that under the Narto account for failing to rotect Bengaii Hindus, the BJP said on Thursday, holding her responsible for the violence during Ram Navami celebrations in Murshidabad district.

The BJP's reaction comes after Banerjee, who heads the TMC, claimed that the violence was "pre-planned" and accused the BJP of orchestrating it ahead of polling for Lok Sabha polls.

The seven-phase polls starts on Friday and West Bengal will vote in all the phases – April 19, April 26, May 7, May 13, May 20, May 25 and June 1. Counting of votes will be taken up on June 4.

N-E's integration with India happened under Modi: Nadda

First India Bureau Kokrajhar

West Bengal CM Mamata BJP chief JP Nadda asendra Modi-led govt, the North East has been effec tively integrated with the rest of the country, contrasting it with the Congress's historical neglect of the region. Speaking at a rally in Bodoland Territorial Region (BTR), Nadda criticized Opposition

> parties for prioritizing self-preservation over public welfare amidst various scandals. He credited the NDA govt's peace accords for restoring tranquility to the region.

Nadda highlighted the transformative changes brought about by PM Narendra Modi and Assam CM Himanta Biswa Sarma administrations,



BJP chief JP Nadda with others at a rally ahead of the Lok Sabha polls, at Dudhnoi, in Goalpara district, on Thursday.

This was the same Kokraihar which was known for agitations, ethnic strife, bandhs, blasts, blockades, strikes. Kokrajhar had in a way become the hub of 'andolon'. But under the leadership of Modi and Amit Shah, peace accords were signed.

JP NADDA, BJP NATIONAL PRESIDENT

contrasting the past isolation with the present integration. He emphasized the significant reduction in insurgent attacks and

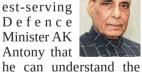
civilian casualties over the past decade, citing the Bodo peace pact of January 2020 as a pivotal achievement.

Even if you don't vote for your son, bless him: Rajnath

> **Agencies** Kottayam

Defence Minister Ra**jnath Singh** on Thursday told his predecessor and

tne longest-serving Defence Minister AK Antony that



predicament of the latter. Singh said this while addressing an election rally for the BJP candidate and son of Antony, Anil Antony, at Kanjirapally which comes under the Pathanamthitta Lok Sabha constituency, where Anil is fighting a poll battle against threetime sitting Congress MP Anto Antony and veteran CPI-M former finance

minister Thomas Isaac.

SAFFRON PARTY'S OUTREACH TO NRIS

BJP's 'NRI4NAMO' initiative for LS polls

First India Bureau

New Delhi

he BJP has initiated 'NRI4NA-MO', aimed at integrating NRIs into the party's campaign for Lok Sabha polls. Spearheaded by BJP's Videsh Vibhag under leadership of party chief JP Nadda, the endeavor highlights the vital role NRIs play in fostering democratic engagement and enriching India's poll process.

Central to this initiadedicated hotline num-



ber, +91 8076707532 respective constituencies (WhatsApp/Mobile), facilitating NRIs with in-

for BJP campaigning. The hotline endeavors to tive is establishment of a formation, assistance, streamline communicaand connections to their tion and support for NRIs

Spearheaded by the BJP's Videsh Vibhag under leadership party chief JP Nadda, the endeavor highlights the vital role NRIs play in fostering democratic engagement and enriching India's electoral process

eager to volunteer in the General Elections 2024. The initiative seeks to

bridge the gap between the global Indian dias-

pora and the BJP's electoral campaign, harnessing their contributions within the democratic framework. Earlier, Vijay Chauthaiwale, BJP's foreign affairs department chief, revealed the party's invitation to over 25 political parties worldwide to observe India's Lok Sabha elections. He emphasized the unprecedented scale of global interest in the BJP's campaign, with hundreds planning to participate, either through online activism or direct involvement in India.

FI TOON



MI win nail-biting battle of nerves against PBKS



Mumbai Indians bowler Jasprit Bumrah with teammates celebrates the wicket of Punjab Kings batter Sam Curran during the IPL match between Punjab Kings and Mumbai Indians at Maharaja Yadavindra Singh International Stadium, Mullanpur, on Thursday.

