

Drive over, saws fall silent as logs now pile up in Chaithla

Shimla .(Agency)

Half a dozen teams of Forest and Revenue Departments have completed the eviction drive to clear approximately 300 bighas of encroached forest land in Chaithla village, under the Kotkhai Forest Division, by removing all fruit-laden trees.

Although the week-long drive, which began on July 12, was scheduled to conclude by July 18, the teams took two additional days to complete all formalities before finally calling off the exercise in Chaithla, which falls under the Pandli gram panchayat in Shimla district.

A local orchardist said, “The logs now have no market value. It is also not feasible to transport the logs from such a high-altitude to lower areas. Labourers and farmers can now use the wood only for burning firewood or for making makeshift boundaries around orchards. Even during earlier eviction drives, including one in 2017, hundreds of fruit-laden trees were cut by the forest department were left on site. The authorities must devise a proper way to deal with such axed trees.”

Sources said that over 4,200 trees, mostly apple, were cut to clear encroachment on forest land. With the eviction drive now complete, Section 164 of BNSS, 2023, which was earlier imposed

in the village, has also been withdrawn.

Although a division bench of the Himachal Pradesh High Court had instructed the Forest Department to recover the costs incurred in clearing the encroachments from violators, that part of the process is yet to be completed.

A senior IFS officer, currently posted as the Divisional Forest Officer in Shimla, said,



“There are certain ways to utilise the logs. The HC has instructed our department to take full control of the encroached forest land and start fencing work. The ideal use of the logs is for makeshift fencing, which can later be reinforced. We had decided to adopt the strategy in our jurisdiction once the eviction drive began.”

More than a dozen residents of Chaithla, all

involved in apple farming, had reportedly encroached upon hundreds of bighas of forest land to cultivate apple orchards. In the past, the Revenue Department had identified the encroached areas and submitted a report to the High Court. Meanwhile, the police also removed barricades installed at two locations along the route from the Shimla-Kotkhai bypass to village Chaithla.

The drive was initiated following a complaint filed in 2014 by Krishan Chand Sarta of Jhadag village, under Jubbal Tehsil, alleging large-scale encroachment of forest land by villagers cultivating apples, potatoes, and peas, and constructing permanent structures. The complaint also highlighted the inaction of Forest Department officials. Acting on the complaint, the then Chief Justice of the High Court ordered the registration of the matter as CWPI No. 17 of 2014.

In a separate communication dated May 15, 2015, further allegations were raised regarding encroachments in Nagpuri Chaithla, Sewag Chaithla, and Kadevag Chaithla villages. The complaint noted that the Horticulture Department had extended financial aid amounting to Rs 30 lakh to encroachers for building grading and packing houses, while the IPH Department and the Electricity Board had provided water and electricity connections.

‘Trampled on dignity’: Haryana rights panel slaps Rs 50k fine after cops disrobe disabled CA, allow man to circulate pics

Chandigarh .(Agency)

The Haryana Human Rights Commission has imposed a penalty of Rs 50,000 on the state Home Department after police officers disrobed a disabled Chartered Accountant in custody and allowed his brother-in-law to take his semi-nude pictures and videos, which were then circulated on social media.

“Such cruel and disregarding treatment, particularly of a person with a disability, is utterly unacceptable in a civilised society,” the full bench of the Commission, led by Justice Lalit Batra, ruled in the order dated July 16, which was released on Wednesday.

The Commission, which also comprises Kuldip Jain and Deep Bhatia, has allowed the department to recover the penalty from the errant police officers, identified as Assistant Sub-Inspector Jagwati and Constable Rakesh Kumar.

Reacting to the order, the Faridabad-based complainant Anil Thakur said, “Justice may have been delayed, but it has finally arrived. The violation of my dignity has been acknowledged”.

Dr Puneet Arora, Protocol, Information & Public Relations Office, HHRC, said, “While symbolic in nature, the compensation reflects the state’s recognition of its responsibility to uphold the dignity of every citizen. Police custody must not turn into a site of torture and shame. This order sends a clear message

that the system will not tolerate custodial abuse or the misuse of power.”

Anil Thakur was arrested on May 24, 2021, in connection with a criminal case. In his complaint, he alleged that while in custody at Saran police station in Faridabad, he was stripped, photographed, and filmed in a semi-naked condition, and that the images were later circulated. The incident, he stated, caused him extreme mental trauma and public humiliation, and gravely violated his human rights.

Over the last four years, as the Faridabad police continued to defend its officers and failed to supply the CCTV footage of the incident, the Commission carried out a probe through its investigation wing.

“An impartial inquiry conducted by the Commission’s Investigation Wing confirmed that ASI Jagwati and Constable Rakesh Kumar had indeed compelled Mr Thakur to undress in custody. Shockingly, they even permitted his relative (brother-in-law) to record videos and take photos during his detention. This not only breached police conduct rules but also trampled upon the complainant’s privacy, dignity, and mental well-being”, the Commission pointed out. In its detailed and strongly worded order, the Commission observed: “This incident challenges the very spirit of constitutional values and the notion of human dignity.

Frant continue news Delhi Govt committed to safeguarding traders’ interests: CM Rekha Gupta

CM Rekha Gupta further revealed that out of the 15 members of this board, 9 have been selected from the trading community itself. The Board’s primary objective is to empower traders, provide them with social security, and make business processes more convenient and efficient. As a statutory body, it will act as a bridge between the government and the trading community, simplifying processes, promoting employment and investment, and managing a welfare fund to protect their economic interests. She also assured traders that they are no longer alone.

“The government stands firmly with them to ensure their security, welfare, and prosperity,” the Chief Minister said. She highlighted that the Board is not merely an institution, but a symbol of the government’s trust in its traders. The Board will not be limited to policy matters alone; it will also address emergency relief and compensation in situations such as natural disasters, fires, and floods.

Through this Board, the government will receive timely advice and support from experienced figures within the trading sector, allowing for the implementation of more practical and beneficial policies.

Experts urge BBMP to ban single-use plastic; call for shutdown of manufacturing units

BENGALURU. (Agency)

With the BBMP’s ban on use of single-use plastics turning out to be ineffective, experts now want the civic body to persuade the State and Union governments to shut down the factories manufacturing single-use plastics.

Solid Waste Management Expert V Ramprasad said that Bengaluru is using single-use plastics, as if there is no ban on them. “The key to any successful ban lies in its implementation. Here for name’s sake, BBMP announced a ban”, Ramprasad said. He said the BBMP did not pursue the ban to see the city free from single-use plastics. Founder member of Bengaluru Praja Vedike, NS Mukunda, said, “In 2016, the BBMP imposed a ban on single-use plastics but hardly cared to enforce it.”

Ramprasad and Mukunda said the BBMP should target the manufacturing units first and then only the vendors who use the banned plastics.

They also blamed the attitude of the public, who expect plastic bags for anything they buy, without worrying about the environmental hazards.

“BBMP may not have the full power to shut down industries. But it can certainly work with other departments like the Pollution Control Board, State Government and the Union Government to get them shut by fixing a cut-off date, giving enough time for the industries and those who depend on them to shift”, Mukunda suggested.

Almitra Patel, a member of the Supreme Court Committee for Solid Waste Management and a national expert on the Swachh Bharat Mission, said that a ban cannot be a success unless the public is given sufficient alternatives to single-use plastic, as they will continue to rely on it. Almitra said the alternatives should also be economical. When took up the issue with BBMP Chief Commissioner Maheshwar Rao, he accepted that the civic body is receiving many complaints related to single-use plastic in the city.

“We are enforcing the ban by carrying out raids”, Rao said, adding that they are planning to curb the single-use plastics at the source. “We will request the factories and industries to stop manufacturing single-use plastics,” Rao said.

Mumbai 7/11 blasts: How the prosecution’s pressure cooker theory blew up in court

Mumbai. (Agency)

While acquitting the 12 accused on Monday, the Bombay High Court, however, raised doubts over the reliability of accounts of certain witnesses who claimed to have seen some of the accused placing “black rexine bags” with the bomb-filled pressure cookers.

The prosecution in the July 11, 2006 Mumbai serial train blasts case had relied on a key finding in the Maharashtra police’s investigation – that the bombs that ripped through the train coaches were packed in pressure cookers that the accused allegedly placed on the luggage racks.

While acquitting the 12 accused on July 21, the Bombay High Court, however, raised doubts over the reliability of accounts of certain witnesses who claimed to have seen some of the accused placing “black rexine bags” with the bomb-filled pressure cookers. Police claimed that during their investigation, one of the accused led them to a marshy location near the tracks on Mira Road from where they recovered “a brown plastic bag in mud, containing several items, including 7 rubber gaskets, 5 whistles, broken electric wires...” They also seized a five-litre ‘Kanchan’ brand pressure cooker from the house of another accused, Faisal Ataur Rahman



Sheikh. Further, an eye witness, shopkeeper Mohanlal Kumawat, claimed that “some Kashmiri-looking persons purchased eight cookers” from him in May 2006. The police then went on to join these dots to allege that pressure cookers were used in the blasts. However, the court records that a forensic report indicated that the rubber gaskets and whistles recovered from the spot were “duplicates, as they did not match the original products from the Kanchan

company in terms of markings and physical characteristics”.

The bench of Justices Anil S Kilor and Shyam C Chandak said that to examine the Anti-Terrorism Squad’s theory, the court needed to ascertain the possible size of the bags allegedly containing the pressure cookers – and whether it would be big enough to attract the witnesses’ attention.

The court noted that the “typical dimensions of a five-litre pressure cooker, irrespective of manufacturer, is approximately 41 centimetres in width and 20 cm in height (16.14 x 7.87 inches).

” Comparing this to an A4-size sheet, the court said that the “bag required to put a 5-litre cooker loaded with a bomb will be of a normal size and not an abnormal one that would attract anybody’s attention, including that of Prosecution Witness, one Subhash Kamalakar Nagarsekar, and give cue for triggering memory.”

New leadership at GCMMF: Ashok Chaudhary takes charge as chairman, Gordhan Dhameliya as vice chairman

Ahmedabad. (Agency)

Dudhsagar Dairy Chairman in Mehsana, Ashok Chaudhary, and Rajkot District Cooperative Milk Producer Union Chairman Gordhan Dhameliya were unanimously elected as Gujarat Cooperative Milk Marketing Federation (GCMMF) Chairman and Vice Chairman respectively on Tuesday, as incumbent Chairman Shamal Patel and Vice Chairman Valamji Humal completed their two-and-half-year tenure. Chaudhary (55), a leading name in the cooperative sector of north Gujarat, is a native of Chitrodipura village in Mehsana district’s Visnagar taluka and tall leader of the BJP’s Mehsana unit. He has also served as general secretary of Mehsana BJP in the past. Chaudhary has also held the post of Mehsana Municipality president between 2005 and 2007. He became a

director of Dudhsagar Dairy in 2015. In 2021, he became Dudhsagar Dairy chairman defeating a panel backed by former Gujarat Home Minister and former chairman of GCMMF and Dudhsagar Dairy Vipul Chaudhary. Since 2021, Ashok Chaudhary holds the post of Chairman of Dudhsagar Dairy.

A mechanical engineer by education, Ashok Chaudhary is considered close to Union Minister Amit Shah and Gujarat minister Rushikesh Patel, who is also from Visnagar of Mehsana.

Dhameliya (67), hails from Saurashtra and is the chairman of Rajkot District Cooperative Milk Producers’ Union Limited since 2020. An Arts graduate, Dhameliya is a Patidar from Rajkot district’s Virpur. He started his political career in the 1980s. He was elected to Virpur Gram Panchayat in 1985. He was

also elected as member of Rajkot taluka and district panchayats. He also unsuccessfully contested the assembly elections from Jetpur constituency in 2002 and 2007. Chaudhary and Dhameliya were elected unanimously, in line with the tradition of GCMMF to elect its leadership by consensus. A release from GCMMF said, “The election meeting, held on July 22, 2025, witnessed full participation from all 18 member unions of G C M M F . A s h o k b h a i Chaudhary’s name was proposed by Shamalbhai B Patel (Chairman, Sabarkantha Milk Union) and seconded by Shri Ashwinbhai Salawiya (Chairman, Amreli Milk Union). For the post of Vice Chairman, Gordhan Dhameliya was proposed by Valamji Humal (Chairman, Kutch Milk Union) and supported by Mohan Bharwad (Chairman, Ahmedabad Milk Union).”

Mumbai hit with heavy rain, traffic woes for third consecutive day; IMD issues nowcast warning

The downpour in Mumbai on Wednesday triggered water-logging in several pockets of the city, leading to traffic snarls during peak office hours.

Mumbai .(Agency)

With Mumbai waking up to a downpour for the third consecutive day on Wednesday, the India Meteorological Department (IMD) has said that more intense spells of rainfall are slated to batter the city in the upcoming days. On Wednesday morning, the weather bureau issued an orange nowcast warning, which indicates the possibility of intense spells of showers in isolated pockets.

Data furnished by the IMD shows that in the past 24 hours ending at 8.30 am on Wednesday, its Colaba coastal observatory recorded 87 mm of rainfall while 85 mm of rainfall was registered at the Santacruz observatory. Of this, the maximum showers were recorded overnight with only 6 mm of the total rainfall recorded in the island city division until 5.30 pm on Tuesday. According to the Brihanmumbai Municipal Corporation’s (BMC’s) automatic weather station, some pockets of the island city

division received nearly 100 mm of rainfall in the past 24 hours. Between Tuesday and Wednesday morning until 8.00 am, the heaviest rainfall was recorded over Malabar Hill, followed by 102 mm rainfall near the BMC headquarters and 100 mm of rainfall near the civic A ward office in Fort.

In the western suburbs, the heaviest downpour was observed in Juhu (81 mm of rainfall), followed by Versova (79 mm) and Malad depot (77 mm). Meanwhile, Vihar Lake in the eastern suburbs received 55 mm of rainfall, followed by 51 mm of rainfall in Ghatkopar. The downpour triggered water-logging in several pockets, leading to traffic snarls during peak office hours. Owing to 1-1.5 ft water logging, the Andheri Subway was closed for vehicular movement on Wednesday morning, with the Mumbai Traffic Police diverting vehicular movement via the Gokhale Bridge and Thackeray Bridge. Water logging was also



reported between Pump House to Mogra Metro station. The torrential showers on the intervening night of Tuesday and Wednesday come on the heels of Mumbai receiving over 100 mm of rainfall in the past two days. While the Santacruz observatory had logged 115 mm of rainfall between Sunday and Monday, it clocked in 108 mm of rainfall yet again between Monday and Tuesday. Indicating more showers on cards, the IMD has placed Mumbai and its neighbouring districts of Palghar and Thane

under a yellow alert on Wednesday. However, the showers are likely to intensify over Thursday, for which the weather bureau has issued an orange alert stating the likelihood of ‘heavy to very heavy’ rainfall.

The incoming spell of heavy rainfall has been attributed to a fresh low-pressure area which is expected to form over north Bay of Bengal around Thursday.

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Yogi govt to set up biogas units in 2.5 lakh households across UP

The Sikh Times

Lucknow, July 23: The Yogi Adityanath-led government is set to roll out a landmark initiative under the Chief Minister's Gram-Urja Model to fast-track rural development in Uttar Pradesh. The scheme will introduce domestic biogas units in villages to cut kitchen fuel costs, boost organic manure production, and support environmental sustainability. In its first phase, 2,250 biogas units will be installed across Ayodhya, Varanasi, Gorakhpur, and Gonda. Once proven successful, the initiative will be scaled up to benefit 2.5 lakh rural households over the next four years—empowering farmers and promoting self-reliance in villages. Each biogas unit costs Rs 39,300, out of which the farmer will pay only Rs 3,990, while the remaining cost will be subsidised through government support and the carbon credit

model. The project has already received formal approval from

the initiative will not only ease the lives of villagers, but also



योगी आदित्यनाथ

the Department of Environment, Forest, and Climate Change. According to Shyam Bihari Gupta, Chairman of the Uttar Pradesh Go Seva Commission,

prove to be a milestone in environmental conservation. It is estimated that LPG usage in rural kitchens could drop by up to 70%, resulting in substantial savings

for families. Dr. Anurag Srivastava, OSD of the Go Seva Commission, emphasized that the biogas units will serve dual purposes, providing clean cooking gas and producing organic/natural manure from the slurry. The manure will help improve soil fertility and reduce reliance on chemical fertilizers. Additionally, the biogas produced could also be used as an alternative fuel for vehicles. As part of the broader plan, cow shelters (gaushalas) will also be developed under MGNREGA, bringing added benefits to farmers. In the initial phase, 43 gaushalas will be equipped with biogas and manure production units. Each shelter is expected to generate about 50 quintals of slurry per month, which will be made available to nearby farmers. The initiative is also expected to create new employment opportunities for local youth.

Haryana Set to Receive 150 Crore Under SASCI Scheme for Road Safety Initiatives

Chandigarh, July 22: Haryana is set to receive ₹150 crore under the Special Assistance to States for Capital Investment (SASCI) Scheme 2025-26 to strengthen road safety infrastructure and enforcement mechanisms across the state. A high-level review meeting was chaired today by Chief Secretary Sh. Anurag Rastogi to strategize the state's action plan for accessing and effectively utilizing these central funds. The ₹150 crore incentive will be linked to five key milestones: Installation of electronic enforcement devices at identified locations, integration of these devices with Traffic Control Rooms (TCRs), gener-

ation of e-challans through electronic systems, efficient disposal of e-challans, and a measurable reduction in fatalities on State Highways and Major District Roads. During the meeting, the Chief Secretary directed the Transport Department to prepare a comprehensive project proposal for submission to the Ministry of Road Transport and Highways (MoRTH), Government of India. He emphasized that the proposal should focus on promoting road safety through stricter compliance with traffic regula-

tions, enhanced digital enforcement, and improved public awareness campaigns. Sh. Rastogi also underscored the importance of strong inter-departmental coordination, particularly among the Transport, Police, Urban Local Bodies, and Public Works Departments, to ensure timely and effective execution of the identified milestones.

NAME CHANGE

I, MAHESH SAINI S/O, ROHTASH SAINI R/o House No. FZ-64, Block F, Laxmi Park, Nanangli, West Delhi-110041 have changed the name of my minor Daughter AISHA aged 9 years and she shall hereafter be known as PRACHI SAINI.

NAME CHANGE

I, Simranjit Kaur D/o Khagen Talakdar W/O Kuldeep Singh Lamba R/o Q Ph 03 Pan Oasis Society Sec 70 Noida Gautam Budha Nagar Uttar Pradesh 201301 Have Changed My Name to Simranjeet kaur for All Future Purposes.

NAME CHANGE

I hitherto known as MOMIN S/O BIS-MILLA SHAH, R/o House No. D-174, Dakshinpur, Dr. Ambedkar Nagar, Sector-V, New Delhi-110062, have changed my name and shall hereafter be known as MOMIN SHAH.

NAME CHANGE

It is for general information that I, MAANYA MALIK daughter of Ashif Ali resident of S-9, Vishwas Park, First Floor, Front Side, Sahaydev Crossing Road, Dwarka, New Delhi-110052. declare that name of mine has been wrongly written as SALMA BEGAM in my Aadhar card-90392882322. The actual name of mine is MAANYA MALIK which may be amended accordingly.

NAME CHANGE

I, Om Prakash Sah S/o Ram Gulam Shah R/o 74-A, Gali No. 5, Pole No-121, Bharat Vihar, Kakrola, South West Delhi, Delhi-110078, have changed the name of my minor Daughter SHIVANI KUMARI aged 15 years and she shall hereafter be known as SAPNA.

