

Wayanad landslide: 93 dead, 128 injured

Simmi Kaur Babbar

Wayanad, July 30: As many as 93 people have been killed and 128 injured in massive landslides triggered by heavy rains in Wayanad on Tuesday and hundreds.

among the areas affected and cut off by the landslides, authorities said. Frantic phone calls made by people desperately pleading for help after being trapped under destroyed houses and piles of debris highlighted the intensity of the deadly landslide.

Ezhimala Naval Academy, Kannur, is set to join the rescue efforts, as per a request made by the Kerala government.



pronged rescue operation is under way to provide critical assistance to those affected by the landslides in Wayanad.

Vijayan and assured all possible help from the Centre to the state. Kerala declares 2-day state mourning. An official notification issued by Chief Secretary V Venu has declared official mourning on July 30 and 31.

No state has been denied money in Union Budget

New Delhi, July 30: Union Finance Minister Nirmala Sitharaman on Tuesday termed misleading claims by opposition leaders that if any state is not named in the Budget speech, then it does not get any budgetary allocation.

Rahul Gandhi, Priyanka to visit landslide-hit Wayanad today

Navdeep Singh Sahni

New Delhi, July 30: Leader of Opposition in the Lok Sabha Rahul Gandhi and Congress general secretary Priyanka Gandhi Vadra will visit landslide-hit Wayanad on Wednesday morning.

assured him that rescue operations are underway. The former Congress chief expressed deep anguish over the loss of lives in the massive landslides near Meppadi in Wayanad.



who have lost their loved ones. I hope those still trapped are brought to safety soon," he said in a post on X.

me that rescue operations are underway. I have requested them to ensure coordination with all agencies, set up a control room and inform us of any assistance needed for the relief efforts.

Arvind Kejriwal Life In Danger: Sunita Kejriwal

Tejinder Kaur Babbar

New Delhi, July, 30: Sunita Kejriwal claimed her husband's life is in danger in Tihar jail and criticized BJP's politics of hatred. She argued that Arvind Kejriwal was arrested due to conspiracy and pressure.

Directorate) arrest Kejriwal? It was because of a conspiracy and pressure."

Kejriwal said there is a sensor tied to his arm that records his sugar levels. "If



sugar levels go down below 50, the patient starts shivering. While he was at home, such things happened once in five months and we would give him something sweet to stabilise him. But a

few days back, we learnt that in jail his sugar levels have gone down multiple times," she said. The AAP has been accusing the BJP of "conspiring to kill" Kejriwal in jail and cited his medical report to show that his sugar levels have fallen 34 times between June 3 and July 7.

Supreme Court grants bail to NCP leader Nawab Malik on medical grounds

ST Correspondent

New Delhi, July 30: The Supreme Court on Tuesday granted bail on medical grounds to former Maharashtra minister Nawab Malik in a money laundering case.



from various ailments. The top court said medical bail to Malik will be valid till disposal of the regular bail plea before the Bombay High Court.

Techie in Hyderabad 'gang-raped' by childhood friend

Hyderabad, July 30: A 24-year-old software engineer was allegedly raped by two men, including her childhood friend, police here said on Tuesday.

Military school passout vs serving officer: Akhilesh Yadav, Anurag Thakur's fiery exchange in Lok Sabha

Sanjay Kumar

New Delhi, July 30: The Samajwadi Party (SP) supremo Akhilesh Yadav and BJP MP Anurag Thakur engaged in a heated war of words in the Lok Sabha on Tuesday, over the issue of Agniveers and



their 'sub-par treatment' as compared to regular jawans in the Armed Forces. Their verbal duel prompted the Chair to intervene but the duo kept having a go at each other and also went to recall their association with military establishment to buttress their claims.

saw them citing their links with the military. Akhilesh claimed that the Agnipath scheme has turned out to be a "disaster" for the youth and the Central government is also realising its mistake of late.

India's growth, stability an exception in an uncertain world: PM Modi

Naresh Malhotra

New Delhi, July 30: In his first post-budget remarks on Tuesday, Prime Minister Narendra Modi described himself as an "exception to the rule of political class forgetting promises once elections are over," and assured the industry that it won't be long before India became the world's third largest economy.

ral calamities at home," the Prime Minister said asking industry to "seize the chance when global investment interest in India is peaking."

principal drivers of India's growth story and important pillars of Viksit Bharat." The Prime



Minister was speaking a day after Leader of Opposition in Lok Sabha Rahul Gandhi

attacked Gautam Adani and Mukesh Ambani while targeting the union budget as anti-people. Countering the opposition narrative the Prime Minister today said "unlike past governments that believed in hogging headlines by making lofty budget announcements and never implementing those, the speed and scale at which we are today growing is unprecedented."

budget in 2004. They could only take it to Rs 2 lakh crore by 2014. We have provided Rs 11 lakh crore for Capex in this budget—a five-fold rise since 2014," PM Modi said adding that the NDA had pulled the industry out of "mega crisis and sustained 8 per cent growth in the past three years despite Covid, wars and a range of natural calamities at home."

News box

South Africa's Zuma expelled from ruling party for backing rival group in polls

South Africa's ruling ANC on Monday expelled its former leader ex-president Jacob Zuma for leading a rival party into elections following disciplinary proceedings...

The ANC managed 40 percent in the May vote -- its weakest score since it came to power three decades ago to replace the apartheid government...

Maduro's disputed poll victory leads to protests in Venezuela, cops use tear gas

Caracas. Venezuelan security forces fired tear gas and rubber bullets Monday at protesters challenging the reelection victory claimed by President Nicolás Maduro...

Thousands of people flooded the streets of several neighborhoods of the capital, chanting "Freedom, freedom!" and "This government is going to fall!"

Venezuelan opposition says it has proof its candidate defeated President Maduro in disputed election

CARACAS. As thousands of people demonstrated across Venezuela, opposition candidate Edmundo González on Monday announced that his campaign has the proof it needs to show he won the country's disputed election...

González and opposition leader María Corina Machado told reporters they have obtained more than 70 per cent of tally sheets from Sunday's election...

"I speak to you with the calmness of the truth," González said as dozens of supporters cheered outside campaign headquarters in the capital, Caracas.

Trump calls Kamala Harris 'worse candidate' than Biden for presidential polls

Washington Former president and Republican presidential candidate Donald Trump has called his likely Democratic opponent, Vice President Kamala Harris, a "worse candidate" than President Joe Biden...



and they want to have citizenship," Trump alleged, asserting that giving citizenship to everybody would destroy the country.

Democratic establishment staged a coup against Biden. "They staged a coup against the president of the United States," Trump said.

said even though you got 14 million votes, you're out. And he said 'I am not going out'...

After the interview's broadcast, the Harris for President campaign said Ingraham practically begged Trump on Fox News to commit to debating Harris.

"Why won't Donald Trump give a straight answer on debating Vice President Harris? It's clear from tonight's question-dodging: he's scared he'll have to defend his running mate's weird attacks on women or his own calls to end elections in America in a debate against the vice president."

"Vice President Harris will be on the debate stage (on) September 10th. Donald Trump can show up, or not," Moussa said.

