

Delhi Chief Minister Smt. Rekha Gupta receives threat call

Simmi Kaur Babbar.

New Delhi, June 6 – In a shocking development, Chief Minister of Delhi, Smt. Rekha Gupta, has reportedly received a serious threat call, raising grave concerns about her safety. The Sikh Times strongly condemns this act of intimidation against a prominent public leader who has been working tirelessly and fearlessly for the betterment of the people of Delhi.

Smt. Rekha Gupta is known for her unwavering commitment and dynamic leadership. Since assuming office, she has taken bold

and reformative steps to curb corruption, improve public welfare, and stand up to vested interests. Her clear stand against the criminal and corrupt mafia elements in the capital has earned her both respect and opposition.

It is evident that anti-social and criminal elements are feeling threatened by her courageous governance and are now resorting to cowardly threats in an attempt to derail her mission. This is not just an attack on



an individual but an attack on democratic values and the safety of

our elected representatives. We urge the central government, the Ministry of Home Affairs, and national intelligence and law enforcement agencies to take this matter with the utmost seriousness. Immediate and strict action must be initiated to trace the source of this threat, neutralize any danger, and provide Z+ level security to Smt. Rekha Gupta.

The safety of a committed and hardworking leader like her is paramount not only for the people of Delhi but also in the interest of national integrity and democracy.

Policemen guilty of urinating on a Sikh youth in Rohini police station have not been arrested yet

Gurchanran Singh Babbar

New Delhi, June 6, A horrifying incident of police brutality has come to light from Sardar Colony, Sector 16, Rohini – a settlement primarily inhabited by the families of victims of the November 1984 anti-Sikh riots. A young Sikh man, Sardar Amrit Singh, was forcibly abducted by police officers and subjected to inhumane torture.

On the evening of June 1, 2025, approximately six policemen, without any warrant, allegedly dragged Amrit Singh into a police gypsy vehicle and took him to KN Katju Marg Police Station in Rohini. There, under the influence of alcohol, the police officers reportedly beat him savagely throughout the night. According to his family, some of the policemen even urinated on Amrit Singh's face while laughing and humiliating him. This act is not just police excess, it is a direct attack

on human dignity, Sikh identity, and constitutional rights. Such barbaric behavior has no place in a civilized, democratic society.

Amrit Singh's mother has sent formal written complaints to the Commissioner of Police Delhi, Hon'ble Chief Minister Smt. Rekha Gupta, Hon'ble Lieutenant Governor of Delhi, Union Home Minister, and Prime Minister Shri Narendra Modi. Shockingly, despite the serious nature of the allegations, no legal action has been initiated so far. The accused officers continue to roam freely without any accountability. Urinating on a human being's face is not only a gross insult but also a



heinous criminal act, which must not go unpunished.

The Sikh Times calls upon the Government of India to take immediate and strict action. The guilty police officers must be arrested without delay and punished according to the law. This is not just the fight of one victim – this is a matter of dignity and justice for the entire Sikh community.

The victim's family has indicated that if no justice is delivered soon, they will make a formal appeal to the Jathedar of Sri Akal Takht Sahib, the highest temporal authority of the Sikh faith, for intervention in this matter.

PM opens landmark Chenab Bridge, flags off Vande Bharat in massive Kashmir push

New Delhi. In a major infrastructure milestone for Jammu and Kashmir, Prime Minister Narendra Modi on Friday inaugurated the Chenab Rail Bridge, the world's highest railway arch bridge. The engineering marvel is a key part of the Udhampur-Srinagar-Baramulla Rail Link (USBRL) project and now seamlessly connects the Kashmir Valley to the rest of India via rail. PM Modi's visit today marked several firsts for the region as well: the inauguration of India's first cable-stayed railway bridge, Anji Khad Bridge, and the first-ever train service directly linking Kashmir to the mainland. Just weeks after the deadly Pahalgam terror attack, the inauguration of multiple all-weather infrastructure projects in Kashmir served as a strong message from PM Modi, who is visiting the valley for the first time after Operation Sindoor, that his government remains committed to the development of the region. PM Modi is also scheduled to inaugurate several developmental projects in Katra worth Rs 46,000 crore in a massive infrastructure push for the state.

Moments after inaugurating the Chenab Bridge, the Prime Minister was seen waving the Tiranga and walking across it with a broad smile. Accompanying him were Railway Minister



The bridge surpasses the height of the Eiffel Tower and forms a critical part of the Udhampur-Srinagar-Baramulla Rail Link (USBRL) project.

Ashwini Vaishnav, Jammu and Kashmir Lieutenant Governor Manoj Sinha, and former Chief Minister Omar Abdullah, as he cut the ceremonial ribbon.

CHENAB BRIDGE – AN ENGINEERING

MARVEL

Built at a cost of Rs 1,486 crore, the Chenab Rail Bridge stands as the world's highest railway bridge and a true feat of engineering. Rising 359 metres above the river, 35 metres taller than the Eiffel Tower and nearly five times the height of the Qutub Minar, the bridge was constructed using 28,660 megatonnes of steel capable of withstanding both sub-zero temperatures and extreme heat.

Designed to resist strong earthquakes, the bridge incorporates advanced safety features, including the ability for trains to continue operating at low speed even if a supporting pier is damaged.

ANJI KHAD BRIDGE – INDIA'S FIRST CABLE-STAYED RAIL BRIDGE

The Prime Minister also inaugurated India's first cable-stayed railway bridge at Anji river - Anji Khad Bridge. The Anji Bridge rises 331 metres above the riverbed and spans 725 metres in length. It is supported by 96 high-tensile cables and features a striking inverted Y-shaped pylon that soars 193 metres from its base. The bridge incorporates an astonishing 653 kilometres of cable strands. What truly sets this structure apart as an engineering marvel, however, is that it was completed in just 11 months.

High Court bars coercive steps against Karnataka cricket body in stampede case

New Delhi. The Karnataka High Court on Friday barred the administration from taking any coercive action against the Karnataka State Cricket Association in the Bengaluru stadium stampede case. The high court ruling came as a big relief to the state cricket body officials who were protected from arrest after they were named in the FIR filed in the case, along with Royal Challengers Bengaluru and the event management firm DNA Entertainment Private Limited, citing various sections of the Bharatiya Nyaya Sanhita. The three organisers were booked for "criminal negligence" in the incident which claimed 11 lives with 56 others injured when a huge crowd gathered outside the M Chinnaswamy Stadium during a ceremony to felicitate IPL 18 winners RCB on June 4.

Justice SR Krishna Kumar, directing the petitioner to not leave the jurisdiction of the court without permission, also instructed KSCA officials to cooperate with the probe. "No precipitative be taken against management of Karnataka State Cricket Association till the next date of hearing, subject to condition that they shall cooperate with the investigation," Justice Kumar said. Advocate General Shashi Kiran, representing the state, submitted that the investigation should be allowed to continue and that the police will not be arresting anybody for the time being. To this, the petitioner's lawyer mentioned before the court that the marketing head of RCB had been arrested. "One accused was arrested at an airport. He was trying to escape. He was going to Dubai," the AG clarified.

The petitioner's counsel retorted, saying that Chief Minister Siddaramaiah had himself said on Thursday that there would be arrests of the representatives of the organisers- RCB, DNA Entertainment Private Limited and the KSCA.

Decoding Rahul Gandhi's "Horse" Analogy For Congress's Revival

New Delhi. Congress MP Rahul Gandhi's use of horses as examples to differentiate between workers and leaders who are working hard for the party and those who are deadwood has drawn criticism as well as ridicule on social media. Mr Gandhi, the Leader of Opposition in the Lok Sabha, first illustrated the difference between a "wedding horse" and a "race horse" and how changing their roles can lead to inefficiency. He also talked about "unfit horses" and called for giving way to the younger lot in the Congress party.

He was addressing party workers and leaders in Madhya Pradesh when he made the comments. Mr Gandhi's party has faced successive electoral defeats in the heartland state. He is looking to empower the party's district presidents and make them a key component of the Congress's effort to fight back in Madhya Pradesh.

In decoding the words and the horse analogy used by Mr Gandhi, the Congress war room now resembles a derby. A race horse in politics would represent a strong groundwork, strength, powerful rallies, and tight booth work, while a wedding horse would be a leader who likes to put up a show and work for the party's public image perception.

There's also the langda ghoda that can't run and attend rallies, only stays in the party. For Mr Gandhi, the time has come to send this horse to the retirement ranch.

2009 - Congress Riding Strong

Won 206 Lok Sabha seats with 28.5 per cent vote share, and formed the UPA-2 government.

Police made scapegoats: Karnataka BJP slams Congress over Bengaluru stampede

New Delhi. The BJP on Thursday launched a sharp attack on the Congress government in Karnataka over the stampede at Bengaluru's M Chinnaswamy Stadium that claimed 11 lives, accusing the state leadership of using senior police officers as scapegoats to deflect blame and public anger. Karnataka BJP chief and former Chief Minister BS Yediyurappa called the state government's response 'shameful', alleging that Chief Minister Siddaramaiah and his deputy DK Shivakumar abdicated moral responsibility even as tragedy unfolded.

"It is a shameful act that the Chief Minister and Deputy Chief Ministers themselves stood up and the entire government took responsibility for the system, and while celebrating RCB's victory, they forgot their moral responsibility," Yediyurappa said in a post on X in Kannada.

"To calm public anger, they have made five police officers, including the Police Commissioner, scapegoats. This is a dark chapter in Karunad's history," he added. The senior BJP leader also accused the Congress government of trying to pre-empt legal scrutiny by the High Court by hastily suspending officials, describing it as a "selfish move to cling to power". "If the Chief Minister, Deputy Chief Minister and Home Minister have any morals left, they must resign," he added. Even the Leader of Opposition in the Karnataka Assembly, R Ashoka, echoed similar concerns and raised questions over alleged contradictions within the Congress leadership.

Mediation implies equivalence between terrorists, victims: Shashi Tharoor in US

Shashi Tharoor firmly rejected any notion of equivalence between India and Pakistan, stating that there can be no mediation between terrorists and their victims.

New Delhi. Senior Congress leader Shashi Tharoor, who led a multi-party delegation that met US Vice President JD Vance in Washington on Thursday, said they effectively conveyed India's position on bilateral and security-related issues with Pakistan, stressing that equating the two nations amounts to equating terrorists with their victims. Tharoor, the leader of India's Operation Sindoor outreach team to the US, also affirmed that there can be no mediation between terrorists and their victims, and said that Vance understood the points raised by his team. Tharoor's remarks came against the backdrop of US President Donald Trump's offer to mediate between the two countries, followed by Pakistan Prime Minister Shehbaz Sharif urging Washington to facilitate a comprehensive dialogue between the nuclear-armed neighbours.

"The meeting with Vice President Vance was outstanding. Very clear. We made our position amply clear on this question of mediation. Vance fully understood our points. The main point is that mediation implies an equivalence between two parties and there can be no equivalence between terrorists and their victims, between those who are



offering safe havens to terrorists and the multiparty democracy," the Congress MP said. Speaking to the press following the high-level engagement, Tharoor described the meeting as "outstanding" and "very clear," emphasising that the Indian side had firmly conveyed its position on recent regional developments, including the Pahalgam terror attack and India's military response through Operation Sindoor.

The delegation's meeting with Vance marked the culmination of a two-week diplomatic outreach effort by the Indian delegation across multiple countries. Tharoor, who led Group 5 of India's all-

party delegation, called the five-day visit to the US a "real success." The US visit of the Tharoor's delegation was part of a broader diplomatic push that included stops in Guyana, Panama, Colombia and Brazil. "We acquitted ourselves rather well," he said, crediting Indian embassies for facilitating impactful meetings with top government officials, lawmakers, think tanks, and diaspora communities. According to Tharoor, two primary goals defined the delegation's efforts - explaining the necessity and context behind Operation Sindoor and reinforcing bilateral relations with the countries visited.

"At the end of the day, two satisfactions. One, I believe we got our message across about what happened in Pahalgam and about Operation Sindoor and why it was necessary. Secondly, we used the opportunity to reaffirm the importance of relations with India with each of these countries," Tharoor said. The delegation included MPs across party lines, such as Sarfaraz Ahmad, Ganti Harish Madhur Balayogi, Shashank Mani Tripathi, Bhubaneswar Kalita, Milind Deora, Tejasvi Surya and India's former ambassador to the US Taranjit Sandhu.

- **Shashi Tharoor-led Indian delegation met JD Vance**
- **Tharoor discussed terrorism, Pahalgam attack and Operation Sindoor**
- **Tharoor said US VP clearly understood India's position**

NEWS BOX

Mumbai: 5-year legal battle ends; 26/11 terror attacks' youngest survivor gets home in Andheri

Mumbai. Devika Rotawan, who became the youngest survivor and an important witness in the 26/11 Mumbai terror attacks case, has finally been given a home by the Maharashtra Housing and Area Development Authority (MHADA), reported Times of India. This marks the end of a five-year-long legal struggle to secure a permanent roof over her head.

Now 25, Devika was only 10 years old when terrorists opened fire at Mumbai's Chhatrapati Shivaji Terminus railway station in November 2008. She was shot in the leg but survived the brutal attack. Her brave testimony in court later helped convict Ajmal Kasab, the only attacker who was captured alive.

We shifted from one rented house to another: Devika

Life after the tragedy was not easy for Devika and her family. They had no stable place to live and were often turned away by landlords unwilling to rent to them, fearing unwanted attention linked to the high-profile case. For years, they shifted from one rented house to another, living in constant uncertainty.

In 2020, while studying at Chetna College in Bandra, Devika approached the Bombay High Court, asking for help from the government to secure housing under the Economically Weaker Sections (EWS) scheme. Her request was taken up in court, and the state was directed to consider her application. The court also recommended that support be provided for her higher education.

Robotic lifebuoys for Mumbai Beaches: Plan dropped amid tensions with Turkey

Mumbai. The city may not get robotic lifebuoys anytime soon. The city's civic body has cancelled its plan to buy these robots from Turkey. Earlier, the plan was to use these special rescue devices at six beaches in Mumbai, a civic official told PTI.

This decision was made after tensions rose between India and Turkey. Many people in India were upset because Turkey supported Pakistan. This happened after India carried out Operation Sindoor. After that, people called for a boycott of Turkish products, and trade ties between the two countries weakened. The Turkish President, Recep Tayyip Erdogan, had criticized India's action on terrorism in Pakistan and areas under Pakistan-occupied Kashmir.

The lifebuoy robots were supposed to be used at popular beaches like Girgaum Chowpatty, Shivaji Park in Dadar, Juhu, Versova, Aksa, and Gorai. But the plan changed after Turkey spoke out against India's actions following the terrorist attack in Pahalgam on April 22. Municipal Commissioner Bhushan Gagrani confirmed that the Brihanmumbai Municipal Corporation (BMC) has now dropped the plan to buy the robotic lifebuoys made in Turkey.

What are robotic lifebuoys?

These robotic lifebuoys are designed to help lifeguards during emergencies in the water. They can be used in search and rescue work to save people from drowning. Each robot has two water jets and comes with a 10,000 mAh rechargeable battery.

These rescue devices can carry up to 200 kg and move up to 800 metres into the sea. They can reach speeds of 18 km/h. According to BMC officials who spoke to PTI, the robot can run for nearly an hour after one full charge. After BMC made a deal with Turkey for these devices, many political parties strongly opposed the move. Leaders from BJP and Shiv Sena criticized the decision. They said India should support local companies instead of buying from foreign ones. They urged the BMC to promote the use of Indian-made rescue equipment.

Acting Akal Takht Jathedar Gargaj skips annual message on Op Blue Star anniversary amid tensions with Damdami Taksal head Dhuma

Amritsar. In a first, the acting jathedar of Akal Takht, Kuldeep Singh Gargaj, did not deliver the annual message to the Sikh community on the occasion of the 41st anniversary of Operation Blue Star Friday, but performed an ardas or prayer. This came amid tensions between Kuldeep Singh Gargaj and Damdami Taksal head Harnam Singh Dhuma. Gargaj refrained from delivering the message to the community as a condition reportedly put forward by Harnam Singh Dhuma for the peaceful observance of the anniversary.

However, during the ardas, he referred to some community issues typically addressed in the jathedar's annual speech. During the prayer, the Akal Takht jathedar raised several issues, including the "targeting of Sikhs in India and abroad," the concept of a "Sikh homeland," and "discrimination against Sikhs." Damdami Taksal head Dhuma has opposed Gargaj since his appointment in March this year, claiming that his selection did not follow traditional procedure. Meanwhile, Shiromani Gurdwara Parbandhak Committee (SGPC) president Harjinder Singh Dhumi appeared to be accommodating towards Dhuma's demand.

Karnataka govt, cops could have opted for planned celebration

BENGALURU. With 11 RCB fans dead and 64 injured in Wednesday's stampede at Chinnaswamy Stadium, informed sources told on condition of anonymity that Bengaluru City Police (BCP) was literally hijacked by the premier cricketing club and people "at the helm of affairs" in the state.

The BCP has come under tremendous flak for the shoddy and unprofessional handling of the crowd that converged outside the stadium, and the stampede that followed and led to 11 casualties -- all young people in the prime of their lives, including two minors. An extremely tragic and unprecedented event could have been averted if the government and police had exercised caution and planned the celebration later, in consultation and coordination with all agencies and stakeholders concerned, and after the public frenzy had come down.

"Where was the question of permission for the stadium event? RCB had already announced the victory celebration on social media early Wednesday morning, and followed it up with more posts. People were all charged up and the government was keen on the event, in keeping



with public sentiment. They simply failed to anticipate the impending catastrophe, despite cautionary advice," the sources added.

"A senior police officer cautioned those at the helm of affairs on Wednesday after RCB, from their handle @RCBTweets at 7:01 am posted on microblogging platform 'X', announcing a victory parade in Bengaluru. He suggested a delayed and better planned event on Sunday but it was overlooked. Police then refused

permission for the open bus victory parade but allowed the stadium event under pressure. They should have asserted and put their foot down," said placed sources.

Narrating the buildup of events -- from RCB's post on X early on Wednesday on the Bengaluru celebrations, to the meeting with political leadership to discuss the planning of the event, to the stampede -- sources said, without naming anybody, that the government "failed to gauge the previous evening's frenzy in the city after RCB won IPL 2025". Why did the police, caught between RCB and their political bosses, throw their hands up? Routine BCP posts on social media with a mandatory advisory and travel restrictions in the city were starkly missing on Wednesday.

According to sources, police officers were posted at the stadium, but they too failed to assess and control the crowd movement. "It is reliably learnt that there were three Deputy Commissioners of Police (DCPs) and an Additional Commissioner of Police (AdICP) posted at the stadium on Wednesday, yet the stampede happened and 11 people died.

Passengers protest as muhurtham rush creates bus scarcity at KCBT in Chennai

As a result, buses that were scheduled to reach KCBT after 12.30 am were delayed by 40 to 60 minutes.

CHENNAI. Over 100 commuters staged a road blockade on Thursday early morning (between 1.30 am and 2.30 am) on GST Road opposite Kalaingar Centenary Bus Terminus (KCBT) in Kilambakkam, alleging that they had to wait for nearly two to three hours to board buses to Villupuram, Tiruvannamalai, Cuddalore, Tiruchy, Kallakurichi, and other delta districts.

The protest led to traffic congestion on GST Road, with vehicles lining up for several kilometres in both directions for an hour. As a result, buses that were scheduled to reach KCBT after 12.30 am were delayed by 40 to 60 minutes.

Transport department officials attributed the



sudden surge in commuters to the muhurtham day and the reopening of schools for classes 1 to 5, which led to overcrowding. "On account of the muhurtham day, 50 additional buses were operated on Wednesday. However, a sudden

influx of a few hundred commuters at the terminus led to crowding. For Thursday evening, we have arranged 300 special buses from Koyambedu," the official said.

Moreover, around 30 MTC buses were deployed and operated to several locations after 1:30 am, in response to the protest, officials added. Kilambakkam police managed to pacify the protesters. A transport department official told, "Families heading to their hometowns for reopening of schools for classes 1 to 5 joined the crowd, which caused a spike in demand." The official denied any shortage of buses, stating the terminus handles a footfall of around 1 lakh on muhurtham days, and extended holidays.

Chandigarh police constable dies by suicide at official residence

CHANDIGARH. A Chandigarh police constable and ex-serviceman allegedly committed suicide by hanging himself from an iron pipe at his official accommodation in Sector 26, police lines, on Friday morning. The Sector 26 police kept the body at the mortuary for autopsy and initiated inquest proceedings. The victim was identified as Paramjit Singh, 49, posted in the brass band staff of Chandigarh police.

The family members of the victim found him hanging with the help of a scarf from an iron pipe in his room and informed the police at 112. Upon receiving the information, a PCR van reached the spot and rushed Paramjit Singh to GMSH 16, where doctors declared him dead on arrival and moved his body to the mortuary for autopsy.



Later, the SHO of Sector 26 police station and CFSL teams also inspected the crime scene. Statements of family members and colleagues are being recorded by the police to ascertain the reason behind the extreme step.