Agencies New Delhi

This is the fourth game Punjab Kings has lost in the last over this season. Mumbai Indians posted a challenging total of 192-7 in their allotted 20 overs.

Deck ca Mullanpur, Apr 18 (PTI) Suryakumar Yadav and Tilak Varma produced gritty knocks on a sluggish wicket to fire Mumbai Indians to 192/7 against Punjab Kings in their Indian Premier League.



Mumbai Indians' Survakumar Yaday and Rohit Sharma during their IPL match against Punjab Kings, at Maharaja Yadavindra Singh Stadium, Mullanpur, in Chandigarh on Thursday. 🔼 🔼 ANI

rhythm after a slow start

Suryakumar found his balls whereas left-handed Varma hit some lusty to finish with 78 off 53 blows on the leg side.

ROHIT SHARMA BREAKS

POLLARD'S RECORD Mohali: Former Mumbai Indians (MI) skipper Rohit Sharma leap-frogged Kieron Pollard's long-standing record for most sixes for the Mumbai-based franchise in the Indian Premier League (IPL). Rohit achieved the remarkable feat during Mumbai Indians's clash against Punjab Kings (PBKS) in the 33rd match of the IPL 2024 at Maharaja Yadavindra Singh International Cricket

Army Chief visits training area of India-Uzbekistan for joint military exercise

New Delhi

General Manoj Pande, Chief of the Army Staff (COAS), visited the training area and attended the opening ceremony of India-Uzbekistan joint military Exercise DUST-LIK in Termez, Uzbekistan, on Thursday.

The Army Chief is on a 4-day visit to Uzbekistan from April 15-18. He was accompanied by the Deputy Minister of Defence for Combat Training and the Chief of Southern Operations Command from the Uzbekistan side. General Pande was briefed by the contingent commanders about the exercise plan on arrival at the exercise area.



Chief of the Army Staff General Manoj Pande at the India-Uzbekistan joint military Exercise on Thursday. 🔼 ANI

CDS Anil on nation's space defence capabilities

"India will soon become provider of services"



Chief of Defence Staff General Anil Chauhan virtually addresses the Indian DefSpace Symposium, in the presence of Chief of Navy Staff Adm R Hari Kumar, Dr. Samir V Kamat, Chairman, DRDO, and Jayant D Patil, Chairman, Indian Space Association, at Manekshaw Center, in New Delhi on Thursday.

ANI

New Delhi

Chief of Defence Staff General Anil Chauhan on Thursday said the day is not far when India will emerge as one of the major service providers in the world.Chauhan said that space is called the final frontier.

"India has been the recipient of services in the space sector besides the data related to space situational awareness. I believe that the day is not far when India will become a net provider of services to other na-

DESPITE CHALLENGES, OUR SCIENTISTS SHOWN THAT BHARAT CAN BE THE SPACE ACE": KUMAR

New Delhi: The Chief of Naval Staff, Admiral R Hari Kumar said on Thursday that despite the countless challenges and denial of technology, our scientists have shown that Bharat can be the space ace. Admiral Kumar said that our space sector is leading the charge at escape velocity. "With Elon Musk's impending visit and the government of India's announcement of the 100% FDI for components, systems, subsystems, and the 49% FDI for launch vehicles and associated systems and subsystems, it isn't now rocket science to realize that Bharat traverses the Amritkaal, our space sector is leading the charge," he said.

tions," he said.

"All other frontiers are difficult to define its edges. Space is also referred to as avoiding the domain of warfare. I believe there

is already an established domain of warfare. My belief is premised on the fast-paced development occurring in this particular domain," he added.

IN BRIEF

US announces new sanctions on Iran

Washington: The United States on Thursday announced new sanctions on Iran targeting its unmanned aerial vehicle production after its missile and drone strike on Israel last weekend. The U.S said the measures targeted 16 individual and two entities enabling Iran's UAV production.



Google sacks 28 staff over Israel protest

New York: Google fired 28 employees following a disruptive sit-down protest over the tech giant's contract with the Israeli government on Thursday. Video of the demonstration showed police arresting Google workers in California.

