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CM launches road, civic projects worth ₹895cr in Purnia & Katihar

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TOI

CM Nitish Kumar visits exhibition stalls while inspecting development works during his Samriddhi Yatra in Purnia on Thursday

Patna: CM Nitish Kumar on Thursday launched 535 development projects worth over Rs895 crore in Purnia and Katihar districts during the third leg of his Samriddhi Yatra. Of these, 92 projects worth Rs485 crore were launched in Purnia, while 443 projects worth Rs410 crore were started in Katihar. The projects cover roads, civic infrastructure, tourism facilities and administrative buildings.

Beginning the day's programme in Purnia, the CM visited the Maa Puran Devi Temple premises and reviewed the ongoing beautification and development work. After inspecting the site, he directed officials to improve both the quality and pace of construction. Emphasising devotees' convenience, he said all necessary arrangements should be ensured and stressed that every development scheme must be completed within the stipulated timeframe, noting that timely completion would benefit the public.

Nitish also remotely inaugurated two road projects announced earlier during the Pragati Yatra. These included a newly constructed two-lane road connecting State Highway-60 to the Maa Puran Devi Temple and the strengthening of the road from Line Bazaar Chowk to Polytechnic Chowk via Rajni Chowk.

He further laid the foundation stone for a bypass road with a rail overbridge from Bhutaha Mor to Millia Polytechnic College via Purnia Srinagar Path. In addition, he launched the widening and strengthening of the road from SH-65 at Banbhag Chowk to Bishanpur Dharmkanta with a two-lane paved shoulder.

During the visit, the CM inspected the renovated and beautified pond within the Maa Puran Devi Temple premises, developed under the Jal-Jeevan-Hariyali Abhiyan. He later visited a stall set up by Bihar Bal Bhavan Kilkari at the temple premises. Earlier in the day, local artists welcomed him with a performance of the traditional Jhijhiya dance.

The CM also reviewed a presentation on projects announced during the Pragati Yatra and sought detailed updates from officials.

Later, Nitish reached Katihar district, where he inspected several ongoing projects and sought updates on the implementation of announcements made during the Pragati Yatra. He directed officials to complete the works expeditiously. The CM also inaugurated the renovation and construction work of Krishi Utpadan Prangan, Katihar (Phase-2), built at a cost of Rs7,058.49 lakh, and inspected the newly constructed building and its facilities.

Nitish-led NDA transformed Bihar since 2005, says Samrat

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Ranjeet Kumar

Deputy CM Samrat Choudhary

Patna: Deputy CM Samrat Choudhary on Thursday highlighted the progress made by the state under CM Nitish Kumar's leadership. Addressing public gatherings in Purnia and Katihar during the 'Samriddhi Yatra', Choudhary said Bihar has undergone major transformation since 2005, with notable improvements in infrastructure, law and order and social welfare.

Choudhary attributed the state's progress to Kumar's vision and leadership, citing the expansion of road networks, improved electricity supply and greater access to education and healthcare. He said the state's budget increased from Rs 6,000 crore to Rs 3.5 lakh crore, reflecting the govt's focus on development.

Choudhary, while addressing a public gathering at Indira Gandhi Stadium in Purnia, said, "Today women are feeling safe. They are living without fear even in villages. Before 2005, there was a severe lack of basic amenities in Bihar. At that time, villages did not have facilities like roads, electricity, water, health, and education, due to which people were forced to migrate. At that time, the state had only 6,000km of roads. And it was said — 'there are potholes in the road or road in the potholes'. But now things changed."

He added that under the leadership of Nitish, the NDA govt constructed about 1,40,000km of roads. A major transformation also took place in the electricity sector. Before 2005, Bihar had only 17 lakh electricity consumers, which has now increased to 2 crore 16 lakh, he said. Choudhary added that 22 to 24 hours of electricity supply is being provided in the state with 125 units free, due to which the electricity bill of about 88% of consumers has been reduced to zero.

Health officer throws cash out of window as SVU team raids his flat

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TOI

The seized cash and ornaments

Patna: A vigilance raid in Patna took a dramatic turn on Thursday when Pankaj Kumar, deputy general manager (projects) at the Bihar Medical Services and Infrastructure Development Corporation (BMSIDC), allegedly threw bundles of cash out of a window as the Special Vigilance Unit (SVU) arrived at his Kadamkuan flat in connection with a disproportionate assets case.

According to officials, simultaneous raids were conducted at three locations linked to Kumar — his residential flat in Kadamkuan, another residence on Sumati Path at Ranighat in Mahendru under Sultan Ganj police station area, and his office at BMSIDC. Officials said the raiding team moved swiftly after noticing the attempt to dispose of the cash. During the search, the SVU recovered Rs 32 lakh in cash along with diamond, gold and silver jewellery valued at Rs 1.31 crore.