The Sector 26 police registered a case and initiated inquest proceedings. It is the second suicide incident committed by Chandigarh police personnel within ten days. On May 29, 2025, a constable allegedly committed suicide by shooting himself with his service revolver at Dhanas police complex.

PMC intensifies crackdown against plastic bags; over Rs 1 crore collected in fines since October last year

As part of its drive, the Pune civic body has been promoting eco-friendly alternatives such as cloth, jute, and compostable bags through awareness drives and collaborations with self-help groups.

Pune. The Pune Municipal Corporation (PMC) has intensified its crackdown on the use of banned plastic items, collecting over Rs 1.04 crore in fines and seizing 8,090 kg of bags and other items between October 2024 and May 2025. As many as 2,074 violations were also recorded during this period. Single-use plastic remains a common sight in many markets, with vendors citing the lack of alternatives and demands from customers as major hurdles.

As per PMC data, inspections have increased significantly across high-density commercial areas. "Our key targeted areas include Mahatma Phule Mandai, Laxmi Road, Ravivar Peth, Market Yard, Tulsi Baug, and zones with street vendors. Our flying squads concentrate on places with lots of markets and shops, and we have intensified raids in mutton and chicken markets, tourist spots, etc," said Sandip Kadam, deputy commissioner, solid

waste management, PMC. "We are targeting not only retailers, but also manufacturers and distributors who supply banned plastic. Simply penalising shopkeepers is not enough.



Breaking the supply chain is key to effective enforcement," he added.

Kadam confirmed that some vendors have also been fined multiple times. "We follow the official fines stipulated: Rs 5,000 for the first offence, Rs 10,000 for the second, and Rs 25,000 for repeat offenders. There are some repeat cases, but we haven't seen resistance from anyone yet."

However, on the ground, vendors say that

compliance is difficult due to customer demands and lack of options. Intiaz Khan, a meat vendor, explained, "Our choices are really limited. Paper bags simply aren't good enough to hold the meat properly. Even though plastic bags are more costly, I still have to use them because if I put the meat in a paper bag, it can fall out before the customer even reaches home. It's not just about convenience but about making sure the product reaches its destination."

Sharing the same concern, a vegetable vendor said, "I can't put potatoes in a paper bag because they are too heavy and the bag will tear easily. We tried using paper bags for a while but they often get ripped when holding wet or heavy items."

Most customers do not bring bags, so we had to switch back to plastic bags even if they might not be legal because we do not have many options."

60 tribal families still await permanent housing in Palakkad's Parambikulam



PALAKKAD. "Each file represents a life." For the past nine years, Chief Minister Pinarayi Vijayan has repeated this powerful message several times to government officials urging them to treat every file with humanity and compassion. But in the dense forests of Parambikulam in Palakkad district, the same message seems to have been lost in the bureaucracy.

In the Uravanpadi tribal hamlet alone, 30 fully constructed houses completed back in 2023 remain unused and locked, simply because authorities are yet to assign them house numbers, leaving as many families without the safe shelter they were promised.

Another 30 houses spread across Sungam, Earth Dam, Thekkady and Poopara tribal hamlets initiated as far back as 2019 continue to languish in the final phase. Shockingly not a single department appears to have clarity on the reasons behind the delay.

'Criminal Negligence'

These shocking details were unearthed when the Scheduled Castes and Scheduled Tribes Welfare Committee of the Kerala Legislative Assembly held a review meeting of various departments at the Forest Department Information Centre in Anappadi, Parambikulam, regarding the welfare of Scheduled Castes and Scheduled Tribes in the district.

Committee member and minister in the first Pinarayi Vijayan government Kadakampally Surendran, MLA, expressed his anguish while addressing the meeting. "This is just criminal negligence," he said, pointing out that systemic indifference only deepens the neglect faced by tribal communities, denying them basic dignity and access to essential services. When officials from various departments assured that the issues would be looked into the next day, Surendran responded, "Look, the very matters you now promise to fix tomorrow have been delayed for six long years."

Devendra Fadnavis inaugurates final stretch of Mumbai-Nagpur Samruddhi highway

This milestone marks the completion of a transformative infrastructure project that spans 701 kilometres, connecting 24 districts across Vidarbha, Marathwada and North Maharashtra.

➔ **76-km final stretch of Maharashtra Samruddhi Mahamarg inaugurated by CM Fadnavis**
➔ **Project covers 701 km, connecting 24 districts across Vidarbha, Marathwada, North Maharashtra**
➔ **Includes 5 double tunnels, with Maharashtra's longest 8-km tunnel at Igatpuri**

Mumbai. The remaining 76-kilometre stretch of the Hindu Hriday Samrat Balasaheb Thackeray Maharashtra Samruddhi Mahamarg, from Igatpuri to Amant, was inaugurated by Maharashtra Chief Minister Devendra Fadnavis on Thursday, June 5. This milestone marks the completion of a transformative infrastructure project that spans 701 kilometres, connecting 24 districts across Vidarbha, Marathwada and North Maharashtra. The journey began with the inauguration of the first 520-kilometre segment from Nagpur to Shirdi by Prime Minister Narendra Modi on December 11, 2022. This was followed by the opening of the second phase, an 80-kilometre stretch from Shirdi (Kokanmathan) in Ahmednagar district to Bhavir Dhantore in Nashik district, by Chief Minister Eknath Shinde on



May 26, 2023. The third phase, covering 25 kilometres from Bhavir Dhantore to Hutatma Point, was launched by Public Works Minister Dada Bhuse on May 4, 2024. A standout feature of the final 76-kilometre section, which cuts through the rugged Sahyadri mountain range across Nashik and Thane districts, is the inclusion of five double tunnels totalling 10.73 kilometres (21.46 kilometres with both carriageways). The

tunnel at Panke (Igatpuri), stretching 8 kilometres, stands as Maharashtra's longest and widest at 17.61 meters, with a height of 9.12 meters. This final leg will enable the Igatpuri to Kasara stretch to be traversed in just eight minutes. This offers a vital alternative to the congested Kasara ghat on National Highway 3, promising smoother traffic movement.

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Every problem will be addressed effectively": CM Yogi Adityanath

Corakhpur, June 6: During his stay in Corakhpur, Chief Minister Yogi Adityanath met with the public on Friday morning at the Janata Darshan held at Corakhnath Temple. Personally interacting with around 200 people, the Chief Minister attentively heard their grievances and collected their petitions. He directed officials to respond swiftly and sensitively to public complaints, ensuring timely, fair, and satisfactory resolutions. Reaching out directly to citizens seated outside the Mahant Digvijaynath Smriti Bhavan, CM Yogi patiently listened to each individual and issued immediate instructions to concerned administrative and police officers for resolution. He emphasized that all matters should be resolved transparently and efficiently. Reassuring the public, he said, "Do not worry. The government is committed to taking effective action on every issue." In response to complaints related to crime and illegal land encroachment, CM Yogi issued clear instructions to police officials to take strict action against criminals and land mafias. He said that if any powerful individual or mafia is forcibly grabbing someone's land, they must face the strictest possible legal action. "No one harassing the poor will be spared," he added. As in previous Janata Darshan sessions, several people came seeking

financial help for medical treatment. CM Yogi assured them that no treatment will be stalled due to lack of funds. He

the earliest. Several women came to the Janata Darshan with their children. CM Yogi warmly interacted with the little

Avedyanath, to pay his respects. As part of his regular practice, he visited the temple cowshed (gaushala), where he affectionately called the cows by their names — Shyama, Gauri, Ganga, Bhola, among others. Familiar with his voice, many of the cows came running to him. The Chief Minister lovingly caressed them, gently stroked their foreheads, and fed them jaggery with his own hands, displaying his deep bond and compassion for the animals. On Friday morning, a group of young martial arts students, mostly girls, came to meet CM Yogi at the Corakhnath Temple to wish him a belated happy birthday. The children greeted him with a rose and warm wishes, saying "Happy Birthday, Maharaj ji!" The Chief Minister smiled warmly, offered them his blessings, and gifted them chocolates. Although CM



instructed officials to quickly prepare cost estimates for the required medical care and submit them so the government can release the funds without delay. He further directed that Ayushman cardholders should face no difficulty in availing treatment, and those eligible but yet to receive the card must be issued one at

ones, offering them chocolates and blessings. During his stay at Corakhnath Temple on Friday morning, CM Yogi followed his usual routine of worship and service. He began the day by offering prayers to Shivavatar Guru Corakhnath and then visited the samadhi of his revered guru, Brahmaling Mahant

Yogi does not celebrate his birthday since embracing the path of 'sanyas', people from all walks of life continue to mark the occasion with joy. On Thursday, his 53rd birthday was celebrated across the state through various programmes organized by individuals and social groups.

Flamingos to highrises Greens flag dwindling bird count at Basai wetland, call for quick action

Gurgaon. Birders on Sunday organised a walk at Basai wetland to launch a movement urging Haryana govt to conserve the marshy forest that has dried out over the years and run over by rampant construction. Around 20 birders on Sunday held placards, calling for action to save the wetland and raise awareness about it. Basai, recognised as a birding spot by Birdlife International, was once home to indigenous and migratory birds of 295 species. Now, birders say, species' populations have fallen

drastically. "Basai is ecologically crucial, not only for birdlife but also for groundwater recharge and ecosystem protection. We used to see that in 2001, there were lots of migratory birds. Now, because of the heavy construction near the Dwarka Expressway, the area is completely dried out. It used to be a beautiful marshland," said Selvarajan, chairperson of Green Circle, a non-profit that has organised the 'Save Basai Wetland' campaign. Selvarajan said Basai was part of an inter-

connected ecosystem. "We have to save this wetland, especially if we want to save the Najafgarh jheel and other nearby wetlands. If not saved, it will be converted into a concrete jungle. And very soon, the city will also lose its source of groundwater recharge," he said. Among the birds whose sightings have declined are bar-headed geese, wagtails, sandpipers and godwits. Less than a decade ago, Basai was a patchwork of cultivated fields and marshy scrublands that merged into the

Sultanpur National Park on its east. At its core was a 600-acre lake, where birds and reptiles could thrive. This lake would get water treated from a nearby sewage treated plant, but in 2017, another STP was built at the bed of the wetland, stopping the supply channelled to Basai. Without this source, water at the lake dried up and the birds left for other greener parts of NCR. Here there were once species such as lesser flamingos and sarus cranes are now 5,000-odd residents living in over a

dozen societies. Experts said the lack of any legal protection for Basai, including a 'wetland' status, made it easy to bulldoze it. In 2017, the Delhi Bird Foundation approached the National Green Tribunal against the construction of the STP and with the demand to declare the area a wetland, but MCG, in its response, said that Basai was just a "piece of barren land where a few birds occasionally roost..." The case concluded with NGT asking the petitioners to

Congress criticism over anti-terror delegation: 'Can't dwell on it'

New Delhi Congress MP Shashi Tharoor on Sunday said he cannot afford to dwell on the criticism going on back in India, including from his party, against him over leading an all-party delegation which is carrying out government's an anti-terror outreach in foreign countries. After visiting Panama Guyana and Colombia, Shashi Tharoor and his delegation arrived in Brazil on Sunday in an effort of India's global outreach to convey India's zero tolerance against terrorism. After concluding the Brazil visit, the all-party delegation will be heading to the United States

next week. When asked for comments on the criticism going on in India, even within his (Congress) party against him, Shashi Tharoor said he feels this is a time for them to focus on their mission. "Undoubtedly, in a thriving democracy, there are bound to be comments, criticisms. But I think at this point, we can't afford to dwell on it, when we get back to India, no doubt we have a chance to speak to our colleagues, critics, and media there. But right now we're focused on the countries we're coming to and getting the message out to the people here," news agency ANI quote

Shashi Tharoor as saying. Congress had not happily welcomed Shashi Tharoor's appointment by the government for the all-party delegation task, saying that the names party gave for selection for the campaign were ignored by Centre. Earlier this week, Congress MP Jairam Ramesh made a controversial remark stating, "Our MPs are roaming and terrorists are also roaming." The remarks got a sharp response from BJP leader Shehzad Poonawalla, who strongly condemned the statement, calling it "shameful, condemnable, and senseless." BJP leader Shehzad

Poonawalla urged the Privileges Committee of Parliament to take immediate cognisance and initiate action against Ramesh. "This is the most shameful, condemnable, and senseless statement. The Privileges Committee of the Parliament should immediately take cognisance of this and take action," ANI quoted Poonawalla as saying on Thursday. Earlier on Thursday, Jairam Ramesh took another jibe at the Central govern-

'Ek Ped Maa Ke Naam 2.0' to grow deep roots across India

New Delhi: Haryana is set to embark on the second phase of 'Ek Ped Maa Ke Naam' after the resounding success of the campaign, which had been launched on World Environment Day last year. 'Ek Ped Maa Ke Naam 2.0' will be launched nationwide on Thursday by Prime Minister Narendra Modi, with an ambitious target of planting 10 crore trees across India. As the city grapples with rising temperatures and shrinking green cover, 'Ek Ped Maa Ke Naam 2.0' offers a hopeful reminder: Every act of remembrance can also be an act of renewal. From banyan trees planted for grandmothers to flowering gulmohars for mothers who loved colour, each sapling carries a handwritten tag with a name and a message of love. Volunteers have also pledged to care for the trees, ensuring they grow into lasting symbols of gratitude. In the previous phase, Haryana was assigned a target of 1.6 crore plantations but exceeded expectations by planting 1.8 crore saplings, showcasing its strong commitment to environmental sustainability. This year, the state is preparing a comprehensive action plan to scale up the initiative. The focus will be on expanding participation by involving schools, residential welfare associations (RWAs) and corporate offices. Haryana's principal chief conservator of forests (PCCF) Vineet Kumar Garg told TOI, "All land-owning departments, students, RWAs and corporates will be told to participate in the programme."

10% wetlands in Noida encroached, some by govt agencies: DM to NGT

Noida. While Noida grapples with the rampant depletion of its water table, an affidavit submitted by the DM to the National Green Tribunal recently showed of the 1,018 water bodies in the district, nearly 10% are encroached. Some of them by govt agencies for the construction of roads and banquet halls. The affidavit, submitted on March 17, showed most of the water bodies have been encroached for the construction of houses or to extend agricultural activities. A handful of building plans encroaching on ponds have been sanctioned by govt authorities. Of the 104 encroached ponds and wetlands, at least 48 are in Sadar tehsil (Noida) and 29 are in Jewar. Though Dadri has the least at 27, some ponds in Rithori, Kailashpur, Ghodi Beheda, Karanvas and Pali villages have been encroached for over 30 years. The affidavit was submitted after the tribunal, while hearing a case filed by environmentalist Abhisht Kusum Gupta in 2022, asked the district administration to file a status report on water bodies every two months. The

petitioner had flagged that more than 200 ponds and water bodies in the district had been encroached. Gupta claimed some ponds have been encroached by govt agencies for building public infrastructure like roads or railway lines. If wetlands are used for public infrastructure, they are required to compensate by giving back 1.25 times the used land elsewhere, he added. DM Manish Kumar Verma has informed the tribunal that notices were served to govt authorities. "Eviction and demolition orders have been issued and executed systematically."

ly, especially targeting structures such as permanent houses, temples, and commercial establishments. Despite these rigorous measures, some encroachment cases remain sub judice in Revenue Courts and before the Hon'ble High Court of Allahabad," the affidavit stated.

PUBLIC NOTICE

It is for general information that I, Yuvraj Machal S/o Arun Kumar R/o RZ L-8, Gali No-1, Mahavir Endave, Palam Village, South West Delhi, Delhi-110045 declare that name of my father and my mother has been wrongly written as Arun Machal and Sangeeta Machal in my 10th and 12th Class Educational Documents. The actual name of my father and my mother are Arun Kumar and Sangeeta.

NAME CHANGE

I, Hari Kishan S/o Dhan Pati R/o Flat No. C-1/235, Sector-55, Noida, U.P. inform all concerned that, my name has been wrongly mentioned as HARIKRISHNA YADAV in stead of "HARI KISHAN" in the educational documents of CBSE Board, 10th class of my son namely Ritesh, whereas correct name is "HARI KISHAN" which may be amended accordingly.

NAME CHANGE

I, HYAD SINGH BOHARAHA Father of No. 4203313M Rank-L/NK Name-PRAKASH SINGH BOHARAHA Presently residing at BHOOD MAHDIYA, KHATIMA, UDHAM SINGH NAGAR, UTTARAKHAND-262308, have changed my name from HYAD SINGH BOHARAHA to HAYAT SINGH for all future purposes vide Affidavit dated 06/06/2025 before Notary Public, Delhi.

PUBLIC NOTICE

NOTICE is hereby given to public at large that my client Sh. Manish Kumar is the owner of Land area measuring 100 sq. yds. out of Kharsa No. 184 situated in village Hebatpur pargana & tehsil Dadri distt. Gautam Budh Nagar U.P. vide GPA. Agreement to Sale & WILL, dated 23.06.2021 and intend to mortgage the said property with SMFG India Home Finance Company Ltd. If any person(s) has/have any objection(s) or claim(s) with respect to the right, title or interest in the said property may please contact us within 07 days from the date of this notice on the number & address mentioned herein below, failing which my client(s) shall not be held responsible in any manner whatsoever.

Khaitan & Khaitan
A-38 Kailash Colony,
New Delhi-110048,
Contact no. - 49774545

NAME CHANGE

I, Monorama Bera (existing name of spouse as per change of Next of Kin of Record/ service document) Spouse of JC-774842M Sub/Cik (SD) Sanjib Kumar Bera resident of Vill-Abdalpur, PO-Aloke Kendra, Dist-Paschim Midnapore, West Bengal have changed my Name from Monorama Bera (existing name of spouse as per change of Next of Kin of Record/ service document) to Manorama Bera (adopted New Name) vide Affidavit dated 05/03/2025 before Koshadhikari, Jodhpur, Rajasthan, Court (Name and place of the court)

NAME CHANGE

It is for general information that I, RAM AWADH S/O RAM KISHOR R/O H NO-5B, GALI NO-15A, PREM VIHAR, NANGLI DAIRY, NAGAFGARH, SOUTH WEST DELHI, DELHI-110043 declare that name of my mother has been wrongly written as SANICHARA DEVI in my 12th class educational documents. And name of mine has been wrongly written as RAM AWADH in my 10th class educational documents. The actual name of mine and my mother are RAM AWADH and SHANICHARA, which may be amended accordingly.

NAME CHANGE

I hitherto known as Rim Jhim D/o Alok Kumar Sharma R/o 168-B, Near Sudarshan Hospital, Panchwati Colony, Ghaziabad, Uttar Pradesh-201001 have changed my name and shall hereafter be known as Divyansha Sharma.

NAME CHANGE

I hitherto known as Preeti Gupta W/o Aditya Gupta R/o 118 Old Gupta Colony, Kalyan Vihar, Vijay Nagar, North West Delhi, Delhi-110009 have changed my name and shall hereafter be known as Mansi Gupta.

NAME CHANGE

I hitherto known as Joginder Singh Parashar S/o Lakshmi Chand R/o H.No-149, Pocket 1, Sector 24, Rohini, Raja Pur Kalan, Rohini Sector-7, North West Delhi, Delhi-110085 have changed my name and shall hereafter be known as Joginder Singh.

NAME CHANGE

I hitherto known as V/K Anand S/o M.L. Anand R/o E-72 Phase-1, Ashok Vihar, Tuglakbad, Kalkaji, South Delhi, Delhi-110019 have changed my name and shall hereafter be known as Priya Rabha.

NAME CHANGE

I hitherto known as Priya Rava W/o Mohanraj R/o 49 Godak Apartments, Tuglakbad, Kalkaji, South Delhi, Delhi-110019 have changed my name and shall hereafter be known as Priya Rabha.

PUBLIC NOTICE

It is for general information that I, Jyoti Dagar D/o Kallu Dagar, R/o Pachhola Mohalla, Jharsaintly, Sector-58, Ballabgarh, Faridabad, Haryana-121004 declare that name of my mother has been wrongly written as Savita in my 10th Class Educational Documents. The actual name of my mother is Daya Dagar.

NAME CHANGE

I, MAYANK S/O SUDHIR MOHAN DHAWAN, R/O B-3/437, TARA NAGAR, KAKROLA, SECTOR-15, DWARKA, NSIT DWARKA, PO, NSIT DWARKA, DISTT: SOUTH WEST DELHI, DELHI-110078, have changed my name from MAYANK S/O SUDHIR MOHAN DHAWAN, to MAYANK DHAWAN S/O SUDHIR MOHAN DHAWAN, for all future purposes.

NAME CHANGE

I, SUFIYAN S/O SHRI MOHD FAZIL R/O House No.164, GALI NO. 38A/AFRABAD SEELAMPUR, Delhi-110053, declare that in my Passport my incorrect name is mentioned as MOHD SUFIYAN and my correct name is SUFIYAN Now onwards my correct name is SUFIYAN S/O MOHD FAZIL for all future purpose.