Spain PM to testify in graft probe into wife's business dealings

Madrid, Spanish Prime Minister Pedro Sanchez is set to testify on Tuesday in a preliminary graft probe into his wife's business dealings...



of his conservative Popular Party (PP). Sanchez asked to testify in writing as is allowed under Spanish law for top government officials...

questioning by the judge earlier this month. She is alleged to have used her husband's position as leverage within her professional circles...

US claims manipulation in disputed Venezuela polls, may reassess sanctions

Washington. The Biden administration said on Monday that electoral manipulation had stripped Venezuelan President Nicolás Maduro's claim of reelection victory...

The U.S. officials, speaking on condition of anonymity, amplified public demands by President Joe Biden's senior aides that Maduro publish a detailed tabulation of votes and said a failure to do would leave the international community unwilling to accept the announced outcome.

2 children dead in 'ferocious' knife attack at UK dance workshop, teen arrested

London. At least two children were killed, and nine people injured during a "ferocious" knife attack at a dance workshop in northwest England on Monday...

making."Merseyside Police said officers were called at about noon to an address in Southport, a seaside town of about 1,000 people near Liverpool.

children's hospital. Bare Varathan, who owns a shop down the street, said he saw between seven and 10 bleeding children running from the Hart Space...

Protests resume in Bangladesh after PM ignores ultimatum to free student leaders

Bangladeshi students have called for new protests after the government ignored their ultimatum to release detained leaders and apologise for deadly violence.

Dhaka Bangladeshi students called new street protests for Monday after Prime Minister Sheikh Hasina's government ignored an ultimatum to release their leaders...



movement. "Students Against Discrimination leaders had vowed to end a week-long moratorium on new demonstrations if police failed to release their leaders by Sunday evening.

curfew remains in force but it has been progressively eased since the start of last week. Bangladesh's mobile internet network was restored on Sunday, 11 days after a nationwide blackout imposed at the height of the unrest...

26,000 people under evacuation orders as massive wildfire rages in California

UPDATED Throngs of firefighters were mobilized in California Monday to battle the state's largest blaze of the year, which has prompted thousands of evacuations and already burned an area larger than the city of Los Angeles.

extremely unstable and unpredictable," Tehama County Sheriff Dave Kain told a press conference Monday. "We've seen many places that we thought were going to be safe to move back into erupt in flames again," he added.

expertise in firefighting, "it's still beyond technology to address a fire at that scope," Swain said. The enormous Park Fire brings back bad memories: the town of Paradise, where 85 people died in 2018 in the deadliest fire in state history...

Shifting realities of India-US ties

EYEBROWS were raised in the Western world over Prime Minister Narendra Modi's recent visit to Moscow at the invitation of Russian President Putin just when the NATO alliance was meeting in Washington to take decisions on the Russia-Ukraine conflict. Like his past visits to Russia, this one was successful in addressing a number of issues — most importantly, energy and defence cooperation. The trip came weeks after the US Department of State published a report on alleged human rights abuse in India. The report described India as a country where human rights were violated routinely. It asserted that Manipur had been shaken by instances of rape, armed conflict and assaults, accompanied by the destruction of homes, shops and places of worship. The US report noted that activists and journalists in India had reported violence in the northeastern state. This can happen in any democracy when sections of the people take to arms. Media coverage of such happenings is not new in India. The media is free to cover incidents across India. The Modi government predictably deployed security forces to enforce curfews in response to the growing violence in Manipur. The Supreme Court has also intervened over the developments in Manipur, calling for effective measures for restoration of peace. The violence in Manipur, which is located near the border with China, has largely ended. There has been criticism of the government's policies in Manipur by the Opposition. Such issues are resolved within the framework of the country's Constitution, with the active participation of the Opposition and often the involvement of the Supreme Court. The US report on the developments in India, however, appears one-sided, unrealistic and undiplomatic. It can only be described as an ill-advised effort, set to lead to a downward spiral in the India-US relationship. The main question for India now is whether Kamala Harris, if she wins the presidential race, will follow the confused and somewhat less-than friendly path of her mentor Joe Biden or focus on the strategic ties that have taken the US-India relationship to a new high. One can only hope for a new beginning in India-US ties. Interestingly, The Wall Street Journal has noted: "Democrats are newly energised as they rally behind Kamala Harris for President." One has to take note of the growing readiness and confidence of the Democratic Party to take on former President Donald Trump in the presidential elections.

The US Administration's major attention in the coming months will be on the Russia-Ukraine conflict; the Western world, led by Biden, continues to pour in money, arms and ammunition to the Ukrainian government. According to a German institute, the US and the European Union have pledged or provided "more than \$380 billion" in military, financial and humanitarian aid to Ukraine since 2022. The impact of the Ukraine conflict is being felt across Europe. Even Azerbaijan has supplied bombs to the conflict zone via Sudan. Not to be left behind, Pakistan has also reportedly provided Ukraine with Kamikaze drones, man-portable air-defence systems and surface-to-air missiles. One wonders how long this conflict will continue, with the loss of lives mounting. This is a war that will go on, unless Trump, who has opposed US involvement, is elected President. Trump has left no doubt that he is not interested in spending US taxpayers' money on the conflict in Ukraine. There are, however, serious challenges ahead if Harris chooses to continue the Biden policy of pouring in money and armaments into a seemingly unending conflict. While Russia may be willing to cede some territory it has taken over, it will never agree to a settlement without retaining a firm control of its access to the sea, which it has historically controlled. The Russian military intervention in Ukraine started only after it became evident that Ukrainian President Zelenskyy was joining the US in measures which would compromise Russia's territorial integrity and national security.

Stagnation impeding Railways' efforts to address new challenges

Without a vision, the Railways cannot determine which of the past methods and rules it should retain and which it should jettison.

THE political justification for merging the railway budget with the Union Budget in 2017 was ostensibly to streamline the financial framework of the government. It was expected to improve financial planning and the allocation of resources across different sectors. It would potentially lead to the synchronisation of railway policies with other infrastructure sectors, resulting in the coordinated development of transport infrastructure, which is crucial for holistic economic development.

To what extent these objectives have been achieved is still an open question, but it has made the Railways a full partner in the infrastructure development initiative. This has led to the investment of ever larger sums in the Railways, with the objectives of enhancing freight growth, infrastructure upgrades and safety enhancements. As part of this infrastructure development initiative, this year's railway budget has a capital expenditure allocation of Rs 2.62 lakh crore, the highest ever. It is nearly 0.8 per cent of the GDP. A similar sum was provided in last year's budget. These allocations are significantly above the Rs 28,174 crore provided in the 2013-14 budget. Such large investments should have shown up in an increase in the market share of the Railways, but that has not happened. Nor has the situation improved in the passenger sector. Waiting lists still remain, and coaches continue to be overcrowded even though the passenger market share of the Indian Railways (IR) is falling. The railway budget makes no mention of how these issues, especially the steady erosion of market share, will be addressed. Why the huge investment has not shown up in a rise in the market share of the IR is a bit of a mystery. On the other hand, when it comes to roads, a similar level of investment is visible in a larger and improved road network. In the 1950s, the market share of the Railways stood at 85 per cent. It was, however, clear that this was nothing but the concomitant outcome of the undeveloped road network and would start shrinking as the economy grew and the road network expanded. Based on the experience of some developed countries, it was felt that the Railways should move to holding on to 40 to 50 per cent of the share by evolving appropriate marketing and network development strategies. To enable the Railways to maintain a market share of 40 to 50 per cent, the incremental loading growth rate had to be about 1.5

per cent above the economic growth rate. If the Railways had been able to achieve this, its market share would have stabilised around 40 to 50 per cent. This change should have taken place in the 1990s. But it did not, and the growth continued to be



