



FIRST INDIA

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JAISHANKAR MEETS SEVERAL OF HIS COUNTERPARTS IN GERMANY
EAM S Jaishankar met his counterparts from Saudi Arabia, Norway, Portugal, Poland and Belgium, and discussed bilateral ties in Germany. P7

The death toll from a landslide in the southern Philippine province of Davao de Oro has reached 98, Philippine media reported citing officials. P7

THAKUR TO ATTEND KHELO INDIA VARSITY GAMES TODAY
Union Sports Minister Anurag Thakur will attend the inaugural ceremony of Khelo India University Games at Guwahati's Sarusajai Stadium on Monday. P7



FORECAST

Max **29°C**

Min **13°C**

Humidity **26%**

Pleasant morning; sunny & warm throughout day



IN BRIEF

Artists perform Thirayattam at Kozhiparambath Bhagavathi Kavu, at Morikkara in Kozhikode, on Sunday. PTI

Security beefed up in J&K ahead of PM's visit
Srinagar: Security forces have been put on an alert in J&K ahead of the visit of PM Narendra Modi to Jammu on Tuesday. Forces are conducting random checking of vehicles at dozens of places in the city.



Imran supporters create ruckus over poll 'rigging'
Lahore/Karachi: Supporters of Pakistan's jailed former Prime Minister Imran Khan's party have clashed with police in various cities across the country as they staged protests against alleged rigging in the general elections held on February 8.

Irani, Rahul Gandhi to be in Amethi today
Amethi: Union Minister Smriti Irani will pay a 4-day visit to her constituency of Amethi beginning Monday, on a day Congress leader Rahul Gandhi's Bharat Jodo Nyay Yatra is set to enter the UP town.

Chandigarh Mayor Manoj Sonkar resigns
Chandigarh: Newly elected Chandigarh Mayor Manoj Sonkar resigned from the post on Sunday, amid allegations that the January 30 mayoral elections were rigged, according to the sources.

SEEKING 3rd TERM FOR BENEFIT OF INDIA: MODI

The PM says that even foreign countries know that "aayega toh Modi hi (Modi will return)"

First India Bureau
New Delhi

Prime Minister Narendra Modi on Sunday asked the BJP cadre to work with renewed vigour and confidence for the next 100 days to reach out to new voters and win their confidence to ensure the party's return to power in the upcoming Lok Sabha elections.

Addressing the BJP national convention here, Modi said the nation will now have to dream big and make big resolutions to make India a developed country by 2047. "The next five years are going to be crucial. We have to take a big leap towards 'Viksit Bharat'. The first imperative is to ensure the return of the BJP to power in strong numbers," the Prime Minister said.

Dreams of cores of women, poor and youths are Modi's dream, he said. **More on P6**



PM Narendra Modi being garlanded by Union Home Minister Amit Shah, Defence Minister Rajnath Singh, BJP National President JP Nadda and others on the second day of the BJP National Council Meeting, at the Bharat Mandapam, in New Delhi, on Sunday. PTI

I am not someone who lives for his own happiness. I am advocating for a third term for the BJP not for political gains, but for the benefit of India. My efforts are dedicated to the people of India. The dreams of Indians are my commitments.
NARENDRA MODI, PRIME MINISTER

REACH OUT TO NEW VOTERS: PM MODI

→ Prime Minister Narendra Modi on Sunday asked BJP leaders to reach out to every new voter and win every one's trust in the next 100 days for NDA to secure 400 seats in the Lok Sabha polls. At the BJP's national convention in New Delhi, outlining the poll strategy, the Prime Minister said: "Next 100 days are crucial to reach out to every voter, every beneficiary."

INDIA SET TO GIVE 3rd TERM TO PM: SHAH

→ Home Minister Amit Shah on Sunday likened the upcoming Lok Sabha polls to the Mahabharata, asserting that PM Narendra Modi is leading BJP-led camp working for country's development while "INDI alliance" under the Congress is full of family-run parties and corruption. At BJP's national convention, Shah lashed out at I.N.D.I.A. bloc for its promotion of dynastic and appeasement politics.

NADDA'S TENURE EXTENDED TILL JUNE

→ BJP President JP Nadda's tenure as the party chief was extended till June 2024, in a big move by the party ahead of the Lok Sabha polls. The BJP's national convention on Sunday amended the party's constitution, allowing its apex organisational body - the Parliamentary Board - to take a decision related to its president, including his or her term and its extension, in "emergency" situations.

Farmers' Agitation

Union ministers, farmer leaders 4th round talks begin

PTI
Chandigarh

A panel of Union ministers held a fourth round of talks with farmer leaders here on Sunday over their demands, including a legal guarantee of MSP, as thousands of protesting farmers stayed put at the Punjab-Haryana border.

Agriculture and Farmer Welfare Minister Arjun Munda, Minister of Commerce and Industry Piyush Goyal and Minister of State for Home Affairs Nityanand Rai reached the Mahatma Gandhi State Institute of Public Administration in Sector 26 for the talks.

Punjab Chief Minister Bhagwant Mann also joined the meeting, which

INTERNET BAN EXTENDED IN 3 PUNJAB DISTRICTS

→ The Ministry of Home Affairs (MHA) has expanded the Internet suspension to 20 police stations in seven districts from earlier 11 police stations in 3 districts. The new orders will be in effect till February 24 midnight. On February 15, the MHA had ordered suspension of telecom services in Shtrnara, Khanauri and Fatehgarh Sahib in Punjab in the wake of Bharat bandh call.

began around 8:30 pm and continued late into the night.

The Union ministers and farmer leaders had met earlier on February 8, 12 and 15 but the talks remained inconclusive.



Farmers at the Punjab-Haryana Shambhu border during their 'Delhi Chal' protest, near Patiala district, on Sunday. PTI

India beat England by 434 runs in 3rd Test, take 2-1 lead

Rajkot: Yashasvi Jaiswal's sensational double hundred found harmonious co-existence with the stunning craftiness of five-wicket man Ravindra Jadeja as ruthless India demolished wasteful England by a record 434 runs on the fourth day of the third Test here on Sunday. The Indian bowlers led by Jadeja (5/41) were an irresistible force, as they hustled out the tourists for 122 in their second innings.

PLAYER OF THE MATCH
RAVINDRA JADEJA
(131 runs and 7 wickets)

YASHASVI JAISWAL
214* 236 balls
14 fours, 12 sixes

INDIA'S BIGGEST WIN IN 577 TESTS



Jain seer Acharya Vidyasagar embraces death by 'sallekhna'

PTI
Rajnandgaon

Renowned Jain seer Acharya Vidyasagar Maharaj breathed his last on Sunday at Chandragiri Teerth in Dongargarh in Chhattisgarh's Rajnandgaon after undertaking 'sallekhna'. Sallekhna is a Jain religious practice involving voluntary fasting unto death for spiritual purification, a statement from the teerth said. Acharya Vidyasagar attained Samadhi through 'Sallekhna' at Chandragiri teerth at 2:35 am, the statement said.



PM Narendra Modi with Acharya Vidyasagar Maharaj. FILE

My thoughts and prayers are with the devotees of Acharya Shri 108 Vidhyasagar ji Maharaj ji. He will be remembered by the coming generations for his invaluable contributions to society, especially his efforts towards spiritual awakening among people. Narendra Modi @narendramodi

ON SIDELINES OF BJP NATIONAL MEET

Nadda in huddle with Raj BJP leaders over LS poll preparations

Ashvini Yadav
New Delhi

CM BL Sharma, Dy CMs, Union ministers and other leaders from Rajasthan attend the meet

It was discussed that performance of Raj in achieving target of Namu app was poor

At the culmination of the BJP national meet on Sunday, BJP national president JP Nadda held a meeting with Rajasthan Chief Minister Bhajan Lal Sharma and deputy CMs Diya Kumari and Prem Chand Bairwa in view of the party organisation works. Discussions regarding the Lok Sabha elections were also held in the meeting.

State in-charge Arun Singh, state president CP Joshi, ministers Gajendra Singh Shekhawat, Kailash Choudhary, former Leader of Opposition Rajendra Rathore were present.



PM Narendra Modi, JP Nadda, Amit Shah, Rajnath Singh, CM Bhajan Lal Sharma (second left), Dy CMs Diya Kumari (standing, 3rd from right) & Prem Chand Bairwa (5th from right) along with CMs and Dy CMs of other BJP ruled states in New Delhi, on Sunday.

It was discussed in the meeting that the performance of Rajasthan in achieving the target of Namu app was poor. The

state ranks at 20th position in the country. In the meeting, targets were also assigned to leaders. Madan Dilawar, Jorar-

am Kumawat, Sukhbir Singh Jaunapuria, PP Chaudhary, KK Vishnoi, Hamir Singh Bhayal, Narayan Panchariya, Ni-

hal Chand Meghwal, Jhabar Singh Kharra, Pooja Kapil, Sumedhanand, Gyandev Ahuja also attended the meeting.

Kamal Nath loyalist MLAs reach Delhi

PTI
New Delhi

Around half a dozen Madhya Pradesh MLAs loyal to Congress leader Kamal Nath reached Delhi on Sunday amid speculation that he and his MP son Nakul Nath are set to join the ruling BJP. Nath, a nine-time MP from Chhindwara and currently MLA from the seat, is a former CM who was removed as the party's state chief following the Congress' dismal performance in the November Assembly polls. P6

3-day lecture

Giri said that human body is the most precious gift

Swami Govind Dev shares wisdom on life management

Tripti Gautam
Jaipur

Swami Govind Dev Giri, Treasurer of Ayodhya Ram Mandir Trust, during the three-day lecture series on 'Life Management' in Maharana Pratap Auditorium here, said that the human body is the most precious gift and every person should know how to use it. "Life is not about acquiring things, it is important to evaluate them," he said.

Explaining the importance of life, Giri said that introspection is impor-



Swami Govind Dev Giri, Treasurer of Ayodhya Ram Mandir Trust addressing the public at Maharana Pratap Auditorium on Sunday.

tant. "Some things should be said again and again, so that the good things are remembered. Keep learning in life. In English lit-

erature, it has been written on management, self-development, human relations and leadership but there is no better manage-

ment than the ones in the Vedas. For better knowledge and importance of life, contemplate with the sages," he said.

With the progress of science, the authenticity of Sanatan is also getting stronger. Vedic lifestyle is the best style in the world. Life management means living a healthy life for a hundred years. Along with this, he explained the importance of ayurveda and how to keep the body healthy. Vedas explain about diet, exercise, rest that can increase your lifespan.

VHP Prez highlights significance of Ram Janmabhoomi issue in Jaipur conference

First India Bureau
Jaipur

Treasurer of Shri Ram Janmabhoomi Teerth Kshetra Trust Govind Dev Giri Maharaj released 'Shri Ram Janmabhoomi Special Issue' and Shri Ram Lala Vigrah Calendar of Pathey Kan Patrika in the All India Saint Conference program in Jaipur.

Addressing the program, International President of VHP, Alok Kumar said that this special issue is collectible and readable.

"The special issue pres-



Govind Dev Giri Maharaj released 'Shri Ram Janmabhoomi Special Issue' and Shri Ram Lala Vigrah Calendar of Pathey Kan Patrika in Jaipur on Sunday. Also seen are Nimbaram, Alok Kumar & others.

ents to the readers in detail the various activities related to the Ram Janmabhoomi movement, from

the struggle to the establishment of the Siddhi Swaroop temple," he said. Along with this special is-

sue, Pathey Kan Santhan will distribute Shri Ram Lala Vigrah Calendar to about 1.5 lakh families.