NAME CHANGE

I, No. 15440700W Rank-SEP Name- BABARIYA AJAY KUMAR Resident of VILL-PRANSALI, TEHSIL-KESHOD, DISTT-JUNAGADH, GUJARAT-362229, have changed my mother's name from BABARIYA MADHUBEN to BABARIYA MADHUBEN RAMBHAI for all future purposes vide Affidavit dated 06/06/2025 before Notary Public, Delhi.

NORTHERN RAILWAY TENDER NOTICE

NIT No.	01-RCNK-OPN-LUM-2025
Name of Work and its location	Tender for "Provision of Unskilled Workers for Loading/Unloading of material at various shops in RCNK (As Per Scope of Work)".
Approx Cost of work	₹10896205.44/- including GST (₹ One Crore Eight Lakh Ninety-Six Thousand Two Hundred Fifty Rupees & Forty-Four Paise)
Earnest Money	₹ 204500.00/-
Completion period of work	24 Months from the date of issue of L.O.A.
Cost of Tender document on cash/bid post	₹ 5000/-
Date and Time for submission of tender	Upto 15:00 hrs on 19.06.2025
Website particulars notice board location complete details of tender can be seen	Above tender available on IREPS site i.e. www.ireps.gov.in
No. 01-RCNK-OPN-LUM-2025	Dated: 04.06.2025
SERVING CUSTOMER WITH A SMILE 1664/2025	

Delhi CM Rekha Gupta will be the Chief Guest at Shyam Lal College's 61st Annual Day Function on June 9

New Delhi: Chief Minister of Delhi, Smt. Rekha Gupta will be the Chief Guest at Shyam Lal College's 61st Annual Day & Prize Distribution Function to be held on June 9. Prof. Rabi Narayan Kar, Principal of Shyam Lal College, University of Delhi, announced that the college will celebrate its Shashti Poorthi (completion of sixty years) with the 61st Annual Day and Prize Distribution Function scheduled to be held on Monday, June 9, 2025, at 10:00 AM in the college premises. Hon'ble Chief Minister Smt. Rekha Gupta, Government of NCT of Delhi, will grace the occasion as the Chief Guest. Prof. Kar informed that Prof. Balamani Pani, Dean of Colleges, University of Delhi; Sh. Manoj Kumar Tiwari, Hon'ble Member of Parliament (North East Delhi); and Sh. Jitendra Mahajan, Hon'ble Member of Legislative Assembly (Rohtas Nagar), will be present as Guests of Honour. The event will be presided over by Smt. Savita Gupta, Hon'ble Chairperson of the Governing Body of Shyam Lal College. Prof. Kar stated that this special occasion will commemorate the Shashti Poorthi of the institution, honour its academic legacy, recognize student achievements, and reflect upon the remarkable contributions made by the college to education and society over the past six decades.

Truck burnt by mob in Gzb, police say it was carrying cow meat

Ghaziabad: A truck transporting meat was set ablaze by right-wing activists in the Bhojpur area on Tuesday night. The group that stopped the truck accused the driver of carrying beef and assaulted him and his helper before handing them over to the cops. ACP Modinagar Gyan Prakash Rai said the truck was stopped around 8pm on the Palkhuwa-Modinagar road after it had crossed Faridnagar. A police team from Bhojpur that reached the spot with a veterinary expert found a cow hide in the truck, following which the driver and helper were taken into custody. "The driver, Waseem, told cops the meat was loaded in Hapur and was headed for Mohali. Waseem and his helper Imraan have been booked under relevant sections of the Prevention of Cruelty to Animals Act, 1960," the ACP said. Samples of the meat and hide have been sent for further tests. Cops said around a hundred people, including members of VHP and Bajrang Dal, had gathered on the road after they got information that a truck carrying banned cow meat was headed to the area. After intercepting it, the mob pulled out the driver and his helper and assaulted the two. They also lobbed stones at the vehicle and hit it with sticks. A team from Bhojpur police station that reached the spot tried to disperse the crowd that sat on the road, affecting traffic movement for nearly two hours. Sources said police used mild force to remove the crowd. Additional force was called in from nearby police stations after the mob set the truck ablaze. Senior police officials said they were trying to identify the people responsible for arson. "On the basis of a complaint submitted by sub-inspector Shrichand of Bhojpur police station, an FIR was registered against hundred people under BNS sections 3(5) (acts done by several people in furtherance of common intention), 189 (2) (unlawful assembly), 191 (1) (rioting), 221 (obstructing public servant in discharge of public function), 324 (4) (mischief causing damage to the amount of fifty rupees) and 326 (f) (mischief by fire and explosive substance with intent to cause damage to the amount of Rs 100)," Rai said.

No concrete solution: Gurgaon still fights losing battle with debris

Gurgaon: MCG's search for securing an agency for managing the city's construction and demolition (C&D) waste collection and transport has failed to meet success so far. The corporation has issued a fresh tender recently for legacy C&D waste removal. In April, the corporation sought bids to remove 6 lakh metric tonnes of legacy waste from the city, attracting three bidders. However, none of these bidders satisfied the required eligibility conditions. According to an MCG official, the city produces around 1,500 to 2,000 tonnes of construction waste daily. As per the proposal, it is a Rs 9-crore project which mandates the use of GPS-equipped vehicles and the establishment of a dedicated helpline for the resolution of complaints within 48 hours. The agency hired would also need to submit their vehicles' registration details and fitness certificates before starting work. At present, the city relies on a single company that runs the Basai C&D waste processing facility, which collects construction waste within a 15-kilometre

PUBLIC NOTICE

This is to inform you that Mrs. Rani Shami intends to purchase the built-up First Floor of the property bearing No. D-61, measuring 50 Sq. Yards (i.e., 41.81 Sq. Meters), situated in Mustali No. 27, Killa No. 1, as per the layout plan of Gali No. 3 & 4, Gandhi Park, New Gokulpur, located in the area of Village Khureji Khas, Shahdara, Delhi-110051, from Mrs. Balwant Kaur and Mrs. Preeti Sikka. The initial owner of the entire property was Shri Atif Khan, who sold it to Shri Ishar Chaudhary through a Sale Deed dated 11.03.1988. Unfortunately, Smt. Ishar Devi passed away, and her husband, Shri Sohna Singh, also predeceased, leaving behind four legal heirs: (1) Smt. Tara Devi (2) Smt. Soma Devi (3) Smt. Veeran Devi alias Roop Rani (4) Shri Jagdish Chaudhary. These legal heirs released their respective shares in favor of their brother, Shri Jagdish Chaudhary, through a proposed Relinquishment Deed. Subsequently, Shri Jagdish Chaudhary transferred the property to his wife, Mrs. Swarna Rani, through a General Power of Attorney, Agreement to Sell, and Will dated 24.10.1997. Unfortunately, Smt. Tara Devi, Smt. Soma Devi, and Shri Jagdish Chaudhary have all passed away. Thereafter, their family members: (1) Mrs. Roop Rani alias Veeran Devi (2) Mr. Sukhvinder Raj (3) Mrs. Savita (4) Mr. Harkesh Kapoor (5) Mr. Punit Kapoor (6) Mr. Bhupender Kapoor released their respective shares in favor of Mrs. Swarna Rani through a Relinquishment Deed dated 17.03.2008. Thereafter, Mrs. Swarna Rani sold the said floor to Ms. Varinder Kaur via a Sale Deed dated 30.05.2015. Finally, Ms. Varinder Kaur sold the floor to the current sellers, Mrs. Balwant Kaur and Mrs. Preeti Sikka, through a Sale Deed dated 08.06.2021. Note: The chain of documents lacks the Death Certificates and Legal Heir Certificates for the following individuals: (1) Smt. Ishar Devi (2) Shri Sohna Singh (3) Smt. Tara Devi (4) Smt. Soma Devi (5) Shri Jagdish Chaudhary. The said property to be done currently financed by SATYA Micro Housing Finance Pvt. Ltd., with its branch located in Uttam Nagar, Delhi. If any person(s) objection & regarding subject property, then kindly may submit his/her objection within 07 days from the date of the Notice in writing. The said objection may be kindly sent to the undersigned by way of the Registered Post on the address given below and by E-mail, failing which, the claim as per aforesaid shall be treated as null and void in respect of the subject property.

PUBLIC NOTICE

GENERAL PUBLIC IS HEREBY INFORMED THAT ORIGINAL SALE DEED DT. 10.01.2012 EXECUTED BY MR. RAMPAL SINGH IN FAVOUR OF MRS. KUNJUM IN RESPECT OF PROPERTY BEARING NO. 48, ADMEASURING 100 SQ. YARDS, LOT OF KHARSA NO. 1484, SITUATED AT KAILASHPUR, RAM COLONY SECOND, VILLAGE RAESPUR, PARGANA DASNA, TEHSIL & DISTRICT GHAZIABAD, U.P., HAS BEEN LOST BY THE CURRENT OWNER MR. JITENDER THAKUR C/O MR. ASHOK KUMAR, R/O 1, SITUATED AT KAILASHPUR, UPPER GROUND FLOOR, BALAJI ENCLAVE, GOVINDPURAM, GHAZIABAD, U.P.-201013 AND SAID OWNER MR. JITENDER THAKUR PURCHASED THE SAID PROPERTY VIDE SALE DEED DT. 03.03.2022 EXECUTED BY MRS. KUNJUM IN FAVOUR OF MR. JITENDER THAKUR IN RESPECT OF THE SAID PROPERTY (ENTIRE AREA 100 SQ. YARDS), (DOC. NO. 2828, IN BOOK NO. 1, VOL. NO. 18992, ON PAGES 31-54, ON DT. 03.03.2022, ARC-2-GHAZIABAD). NOW MR. SUNIL TYAGI IS GOING TO PURCHASE THE "FIRST FLOOR WITH ROOF RIGHTS OF THE SAID PROPERTY OF THE SAID PROPERTY FROM OWNER/SELLER MR. JITENDER THAKUR, WHICH WILL BE MORTGAGED WITH TRU HOME FINANCE LIMIT, EDAS SECURITY AGAINST HOUSING LOAN FOR PURCHASING OF SAID PROPERTY. PLEASE SUBMIT THE SAID ORIGINAL SALE DEED DT. 10.01.2012 IF FIND BY ANY PERSON. ALSO, PLEASE CONTACT MR. SUNIL TYAGI, OBJECTOR LETTER WITH RELEVANT DOCUMENTS WITH UNDERSIGNED IF HAVING ANY OBJECTION IN RESPECT OF SAID PROPERTY/SALE DEED WITHIN 10 DAYS OF THIS PUBLICATION. ITS USE IS HEREBY FORWARDED. E-16, MANSAROVAR PARK, SHAHDARA, DELHI-110032 MOBILE NO. 9999042521

[ASHWANI KUMAR] Advocate
Chamber No. 122,
Tehsil Compound, Ghaziabad, U.P.

NEWS BOX

US Army Aims To Produce 3D-Printed Skin To Help Treat Soldiers

world.The US Army is exploring the technology of bioprinting, which involves 3D printing human tissues using living cells, proteins and nutrients as raw materials, to treat the wounds of soldiers and save their lives, the official site of the US Department of Defence said. The US Army Combat Capabilities Development Command Chemical Biological Center (DEVCOM CBC) has collaborated with the University of Hawaii System on two initiatives in order to leverage biomaterials and advanced manufacturing. The project is under a cooperative research and development agreement (CRADA) and two initial joint work statements (JWS), according to the US Army. Also Read | US Researcher Proposes Detonating Massive Nuclear Bomb Under Ocean To Save Earth From organ-on-a-chip scientific tools to manufacturing and repair capabilities, the two organisations would work on various life-saving initiatives to support the United States Indo-Pacific Command (USINDOPACOM), which is headquartered in Hawaii.

Dr Jason Barnhill, who is an associate research professor at the John A Burns School of Medicine (JABSOM), at the University of Hawaii at Manoa, will work with Priscilla Lee, a DEVCBC bioengineering researcher, to develop organ models for assessing various compounds under the first JWS.

As quoted in the official report, Sam Shomaker, dean of the University of Hawaii at Manoa JABSOM, said, "We are incredibly proud that Dr. Barnhill and Priscilla Lee are representing the University of Hawaii at Manoa and DEVCBC with these efforts that have the potential to save the lives of our frontline Soldiers and civilians across the world."

"By helping to introduce innovative biofabrication technology to even more remote areas, JABSOM is assisting in the mission across the Pacific and globally," Shomaker added. The official report mentions that Lee's focus is on bioprinting cell culture models with an aim to understand immune responses and develop next-generation biomaterials

Poland's Foreign Minister Mocks Elon Musk After His Feud With Trump

Warsaw.Poland's foreign minister poked fun at Elon Musk late on Thursday, returning to a social media spat from March after the Tesla and SpaceX boss spectacularly fell out with US President Donald Trump. Warsaw's top diplomat Radoslaw Sikorski found himself embroiled in an extraordinarily public clash with Musk and US Secretary of State Marco Rubio in March after he said Ukraine may need an alternative to the Starlink satellite service.

Amid a flurry of posts on his social media platform X, Musk had told Sikorski to "Be quiet, small man". On Thursday simmering tensions between Musk and Trump exploded into a public feud, as the president threatened to cut off government contracts to companies run by the world's richest man. Musk suggested Trump should be impeached.

Sikorski took aim at Musk in a post on X, saying "See, big man, politics is harder than you thought."

Harvard Wins Reprieve From Trump's Foreign Student Ban

world.Harvard University won a temporary reprieve from President Donald Trump's ban on its international students entering the US, a legal setback for the administration in its high-profile fight with the school.

US District Judge Allison Burroughs ruled Thursday that the government can't enforce Trump's proclamation that escalates his feud with the university over foreign students. The judge ruled after Harvard amended a May 23 lawsuit over another US order to stop Harvard from enrolling international students. Burroughs had already blocked that effort.

The Boston-based judge granted a temporary restraining order, saying Harvard would face "immediate and irreparable injury" if the proclamation went into effect. She set a hearing for June 16. In issuing the proclamation Wednesday, Trump said that Harvard's refusal to provide records about international student misconduct poses a national security risk. His executive action blocked Harvard's foreign students and researchers from entering the country. Last month, the administration revoked the school's ability to sponsor their visas.

Tricia McLaughlin, assistant secretary of the Department of Homeland Security, said Thursday's ruling "delays justice and seeks to kneecap the President's constitutionally vested powers."

"It is a privilege, not a right, for universities to enroll foreign students and benefit from their higher tuition payments to help pad their multibillion-dollar endowments; that fact hasn't changed," she said in a statement. "The Trump administration is committed to restoring common sense to our student visa system, and we expect a higher court to vindicate us in this." Harvard President Alan Garber had urged the judge to act swiftly.

"While the court considers our request, contingency plans are being developed to ensure that international students and scholars can continue to pursue their work at Harvard this summer and through the coming academic year," said in a statement just after the university amended its lawsuit in Boston federal court. Trump's proclamation intensifies his standoff with the oldest and richest US university, where foreign students make up 27% of the campus population. Harvard has also sued over the US freezing more than \$2.6 billion in federal funding.

Judge puts temporary hold on Trump's latest ban on Harvard's foreign students

Trump's proclamation, issued Wednesday, marked the latest attempt by his administration to cut off the nation's oldest and wealthiest college from a quarter of its student body, which accounts for much of Harvard's research and scholarship.

WASHINGTON. A federal judge late Thursday temporarily blocked a proclamation by President Donald Trump that banned foreign students from entering the U.S. to attend Harvard University. Trump's proclamation, issued Wednesday,

marked the latest attempt by his administration to cut off the nation's oldest and wealthiest college from a quarter of its student body, which accounts for much of Harvard's research and scholarship.

Harvard filed a legal challenge the next day, asking for a judge to block Trump's order and calling it illegal retaliation for Harvard's rejection of White House demands. Harvard said the president was attempting an end-run around a previous court order. A few hours later, U.S. District Judge Allison Burroughs in Boston issued a temporary restraining order against Trump's Wednesday proclamation. Harvard, she said, had demonstrated it would sustain "immediate and irreparable injury" before she would have an opportunity to hear from the parties in the lawsuit. Burroughs also extended the temporary hold she placed on

the administration's previous attempt to end Harvard's enrollment of international



students. Last month, the Department of Homeland Security revoked Harvard's certification to host foreign students and issue paperwork to them for their visas, only to have Burroughs block the action temporarily. Trump's order this week invoked a different legal authority.

If Trump's measure survives this court challenge, it would block thousands of students who are scheduled to come to Harvard's campus in Cambridge, Massachusetts, for the summer and fall terms. "Harvard's more than 7,000 F-1 and J-1 visa holders — and their dependents — have become pawns in the government's escalating campaign of retaliation," Harvard wrote Thursday. While the court case proceeds, Harvard is making contingency plans so students and visiting scholars can continue their work at the university, President Alan Garber said in a message to the campus and alumni.

"Each of us is part of a truly global university community," Garber said Thursday. "We know that the benefits of bringing talented people together from around the world are unique and irreplaceable."

Four killed in Kyiv after Russian missile, drone attack across Ukraine, says mayor

KYIV. A Russian missile and drone attack on Kyiv early Friday killed at least four people and injured 20 others, city mayor Vitali Klitschko said, as air raid sirens rang out during a wider combined attack across Ukraine. Klitschko said search and rescue operations were underway at several locations. Multiple explosions were heard in the capital, Kyiv, where falling debris sparked fires across several districts as air defence systems attempted to intercept incoming targets, said Tymur Tkachenko, head of the Kyiv City Administration. "Our air defence crews are doing everything possible. But we must protect one another. Stay safe," Tkachenko wrote on Telegram. Authorities reported damage in several districts, and rescue workers were responding at multiple locations. They urged residents to seek



shelter. In Solomyanskyi district, a fire broke out on the 11th floor of a 16-story residential building. Emergency services evacuated three people from the apartment, and rescue operations were ongoing. Another fire broke out in a metal warehouse. Tkachenko said the metro tracks between two stations in Kyiv were damaged in the attack, but no fire or injuries occurred. In northern Chernihiv region, a Shahed drone

exploded near an apartment building, shattering windows and doors, according to regional military administration chief Dmytro Bryzhynskyi. He added that explosions from ballistic missiles were also recorded on the outskirts of the city. The nighttime attack came hours after US President Donald Trump said it might be better to let Ukraine and Russia 'fight for a while' before pulling them apart and pursuing peace, in comments that were a remarkable detour from Trump's often-stated appeals to stop the three-year war.

Trump spoke as he met with Germany's new chancellor, Friedrich Merz, who appealed to him as the 'key person in the world' who could halt the bloodshed by pressuring Russian President Vladimir Putin.

Musk threatens to withdraw Dragon spacecraft, key space station link for NASA

WASHINGTON. As US President Donald Trump and Elon Musk argued on social media on Thursday, the world's richest man threatened to decommission a space capsule used to take astronauts and supplies to the International Space Station. After Trump threatened to cut government contracts given to Musk's SpaceX rocket company and his Starlink internet satellite services, Musk responded via X that SpaceX "will begin decommissioning its Dragon spacecraft immediately." It's unclear how serious Musk's threat was. But the capsule, developed with the help of government contracts, is an important part of keeping the space station running. NASA also relies heavily on SpaceX for other programs including launching science missions and, later this decade, returning astronauts to the surface of the moon. The Dragon capsule is the only US company capable right now of transporting crews to and from the space station, using its four-person Dragon capsules. Boeing's Starliner capsule has flown astronauts only once; last year's test flight went so badly that the two NASA astronauts had to hitch a ride back to Earth via

SpaceX in March, more than nine months after launching last June. Starliner remains grounded as NASA decides whether to go with another test flight with cargo, rather than a crew.

SpaceX also uses a Dragon capsule for its own privately run missions. The next one of those is due to fly next



week on a trip chartered by Axiom Space, a Houston company. Cargo versions of the Dragon capsule are also used to ferry food and other supplies to the orbiting lab.

NASA's other option: Russia

Russia's Soyuz capsules are the only other means of getting crews to the space station right now. The Soyuz capsules hold three people at a time. For now, each Soyuz launch carries two Russians and one NASA

astronaut, and each SpaceX launch has one Russian on board under a barter system. That way, in an emergency requiring a capsule to return, there is always someone from the U.S. and Russian on board. With its first crew launch for NASA in 2020 — the first orbital flight of a crew by a private company — SpaceX enabled NASA to reduce its reliance on Russia for crew transport. The Russian flights had been costing the US tens of millions of dollars per seat, for years. NASA has also used Russian spacecraft for cargo, along with US contractor Northrup Grumman.

SpaceX's other government launches

The company has used its rockets to launch several science missions for NASA as well as military equipment. Last year, SpaceX also won a NASA contract to help bring the space station out of orbit when it is no longer usable. SpaceX's Starship mega rocket is what NASA has picked to get astronauts from lunar orbit to the surface of the moon, at least for the first two landing missions. Starship made its ninth test flight last week from Texas, but tumbled out of control and broke apart.