1.5 per cent lower than the economic growth rate, resulting in a steady decline in the Railways' market share. In 2001, it was around 36 per cent. And today, it is hovering around 25 per cent. And it seems that the government, despite pumping in huge amounts, is unable to reverse the trend. This is quite a serious issue because, in order to reduce logistic costs and carbon emissions, the Railways needs to move at least 40 per cent of the in-land freight demand by 2030. This is a huge challenge for the reason that the consolidated in-land freight demand forecast for 2030 is 8,220 MMT (million metric tonnes). And if the Railways is targeted to move 45 per cent of it, the IR will have to ramp up its capacity to moving 3,700 MMT from the current 1,539 MMT by 2030. This requires the IR to grow by 15.7 per cent CAGR (compound annual growth rate). This is a tall order. The budget documents give no clue on how the IR proposes to achieve this or why the huge capital expenditure fails to increase the market share.

The problem of falling market share seems to be perennial. It has been declining since the 1960s, suggesting that the Railways has some broad structural problems that need to be fixed. In a way, these have been recognised. The IR is one of those organisations that has been the subject of study by numerous committees and commissions before and after Independence. The first one was the Robertson committee of 1902. And the last one in the series of panels was the 2014 Bibek Debroy committee on railway reforms. Where do we go from here? It is one of those difficult questions, especially when so

many expert committees have not been able to find an answer to get the IR out of the rut. This does not mean that all is lost. But it does bring home the need to re-look at what the IR has been doing right and what it is getting wrong. The IR, the main mode of transport after Independence, has helped build the economy. It is still capable of doing so, provided its structure is adapted to confront the novelty of the new technologies and the resultant complexities. It is clear that there has been a drift that has led to stagnation because of a lack of vision on how to address the novelties. Without a vision, the Railways cannot determine which of the past methods and rules it should retain and which ones it should jettison to become the premier mode of transport of the 21st century. This lack of vision is perhaps one of the reasons why the Railways has not been able to address the issues, restraining it from playing its due role in the economic development of this country and raising the market share. What should this vision centre on? It should focus on changing the rule structure of the organisation. After all, it is rules, formal and informal, as Nobel laureate Douglas North puts it, that constrain human behaviour. And these rules evolve in accordance with the intentionality of those who make them. Intentionality is the product of social learning and how it shapes the structural foundation of the organisation and its capacity to adapt to changing circumstances. The IR suffers from various instabilities. They come from the very short tenures of the board members and the constant change in ministers, which is inevitable in a democratic system. A new minister brings in his or her own intentionalities, which have an impact on how the rules are interpreted. It may explain why the market share has been eroding. The current Railway Minister, Ashwini Vaishnaw, is confronted with the problem of addressing the endless novelty of issues arising from the increasing complexities of the IR's evolving technical and market environments. These problems will only mount as new technologies like AI (artificial intelligence) bring in fresh complexities. He is already facing that problem with new signalling systems, which have led to accidents. Besides, many decision-makers do not even understand the 'true' nature of these issues. A challenge for the minister, hence, is to bring in new decision-makers.

Agnipath row

Govt must thoroughly review the scheme

THE Agnipath scheme has been under intense scrutiny ever since it was launched two years ago. From time to time, retired defence officers have voiced concerns over the scheme for short-term recruitment into the armed forces, flagging issues such as inadequate retention — only 25 per cent of the Agniveers will be absorbed in the permanent cadre — and manpower shortage. Recent incidents of Agniveers reportedly being involved in criminal activities are worrisome, even as questions remain over the prospects of recruits after they are released from service. Some veterans have even stated that the time-tested recruitment system should not have been tinkered with. Apart from the disagreement within the military community, Agnipath has become a bone of contention in the political arena. In his address on Kargil Vijay Diwas last week, Prime Minister Narendra Modi not only stoutly defended the scheme but also accused the Opposition of playing politics over the recruitment



process. Asserting that Agnipath was aimed at making the forces younger and fitter, he trashed the claims that the scheme was launched to save pension money. Led by the

Congress, several Opposition parties have demanded that the scheme be scrapped. Notably, some allies of the ruling BJP, especially the Janata Dal (United), have sought its comprehensive review.

The government cannot afford to let things drift as the lack of consensus will have a bearing on the combat preparedness of the armed forces. Several BJP-ruled states have announced reservation or preference for former Agniveers for jobs in uniformed services like the police. However, this may not be enough to silence the naysayers. The Centre must be receptive to the feedback and take pains to remove the scheme's shortcomings. An inflexible attitude can be counter-productive, as shown by the year-long protests that followed the enactment of the three Central farm laws (which were eventually repealed). At stake are national security and the morale of the troops. Political grandstanding must take a back seat.

IPKF did the job in Sri Lanka despite heavy odds

A grateful Sri Lanka has raised a war memorial honouring the gallant Indian soldiers who shed their blood for its security

IT was exactly 37 years ago (July 29, 1987) that the India-Sri Lanka Accord was signed; under its mandate, the Indian Peace-Keeping Force (IPKF) was formed and Operation Pawan was launched. It took the Sri Lankan security forces another two decades to end the civil war. Last week, the country celebrated 25 years of the Kargil 'skirmish', the official term used for the limited campaign that was launched to throw out Pakistani intruders — at an avoidably high cost. The war was fought during the BJP-led government's term; it exposed major deficiencies in intelligence and higher defence management that triggered off the biggest defence reforms through the Kargil Review Committee report. But India's first out-of-area force projection, masked as a pacifying force to subdue a deadly guerrilla force (LTTE), has been consigned to oblivion. IPKF veterans have been urging the government for the past few years that they be permitted to 'officially commemorate' the sacrifice of 1,172 bravehearts (and 3,000-odd wounded) at the National War Memorial with the authorised panoply of ceremonial honours. Their pleas have fallen on deaf ears; as a former GOC, IPKF (South), I am adding my voice to theirs. On a visit to Colombo some years ago, I met the then Sri Lankan Army Commander, Gen Hamilton Wanasinghe, who told me: "Your boys did a splendid job. Our task was made easier as you had broken the back of the LTTE despite your mission getting mired in domestic politics of Colombo and New Delhi. Thanks to the IPKF, we managed to defeat LTTE in 2009, even then not without Indian assistance." On May 14, 2024, the Ministry of Home Affairs extended by five years the ban on "a disintegrated LTTE". It is instructive to recall the deeds and dilemma of the IPKF, which, despite a mission-creep mandate and the absence of



strategic guidance (armed with a British tourist map), achieved its military and political objectives. After initial setbacks in Jaffna following LTTE supremo Prabhakaran reneging on the Delhi agreement, the IPKF, which constituted the military component of coercive diplomacy, succeeded in creating a security environment conducive to holding the first-ever provincial as well as parliamentary and presidential elections in the merged northeastern region, enabled by the 13th amendment of the Sri Lankan Constitution. Restoring the democratic process in insurgency-riddled provinces entailed systematic marginalisation of the LTTE, including pushing its members into the jungles. Taking over security duties in the northeast, the IPKF freed the Sri Lankan security forces to eliminate Marxist JVP (Janatha Vimukthi Peramuna) rebels in the south. By degrading the LTTE's capability and motivation, the IPKF prevented the creation of the Eelam (separate

homeland for the Tamils), thereby protecting the territorial integrity and sovereignty of Sri Lanka. All this was done despite the severe handicap of a regime change in Sri Lanka and India. Then President Jayewardene was replaced by Premadasa, who had engineered a secret deal with the LTTE to evict the IPKF. He served a notice on the IPKF to vacate Sri Lanka, a move that was endorsed by then Prime Minister VP Singh, who succeeded Rajiv Gandhi. This double jeopardy represented a clear failure of coercive diplomacy and political intelligence. But conveniently, the IPKF was made the scapegoat. The Sri Lankan imbroglio required a political antidote, and as PM Narendra Modi recently told Russian President Vladimir Putin: "The solution to any war does not lie on the battlefield". Op Pawan was the first triservice campaign with a joint command and overall force commander. In their new book on the IPKF, Valiant Deeds — Undying Memories, Col Atul