Saints vow to 'free' Mathura & Kashi Temples

First India Bureau
Jaipur

Saints from all over the country participated in the All India Saint Conference organized in Jaipur in the memory of Pandit Acharya Dharmendra Maharaj. Officials associated with Pavantham Seva Samiti, Sri Dharma Foundation, and Shri Maheshwari Samaj also participated in the programme.

Treasurer of Ram Janmabhoomi Teerth Kshetra Trust, Swami Govind Dev Giri Maharaj said that the Ram temple has been rebuilt in Ayodhya and that is just a glimpse, and the next development is about Mathura and Kashi. Talking about the UCC, he said that if the country is one then the law should also be the same.

Shekhawat's stature raised after Yamuna water MoU

Vinod Singh Chouhan
Jaipur

Union Jal Shakti Minister Gajendra Singh Shekhawat made Chief Ministers of Haryana and Rajasthan sign MoU to supply surplus Yamuna water to Rajasthan. The movement 'Yamuna's water is my right' was started by Shekhawat and the MoU has raised Shekhawat's stature.

There may be a big upheaval in Shekhawati in the upcoming LS elections. BJP's Rajput candidate may be from one place in Sikar, Jhunjhunu, Churu and Nagaur. Two Rajput faces of Shekhawati, former minister Rajendra Singh Rathore and state president of World Human Rights Protection Association Fateh Singh Shekhawat, are popular.



Union Jal Shakti Minister Gajendra Singh Shekhawat

RAJASTHAN-HARYANA MOU: WAPCOS TO FAST-TRACK WATER TRANSFER DPR

After a MoU on DPR was signed between the Rajasthan and Haryana governments, sources from the Water Resources Department claimed any firm can be nominated without tendering a detailed project report (DPR). They said that responsibility can be given to the WAPCOS company preparing the DPR of PKC ERCP. Water for Rajasthan may be taken from Tajewala's flow area and pumping station. Although four months' time has been fixed for the DPR, it will be prepared within two months. The drinking water line will reach Churu from 250 kilometres.

SMS adopts QR Codes for complaints

PTI
Jaipur

SMS Hospital has installed QR codes that allow people to register complaints regarding cleanliness at the facility, the hospital administration said.

Superintendent of the hospital Dr Achal Sharma said that QR codes have been pasted at several places, including corridors, of the main



building and the Bangar hospital attached to it. In the last around ten days, there have been several

complaints on the system that were promptly addressed.

"The initiative was

taken on the instructions of CM Bhanlal Sharma who saw this system in a super specialty hospital in Udaipur. A person can upload pictures by scanning QR code through a mobile phone," Sharma said. "The complaint is sent to the supervisor and it is immediately resolved. This system is being expanded and now QR codes are being installed at more places such as wards," he said.

Tragic land dispute ends in father-son double fatality in Hanumangarh

Kapil Sharma
Hanumangarh

A man fatally shot his young son before committing suicide by shooting himself. Goluwala police responded to the event after obtaining information. According to Ajay Girdhar, an officer at Goluwala police sta-



Ramswaroop Bishnoi and Saurabh Bishnoi.

tion, Ramswaroop Bishnoi and his son Saurabh Bishnoi used to own a vegetable shop. According to the authorities, an initial inquiry found a land dispute.

JPR: NEWLY MARRIED COUPLE KIDNAPPED

Jaipur: A kidnapping of a newlywed couple has been reported in Jaipur. Kidnappers broke into the house, beat both of them, pulled them, and threw them into the car. The kidnapped youth's brother has filed a case. ASI Harisingh stated that Mahendra Saini, a Gangapur City resident, filed the report.

CHILD KIDNAPPED FROM AGRA-JAIPUR HIGHWAY

Dausa: An 8-year-old child was kidnapped on the Agra-Jaipur highway. The family left the kid in the car and went to have tea. When they returned, the child was no longer in the car. Following this, the family notified the police. The police have begun scanning the surrounding CCTV video.

Birla and Diya resolve to speed up ropeway projects



Om Birla

First India Bureau
Jaipur

After Lok Sabha Speaker Om Birla expressed interest in the ropeway project at Bundi's Indragarh, the state government's efforts have intensified for the project.

The first ropeway of Hadoti area of Bundi will be built in Indergarh of Lakheri subdivision area. The 700 metre ropeway



Diya Kumari

for Bijasan Mata Temple will be built at a cost of Rs 15 crore.

Meanwhile, deputy CM Diya Kumari's efforts have brought results and a ropeway will be built in Chauth Mata temple in Chauth ka Barwara. Devotees are elated as they will find it easier to reach the temple. Elderly and disabled people will also be able to reach easily.

Poll preparations: ARO first phase training begins today

Dr Rituraj Sharma
Jaipur

Election Commission of India's Chief Electoral Officer Praveen Gupta stated that as per the directions of the Election Commission of India, a five-day training cum certification programme for all assistant returning officers of the parliamentary constituencies of the state will be organized from today up to 23 at the Indira Gandhi Panchayati Raj Institute, Jaipur for the Lok Sabha elections 2024.

The second phase of the programme will be held between February 26 and March 1.

Gupta said that officers will be given special training related to the responsibilities of the ARO by national level master



Chief Electoral Officer Praveen Gupta

FIRST LEVEL CHECKING (FLC) OF EVM & VVPAT MACHINES FOR ELECTIONS DONE

CEO Praveen Gupta said that in accordance with the instructions of the ECI, the work of first level checking (FLC) of EVM/VVPAT machines for the general elections was started by the engineers of Bharat Electronic Limited, Bengaluru from January 27 in all the districts of the state and was completed by February 17. The work was done in the presence of recognized national and state political parties.

trainers of the ECI. "They will also be given training related to EVM, VVPAT, nomination, postal ballot and election related materials," he said.

SUPPORT FOR IT SECTOR

Speaker Devnani pledges assistance

First India Bureau
Jaipur

Rajasthan Legislative Assembly Speaker Shri Vasudev Devnani has called upon the experts related to information technology to make Rajasthan their work area. The state government will provide full assistance. He said, "Come to Rajasthan and expand your work in the field of information technology."

Devnani spoke at the program after congratulating IT experts at the IT Voice Expo at the Rajast-



Vasudev Devnani with the awardees at the IT Voice Expo at Rajasthan International Center on Sunday.

NAIM KHAN

han International Centre on Sunday. He has underlined the importance of conducting research to

prevent cybercrimes. The program included IT experts from across the country. Rajiv Kapoor,

DP Sharma, and Inderjit Singh, the Commissioner of Information Technology, also spoke at the event.

NEET aspirant from UP dies in Kota hospital

PTI
Kota

A youth from Uttar Pradesh, preparing for medical entrance tests here in Kota, died during treatment, two days after he had to be rushed to the city's MBS Hospital with high sugar level and blood pressure, officials said on Sunday. NEET aspirant Shivam Raghav (21) from Aligarh t in UP, had been preparing for the entrance test in Kota for the last three years and was living in a hostel room in Landmark City under Kunhari police station in Kota.

Raising awareness!



A group of doctors from Jaipur left for Ayodhya on bicycles on Sunday. Rajasthan Assembly Speaker Vasudev Devnani flagged off the team from the Assembly here. Devnani shared sweets with Dr Lokendra Sharma, Dr Mahendra, Dr Swapan Das and Dr Kamalkant Trivedi.

BJP's mission to cross 400

BJP to connect with families benefitted from PM Modi led Central govt schemes

Focus on 8 crore Central beneficiaries

Pankaj Soni
Jaipur

BJP, which wants to cross 400 seats in the Lok Sabha elections, has prepared a mega plan to connect the beneficiaries taking advantage of Central schemes with party. Under this, mapping of eight crore Central government scheme beneficiary families across the country has been done. The party has sent the data, including mobile numbers and home addresses of beneficiaries to its booth units.

The party has given instructions to its workers to build a rapport with families of beneficiaries. According to a rough estimate, BJP's target is to reach 40 to 50 crore voters from eight crore families. The responsibility of this scheme to help reach the



CM Bhajan Lal Sharma and Dy CM PC Bairwa along with Himanta Biswa Sarma and BJP leaders from other States during the BJP national convention in New Delhi on Sunday.

beneficiaries has been given to Sunil Bansal, National Gen Secy of Raj BJP. Bansal is considered an expert in making election strategies. Before this, he had given a new formula to connect school students with the party in UP. In Rajasthan alone, BJP targets to reach 80 lakh families.



Pralhad Joshi with Rajyvardhan S Rathore in New Delhi on Sunday.

DISCUSSION WITH BENEFICIARIES TO BE UPLOADED ON NAMO, SARAL APP

A special plan has been prepared to contact the families wherein the booth level workers will go to the beneficiary's house and upload the video of the conversation with them on Nammo or Saral app. Besides, a missed call will also be given from the special number issued by BJP from his/her mobile phone so that the information reaches the party that the beneficiary has been contacted. PM Modi during the national convention of BJP said that while approaching the beneficiaries at their homes, workers should be affectionate and treat them with respect.

BJP identifies 10 seats that need more focus in LS polls

Yogesh Sharma
Jaipur

The BJP national leadership has chalked out a strategy for the specially identified 10 seats in Rajasthan. Rajasthan BJP leadership has held talks with key leaders of the Centre in Delhi. At the BJP National Council meeting, it was decided that new faces may be introduced on these 10 challenging seats identified during a survey.

According to sources, BJP wants to pursue Mission 25 again but some seats are acting as roadblocks.

LIST OF TOUGH SEATS

- Dholpur-Karauli
- Tonk-Sawai Madhopur
- Sikar
- Churu
- Jhunjhunu
- Jalore-Sirohi
- Jaipur Rural
- Sri Ganganagar-Hanumangarh
- Bikaner
- Banswara-Dungarpur

In Banswara-Dungarpur, BAP was considered a challenge instead of Congress. Notably, SC-ST voters play a decisive role in all these seats.

CM, Speaker pay tribute to Jain Muni Vidyasagar

First India Bureau
Jaipur

Acharya Shri Vidyasagar Ji Maharaj of the Digambara Muni lineage passed away at 2:35 a.m. on Saturday night. Rajasthan Chief Minister Bhajan Lal Sharma expressed his sympathies on Instagram, saying that the news of Saint Shiromani Acharya Bhagwant Gurudev Pravar Shri 108 Vidyasagar Mahamuniraj Ji's last samadhi is heartbreaking and agonizing. Rajasthan Assembly Speaker Vasudev Devnani has stated that the death of Saint Shiromani Acharya Bhagwant Gurudev Pravar Shri 108 Vidyasagar Mahamuniraj Ji is heartbreaking for all of us.



CM Sharma to visit Pali today for Pran Pratishtha in 'Om Ashram'



First India Bureau
Jaipur

CM Bhajan Lal Sharma will attend the Pran Pratishtha of unique Om Ashram at Jadan in Pali on Monday. From Jadan, CM Sharma will leave for Pali headquarters to hold a meeting of district officers. He will also meet BJP

leaders and workers during the visit. It is Sharma's first visit to Pali after becoming CM.

As per the programme, he will leave from Jaipur tomorrow at 11:15 am and will reach the consecration ceremony at Om Ashram in Jadan (Pali) at 12.30 pm. He will hold a meeting of officials in

Collectorate at 1:45 pm and will then attend a local program at 2:45 pm. The CM is scheduled to reach Jaipur at 5:30 pm.