Haji attendance falls to 30-year-low excluding the COVID-19 pandemic period

ISLAMABAD. This year's Haji in Saudi Arabia attracted the lowest number of pilgrims for 30 years, excluding the COVID-19 pandemic period, according to figures released Thursday. The annual Islamic pilgrimage attracted just 1,673,230 Muslims, the majority of them from outside Saudi Arabia, the country's Haji Ministry said. Authorities did not immediately offer an explanation for the low turnout.

It's almost 160,000 fewer pilgrims than last year and a far cry from the pre-pandemic boom, when attendance would regularly push past 2 million. There was a record-breaking Haji in 2012, when more than 3.16 million Muslims took part. The kingdom ran a pared-down pilgrimage during the COVID-19 pandemic, sharply reducing the scale of the Haji between 2020 and 2022 while still allowing a small number of the faithful to take part in the annual event.

The Haji in 2023 was the first to be held without restrictions since the start of the pandemic in 2020.

At the Haji, Muslims gather in Saudi Arabia to unite in



religious rituals and acts of worship as they fulfil one of the Five Pillars of Islam, a religious obligation. It can be the spiritual experience of a lifetime for them and a chance to seek God's forgiveness and the erasure of past sins. But inflation and economic crises around the world are putting the Haji out of reach for some. Excess heat and tougher rules for entry may have also deterred potential pilgrims from heading to Saudi Arabia this year. Earlier Thursday, pilgrims gathered in Arafat to spend hours in worship and contemplation. The rocky hill holds immense significance in Islam. Arafat is mentioned in the Quran and it is where the Prophet Muhammad is said to have given his last sermon on his final Haji. On Friday, pilgrims will head to the vast tent city of Mina to carry out the symbolic stoning of the devil ritual by throwing pebbles at pillars.

Elon Musk is gone, but DOGE's actions are hard to reverse. The US Institute of Peace is a case study

WASHINGTON. The staff was already jittery. The raiders from Elon Musk's Department of Government Efficiency had disposed of the U.S. Institute of Peace board, its acting president and its longtime outside counsel. But until 9:30 p.m. on Friday, March 28, there was hope the damage might somehow be limited.

Then termination notices started popping up in personal emails. That was only the start.

After ending his sojourn in Washington, Musk left behind a wounded federal government. DOGE's playbook was consistent: Show up physically, take over the facility and information technology systems, fire the leadership and replace it with DOGE associates. Dismiss the staff. Move so quickly that the targets and the courts have little time to react, let alone reverse whatever damage has already occurred. Thousands of workers across the federal government saw the playbook in action over the last four months. But the

Institute of Peace, a small, 300-employee organization, is unique: The blitz during its takeover has been, for the moment, reversed in court. The headquarters taken away in a weekend of lightning moves is back in the hands of its original board and acting president. The question they must answer now is a point that U.S. District Judge Beryl A. Howell made during one hearing: Even a win "makes no promises" about how difficult or possible it will be to put the Institute of Peace back together. "A bull in a China shop breaks a lot of things," the judge said. Nearly three weeks since the judge delivered a win, the institute is slowly trying to reboot. But there are barriers, and winning might not mean full restoration. For other agencies and departments fighting their own DOGE battles, it is a cautionary tale. Targeting an agency aimed at fostering peace. The Institute of Peace



was created by Congress in the 1980s. President Ronald Reagan signed the bill into law in 1985. Described as an independent, nonprofit think tank funded by Congress, its mission has been to work to promote peace and prevent and end conflicts while working outside normal channels such as the State Department. When DOGE came knocking, it was operating in 26 conflict zones, including Pakistan, Afghanistan, Mali and Burkina Faso. The institute was one of four

organizations targeted by President Donald Trump's Feb. 19 Executive Order 14217. The order said it was being enacted to "dramatically reduce the size of the federal government." The institute's acting president, career diplomat and former Ambassador George Moose, and longtime outside counsel George Foote tried to explain to DOGE representatives that the institute was an independent nonprofit outside the executive branch. That attempt was for naught. At 4 p.m. on March 14, most of the institute's board was fired by email. The lone holdovers were ex officio — Cabinet members Pete Hegseth and Marco Rubio and the National Defense University's president, Vice Adm. Peter Garvin. Within minutes of the emails, DOGE staff showed up and tried to get into the building but failed over the next several hours during a standoff.

NEWS BOX

After 'Thug Life' ban in Karnataka, over 1K Haasan fans flock to Hosur theatres



KRISHNAGIRI. Over 1,000 fans of actor Kamal Haasan from various parts of Karnataka reached Hosur on Thursday, to watch the movie 'Thug Life'. Due to the recent speech on Kannada language by Kamal, the movie was not screened in Karnataka.

K Nanda Kumar (54), general secretary of Bengaluru City Kamal Haasan Narpani Iyakkam and a resident of Shivaji Nagar said, "We did not expect the ban and invested around Rs 20 lakh for banners and other celebrations in Bengaluru. On Thursday, over 1,000 fans arrived at Hosur, some 150 fans reached Hosur on Wednesday itself and started banner works. Hosur theatres supported Bengaluru fans and many people had come by cars, two-wheelers and buses." Nanda Kumar, a private company staff, added that he reached Hosur on Wednesday and spent two days here. He travelled over 45 km from Bengaluru city to Hosur.

Similarly, another Kamal Haasan fan, M Ravi (50), a daily wage of Shanthi Nagar in Bengaluru came to Hosur by bus and watched the first show of the movie and waited at the theatre for another show.

Agniveers' day to shine at the Artillery Centre

HYDERABAD. The Artillery Centre in Hyderabad held the attestation ceremony for Agniveer batch (05/24) at the Palani Parade Ground on Thursday. The event was reviewed by Brigadier Rahul Thapliyal, Sena Medal, commandant and chief executive instructor of the Artillery Centre.

According to a release, the day began with a solemn tribute at the War Memorial, where Agniveers, instructors and senior officials paid homage to fallen heroes. The wreath-laying ceremony, observed in respectful silence, was a reminder of the courage, duty and sacrifice that define military service.

The ceremony featured immaculate parade drills, reflecting the discipline and precision ingrained in the Agniveers during training, it said. Brigadier Thapliyal, in his address, lauded the recruits for their dedication and resilience, highlighting their vital role in national security. He also praised the instructors for their commitment and professionalism in shaping the next generation of soldiers.

The attestation ceremony marked not just the formal induction of Agniveers into the armed forces, but also reaffirmed the Artillery Centre's commitment to excellence in military training, the release added. As the Agniveers step into their new roles, they carry forward the core values of discipline, loyalty and service.

Promises unfulfilled, flooded KSRTC bus station cries for crucial makeover

KOCHI. Another monsoon season is here and it's the same old story at the Ernakulam KSRTC bus station. Located in the heart of the burgeoning city, the dilapidated bus station has remained susceptible to waterlogging for over a decade.

While the demolition of the five-decade-old building that houses the station and the construction of a new terminal have hit a roadblock, the repeated promises of the KSRTC authorities to address the issue mostly remain on paper. The last of the assurances was delivered nearly two months back, when the authorities said the work to raise the floor-level of the building and the station premises and the setting up of new drains would be completed before the onset of monsoon. In fact, Ernakulam MLA T J Vinod allotted Rs 50 lakh for the purpose from the legislative assembly constituency asset development fund.

The work has kicked off for sure, but is progressing at a tardy pace. "The activities have been hampered by intermittent rain. The good thing is that the scope of the project has broadened with BPCL (Bharat Petroleum Corporation Ltd) contributing Rs 99 lakh. A tripartite agreement will soon be signed between BPCL, KSRTC and the PWD to implement the Rs 1.5-crore project," the MLA told.

Swanky terminal a distant dream

The plan to set up a new swanky bus terminal -- modelled after the Vyttila Mobility Hub -- on 2.9 acres in Karikkamury has suffered a setback. The project was initially mooted to be implemented with the Rs 12-crore fund promised by Cochin Smart Mission Ltd (CSML). But the KSRTC backed out following a difference over the terms and conditions that included toll for the entry of KSRTC buses into the proposed terminal.

"Despite giving land, they wanted to levy a toll on our buses. That can't be justified," a senior KSRTC official said.

Earlier, the plan was to construct a bus terminal that can be accessed by both private and KSRTC buses. The project was in the doldrums and the CSML term ended in March. While the agency's term has been extended by another year, a fresh nod from the ministry of housing and urban affairs needs to be obtained to avail funding.

RCB celebrations stampede: BJP seeks probe by Karnataka HC judge

oppn Asks if DC can conduct impartial probe into govt's lapses; blames cm, dcm for stampede

BENGALURU. The Opposition BJP on Thursday tore into the state government's handling of Royal Challengers Bengaluru's IPL victory celebrations that resulted in a stampede, claiming 11 lives, and demanded an inquiry by a sitting judge of the Karnataka High Court. The BJP leaders questioned if the magisterial probe by a Deputy Commissioner will be impartial when allegations are made against the government, the Chief Minister, and the Deputy Chief Minister.

Addressing a press conference with senior BJP leaders, Leader of Opposition in the Assembly R Ashoka said Chief Minister Siddaramaiah and Deputy Chief Minister DK Shivakumar are directly responsible for the stampede at M Chinnaswamy Stadium and its surroundings. "We will not accept an investigation by the Deputy Commissioner. The investigation must be conducted under the supervision of a High Court judge, and an SIT should be formed. The report must be submitted directly to the HC. Those responsible must be punished," Ashoka said, demanding that both Siddaramaiah and Shivakumar take moral responsibility and resign.



Ashoka asked how can DCs, who work under the CM, conduct an impartial investigation, and it is impossible to believe that the officers would honestly investigate the government's lapses. Only a judicial probe can deliver justice to the innocent lives and their parents, he said.

The BJP leader said the stampede at Chinnaswamy Stadium was a government-sponsored tragedy, which occurred due to the Congress leaders' mistake of trying to capitalise on someone else's success. Taking a dig at Shivakumar, the BJP leader said those who took selfies at the airport did not visit the homes of the victims. Ashoka said innocent

youth were sacrificed for the ministers' photoshoots and the event should have been cancelled immediately upon learning of the deaths. The BJP leader reiterated that people died in the stampede at 3.45 pm and 4.38 pm, even before the event had started, but ministers and their families were busy taking photos with cricketers.

BJP state president BY Vijayendra and former CM and MP Basavaraj Bommai also demanded an inquiry by sitting HC judges.

Hitting out at Shivakumar, Vijayendra said even as TV channels were reporting the death toll as 5-6, the DCM was seen kissing the cup at Chinnaswamy Stadium and the ruling party leaders were busy taking selfies in Vidhana Soudha. Bommai said if the government had any sense of shame, dignity, or morality, those responsible should resign immediately. "If a government cannot manage a cricket celebration properly, how can it govern the entire state?" he questioned. These deaths should not be in vain. This incident has brought shame to Karnataka. During the World Cup victory celebration in Mumbai, a 25-km procession was held without any untoward incident, he said.

'Inhumane' Cuttack municipal body forces workers to clean drain without safety gear

CUTTACK. The Cuttack Municipal Corporation (CMC) has continued engaging sanitary workers in manual scavenging of drains without providing them any protective gear, in blatant violation of the Prohibition of Employment as Manual Scavengers and their Rehabilitation Act-2013. One such incident came to light on Thursday when a man, holding a motor tube, was seen swimming bare body in the main storm water channel (MSWC-I) stretching from Matru Bhawan to Nuabazar, cleaning the weeds with the help of a bamboo stick. Not only that, some minor boys were also allegedly engaged at the site to remove the weeds from the banks of the drain in violation of the Child Labour (Prohibition and Regulation) Act.

"Venturing into drains bare body for manual cleaning work is not just risky but also life-threatening as the channels contain dirty, polluted water. They are laden with sharp items like broken glasses, metals and spikes besides poisonous snakes in the waterbodies. Also, there was no one present at the spot to supervise the work," alleged city-based activist Jitendra Kumar Sahoo.

Even though manual scavenging has already claimed many lives in the past, the civic body has seemingly not yet learnt its lesson and openly violating the law. In April 15, 2021, two workers had died of asphyxiation and another had become critical while cleaning a sewerage system of 15-ft depth at CDA-sector-10.



In 2018, a labourer had lost his life and two others trying to rescue him were critically affected while cleaning a tunnel of JICA-funded Odisha Integrated Sanitation Improvement Project (OSIP) that was being carried out by Odisha Water Supply and Sewerage Board (OWSSB) in Mahidas

Bazar area of the city. Not only that, the National Commission for Safai Karmacharis (NCSK) which in December 2021 while reviewing implementation of Prohibition of Employment as Manual Scavengers and their Rehabilitation Act-2013, had raised serious concern over the abject apathy of the CMC towards providing the basic safety gear and facilities to sanitary workers. As per sources, around 400 regular and 800 contractual Safai Karmacharis are currently employed in the CMC to carry out various types of cleaning works in the city. "The civic body should provide safety kits to sanitary workers engaged in hazardous drain cleaning work apart from using designated machinery for the purpose," Sahoo opined.

Hyderabad homes skip rainwater pits, groundwater at risk

GHMC says it is urging residents without RWHS to build them immediately, especially with the monsoon approaching

HYDERABAD. Despite clear rules, a majority of households in Hyderabad are failing to build rainwater harvesting structures (RWHS), raising concerns over groundwater depletion. The Greater Hyderabad Municipal Corporation (GHMC) has issued nearly 69,575 building permits over the last five years (2020-2025), but only 23,239 homeowners constructed the mandatory soak pits, just one-third of the total.

Authorities blame the dismal implementation on the lack of proper monitoring. RWHS pits are required for all residential buildings above 200 sq.mts under the Water, Land and Trees Act (WALTA), but enforcement remains weak. Officials from the Hyderabad Metropolitan Water Supply and Sewerage Board (HMWSSB) say occupancy certificates (OCs) should only be issued after verifying RWHS construction. However, this rule is



often ignored as people don't bother applying for OCs. In 2024-25 alone, GHMC granted 11,509 building permissions, but only 4,578 property owners built soak pits. Of those, just 2,036 secured OCs. Overall, GHMC issued around 10,000 OCs in the last five years.

GHMC says it is urging residents without RWHS to build them immediately, especially with the monsoon approaching.

HMWSSB is also offering technical help through trained geologists.

Rapid urbanisation has drastically reduced rainwater seepage, accelerating groundwater depletion. This summer, many borewells ran dry, pushing residents to depend on water tankers — a crisis that could worsen without stricter implementation of rainwater harvesting rules, said officials.

Bengaluru gets new top cop as Karnataka govt suspends commissioner — A first in state's history

Bengaluru. Amid ongoing political heat over the deadly stampede outside Bengaluru stadium that left 11 people dead, the Karnataka government has suspended police commissioner. This is the first time in state's history that such action has been taken against the city's top cop. The Congress-led state government has come under sharp attack over Wednesday's stampede in Bengaluru at the IPL victory celebrations of the Royal Challengers Bengaluru (RCB). The stampede that broke out outside the Bengaluru's Chinnaswamy Cricket Stadium claimed 11 lives, mostly youth, and left 33 others injured, sparking national outrage. Karnataka Chief Minister Siddaramaiah on Thursday evening said that his government has suspended top police officers involved. The police commissioner and his deputy have been suspended, he said while talking to reporters.

Who is Bengaluru's new top cop

The government has appointed Seemant Kumar Singh as the city's new police chief in place of B Dayananda. Singh is a 1996-batch

IPS officer of the Karnataka cadre. He was serving as the Additional Director General of Police (ADGP) for the Bengaluru Metropolitan Task Force before his appointment. "Seemant Kumar Singh, IPS (KN: 1996), Additional Director General of Police, Bengaluru Metropolitan Task Force, Bengaluru, is transferred with immediate effect and posted until further orders as Additional Director General of Police & Commissioner of Police, Bengaluru City, Bengaluru," the notification stated.

Stampede tragedy

The celebrations following the first-ever victory of the RCB in the IPL match turned tragic on Wednesday when a stampede broke out outside the Bengaluru stadium. Thousands of cricket enthusiasts had turned up outside the stadium to participate in the team's felicitation. As the celebrations were about to begin, the fans jostled to enter the stadium and jamming its gates. Barricades were toppled and many got crushed in the rush. The state government had found itself embroiled in a controversy over the alleged mismanagement.

Malarikkal water lilies charm their way into handlooms, home gardens

KOCHI. Enchanting and enterprising! In capturing the imagination of tourists, the water lily fields of Malarikkal, in Kottayam, turned into a source of additional income for the local fisher community. This received a boost when traditional ethnic-wear designers came up with a business proposition: To source natural dye from the flowers. "We were approached by fashion designers who work with natural fibre and dye for collecting the water lilies," says Sali A, a local fisherman.

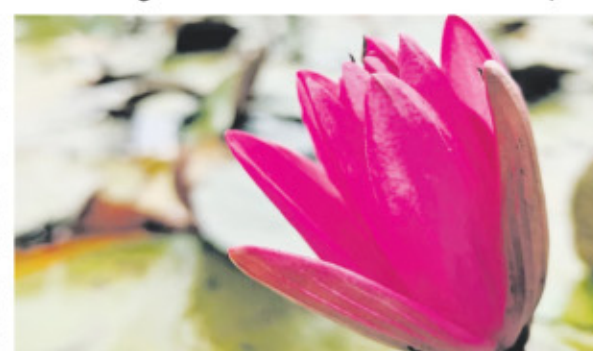
According to him, these designers would place orders for water lilies, especially the pink ones. "They need fresh flowers to make the dye. So, we pluck the flowers early in the morning. These flowers are then taken to their workshop in Tripunithura," Sali said. The fishermen are paid around Rs 5 per flower. "We make good money whenever we get an order," he adds.

The lilies are also sourced by Save The Loom—an organisation committed to restoring and revitalising the traditional textile sector—for its Amalda series of naturally dyed and eco-printed handwoven textiles and sarees. Ramesh Menon,

founder of Save The Loom tells that the not-for-profit launched the series in 2020 in collaboration with Clothes Without Borders, a sustainable luxury brand.

"It was the first-ever series of naturally dyed, handwoven textiles from Chendamangalam. Amalda celebrates the beauty and wisdom of Kerala's floral heritage. With over 4,600 recorded species of flowering plants—many rich in medicinal and dye-yielding properties—Kerala offers a vast palette drawn straight from nature," Ramesh points out. "The response to our naturally dyed, handwoven sarees and textiles has been overwhelming. Conscious shoppers and a growing community of mindful consumers have begun to deeply resonate with products that are not only rich in natural resources but also carry the stories of the skilled hands behind them," he said.

He adds, "Among all our naturally dyed collections—each created using elements found in our neighbourhoods, such as chethi, mantharam, arali, mylanji, rose



petals, pomegranate rind, turmeric, madder, sappanwood, and dried rose powder, the 'Lilies of Malarikkal' limited edition has always held a special place. This collection, inspired by the stunning seasonal bloom of water lilies in Malarikkal, is consistently sold out, often with a waiting period of nearly a year, as the natural phenomenon occurs only over a short window of about four months."

The water lilies of Malarikkal are now finding more use. According to Ajayan, another resident, there are some who seek their help in setting up water lily ponds in

their gardens. "The payment depends on the size and type of ponds. For smaller ponds, we charge around Rs 150. For bigger ponds, like the ones that need to be dug out and waterproofed before planting the water lilies, it could be well beyond Rs 1,000," Ajayan said.

Sali concurs. "That is because the plant needs to be whole, complete with its roots. For this, we have to dig them up after wading through chest-deep water."

They also point to the trend of shooting pre- and post-wedding videos that has picked up in the lily fields. "Two boats are required to shoot such a video, each boat costing Rs 3,000," said Sali. Then there are offers from flower sellers in Tamil Nadu seeking pink water lilies. "We have been offered Rs 50 per flower. But we didn't proceed because the district collector denied us permission to pluck the flowers. However, nobody understands that these flowers grow in large numbers. As soon as a flower droops another comes up in its place. It is a continuous process."

Pakistan's perfidy front and centre in foreign capitals

Let me start on a deeply personal note. My father, the late V N Tewari, was a nominated member of the Rajya Sabha. A professor of comparative modern Indian literature, a poet and an author, he conceptualised and vigorously espoused the concept of Punjab, Punjabi and Punjabiya—the syncretic ethos of Hindus and Sikhs living together in harmony. This was a direct philosophical, ideological and conceptual challenge to Pakistan, that by the 1980s had made Punjab the first frontier in its strategy of bleeding India with a thousand cuts by trying to create communal discord between Hindus and Sikhs.

My father was assassinated on April 3, 1984 at our home in Chandigarh. My mother, a Jat Sikh, would have died with him that fateful morning as she grappled with his assassins, except for the fact that my father's killers had run out of bullets. They had expended all of them on him. Faith-based executions such as his started in Punjab way back in the 1980s—from the standard playbook of Pakistan's Inter-Services Intelligence.