NAME CHANGE

It is for general information that I, KISHAN LAL MEENA S/O KAJOD MAL MEENA, Permanent R/o Vill-Lakawas, Sylaluta, PO. - Sylaluta, Dist. Alwar, Rajasthan - 301410 and Presently Residing at E-313, JJ Colony, Raghunagar, Tagore Garden Delhi -110027 declare that the name of my wife has been wrongly written as GUDDI DEVI MEENA in my minor daughter names. The actual name of mine is MOHAN CHANDRA JOSHI which may be amended accordingly.

NAME CHANGE

It is for general information that I, MOHAN CHANDER JOSHI S/O I D JOSH R/O 61-A, GHANSHYAM-4, INDRAPURAM, - GHABZABAD UTTAR PRADESH-201014, declare that name of mine has been wrongly written as MOHAN CHANDRA JOSHI in my service record. The actual name of mine is MOHAN CHANDER JOSHI which may be amended accordingly.

NAME CHANGE

It is for general information that I, BASU DEV SHARMA S/O KISHAN SINGH R/O B-164, DELTA-1, GREATER NOIDA SURAJPUR, PO: I.A. SURAJPUR DISTRICT GAUTAM BUDDHA NAGAR, UTTAR PRADESH-201306, declare that name of mine has been wrongly written as BASU DEV in my PPO No-40120400291 dated 11 Dec 2024. The actual name of mine is BASU DEV SHARMA which may be amended accordingly.

NAME CHANGE

It is for general information that I, HOSHIYAR SINGH S/O PHOOL SINGH R/O BHONRA, BULAND-SHAHAR, UP-203202 declare that name of mine has been wrongly written as HOSHIAR SINGH in PPO number 240201302786 dated 11 Dec 2024. The actual name of mine is HOSHIYAR SINGH which may be amended accordingly.

NAME CHANGE

I, PRATIBHAAGARWAL W/O MANISH AGGARWAL R/O HOUSE NO-B/1024, GROUND FLOOR, NEAR NHPC CHOWK GREENFIELD COLONY, SECTOR-42, AMARNAGAR, FARIDABAD, HARYANA-121003 HAVE CHANGED MY NAME TO PRATIBHA SINGLA FOR ALL FUTURE PURPOSES.

NAME CHANGE

I, RAVINDER S/O MAHENDER SINGH R/O 316, DHANWANPUR (51), DAULTABAD GURGAON, HARYANA-122006, HAVE CHANGED MY NAME TO RAVINDER KUMAR FOR ALL FUTURE PURPOSES

NAME CHANGE

I, KM SHALU CHOUDHARY W/O BHARAT PANWAR R/O FLAT NO 404, B-16, AVL36, SECTOR-36A, GURGAON HARYANA-122004, I HAVE CHANGED MY NAME TO SHALU CHOUDHARY FOR ALL FUTURE PURPOSE

NAME CHANGE

I, SHIVANI D/o KULDEEP VERMA R/O 8649, SUBHASH NAGAR GURGAON HARYANA-122001, HAVE CHANGED MY NAME TO SHIVANI VERMA FOR ALL FUTURE PURPOSES

NAME CHANGE

I, PRIVAL MEHARWANSINGH BISHT, S/O MEHARWANSINGH DIWANSINGH BISHT, R/O FLAT-1B, TOWER-B, CENTRAL PARK RESORTS, SECTOR-48, GURGAON, HARYANA-122018, HAVE CHANGED MY NAME TO PRIVAL BISHT FOR ALL PURPOSE

NAME CHANGE

I, DEVENDER SINGH S/O ROHTASH SINGH R/O GURKHI (114) PO BAIRAWAS DIST. MAHENDRA GARH HARYANA-132028, HAVE CHANGED MY NAME TO DEVENDER SINGH FOR ALL FUTURE PURPOSES

NAME CHANGE

I, KAPIL KULSHRESTHA S/O SUKHDIO KULSHRESTHA R/O F-1601, MICROTEC GREENBURG SECTOR-86, SKANDERPUR BADHA, GURGAON, HARYANA-122004, HAVE CHANGED MY NAME FROM "KYANSH KULSHRESTHA" TO "KYANSH KULSHRESTHA" FOR ALL FUTURE PURPOSES.

Members of Gro-Green organization meet Rajya Sabha member Sant Seechewal

Phagwara July 19 (Shiv Kaura) A delegation of Gro Green, a social service organization that plays an important role in environmental conservation, met environmentalist and Rajya Sabha member Sant Balbir Singh Seechewal. Core committee members of Gro Green Jaswinder Singh Bobby, Vinod Bhaskar, Kashmir Lal, Manjit Singh and Gurpreet Saini, who were part of the delegation, praised the role played by Sant Seechewal in environmental conservation and said that their organization is also inspired by

him and is doing excellent work in the direction of environmental protection and plantation. The organization plants maxi-



num trees on the roadside so that pollution caused by vehicles can be controlled and pedes-

trians can relax in the shade of trees during the summer season. The plants planted by the organization are also well

taken care of. They said that a target of planting one thousand trees has been set this year. All the

plants being planted are covered with tree guards and fertilizer and water are also provided as per requirement. During this, the core committee also gave some suggestions for environmental protection and also submitted a memorandum to Sant Seechewal. In which the problems faced during planting of plants in urban areas have been mentioned and a request has been made for a solution. The core committee members said that Sant Seechewal has assured them of full cooperation. While giving information about the meeting with Sant Seechewal, the core committee members strongly appealed to all

the people living in urban areas to plant maximum trees in their house yards or wherever there is a suitable place nearby so that everyone cooperates in environmental protection and a safe environment can be created for the future generations.

NAME CHANGE

I, Kulwant Kaur w/o Daljeet Singh R/o 17/98, First Floor, Subhash Nagar, New Delhi-110027 have changed my name to Kulwant Kaur Khurana for all purposes.

NAME CHANGE

I, MD Nafis S/O Shokat Ali R/O J-2, Block C-3, Sultanpuri, North West Delhi-110086 have changed my name to Nafish for all future purposes.

NAME CHANGE

I, MD faiz S/o Nafish R/O 499-P-2, Block, Sultanpuri, North West Delhi-110086 Have Changed My Name to Mohammad Faiz for All Future Purposes.

NAME CHANGE

It is general information that I, Deen Dayal son of Shri Chandan Singh, residing at Burli, Dahina (12), Rewari, Haryana-123411, declare that my name has been wrongly written as Deen Dayal Khawal in my minor son's name. Harsh Khawal aged 18 years and my minor daughter's name Heena Khawal aged 18 years in their 10th and 12th class education documents. The actual name of mine is Deen Dayal respectively which may be amended accordingly.

NAME CHANGE

I, Manoj Gupta S/O Nareesh Chand Gupta R/O B-26 A, Flat No -8, Friends Apartment, Kiran Garden, Matial Road, Uttam Nagar, P.O. D. K. Mohan Garden, Dist. West Delhi, Delhi-110059, have changed my name and shall hereafter be known as Manobal Gupta

PUBLIC NOTICE

It is for general information that I, Soniya W/O Manoj R/O House no. B-1008, Chander Vihar, Main Kanti Nagar, Puri, Kalkaji, PO Kalkaji Dist. South Delhi, Delhi - 110019, declare that the name of mine and my Husband has been wrongly written as Sangeeta and Manoj Kumar in my minor Son, namely Kashyap aged 15 years in his School Record. The actual name of mine and my Husband is Soniya and Manoj which may be amended accordingly.

PUBLIC NOTICE

It is for general information that I, Vishal Tor, S/o Rattan Singh Tor, R/o H.no. 1555, Plot No. 14, First floor, Street no. 8A, near Sawa Ram Builders, Block B, Baba Colony, Burari, PO: Burari, Dist: North Delhi, Delhi-110084, declare that the name of my father has been wrongly written as Rattan Singh in my all Educational documents. The actual name of my father is Rattan Singh Tor which may be amended accordingly.

NAME CHANGE

I, Kuldeep Singh alias Kuldip Singh S/o Man Singh R/O Q Ph 03 Pan Oasis Society Sec 70 Noida Gautam Budha Nagar Uttar Pradesh 201301 Have Changed My Name to Kuldeep Singh Lamba for All Future Purposes.

NAME CHANGE

I, No.-15675329P Rank-HAV Name-SONTIKKE SATISH MAROTRAO legal father of SHRAVANI SATISH SONTKKE residing at VILL-WANI PIMPALGOAN, PO-SHIKH RAJURA, TEHSIL-PALAM, DISTT-PARBHANI, MAHARASHTRA-431720, have changed my minor daughter's name from SHREVANI SATISH SONTKKE to SONTKKE SHRAVANI SATISH for all future purposes vide affidavit dated 23/07/2025 Before Notary Public, Delhi.

NAME CHANGE

I, No.-15675329P Rank-HAV Name-SONTIKKE SATISH MAROTRAO legal father of SHRAVANI SATISH SONTKKE residing at VILL-WANI PIMPALGOAN, PO-SHIKH RAJURA, TEHSIL-PALAM, DISTT-PARBHANI, MAHARASHTRA-431720, have changed my minor daughter's name from SHREVANI SATISH SONTKKE to SONTKKE SHRAVANI SATISH for all future purposes vide affidavit dated 23/07/2025 Before Notary Public, Delhi.

NAME CHANGE

Tanishq S/O Bhim Kishore Gautam, R/O I-329, First Floor, DDA Res Scheme, Ashok Nikalet, Near Fire Station, Naraina Vihar, Naraina Industrial Estate, Sec-4, Vasant Vihar, New Delhi-110028, have changed my name and shall hereafter be known as TANISHQ GAUTAM.

Notice and Penalty to be Issued to L&T for Poor Road Repairs under Amritsar Canal Water Supply Project

Amritsar: Commissioner Mr. Gulpreet Singh Aulakh held an emergency meeting with officials from L&T (Larsen & Toubro), the company responsible for laying pipelines under the Canal Water Supply Project, and officials of PIMCIP. During the meeting, the Commissioner took serious note of media reports highlighting the poor condition of roads after being repaired by L&T following pipeline installation. Due to the monsoon, these roads have further deteriorated, increasing the risk of accidents. Stricter instructions were issued to L&T to re-repair all such roads properly and ensure they are leveled evenly with the existing roads. The Commissioner directed PIMCIP officials to halt all pending payments to L&T and issue a notice along with a monetary penalty. Present in the meeting were Supervising Engineer Sandeep Singh, Project Manager Kuldeep Singh Saini, Narinder Pali Singh, Senior Construction Engineer Ashwani Kumar, and Rahul Patel from L&T with his team. Commissioner Aulakh stated that with assistance from the World Bank, the project aims to provide clean canal water to Amritsar residents, and L&T was assigned the work of laying pipes across the city. As per the norms, the company is responsible for restoring roads after the work.

NAME CHANGE

It is for general information that I, POOJA W/O ANKIT R/O H NO-519, BALIYAN PANNNA, JHARODA KALAN, PO-JHARODA KALAN, DIST-SOUTH WEST DELHI, DELHI-110072, declare that name of my husband has been wrongly written as ANIL in my Electricity Bill CA NO-153960108. The actual name of my husband is ANKIT, which may be amended accordingly.

NAME CHANGE

I hitherto known as SHRUTI GUPTA D/o ASHOK GUPTA R/O 110, Block - B.N. West, Shalimar Bagh, North East Delhi, Delhi - 110088, have changed my name and shall hereafter be known as JAISHRUTI GUPTA.

NAME CHANGE

I hitherto known as LAXMI W/O DHEERAJ KUMAR residing at 311 - 312, Block C-3, Siltanpuri, Nithari, Sultanpuri C Block, North West Delhi, Delhi - 110086 have changed my name and shall hereafter be known as SUJATA.

NAME CHANGE

It is for general information that I MUNNI DEVI W/O LATE HARI SINGH R/O A-105, CHANDER VIHAR, MAN-DAWALI, SHAKARPUR EAST DELHI, DELHI-110052, declare that name of mine has been wrongly written as MUNI DEVI in my husband's PPO No. 20177030301990. The actual name of mine is MUNNI DEVI which may be amended accordingly.

NAME CHANGE

It is for general information that I AJEET KUMAR PANDEY S/O ANUSUEYA PRASAD NAGAR R/O C-19, MAYA BHAWAN, MAIN KANTI NAGAR, KRISHANA PANDY DELHI-110051, declare that name of mine has been wrongly written as AJEET KUMAR in my service record. The actual name of mine is AJEET KUMAR PANDEY which may be amended accordingly.

PUBLIC NOTICE

Information is given to general public at large that our client Mrs. Sujata Khanna w/o Vijay Kumar Khanna is the owner of Freehold Residential Flat bearing no. K. FF-1, on First Floor without roof rights (Back side portion) area measuring 550 sq. ft., i.e. 51.09 sq. mtrs., built on plot bearing no. 37, old no. 28-B, situated at Mohalla Bihari Nagar, Ghaziabad Tehsil and District Ghaziabad UP, by virtue of Sale Deed dated 03.08.2016 duly registered in the office of S.R.I., Ghaziabad, as Doc no. 8656, Book no. 1, Vol no. 11454, Pages 77-128, dated 03.08.2016, in the chain Document below mentioned document not available i.e. Probate order of Will Deed dated 12.05.2015 now our client is declaring that that any other Person does not have any right over the said property, and same property sold too be Mrs. Preeti & Mrs. Sangeeta Pal and same has been finance by Piramal Capital & Housing Finance Ltd. Branch: Loni Ghaziabad, Uttar Pradesh. If any person(s) have any objection(s) or claim(s) with respect to the right, title or interest in the Said Property then contact us within 07 days from the date of Publication of this notice and or the same to the undersigned if found by anyone. Thereafter no claim shall be entertained.

[NAVEEN KUMAR VERMA] Advocate F-211, sector-3 Vaishali Ghaziabad Uttar Pradesh-201010, Contact at 0958871432

ENGINEERING WORKS IN KATIHAR DIVISION

Tender Notice No. : KIR/Engg./44 of 2025, Dated: 18-07-2025; E-Tender are invited by the undersigned for the following work: **Tender No.1: Brief Description of Work : Upgradation of RPF Barrack at KIR-E, KIR(W), D-shed/Malda Town, Kishanganj & Siliguri Jn. including furniture etc. Tender Value: ₹63.75,743.09/-; Bid Security: ₹1.27,500/-; Tender No.2: Brief Description of Work : (i) Kumudpur-Bhaluka Road-Cess Repair (ii) Samsi-Old Malda-Cess Repair. Tender Value: ₹9,66,66,730.06/-; Bid Security: ₹6,33,300/-; Date & time of closing of above tenders at 15:00 hrs. on 18-08-2025 and opening at 15:30 hrs. on 18-08-2025.** For complete information with the tender document of above e-tender will be available upto 15:00 hrs. on 18-08-2025 in website www.ireps.gov.in

DRM (W), Katihar
NORTHEAST FRONTIER RAILWAY
Serving Customers With A Smile

IMPROVEMENT, REPAIRS & P-WAY WORKS

Tender Notice No. : 30 of 2025, dtd. 21-07-2025; E-Tender are invited by the undersigned for the following work: **Tender No. : DENGHY-44-2025; Name of work : At New Guwahati - Improvement of Health unit, seating arrangement, toilet complex, etc. (Re-tender). Tender Value: ₹1,40,91,926.50/-; Earnest Money: ₹2.20,500/-; Tender No. : DENGHY-48-2025; Name of work : (A) At Guwahati - Repairs to SSE/P-Way Godown, stacking shed, Approach road and other ancillary works. (B) At New Guwahati- Construction of 03 (Three) nos. Godowns for SSE/P-Way/New Guwahati including construction and repairing of boundary wall of office complex. (Re-tender). Tender Value: ₹3,73,38,501.29/-; Earnest Money: ₹3.36,700/-; Tender No. : DENGHY-48-2025; Name of work : At New Guwahati - Replacement of pressed steel overhead storage tank at BG colony by 50 thousand gallons RCC OH tank including pipeline network. Tender Value: ₹1,70,39,960.98/-; Earnest Money: ₹2.35,200/-; Date & time of closing of above tenders at 13:00 hrs. on 12-08-2025 and opening at 13:00 hrs. on 12-08-2025 after closing. For complete information with the tender document of above e-tender will be available in website www.ireps.gov.in.**

DEN/Guwhati, Maligaon
NORTHEAST FRONTIER RAILWAY
Serving Customers With A Smile

NORTHERN RAILWAY

TENDER NOTICE (Through e-tendering)

Name of work with its location	Implementation of PRS Modernization for Tier - 2/3/4 locations over Delhi Division.
App. Cost of the work (₹)	₹ 4,83,15,906.54/- Only
Earnest Money Deposit (₹)	₹ 3,91,600/- only
Address of the office	Senior Divisional Signal & Telecom Engineer-C, Northern Railway, 3rd Floor, Annexe-1, DRM Office, New Delhi-110055.
Date & Time for upload the tender/closing of tender	Tender uploading / closing date & time 19.08.2025 up to 15.00 hrs.
Website particular & notice board location where complete details of the tender can be seen etc.	See the Northern Railway website www.ireps.gov.in & Notice board at S&T branch, 3rd Floor, DRM office, State Entry Road, New Delhi-110055.
Tender No.:	558-Sig-16-Tele-OT-1015 Dated: 23.07.2025 2227/2025

SERVING CUSTOMERS WITH A SMILE

E-AUCTION PROGRAMME FOR SALE OF RAILWAY SCRAP MATERIAL

E-auction programme for sale of Railway Scrap material under jurisdiction of Dy.CMM/NFR/New Jalpaiguri for the month of August' 2025 unit wise, is hereby fixed as under: **For GSD-New Jalpaiguri**

SN	Months	Date Fixed
1	August/2025	13-08-2025 & 26-08-2025
For Alipurduar Division		
SN	Months	Date Fixed
1	August/2025	13-08-2025 & 26-08-2025
For Katihar Division		
SN	Months	Date Fixed
1	August/2025	13-08-2025 & 26-08-2025

Interested bidders can participate in E-auction programme through IREPS website www.ireps.gov.in.

Dy. Chief Material Manager/New Jalpaiguri
NORTHEAST FRONTIER RAILWAY
Serving Customers With A Smile

E-PROCUREMENT

E-procurement Tender Notice No. S/66/003/25-26 Dated: 21-07-2025 for Supply of Materials. E-tenders are invited by the undersigned for the following works.

SN.1. Tender No. NJ255154
Closing/Opening date: 21-08-2025
Brief Description: Dynamic braking grid fan assembly (fan and motor assembly) DLW Pt. No. 17451759, EMD Pt. No. 9518890 for HHP Diesel Locomotive. Consignee:- SSE/IC/Mech/Siliguri Jn., NFR Qty: 03 Nos.

SN.2. Tender No. NJ255155
Closing/Opening date: 21-08-2025
Brief Description: Fan assy, Radiator Cooling 52 inch dia, 8- Blades, 2 Speed, 220 VAC to EMD Pt. No.-10632019. Consignee:- SSE/IC/Mech/Siliguri Jn., NFR Qty: 04 Nos.

Note: For full details of tender notice and tender documents, tenderer may log on to the website (www.ireps.gov.in). Prospective bidder who intend to participate in above tender are required to log on themselves with the above website and submit their offer electronically, if they are already registered with IREPS. In Case they are not registered with IREPS, they are advised to obtain class-III Digital Signature Certificate from the certifying agencies under Govt. of India IT Act 2000 and participate in the above tenders.