Woman gets death for burying toddler alive Ludhiana: Neelam

Kaur, 38, was on Thursday sentenced to death for burying alive Dilroz Kaur, the two-and-ahalf-year-old daughter of her neighbour, Harpreet Singh, who is a police constable, after an argument with his family. Neelam was held guilty by the court after arguments concluded on Tuesday.

National Lok Adalat rescheduled to July 13

Jaipur: The second National Lok Adalat in Rajasthan, which was to be held on May 11, has been rescheduled and will be held on July 13. The decision has been taken by working Presi dent of Raj State Legal Services Authority in the wake of the ongoing Lok Sabha elections

On Elon Musk's remarks: **Biden administration** official backs UN reform

Washington

The US supports muchneeded reform of the United Nations, including the Security Council, to make it reflective of the 21stcentury world, a senior Biden administration official has said, amidst growing calls for inclusion of India as the permanent member of the powerful organ of the world body.

State Department's Principal Deputy Spokesperson Vedant Patel's remarks came as he responded to a question about billionaire tech magnate Elon Musk's assertion that there is no meaning in having the UN without India's permanent seat on the United Nations Security Council.

He said President Joe

"JET ENGINE DEAL IS REVOLUTIONARY"

Washington: deal to jointly produce fighter jet engines for the Indian Air Force is revolutionary, **US Defense Secretary** Lloyd Austin said. The landmark deal was announced last June during the Visit of PM Narendra Modi to the US. The General Electric signed a memorandum of understanding with Hindustan Aeronautics to make fighter jet engines for the IAF.

> Biden has spoken about this (the need for reforms) before in his remarks to the UN General Assembly. "We certainly support reforms to the UN institution," Patel said.

Indian crew member returns home from Iran

Stadium on Thursday.

Agencies New Delhi

Deck cadet Ann Tessa Joseph, one of the 17 Indian crew members on board a cargo snip seized by Iran, returned home on Thursday with External Affairs Minister S. Jaishankar insisting that PM Modi's guarantee works not just within the country but also outside.

Insisting that her return was made possible due to the concerted efforts made by the Indian Mission in Tehran and the Iranian Government, the Ministry of External Affairs said that it remains in touch with the authorities in the Iranian capital to ensure the well-being and safe return of remaining crew members of seized container vessel MSC Aries.

Photo of the Year



This image taken by Mohammed Salem won the World Press Photo Award of the Year. It shows Palestinian woman Inas Abu Maamar, 36, embracing the body of her 5-year-old niece Saly, who was killed in an Israeli strike in the southern Gaza Strip, October 17, 2023. O PTI

'Kejriwal eating mangoes to raise sugar levels to get bail': ED tells court

New Delhi

The Enforcement Directorate (ED) has accused Deini Civi Arvina Kejriwal, currently in Tihar jail for his alleged involvement in an excise policy case, of deliberately consuming mangoes and other food items to artificially elevate his blood sugar levels, purportedly in an attempt to secure bail. The allegation was made before a Delhi court on Thursday.

During a hearing, the ED raised objections to an application filed by CM Kejriwal seeking regular medical checkups and online doctor consultations three times a week to monitor his blood sugar levels. Spe-



Delhi CM Arvind Keiriwal

MAJOR UPDATES

 Manoj Tiwari calls for shifting Kejriwal from Tihar to UP's Dasna jail over 'sugar spike' reports

 Delhi court extends judicial custody of AAP leader Manish Sisodia till April 26

cial counsel Zoheb Hossain, representing the ED, argued that Kejriwal's consumption of mangoes and sugars was a deliberate attempt to manipulate his sugar levels," Hossain said.

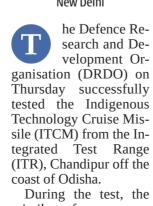
A GAME-CHANGER TRIAL

Indigenous Technology Cruise Missile is successfully flight-tested by the Defence Research and Development Organisation (DRDO), off the Odisha coast on Thursday. ANI

DRDO conducts successful test flight of ITCM

Agencies

New Delhi



missile performance was monitored by several Range Sensors like Radar, Electro Optical Tracking

(EOTS), and Telemetry deployed by ITR at different locations to ensure complete coverage of the flight path. The flight of the missile was also monitored from the Su-30-Mk-I aircraft of the Indian Air Force.

