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Karnataka BJP leader Eshwarappa claims Amit Shah declined to meet him

Sanjay Kumar
Bengaluru, April 4: Former Karnataka Deputy Chief Minister K S Eshwarappa, who is contesting as a rebel candidate against BJP's B Y Raghavendra from Shivamogga Lok Sabha seat, on Thursday claimed Union Home Minister Amit Shah did not meet him as he found it difficult to respond to questions raised by him. Eshwarappa, a senior BJP leader, said he went to Delhi as Shah had summoned him but the meeting could not happen. "I went to Delhi as I was summoned. If I had not gone there, then they would have called me arrogant. I could not meet Amit Shah. I think the meeting did not happen because I had asked him certain questions, which he found difficult to answer," the former BJP state president claimed. Eshwarappa has entered the

electoral fray in Shivamogga constituency as an Independent, against Raghavendra, son of BJP veteran B S Yediyurappa. Explaining, he alleged Shah did not allow the meeting to happen. "I went to his office where I was told not to meet him. It is good for me. What would I have done if he had asked me to withdraw even after narrating the story of injustices?" Eshwarappa wondered. The veteran BJP leader said Shah must have thought that whatever he was doing was justified as he was fighting for justice. "He only had called me to Delhi and did not meet me," he claimed. Further, the 75-year old leader alleged, "in Karnataka, Congress culture has crept into BJP where Yediyurappa's family politics is prevailing." Sources close to Eshwarappa said he wanted a ticket for his son K E Kantesh from Haveri constituency, which did not happen.

PM Modi slams RJD, Congress over corruption in Bihar's Jamui

Simmi Kaur Babbar

New Delhi April 4: Prime Minister Narendra Modi on Thursday launched the NDA's Lok Sabha election campaign from Bihar's Jamui. While campaigning for Lok Janshakti Party (Ram Vilas) president Chirag Paswan, he said people of Bihar have decided to give all 40 Lok Sabha seats to the NDA and help in achieving the 400-plus target. Modi said the NDA took Bihar out of the muck it was under RJD's tenure. While refraining from naming Pakistan, the PM said unlike the Congress regime, the BJP-led NDA Government hit back the country that used to attack India and restored the glory of the Magadha Empire. "The Congress and the RJD have brought disgrace to the country. Ten years ago the world used to consider India as a weak and poor country. A

country that cries for flour today, used to attack India and the then Congress government used to take the issue before other countries. India has started hitting back, never reached Jamui because of Naxalites. Naxalites never used to allow roads to be built. Naxalism has been rooted out," Modi said. Taking a dig at the Opposition, the PM said that those who gobbled up land in the name of giving jobs to the poor in the Railways can never do any good for the people of Bihar. Modi said that both the Congress and the RJD have insulted Bihar. He said that both parties had used their might to stop the Ram Mandir from becoming a reality. "Both the Congress and RJD insulted Karpoori Thakur. Our government conferred the country's highest civilian honour, the Bharat Ratna, on Karpoori Thakur (posthumously). Even then, they scoffed at our decision. It was under our government that the 500-year dream of a Ram Mandir was fulfilled. The Congress and the RJD had used their might to stop the Ram Mandir from becoming a reality. Even today, they don't get tired of hurling insults at Ram Bhakts and the Ram Mandir," Modi added.



reviving the ancient glory of Magadha Empire," the PM said. He said that India today is the world's fifth largest economy. "The identity of Jamui was synonymous with Naxalism. Government's schemes

BJP's Smriti Irani takes swipe at Congress MP Rahul Gandhi for 'changing families'

New Delhi, April 4: BJP leader and Union Minister Smriti Irani, the party candidate for former Gandhi family bastion of Amethi, on Thursday took a swipe at Congress MP Rahul Gandhi for "changing families." Smriti, who defeated Gandhi in Uttar Pradesh's Amethi in the 2019 Lok Sabha elections, accused Rahul of running away from Amethi, which the Congress party's Gandhis always called a family. "Who changes families? Who runs away from family. In 2019 Wayanad was not the first choice of Rahul Gandhi. He chose Wayanad because he ran away from Amethi. If Gandhis call Amethi their family why did they abandon Amethi?" Asked Smriti who was in Wayanad today for the nomination filing of BJP candidate and state unit chief K Surendran who is contesting opposite Rahul and CPI's Annie Raja in Wayanad. Smriti also attacked Rahul for "trying to hide the flags of SDPI, the political front of banned outfit PFI." "Rahul Gandhi was trying to hide the flags of SDPI after accepting their support in Wayanad," said Smriti even as Kerala CM Pinarayi Vijayan said Gandhi should have the courage to accept SDPI support openly. Smriti said Rahul would abandon Wayanad just as he abandoned Amethi.

SC sets aside High Court verdict cancelling Amravati MP Navneet Kaur Rana's scheduled caste certificate

New Delhi, April 4: The Supreme Court on Thursday reversed a Bombay High Court verdict cancelling the scheduled caste certificate of Amravati independent MP and current BJP candidate from the constituency Navneet Kaur Rana. Allowing Rana's appeal against the high court's verdict, a Bench led by Justice JK Maheshwari said the high court should not have interfered with the



report of the Scrutiny Committee on her caste certificate, which had concluded that she belonged to the scheduled caste community. The Bench - which also included Justice Sanjay Karol - restored the validation order passed by the Scrutiny Committee. "In the instant case, the Scrutiny Committee duly considered the documents before it and passed its decision complying with principles of natural justice. It did not merit any interference under Article 226. In light of the discussion and the peculiar facts and circumstances of the case, the instant appeal stands allowed and the high court order is set aside," Justice Maheshwari said, pronouncing the judgment for the Bench. Rana had won the reserved Amravati parliamentary seat in Maharashtra as an independent candidate backed by the NCP in 2019, defeating Shiv Sena candidate Anandrao Adsul. She recently joined the BJP, which has fielded her from the same constituency. The Nagpur Bench of the Bombay High Court had on June 8, 2021, said the 'mochi' caste certificate was obtained fraudulently using fabricated documents by Rana. The high court had also slapped a fine of Rs 2 lakh on her, saying the records indicated that she belonged to the 'Sikh-Chamar' caste. However, the Supreme Court had on June 22, 2021 stayed the order of the high court that quashed her Scheduled Caste certificate. Rana had submitted before the top court that the high court was wrong in quashing her SC certificate by reversing the decision of the scrutiny committee that had found to be genuine her claim to be an SC candidate.

Gourav Vallabh joins BJP

New Delhi, April 4: Gourav Vallabh, a spokesperson of the Congress for ten years, on Thursday joined the BJP saying he does not have the capacity to abuse Sanatan Dharma, wealth creators and disregard of Ram Mandir invitation. Joining in the presence of BJP general secretary Vinod Tawde, Vallabh said he had resigned from the Congress after chronic differences over key issues. "How can the Congress remain silent on abuses of Sanatan Dharma, on matters of faith? INDIA bloc allies abused Sanatan Dharma and Congress remained silent. How can you remain silent on matters of faith? I don't have the capacity to abuse my religion, wealth creators day and night," Vallabh said. He said in his long career as Congress spokesperson, he never attacked individuals. "I had joined the Congress hoping for respect for intellectual integrity but I was wrong. People with integrity are being sidelined. Today I've decided to join the BJP which I feel is a party where I can contribute to taking India forward. I am happy to associate with PM Narendra Modi's vision of Viksit Bharat," said Vallabh. Earlier today, he sent his resignation to Congress president Mallikarjun Kharge. In the letter he said Congress was directionless.

Delhi High Court refuses to entertain PIL seeking removal of Kejriwal as CM

Navdeep Singh Sahni

New Delhi, April 4: Noting that it's a personal call of Arvind Kejriwal, the Delhi High Court on Thursday refused to entertain a PIL seeking his removal from the post of Delhi Chief Minister following his arrest in a money laundering case related to Delhi excise policy scam. "At times, personal interest has to be subordinate to national interest. But that's his (Kejriwal's) personal call," a Bench led by Acting Chief Justice Manmohan said, turning down the second PIL within a week for Kejriwal's removal as Delhi Chief Minister. "If he (Kejriwal) does not want to do that (resign) it's up to him. We are a court of law...Do you have any precedent that President's rule or Governor's rule has been imposed by the court?..." it asked petitioner Vishnu Gupta's counsel.

Gupta - who was forced to withdraw his PIL - had sought directions for Kejriwal's removal as Delhi Chief Minister with effect from March 21, the day he was arrested. Currently lodged in Tihar Jail under judicial custody,

his dismissal from the office of Chief Minister is inhibited in Article 164 of the Constitution of India. Therefore, the Respondent No.4 [Kejriwal] is guilty of breach of constitutional trust for allegations of corruption and consequently his arrest," Gupta had contended. However, maintaining that the court can't decide such an issue, the Bench said it's up to the Delhi Lt. Governor or the President to take a call on Kejriwal's removal. "How can we declare that the Delhi Government is not functioning? The LG is fully competent to decide it. He (LG) does not need our guidance. We are no one to advise him. He will do whatever he has to in accordance with law," it said. Describing it "a practical issue not a legal issue," the high court said, "We won't go into this. We will declare that the government is not functioning? Lt. Governor is fully competent."



Kejriwal has refused to resign as Delhi Chief Minister. "If the Chief Minister acts in a manner which offends rule of law and commits breach of the constitutional trust reposed in him. In that even-

Focusing on Ram Temple, Rajnath Singh, Amit Shah lead BJP charge in western Uttar Pradesh

Tejinder Kaur Babbar

Muzaffarnagar, April 4: Senior BJP leaders Amit Shah and Rajnath Singh today commenced their election campaign in western Uttar Pradesh lauding PM Narendra Modi for fulfilling the people's longstanding demand of constructing the Ram Temple in Ayodhya. Addressing a rally in Muzaffarnagar in support of party candidate Sanjeev Balyan, Home Minister Amit Shah hailed the Modi government saying the PM had honoured people's sentiment on the Ram Temple construction. Before 2017, corruption was rampant in Uttar Pradesh, but under the leadership of Yogi Adityanath, the BJP government stopped corruption and ended the 'goonda raj' (rule of criminals). Amit Shah, Union Home Minister Some Opposition leaders and CMs are in jail on corruption charge.

They claim that Modi is behind all this. If anyone believes he is being unfairly targeted by the government agencies, he should move court. Rajnath Singh, Defence Minister "Akhilesh Yadav was not in favour of the Ram Temple and the



Before 2017, corruption was rampant in Uttar Pradesh, but under the leadership of Yogi Adityanath, the BJP government stopped corruption and ended the 'goonda raj' (rule of criminals). Amit Shah, Union Home Minister Some Opposition leaders and CMs are in jail on corruption charge.

When I contested the election from Ghaziabad, some people told me that this was a tough fight, but people of Ghaziabad blessed me." "When I contested the election from Ghaziabad, some people told me that this was a tough fight, but people of Ghaziabad blessed me."

CPI(M) releases Lok Sabha poll manifesto, promises to scrap 'draconian' UAPA, PMLA

New Delhi, April 4: The CPI(M) on Thursday released its manifesto for the Lok Sabha elections, promising to scrap all "draconian" laws such as the Unlawful Activities (Prevention) Act and the Prevention of Money Laundering Act (PMLA). The CPI(M) appealed to voters to defeat the BJP, strengthen the Left, and ensure the formation of an alternative secular government at the Centre. In its manifesto, the party pledged to fight for "an uncompromising adherence to the principle that religion is separated from politics". "The CPI(M) stands for the scrapping of all draconian laws like UAPA (Unlawful Activities (Prevention) Act) and PMLA," the manifesto stated. The party said it will "fight for a law against hate speech and crimes, is committed to scrapping" the Citizenship (Amendment) Act, 2019. The Communist Party of India (Marxist) promised to tax the super rich and introduce a law on general wealth tax and inheritance tax. The party said the budgetary allocation for job guarantee scheme MGNREGA must be doubled and a new law guaranteeing urban employment must be legislated.

Haryana Congress leader Surjewala on remarks against Hema Malini

Naresh Malhotra

Chandigarh, April 4: Congress leader Randeep Surjewala on Thursday clarified that he never intended to insult or hurt BJP MP Hema Malini after he faced a backlash from the saffron party over his alleged objectionable statement against the actor-politician. Surjewala's clarification came after BJP's IT Department head Amit Malviya shared an undated video on X and accused the Congress MP of making some objectionable remarks about Hema Malini. "Congress MP Randeep Surjewala makes a vile sexist comment, that is demeaning and derogatory, not just for Hema Malini, who is an accomplished individual, but women in general. He asks, 'Why do we make MLA? So that they can raise their voice, and get our views accepted. Is there any Hema Malini who is made to lick?' Who thinks of women as something to lick?"



That is the most disgusting description someone can come up with. Just the other day, Surjewala's colleague was asking the 'rate' of another BJP woman leader, and now this... This is Rahul Gandhi's Congress. It is misogynistic and abhors women," Malviya posted

on X. Referring to this, Surjewala said that the video posted by the BJP leader "BJP's IT Cell has developed a habit of editing, distorting and spreading fake news so that it can distract the country from the Modi government's anti-youth, anti-farmer, anti-poor policies and failures and its conspiracy to destroy the Constitution of India," he said. "Listen to the full video - I said, 'We also respect Hema Malini a lot because she is married to Dharmendra ji and is our daughter-in-law,'" the Congress leader added. Hitting out at the BJP-led central government, Surjewala said, "BJP's anti-women pawns were ordered to cut this video, but these same pawns never asked the Prime Minister why he - Why was it said 'Girlfriend worth Rs 50 crores' in Himachal? Why was a woman MP called 'Shurpanakha' in the Parliament? Why was a woman CM trolled in such a vulgar manner? Is it correct to say 'Congress's widow'? Is it right to call the top leadership of Congress a 'Jersey cow'?"

Tihar jail officials allow Punjab CM Bhagwant Mann to meet Kejriwal as normal visitor in 'mulakat jangla'

New Delhi, April 4: A day after Punjab Chief Minister Bhagwant Mann wrote to the Tihar administration seeking a meeting with jailed AAP head Arvind Kejriwal in the prisons, the authorities said he can meet his Delhi counterpart, but as a normal visitor in the 'mulakat jangla'. The 'mulakat jangla' is an iron mesh which separates the inmate from the visitor in a room inside the jail. A visitor and an inmate can talk to each other by sitting on different sides of the mesh. The officials of the Tihar jail, while confirming the letter from the Punjab chief minister's office (CMO) to Tihar Director General Sanjay Baniwal, said the reply will be given "soon" to Mann's office. "Mann can meet Kejriwal but it can happen as a normal visitor meet in the 'mulakat jangla' in Tihar jail. The officials can make security arrangements as Mann is a chief

minister and enjoys Z+ security cover," an officer, who did not wish to be named, told PTI. He said the letter from the Punjab CMO has sought time and asked the Tihar administration to make necessary arrangements for their meeting in the prison premises. Aam Aadmi Party (AAP) convenor Kejriwal, who was sent to Tihar Jail after a court remanded him to judicial custody in the excise policy case on April 1, has been lodged in jail number 2. The Delhi chief minister has given five names - including his wife, two children, his personal secretary Bibhav Kumar and AAP Rajya Sabha MP Sandeep Pathak - whom he can meet in the jail. The officer said Kejriwal will have to add one more name of Mann in the list of visitors. According to the jail manual, an inmate can give 10 names of visitors. Three of them can meet at one time, twice a week.

UP Man Busts Wife's Extramarital Affair, She Climbs Electric Pole

Gorakhpur, UP. An acute need for money, a seven-year extramarital affair and a woman perched on an electric pole - high voltage drama unfolded in an Uttar Pradesh town on Wednesday, the video of which is now viral on social media.

In Gorakhpur's Pipraich, a 34-year-old mother of three children climbed an electric pole after her husband found out about her extramarital affair. The woman was allegedly in a relationship with a man from a neighbouring village. The relationship was hidden for seven years but the woman's husband, Ram Govind, who works as a labourer, found out. Upon discovery, an argument ensued between the couple, with the woman demanding that the other man be accommodated in her household and help with the finances of the house. Ram Govind vehemently opposed the idea and dashed out of the house. Captured on video and circulated online, the woman's ascent up an electric pole stunned onlookers who called for her to climb down. A crowd watched in horror as the woman perched perilously on the pole, bound by high-tension wires.

Local authorities swiftly responded to the crisis, dispatching teams from both the police and electricity departments to the scene. With the electricity supply cut off as a precautionary measure, efforts to coax the woman down from her precarious perch commenced. Through patient negotiation, the authorities succeeded in persuading the woman to return to solid ground.

Night Attack On Madhya Pradesh Toll Plaza, 2 Drown In Well While Fleeing

Bhopal. Two employees of a toll plaza in Madhya Pradesh fell into a well and drowned as they were running to save themselves during an attack by masked gunmen, allegedly over a toll tax dispute. The bodies of Agra's Srinivas Parihar and Nagpur's Shivaji Kandeale were recovered from the well yesterday.