Dy. Chief Materials Manager, New Jalpaiguri
NORTHEAST FRONTIER RAILWAY
Serving Customers With A Smile

NEWS BOX

Throat Slit, Stabbed 25 Times: UK Man Jailed For Killing Estranged Wife

world . (Agency)
A 26-year-old man who stabbed his estranged wife to death on a busy Bradford street has been sentenced to life in prison with a minimum of 28 years.
In June, Habibur Rahman Masum of Burnley, Lancashire, UK, was convicted of murder, one count of threatening to kill, one count of assault by beating, and another count of stalking his wife, Kulsama Akter.
On July 22, Marie Walsh of the Crown Prosecution Service noted that Habibur Masum was a "violent and dangerous man" who tortured his estranged wife to "violence and domestic abuse," forcing her to flee their home and live in a safehouse in Bradford.
"This was a callous and shocking murder for which the court has convicted Masum," Ms Walsh added.
Masum traced his wife, who was staying at a safe place after fleeing harassment and violence at the hands of her husband, using the location of her phone. He sent her "menacing" messages-which included videos, pictures, and threats to kill, The Guardian reported.
On Saturday, April 6, 2024, Ms Aker, accompanied by a friend, was pushing their infant son in a pram when her husband confronted her outside a women's shelter. After she rejected his entreaties, Masum took a knife out of his pocket and attacked her. According to the prosecution, he stabbed Ms Akter over 25 times, aiming for her face, neck, and chest, in what the judge called a "sustained and excessively violent" attack.

The man also "stamped on her" before "cutting her throat," which horrified the witnesses. Despite receiving emergency care, Ms Akter died in the hospital later that day, per PEOPLE. Terrifying CCTV footage showed Masum calmly leaving the scene and boarding a bus. He was arrested near Aylesbury, Buckinghamshire, approximately 175 miles from Bradford, following a three-day manhunt.

Dubai Ruler Sheikh Mohammed Spotted Using Public Tram, Surprises Commuters

world . (Agency)
Sheikh Mohammed bin Rashid Al Maktoum, Dubai's ruler, was recently seen riding a busy tram alongside fellow passengers. A video, first posted on TikTok and reposted by Dubai's Roads and Transport Authority (RTA) on Instagram, captures Sheikh Mohammed bin Rashid Al Maktoum standing at a tram station before boarding a crowded tram with everyday commuters. Despite his high profile, the Dubai ruler blended seamlessly with the passengers, sitting quietly and drawing minimal attention. An Instagram user, citing a Dubai resident as the source of the video, mentioned that Sheikh Mohammed was heading home from work. Another viral clip circulating online depicts Sheikh Mohammed seated inside the tram, engaging casually with other commuters, sparking widespread discussion on social media. Notably, the tram ride was part of his ongoing efforts to personally monitor the development and operational progress of Dubai's public transportation systems. Sheikh Mohammed is frequently seen using Dubai's public transport. In 2023, he was spotted in a gold cabin at the far end of a Dubai Metro train, accompanied by his entourage, enjoying views of the city's buildings as the train neared the Dubai Mall station.
Since its debut in 2014, the Dubai Tram has carried over 60 million passengers, as per Gulf News. The 42-minute route runs from Al Sufouh Station to Jumeirah Lakes Towers Station, covering 11 stations along Al Sufouh Road. It connects key areas, including the Palm Jumeirah, Dubai Knowledge Village, Dubai Media City, Jumeirah Beach Residence (JBR), and Dubai Marina, seamlessly integrating with the Dubai Metro system. Born in 1949, Sheikh Mohammed has held prominent roles, including Minister of Defence since 1971 and Crown Prince of Dubai from 1995 until assuming the role of ruler in 2006.

Columbia Punishes 80 Students Over Anti-Israel Protests

Washington . (Agency)
Columbia University said Tuesday it has issued various punishments, including expulsions and degree revocations, against various students involved in anti-Israel protests on campus. The sanctions, which a student group said targeted nearly 80 people, come as the New York institution negotiates with President Donald Trump's administration to restore \$400 million in cut federal funding. Trump has applied intense pressure on the prestigious university and others, accusing them of failing to address alleged anti-Semitism amid nationwide protests last year against Israel's war in Gaza. Columbia, which was the epicenter of the campus protests, has agreed to implement a series of policy reforms in an attempt to regain the federal funding, sparking anger from many students. Fellow Ivy League institution Harvard has also been targeted with billions in funding cuts, but is fighting the pressure campaign in court.

The latest sanctions by Columbia stem from a library sit-in this past May, as well as an encampment set up during alumni weekend in spring 2024, the university said in a statement. The library protest disrupted hundreds of students during an exam study period, it said, with punishments including "probation, suspensions (ranging from one year to three years), degree revocations, and expulsions."
"The University does not release individual disciplinary results of any student," the statement said. It did not specify which punishments had been issued for the spring 2024 encampment, which occurred after larger protests -- including the occupation of an academic building -- but Columbia said it was "the final set of findings from that period."
The student group Columbia University Apartheid Divest (CUAD), which calls for the school to cut all financial ties with Israel, said the library-related sanctions "hugely exceed precedent for teach-ins or non-Palestine-related building occupations."

Superbugs Threaten Millions Of Lives And \$2 Trillion Loss By 2050, Study Warns

This finding has led to criticism that recent substantial reductions in foreign aid, particularly in programs combating AMR, are counterproductive.

world . (Agency)
A new study warns that antibiotic-resistant "superbugs" could kill millions more people globally and cost the world economy nearly \$2 trillion each year by 2050. The UK government-funded research, conducted by the Center for Global Development think tank, reveals that rising antimicrobial resistance (AMR) could cause annual global GDP losses of around \$1.7 trillion over the next 25 years. Wealthy nations such as the US, UK, and EU are expected to face some of the heaviest economic and health impacts. The findings have sparked criticism over



recent international aid cuts. The UK government recently announced the end of funding for the Fleming Fund, which helps combat AMR in low- and middle-income countries. Similarly, the Trump administration confirmed \$9 billion in cuts to its foreign aid budget, while several European nations have also reduced overseas aid spending.

Experts say such measures are short-sighted, as tackling AMR globally is vital to protect health systems and economies worldwide. Without urgent action, drug-resistant infections could become one of the biggest health and economic threats of the century. Anthony McDonnell, the lead author of the research and a policy fellow at the Center for Global Development, told The

Guardian: "When we conducted our research on the economic impacts of antimicrobial resistance, it was anticipated that resistance rates would continue to follow historical trends." However, the sudden cuts to Official Development Assistance by the US, which has cut its aid spend by roughly 80%; the UK, which has announced aid cuts from 0.5% to 0.3% of gross national income; and substantial reductions by France, Germany, and others, could drive up resistance rates in line with the most pessimistic scenario in our research. "Even countries that have been successful in keeping AMR rates under control cannot afford to be complacent. Unless AMR programmes are protected from aid cuts, resistance rates across the world will likely increase at a rate in line with the worst-affected countries." This would result in millions more people dying worldwide, including across G7 nations. Investing in treatment for bacterial infections now will save lives and deliver billions in long-term economic returns

Trump announces trade deal with Japan that lowers threatened tariff to 15%

WASHINGTON. (Agency)
President Donald Trump announced a trade framework with Japan on Tuesday, placing a 15% tax on goods imported from that nation.
"This Deal will create Hundreds of Thousands of Jobs — There has never been anything like it," Trump posted on Truth Social, adding that the United States "will continue to always have a great relationship with the Country of Japan." The president said Japan would invest "at my direction" \$550 billion into the U.S. and would "open" its economy to American autos and rice. The 15% tax on imported Japanese goods is a meaningful drop from the 25% rate that Trump, in a recent letter to Japanese Prime Minister Shigeru Ishiba, said would be levied starting Aug. 1. With the announcement, Trump is seeking to tout his ability as a dealmaker — even as his tariffs when initially announced in early April led to a market panic and fears of slower growth that for the moment appear to have subsided. Key details remained unclear from his post, such as whether Japanese-built autos would face a higher 25% tariff that Trump imposed

on the sector. But the framework fits a growing pattern for Trump, who is eager to portray the tariffs as win for the U.S. His administration says the revenues will help reduce the budget deficit and more factories will relocate to America to avoid the import taxes and cause trade imbalances to disappear. But the wave of tariffs continues to be a source of uncertainty about whether it could lead to higher prices for consumers and businesses if companies simply pass along the costs. The problem was seen sharply Tuesday after General Motors reported a 35% drop in its net income during the second quarter as it warned that tariffs would hit its business in the months ahead, causing its stock to tumble.

As the Aug. 1 deadline for the tariff rates in his letters to world leaders is approaching, Trump also announced a trade framework with the Philippines that would impose a tariff of 19% on its goods while American-made products would face no import taxes. The president also reaffirmed his 19% tariffs on Indonesia. The U.S. ran a \$69.4 billion trade imbalance on goods with Japan last year, according to the

Census Bureau. America had a trade imbalance of \$17.9 billion with Indonesia and an imbalance of \$4.9 billion with the Philippines. Both nations are less affluent than the U.S. and an imbalance means America imports more from those countries than it exports to them. The president is set to impose the broad tariffs listed in his recent letters to other world leaders on Aug. 1, raising questions of whether there will be any breakthrough in talks with the European Union. At a Tuesday dinner, Trump said the EU would be in Washington on Wednesday for trade talks.

The Trump administration has a separate negotiating period with China that is currently set to run through Aug. 12 as goods from that nation are taxed at an additional 30% baseline. Treasury Secretary Scott Bessent said he would be in the Swedish capital of Stockholm next Monday and Tuesday to meet with his Chinese counterparts. Bessent said his goal is to shift the American economy away from consumption and to enable more consumer spending in the manufacturing-heavy Chinese economy.

"Outrageous, Bizarre": Obama Slams Trump's 2016 Election 'Treason' Claim

Gabbard had claimed Obama and his team had manufactured intelligence regarding Russian election interference to "lay the groundwork for what was essentially a years-long coup against President Trump."

Washington . (Agency)
Former US President Barack Obama has broken his silence on Donald Trump's "treason" accusations, calling the Republican leader's attack "a weak attempt at distraction". Trump on Tuesday called for his predecessor's prosecution over a report alleging that officials in the Obama administration manipulated information on Russia's interference in the 2016 election. The President was referring to a report sent by US Director of National

Intelligence Tulsi Gabbard last week to the Justice Department that asserted the Obama officials had been part of a "treasonous conspiracy." -- findings that Democrats have branded false.

Responding to Trump's charges, Obama spokesman Patrick Rodenbush said the remarks were an attempt to shift focus away from the mushrooming crisis around the administration's failure to release files connected to the Jeffrey Epstein case. "Out of respect for the office of the presidency, our office does not normally dignify the constant nonsense and misinformation flowing out of this White House with a response. But these claims are outrageous enough to merit one. These bizarre allegations are ridiculous and a weak attempt at distraction," he said. The statement said that nothing in the document issued last week undercut the widely accepted conclusion that Russia worked to influence the 2016 presidential election but did not

successfully manipulate any votes. "These findings were affirmed in a 2020 report by the bipartisan Senate Intelligence Committee, led by then-Chairman Marco Rubio," he added.

A bipartisan report by the Senate Intelligence Committee -- spearheaded by then acting chairman Marco Rubio, now Trump's secretary of state -- found in 2020 that the Trump campaign sought to "maximise the impact" of leaks of Democratic documents stolen by Russian military intelligence. The aim of the hack, it said, was to help Trump and hurt Democratic presidential candidate Hillary Clinton during the 2016 election. "The Russian intelligence services' assault on the integrity of the 2016 US electoral process, and Trump and his associates' participation in and enabling of this Russian activity, represents one of the single most grave counterintelligence threats to American national security in the modern era," the report said

Disaster Averted: Pakistan's Nuclear-Capable Shaheen-III Missile Reportedly Crashes Near Nuclear Facility

world . (Agency)
Pakistan's latest test of its nuclear-capable Shaheen-III ballistic missile on Tuesday, July 22, went allegedly awry, with the missile falling short of its target and its wreckage landing perilously near a nuclear site in Dera Ghazi Khan, Punjab province. The accident, in which wreckage fell close to civilian habitations in Dera Bugti district, Balochistan, has raised high level



questions over Pakistan's military competence and sparked safety concerns among locals.
After the failed test, the Pakistani military is said to have imposed a drastic internet blackout in the hit areas, barred media access, and commanded citizens to stay indoors. On 22nd July, Pakistan carried out a test firing of the Shaheen-III missile from the Rakhshani region of Dera Ghazi Khan. But the missile is said to have gone off track, crashing in the Matt region of Dera Bugti district, Balochistan. The impact point was startlingly close to human habitations, only 500 meters away. Missile wreckage fell in the Grapevine Ravine at the Loop Seharani Levy Station, causing a massive explosion. The explosion was so intense that its noise was said to have been heard 20-50 kilometers away, resonating in sections of Balochistan and Khyber Pakhtunkhwa. Social media was filled with panic videos of people running in fear. While some alleged that the missile struck the Dera Ghazi Khan nuclear plant, others believed it could be a strike by an enemy drone. The Pakistani military's initial reaction was to cut off internet services, limit media, and instruct residents to remain indoors. Mazhar Shirani, a representative of the DG Khan Commissioner, tried to put the incident down, implying that it was possibly a sonic boom created by a fighter jet, subject to investigation. Shaheen-III: Pakistan's Nuclear Deterrent The Shaheen-III is Pakistan's most powerful missile. It is a surface-to-surface ballistic missile with a range of 2,750 kilometers, theoretically able to reach key Indian cities such as Delhi, Mumbai, and Bengaluru.

Anabolic Steroids Used For Muscle Growth Contain Toxic Metals: Research

Gopinath will rejoin the Harvard Economics Department on September 1 as the inaugural Gregory and Ania Coffey Professor of Economics.

Brisbane. (Agency)
Eighteen-year-old Mark scrolls Instagram late at night, watching videos of fitness influencers showing off muscle gains and lifting the equivalent of a baby elephant off the gym floor. Spurred on by hashtags and usernames indicating these feats involve steroids, soon Mark is online, ordering his first "steroid cycle". No script, no warnings, just vials in the mail and the promise of "gains". A few weeks later, he's posting progress shots and getting tagged as #MegaMark. He's pleased. But what if I told you Mark was unknowingly injecting

toxic chemicals? In our new research we tested products sold in Australia's underground steroid market and found many were mislabelled or missing the expected steroid entirely. Even more concerning, several contained heavy metals such as lead, arsenic and cadmium. These substances are known to cause cancer, heart disease and organ failure. What are anabolic steroids, and who is using them? Anabolic steroids are synthetic drugs designed to mimic the effects of testosterone. Medical professionals sometimes prescribe them for specific health conditions (for example, hypogonadism, where the body isn't making enough sex hormones). But they are more commonly taken by people looking to increase muscle size, improve athletic performance, or elevate feelings of wellbeing. In Australia, it's illegal to possess steroids without a prescription. This offence can attract large fines and prison terms (up to 25 years in Queensland). Despite this, they're widely available online and from your local "gym bro". So it's not surprising we're seeing

escalating use, particularly among young men and women. People usually take steroids as pills and capsules or injectable oil- or water-based products. But while many people assume these products are



safe if used correctly, they're made outside regulated settings, with no official quality checks. Our research For this new study, we analysed 28 steroid products acquired from people all over Australia which they'd purchased either online or from peers in the gym. These included 16 injectable oils, ten varieties of oral tablets, and two "raw" powders.

An independent forensic lab tested the samples for active ingredients, contaminants and heavy metals. We then compared the results against what people thought they were taking. More than half of the samples were mislabelled or contained the wrong drug. For example, one product labelled as testosterone enanthate (200mg/mL) contained 159mg/mL of trenbolone (a potent type of steroid) and no detectable testosterone. Oxandrolone (also known as "Anavar", another type of steroid) tablets were sold claiming a strength of 10mg but actually contained 6.8mg, showing a disparity in purity. Just four products matched their expected compound and purity within a 5% margin. But the biggest concern was that all steroids we analysed were contaminated with some level of heavy metals, including lead, arsenic and cadmium. While all of the concentrations we detected were within daily exposure limits regarded as safe by health authorities, more frequent and heavier use of these drugs would quickly see people who use steroids exceed safe thresholds. And we know this happens.

TN Man kills daughter, tries to end life

CHENNAI . (Agency)
A 38-year-old man allegedly killed his seven-year-old daughter before attempting to kill himself in Alandur on Tuesday morning, after a fight with his estranged wife.
According to the police, Sathish, a resident of Ayanavaram, checked into a hotel around 11pm on Monday following an altercation with his wife, during which he allegedly threatened to kill his daughter. This led his wife, Rebecca to file a police complaint, since the man had a history of physically assaulting her, police said.

Fearing arrest, acting on the advice of his lawyer-friend, the man left his residence at Ayanavaram along with his daughter at night to stay at the hotel. Sathish had forcibly taken custody of his daughter, Steffi Rose, a Class II student, by threatening to kill the child if Rebecca denied him custody.

According to the St. Thomas Mount police, Sathish, who runs a sound service company, married Rebecca, a school teacher, eight years ago. The police said that in 2024, during an argument, Sathish had physically assaulted Rebecca, following which she lodged a police complaint, and Sathish was arrested and sent to judicial custody. The couple began living separately after the incident.

“On Monday, an argument broke out and Sathish threatened to kill Rebecca. A complaint was lodged at the Otteri police station and Sathish was contacted by the police to appear for an inquiry,” a senior police officer said. This prompted him to flee to the hotel from his residence, police added.

“Around 5am on Tuesday, he called his elder sister saying that he had killed his daughter and was going to kill himself. He gave her the location. She came to the hotel, went to the room and found Steffi and Sathish lying unconscious. She alerted the police who then reached the hotel,” the officer said.

Both Steffi and Sathish were rushed to the Government Royapettah Hospital where the girl was declared brought dead, and Sathish was admitted for treatment. “His condition is stable and he will survive,” the police said, adding that only after he recovers, he will be formally arrested.

Man gets life term, parents jailed for 7 years in 2019 Hyderabad dowry death case

HYDERABAD. An elderly couple and their son were convicted in a 2019 dowry death case in the city. The Rangareddy court on Tuesday sentenced Bhongir Gyan Prakash (76) and his wife Bhongir Nimmi Rani (60) to seven years of imprisonment, while their son Raghu Prakash Bhongir was awarded life imprisonment.

The case pertains to the death of Niveditha (29), who ended her life on March 3, 2019, allegedly due to continued dowry harassment. She had married Raghu Prakash on July 1, 2018. At the time of marriage, her family gave 45 tolas of gold and 5 kg of silver as dowry.

According to the prosecution team, Niveditha faced frequent physical and mental harassment over trivial issues. On March 2, 2019, she called her parents and informed them about the continued abuse by her husband and in-laws. Her parents visited her that night and pleaded with her in-laws to stop the harassment. They left around 5 am on March 3. By 7.30 am, she had jumped from the top of the apartment, suffering fatal injuries. Her right arm was severed in the fall. Her husband later called her parents to inform them of the incident. During the investigation, her mother testified that Raghu had verbally abused Niveditha in their presence the previous night. The prosecution also submitted that Raghu filmed her while she slept and frequently threatened and assaulted her. The postmortem report confirmed bodily injuries. The court noted that Niveditha died within a year of her marriage under unnatural circumstances and ruled that the cruelty and dowry harassment by the accused was proven beyond reasonable doubt.

Thiruvananthapuram readies for Karkidaka Vavu Bali with elaborate arrangements across key sites

THIRUVANANTHAPURAM . (Agency)

The capital is gearing up to host the annual Karkidaka Vavu Bali rituals to be held on Thursday with elaborate preparations under way at prime locations, including Thiruvallam, Shankumugham and Papanasam. Extensive arrangements are in place at the Thiruvallam Parasurama Temple — a prime venue for the rituals. Every year over 50,000 people offer the ritual at Thiruvallam temple. Anticipating the influx of devotees, the temple authorities have made elaborate arrangements to ensure the smooth conduct of the ritual. A total of nine bali mandapams have been set up at the temple so that around 3,500 people can perform the ritual simultaneously. The ritual will begin at 2.30 am on Thursday and will continue till 2 pm. Temporary bridges have been set up to ensure smooth access to the bali mandapams at the temple.



