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1,300 SHOPS GUTTED
IN MUNICIPAL MARKET
FIRE IN KOLKATA



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IRAN MISSILES KILL 8 IN ISRAEL;
ISRAEL WARNS TEHRAN RESIDENTS
WARNED TO EVACUATE



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ISSF MUNICH WORLD
CUP: TWO GOLDS, POWER
INDIA TO STRONG FINISH

Tel Aviv claims ‘superiority’ over Tehran air; Iran rains missiles

AGENCIES
TEL AVIV

Iran fired a new wave of missile attacks on Israel early Monday, killing at least eight people, while Israel warned residents of part of Tehran to evacuate ahead of new strikes.

The warning came on the fourth day of the conflict, when the Israeli military claimed it had achieved air superiority over the Iranian capital and could fly over the city without facing major threats. The military has issued similar evacuation warnings for civilians in parts of Gaza and Lebanon ahead of strikes.


“At this time, we can say

that we have achieved full aerial superiority over Tehran’s skies,” said military spokesperson Brig. Gen. Effie Defrin. The military said it had destroyed more than 120 surface-to-surface missile launchers in central Iran, a third of Iran’s total.

It also said fighter jets had struck 10 command centres in Tehran belonging to Iran’s Quds Force, an elite arm of its Revolutionary Guard that conducts military and intelligence operations outside Iran.

Israeli strikes “amount to a deep and comprehensive blow to the Iranian threat,” Defrin said.


Iran, meanwhile, announced it had launched



Iran launched a missile attack on Israel on Monday. Agencies

some 100 missiles and vowed further retaliation for sweeping attacks on its military and nuclear infrastructure that have killed at least 224 people in the country since Friday.

One missile fell near the American consulate in Tel Aviv, with its blast waves causing minor damage, U.S.



Agencies

Embassador Mike Huckabee said on X. He added that no American personnel were injured.

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AGENCIES
TEL AVIV

Live broadcast interrupted after Israel attack

Iran’s state-run news agency reported Monday that state-run television abruptly stopped a live broadcast after an Israeli strike.

During the broadcast, an Iranian state television reporter said the studio was filling with dust after “the sound of aggression against the homeland.”

Suddenly, an explosion occurred, cutting the screen behind her as she hurried off camera. The broadcast quickly switched to prerecorded programs.




Image shared by the Embassy of Iran in India of a targeted strike on X

An hour earlier, Israel had issued a warning the evacuate the area of Iran’s capital where the TV studios are located.

FATF CONDEMNS PAHALGAM TERROR ATTACK, POINTS OUT MONEY SUPPORT

PM Modi, Cyprus Prez agree ‘this is not an era of war’

India will be submitting to the FATF for grey listing of Pakistan.

AGENCIES
NEW DELHI

Condemning the brutal Pahalgam terror attack in April, global watchdog FATF on Monday said it has enhanced its focus on the effectiveness of measures countries have put in place to combat terror financing.

“Terrorist attacks kill, maim and inspire fear around the world. The FATF notes with grave concern and condemns the brutal terrorist attack in Pahalgam on 22 April 2025. This, and other recent attacks, could not occur without money and the means to move funds between terrorist supporters,” the Financial Action

Task Force (FATF) said in a statement.

The FATF statement comes in the backdrop of Indian authorities highlighting Pakistan’s persistent support for terrorism and its funnelling of multilateral funds for arms procurement.

According to sources, such action by Pakistan warrants that the country be put in the “grey list” of the FATF.

On April 22, Pakistan-trained terrorists killed 26 people in Pahalgam, Kashmir.

India has consistently held that Pakistan has given safe haven to designated terrorists and the same was evident when senior military officials were present at the funeral of the terrorists killed in Indian military attacks of May 7.

Ahead of the next meeting of the Asia Pacific Group (APG) of FATF on August 25 and the next FATF plenary and working group meeting on October 20, India is preparing a dossier on the omissions and commissions by Pakistan with respect to FATF anti-money laundering and terror financing norms.

India will be submitting to the FATF for grey listing of Pakistan.

Currently, there are 24

countries in FATF ‘grey list’. These countries are under increased monitoring and they have to address strategic deficiencies to counter money laundering, terrorist financing, and proliferation financing.

Pakistan’s history with FATF’s ‘grey list’ dates back to February 2008, when it was placed in the monitor-

P3

“We have a historic friendship, and there is trust in ties,” President Christodoulides in his remarks during the joint press conference.

He also recalled the horrific Pahalgam terror attack of April 22 and asserted that Cyprus stands in “full solidarity” with India.

covering the full range of India-Cyprus relations. They talked about cooperation in areas like defence, security, trade, technology, healthcare, renewable energy and climate justice. They also discussed regional issues.

“We both expressed concern over the conflicts going



PM Narendra Modi and Cyprus President Nikos Christodoulides hold delegation-level talks, in Nicosia on Monday

Cyprus “stands with India in its fight against terrorism” in all forms and manifestations, the President said.