Kochhar and Col Ravi Nair recall the gallantry and bravery of the force. One Param Vir Chakra and Uttam Yudh Seva Medal each, six Maha Vir Chakras and 98 Vir Chakras, besides other medals, were won by the force consisting of four infantry divisions (70,000 personnel) supported by the artillery, a tank regiment, special forces, paramilitary forces, combat helicopters, the IAF and the Navy. A grateful Sri Lanka has raised a war memorial honouring the gallant Indian soldiers who shed their blood for its security. A group of committed veterans has been waging another battle in the corridors of South Block, calling for recognition of Op Pawan as an honourable and successful military campaign where Indian peacekeepers became peace enforcers. The performance of soldiers is measured by acts of valour and gallantry, which are commemorated regardless of victory or defeat. The British-led campaign in Gallipoli during World War I was an acclaimed fiasco. Yet, Australia and New Zealand (Indian units were also involved) commemorate it on April 25 annually. The US honours its brave soldiers who fought in Vietnam on March 29; Russia, Ukraine and Belarus commemorate the Afghanistan expedition on February 15. And the list goes on. Op Pawan was a military success, even though there was a political and diplomatic failure. In India, the wars of 1971 (liberation of Bangladesh) and 1999 (Kargil) are officially commemorated and celebrated.

IPKF veterans recently wrote to the Service Chiefs and the Minister of State for Defence and have received the reply: "the matter is under consideration". They want 'official recognition' and declaration of July 29 as the date of commemoration, besides an enlisted bugler to play the Last Post in memory of their fallen comrades. Operation Pawan was definitely neither a minor operation nor just a skirmish.

5 ways to get back to normal life after having a

Baby

Having babies is surely one of the best experiences in the world, as they say, there's no greater feeling than motherhood.

However, with parenthood, come responsibilities, most of which cannot be shared. Mothers have to invest a great deal of time and energy with the newborn, while fathers feel to have been ignored by their wives. Here's how you can strike a balance and live life your way, even after babies.

Go out on coffee or dinner dates with your spouse

Make sure you do not give up on spending quality time with your spouse, as the newborn will take up a lot of your time. Making it a routine won't be possible since kids don't have a fixed routine either, but you can

always sneak out for a while, when he/she is asleep. You can always use your balcony as a perfect setting for long night chats over coffee, or a cozy candlelight dinner whenever you have reliable help to take care of your kid for a while.

Catch up on some gossip while shopping with your girlfriends

Nothing beats an afternoon of shopping followed by loads of juicy gossip over sumptuous lunch. It doesn't have to be dragged for hours, even three- four hours of outing with your friends will rejuvenate you. You must understand that although taking care of your baby is

important, it is equally important for you to stay fresh and excited about motherhood, than being tired and hassled.

Never think of giving up your career

After a maternity break, you wouldn't feel like joining back soon since your baby needs you a lot this time, you can try working from home. If your employer is considerate enough, you can opt for a work-from-home set up, if not take up some freelance assignments. Your career is your high-point, even if you are a woman; get out of home and look at new opportunities.

Make your baby nanny and

grandparent-friendly

This will prove to be of great help, since the kid won't be too dependent on you, which will ensure you have enough time for yourself. Moreover, he/she would also learn values from the grandparents. This will also help you when you start working full-time or have to go on social outings without your baby.

Indulge in quality 'me' time

Do anything you love, read, listen to music, yoga or simply 'do nothing'. Spend enough time, just for yourself, this will help you de-clutter and start afresh. Indulge in 'me' time more often, since a happy you will keep everyone around happy.

Kids with disability don't affect couple's Divorce Risk

Couples raising a child with developmental disabilities do not face a higher risk of divorce, especially if they have larger families, as compared to those couples raising typically developing kids, new research has found.

Parenting a child with a developmental disability involves challenges and rewards that are unique to each family and prior research has shown that parents of a child with a developmental disability tend to experience greater marital stress compared to peers raising typically developing children. As a result, there has been "a conception that, in general, parents of children with disabilities are more likely to experience divorce, and we wanted to test that assumption", said first author of the study Eun Ha Namkung from University of Wisconsin-Madison, in the US. The team used data from the Wisconsin Longitudinal Study that has been following more than 10,000 men and women who

graduated from Wisconsin high schools in 1957 and some of their siblings for more than 50 years.

The researchers found that about 22 percent of parents with a child with developmental disability experienced divorce over the span of the study.

They also found that among couples with children without any disabilities, the risk of divorce was lowest for couples with one child and increased with each successive child.

In contrast, the risk of divorce for parents of children with developmental disabilities remained unchanged with increasing family size.

"Our results clearly show that the effects of having additional children are different for families of individuals with developmental disabilities compared to the effects on the general population," said Namkung. He suggested that "other children in the family may be a vital support system for parents coping with the care of a child with a developmental disability".



How to have a pet-friendly Diwali

While you might be planning on having a blast during Diwali, it's your pet who will suffer from all the noise pollution during the festival.

No matter how happy-go-lucky your pet is, he or she will end up hiding somewhere in the house for fear of those noisy crackers. This Diwali, ensure that you take care of your pets so that they stay protected.

Stay Around them

One of the best means to make pets feel comfortable is to not leave them alone as the sudden noise caused by firecrackers can scare them or cause discomfort. Anchal Animesh Devjani, who has two Labradors, of two months old each, said, "My pets are still young, so I am going to take special care of them. In our colony other residents also have pets, so we are going to take special care not to burst crackers inside the colony premises and will avoid creating any unnecessary noise that would alarm our pets. Even the children in our society will be using only phuljhadi or a chakri." Supriya Pathak, another dog lover who owns three pets — one German Shepherd, one Labrador and one Pomeranian, said, "We have an underground room in our apartment specially constructed for the dogs. During a festival like Diwali, we take them to this room where we have a play area built for them. Either someone from my family or I always takes care of them." Rashmi Raja who owns a six-year-old pug, said, "A festive day like Diwali also means one has to be more attentive towards one's pet."