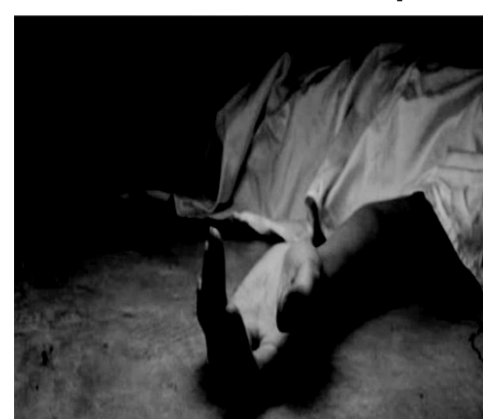
The incident, police have said, took place around 10 pm on Tuesday. Chilling footage from CCTV cameras at Dagrai toll plaza on National Highway - 44 show masked men on four bikes ride near the toll booths. They then start kicking at the doors of toll counters and some manage to enter the booths. The assailants are seen damaging computers, beating up the toll plaza staff and trying to drag them out.

The staff, it is learnt, ran into the adjoining field to save their lives when the assailants started firing in the air. As they ran, Parihar and Kandeale fell into an uncovered well right behind the office and drowned.

The contract of the toll plaza between Jhansi and Gwalior changed on April 1, and it passed on to a new contractor. Some locals, it is learnt, had an understanding with the previous contractor and their vehicles allegedly cleared the toll booth without payment. The new contractor refused to play ball. This sparked a dispute and Tuesday night's attack was planned to terrorise the new contractor, say reports.

A officer said a case has been registered against unidentified persons and probe is on. Toll tax is a charge vehicle owners need to pay for using some expressways, tunnels, bridges etc. The amount is used for repair and maintenance. The charges vary depending on the size of the vehicle.

Bihar man dies in Tiruppur after construction lift snaps



TIRUPPUR. A 21-year-old migrant worker died and two others sustained injuries after the construction lift snapped and the trio fell on the ground in Pudupalayam village on Tuesday. The deceased person has been identified by police sources as Mohammed Sahawaj from Bihar. The injured men were identified as Mohammed Israfil (20) and Mohammed Dilshar (19), both natives of Bihar state. On Tuesday afternoon, all the three workers took the lift to the third floor of the under-construction building. The iron rope of the lift snapped and three fell onto the ground from the second floor of the building. Mohammed Sahawaj was declared dead by doctors upon arrival at the Avinashi Government Hospital. Israfil and Dilshar were admitted to a private hospital, and their condition is said to be currently stable.

A case was registered subsequently against the site engineer at Thirumuruganpoundi police station. Further investigation is underway

Residents move NGT against clearances for Ennore plant

CHENNAI. Members of the Ennore Makkal Paathukappu Kuzhu, a collective of protesting villages in the region, have filed a petition before the Southern Bench of the National Green Tribunal in Chennai, against the environmental clearance granted for the expansion of the Coromandel fertiliser plant in Ennore. Demanding permanent closure of the Coromandel International Limited (CIL) plant, the villagers have been protesting since December 26 last year when an ammonia gas leak accident occurred at the plant. They had also denounced the measures subsequently recommended by the technical committee of state government. The NGT previously reserved its judgment in a suo motu case initiated based on a TNIE report regarding the gas leak accident. The villagers have now filed a fresh application before the NGT against the fertiliser plant. The application seeks the tribunal to quash the environmental clearances granted to the CIL from 1993 to 2023 for the expansion of its operations.

The petition contends that the clearances were issued in violation of the Coastal Regulation Zone (CRZ) notifications. "The factory is located within the CRZ area. The CRZ notification of 1991 imposed a prohibition on the expansion of any

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industry located within the CRZ and the setting up of new industries. The clearances were obtained by suppressing the fact the industry is located within the CRZ area and the expansion is legally prohibited," the petition read.

The application also criticised the authorities for granting clearances without proper verification. "The authorities are equally culpable as they rewarded the CIL with clearances in utter disregard to the law of

environmental consequences," they added. The petition also stated that no offsite emergency preparedness plan was prepared by the plant as mandated.

Retired High Court judge K Kannan appeared on behalf of the petitioners and Advocate D Shammuga Nathan appeared on behalf of the state government. The bench issued a notice to the government and the CIL and posted the matter for further hearing on May 7.

30 monkeys found dead in water tank in Telangana

→ 30 monkeys found dead in water tank in Telangana's Nalgonda district

→ Monkeys entered the tank whose lid was open

→ Residents complained about the foul smell emanating from the tank

Hyderabad At least 30 monkeys were found dead in a drinking water tank in Telangana's Nalgonda district on Wednesday. The bodies of monkeys were found floating in a water tank that is located in ward number 1 of the Nandikonda Municipality, said



police. Preliminary investigations revealed that the tragedy occurred due to an oversight, as the lid of the water tank was left open, trapping the monkeys

inside. Municipality workers removed the dead monkeys from the tank after the residents of the area complained to authorities about the foul smell from the tank. A case has been registered, and an investigation is ongoing.

Former Telangana Minister and Bharat Rashtra Samiti (BRS) MLA KT Rama Rao slammed the ruling Congress, stating that Revanth Reddy's government has prioritised politics over public health. Taking to X, the BRS leader said, "What a shameful state of affairs in the Telangana Municipal department. Periodical cleaning and routine maintenance, which are standard protocols to be followed, are being neglected."

CBDT rule denying tax relief for new trusts struck down

The order was passed by the first bench of Chief Justice SV Gangapurwala and Justice D Bharatha Chakravarthy on Tuesday on the petitions filed by Sri Nrisimha Priya Charitable Trust.

CHENNAI. The Madras High Court has struck down a clause in the circular issued by the Central Board of Direct Taxes (CBDT) that denied extension of time limit to newly established trusts for submitting applications to avail exemption under 80G of Income Tax Act. The order was passed by the first bench of Chief Justice SV



Gangapurwala and Justice D Bharatha Chakravarthy on Tuesday on the petitions filed by Sri Nrisimha Priya Charitable Trust. The petitioners had challenged the vices of clause 5(ii) of the CBDT circular issued on May 24, 2023, as it discriminated against newly established trusts in providing extension to submit Form 10 AB for tax exemption under 80G of I-T Act. "The clause 5(ii) of Circular No.6 of the first respondent (CBDT) is declared as illegitimate, arbitrary, and ultra vires the Constitution of India," the bench said in the order. It

directed CBDT and the Commissioner of Income Tax (Exemptions) to consider the applications by the petitioners, as to the recognition/approval in respect of clause (i) of the first proviso to sub-section 5 of section 80G of the Act, as submitted on time and pass orders on merits within six months. The CBDT, while granting extension of time for the second time, for submission of application for availing of tax benefits under sections 10(23C), 12A and 80G(5) of Income Tax Act, till May 24, 2023, excluded newly formed trusts from filing forms under section 80G(5)(i).

Advocate Suhrit Parthasarathy, appearing for the petitioners, submitted there is no rationale in excluding new trusts from the provisions of section 80G. The bench reasoned that the differential treatment is not based on any substantial distinction that is real and pertinent to the object of the circular. The discrimination is artificial and violative of Article 14 of the Constitution, the bench added.

Over 25 lakh beneficiaries receive pension on day one in Andhra

VIJAYAWADA. Disbursement of social security pensions finally commenced at the village and ward secretariats on Wednesday afternoon. By evening, nearly 40% of the disbursement was completed in several districts. Several old and differently-abled people were seen waiting at the secretariats since early morning across the State to get their pensions. However, disbursement commenced only in the afternoon, when the secretariat staff brought the cash from the banks. Though it was announced that for the elderly, infirm, and differently-abled, pensions would be disbursed at their doorstep by the secretariat staff, at several places, beneficiaries turned up in large numbers at the secretariats out of anxiety.

There are 65,60,904 pensioners under different categories and the finance department reportedly deposited Rs 1,951.69 crore with banks for pension disbursement. As instructed, village and ward secretariat staff visited the houses of beneficiaries who are specially-abled, severely ill, bedridden, confined to wheelchairs, and elderly widows of war veterans drawing Sainik welfare pensions. Disbursement commenced in 13,669 village and ward secretariats out of 14,994. A total of 25.66 lakh beneficiaries received their pensions on Wednesday. District collectors were instructed to ensure that disbursement starts from 7.00 am

onwards from Thursday in view of summer. In Visakhapatnam district, by 7 pm, 48% of social security pensions were disbursed. The highest distribution rate of 78% was recorded in Pendurthi mandal. For April 2024, a total of 1,65,432 pensions were sanctioned for Visakhapatnam district. Of the total, 79,113 pensioners have received the aid. Following orders from the District Collector, pensions were disbursed to 1,450 disabled, seriously ill, bedridden, and wheelchair-bound individuals at their residences. Additionally, around 4,800 pensions were delivered to beneficiaries residing in rural areas. At every secretariat, arrangements were made to ensure pensioners' comfort, including the provision of tents, chairs, and drinking water, so that no inconvenience is caused to them. Pension distribution will continue till April 6 at the secretariats from 7:30 am to 7 pm. Special arrangements have been made for those unable to visit the secretariats.

HC dismisses PIL to quash ECI order The High Court of Andhra Pradesh on Wednesday struck down the Public Interest Litigation (PIL) filed by three women seeking suspension of the orders issued by the Election Commission of India (ECI), barring volunteers from disbursing pensions at the doorsteps of the beneficiaries. The bench of Chief Justice Dheeraj Singh Thakur



and Justice Rao Raghunandan Rao heard the case

80-year-old succumbs to sunstroke in Krishna dist

"I am happy to have received my pension at my doorstep, even though it arrived a bit later than expected. Initially, I had doubts whether pensions would be distributed at all, but I am pleased that we have received them," said a 76-year-old pensioner at KRM Colony in Visakhapatnam.

Similarly, in East Godavari, a total of 96,000 beneficiaries received pensions on Wednesday. District collector Dr Madhavi Latha said so far Rs 29 crore has been distributed to eligible persons. The

remaining Rs 43 crore will be paid tomorrow, she added. In NTR district, by 7 pm, 45% of the social security pensions were disbursed. Though there was grumbling over the delay in payment and beneficiaries being forced to wait at the secretariats till afternoon, several went home satisfied once they received the aid. In Guntur district, over 40% of the beneficiaries received pension on the first day. According to official reports, there are 2.60 lakh beneficiaries in Guntur district.

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NEWS BOX

Rishi Sunak's Party Set For Worst Election Defeat In UK, Shows New Survey

London. A major survey of over 18,000 people on Wednesday predicted a wipeout for British Prime Minister Rishi Sunak-led governing Conservative Party, with the Opposition Labour Party forecast to win 403 seats - comfortably clear of the 326 required for a majority. The new multi-level modelling and post-stratification (MRP) figures released by YouGov follow a similar mega poll over the weekend predicting a defeat for the Tories, with a gain of 201 for Keir Starmer-led Labour and Sunak-led Tories set to crash to just 155 seats - a loss of 210. The findings indicate a worse defeat for the Tories than under former Tory prime minister John Major in 1997 when the Tony Blair-led Labour left them with just 165 MPs.

"These latest results push Keir Starmer closer toward repeating a Blair-level result for Labour, a full 27 years since Labour's longest-serving prime minister first took office. In that election, Blair won 418 out of the available 659 House of Commons seats," reads the YouGov analysis. "By contrast, Rishi Sunak is now heading for a worse result than John Major's 1997 total of 165 seats. The coming tidal wave projected by this model would sweep away several major Conservative figures," it said. The most prominent members of Parliament who could lose their House of Commons seat include Chancellor Jeremy Hunt, science minister Michelle Donelan and levelling up minister Michael Gove. Other senior Tories in the precarious zone with the electorate include Commons leader Penny Mordaunt and former minister Jacob Rees-Mogg.

The Liberal Democrats are up by one seat based on an earlier YouGov model, to 49, on the path to a "significant parliamentary comeback" without any significant changes to their national vote share. In Scotland, YouGov now projects Labour to comfortably be the largest party.

Pentagon Working On Technology To Prevent AI Killing Machines From Turning Rogue

World. The Pentagon is working to address vulnerabilities in its AI systems that could be exploited by attackers using visual tricks or manipulated signals. Their research programme, Guaranteeing AI Robustness Against Deception (GARD), has been investigating these "adversarial attacks" since 2022.

Researchers have shown how seemingly harmless patterns can fool AI into misidentifying objects, potentially leading to disastrous consequences on the battlefield. For instance, an AI could mistake a bus with passengers for a tank if it were tagged with the right "visual noise." These concerns come amidst public anxieties about the Pentagon's development of autonomous weapons. To address this, the Department of Defence recently updated its AI development rules, emphasising "responsible behaviour" and requiring approval for all deployed systems.

The modestly funded GARD programme has made progress in developing defences against such attacks. They've even provided some tools to the newly formed Defence Department's Chief Digital and AI Office (CDAO). However, some advocacy groups remain concerned. They worry that AI-powered weapons could misinterpret situations and attack without cause, even without someone deliberately manipulating signals. They argue that such weapons could lead to unintended escalations, especially in tense regions.

Listen to the latest songs, only on JioSaavn.com The Pentagon is actively modernising its arsenal with autonomous weapons, highlighting the urgency of addressing these vulnerabilities and ensuring the responsible development of this technology.

As per a statement by Defense Advanced Research Projects Agency, the GARD researchers from Two Six Technologies, IBM, MITRE, University of Chicago, and Google Research generated the following virtual testbed, toolbox, benchmarking dataset, and training materials that are now available to broader research community:

World Central Kitchen founder says Israel targeted staff in Gaza 'car by car'

World Central Kitchen (WCK) founder José Andrés has accused Israeli forces in Gaza of targeting his aid workers "systematically, car by car", the BBC reports. Monday's strike which killed seven members of his staff was not a mistake, he said, repeating that Israeli forces had been told of their movements. WCK workers from Australia, Canada, Poland, the UK and the US were killed as well as their Palestinian colleague.

"This was not a bad luck situation where, 'oops', we dropped the bomb in the wrong place," he was quoted as saying to the Reuters. "Even if we were not in coordination with the IDF, no democratic country and



no military can be targeting civilians and humanitarians." According to the charity, the aid convoy was hit while leaving the Deir al-Balah warehouse, "where the team had unloaded more than 100 tonnes of humanitarian food aid brought to Gaza on the maritime route". The convoy was made up of three vehicles, including two that were armoured, which clearly displayed the charity's logo. All three were hit during the strike, the BBC report said.

Israel says the strike was a "grave mistake" and has apologised. It has also promised an independent investigation.

Israel targeted aid workers 'systematically, car by car': Chef Jose Andres

Washington. Celebrity chef Jose Andres told Reuters in an emotional interview on Wednesday that an Israeli attack that killed seven of his food aid workers in Gaza had targeted them "systematically, car by car." Speaking via video, Andres said the World Central Kitchen (WCK) charity group he founded had clear communication with the Israeli military, which he said knew his aid workers' movements. This was not just a bad luck situation where "oops" we dropped the bomb in the wrong place," Andres said. "This was over 1.5, 1.8 kilometres, with a very defined humanitarian convoy that had signs in the top, in the roof, a very colorful logo that we are obviously very proud of," he said. It's "very clear who we are and what we do." Andres said the Israel Defence Force (IDF) was aware of the convoy's whereabouts. He called for investigations of the incident by the US government and by the home country of every aid worker that was killed. "They were targeting us in the deconflicting zone, in an area controlled by the IDF. They knew that it was our teams moving on that road ... with three

cars," he said. The aid workers were killed when their convoy was hit shortly after they oversaw the unloading of 100 tons of food brought to Gaza by sea. Israel's military expressed "severe sorrow" over the incident and Prime Minister Benjamin Netanyahu called it unintentional. Andres said there may have been more than three strikes against the aid convoy. He rejected Israeli and US assertions that the strike was not deliberate. "Initially, I would say categorically no," Andres said when asked if he accepted that explanation. "Even if we were not in coordination with the (Israel Defense Forces), no democratic country and no military can be targeting civilians and humanitarians," he added. Asked for comment on Andres' remarks, an Israeli military spokesperson referred to prior comments by chief of staff Herzi Halevi in which he called the incident a grave mistake and said the attack "was not carried out with the intention of harming WCK aid workers." Andres said he was personally supposed to be there with his team but was not able to go back to Gaza



weapons" Israel used against Palestinians. CARBY CAR

Andres said his organisation was still studying the safety situation in Gaza as it contemplates starting aid deliveries again. Australian, British and American citizens were among seven World Central Kitchen aid workers killed as it was leaving its Deir al-Balah warehouse. At least 196 humanitarian workers have been killed in Gaza since October, according to the United Nations, and Hamas has previously accused Israel of targeting aid distribution sites. Andres described how he learnt of the attack, saying first his group lost contact with its team in Gaza, and did not realise what happened until seeing images of the bodies. He said that after the IDF attacked the first armoured car, the team was able to escape and move to a second car which was then attacked, forcing them to move to the third car. The aid workers tried to communicate to make clear who they were, he said, adding the IDF knew they were in the area which it controlled.