The missile followed the desired path using waypoint navigation and showcased low-altitude sea-skimming flight. This flight test further validates the dependable performance of the indigenous propulsion system engineered by Gas Turbine Research

TEST ESTABLISHED RELIABLE PERFORMANCE OF INDIGENOUS PROPULSION SYSTEM BY GTRE

The missile followed the desired path using waypoint navigation and demonstrated very low altitude sea-skimming flight. This successful flight test has also established the reliable performance of the indigenous propulsion system developed by Gas Turbine Research Establishment (GTRE), Bengaluru, the DRDO said in a release. The missile is developed by Bengaluru-based DRDO laboratory Aeronautical Development Establishment.

Establishment (GTRE) in Bengaluru.

According to the defence ministry, the mis- DRDO laboratory Aerosile is also equipped with advanced avionics and Establishment (ADE) software to ensure better

and reliable performance. The missile is developed Bengaluru-based nautical Development

along with contribution

The test was witnessed by many senior scientists from various DRDO laboratories along with the representatives from the production partner. jnath Singh congratulated the DRDO for the successful flight-test of the

from other laboratories

and Indian industries.

Defence minister Ra-ITCM and stated that successful development of indigenous long range subsonic cruise missile powered by indigenous propulsion is a major milestone for Indian defence R&D.

11 FIRST INDIA

2ND FRONT

THOUGHT OF THE DAY

We all must cast our vote today as it is our moral duty towards our nation to exercise our franchise to strengthen democracy.

Dr Jagdeesh Chandra, CMD & Editor-in-Chief



BJP starts preps for phase II in Raj; PM Modi, Shah return to seek votes

Additionally, visits by the Chief Minister of Uttar Pradesh, Yogi Adityanath, Haryana CM Nayab Singh Saini, & others are also scheduled

Jaipur

Voting will take place in 12 Lok Sabha seats in Rajasthan in the first phase today. The second phase is scheduled for April 26, and after extensive campaigning for the first phase, the BJP's central leadership has planned tours of its top leaders in the desert state for the remaining 13 seats.

Rallies and roadshows by PM Narendra Modi in Banswara and Home Minister Amit Shah in Udaipur are planned for second phase seats. PM Modi will arrive in Banswara on April 21 and seek votes for BJP candidate Mahendrajit Singh Malviya. It may be noted that initially, his rally was scheduled for April 22 but has been advanced by a day. The PMwill also address election public meetings in Bhinmal at 11 am.

Amit Shah will address a public meeting in support of Damodar Agrawal, the party's candidate in the Bhilwara LS seat on Saturday.



BJP leaders and officials including Gajpal Singh, Prashant Mewara, Gopichand Meena, Suresh Agrawal on Thursday, inspect preps at Sports Ground in Bhilwara district ahead of Amit Shah's proposed public meeting to be held on April 20.



Local leaders inspect the temporary helipad nearby the meeting venue in Bhilwara district on Thursday.

'Due to development in last 10 yrs, everyone will vote for BJP'

Deputy CM Diya Kumari attend the *Matrishakti* Sammelan organised by BJP Mahila Morcha. She said that no one is angry with Prime Minister Narendra Modi and BJP. "There has been so much development in 10 years that has never happened

Prime Minister and BJP." "There is enthusiasm among women regarding the polls. PM Modi has done a lot for women. Women are the 'focus' of every scheme and they

before. Seeing this, every

person will vote for the



Diya Kumari during the 'Matrishakti Sammelan' held in support of BJP candidate Bhagirath Choudhary in Ajmer on Thursday. Anita Bhadel, Raksha Bhandari, Vanita Jaiman, Bharti Shrivastava, Ramesh Soni, VD Singh and others were also present.

also understand this. so." When asked about Every woman of the country will not only vote for PM Modi but will also get others to do

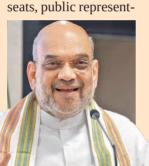
Cong raising unemployment as an issue, Diya emphasised reduced inflation & unemployment.