For my pet's sake There are some people who prefer a cracker-free Diwali. Pradeep Tiwari who owns a three and a half year old German Shepherd, said, "Ever since Sheru became part of our family, we have not burst crackers in order to ensure that he is comfortable. We keep the windows closed to create a protected environment and never leave him unattended." Meghna Kumar who owns a Pomeranian, said, "My Pom, Goli, is very disciplined. She feels comfortable with my mom and stays with her during the festive period. However we only buy a packet of phuljhadi and chakri so that our pet is not hassled by the noise. In fact Goli sits besides my mom while we burst the



crackers. We ensure that she remains at a specific distance to avoid accidents."

Feed them and keep them in a protected room

Most festivals bring in lot of engagements that might lead to pets staying unattended at times. So it is essential to ensure that the pet does not starve while you are busy attending to guests. Dr Parag Pandya, a veterinary surgeon, said, "It's better to feed the pet ahead of the celebrations. Pets are not habituated to sudden loud noises and are taken by surprise on occasions like Diwali. Pets should be fed in a room where windows are closed so that they have no fear of loud noise. It is advisable to allow pets to get acquainted with the surroundings."

Vistara Offers Voluntary Retirement To Staff Ahead Of Air India Merger

A joint venture between the Tatas and Singapore Airlines, Vistara has around more than 6,500 employees, including permanent and contract staff.

New Delhi: Vistara has offered voluntary retirement as well as voluntary separation schemes for its non-flying staff, ahead of the full service carrier's merger with Air India, according to officials. A joint venture between the Tatas and Singapore Airlines, Vistara has around more than 6,500 employees, including permanent and contract staff. The Voluntary Retirement Scheme (VRS) and Voluntary Separation Scheme (VSS) have been offered for the non-flying permanent employees. Eligible staff can apply for the schemes till August 23, they said.

While VRS is for those who have completed five years of service, VSS is for the staff who are yet to complete five-year service at the airline.

The schemes are similar to those offered by the Tata Group-owned Air India earlier this month. The schemes are not applicable for pilots, cabin crew and those holding licences for carrying out their duties.

There was no official comment from Vistara on



the schemes. The airline started flying in 2015. Earlier this month, sources had said about 600 non-flying staff of Air India and Vistara are likely to be impacted by the two airlines' mega-merger, and efforts will be made to provide job opportunities to the affected employees within Air India group

and Tata companies. Tata Group-owned loss-making full-service carriers -- Air India and Vistara -- together have more than 23,000 employees.

Meanwhile, the fitment exercise -- which involves the evaluation of the roles and responsibilities of staff of both airlines -- in

the run-up to the merger has been going on for the past few months. The exercise takes into account an individual's prior experience, performance and other factors. On May 12, Air India CEO and MD Campbell Wilson, along with Vistara CEO Vinod Kannan, held a one-and-a-half-hour town hall meeting with employees of both carriers about the proposed merger. At that time, Wilson and Kannan also assured that the fitment, or assignment, of existing employees into the new structure was being done based on merit and competency.

The merger, which will create one of the biggest airline groups, was announced in November 2022. Once the deal is complete, Singapore Airlines will have a 25.1 per cent stake in Air India. Vistara is a joint venture between Singapore Airlines and the Tata Group. In June, the National Company Law Tribunal (NCLT) cleared the merger, and in March, Singapore's competition regulator CCCS gave a conditional nod for the proposed deal.

UP Proposes Life Term In 'Love Jihad' Law. How BJP, Samajwadi Party Reacted

New Delhi: The Yogi Adityanath-led government has introduced the Uttar Pradesh Prohibition of Unlawful Conversion of Religion (Amendment) Bill, 2024 in the Assembly, which proposes harsher punishment, leading up to life imprisonment in 'love jihad' cases. The proposed amendments have been welcomed by the BJP as a step in the right direction while the Samajwadi Party has termed it a 'divisive' move, aimed at creating 'animosity' in society. UP Deputy Chief Minister Keshav Prasad Maurya who reached the Assembly, this morning told reporters that the legislation should be welcomed as this would act as a 'deterrent' against such practices.

BJP leader Mohsin Raza said that the law, when amended, will help greatly in tackling illegal religious conversions as many 'love jihad' cases have emerged where impersonators marry a girl by hiding their identity and then force her to convert. "If any impersonator plays with the life of your daughter, why shouldn't the culprit be held accountable? If an imposter marries any girl by hiding his identity and with malicious intent, why can't such people be brought to book," asked the BJP leader. Samajwadi Party, on the other hand, slammed the Yogi Adityanath government for bringing amendments in the existing laws regarding 'love jihad' and said that it nothing but negative politics and motivated by the BJP's 'aversion' towards a particular community.

Samajwadi Party leader Fakhru Hasan Chand in a video message said, "UP has already a law on love jihad. If someone traps someone in his/her love trap with some motive, then there is a law for it but the BJP only wants to do negative politics. It does not want to do anything about unemployment and paper leak."

Indian Navy, NDRF search for missing Kerala native underway after Karnataka landslide

New Delhi: A severe landslide triggered by incessant monsoon rains on July 16, 2024, in Shirur, located 40 kilometers south of Karwar in Uttara Kannada district, Karnataka, has caused significant disruptions, including the closure of National Highway 66 between Kumta and Karwar. The landslide led to several vehicles, including a Hindustan Petroleum Corporation Limited (HPCL) tanker, being washed away into the nearby Gangaveli River. The Uttara Kannada district administration quickly requested assistance from the Indian Navy to



locate and recover the missing HPCL tanker. In a swift response, the Indian Navy dispatched two diving teams, comprising twelve divers and six hydrographers equipped with inflatable craft and necessary equipment, from the Naval Base at Karwar to Shirur. In a joint operation with the National Disaster Response Force (NDRF), the Naval personnel recovered the HPCL LPG tanker on July 17, 2024. The tanker was subsequently drained of gas by HPCL representatives, ensuring safety and averting any potential danger.

Since July 19, 2024, the Indian Navy teams, equipped with high-resolution sonar, have been tirelessly searching for another missing truck driven by Kerala native Arjun Mooladikuzhiyil. "The strong currents in the river, dislocated debris from the hill, and adverse weather conditions have made searching the riverbed difficult," the Indian Navy stated in an official statement.

A coordinated response involving the Indian Navy, the NDRF, and the district administration is ongoing to locate the missing personnel and truck in the landslide-affected area.

Days after US woman found tied to tree in Maharashtra, case against ex-husband

New Delhi: An attempt to murder case has been registered against the former husband of an American woman, who was found tied to a tree with an iron chain in Maharashtra's Sindhudurg district. The case was registered based on the statement given by the woman when she was in hospital, police officials said. In her statement, the woman claimed that her former husband had tied her with an iron chain in a forest in Sonurli in Sindhudurg.

The woman, identified as Lalita Kayi Kumar S, was from the US and lived in Tamil Nadu. A shepherd found the woman with her leg chained

to a tree on July 27, following which he informed the police. She was initially rushed to a nearby hospital, before



being shifted to one in Goa. The police also found her Aadhaar card and a photocopy of her American passport. Her visa had expired, and she had been

in India for the past 10 years, the police said. Several medical prescriptions were found in her possession, which suggest that she had psychiatric issues, PTI reported.

Based on the note written by the woman at the hospital, a case has been registered against her former husband on charges of attempted murder, act endangering life or personal safety of others and wrongful confinement under the Bharatiya Nyaya Sanhita (BNS), police was quoted as saying by PTI. The woman's statement is yet to be officially recorded. An investigation has been launched and search is on for her husband, police said.