In his address, Christodoulides also referred to the June 12 Air India plane crash in Ahmedabad and said the people of Cyprus are with India in this time of grief.

Modi and Christodoulides held wide-ranging talks,

on in West Asia and Europe. Their negative impact is not just limited to those regions. We both consider that this is not an era of war. Resolution through dialogue and restoration of stability is the call of humanity,” Modi said.

The Prime Minister said his visit was a “golden opportunity” to write a new chapter in India-Cyprus bilateral

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‘Let the incident act as a force to build a safer airline’: Chandra

AGENCIES
MUMBAI

Tata Sons and Air India Chairman N Chandrasekaran on Monday urged Air India employees to stay on course in the wake of the airline’s plane crash in Ahmedabad last week, terming the accident the most “heartbreaking” crisis of his career, according to sources.

Addressing close to 700 employees and the leadership team across the Air India headquarters and Air



India Training Academy in Gurugram, Chandrasekaran said the employees need to show resilience and use this incident as an act of force to build a “safer airline”.

“We have to make sure

P3

Ball set rolling for 16th Census

TDG NETWORK
NEW DELHI

The Central government on Monday notified the Population census, the process of which will begin in March 2027.

As per a gazette notification released by the Ministry of Home Affairs, “In exercise of the powers conferred by Section three of the Census Act 1948 and in suppression of the notification of the Government of India in the Ministry of Home Affairs dated March 26, 2018, the Central Government declared that a census of the population of

The exercise is expected to cost Rs 13, 000 crore

India shall be taken during the year 2027, as per a circular released by the Ministry of Home Affairs.”

The reference date for the census shall be March 1, 2027, except for the Union territory of Ladakh and the snow-bound non-synchronous areas of the Union territory of Jammu and Kashmir and the states of Himachal Pradesh and Uttarakhand.

Model murdered in Haryana, body found with throat slit

TDG NETWORK
CHANDIGARH

A 23-year-old model Sheetal Chaudhary —popularly known as Simmy in the Haryanvi music scene—was allegedly found dead with her throat slit in a canal in Sonipat’s Kharkhoda area, the police said on Monday. Originally hailing from Khalila Majra village in Panipat, Sheetal

(in pic) had been missing since June 14. Her sister Neha filed a missing report with Panipat police the same day after Sheetal failed to return from a music video shoot in Ahar village.

Sheetal’s body has sent for postmortem to Khanpur Medical College. Sonipat police have now launched a murder investigation.



A major breakthrough came when police detained Sunil Kumar, a hotel owner from Panipat, who was allegedly in a relationship with Sheetal for the past five years. According to police officials, Sheetal had previously worked at Sunil’s hotel in Karnal, where the two reportedly began their affair. She had separated from her husband during this time due

to personal disputes.

Anil Kumar, in-charge of Urlana police post in Panipat, told media persons that initial investigations revealed that the car in which Sheetal was last seen belonged to Sunil. The vehicle was later recovered from a canal in Panipat.

On Sunday, Sunil’s car reportedly slipped into a canal in Delhi, and he was rescued by

