# © <br> hronicle 



Interest rates - New Delhi: The government on Thurscay said
the interest rates on variz ous small savings schemes will remain
anchanged for the quar unchanged for the quarter beginning April 1 , 2024. "The rates of inter-
est on various small savings schemes for the first quarter of FY 2024-25, starting from April 1, 2024, and ending on June 30,2024 , shall remain
unchanged rom those unchanged from those
notified for the fourth notified or the fourth
quarter (January 1,2024, to March 31,2024 ) of FY
2023-24," said a finance 2023-24," said a finance
ministry notification.

## Booked

- Indore: A case was filed against three persons,
including a female, on including a female, on
Thursday for allegedly cir Churstay tor alegendy cir-
culating a video showing a $3-$-year-old woman being
Striped and beaten up over striped and beaten up over a dispute in Indore district, a police official sadid.
Superintendent of Police (Rural) Sunil Mehta said the 3 --year-ld woman was allegedly dragged out of her
house and beaten up by four house and beaten up by four
women during Holifestivities (on March 25 ) in a village underthe gad.
police station area.


## Suicide

Kota: A 19-year-Old NEET
aspirant allegedly hanged
 here, the seventh suicide
by a coaching student in by a coaching student in
the city since the beginningo of this year police said on Thurscay. Somya Kurmi committed suicicide by hanging from the ceiling fan late Wednestay night, DSP Rajesh Tailor
told PTI.

## Condemn

- New Delhi: National (NCW) member Khushhu Sundar on Thursday condemned the physical and Verbal abuse of a PTI
female journalist by an ANl reporter in Bengaluru and demanded immediate action against him by his employer.

沙 Weather
High 39 Low 25
MARKET

| NIFTY 22,326.90 |
| :--- |
| SENSEX 73,651.35 |

BULION

| GOLD | 67,101 |
| :---: | :---: |
| SILVER | 75,100 |

Ice melting in Greenland and Antarctica is affecting timekeeping
the world over by slowing down the Earth's rotating speed, according to a new
research. research.
As a result, a second might need to be deducted
from the Coordinated Universal Time (UTC
Uhree years later than oth three years later than oth- -
‘Ice melting in Antarctica slowing Earth's rotation, affecting timekeeping'
plained that because the Earth doesn't always ro tate at the same speed, the
UTC consists of disconti nuities.
Since 1972, all disconti nuities have required that a 'leap second' be added, because many networked activities like computing
and financial markets re quire the consistent, standardised and precise imescale provided by the UTC, he said. Agnew is
geophysicist
Institution Oceanography
University of
at University of
San Diego, US.
Using mathematical
modelling, Agnew showed that the rate at which the Earth's sliquid core rotates - angular velocity -- ha been slowing down. To
compensate for this, the
rotating speed of the sold compensate or this, the Earth has steadily increased. The compensa-
tem such as the Earth, angular momentum - the
rate at which rotang rate at which rotating
speed changes . is a conspeed changes - is a con-
served quantity and doesserved quantity and does-
n'tchange, heexplained.
His study has been pubHis study has been pub-
lished in the journal lished in the journal
Nature.
Nature.
He found that the effect He found that the effect
of the solid Earth rotating of the solid Earth rotating
faster has resulted in fewer leap seconds being needed to be added to the


A court here Thursday
extended the Enforcement extended the Enforcemen
Directorate custody of
Chief Minister AAvind Kejiriwal till Aprill 1 in the excise policy case.
The agency seven-dayency sustody of the AAP chief, but the court
said he has to be produced before it on April 1 at 11 The ED had produced him before Rouse Avenue
court Special Judge Kaveri Baweja as his current six day custody was ending on Thursday. The ED said in its fresh remand plea that during
Keiriwal's custodial inter rogation, his statements days but he was "giving evasive replies".
It said state It said statements of three other persons rele been recorded during the remand period. ED custody ED custody, Kejriwal was confronted with C Arvind
the then personal secre tary to deputy CM Manish sisodia who was handed over the draft Group of the $2021-22$ excise port for the 2021-22 excise policy at
the residence of the chief minister. 1t said the statement of

## Govinda joins Shiv Sena in Shinde's presence

$\star$ 田 $+\begin{aligned} & \text { Congress candidate, he de- } \\ & \text { feated BJP stalwart Ram }\end{aligned}$ Bollywood actor
Govinda, a mass entertainer of the 1990s who is
known for his excellent comic timing and epic
dance steps, on Thursday joined the ruling Shiv Sena in Mumbai, making
a comeback in politics after a 14-year hiatus.
The former Congress Shiv Sena in the presence Minister Eknath Shinde at the time of election sea