Meanwhile, Divisional Commissioner Pratibha Singh reached Jadan and took stock of the preparations and gave necessary instructions to officials present on the occasion.

Congress leaders in queue to join BJP

First India Bureau
Jaipur

Speculations are rife that MLA Mahendrajeet S Malviya will join BJP in coming days. Before this, he has changed profile phone on social media platforms and is seen in Bhagwa clothes. He is present in Delhi and joining is delayed due to the BJP national meeting.

At the same time, former Cong MP KL Bairwa is also in touch with BJP. Also, former minister Lalchand Kataria & MLA Richpal Mirdha will also join the saffron party. Kataria is also in Delhi.

CONGRESS DEFERS MEETING OF SCREENING COMMITTEE OWING TO THE BURNING 'REBELLION'

The speculations of senior Congress leaders joining BJP has disturbed the leaders and affected the party's preparations for the Lok Sabha elections. Names of some of the leaders who are likely to join BJP were included in the panel for Lok Sabha elections after the speculations, the party making a new strategy. Former chief minister Ashok Gehlot is busy in damage control and talking to MLAs and other leaders. The PCC Screening Committee meeting was to be held on 16 or 17 February to decide the panel of candidates for the Lok Sabha elections, but this meeting could not be held and the new dates have not been announced yet. Rajasthan's Congress is completely shaken by the discussion of senior Congress leaders Mahendra Jeet Singh, Malviya, Lalchand Kataria, Rajendra Yadav, Udaylal Anjana, Khiladi Bairwa, Vijaypal Mirdha, Richpal Mirdha joining BJP. The names of some of the leaders who are being talked about leaving the party were included in the Congress panel. Now if the leaders leave the Congress, then the Congress will have to make a new strategy. Meanwhile, Rahul Gandhi's Bharat Jodo Nyay Yatra is being planned to enter Rajasthan on 25th February. Gandhi will travel 27 km in Dholpur. Senior leaders of the state Congress will now be busy with the visit. After this, the preparations for the LS elections will resume.

Naresh Sharma

CONGRESS TO PROTEST IN FRONT OF INCOME TAX OFFICES OF ALL DISTRICTS IN RAJ TODAY

The Congress will protest in front of the Income Tax offices of all the districts of State on Monday against the BJP's anti-democratic attitude and misuse of constitutional institutions. PCC chief Govind Singh Dotasra has directed all the District Congress Committees to protest in front of the Income Tax Office located in their respective districts at 11 am on Monday, a statement said. Dotasra will participate in the protest outside the Income Tax Office located at Statue Circle, Jaipur, said Rajasthan PCC general secretary and spokesperson Swarnim Chaturvedi.

RAHUL GANDHI'S BJNY IN RAJ ON FEB 25

Rahul Gandhi will come to State on Feb 25 for Bharat Jodo Nyay Yatra (BJNY). He will take out 27-km BJNY in Dholpur. A team related to yatra will come to Dholpur to review the arrangement and a detailed programme will be released. Dotasra will visit Dausa & Bharatpur in view of preparations.

TEAM S KANUGOLU'S SURVEY COMPLETED

AICC's survey for Lok Sabha polls has been completed in State. The team of Sunil Kanugolu conducted the survey for candidate selection for 25 LS polls and it has been sent to party high command.



Kota's River Front is being neglected, alleges Dhariwal

First India Bureau
Jaipur

Former minister and Kota MLA **Shanti Dhariwal** claims that 'World famous tourist location Chambal River Front is being neglected' and that 'The movement will cut the tourism innovations launched by us'.

"The National Green Tribunal also deemed its design appropriate and



useful. There is no river front like Kota anyplace in the country or in the world." former UDH Min Dhariwal added.

Farewell ceremony of Bikaner Collector

Laxman Raghav
Bikaner

Outgoing Bikaner Collector and Mining Director Bhagwati Prasad Kalal's farewell ceremony was held at Taste of Town. IG Omprakash Paswan, Bikaner Collector Namrata Vrishni, and SP Tejaswani Gautam were among those in attendance.

Kalal established a distinct name as a silent performer, doing extraordinary work not only for



IG Omprakash Paswan, Bikaner Collector Namrata Vrishni, SP Tejaswani Gautam along with outgoing collector BP Kalal during the farewell ceremony at the Taste of Town in Bikaner on Sunday.

slum restoration, but also for education and health. Aside from BJP leader Satyaprakash Acharya,

Avinash Joshi, & Bishnar-am Siyag, numerous luminaries from medicine, business attended the

function. Bikaner Range IG Omprakash Paswan described himself as a fan of Kalal's working style.

Raj HC delivers justice to divyangs

Raj HC imposes fine of ₹5L on RPSC for not allowing divyang to write exam

First India Bureau
Jaipur

Rajasthan high court has imposed a fine of Rs 5 lakh on Rajasthan Public Service Commission (RPSC) for not allowing a visually impaired person in RAS Pre 2021 exam. The bench of justice Sameer Jain has directed the RPSC to give the amount to petitioner Kuldeep Jaiman within four weeks. The RPSC had deprived the petitioner of participating in the exam on not having prior information regarding scribe and certificate. Due to this, the candidate could not take the exam at a center in Alwar.

The High Court in its judgment said that RPSC had created unwanted and unnecessary obstacles in the way of a visually impaired candidate, due to which he could not appear in the examination. The court said that the Rajasthan Public Service Commission's order to not allow the candidate to appear in the examination was arbitrary.



HC ORDER IN FAVOUR OF A DIVYANG ASST PROF CANDIDATE

The Rajasthan High Court has rejected a special appeal challenging the denial of appointment to a divyang (physically challenged) candidate for the Assistant Professor position. The candidate, originally from another state, had applied for the role in the College Education Department. The court ruled the state government's decision as unconstitutional and imposed a fine of Rs. 10,000. The division bench of Chief Justice MM Srivastava gave this judgement while dismissing interference in the selection committee's choices. Advocates Yashpal Khilery and Vineeta Changle represented the petitioner.

Amit Shah to visit Bikaner on Feb 20 for LS poll preps

First India Bureau
Jaipur

BJP is getting ready to sound the poll bugle for Lok Sabha polls. Union HM **Amit Shah** is going to start campaigning for BJP's mission to win all the 25 seats in State under this strategy.

For this Amit Shah will be touring Bikaner on Feb 20. It is expected that his visit will strengthen the party at the booth level and will be beneficial for the party.



STATE LEVEL VALMIKI MAHASANGAM

Eliminate caste discrimination, says Devnani

Bharat Dixit
Jaipur

Assembly Speaker **Vasudev Devnani** paid homage to Saint Naval Maharaj who was born in the Taposthali of Rajasthan and said that discrimination on the basis of caste will have to be removed to help society progress. "Everyone will have to become partners in building a united India. Rajasthan is the land of



Rajasthan Assembly Speaker Vasudev Devnani and 'Mahabharat' fame Arjun Feroz Khan during the State level Valmiki Mahasangam with other leaders of the community at Birla Auditorium in Jaipur.

heroes. There have been many social reformers here, who have worked to bring awareness. Social reformers have contributed in eliminating caste discrimination," he said. Devnani said that truth does not waver. "We all have to walk on the path of truth. Now India's new identity is being created," he said.

Nimbaram said that talent exists in every society and there is a need to bring it forward. "Change is possible only through education as it connects everyone," he said.

WILL THE YEAR 2024 CONTINUE TO BURN?



Dr Vivek S Agrawal

The writer is specialist on Urban Health and Environment



In a recently published report, last January was considered the hottest January month to date. Besides, the year 2023 was also the hottest year. This record gives rise to unlimited concerns. Before this, 2016 was the hottest year, but it is believed that 2024 will break all the previous records and set new ones. As humans, we have also felt the cold of less and shorter duration this year. Less snowfall than normal has also been recorded in cold and mountainous areas. The goal is that the temperature level should not increase by more than one and a half degrees since the industrial era, but tireless efforts are still needed to achieve that goal.

If the trend of temperature increase continues like this in the year 2024, then it is inevitable that due to climate change, it will have adverse effects on humans, vegetation and other animals. In the last year, everyone has more or less suffered the adverse effects on human health and civilization due to record forest fires, avalanches, sea storms, earthquakes and ecological changes. Despite all this, relatively more time is being wasted at the global level in blaming each other.

If we assess the level of carbon emissions, India is still at a very low level, despite this the lobby of developed nations tries its best to create unnecessary pressure. It is noteworthy here that despite low emissions of greenhouse gases, at the policy and planning level, the concept of environment-friendly and sustainable India is being taken forward

In the recently concluded COP 28, India's Environment Minister Bhupendra Yadav strongly expressed his concern and protest, calling it a conspiracy by developed nations to prevent India from being self-reliant and make it dependent on oil and gas imports. It is also a fact that only 40 per cent of the total carbon emission from fossil fuels comes from coal and the remaining comes from the use of oil etc., hence restriction on the quantity of coal is not logical and justified

vigorously. Be it the recently announced ambitious plan for solar energy on 1 crore homes or the Green Hydrogen Mission, the aim is to create a better environment.

On the contrary, developed nations, where carbon emissions have crossed the limits and are still increasing uncontrollably, are not able to move ahead. Last year, a lot of pressure was put on India to sign an affidavit banning the use of coal. But, India strongly opposed it saying that any decisive resolution should be taken holistically on all kinds of fossil fuel instead of aiming at a particular component i.e. coal. At present, coal is the source of 70 per cent of our energy production. In our country, concrete work is going on on alternatives like solar, wind, water, hydrogen, ethanol etc. and its positive results have also started coming, but in view of the lax attitude of the developed nations towards commitment towards other fossil fuels, only the concept of coal ban is targeted under pressure. Vehicle pollution is considered a major cause of carbon emissions but it is

not very important in the context of India because only 1 per cent of the Global vehicle population is in India. This is a bigger problem for developed countries, especially North American countries, which rely more on personal transportation than public transportation.

Climate forcing measures imbalances in the Earth's energy budget caused by disturbances in the climate system, for example, changes in atmospheric composition induced by human activities. Ideally, energy equivalent to solar energy should flow back into atmosphere, but after industrialization, the flowing temperature remains higher than the received temperature and this is root cause of climate change. This year, due to El Nino effect, there are strong possibilities of atmospheric imbalance.

Policies and plans are responsible for climate change, but the main role is still played by the common people who are not thinking seriously about responsible consumption beyond sensitivity. The misfortune is that

the dependence on governance by the British was maintained under vote politics in the democratic system, otherwise, everyone would have been aware of the procedural flaws and effects in the implementation of participatory development and would have tried to solve them.

While addressing the last session of the Lok Sabha, Prime Minister Narendra Modi has emphasized on reducing the dependence on governance in the coming period by referring to minimum government and maximum governance, which has far-reaching implications. This is vital in establishing responsible consumption. At present, the common people are generally unaware of the adverse effects on the environment and ecology due to deforestation, food wastage, misuse of electricity, open burning of garbage, unusable production and purchasing, misuse and dependence on vehicles. Increasing personal needs and changes have added fuel to the fire.

Last year, many countries faced premature deaths due to rising temperatures, and the increasing frequency and intensity of sea storms has badly shaken not only the economy but also human life. Therefore, while it is known that year 2024 is likely to be record hot, positive steps can be taken towards reducing it through efforts made at the individual level. If every citizen also resolves to make an environmentally friendly change in his behavior If you take it, the change will be pleasant.