P3

PM Modi conferred with Cyprus’ highest civilian honour

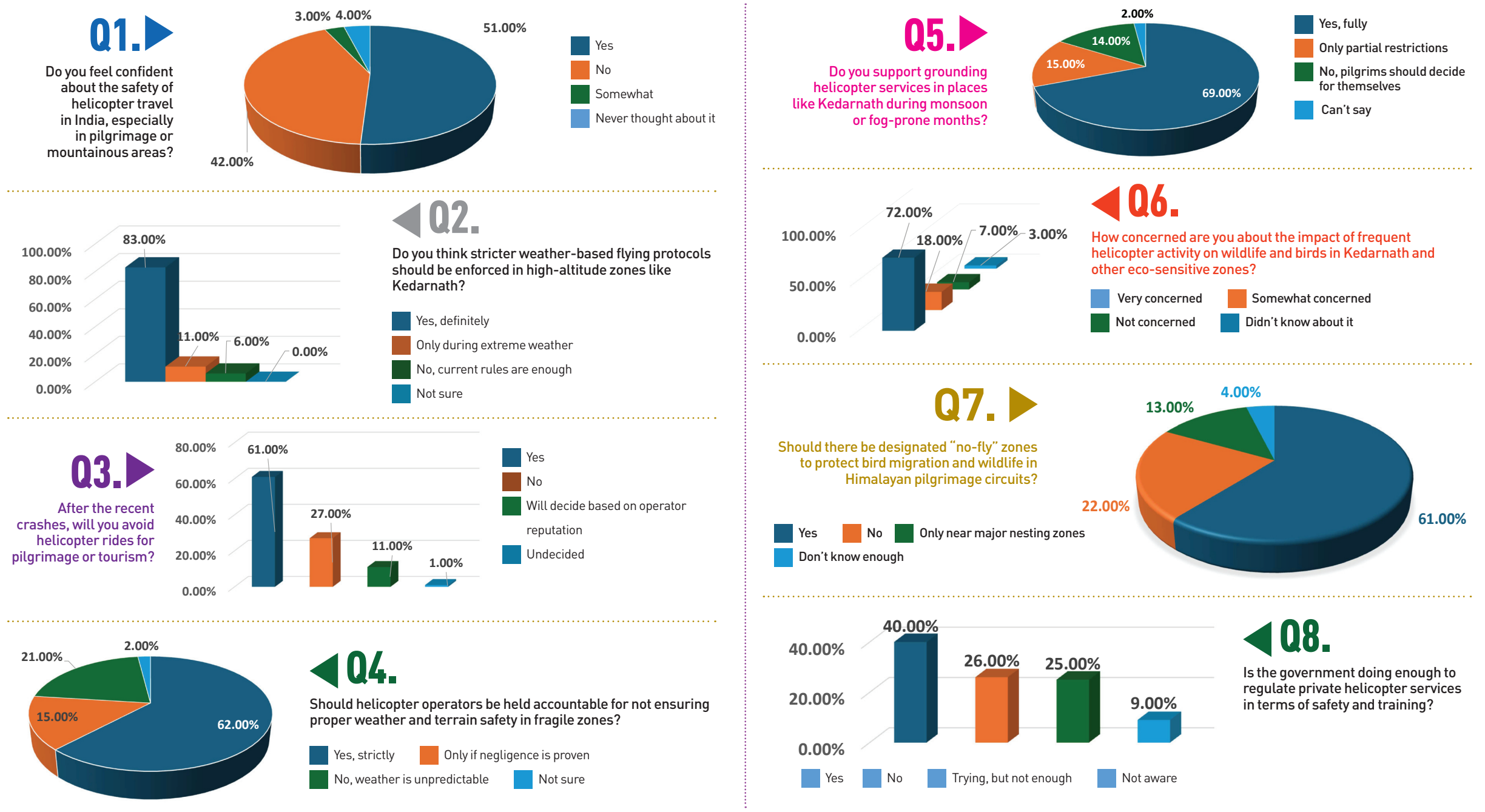


Prime Minister Narendra Modi receives Cyprus’s highest honour, ‘The Grand Cross of the Order of Makarios III,’ from Cyprus President Nikos Christodoulides, at the Presidential Palace, in Nicosia on Monday.

THE DAILY GUARDIAN SURVEY ON UTTARAKHAND HELICOPTER CRASH

51% believe helicopter travel to be safe in India

The Civil Aviation Ministry suspended Aryan Aviation’s Char Dham Yatra operations after a helicopter crash near Guptkashi killed all seven onboard. Two pilots’ licences were also suspended. Uttarakhand CM Pushkar Singh Dhami halted heli services for two days, ordered a probe, and directed officials to draft strict SOPs and establish a coordination centre in Dehradun for safety.



1,300 SHOPS GUTTED IN KOLKATA FIRE

Amid attack over fire tenders arriving late, CM Mamata visits market, announces compensation, rehabilitation plan, including a new market

NEERAJ MOHAN PANCHKULA

Mayors are architects of cities’ development, says Haryana CM

SUPROTIM MUKHERJEE
KOLKATA

A massive fire ravaged a 150-year-old market at Khidderpore, gutting an estimated 1,300 shops. Distressed traders alleged that the fire tenders arrived very late. West Bengal Fire and Emergency Services Minister Sujit Bose, who visited the site early Monday, was met with angry protests from affected shopkeepers over the delayed response.

“We called them immediately after spotting the fire, but they arrived nearly two hours later,” a shopkeeper said. “When they did, the water pressure was too low, and the supply got exhausted in 10 minutes,” he added.

A second fire engine arrived half an hour later, but its water also ran out quickly, they claimed.

Officials said the fire, which was reported around 2.05 am, was contained by 6 am. And at least 20 fire tenders were deployed to douse the



flames. The blaze is suspected to have been caused by a short circuit, a senior fire official said. The presence of highly flammable materials such as gunny sacks, oil, and butter in nearby godowns intensified the flames, which reportedly spread rapidly from the top floors downward. Officials said the narrow, congested layout of the market hampered firefighting efforts. “Navigating lanes to bring in fire engines was a huge challenge,” an officer at the site said. Mamata Banerjee visited the fire-ravaged market on Orphangunge Road at Khidderpore and announced a rehabilitation



plan, including the construction of a new market, financial assistance for affected traders, and temporary rehabilitation arrangements for business continuity.

Banerjee said a detailed investigation and assessment of the damage caused by the pre-dawn blaze at the nearly 150-year-old market would be carried out.

“I have spoken to the Mayor and a new market will be constructed at the affected site with a modern, scientific and safe design, including a proper fire management system. You will not have to spend anything. The Government will build this market

business, Banerjee said the market will be temporarily relocated to a nearby site till a new structure is built. “We are finalising the relocation site in consultation with the Councillor and the Mayor. A spot has already been identified. Your market will be temporarily shifted there so that your business, livelihood, and family life can continue without major interruption,” she said.