Govinda, who gave mul tiple superhit films in his
decades-long career, made


Actor Govinda joins Shiv Sena
(Shinde faction) in the (Shinde faction in the presence Shinde, in Mumbai, Thursday.
electoral politics in 2004 That year, the "Hero No. 1 actor emerged as a "giant 'NET scores to be used for PhD admissions'
From 2024-25
The National Eligibility Test (NET) scores will be from 2024-25 eliminating the need for separate entrance tests conducted by universities and higher education institutions, according to Commission. The NET is conducted wice a year -- June and December. Its scores are currently used to award unior Research Fellowship
 appointment as an assistant Mrofessor for those with a Master's degree. According Commission (UGC) officials, the commission had constituted an expert committee to review the provi ions of the exam and base on the panel's recommenda Naik in the Mumbai North Shinde welcomed the 60 -year-old actor into hos ular figure in all sections of Society
Speaking on the occasion, an emotional
Govinda, who started his acting career in the 1980 s and whose films were ers, said after his first stint in politics from 2004 to
2009, he never felt he would again come back to the same field.
"I am back (in politics) after a 14 -year-long 'van
vas' (exile)," he remarked

## Savitri Jindal quits

## Cong, joins BJP

Former Haryana minister Savitri Jindal quit the Congress and joined the BJP in Haryana's
Hisar on Thursday, days after her son and industrialist Nave Jindal switched parties. The 84-year-old Savitri jindal joined the BJP along with her daughter Seema in the presence of Chief Minister Nayab Singh Saini, for
mer chief minister Manohar Lal Khattar and other BJP leaders. Announcing her decision to quit the Congress in a social media post late on Wednesday night, she said, "I represented the pe ple of Hisar for 10 years as an
MLA and have served Haryana MLA and have served Haryana
state sefflessly as a minister.

## Ex-IPS officer Sanjiv Bhatt gets 20 yrs in jail

## 2

## A sessions court in Palanpur in Gujarat's Banaskantha district

 Thursday sentenced former IPS officer Sanjiv Bhatt to 20 years in jail in a 1996 case inVolving planting of drugs toframe a lawyer. Bhatt, who frame a lawyer. Bhatt, who custodial death case, was


PM ON LAWYERS' LETTER TO CII

## To browbeat, bully others is vintage Cong culture'




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- Regular Income Benefit / Flexi Income Benefit
- Minimum Basic Sum Assured ₹ 5 lacs


#   

| Terms Congress as sinking ship; thousands of Cong worker |  |  |
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| dilohara, M |  |  |
| made a new de |  |  |
|  |  | been lodged and it is |
|  |  | most shameful thing for |
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|  |  | put the future of youth of |
| day of the every month. | Congress party's account | of Mal |
|  |  |  |
| RS 1000 has already been |  |  |
| in the account of | $\mathrm{Ch}_{\text {Of }}$ | most popular leader in the |
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|  |  |  |

Congress workers disillusioned with party: BJP Chief



responsibility of all to en-
sure that he ecome PM of
country for the third time.



PK Dwivedi, GM, Bol instructs to given top priority on customer service


State registry offices to remain open on holidays


## Training camp organised by NSO



Mona to represent Ch'garh in US

$\begin{array}{lll}\text { that senior and junior } & \text { to remove all the departmental } \\ \text { officers belonging to most of } \\ \text { officers/employees who are }\end{array}$ the elolonging to most of officers/employees who are
the departments like visiting the bungalows of minPolice Department,
Dorest
Department, Department, Excise in the state of Chhattisgarh. Department etc. under Therefore, it is requested Chhattisgarh Government are that appropriate action posted in the bungalows of the should be taken by immedi$\begin{aligned} & \text { ministers of chatisgarh } \\ & \text { Government and visit the bun- }\end{aligned}$ ately stopping the above
mentioned issues. Congress $\begin{array}{lll}\text { Government and visit the bun- } & \text { mentioned issues. Congress } \\ \text { galows of the ministers every } \\ \text { Law Department State }\end{array}$ cials and employees is also a Ankit Kumar Mishra, Manoj violation of the model code of Kumar Sonkar were present

## SPORTS ROUND-UP

## Jaya, Shrinidhi into semis of <br> Seminar for CSCS coaches and supportstaff held

 Girls ITF Tennis tournament
of Avani Chitle and Ananya
Choubey with the score of 7 -
$6(2), 6-2$ whereas the pair Raipur, Mar 28: Jaya Kapoor Raipur, Mar 28: Jaya Kapoor
defeated Pal Upadhayaya with the score of $6-3,6-1$ to enter into
the semi final of the Girls Single category of the ITF Tournament being organised under the aegis Association (CSTA) here on Thursday. Similarly, Shrinidhi
Balaji defeated Ananya Choubey Balajij defeated Ananya Choubey
with the score of $6-1,6-4$, Mihika Khanna defeated Pahal Khadkar and Shaivy Gaurav Dalal defeat-semi-final of the tournament. Providing the above information, the Tournament Co-ordinator $6(2), 6-2$ whereas the pair of
Alina Farid and Devanshi Gohil defeated Inshiya Mohwala and Tamanna Walia with the score of
$6-2,6-3$ to enter into the final of the tournament. In the Boys dou-
ble semi-final match, the pair of Shanker Hesnam and Asvajit Senjam defeated Vajr Gohol and Pratak with the score of
$6-3,6-4$ to 6-3, 6-4 to enter into the final
of the tournament whereas of the tournament whereas
the pair of Pradhuman Singh the pair of Pradhuman Singh
Tomar and Om Verma defeated Anurag Kalbela and Pranav Sarvankumar also won their

total 31participated in
$\qquad$
fully completed 2 day con,
that could implement on
and off field. here informed that skill emerging players would Chhattisgarh State
Cricket Sangh (CSCS) has
selected 80 emerging cricket players have selected for the camp across all catecamp will help players
ness, playing techniqu
and mental stability.
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－Separate Coaches．
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## Activity