Conceived on January 24, 1972 at the Multan Conference convened by Zulfikar Ali Bhutto, the strategy to bleed India with attrition was the modus vivendi Pakistan adopted to avenge the humiliation meted out by India to the West Pakistan Army in Bangladesh. Pakistan wanted nuclear weapons at any cost in order to use them as a shield while it operationalised the proxy war it had envisioned against India. As a victim of Pakistan-sponsored terror, it was but a sequitur that I would step up and do my bit in exposing Pakistan-incubated, -resourced and -sponsored state terror on the global stage as a part of the parliamentary delegations that recently travelled to different parts of the world. For the past three and a half decades, I have used every international platform available to understand, analyse and expose Pakistan's perfidy to get it to change its noxious behaviour, so that an environment of peace, progress and prosperity could be created in South Asia to unleash the creative potential of the billions who call it home. Like a jackal that can't change its pelt, Pakistan seems incapable of changing its DNA of seeking retribution for the creation of Bangladesh by waging a low-intensity conflict against India even four and a half decades down the road. The cold-blooded executions carried out in Baisaran on April 22 was another portentous sequel in the long and bloody saga of Pakistan using terror as an instrument of state policy to undermine the social cohesion and civilisational ethos of India. The fact that it came a week after General Asim Munir's rant dredging up the aspiration of the discredited two-nation theory out of some dark closet of the army General Headquarters in Rawalpindi, giving it a fresh airing in a speech to Pakistani expatriates on April 16 in the presence of Prime Minister Shehbaz Sharif, was no coincidence. India's response to these 'faith-based' executions, which followed during May 7-10, was warranted. How far it would prevent the next terror attack perhaps underscores the limitations of conventional power in proscribing asymmetric warfare. However, the message to Pakistan was clear—if it hits, India reprisals would follow; the next time they may not be as precise, calibrated and narrowly-targeted.

The objective of the parliamentary missions was threefold. First, to underscore that punitive payback against terror infrastructure in Pakistan would be the natural order of things every time there is a terror attack in India whose strings are traceable across India's western border. Second, there is enough space beneath the nuclear overhang for a full-spectrum response by conventional means that would be energised to the fullest. And third, the distinction between Pakistan, its deep state and the terror infrastructure it spawns is an artificial difference that would not be factored in while initialising punitive means.

Operation Sindoor: Manoeuvre over attrition

India's joint air defence show was a masterclass — calculated, cohesive and coordinated.

IN the swirl of claims and counterclaims after Operation Sindoor, the truth was quietly sidelined. Pakistan trumpeted tales of downed Indian aircraft and heroic resistance. Its military-run media machine — an expert in psychological optics — spun a victory narrative. Then came the grand spectacle: Gen Asim Munir was promoted to Field Marshal. His reward for green-lighting the Pahalgam attack. Now he shoulders it.

But here's the core reality:

This was a campaign of manoeuvre, not attrition, aimed squarely at the enemy's will. Pakistan sued for peace before it truly began. Every time its terror gambit faces consequences, Pakistan retreats into spectacle — missiles dodged, jets downed, heroic last stands. These are illusions crafted for a public long held captive by a military-first state. An army with a nation.

What happened instead:

Assaults on Indian territory repulsed to a nick.

The joint air defence show was a masterclass — calculated, cohesive and coordinated. A message that should be comprehensively etched by those who dream of aerial mischief. Wars are not won by trending hashtags or by giving state funerals to terrorists draped in military honour. They are won when the enemy's core infrastructure is struck — when 11 airfields go dark in one precise operation. That's when backchannels flare to life. Not out of strength, but out of the fear of "what next?"

As the CDS observed, there was no nuclear sabre-rattling, no call, no warning.

— No civilian casualties.

— No escalation into population centres.

— Yet, airfields, logistics hubs and launch pads were struck with precision.

Then Pakistan's DGMO reached out — not under global pressure, but because India changed the rules.

A military doctrine in motion

A military truism: No plan survives first contact with the enemy. Op Sindoor was no different. But what followed was more telling. Tactical adjustments were immediate.

Operational responses required coordination across commands. Strategic recalibration demanded clarity and speed. Op Sindoor demonstrated all three. From the frontline to airbases to the highest military echelons, each platform and level of command acted with coherence and control.

It was professionalism in motion across the full chain of command. An early glitch, observed and corrected, became a turning point. Yet, even as India recalibrated in real time, adversaries rushed to declare victory — triumphalism based on partial facts, amplified by platforms that never asked what happened next.

Within hours of claiming dominance, Pakistan lost operational use of 11 airfields. Silence replaced bluster.

Propaganda gave way to paralysis.

Op Sindoor demonstrated what 21st-century military doctrine must aim for: low-cost, high-impact outcomes that preempt escalation. The operation became a lesson in calibrated deterrence — timed, targeted and entirely within the thresholds of responsible force.

Conflict termination: The Indian model

Across the modern battlefield, wars begin easily — but rarely end. Vietnam lingered. Iraq fractured. Afghanistan collapsed. Russia-Ukraine drags on. Gaza remains a wound with no closure. Great powers dominate airspace — but fail at ending wars. India has done it twice. In 1971, 30,000 entrenched Pakistani soldiers in Dhaka surrendered to 3,000 Indian troops on the move. The ratio

— from Ladakh to the Indian Ocean. The United States, despite long acknowledging Pakistan's duplicity, still sees its military as a useful conduit — whether for regional optics, minerals or access to Afghanistan. Even multilateral institutions and segments of the Western press hedge their bets.

Pakistan's military curates victimhood while incubating instability — and the world, knowingly, plays along. In this global theatre, Pakistan has become a proxy — not just for terror, but for transactional diplomacy. And India, for too long, bore the cost alone.

Op Sindoor changed that. Not by shouting, but by showing. India cannot talk to proxies. But the people of Pakistan can choose not to be used. Upright, clear

governance begins not with outsiders — but with a nation's own citizens telling their Army: "Serve, do not rule. Integrate, do not destroy." Because a puppet on a string may entertain the world, but it only dances for the puppeteer. When the show ends, it is the people who pay the price.

The Indian doctrine: Clarity, not conquest

India's strategic posture has evolved. We are no longer reactive. We respond — precisely, proportionally and with purpose. Operation Sindoor reflects a mature doctrine — no overkill, yet enough to alter behaviour. No spectacle, yet enough to jolt Rawalpindi. A war won before it escalated. India doesn't need to destroy Pakistan to deter it. We only need to

show we can — but choose not to. This is strength with conscience. This clarity, this blend of capability and restraint, makes India's calibrated deterrence credible in ways brute force never could. When adversaries cannot predict you, and allies cannot second-guess you, a new equilibrium emerges — one in which India is assertive, yet aligned with its values.

The war before the war

Op Sindoor wasn't about platforms or payloads. It was about clarity, initiative and control. In a world where wars drag on — inflicting brutal costs on civilian men, women and children — India has offered a different model: Manoeuvre over attrition.

Where others fight to exhaust, we act to conclude. Where others escalate into chaos, we calibrate for stability. And just like Dhaka, the enemy blinked — not after the war began, but before it could. Let the record show: India won the war before the war — while the nations of the world watched. Some nervously. Others knowingly. But all, now, undeniably aware.

NHAI delays causing Odisha economic loss

The quick probe and trial honour the survivor's courage and the faith she placed in the law. The Anna University assault shows what can be done when the state puts its will behind a case.

Chop-and-change is perhaps the best way to describe the National Highway Authority of India's approach in Odisha. Its latest casualty is the coastal highway project under the ambitious Bharatmala Pariyojna. After years of delay, the key economic corridor has again suffered a setback with the agency cancelling its tender last week. In January, the NHAI invited bids for a 346-km, four-lane stretch to be executed in four phases at an estimated cost of ₹7,040 crore. Four months later, it has decided to revisit the plan. Unviable traffic volume seems to have become the trigger for the change of mind after all these years—the NHAI is now considering a two-lane, access-controlled carriageway.

The 451-km coastal highway was approved in 2018 and sent for the Odisha government's approval. The state suggested that Chilika lagoon be kept out of the alignment. The next year, more protected areas along the route were excluded and the length was revised to 377 km.



Local resistance and other challenges prompted further changes and, finally, a 346-km project was finalised, requiring yet another detailed project report. So the state is assured of more delays and higher costs as statutory clearances will have to be secured. The NHAI has been at the centre of controversy for dragging its feet on some

major projects in the state. The much-awaited four-lane expansion of NH-55, that connects Cuttack to Sambalpur via Angul, is of critical importance for economic development of the region, but has taken years with half a dozen deadlines breached. The 263-km highway suffered delays for several reasons—from the lead contractor going bankrupt to not planning animal underpasses along crucial wildlife habitats. A review last year showed that out of the authority's 20 ongoing projects, at least 13 were bogged down by delays ranging between one and more than three years. Of the 776 km of projects, at least 364 km have been delayed for more than three years. The NHAI has been scrutinised for its lackadaisical approach and poor quality of work. Meanwhile, Odisha has been a major loser because of the delays in delivering high-impact economic corridors. It's time for the Odisha government to escalate the matter with the Union road transport and highways ministry and the NHAI is held accountable for bleeding the state.

Group insolvency framework: When one is not for all

Videocon's chaotic insolvency proceedings highlighted the need for a group insolvency framework. But there must be checks to ensure that solvent firms avoid scrutiny when their debt-ridden siblings go under. Otherwise, group insolvency could morph into group liability

IT'S time for India to look at a group insolvency framework under the Insolvency and Bankruptcy Code (IBC)—one that would allow entire corporate groups to undergo a unified resolution process. On the face of it, the logic is hard to fault. The current company-to-company approach often erodes value, prolongs timelines, and frustrates recovery. A consolidated process, in contrast, promises efficiencies, synergies, and better outcomes.

What lends credence to the possibility of a framework for group insolvency is that, just a few months ago, the Insolvency and Bankruptcy Board of India (IBBI) floated a discussion paper acknowledging the issue and sketching out a possible solution. Notably, it did not recommend amending the IBC itself. Instead, the IBBI suggested this structural shift be introduced by tweaking the Corporate Insolvency Resolution Process (CIRP) regulations. Among the proposed changes are joint hearings, appointment of a common resolution professional, information-sharing protocols, and synchronised timelines.

Sensible as these fixes may seem, they raise a foundational legal question: can delegated legislation be used to recast one of corporate law's oldest tenets—that each company, no matter how intertwined with others, stands as a separate legal entity?

Fullscreen

The principle of separateness is no minor technicality. It lies at the heart of company law. The landmark 1896 ruling by the British House of Lords, in *Salomon vs Salomon & Co.*, established that once incorporated, a company acquires its own legal identity, distinct from its shareholders, directors, or affiliates. This was more than a formalism; it

unleashed the modern economy, shielding personal assets from business risks and allowing capital to move freely. India's Supreme Court has affirmed this on many instances, underscoring that corporate separateness is not a legal fiction to be set aside for convenience, but a deliberate construct governing credit, liability, and risk. The IBC reflects this. It treats companies as distinct legal persons, with debts, defaults, and proceedings that are all individually determined. Section 3(7) defines a 'corporate person' in individual terms—one corporation at a time. Section 5(8), which defines 'financial debt,' presupposes a direct relationship between debtor and creditor, not a complex web of inter-corporate obligations. And from Section 6 onwards, the entire resolution mechanism is built around initiating proceedings against 'a corporate debtor'—not a group, conglomerate, or an economic cluster. Of course, the notion that each company is a sealed legal island has its exceptions. Courts in India and abroad have occasionally 'pierced' the corporate veil—especially when the structure is used to commit fraud or evade the law. As early as 1933, Lord Denning remarked that courts could "pull aside the corporate veil" to see the true actors behind it (*Gilford Motor Co vs Horne*). Indian courts have likewise reaffirmed that corporate identity is not a shield for misconduct. But these are the exceptions to the rule, triggered by fact-specific abuse, not tools for convenience or policy innovation. The call for a group insolvency framework stems from real-world frictions, not just

theory. Consider the Srei Group, where both the parent and its subsidiary were forced into parallel insolvency proceedings, despite shared cash flows, cross-guarantees, and overlapping liabilities. This created a procedural quagmire: creditors filed claims in both forums, there was confusion over ownership of assets, and value was steadily lost. The Videocon case posed an even starker dilemma. Thirteen

through regulatory back channels is problematic.

Section 240 of the IBC allows the IBBI to frame regulations, but only insofar as those regulations are consistent with the parent statute. That is not a technicality; it is a constitutional check. It is a settled principle of administrative law that while regulators may fill in the details, they cannot redraw the legislative map. Moving from individual debtors to group-wide proceedings would mark a fundamental shift in the IBC's structure—a change that demands parliamentary scrutiny. A more appropriate route would be introducing a dedicated chapter in the IBC entitled 'Group Corporate Insolvency'. This could clearly define what constitutes a 'group'—based on factors like common control, shared financial reporting, or cross-holdings. It could empower the Adjudicating Authority (NCLT) to permit coordination processes, such as appointing a common resolution professional or joint hearings, but with safeguards. These safeguards should include opt-outs for loosely integrated entities, rights for dissenting creditors, and protections to ensure that group treatment does not trample legitimate claims or override priority rankings. Without such checks, group insolvency could morph into group liability. Imagine a solvent logistics firm dragged into insolvency because its debt-ridden real estate sibling shares a promoter and a logo.



companies, all functionally run as one business, were admitted into distinct CIRPs—only to be later resolved collectively by judicial innovation, not legislative design. What these cases expose is the tension between economic substance and legal form. In practice, many companies operate as part of an integrated group. But in law, they remain separate entities. Bridging this gap is tempting—but doing so

The perfect plan to Gain weight



Struggle with weight loss is something we all hear about quite often, but it is the struggle to gain weight that's heard less about. You'd be surprised to know that it is, indeed a sore point for many.

At the outset, a weight gain program may seem like an opportunity for indulgence. Just grab some fried food and have a go at it! Unfortunately, just as healthy weight loss requires a balanced approach, healthy weight gain means more than adding junk food to your daily meals.

Your journey to gain weight doesn't necessarily have to be unhealthy. As a matter of fact, wrong food choices can create havoc within your system. Agrees nutritionist Karishma Chawla, "It is important for nutritionists to break the myth of just needing to ingest calorie dense food to gain weight." Just like in case of excess weight, it is

important to understand the underlying cause of weight loss or lack of weight gain. Dr Kalpana Gupta Shekhawat, Functional Medicine & Metabolic Disease and Age Management Consultant, SENS-Anti-

Ageing/Wellness Clinic explains, "Sometimes you could be suffering from hyperthyroidism - where you burn out whatever you eat because of internal disturbances. Appropriate diet, thus, gets extremely important. We even do allergy tests to rule out allergy or hormone imbalances. Inflammation is a major reason we should look at."

Body type has three main categories

ectomorph, mesomorph and endomorph. Dr. Namita Nadar, Chief Nutritionist, Fortis Hospital, Noida explains, "Ectomorph is a person who has lean build and high

metabolism. It is this high metabolism that makes your body consume more calories to carry out the daily tasks to maintain your body. This makes it difficult for an ectomorph's body to store fat and thereby gain weight. The key then, if we are to gain weight, is to lower the metabolic rate and increase your food intake in terms of caloric intake. Another way is to increase your food intake and go to the gym and put on weight not as fat, but as muscle which will actually be more attractive in the long run."

Why is it a challenge?

Dr. Suvarna Pathak - Dietitian Coordinator, Nanavati Super Speciality Hospital explains why some people find it difficult to gain weight, "Weight gain becomes a struggle when your requirement of calories is not fulfilled or when you make wrong food choices. Foods like salad and spinach are healthy, but won't make you gain weight. You need calorie dense foods like milk shakes, cheese pasta and nuts. Also, a very physical job will burn much of the calories you eat. There should be a balance between what one eats and the output. In short, the input of calories should be more than the output. Without massive amounts of food, you'll never gain weight. Eat often so that calories can be stored."

Also, incorrect training can make the journey tougher. "You won't gain weight doing isolation exercises like Curls. But you will gain with compound exercises like Squats and Deadlifts." Moreover, no approach will work if you miss workouts, neglect to meet your daily caloric needs and change your approach all the time.

Add healthy calories. Without radically changing your diet, you can increase your caloric intake with each meal by adding nut or seed toppings, cheese and healthy side dishes. Try almonds, sunflower seeds, fruit or whole-grain wheat toast, suggests Dr Pathak.

Go nutrient dense. Instead of eating a lot of empty calories and junk food, focus on eating foods that are rich in nutrients. Consider high-protein meats, which can help you to build muscle. Also, choose nutritious carbohydrates, such as brown

rice and other whole grains. This helps ensure your body is receiving as much nourishment as possible, even if you're dealing with a reduced appetite, adds Dr Pathak.

It is advisable to add high quality carbs like bananas, saturated fats like ghee, butter, coconut oil to protein like chicken and dal. They should avoid hydrogenated oils and vegetable oils, suggests Dr Shekhawat.

Snack away. Enjoy snacks that contain plenty of protein and healthy carbohydrates. Consider options like trail mix, protein bars or drinks, and crackers with hummus or peanut butter. Also, enjoy snacks that contain "good fats," which are important for a healthy heart. Examples include nuts and avocados, cheese, milkshakes, smoothies, recommends Dr Pathak.

Eat mini-meals. If you're struggling with a curbed appetite due to medical or emotional issues, taking in large portions of food may not seem appealing. Consider eating smaller meals throughout the day to increase your caloric intake.

Bulk up. While too much aerobic exercise will burn calories and ultimately work against your weight goal, strength training-such as weight-lifting or yoga-can help you gain weight by building muscle, suggests Dr Pathak.

Eat more protein. Dr Namita says, "A lack of protein in your diet can lead to the loss of lean body mass, even if you're consuming excess calories. Here are some foods to consider: Boiled soybeans, Soy or whey protein powder, peanuts or peanut butter, steak or hamburger, chicken and tuna."

Have probiotics. They could be lacking good bacteria in their system, hence having probiotics is always recommended.

Before beginning any major weight gain program, be sure to consult your physician and dietitian. Being underweight may indicate an underlying health issue, which won't be corrected by diet changes.

Foods you must eat

Have calorie dense foods like fruit, nuts, milk/curds; smoothie/ milk shakes, snacks with mava/khoa or a little of cream; Paranthas/ pastas with vegetables and cheese (au gratin type), snacks like laddoos, chikkis, halwas, pie, souffles, fruit juices, fruit salads, etc. Also increase nut consumption, eggs, chicken, fish, sprouts for the protein content to rise. Remember to hydrate with soups, juices, lassi, yoghurt so that absorption of nutrients is properly done with digestion.

4 common mistakes yoga beginners make

1. Taking difficult courses

Yoga has various levels. It is very shocking when beginners start their practice or join the advance level courses as beginners. There's a huge risk of hurting yourself.

It is like diving into the deep end of the pool without knowing how to swim. Look for a basic class or invest in a beginner's yoga DVD.

2. Wearing wrong clothes

A lot of people try to hide the extra pounds by wearing loose and baggy clothes while practising yoga. Instead, wear form-fitting clothes, that lets you breathe and doesn't make you uncomfortable while trying out different asanas.

3. Being Insecure

Forget about who's judging you in the class. Everyone's there for a purpose. Yoga isn't one-size-fits-all exercise form. Everybody is different and asanas can be modified to work specifically for you. Yoga isn't about



being super-flexible or performing crazy stunts; it's about connecting your mind with your body through breathing. You become flexible over a period of time while practising, not in a week.

4. Don't go with a full stomach

When you are full, your blood supply is funnelled through your stomach to process the nutrients from your food. It leaves your muscles shortchanged on the energy they need for a successful practice. Grab a fruit and a toast if you're hungry. Nothing more.

Home remedies to deal with acidity

If you frequently suffer from acidity, drink a glass of lukewarm water every day before going to sleep and immediately after waking up in the morning.

-Eat an overripe banana to beat an especially bad bout of acidity, as they tend to contain more potassium which makes it the perfect antidote.

-Have cold milk without any additives like sugar. You could mix it with a spoon of ghee to make the remedy even more effective.

-Boil one cup of water and add 1 tsp of aniseed (saunf). Cover and leave overnight. Strain the water in the morning and add 1 tsp of honey. Take this thrice a day to prevent acidity.



Healing power of visual journaling

What is Visual Journaling??

You could be taking photographs and recording them on Instagram or doodling to keep a memory or a moment alive forever. Just as people used to keep a journal to pen down, express their inner most thought that could be accessed later, visual journaling is about expression in pictures, graphics, photos etc. It can be a life-long process or reflective practice.

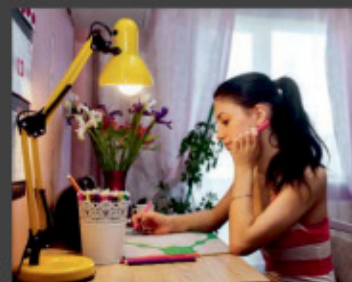
While some people do it out of passion, experts these days are extolling the positive effects of visual journaling. It can create self-awareness and promote personal well-being. You could be

doodling or photographing your way to a mindful life, and in the process, transform your emotional

life. Visual journaling can be self-soothing and a mindful experience too. For instance, doodling is an experience that takes you through thoughts and ideas that were in your subconscious. When you think hard by focusing on sketching, it can lead to renewal or restoration of what you thought was lost forever.