Banerjee said a survey would be conducted to identify the beneficiaries, and that no new person will be allocated shops in the proposed market.

“We are ready to help, but we need a complete report to find out whose shops were completely or partially burnt. This will be done through a proper inquiry and site enquiry,” she said, adding, “The survey process will take some time to complete, but it is essential to determine the extent of losses that people here have suffered.

Haryana Chief Minister Nayab Singh Saini said that mayors, as the first citizens, play a significant role in ensuring development and progress of the cities. He emphasized that mayors implement government policies and schemes on the ground, understand the aspirations of citizens, and work to resolve their issues. In the vision of local self-governance, mayors are akin to the backbone, said Saini while addressing the 115th meeting of the All India Mayor’s Executive Council held on Monday in Panchkula.

The Chief Minister said that in Haryana, mayors are directly elected by the people and possess executive powers. This system creates a strong



bridge between citizens and their representatives, making the decision-making process more accountable and effective, he added. CM Saini said that under the leadership of Prime Minister Narendra Modi, as the nation progresses toward the goal of a “Developed India,” the role of cities has become increasingly crucial. Cities are not just places of residence, they are engines of economic growth, centers of innovation, and confluences of cultural exchange, he

said. The Chief Minister said that Haryana views urbanization not as a challenge but as an opportunity. The state’s vision is to make cities a blend of “Ease of Living” and “Ease of Doing Business.” He stressed that urban development must not be limited to infrastructure like buildings and roads but must also focus on making cities vibrant, sensitive, and self-reliant. He said that by 2047, nearly 900 million people in India are expected to live in cities.

HAU protest: 50 'forced' to take exams amid boycott, say students

NEERAJ MOHAN
CHANDIGARH

The protest by students at Chaudhary Charan Singh Haryana Agricultural University (HAU) in Hisar, Haryana, entered its seventh day on Monday following an alleged attack on students by security personnel. Out of 1,700 students scheduled to take exams across various university colleges, only 50 appeared. The university deployed heavy police forces, and the district administration imposed Section 163 to maintain order.

On Sunday, the university administration claimed that all student demands had been met and urged them to end the protest and attend exams starting Monday. However, students held a press conference, denying any discussions with the administration and accusing them

of making false statements. They vowed to boycott the exams until their demands are addressed.

The students are protesting against changes in the scholarship policy and the alleged lathi-charge (baton attack) on them. Despite the university’s assurance of continuing stipends and meeting other demands, the students continued their sit-in. On Monday, exams began, but students boycotted them in large numbers. Of the 1,700 students expected, only 13 appeared—nine were foreign students, three were from other states, and one was a staff member’s son.

Students alleged that professors pressured them to attend exams, threatening legal action under Section 163 if they continued the protest. They also claimed that some students were forcibly taken

from hostels to appear for exams. Additionally, wardens, accompanied by male police officers, allegedly entered the girls’ hostel, knocked on doors, and pressured female students to attend exams, leading to heated arguments.

The protesting students received support from former MLA Ramniwas Ghodela and members of the Pagdi Sambhal Jatta Kisan Sangharsh Samiti. Together, they burned an effigy of the Vice-Chancellor (VC) during the protest.

The exams were scheduled for colleges including the College of Community Science, College of Basic Science, College of Agriculture, College of Agricultural Engineering, College of Biotechnology, and Colleges of Agriculture in Hisar and Kaul (Kurukshetra).

Enough is enough, need to throw AAP out: Capt Amarinder

TARUNI GANDHI
CHANDIGARH

Senior Bharatiya Janata Party leader and former Punjab Chief Minister Capt Amarinder Singh today urged the people of Ludhiana West to ensure that they vote for a serious party and a serious candidate, as the three years of Aam Aadmi Party rule had destroyed Punjab in every way.

“Enough is enough, we cannot afford such misrule anymore in Punjab”, Capt Amarinder said in a message,



while urging people to vote wisely and carefully, keeping their own and Punjab’s future in mind. He hoped that Ludhiana West will show the direction for the whole of Punjab by making a beginning to throw the AAP out. He

said the last three years had only seen lies and fake claims while nothing happened on the ground. He noted that people of Ludhiana West owe it to the people of Punjab to convey a strong message that the Punjabis disapprove of what the AAP government has done during the last three years. The senior BJP leader expressed confidence that people of Ludhiana West will vote for a serious candidate and serious party whom they would feel confident and comfortable with.

Review petition in SC against verdict on 3-year practice rule for judicial service

TDG NETWORK
NEW DELHI

A review petition has been filed before the Supreme Court against its recent judgment mandating three years of practice as a lawyer for the entry posts in judicial service (post of Civil Judge-Junior Division).