Teen with mental health issues shot dead in California, was armed with knife

Victorville, California. Southern California sheriff's deputies shot and killed a 17-year-old boy with mental health issues after he armed himself with a knife and locked himself inside a bathroom at a home, authorities said on Wednesday (local time). The teen was transferred from a hospital, where he had been treated after cutting himself, to a mental health facility when he escaped on Tuesday. San Bernardino County Sheriff Shannon Dicus said. The boy, a foster youth who lives in Hesperia, later showed up at a home in Victorville where his sisters live in foster care, Dicus said. Someone at the home called deputies to come arrest him, Dicus said, because he had caused trouble there before. The teen, who had a knife, locked himself in a bathroom, and deputies tried to get him to come out for about a half hour, according to the sheriff. But when the boy threatened to harm himself, deputies kicked down the door and tried to arrest him, Dicus said. A video and images of the encounter showed the teen holding a knife, the Riverside Press-Enterprise reported. Deputies pepper-sprayed him and one deputy's hand was sliced by the knife, the newspaper said.



The teen was backed into a bathtub, where he was shot, Dicus said. He was pronounced dead at a hospital. The death came less than a month after San Bernardino deputies shot and killed 15-year-old Ryan Gainer. The autistic boy had threatened family members at a home in Victorville and then chased a responding deputy with a garden hoe, the sheriff's department said. Dicus said on Wednesday that in both cases, deputies were met with violence. He said parents need more access to mental health services for their

troubled children, so that law enforcement isn't the only option in times of crisis. "My record as sheriff for the last several years is I have championed having a better mental health system," Dicus said. "The corrections environment and our public environment have been challenged a number of times where the only mental health resource we have in our community is law enforcement, and that's the only 24/7 resource that we have," Dicus added.

Bird flu hits Texas cows, hens, human as ducks migrate

Chicago. Migratory waterfowl are to blame for widening avian-flu outbreaks in Texas cows and poultry, and wild birds carrying the virus should be heading north soon, state Agriculture Commissioner Sid Miller said. The US government since last week has reported cases of the disease in seven dairy herds in Texas and one person who had contact with cows, making it the state most affected by the country's first-ever outbreaks in cattle. Texas is the biggest US cattle producer. The cases in dairy cattle and the second human case in two years in the US renewed concerns about the virus, which has been infecting poultry flocks and a growing number of other species globally since 2022. A positive test at a Texas egg farm led egg producer Cal-Maine to cull 1.6 million laying hens, the company said on Tuesday. Texas had never before suffered such a major outbreak at a commercial poultry facility, Miller said. "This is spread by waterfowl," he

said in an interview. "We are ready for the ducks to head north to their nesting grounds." The US Department of



Agriculture (USDA) first reported on March 25 that a cow and milk from two dairies in Texas tested positive for bird flu, along with milk from two dairies in Kansas. The agency later confirmed cases in additional dairy herds in Texas, New Mexico, Michigan and Idaho. The strain of the virus found in the subsequent states is very similar to the strain confirmed in the initial cases in Texas and Kansas that appear to

have been introduced by wild birds, the USDA said. Experts said faeces or other materials from infected wild birds could have contaminated feed or water supplies ingested by cows at dairies, though that has not been confirmed. USDA said it could not rule out transmission of the disease between cattle. In Michigan, the dairy herd that tested positive had recently received cows from Texas, according to the agency. Following the outbreaks, Mexico, a major market for US beef and dairy products, said it is increasing surveillance and reinforcing inspections of US livestock imports.

Bird flu has primarily affected older cows at infected dairies, and "only a small portion of each herd is presenting with clinical signs," the USDA said in an email. The agency added that it has not received reports of beef cattle showing clinical signs of sickness or samples from beef cattle to test for bird flu.

Donald Trump loses bid to delay hush money trial until Supreme Court review

New York. A New York judge on Wednesday denied Donald Trump's bid to delay his April 15 trial on charges stemming from hush money paid to a porn star until the US Supreme Court reviews his claim to presidential immunity in a separate criminal case. The Court is scheduled to hear the former US President's arguments that he is immune from federal prosecution for trying to overturn his 2020 election defeat to Democratic President Joe Biden on April 25. His defence lawyers in the New York case in March asked Justice Juan Merchan to delay the trial until that review was complete, arguing it was relevant because prosecutors were seeking to present evidence of statements Trump made while he was president from 2017 to 2021. In a court ruling on Wednesday, Merchan said Trump had waited too long to raise the issue. "Defendant had myriad opportunities to raise the claim of presidential immunity well before March 7, 2024," Merchan wrote. Todd Blanche, a lawyer for Trump, declined to comment. Trump, the Republican candidate to challenge Biden in the Nov. 5 election, has pleaded not guilty in each of the four criminal indictments he faces. The New York case could be the only one to go to trial before the election. He is accused of falsifying business records to cover up his former lawyer Michael Cohen's \$130,000 payment to porn star Stormy Daniels for her silence before the 2016



election about a sexual encounter she says she had with Trump in 2006. Trump denies any such encounter with Daniels, whose real name is Stephanie Clifford.

Trump is also seeking a delay on the basis that a deluge of news coverage of the case has led potential jurors to believe he is already guilty. Merchan has not yet ruled on that request.

Prosecutors with Manhattan District Attorney Alvin Bragg's office, which charged Trump in 2023, opposed that request in a court filing made public on Wednesday. They argued that Trump himself had generated much of the news coverage, and that they would be able to weed out biased jurors through the jury selection process. The Supreme Court's decision to take up Trump's appeal in the federal election interference case was a major victory for him, delaying the trial's start by months at least. He also faces a state case in Georgia over his efforts to reverse the 2020 election results.

Lawmakers in US' Idaho state pass bills targeting LGBTQ+ people

Idaho's lawmakers have passed a series of bills targeting LGBTQ+ residents this year, including two this week that prevent public employees from being required to use someone's preferred pronouns and redefine gender as being synonymous with sex.

Boise, Idaho. Idaho's lawmakers have passed a series of bills targeting LGBTQ+ residents this year, including two this week that prevent public employees from being required to use someone's preferred pronouns and redefine gender as being synonymous with sex. On Wednesday, the Senate approved a bill allowing people to sue schools and libraries over books deemed harmful to minors, sending it to Republican Governor Brad Little.

Another bill that Little signed into law last week prevents public funds — including Medicaid — from being used for gender-affirming care.

The efforts are part of an ongoing national battle over the rights of LGBTQ+ Americans. Many Republican officials have been actively trying to limit those rights over the past several years. The legislation in Idaho was among at least nine bills directly targeting LGBTQ rights that have been proposed in the state so far this year, Rebecca De Leon, spokesperson for the ACLU of Idaho, told the Idaho Statesman. In response to the slew of actions, protesters sent more than 48,000 colourful paper hearts raining down from the fourth floor of the Statehouse to the first-floor rotunda on Tuesday, KTVB-TV reported.

The hearts symbolised the 48,000 Idaho residents who identified as part of the LGBTQ+ population in the 2020 census. The hearts were handmade and mailed to the ACLU from 18 cities across the state. We wanted specifically lawmakers



to be able to see the hearts and to hear what we have been trying to tell them all session," De Le'n told the Statesman. "It feels like they have not been listening, so we wanted to come bring the hearts to them."

Republican Rep. Julianne Young sponsored the bill redefining gender, which refers to social and self-identity, as being synonymous with sex, which refers to biological traits. At least 12 other states have considered similar legislation this year attempting to remove non-binary and

transgender concepts from statutes. Kansas enacted a law last year ending legal recognition of transgender identities. Idaho's library bill allows community members to file written requests to remove materials they consider harmful to minors to an adults-only section, and gives library officials 60 days to make the change. After that point, the community member could sue for damages. The governor vetoed a similar bill last year, saying he feared it would create a bounty system that would increase libraries' costs, ultimately raising prices for taxpayers.

The ACLU and other opponents of the new law preventing public money from being used for gender-affirming care say it most likely will lead to a federal lawsuit. Idaho is already embroiled in lawsuits over attempts to deny gender-affirming care to transgender residents and has not had much success so far in defending them.

Stingy salut! Malayalis prefer raising a toast to cheap liquor

KOCHI. Inebriation on a budget, that too with entry-level brown spirits, seems to be the mantra of Malayalis, as they defy the national trend of increasing demand for premium liquor. A report by the International Spirits and Wines Association of India (ISWAI) says the share of premium liquor (priced over Rs 1,000 per 750 ml) consumed in Kerala is a measly 4%, with inexpensive liquor dominating the scene with a staggering 96% share. In the neighbouring states of Karnataka and Tamil Nadu, premiumisation (trend of consuming premium liquor) shares are notably higher at 6% and 10% respectively. States like Uttar Pradesh and Rajasthan boast a 12% share, with the proportion in poorer states such as West Bengal and Odisha even touching 20.5% and 22% respectively. Telangana leads with an impressive 52% share of premium liquor to total liquor sales among Indian states. Despite being prosperous, the alcohol beverages (alcobev) industry in Kerala faces challenges due to low levels of premiumisation, says Nita Kapoor, chief executive officer of ISWAI.

ISWAI guess-estimates IMFL volumes in Kerala at approximately 3.3 crore cases per year, with beer accounting for 33%, brandy 35%, and rum 27%. Imported products make up a small fraction of the market, roughly around 4,000-5,000 cases per month.

Ita noted that a significant 96% of the volume sold in the state consists of beer, brandy, and rum. "The entry-level prices are relatively modest, with beer starting at Rs 110 (650 ml), and brandy and rum priced at Rs 140 a nip (180 ml) and between Rs 450-750 for the larger 750 ml bottle," she said. She added that this behaviour is in sharp contrast to the state's penchant for luxury cars and other items like big-screen televisions. Nita attributed this trend to high taxes, limited access to retail outlets and substandard retail infrastructure, resulting in a poor consumer experience.

Kerala TTE's tragic death ends his dreams of acting, caring for aged mother

➔ **In February, Vinod, a divorcee with no children, moved to the new home he constructed at Manjummel with Lalitha.**

MANJUMMEL(KOCHI): Having portrayed small roles on the silver screen, K Vinod dreamt of becoming a busy actor. He also moved into his new house at Manjummel less than two months ago, wanting to live the rest of his life there taking care of his mother.

When a migrant worker from Odisha pushed the 48-year-old TTE to his death off a moving train on Tuesday, it also marked the untimely demise of Vinod's modest dreams of becoming a reliable actor and live in his new house. Now, his widowed mother Lalitha is destined to mourn the death of her only son. "It was following his father's demise that Vinod secured the job in the railway. Though a workaholic, he always found time to pursue his passion for acting," said Bindu, a relative as she struggled but failed to fight back tears. A Thiruvananthapuram native, Vinod had acted in several movies, including



Mohanlal's Pulimurugan and Joju George's Joseph. "They were small roles, but Vinod was always content. He hoped of bagging bigger roles. Everything has now come to a sudden end," she said.

In February, Vinod, a divorcee with no children, moved to the new home he constructed at Manjummel with Lalitha. It marked a paradigm shift in the lives of the

duo, who had until then lived in the railway quarters in Kochi.

"He lived only for his aged mother. It was always his dream to build a good home for his mother and live with her there, as they had spent a major part of their lives in the railway quarters. Though Vinod got married nearly 10 years ago, the relationship ended within a year. Our efforts to find another girl

ended in vain, as Vinod wanted to give more care to his mother. The tragedy has left her devastated. The bond they shared cannot be described in words," said Aswathy, Vinod's niece. Vinod's friends and relatives remember him as a soft-spoken person and a man with a heart to help everyone. "If you met him once, he would grab a place in your heart. He was always calm and composed. If he saw anyone suffering from financial issues, he would help without a second thought. Recently, he helped a relative with Rs 10,000 when he heard about a health issue. It's a huge loss for our family," said Beena, one of his cousin sisters, pointing to his picture on the wall.

His neighbours said he had grabbed a place in everyone's heart within a short span of time. "It was nearly a year ago that I met him when he came to start the construction of his house. In the first meeting itself, I felt like he was my son," said Unni, an elderly man who lives opposite Vinod's house. He said whenever Vinod came to oversee the work of his house, he used to visit his home. "Our bond became stronger within a few meetings. Not just with me, he established a bond with all the neighbors. He even offered annadhanam to all the neighbours in my home on the Attukal Pongal day," said Unni.

Want same fate for accused': Wife of tailor beheaded in Udaipur

Udaipur The wife of Kanhaiya Lal Teli, the Udaipur tailor who was beheaded inside his shop two years ago for posting content in support of BJP leader Nupur Sharma, said she wanted the two accused to face a similar fate. Almost two years after the death of Kanhaiya Lal, his family still finds it hard to come to terms with the fact he has been killed. "I want the same fate to be meted out to the culprits. What they did to my husband should be done to them," Kanhaiya Lal's wife told India. In June 2022, two men came to Kanhaiya Lal's shop in Udaipur and butchered him in broad daylight. The entire incident, which was captured on CCTV camera, triggered a country-wide uproar. Later, the two accused, Ghaus Mohammad and Riyas Attari, admitted to killing Kanhaiya in a pre-recorded video message. The duo were arrested subsequently.

The accused said they killed Kanhaiya Lal for supporting Nupur Sharma, a former spokesperson for the BJP who had made controversial remarks about the Prophet Muhammad. The case was handed over to the National Investigation Agency (NIA) and a charge sheet was filed against Mohammed, Attari and nine others in December 2022.

Kanhaiya Lal's family still lives in fear

Nearly two years after the murder of Kanhaiya Lal, his family still lives in an atmosphere of fear. Their lives have completely changed after the incident, with the constant presence of police personnel for their security. The family has also been forced to live under



constant watch and CCTV cameras have been installed outside their home.

One of Kanhaiya Lal's sons, Tarun, said the family feels that they have not got justice. "I feel that we have not got justice till now. Life is not normal. Security personnel remain present with us wherever we go," Tarun told.

The 22-year-old elder son of Kanhaiya Lal, who

aims to appear for the UPSC (Union Public Service Commission) exam, said he still misses the presence of his father.

"I want to prepare for civil services. I do not wish to continue in a government job for long. I miss the presence of my father. No amount of compensation can make up for his absence," he said. The two sons of Kanhaiya Lal currently work as Lower Division Clerks (LDC) in one of the departments of the Rajasthan government. "The feeling that justice has not yet happened continues even though the rage may have subsided to an extent," a resident said.

Udaipur gears up for Lok Sabha polls Meena, a former IAS officer, received the CM Excellence award during the Ashok Gehlot regime.

Notably, he was the District Magistrate of Udaipur when the murder of Kanhaiya Lal took place. Later, he relinquished his post and forayed into politics, with Congress fielding him for the Udaipur Lok Sabha seat.

Meanwhile, the BJP's pick, Mannalal Rawat, is also a former government officer who served as Additional Commissioner with the transport department before joining politics.

Water-bell': Schools in AP to have three hydration breaks

VIJAYAWADA. Ensuring the well-being of students across Andhra Pradesh, the Department of School Education has initiated the 'water-bell' system. This initiative will ensure three breaks scheduled at 8.45 am, 10.05 am and 11.50 am prompting both students and teachers to pause and hydrate.

This measure comes in response to the recent message from the AP Disaster Management Authority, warning of rising temperatures in the State. Recognising the potential health risks associated with dehydration, authorities have mandated the implementation of the 'water-bell' in all schools to address the pressing need for hydration among students during school hours. According to Commissioner (School Education) S Suresh Kumar, "As temperatures soar, the risk of dehydration and heat-related illnesses increases, particularly among school-going children. By introducing the 'water-bell' system, we aim to instil the habit of regular hydration, thereby reducing the likelihood of health complications." Parent Committee member Bhuma Bhagya Lakshmi from Guntur stated, "With temperatures expected to soar in the coming months,

the 'water-bell' initiative serves as a timely intervention in safeguarding the health of school-going children. Students generally drink water for about 2 hours in school, and they may not drink water at



home while engrossed in playing games. Thus, the initiative is commendable, and it encourages students to continue drinking water even after school hours, thereby understanding the importance of staying hydrated." Madithati Narasimha Reddy, Headmaster of Zilla Parishad High School in Sambepalli Village, Annamayya district, highlighted that the programme plays a crucial role in preserving the mental and physical well-being of the students. In accordance with previous directives.

Tiruchy AIADMK women invoke Jaya to win votes

➔ **Suriyur Raja of the AIADMK's traders' wing, who has been appointed coordinator for the poll campaign, said,**

TIRUCHY. Tapping into the popularity of late party leader and former chief minister J Jayalalithaa, women members of the AIADMK's Tiruchy south district unit have commenced door-to-door campaigning, highlighting to residents the women-centric schemes implemented during her regime and how the DMK "scrapped" them. The party functionaries are also trying to win over those

women left out of the ambit of the DMK regime's monthly honorarium scheme by mentioning how they have been "betrayed". Suriyur Raja of the AIADMK's traders' wing, who has been appointed coordinator for the poll campaign, said, "Our women members are entrusted with the task of meeting female voters. Seven women organisers have been chosen to lead the campaign. Each of them has 10 functionaries and their task is to reach out to female voters."

Saru Mathi, AIADMK ward councillor of Thuvakudi municipality, said, "Our focus is to remind the women voters the legacy of our Amma and her achievements during her tenure as CM. We inform people how the DMK has failed to fulfil the promise of securing financial assistance for all women. Further, our team tell

voters how important schemes such as the 'Thalikka Thangam' and the free cattle scheme for women during Amma's reign were scrapped by the DMK government." Pointing out that Thuvakudi falling under Tiruverumbur alone has 16,000 women voters, a local AIADMK booth committee member shared hope that such "personalised" approach "works better, as they confide in us the issues they face."

While admitting that several women AIADMK members receive the monthly honorarium of Rs 1,000 under Kalaigal Mahalir Urimai Thogai Thittam, Subra Devi of Tiruverumbur, who heads a group under the campaign, said, "Did MK Stalin ever state that only eligible women would get the money (under the scheme)? That's why many women here feel betrayed."



After ED, Prime Minister has added RTI to alliance: MK Stalin's Katchatheevu dig

Chennai Tamil Nadu Chief Minister MK Stalin on Wednesday said Prime Minister Narendra Modi has added the Right to Information Act (RTI) to his "alliance" in a jibe at the Katchatheevu island row. His remarks came days after PM Modi accused the DMK of not safeguarding Tamil Nadu's interests and lashed out at the Congress for "callously" handing over Katchatheevu island to Sri Lanka. "After the Enforcement Directorate (ED) and the Income Tax (IT), he has also included RTI to his alliance. Since (PM) Modi knows that people will not believe if he says anything, he is using RTI for gimmicks," said Stalin, who also questioned why the Prime Minister had to speak about Katchatheevu in Uttar Pradesh.

PM Modi on Sunday slammed the Congress over the Katchatheevu island controversy



following an RTI report revealing the decision of then Prime Minister, Indira Gandhi's government, to hand over the strategic island to Sri Lanka in 1974. Stalin also said that for social justice and equality to prevail, the BJP should be defeated in the upcoming Lok Sabha polls. He added that the BJP was also aware that people from the southern and northern states would remove it from power.

Stalin also criticised PM Modi for saying he was unaware of the Enforcement Directorate's actions. "Were you not aware of the arrest of (former) Jharkhand Chief Minister (Hemant Soren) and Delhi Chief Minister (Arvind Kejriwal)? After freezing the Congress party's accounts, Income Tax took a U-turn in the Supreme Court. So you are not aware of what IT, ED and CBI are doing?" he said.

He also said that those who don't like the word 'Dravidam' were trying to portray him as an enemy of religion. "We are enemies of communalism that splits people and not of religion. To say in the style of Kalaigal (M Karunanidhi), we don't claim that a temple should not exist, but we claim that the temple should not become the camp of the cruel. Overall, we are enemies to those who use religion to divide people," Stalin said.

2-year-old boy trapped in 15 feet deep borewell in Karnataka, rescue ops on

Vijayapura, Karnataka A 2-year-old child fell into a borewell in Karnataka's Lachayan village on Wednesday evening, and has been trapped there since then. Rescue operations are underway to rescue the boy, who is estimated to



be stuck at a depth of 15-20 feet. The child, named Satwik Mujagond, is likely to have fallen head first into the borewell in Vijayapura district. According to the police, the child fell into the uncovered borewell while playing near his house. The borewell was drilled into 4 acres of land belonging to the child's father, Satish

Mujagond. Rescue operations started around 6.30 pm on Wednesday. Police teams, revenue officials, members of taluk panchayat and officials from the fire department and emergency services are there to pull the child out from the borewell. "All efforts are underway to rescue the child," news agency PTI reported, quoting a senior police officer. Latest video footage showed movements inside the borewell as the child was caught moving his feet.

Police said that pipes have been inserted into the well to supply oxygen to the child.

The rescue team has dug up to some distance, which they will use to lay a 5-foot tunnel to reach the child. Hard rocks and boulders, however, may hinder the operation. Skilled tubewell drilling workers have been roped in to speed up the rescue process.

Karnataka Minister MB Patil took to X to address the incident. He said that he instructed the Vijayapura district administration to conduct an operation at a "rapid pace" and also prayed for the toddler's safe reunion with his parents.

The prospect of a Trump presidency

THE likelihood of Donald Trump being elected US President in November is increasing by the day. Despite his legal troubles, Trump's committed vote has not been affected. If anything, he has been able to leverage the victim card skilfully to consolidate political support among the poorer, less-educated Whites, surprisingly, the Latinos and the Republican Party's hard right wing. Joe Biden is losing support among traditional Democratic Party voters. There are questions about his age (he is 81); his support for Israel has alienated university-educated Whites and Blacks as well as the significant Arab-American and Muslim constituency. While the US economy has been doing well, with declining inflation, rising wages and low unemployment, this has not yet turned political sentiment in favour of the incumbent leadership. Disaffected Democratic Party supporters may not vote for Trump, but they may end up not voting at all rather than casting their ballot for Biden. The political landscape could change in the coming months, but at this point, Trump remains ahead in the opinion polls.

A US administration under Trump is expected to support further strengthening of relations with India. Over the past decade, the India-US relations have expanded across the board and enjoyed bipartisan consensus in America. A US administration under Trump is expected to support further strengthening of relations. Additionally, if the Modi government retains power as expected, it is unlikely to be troubled by US criticism of alleged human rights violations and discrimination against the minorities in India. In some respects, relations between the two countries may become more transactional than they are currently, but this may be only a matter of degree. The transactional element is prominent even now. The need to constrain China in the Indo-Pacific has been a priority for the Biden administration. But it was under the Trump administration in 2017 that the quadrilateral of India, Australia, Japan and the US was revived. During his visit to India in 2020, Trump said at a press conference with Prime Minister Modi at his side: "Together, the Prime Minister and I are revitalising the Quad initiative (involving the US, India, Australia and Japan). Since I took office, we have held the first Quad ministerial meeting and expanded cooperation on counter-terrorism, cybersecurity and maritime security and to ensure a free and open Indo-Pacific."

One should expect the US Indo-Pacific strategy to continue and be further consolidated. There are recent reports that Trump may not be supportive of the AUKUS nuclear submarine alliance among Australia, the UK and the US mainly due to the high cost spread over a number of years. He may insist on Australia shouldering a higher proportion of the cost. This would be welcome news for the Chinese.

What will Trump's policy be on Russia? This is important as it would also influence the Russia-China relations and collaterally, the India-Russia ties. There is a view that Trump will promote an immediate ceasefire in the Russia-Ukraine war, followed by a peace deal involving unspecified territorial compromises. The pressure on Ukraine will be put through denial of economic and military aid, while the pressure on Russia would be that in case the latter is recalcitrant, the US would resume large-scale support to Ukraine. However, Trump's antipathy to Ukraine is well known. It is possible that he would deny support to Kyiv and allow peace on Russian terms. But it is also likely that Europe would try and fill the breach, which it is already doing currently.

Trump may open the door to a limited political détente with Russia, but the anti-Russian sentiment within the US political elite across the political spectrum runs very deep. It is unlikely that the sweeping sanctions imposed on Russia will be lifted. The large chunk of Russian foreign exchange reserves may remain frozen. The one remaining US-Russia agreement on strategic arms reduction and limitation, known as the New START, will not be renewed upon expiry in 2026. Nevertheless, even a tactical shift reducing the US confrontation with Russia will take some pressure off India, which, for political,

Rohingya case brings India's refugee policy under scrutiny

International norms dictate that no one can be deported without informed consent.

THE Central Government told the Supreme Court last month that illegal Rohingyas did not have the fundamental right to reside and settle in India and that New Delhi did not recognise refugee cards issued by the United Nations High Commissioner for Refugees. Rohingyas settlements are in the spotlight in several Indian states. In Uttar Pradesh, the police had reportedly detained 74 Rohingya Muslims — 55 men, 14 women, and five minors — in 2023. The Rohingya case cannot be divorced from the community's institutionalised victimisation. This aspect is critical to the ongoing litigation and will clarify India's refugee policy, which will have international consequences as well.

Immigrants are vilified even in the Global North and blamed for the rise in crime and a drop in wage rates. They are dehumanised and subjected to dog-whistle tactics of mainstream politicians to induce mass anxiety. While there is no universal definition of migrants, as per the UN, refugees are people who have fled their countries to escape conflict, violence or persecution and have sought safety in another country. In line with the universally acknowledged 'refugee protection regime', the authorities as well as civil society should ensure that xenophobia is avoided with respect to the Rohingyas.

The trigger for the migration of the Rohingyas is persecution. Myanmar's version is that the Rohingyas came from Bangladesh to Rakhine and their language is Chittagonian, which has similarities with Bengali. Myanmar calls Rohingyas 'Bengalis', which goes against the universally agreed right of the community to 'self-identify'. It is said that the British, when they gained control of Rakhine, facilitated the flight of the Rohingyas as sharecroppers. The community contests this version. Its members affirm that they are native to Rakhine and have a distinct language. In this battle of versions, little attention is paid to the fact that till the British empire imploded in 1947-48 in Myanmar and India and new nation-states were created, including Myanmar and East Pakistan (which became Bangladesh in 1971), the border between the coastal Rakhine and neighbouring Bangladesh's Chittagong district was porous. As per the Arakan Project, in 2019-20, the approximate number of Rohingyas living in Bangladesh, Saudi Arabia, Pakistan, India, the UAE and Malaysia was 9.47 lakh, 5 lakh, 3.5 lakh, 40,000, 50,000 and 1.5 lakh, respectively. Except India, all countries which have hosted Rohingyas in large numbers are Muslim-majority. In India, the popular narrative around the Rohingyas seems to be a continuation from the 1990s, when illegal migration from Bangladesh was the norm. As Bangladesh's per capita income surpassed India's, illegal immigration ceased. Thus, this narrative doesn't factor in the specificities of the Rohingyas.

In the ongoing case of Mohammad Salimullah vs Union of India, the apex court has to decide whether the



deportation of Rohingyas will violate the right to equality under Article 14 and also Article 21 of the Constitution, which upholds the right to life. It also has to decide whether India is bound by the 'non-refoulement' principle, which is considered a part of customary international law, despite not having signed the 1951 Refugee Convention. Importantly, in an interim order, the SC said in April 2021 that Articles 14 and 21 were guaranteed to all, irrespective of citizenship. However, the court added: "The right not to be deported is ancillary or concomitant to the right to reside or settle in any part of the territory of India guaranteed under Article 19(1)(e)." This meant that Article 19(1)(e) only applied to Indian citizens. The court further ordered that unless the procedure prescribed for such deportation is followed, it cannot be undertaken.

International norms dictate that no one can be deported without informed consent. The Centre has stated that the deportation process will follow the procedure of notifying the government of the country of origin of the foreigners and the deportation will be ordered only when confirmed by that government that the persons concerned are citizens/nationals of that country and that they are entitled to come back. Practically, the same procedure is being followed for non-Rohingya Myanmar refugees living in Manipur, who escaped after the 2021 coup. The first batch was deported from India last month. For all practical purposes, even if this procedure is adhered to, the Rohingya deportation is subject to the Myanmar Government's consent, which is an unlikely scenario. The ongoing case also cannot be

delinked from the litigation on the Citizenship Amendment Act (CAA). Except the clause on religion, the Rohingyas fulfil the criterion of persecution mentioned in the CAA. The apex court will also have to reconcile Article 21 and Article 19(1)(e) in its final order. This will determine whether refugees coming to India will have legal recourse like they do in some Western democracies or their stay/deportation will solely depend on the executive's discretionary powers.

Rohingyas are usually employed as daily labourers. In India, some contractors hire them for government-funded projects and other work as they charge lower wages compared to the locals. A key argument in support of their deportation is that their stay in India may endanger national security. However, there is no evidence to this effect, a fact underlined by security officials. To sum up, the intent to deport the Rohingyas is empty rhetoric. With the forcible deportation of a community universally recognised as one of the most persecuted an unlikely prospect, India should take the lead in constituting a consortium of host countries to address the challenges facing the Rohingyas, including formulating innovative solutions for the community members. This would enable them to work legally and also address the concerns of law enforcement authorities in the host countries. Saudi Arabia has mooted proposals like the issuance of permanent residency. Some of the Gulf countries concerned may be willing to join India to fund this consortium, and this can provide a template for similarly persecuted refugees and their host countries elsewhere.

Flight disruptions

Passengers hit as Vistara faces merger challenges

VISTARA Airlines is facing a tough time as it grapples with challenges ahead of its merger with Air India. Pilot protests, operational hurdles and uncertainties surrounding the merger have led to a string of flight cancellations and delays, leaving thousands of passengers stranded and frustrated. At the heart of the turmoil lies discord between the airline management and its pilots over the revised salary structure. The reworked contract terms, including a shift to a fixed salary for 40 hours instead of the previous 70 hours, have sparked apprehensions among pilots regarding their earnings and career progression. Concerns over seniority have complicated the situation.

In response to the escalating crisis, the Civil Aviation Ministry has intervened, seeking a detailed report from Vistara regarding the flight cancellations and



delays. Additionally, the Directorate General of Civil Aviation has mandated the submission of daily reports by the airline, signalling a heightened regulatory oversight to

mitigate passenger inconvenience. While Vistara has taken measures to address the immediate issues, including the temporary reduction of flights and the deployment of larger aircraft on select routes or refunds to affected customers, the underlying issues demand a comprehensive resolution. With the merger looming, employee welfare and passenger satisfaction must remain paramount.

Meanwhile, it is heartening that the Bureau of Civil Aviation Security has issued new guidelines that will allow the exit of passengers from an aircraft through an airport departure gate in case there is a long delay in operating the flight after boarding. The directive is expected to benefit passengers hit by flight delays.

Steps to reduce congestion at airports amid rising air traffic are also welcome.

GDP growth should be a corollary of job creation

It is time for a paradigm shift. The focus needs to shift from GDP growth to the creation of more productive and better-paying jobs.

THE India Employment Report 2024, released recently by the Institute for Human Development in partnership with the International Labour Organisation, provides a comprehensive analysis of the latest official data. Some of its key findings are: the slow transition to non-farm employment has reversed; nearly 82 per cent of the workforce is engaged in the informal sector and around 90 per cent is informally employed; the youth unemployment rate has increased in accordance with the level of education, with the highest rate among those with a graduate degree or higher; and the real wages of regular workers have either remained stagnant or declined.

This is the situation even when GDP growth rates have been rising after the post-Covid recovery. If growth rates rise further, the acute problem regarding employment will continue. This calls for a policy response. But when looking for one, there is a mindset barrier that needs to be overcome first. One way of understanding this is to compare our performance with that of China. In 1991, the per capita incomes of the two nations were almost the same, and technologically, we were on a par, notwithstanding China being a powerful centralised state. Today, the Dragon has a per capita income that is five times ours. It has become the factory of the world and is trying to catch up with the US in frontier technologies. The primary reason for this widening gap has been our embrace of the Washington Consensus, with its faith in the efficacy of free markets, globalisation and the diminished role of the state. The state should restrict itself to providing macroeconomic stability, ease of doing business and the provision of physical

infrastructure, along with education and healthcare. The state should not pursue an old-fashioned industrial policy as it is incapable of 'choosing winners and losers'. The Chinese, on the other hand, made symbolic gestures to please the West but followed the smart industrial policies that South Korea and Japan had pursued to catch up with advanced industrial economies. The state steered the economy with pragmatic policies. The problem with our mindset was reflected in the comments of Chief Economic Adviser V Anantha Nageswaran at the release of the report; he listed all good macro-level policies that were already there. It was now for the industry to create jobs. There was, by implication, nothing more that the government could do. Given the severity of the employment challenge, it is time for a paradigm shift. The focus needs to shift from GDP growth to the creation of more productive and better-paying jobs. GDP growth should be a corollary of job creation. The starting point for change is to realise that smart sectoral policies can steer market forces to create more jobs. The purpose of choosing sectors and policy instruments has to be higher job creation.

There are two macro-level decisions that are prerequisites for offering better incentives to firms to create jobs. The first is for the Reserve Bank of India to give up the article of faith of letting market forces determine the exchange rate rather than acting to prevent real exchange rate appreciation. Real exchange rate appreciation makes imports cheaper and exports more expensive and has an adverse impact on employment. India is getting disproportionately large capital inflows through remittances and speculative foreign investments in



our stock markets, resulting in real exchange rate appreciation. East Asian nations kept their currencies artificially depreciated to industrialise faster. More than improving the ease of doing business, firms look at the cost of doing business. The PLI (production-linked incentive) is a recognition of the fact that there is a cost disadvantage in manufacturing in India, and a cash grant is made to offset this disadvantage linked to the achievement of agreed levels of output. It would be much better to lower costs across the board. But this would involve difficult decisions. These would include bringing petrol and diesel into the GST ambit, that in the 18 per cent slab, doing away with toll highways, ending cross-subsidy in rail freight charges and making the movement of goods by rail lucrative. The high cost of logistics in India is a major source of competitive disadvantage. Further, creating affordable rental accommodation for workers near manufacturing areas would improve their productivity. A few labour-intensive sectors

with the highest potential for creating jobs need to be chosen initially for putting together a critical mass of interventions to achieve a breakthrough. Tourism creates many jobs, but it awaits state-driven investment to establish destinations that attract international tourists and wealthy Indians in large numbers. In manufacturing, selectively raising the import duty and combining this with a package of financial incentives to achieve scale and competitiveness is one option that has produced good results in the case of toys. Having an FTA (free trade agreement) with the European Union should be a priority, as it would provide duty-free access to the European market for our labour-intensive garment exports. Creating, for instance, a labour-intensive ship-building industry is feasible. In the industrial era, competitive advantage is not a natural endowment; it is created. The state, in consultation with the domestic industry and global firms, can work out incentives that would lead to large-scale investment and job creation. Apple is a good example of the success of this approach in the manufacturing and export of smartphones. A national mission for achieving 100 per cent modern solid waste management, sewage treatment and processing and utilisation of bio-waste as a source of renewable energy should get the resource allocation needed for giving us a clean environment and, at the same time, creating large-scale dispersed employment.

The key is to design state interventions and allocate financial resources, giving job creation overriding priority. It should be profitable for private firms to create more jobs, and the state can and should make it happen.



Best exercises you can do sitting at Your desk

Be it the Metro, car, bike or workplace, most office-goers tend to sit at one spot at a stretch every day at the cost of their health. So how about taking a little time out to exercise at your workplace every now and then?



your lungs by taking a walk outside," master trainer Aminder Singh at Anytime Fitness, told IANS. For your hips, try Kicking...in the air!

"Leg kick front is good for hips. Kick front in a controlled way, do 10 counts for each leg. Another one is side kick. Kick sideways in a controlled way, do 10 counts for each leg," said Khan.

While taking the staircase is a must to keep the legs strong, Singh also suggests to sit upright on your chair and straighten one leg out in front of you.

Your hands should rest on the chair. Hold the position for three to five seconds. Repeat it between 12 and 20 times, then switch to the other leg, he said.

And just in case you don't want bingo wings, don't forget to keep your arms fit.

"Stand up and place your hands (each about a shoulder width away from your body) on the desk, and twist them in so they point towards your body then lean forward.

"Then push your shoulders and elbows closer to the desk. Repeat it five times," said Singh. Thanks to computers, office work also strains the eyes, so you need to exercise to strengthen them too.

"Gaze at a distant object for 15 to 30 seconds, then relax eyes," said Neeraj Mehta. Now stop sitting and reading, get set going towards a fitter and more active you.

A survey done by Qi Spine Clinic in 2018 shows that 57 percent of professionals in office jobs are affected by visible symptoms of sedentary workplace behaviour. Experts agree and suggest that by taking breaks to stretch or to run on the spot, people can work towards a healthier lifestyle. "Desk work puts a huge mental and physical stress on our bodies, especially on our lower back, leading to low back pain," Garima Anandani, chief spine specialist at Qi Spine Clinic, told.

periods (sitting for over two hours at a stretch is considered a long period) at the desk in poor posture, and lack of physical activity, puts us at greater risk for low back pain," she added. Stressing the importance of an active lifestyle, Ibrahim Khan, master trainer at Talwalkars gym, said: "A sitting job would lead to lower back pain and spondylosis. A side effect of not working out would be slowing down of Basal Metabolic Rate (the rate at which we burn our calories), and weight gain." Leading holistic health guru Mickey Mehta has some easy-to-follow solutions. "Use the staircase at least three times a day. Walk from your house or office to the bus stand. After every two hours, get



up from the chair and take a deep breath and stretch backwards. Then breathe out and come and touch your toes," he said. "Twisting will also help. Hip rotation clockwise and anticlockwise is good too," he added. ay to workout in office is to run on the spot, suggests Neeraj Mehta, director of Growth

For Fitness Instructors Fitness Academy. "You can do that for 30 seconds or a minute. Then do a little bit of stretching," he said. Anandani is also in favour of stretching. "For the benefit of the back and neck, stretch from head to toe, beginning with the neck.

Slowly tilt your head towards your shoulder. Hold for 10 seconds. Do alternate sides. Next loosen up your shoulders. Roll both shoulders forward in a circular motion then backward. Repeat 10 times," she said. Tightening stomach muscles at work is also possible! "To work your abdominal muscles, hold your stomach for a few seconds when breathing in, then release when breathing out." If possible, get some fresh air in

Avoid these common causes of bad posture

A person with bad posture is perceived as a person with low self-esteem and low confidence, besides harming overall health in the long term. The physical harm directly affects back and neck pain, amongst several other ailments. Today, we have Dr. Tina Mahendrakar - Physiotherapist, lay down some common causes of poor posture, so that being aware of these causes can help you avoid it to improve your posture.

Pain or past injuries
When you experience pain in your back or neck muscles or any other part of the body, you tend to overcome the pain by



holding your body in a different position. When this posture is continued for a long time, it can become a daily habit. Hence holding yourself differently can be due to some pain or muscle injury in any part of your body.

Low nutritional state
Your spine and back need adequate nutrients to grow strong and straight. Low nutrition and lack of vitamins and calcium can affect the bones and muscles by not providing adequate strength and flexibility to hold itself in a correct posture.

Hereditary
If you have a family history of bent back, then even you might have to deal with it. Sometimes no matter how hard you try to hold your posture in a correct way, the reason can be just genes that

are preventing you from improving your posture. However, this can be rectified with professional help.

Extra weight
According to Dr. Tina, carrying extra weight can also be the reason for your poor posture. Many women with large breasts tend to have bad posture because the extra weight around their chest pulls them forward. People with extra weight around their stomach can have a problem with lower back pulled forward, due to the stomach weight.

Habit
Sometimes, the way you walk or the way you hold things can be the reason of bad posture. For instance, if you always walk with your head down or slump your shoulders, this can cause your posture to pull out from proper alignment. Sometimes, carrying weight on only one side of the body can contribute to imbalanced or poor posture.

Your job
Your desk job is the biggest reason for your hunched back - according to Dr. Tina. People, who have desk jobs, often push their neck and head forward and hunch their shoulders. All these factors contribute to our inability to keep our spines straight and results in poor posture.

Lifestyle and fashion
Clothing and shoes especially affect posture. Women, who walk on pencil heels, are more prone to cause problems to their posture. Besides high heels shoes, wearing boots, tight fitting clothes, low waist jeans and wide belts can cause bad posture - according to Dr. Tina. When you wear something uncomfortable like wide belts or high heeled shoes, this changes your centre of gravity, which ultimately causes your posture to suffer.

Home remedies to treat High blood pressure

Blood pressure is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

High blood pressure, a silent killer can cause heart attacks, strokes, heart disease, organ failure, and death if not treated on time. Your doctor will give you medical prescriptions if you have high blood pressure, but did you know that there are several things in your kitchen cabinets that can be used to lower the same problem?

Red Vs white
Fish and chicken are helpful in lowering blood pressure. But red meat will spike your blood pressure and even make matters worse. Try clubbing chicken or fish with vegetables and you are sorted!

Garlic
Garlic is a key ingredient of the Indian diet and many cuisines around the world. Remember your grandma asking you to eat a piece of garlic every day? Well she was right! This natural medicine helps in lowering cholesterol and also keeps your blood pressure in check.

Onion and honey
A quick tip to lower your blood pressure is to take a tsp of onion juice in a cup and add two tsp of honey. Have this concoction every day.

Curry leaves This is one remedy that our south Indian friends mostly opt for. Curry leaves are a natural source that battles various illnesses. In a vessel add drinking water and 4-5 curry leaves, cool it and use it for daily drinking.

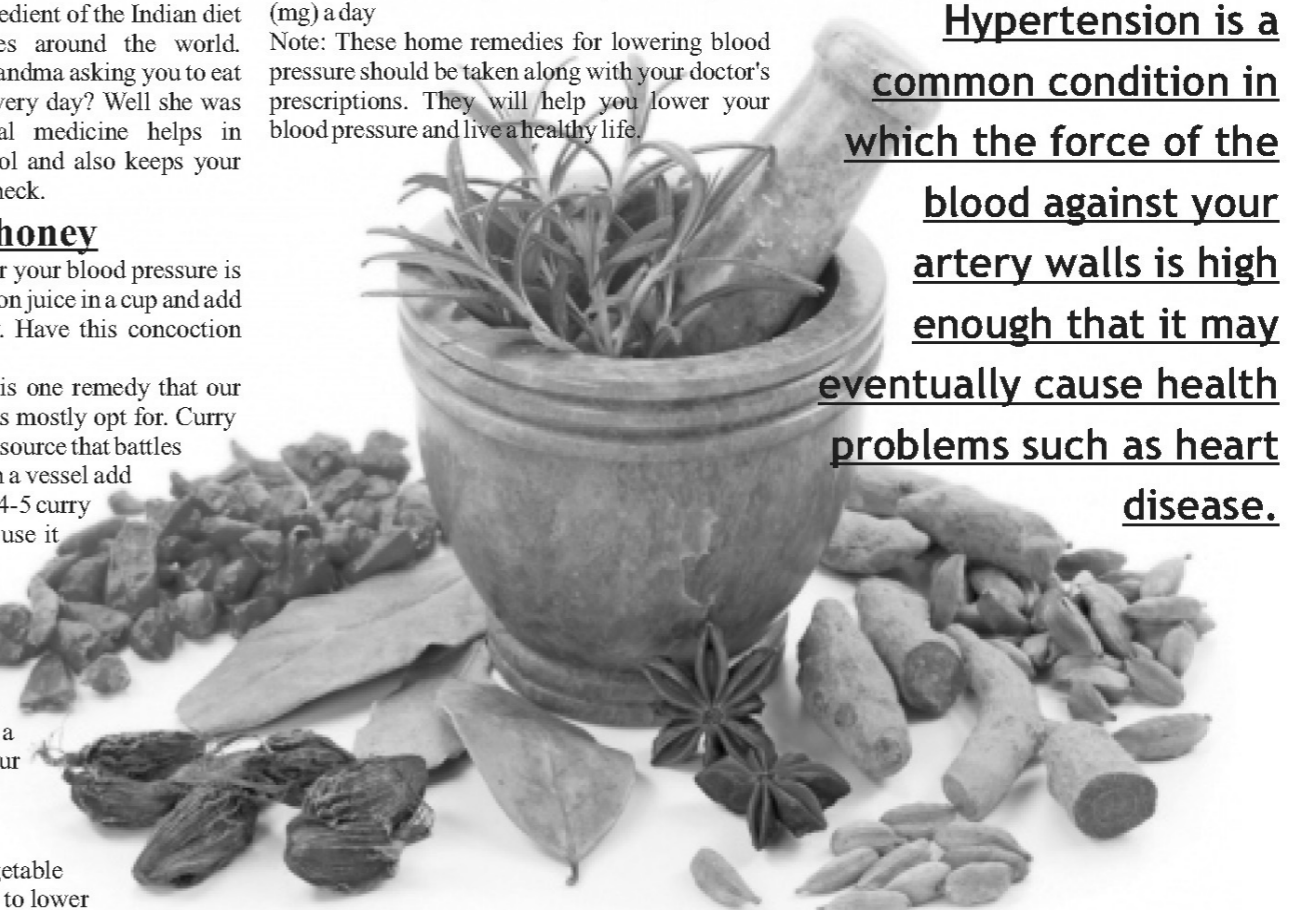
Carrots
Blend a carrot and spinach to get a tall glass of juice. Drink this twice a day to lower your blood pressure.

Beet root
This beautiful vegetable juice is a great way to lower your blood pressure. Drink it



twice a day. Decrease the salt in your diet: 1,500 milligrams (mg) a day Note: These home remedies for lowering blood pressure should be taken along with your doctor's prescriptions. They will help you lower your blood pressure and live a healthy life.

High blood pressure or Hypertension is a common condition in which the force of the blood against your artery walls is high enough that it may eventually cause health problems such as heart disease.



22 leaders from Chirag Paswan's party resign, say will back INDIA bloc

In a major blow to Chirag Paswan's Lok Janshakti Party, 22 leaders from the party resigned after they expressed their displeasure over not getting Lok Sabha poll tickets. They said they will support the Opposition INDIA bloc.

New Delhi. Twenty-two leaders from Chirag Paswan-led Lok Janshakti Party (LJP) have resigned after they objected to not getting tickets for the upcoming Lok Sabha elections, dealing a major blow to the party days after it sealed a pre-poll alliance with the BJP. The leaders claimed that Chirag Paswan "sold all Lok Sabha tickets" and said they would now support the Opposition INDIA bloc, news agency ANI reported. Among those who stepped down include former minister Renu Kushwaha, former MLA and LJP's national general secretary Satish Kumar, state organisation secretary Ravindra Singh, state general secretary Rajesh Dangi and party leaders Ajay Kushwaha and Sanjay Singh.



Renu Kushwaha lashed out at Chirag Paswan for giving tickets to "outsiders", according to ANI. "Tickets should be given to the party workers instead of people from outside. Tickets were given to outsiders, which meant that competent and hardworking people were not getting their due. Do we belong to the labour class that we will work for you and

make you a leader," Kushwaha said. Satish Kumar said the rebel LJP leaders will now back the INDIA bloc in the Lok Sabha polls. He accused Chirag Paswan of betraying the people of Bihar. "When such important elections are coming up, the LJP chief has given tickets to such people that the party workers are stunned. The people who used to raise slogans 'Hail Chirag Paswan', day and night and hoped for a new

Bihar' have been betrayed. Their aspirations have been crushed," he said. "Now to save the country, we will now support the INDIA bloc," he said. Voicing similar sentiments, Ravindra Singh alleged that Chirag Paswan "sold the tickets". "Chirag Paswan has played an emotional game with the people of Bihar. When he got five seats due to our hard work, he sold all those tickets. People of Bihar will give him an answer," he said. On March 18, the BJP sealed a seat-sharing alliance with the LJP and Nitish Kumar's Janata Dal (United). According to the deal, the LJP will contest five of the 40 Lok Sabha seats in Bihar -- Vaishali, Hajipur, Samastipur, Khagaria and Jamui. The following day, Chirag Paswan's estranged uncle Pashupati Paras resigned as a minister from the Union Cabinet. Bihar will vote in all seven phases of the Lok Sabha polls from April 19 to June 1. Votes will be counted on June 4.

Senior Level Jobs To See Average 20% Pay Hike In Buoyant Economy: Report

New Delhi. Salary hike in senior level jobs is expected to reach an average of 20 per cent this year, as nurturing talent and fostering innovation remains a key focus area for companies amid the country's buoyant economic conditions, says a report. According to the Michael Page India Salary Guide 2024, there is a resurgence in hiring within traditional industries, particularly evident in the continued high demand for manufacturing and operations roles. Additionally, there's a notable surge in the need for professionals skilled in data analytics, generative AI, and machine learning across various sectors. The annual guidance report covers the key sectors of BFSI, engineering & manufacturing, finance & accounting, healthcare & lifesciences, human resources, legal, compliance, procurement & supply chain, property & construction, sales & marketing, and technology. According to the report, India's 6 per cent GDP growth

coupled with significant domestic investments and independence from external factors, positions India uniquely in the region, even amidst global challenges. "With India's economy displaying such resilience and optimism, and surpassing its pre-COVID performance, the focus is now on harnessing this potential. Nurturing talent and fostering innovation thus remains a key," said Ankit Agarwala, Managing Director at PageGroup. Mr. Agarwala further noted that the IT services industry, a cornerstone of the Indian economy, is witnessing a phase of recalibration. Companies are moderating their approach to salary increments, with expected hikes around 8 per cent-10 per cent. "Industries like consumer, renewables, finance, and healthcare are flourishing, bolstered by investments from local and domestic companies," Mr. Agarwala said

Boeing aircraft flying at low altitude over Bengaluru puzzles residents

New Delhi. For the past two days, residents of Koramangala in Bengaluru have been dealing with the constant buzzing noise of a plane circling above the neighbourhood. Several X users pointed out that a Boeing aircraft was passing close to the ground and did around six circles over the HAL (Hindustan Aeronautics Limited) Airport. Flightradar24, which tracks commercial flights, said the aircraft was a Boeing 777-337 (ER), with registration number K7067, which is used to fly VIPs like the President, Vice President and Prime Minister.

Flight data showed the aircraft departed from Delhi, and made six circles around the HAL airport. The data further revealed that the aircraft left Delhi at 5.32 pm on April 3 and returned at 10.54 pm from Bengaluru.

"A really low flying plane circling Bangalore near Koramangala, Indiranagar area. Comes really close to the ground then takes off again without touching," one of the residents posted on X. Mohan Krishnan, a retired scientist who worked at the National Informatics Centre, said since the model code of conduct was in force due to the Lok Sabha polls, the aircraft might be flying to remain in good condition or training pilots. Some users complained of the constant noise of the aircraft. "I see this every night. Flying at low altitudes, blaring," one user said. Another commented, "This one is frustrating, seeing it daily."

A resident said he noticed the aircraft multiple times over the past two weeks. An alumnus of the National Defence Academy said the HAL Airport, a defence airport, was also used for training pilots for commercial airlines as well.

Gourav Vallabh joins BJP hours after quitting Congress, calling it 'directionless'

New Delhi. Congress national spokesperson Gourav Vallabh on Thursday joined the BJP, hours after quitting Congress. S. Gourav Vallabh, in a letter to Congress chief Mallikarjun Kharge, called the party 'directionless', and cited reasons for his exit such as the caste census, and said that he cannot raise 'anti-Sanatana' slogans. "I do not feel comfortable with the directionless way in which the Congress party is moving forward today. I can neither raise anti-Sanatana slogans nor abuse the wealth creators of the country. I am resigning from all posts and primary membership of the Congress party," Gourav Vallabh wrote on X. Gourav Vallabh, who handled Mallikarjun Kharge's Congress president campaign, was an effective voice on economic issues.

He contested the Rajasthan assembly election from Udaipur constituency in 2023. However, the BJP candidate secured a comfortable win with a margin of over 32,000 votes. Gourav Vallabh made his poll debut in 2019 in Jharkhand's Jamshedpur East, where he bagged over 18,000 votes and ended up in third spot behind then-sitting chief minister Raghubar Das and Saryu Roy.

'Lost 4.5-kilogram weight...': Atishi on Arvind Kejriwal's health inside jail

New Delhi. Aam Aadmi Party (AAP) leader and Delhi Minister Atishi on Wednesday claimed that the health of Delhi Chief Minister Arvind Kejriwal has been rapidly deteriorating since his arrest on March 21 in the now-scrapped liquor policy case. He said that Kejriwal, who suffers from "severe diabetes", has lost 4.5 kg weight ever since his arrest.

"Delhi's Chief Minister Arvind Kejriwal is severely diabetic. His sugar level needs to be monitored at regular intervals throughout the day. His medicines, insulin injections, food, and diet, have to be according to the fluctuating sugar level. Severe diabetes can lead to various health complications, it can affect a person's heart, kidneys, eyes, and entire nervous system," she said in a press conference. The biggest threat of severe diabetes is a drop in the blood sugar level, which is also known as hypoglycaemia. If a patient's sugar level drops below 50, it could prove to be fatal. This is why a diabetic patient's sugar level must not go below 80" she added. Notably, Kejriwal was arrested by the Enforcement Directorate (ED) in an excise policy-linked money laundering case. He has been sent into judicial custody till April 15.

'Have natural alignment with BJP': Kangana Ranaut on why she chose to join party

New Delhi. Actor Kangana Ranaut, the BJP candidate from Mandi Lok Sabha seat in Himachal Pradesh, said she did not see herself as a politician and praised Prime Minister Narendra Modi, saying he was her source of inspiration. In an exclusive interview with Aaj Tak/India Today, Kangana Ranaut said she had a "natural alignment" with the BJP and underlined the need to serve the people with dedication.

"Serving the people is not everyone's cup of tea. Everyone, including me, has dreams. I was in the film industry for 20 years and had a lavish life. I don't see myself as a neta (politician). I am just a BJP candidate out there to serve the people," she said.

"I have a natural alignment with the BJP. Apart from that, I believe in Bhagavad Geeta's lessons to fight for our rights. I have been a fan of Netaji Subhas Chandra Bose too," she added.

KANGANA RANAUT ON CONTROVERSIAL POST TARGETING HER

Kangana Ranaut said she was "pained" by the now-deleted controversial post on her that was uploaded on Congress leader Supriya Shrinete's social media platform. She said women have been sexualised. "It is very



painful. At a time when men are going out to make their careers, women are told to cover themselves and wear their dresses properly. In a way, women have been sexualised. This should not be done," she said.

KANGANA RANAUT TAKES DIG AT RAHUL, PRIYANKA GANDHI

Kangana Ranaut said Congress leader Rahul Gandhi was a victim of an "ambitious" mother, in a reference to Sonia Gandhi. She asserted that both Rahul Gandhi and his sister Priyanka Gandhi Vadra were "pressured" and "forced" into politics by Sonia Gandhi. "Rahul Gandhi is a victim of an ambitious mother. As we have seen in the film '3 Idiots', children themselves become victims of 'parivarvaad' (dynastic politics). Same is the situation with Rahul Gandhi," the actor said. Kangana Ranaut said both Rahul Gandhi and

Priyanka Gandhi Vadra were being "tortured" by their mother to stay in politics, and they should have been allowed to lead their own lives. She also said that despite being above 50 years of age, Rahul Gandhi was always being "relaunched" as a youth leader. "I feel he is being pressured and is very lonely," she said.

The actor further said that Rahul Gandhi should have been allowed to pursue some other profession and could have tried his hand at acting.

BJP CAMPAIGNING ON DEVELOPMENT PLANK

She said the BJP was campaigning on a development plank and informing the people about the benefits of the central government's policies.

"We are campaigning to give PM Modi's message. We are telling people not to forget to press the button to vote for 'kamal' (lotus)," Kangana Ranaut said.

'PM MODI SOURCE OF INSPIRATION'

Asked about which leaders she admired, Kangana Ranaut said, "PM Modi is my source of inspiration. Apart from that, (Lal Bahadur) Shastri ji and (former prime minister) Indira Gandhi ji too had qualities."

Sanjay Nirupam says he had quit before Congress sacked him

New Delhi. Sanjay Nirupam, who was expelled by the Congress for six years, said on Thursday that the grand old party had expelled him after it got his resignation letter. The former MP, who had represented both Lok Sabha and Rajya Sabha, was expelled from the Congress days after he hit out at his party leadership amid seat-sharing talks with Shiv Sena (UBT) for the upcoming Lok Sabha elections. Sharing a screenshot of his resignation mail to Congress president Mallikarjun Kharge, Nirupam wrote on X, "Looks like immediately after the party received my resignation letter last night, they decided to issue my expulsion. Good to see such promptness. Just sharing this information." Nirupam, a former MP from Mumbai North, had hit out at the state leadership of Congress after the Uddhav Thackeray-led Shiv Sena declared its candidates for four out of six Lok Sabha seats in Mumbai, including the Mumbai North West seat, which he was eyeing.

e had said the Congress leadership shouldn't allow itself to be arm-twisted by Shiv Sena



(UBT). "Accepting the Shiv Sena (UBT's) decision to unilaterally field candidates in Mumbai amounted to allowing the destruction of Congress," he had said.

The Maharashtra Congress passed a resolution seeking the expulsion of Nirupam and sent it to the party's high command in Delhi. His name was also dropped from the party's list of star campaigners. Nirupam lost to BJP's Gopal Shetty from the Mumbai North West Lok Sabha seat in the 2014 Lok Sabha polls. Although he expressed interest in contesting for the Mumbai North West constituency, his plans were thwarted as Shiv Sena (UBT) put forward its own candidate, which complicated the situation.

Ajit Doval condemns Moscow attack, says need to shun 'double standards' on terror

National security advisor (NSA) Ajit Doval on Wednesday attended the meeting of NSAs of the Shanghai Cooperation Organisation (SCO) in Kazakhstan's Astana, during which he said that India is committed to further deepening ties with the member states that are several centuries old. Centuries.

He also condemned the terror attack at Crocus City Hall in Moscow and said that perpetrators of terrorism should be effectively and expeditiously dealt with including those involved in cross-border terrorist activities. In an address at a security conclave of the SCO, he also raised the issue of the continued threat posed by various terror groups in the SCO region, including those

designated by the UNSC including Al Qaeda & its affiliates, ISIS & its affiliates, Lashkar-e-Taiba and Jaish-e-Muhammad. He emphasised the need to counter the use of technology by terrorists including drones for cross-border smuggling of weapons and drugs. India supports the creation of effective mechanisms for cooperation within RATS-SCO for countering terror financing and supports its further strengthening, he said. In his remarks, Doval expressed deep concern on the security situation in Afghanistan including the continued presence of terrorist networks. He noted that as a contiguous neighbour of Afghanistan, India has legitimate security and economic interests in

Afghanistan. Doval also conveyed that the SCO's immediate priorities in Afghanistan include providing humanitarian assistance, ensuring the formation of a truly inclusive and representative government, combating terrorism and drug trafficking and preserving the rights of women, children and minorities. India has invested USD three billion in Afghanistan and supplied 50,000 metric tonnes of wheat, 250 tonnes of medical aid and supplied 40,000 litres of Malathion pesticide to fight the locust menace.

In the meeting of Kazakhstan President Kassym-Jomart Tokayev with the secretaries of the security councils of the SCO member states.

Extreme heat likely in Karnataka, Odisha, rain likely in Bihar, Jharkhand

Parts of Karnataka, Odisha, West Bengal, Telangana, and coastal Andhra Pradesh are very likely to experience heatwave conditions in the coming days, the India Meteorological Department has said.

New Delhi. Parts of Karnataka, Odisha, West Bengal, Telangana, and coastal Andhra Pradesh are very likely to experience heatwave conditions in the coming days, the India Meteorological Department has said.

"Enhanced rainfall/thunderstorm activity is likely to continue over Northeast India till April 7, 2024. Heat wave conditions are likely to prevail over parts of east & peninsular India during 03rd-06th April 2024," IMD said in its latest bulletin. "Heat wave conditions are very likely in isolated pockets over North Interior Karnataka during 03rd-05th; Odisha, Gangetic West Bengal during 04th-07th; Jharkhand, Telangana, Rayalaseema during 04th-06th; Coastal Andhra Pradesh & Yanam during 03th-

06th April 2024," IMD bulletin read. "Hot and humid weather very likely to prevail over Kerala and Mahe, Tamil Nadu and Puducherry and Karaikal during 03rd-07th; over Coastal Karnataka during 03rd-05th; over Gangetic West Bengal, Odisha and Rayalaseema on 03rd April 2024," it added. This comes as the IMD, earlier this week, warned of extreme heat conditions in India during the April to June period. The weather department also said the central and western peninsular parts of the country are likely to be impacted the most.

On April 2, maximum temperatures were in the range of 40-43 degrees Celsius at isolated places over south Chhattisgarh, Vidarbha, Andhra Pradesh and Yanam



and interior parts of Tamil Nadu, Maharashtra, Karnataka, Odisha. The temperatures were above normal by 1-4 degrees Celsius at many places over Indo-Gangetic plains, south peninsular India and West Bengal & Sikkim; at isolated places over north-east India.

IMD has predicted a gradual rise in maximum temperatures by 2-3 degrees Celsius over many parts of East India during the next 3 days and no significant change thereafter.

The weather department, however, has forecast light to moderate rainfall along with thunderstorms over Northeast India till April 9.

"Fairly widespread to widespread light/moderate rainfall/snowfall with isolated thunderstorms and lightning very likely over Arunachal Pradesh; scattered to fairly widespread light to moderate rainfall over Assam and Meghalaya and Nagaland, Manipur, Mizoram, and Tripura from 3 to 9 April 2024," it said.



This summer, personalise your Workout to get in Shape

you are making

You may chart out a great exercise routine for yourself, but it won't be any good if you make these mistakes:

Drinking coffee before exercising

Caffeine acts as a diuretic to your body, causing severe dehydration. So, when you consume it before a workout, your body loses fluids. The best way to stay hydrated is to drink water, especially in summer. This will keep you body cool.

Stepping out late for your workout

If you're a late riser, you may tend to put off your exercise routine for later in the morning. But this isn't a great idea, as during summers, the temperatures go up much earlier in the day. The heat can put your body at risk. Sleep early at night and do your exercises as early in the morning, even on weekends. If early in the day is not possible, work out late in the evening when it is cooler.

Not wearing spandex

Most people prefer wearing loose clothes while gymming. But these can cause chaffing, especially when you sweat. Go for options that aren't too tight or too loose. You can wear spandex beneath a loose T-shirt to prevent this.

Skipping a meal post exercising

Starving yourself after exercising won't make you lose any more weight. You need to refuel your body within 30 minutes after your gym session. So, apart from hydrating yourself, you can snack on a small meal, like a hard-boiled egg, a carrot or a shake.

Mumbai's temperatures are soaring high and soon you'll be seeing people trying to beat the heat with shorts, halters, summer dresses and crop tops!

But before you do the same, you need to tone your arms, thighs, waist and shoulders, to flaunt your flirty summer wardrobe. Here are some season-specific exercises to incorporate in your fitness routine...

For shapely thighs, hips and butt

Squats: Three sets of 10 to 15 reps Stand with your feet hip-width apart. Lower yourself gently, like you are going to sit on a chair. Keep your toes behind your knees and push your weight on your heels. Straighten your legs to raise yourself back up. Keep your abs in and don't lean too far forward as you lower yourself. For extra toning, hold medium weights in your hands as you squat.

For toned arms

Bicep curls: Three sets of seven to 12 reps Stand straight with medium weights in each hand at arm's length. Keep your elbows close to your torso and rotate the palms until they are facing forward. Now, keeping the upper arms stationary, exhale and curl the weights while contracting your biceps. Do not use momentum to throw the weights up, and do not let them drop quickly on the way down.

For flat abs

Bicycling on the floor: Lie flat on your back on a yoga mat with your legs bent and feet flat on the mat. Bend your elbows, flare them out to your sides and place your fingers just behind your ears. Contract your abs, move the legs in a pedalling motion, touching the left elbow to the right knee. Focus on keeping the abs contracted during the entire exercise. Do not pull the head toward your legs with your hands, as it will strain your neck.

Common workout mistakes



Pool aquacises for fitness and fun

Low-impact and easy on the muscles, these workouts and games provide little risk of injury. Mumbai has been sweltering alright! At 36.9 degrees Celsius, we had the hottest day recently, and it's going to get worse. While we don't advocate

Enjoy playing tag on land? Now, try it in the water with Marco Polo. In it, players form two teams. The catcher has to yell "Marco" and the rest yell "Polo" as they swim around in a bid to avoid him.

Go on a Treasure Hunt

Make a list of 'treasures' that are to be found in the pool such as coins, rings and other small, but sinkable items. Let two teams read the list and try and find these. Coins are the hardest to find so the game is bound to provide hours of fun.

Pool Volleyball

One of the most popular activities is pool volleyball or net ball. The game follows the same rule as on land and uses a special net. It also



wasting water in a rain dance, how about getting into a pool to cool down?

If all you did was swim so far, take a deep breath and jump in! Here are other ways ways to enjoy yourself...

Water Relay

Keep two buckets at either end of the pool and divide players into two teams, each having a mini surfboard and small mug tied to the board. Each player must fill the mug with water, get on to the board and swim across the pool to dump the water into the bucket on the other side. He or she must then hand the mug to a team mate, to take over. First to fill the bucket is the winner.

Marco Polo

needs pool depth as one needs movement to be able to jump and hit the ball. Use floating ropes to mark boundaries. Not only is this a calorie buster, but also needs controlled movements that helps tone your legs.

Aqua Noodle Water exercises are a huge draw as water provides 14 per cent more resistance than air, which means muscles get more toned in water. And there is almost zero impact on the bones, joints and muscles. Forget fancy machines and try the plastic noodle, which helps you stay afloat while balancing.

From a simple push and pull movement to squats and twists, there's a lot you can do with this.

Hydrotherapy, is a part of alternative medicine, which involves the use of water for pain relief and treatment. The term encompasses a broad range of approaches and therapeutic methods that take advantage of the physical properties of water, such as temperature and pressure, for therapeutic purposes, to stimulate blood circulation and treat the symptoms of certain diseases. Bath temperatures typically ranged from 92°F to 97°F, so as not to cause injury to the patients.

Water therapy may be restricted to use in Physiotherapy, and as a cleansing agent. However, it is also used as a medium for delivery of heat and cold to the body, which has long been the basis for its application. Hydrotherapy involves a range of methods and techniques.

Various therapies used in the present-day hydrotherapy employ water jets, underwater massage and mineral baths. Hydrotherapy which involves submerging all or part of the body in water.

The Hydro Machine has pre installed Jets. These Jets shoots water on the body in periodicals (specified time periods). The water affects precisely on the chakras of the body. Eventually cleansing

Hydrotherapy an alternative form of medicine

and opening the desired chakras.

The Health and Healing Benefits of Hydro Therapy is it reduces muscle tension and pain rehabilitates injured muscles, boosts immune system, encourage detoxification and relieves stress.

In addition to the Hydrotherapy, Sea Salts are also used. Sea salts and Epsom salts, or magnesium sulfate, both commonly used in the beauty industry, contain minerals that can help to enhance the skin.

The magnesium in Epsom salts can reduce

inflammation, while sulfates flush out toxins. These salts helps in exfoliation, invigorates and cleanses and regenerates the skin.

Hence, it is usually recommended to have a Hydrotherapy along with the Bath Salts for the numerous benefits it does on the overall body.



Sensex, Nifty struggle after hitting record highs; HDFC Bank surges 2%

New Delhi. Benchmark stock market indices pared gains after hitting record highs in early trade, backed by a sharp surge in shares of HDFC Bank. The S&P BSE Sensex was trading 22.22 points higher at 73,899.04 at 10.05 am, while the NSE Nifty50 was down 8.75 points at 22,495.90. The 30-share Sensex climbed to 74,413.82 at around 9:17 am, while the Nifty rose to 22,592.10. Among sectoral indices, heavyweights Nifty Bank and Nifty Financial Services contributed to the early gains, but losses in FMCG, auto and information technology stocks dented the rally in the benchmark indices. NTPC was the top gainer on the Nifty50, followed by HDFC Bank, Power Grid, Hindalco and Coal India. On the other hand, the top losers were Shriram Finance, Hero MotoCorp, IndusInd Bank, Sun Pharma and Cipla. HDFC Bank was the driving factor behind the early gains on Dalal Street. It rose over 2.2% after sharing a positive business update for the fourth quarter. Deven Mehata, research analyst at Choice Broking, said, "Today, after a gap up opening if Nifty sustains above the resistance of 22,550, we can witness sharp move towards 22,700 backed by FIIs short covering. Traders holding long positions should hold with a strict stop loss of 22,500 on a closing basis." Meanwhile, Prashanth Tapse, Senior VP (Research), Mehta Equities, highlighted that "intraday caution may prevail ahead of RBI policy announcement on Friday and global factors such as rising oil prices and FIIs offloading local shares amid uptick in US bond yields".

"Technically, Nifty's price has receded from its record high of 22,530 mark, but history suggests a significant breakout could be next. The line in the sand is at Nifty's support at 22,021 mark, while intraday support for the index is seen at 22,339 mark," he added.

Gold, silver price today, April 4, 2024: Precious metals record hike on MCX

New Delhi. Both gold and silver prices recorded a hike on the Multi Commodity Exchange (MCX) on Thursday, April 4, 2024.

Gold futures, maturing on June 5, 2024, stood at Rs 69,828 per 10 grams on the MCX, after recording a jump of Rs 29 or 0.04 per cent. The previous close was recorded at Rs 69,799. Meanwhile, silver futures, maturing on May 3, 2024, witnessed a hike of Rs 358 or 0.45 per cent and were retailing at Rs 79,369 per kg on the MCX against the previous close of Rs 79,011. **GOLD, SILVER PRICES IN MAJOR CITIES** The gold and silver prices in India depend on several factors, including the value of the rupee against the dollar. Global demand also plays a key role in determining the trends observed in the rate of precious metals.

GOLD, SILVER PRICES IN INTERNATIONAL MARKET

Gold prices raced to a record high yet again on Wednesday, after Federal Reserve Chair Jerome Powell reiterated that recent readings on job gains and higher-than-expected inflation do not materially change the overall picture of economic policy this year, news agency Reuters reported. According to the latest metal report, spot gold was up by 0.5 per cent at \$2,292.31 per ounce by 1743 GMT, while, U.S. gold futures rose 1.5 per cent at \$2,315 per ounce.

Rupee Rises 11 Paise To 83.42 Against US Dollar In Early Trade

Mumbai. The rupee witnessed a rebound in early trade on Thursday and appreciated 11 paise to 83.42 against the US dollar, supported by positive domestic equities. Elevated crude oil prices and sustained foreign fund outflows also dented investor sentiments, forex traders said. Moreover, market participants remained cautious ahead of the Reserve Bank's rate-setting panel's decision to be announced on Friday, traders said. At the interbank foreign exchange market, the local unit opened at 83.44 against the greenback. The unit hit an intraday low of 83.45 and a high of 83.42 against the greenback, higher than 11 paise from its previous close. On Wednesday, the rupee depreciated 11 paise to close at 83.53 against the US dollar.



According to Anil Kumar Bhansali, Head of Treasury and Executive Director, Finrex Treasury Advisors LLP, market participants await the RBI MPC policy decision for further cues. (Also Read: Stock Market Surges At Opening Bell: Sensex Soars 450 Points, Nifty 50 Gains Momentum On Global Optimism)

The Reserve Bank's rate-setting panel on Wednesday started its three-day deliberations on the next set of monetary policy. The decision taken at the meeting of the Reserve Bank Governor Shaktikanta Das-headed Monetary Policy Committee (MPC) will be announced on Friday (April 5).

Meanwhile, the dollar index, which gauges the greenback's strength against a basket of six currencies, was trading 0.05 per cent lower at 104.19.

Brent crude futures, the global oil benchmark, rose 0.29 per cent to USD 89.61 per barrel. On the domestic equity market front, Sensex advanced 195.66 points, or 0.26 per cent, to 74,072.48 points. The Nifty rose 45.05 points, or 0.2 per cent, to 22,479.70 points. (Also Read: Markets Fall In Early Trade Amid Negative Global Trends, Sensex Declines 281 Points)

Foreign Institutional Investors (FIIs) were net sellers in the capital markets on Wednesday as they offloaded shares worth Rs 2,213.56 crore, according to exchange data.

Just 57 companies linked to 80% of greenhouse gas emissions since 2016; Coal India among largest emitters

This powerful cohort of state-controlled corporations and shareholder-owned multinationals are the leading drivers of the climate crisis, according to the Carbon Majors Database, which is compiled by world-renowned researchers.



New Delhi. A mere 57 oil, gas, coal and cement producers are directly linked to 80% of the world's greenhouse gas emissions since the 2016 Paris climate agreement, a study has shown, according to The Guardian.

This powerful cohort of state-controlled

corporations and shareholder-owned multinationals are the leading drivers of the climate crisis, according to the Carbon Majors Database, which is compiled by world-renowned researchers. The database

has now been updated and was relaunched on Thursday on a dedicated public access website, which is hosted by InfluenceMap. It includes a striking comparison between long-term emissions trends dating back to

1854, and more recent developments since the 2016 Paris deal. The historical record encompasses 122 entities linked to 72% of all the fossil fuel and cement CO2 emissions since the start of the industrial revolution, which amounts to 1,421 gigatonnes, The Guardian said.

In this long-term analysis, Chinese state coal production accounts for 14% of historic global CO2, the biggest share by far in the database. This is more than double the proportion of the former Soviet Union, which is in second place, and more than three times higher than that of Saudi Aramco, which is in third.

Then comes the big US companies - Chevron (3%) and ExxonMobil (2.8%), followed by Russian's Gazprom and the National Iranian Oil Company. After that are two investor-owned European firms: BP and Shell (each with more than 2%) and then Coal India, according to the report.

Services sector growth accelerates in March amid strong demand



New Delhi. India's dominant services sector, which includes sectors like hospitality and finance, grew faster in March thanks to strong demand. This is according to a survey by HSBC and S&P Global, which also found that companies hired more people at the quickest rate in seven months. Additionally, exports increased at a record pace. The survey measures the

health of the services industry, with a score above 50 indicating growth. In March, the score rose to 61.2, up from 60.6 in February, marking the 32nd consecutive month of growth. "India's services PMI rose in March, following a small dip in February, on the back of strong demand that spurred sales and business activity," said Ines Lam, economist at HSBC. The rise in new

business was mainly driven by domestic demand, but exports also saw a significant increase. This led companies to hire more employees, which is good news for India, considering the large number of people entering the job market each year. Looking ahead, businesses are optimistic about the future, although there are some concerns about competition. Prices for goods and services increased due to rising costs, but companies were able to maintain their profit margins by passing on these costs to customers.

"Input costs rose at a faster rate, yet service providers were able to broadly maintain margins by charging higher output prices," added Lam.

The strong performance of the services industry, combined with a booming manufacturing sector, led to an overall increase in economic activity. This suggests that India's economy is on a positive trajectory, with the composite PMI index reaching an eight-month high in March.

Who is Landmark Group CEO Renuka Jagtiani, India's newest billionaire

New Delhi Forbes released its 'World's Billionaire List' for 2024 on Wednesday, which included 200 Indians, among the 2,781 billionaires worldwide. The list saw the addition of 25 new Indians. Renuka Jagtiani was at the top of the list of the 25 debutants on the Forbes 'World's Billionaire List' for 2024. Renuka Jagtiani is the CEO and chairwoman of Landmark Group, with a net worth of \$4.8 billion. Jagtiani, aged 70, leads the Dubai-based Landmark Group, which was established by her late husband, Micky Jagtiani, in 1973. Following his demise in May 2023, Renuka took over the reins of the multinational consumer conglomerate, which now employs more than 50,000 people. With a Bachelor's degree in Arts from the University of Mumbai, Jagtiani's business prowess has earned her recognition, including awards like the Outstanding Asian Business Woman of

the Year in 2007 and Businesswoman of the Year in 2012. Since joining Landmark Group in 1993, she has played a pivotal role in shaping



the company's corporate strategy and expanding its footprint across regions such as the Middle East, Indian subcontinent, Southeast Asia, and Africa. Her inclusion in Forbes' 'New Billionaires' list highlights her exceptional success, underlined by a \$4.8 billion net worth. Additionally, she

is a mother to three children - Aarti, Nisha, and Rahul. Rahul. The children hold positions as group directors at Landmark. Forbes' latest report highlights a surge in global wealth, with a total of 2,781 billionaires worldwide collectively valued at \$14.2 trillion. The addition of 265 new billionaires this year signals an increase compared to previous years. Amid this wealth surge, women entrepreneurs and business leaders in India are making remarkable strides.

Savitri Jindal stands out as one of India's richest women, with a net worth of \$35.5 billion. Her success mirrors a broader trend of women's empowerment in the country's business landscape. Other notable women leaders featured in Forbes' list include Rekha Jhunjhunwala with a net worth of \$8.5 billion, Vinod Rai Gupta with \$5 billion, and Smita Crishna-Godrej with \$3.8 billion.

Meet the 25 Indians debuting on Forbes World's Billionaires List 2024

Bharti Hexacom IPO opens for subscription until April 5, 2024
Shares can be bought at Rs 542 to Rs 570, minimum 26 shares to bid
Shares to be listed on BSE and NSE, allotment expected by April 8, 2024

New Delhi. Forbes released its list of 'World's Billionaires' for 2024 on Wednesday, which featured 200 Indians, up from 169 last year. Indians on the list amassed a staggering \$954 billion, marking a remarkable 41% increase in their wealth from the previous year's \$675 billion held by 169 billionaires. Out of the 200 Indians on the list, 25 featured on it for the first time. Renuka Jagtiani, with a net worth of \$4.8 billion, serves as the chairperson and CEO

of Landmark Group, a multinational consumer conglomerate in Dubai founded by her late husband, Micky Jagtiani, in May 2023. Under her leadership, Landmark Group employs over 50,000 people.

Ramesh Kunhikannan

Ramesh Kunhikannan has a net worth of \$1.2 billion. Kunhikannan is the founder and managing director of Kaynes Technology, an electronics manufacturer based in Mysore. Established in 1989, Kaynes specialises in assembling printed circuit boards and operates eight factories across India, supplying 350 clients globally in the automotive, aerospace, and medical industries.

Kabir Mulchandani

Kabir Mulchandani is the proprietor of FIVE Holdings, a Dubai-based real estate firm renowned for its luxury party hotels and resorts across the Middle East, Spain, and Switzerland. His net worth is \$2 billion. Mulchandani established the company in 2011 and intends to launch it on the Dubai stock exchange in 2025. Originally from Mumbai, he initially



worked in his family's consumer electronics business before relocating to Dubai in the early 2000s to pursue investments in real estate.

Ramesh Jaisinghani

Ramesh Jaisinghani's net worth is \$1.6 billion, and he derives his fortune from his stake in Polycab India, a company specialising in electrical wires and cables. Founded by his elder brother Inder as a trading firm in 1986, Polycab now supplies a wide range of products, including power cables, solar cables, and optical fibre cables, to industries such as power, oil and gas, and renewable energy.

In 2014, Polycab expanded its product line to include electric fans, LED lighting, switches, and switchgear, eventually going public in 2019.

Onkar Kanwar

Onkar Kanwar, with a net worth of \$1.4 billion, serves as the chairman of Apollo Tyres, a company specialising in manufacturing tyres for cars, trucks, farm vehicles, and two-wheelers. The company sells its products under the Apollo and Vredestein brands across India, Europe, and Asia. Kanwar assumed control of the company in 2002 after a public dispute with his late father, Raunaq Singh, who founded the company in 1976.

Naresh Trehan

Naresh Trehan, the founder and chairman of the Medanta hospital chain, has a net worth of \$1.4 billion. He began his journey in 2007 with a single hospital in Delhi. Trehan started with a single hospital in Delhi NCR and the Medanta network has since grown to six hospitals across India.

NEWS BOX

It's unbelievable: Rishabh Pant's blazing form on IPL comeback leaves Eoin Morgan in awe

Vizag. Former England captain Eoin Morgan hailed Rishabh Pant's recovery as unbelievable after the DC captain hit his second successive fifty in the IPL 2024 after his comeback to competitive action. Pant continued his impressive return to competitive cricket with yet another stellar fifty for Delhi in the IPL 2024 match against Kolkata on Wednesday. Pant's 55-run knock went in vain as DC suffered a massive 106-run loss at the hands of KKR in Vizag on Tuesday. Despite Kolkata setting a formidable total of 272 while batting first at ACA-VDCA Cricket Ground, Pant's aggressive innings of 55 runs off just 25 balls kept Delhi in contention for much of the game. Pant's sensational batting included a stunning display of power-hitting, highlighted by six consecutive



boundaries off Venkatesh Iyer in the 12th over, propelling Delhi past the 100-run mark and securing his second fifty of the season. Notably, Pant stole the spotlight with a remarkable no-look six on the third delivery of the 12th over. Morgan lauded Pant's contribution to DC as a leader but added that he requires support from all his teammates. The former England captain mentioned the need for increased contributions from Mitchell Marsh and David Warner, and significantly more from Prithvi Shaw.

"Rishabh Pant is certainly looking good and a lot of people, including myself, can't believe his progress both physically, mentally and his performance on the field. There is one thing getting your own body and mind right, there is another thing delivering on the field. He is leading his team and he is actually leading quite well. He needs a little bit of help alongside it. He needs to find more out of the likes of Mitchell Marsh, more runs from David Warner and a lot more from Prithvi Shaw," Eoin Morgan said while speaking on JioCinema. Taking the field as the returning skipper for Delhi Capitals, Pant came to bat at no. 5 with his team struggling at just 33 runs for the loss of four wickets. Partnering with Tristan Stubbs, Pant orchestrated a crucial partnership of 93 runs for the fifth wicket, keeping Delhi's hopes alive in the chase.

IPL 2024: Angkrish Raghuvanshi reveals 'main man' behind success after Vizag blitz

New Delhi After his incredible knock against DC, KKR's Angkrish Raghuvanshi has said that the 'main man' behind his success was Abhishek Nayar, who has been training him since childhood. Angkrish made his debut in the last game against RCB as an Impact Player, but didn't get to bat. The 18-year-old was allowed to come in at No.3 during the match against DC and took the opportunity with both hands alongside Sunil Narine, who tore apart the DC bowling. Angkrish stitched together a 104-run stand with Sunil Narine and scored his maiden IPL fifty in his first appearance with the bat as KKR posted 272 runs in their 20 overs. Angkrish scored 54 off just 27 balls and decided to dedicate the knock to Nayar and the rest of the KKR squad. The youngster had played a fantastic reverse sweep for a six, and revealed that



Nayar was the one who trained him to play such shots and had been working with him since his childhood.

"I would like to dedicate this knock to my coach, Abhishek Nayar and my teammates and the support staff. I have learned a lot staying with them. Abhishek sir has been working with me since my childhood. All this reverse sweep and all, he made me practice a lot. So, the main man is him only," said Angkrish.

What is Angkrish's ultimate goal?

Much like many of the young talent in the country, Angkrish said he is hopeful of donning the Indian jersey and claimed that he wants to be different in doing so.

"To obviously don the Indian jersey. But to wear it like no one has ever done before. Everyone will look at me and say, 'I'm different,'" said Angkrish. The phase of IPL 2024 has come to an end for Angkrish and KKR with a 106-run win over DC.

AIFF closes investigation into alleged physical assault of women players by EC member

The AIFF said it has closed the investigation into its suspended executive committee member Deepak Sharma for his alleged physical assault of two women players in Goa.

Goa The All India Football Federation (AIFF) on Wednesday said it has closed the investigation into its suspended executive committee member Deepak Sharma for his alleged physical assault of two women players in Goa as the victims "do not wish to pursue the matter any further". The development comes only a day after the AIFF suspended Sharma until further notice. In a statement, the AIFF said its Internal Complaints Committee (ICC), which investigated the alleged harassment case



recently, was "not in a position to continue the investigation as the alleged victim and the other party do not wish to pursue the matter any further." "The ICC would not be in a position to continue the investigation as any complaint and/or further information regarding the alleged incident has been denied by the concerned individuals. "In

view of the above, the investigation was concluded as withdrawn," the AIFF said in the statement. Two footballers of Himachal Pradesh-based Khad FC, taking part in the Indian Women's Football (IWL) League second division, had alleged that Sharma, the owner of the club, had barged into their room and physically assaulted them on the night of

March 28. On Saturday, the AIFF asked Sharma to refrain from football-related activities till the conclusion of a probe by a panel into his alleged incident. Sharma was arrested by Goa police after the host state association lodged a complaint and later released on bail. Before that, the Emergency Committee of the AIFF comprising president Kalyan Chaubey, vice-president N A Haris and treasurer Kipa Ajay, on Monday took stock of the complaints received from the players against Sharma.

Thereafter, a meeting of AIFF member associations was held on Monday night and "Sharma was called and heard for a few minutes before he was advised to leave the meeting." In the complaint sent to the AIFF, the two players said, according to sources, that Sharma was mostly in an inebriated state and they were "scared for their lives." Sports Minister Anurag Thakur had also asked the AIFF to take "quick" and "strong legal action" against the official.

On Tuesday, the AIFF also dissolved the three-member committee formed on March 30 to probe the incident, and instead referred the matter to its Disciplinary Committee.

Ricky Ponting 'embarrassed' by home loss vs KKR, calls DC's performance 'unacceptable'

New Delhi. Legendary Australia captain and Delhi head coach Ricky Ponting said he was almost embarrassed by his team's performance against Kolkata, following their massive 106-run loss at the ACA-VDCA Stadium in Vizag. Delhi succumbed to their third loss of the season as Kolkata battered them in Vizag to move to the top of the IPL 2024 points table. Meanwhile, Delhi slumped down to the ninth spot, having registered just one win from their opening four matches this season.

Speaking at the post-match press-conference, Ponting said he was almost embarrassed by Delhi's performance against Kolkata, while insisting that there would be some good, open discussions following their heavy defeat in Vizag. Kolkata posted the second-highest total in the history of the Indian Premier League, slamming 272 runs against Delhi, before bowling the hosts out for 166 runs in 17.2 overs. "It's pretty hard to assess right now. I mean I was almost embarrassed with our first half of the game today. To concede that many runs, we bowled 17

wides and it took us two hours to bowl our overs as well, so we were two overs behind again, which means the guys bowling last two overs only get to bowl with four



fieldsmen outside the circle," said Ponting. "Lot of things happened in this game that were unacceptable and a lot of things we will talk as a group tonight that we have to fix immediately to go forward in the competition. There will be some good open discussions in the changing room for sure," Ponting added.

IPL 2024 Full Coverage | IPL 2024 Points Table and Standings | 2024 IPL Full Schedule

Ponting heaped praise on KKR's young batter Angkrish Raghuvanshi, saying he played really well and allowed Andre Russell to play his natural game. Raghuvanshi slammed a 27-ball 54 against Delhi, becoming the seventh-youngest batter to score a fifty in the competition.

"I thought the youngster at No.3 (Angkrish Raghuvanshi) played really well and that allowed Russ (Andre Russell) and all those guys to play the way they always play. And they had wickets in hand, so they can keep going hard. They did lots of things really well but we got to be really critical of ourselves, on our own performances, and we got to look at ways to get better for the next game," said Ponting. Following their loss against KKR, DC will look to bounce back to winning ways when they take on Mumbai Indians at the Wankhede Stadium on Sunday, April 7.

IPL 2024: Andre Russell applauds Ishant Sharma's scorching yorker after getting floored

New Delhi Ishant Sharma turned to be not just DC, but also SRH's messiah during the match against KKR at the Vizag stadium on April 3, Wednesday. Ishant's ripper of a delivery saved DC from conceding the highest total in the history of the league as KKR were restricted to 272 runs, just 6 runs short of surpassing SRH's record total of 277 runs. However, DC suffered a 106-run defeat by KKR. Ishant's in-swinging yorker at 144 Kph completely floored Russell. The KKR all-rounder had no answers to the 37-year-old's toe-crushing yorker. The stumps were left uprooted as Russell tumbled onto the pitch. The incident happened during the last over of the 1st innings. However, what caught everybody's attention was Russell's gesture after being sent back to the pavilion.

Russell applauded Ishant's delivery in a heart-warming act as he walked off the field after getting bamboozled. Amidst the onslaught unleashed by the KKR batters, this stood out as a match-defining moment. Incidentally, KKR needed just 13 runs to level SRH's IPL record as they were 264 at

the end of the 19th over. However, Ishant limited damage with 2 wickets in the final over, conceding just 9 runs. Russell smashed 42 runs from 19 deliveries, which included 4 fours and 3 sixes at a staggering strike rate of 215.79. Ishant, who was earlier smashed for



24 runs in his 2nd over, made a great recovery in his 3rd over. After getting Russell, he also dismissed Randeep Singh and gave away just 3 runs in a run-fest. DC vs KKR: AS IT HAPPENED It was an absolute carnage by KKR as they

were ruthless with their ball-striking. After opting to bat first, the KKR openers, Phil Salt and Sunil Narine gave the team a flying start with a 60-run partnership from 27 deliveries. KKR managed to score 88 runs in the power play, breaking their own record for the highest score within the first 6 overs of the IPL 2024 season. Young Angkrish Raghuvanshi and the seasoned Narine shared a 104-run stand from 48 deliveries. Narine notched up his highest score of the IPL with a 39-ball knock of 85 runs. Meanwhile, Raghuvanshi slammed his maiden IPL fifty and went on to score a quick-fire 54 from 27 balls. A late blitz by Rinku Singh and Russell guided KKR to their highest total of 272 runs.

DC crumbled to the scoreboard pressure as they were bundled out for 166 runs. Rishabh Pant slammed his 2nd consecutive fifty of the season and Tristan Stubbs fought back with a 54-run knock. However, that didn't prove to be enough as they slumped to their 3rd loss of the season.

IPL 2024: Shah Rukh Khan, Rishabh Pant share emotional hug in heartwarming reunion in Vizag

IPL 2024, DC vs KKR: Shah Rukh Khan was emotional as he embraced Rishabh Pant, seemingly lauding the Delhi captain's beyond-believable return to action, 15 months after a life-threatening road accident. Kolkata defeated Delhi by 106 runs, but the off-field niceties were the highlight of the big-ticket match on Wednesday.

Visakhapatnam. Shah Rukh Khan and Rishabh Pant's emotional post-match meeting was one of the highlights of the IPL 2024 game between Kolkata and Delhi in Visakhapatnam on Wednesday, April 3. Shah Rukh was as thrilled as every other Indian cricket fan to meet a fit-again Pant as he shared a warm hug and kissed the wicketkeeper-batter on his forehead in a heartwarming gesture. The television cameras did not pan out of the visuals

involving Shah Rukh and Pant as the two superstars were engaged in a lengthy chat. The mutual admiration was evident as both Shah Rukh and Rishabh Pant were thrilled throughout the duration of the conversation. Pant, who was sitting on the field after the post-match duties, spotted Shah Rukh approach him and was about to get up on his feet when the Bollywood superstar urged him not to, acknowledging the cricketer's incredible battle to regain full fitness after the road accident. Shah Rukh and other members of the KKR ownership group had a lengthy chat with Pant before Shreyas Iyer joined the conversation. The Bollywood star, who was in Vizag on Wednesday, spent more than 15 minutes on the ground, meeting and greeting each and every member of the two teams. Kolkata rose to the top of the IPL 2024 points table after posting 272, the second-highest total in the history of the IPL. Delhi were bundled out for



166 in 17.2 overs as the 106-run win helped KKR to boost their Net Run Rate to an impressive +2.518. The happiness was evident in the KKR co-owner's face as Shah Rukh Khan took time out to embrace mentor Gautam Gambhir and head coach Chandrakant Pandit. Shah Rukh spent a lot of time chatting with Kuldeep

innings came to an end at 166, thus handing KKR a 106-run win. The BCCI released a statement after the game revealing that Pant was penalised as DC maintained a slow over-rate. Since DC were penalised for the same offence in their win over CSK, Pant was fined 24 Lakh rupees.

DC vs KKR Highlights | Scorecard |

The rest of the side, including the Impact Player were each fined 6 Lakh rupees or 25 percent of their match fees individually.

"Rishabh Pant, the Delhi Capitals captain, has been fined after his team maintained a slow over rate during their TATA Indian Premier League (IPL) 2024 match against Kolkata Knight Riders at the Dr YS Rajasekhara Reddy ACA-VDCA Cricket Stadium, Visakhapatnam on April 3," said BCCI in an official release.

As it was his team's second offence of the season under the IPL's Code of Conduct relating to minimum over rate offences, Pant was fined INR 24 lakhs. The rest of the members of the Playing XI, including the Impact Player, were each individually fined either INR 6 lakhs or 25 percent of their respective match fees, whichever is lesser," read the statement. What's next for DC and Rishabh Pant? Pant and DC won't have a lot of time to think about their loss to KKR as they will now travel to Mumbai to face MI on April 7, Sunday.



Yadav, a former Knight Rider, after he patted Khaleel Ahmed on the back and seemingly urged him to continue his good work with the new ball for Delhi. Rishabh Pant was sensational with the bat as he hit 5 sixes and 4 boundaries for his 25-ball 55, his second successive fifty. Pant had scored a quickfire 51 against Chennai, which proved key to Delhi's only win of the season so far. However, his fluent knock on Wednesday went in vain as Delhi folded for 166 in their quota of 20 overs. Earlier in the day, Sunil Narine smashed a 37-ball 85 as he showed the world that he is a capable pinch-hitter at the top of the order in T20s. 18-year-old Angkrish Raghuvanshi also let his bat do the talking, hitting a 27-ball 54 in his first outing in IPL cricket before Andre Russell and Rinku Singh came with cameos to help KKR post the Himalayan total in Vizag.

Gauri Nalawade

Makes Fans' Hearts Flutter In Pink Bikini



Marathi actress Gauri Nalawade is best known for her role as Vaidehi in the popular serial *Swapanchya Palikadale*. She often grabs headlines with her fashion picks. Recently, she dropped a picture in a pink bikini. She flaunted her toned body and left her wet hair open, as she posed for the lens while lounging around the pool. Sharing the caption, Gauri Nalawade wrote, "This post is a reminder to put on your sunscreen". Fans flooded the comments section with praises and admiration. Actress Rutuja Bagwe wrote, "Super hot. I wish I was a boy". Another celebrity commented, "Wooooooah". One user added, "Looking simply unforgettable". "You are such a stunner," commended another.

Be it in a traditional ensemble or opting for western outfits, she always manages to make the audience spellbound. A few days back, Gauri Nalawade shared a series of photos wearing a floral printed sheer top paired with black jeans. Opting for a minimalist look, she left her hair loose and posed against a scenic backdrop. In one of the shots, she held a white hibiscus flower in her hand. While in another snap, a glimpse of a cat can be spotted.

Social media users have commented on the pictures. One user wrote, "So beautiful Gauri". Another user added, "Loving your dressing sense". The third user commented, "You have the best smile". "Gorgeous," wrote another. Gauri Nalawade is best known for films including *Godavari* and *Adham*. She last appeared in the film *Django JD*. Some of her other films include *Tarri*, *Family Katta*, *Friends*, and *Kanha*. The actress has also starred in television series including *9 to 5*, *Swapanchya Palikadale*, and *The Broken Table*. Now, she is all geared up to feature in the upcoming film titled *Vadapav*. Directed by Prasad Oak and written by Siddharth Salvi, the film stars Shalva Kinjawadekar, Rasika Vengurlekar, and Prasad Oak in leading roles. Touted to be a drama, the film also features Mahesh Patwardhan, Ritika Shrotri, Siddharth Salvi, Savita Prabhune, and Vinita Sharma among others in pivotal roles.

Shama Sikander

Looks Sultry As She Flaunts Her Curves In White Dress, Hot Photo Goes Viral

Shama Sikander never fails to impress all with her hot looks. Each time the actress drops photos or videos of herself on social media, she leaves everyone gasping for breath. Recently, Shama took to her Instagram handle and shared a glimpse of her recent photoshoot, which is now setting fire to the internet. In this latest photoshoot, Shama Sikander can be seen posing in a white cut-out dress as she looks into the camera, posing against the cityscape. In the caption of her dreamy post, Shama wrote, "Lost in a fairy tale world, where dreams dance among the stars.?" Her latest hot photo has left her fans gasping for breath. Check out the actress' Instagram post here:



Shama Sikander is a popular television actress who has worked in several shows including *Baal Veer*, *Ye Meri Life Hai* and *Maaya: Slave of Her Desires* among others. The actress maintains an active social media presence and often stuns fans with her impeccable fashion sense. Earlier last year, in an interview with *News18 Showsha*, Shama Sikander shared that she wants to work in web series and films only now and does not want to return to television. She revealed that she has not watched

TV shows for over six years now and added, "I'm looking at only web series and feature films. I believe in doing different kinds of cinema, stories that matter. I want to do characters on screen that can add to people's lives. I feel that content can be used for great purpose for the well-being of everyone in all its art and glory. So I want to do meaty roles, and powerful performances as I am a performer and I deserve the best," she told us.

Why Sharmila Tagore Kept Her Assets Separate From Husband And Children



Sharmila Tagore, one of the most prominent faces in Indian cinema, tasted success at an early age with her debut in Satyajit Ray's Bengali film *Apur Sansar* (*The World of Apu*). The 1970s marked the pinnacle of her career, especially with her iconic pairing with Rajesh Khanna in hit films like *Aradhana*, *Safar*, *Chhoti Bahu*, *Amar Prem* and *Raja Rani*. These movies garnered immense praise and catapulted Sharmila Tagore to stardom. Her contributions to Indian cinema were acknowledged when she was honoured with the prestigious *Padma Bhushan* in 2014 and awarded an honorary Doctorate of Arts by the *Edinburgh Napier University* for her outstanding achievements. Known for her glamorous image, Sharmila Tagore made headlines for her bold portrayal, notably when she appeared in a bikini on the big screen, breaking stereotypes and captivating audiences with her charm. In 1968, she tied the knot with Mansoor Ali Khan Pataudi, the former captain of the Indian Cricket team. In a recent interview on the YouTube show *Paisa Vaisa* with Anupam Gupta, Sharmila Tagore disclosed her approach to managing her finances and assets. The veteran actress revealed that she maintained sole ownership of her properties and finances, keeping them separate from her husband and children. Emphasising her financial independence, she stated, "Everything that I bought, from houses to cars to jewellery, has always been in my name, not shared with my husband." She also mentioned that her husband, Mansoor Ali Khan Pataudi, managed his assets separately and had made a will.

Discussing the complexities of Islamic inheritance laws, Sharmila Tagore shed light on the limitations faced in making a will. She highlighted the importance of ensuring that her extensive land holdings and assets are properly managed and distributed among her three children, adhering to legal regulations and family considerations. Reflecting on her financial journey, Sharmila Tagore admitted that she became financially aware later in life and began managing her financial portfolio during the pandemic lockdown. Her insights into financial independence and estate planning serve as a valuable lesson for many, showcasing her pragmatic approach to securing her legacy.

Choreographer Remo D'Souza And Wife Lizelle's Love Story Will Melt Your Heart



Ramesh Gopi Nair, popularly known as Remo D'Souza, is one of the most successful and talented Indian choreographers. He is also a film director and producer. A few of his prolific works include *Yeh Jawaani Hai Deewani* and *Bajirao Mastani*. In his career spanning more than two decades, he has worked in more than 100 movies. He is the most sought-after choreographer in B-town. Recently, the actor celebrated his 50th birthday. Remo D'Souza got married to Lizelle in 1999. Lizelle D'Souza is a costume designer who has worked on various television shows. The couple are proud parents to Dhruv and Gabriel. On multiple occasions, he has credited his wife for his successful career and for always standing by his side. The duo is often considered couple of goals. Reportedly, their love story is quite interesting. Lizelle Watkins belonged to an Anglo-Indian family. There was a time in the choreographer's life when he was struggling to make money and used to teach dance at various places. Once, Lizelle came to his dance class and it was here they fell in love with each other. As per reports, when Lizelle used to make mistakes while dancing, Remo D'Souza used to be a strict teacher and scold her. The duo got married at a very young age. Remo later converted to Christianity and adopted his now official name.

As per reports, the couple who have been married now for 25 years have got married to each other thrice in different customs. In 2019, Remo and Lizelle got married for the third time as per Christian rituals on their 20th wedding anniversary. If this does not melt your heart, then here is an anecdote that the dance master had once shared on the sets of *Dance India Dance*. In an episode, Mithun Chakraborty had taken a dig at Remo to which he replied that he used to give 100 missed calls to Lizelle every day during his struggle period. He clarified that if one wanted to talk on the phone for a minute, they would have had to pay Rs 16. Hence, he communicated with her via missed calls.