The Visual Narrative

The practice of visual journaling can be with or without the presence of words. You could create an image, with colours, line and shapes. You could



Walnuts help in relieving stress

Is daily stress taking a toll on your health? You might want to eat a handful of walnuts to relieve the pressure and tension. New research shows that walnuts can assist the body to deal with tension in a better way. The nut, which contains polyunsaturated fats, can reduce blood pressure during times of stress. Findings show that average diastolic blood pressure (bottom number) was significantly lowered when walnuts were included in the diet. They are also a rich source of fibre, antioxidants, and unsaturated fatty acids. A quarter cup of walnuts provide over 90% of the recommended daily value of omega-3 fats which again helps in relieving stress. "Consuming a handful of walnuts reduces cortisol levels related to stress, especially in hypertensive people and also improves the levels of good cholesterol. Other than reducing stress, walnuts also reduce the levels of C reactive protein, which is a marker for inflammation especially in people with propensity towards cardiac elements," says Amarapali Patil, a nutritionist and a weight management expert. Here are some benefits of the dry fruit:



Fights cancer

Walnuts not only slow the growth of prostate cancer, but also suppress the development of breast tumours. Add them to your diet to reduce the risk of cancer by 30% to 40%.

Prevents diabetes

The beneficial dietary fat in walnuts has been shown to improve metabolism in people with type 2 diabetes. Consuming one quarter cup of the nut daily can have significant reduction in fasting

insulin level and helps maintain an ideal weight over time.

Cognitive benefits

They have potential health benefits in the area of memory, cognitive functions and motor function in elderly people. Walnuts have high polyphenol content that help preserve cognition. Consuming about six walnuts every day is needed to obtain the benefits.

Improved reproductive health in men One of the lesser known benefits of walnuts is their impact on male fertility. Consuming about 75 grams of walnuts, significantly improves sperm quality, including vitality, motility, and morphology.

Prevents heart issues

Walnuts help prevent heart diseases and also helps lower cholesterol levels. They are high in alphinolonic acids that reduce heart attack risk.

Makes the skin glow

Walnuts are rich in Vitamin B and its antioxidants protect the skin from damage, wrinkles and signs of aging. Walnuts therefore are a delicious way to add extra nutrition, flavour and crunch to a meal.

'Call me fugitive, but not chor': Vijay Mallya says he'll return to India if assured 'fair trial'

New Delhi. Liquor baron and former businessman Vijay Mallya on Friday said he is willing to return to India if he is given a clear assurance of a fair trial. Mallya made this statement during a podcast interview with content creator Raj Shamani, where he opened up about his legal troubles and reasons for staying in the UK.

Mallya fled India in 2016 after being accused of defaulting on bank loans worth over Rs 9,000 crore, mainly linked to his now-defunct Kingfisher Airlines. Since then, he has been living in Britain and has been fighting an extradition case filed by Indian authorities.

'I will think seriously about returning': Vijay Mallya

When asked whether he would return to India if assured of fairness, Mallya said, "If I am assured, absolutely I will. I will think about it seriously." He added, however, that other people being pursued by India from UK have received judgments from UK High Court of Appeal saying that Indian jail conditions violate the European

Convention on Human Rights (ECHR). In such cases, the UK has refused extradition.

"I'm sorry, and therefore they can't be sent back," he said, pointing to concerns about detention without timely trials. "They just lock you up and throw away the key. That's not justice," Mallya added.

'My stay in UK is legal': Vijay Mallya

Mallya claimed his stay in the UK is "fully legitimate" and said he didn't "run away" from India. "You may call me a fugitive for not going to India post March [2016], but I didn't run away. I flew on a pre-scheduled visit," he said. "Fair enough, I didn't return for reasons that I consider valid. So if you want to call me a fugitive, go ahead. But where is the 'chor'? Where is the 'chori'?" he asked, denying any theft.

When asked what kind of guarantees he would need to feel confident about returning, Mallya said that's a matter for



lawyers to discuss. However, he criticized the Central Bureau of Investigation (CBI) and the Enforcement Directorate (ED), saying their treatment of others does not inspire confidence. "The conduct and the track record of the CBI and the ED in respect of other unfortunate people doesn't inspire too much confidence, does it?" he said.

'Business failure is not fraud': Vijay Mallya

Mallya also said that in India, "a business failure is considered equal to fraud," which he believes is unfair. He continues to deny wrongdoing, stating that he did not steal or commit fraud, but faced genuine financial challenges with Kingfisher Airlines.

Vijay Mallya is accused of not repaying loans from a group of Indian banks. In 2017, India formally requested his extradition from the UK. In 2018, a London court approved the request, and in 2019, the UK Home Secretary also signed off on the extradition. However, Mallya appealed the decision, and since then, the case has faced multiple delays and legal complexities.

Mallya's latest comments suggest he may be open to returning, but only if he is guaranteed a fair trial. The Indian government has not yet responded to his remarks. Meanwhile, the extradition case remains stalled in the UK's legal system.

Plotting Another Pahalgam-Style Bloodbath? ISI's Drone-Driven Terror Plan In Kashmir Exposed



New Delhi. It is a script straight out of a war-room thriller, but all too real. Pakistan's spy agency, the Inter-Services Intelligence (ISI), is reportedly orchestrating a new plot to reignite terror in Kashmir and this time, it is not through AK-47s or suicide vests, but drones and underground bunkers. According to an intelligence dossier, the ISI held a high-level secret meeting on May 14 in Pakistan-occupied Kashmir (PoK) that was attended by Lashkar-e-Toiba trainers and terror guides. Their agenda is to unleash a wave of drone-assisted and targeted attacks inside Kashmir Valley – echoing the deadly Pahalgam-style strikes of the past.

The new terror blueprint centres around drone warfare. Before any militant crosses the Line of Control (LoC), ISI drones will first hover over Indian Army patrol routes, bunkers and posts to gather real-time intelligence on deployment, patrol timings and terrain vulnerabilities. This high-tech recon is designed to help terrorists slip in through India's weakest military gaps – unseen, undetected and ready to kill.

As part of the strategy, all major terror launchpads in PoK are being relocated and fortified underground, safe from Indian counterstrikes. Intelligence inputs reveal that Pakistan is actively constructing new concrete bunkers, and civilians in border villages are being armed and trained militarily to form a first line of defense against any Indian retaliation. Civilians are the prime target again of this new plan. The ISI has revived the old playbook – specifically instructing terror groups to attack non-Kashmiri migrant workers, religious pilgrims and soft civilian targets, especially during high-profile events like the upcoming Amarnath Yatra. Officials fear a repeat of the Pahalgam and Anantnag attacks, only this time with deadlier tech and surgical execution. The ISI's push does not end at the LoC. Sources confirm that long-dormant Over Ground Worker (OGW) networks inside Jammu & Kashmir are being revived.

A 140-year-old dream gets fulfilled with Kashmir-Kanyakumari rail link



NEW DELHI. It was 1884 and Maharaja Pratap Singh of the Jammu and Kashmir state asked his Prime Minister, Diwan Anant Ram, to write a letter to the Government of British India. In the letter he would propose a vision to connect his state to the Raj's rail network in the subcontinent. One of his dreams was fulfilled but was lost to the Partition. Another never moved beyond paper. But the third rail route the Maharaja proposed and even started initial surveys on, has finally come to life today, 141 years later. As Prime Minister Narendra Modi inaugurated the Chenab and Anji Khad bridges, the long-isolated Kashmir rail line was finally integrated into India's national railway network. It also completed the Maharaja's century-old vision.

Vikramaditya Singh, the great-grandnephew of Maharaja Pratap Singh and grandson of Maharaja Hari Singh, says, "The railway line project was first envisaged and drawn up during Maharaja Pratap Singh's rule. It is a matter of great pride not only for the people of Jammu and Kashmir but for the entire nation that this dream will be realised by our Prime Minister."

The journey to this milestone was arduous, delayed by political upheavals, financial constraints, and formidable geographical challenges. Despite the Maharaja's foresight, colonial hesitations, two world wars, the Partition, stalled much progress on this route, until serious efforts were made in the 1980s under Prime Minister Indira Gandhi.

Supreme Court allows medical exam body to reschedule NEET PG to August 3



New Delhi. The Supreme Court has allowed the National Board of Examinations' (NBE) request to postpone the NEET PG 2025 examination to August 3. The exam was initially scheduled for June 15. A bench comprising Justice Prashant Kumar Mishra and Justice Augustine George Masih allowed the application filed by the NBE for extension of time to conduct the NEET exam.

The bench said that the request made by the NBE was based on technical constraints. "Request made by NBE saying 3rd August is the earliest possible date given by its technology partner TCS," the court noted.

After reviewing the documents submitted by the board, the court said, "Having gone through the papers annexed, we are satisfied that prayer for extension and rescheduling is bonafide."

The apex court also clarified that this extension will be final. "Accordingly, the time allowed by our earlier order to hold the NEET exam is extended. No further extension will be granted," it said.

The Shadow Queen Of ISI: How 'Madam N' Wove A Spy Web Of Sleeper Agents Across India

New Delhi. In a story that reads like the plot of a high-stakes geopolitical thriller, Indian intelligence agencies have uncovered the presence of a mysterious Pakistani woman known as 'Madam N' – a suave and powerful business tycoon from Lahore with alleged orders straight from Pakistan's notorious spy agency – the Inter-Services Intelligence (ISI). Her mission was to infiltrate India through culture, faith and charm and to raise a ghost army of 500 spies scattered quietly across Indian soil.

What began as a routine interrogation of arrested social media influencers turned into the stunning revelation. Hidden behind the polished curtains of diplomacy and travel was Naushaba Shahzad, owner of 'Zyana Travel and Tourism' in Lahore, now accused of masterminding an audacious espionage network that reached deep into India's digital and spiritual spaces.

According to sources, Naushaba, under the ISI codename 'Madam N', had been working meticulously for months to build a covert network of sleeper cells in India. She was not sending spies across borders with weapons or radio sets. She was using smartphones, spiritual pilgrimages and social media likes. Her bait? Culture, faith and an open invitation to Pakistan – in the name of Sikh and Hindu pilgrimages.

Over just six months, 'Madam N' allegedly brought over 3,000 Indian citizens and 1,500 NRIs to Pakistan. They were not just tourists or devotees. Intelligence inputs suggest many of them unknowingly walked into a well-scripted ISI recruitment program – meeting with military officials, being groomed for 'information gathering' and in some cases, receiving suspicious funding.

Her operation was so slick and so invisible that she could allegedly arrange a visa to Pakistan with just a phone call. Her connections ran deep inside Pakistan's diplomatic machinery. One of her key contacts was Danish aka Ahsan-ur-Rahman, an ISI operative posted at the Pakistan High Commission in Delhi – recently expelled by India on charges of espionage.

But Madam N's real genius was hiding the machinery of a spy factory behind the peaceful facade of religious tourism. She collaborated with Pakistan's Evacuee Trust Property Board, the body responsible for managing Sikh and Hindu shrines in the country. The pilgrimages, the cultural outreach and the hospitality – it was all a shimmering curtain. Behind it, millions of rupees allegedly moved silently to fund ISI propaganda, recruit informants and amplify anti-India narratives.

Meghalaya tragedy: 'Stop looking for body, my sister has been abducted', claims woman's brother

New Delhi. Days after the discovery of the decomposed body of Raja Raghuvanshi, 27-year old Sonam Raghuvanshi, from Indore has been reported missing for over 11 days during her honeymoon in Meghalaya.

"My sister is alive. She has been abducted. I want to request Meghalaya CM to stop looking for a dead body", claimed Sonam's brother, Govind.

Her family fears that she has been abducted and possibly trafficked across the border into Bangladesh. Her brother, has been actively searching for her. He has requested the CM of Meghalaya to treat the case as an abduction rather than a murder, according to the report made by The Times of India. Raja's decomposed body was discovered in a gorge near Weisadong falls. Initial postmortem reports suggest that Raja was being hacked to death with a machete that



was recovered from the scene. Sonam's whereabouts, however, remain unknown.

The couple had checked out from a hotel in Shillong on May 22 and were believed to have travelled to Sohra, Cherapunji, leaving their belongings at another hotel before heading towards Maulakaya village. They were not seen again. The Meghalaya Police along with the National and State Disaster Response Forces have taken special measures using drones

and special teams to intensify the search operations. A stained raincoat was found near Mawma Road in Sohra. The raincoat is currently under forensic analysis. Yet, the authorities have not discovered any trace of Sonam.

The family of the victims have expressed dissatisfaction with the investigation and have requested the Central Bureau of Investigation to take over the case. Meghalaya CM Conrad Sangma has assured the families that all efforts are being made to uncover the facts and trace Sonam. Raja's brother, Vipin has also pointed out that since Meghalaya borders Bangladesh, there could be a possibility of cross border trafficking. Sonam's family has been requesting the authorities for a speedy investigation. The family remains glued to news channels, watching out for any updates while the search operations are still underway.

Operation Blue Star anniversary: Pro-Khalistan slogans raised at Golden Temple in Amritsar

New Delhi. Supporters of the Shiromani Akali Dal (Mann faction) has raised slogans of 'Khalistan Zindabad' at the Golden Temple in Amritsar. The sloganeering came as party leader Simranjit Singh Mann visited the Sikh holy site to mark the 41st anniversary of Operation Blue Star on Thursday. Friday is also the death anniversary of Jarnail Singh Bhindranwale, who was killed during the military operation.

Jasbir Singh Rode, former Jathedar of Akal Takht, expressed his views on the anniversary, saying, "The government to this day doesn't have the answer to why such a holy place of Sikhs was attacked. Sikhs were demanding their rights.

They had not announced an attack against the Indian government. Then, without any notice or warning, we were attacked as enemy countries are attacked."

Slogans have always been raised here and across the world

He added, "People are celebrating today



across the seven seas. People have come here from across the country to pay their respect to those who laid down their lives for the sake of our religion for us."

Responding to the slogans of 'Khalistan Zindabad' raised at the Golden Temple and elsewhere, Jasbir Singh Rode said,

"These slogans have always been raised here and across the world. There is nothing new in this." Operation Blue Star was launched to flush out militants from the Golden Temple complex in Amritsar. This resulted in loss of lives and damage to the sacred shrine.

Dassault's Landmark Production Deal With Tata: What It Could Mean For IAF

The partnership becomes key since the Rafale, which has found favour among a host of air forces around the world, is already under severe manufacturing strain

New Delhi. The landmark production transfer agreements announced by Dassault Aviation, which manufactures the Rafale fighter, and Tata Advanced Systems Limited (TASL) may be a key first step towards meeting a future Indian Air Force requirement for 114 multi-role fighters. While the Defence Ministry continues to diligently follow procedure as it conducts the Multi-Role Fighter

Aircraft (MRFA) programme for 114 fighters for the IAF, there is a clear mismatch between the immediate requirements of the IAF and the pace at which international fighter-jet manufacturers can deliver on any potential Indian order. Even if an order were placed today, it would likely take at least five years for the first deliveries to start entering the Indian Air Force given the existing pace of manufacture of the fighter aircraft which are in the fray to win the gigantic IAF order which could be worth upwards of \$25 billion at present rates.

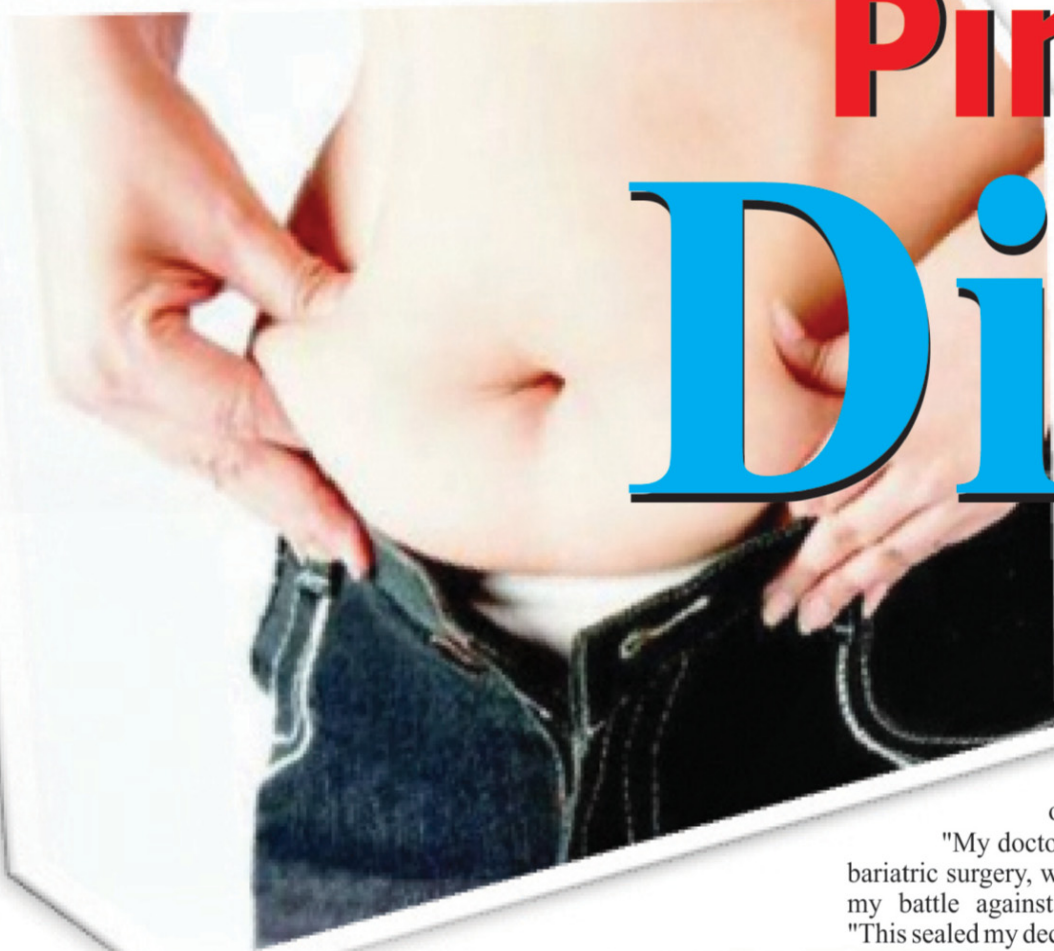
In addition to the Rafale, which it already operates, the IAF is also considering the Swedish Gripen-E, the Lockheed-Martin manufactured F-21 (an advanced variant of the F-16), the Boeing F-18EX Eagle II, the Eurofighter Typhoon, the Russian Sukhoi 35 and the Boeing F/A-18 E/F. This is where the Dassault-TASL deal can be a game-changer. In a statement, the two partners have said the four production



transfer agreements mark "a significant step towards strengthening the country's aerospace manufacturing capabilities and supporting global supply chains." The investment in the project marks "a significant investment in India's aerospace infrastructure and will serve as a critical hub for high-precision manufacturing." The partnership becomes key since the Rafale, which has found favour among a host of air forces around the world, is already under severe manufacturing strain. There is a present backlog of approximately 220 Rafale fighters which are already on order. This

includes 164 export orders from Indonesia, Serbia, the UAE and from the Indian Navy, which has recently placed an order for 26 jets to be embarked on the aircraft carrier INS Vikrant. At its present rate of manufacture, Dassault hopes to deliver 25 Rafales this year, that's up from 21 which were delivered in 2024. At its current rate of production, the backlog of Rafale jets could take between seven to ten years to clear, contingent of a significant ramping up of production. The Indian Navy, though, hopes to receive its first Rafale-M jet in mid-2028 with deliveries being completed by 2030, as per a specific arrangement. The Dassault-TASL agreement is expected to have a significant bearing, not just on potential Indian orders but also international requirements. Under the scope of the partnership, Tata Advanced Systems will set up a cutting-edge production facility in Hyderabad for the manufacture of key structural sections.

Pinning down Diabetes



stapled and a person's appetite decreases, as a result. The procedure is used to treat morbid obesity.

"My doctor asked me to go in for bariatric surgery, which would help me in my battle against diabetes," says Roy. "This sealed my decision."

Across the world, bariatric surgery is used to tame diabetes, and doctors endorse it over pills and insulin injections.

foods for the surge in type 2 diabetes cases. It doesn't help that Indians are genetically prone to obesity and diabetes.

In bariatric surgery, the stomach is divided into two sections and food is directed into the smaller section, helping the patient feel full despite eating less. Studies have found that when a meal is digested in the stomach's smaller section, the levels of insulin, hormones and amino acids are much higher, while levels of free fatty acids are lower. The surge in hormone levels help during digestion and make it easier for patients to regulate blood sugar.

Dr Jayashree Todkar, a bariatric surgeon at Kurla's Kohinoor Hospital adds that with the presence of the hunger hormones in the body decreasing, the patient feels satiated more easily. "Diabetics find it easier to discipline their diet because with their

The results in diabetic control are the first to show.

Endocrinologist Dr Altamash Shaikh says, "Even before you lose weight post-surgery, the patient's requirement of tablets and insulin lowers drastically."