The review petition was filed against the judgment delivered by a bench of Chief Justice of India BR Gavai, Justice Augustine George Masih and Justice K Vinod Chan-

dran on May 20.

The top court had also ordered that the requirement of minimum years of practice shall not be applicable in cases where the High Court had already initiated the selection process for the post of Civil Judge (Junior Division) prior to the date of the judgment. Advocate Kunal Yadav filed the review petition stating that fundamental rights under Articles 14 and 16 stand infringed due to the imposition of the condition.

GLOBAL IMPACT OF PM MODI

23 Global Honors

Celebrated by 140 Crore Indians

India's Unstoppable Global Ascent

2025

-  **Cyprus's** Highest Honour – the Grand Cross of the Order of Makarios III
-  **Sri Lanka's** highest civilian honour, The Mitra Vibhushana
-  **Mauritius's** The Grand Commander of the Order of the Star & Key of the Indian Ocean

2024

-  **Kuwait's** The Order of Mubarak Al Kabeer
-  **Guyana's** The Order Of Excellence
-  **Barbados's** The Order of Freedom
-  **Nigeria's** Grand Commander of the Order
-  **Dominica's** Dominica Award of Honour
-  **Russia's** Order of St. Andrew the Apostle

2023

-  **Greece's** Grand Cross of the Order of Honour
-  **France's** Grand Cross of the Legion
-  **Egypt's** Order of the Nile
-  **Republic of Palau's** honour Ebakl Award
-  **Papua New Guinea's** the Order of Logohu
-  **Fiji's** Companion of the Order of Fiji

2021

-  **Bhutan's** Order of the Druk Gyalpo



2020

-  **US Government's** Legion of Merit

2019

-  **Bahrain's** King Hamad Order of the Renaissance
-  **Maldives'** the Order of the Distinguished Role of Nishan Izzuddin
-  **United Arab Emirates'** Order of Zayed Award

2018

-  **Palestine's** the Grand Collar of the State of Palestine Award

2016

-  **Afghanistan's** the State Order of Ghazi Amir Amanullah Khan
-  **Saudi Arabia's** Order of King Abdulaziz

BOEING TEAM, AAIB OFFICIALS REACH AHMEDABAD TO INSPECT PLANE CRASH

Dreamliner crash: DNA matching of 92 victims completed, 47 bodies have been dispatched to various districts

TDG NETWORK
AHMEDABAD

A team from Boeing and the officials of the Aircraft Accident Investigation Bureau (AAIB), on Monday, arrived in Ahmedabad to inspect the site of the Air India plane crash.

An investigation is underway to find the reasons that led to the tragic incident on June 12.

The London-bound Boeing 787-8 Dreamliner aircraft crashed into a hostel complex shortly after take-off from Sardar Vallabhbhai Patel International Airport on June 12, killing 241 passengers and crew, including former Gujarat Chief Minister Vijay Rupani.

Earlier today, an expert from the UK who reached the Air India Plane Crash site in



Rushabh Rupani, son and other family members of Former Gujarat CM Vijay Rupani, who lost his life in the Air India plane crash, pay their last respects to him, in Ahmedabad on Monday. (ANI Video Grab)

Ahmedabad to conduct an inspection, said, "Maybe we will be able to speak later... We saw what you guys can see... It's just the same, as you can see from here."

Meanwhile, the Additional Medical Superintendent of Ahmedabad's Civil Hospital said on Monday that the DNA sample matches in the Air India plane crash have

reached 92, corresponding to 87 individuals, due to some duplication.

Speaking to the media, Dr Rajnish Patel said that 47 bodies have been dispatched to various districts so far.

"Of the bodies brought to Civil Hospital, DNA matching of 92 (body remains) is completed, of this (the number of individuals is 87 because there

is duplication. 47 bodies have been dispatched from here... Bodies have been dispatched to Kheda, Ahmedabad, Kota, Mahesana, Bharuch, Vadodara, Aravalli, Anand, Junagarh, Bhavnagar, Amreli, Mahisagar and Bhavnagar," Dr Patel said.

Meanwhile, former Gujarat Chief Minister Vijay Rupani, who lost his life in the crash,

will be cremated in Rajkot later today with full state honours.

The Tricolour is being brought to the Civil Hospital mortuary in Ahmedabad to be draped over his mortal remains. Around 2,000 kilograms of flowers will be used to decorate the hearse van that will carry the body of the former Chief Minister.

The crash claimed 241 lives out of the 242 people onboard, which included 230 passengers and 12 crew members. The lone survivor, Vishwash-kumar Ramesh, a British national of Indian origin, is currently undergoing treatment for his injuries.

At least 33 people, including residents on the ground and MBBS students, also lost their lives as the plane rammed into the doctor's hostel after the crash.

Maha convenes high-level meet after bridge collapse

TDG NETWORK
MUMBAI

Following the tragic bridge collapse over Indrayani river in Maharashtra's Pune district, where four lives were lost, a high-level meeting of top administrators of the state was convened on Monday.