THE VIEWS EXPRESSED BY THE AUTHOR ARE PERSONAL

IN-DEPTH

America debates what if Trump, Biden drop out

Former President Donald Trump faced another financial blow as a New York judge mandated a \$355 million penalty in a civil fraud case. This follows a prior \$85 million defamation payout to a journalist. Ruling stems from allegations of Trump inflating property values to secure favourable loans, insurance, and tax rates. Trump vehemently denounced the decision as a "complete and total sham," signalling his intent to contest it.

With Trump's legal troubles mounting and Joe Biden's instances of memory loss getting frequent both the Republicans and the Democrats are mulling the possibility of changing their respective presidential candidates. In a poll nearly half of American voters thought that Biden should be replaced. Republicans feel that at 77 even Trump is too old and replaceable. But chances of Biden dropping out of the race are more than those of Trump. This new scenario in American presidential elections since 1968 has given wings to the hopes of Vice President Kamala Harris and Nikki Haley.

BJP'S JUGGERNAUT IS ALL SET TO ROLL



Prime Minister Narendra Modi has been echoing the significance of the number 370 lately, touching upon two pivotal aspects. Firstly, the abrogation of Article 370, which granted special status to Jammu and Kashmir, remains a focal point of his discourse. Secondly, he's been rallying the party towards a formidable goal: securing 370 Lok Sabha seats in the upcoming Parliamentary elections. At the recent Bharatiya Janata Party's national council meeting, PM Modi elucidated that achieving this target would serve as a tribute to party luminary Dr Syama Prasad Mookerjee.

Given the overwhelming support garnered by the Prime Minister and the BJP post the Ayodhya Ram Lalla idol consecration and the inauguration of a temple in Abu Dhabi, attaining this numerical milestone appears within reach. Modi exudes confidence in this endeavour. With the BJP clinching 303 seats in the 2019 general elections, the task boils down to securing an additional 67 seats. While states like Kerala and Tamil Nadu offer a combined total of 59 seats, emerging victorious here is crucial for the party's trajectory.

Furthermore, strategic alliances and expansion efforts are underway in states like Andhra Pradesh, Uttar Pradesh, Bihar, and West Bengal. The BJP eyes the 72 seats where it stood as runners-up in 2019, capitalizing on welfare schemes, religion and the promise of a prosperous India to sway voters in the forthcoming 2024 elections. As Indian politics witnesses a gradual implosion of the Congress and other parties, the race for 370 seats intensifies, reflecting both ambition and strategic planning within the BJP camp. Stopping this juggernaut will be a challenge.

Given overwhelming support garnered by the Prime Minister and the BJP post the Ayodhya Ram Lalla idol consecration and inauguration of a temple in Abu Dhabi, attaining this numerical milestone appears within reach

INDIA'S EFFORTS

It is noteworthy that India had achieved the target related to GDP emission level 11 years ahead of schedule and the target related to non-fossil fuel use 9 years before the scheduled deadline. But developed countries always follow the principle of 'Preaching Others than Practise'. While maintaining pressure on developing and non-developed nations, perhaps they find this to be an easy way to hide their sins. If we look at the data, India's carbon emissions are less than half of the global average level. On the other hand, unless developed nations implement policies and action plans for negative carbon emissions, the goal of achieving net zero emissions by 2050 will not achieve much.



TOP TWEETS

X Had a meeting with old friends of Yuva Morcha. It was a pleasure to sit and cherish old memories at the National Convention with colleagues who had come from every corner of the country. It is heartening to see that Bharatiya Janata Party gives equal opportunity to every dedicated worker to move forward. This is possible only in BJP. Today, it is pleasant to see all these old friends serving the country and society with various responsibilities in the organization and government. @BJP4India @BJYM Anurag Thakur@ianuragthakur



X Yesterday's sunset took away from us such a divine light which for the last 77 years has been continuously striving for the welfare of this human race, to restore the glory of India and to give the right direction to the living beings. Digambar Jainacharya Vidyasagar Ji Maharaj, who imbibed the teachings of Lord Mahavir in his life, attained samadhi. His emptiness will remain forever. Om Namah Siddheshwara Smriti Z Irani@smritiirani

SPIRITUAL SPEAK

Even the wise are confused about what is action and what is inaction.

BHAGAVAD GITA



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सत्यमेव जयते
राजस्थान सरकार

डबल इंजन सरकार का संकल्प

मोदी की गारंटी हो रही साकार

30 वर्ष से लंबित मांग का समाधान



श्री भजनलाल शर्मा
माननीय मुख्यमंत्री, राजस्थान

श्री नरेन्द्र मोदी
माननीय प्रधानमंत्री

शेखावाटी अंचल को मिलेगा
बहुप्रतीक्षित यमुना जल

डबल इंजन सरकार की राजस्थान को एक और सौगात



श्री गजेन्द्र सिंह शेखावत, माननीय केन्द्रीय जल शक्ति मंत्री,
श्री मनोहर लाल, माननीय मुख्यमंत्री, हरियाणा एवं
श्री भजनलाल शर्मा, माननीय मुख्यमंत्री, राजस्थान
की गरिमामय उपस्थिति में

राजस्थान, हरियाणा एवं केन्द्र सरकार के मध्य राजस्थान को
आवंटित यमुना जल के प्रथम चरण में उपयोग हेतु डीपीआर तैयार करने बाबत
दिनांक 17 फरवरी, 2024 को एमओयू पर हस्ताक्षर

राजस्थान को मिलेगा हथिनीकुंड (ताजेवाला) हेड से यमुना का पानी

सीकर, चूरु और झुंझुनूं जिलों की पेयजल समस्या का होगा समाधान

260 किलोमीटर पाइपलाईन बिछाई जाएगी

जल संसाधन विभाग, राजस्थान सरकार

PM: Working on mission mode to make India a developed country

I was the first PM to raise concerns around lack of toilets and hygiene from ramparts of Red Fort. Women's dignity and respect are paramount for us

Every country across the world knows "aayega toh..." as the gathering shouted "...Modi hi. Aayega toh Modi hi," the Prime Minister adds

ANI

New Delhi

Prime Minister Narendra Modi on Sunday said, "We are working on mission mode to make India a developed country by 2047. It is where we wish to take our country by the time it steps into its 100th year of independence. We have resolved to make India the third-largest global economy, and this is Modi's guarantee," he added.

Expanding on the work done by the Centre for the welfare of the poor, women, youth, and farmers, PM Modi said, "Today, the BJP is deriving strength from our women, farmers and the aspirational youth to build a 'Viksit Bharat' (developed India). We introduced a 'PM Vishwakarma Yojana' for them. No one thought about people living on streets and footpaths. We made the PM Swanidhi Yojana for them. Previous governments did not pay attention to the problems of women but we came out with an initiative like 'Beti Bachao-beti Padhao' that had a meaning-



PM Narendra Modi addresses the BJP National Council Convention on its second day at the Bharat Mandapam, in New Delhi on Sunday. PTI

SECURITY STEPPED UP IN KASHMIR AHEAD OF PM'S VISIT TO J&K

Security forces have been put on an alert in Kashmir ahead of the visit of Prime Minister Narendra Modi to Jammu on Tuesday. Police and paramilitary forces are conducting random checking of vehicles at dozens of places in the city and elsewhere, officials said here on Sunday. Special checking points, including entry and exit points have been set up at various places in the city as a precautionary measure, the officials said.

I am not someone who lives for his own happiness. I am advocating for a third term for the BJP not for political gains but for the benefit of India. My efforts are dedicated to the people of India. The dreams of Indians are my commitments.

NARENDRA MODI, PRIME MINISTER

ful impact across the country. We ensured death penalty for crimes like rape (under new

criminal laws). Women's dignity and respect are paramount for us. I am proud that in last 10

years, BJP govt has taken many steps to make the lives of women in the country easier," he added.

PM in UP to lay foundation of Kalki Dham Temple today

PTI

Lucknow

PM Narendra Modi will be on a daylong visit to Uttar Pradesh today, during which, he will lay the foundation stone of the Shri Kalki Dham Temple in Sambhal district and address a gathering there, according to a statement.

The temple is being constructed by the Shri Kalki Dham Nirman Trust whose chairman is Acharya Pramod Krishnam, who was expelled by the Congress for "anti-party remarks" days after he had met PM Modi and invited him to lay the foundation stone.

The inauguration programme around 10:30 am will be attended by many saints, religious leaders and other dignitaries, said the statement issued on Saturday.

2G, 3G & 4G parties: Shah slams Oppn at key BJP meet

PTI

New Delhi

Home Minister Amit Shah on Sunday likened the upcoming Lok Sabha polls to the Mahabharata war, asserting that Prime Minister Narendra Modi is leading the BJP-led camp working for the country's development while "INDI alliance" under the Congress is full of family-run parties and corruption.

In his address at the BJP's National Convention here, while speaking on the resolution "BJP: Desh ki aasha, Vipaksha ki hatasha" (BJP: Country's hope, Opposition's despair).

The opposition, he said, is full of "2G, 3G and 4G" parties, a reference to the second, third and fourth generation of families running these parties. Shah lashed out at the opposition INDIA bloc for its promotion of dynastic and appeasement politics.

"Just as in the Mahabharata war there were two camps, Kauravas and Pandavas, similarly today there are two camps ahead of the elections," Shah said. One of the camps is the BJP-led NDA under Prime Minister Narendra Modi's leadership and the other is "INDI Alliance" led by the Congress, he said.

Shah described PM Modi as a candle which removes darkness while burning itself, as he lauded the PM's dedication, hardwork and commitment to the country's progress



Amit Shah speaks at BJP's National Convention in New Delhi.

INDI alliance is an alliance of all dynastic parties, which nurture the politics of dynasticism, corruption, appeasement, while the BJP-led NDA is an alliance of parties which follows the principles of nation.

AMIT SHAH, UNION HOME MINISTER

INDIA BLOC LEADERS THINK OF MAKING THEIR CHILDREN PM AND CMs: UNION HOME MINISTER

Shah referred to Oppn leaders like Sonia Gandhi, Sharad Pawar, Lalu Prasad, Mamata Banerjee and M K Stalin saying, "While PM Modi thinks of the poor & nation's progress, INDIA bloc leaders think of making their children PM & CMs." All the family 'princes' have come together against Modi as they think only someone from a powerful family can occupy the top position, he said. "Had the BJP been a dynastic party, a son of a tea seller would have never become the PM of this country," he said.

"Congress which leads INDI alliance ended the spirit of democracy with corruption, dynasticism and appeasement so that people's mandate do not come independently," Shah said.

Prime Minister Modi brought the politics of development at the centre stage by ending the Opposition parties' politics of dynasticism, corruption, appeasement and caste, he said.

V-P Dhankhar to visit Arunachal on February 20

PTI

Itanagar

Vice-President Jagdeep Dhankhar will arrive here on February 20 on a two-day maiden visit to Arunachal Pradesh.

The Vice-President will attend the 38th Statehood Day celebration at Indira Gandhi Park here besides other official programmes, official sources said.

Dhankhar will also attend the state award ceremony at Raj Bhawan on Feb 21. Capital Dy Commissioner Talo Potom in an executive order has promulgated 144 CrPc within a radius of 500 metres around Raj Bhawan here from Saturday, apprehending disturbance of public peace.