An official of the Fire Department said that a scuba diving team will be stationed at Thiruvallam to enhance the safety of the

devotees. “As many as 180 fire personnel will be deployed at all locations where the ritual is happening. Besides this civil defence

volunteers will also be deployed for crowd management and emergency services,” said the official.

Preparations are in full swing at Shankumugham — one of the preferred locations for the ritual. Shankumugham ward councillor Seraphine Freddy said that fishing boats anchored along the shore have been shifted to make way for the smooth conduct of the rituals.

“Every year we make sure that the beach area is ready for hosting the ritual. Erosion is a major threat but many people prefer to offer the bali here and we have made all arrangements including temporary shades have been set up,” said Seraphine Freddy. An official of the district administration said that all arrangements are in place for the event. “We have divided the district into eight zones and we have assigned nodal officers for every zone to ensure there is no issues,” the official added.

CMRS begins inspection of Metro Yellow Line; final nod expected soon

The CMRS inspection is the final step before the Yellow Line becomes operational, bringing the long-delayed project closer to reality.

BENGALURU. (Agency)

The Commissioner of Metro Rail Safety (CMRS) began inspecting the long-awaited Yellow Line of Namma Metro, which stretches 19.15 km from RV Road to Bommasandra, on Tuesday. The inspection follows the receipt of the Independent Safety Assessment (ISA) report by Bangalore Metro Rail Corporation Limited (BMRC), marking a key milestone before commissioning.

On the first day, the CMRS covered Reach 5 and completed a fourth of the inspection. BMRC Chief Public Relations Officer Yashwant Chavan said, “The inspection will be completed in the next 3-4 days,” adding that once the CMRS clears the line, final authorisation for passenger services will be granted. When asked about which stations would become operational, he said, “That will



be decided after the CMRS gives its authorisation report.” The CMRS inspection is the final step before the Yellow Line becomes operational, bringing the long-delayed project closer to reality. Originally set for completion in 2021, the project has faced multiple delays over the years.

Commenting on the delay, Bengaluru Central MP PC Mohan said, “CMRS inspection of the

Yellow Line began on Tuesday, three years after BMRC missed its 2021 deadline. With 16 stations from RV Road to Bommasandra, it is crucial for ORR commuters. But 10 MDs in 22 years slowed progress. Namma Metro deserves steady hands, not shifting chairs.”

BMRC holds stakeholder meetings for Phase 3 Metro The BMRC has been conducting environmental stakeholder consultations for its proposed Phase-3 Metro and Double Decker Project, covering Corridor I (JP Nagar 4th Phase to Kempapura Cross) and Corridor II (Hosahalli to Kadabagere Cross) since Monday.

In the meetings, officials confirmed that 6,700 trees would be affected by the project, revised from the earlier estimate of around 11,000, following on-ground inspection.

Odisha mandates installation of CCTV on college, varsity campuses to check crimes

BHUBANESWAR . (Agency)

In a bid to check incidents of sexual harassment, ragging and other crimes on campuses, the state government has decided to bring all higher educational institutions under the Higher Education department under the CCTV surveillance system.

Under the Shaktishree initiative, which was announced by Chief Minister Mohan Charan Majhi last week in wake of the FM (Autonomous) College incident, the department has decided to mandate installation of CCTVs in all public colleges and universities to keep a closer watch and ensure a safe environment in the campuses. Modalities of the installation are currently being worked out.

A senior official of the department informed that principals of the institutions will soon be asked to identify the locations on campuses where installation of CCTVs is required. The principals will consult the internal complaints committee (ICC) members and Shaktishree Empowerment Cells to decide upon

locations on the campuses. A central control room will be established in the department for monitoring purposes.



“The idea is to bring both frequented and less frequented areas in a college or university under CCTV surveillance to keep an eye on any untoward incident that is happening on

campuses including cases of sexual harassment,” said the official.

Referring to the FM College incident where a 20-year-old student self-immolated protesting the college’s inaction on her sexual harassment complaint against her HoD on July 12, the official said the incident had reportedly taken place in the college field which was not under any CCTV coverage and neither was the principal’s chamber outside which the girl set herself afire. “Such incidents have been taken extremely seriously. The principals will soon be asked to identify the locations, the number of CCTVs required, and given a month’s time to install the CCTVs. Modalities on how the cameras will be procured, footage storage, etc., will be ready soon,” he informed.

There are over 700 government-run and aided colleges and 17 public universities in the state. Currently, under the UGC’s anti-ragging guidelines, the campuses are mandated to install CCTVs in hostels and common areas.

NHRC recommends Rs 28 lakh relief, flags rising crimes against women in state during Bhubaneswar camp

BHUBANESWAR . (Agency)

Amid rising cases of sexual harassment and violence against women in Odisha, the National Human Rights Commission (NHRC) convened a meeting with the state government on different aspects of human rights, emphasising timely submission of action taken report (ATR) and compliance with its recommendations.

During its two-day camp sitting in the state capital which concluded on Tuesday, the Commission led by chairperson Justice V Ramasubramanian also recommended `28 lakh as relief to the victims of human rights violations in the state. A total of 144 cases were heard.

“A meeting with the chief secretary, DGP and other senior officers of the state government was conducted on June 21 on various aspects of human rights. Issues including crime against women, crime against children, deaths due to snakebite, trafficking during Covid period, problems

due to flood situation in parts of Odisha and human rights violation due to practice of witchcraft were discussed,” the Commission authorities informed. They further appreciated the state functionaries for complying with the directions of the Commission. Speaking to mediapersons, Justice Ramasubramanian said the officers were asked to submit ATRs on various advisories issued by the Commission on issues such as mental health, bonded labour, right to food and safety, etc.

“They were asked to ensure timely submission of reports so that justice is ensured to the victims of human rights violations. It was also emphasised that compliance reports are submitted on priority,” he said.

Justice Ramasubramanian further added that they interacted with the representatives of civil society, NGOs and human rights defenders in the state. The NHRC



chairperson along with members, Justice Bidyut Ranjan Sarangi and Vijaya Bharathi Sayani heard the cases. The victims, complainants and the authorities were

present during the hearing.

The cases included custodial deaths, deaths in state-run homes, death of children in hospitals due to fire, death due to drowning,

stray dog bite, child trafficking, denial of basic human amenities, crime against women, including rape, crime against children, missing persons, police atrocities, suicidal deaths, non-registration of FIR by police and electrocution, among others. Following the hearing, 38 cases were closed. It was also observed that payment of compensation under the ‘Victim Compensation Scheme, to the tune of `1 crore is pending in 25 cases, and appropriate instructions in this regard were issued. The Commission also interacted with the member secretary, Odisha State Legal Services Authority who ensured disposal of the matters after payment of the compensation.

Ukraine-Russia: A war turned into a costly test of stamina

Operation Sindoor and the Iran-Israel-US standoff took the world’s eyes off the scanner on Eastern Europe. The focus has now returned to Ukraine, especially with the spate of Russian drone and missile attacks and the US decision to resume supply of military hardware to Ukraine. Three years since Russia launched its invasion of Ukraine, the battlefield remains frozen in more ways than one. Despite billions of dollars in Western aid, thousands of lives lost, and relentless offensives, the war shows few signs of a decisive conclusion. Instead, it has evolved into a grinding war of attrition—with military breakthroughs elusive and the political will for total victory giving way to discussions on containment, ceasefire and face-saving ‘off ramps’—in effect, the Americanisation of the war.

Ukraine failed to make major territorial gains through its much-anticipated counteroffensive in 2023, highlighting not just how well-entrenched the Russian forces are, but also the limits of modern Western weaponry. For Russia, despite its superior numbers and recent gains in places like Avdiivka, the advance has been incremental and costly. Neither side currently possesses the capability to inflict a decisive blow. Ukraine lacks the strategic depth and offensive firepower to roll back Russian positions across the entire front. Meanwhile, Russia has neither the political cover nor the operational capacity to overwhelm Ukraine without incurring massive costs—both militarily and diplomatically. In short, even if militarily possible, Russia cannot justify a total war or occupation of Ukraine in a politically sustainable way. The war has thus settled into a brutal equilibrium. Localised gains are made, but strategic momentum is absent. This military deadlock mirrors the diplomatic one. A key variable in prolonging this balance has been the sustained Western military aid to Ukraine—particularly from the US. The recent U-turn by Donald Trump and the Republican-controlled House by agreeing to support fresh aid to Ukraine marked a significant shift. For months, they had stalled arms packages and questioned the logic of endless support for Kyiv. Yet, facing mounting pressure from both Nato allies and the US defence industry, aid has been given the green light—albeit with strings attached. Artificial Intelligence uses Artificial Intelligence uses This aid, while vital for Ukraine’s survival, may paradoxically contribute to prolonging the conflict. It is enough to prevent Ukraine’s collapse but insufficient to guarantee victory. It sustains the battlefield stalemate without fundamentally altering its dynamics. The logic of ‘fighting until victory’ becomes more uncertain when neither side can define what victory looks like.

In recent months, whispers of a potential ceasefire or negotiated settlement have grown louder, particularly in Western policy circles. A ceasefire might appear pragmatic—halt the bloodshed, prevent escalation, and freeze the lines for eventual diplomacy. However, such a pause could also prove strategically disruptive. Russia could cement control over the occupied territory, fortify it and integrate it administratively. This would normalise a new status quo, potentially undermining Ukrainian sovereignty permanently. Ukraine fears this the most. Besides demoralising Ukraine, it might also strain Western unity if Kyiv is pressured to accept it. For Ukraine, any freeze along the current lines would legitimise Russian gains in Donbas and Crimea. For Russia, a ceasefire would offer time to regroup, consolidate and diplomatically outmanoeuvre the West—possibly through platforms like BRICS or the Shanghai Cooperation Organisation, where Russia continues to find sympathetic ears.

The problem lies in mutual distrust. Neither Moscow nor Kyiv believes the other would respect a truce unless guaranteed by force.

The real drone war is yet to come

Preparing for the future means thinking beyond the victories of Operation Sindoor

IT’s now over two months since Operation Sindoor, and with the media frenzy having subsided, a dispassionate assessment can be made of some of the key military issues surrounding the operation. One of these issues is the description of the conflict as South Asia’s first drone war. Senior Indian military officers have spoken about the revolutionary employment of drones during the operation and the effectiveness of India’s counter-drone systems. Drones have undoubtedly become central to modern conflict, and India’s successful defence against Pakistani intrusions has been justifiably praised. Yet a closer analysis of drone employment during the operation shows that drone warfare in both countries is still at a nascent stage. This is borne out by how the two countries utilised drones during the operation.

On the night of May 7-8, a day after India launched strikes on nine terrorist camps, Pakistan retaliated with drone activity, targeting Indian military bases at 15 locations across Punjab, Jammu and Kashmir, Gujarat, and Rajasthan. The following night saw further intrusions at 36 locations, stretching from Leh to Sir Creek, with an estimated 300 to 400 drones. According to official briefings, the aim of these incursions was likely to test Indian air defence systems and gather intelligence.

On the night of May 9-10, drone activity was reported at 26 locations, spanning from Srinagar to Naliya. Most of these drones were successfully neutralised, though limited damage was sustained at Udampur, Pathankot, Adampur and Bhuj. According to media reports, most of the drones employed by Pakistan were unarmed. A few specialised military drones, such as Turkey’s Asisguard Songar and the Yiha-III loitering munition, were used. The Songar has a range of about 10 km and can be equipped with a light armament, such as a gun or grenade launcher. The Yiha-III is designed for precision strikes against high-value targets, but it remains a low-end capability compared to more sophisticated systems.

Indian drone strikes, though fewer in number, were more targeted and precise. These employed loitering munitions such as the Harpy and Harop. The Harpy is an anti-radiation drone designed to destroy enemy radar systems, while the Harop has electro-optical sensors and can engage a broader range of targets. Polish Warmate and the indigenously developed Nagastra-1 loitering munitions were also employed. It is likely that some of the Indian strikes on terrorist camps on May 7 were carried out by drones, though this has not been officially confirmed.

What has been revealed through press briefings is that on May 8, Indian drones targeted air defence radars and systems at multiple locations inside Pakistan, destroying one radar in Lahore. On May 9, four more air defence sites were targeted, with at least one additional radar destroyed.

On May 10, the Indian Air Force launched devastating airstrikes on Pakistani airbases, command centres and military infrastructure using long-range standoff



weapons such as the BrahMos and SCALP cruise missiles, and air-to-ground munitions like the Crystal Maze and Rampage. These strikes were preceded by decoy drones and Harops designed to degrade Pakistani air defence systems. On the counter-drone front, Pakistan claimed to have downed at least 48 Indian drones. The Indian counter-drone effort was commendable as it neutralised almost all Pakistani drone attacks. At the forefront were air defence guns like the L-70, ZU-23 and Shilka. India also has an indigenous Drone Detection and Interdiction System that would have played an important part in neutralising hostile drones. India did come out on top in the brief drone war, but there are some important lessons. The reason drones are having such a significant impact on the battlefield is due to their affordability and ubiquity. Thousands of \$500 drones in the hands of soldiers make aerial surveillance, precision strikes and real-time intelligence accessible to even small infantry units. Low-cost drones also permit strategic reach, as

seen in Ukraine’s deep strikes into Russia. It is not the technology, but the scale of drone warfare that is redefining warfighting. Both Ukraine and Russia are estimated to have between one and two million drones in their military inventory. It is the mass usage that is the fundamental characteristic of drone warfare, and this has sparked innovation in tactics and battlefield adaptation. One might argue that a four-day conflict between India and Pakistan cannot be compared to the Ukraine war. There is merit in this argument, but then we should also not conclude that the Sindoor experience offers a reliable blueprint for future conflicts involving drones. In fact, it highlights several areas that must be addressed. Indian drone strikes were precise but primarily carried out by specialised drones. Such drones are highly expensive; each Harop drone costs approximately \$700,000. What is required is a massive infusion of low-cost drones, particularly in the Army. Units at the tactical level must then devise practical doctrines and battlefield tactics for their effective employment. India must also indigenously develop medium and long-range strike drones. Ukraine has developed a series of drones with ranges of up to 1,000 km, which transitioned from concept to combat use in around six months. While this wartime mobilisation is not replicable in India, drone development timelines must be drastically shortened through mission-mode programmes and agile public-private partnerships.

The military must also not rest on its laurels of having countered Pakistani drones. With few exceptions, the drones were mostly unarmed and posed little direct threat. An effective counter-drone system must address both tactical and operational levels. Frontline troops must be equipped with portable jammers and rifle-mounted AI-assisted sights. At the operational level, the most effective architectures integrate long-range detection by radar and other sensors, mid-range disruption through jamming or spoofing, and close-in destruction by kinetic means. We may also need to examine new organisational structures that integrate radars, guns and Electronic Warfare resources. Preparing for the future means thinking beyond the victories of Operation Sindoor. It requires scaling up the employment of drones, rewriting doctrine and integrating drone defences into every level of the battlefield. The real drone war is yet to come.

Heed Cabinet Secretary's call for ear to the ground at lower levels too

Regulation of risky products and their marketing is necessary. Beauty norms should be challenged in visual and broadcast messaging and societal trends.

Indian bureaucracy needs to have a finger firmly on the nation’s pulse—that seems to be the sum and substance of a recent letter by the Cabinet Secretary addressing senior central government officers. The country’s top bureaucrat, T V Somanathan, has encouraged secretaries in all ministries and departments to meet non-government officials and other representatives to gain “insights into the actual state of affairs in the field”. Somanathan has asked senior officers to be accessible to non-officials who seek meetings in connection with the work of their departments, even to those “under a law enforcement action or investigation” or with a contractual dispute with the department. This, he wrote, would help the government clarify any miscommunication regarding policies, facilitate more direct exchange of ideas, and provide an opportunity to correct errors. The letter also addresses bureaucrats’ disinclination to meet contractors, NGO representatives, trade union leaders, an political party workers. Importantly, it outlines the appropriate protocols for such meetings—they should be held in official settings, not at social venues such as clubs or hotels, and



that another officer could be in attendance if such precaution is warranted. Artificial Intelligence uses Artificial Intelligence uses The letter comes at a time when the grouses with governance are growing. Honest

answers and lasting solutions are hard to come by when infrastructures crumble, citizens are denied official help on technicalities, or cities feel helpless in the face of extreme climate events. People are feeling a strain on their purses even when the official inflation figures are dipping. Businesses are still complaining of red tape and project delays. All these point to the gap between policymakers and public expectations widening. The Cabinet Secretary’s letter is a call to bridge that gap between the officers responsible for implementing projects and the ground realities. The country’s top bureaucrat advocating for greater accessibility to non-officials is a progressive move. The humane touch he has urged should foster greater accountability and transparency in governance.

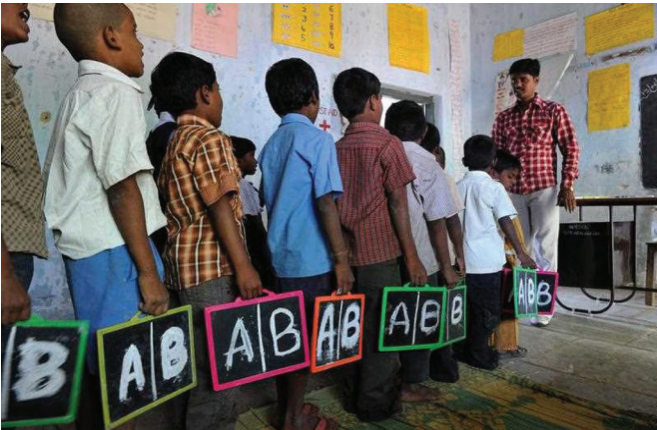
While some bureaucrats do engage with non-government stakeholders, the frequency and diversity of such interactions need to increase. This openness should be extended to meeting journalists as well. Most importantly, the guidance should not remain confined to the upper echelons of the central bureaucracy—it must percolate down to the state and local levels, too.

Search for a link language at home

English serves as a tool of exclusion rather than integration, which was the original objective of the colonial ruler.