The meeting was chaired by the State Chief Secretary, Sujata Saunik, at her office, with the Additional Chief Secretary, Principal Secretary, Rural Development Department Secretary (Roads), Divisional Commissioner of Pune, Pune District Collector, Pune Chief Executive Officer, officials from Public Works Department, and Pune Superintendent of Police joining virtually.

The collapse, which occurred on Sunday afternoon, resulted in four deaths and left 51 injured, as per Pune District Collector Jitendra Dudi.



The deceased were identified as Chandrakant Salve, Rohit Mane, and Vihaan Mane, while the fourth remains unidentified.

Speaking to ANI, District Collector Jitendra Dudi said, "A total of 51 people are injured and admitted to different hospitals, taking treatment, and four individuals have died. Three were identified as Chandrakant Salve, Rohit Mane, and Vihaan Mane, and one was male but unidentified."

"The incident happened at 3:15 pm and we got the information at 3:30 pm. A team of about 250 people immediately came here. The rescue operation started, and

so far we have rescued about 38 people," he added.

Meanwhile, search and rescue operations resumed earlier on Monday near the river located in Talegaon in Maharashtra's Pune district.

As per officials, two teams have been deployed to actively engage in the search and rescue efforts, focusing on locating any remaining missing persons amidst ongoing rainfall in the region.

One of the survivors, who was injured in the bridge collapse, recalled that there was a huge crowd, which had gathered at one place on the bridge before the bridge collapsed.

Kerala urges Centre for equitable Central support to states in skill development

AGENCIES
THIRUVANANTHAPURAM

Kerala on Monday emphasised the constitutional spirit of co-operative federalism and urged the Centre for equitable treatment of all states, irrespective of political alignment.

The southern state urged the union government to institutionalise a system for recognising best-performing states in skill development and to promote cross-learning through knowledge exchange platforms.

The remarks were made by state Labour Minister V Sivankutty while addressing a gathering at the Kaushal Manthan conclave organised by the Union Ministry of Skill Development and Entrepreneurship (MSDE) in Hyderabad.

In the presence of Union Minister Jayant Chaudhary and ministers from southern states, Sivankutty articu-



lated Kerala's strong commitment to advancing the national skilling agenda while calling for greater cooperative federalism and equitable central support.

Extending warm greetings and appreciation to the MSDE for its leadership, the minister highlighted Kerala's human development strengths and successful implementation of skill

development initiatives under KASE -the State Skill Development Mission.

During the address, the Kerala minister sought continued support for the institutional framework created under the SANKALP programme, particularly for District Skill Committees (DSCs), which have proven effective in reaching marginalised and non-institutional target groups.

Noting the success of the Mahatma Gandhi National Fellowship (MGNF) programme, he proposed the establishment of a national pool of skilled professionals dedicated to implementing and monitoring skilling interventions at state and district levels.

Sivankutty said Kerala, in collaboration with National Skill Development Corporation (NSDC) and Kochi Metro Rail Limited (KMRL), has proposed the establishment of a national-level Institute of Management Research and Training (IMRT) in Kochi.

CM Stalin slams TN Guv Ravi over delay in Kalaigarnar University Bill

TDG NETWORK
CHENNAI

Tamil Nadu Chief Minister MK Stalin on Monday lambasted Tamil Nadu Governor RN Ravi over the delay in granting assent to the bill establishing Kalaigarnar University in Thanjavur, accusing him of deliberately stalling the legislative process at the behest of the Union Government.

Speaking at a public event in Thanjavur, Stalin said that despite the Tamil Nadu Assembly unanimously passing a bill on May 2 to establish the university named after former Chief Minister M. Karunanidhi, the Governor has yet to



give his assent, even after 40 days.

"In Thanjavur district, I announced a new university named after Kalaigarnar (Karunanidhi). Even though I set this direction, the name Kalaigarnar was requested by all party members in the Tamil Nadu Assembly. A bill was passed unanimously on May 2nd

to establish Kalaigarnar University in Thanjavur and sent to the Governor for assent. However, the Governor has still not given permission," Stalin said.

"If he had granted permission by now, the university would have already started functioning. It has been more than 40 days since the bill was passed, yet the Governor has not given his assent. We thought the Supreme Court verdict would change his mind, but it has not... Our Higher Education Minister requested a meeting with him on this issue, but the Governor has not allotted any time to meet. He knows we will demand his assent

and permission to start Kalaigarnar University, so he is deliberately avoiding us," the Tamil Nadu Chief Minister added, calling the inaction a betrayal of democratic values.

Highlighting broader issues, Stalin accused both the Governor and the Union Government of systematically obstructing the state's administration.

"When we work diligently every day, the opposition leader becomes jealous. On the other hand, the Governor, who acts as an agent of the Union Government, has been obstructing our efforts -you all know what he has done so far," he stated.