Of the total cash recovered, Rs 5 lakh was found dumped in a garbage pile outside the flat, indicating that the money had been thrown out moments earlier in an attempt to hide it.

According to SVU officials, Kumar allegedly amassed assets worth Rs 96 lakh beyond his known sources of income during nearly 13 years of service in various posts in the Bihar govt.

An FIR has been registered under Sections 13(1)(b), 13 (2) and 12 of the Prevention of Corruption Act, 1988 (as amended in 2018).

Following the registration of the case, the SVU obtained search warrants from a competent court and carried out simultaneous raids at the three locations in Patna.

In a statement, the SVU said documents related to several immovable properties in the names of Kumar and his wife were also recovered, suggesting that the assets acquired were far higher than those mentioned in the FIR.

Among the properties identified so far are two flats in an apartment complex in Prithvipur Colony in Kankarbagh and another flat in the Kadamkuan area.

DIGEST

Pregnant woman dies in Supaul road accident

A speeding truck hit a motorcycle on NH-27 near Raghopur in Supaul district on Thursday, killing an eight-month pregnant woman and her unborn child, and injuring her sister. According to police, the deceased was identified as Sangeeta Kumari (22), who was due for her first delivery on March 14. Sangeeta was travelling to Raghopur Degree College for her BA examination along with her brother-in-law, Bhuneshwar Prasad Singh, and her sister when the accident occurred.

Law student found hanging: A fifth-semester law student at Gopal Narayan Singh University (GNSU) allegedly died by suicide in her hostel room on Thursday in Jamuhar under the Dehri Mufassil police station area in Rohtas district. The deceased, Priyanka Kumar (22), a resident of neighbouring Kaimur district, had skipped her classes on Thursday morning citing health issues.

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16-yr-old Saran girl gang-raped, killed

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Patna: A Class X student was allegedly gang-raped and killed in Saran district. The heinous crime was allegedly committed by five people from the same area late Wednesday evening. The victim was allegedly dragged by the accused to a bathroom, raped, and then thrown into a well, leading to her death.

ONE ARRESTED

The irate villagers created a ruckus after getting information about the incident. The mob was pacified after assurances, and one person was taken into custody for questioning, police said on Thursday. The mother of the deceased 16-year-old girl said she lives in the village with her two daughters. Her husband works outside the state. Late Wednesday evening, their daughter went towards their old house in the village. Meanwhile, all five accused reached there.

"All the youths together dragged my daughter and took her to the bathroom. They committed the wrong act with her. Meanwhile, my daughter kept screaming for help. Hearing her screams, we reached the spot," she said. Seeing them, all the accused grabbed the girl by her legs and started dragging her. They then threw her into a well and fled towards the fields. One of the accused earlier also attempted to allegedly rape her daughter, the deceased's mother alleged. The girl's sister said all 5 accused are from the same village. She and her family know all of them.

Encroachers return to Gaya road weeks after eviction drive

Abdul Qadir | TNN



Manish Bhandari

Traffic snarls remain a common sight on K P Road in Gaya

Gaya: Barely two months after the anti-encroachment drive launched by the district administration to remove both temporary and permanent encroachments, vendors have reoccupied the cleared space with renewed intensity, virtually blocking the all-important K P Road, the nerve centre of the city's business area.

The drive was launched soon after the swearing-in of Nitish Kumar as Bihar CM in Nov 2025. However, with encroachers returning to the area, the more than 60-ft-wide K P Road is now virtually accessible only to pedestrians during evening business hours. Adding to the problem, autorickshaws and e-rickshaws are randomly parked between the G B Road-K P Road intersection and Rajindra Tower, causing inconvenience to road users.

Admitting that encroachers have returned to K P Road and adjoining areas, municipal commissioner Abhishek Palasia said he has requisitioned police force to relaunch the anti-encroachment drive in the affected areas. He said a more effective drive would be undertaken once adequate police force becomes available.

Expressing concern over the re-emergence of encroachments, Kaushalendra Pratap, patron of the Central Bihar Chamber of Commerce, said a "hit and run approach" to the issue would not work.

He said proper rehabilitation of displaced vendors must be ensured, adding that in the absence of designated vending zones, the problem cannot be addressed effectively. Pratap also regretted that the city lacks a master plan and that concrete structures are coming up in a haphazard manner. The business body patron said there was adequate space available to rehabilitate roadside vendors, but due to lack of planning and vision, no permanent solution has been achieved.

The hidden costs of excessive screen media use in kids

New research highlights how children in India exceed global screen time guidelines, with lasting impact on health and cognitive abilities

Shelley Singh

Multiple screens have become an integral part of children's lives. But is it safe for young adolescents to be spending so much time on screen? Findings from existing research suggest that while devices like smartphones, laptops, tablets and TVs can aid learning, their excessive use is linked to adverse health and developmental outcomes.

A recent study*, published in Indian Journal of Psychiatry, examined children and adolescents with mental disorders to assess their screen use habits. The findings are striking: Average daily screen time was 3.1 hours. Importantly, two-thirds of the 212 study participants (average age 13 years) exceeded the recommended screen time limits set by the American Academy of Pediatrics (AAP) and World Health Organization (WHO). These guidelines recommend no screen exposure for children under two years (except video calls), less than one hour per day for ages two to four, and a maximum of two hours daily for those five years and older.

THE GUIDELINES

- **Infant (less than 1 year of age):** Screen time is not recommended
- **1-2 Years of Age:** No screen time for a 1-year-old. No more than an hour for 2-year-olds, with less time preferred
- **3-4 Years of Age:** No more than one hour, less is better. Avoid fast-paced content
- **5 Years and Older:** Place consistent limits on time and types of media, ensuring it does not take the place of sleep, physical activity, and other essential behaviours



(Screen time limits set by the American Academy of Pediatrics and World Health Organization)



Scan the QR to take a scientific psychological assessment of your digital habits.

The study revealed that television (66%) and mobile phones (70.3%) were the most commonly used devices, among 212 children and adolescents who were part of the study. Alarmingly, 22.2% of children met the criteria for screen media addiction, based on DSM-5 standards for Internet Gaming Disorder. DSM-5 is Diagnostics and Statistical Manual of Mental Disorders, fifth edition, a guide used by researchers to diagnose, classify and treat mental health disorders.

Addiction was more prevalent among boys, those from joint or extended families, and children diagnosed with neurodevelopmental or disruptive disorders.

Excessive screen use contributes to obesity, sedentary behaviour, poor dietary habits, and disrupted sleep. Cognitively, prolonged exposure can impair language development, executive functioning and emergent literacy skills. Research even suggests structural brain changes in preschool children with high screen exposure, particularly affecting white matter tracts (which act as brain's communication networks), critical for learning and communication.

Psychosocially, children addicted to screen media often display deception (sneaking or lying to use devices), preoccupation, withdrawal symptoms and conflicts within families. Screen use also interferes with friendships and family activities, while increasing vulnerability to cyberbullying, unsafe online content and negative emotional states.

The study underscores the urgent need for parental awareness and regulation. Parents often allow children with neurodevelopmental disorders extra screen time as a coping mechanism, but this leads to more problems. In joint family settings, inconsistent parenting rules can further exacerbate the issue.

In conclusion, screen media use among children is not inherently harmful, but its excessive and unregulated use poses significant risks to physical health, cognitive development and emotional well-being. With nearly one-fourth of children in psychiatric care showing signs of addiction, routine evaluation of screen habits and strict adherence to recommended guidelines are essential steps toward safeguarding the next generation.

(Problematic screen media use in children and adolescents attending child and adolescent psychiatric services in a tertiary care center in North India, by Venkatesh Raju, Akhilesh Sharma, Ruchita Shah, Ravikanth Tangella, Sana Devi Yumnam, Jyoti Singh, Jaivinder Yadav, and Sandeep Grover)*

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E-Auction Sale Notice for Sale of Immovable Assets under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to Rule 8 (6) of the Security Interest (Enforcement) Rules, 2002.

Notice is hereby given to the public in general and in particular to the Borrower (s) and Guarantor (s) that the below described immovable property mortgaged/charged to the Secured Creditor, the constructive/physical/ symbolic possession of which has been taken by the Authorised Officer of the Bank/ Secured Creditor, will be sold on **"As is where is", "As is what is", and "Whatever there is"** on the date as mentioned in the table herein below, for recovery of its dues due to the Bank/ Secured Creditor from the respective borrower (s) and guarantor (s). The reserve price and the earnest money deposit will be as mentioned in the table below against the respective properties.

SCHEDULE OF THE SECURED ASSETS

Lot. No.	A. Name of Branch / B. Name of the Account / C. Name & addresses of the borrower/Guarantors Account	Description of the Immovable Properties Mortgaged/ Owner's Name(mortgagers of property(ies))	A. Date of Demand Notice u/s 13(2) of SARFAESI Act 2002. / B. Outstanding Amount as on . / C. Possession Date u/s-13(4) of SARFAESI Act 2002. / D. Nature of possession Symbolic / physical	1.Reserve Price (in lakh.) 2. EMD 3. Bid increase amount	Date and time of E-Auction	Details of the encumbrances known to the secured creditors
1.	**A. Branch: RAI KASHI NATH MORE, GAYA.** **B. Shri RAJESH MISTRI PRAJAPAT** S/o Shri Om Prakash Prajapat **C. Shri RAJESH MISTRI PRAJAPAT** S/o Shri Om Prakash Prajapat **Add-**Gaurakshini,Manpur, Dist-Gaya-823003 and **Add:-**Kumhar Toli ,P.O-Buniyaadganj,Manpur,Dist-Gaya-823003. **Gaurantor:-Smt.Saraswati Devi** , W/o Shri Om Prakash Prajapat, **Add:-**Shiv Charan Patwa Lane,P.S:-Buniyaadganj,Manpur,Dist-Gaya-823003 and **Add-**Gaurakshini,Manpur, Dist-Gaya-823003	Land & Building situated at Khata No-109(Old),Plot No-500(Old),1096 (New), Area-920 sqft,Situated in Mohalla-Shiv Charan Patwa Lane, P.S-BuniyaadGanj, Manpur,Dist-Gaya ,Ward No-10/31,Thana no-251,bearing Sale deed no.20162, Date-15/12/2000, Standing in the name of **Smt Saraswati Devi** W/o Shri Om Prakash Prasad ,**Bounded by** :North-Khanta/Sadak,South-Niz Vikreta, East-Hissa Suresh Prajapat and Rajendra Prajapat,West-Hissa Parmeshwar Prajapat .	**A. 04.01.2025** **B. Due Amount: Rs.19,91,587.88** (Rupees Nineteen Lakh Ninety One Thousand Five Hundred Eighty Seven and Paisa Eighty Eight Only) as on 29.12.2024 plus further interest w.e.f 30.12.2024 and other expenses until payment in full. **C. 11.04.2025** **D.Symbolic Possession**	**1.Rs.31,75,000/-** **2.Rs.3,17,500/-** **3.Rs.10,000/-**	**25.04.2026 11 am to 4 pm**	**NIL**

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STATUTORY SALE NOTICE UNDER RULE 8(6) OF THE SARFAESI ACT, 2002

Mobile phone use at bedtime major cause of sleep disruption in youngsters: Experts

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Patna: Local doctors have raised concern over a growing number of children and teenagers suffering sleep disruption linked to excessive screen time, warning that the increasing use of mobile phones at bedtime is becoming a serious health concern.

City-based paediatrician Dr Umairah Naaz said complaints related to excessive screen time have risen sharply since the Covid-19 period and that this has directly affected children's sleep patterns. She said children need at least six to eight hours of sleep for healthy growth as important hormones are released during sleep.

WORLD SLEEP DAY TODAY

Professor and head of the psychiatry department and de-addiction unit at Nalanda Medical College and Hospital, Dr Santosh Kumar, said such complaints were rare 15 to 20 years ago when mobile phones were not widely used. He said he now receives an average of five cases a day in which parents report that their children remain constantly glued to screens, including mobile phones, laptops and television.

Dr Kumar said excessive screen exposure harms both mental and physical health. "Children are increasingly reporting sleep disorders, waking up in the middle of the night, morning headaches and poor concentration," he said. He added that poor sleep can also affect gut health, leading to digestive problems and even impacting cardiac health.

DIGITAL ADDICTION

- Paediatricians report sharp increase in cases since Covid-19
- Children need **8–10 hours** of sleep for healthy growth
- Excessive screen use linked to sleep disorders, headaches, poor concentration
- Poor sleep can impact mental health, digestion and overall immunity
- Parents should supervise screen time, **no screens after 7pm**, more physical activity



"While technology has become unavoidable, children's screen time must be supervised and proper sleep should be ensured," he said. He advised parents to encourage book reading to improve retention and recommended avoiding screen use after 7 pm.

Director at Mahavir Vatsalya Hospital, Dr Rajeev Ranjan Prasad, said uninterrupted sleep is essential for both mental and physical health, supporting brain development, emotional stability, memory, concentration, immunity and overall well-being. He said adults need around six hours of sleep, while children require about eight to 10 hours for proper growth.

Teachers also said the impact is increasingly visible in classrooms. A teacher at a private school in Patna said even very young children are showing signs of sleep deprivation, with several kindergarten students seen yawning or even falling asleep during class. Meanwhile, one study found that nearly half of the Indian population gets less than six hours of sleep, while experts said complaints of disturbed sleep are now increasingly being reported even among children and adolescents.

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