Amit Shah's Bhilwara rally set to electrify campaign on Saturday

Bhilwara

Union Home Minister and senior BJP leader Amit Shah will address a public meeting in support of Damodar Agrawal, the party's candidate on Bhilwara Lok Sabha seat on Saturday.

The meeting will be held in Shakargarh area under Jahazpur Assembly which will be attended by thousands of the party workers of Jahazpur, Mandalgarh, Hindoli assembly



atives and leaders of the party as well as general public.

The local leaders of the party visited the venue to review preparations of the meeting to be held in the sports ground of Shakargarh. District General Secretary, District Vice President, District Secretary and other lead-

present during the visit.

SHAH TO ADDRESS PUBLIC MEETING IN BHOPALGARH TODAY

Jodhpur: Union Minister Amit Shah will address an election meeting in Jodhpur's Bhopalgarh today in support of candidate GS Shekhawat. Ahead of Shah's visit, IG Jodhpur, Vikas Kumar and Jodhpur Rural SP, Dharmendra Singh swung into action. A SPG team from Delhi also took stock of meeting venue. On the other hand, **UP Chief Minister Yogi** Adityanath will hold a road show in Jodhpur in support of Shekhawat on April 20. PM will address a poll rally in Jodhpur on April 23.

Gehlot: BJP has turned into a washing machine that cleans the corrupt

First India Bureau

Jodhpur

Former CM Ashok Gehlot accused the BJP of doing politics in the name of lord Ram. He also accused the BJP government of stopping the schemes started by his former government.

Speaking at an election rally in Balesar in support of the party candidate Karan Singh Uchirada, Gehlot said that the Modi govt was misusing central agencies.



Ashok Gehlot addresses a public meeting in support of Congress candidate, Karan Singh Uchiyarda in Jodhpur on Thursday.

this rule. Over the past of the Energy Dept (be

"BJP has turned into a said, adding, "BJP leadwashing machine that- ers were defaming Cong cleanses the corrupt," he in the name of Ram."

Gajendra Singh Shekhawat in Phalodi

'This poll is between Ram temple supporters & opponents of Ram'

Shiv Prakash Purohit Jodhpur

Union Jal Shakti Minister and BJP candidate Gajendra Singh Shekhawat held a road show and public meetings in Phalodi assembly constituency on Thursday. He fiercely attacked Congress and I.N.D.I. Alliance. Shekhawat said that those who are attacking Ram today will also challenge our Gods tomorrow, hence this election is not an ordinary election, but between those who built Ram temple and those

who opposed Ram. In the public meetings of Raneri, Khidrath, Adarsh Nagar and Kanasar, Shekhawat said that while the Congress



district on Thursday. Other local leaders are also seen.

Ram was only a character, a party included in the I.N.D.I. Alliance with the Congress had described Sanatan as even dengue and malaria. "That party says that Sanatan should end. Those who talk about destroying the eternal Sanatan culture, are the ene-

had written in the SC that mies of the nation and all of us. Therefore, instead of getting entangled in small issues, we have to take this election not as an ordinary but as an extraordinary election. Only then will we be able to do justice to the nation and the youth. India will be a superpower in the next 25 years," he said.

Kharge, Rahul & Priyanka to visit Raj from April 20

First India Bureau

After April 20, for the election on the 13 seats in the second phase in Raastnan, tne tours of senior Congress leaders will start again. There will be meetings of Party President Mallikarjun Kharge, Rahul Gandhi and Priyanka Gandhi and other star campaigners. There will be meetings of veterans in Barmer, Bhilwara, Kota, Jodhpur, Tonk, Jalore and Udaipur Lok Sabha constituencies wherein, the veterans will come to campaign in support of Congress candidates.



Will Pant's surprise inspection bring about a change in 'norm' at Vidyut Bhawan?

Rajendra Chhabra

Jaipur

CS Sudhansh Pant's initiative to conduct surprise inspections of government offices revealed a new issue on Thursday. He found out that the Joint Secretary of the Energy Department, 2019 batch IAS officer Girdhar, sits in an office in Vidyut Bhawan and not in the Secretariat. CS immediately gave directions to Girdhar to wind up his office and work from the Secretariat.

Notably, according to



the working system of Secretariat, Joint Secretaries of all depts have to sit in Secretariat because their entire office, right from section officer to Dy Secretary, sits in Secretariat. But the Energy Dept had be-

ing Chinmayi Gopal, Alok Ranjan, Anupama Jorwal, Artika Shukla, JS Moga, Saumya Jha, Manju, Kushal Yadav and now Girdhar. But only two or three JSs among these have worked from the Secretariat while the remaining others have worked from Vidyut Bhawan. It is said that this has

become a permanent arcome an exception to rangement that the head

The file disposal

They have been

improve. Others

perform well and

are motivated to

duties will face

We serve over 1

crore electricity

cause hardship.

Monitoring field

officers is crucial

departmental

officers should

oversee field

operations.

consumers in the

State. Power failures

Like my office visits,

excel continuously.

Those failing in their

instructed to

officers is excessive.

five years, about a doz- it an ACS or Principal en Joint Secretaries Secretary or Secretary) have been changed in also have the additional the department includ- charge of Chairman of some Corporation. Thus, such HoDs sit in Vidyut Bhawan instead of the Secretariat even though their allotted room in Secretariat may remain closed. Furthermore, for their benefit, dept heads also call JS to Vidyut Bhawan to sit with them. But dept's work suffers due to this. Now, after Pant's surprise check, the system will become better.

CS Pant inspects Vidyut Bhawan, expresses concern over file delays and absentee officers

Jaipur

Chief Secretary Sud-

hansh Pant made an unexpected visit to Vidyut Bhawan on Thursday morning for an inspection. At around 9:15 am, upon receiving word of the Pant's arrival, officers and employees hurried to the office. During the inspection, the CS powered on office computers, reviewed file backlogs, and photographed documents on officers' desks. Upon entering Vidyut Bhawan, Pant headed straight to the first floor and visited the room of top Energy Dept officials, finding most rooms unoccupied.

When MDRRVPNL,

CS REBUKES AEn FOR LAUGHING AMID FILE **DISPOSAL DELAYS** As soon as

Sudhansh Pant arrived at 9:15 in the morning, there was a commotion in Vidyut Bhawan. During this time, the CS got angry after seeing the disposal time of files was 106 hours. The Chief Secretary scolded Assistant Engineer, Nisha as she started laughing when CS was about to leave and got reprimanded. "This is not for fun, this is a serious job. Public works should be given priority. It is shameless to

laugh despite negligence

in work," CS Pant said.

SUDHANSH PANT.

late, CS questioned the the Secretariat. Pant eximpact on timely work. pressed CS asked why the JS over the long file disposal time of AEn.

displeasure During his media in-

CS Pant emphasised the need for further improvement. Jaipur Discom CMD Bhanu Prakash Yeturu attributed the absence of many officers to health reasons. A report will be compiled regarding the whereabouts of missing officers. On the question of re-employing retired personnel, Pant said, "Earlier, retired employees were engaged on routine basis but now it is as per need." Regarding issue of room inside a room, he emphasised that it is responsibility of MD & others to address these arrangements. "We need to focus on improving the system. I've observed the setup of JS's chamber; I believe chambers for Joint Secretarylevel officers should be in Secretariat."

teraction after the visit,

Congress ruled by dividing society, while BJP connects hearts, says Birla

First India Bureau Kota/Keshoraipatan

Kota-



Bundi LS constituency, Om Birla reached Keshoraipatan area on Thursday for the 'Jansampark Abhiyan.' While addressing the meetings, he said that Congress ruled the society by dividing it, whereas BJP, under the leadership of PM Modi, has worked to unite the hearts of the people for

the last 10 years. Birla met people in



Abhiyan' at various villages of Keshoraipatan assembly constituency in Bundi district on Thursday.

Gambhira, Manpura, bai, Samidhi,

Kashpuria, Bhairupura, Jheeda, Jai Nagar, Ba-Mohanpura, Batawadi, Chhatrapura and Indra-Kaithuda, Mani, Karwar, garh villages and ap-

pealed to them to vote for BJP. Birla criticised the Congress for spreading fear about Ram Temple and Article 370.

The Lok Sabha Speaker further added saying, "Prime Minister Narendra Modi built the Ram Temple and removed Article 370 without issues; all sections of society welcomed the move. Congress uses fear politics and appeasement, dividing voter classes. The public now sees Modi as the country's top leader, recognising Congress's dual approach."

Nathmal was present there and if Didel arrived 7 minutes his chamber was not in







Heartfelt Moments Crowning Achievements

Rajasthan 2024), Payal Daryani ing the ceremony, adding a touch (Miss India Glam 2024 2nd run- of elegance to the proceedings. ner up), Somya Sharma (Miss As the glittering evening came

The crowning moment was Miss Glam India models including Khwahish Saini (Miss India Glam International 2024), Somya Gupta (Miss India Glam 2024), Sushmita Puri (Miss India Glam Paiesthen 2024), Pavel Dawani ing the garement adding a touch

India Glam Radiant to a close, the echoes of applause lingered, celebrating not just the winners but the spirit of resilience India Glam Fashion and determination that defines the





Kaziah Liz Mejo

Kaziah Liz Mejo



Sophiya Singh Miss Asia Pacific India 2024













(Jury Members) Rajiv K Shrivastava, Mitali Dusad, Kavita Chauhan & Anita Hada











(Top to Bottom) Sanjana Tejwani, Kavin Rao, Wachi Pareek, Khushi Yadav, Kaziah Liz Mejo & Tanishqa Sharma

16



CELEBRATING SUCCESS!



Kashish Goswami, Sejal Gupta, Karemma Khan, Trishna Ray & Tanishqa Bhosale

he winners of Miss Teen Diva 2024 and Mrs India 2024, presented by Bharat24- Vision of New India, were honoured on the prestig-

markable achievements were celebrated, on Thursday. Amidst warm applause and heartfelt congratulations from the First India family, the winners were felicitated for their to success. ious platform of First India hard work and the titles they News Channel, where their re- earned. Expressing their grati-

tude, the beauties acknowledged Dr Jagdeesh Chandra's visionary commitment to women empowerment, which paved the way for their journey

During the occasion, Nikhil Anand, Founder & Chairman,

Glamanand Group and Franchise owner of Miss India Universe, along with Karemma Khan (Miss Teen World India 2023), Kashish Goswami (Miss Teen Grand India 2023), Trishna Ray (Miss Teen Universe India 2023) and Sejal Gupta

(Miss Teen International India 2023) were also present. It was a moment of pride and recognition, highlighting the significance of empowering young women to pursue their dreams and make a difference in the world. -City First

The Mini Kashi Mantle!

cityfirst@firstindia.co.in

t was surreal! The occasion was 'Sampoorna Dev Sthal Patotsav' on Ram Navami at Sitapura, when Jaipur turned into 'Mini Kashi,' at the temple built by the couple, Lorenzo Verrucci and Alka Pande.

The city came alive on the first anniversary of the auspicious 'Prana Pratishtha' (consecration) of the deities of the temple. Esteemed heads of prominent 'Sidh Peeths' from across India, specially made it to Jaipur, lending an aura of spiritual significance and reverence to the occasion. Governor of Rajasthan, Kalraj Mishra, graced the occasion with his presence, besides a slew of notable aignitaries.

Speaking at the firstof-its-kind event in history, Acharya Tek Narayan Upadhyaya, from Kashi Vishwanath said, "This would be recorded in history for thousands of years! Religious heads 'Sidh Peeths' from across India have come together for the special 'Shri Laxminarayan Panch Kundiya Mahayagya'. What has been done today is indescribable, unimaginable, and unprecedented!"

The entire process of building the temple began with the 8 ft Ganesha idol. "And gradually as if by divine intervention the statues of Shri Laxminarayanji, Panchmukhi Ashtha Bhuja Hanumanji, Saraswati Mata, Gauri







Shankarji, Mahisha Surmardani Mata and Shivling (Shivpariwar) making it seven in all, made their way at the temple complex said Alka Pande, CEO & Founder "Alka Pandey Packaging Ltd."