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－Weekly Review Per Kid．
－Inculcation of values and cultural standards．

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# Govt BEd College conducts vibrant voter awareness drive 



Collector inspects rooms constructed for LS election work


Awareness being created thru OPD slip of Mecos


     Lecturer Satish Kumar Tiwari, and many others, highlighting the collaborative effort behi. cial initiative. With vibran man dix $=2$ widew wn 

Holi celebrated with joy and enthusiasm


Bilaspur and Nagpur Railway Divisions receive over all efficiency Satpura Shield


Every woman to get Rs 1 lakh per year, if Cong is voted to power: Lakhma

|  | Alleges that BJP govt has failed to provide security to people of Bastar |
| :---: | :---: |
| Being a six-time MLA of Konta, former cabinet min- |  |
| of Congress party from | since the BJP government |
| Bastar Lok Sabha constituency Kawasi Lakhma | has been formed in the country, unemployment |
| was on a tour of Bijapur | and inflation have in- |
| district on Thursday. He | creased. The youth of the |
| met Congress workers | country have been de- |
| Bhopalpatnam, Maddeed, | manding employment for |
| Awapalli and Bijapur areas | the last ten years but the |
| of the district. After this, | Modi government has |
| while addressing a press | completely failed in provid- |
| conference at District | ing jobs to the youth of the |
| Congress Bhawan Bijapur, | country. |
| Lakhma said that "After | Modi's guarantee has |
| the formation of Congress | completely failed. |
| party government at the | Speaking further Lakhma |
| Centre, Congress party | said that as soon as the |
| guarantees to give Rs 1 | Congress party govern- |
| lakh per year to every | ment is formed at the |
| woman of the country. | Center, the first thing that |
| According to this, every | will be done is to fill more |
| woman of the country will | than 30 lakh vacant gov- |
| get Rs 8333 per month." | ernment jobs. This is the |
| Lakhma further said in the | guarantee of the Congress |
| press conference that ever | party. Addressing the press |



## ECoR achieves 250 MT of freight loading



Kolkata Metro urges commuters to maintain cleanliness

- Amind gutha, paan stains a

$\qquad$
million ton by Sambalpur
Division. All the three
Divisions have performed
better than previous year
and surpassed their last
year loading figure.
The coalfields of MCL at
Talcher, five ports in ECoR
jurisdiction, i.e. Paradeep,
Dhamara,
Gangavaram \& Gopaza,
iron ore mines in Bailadila
in Chhattisgarh, Major
Steel \& Aluminium
Companies, iron ore
mines in Keonjhar District
are the major contributors
in this achievements.
This remarkabbe load-
ing has been achieved de-
spite various challenges
by remarkable perform-
ance of ECoR with proper
planning and coordination
with Govt Sectors and


# Naqiyah Haji discusses the most challenging scene she performed 



## 'Will never come out of 'Basanti' shadow'



Hema Malini


about the hardest se-
quence she had to com-
plete and the behind-the-
scenes work that goes into making those acts seem
natural on television.
Action sequence television always com-
mand significiant atten-
tion, particularly when they align with the in


NAME CHANGE
NAME CHANGE that $L$ UPENDRA KUMAR SAHU S/O MEhtar Ram SAhu
Resident of house no. 334, ward no. 13 Shahid Bhagat Singh Marg Indira chowk, Ram nagar Bhilai supela , Teh \& Distt-Durg, Chhattisgarh have changed my old name UPENDRA KUMAR sahu sio mehtar ram sahu
 UPENDRA SAHU SIO M. R. SAHU In all government and other

## UPENDRA SAHU

SIO M. R.SAHU
House no. 334 , ward no. 13
Shahid 8 Bhagat Singh Marg madira ctowk, id Bhagat Singh Mary Indira
Ram nagar Bhilid supela,



## Cops learn the nuances of fingerprint collection

## IGP holds meeting with Prosecution Officers

| - Discussion held on | the prosecution. <br> In the | sheeting, the tromings so that it <br> acquittal cases | can be removed in future |
| :--- | :--- | :--- | :--- |
| and removing errors | District <br> Prosecution Officer and | and ensure higher convic- |  |
| and of the accused. In the |  |  |  |