Once again, English finds itself at the heart of a national conversation. Several important questions are being raised. Some ask: Why shouldn’t India use English as a national link language? The counterview is: Why should English continue to dominate our lives in every sphere? Why do some people equate aspiration with English as a link language in a country so rich in its languages? India’s civilisational history demonstrates our linguistic diversity never hindered cultural and social unity. In ancient times, languages used in different parts of our country flourished alongside pan-Indian languages like Sanskrit, Prakrit, and Pali. These languages enabled spreading of knowledge, spirituality and governance across the nation without displacing local languages. Trade routes, universities like Nalanda and Takshashila, and Bhakti and Jain movements thrived in a multilingual environment. India never needed a foreign language to stay intellectually or culturally united. English became dominant in India, not by natural choice. It was imposed. The British deliberately positioned English as a marker of prestige and power. The arguments that English should be a link language remind us that we have yet to decolonise fully. Mahatma Gandhi’s opposition to English was grounded in linguistic self-respect, national unity, and decolonisation principles. He wrote in Young India in 1921: To give millions a knowledge of

English is to enslave them... The foundation that Macaulay laid of education has enslaved us. There is no doubt that sole reliance on English as a national link language has the detrimental potential to reinforce social hierarchies and widen the divide between the privileged and the rest.” The framers of the Constitution envisioned English as a transitional necessity—not a permanent feature. The Eighth Schedule recognises 22 Indian languages as vital to India’s identity and governance. The decision to uphold linguistic plurality was a defining feature of our constitutional settlement. The framers of our Constitution resisted the temptation to impose a singular language identity. To demand English as the central link is to dilute that foundational commitment to linguistic justice. Artificial Intelligence uses Artificial Intelligence uses English serves as a tool of exclusion rather than integration, which was the original objective of the colonial ruler. It continues to be a linguistic filter determining access to quality education, jobs, and governance. Should we continue to perpetuate inequality and undermine the democratic ethos of equal opportunity by vehemently promoting English as a link language? India’s intellectual and cultural legacy—from Ayurveda and mathematics to philosophy and literature—was built in Indian languages. Those who support English as a link



language are directly or indirectly promoting the idea that Indian languages are inferior. When the vast majority of Indians believe English cannot be our national link language, they do not reject English. It is an assertion of India’s linguistic strength. Many of the world’s most advanced nations do not rely on English as their national link language, even though they are multilingual. They have succeeded in science, technology, and governance while preserving linguistic sovereignty. These nations invest in their languages to sustain global engagement and cultural continuity. India, too, can be multilingual and modern without depending on English as a national crutch. India is advancing in technologies like artificial intelligence, natural language processing, and speech-to-text tools to

make Indian languages digitally capable. Platforms such as Bhashini and Anuvadini build robust multilingual tools that enable governance, education, and business in regional languages. Smartphones and platforms now offer interfaces that listen, respond, and serve in our languages. Knowing English is no longer essential. Democracy thrives when all citizens can participate fully. English as the national link language marginalises large sections of India—mainly rural and first-generation learners. According to the 2011 census, approximately 10.6 percent of the population reported the ability to speak English with varying levels of fluency. More up-to-date figures may become available once data from the forthcoming census is released. Courts, universities, and administrative systems operating primarily in English exclude those who think and speak Indian languages. Promoting Indian languages as functional languages of knowledge and governance is a democratic imperative. As India looks ahead to its centenary of independence in 2047, we must redefine our linguistic priorities. All efforts must be made to create high-quality content, scientific research and technical education in Indian languages. AI tools should be developed to translate and generate knowledge across Indian linguistic systems.

Bikers dash for cover from showers, traffic comes to crawl in Gurgaon

Gurgaon.(Agency)

Tuesday morning brought monsoon showers to the city, continuing throughout the day. The India Meteorological Department (IMD) issued a yellow alert, warning of moderate to heavy rainfall in isolated areas. The IMD has forecast more rain in the coming days, especially towards the late afternoon and evening hours. While the rain remained largely moderate, it was enough to slow traffic in parts of the city like MG Road and Golf Course Road, with two-wheeler riders seeking shelter under flyovers and underpasses. Though no major disruptions or waterlogging were reported. The city's minimum temperature on Tuesday settled at 27.7°C, a notch higher than a day earlier, while the maximum rose to 32.1°C, up by just half a degree. The IMD said the southwest monsoon remains active over northwest India, bringing much-awaited relief from July's humidity and spiking temperatures.



As a precautionary measure, authorities have dispatched maintenance teams to low-lying zones and underpasses that are prone to waterlogging, though the city managed to avoid major flooding. "We have people stationed with pumps and

equipment in places where water tends to accumulate, but so far the situation is under control," a civic official confirmed. The yellow alert remains in effect for July 22 and 23 and will return on July 27 and 28. For July 24, 25, and 26, the IMD has

not issued any alert, with only lighter rains expected during this period. With heavy rains expected in isolated locations in the coming days, officials have urged commuters to keep a close watch on weather updates as the week progresses. Meanwhile, several parts of Delhi saw a short and intense spell of rain. There are chances of light to moderate showers on Wednesday. Scattered rain activity is likely to continue for the remaining days of the week. No colour-coded warning is in place. According to IMD, Safdarjung, which is the city's base station, received 8.8mm of rainfall between 8:30am and 5:30pm on Tuesday. During this period, the Ridge observatory in north Delhi received the highest rainfall, which was 22.4mm, followed by Rajghat that got 22.2mm. In the same time window, Lodhi Road logged 14.2mm of rainfall, Pusa 13.5mm, Najafgarh 11mm, Ayanagar 1.4mm, and Palam 0.5mm.

Filling up this 3km gap will give Noida its second road to Jewar

Noida.(Agency)

Greater Noida Authority and Yamuna Expressway Industrial Development Authority (YEIDA) are exploring the feasibility of constructing a roughly 3km link road between two major corridors to provide seamless connectivity from Greater Noida to Noida International Airport. To that end, the Authority has decided to link its 130-metre wide road with Yamuna Authority's 120-metre wide road. Once ready, the link road could ease pressure on Yamuna Expressway by rerouting traffic for Greater Noida, Greater Noida West and Ghaziabad through this stretch. Currently, the 130-metre road runs from Char Murti Chowk in Greater Noida West to Sirsa village, covering nearly 30km. However, a 3km patch is incomplete to connect the 120-metre road of Yamuna Authority, which connects to Jewar.

The road sees heavy vehicular movement daily and with the expected rise in traffic — once the airport becomes operational — the authority is also undertaking widening work along this route. On Monday, Greater Noida Authority's additional CEO Sumit Yadav, along with other officials from the project department, carried out a site inspection of the 130-metre road.

Yadav said, "Once the two roads are connected, it is expected to ease travel for residents of Greater Noida West, Greater Noida and Ghaziabad to the greenfield airport in Jewar. The authority also plans to construct an underpass near Sirsa village to cross the Eastern Peripheral Expressway as part of the proposed connectivity."

The proposed connection between the two roads is crucial for establishing a direct, high-capacity link to the upcoming airport. At present, the absence of a seamless corridor forces commuters to take longer, congested routes, particularly those travelling from Greater Noida West and Ghaziabad.

Cracked tiles, broken edges to go as footpaths set for a makeover

Gurgaon.(Agency)

Cracked tiles, broken edges, garbage piles, and construction debris—this is what most footpaths across the city look like. To address the issue GMDA plans to renovate nearly 35km of footpath from sectors 24 to 57. The upgrade includes revamping the drainage infrastructure, particularly in areas where it's either missing or non-functional. The authority has completed detailed cost estimates and plans to initiate the tender process within two weeks. "Plans to lay out a proper drainage connectivity along these stretches will also be undertaken to prevent waterlogging," a GMDA official said. Unlike earlier designs where concrete box-type drains were constructed underneath footpaths, the GMDA now plans to lay a pipeline-based drainage system to speed up the process. "We will lay a 1100 mm diameter pipeline

for drainage, instead of constructing RCC box drains, which normally takes 28 days to cast. This approach will reduce the time needed for completion and offer better connectivity with the city's main drain network," the official added. This comes at



a time when pedestrian infrastructure in several developed sectors—including along Subhash Marg and Vikas Marg, among others—has either deteriorated or disappeared due to neglect or illegal

encroachments by street vendors and parking vehicles. Vineeta Khosla, RWA president of Greenwood City (C Block), said the absence of proper footpaths forces pedestrians to walk on busy roads. "We often see people, including children and the elderly, walking alongside speeding vehicles because footpaths have been severely damaged for the past two years. It's dangerous. We have been raising the issue repeatedly," she said. Residents have welcomed the move but urged the authority to ensure quality control and timely execution. "In some places, drain covers on footpaths are missing. Ideally, footpaths should be continuous, not obstructed by electricity or signage poles. Moreover, they should also be maintained regularly, not just revamped once and forgotten," said Vijay Shiv Nath, secretary of the Malibu RWA Federation.

Don't invest here: GDA sounds caution on 351 illegal colonies

Ghaziabad.(Agency)

Ghaziabad Development Authority (GDA) has identified a total of 351 colonies that have come up illegally on around 3,000 acres of land in the city. The development authority has advised people not to invest in these colonies, which officials said have mushroomed in the last 35 to 40 years, with quite a few having emerged in the last decade. In 2021, the number of illegal colonies identified in the district stood at 321, and 30 more have been identified since. A major issue with these colonies is that, due to a lack of awareness, buyers invest in properties here, and middlemen and land sharks play a big role in this.

"We have made the names of these colonies public, and they are advised not to invest in properties in these colonies," said an official from the GDA, adding, "Since the registries in these colonies could be done, there is a misconception among buyers that it gives legal sanctity to it. We cannot put a blanket ban on registries in these illegal colonies because the Registration Manual does not permit it." Clause 241 of the Registration Manual states, "Registering

officers should bear in mind that they are in no way concerned with the validity of the documents brought to them for registration, and it would be wrong for them to refuse to register on any such ground."

The official added, "At present, there are 351



illegal colonies occupying 2,944 acres of land. New Karhera colony, for instance, is spread over 250 acres on the floodplains of the Hindon River. In 2023, during the flood, Karhera was most hit as the area remained underwater for a fortnight or so. "Loni is another area with a high number of illegal colonies. "In the Loni Ailyabad area, 43 illegal colonies have come up on 43 acres

of land. Sikhrani has two illegal colonies in two patches—38 acres and 25 acres. Illegal colonies in Pavi Sadipur are spread over an area of 137 acres and 97 acres in Mirpur Hindu—all of these are in Loni," said the official. When asked about what action has been taken to check the growth of illegal colonies so far, the official said that GDA is carrying out demolition drives on a near daily basis under clauses 26, 27, and 28 of the Uttar Pradesh Urban Planning and Development Ordinance 1973, despite stiff opposition from locals. "To some extent, it has helped us rein in the growth of illegal colonies, but there are many such colonies that have been thriving for the last 35 to 40 years, and it is more of a legacy problem. Cracking down on such colonies is not easy." Additionally, the development authority is working on an Artificial Intelligence-enabled Illegal Construction Detection System to check illegal construction and the growth of illegal colonies in the district.

Police question 15 Sharda University faculty members in probe into 21-year-old student's suicide

Noida.(Agency)

Police have recorded statements of 15 faculty members at Sharda University in their investigation into circumstances in which a 21-year-old second-year student died by suicide on July 18. In her note, Jyoti Jhangra accused two faculty members of mental harassment. Both have since been arrested and are in judicial custody.

The faculty members who police have taken statements from include the head of the department of the School of Dental Sciences and the dean, both of whom are named in the FIR filed at Knowledge Park police station on the basis of a complaint from Jyoti's father. Police are also waiting for the internal report of the university. That inquiry is being carried out by Sharda's internal complaints committee. Jyoti, a resident of Gurgaon, was found dead in her hostel room around 9pm last Friday. "If I die, the teachers of PCP and Dental Material are to blame. Mahinder Sir and Shairi Maam are responsible for my death. I want them to go behind bars. They mentally harassed me. They humiliated me. I was in stress because of them for a long time. I want them to face the same thing. I am sorry. I can't live like this anymore. I can't," she wrote in the note.

The twoteachers she named — assistant professor Shayri Vashist and associate professor Mahinder Singh Chauhan —



were arrested. The four other faculty members named are dean M Siddharth, professor Anurag Hasti, assistant professor Surabhi Duggal and HOD Ashish Chaudhary. Besides section 108 (abetment of suicide), police have invoked charges under BNS sections 238 (causing disappearance of evidence of offence, or giving false information to screen offender), 79 (word, gesture or act intended to insult the modesty of a woman), 352 (intentional insult with intent to provoke breach of peace), and 351(2) (criminal intimidation).

"We have questioned faculty members on their experience of teaching her, how she was in class, and what they knew about her personal life. We will also speak to her classmates and those who lived in

neighbouring rooms in the hostel," a senior police officer told TOI on Tuesday. "We are also questioning wardens, ambulance workers and university management staff," the officer added.

Since the department has been sealed for the investigation, students had been asked to go home. The university's public relations director Ajit Kumar said regular activities started on the campus from Tuesday. But the bachelor of dental studies department will be opened after police and the ICC complete their investigation. The ICC report is expected by Thursday. Jyoti's diary, laptop, mobile phone and other belongings in her hostel room have been sealed according to protocols. The ICC, according to sources, has completed 80% of its inquiry and had

taken statements from 35 individuals by Tuesday afternoon, including faculty members, students, wardens and other staff. "By Wednesday, the information collection process will be completed and the committee will proceed with compilation. Though the deadline to submit the report is Friday, the committee will fast-track the process and try to submit it by Thursday," an official said.

A spokesperson for the university said the committee is focusing on two aspects. "First, how the academic involvement of the student was, her academic records, and attendance. Second, the hostel administration's role, security and hostel attendance. We will also look into whether she shared anything with her friends regarding mental health issues. CCTV footage will be thoroughly checked. "Earlier, one of Jyoti's closest friends had told TOI that both the faculty members arrested had accused her of forging their signatures on her project files. While one of them had allegedly pulled her up before the entire class on July 10, the other, according to the friend, had humiliated Jyoti in the staff room when she had gone asking for his signature on July 18. Another faculty member who was present there had allegedly done the same. After this, Jyoti had a meltdown. Hours later, she was found dead.

News box

7-year-old reports phone theft, stabbed 20 times with scissors by Gurgaon teen

Gurgaon. (Agency)

: Faridabad: A newborn baby boy was found on a tin roof in an abandoned plot in AC Nagar early Tuesday.

Police said the baby was first spotted around 6 am by an auto-rickshaw driver, Vicky, who was passing through the area and heard the cries. He immediately alerted nearby residents, who gathered at the spot and informed the Kotwali police station around 7.30am.

"The baby was wrapped in a cloth and left on a tin roof in an abandoned plot," said the station house officer (SHO) of Kotwali police station. "We have registered a case under Section 93 of the BNS, which pertains to the abandonment and exposure of children. An investigation is underway." Police arranged for the newborn to be taken to BK Hospital, where he is currently under medical care. Doctors said the baby is in stable condition but will remain under observation for the next few days. Investigators are trying to identify those responsible for abandoning the child. While the spot where the baby was found has no CCTV surveillance, police are scanning footage from nearby areas and checking with local hospitals for possible leads. "We heard a loud commotion, people were shouting that a baby had been found," said a local resident. "I don't think the baby is from this area, someone from outside may have done this. It is heartbreaking to see something like this."

60 Sushant Lok houses get final warning for violations in Gurgaon

Gurgaon. (Agency)

Over a month after it received no replies from the property owners to its notices, department of town and country planning (DTCP) — under district town planner Amit Madholia — has intensified its enforcement drive in Sushant Lok 2. Restoration orders have now been issued against over 60 residential properties for violating building norms and engaging in unauthorised commercial activities. The current restoration orders are the final warning — failure to comply could now lead to "sealing, demolition, or even cancellation of occupation certificates". Town planner Amit Madholia said, "This action is being carried out strictly under planning norms. Property owners who have violated residential usage terms are required to restore their buildings to their original residential format." According to the DTCP enforcement wing, 34 houses have been found with illegal constructions in silt areas, rear and front setbacks, while 26 houses were found operating commercial activities such as coaching centers, salons, spas, boutiques, guest houses, clinics, and offices within residential premises. These actions follow show-cause notices that were sent to the property owners last month. They had been directed to respond within 10 days and stop all unauthorised constructions and commercial operations. However, after more than a month, the department reportedly did not receive satisfactory replies, nor did the violations cease.

Residents seek a service road along Dwarka away in Gurgaon

Noida.(Agency)

RWA representatives from sectors along Dwarka Expressway submitted a memorandum to GMDA's CEO and demanded service roads from sectors 99A to 115. In a meeting on Tuesday with SK Chahal, advisor (admin) to the GMDA, and Arun Dhankar, chief engineer of the infrastructure division-1, the residents emphasised the need for better connectivity with internal roads and proper pedestrian infrastructure, noting that their demand for additional traffic signals had been ruled out. The incomplete road patch near Suncity and Max Heritage societies was also discussed. Residents said that the lack of service roads on both sides of the 75-metre-wide stretch made commuting increasingly unsafe. With no designated access lanes, motorists were often forced to drive on the wrong side, leading to frequent near-misses and fatal accidents. Pedestrians, too, they pointed out, were left with no option but to walk dangerously close to speeding traffic in the absence of footpaths.

The RWAs said their demand for additional traffic signals on the 75-metre road was turned down, with officials citing traffic planning norms. Residents said that in the absence of any signalised junctions or designated entry points, access to sector roads and internal streets remained restricted and hazardous.

Gang used a plate to steal cash from ATMs, 3 held in Noida

Noida.(Agency)

A gang that stole cash stuck in ATMs by inserting fibre plates into the machine was busted on Tuesday with the arrest of three of the gang's members.

Those arrested include Rohit Dang (26) and Vaibhav Batra (32), both residents of Sector 168, and Binus Dung (23), a resident of Delhi. According to DCP Yamuna Prasad, the gang would target ATMs, especially those located at street corners, and open their bottom panels using a master key. They would then insert a black fibre plate at the cash dispensing slot. When customers attempted to withdraw cash, the transaction would go through, but the money would be blocked by the plate. Once the customer left, assuming a technical failure, the accused would retrieve the trapped cash. From the accused's possession, police recovered nine mobile phones, 13 phone covers, a Hyundai Aura car, a total of Rs 46,460 in cash, three master keys, two fibre plates, debit/credit cards, PAN and Aadhaar cards, and a driving licence. During questioning, the accused admitted to stealing money about a month and a half ago from an SBI ATM near Wajidpur village's PNB Bank.

Six decades of MiG-21: How IAF's crown jewel became flying coffin

Inducted in 1963 by the IAF, the MiG-21s were once the crown jewels, playing a crucial role in nearly every war India had fought since the mid-1960s. But over time, this celebrated warhorse has come to be known as a "flying coffin", a nickname earned after a series of crashes that claimed the lives of over 170 IAF pilots. How did this warplane become a symbol of tragedy?

Agency New Delhi.

As an Antonov-124 cargo aircraft unloaded three desert-camouflaged advanced multi-role attack AH-64E Apache helicopters for the Indian Army on Tuesday, news of another aviation behemoth was about to make waves across the nation. The Soviet-era MiG-21s, also India's first supersonic jet, long regarded as the workhorses of the Indian Air Force and guardians of the nation's skies for over six decades, were officially announced to take their final flight by September 2025. The warplane is set to be formally retired with a ceremonial send-off in Chandigarh. It will be replaced by the indigenous Tejas Mk1A fighter jets. For anyone who has ever heard the aircraft roar to life during take-off or ripping through the skies mid-flight, that deafening sound is unforgettable – enough to give you goosebumps. One can only imagine the fear it instilled in the enemy

ranks as it thundered overhead. But as the aircraft aged, a grim moniker began to overshadow its legacy – it earned the name "flying coffin". Except for Operation Meghdoot to secure the Siachen Glacier in 1984, where MiG-23s and MiG-29s played a more pivotal role in high-altitude airbases, the MiG-21 participated in nearly every war or conflict India has faced since 1963, when it was inducted in IAF: the 1965 and 1971 India-Pakistan wars, the 1999 Kargil War, the Balakot airstrikes in 2019, and most recently, Operation Sindoor. It was this third-generation Soviet fighter jet that Group Captain (then-Wing Commander) Abhinandan Varthaman was flying during the Balakot airstrikes' aftermath, when Pakistani F-16s were about to cross into Indian airspace. In the dogfight, the MiG-

21 Bison downed a far more advanced fourth-generation US-made F-16 before itself being shot down, with Varthaman captured and later returned from POK. During Operation Safed Sagar – IAF's



support to the Indian Army's Operation Vijay during the 1999 Kargil War – the MiG-21 flew alongside Mirage 2000s,

MiG-29s, MiG-23s, MiG-27s, and Jaguars, delivering punishing strikes in the world's harshest combat terrain in the Himalayas.

THE WARHORSE THAT OUTLIVED ITS GLORY

Then-Union Defence Minister AK Antony said in 2012 that 482 of 872 MiG-21 jets had crashed since its induction. Since 2010, there have been over 20 such incidents. These crashes resulted in the deaths of over 170 fighter pilots of the IAF.