'Congress will secure 20 seats in K'taka in LS polls'

PTI

Mandya

Karnataka Chief Minister Siddaramaiah on Sunday asserted that the Congress will win at least 20 out of 28 seats from the state in the upcoming Lok Sabha elections.

He also junked the BJP's claim of winning all the 28 seats.

"We are preparing to win at least 20 seats this time. The BJP is making exaggerated claims that they will win all the 28 seats because they have realised that people will bless Congress this time," the Congress leader told reporters at Malavalli in Mandya district.

Regarding the Congress strategy to fight against the coalition of BJP and Janata Dal (Secular), Siddaramaiah said there are no two parties in



This time we have only one opposition. There are no two parties but only one party in the opposition. JD(S) has merged with the BJP and is not functioning like a separate party.

SIDDARAMAIAH, KARNATAKA CHIEF MINISTER

the opposition.

The BJP swept the 2019 Parliamentary polls in Karnataka by winning 25 seats, while an independent backed by it won one seat. The Congress and JD(S) won one seat each.

'INDIA bloc's doors are 'open' for BSP, says Avinash Pande

PTI

New Delhi/Prayagraj

INDIA bloc's doors are 'open' for the BSP and it is up to Mayawati to decide if she wants to join the united fight against the BJP in the upcoming LS polls or not, Congress' Uttar Pradesh in-charge Avinash Pande said on Sunday.

The Congress Gen Secy said the INDIA bloc very much wanted BSP to join bloc but Mayawati has already declared that she will go it alone in the LS polls. In an interview with PTI during the Bharat Jodo Nyay Yatra in UP, Pande said the Congress is "wholeheartedly" supporting BSP & expressed confidence that a seat-sharing deal for LS polls in state will be finalised "very soon."



Avinash Pande

AAP, CONGRESS MUTUALLY DECIDED TO GO SOLO IN PUNJAB: KEJRIWAL

The Congress and Aam Aadmi Party (AAP) had "mutually agreed" to contest Lok Sabha seats in Punjab separately and there is no bad blood between the two parties over this issue, Delhi Chief Minister Arvind Kejriwal has said. Kejriwal visited Congress leader and renowned lawyer Abhishek Singhvi's home for lunch. Speaking to reporters on the decision by AAP and Congress to go solo in Punjab, he said, "In Punjab, Congress and AAP have mutually agreed to contest the polls separately. There is no hostility over this."

Nath loyalist MLAs reach Delhi amid talk of switch

PTI

Bhopal

Around half a dozen MP MLAs loyal to senior Congress leader Kamal Nath reached Delhi on Sunday amid speculation that he and his MP son Nakul Nath are set to join BJP. 3 of these MLAs are from Chhindwara, while another three are set to leave for Delhi, sources said. Nath, a nine-time MP from Chhindwara and currently MLA from the seat, is a former CM who was removed as party's State President following Cong's dismal performance in Nov Assembly polls. These MLAs were not answering calls, with some Cong insiders claiming Nath loyalist & ex-Min Lakhman Ghangoriya was also camping with them in Delhi.

NATH NOT LEAVING CONGRESS, ASSERTS DIGVIJAYA SINGH

Amid the buzz over senior Congress leader Kamal Nath's possible switch to BJP, his party colleague Digvijaya Singh said that the veteran leader started his political journey from the the grand old party and he won't leave it. Singh said he and other Congress leaders were in contact with former MP CM Nath. "We all used to consider Kamal Nath the third son of late PM Indira ji (after Sanjay Gandhi and ex-PM Rajiv Gandhi)," the Rajya Sabha member told reporters here. "Kamal Nath ji has always been with the Congress. He is a true Congress leader... He has got all posts, including Chief Minister, Union Minister, AICC Gen Secretary and MP Congress chief," Digvijaya Singh said.

BHARAT JODO NYAY YATRA

Double engine govt means 'double blow' to unemployed: RaGa

PTI

New Delhi

Congress leader Rahul Gandhi on Sunday attacked the BJP over the issue of unemployment in Uttar Pradesh, saying double engine government means "double blow" to the unemployed.

In a post in Hindi on X, Gandhi claimed that today every third youth of Uttar Pradesh is suffering from the "disease of unemployment".

"Where more than 1.5 lakh government posts



Congress leader Rahul Gandhi receives a 'Gada' at a roadshow during the 'Bharat Jodo Nyay Yatra' in Prayagraj on Sunday. PTI

are vacant, graduates, post graduates and PhD holders are standing in line even for the posts

that require minimum qualification," the former Congress chief said. "Double engine gov-

ernment means double blow to the unemployed!" he said. Lakhs of students have

become overage after waiting for years for recruitments from the Army to Railways and from education to police, he said. A student trapped in this maze of despair is falling victim to depression and breaking down, Gandhi said.

"And being distressed by all this, when he comes out on the streets with his demands, he gets batons from the police," he claimed. "Policies of Congress will do justice to youth's dreams, we will not let their penance go in vain," he asserted.

RAHUL GANDHI'S NYAY YATRA TO ENTER AMETHI TODAY, PRIYANKA VADRA TO JOIN

Amethi: Congress leader Rahul Gandhi's 'Bharat Jodo Nyay Yatra' will enter Amethi today around 3 pm, an office bearer of the party's district unit said on Sunday. Congress General Secretary Priyanka Gandhi Vadra will also accompany Rahul in Amethi, the party said. "All preparations for Rahul Gandhi's 'Bharat Jodo Naya Yatra' have been completed. Rahul Gandhi will be welcomed first in Kakwa. His Nyay Yatra will enter Amethi border from Rampur Khas assembly constituency of Pratapgarh district," said Anil Singh, Media Coordinator of Congress' Amethi district unit.



RAHUL'S 'BHARAT JODO NYAY YATRA' REACHES PRAYAGRAJ

Prayagraj: Congress leader Rahul Gandhi's 'Bharat Jodo Nyay Yatra' reached Prayagraj on Sunday evening. Rahul Gandhi, UP Congress President Ajay Rai and other party leaders were seen moving in an open jeep during the yatra. Senior party leader Pramod Tiwari said Gandhi reached Swaraj Bhavan straight from the airport, where he met the party workers and started his yatra.

IN BRIEF

Death toll from landslide in Philippines now reaches 98

Manila: The death toll from a landslide in the southern Philippine province of Davao de Oro has reached 98, Philippine media reported on Saturday, citing local authorities. At least 9 people are still missing, the Philstar news portal reported.

After viral bribery video, 40 traffic cops transferred in Thane

Thane: Forty traffic policemen were transferred en masse in Thane after a viral video showed some personnel allegedly taking bribes from motorists in the city's Mumbra area, an official said on Sunday. The personnel who have been transferred are from Mumbra division.

**Batra stars in India's win over Hungary**

Busan: Manika Batra won both her singles matches as the Indian team edged out Hungary 3-2 for its first win of World Table Tennis Championships on Sunday. The Indian men's team suffered a loss to Poland in second game.

UP: Woman held for asking man to prepare time bombs

Lucknow: The Special Task Force (STF) of Uttar Pradesh Police has arrested a woman who had allegedly asked a man to prepare time bombs using bottles. The arrest was made days after the STF arrested a man named Javed for allegedly making time bombs.

US threatens to veto new Gaza ceasefire resolution at UNSC

Washington: The United States warned of exercising its veto power at the UN Security Council against a resolution calling for a humanitarian ceasefire in Gaza. The US Ambassador to the UN, Linda Thomas-Greenfield also warned that Washington would exercise its veto power.

Odisha man slits throat after losing thrice in mobile game

Angul: A 24-year-old man allegedly slit his own throat with a blade after losing an online game, police said. The incident took place in Jereng village in the Jarpada police station area. The man, identified as Soumya Ranjan Nayak, is undergoing treatment in a hospital.

Israel-Palestine Conflict Jaishankar reiterates India's call for two-state solution

EAM discusses Gaza situation with Palestinian counterpart

Agencies
New Delhi

External Affairs Minister (EAM) S Jaishankar met his Palestinian counterpart Riyad al-Maliki during which they exchanged views on the current situation in war-torn Gaza. Jaishankar is in Germany to attend the Munich Security Conference, the world's leading forum for debate on international security.

"Nice to see Palestinian Foreign Minister Riyad al-Maliki. Exchanged views on the current situation in Gaza," he posted on X. India has been pushing for a two-state solution to the Palestine issue.

Jaishankar underlined that an increasing number of countries are now not only supporting the two-state solution to the Palestine issue but seeing it as more urgent than before.



Union External Affairs Minister S Jaishankar during a meeting with the Munich Young Leaders for 2024 on the sidelines of the Munich Security Conference (MSC) 2024.

**JAISHANKAR MEETS SEVERAL COUNTERPARTS; DISCUSSES BILATERAL TIES, GLOBAL AFFAIRS**

Munich: External Affairs Minister S Jaishankar has met his counterparts from Saudi Arabia, Norway, Portugal, Poland and Belgium, and discussed bilateral ties and global matters like the situation in West Asia and reformed multilateralism. Jaishankar held "a productive conversation" with his Saudi Arabian counterpart Faisal bin Farhan Al-Saud on the sideline of the conference. "Discussed connectivity, the West Asia situation and our strategic partnership," Jaishankar posted on X. He said it was a "pleasure" to meet his Portugal counterpart Joao Gomes Cravinho in Munich. "Shared views on recent global developments," he posted on X.

MAJOR UPDATES

● EAM S Jaishankar and his Chinese counterpart Wang Yi have met briefly in Germany on the sidelines of the Munich Security Conference, their first meeting in more than six months.

● The UK on Sunday extended its visa scheme for war-hit Ukrainians who sought refuge in the country in the wake of the Russia-Ukraine conflict, allowing an additional 18-month stay on their current terms.

● In a continuation of the Israeli-Palestinian conflict, overnight Israeli airstrikes in Gaza have reportedly led to a tragic toll of at least 18 people, as confirmed by medics and eyewitnesses.

● At least 40 Palestinians were killed and many others injured in Israeli airstrikes that targeted residential homes in central Gaza Strip.

● Currently, the United States has declared its intention to wield its veto power against yet another draft UN cease-fire resolution.

Govt to turn spotlight on promoting Lakshadweep

Agencies
New Delhi

The Union Ministry of Tourism will adopt a sustainable tourism development model to showcase Lakshadweep but is keen on not "overcrowding" the islands to preserve its ecology and ensure that the local environment is not spoiled, a senior government official said.

Besides promoting domestic islands, less popular spots in India are being identified to develop tourism and smaller promotional programmes put in place, Director of Ministry of Tourism, Bengaluru office, Mohamed Farouk, said. PM Narendra Modi's visit to Lakshadweep has drawn global attention to the archipelago.



Additional text for Lakshadweep article.

To help terror groups to carry out infiltration activities Pak increases telecom towers in PoK: Officials

PTI
Jammu

The number of telecom towers along the Line of Control in Pakistan-occupied-Kashmir (PoK) has been increased in recent times with an aim to aid terrorists and their associates in infiltration activities, officials said here.

Terror groups have been using highly encrypted YSMS services, a technology that merges smart-phones and radio sets for covert communication purposes, the officials said after a study of the pattern of infiltration bids and recent terror attacks, particularly in the south of Pir Panjal range in the Jammu region. With this, a handler of a terror outfit in PoK is con-



REPRESENTATIONAL

ected with the infiltrating group and its reception party in the Jammu region on a telecom network used across the LoC. This is done to avoid detection by the army or the BSF, which guard the borders with Pakistan.

The project for boosting telecom signals has been completely handed over to the Special Communication Organization led by Pakistani army officer Maj Gen Umar Ahmad Shah, believed to be formerly working with Pakistan's spy agency ISI.

"PAKISTAN DEBT UNSUSTAINABLE"

Islamabad: The quantum of debt Pakistan requires is growing faster than the net output of the economy (GDP). This means that the economy's ability to grow or increase output is constrained. This is unsustainable, a think tank report said. "It demands transformational change. Unless there are sweeping reforms and dramatic changes to the status quo, Pakistan will continue to sink deeper, headed towards an inevitable default," the report said.

"Deal for buying 31 Predator Drones to be signed soon"



Agencies
Visakhapatnam

Indian Navy chief Admiral R Hari Kumar on Sunday said the all-important deal for buying 31 Predator drones from the US has been cleared by the Defence Acquisition Council and is expected to be signed in the next few months.

"We are the lead servers who are steering it. The letter of request has been cleared by the Defence Acquisition Council and the letter of request has gone to the US government. They have given us a draft letter of availability. Now the final one will come. It has to be placed before the (US) Congressional committee thereafter it will come," he said. Kumar said, "We hope it will be taken forward & hope to sign the contract maybe in a few months."

In The Gir Forest, 'Two is a company'



One often finds pairs of lions in a pride. It's observed that lions, too, have traits of humans: 'Two is a company!' The pair is better for the security of cubs and the hunting of prey. This is typical of Gir lions, which makes them special, different, and rare.

Indian women clinch historic gold in Badminton Asia Team Championships

PTI
Shah Alam (Malaysia)

Anmol Kharb yet again performed when it mattered, winning the decisive fifth rubber to lead the Indian women to a historic Badminton Asia Team Championships title with a tight 3-2 victory over a depleted Thailand, here Sunday.

The young spirited group of Indian women's team, led by seasoned PV Sindhu, defied all expectations to come up trumps



Indian team celebrates after winning the Badminton Asia Team Championships in Selangor, Malaysia on Sunday.

against two-time bronze medallists Thailand.

It is the first-ever major title for Indian women in team championships and

provides a big boost to the side ahead of the Uber Cup, which is set to be held in Chengdu, China from April 28 to May 5.

Top-ranked Iga Swiatek wins her third straight Qatar Open

Agencies
New Delhi

No. 1 ranked Iga Swiatek won the Qatar Open for a third straight year. She defeated No. 4 Elena Rybakina of Kazakhstan 7-6 (8), 6-2 in the final.

Rybakina led 4-1 but cut her leg in her serving motion and needed medical attention. Swiatek rallied to 4-4. Rybakina broke again for 6-5 and a chance to serve out the set but Swiatek broke back.

In the tiebreaker, the defending champion from Poland missed three set points as the score reached

8-8. But then Swiatek hit a backhand winner and snatched the 90-minute set with a backhand passing shot.

Swiatek's 18th career singles title was her first of the year. "Coming here and being kind of the double defending champion wasn't easy," Swiatek said. "So I'm happy that I have this experience already, and hopefully I'm going to use it."



Poland's Iga Swiatek kisses the trophy after winning the Qatar Open final in Doha, Qatar.

ASHTALAKSHMI EDITION

Khelo India University Games commence

PTI
Guwahati

Khelo India University Games (KIUG), which is being hosted by northeastern states this year, has commenced, organisers said on Sunday.

The games began on Saturday with kabaddi matches at Guwahati's Sarusajai Stadium, they said. Besides, basketball, mallakhamb and women's football matches are being held in different venues in Guwahati on Sunday, while yogasana



Kabaddi players in action during KIUG.

ANI

events are scheduled in Tripura's capital Agartala during the day, as per fixtures shared by the organisers. The formal inaugu-

ral ceremony, however, will be held on Monday.

Union Minister for Sports and Youth Welfare Anurag Thakur and Chief

India international Anesh Gowda of Christ University and Shubham Dhaygude of Savitribai Phule Pune University will be among the eight swimmers vying for the first gold of the KIUG, that will be officially inaugurated today in Guwahati

Minister Himanta Biswa Sarma will attend the ceremony, while Prime Minister Narendra Modi will give a video message to

the participants.

Apart from Guwahati and Agartala, five other northeastern cities will host the fourth edition of the games, in which 4,500 athletes from 200 universities will take part. The event will conclude on February 29.

KIUG is a part of the Centre's Khelo India initiative to promote grassroots sports and identify young talents from across the country. The participants will vie for a total of 262 gold, 263 silver and 297 bronze medals across 20 sports disciplines.



PM NARENDRA MODI IS A NEW MIRACLE IN ARABIAN DUNES: Dr CHANDRA

Reflecting on PM Narendra Modi's visit to Abu Dhabi for the opening of BAPS Temple, Dr Jagdeesh Chandra stresses that no leader other than Modi, has been given a grand welcome, how his popularity and personal connect with world leaders has resulted in acceptance in Islamic nations too, how Modi is fulfilling the Indian ethos of 'Vasudhaiva Kutumbakam'. Excerpts...



Dr Jagdeesh Chandra in conversation with (L-R) Ranjana Rawat, Palak Sharma, Pooja Yadav, Aditi Nagar and Shikha Thakur during The JC Show.



● **With the opening of a BAPS Temple in Abu Dhabi, a one-line, 'A new craze in Arabian dunes,' is being used. What is your take on it?**

Dr Jagdeesh Chandra: It is correct as there is a new craze about Narendra Modi in Arabian dunes, that is the Muslim world. He has proved that he is a 'Global Leader.' He has an almost similar following in other countries as he has in India. In the past 15 years, no leader has ever been accorded such a grand welcome and honour as Narendra Modi. The reason for this is the 'credibility' of Modi. The people there actually like Modi. So, it can be said that Modi is like a gush of fresh air in the Arabian desert.

● **How is it that Modi, who represents Hindu politics, is equally popular in an Islamic nation as he is in India?**

It is nothing short of a miracle. It is a 'God-given gift' to him that where ever he goes, he connects with the local populace. And this is why, when he visits any nation of the world, bizarre things happen; for example, one nation's premier called him 'The Boss', another premier asks for his autograph

and yet another even touched his feet. So what has transpired over the past few days, is an extension of this. The palpable happiness and excitement weren't confined to just the NRI community; even locals eagerly anticipated



catching a glimpse of Modi. It's remarkable how Modi commands such fervent support even in an Islamic nation.

● **Islam does not allow praying to idols. But in UAE which is an Islamic nation, a Hindu Temple has been constructed and PM Modi inaugurated the Temple. How did this come to be?**

This is a 'Daivik-Shakti'. There seems to be a 'divine' influence guiding Narendra Modi. It's

almost unfathomable to envision the construction of a Hindu Temple in an Islamic nation, yet it has become a reality under his leadership. So many idols have been installed in the Temple, and this has happened due to Narendra Modi. Interestingly, the Hindu fanatics are not questioning Modi why he is hugging the premier of an Islamic nation. But this is the credibility of Modi that the people of the nation impose trust and faith in him that whatever he will do, will be in the national interest of India and that is why, all of his decisions are viewed in parlance of being above political lines. Similarly, if you look at the premier of UAE, the people there aren't questioning him as to why is he hugging Modi. So in totality, this is a miracle and it is the victory of Modi's new diplomacy policy. He doesn't walk on the dotted line framework of foreign policy, but goes beyond it. He has re-defined foreign policy and does so keeping in mind the national interest of India. Not only India and the UAE, but even major global powers like Russia and America find themselves astonished by the unprecedented

● **How has India's philosophy of 'Vasudhaiva Kutumbakam' or 'the world is one family' fulfilled through Modi?**

It has been realised because Modi has stressed that the Temple is not the representative of a religion or a nation, but of the entire world family. If we look at it, the work to provide land for the Temple has been done by an Islamic nation, the foundation has been laid by a Buddhist and the chief contractor is a Parsi and the architect is a Christian. In essence, the

closeness and mutual honour between two state leaders. This phenomenon underscores Modi's magnetic charisma, unwavering credibility, and remarkable popularity among the masses.

construction of the temple transcends the realms of India and the UAE. It symbolises a concerted effort to unite all civilisations worldwide. This grand endeavour resonates deeply with Narendra Modi's vision encapsulated in the tagline 'Sabka Sath, Sabka Vikas', emphasising inclusivity and development for all.

● **Dharma-Dhwaja in Islamic nation has been a super hit headline in the media. But what does it mean?**

Truly, it's nothing short of a miraculous occurrence. The headline itself encapsulates the enchanting journey of the temple, shrouded in magic and mys-

tery right from inception to fruition.

● **Several unique things happened about the Temple. For one, Shaikh Mohammad Bin Zayed broke the protocol to welcome PM Modi and received him at the Abu Dhabi airport. What is your take on this development?**

It is not a new thing for both these leaders. Modi too has broken the protocol several times. I think Shaikh Zayed has visited India four times and Modi has visited UAE seven times and whenever these two meet, they break the protocol. This is their 'chemistry' beyond foreign policy. Their frequent encounters over the years, have cultivated a deep rapport and mutual respect, which shines through in their interactions.

● **How does it happen that people turn up in huge numbers to listen to Modi?**

It is miraculous. Modi's entire life journey is replete with miracles. There was so much excitement to listen to Modi that about 70,000 people turned up at the venue to hear him. I believe there must be another 10,000 or 15,000 people outside the venue too, and thus, a staggering crowd of 85,000 had gathered. It is said that there are about 35 lakh Indians in the entire UAE. It felt as though not just the UAE, but the entirety of India as a nation had converged at the venue. This magical

tale adds yet another chapter to the ever-growing list of enchanting stories from Modi's journey.

● **When PM Modi reached the programme, he spoke in four South Indian languages. What do you think was Modi's thought behind this?**

The underlying motive was to foster national unity and strengthen the bond with India's diaspora. By delivering a few sentences in Arabic, Modi aimed to resonate with the significant population of Indians residing in the UAE. His decision to speak in multiple languages reflects his inclusive vision, transcending any 'North-South' divide, and symbolising his representation of all of India. This effort to bridge linguistic and cultural divides deserves recognition, as it requires dedicated time, study, understanding, and rehearsal of various languages. Such endeavours exemplify a sincere commitment to bringing nations and people closer together.

● **What is your take on the multitude of social media posts by PM Modi regarding this visit?**

The posts were emotional and were replete with self-respect. At first he said that he worships 'Maa Bharati.' Secondly, he said that this is not just a Temple, but a representative of 'Sabka Sath-Sabka Vikas' thought. Then he said that he had brought with him the fragrance of India. He added that he had come amidst his family. He reminisced the year 2015 and said that it had

just been a year since he became the PM and during his visit, all five brothers, including the President of UAE, reached to welcome him, so this is Modi's magic.

● **We have seen how close Modi and Shaikh Zayed are. But is there any political ambition on Zayed's part to promulgate this friendship?**

The political agenda is that it creates a perception. A huge number of Indians live in UAE, and have their businesses, trade, and investments. So it creates an environment regarding the leadership in that nation and their hold over the nation becomes strong. If there are lakhs of Indians living in UAE and if that nation's premier hugs Modi and extends a warm welcome to him, then it disseminates a message to the people and this brings the Indian community closer to the Arabs. This brings the two communities closer and as leaders, they get politically empowered. Hence, it could be inferred that further political empowerment of Shaikhs within the Indian community, may indeed be part of their agenda.



Click to watch The JC Show

During the show #ModiCrazeinArabianDunes trended top All-India on X



First

JAIPUR, MONDAY | FEBRUARY 19, 2024



POACHER PREMIERE!

The awaited series, Poacher, backed by Alia Bhatt, is poised for its upcoming premiere. A special screening of the show took place in London, with Alia adorning the occasion in a captivating black saree. P11

MUKESH KIRADOO

Beyond the RUNWAY



Met Pihu Kumari, a young and vibrant emerging model whose journey is as captivating as her presence on the runway. Hailing from the picturesque district of Bhagalpur in Bihar, Pihu's passion for dance and acting ignited early in her childhood. With accolades and trophies adorning her shelves, her talent in Kathak dance was undeniable, setting the stage for her future endeavours.

Transitioning from her roots in Bihar to the bustling city of Jaipur marked a significant milestone in Pihu's life. Despite the initial challenges of adjusting to a new environment, her determination remained unshakable. "The first 2-3 months in Jaipur were tough," she recalls. "Everything was new, and managing everything alone was a daunting task." Yet, fueled by her unwavering spirit and supported by her loving family, parents Bipin Choudhary and Anu Devi, sister Isha Choudhary, and brother Harsh Bardhan Choudhary, Pihu persevered, carving her path in the world of fashion and lifestyle.

Driven by a desire to explore her creativity and pursue her passions, Pihu



Mitali Dusad

mitalidusad@firstindia.co.in

chose to delve into the world of fashion and modelling. "It's a field where I can continuously learn, evolve, and make meaningful contributions while indulging in my passion for art and self-expression," she explains. With a focus on personal and professional growth, Pihu embarked on a journey filled with opportunities and possibilities. Graduating in Kathak and achieving milestones like

becoming the 1st runner-up in a fashion walk competition at Manipal University and later being crowned Miss Fresher of JECRC University and Elite Miss Rajasthan in subsequent years, Pihu's dedication and talent were unmistakable. The young and passionate model paid immense gratitude to Gaurav Gaur, Director, EMR, for his unwavering support.

For Pihu, a healthy lifestyle is paramount. Balancing nutrition, regular exercise and adequate sleep, she emphasizes the importance of holistic well-being both on and off the runway. Looking ahead, Pihu's aspirations are as lofty as her dreams. Through unwavering dedication, hard work and strategic networking, she aims to secure representation with top agencies, collaborate with renowned photographers and designers and land significant editorial and advertising campaigns.

A dynamic emerging model hailing from Bihar, Pihu's journey into fashion and lifestyle is a testament to her passion, resilience and unwavering dedication to her craft!



WHAT'S NEXT?



ELISIUM : The Musical Extravaganza: The musical journey that transcends boundaries and captures the essence of pure euphoria! ELISIUM is not just a concert it's an experience that will resonate in your hearts long after the last note fades away.

When: Feb 24, 05:00 PM
Where: JECC, Jaipur



Mehfil E Sartaaj: Experience soul-stirring melodies of enchanting music and poetic charm." Sartaaj is on the road most of the time kicking off his creative projects. Currently, he is promoting his signing on the Rukus Avenue music label.

When: Feb 29, 7:00 PM
Where: Birla Auditorium, Jaipur



SpacSec '24- 2nd International Conference on Cyber Warfare, Security & Space Computing: As the world becomes increasingly interconnected, the need for secure and reliable communication systems becomes more important than ever.

When: Feb 22 & 23 11:00 AM
Where: Manipal University, Jaipur

BIRTHDAY FORECAST!



Millie Bobby Brown
PISCES
FEBRUARY 18

Your money is in good hands, and you may anticipate good returns on your investments. You might also attempt investing in some new stocks or mutual funds now that the day appears to be favourable for you.

Lucky Number: 8

Lucky Colour: Pink



Jaipur Flight Plan

DELHI- Air India, Air India Express, IndiGo, SpiceJet, Vistara

MUMBAI- Air India, Air India Express, IndiGo, Vistara

KOLKATA- Air India, Air India Express, IndiGo, SpiceJet, Vistara

BENGALURU- Air India, Air India Express, Alliance Air, IndiGo, SpiceJet, Star Air, Vistara

SURAT- Air India, Air India Express, IndiGo, Vistara

AYODHYA (DIRECT/ NON DIRECT) -- Air India, Air India Express, Akasa Air, IndiGo, SpiceJet, Vistara

INDORE- Air India, Air India Express, Alliance Air, IndiGo, SpiceJet, Vistara

SRINAGAR- Air India, Air India Express, IndiGo, SpiceJet, Vistara

ITANAGAR- IndiGo
GOA- Air India, Air India Express, IndiGo, SpiceJet, Vistara



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Beyond 50

UNVEILING THE BIOLOGY OF MUSCLES



Roger Fielding

Senior Scientist Team Lead
Nutrition Exercise
Physiology and Sarcopenia
Team Jean Mayer USDA
Human Nutrition Research
Center on Aging, Professor
of Medicine, Tufts University

There is perhaps no better way to see the absolute pinnacle of human athletic abilities than by watching the Olympics. But at the Olympics – and almost all professional sporting events – you rarely see a competitor over 40 years old and rarely see a single athlete over 50. This is because, with every additional year spent on Earth, bodies age and muscles don't respond to exercise the same as they used to.

I lead a team of scientists who study the health benefits of exercise, strength training and diet in older people. We investigate how older people respond to exercise and try to understand the underlying biological mechanisms that cause muscles to increase in size and strength after resistance or strength training.

Old and young people build muscle in the same way. But as you age, many of the biological processes that turn exercise into muscle become less effective. This makes it harder for older people to build strength but also makes it that much more important for everyone to continue exercising as they age.

HOW THE BODY BUILDS MUSCLE

The exercise I study is the type that makes you stronger. Strength training in-

cludes exercises like pushups and situps, but also weightlifting and resistance training using bands or workout machines.

When you do strength training, over time, exercises that at first felt difficult become easier as your muscles increase in strength and size – a process called hypertrophy. Bigger muscles simply have larger muscle fibres and cells, and this allows you to lift heavier weights. As you keep working out, you can continue to increase the difficulty or weight of the exercises as your muscles get bigger and stronger.

It is easy to see that working out makes muscles bigger, but what is happening to the cells as muscles increase in strength and size in response to resistance training?

Any time you move your body, you are doing so by shortening and pulling with your muscles – a process called



contraction. This is how muscles spend energy to generate force and produce movement. Every time you contract a muscle – especially when you have to work hard to do the contraction, like when lifting weights – the action causes changes to the levels of various chemicals in your muscles. In addition to the chemical changes, there are also specialized receptors on the surface of muscle cells that detect when you move a muscle, generate force or otherwise alter the biochemical machinery within a muscle.

In a healthy young person, when these chemical and mechanical sensory systems detect muscle movement, they turn on several specialized chemical pathways within the muscle. These pathways in turn trigger the production of more proteins that get incorporated into the muscle fibers and cause the muscle to increase in size.

These cellular pathways also turn on genes that code for specific proteins in cells that make up the muscles' contracting machinery. This activation



<https://theconversation.com/50-year-old-muscles-just-cant-grow-big-like-they-used-to-the-biology-of-how-muscles-change-with-age-172941>

visible variation between how young and old people respond to strength training.

STAYING FIT AS YOU AGE

When you put together all of the various molecular differences in how older adults respond to strength training, the result is that older people do not gain muscle mass as well as young people.

But this reality should not discourage older people from exercising. If anything, it should encourage you to exercise more as you age.

Exercise remains one of the most important activities older adults can do for their health. The work my colleagues and I have done shows that although the responses to training lessen with age, they are by no means reduced to zero.



We showed that older adults with mobility problems who participate in a regular program of aerobic and resistance exercise can reduce their risk of becoming disabled by about 20%. We also found a similar 20% reduction in the risk of becoming disabled among people who are already physically frail if they did the same workout program.

While younger people may get stronger and build bigger muscles much faster than their older counterparts, older people still get incredibly valuable health benefits from exercise, including improved strength, physical function and reduced disability. So the next time you are sweating during a workout session, remember that you are building muscle strength which is vital to maintaining mobility and good health throughout a long life.

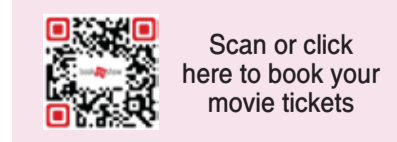
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WHAT'S JAIPUR WATCHING TODAY?

Movie: Teri Baaton Mein Aisa Uljha Jiya
Director: Amit Joshi & Aradhana Sah
Cast & crew: Shahid Kapoor, Kriti Sanon, Dharmendra, Dimple Kapadia & Rakesh Bedi



Scan or click here to book your movie tickets

Movie: Madame Web
Director: S.J. Clarkson
Cast & crew: Dakota Johnson, Sydney Sweeney, Celeste O Connor, Emma Roberts & Kerem Sanga



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1182

सबसे पहले सबसे अगे

Chic Collaboration



Carlson Young
Camila Mendes

Actress Camila Mendes recently appeared in a new romantic comedy titled *Upgraded* alongside Archie Renaux, Anthony Head, Marisa Tomei and other stars. The film comes years after Mendes earned her breakthrough role playing Veronica Lodge in the CW series *Riverdale*. She has also appeared in films and TV shows like *Do Revenge*, *The Perfect Date*, *The New Romantic*, *Dangerous Lies* and *Palm Springs*, among

others. Amid the release of her latest film, Mendes exclusively spoke to Pinkvilla about working with director and actress Carlson Young for *Upgraded* and also shared how she would like to collaborate with Priyanka Chopra in the future. In an exclusive interview, Camila Mendes spoke about her experience of working with Carlson Young, known for her roles in Disney's *As the Bell Rings*, Comedy Central's *Key & Peele* and the MTV series *Scream* as well as for directing *The Blazing World*. Speaking about working with Young as the director of *Upgraded*, Mendes said, "I love Carlson so much. I think she is brilliant, she is very smart, she is very funny and working with an actor is great because she is very clearly an actor's director."

PRE-WEDDING FESTIVITIES

Actor Vijayakumar's granddaughter Diya is about to tie the knot with her long-term fiancé Dillan Mistry on February 19 in Chennai. Diya and Dillan got engaged on August 25, 2023, in an intimate ceremony. Now, the glimpses from the upcoming ceremony are going viral on social media. Diya also took to her Instagram and shared

a video featuring her and her soon-to-be better half, fiancé Dillan Mistry, and their complete family along with her grandfather actor Vijayakumar. On February 17, Diya took to her Instagram and shared a glimpse of her pre-wedding festivities that captured all the parts between the couples and their families celebrating their auspicious day in joy. Diya also cap-

tioned the post and wrote, "All the feels on day 1 kicking off the celebrations with our Pandhahal and Sumangali Pooja filled with love in our home! (blue heart)". Earlier, Anitha Vijayakumar posted a video of her daughter receiving a warm welcome at Chennai Airport. Anitha later took to her Instagram and posted a video of her daughter and wrote, "My baby is finally

here...The bride has arrived for a big day." Later, Anitha also posted some pictures from the wedding venue which was covered beautifully with flowers. As per reports, Anitha and actor Vijayakumar have invited some of the most prominent celebrities from the Tamil industry including Rajinikanth, Dhanush, and Suriya to bless Diya on her special day.



The lovely couple Diya and Dillan Mistry

TV Contract

Vikrant Massey is currently relling in the glowing praise and acclaim garnered by his 2023 film *12th Fail*, which soared to new heights following its release on OTT. Vikrant's journey to success has been intriguing, marked by his initial rise to fame through television serials before making a transition to the silver screen. In a recent interview, Vikrant disclosed the reason behind his departure from a Rs 35 lakh per month contract during his tenure in television. He also shared how Sheetal Thakur played a supportive role by providing him with financial assistance for film auditions. Vikrant Massey

opened up about his decision to leave behind a lucrative acting job in television, where he was earning Rs 35 lakh per month, to embark on a career in cinema. Vikrant affirmed that he had earned a substantial sum through his television work, noting that he even purchased his first house by the age of 24. Nevertheless, he revealed his departure from a Rs 35 lakh per month contract during his tenure in television. Despite achieving financial stability, Vikrant came to a profound realization: that monetary wealth alone couldn't guarantee a



Vikrant Massey & Sheetal Thakur

20th Birthday



Millie Bobby Brown

Millie Bobby Brown has risen as a shining star in her generation, captivating audiences since her debut as Eleven in *Stranger Things*. With millions of fans worldwide, she's admired not just for her acting skills, but for her inspiring journey in life. From establishing herself as a businesswoman to debuting as a model and getting engaged to Jake Bongiovi at just 19, she's a true winner. With roles in *Enola Holmes*, *Godzilla Vs Kong*, and *Godzilla: King of the Monsters*, she's proven her versatility. Now, she's gearing up for her upcoming movie *Damsel*, where she portrays an inspiring princess. And, it's also time to celebrate Millie's 20th this February 19, 2024! For her part as Eleven in the Netflix series *Stranger Things*, Millie Bobby Brown is most known. At the age of 10, she made her acting debut.

Poacher

PREMIERE

The eagerly awaited series, *Poacher*, backed by Alia Bhatt, is poised for its upcoming premiere. A recent special screening of the show took place in London, with Alia adorning the occasion in a captivating black saree, exuding a dream-like aura. Joining the event, actress Freida Pinto also showcased her style in an elegant black ensemble. The delightful sight of Alia and Freida exchanging warm greetings and posing together for pictures added to the glamour of the event. On Saturday, a screening of the upcoming series *Poacher* took place in London, drawing numerous celebrities associated with the project, including creator Richie Mehta and executive producer Alia Bhatt. Among the distinguished guests was actress Freida Pinto. A heartwarming moment unfolded between Alia and Freida, where they warmly



Alia Bhatt & Freida Pinto



Post

greeted each other with a hug and struck stylish poses, images of which have been shared on social media.

Alia dazzled in a black velvet saree adorned with a golden border, channelling retro elegance with her pearl necklace, subtle makeup complemented by bold red lipstick, and a chic bun hairstyle. Meanwhile, Freida opted for a sleek black top paired with a matching blazer and beige trousers, exuding effortless sophistication. Alia Bhatt graced Instagram with a series of photos from the *Poacher* London screening, flaunting her stunning outfit. One particularly adorable picture captured Alia sharing a sweet moment with her sister, Shaheen Bhatt. Another image showcased the dynamic sister duo seated alongside Richie Mehta during the premiere event.



Alia Bhatt

Joining Stranger Things

Linda Hamilton, famed for her role in *The Terminator*, is rumoured to join *Stranger Things* Season 5, but she won't be watching it like a fan. Despite her love for the show, being part of it has shifted her perspective, making it difficult to enjoy it as before. In an interview, Hamilton confessed, "I've watched every season with relish. I just love it, so it's kind of, like, imposter syndrome where I don't [feel that I] fit in there. That's a whole world set in the '80s." She admitted, "When you buy into something, you don't see yourself in it. So I think, in a way, it kind of ruined the show for me. I never watch [a project] once I'm in something. It would just completely take me out of the reality of it to see myself in there. So, I won't be watching [season five]." Joining the cast for the final season, Hamilton's role remains a mystery, even to herself. She told the outlet, "They have to be very careful with their story, so I still don't know how it ends. And it takes a lot of discipline to not know



Linda Hamilton

where it's going to go. But that's to protect it from all of the people that want to know." Despite the uncertainty, she's excited to contribute to the show and respects the need for confidentiality. Although she can't divulge anything about her character, Hamilton is relishing her time on set. However, she faces challenges in sharing her experiences with friends, as she must avoid revealing any spoilers. Despite these constraints, the actress is thrilled to be part of the production, an unexpected turn of events for the seasoned actress. *Stranger Things* Season 5 will continue the narrative following the events of the previous season.



THE JC SHOW!

Dr Jagdeesh Chandra with (L-R) Palak Sharma, Mahima Kanwar, Preeti Negi, Priya Raj, Pooja Yadav, Aditi Nagar, Shikha Thakur, Ranjana Rawat, Sakshi Mishra and Ayush Singh, during the JC show, titled 'Modi: A New Craze in Arabian Dunes' at Bharat24-Vision of New India, NOIDA, on Saturday.

A Year of Achievements!

City First

cityfirst@firstindia.co.in

In a dazzling showcase of talent and celebration, 'BIS Rivera 2024' marked a significant milestone for the British School situated in Sitapura, Jaipur. The event, held annually to commemorate the school's achievements, unfolded amidst a vibrant atmosphere filled with cultural fervour and artistic flair on Sunday.

Dr Jagdeesh Chandra graced the occasion alongside School Principal Varsha Dani and Director of Academics Dr Saheb Singh Dubey. The presence of enthusiastic parents and the entire student body added to the festive ambience.

The program commenced with the ceremonial lighting of the lamp, symbolizing the enlightenment and progress achieved by the institution over the past year. Subsequently, the stage came alive with a diverse array of cultural presentations, showcasing the multifaceted talents of the students. From soul-stirring dramas to side-splitting comedy skits, the audience was treated to a captivating spectacle that highlighted the creativity and dedication of the performers. The children's performances, ranging from classical ballet to contemporary fusion dances, mesmerized the spectators, earning resounding applause.

Dr Jagdeesh Chandra delivered an inspiring address to the young minds, emphasizing the importance of focus and dedication in shaping a successful future. He urged the students to stay committed to their studies

and steer clear of distractions in today's fast-paced world. Dr Chandra also took the opportunity to explore the school premises and engage with students in their classrooms, further strengthening the bond between the institution and its guests.

As the event drew to a close, deserving students were honoured and rewarded for their outstanding contributions and achievements throughout the year, encapsulating the spirit of excellence that defines the British School in Sitapura, Jaipur.



Dr Jagdeesh Chandra lights the inaugural lamp. Also seen are Dr Sahab Singh Dubey and Ravindra Choudhary



Dr Jagdeesh Chandra along with Dr Sahab Singh Dubey, Ravindra Choudhary, faculties and students during the event



Dr Jagdeesh Chandra addressing the audience



Students adorned in colourful dresses during the singing performance



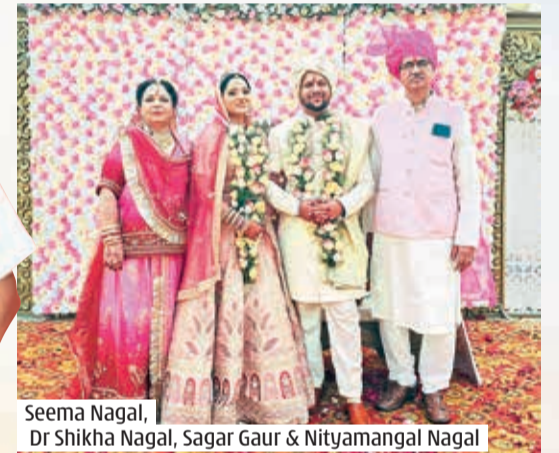
Kids during the dance performance

GREETINGS!

MUKESH KIRADOO



Dr Jagdeesh Chandra congratulates Dr Shikha Nagal. Also seen are Swati Jangid, Seema Nagal & Nityamangal



Seema Nagal, Dr Shikha Nagal, Sagar Gaur & Nityamangal Nagal

In a celebration of love and commitment Dr Shikha, daughter of Seema Nagal & Nitya Mangal Nagal with Sagar, son of Pushpa Gaur & Ramesh Kumar Gaur exchanged vows on Sunday at Kalyan Heritage & Paradise, Jaipur marking the beginning of their journey together. Dr Jagdeesh Chandra graced the ceremony and blessed the couple with a happy married life ahead. Family and friends also reached out to congratulate the newlyweds.

MUKESH KIRADOO



Dr Jagdeesh Chandra congratulates the couple, Rashi & Piyush. Also seen are Rakesh Gupta & Giriraj Agarwal

The grand wedding ceremony of Piyush, son of Anjubala and Giriraj Agarwal with Rashi, daughter of Uma Gupta and Rakesh Kumar Gupta, took place on Sunday at Hotel Mahadev Palace, Jaipur. Dr Jagdeesh Chandra graced the ceremony and blessed newlyweds with a happy married life ahead.

MUKESH KIRADOO



The horror comedy film Bhoot Agtam commenced its shooting journey with a Muhurat shot at Mini Mahal Palace near Jaipur. Director Yajuvendra Singh, along with lead actors Anuj Pandit Sharma and other notable talents, kicked off the filming on Sunday. Set in the present with a nod to a 300-year-old tale, the movie follows three friends on a hilarious road trip filled with spooky encounters. Joining Pandit Sharma are Shaheem Khan, Shehzad Pathan, Anshu Jharbade and Rajkumar Kanojia in pivotal roles. Produced by Naveen Aggarwal, Yajuvendra Singh and Sarika Bhushal, the film is set to hit OTT platforms in October, promising a blend of horror and comedy for viewers.



Spirited competition on the field as players gallop towards victory



Ajai Singh, Jai Singh, Urvashi Devi, Ambika Kumari, Yashaswani Barkana, Devaditya Barkana and others

THRILLING MATCH

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Amidst the fervour of the Jaipur Polo Season 2024, the Maharaj Prithi Singh Baria Cup unfolded at the Rajasthan Polo Club on Saturday.

In a gripping exhibition match clash, Team Baria outshone Team RPC by a narrow margin, clinching victory with a score of 5-4. Himmat Singh Bedla emerged as the hero for Team Baria, notching an impressive 4 goals, while Siddhant Singh added another to secure the win.

The team, comprising stalwarts like Jaisal Singh and HH Maharaja Sawai Padmanabh Singh of Jaipur, showcased exceptional skill and teamwork.

Despite Team RPC's valiant efforts, led by Colonel VS



Raghvendra Samode, Priti Samode, Urvashi Devi, Digvijay Singh, Sudhansh Pant, Narendra Singh, Padmanabh Singh, Siddhant Singh, Himmat Singh Bedla & Jaisal Singh

Kahlon, VSM, and Vikramaditya Singh Barkana, who each scored 2 goals, they fell short of the mark. Other notable players included Bhawani Kalvi and Shamsheer Ali. Jaisal Singh was honoured with the title of Most Valuable Player for his outstanding performance.

Chief Secretary, Sudhansh Pant, gave away the trophies to the players in a ceremony graced by dignitaries like Raghvendra Samode, Priti Samode, Urvashi Devi of Baria, Maharaj Narendra Singh, and Digvijay Singh.