## Code violation complaint against Bhupesh Baghel






## Civic body workers take out voter awareness rally

Divyangs and senior citizens pledge to exercise their franchise


## SAIL Khel Mela inaugurated in Narayanpur

|  |
| :---: |
| Bhilai, Mar 28: The 17th edition of the SAIL-Khel Mela being organized jointly by Ramakrishna Mission, Narayanpur, and SAIL-Bhilai Steel Plant was inaugurated on 27th March 2024. Pawan Kumar, ED (P\&A) inaugurated the Khel Mela by lighting the Ceremonial Lamp in the presence of Swami Purnanand Ji Maharaj, Acharya (Brahmachari Training Centre, Belur Math), Arun Kumar, CGM (Rowghat Mines), H Shekhar, GM (ED-P\&A Secretariat), Yogesh Verma, AGM (Rowghat Project), Sahee Ram Jakhar, DGM (SC\&CA), and other senior officials of the Plant. <br> The SAIL Khel Mela has been organized at Narayanpur, to encourage schoolchildren from the tribal region to take an active part in sports and games. At the outset |
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## RSM organises cleanliness programme under 'Swachhata Pakhwada'




|  | Mar |
| :--- | :--- |

White tigress arrives at Maitri Baag Zoo on exchange, to improve offspring

## Chinese military slams US for recognising Arunachal Pradesh as part of India



No change in trade policy with India: Pakistan


Polish Prime Minister Donald Tusk, third right, and Ukrainian Prime Minister Denys Shmyhal shake hands during a group photo, as they meet for bilateral talks in Warsaw, Poland, Thursday, March 28.


Wednesday at Great Hall in Beiling, the prime minis ter's office said in a sta
ment here on Thursday.
"Chinese sured continuous suppor sured continuous suppor orts for political and sochioeconomic progress. The choecono President said thet
Chinese will always stand for
China China will always stand for
safeguarding independsafeguarding independ


National Highways Authority of India Applicable Tarif at Durg Bypass Toll Phaza PUBLIC NOTICE
 308.600 to KM 325.600 (Durg Bypass section) of NH- 53 (Old NO. NH-6) are going to be revised as under w.e.t. PUBLIC NOTICE ON REVISED USER FEE (TOLL) RATES AT DURG BYPASS TOLL PLAZA APPLICABLE FROM 01.04.2024


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The rates tor monthly pass applicable for local 10

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Straight Section


## C <br> Chronicle

Employment Epoch Needs Urgent Action


Invisibility of Narendra Modi: A Himalayan Challenge


A House of Cards
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R
$R \begin{gathered}\text { ewarded with a wave of popu- } \\ \text { larity, Prime Minister Modi's }\end{gathered}$ nvincibility has become a huge chalenge for parties that have chosen to dress to both the houses in the parliament was loaded with extreme confidence. A great level of personal con-
viction and a dashing temperament, the Modi phenomenon has undoubtedly nullified the usual leadership definitions. Entirely, the politics of his side of the ruling group is dependent on whe man who began the momentum ago. Probably, that was justifiabble in
2014. A new face with a flimssy experince of being in India's powerful national capital had a huge challenge to face. For almost a decade now, Modi managed to wrap up the entire sce-
nario to his side, taking strides of sucnasio to har more powerful than usual, with the whole host of leaders in his
camp struggling to keep pace with camp struggling to keep pace with him. This was the mantra, probably,
the Modi magic that people often term the Modi magic that people often term keep his hands on. He never left things half baked. He ensured that the job in hand is accomplished to its maximum He remained unique, his gestures and different flavor of commitment. On his first day in the parliament the newcomer with an indubitable
wave of humility, lay down flat on his wave of humility, lay down flat on his
chest in reverence to the temple of chest in reverence to the temple of
democracy at its doorstep. Simple yet
the gesture of yeneration was redefinthe gese image of the monumental
building that was usually perceived as a centre of verbal spat and pandemonium of the irritating type. He brought
but the country experienced some-
thing unusual and unprecedented and it was certain to catch attention. Convincingly, his vocabulary and the simplicity and style of his oratory
caused a sudden churn. They conveyed values and action plans and addressed the pitfalls. His accent got assily recognized as his messages had the salt of the perist hat the country's
poor had been through. He estab-
lished a personal connection with the last man in the queue. His endeavors spoke for their authority and clarity. mained modern in its applicability. Unmatchable was his efficiency while he began to use Artificial Intelligence for his typical welfare projects. More prominent and effective was his style media platforms. His reputation, invincibility and reliable execution of welfare schemes gained him superstarused social media with childlike curiosity while updating himself to its
modern ways of sophistication. But his modern ways of sophistication. But his through radio had a special acceptance. Man Ki Baat must be the largest recorded personal conversation by any elected leader to his countrymen
in the whole world. This flow of conversation from the very first month of his administration had kept the momentum of his real across rural and urban landscapes. ndia witnessed a new method of pop-
ulist politicking that was more person list politicking that was more person sented. Growing beyond the horizon of his ideology, the Modi cult has redefined the stature of politics in India and the party that he represents be-
came a distant shadow. Distancing it-
self from the rise of this cult, a deliber-
ate question frequently murrurs its concern. That, will the world's largest
democracy remain servile to this cult democracy remain servile to this cult
makeover and as his opponents blame, get easily crushed under its au-
thoritarian feet at a time when its thoritarian feet at a time when its
democratic essence is fared to be
fading drastically? Has this cult manfading drastically? Has this cult man-
aged to polarize India's secular fabric, as its adversaries accuse it often, to-
tally forcing it to disintegrate? This tally forcing it to disintegrate? This
question often emanates from the
ravines of political discomfiture and question often emanates from the
ravines of political discomfiture and
social discordance. No narrative can social discordance. No narrative can
be outrightly cancelled and there is
definitely a sense of discontent What definitely a sense of discontent. What
surprises and probably shakes Modi's surprises and probably shakes Modi's
opponents of their confidence is his opponents of their confidence is his
relentless, pragmatic and committed
enthusiasm enthusiasm. It deals with and certainly
flattens the aspirations of the flattens the aspirations of the other
side and its savagery is reflected in its side and its savagery is reflected in its
brutal enactment of justice. Defending brutal enactment of justice. Defending
the investigating agencies and their actions against the corrupt, Modi outactions against the corrupt, Modi out-
rightly calls it his fight against the
wrongdoers and ensures that it gains wrongdoers and ensures
Modi's imageat as the deliverer of jus-
tice and his ubiquitous spiritual charis tice and his ubiquitous spiritual charis-
ma hold complete power to drag the ma hold complete power to drag the
emotions of a huge segment of the
population Systamaticall population. Systematically addressing
the demands of the cultura lamis of the demands of the cultural laments of
the country, his makeover as a spirituthe country, his makeover as a spiritu-
al giant has been extremely real and al giant has been extremely real and
his gesticulation and involvement in redefining and reviving the lost glory
of India's spiritual might has bet of India's spiritual might has been receiving genuine accolades. A hat-trick
comeback, undoubtedly an aspiracomeback, undoubbtedly an anspira-
tional momentum at that with unpartional momentum at that with unpar-
alleled conviction could be dreamed only when efforts to actualize such a
victory were actually put in place. This victory were actually put in place. This
audacity for winning an absolute ma-
aver jority deserves a thumping resonanance of exuberance. This is obviously a
challenge, a challenge in a real sense chalenge, a chalienge in a real sense.
But the Prime Minister's body language in both the houses of the parliament had been firm though counter
narratives were thrown intending narratives were thrown intending to
dismantle his views. Placing himself dismantle his views. Placing himself
above his party and the government, above his party and the government,
Modi's deliberately well-knit vocabulary had the power to shake his oppo-
sition's sition's intuitions. A jubilant Modi appeared to grab all narratives of victory
for himself and pronounce the for himself and pronounce them to the
houses in his royal declaration. John