Roy, who underwent the surgery in January can testify to that. "Now, my pre-meal blood sugar level is 91 mg/dL and post is 94 mg/dL. I had a chronic Urinary Tract Infection, which has disappeared. I'm off my daily dose of a dozen-odd diabetes pills," says Roy, adding that he now eats one-sixth of what he would earlier. "I feel hungry more often, but I can't eat more than a few spoons of dal-rice at one go. So, I eat six small meals through the day."

In four months after the surgery, Roy lost 94 kg. "Earlier, I would struggle to walk even one kilometre. Today, I can easily walk four km without stopping," Dr Shashank Shah, president of the Obesity Surgery Society of India, says that they are in the process of discussing guidelines to make this surgery a recommendation for diabetics, if they fulfill certain criteria.

Who's eligible? A Body Mass Index of 35 is the cutoff for bariatric surgery around the world. However, in India and other Asian countries, the cutoff is 32.5, as our bodies tend to have more fat. The surgery, warn doctors, is not for all who suffer from type 2 diabetes. They would recommend it only if the person has a BMI of 32.5 or more, and suffers from obesity related ailments like blood pressure, obstructive sleep apnea, high cholesterol, joint trouble, varicose veins and breathlessness. Roy, for instance, had a BMI of 37.

Dr Shaikh warns that the surgery is not a one-stop solution for diabetic cure. "Its success depends on lifestyle and food choices post-surgery, apart from how severe the patient's diabetes is at the time of surgery. The ideal time to go for it is when your diabetes is in control and your organs are in good shape."



Bariatric surgery isn't just for the obese. Docs recommend it to diabetics too, now. At 129 kg, 32-year-old IT professional Rajdeep Roy (name changed to protect identity) had been battling not just obesity but even Type 2 diabetes for three years. "My pre-meal sugar count was 280 mg/dL and post was 350 mg/dL. I felt perpetually tired and

lethargic," says Roy, a Kharghar resident. He had tried exercise, diet and pills to bring his weight and blood sugar level under control. Then, his doctor recommended bariatric surgery, a procedure where the stomach is

Now, city doctors too are recommending it. With India fast becoming the diabetic capital of the world (India and China account for more than half of the world's diabetics), experts blame our sedentary lifestyle and easier access to nutritionally-poor, calorie-dense

hunger in check, they lose their cravings and don't seek more food. Their body clock gets reset. They feel fresher and more energetic." The surgery (costs between Rs 3-5 lakh) takes an hour and the patient is discharged in three days.

Discarded kidneys could be 'recycled'

Researchers have found that human kidneys discarded for transplant can potentially serve as a natural "scaffolding material" for manufacturing replacement organs in the lab using regenerative medicine techniques.

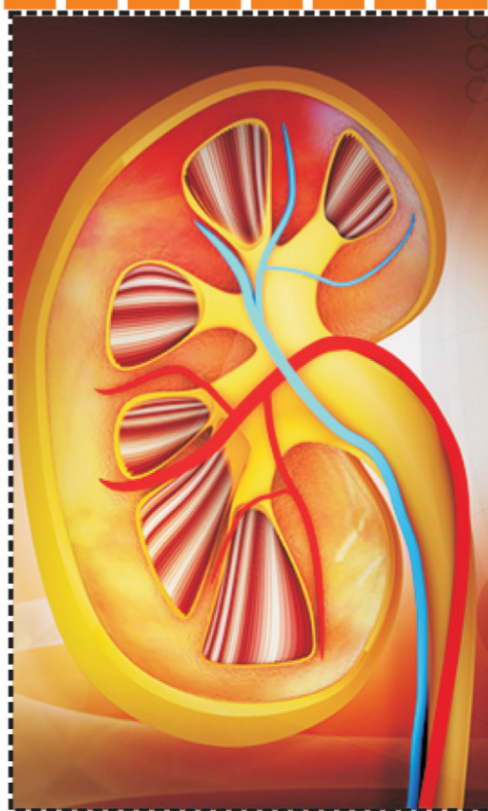
According to the researchers at Wake Forest Baptist Medical Center and colleagues, more than 2,600 donor kidneys are discarded each year in the U.S. "With about 100,000 people in the U.S. awaiting kidney transplants, it is devastating when an organ is donated but cannot be used. These discarded organs may represent an ideal platform for investigations aimed at manufacturing kidneys for transplant," said Giuseppe Orlando, M.D., Ph.D., lead author, a Wake Forest Baptist transplant surgeon and regenerative medicine researcher.

The research involved pumping a mild detergent through kidneys that were refused for transplant. The goal of the process, called decellularization, is to remove all cells - leaving

only the organ structure or "skeleton," known in regenerative medicine terms as a scaffold.

Ultimately, the patient's own cells could be placed in this scaffold, creating a customized organ that the patient theoretically would not reject.

In fact, an analysis of the decellularized



organs revealed that antigens likely to cause an immune response were removed in the cleaning process.

"This finding has significant implications. It indicates that transplantation of such customized kidneys could be performed without the need for anti-rejection therapy. In addition, these kidneys maintain their innate three-dimensional architecture, their basic biochemistry, as well as their vessel network system. When we tested their ability to be transplanted (in pigs), these kidneys were able to maintain blood pressure, suggesting a functional and resilient vasculature," said Orlando.

While the project is in its infancy, the idea represents a potential solution to the extreme shortage of donor kidneys.

The research, supported in part by a grant from the state of North Carolina, was reported in the journal Biomaterials.

Most pregnant Women Constipated

Nearly 3 out of 4 pregnant women experience constipation, diarrhea or other bowel disorders during their pregnancies, a new study has found.

But such bowel disorders only minimally affect a pregnant woman's quality of life, according to the Loyola University Medical Center study.

The study by senior author Scott Graziano, MD, and Payton Johnson was presented during the 61st Annual Clinical Meeting of the American Congress of Obstetricians and Gynecologists in New Orleans.

As part of this project, 104 pregnant women were enrolled and completed the first trimester questionnaire; 66 women also completed a survey in the third trimester.

Seventy-two percent of the first trimester respondents and 61 percent of the third trimester respondents reported one or more bowel disorders, including constipation, diarrhea, bloating and irritable bowel syndrome. The women also filled out a questionnaire that measures the extent to which bowel problems affect quality of life. (For example, the survey asks whether bowel problems make life less enjoyable, limit what a person can wear or eat or make a person feel embarrassed, vulnerable, angry, isolated or depressed.) The quality of life survey is scored on a 1

to 100 scale, with 100 representing the least possible impact on quality of life due to bowel problems. The average score was 94.9.

The only bowel problems that had a significant impact on quality of life were constipation, which reduced the score by 4.4 points out of 100, and bloating, which reduced the score by 4.0 points.

Graziano said the reason bowel problems have a minimal impact on quality of life is likely because pregnant women have learned



to expect such problems during pregnancy and so are better able to tolerate them. Bowel problems are due to physiological and hormonal changes that occur during pregnancy.

For example, increased progesterone levels affect the smooth muscles in the intestines. Consequently, it takes longer for food to move through the intestines, which can cause constipation. Vitamins and calcium and iron supplements that women take during pregnancy also can cause constipation, Graziano said.

Sensex, Nifty jump nearly 1% after RBI slashes repo rate and reduces CRR

Benchmark stock market indices closed higher on Friday, gaining nearly 1% after seeing a rally due to the RBI's rate cut of 50 bps, boosting market sentiment. The central bank also announced a reduction in the CRR by 1%. Dr. Manoranjan Sharma, Chief Economist, Infomercials Valuation and Ratings Ltd, said that the RBI's Monetary Policy Committee (MPC) exceeded expectations by slashing the repo rate by 50 basis points.

"Further, the cash reserve ratio (CRR) was reduced by 100 basis points from 4% to 3% in a staggered manner, implemented in four equal tranches of 25 basis points each, in the fortnights beginning September 6, October 4, November 1, and November 29 to provide durable liquidity," he added.

The S&P BSE Sensex jumped 746.95 points to end at 82,188.99, while the NSE Nifty50 gained 252.15 points to close at 25,003.05.

Vinod Nair, Head of Research, Geojit Investments Limited, said the immediate liquidity expansion and growth-focused policy measures are likely to support the investor confidence amidst the ongoing global uncertainties. "Rate-sensitive sectors, including banking, real estate, automobiles, and consumer durables are leading the rally," he added.

The BSE Sensex closed with strong gains as several stocks posted remarkable rallies during the session. Bajaj Finance emerged as the top performer, surging an impressive 4.93%, followed by Axis Bank which climbed strongly by 3.15%. Maruti Suzuki India Limited also showed robust performance, gaining 2.64%, while IndusInd Bank rose 2.50%. Bajaj Finserv rounded out the top five gainers with an increase of 2.36%.

However, the closing session witnessed some selling pressure on a few stocks, though losses were minimal compared to the broad-based gains. Bharti Airtel was the only notable decliner, falling 0.39%, while Sun Pharmaceutical Industries posted a modest gain of 0.20%. The sectoral indices on NSE closed with strong gains across most segments. Nifty Midcap 100 rose 1.21% and Nifty Smallcap gained 0.81%. The India VIX fell by 3.00%, showing reduced fear in the market. Most sectors ended in positive territory. Nifty Realty was the top performer, climbing 4.68%, followed by Nifty Financial Services gaining 2.09% and Nifty Private Bank up 1.79%.

Freeze order escalates: Sebi locks Mehul Choksi's accounts to recover Rs 2.1 crore; insider trading case triggered crackdown

New Delhi. In a bid to enforce a penalty issued over insider trading violations, Sebi has initiated recovery proceedings against fugitive businessman Mehul Choksi by freezing his financial assets, including bank, demat, and mutual fund accounts. The markets regulator issued attachment instructions on June 4 after Choksi failed to clear dues worth Rs 2.1 crore, despite a demand notice served on May 15. The dues stem from a January 2022 Sebi order that found Choksi guilty of sharing unpublished price-sensitive information in connection with trading in Gitanjali Gems shares.

According to PTI, Choksi had been warned of asset seizure if the amount wasn't paid within 15 days. The outstanding sum includes a Rs 1.5 crore fine and Rs 60 lakh in interest.

Choksi, who was then the chairman, managing director, and part of the promoter group of Gitanjali Gems, is currently facing extradition proceedings after being arrested in Belgium earlier this year. He had been residing in Antigua since fleeing India in 2018 following the Punjab National Bank (PNB) loan fraud, which allegedly involved over Rs 14,000 crore. Nirav Modi, his nephew, is also a key accused in the case and is jailed in the UK.

Sebi's attachment order directed banks, depositories CDSL and NSDL, and mutual funds to prohibit any debits from Choksi's accounts, while allowing credits. Lockers and all associated accounts have also been brought under attachment. The regulator said it acted to prevent any delay or obstruction in realising the dues.

Crypto trading in India: Could hamper financial stability, says RBI gov; no new Bill yet

New Delhi. The Reserve Bank of India once again raised red flags over cryptocurrencies, warning that these digital assets could threaten the financial stability and monetary policy. Speaking to reporters after the central bank's monetary policy announcement on Friday, RBI governor Sanjay Malhotra said, "There is no new development as far as crypto is concerned. A committee of the government is looking after this."

"Of course, as you are aware, we are concerned about crypto because that can hamper financial stability and monetary policy," Malhotra said, quoted by PTI.

His remarks follow the Supreme Court's observation last month, where it urged the Centre to formulate a "clear cut" policy to govern cryptocurrency usage in India, citing its potential economic impact.

A bench of the apex court even compared Bitcoin trading to "hawala" transactions, calling it an "illicit trade." At present, cryptocurrencies remain unregulated in India, though not explicitly illegal.

The government has been working on a discussion paper to seek stakeholders' views before deciding its formal stance. An inter-ministerial group (IMG) comprising representatives from the RBI, market regulator Sebi, and the finance ministry is reportedly reviewing global practices. Despite the absence of a dedicated legal framework, crypto assets are subject to various taxes in India. The 2022 Union Budget introduced a flat 30% tax on profits from virtual digital assets, in addition to income tax, TDS, and GST levied on crypto exchanges. However, taxation does not equate to legal recognition of such assets.

RBI's big CRR boost: What it means for banks and you

New Delhi. In a move that could reshape borrowing trends and unlock fresh liquidity in the economy, the Reserve Bank of India (RBI) has slashed the repo rate by 50 basis points to 5.5%. But the bigger headline-grabber is the phased reduction in the Cash Reserve Ratio (CRR), a 100-basis point cut that will roll out in four stages from September 2025, bringing it down from 4% to 3%. The message is loud and clear: the RBI is on a mission to boost liquidity, encourage borrowing, and push India's growth story forward.

WHAT'S THE IMPACT ON BANKS?

For banks, this is a green signal to lend more freely. By lowering the CRR, the RBI is unlocking nearly Rs 2.5 lakh crore, money that would otherwise sit idle with the central bank. "This gradual CRR cut, starting this September, will inject about Rs 2.5 lakh crore into the banking system," said Pranay Aggarwal, CEO of Stockart. "It provides a strong liquidity push and will

support banks in expanding credit."

Banks will now have greater flexibility to offer loans, whether to businesses looking to invest or individuals buying homes, cars, or funding education. Experts believe this move will also help in faster



transmission of the repo rate cuts, leading to cheaper loans across sectors.

HOW DOES THIS AFFECT YOU?

If you're eyeing a home loan, car loan, or personal loan, this development could work in your favour. With banks gaining access to more funds, interest rates on loans are likely to drop, which means your

monthly EMIs could reduce.

Saurav Ghosh, Co-Founder of Jiraaf, believes this move is aimed at reviving consumer demand. "The RBI's 100 bps CRR cut is designed to bring down borrowing costs and encourage people to spend, particularly on loans for homes, cars, and personal needs," he said. Simply put, cheaper credit could put more money in your pocket—and that's good news for both consumers and the broader economy.

A BOOST FOR MARKETS AND KEY SECTORS

Beyond individual borrowers, the ripple effect is expected to reach stock and bond markets too. Analysts predict that rate-sensitive sectors like housing, automobiles, and infrastructure will see a fresh wave of momentum. Major banking stocks like

SBI, Kotak Bank, Axis Bank, HDFC Bank jumped over 1%, following rate-cut news by the RBI.

According to Narinder Wadhwa, Managing Director & CEO of SKI Capital Services Ltd, "This move is expected to have a broad-based positive impact on the markets, especially on rate-sensitive

sectors. The banking and NBFC sectors stand to benefit directly from lower funding costs and potentially improved credit demand, with stocks like HDFC Bank, ICICI Bank, Bajaj Finance, and SBI likely to gain." He noted, "The real estate and housing finance space is another key beneficiary, as lower interest rates make home loans more affordable, potentially boosting demand from developers like DLF and housing financiers like HDFC Ltd and LIC Housing Finance.

The auto sector should also see improved sentiment, with cheaper vehicle loans supporting sales for companies like Maruti Suzuki, M & M, and Hero MotoCorp. "Jyoti Prakash Gadia, Managing Director of Resurgent India, views this as a bold step. "The RBI's 1% CRR cut clearly signals its commitment to fuelling credit growth. It makes Rs 2.5 lakh crore available to banks, nudging them to pass on the benefit of lower rates and supporting both retail consumption and capital expenditure," she said. While lower interest rates might squeeze bank margins slightly, the liquidity injection from the CRR cut could help balance things out.

US doubles steel, aluminium tariff: Is it a big worry for India?

New Delhi. The United States has increased import tariffs on steel and aluminium, doubling them from 25% to 50%. The move, which took effect on June 4, is aimed at supporting American steelmakers and the local manufacturing sector. However, the decision could affect global trade and may have indirect effects on India's steel industry.

The tariff hike does not apply to all countries. The United Kingdom has been excluded because of a trade agreement already in place with the US. The announcement came after US Commerce Secretary Howard Lutnick submitted an updated report on the condition of the steel and aluminium sectors in the country.

"I doubled the rates after receiving new information about the sector from Commerce Secretary Howard Lutnick," US President Donald Trump said. While the direct impact on India might seem limited, experts warn there

could still be consequences due to changes in global supply chains and pricing. According to CA Jashan Arora, Director at Master Trust Group, "The direct impact is limited since India exports only a small share of its



steel to the US. However, Indian companies with US operations may be slightly cushioned if they produce locally."

Still, there are concerns that the new tariffs could lead to a trade diversion, with countries like China looking to

sell more steel in other markets, including India. Arora added, "Yes, that's a major risk. With the US market less accessible, China may divert its surplus steel to other countries, including India. This could flood the market with cheap steel, pulling down prices and cutting into profit margins for Indian producers. India's 12% safeguard duty may not be enough to prevent this pressure."

To deal with such risks, India has already taken some steps. A 12% safeguard duty on certain steel imports was introduced in April 2025. This was aimed at stopping the redirection of steel originally meant for the US into India.

Dr VP Singh, Programme Director for Economics at Great Lakes Institute of Management, Gurgaon, explained that this policy is already showing results. "Steel supply glut in India is very unlikely."

RBI rate cut hatricket: Near unanimity among analysts; what impact on your EMI?

Kolkata. In the run-up to the MPC (Monetary Policy Committee) meeting of the Reserve Bank of India, there was near unanimity among analysts in the country that the central bank is going to announce a rate cut on Friday morning. The question was not "whether" but "how much". With inflation under control, the way forward seems quite smooth for the MPC to bring out its scissors. While SBI Research Report predicted that the rate cut can be by a big 50 points, other thought that 25-point trimming will be in order.

Whatever it is, the big takeaway from Friday's RBI decision can be that your EMI (equated monthly instalment) can go down again. After RBI twice reduced the Repo Rate in February and April by 25 basis points each, almost all major banks of the country have brought down their lending rates and



deposit rates. Discussion is now veering towards the point where will home loan rates move if RBI announces a cut on Friday morning. The Repo rate now stands at 6%.

Can home loan rates move closer to 7.7%

If you take a look at the home loan rates across major PSU banks in India, they hover between 7.8% and 8%. The rates

are: Canara Bank 7.8%, Bank of Maharashtra, Central Bank, Union Bank (all 7.85%), Indian Bank, Indian Overseas Bank (both 7.9%), State Bank of India, PNB, Bank of Baroda (all 8%).

If what SBI Research Report's forecast turns out to be true, home loan interest rates could as well hit a new recent low. The SBI Research Report has indicated that the current situation offers a Goldilocks period to slash the policy rates given the combination of low growth and low inflation. Incidentally, CPI inflation has moderated sharply in the recent months. It reached 3.34% in March, which was the lowest level in 67 months, thanks to dipping food inflation rates, which was the key villain in 2024 when RBI was restrained from effecting a rate cut despite clamour from the industry.

Woman Bank Official Siphon Off Customers FD Money, Invests Them In Stock Markets; And Then...

As per media reports, a relationship manager ICICI bank duped customers of more than Rs 4 crore, exploiting their Fixed Deposit money.

New Delhi. A woman bank officer of ICICI Bank in Rajasthan has reportedly duped customers of above Rs 4 crore. As per a report in the woman has now been arrested and sent to judicial custody.

Invests money in stock market, fails to deposit money back

As per reports the woman officer named Sakshi Gupta was the relationship manager of the ICICI Bank in Rajasthan. By luring customers to generate high returns in a short period by investing in stocks, she duped customers of more than Rs 4 crore. Between 2020 and 2023, she allegedly exploited the 'User FD (Fixed



Deposit)' link to illegally withdraw Rs 4.58 crores from 110 accounts of 41 customers, report has said. As per reports, the fraud continued for two years but no one in the bank knew about it. According to the investigations mentioned in the report, Gupta used the funds to buy stocks. However, she

suffered significant market losses and could not deposit the money back in the accounts.

The scam was exposed when a customer came to the bank to inquire about his FD. The police arrested Gupta late last night at her sister's wedding. She has been sent to judicial custody.

Mobile number changed to withdraw money

To prevent customers from knowing about the transaction messages, the woman banker even changed the mobile numbers of the customers linked with the accounts.

"She linked the phone numbers of her family members to these accounts and withdrew more than Rs 4 crore. She even devised a system that she used to get the OTPs on her system so that the account holders don't get a whiff of the fraud," NDTV referring to investigating officer Ibrahim Khan has reported.

Bank may compensate the loss suffered by customers

The bank filed a case with the police on February 18, quoting sources in the bank said that the bank will compensate the loss suffered by customers.

Customers say that bank is unsafe for keeping money

After learning about Gupta's arrest, a customer reached the bank to check if his money was safe. The customer was clueless at the dichotomy of whether his money was safe in bank or at home.

Shehnaaz Gill's

Power Dressing Game? A Total 10



Shehnaaz Gill, who debuted as an actress in the Punjabi film *Sat Shri Akaal* England, has come a long way in the world of glam and glitz. The *Kisi Ka Bhai Kisi Ki Jaan* actress is also immensely admired for her power-dressing and cheerful nature. Every now and then, Gill oozes elegance with her startling looks – be it with her public appearances or photoshoot moments. She yet again posted a couple of photos and served pure party-wear fashion inspiration. On Instagram, Shehnaaz Gill dropped a carousel featuring her stylish photo-ops in a gorgeous ensemble. She was wearing a blingy mini-skirt with a thigh-high slit adding an edgy feature to her look. The diva teamed it with a crisp white T-shirt featuring full sleeves to balance the tone of her overall ensemble. A pair of black pointed heels further cemented her strong fashion sense, adding charm to her appearance. She kept the rest of the look minimal, and her hair tied in a sleek middle-parted ponytail.