HC summons MLA Moorthy, ADGP Jayaram in abduction case

TDG NETWORK
CHENNAI

The Madras High Court on Monday summoned Member of Legislative Assembly (MLA) Poovai M Jagan Moorthy and Additional Director General of Police (ADGP) HM Jayaram in connection with an alleged abduction case.

Justice P Velmurugan ordered both individuals to appear before the court today, warning that the Tiruvalangadu police in Tiruvallur district would be instructed to arrest them if they failed to comply.

The directive was issued during the hearing of an anticipatory bail petition filed by Jagan Moorthy, who was elected from the Kilvaithinakuppam reserved constituency in Vellore district during the 2021 Tamil Nadu Assembly elections. He contested on the AIADMK symbol as a candidate from the



Justice P Velmurugan ordered both individuals to appear before the court today, warning that the Tiruvalangadu police in Tiruvallur district would be instructed to arrest them if they failed to comply.

Puratchi Bharatham party. Senior counsel S Prabakaran, appearing on behalf of the MLA, argued that his client had no involvement in the alleged abduction and accused the police of attempting to arrest and subject him to custodial interrogation without sufficient grounds.

The case has drawn widespread attention due to the alleged collusion between a sitting legislator and a senior police official. The court is expected to hear further submissions shortly when both the MLA and the ADGP are scheduled to appear in front.

Tamil language should also be permitted in Apex court, says Stalin

AGENCIES
THANJAVUR

Tamil Nadu Chief Minister M K Stalin on Monday said Tamil language should also be allowed for use, as a court language, in the Supreme Court.

Presiding over a wedding, the chief minister recalled that in 1967, the first DMK government led by late Chief Minister

C N Annadurai made reformist, self-respect (secular) marriages in which no rituals are observed and not presided nor solemnised by a priest) marriages legally valid. The bride and groom belong to DMK families.

Pointing to Justices R Mahadevan and M M Sundresh, judges of the Supreme Court, delivering their speeches in Tamil, he said Tamil language should also be allowed for use, as a court language, in the apex

court.

This representation was being made continuously, the CM underscored and expressed happiness that judgments were provided in Tamil language as well.

The Tamil language should be allowed to argue matters in the Supreme Court and the Madras High Court and this had been a long time demand, Stalin said and requested support for the cause from the judges.

Judge, Madras High Court, B Pugalendhi was also present on the occasion.

According to the Centre, as on September 27, 2024, as many as 37,661 judgments of Supreme Court have been translated in vernacular languages including Tamil (2,559). Also, as on September 27, 2024, as many as 892 Madras HC judgments were made available in Tamil.

IndiGo issues travel advisory following heavy rain in Mumbai

TDG NETWORK
MUMBAI

IndiGo Airlines issued a travel advisory on Monday regarding a "temporary disruption" of scheduled flights over Mumbai due to heavy rainfall in the region.

In its travel advisory, IndiGo urged the passengers to take up additional time while planning their journey, as there may be possible flight delays. Also, traffic may become slow following heavy rainfall.

"There's a heavy downpour over Mumbai at the moment, causing some temporary disruption to flight schedules. If you're travelling today, please be aware of potential delays and allow additional time for your journey, especially with traffic moving slower than usual. We're monitoring the situation closely and will get you airborne as soon as possible", IndiGo said in its travel advisory.

Many parts of Maharashtra, including Mumbai, Pune and Navi Mumbai, received heavy



A view of trapped vehicles after a part of road caves in during heavy rains, at Vashi Plaza Commercial Complex, Navi Mumbai, in Thane on Monday. ANI

and light rainfall on Monday morning. The Indian Meteorological Department has issued an alert for heavy rain in Mumbai later in the day.

According to IMD, isolated heavy rains are likely in Kokan, Goa, and parts of Maharashtra, Saurashtra, and Kutch from June 18 to 21. Meanwhile, Gujarat can experience light to moderate rainfall from June 16 to 17.

"Light/moderate rainfall at most/many places accompanied with thunderstorm, lightning and gusty winds speed reaching 30-40 kmph

likely over Gujarat State during 16th -17th June. Isolated heavy rainfall likely over Konkan & Goa, Madhya Maharashtra, Saurashtra & Kutch during 18th-21st; Gujarat Region on 18th & 19th June with very heavy rainfall at isolated places over Konkan & Goa during 16th-18th, Madhya Maharashtra, Saurashtra & Kutch during 16th-17th; Gujarat Region on 16th June with extremely heavy rainfall (>20 cm/24 hours) likely at isolated places over Konkan & Goa on 16th June", IMD said in its statement.

TN Health Min inspects counselling centre for NEET students who couldn't succeed

TDG NETWORK
CHENNAI

Tamil Nadu Health Minister Ma Subramanian on Monday inspected the Mental Health Counselling Centre at the Directorate of Medical and Rural Health Services Campus in Teynampet, Chennai. During his visit, he spoke with a student over the phone, offering reassurance and support.