Britas, a first timer to the Rajasa Sabha
from Kerala, a Communist veteran and journalist compares this audacity of Modi with an emperor's royal decree.
His perceived third term will be the His perceived third term will be the
outcome of his skillfully measured and uutcome of hailingly executed policies. He was
uncompromising and convincingly re uncompromising and convincingly re-
luctant to water down his policies an luctant to water down his policies and
climb down on his promises. Intelligently anointing himself as the
chowkidar of the country, he managed to dwell in the hearts of millions. Startled but convinced to the core, the country heard him speak from the ramparts of the Red Fort about basic cleanliness and menstrual hygiene.
Women across the country found in him a savior, a brother who dared to address their trauma and victimization. Thousands of villages became open defecation free zones. Women in the country found their aspirations
flutter and dance with increased social respect and security. Millions had ex perienced the status of having a toilet facility at homes and its health benefits. Walking a careful line of development, Modi ensured that his initiatives the bottom line.
A more accurate way to describe his sense of connecting with people comes through his three creative ways of communication. Starting from Mann Ki Baat to Chai Pe Charcha to the lat-
est Modi selfie points, his mission conest Modi selfie points, his mission con
tinues to hold the electorate glued to its leader. The comedy of errors that we are forced to live in, is the erroneous way his opponents understand
him. And that is the paradox Pundits him. And that is the paradox. Pundits
predict a consistent rise in Modi's popularity and they fear his third term would put it at the pinnacle. The deep despair hanging over the INDIA block is obviously visible. Inconsistent lead-
ers and their disheartening positions ers and their disheartening positions turned the INDIA camp a miserable
conglomeration. Nitish Kumar's exit and Mamata's admonishing decision to go solo in her state have deepened its crisis and helped the Modi fiefdom expand. Call him populist or the people's
leader, the wind is surely blowing the Modi way.
(Writer is a Freelance Journalist
\& Author. The views expressed above are the author's own. They do of Central Chronicle.)

## Eating some chocolate really might be good for you



Health benefits of cocoa the brain are other organs, aside from medicinal that might benefit from the medicinal effects of cocoa. For cenmedicine to treat a long list of disases including anaemia, tuberculosis, gout and even low libido. These
might be spurious claims but there is evidence to suggest that eating cardiovascular system.
First, it can prevent endothelial dysfunction. This is the process
through which arteries harden and through which arteries harden and
get laden down with fatty plaques, get laden down with fatty plaques, which can in turn lead to heart at late may also reduce blood pressure which is another risk factor for developing arterial disease, and prevent formation of clots which block up blood vessels.
Some studies have suggested that
dark chocolate might be useful in jurkting ratios of high-density lipoprotein cholesterol, which can help pro-
insulin resistance, the phenomenon associated with Type 2 diabetes and weight gain. They suggest that the
polyphenols - chemical compounds polyphenols - chemical compounds
present in plants - found in present in plants - found in food-
stuffs like chocolate may also lead to improved control lof blood sugars. Chocolate toxicity As much as chocolate might be
considered a medicine for some considered a medicine for some, it
can be a poison for others. It's well can be a poison for others. It's well
documented that the ingestion of documented that the ingestion of
caffeine and theobromine is highly toxic for domestic animals. Dogs are particularly affected because of
their often voracious appetites and their often voracious appetites and generally unfussy natures. The cul-
prit is often dark chocolate, which prit is often dark chocolate, which
can provoke symptoms of agitation, rigid muscles and even seizures. In certain cases, if ingested in high enough quantities, it can lead to comas and abno

## heart rhythms. Some of the

chocolate have also been found in have potentially negative effects in
humans. Chocolate is a source of
oxalate which, along with calcium, is one of the main components of kidney stones. Some clinical groups have advised against consuming oxalate rich foods, such as spinach and rhubarb - and chocolate, for
those who suffer from recurrent kidney stones. So, what should all this mean for our chocolate consumption habits? Science points in the direction of
chocolate that has as high a cocoa solid content as possible, and the minimum of extras. The potentially harmful effects of chocolate are more related to fat and sugar, and may counteract any possible beneors. Aark chocolate with cocoa solids above 70 per cent - rather than milk chocolate, which contains fewer solids and white chocolate, which contains none - could lead to a
greater health benefit, as well as a greater health benefit, as well as a late you go for, please don't share it with the dog.

## LETTERS

Reddy's BJP Reunion G. Janardhana Reddy,
renowned mining baron and enowned mining baron and party with the BJP, pledging unwavering support for PM Narendra Modi's potential third term. Despite lingering legal en tanglements stemming from a
multi-crore illegal mining case, multi-crore illegal mining case, Aruna Lakshmi and a loyal following, formally rejoined the
saffron party. Court-imposed restrictions compelled him to con-
test the 2023 Assembly polls trict. The BJP welcomed this strategic move, aiming to refur-
bish Reddy's image and dismiss any lingering allegations Remarkably, Reddy has retions from the Enforcement Directorate (ED) and Central
Bureau of Investigation (CBI), purportedly due to his signifi cant financial contributions to sade. Bidyut Kumar Chatterjee

Dignity in Debate The use of undignified lanand Mamata Banerjee is de plorable in a mature democracy. rosion of democratic values, with a Samajwadi Party mem wards a female parliamentaria and Rahul Gandhi's controversia gesture. Political parties must exercise restraint in criticism to uphold dignity. Ranaut faced obfrom Congress leader Supriy Shrinate, sparking a heated conroversy. Despite Shrinate's claim of a hacked account, accountability is essential.
Similarly, BJP leader Dilip Ghosh's disparaging comments about Mamata Banerjee de mies must address the coarsen ing of political discourse, ensur ing respect for all individuals re gardless of

## Yash Pal Ralhan, Jalandhar

 Regulate Reused Cooking OilsIn commercial settings like restaurants, it's common prac le use. Unfortunately, with deep frying, failure to regularly generation of trans fats through repeated reheating, potentially causing inflammation in the body as per health experts Unhealthy oils can adversely a fect mainly heightening the risk type 2 diabetes. Repeated heating of oil also leads to the accumulation of visible and invisible granules, altering the oil's com position and introducing neo
formed compounds (NFCS) ove time. This process diminishe the oil's nutritional quality.FSSA lacks regulations or definitions for reused cooking oils, often reading on visual cues such as or appearance. Therefore it's imperative for FSSAI to frame reg-

Dr.Vijaykumar H K, Raichus, Karnataka


## Unity and enthusiasm mark Congress workers conference in Kurud

## Residents rally to clean drainage system in Anwari





|  |  |  |
| :---: | :---: | :---: |
| Sahu questioned | Bhupesh Baghel, an |  |
| e tactics of opposition | mer minister Kawa | Neelam Chandra |
|  | Lakhma. He criticized | Distric |
|  | BJP for taking sides | President Kanti |
| ned the silence | engaging in pre-e | District Presiden |
| es raised against pr | actions under | Sahu, Chayya MLA |
| nt figures and | from the Enf | Hemantalakshmi |
| unced personal | Directorate (ED) targe | Sahu, former Nagar |
| ch as being la | Congress leaders. | Panjayat President Bharat |
|  | LA |  |
| Dhamtari MLA | ingh Hora, forme |  |
|  |  |  |
| false FIRs | LA |  |


|  | - |  |  |
| :---: | :---: | :---: | :---: |
| erent cells of Congress |  |  | cerns, the residents high- |
| ively participated in the | Anwari, Ma | l hazards to the com- | lighted the deteriorating |
| nt. | Demonstrating |  |  |
| he proceedings | sense of com | Recognizing the imp | had been con |
| nducted under the guid | onsib | of | ed just a year ago but had |
| ce of District Congress | dents of the village of | issue, individuals includ- | already suffered damage. |
| eneral Secretary Pramod | Anwari banded together | ing Ramgulal Sahu, | They emphasized the in |
| hu, and Congress |  | Thanesh Nirmalkar, Fatt |  |
| istrict President Sharad | the local wate | Lal, Uday, Toshbai, | cals in their daily com- |
| ana expressed heart- |  | hileshwari, |  |
|  |  |  |  |
|  |  |  |  |