Coming to her makeup, Gill's stylist applied a glittery foundation base to add all sorts of shine to her face. Defined eyebrows and thin strokes of eyeliner with a matte eyeshadow accentuated her face, while her nude matte lipstick sealed the deal for the day. Altogether, she turned heads in her overall astonishing avatar and was seen posing from various corners of her luxe home.

Reacting to her photos, television actress Smriti Khanna dropped two fire emojis in the comments section, while many of her fans complimented her mesmerising photoshoot. One user said, "Gorgeous Gill." Another mentioned, "Truly are beautiful @shehnaazgill. This is your time. Bless you each and every day. #ShehnaazGill." Many others truly loved her looks.

Coming to her professional front, the actress, who was part of many television shows and movies like *Bigg Boss* season 13, *Kisi Ka Bhai Kisi Ki Jaan*, *Thank You for Coming*, *Honsla Rakh*, *Vicky Vidya Ka Woh Wala Video*, *Mujhe Shaadi Karoge*, *Kala Shah Kala*, and many others, recently appeared in Hardy Sandhu's music video titled *Noor*. Sharing a collaborative video with the singer, she wrote, "To all the women who carry their glow and transform themselves every single day, *Noor* is your anthem. Turn up the music and enjoy the Glow Up with @shehnaazgill, @glowandlovelyindia, and me. #Noor #GlowUpMoment #GlowUp #glowandlovelyindia."

Additionally, Gill has two movies in her pipeline, scheduled for release in 2025 – Balwinder Singh Janjua's directorial *Sab First Class*, also starring Varun Sharma, Sushil Dahiya, and Mukul Grover in key roles, and *Ikk Kudi*, directed by Amarjit Singh Saron. Besides acting, she will also don the producer hat for the Punjabi film, co-starring Nirmal Rishi, Harby Sangha, and Udaybir Sandhu.



Kriti Sanon Drinks Half Of Varun Dhawan's Shake, His Hilarious Reaction



Kriti Sanon and Varun Dhawan is known for their on-screen chemistry and off-screen friendship. Both recently left fans in splits after their video went viral on social media. Kriti is seen sipping Varun's chocolate shake — and not just a sip, she gulps down nearly half of it in one go. Varun's reaction is priceless.

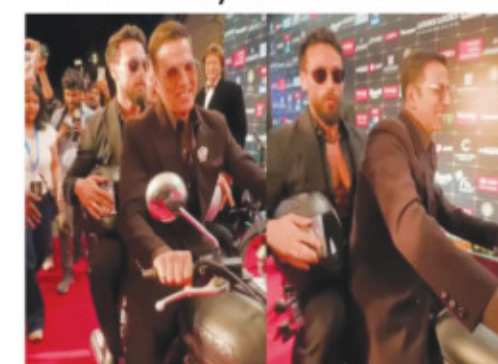
Taking to his Instagram handle, Varun shared the reel in which he is seen offering chocolate shake to Kriti Sanon. The actress tasted it and liked it so much that she completed his half shake. Varun's reaction was priceless as he was little annoyed. As soon as he shared the video, fans cannot stop laughing and also dropped emojis in the comment section. Both Varun and Kriti worked in horror comedy *Bhediya* which was again loved by fans.

Recently, Varun Dhawan and Natasha Dalal's daughter, Lara, has turned one. Recently, the couple celebrated their little princess' first birthday. In a video from the intimate celebration that surfaced on social media, the Bollywood superstar and his wife were seen having a gala time with their family members and close friends. In the clip, Natasha was seen holding Lara in her arms as Varun stood next to her. Other guests were also seen cheering for the birthday girl.

Meanwhile, on the work front, Varun Dhawan was last seen in *Citadel: Honey Bunny*, which also starred Samantha Ruth Prabhu. It is currently streaming on Prime Video.

Next, Varun has *Hai Jawaani Toh Ishq Hona Hai* in his pipeline. Directed by veteran filmmaker David Dhawan and produced by Ramesh Taurani under the Tips Films banner, the film brings together a dynamic cast led by Varun Dhawan, and also features Mrunal Thakur, Pooja Hegde, Maniesh Paul, Jimmy Shergill, Mouni Roy, Chunky Pandey, Rakesh Bedi, and Ali Asgar. Recently, Varun and the team wrapped up the Scotland shoot of *Hai Jawaani Toh Ishq Hona Hai*. The film will hit theatres on April 10, 2026.

Akshay Kumar, Tiger Shroff Make Grand Entry On Bike At Event



Akshay Kumar and Tiger Shroff made heads turn at the Bollywood Hungama Style Icons Awards night with a dramatic and stylish entry. The two actors, who recently shared screen space in *Bade Miyan Chote Miyan*, arrived riding a bike, catching both the paparazzi and fans by surprise.

Akshay was in the driver's seat while Tiger rode pillion. Both stars were dressed to the nines—Akshay sported a sleek brown three-piece suit with sunglasses, while Tiger rocked a bold black suit with his shirt unbuttoned and matching shades. They halted the bike on the red carpet, striking a few poses together for the photographers, creating a viral moment instantly. Their grand reunion, complete with the bike stunt, sent fans into a frenzy, especially as the duo was also seen together in cameos in *Singham 3*.

The stylish appearance comes just ahead of the release of *Housefull 5*, one of Akshay Kumar's most anticipated films in recent years. Directed by Tarun Mansukhani, the ensemble comedy boasts one of the biggest casts in Bollywood with stars like Riteish Deshmukh, Abhishek Bachchan, Sanjay Dutt, Fardeen Khan, Shreyas Talpade, Nana Patekar, Jackie Shroff, Dino Morea, Jacqueline Fernandez, Nargis Fakhri, Sonam Bajwa, Chunky Pandey, and Johnny Lever.

Produced by Sajid Nadiadwala, *Housefull 5* is reportedly one of the most expensive Hindi films ever made, with a budget of Rs 225 crore.

Pinkvilla reported that the high cost stems from the star-studded cast and the challenges of shooting across real locations.

Trade buzz around the film is already strong. According to Sacnilk, *Housefull 5* has made Rs 4.38 crore in advance ticket sales, with over 1.41 lakh tickets sold and 14,669 shows scheduled across India. Including blocked seats, the total advance booking collection stands at approximately Rs 9.59 crore.

Releasing this Friday, June 6, *Housefull 5* is expected to give a massive boost to Akshay's recent box office run, especially following the success of *Sky Force* and *Kesari 2*.

Chitrangda Singh

REACTS To Pap Telling Her She Reminds Him Of Allah Maaf Kare

Chitrangda Singh has teamed up with Akshay Kumar yet again for *Housefull 5*. The actor expressed her excitement for the film, all set to hit the screens tomorrow, June 6. Ahead of the film's release, the actor was spotted clicking selfies with her fans when a pap told her that she reminded him of her superhit track, *Allah Maaf Kare*. Don't miss her witty response!

Chitrangda Singh was a vision in a pastel blue bodycon gown at an event. She was first asked about her upcoming film, *Housefull 5*. To which, she

film. Take a look:

Despite her talent and potential, Chitrangda has a limited number of films to her credit. When asked about the possible reasons, she once told *India Today*, "Sometimes you don't get the work you want to do, you are not fortunate enough to get it. It is not like I don't get offered work, but it is the seductress or whatever, just like the same thing coming back to you. It also depends on the quality of work you are looking for, the people you want to work with. It is a bit of both." On another note, the actor is now being seen in an array of projects, one of her latest works being *Khakee: The Bengal Chapter*. Next in line for her is *Housefull 5*, a film that is being billed as India's most expensive comedy film to date. Made on a staggering production budget of Rs 225 crore, excluding costs for posters and advertising, producer Sajid Nadiadwala seems confident to recover the investment quickly, judging by strong advance booking numbers.

Directed by Tarun Mansukhani, the film has already garnered Rs 2.99 crore in advance ticket sales across the country, with 1,00,588 tickets sold for 13,876 scheduled

shows as of the evening of June 4. When block bookings are taken into account, the film's total advance business rises to Rs 7.16 crore already, according to *The Times of India*. *Housefull 5* also stars Akshay Kumar, Abhishek Bachchan, Riteish Deshmukh, Jacqueline Fernandez, Sonam Bajwa, and Nargis Fakhri, and others.



replied, "Oh my God, I am so nervous. First comedy film." The paparazzo then complimented her, telling the actor that she reminded him of the song 'Allah Maaf Kare', a chartbuster track featuring her with Akshay Kumar from *Desi Boyz* (2011). She quickly replied, "Allah Maaf, ab Laal Pari yaad aana chahiye", subtly promoting the new song from her



NEWS BOX

Rohit Sharma's father was disappointed with his Test retirement, India batter reveals

New Delhi. India captain Rohit Sharma has revealed that his father Gurunath Sharma was disappointed after his retirement from Test cricket. Rohit recently bid adieu to the longest format ahead of the all-important tour of England. The batting stalwart played 67 matches in whites and scored 4301 runs at an average of 40.57. Recently, speaking at the book launch of Cheteshwar Pujara's wife Pooja, Rohit revealed that his father is a big fan of Test cricket and used to have lengthy discussions with him about his innings played in the longest format. Hence, he was left disappointed when Rohit retired from Tests. "My father has seen me playing a lot of cricket with red ball, obviously. So he appreciates red ball cricket a lot. And then, obviously, he was a little disappointed when I announced my retirement. But was happy as well at the same time. But, yeah, that's my father. And he has obviously played a huge role in wherever I am today. Without their help, it never would have been possible," Rohit was quoted as saying by ANI. Furthermore, Rohit revealed that his father wasn't excited even after his record-



breaking innings of 264 in ODIs.

"Since day one, has been a fan of Test cricket. He doesn't like this new-age cricket. I still remember that day I scored 264 in the ODI. He was like, okay, well played. Well done. There was no excitement from him. It's important to go out there and all that," Rohit added. Rohit recently finished as the second-highest run scorer for Mumbai Indians (MI) in the Indian Premier League 2025 (IPL 2025). He accumulated 418 runs from 15 innings at an average of 29.85 and a strike rate of 149.28 with four half-centuries to his name. However, he got dismissed cheaply for 8 (7) in Qualifier 2 as MI crashed out of the tournament. Meanwhile, Rohit will be next seen playing ODI cricket on the tour to Bangladesh in August.

Aryna Sabalenka hungry for maiden French Open title: 'It would mean the world'

Aryna Sabalenka is ready to fight for every point to win her first major title on clay as she takes on Coco Gauff in the final of the French Open 2025. Sabalenka beat Iga Swiatek 7-6 (7-1), 4-6, 6-0 in the semi-final at Philippe-Chatrier court to enter her maiden final at Roland Garros. The three-time Grand Slam winner has won all her majors at hard courts and hence is eager to finally win her maiden title on clay. Following her clinical victory in the semi final, Sabalenka expressed her desire to win her first French Open title saying that it would mean the world to her to win her first title on clay. The 27-year-old recalled how she was told that she wouldn't succeed on clay courts but worked hard to develop her game and now enjoys playing on them. "It's gonna mean everything to me and my team. Almost my whole life I've been told that clay courts are not my thing. I didn't have any confidence in the past. I don't know how many years... we've been able to develop my game so much. I feel really



comfortable on this surface and I actually enjoy playing on clay. If I'll be able to get this trophy, it's just gonna mean the world for us. I'm ready to go in that final and fight for every point. Give everything I have to give to get the win," Sabalenka said in the post-match press conference. Sabalenka will take on Coco Gauff in the final scheduled to be played on Saturday, June 7. Gauff sealed her spot in the final with a dominant victory over Lois Boisson, who stunned Mirra Andrejeva in the quarter finals. Gauff and Sabalenka have faced each other ten times so far and have won five matches each. Sabalenka recently beat Gauff in the final of the Madrid Open 2025, which was also played on the clay court.

Champions League T20 to return as World Club Championship ECB chief reacts

The ECB are exploring the idea to have a World Club Championship for T20 cricket, more than a decade after the Champions League T20 became defunct. The CLT20 became defunct in 2014.

New Delhi. The England and Wales Cricket Board (ECB) is exploring the viability of a revamped World Club Championship for T20 cricket, after more than a decade since the final edition of the defunct Champions League T20 (CLT20). The final edition of the CLT20 took place in 2014 with CSK defeating KKR in the summit clash in Bengaluru. The tournament started 2009 before going defunct in 2014. Several countries have launched their own franchise leagues in the past few years, including England (The Hundred), South Africa (SA20), the UAE (ILT20) and the United States (MLC). In other sports as well, we have seen new club-based leagues come



up with the FIFA Club World Cup being revamped and Rugby union getting ready to launch their own Club World Cup. While the plans are still at an early stage, the ECB are

interested in bringing in a CLT20-type tournament. Richard Gould, the board chief executive, told ESPNcricinfo that he feels that the Club Championship, for both men

and women, could be the next logical step for the evolution of the sport. "That is on the cards," Gould said. "Without doubt, at some point, there will be a World Club Championship - for both men and women. That's the next logical step." The CLT20 was run by the BCCI, Cricket Australia and Cricket South Africa and was discontinued as the organisers said that its limited public following as the main reason behind the tournament's demise apart from the commercial aspect. However, Gould feels that the tournament was ahead of its time and was a really good event.

That tournament was ahead of its time," he said. "Commercially, it couldn't keep up with the expectations on it, but it was a really good event." The World Club Championship will require support from eight of the 10 IPL teams as they have investments in teams in other countries as well. IPL Chairman Arun Dhimal had hinted that the BCCI could look into the Club Championship if it can create value for the game.

Lamine Yamal relishing challenge of facing Cristiano Ronaldo in Nations League final

Lamine Yamal said that he is relishing the challenge of facing Cristiano Ronaldo in the UEFA Nations League final after Spain defeated France in the semi-final on June 5. Spain defeated France 5-4 in Stuttgart.

New Delhi. Spain's young sensation Lamine Yamal said that he wants to bring the Nations League title back to the country and is relishing the challenge to face Cristiano Ronaldo in the final. Yamal scored a brace as Spain edged past France in a 5-4 thriller at the MHP Arena. Spain will face Portugal in their third consecutive Nations League final, which will mean that the teenage winger will go up against Ronaldo, who scored the winner in the other semi-final against Germany. After the win against France, Yamal was asked about the prospect



of going up against Ronaldo. The young forward said that it will be a game where he can prove himself against a great team. UEFA Nations League: Full coverage "It's a special game, a final against a great team gives us extra motivation," Yamal said in Stuttgart. "This is the kind of game I want to play, to prove who I am." Yamal hailed Ronaldo as a legend of the game and said he has immense

respect for the Portuguese star. However, the 17-year-old said that his aim will be to go on and win the title. "He's a football legend," Yamal said. "I, like all the players, have huge respect for Cristiano. I will do my job, which is to try to win, and that's it," he added. Hope to bring the cup to Spain Yamal commented on the France game, as they came back from 1-5 down to give Spain some nervous moments in the end. Yamal said that the French team is filled with world-class stars, who can make any team suffer. Speaking about the final, Yamal said that the best team will win and is hoping to bring back the title home.

"I always say it to my mother, I try to give it all," Yamal told Teleduarte. "It is what motivates me to play football, why I wake up in the mornings." "France have world class players. The scoreline after 60 minutes was very big, but they have players who make you suffer." "We (Spain and Portugal) are two very good teams with world-class players. The best will win. I hope to bring the cup to Spain."

Carlo Ancelotti's debut as Brazil coach ends in lacklustre draw against Ecuador

Carlo Ancelotti's debut as the new Brazil coach was a lacklustre one as his side were held to a 0-0 draw by Ecuador in the World Cup qualifiers on Thursday, June 5. Argentina continued their fine run at the top of the standings with a 1-0 win over Chile.

New Delhi. Carlo Ancelotti had a lacklustre debut as the new Brazil national team coach as his side were held to a 0-0 draw by Ecuador in the South American World Cup qualifiers on Thursday, June 5. The result



has already put Ancelotti under pressure after taking over the job as his tenure with Real Madrid came to an end. Brazil struggled to break down the organised defence but did have a few chances in the first half. The clearest one was from Vinicius Jr., whose shot following a pass from Gerson was stopped by the Ecuadorian goalkeeper Gonzalo Valle. In the second half, Ecuador threatened to score when John Yeboah attempted a through ball but Nilson Angulo was caught offside. Brazil continued to create better chances on the night but failed to capitalise

as Richarlison squandered a golden chance and Casemiro's long-range effort was saved by Valle. Casemiro said after the game that the team is getting better and the dressing room environment. "Of course we always have to improve, but little by little we're getting better. It's only been two or three days with a new coach. The dynamic is good, the atmosphere is good. I'm very happy to be back. The atmosphere is excellent," Casemiro said after the match, as quoted by Reuters. Vinicius Jr. said that Ancelotti hasn't shown them his entire game plan yet and they have had only two or three days of training with the Italian coach. "Ancelotti hasn't had time to show us his game plan yet. It's only been two or three days of training," Vinicius added. Brazil remain in fourth spot in the World Cup qualifier standings with 22 points, while Ecuador remain in second with 24. Brazil will face Paraguay next, who earlier on beat Uruguay 2-0. Argentina leads the way with 34 points after beating Chile 1-0.



hit a whopping 88 sixes in the longest format, the second most by an Indian after Virender Sehwag (91 sixes). He led India in 24 Tests and won 12, lost nine and three ended in a draw. In the IPL 2025 (Indian Premier League 2025), Rohit finished as the second-highest run scorer for Mumbai Indians (MI), accumulating 418 runs from 15 innings at an average of 29.85 and a strike rate of 149.28 with four half-centuries to his name.

Meanwhile, following Rohit's retirement, Shubman Gill has been appointed as India's next Test captain, while Pant has been named as vice captain. The young duo will usher the team into a new era following the retirements of Virat Kohli, Ravichandran Ashwin and Rohit.

Norway Chess: D Gukesh, Magnus Carlsen leading race going into final round

India's D Gukesh and the legendary Magnus Carlsen are leading the race in Norway Chess going into the final round of the tournament. The two players are divided by just half a point, with Carlsen having the lead after Round 9.

New Delhi. Reigning world champion D Gukesh and legendary Magnus Carlsen are leading the race to win Norway Chess, going into the final round of the tournament. Carlsen is leading the race with 15 points to his name, but Gukesh is not far behind. The Indian Grandmaster stands at 14.5 points after beating China's Wei Yi in the ninth and penultimate round of the competition. With the win over Wei Yi, Gukesh earned three full points to emerge as one of the top contenders, along with Norwegian Carlsen. Five-time world champion Carlsen fought back from a

losing position to defeat American Grandmaster Fabiano Caruana and earn full points in the 9th round of the tournament. Carlsen is marginally ahead of Gukesh, with half a point in the six-player double round-robin tournament.

Gukesh will take on American Grandmaster Fabiano Caruana, while Carlsen will play Arjun Erigaisi in the deciding 10th round, with both hoping to prove a point in one-upmanship by claiming the title and a USD 69,000 prize purse. If defending champion Carlsen wins, it will mark his seventh Norway Chess title since 2016. Gukesh, on the other hand, will be aiming for his first-ever triumph in just his second appearance at the event. Hikaru Nakamura, currently on 13 points, still has an outside chance of winning the title, depending on how the other games unfold. In the ninth round, he defeated Arjun Erigaisi in the Armageddon tie-break, having earlier steered the classical game toward a draw, despite both players having more than 40 minutes on the clock.

Gukesh Looking Confident

Gukesh looked confident and well-rested after the second rest day. Playing white against China's Wei Yi, he forced a resignation on the 40th move after capitalising on a missed



Bishop f7 opportunity. "I just thought it was quite a pleasant position to play. And then he (Wei Yi) missed this Bishop h7, which was kind of cute," said Gukesh. It was his third classical win of the tournament, following earlier victories against world number one Carlsen and fellow Indian Arjun Erigaisi,

both coming after the first rest day. "Right now, I'm happy with the game that I played today. Tomorrow (Friday), hopefully, another good game I can play. And whatever the result will be, we'll see later. But yeah, just focusing on playing the game," Gukesh told the tournament broadcaster.

The 19-year-old world champion faces a tough challenge in the final round against Fabiano Caruana, who had been leading the standings before Carlsen staged a comeback from a difficult position to beat the American. With several humorous takes on Carlsen's reaction to his loss against Gukesh going viral, the teenager said he believes such content is helping promote the sport.

"Yeah, I mean, Dad showed me one (of those funny versions of the video). I'm sure there are many more. I mean, it's nice for chess. It's not only about the moves. Some people get attracted to the emotions. All these memes and stuff really help... I'm glad I could contribute," said Gukesh.