The Tamil Nadu govern-

ment has launched a mental health counselling initiative for students who either failed to clear the NEET exam or did not secure a medical seat despite qualifying.

Addressing the media, Subramanian said, "Since this government assumed office, we have been providing mental health counselling through the 104 helpline to students who could not clear the NEET. Over the past four

years, we have offered counselling every year to those who either failed the NEET or couldn't get a seat even after passing. Last year, we also extended counselling to Class 12 students who failed their board exams."

Headed, "The 104 helpline does more than just mental health counselling -it also provides career guidance, explaining multiple academic and professional options to



students."

Sharing this year's NEET data, Subramanian stated, "In

Tamil Nadu, 1,35,717 students appeared for NEET this year. Out of these, 76,181 cleared the

exam, while 59,534 did not."

Speaking about today's counselling sessions, he said, "The 104 helpline has just begun its operations. In the first phase, 80 mental health counsellors are providing support in two shifts -forenoon and afternoon. Since morning, over 600 students have already been contacted and counselled."

The minister also urged parents to avoid putting undue

pressure on their children. "Alongside counselling, we are guiding students on alternative career paths and advising parents to support them constructively," he added.

The National Testing Agency on Saturday declared the results of the NEET (UG) examination. The NTA shared a post on their official 'X' handle and informed about the development.

The NEET (UG) exami-

nations were held on May 4 across 548 cities in India and 14 international centres. More than 20.8 lakh students appeared for the NEET (UG) examination.

Rajasthan's Mahesh Kumar achieved the first rank in the NEET (UG) 2025 examination with a percentile of 99.9999547, whereas Madhya Pradesh's Utkarsh Awadhya achieved the second rank with 99.9990095 percentile.

DOUBLE-ENGINE GOVT WORKING EFFICIENTLY IN DELHI: CM REKHA

Delhi CM Rekha Gupta praised the synergy between Centre and State, calling the double-engine government's performance in Delhi commendable.

TDG NETWORK
NEW DELHI

Stressing that there will be more progress in the national capital in the coming days, Delhi Chief Minister Rekha Gupta said on Monday said that the Centre has supported the Delhi government in building world-class infrastructure in the city, further adding that the Central government is working "shoulder to shoulder" with her administration.

Delhi CM Gupta, along with Union Minister Hardeep Singh Puri, inaugurated an exhibition highlighting 11 years of the NDA government and 100 days of the current Delhi government.

Speaking to the media, CM Gupta said, "Today, I am very happy that the Central Government has com-



pleted 11 years and the Delhi Government has completed 100 days, and the way the double-engine government has started working in Delhi is commendable. The Centre has always worked a lot for Delhi, but unfortunately, the previous government neither recognised their efforts nor gave them credit."

"However, today, when

we look at the progress, we have received significant support from the Centre in building world-class infrastructure in Delhi.

Through roadways alone, we received support worth Rs 1.25 lakh crore. Similarly, major schemes like Ayushman Bharat, which were previously not implemented here, have now been supported by the Centre.

We have opened Arogya Mandirs (health centres). In every project, the Centre is working shoulder to shoulder with Delhi," Rekha Gupta added.

Drawing a comparison with the previous Aam Aadmi Party (AAP) government, the Delhi CM said that the difference now is that no one is blaming each other anymore, and everything seems more organised. "In Delhi, whatever targets we have taken up, be it air pollution, cleaning the Yamuna, tackling garbage mountains, or improving water and electricity, there will be more progress and better work done on all fronts," she emphasised.

Union Minister Hardeep Singh Puri, speaking on the occasion, said that the "triple-engine" government --at the Centre, in

Delhi, and in the Municipal Corporation of Delhi (MCD) --is now well-positioned to deliver on promises of development. "I've seen Delhi evolve since just after partition, when the city's population was around 11-12 lakh. After successive waves of migration, the population has now crossed over 2 crore. You can see the results of the triple-engine government we now have --at the Centre, in Delhi, and in the MCD. With PM Modi's 11 years of governance and the support of local bodies, we have no excuses left. We must now deliver on the promises of development and ensure Delhi gets what it rightfully deserves. When PM Modi took charge in 2014, India's GDP was 2 trillion dollars. Today, it has reached 4 trillion dollars," he said.

Delhi Police detains 36 illegal Bangladeshi migrants

TDG NETWORK
NEW DELHI

The Foreigners Cell of the North-West District Police apprehended 36 Bangladeshi nationals, including 17 minors, during a targeted raid in the Wazirpur JJ Colony area of Delhi on June 13, said an official.

The operation was based on specific intelligence regarding the presence of illegal immigrants in the locality.

According to the police, the crackdown was part of a broader initiative to identify and take legal action against unauthorised foreign nationals residing in the national capital. Acting on credible information, the Foreigners Cell conducted sustained surveillance, culminating in a comprehensive verification drive across 25 footpaths and 32 lanes within the jurisdiction of Bharat Nagar Police Station.

During the operation, a suspicious individual was apprehended and interrogated. