



March 30, 2026 – Dinamani Newspaper – Tit bits

1. Protests were held in the United States and European countries condemning the war against Iran and the actions of US President Trump.

(i) A huge rally and demonstration under the name of 'No Kings' was held in many parts of the United States on Sunday (March 29). Thousands of people participated in the rally and demonstration held in Minnesota. At that time, slogans were raised against Trump, who is aggressively implementing the rules related to refugees.

2. Iran has issued a warning stating that severe retaliation will be unleashed if U.S. ground forces set foot on Iranian soil.

(i) The United States announced a ceasefire lasting approximately two weeks to facilitate negotiations with Iran. However, reports have emerged indicating that the U.S. is deploying an additional force of approximately 10,000 troops to the Middle East region.

(ii) These reports further suggest that these troops—potentially acting in conjunction with the armed forces of Saudi Arabia or the United Arab Emirates—could advance upon and seize Kharg Island, a key hub for Iran's crude oil production and exports.

3. India's Paralympic champion Pramod Bhagat won 1 gold and 2 silver medals at the first stage of the International Para Badminton Championship in Spain.

4. Indian boxer Mary Kom, who has won the world title for six times, has said that she is considering a move to professional boxing.

5. Italian and Mercedes driver Kimi Antonelli won the Japanese Grand Prix, the third race of the Formula One (F1) car race.

(i) The 19-year-old Antonelli, who had recorded the first F1 victory of his career at the Chinese Grand Prix two weeks ago, now registered his second consecutive victory.

6. In the Women's Singles category of the Miami Open tennis tournament, Aryna Sabalenka of Belarus clinched the championship title.

(i) Competing as the defending champion, and having also triumphed in the preceding Indian Wells Open, she earned the distinction of becoming the fifth female player to achieve the "Sunshine Double."

(ii) In the final of this 1,000-point Miami Open tournament held in the United States, the world's number one player, Sabalenka, defeated the fourth-ranked player, Coco Gauff of the USA.

(iii) Sabalenka has earned the distinction of being the fifth female player to win the "Sunshine Double"—a feat achieved by capturing the trophies at both the Indian Wells Open and the Miami Open, the first two consecutive 1,000-point tournaments on the tennis calendar. Prior to this, the honor had been achieved by Germany's Steffi Graf (1994, 1996), Belgium's Kim Clijsters (2005), Belarus's Victoria Azarenka (2016), and Poland's Iga Świątek (2022).

(iv) Sabalenka also earned the distinction of being the first female player in the last five years to successfully defend her championship title at the Miami Open. Previously, Australia's Ashleigh Barty had



achieved consecutive victories in 2019 and 2021.

7. Sri Lankan Prime Minister Anura Kumara Disanayake expressed his gratitude to Prime Minister Narendra Modi for his assistance in providing 38,000 metric tons of fuel, comprising both petrol and diesel.

(i) A tense situation prevails in West Asia due to the ongoing conflict involving Iran, the United States, and Israel. Consequently, the movement of cargo vessels transporting crude oil through the Strait of Hormuz has been disrupted. As a result, fuel supplies to various countries across the globe have been interrupted.

(ii) In light of this, the Sri Lankan Government raised the prices of petrol and diesel by 25 percent. Accordingly, the price of a litre of petrol was increased from LKR 317 to LKR 398. The price of a litre of diesel rose by LKR 79, reaching LKR 382. The price of kerosene was raised from LKR 195 to LKR 255 per litre.

(iii) Against this backdrop, and in an effort to assist Sri Lanka, India dispatched 20,000 metric tons of diesel and 18,000 metric tons of petrol on Saturday. This consignment was provided as emergency aid by the Indian Oil Corporation (IOC) to the Lanka IOC (LIOC).

8. Origins, history, and core philosophies of Jainism in light of Mahavir Jayanthi.

(i) Foundational and Ancient History

- Jainism is rooted in the principle of "Ahimsa Paramo Dharma" (Non-violence is the supreme duty), emphasizing spiritual unity and moral conduct.
- The First Tirthankara: The principles were first spread by Rishabhadeva (also known as Adhinath or Adhi Bhagavan).
- Following Rishabhadeva, there were 23 other Tirthankaras (fully enlightened beings) who propagated Jain beliefs over various eras.

(ii) Expansion to South India and Tamil Nadu

- During the Mauryan era, the Jain leader Bhadrabahu Muni predicted a 12-year famine in Magadha.
- To escape the famine, Bhadrabahu Muni, along with the Mauryan Emperor Chandragupta Maurya (who renounced his throne) and 12,000 monks, traveled south to Shravanabelagola (Mysore).
- These monks were divided into four groups (Nandi Gana, Sena Gana, Simha Gana, and Deva Gana) and spread throughout Tamil Nadu, contributing significantly to Tamil literature and grammar.

(iii) Life of Vardhamana Mahavira

- Birth (599 BCE): The 24th Tirthankara, Vardhamana Mahavira, was born in Kundalpur to King Siddhartha and Queen Priyakarini.
- Enlightenment and Bravery: Even as a child, he possessed advanced levels of spiritual knowledge and was called "Mahavira" (Great Hero) for his courage.
- Renunciation (Age 30): He renounced his kingdom and royal life to become an ascetic, seeking to spread the path of non-violence.
- Teaching on God: He taught that there is no separate God beyond the soul; instead, mental purity and liberation are achieved through the worship of enlightened beings like Tirthankaras and Siddhas.
- Nirvana (527 BCE): At the age of 72, he attained Parinirvana (Moksha) in Pawapuri, concluding his earthly journey.

(iv) Key Principles and Teachings

Specific moral codes Mahavira established for his followers:

- The Five Moral Vows (Anuvratas):
 1. Ahimsa: Non-violence toward all living beings.
 2. Satya: Adherence to truth.
 3. Achaurya: Non-stealing (including not taking items that aren't offered).
 4. Brahmacharya: Chastity and respect for marital boundaries.
 5. Aparigraha: Non-attachment (refraining from hoarding wealth beyond one's needs).
- The Three Jewels (Ratnatraya):
 1. Right Vision (Samyak Darshana): Understanding the nine realities of the soul and universe.
 2. Right Knowledge (Samyak Jnana): Accepting the truths laid out in spiritual scriptures.
 3. Right Conduct (Samyak Charitra): Living daily life strictly according to those truths.
- Social Responsibility: He urged followers to perform four types of charity (Annadhanam, Abhayadhanam, Aushadhadhanam, and Vidyadhanam) to protect social welfare.

(v) In honor of Mahavir Jayanthi, the Tamil Nadu Government has declared a holiday for all TASMAL liquor shops and bars on Tuesday, March 31, 2026.