Kerala Landslides That Killed 54 Triggered By Record 372mm Rain In 24 Hours

New Delhi: At least 54 people have died after massive landslides hit the hilly areas in the Wayanad district in Kerala this morning. Officials said landslides were triggered by incessant rain in the region. The state recorded 372 mm rainfall in the last 24 hours. Multiple agencies, including NDRF, have joined the rescue ops in the hilly areas near Meppadi.

Officials said that 250 people have been rescued so far and were shifted to temporary shelters. Prime Minister Narendra Modi has spoken to Kerala Chief Minister Pinarayi Vijayan and assured all help to the LDF government. He has also asked BJP chief JP Nadda to ensure that party workers assist in rescue work. The Prime Minister's Office has

announced compensation of ₹ 2 lakh for the families of those killed in the calamity. Those injured would be given



₹ 50,000. BJP chief JP Nadda said the priority of the government is to rescue the trapped people and pull out the dead bodies. "PM Modi spoke with the Kerala Chief Minister and gave him assurance.

Support from central agencies for relief has reached there. Work is being done in coordination with the state government. Right now, the primary thing is to recover the bodies and save those who can be saved," Mr Nadda said. The Kerala Chief Minister's office said that a control room has been set up to provide immediate relief and rescue assistance following the landslides.

Among the affected areas are Mundakkai, Chooralmala, Attamala and Noolpuzha, authorities have said. Many roads have collapsed and a bridge has been swept away and several areas have become unreachable, Health Minister Veena George told news agency ANI. "We have to re-establish the connectivity. Helicopters will also be brought in, but the weather is bad."

These rules were violated by Delhi coaching centre where 3 students died

New Delhi: Classrooms and libraries in basements, no proper drainage facilities are some of the rampant safety violations found in several coaching centres across Delhi. These violations were also found at Rau's IAS Study Circle coaching institute in Rajinder Nagar, where three civil service aspirants lost their lives on Saturday evening due to flooding in the basement.

The victims, Shreya Yadav from Uttar Pradesh, Tanya Soni from Telangana, and Navin Dalwin from Kerala, were caught in the deluge after heavy rains inundated the basement of the centre. The incident has ignited widespread student protests, with protesters accusing local authorities of severe negligence in ensuring the safety standards of educational institutions. Meanwhile, the total goods and services tax collected (GST) from coaching centres across the country has more than doubled in the last five years, according to the government data shared with the Rajya Sabha. From 2019-20, the total GST collected from coaching was Rs 2,240.73 crore. It grew to Rs 5,517.45 crore in 2023-24.

How many coaching institutes are there in Delhi? After the Delhi High Court took note of the Mukherjee Nagar fire incident in June last year, the Delhi Police submitted a status report in which they mentioned that as many as 583 coaching institutes were running in Delhi. According to the report, out of 583 coaching institutes, only 67 have fire safety certificates, while 516 institutes do not have a fire safety certificate.

Can a coaching institute run classes in the basement? The use of the basement shall be subject to clearance from the fire authorities and other statutory bodies as per the relevant provisions of the Master Plan of Delhi (MPD) 2021 and the Unified Building Bye-Laws, as amended from time to time. As per Unified Building Bye-Laws 2016, for educational buildings (schools or colleges), a basement or cellar room may be designed, constructed, altered, converted, or used for the purpose of study or instruction, provided it meets fire safety requirements.

What are the basement construction rules? As per rules laid down in the Unified Building Bye-Laws for Delhi, 2016, the construction of the basement shall be allowed by the Sanctioning Authority in accordance with the land use and other provisions specified under the Master Plan for Delhi/Zonal Development Plan.

"For How Many Years...": Court Raps Centre Over One Rank One Pension Dues

New Delhi: The Supreme Court came down heavily on the Centre on Tuesday for failing to take any decision for years on the pension payable to retired regular captains of the Army in accordance with the One Rank One Pension (OROP) scheme and imposed a fine of ₹ 2 lakh on it. A bench of Justices Sanjiv Khanna and R Mahadevan gave one last opportunity to the Centre till November 14 for resolving the anomalies with regard to the pension of such retired officers under the scheme. It said the cost of ₹ 2 lakh shall be deposited in the welfare funds of the Army and warned the government that if the decision is not taken by November 14, it will direct for enhanced pension by 10 per cent to the retired regular captains. Appearing in the court on behalf of the Centre, Additional Solicitor General Aishwarya Bhatti said six anomalies have been pointed out by the Kochi bench of the Armed Forces Tribunal (AFT), which need to be rectified, but the government is yet to

take a stand in the matter. The bench said, "For how many years will this go on? Either you pay an enhanced pension by 10 per cent or we are imposing a cost on you. We wanted a decision to be taken, but you have not taken it. This matter came up in 2021 but still no decision has been taken." Bhatti said the government cannot take a piecemeal decision, it has to look at the issue holistically and consider all the six anomalies as the decision may affect others. "All I can do is tender my apology. Please give us one more chance, we will take a decision in this regard. We will file an affidavit in this regard. Give us three months' time, we will take a decision," the additional solicitor general said. The bench initially refused to give any further time to the Centre and accept any affidavit and said it will direct an enhanced pension to these retired officers. Justice Khanna said, "What is this? If the government is not taking a

decision, I cannot do anything. This does not give solace to these officers. They are retired captains. They have no say. They have no access to you people. Either you



start paying 10 per cent more or pay the cost. The choice is yours." As soon as the bench started dictating the order for enhanced pension for the retired captains, Bhatti asked it to kindly impose a cost because that will serve equity better than enhanced pension. The bench then gave time till November 14 to the government as a last opportunity but imposed a cost of

₹ 2 lakh on it, saying the amount has to be deposited in the welfare fund of the armed forces in four weeks. On July 23, the top court had noted that the regional bench of the AFT had passed an order on December 7, 2021 according to which the government was to take a decision on the pension payable to the retired regular captains, noticing that there was an anomaly that required to be resolved for the implementation of OROP. The Centre has challenged the AFT order and arrayed 13 retired regular captains as a party to the dispute.

The bench noted that this court has repeatedly adjourned the matter to enable the appellant government to take a decision on the pension of the retired regular captains. "In these circumstances, we are inclined to impose exemplary costs and also direct that the regular captains will get pension enhanced by 20 per cent from the date the OROP scheme is applicable.

Corporate hacks you can try while dealing with Kids



Yes, parenting is a tough task, especially for those who also juggle a career. "However, sharp and smart individuals know that the scenario at work and at home are almost similar. The situations and the solutions are almost always interchangeable. The tactics that you apply at office can also work wonders with your children," says parental adviser and psychologist Rashmi Desai. Here are some simple corporate survival techniques you can try when dealing with your kids...

SETTING OBJECTIVES MAY LEAD TO NOWHERE

The only place where 'goals' look nice is probably on your resume. For, many parents vouch that setting objectives, both at home and office, is almost always pointless. Narendra Jain, a marketing manager and father of two, says, "I convince myself that I need to achieve a specific target within

two months, but I never manage to do that because my goals are influenced by external factors as well. In the end, I am left feeling dejected. Similarly, my wife and I vowed that we would potty train our twins by the time they are two. But we kept racing between our bedroom and the restroom till they turned four. Letting things take its own course is one of the parenting mantras we follow now."

BONUS, INCREMENT, BRIBES ARE GOOD MOTIVATORS

'Carrot and stick approach' works brilliantly well both with kids and at office. Rehana K, an HR professional, says, "Just like how bonus and increment push staff to perform better, promise of extended playtime and a picnic over the weekend motivates my daughter to study and behave well. Bribery is a punishable offence, but all is fair in love, war and parenting."

CITATION AND WORDS OF APPRECIATION ARE LIFESAVERS

Encourage your child by appreciating accomplishments; this boosts their self esteem. Rehana adds, "Your body language and tone matters a lot. If your son has tied the shoelace on his own, make sure you compliment him. Avoid making comments that belittle his efforts. An employee who is encouraged by way of citation and letter of appreciation is more likely to work harder than the one who has been reprimanded in front of his colleagues."

HEADS, I WIN, AND TAILS, YOU LOSE

It's okay to accede to your child's whims and fancies once in a while. But often, give them options such that they choose what you want.

Sri Dixit, communication head with a reputed MNC, says, "I learnt this trick from my boss, who casually told me I could either do the official tour I so hated with his team now or during the weekend when I had plans of celebrating my wedding anniversary. I now use this on my son, who is in Class IV, all the time. I give him a choice between doing his homework now or when his favourite cartoon is on. Either way, I accomplish what I intended to."

BE A ROLE MODEL

It's important for a boss to set a good example for their subordinates to follow. Similarly, kids learn by watching their parents. Rashmi says, "If you lose your cool at the drop of a hat, your child will do the same. Children follow on their parents' footsteps. Be tolerant, soft-spoken, kind and selfless if you want your kid to be the same."

BE OPEN TO CHANGES

Flexibility and willingness to adapt and adjust your parenting style will make your journey much easier. Rehana says, "The work environment at a new office will be different from the one at your old place. You need to be flexible to sail through smoothly. When my daughter was two, she would listen to everything I said, even though she wouldn't understand most of it. But now, she is eight and has formed her own opinions. So, instead of mollycoddling, I behave like an adult with her. We reason things out and choose what's best."

AT TIMES, IT'S OKAY TO CALL IT A DAY

Overworking and burning yourself out at your workplace will lead to no good. It's fine to just go home when you know things are going nowhere. Adapt the same policy with your kids as well. Rashmi adds, "It's perfectly fine to give in to your child's tantrums, but only sometimes. If they insist on staying up late on weekend, tell them it's fine as long as they don't create a ruckus and finish their school work the next day. If they don't want to eat their spinach, give them a healthy alternative. Parenting is all about little compromises."

BE CREATIVE

Narendra says, "My wife whips out these nice looking, interesting lunches every day so our twins gobble them up without making a fuss. She presents the dishes creatively, just like how we rack up our brains to present our ideas differently to our clients."

IT'S ALRIGHT TO FIB

While being transparent and honest are important for any relationship to survive, it's okay to lie sometimes. Gauri Manjrekar, a fashion consultant, says, "I fib to my six-year-old son so that he drinks his glass of milk, comes with me for a medical checkup, goes to bed on time and doesn't OD on chocolates. I'm not being dishonest, I just say few harmless lies so we both can co-exist peacefully."

Kids cause greater strain in relationships than illness



Having kids, the main purpose of matrimonial relationships, can bring in greater strains in romantic relationships than illness of partners, a new study suggests. The study looked at the relationship quality of 721 couples in Switzerland over a period of thirteen years. "Transition to parenthood is associated with a higher degree of closure of the couple, as well as greater differentiation of functional roles," said researcher Manuela Schicka from the University of Geneva in Switzerland in an official statement.

Schicka, who conducted the research as part of her PhD thesis, explained that women often abandon or substantially reduce their participation in the labour market once they become a mother, because of lack of institutionalised child care facilities. This also generates a great deal of frustration. On the other hand, illness and accidents are seen as linked to bad luck and not personal responsibility.

There is therefore less grief and bitter thoughts between partners when the latter occur, Schicka stated. The study also found that transition to retirement succeeds in reuniting couples at an age that is generally not perceived as the most romantic one. The research demonstrated that while the various styles of conjugal interactions generally remain stable along the life course, some critical life events and transitions weigh much more on relationship quality than others, sometimes in unexpected ways.

5 ways to keep your kids safe online

With the proliferation of new technologies and social media apps, it seems these days as if our children are almost constantly online, and as parents/guardians, we sometimes have a tough time keeping pace.

How can we ensure that we are as good parenting online, as we are offline? Use these five tips to educate, empower and protect yourself, as well as your children, to have safer and more meaningful online experiences.

Use technology together This is a good way to teach online safety, and it creates the opportunity for you to address safety issues as they arise. Be involved in your child's online life. Discuss also the importance of unplugging from their mobile device, and establish phone-free times such as during class, at family dinners or after a certain time on school nights.

Use privacy settings/ parental control on devices There are many sites for sharing ideas, photos, videos and more. Many of these service providers offer privacy settings and controls that will determine who can see your content before you post it. Talk with your family about what they



should and should not share publicly. Teach your family to communicate responsibly: one good thumb rule is, if you would not say it in person, then do not text it, email it, instant message it, or post it as a comment on someone's page. Discuss how what you say online might make other people feel, and come up with guidelines about what is appropriate communication. Help them respect the privacy of others by keeping the personal details about family or friends private, and by not identifying people by name in publicly shared social media. This

should include personal information such as phone numbers or home addresses. Teach your family not to accept files or to open email attachments from strangers. Write down the rules and keep them near the computer.

Check age restrictions Many online services have age limits restricting who can use their services. For example, for an email account, you would have to meet age requirements; some email products are restricted to users who are 18 years and older. Always check a website's terms of usage before allowing your child/ward to sign up for an account, and be clear with them if you have rules on which websites and services they can use. Supervise computer use. If possible, the family computer should be kept in a common area of the house. You should also set reasonable limits on computer

usage. Show your children the value of privacy: encourage them to protect their passwords and personal information, as they would with something like a diary. Children under eight should have direct supervision while online. Tweens, those from eight to 12, should have more freedom, but a parent/guardian should still be close by, with privacy settings at their highest level. Teens, due to smart phones, laptops and school computers will have more Internet access, which is why it is important to set the rules early and encourage ongoing conversations.

Keep the conversation going Staying safe is not a one-off event; technology evolves, and so will the needs of your family. Make sure you keep up an ongoing dialogue. Check in on everyone's progress, change the rules if necessary, and set aside time to chat at regular intervals, for example, at family dinners. Encourage their questions. Invite conversation.



Pragya Jaiswal

Shines In Stylish Sky-blue Dress For Khel Khel Mein Song Launch

Actress Pragya Jaiswal is known for her works in the Telugu cinema, appearing in superhit projects with the biggest of the names. Apart from her screen presence, the actress is a popular name on social media, where she updates her fans on her new ventures and breathtaking looks. Her latest Instagram entry is proof of her glam and how gracefully she can pull off any fashion. Pragya Jaiswal took to her official Instagram handle to share the new photoshoot, which captures her in a Western outfit, which shows off her fit body. The actress has donned a spectacular sky-

blue, off-shoulder dress, tailored with a V-shaped deep neck. The thigh-high dress hugs her body elegantly, as she poses for the camera embodying confidence. She has paired the fit with silver-hued, fan-shaped earrings, finger rings on each hand and transparent, strung heels. As for her hair, Pragya has chosen to leave it free in the air, styled in waves of bronze and dark brown. She has captioned the post, "Game time," completing it with a wink and a blue-heart emoticon.

Fans share their appreciation and support for the shoot in the replies below. The first user wrote, "Sooo beautiful soo elegant just looking like a wow." A second fan shared, "Heyy so pretty." While a third fan stated, "Just stunning, as always." Most of the fans have left the comment section with heart and heart-eye emoticons. It has gained over 66,000 likes on the platform so far.

According to another post, the look was for the song launch event of her upcoming film, Khel Khel Mein. The behind-the-scenes clip shows the actress enjoying the whole process, as she expresses her excitement for the event. The post is captioned, "A special day, a special moment." Her upcoming project is made under the direction of Mudassar Aziz, also credited as the writer. The cast includes names like Akshay Kumar, Taapsee Pannu, Fardeen Khan, Pragya Jaiswal, Vaani Kapoor, Ammy Virk and Aditya Seal. The film is set for an August 15 release.



Big Boss OTT 3's Ranvir Shorey Wants To Send His Son To College With Rs 25 Lakh Prize Money: 'I'm Clear...'



[hstep]Big Boss OTT 3 stirred up a big controversy last week during an episode where the top 7 contestants faced a media press conference. During the episode, actor Ranvir Shorey, a participant on the show, was asked if he participated in the show to revive his career. Ranvir denied this, explaining that he was offered two reality shows and chose Big Boss OTT 3 because he had no other work at the time. Ranvir said, "My son was out of the country, so I wanted to come here. He is 13 years old and now I want him to start living his life with a man around him." Ranvir Shorey married actress Konkona Sen Sharma in 2010. They separated in 2015 and got a divorce in 2020. They have a son named Haroon.

In the same episode, Ranvir clarified his joke about only wanting the Rs 25 lakh prize, saying he meant he wants to win and use the money for his son Haroon's college. "It is not like that. The statement was made in jest. Obviously the combination of the trophy and prize money cannot be broken. At least I am clear when I say that I want myself to win first," he said.

Ranvir is often seen wearing simple, worn-out clothes on the show, even during the weekend episodes with Anil Kapoor. However, last to last weekend brought a surprise for Ranvir when he received a designer suit. He wore a striking blue suit, and when Anil Kapoor asked about it, Ranvir revealed that while his shoes were inexpensive and his own, the suit was sent to him by someone named Shehnaaz. Initially, he assumed Shehnaaz was the name of the fashion designer.

Big Boss OTT 3 featured Sana Makbul Khan, Sai Ketan Rao, Lovekesh Kataria, Sana Sultan, Shivani Kumari, Vishal Pandey, Deepak Chaurasia, Armaan Malik with his second wife Kritika, and Naved Shaikh AKA Naazy.

New Mom Richa Chadha And Her Baby Girl Pose With Shabana Azmi, Dia Mirza And Others, Photo Goes Viral



Richa Chadha and Ali Fazal are enjoying their new phase of life. They have welcomed a baby girl recently and are currently busy with their new duties. Well, today looks like the little munchkin has guests in the house to meet her. Shabana Azmi, Tanvi Azmi, Urmila Matondkar, and Dia Mirza came to meet new parents. Shabana Azmi shared the photo on her social media and wrote, "With the khala / Masis of the new mum and baby." In the photo, Richa Chadha is seen sitting on a couch with her baby on her lap. She has not revealed her face while others are standing behind her and posing. As soon as the photo was shared, fans reacted. One of the fans wrote, "Kya baat hai khoob Jamaica rang Jamil baithenge itne yaar aapke piche pyari bahana khadi hai Tanvi madam and meri pyari gudiya Shabana madam." Another wrote, "Congratulations... so happy for you."

The couple welcomed a baby girl on July 16, and since then, they have been having a fun time keeping up with their baby girl's schedule. Having said that, Richa recently dropped a fun video with Ali, as their new born kept them awake all night. In the video, they were seen, vibing to SRK's hit song from Kuch Kuch Hota Hai - Yeh Ladka Hai Deewana. While Richa lip synced, Ali did a funny dance in the background. Earlier this year, while announcing the arrival of their baby girl, Ali Fazal and Richa Chadha shared the picture of the little feet of their newborn daughter. Along with the photo, the couple also penned a note, expressing their gratitude towards fans and followers alike. The note read, "Doing a collab post to announce the biggest collab of our lives!! We've been blessed indeed. Our baby girl continues to keep us very very busy. So Thank you all for your love and blessings..."

Richa Chadha and Ali Fazal got married in 2022 and announced their pregnancy earlier this year. In an exclusive conversation with News18 Showsha, Richa recently revisited her wedding day and also got candid about her interfaith marriage with the Fukrey co-star. "No one cares about people and what they think. And I come from a very liberal, lovely family. Ali comes from a very liberal, progressive family. We are both middle-class people. And we had a fantastic time. No one puts pressure on us. And if they did, we didn't take any pressure," she shared.

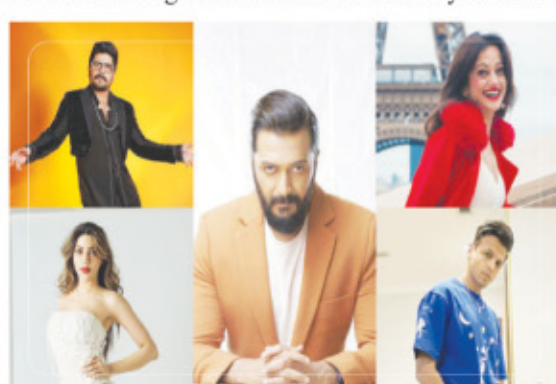
Nikki Tamboli

To Vaibhav Chavan, All The Contestants To Look Out For At Bigg Boss Marathi Season 5

Bigg Boss has been a famous reality show that is loved by audiences. The show has gained huge popularity in recent years. The Marathi version of Bigg Boss has also gained significant fame in the Marathi television industry. The show stars many well-known actors, social media influencers and internet personalities. Bigg Boss Season 5 started its journey yesterday July 28, 2024. Curious to know who are the popular influencers in the Bigg Boss Marathi show? Read this article to know more about this:

Nikki Tamboli

Nikki Tamboli is a well-known television personality and actress who became widely known after participating in Bigg Boss Hindi. Her strong and bold personality made her a standout contestant and she showed her daring side in Khatron Ke Khiladi as well. Nikki has also acted in Hindi and Telugu films and has earned a loyal fan following in the process.



Paddy Kamble

Paddy Kamble is a prominent figure in the Marathi entertainment industry, known for his exceptional skills as a comedian and actor. His unique sense of humour and impeccable comedic timing have made him an audience favourite. In his career spanning various successful projects, Paddy captivates his fans with his charismatic presence and talent.

Shubhankar Tawde

Shubhankar Tawde is an upcoming talent in the Marathi industry who has quickly made a name for himself with some notable roles. Known for his charming personality and charismatic screen presence, Shubhankar has already earned a loyal fan following.

Manasi Naik

Manasi Naik is a versatile actress and dancer who has made a name for herself in both Marathi films and television. Known for her trendy and catchy dance numbers, she has garnered a huge fan following through her energetic performances and vivacious personality.