The evening began with Mahayagya. A team



Ayodhya, Galtaji Kedarnath, Ujjain, Kamakshi Temple, Rameshwaram, Dwarkadhish, Badrinath, Kashi Vishwanath Jagannath Puri,

Char Dham Mandir,

Salasar Balaji

of twenty scholars from Banaras Sanskrit University orchestrated a soulstirring and intense experience, presided by Tek Narayan Upadhyaya from Kashi Vishwanath. Mantra chanting by the priests from Benaras reverberated in the air,



sanctifying it against the backdrop of 'Damru Vadan' from Kedarnath headed by Moni Baba and his team, creating an ethereal atmosphere.

Priest performing 'ganga aarti'

Devotees and guests also got to experience the spectacular Ganga Aarti, at the Mahayaga. "The

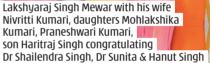


aarti was characterized by the offerings, starting with multi-layered Diya Aarti followed by 'Kapoor Agarbatti, Dhup, loban, Rumal, Morpankh, Chamar, Dhankhnad,' and the holy Ganga water by five priests from the Ganga Ghat," said Alka. Then, amidst the devo-

tional fervour, was the offering of 'prasadam' for which the team of Maharajs' was specially called from Pali.

As the 'Pratham Patotsay', concluded, echoes of mantras and chants reverberated through the air, a testament to the enduring legacy of our spiritual heritage, binding the country in unison, devotion, and divine grace!







City First

cityfirst@firstindia.co.in he grand unveiling of

Naren Villa in Udaipur marked a momentous occasion in the city's hospitality sector. Owned by Dr Sunita Shekhawat and Dr Shailendra Singh, the luxurious establishment boasts a stunning 360-degree panoramic

view of the city. Dignitaries including Lakshyaraj Singh Mewar and Nivriti Kumari graced the inauguration on Wednesday. Located on Lake Palace Road, Naren



Villa offers both luxury and convenience to its guests. Its strategic position provides breathtaking vistas of the city



palace and Gulab Bagh gardens. The event was celebrated with heartfelt congratulations from attendees, adding to the joy of Dr Shailendra, Dr Sunita, and their son Hanut Singh as they embarked on this remarkable journey in hospitality. Naren Villa promises an unforgettable blending opulence with unparalleled views of Udaipur's majestic landscape.

WHAT'S HAPPENING!



The newly appointed Director General of the Bureau of Police Research and Development, Rajeev Kumar Sharma, IPS, inspected the Central Detective Training Institute in Jaipur on Thursday. Accompanied by Dr Amandeep Singh Kapoor, IPS, Sharma was greeted with a guard of honour upon arrival. During his visit, he honoured guest faculties and conducted a staff meeting, emphasizing unity and addressing issues. The visit aimed to oversee operations and ensure efficiency at CDTI Jaipur.



Virat Kohli fans celebrated the unveiling of his wax figure at Jaipur Wax Museum on Thursday. The 35 kg statue, standing at 5 feet 9 inches, depicts Kohli in his iconic aggressive pose with a bat in hand. Crafted over two months by sculptors Ganesh and Lakshmi under Anoop Srivastava's creative direction, the figure dons costumes by Bollywood designer Bodh Singh. Positioned strategically alongside other iconic figures, the museum aims to inspire future generations with personalities like Kohli.



organised a voter awareness rally in Jaipur on Tuesday, as part of the Lok Sabha General Elections 2024 voter awareness campaign. Led by staff members, the rally aimed to educate voters about the voting process and motivate them to participate in the elections.



Delhi Public School, Jaipur hosted a University Fair on Tuesday for 11 & 12-grade students to explore career options and receive guidance. Representatives from over 20 prestigious American and Hong Kong universities shared insights into academic programs, expertise, and placement details. The event emphasized holistic development's role in admissions and discussed alumni packages and scholarships. Principal Dr Richa Prakash Ghosh highlighted the importance of building strong profiles for maximizing career opportunities.