In fact, the fighter aircraft reportedly saw two crashes in its very first year of induction into the IAF.

Earlier, in July 2022, a trainer variant of the MiG-21 went down, resulting in the death of both pilots onboard. In 2021, five MiG-21 Bison aircraft were lost in accidents, with three pilots losing their lives.

Malfunction led to fuel switch shift? Final crash probe report in 6 months

Apart from analysis of the doomed Air India aircraft's black box, inspection of the wreckage is also underway.

Agency New Delhi.

The final report on the Air India crash in Ahmedabad is likely to be released within six to eight months, with the major line of inquiry being the transition of the fuel control switches, sources said. With the preliminary report out, the Aircraft Accident Investigation Bureau (AAIB) probe is now focusing on the analysis of data retrieved from the Cockpit Voice Recorder (CVR) and Flight Data Recorder (FDR) - together known as the black box - and evidence from the wreckage site.

The preliminary report of the crash, which claimed 260 lives, revealed that three seconds after the AI 171 flight took off from Ahmedabad, fuel supply to both engines got cut off.

The report, however, does not mention if the switches were moved by either of the pilots. "Through the



preliminary report, we knew the fuel switches transitioned. But what caused that transition? Was there a problem with some other components which could have led to this transition? This picture will be clear when data is analysed from different angles," a highly placed source aware of the developments of the probe told.

WHAT FINAL REPORT WILL REVEAL

The CVR, which captures conversations inside the cockpit, is

being analysed by experts at the AAIB's Delhi laboratory. Analysis of the FDR data will give technical inputs on the aircraft, its engine and other components.

Besides, a comprehensive inspection of the aircraft wreckage is also underway. The recovered components of the Boeing 787-8 Dreamliner were reassembled at a facility in Ahmedabad. Moreover, original equipment manufacturers (OEMs) have also been roped in to assist in forensic analysis of the components. The focus is on identifying any malfunctions or technical problems with the components. Once all three data sets are fully decoded and analysed, they will be synchronised to create a comprehensive reconstruction of the timeline of the crash.

Cash row: Supreme Court to hear Justice Varma's plea, Chief Justice opts outs

Agency New Delhi.

Chief Justice of India BR Gavai on Wednesday said a special bench would be constituted to hear a petition filed by Justice Yashwant Varma, who has challenged the findings of a three-judge in-house committee that indicted him after a large amount of cash was recovered from his official residence. The Chief Justice also said that he was part of discussions with his predecessor, Justice Sanjiv Khanna, and recused himself from the case.

The matter was mentioned before a bench comprising Chief Justice Gavai and Justices K. Vinod Chandran and Joyimalya Bagchi. When senior advocate Kapil Sibal sought urgent listing of the petition, Chief Justice Gavai said, "It would not be proper for me to take up that matter. We will take a

call and constitute a bench."

Sibal, along with senior advocates Mukul Rohatgi, Rakesh Dwivedi, Sidharth Luthra, and Siddharth Aggarwal, and advocates George



Pothan Poothicote and Manisha Singh, appeared for Justice Varma.

"We have filed the petition on behalf of the Allahabad High Court judge. Some constitutional issues are involved. I request you to constitute a bench as

soon as possible," Sibal said.

Justice Varma was divested of judicial work and sent back to the Allahabad High Court in April after a fire broke out at his official residence in Delhi. During firefighting operations, bundles of cash were found in March, prompting an inquiry.

A three-judge panel comprising Chief Justice Sheel Nagu (Punjab and Haryana High Court), Chief Justice GS Sandhavalia (Himachal Pradesh High Court), and Justice Anu Sivaraman (Karnataka High Court) was constituted to look into the matter.

The committee examined over 50 witnesses and concluded that the cash was under the "covert or active control" of Justice Varma or his family. It noted that Justice Varma did not offer a convincing explanation and instead claimed he was being framed.

Mother-To-Child HIV Transmission Declined By 84% From 2010-2024: Minister

Agency New Delhi.

The number of vertical (mother-to-child) transmission of HIV has declined by around 84 per cent said Anupriya Patel, Union Minister of State for Health and Family Welfare, in the Parliament during the ongoing Monsoon Session.

In a written reply to the Rajya Sabha, Ms Patel shared several steps taken by the government to enhance HIV/AIDS awareness. "Vertical transmission rate has also declined by around 74.5 per cent between 2010 and 2024 compared to around 56.5 per cent globally in the same reference period," Ms Patel said.

Ms Patel noted that National Aids Control Organisation (NACO), a division of the Ministry of Health and Family Welfare, undertakes the responsibility to strengthen the awareness campaign against HIV/AIDS, through comprehensive multimedia campaigns, such as with information kiosks, and folk performances, among others. Digital platforms and social media are also actively leveraged to ensure broader engagement and awareness generation, especially among younger and tech-savvy audiences.

Further, NACO rolled out 1,619 projects nationwide to support high-risk HIV populations. "High-risk groups, including female sex workers (FSW), men having sex with Men (MSM), people who inject drugs (PWID), hijra/transgender (TG) individuals, truck drivers, and migrants are specifically addressed through 1,619 targeted intervention projects across the country," Ms Patel said. Self-help groups, anganwadi workers, ASHAs, and members of Panchayati Raj institutions provide training and sensitisation programmes at the grassroots level, fostering community-level awareness and behavioural change.

India Probes Hawala Trail Linked To Suspect In Canada's Largest Gold Heist

Agency New Delhi.

Simran Preet Panesar, one of the prime suspects in Canada's largest gold heist, is now under the scanner of Indian authorities for allegedly receiving hawala payments worth over Rs 8.5 crore after arriving in India, according to sources in the Enforcement Directorate (ED).

Panesar, a former Air Canada employee, is accused of playing a central role in the \$20 million gold robbery at Toronto's Pearson International Airport in April 2023. He is said to have helped identify and divert a cargo shipment containing 6,600 gold bars, weighing around 400 kg, by manipulating airline systems, as per Canadian investigative agencies.

After the heist, Panesar reportedly fled to India. He was traced earlier this year to a rented flat on the outskirts of Chandigarh. Days later, the ED conducted raids at multiple locations and registered a case under the Prevention of Money Laundering Act (PMLA), citing the cross-border nature of the alleged crime.

Officials familiar with the investigation revealed that data recovered from Panesar's confiscated mobile phone provided crucial leads. The ED believes that shortly after settling in Mohali, Panesar received multiple hawala payments, traced to a Chandigarh-based operator who remains on the run.

The agency has also seized diaries from the operator's staff containing entries of transactions linked to several foreign jurisdictions, including the US, UK, Canada, Singapore, and Australia.

Investigators say these entries suggest large sums were funnelled into India between November 2023 and February 2025, although it remains unclear how much of this money directly stems from the gold heist. The hawala operator is suspected to have used a medical store and a money exchange business as a front to route the funds.

The ED has issued a Look Out Circular (LOC) to prevent Panesar from fleeing India, while it awaits further evidence from Canadian authorities. Citing jurisdictional overreach, Panesar's legal team has challenged the ED's action in the Punjab and Haryana High Court, arguing that no crime was committed in India and no formal request has been received from Canadian agencies.

Delhi Minister Approaches High Court Over Report On 1984 Sikh Riots Case

Agency New Delhi.

Delhi Minister Manjinder Singh Sirsa on Tuesday moved the Delhi High Court for summoning a police official's report allegedly mentioning the presence of former Madhya Pradesh chief minister Kamalnath during a riot at Gurudwara Rakab Ganj Sahib on November 1, 1984 which claimed two lives.

The petition filed before Justice Ravinder Dubeja seeks a direction to the government to place on record the report submitted by Gautam Kaul, former ACP New Delhi, with then police commissioner on the presence of Mr Kamalnath at the scene of crime on November 1, 1984.

The high court on January 27, 2022, directed the government to file the status report in the matter. Based on a January 27, 2022 direction of the high court, the Centre filed an affidavit, which reportedly carried nothing on Mr Kamalnath's role in the incident, the petition said.

Senior advocate H S Phoolka, representing the petitioner, claimed Mr Kamalnath's presence at the scene of crime was well documented in police records besides multiple newspapers had mentioned his presence at the place and time of the incident but those aspects were not considered by the government in its status report.

The court posted the application for hearing November 18. The petition said two Sikhs, Inderjeet Singh and Manmohan Singh, were burnt alive in the compound of Gurudwara Rakab Ganj Sahib by a mob allegedly led by Mr Kamalnath.

Plush Building, Fancy Cars, And A 'Baron': Fake Embassy Busted In Ghaziabad

Agency New Delhi.

High-end cars with diplomatic number plates parked outside, diplomatic passports in a fake office, morphed pictures with state leaders and foreign currency -- officials of the Uttar Pradesh Special Task Force (STF) have busted a fake embassy in Ghaziabad. Yes, you read it right: a fake embassy.

Police have arrested Harsvardhan Jain, who allegedly rented a luxurious double-storeyed building and ran it as the embassy of 'Westarctica', a micronation founded by a US Navy officer, but not recognised by any sovereign state. He is accused of running a job racket to lure people with work abroad and was also allegedly part of a money laundering network.

Jain would allegedly introduce himself as Westarctica's 'Baron' and travel in high-end cars with diplomatic number plates. It is alleged that he would use morphed pictures with the President, the Prime Minister and other eminent people to curry favour in elite circles. In fact, a case was registered against Jain back in 2011 for illegally possessing a satellite phone.

Officers of the STF have recovered four high-end cars with diplomatic number plates, 'diplomatic passports' of 12 micronations, documents with stamps of the External Affairs Ministry, stamps of 34 nations, Rs 44 lakh in cash, foreign currency and 18 diplomatic number plates.

"On July 22, the Noida unit of UP STF arrested a man running a fake embassy in Ghaziabad. Harshvardhan would introduce himself as an ambassador of Westarctica and other micronations for networking. We have recovered cars with diplomatic number plates not approved by any authority. He used morphed photos with eminent persons to create an impression. He used this cover for running a job racket after promising work abroad and a hawala racket through shell companies," Sushil Ghule, Senior Superintendent of Police for UP STF, said. "We have registered a case against him for running this racket and possessing and making forged documents," the officer said.

The move comes after days of uproar from the Opposition, demanding answers from the Prime Minister over US President Donald Trump's sensational claim that he "brokered a ceasefire" between India and Pakistan.

Agency New Delhi.

A high-stakes showdown over Operation Sindoor is set for July 29 in Parliament, with the government allotting 16 hours each in the Lok Sabha and the Rajya Sabha for a special discussion during the ongoing Monsoon Session, India Today has exclusively learnt. Prime Minister Narendra Modi, Home Minister Amit Shah, and Defence Minister Rajnath Singh are expected to speak as the Opposition intensifies its demand for answers.

The discussion in the Lok Sabha will begin from next Monday, followed by the Rajya Sabha on Tuesday. While the government has allocated ample time for both Houses, the Opposition had demanded that the discussion begin earlier-from tomorrow itself-but the government did not agree, citing the Prime Minister's foreign visit. The debate marks a major political flashpoint following US President Donald Trump's sensational claim that he had "brokered a ceasefire" between India and Pakistan. The Opposition has seized on the statement to press the government for a detailed clarification from the Prime Minister.



Calls for a debate on Operation Sindoor had been growing over the past week, with Opposition MPs also demanding responses on the recent Pahalgam terror attack and the Special Intensive Revision (SIR) of electoral rolls in Bihar. The Opposition has also sought short-duration discussions under various rules on a range of issues and urged that the Business Advisory Committee (BAC) meet every week to allow regular dialogue.

Sources told India Today that the government is preparing to present its case with "full

aggression". Defence Minister Singh has held a series of high-level meetings with Chief of Defence Staff General Anil Chauhan, Defence Secretary Rajesh Kumar Singh, and the three service chiefs to finalise the government's response.

The debate has been timed to follow the Kargil Vijay Diwas celebrations on July 26, signalling a strategic framing of the military action as a moment of national pride. Operation Sindoor, conducted on May 7, was launched in retaliation to the Pahalgam terror attack and involved targeted strikes on terror camps in Pakistan and Pakistan-occupied Kashmir.

PM Modi later described it as a "Vijay Utsav" that showcased India's indigenous military strength. The operation, which lasted just 22 minutes, was declared a complete success. While announcing the special discussion, Union Minister JP Nadda reiterated the government's willingness to share all necessary details with the nation. Kiren Rijiju echoed the sentiment, saying such issues deserve meaningful debate and dialogue in Parliament.

NEWS BOX

Andre Russell wows Sabina Park with three sixes in farewell flourish

New Delhi. (Agency)

West Indies all-rounder Andre Russell gave fans a moment to remember in his final international match, smashing three massive sixes in one over during the second T20I against Australia at Sabina Park. While the West Indies lost the match and now trail 0–2 in the five-match series, Russell’s powerful cameo lit up the evening.The 37-year-old, playing his last game for West Indies, walked in to thunderous applause from the home crowd—and wasted no time making an impact. In the 14th over of the innings, he faced left-arm pacer Ben Dwarshuis and launched three of his deliveries out of the park.The Sabina Park faithful rose to their feet with each strike, roaring in support of their local hero. Russell’s family and teammates looked on with pride as he delivered one final reminder of his extraordinary power.Though his innings was short-lived—36 off just 15 balls—it was packed with emotion, adrenaline, and flair. Australia’s victory put them 2–0 ahead in the series, with three matches to



go.Ben Dwarshuis, who had starred with three wickets in the 18th over of the first T20I, struggled under the pressure of Russell’s assault. Facing a charged-up Russell on his home turf is never easy, and that over will be one the Australian won’t forget.Russell has had a long and thrilling career with the West Indies. Renowned for his brutal hitting and sharp pace, he evolved into one of the most dangerous T20 players in the world. His parting performance, especially those three sixes, served as a fitting farewell.More than just a West Indies star, Russell became a global T20 icon—one of the most destructive and sought-after players across franchise leagues. With his trademark power-hitting, effective fast bowling, and electric fielding, he built a reputation as a game-changer wherever he played.

Will Lionel Messi play MLS All-Stars brace for clash against Liga MX elite

New Delhi. (Agency)

As anticipation builds ahead of the 2025 MLS All-Star Game in Austin, Texas, one question dominates the conversation: will Lionel Messi finally make his long-awaited debut in the annual showcase?The Argentine icon was forced to sit out last year's edition due to an injury sustained during the Copa Amrica final. This year was supposed to be different - a celebration of his presence in Major League Soccer, with Messi expected to lead a star-studded MLS side against the best of Mexico's Liga MX. Yet, two days before kick-off, doubts linger.Messi and his Inter Miami team-mate Jordi Alba were notable absentees during training sessions on both Monday and Tuesday at Austin FC's state-of-the-art St. David's Performance Centre. Of the 30 players named in the MLS squad, 28 reported for duty, including marquee names such as Mexico international Hirving 'Chucky' Lozano and Vancouver Whitecaps striker Brian White.The absence of the two former Barcelona stars did not go unnoticed - even among their fellow All-Stars.



"I know they're on the roster, and I don't know if they're coming in today or tomorrow," said New England Revolution midfielder Carles Gil. "Hopefully they can join like everyone else. With just two training days, it's difficult to build chemistry."Real Salt Lake and United States international Diego Luna shared similar thoughts."Am I surprised? Maybe a little, because they were named in the squad. But they've got their own individual situations," Luna said. "The only cool thing is, they could arrive tomorrow and we get to play together and have fun."

China Open: PV Sindhu downs sixth seed Miyazaki; Satwik-Chirag advance too

PV Sindhu defeated sixth seed Tomoka Miyazaki in a three-game match

➤Sindhu made a strong start with seven consecutive points in the first game

➤Satwiksairaj and Chirag Shetty won the men's doubles opener comfortably

New Delhi. (Agency)

IDouble Olympic medallist and former world champion PV Sindhu displayed grit and control to defeat sixth seed Tomoka Miyazaki of Japan 21-15, 8-21, 21-17 and enter the round of 16 at the China Open Super 1000 tournament on Wednesday. Sindhu, currently ranked No. 15 in the world, made a strong start, stringing together seven consecutive points to establish a



commanding 13-5 lead in the opening game, which she comfortably sealed.However, the momentum shifted in the second game as the 18-year-old Miyazaki stormed back, taking nine points on the trot to turn an 8-3 deficit into a 12-8 lead. The Japanese youngster, who had beaten Sindhu in their only previous meeting at the Swiss Open last year, levelled the match with ease.In the decider, Sindhu regrouped and played with greater

composure, holding a steady lead throughout to close out the match in 62 minutes and avenge her earlier loss.

The win marks a crucial boost for the Indian ace, who has endured a tough season so far. Last week, she suffered a first-round exit at the Super 750 Japan Open, losing 15-21, 14-21 to Korea's Sim Yu Jin - her fifth opening-round defeat of the year. Sindhu has also exited early from the Indonesia Open,

Singapore Open, Malaysia Masters, Asian Championships, Swiss Open, All England Open and Indonesia Masters.

In men's doubles, the world No. 15 pair of Satwiksairaj Rankireddy and Chirag Shetty also made a commanding start to their campaign, defeating Japan's Kenya Mitsuhashi and Hiroki Okamura 21-13, 21-9 in just 31 minutes.

The Indian duo showcased excellent coordination and attacking flair, keeping their opponents on the back foot throughout the match. After cruising through the first game, they raised the tempo further in the second to register a dominant win.

The former world No. 1 pair will now be eyeing a deeper run in the tournament, aiming to break their semi-final jinx this season after falling in the last-four stage at the Malaysia Open, India Open and Singapore Open.However, it was a disappointment in women's doubles, as the Indian pair of Rutaparna Panda and Swetaparna Panda crashed out in the opening round. The duo lost 12-21, 13-21 to Hong Kong's Nga Ting Yeung Yeung and Pui Lam Yeung in 31 minutes.

Nitish Reddy's absence won't create much imbalance in Manchester: Sanjay Manjrekar

New Delhi. (Agency)

Former Indian cricketer and seasoned commentator Sanjay Manjrekar believes that the absence of young all-rounder Nitish Kumar Reddy in the upcoming fourth Test against England won't create much imbalance in the Indian team. The match is set to get underway on Wednesday, July 23, at Old Trafford, Manchester.Nitish, who impressed in the third Test with a solid all-round performance, scoring 43 runs and claiming three wickets, has been ruled out of the remainder of the series due to a knee injury. While his contributions were noteworthy, Manjrekar is confident that India can manage without him and even sees the injury as an opportunity to strengthen the batting order.Speaking on ESPN Cricinfo, Manjrekar said, "I do not think it will create much imbalance or the Indian team will suddenly become weak because Nitish Kumar Reddy helped as a bowler in the last match but Akash Deep was off colour. I do not think Nitish not being there will create much imbalance."The former batter pointed to



India’s batting struggles during the Lord’s Test, particularly in the second innings where they fell short in the chase, as a reason to rethink the team composition.“Maybe India should replace him with a pure batter because we have seen collapses in the previous game, and we were slightly short of batting in that run-chase,” Manjrekar suggested.

'Bringing Prasadh back doesn't make sense'

India, currently battling multiple injury concerns, are also without pacers Akash Deep and Arshdeep Singh for the Manchester Test. Both fast bowlers have been ruled out, leaving the team to consider fresh options. Amongst those in the fray is uncapped pacer Anshul Kamboj, who was recently drafted into the squad and could be handed a Test debut.Manjrekar is in favour of giving the 24-year-old a shot. Anshul had an impressive domestic run, picking up 34 wickets in just six matches in the 2024–25 Ranji Trophy at an average of 13.79. Overall, he has taken 79 wickets from 24 first-class games, maintaining a healthy average of 22.88.

Sai Sudharsan back for 4th Test: Navjot Singh Sidhu predicts India's playing XI

➤India trail 1-2 in the five-match series against England

➤Nitish Reddy, Akash Deep, and Arshdeep Singh are out of 4th Test

➤Sai Sudharsan is likely to return in India's playing XI

New Delhi. (Agency)

Former Indian cricketer Navjot Singh Sidhu has suggested changes to India’s playing XI for the fourth Test against England, leaving out seam-bowling all-rounder Shardul Thakur—even in the absence of Nitish Reddy, who has been ruled out for the remainder of the series. The fourth Test of the Anderson-Tendulkar Trophy begins at Old Trafford in Manchester on Wednesday, July 23.Thakur, known for his ability to contribute with both bat and ball, found no place in Sidhu’s line-up. Instead, the former



Nitish Reddy’s knee injury, the team will also be without pacers Akash Deep and Arshdeep Singh, both of whom are unavailable for the fourth Test.“I will not go with Shardul Thakur. I feel that if you play

Karun Nair, then it’s still fine, as you have the same consistency. He has scored a few 30s and will get another chance; I have no problem with that. But going back to Shardul Thakur—if you want to play Shardul Thakur, go with a fourth bowler. I don’t think India would do that,” Sidhu said on his YouTube channel, Navjot Singh Sidhu.

With Nitish sidelined, Sidhu suggested that India consider Karun Nair or Dhruv Jurel for the middle order, favouring balance and consistency over a bowling all-rounder.Sai Sudharsan remains a strong contender to return to the side and could replace Karun Nair at No. 3. While Nair has shown glimpses of form across six innings this series, he has struggled to convert starts into big scores. Sai, on the other hand, offers a composed presence at the crease and has shown signs of mental preparation—he was seen visualising his batting at the covered Old Trafford pitch on the eve of the match.

India trail 1-2 in the five-match series and will look to level things at Old Trafford before the final Test at The Oval in London.

Harmanpreet Kaur wins heart with special gesture for six-star Kranti Gaud

➤Kranti Gaud picked up a six-wicket haul in the third Women’s ODIKranti helped India beat England by 13 runs in Chester-le-StreetHarmanpreet Kaur won the Player of the Match award for her 102

New Delhi. (Agency)

Harmanpreet Kaur had a heartfelt gesture for Kranti Gaud after India clinched the three-match ODI series against England with a 13-run victory on Tuesday, July 22, at the Riverside Ground in Chester-le-Street.

Kranti delivered a sensational performance, becoming only the third Indian bowler - after Jhulan Goswami and Jasprit Bumrah - to claim a six-wicket haul in an ODI on English soil.Harmanpreet, who was named



Player of the Match for scoring her seventh ODI century, chose to share the award with Kranti. She also signed the match ball used by Kranti to take her six wickets and presented it to her as a token of appreciation.Praising Kranti’s maturity and composure, Harmanpreet credited her for effectively using the experience gained from playing for India A and the UP Warriorz in the Women’s Premier League (WPL).“I want to share my Player of the Match award with Kranti because she

bowled one of the best spells of her career. It’s a fantastic achievement, especially as a fast bowler—we’ve been longing for bowlers of her quality. She brought all her experience from playing for India A, the WPL, and domestic cricket, and executed it perfectly. She truly deserves this, and I’m really happy for her,” Harmanpreet said.

Harmanpreet, Kranti drawn England

With impressive figures of 9.5-1-52-6, Kranti dismissed Amy Jones, Tammy Beaumont, Alice Davidson-Richards, Charlie Dean, Lauren Filer, and Lauren Bell. On the back of her spell, India bowled England out for 305 in 49.5 overs while defending a target of 318.Earlier, after India elected to bat first, Harmanpreet led from the front with a superb knock of 102 off 84 balls, laced with 14 boundaries. She was well-supported by Jemimah Rodrigues (50) and Richa Ghosh (38*), helping India post a competitive total.

Rishabh Pant as left back: Shastri, Lloyd pick Indian cricket's dream football XI

➤Indian cricket team visited Manchester United training facilities ahead of fourth Test

➤Experts discuss Indian players as football XI in Stick to Cricket podcast

➤Bumrah preferred as goalkeeper over Pant due to physical attributes

New Delhi. (Agency)

In the lead-up to the fourth Test in Manchester, the Indian men's cricket team took a break from preparations to visit Manchester United's iconic training facilities. The visit not only delighted the players but also

sparked a playful debate among former cricketers and pundits, who imagined what a Team India football XI might look like. Michael Vaughan, Ravi Shastri, Phil Tufnell, Alastair Cook and David Lloyd came together to build a football line-up in a 4-4-2 formation, assigning each Indian player a position based on personality, physical attributes and perceived playing style.

Pant loses the gloves, Bumrah gets the nod Rishabh Pant, known for his sharp reflexes behind the stumps, was considered for the goalkeeper's spot but was ultimately ruled out. "Rishabh is too small. You need long arms," Vaughan said, preferring Jasprit Bumrah between the posts instead.Pant found a place at left-back. "Rishabh left-back. He's a little like Luke Shaw. Cocky," Vaughan added, drawing comparisons with the Manchester United full-back.Jadeja, Jaiswal and Gill slot into midfield and

attackPhil Tufnell likened Ravindra Jadeja to United legend Ryan Giggs, calling him a natural fit on the left wing. Yashasvi Jaiswal



was slotted in as a No.10. "Jaiswal can be a little annoying but guaranteed like Messi," Vaughan said.Shubman Gill was picked as one of the forwards. Lloyd described him as a blend between a nimble striker and a robust centre-half. "Like Matthijs de Ligt - wiry but solid," he said.Gautam Gambhir was placed on the right flank, with Lloyd theatrically

mimicking David Beckham's curling free-kicks before settling on Gambhir as the right midfielder. "For those curlers," he said with a laugh.Nitish Reddy and Siraj bolster defenceDespite being ruled out of the series due to injury, Nitish Kumar Reddy was named at right-back. "He's strong, disciplined and quick," Shastri said. Mohammed Siraj and Prasadh Krishna were chosen as centre-backs.KL Rahul was named as a holding midfielder. "Like Michael Carrick - sees everything early, technical and a tactician," Vaughan said. Karun Nair took the other central midfield slot.India's bowling coach Morne Morkel, a surprise inclusion at left midfield, drew laughs from Lloyd. "He's the worst footballer I've ever seen," he said. "One-footed, and he'd choke in front of goal." Morkel, however, has a fine Test record against England - 79 wickets in 19 matches.

CA explains why timing your investments matters as much as diversifying

New Delhi. (Agency)

When it comes to personal finance, most people understand the need to diversify their portfolio, spreading their money across equity, debt, gold and other asset classes. But as CA Abhishek Walia points out, that’s only half the equation.

In a recent post on LinkedIn, the founder of Zactor Tech argued that the smartest investors don’t just diversify what they invest in, they diversify when they invest it. Walia breaks down financial planning into three buckets: short term (up to 2 years), medium term (2 to 5 years), and long term (5 years and beyond). Each bucket, he suggests, should be filled with investments aligned to real-life goals, not just market trends. So while an emergency fund or insurance premium falls in the short-term category, things like vacations or a car go into medium-term planning. Long-term goals, of course, include retirement, a child’s education and broader wealth creation. According to him, thinking in timeframes doesn’t just bring clarity, it brings calm. “You won’t panic-sell your equity fund during a market crash if your emergency fund is solid,” he notes. Nor will you be forced to break fixed deposits or dip into your PPF if your medium-term needs are already accounted for. In essence, it’s not just asset allocation, it’s purpose allocation. And for most people, financial stress has less to do with market returns and more to do with poor liquidity planning.

Walia encourages investors to build their portfolio like a staircase: “One step for now, one for tomorrow, and one for the future.” The goal? Not just to grow wealth, but to grow it sustainably, with intent and without panic.

Sensex, Nifty open higher after US-Japan trade deal; Tata Motors leads gains

New Delhi. (Agency)

Benchmark stock market indices opened higher, tracking global markets and positive sentiment after US-Japan agreed to a trade deal. Auto stocks drove the early gains on Dalal Street. The S&P BSE Sensex was up by 201.98 points to 82,388.09, while the NSE Nifty50 gained 63 points to 25,123.90 as of 9:27 am. Dr. VK Vijayakumar, Chief Investment Strategist, Geojit Investments Limited, said that the 11th new record high for 2025 set by S&P 500 yesterday is an indication of the direction and resilience of equity markets globally. “Markets are climbing all walls of worries and valuation concerns have been put on the back burner. In the near-term this resilience is likely to continue. A significant takeaway from the early Q1 results is the improving prospects of banking and digital stocks,” he added. At the opening bell on July 23, Tata Motors led the gainers on the BSE Sensex with a jump of 2.45%, followed by Maruti Suzuki India which was up 1.70%. Bajaj Finance also saw a rise of 1.19%, while Eterna Services gained 0.88% and Mahindra & Mahindra climbed 0.71%. Titan Company was the top loser, falling 0.67%. Hindustan Unilever slipped 0.53%, followed by Bharat Electronics with a drop of 0.46%. Tech Mahindra declined 0.39% and Asian Paints was down by 0.26%. The Nifty Midcap100 fell 0.38% while Nifty Smallcap100 declined 0.51%, and India VIX dropped 1.09%.

Among the sectoral indices, several showed positive momentum with Nifty Media leading at 0.99%, followed by Nifty Auto at 0.93%, Nifty Metal at 0.39%, Nifty PSU Bank at 0.39%, Nifty Oil & Gas at 0.28%, Nifty Healthcare at 0.10%, Nifty Private Bank at 0.08%, and Nifty Pharma at 0.03%.

ADB lowers India’s FY26 growth forecast to 6.5% amid global trade pressures

CHENNAI. (Agency).

The Asian Development Bank (ADB), in its latest report, Asian Development Outlook, released on Wednesday (July 23), has revised India’s GDP growth forecast for FY26 down to 6.5%, from an earlier estimate of 6.7%. The downgrade is attributed primarily to the adverse effects of recent tariff policies implemented by the US, which have disrupted global trade dynamics and dampened export prospects for developing economies, including India. Despite the downward revision, ADB maintained that India will remain one of the fastest-growing major economies globally, underpinned by strong domestic demand, favourable monsoon conditions, and a resilient services sector.

ADB pointed to the increasing impact of US trade protectionism, including new tariffs and associated policy uncertainty, which have affected investor sentiment and exports from the region. These developments are expected to weigh on India’s trade outlook and may delay some foreign investment flows. In addition to the global trade tensions, other external factors such as geopolitical risks and supply chain disruptions continue to pose downside risks to India’s economic growth.

Domestic outlook

Even with the revised projection, India’s growth remains robust by global standards. ADB expects continued support from rural consumption, thanks to favourable monsoon patterns and improving rural incomes. Services and agriculture are also expected to perform well, helping to balance out weaker export performance.

The report also notes that domestic macroeconomic conditions are expected to remain supportive, with potential monetary policy easing and infrastructure-driven public spending likely to cushion external shocks. Inflation for FY26 is projected at 3.8%, slightly lower than previous estimates, due to expected moderation in food prices supported by healthy agricultural output.

Indiqube Spaces IPO: Should you invest? Check GMP and review by experts

Indiqube Spaces is aiming to raise Rs 700 crore through this IPO. The issue includes a fresh issue of 2.74 crore shares worth Rs 650 crore and an offer for sale of 21 lakh shares valued at Rs 50 crore.

New Delhi. (Agency)

The initial public offering (IPO) of Indiqube Spaces is currently open for subscription and has attracted strong interest from retail investors. As of noon on the opening day, the issue was nearly half subscribed, with most bids coming from the retail

category. Indiqube Spaces is aiming to raise Rs 700 crore through this IPO. The issue includes a fresh issue of 2.74 crore shares worth Rs 650 crore and an offer for sale of 21 lakh shares valued at Rs 50 crore. The IPO is a bookbuilt issue with a price band of Rs 225 to Rs 237 per share.

Investors can bid in lots of 63 shares. For retail investors, the minimum investment comes to Rs 14,175. For small non-institutional investors (SNII), the minimum application is 14 lots or 882 shares (Rs 2,09,034), and for big non-institutional investors (BNII), it is 67 lots or 4,221 shares (Rs 10,00,377). ICICI Securities is the book-running lead manager, and MUFG Intime India Private Limited (Link Intime) is the registrar for the issue.

SHOULD YOU SUBSCRIBE?

Indiqube Spaces offers managed workplace solutions such as coworking spaces, interiors, tech services, and facility management. It uses a “hub-and-spoke” model and caters to startups, mid-sized

businesses, and large corporates.

As of March 31, 2025, the company operates 115 centres across 15 cities, managing 8.40 million sq ft with a total seating capacity of 1,86,719. According to Anand Rathi’s IPO report, the company is expanding its real estate footprint and plans to scale its customised office design service, IndiQube Bespoke, across India. The tech platform MiQube is used to streamline operations and improve client experience. The report noted that the company is valued at a price-to-sales ratio of 4.7x and an EV/EBITDA of 14.6x post-issue, with a market cap of Rs 4,977.1 crore. The brokerage recommended a “Subscribe-Long term” rating. While the company is still loss-making, experts see potential. Gaurav Garg from Lemonn Markets Desk said that Indiqube is working in a high-growth but underpenetrated sector. Its strong presence in key office markets and its technology-driven platform are positives. However, due to high valuations and

ongoing losses, he suggested that this IPO may be more suitable for long-term investors who can take moderate risks.

LATEST GMP

As of July 23, 2025, the latest grey market premium (GMP) for Indiqube Spaces IPO stands at Rs 23. Based on the upper end of the price band (Rs 237), the expected listing price is Rs 260. This implies a potential listing gain of around 9.7%.

The IPO will close for bidding on July 25, 2025. The allotment is expected to be finalised on July 28, 2025. The shares are likely to be listed on BSE and NSE on July 30, 2025. Investors considering this issue are advised to look at the company’s long-term business potential and not just the listing gains. The mix of high-profile clients, expanding presence, and integrated tech support positions Indiqube well in the flexible workspace segment. However, like any IPO, investors should be cautious about valuations and market conditions before deciding.

Paytm posts Rs 123 crore profit in Q1: Is it a good time to buy the stock

New Delhi. (Agency)

One97 Communications, the parent company of Paytm, reported a net profit of nearly Rs 123 crore for the quarter ended June 2025. This marks its first-ever quarterly profit across all major financial metrics, a significant milestone for the fintech player that has spent years trying to prove its business model. The company’s EBITDA stood at Rs 72 crore for the quarter, underlining a clear shift in the operating trajectory. The stock, however, slipped 1.60% to Rs 1,034.20 in early trade on the Bombay Stock Exchange, possibly due to profit-booking after a strong rally in recent weeks. Brokerage firm JM Financial has maintained a ‘Buy’ rating on Paytm, with a target price of Rs 1,320 by June 2026. In its latest note, analyst Sachin Dixit highlighted that the company reported Rs 1,920 crore in revenue—a 4% increase over the previous quarter—along with a sharp rise in



contribution margin to 60%, up 560 basis points sequentially.

According to JM Financial, this margin expansion and improved operating leverage enabled Paytm to deliver its first-ever reported EBITDA and PAT profitability in the same quarter — a feat it believes signals a new phase of business maturity. The management’s revised guidance of maintaining a mid-to-high 50s contribution margin (higher than earlier estimates of 54–56%) has further boosted confidence.

JM Financial expects Paytm’s profitability to scale sharply over the next two years, forecasting a net profit of Rs 1,450 crore by FY27, driven by high-margin financial services and monetisation opportunities like merchant discount rate (MDR) on UPI and a potential comeback of the Paytm Wallet. The brokerage values the stock at 40 times its projected FY27 adjusted EBITDA, reaffirming a bullish long-term outlook.

Mumbai's luxury real estate market hits Rs 14,750 crore sales

Even as affordability worsens for the middle class, Mumbai’s luxury real estate market continues to soar, fuelled by billionaires, upgraders and a fresh pipeline of designer residences in coveted neighbourhoods.

New Delhi. (Agency).

Mumbai’s luxury residential market has reached a new peak. Homes priced above Rs 10 crore recorded sales worth Rs 14,750 crore in the first half of 2025, marking the highest-ever half-yearly sales figure for this segment.

According to a report jointly released by India Sotheby’s International Realty and data analytics firm CRE Matrix, total sales for luxury homes in the past 12 months from July 2024 to June 2025 stood at an unprecedented Rs 28,750 crore. A record 1,335 luxury units were sold across primary and secondary markets during this period, making it the strongest 12-month stretch ever recorded in Mumbai’s high-end property space.

DEMAND FUELLED BY WEALTH AND QUALITY SUPPLY

The report highlights an 11% growth in sales compared to the same period last year, when figures touched Rs 12,300 crore. Much of this growth has been driven by increasing wealth, a confident investment climate, and rising demand from high-net-worth individuals. Sudershan Sharma, executive director at India Sotheby’s International Realty, said the market was entering a pivotal moment.

“Record sales in H1 2025 signal sustained appetite for ultra-premium homes, especially in established areas like Worli, Prabhadevi, Tardeo, Malabar Hill, and Bandra West. This surge is being supported by better



infrastructure and a fresh wave of high-quality new launches,” he said.

Sharma added that India’s expanding wealth base was also a factor. “The UBS Billionaire Ambitions Report 2024 revealed that India now has 185 billionaires, more than twice the number from a decade ago. Their combined wealth has grown 263%, reaching 905.6 billion US dollars.”

BIGGEST GAIN The report also found that the primary market accounted for nearly 75% of all luxury home sales, while the secondary (resale) market contributed Rs 3,750 crore, both

figures being the highest seen in five years. Among the city’s micro-markets, Worli retained its top spot, contributing 22% of the total primary sales value. Bandra West and Tardeo also showed strong growth, with sales rising by 192% and 254% respectively. Apartments between 2,000 and 4,000 square feet were the most popular, making up 70% of primary sales. Homes priced between Rs 10 crore and Rs 20 crore continued to be the most active segment, contributing between 60 and 75% of total sales. Abhishek Kiran Gupta, co-founder and chief executive officer of CRE Matrix, noted, “The Rs 20 to 40 crore segment grew by 138 percent compared to 2022, showing that luxury buyers are not just spending, they are upgrading. The 12-month sales figure of Rs 28,750 crore is an all-time high and reflects confidence, even if buyers are becoming more selective.” Interestingly, the report pointed out that 24% of buyers came from areas outside South Mumbai, indicating a trend of people upgrading their lifestyle and shifting into more prestigious locations. Goregaon East was the top contributor among these, accounting for 7% of such purchases.

Deepinder Goyal adds Rs 2,000 crore as Eternal shares hit record high

New Delhi. (Agency)

Zomato founder Deepinder Goyal saw his wealth rise by Rs 2,000 crore in just two days, thanks to a sharp rally in the shares of Eternal, the parent company of Zomato and Blinkit. Shares of Eternal jumped over 21% in the last 48 hours, hitting a new record high of Rs 311.60 on the NSE on Tuesday. The rally came despite the company reporting a 90% year-on-year fall in its consolidated net profit for the quarter ended June 2025 (Q1FY26). Net profit stood at Rs 25 crore, down from Rs 253 crore in the same period last year. Goyal, who owns a 3.83% stake in Eternal, now has an estimated net worth of around Rs 11,515 crore (\$1.9 billion). The 42-year-old IIT graduate became Rs 2,000 crore richer in just 48 hours as Eternal’s market value crossed Rs 3 lakh crore. With this,

Eternal has now overtaken companies like Wipro, Tata Motors, Nestle, and Asian Paints in terms of market capitalisation. Much of the growth in Eternal’s stock is being driven by the quick-commerce platform Blinkit, which has now overtaken Zomato in net order value (NOV). This marks a major shift in the company’s business focus and market perception. The strong stock movement has also positively impacted investor sentiment across the board. Rival food delivery platform Swiggy saw its stock price rise by more than 7%. Info Edge, which holds a 12.38% stake in Eternal, also gained around 3%, with its Eternal holding now contributing to more than one-third of its own market value. Brokerage houses have turned positive on Eternal’s outlook. Jefferies upgraded the stock to a “Buy” and

raised its target price to Rs 400. The global brokerage admitted it had earlier overestimated competition in the quick-commerce space. According to Jefferies, “Eternal is a play on the growing food services industry in India and increasing adoption of digital commerce. With only about 23 million monthly transacting users at present, Zomato’s food delivery business still has a lot of room to grow. Blinkit is now the market leader in the fast-growing quick-commerce segment and is likely to show better profit margins going forward.” Domestic brokerage Motilal Oswal also maintained a “Buy” rating on Eternal, raising the target price to Rs 330 from Rs 310. The brokerage noted that losses in quick commerce are now stabilising and Blinkit’s strong performance.

SC dismisses Kalanithi Maran & KAL Airways’ Rs 1,300 cr damages appeal against SpiceJet

This fresh ruling is likely to be the final hearing in the long contested legal battle between the current and former promoters of the budget airline.

New Delhi . (Agency)

NEW DELHI: In a major relief for the current promoters of budget airline SpiceJet, the Supreme Court on Wednesday dismissed a plea filed by Kalanithi Maran and KAL Airways challenging a Delhi High Court order that had rejected their claim seeking Rs 1,323 crore in damages from SpiceJet.

The top court passed the order in a special leave petition, wherein the division bench dismissed their plea on the grounds of delay. Kalanithi Maran, media baron and former owner of



SpiceJet, and KAL Airways earlier this month moved Supreme Court against the Delhi High Court’s May order that dismissed their pleas seeking Rs 1,323 crore in damages from SpiceJet.

This fresh ruling is likely to be the final hearing in the long contested legal battle between the current and former promoters of the budget airline. Earlier, an arbitral tribunal had also rejected

KAL Airways Rs 1,323 crore damages claim against the airline. Artificial Intelligence uses Artificial Intelligence uses In May Delhi High Court had dismissed KAL Airways and businessman Maran’s appeal seeking over Rs 1,300 crore in damages from SpiceJet. The Delhi High Court had accused Maran of engaging in “calculated gamble” and cited

“deliberate and wilful concealment of facts.”

The dispute between the two parties dates back to February 2015 when Maran and KAL Airways had transferred their 58.46% stake in SpiceJet to Ajay Singh for Rs 2. Under the agreement, KAL and Maran were to receive redeemable warrants and preference share in return for the Rs 679 crore which they spent on SpiceJet. In 2017, Maran approached Delhi HC and claimed that neither the convertible warrants and preference shares were issued nor the money was returned. An arbitration panel in 2018 rejected Maran’s claim of damages of Rs 1,323 crore for not issuing warrants to him and KAL Airways, but awarded him a refund of Rs 579 crore with interest component. Since then, the case has appeared several times in Delhi High Court and the Supreme Court.

In May 2024, SpiceJet said that it strongly refutes the claims made by KAL Airways and Kalanithi Maran regarding seeking damages of Rs 1323 crore.

‘Bold And Rebellious:’ We Just Described

Akanksha Puri’s

Role In Rose Garden

Akanksha Puri is all set to return to the digital screen with the OTT series Rose Garden. In the show, she will star alongside Niyati Fatnani. The actresses will be seen portraying sisters in what promises to be an intense and emotionally layered drama. With the promo already generating buzz online, fans have flooded social media with excitement and best wishes to the duo. Recently, Akanksha Puri opened up about her role and how her family reacted to the trailer.

In an interview with the Times of India, Akanksha Puri said, “It’s an intense, thrilling, gripping show with so many emotional shades and nuanced layers to all the characters. Rose Garden has romance, pain, passion, and betrayal—everything in the right balance. I feel audiences will connect deeply with its rawness and relatability because it is very real and doesn’t sugarcoat relationships or emotions.”

Meet Akanksha Puri’s Character Geet In Rose Garden

Reflecting her character in the show and what made her say ‘yes,’ Akanksha said that Geet is a bold and complex character that captivated her from the start.



“What drew me to Geet was her fearless honesty. She is bold, rebellious, and unapologetic about her choices, yet extremely vulnerable when it comes to love and family. She doesn’t care about what society thinks, but deep down, she is seeking acceptance,” she

said. Diving deeper into her character, the actress added, “I found Geet’s journey fascinating because she is full of contrasts—she can fight the world yet breaks down alone. To interpret her depth, I tried to understand what her dreams are, where her pain comes from, and why she reacts so impulsively. I believe every action has an emotion behind it, and showing that honestly was my main aim.” With Rose Garden, Akanksha is ready to show fans a new side of her acting prowess.

Akanksha Puri’s Workslate

Talking about Akanksha Puri’s professional life, the actress was most recently seen in the anthology show Hasratein 2. Streaming on Hungama, Akanksha played a strong and determined wrestler, with braided hair, barely-there makeup, and a muscular look. The series reflects on six fresh stories and explores themes of desire, identity, and self-expression. Besides Hasratein 2, she has also appeared in the Bhojpuri music video Licensee opposite Neelkamal Singh. Within a week of release, the song went immensely viral and earned over 3 million views on YouTube.



Tamannaah Bhatia

Is Elegance Personified In No-Makeup Look At Airport

Tamannaah Bhatia knows how to turn heads, and her airport looks prove that effortlessly. Even while rushing to catch a flight, the actress never misses a fashion beat. On Tuesday, July 22, Tamannaah was captured at the airport departure, channelling a perfect blend of a comfortable and understated, elegant look.

The actress was seen heading out of the airport, showcasing a chic and effortless no-makeup look. For her outfit, Tamannaah chose to wear a loose-fitting

towards her car.

Tamannaah’s accessories include a pair of bold red-framed glasses, adding a pop of colour to the otherwise neutral-toned outfit. She was seen wearing a pair of dainty earrings and a necklace, keeping her entire look minimal. Overall, Tamannaah’s airport look was comfortable yet chic, proving that the actress knows how to serve fashion even in transit.

On the work front, Tamannaah Bhatia was last seen in the Telugu supernatural thriller titled Odela 2. Directed by

Ashok Teja, the film stars Hebah Patel and Vasishta N. Simha alongside Tamannaah Bhatia in the lead roles. The sequel to Odela Railway Station, Odela 2, portrayed how Odela Mallanna Swamy protected the village from evil forces. Tamannaah was seen playing the character of Bhairavi in this film.

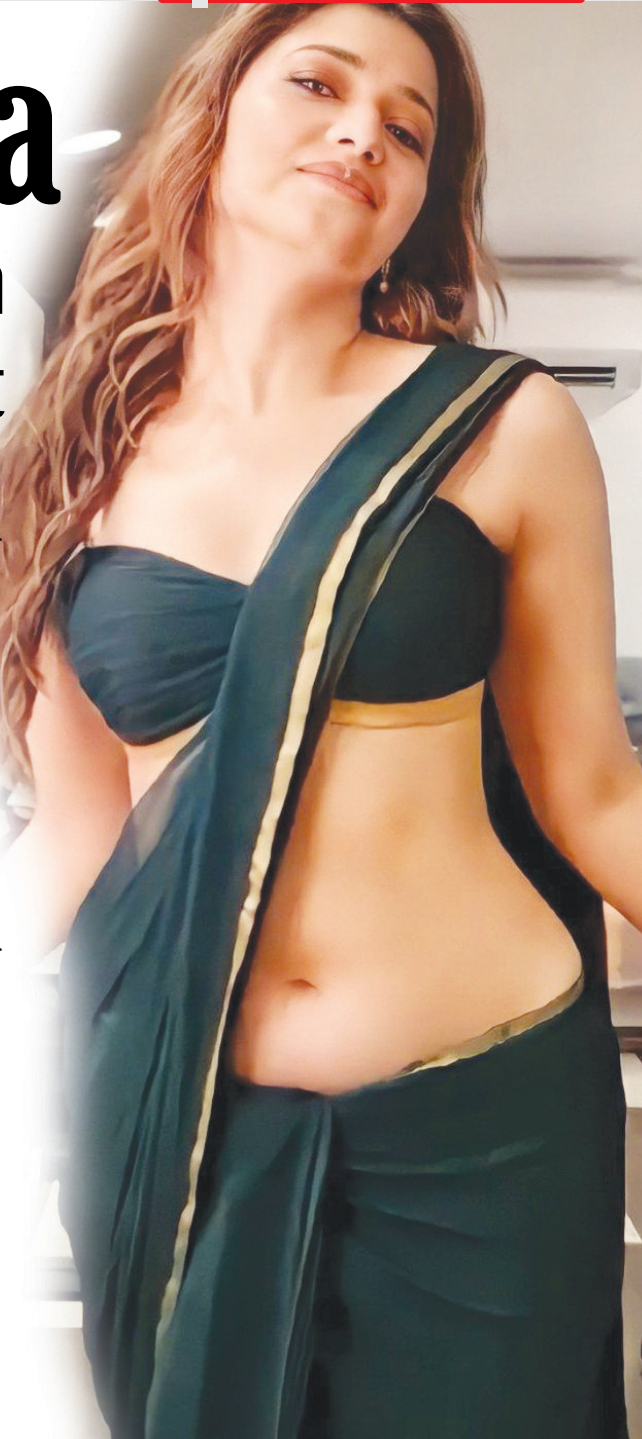
Besides, she also performed a special song titled Nasha in Ajay Devgn’s Raid 2. Tamannaah is all set to appear alongside Diana Penty in the upcoming Amazon Prime web series titled Daring Partners. Besides the two actresses, the series will also cast Jaaved Jaaferi and Nakkul Mehta. The exact release date of the series has

not been announced yet. Additionally, Tamannaah will also be seen as the female lead in the adventure film Ranger alongside Ajay Devgn and Sanjay Dutt. The film will present Ajay Devgn as a forest ranger and Sanjay Dutt as the antagonist. Directed by Jagan Shakti, the film is expected to be released in 2026.



grey blazer layered over a light grey hoodie, exuding smart and comfortable travel attire.

For bottoms, she opted for a pair of relaxed black trousers, perfectly going with the layered top. She completed her look with black platform sandals and carried an off-white shoulder bag as she headed



Uorfi Javed Reveals Puffy Face In New Video After Dissolving Lip Fillers: 'I Love My New Face'



Uorfi Javed has once again stunned her fans—this time with a raw and real glimpse into her lip filler removal journey almost a decade after her first treatment. Just days later, Uorfi posted another clip capturing her post-treatment life. Her face still swollen, she went about her day while her sister teased her on camera, “Tum kuch bol paa rahi ho?” to which Uorfi replied, “Haan!” The light-hearted moment showed her embracing the situation, even as netizens trolled her earlier video.

In response to trolls on social media, she wrote under the video, “I love my new face, anyone who says otherwise, doesn’t understand beauty! (sic).” Many users praised her courage. She stood up to negativity and shared her truth.

Earlier, the reality star, who first got lip fillers aged 18, underwent a painful cosmetic procedure to dissolve her laugh lines and old lip enhancements. She shared an unfiltered clinic video, warning viewers, “Please watch this video at your own risk. So mere jo fillers the, kaafi misplaced the... After 2–3 weeks, I’ll get them done again—properly and naturally.” The procedure left her face and lips noticeably swollen. “It was so painful... By the end of it, my condition had become really bad,” she admitted.

Reacting to Uorfi’s post, one netizen commented, “It takes a lot of courage to show all this,” while another one wrote, “U are beautiful anyways but still you want all these fillers, whyyy urfi why Tum sundar ho already.”

A third comment read, “People need to understand ki whatever she’s doing is her choice. And honestly, it takes a lot of courage to post this online. She’s literally sharing her experience and the least y’all could do is be a little empathetic.”

Uorfi Javed has always been open about undergoing cosmetic procedures and often shares her journey with fans. She recently won the reality show The Traitors alongside Nikita Luther, and the duo took home prize money of Rs. 70 lakh.

Payal Rohatgi’s Husband Sangram Singh Wants This Gift On His Birthday



Wrestler Sangram Singh urges people to join his foundation to support free education and anti-tobacco campaigns.

Sangram Singh, known as one of India’s top wrestlers and the country’s first MMA champion, wants people to join his charitable foundation. In a post shared on Instagram, Sangram wrote, “I have launched a mission close to my heart. To serve the people of my nation, build a healthier, stronger, and educated India. I urge you to join me if you believe in clean living, fitness, and service.” Sangram, who celebrated his birthday on July 21, added, “At Sangram Singh Charitable Foundation, we believe real strength lies in serving others. Come, join me as a volunteer at my charitable foundation.”

The video has garnered over 1.1 million views so far. With the support of the public, Sangram hopes to expand his organisation so that more underprivileged children can receive free education. Another major goal is to run anti-tobacco campaigns and create awareness among youth, helping them live healthier lives.

According to Filmibeat, there was a recent change in his foundation’s leadership. His wife, TV personality Payal Rohatgi, stepped down as the director of the Sangram Singh Charitable Foundation. After her resignation, Sangram’s elder sister, Sunita Devi, was appointed as the new director.

Payal’s cryptic resignation post included the hashtag “Ladki hoon, lad sakti hoon”, which led to speculation about issues in their marriage. Some fans even predicted a divorce. However, the couple put those rumours to rest by celebrating their third wedding anniversary together on July 9 this year. They shared happy moments online, reassuring fans of their strong bond.

Payal and Sangram, who met by chance in 2011 on the Delhi-Agra highway, have been together for over a decade and got married in July 2022. Despite the challenges, their commitment to each other and social work remains strong. In a chat with Zoom, Sangram clarified the reason behind Payal’s resignation, saying she stepped down to focus more on her business ventures. The wrestler described his wife as a strong-willed and thoughtful woman, who often expresses herself openly, especially on social media.

Here are some simple tips to keep the negativity at bay. If you are employed, chances are you often spend more time at office than home. And so, it's very important that you are happy and relaxed when at work. But that's easier said than done. A tyrant boss, backstabbing colleagues, poor pay packages, office politics, unequal distribution of work, favouritism — there are countless reasons to put one off work. Job stress can take a huge toll on your mental and physical health. Changing jobs constantly is not a solution, especially in today's economic scenario. So, here's how to make the most of what you have.

Eat out

Forget home-cooked food and that boring canteen fare. It's a great idea to step out for lunch with your colleagues. It will help you bond with them. If you hate going out, order take-away. And if you are the kind who always eats out, get a home-cooked dish sometimes. Good food will uplift your mood.

Be optimistic

Whatever the nature and number of problems you face at work, they're not going to disappear at the snap of your fingers. You need to be optimistic that the situation will improve slowly and steadily. Do not fall prey to negative thinking. If you find it tough to be optimistic, fake it. With time, your fake positivity will turn real. All you need is a little practice.

Change your attitude

Even if you hate your job, make the most of it. Analyse how you can improve yourself — make fewer mistakes and increase your efficiency. Whenever you leave a job, you should know that it has enhanced your skills, even if it is in a minor way.

Be friendly with colleagues

A friendly atmosphere makes a huge difference. If you're aloof, chances are you will feel left out at some point of time. We're not asking you to go shopping with them and share details of your personal life, but be cordial.

Take a chill pill

Slogging for 12 to 16 hours a day will leave anyone grumpy, stressed out and unable to concentrate. So, small 15-minute breaks are a must in between. Take a nap, read jokes or play games online, listen to music or chat with a friend. If napping and playing games online are prohibited, listen



to some good music to pep up your mood.

Be grateful

Typing furiously on the keyboard, slamming the phone, and pushing the drawers of the cabinet

forcefully may help you vent anger, but think about how lucky you are. In the current market scenario, there are many unemployed people who would love to be in your shoes.

Be assertive

Nobody likes to be bullied and harassed at work. If your detractors are under the impression that you can't speak up for yourself, it encourages them to trouble you even more. So, stand up for yourself.

Ask for feedback

It's important to ask for a feedback from your boss. Good communication will give you a clear idea of what's expected of you.

Bad bosses

damage health

Quality of life



A good boss is like having a good neighbour. If you are not lucky enough to have such a boss, then it can be incredibly damaging to your health and quality of life.

According to health experts, abusive bosses who humiliate, insult employees and isolate them from co-workers not only harm company's growth but also affect performance and overall life of co-workers. Psychiatrist, Dr Manish Jain, says, "There are three types of personality groups which generally a boss falls into. In the first category are those, who mistrust co-workers, the second one has those who wants assigned work to be done anyhow and the third ones are those who are insecure and anxious about how they and their co-workers work." He added saying that such personality trait are harmful for company as well as the employees. Workplace stress increases the risk of heart disease and stroke, increases risk of insomnia, depression and anxiety, weakens immune defence and can cause chronic muscle pains and migraines. Another doctor Manoj Jain said, "Problems in professional life affect brain activity. It causes stress and affects quality of life. Professional issues looms all the time and managing family and spending time with them gets difficult. Irritation, high blood pressure and diabetes occurs in such cases." Recently, a survey conducted by ASSOCHAM also revealed that 69% of corporate employees who quit their jobs complained about the indifferent attitude of their bosses or immediate supervisor while remaining move to a new position in the same company. Survey also found that around 42% of

employees have been a victim of workplace bullying and almost 56% are bullied by their boss. About 82% of respondents said that a good work environment was often much more important than their current pay level. Workers are quitting their jobs and even switching to another career because they're fed-up with their current boss, adds the survey. Meanwhile, human resource professionals believe that they are careful in selecting employees and managers but predicting personality trait is a difficult task. Prateek Balbhadra, a human resource professional said, "Employees selection is a critical decision of HR professional as they have huge impact on the retention and turnover of the organisation. But, understanding personality of employees sometimes gets difficult and once the mistake is done it cannot be undone."



Are you emotionally

intimate enough?



Try this quiz to know if you are one among those who is hesitant to express yourself in front of your partner Intimacy, both physical and emotional, is to be considered when in a relationship. It is crucial to prioritise sharing feelings and thoughts with one's partner, in order to increase trust and a feeling of security. A relationship, which is devoid of emotional intimacy, is prone to break easily. Here's a set of questions which will help you know if you are emotionally intimate with your partner.

You had a rough day. The boss gave you grief, colleagues were tough to deal with, and everything fell out of place. When you get back home:

- A. You don't cringe to tell your partner about it.
B. You shut up intentionally, and refrain from venting your frustration in front of your partner.

When you are extremely angry with your partner, you ensure:

- A. You give them an explanation why you are upset.
B. Your partner receives the silent treatment from you. You think he/she won't understand what you feel.

Your partner's sibling, on several occasions, has been articulate about how much they dislike you being romantically associated with his/her sister/brother.

- A. You tell your partner about it and seek advice on how to handle the situation.
B. Your way of tackling this is to not tell your partner a thing and ignore it.

When your partner is not right about something...

- A. I walk up to him/her and make it clear that I disapprove of it.
B. I refrain from giving an opinion fearing how he/she'd react.

Do you think you can communicate easily with your partner?

- A. Yes, I tell my partner what is on my mind.
B. No, I wish I could express myself better.

If most of your answers are:

A's: You are emotionally intimate with your partner and you know it's the key to preserving your relationship. Confiding in your partner and letting them know what's



on your mind is important. **B's:** You need to be vocal about what you think. Tell him/her what you feel. Don't shut up because you fear his/her reaction. If you want the relationship to last, be frank with your partner. Start by giving them your day-to-day accounts, and then, move on to the more important things in life.