Collector reviews logistics and security measures for LS elections


## Peaceful Holi celebrations brighten Lawan area



## Holicelebrations enliven Mungelidistrict



Slogan writing competition promotes voter awareness initiatives

dated the crucial role of vot-
ing and raised awareness
among all present officers
and employees. Dr.
Sachdeva reiter and employees. D. D.
Sachdeva reiterated the n.
cessity of voting, assertin cessity of voting, asserting
thate every Indian should
take pride in thir right to
vote. He emphasized that only responsible voters ca
foster wareness among
citizens citizens, urging everyone
exercies their oritg right
The gathering withesse the presence of Additional
Chief Engineer Saneev
Kansal, L.... Suryavanshi, Senior Chief Chemist Malti
Joshi, Chief Chemist cum Senior Welfare Officer
Govardhan Sidar, and numerous other officers and employees, all actively par-
ticipating in the initiative to promote voter a
and participation.

Arang Mahanadi Station seeks inclusion in Express train stoppage


Surya might take few more days to get match fit: BCCI source
malfunctioned against
SRH at the Eden Gardens.
It required a combined
effort from impact sub
Ramandeep Singh, Rinku
Singh and Andre Russell --
the 6, 7, 8- for them to post
a competitive total.
Shreyas, who is central
to their batting plans, was
dismissed for a two-ball
duck, but the return to
Chinnaswamy might give
him a sense of relief as he
had fruitful outings here
in white-ball cricket in his
last two innings.
The elegant right-han-
der made an unbeaten 128
against the Netherlands in
last year's World Cup be-
fore making a 53 against
Australia in the fifth T20I
inDecember.
In bowling, Narine re-
deemed himself with a
frugal spell (1/19) after a
modest effort with the bat,
but pacer Mitchell Starc,
their record buy, and
Varun Chakravarthy
failed to impress, leaking
over 50 runs in their four
overs.
The KKR think-tank
might not be unduly wor-
ried as their campaign is
still at a nascent stage, but
they would like to see the
first-choice pacer and
spinner finding their
range at the earliest.
But it is unlikely that
the Knights will make
changes to their eleven for
this match, unless they
want to give a go to prom-
ising leg-spinner Suyash
Sharma, who showed fine
form during KKR's pre-
season matches

ACA serves show-cause
notice to Hanuma Vihari



## Warner, Stoinis, Agar left out of CA's 2024-25 central contracts list



That was insane: Pat Cummins


 a batting beaut
Cummins did not
age such a big total.
"You never play


Captain Pandya: In search of a sounding board

HI congratulates Sreejesh on being appointed co-chair of FIH Athletes Committee

'Centre got Rs 150 cr , changed telecom policy"
 Modi-led NDA government has changed the telecom policy after receiving electoral bonds
worth Rs 150 crore from a comworth Rs 150 crore from a com-
pany, AIMIM chief Asaduddin Owaisi claimed on Thursday.


Modir government got electoral company and the government changed its telecom policy. Y can understand who benefited from the change in policy." "If 2G was a scam then what is this?" he asked. Owaisis tagged a picture of a news article which suggests that Bharti Group
donated the amount. In another post, the AIMIM leader said th country will have to decide whether to choose a Prime Minister who has a deep "bond" with the oppressed Indians, or
one who is "limited only by the one who is "limited only
money of the rich."
has actually taken the
trouble to sell the reforms
which means...people still
believe there is no differ-
ence between being pro-
market and pro-business.
"That is why the
Congress party, even today,
at the drop of a hat makes
a false trade-off between
growth and equity," he ex-
plained.
The former ceo of
Procter \& Gamble India
also talked about India's
democracy, which, he al-
leged, has "begun to weak-
en" in contrast to its "ro-
busteconomy".
He described the whole
thing as an "irony" leading
to a dilemma.
"When I was growing up
we were admired as a
country for our wonderful
democracy, we were one of
the true liberal democra-
cies and we were envied
for that. But we were
pitied for


India-China hold talks but Six-time Cuttack no breakthrough in sight MP joins BJP

|  | of the Chinese Ministry of Foreign Affairs, the | and management," it said. |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Amid a lingering bor- |  | The 28th meeting of the | 会桃 - - * |  |
| der row in eastern | terim, both sides agreed | Working Mechanism for |  |  |
| Ladakh, top diplomats of | to maintain regular con- | Consultation and | etback to the |  |
| India and China held a | tact through diplomatic | Coordination on India | Biju Janata Dal (BJD) on |  |
| fresh round of talks and | and military channels | China Border Affairs was | the eve of the Lok Sabha |  |
| both sides agreed to | and on the need to uphold | held on November 30 last | elections, its founding |  |
| "maintain regular con- | peace and tranquillity on | year. | member and six-time |  |
| tact" through diplomatic | the ground in the border | Director-General of the | Cuttack Lok Sabha MP |  |
| and military channels, | areas in accordance with | Department of Boundary | Bhartruhari Mahtab joined |  |
| with no indication |  |  | the BJP here on Thursday. |  |
| breakthrough. | ments and protocols," it | Foreign Ministry, Hong | Mahtab, 67, joined the |  |
| Both sides |  | Liang, and Joint | BJP in the presence of sen- |  |
| depth exchange of views | Meanwhile, | Secretary of the East |  | Bhartruhari Mahtab |
| on how to achieve | Chinese Ministry of | Asia Division of Ministry | headquarters here. |  |
| plete disengagement" and | Foreign Affairs in a state- | of External Affairs of | Along with him, former | (trust)' and (BJP chief) J |
| resolve the remaining is- | ment on Thursday said, | India, Gourangalal Das | BJD MP Sidhant | Nadda |
| sues along the Line | "Both sides positively | co-chaired the 29th | Mohapatra and noted | tion)' will help us move fo |
| Actual Control during | evaluated the progress | ing, the Chinese Ministry | Santali language littera- | ward," he said. |
| the 29th meeting of the | made in the management | of Foreign Affairs said in | teur Damayanti Beshra, | "going |
| Working Mechanism for | and control of the situa- | the statement. | who was conferred the | "change" due to Prim |
| Consultation and | tion in the China-India | Representatives from | Padma Shri in 2020, also | Minister Modi's leadersh |
| Coordination on India- | border area, and had a | the foreign affairs, de- | joined the BJP in the pres- | he add |
| China Border Affairs |  |  | ence of Union Minister | time MP from the C |
| (WMCC), the Ministry of | change of views on the | other departments of the | Dharmendra Pradhan, | Lok Sabha constituen |
| External Affairs said on | ideas of work for the next | two countries attended | party national vice presi- | had resigned from the |
| Thursday. |  | the meeting, it said. | dent Baijayant Jay Panda | mary membership |
| The key meeting was | The two sides "agreed | "Both sides agreed | and other senior leaders. | BJP last Friday. He was als |
| held in Beijing on March | to focus on the relevant | continue to maintain | Addressing a joint press | a founding member of |
| 27, it said in a statement. | issues on the ground | communication through | conference here after join- | BJD. Mehtab was elected |
| Joint Secretary (East | along the border, reach a | diplomatic and military | ing the BJP, Mahtab said he | Lok Sabha from Cu |
| Asia) from the MEA led | solution acceptable to | channels, improve the | will now get the opportuni- | seat in 1998, 1999, 2004, |
| the Indian delegation. | both sides as soon as pos- | mechanism for negotia | ty to work for the develo | 2014 and 2019. He def |
| The Chinese delegation | omote | tion | ment and progress of | BJP's Prak |
| was headed by Director | transition of the border | and hold a new round | Odisha. "Prime Minister | with a huge margi |
| General of th | si | co | Modi's 'shakti (strength)', | votes in the 2019 Lok |
| and Oceanic Department | malised phase of control | talks at an early date. | Home Minister's 'vishwas |  |

## JOINT TRAINING PROG

Kriti Devi Debbarman files nomination

■ For Tripura East LS constituency

Kriti Devi Debbarman,
the 'joint candidate' of Tipra
 nomination papers for
Tripura East Lok Sabha

## constituency. Accompan

Chief Minister Manik Saha, Tipra Motha chief Pradyot Kishore Debbarma and
other senior BJP and Tinr other senior BJP and Tipra
Motha leaders she filed her Motha leaders she filed her
nomination papers at the nomination papers at the
Offfice of the Returning
officer of Thipura East Lok
Sabha constituency.
Kriti Devi, sister of
Pradyot Kishore, Dister of of is married to Yogeswhwar
Raj Singh of the Rajkot
royal family
of


Kriti Devi Singh Debbarma, the NDA candidate contending for the East Tripura constituency with a BJP symbol, with Tipra Motha
Party (TMP) supremo Pradyot Bikram Manikya Deb Barman party (TMP) supremo pradyot Biling her nomination papers for East Tripura constituency in Agartala, Thursday.
Chhattisgarh. She changed
her surname to Kriti Devi her surname to Kriti Devi
Debbarman by an affidavit
before filing her nomination before filing her nomination
for Scheduled Tribe candi dates. When contacted, the Dhalai Mag and Returning Dhalai and Returnin
Officer (RO), Tripura Ea

 marriage even anter her
marricer
of s aine per the ruling
 candiatate sowers for the
nripurata past Lok Sabha constituency as Kriti Devi
Debbarman and her $T T$ staz tus stands valid",
Returning
Chifinfor sidid
cinister
 Tipra Motha-IPFT combine
will both the Lok sabha wiin both the Lok Sabal
seats in rripura. Trodays
has ent huge gathering is ithe sigmal
that the JJPTRTipra Motha-

 Tripura East Lok Sabha seat
by a huse marsin", the chief by a huge margin", the chief
minister told media per-

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| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| The |  |  |

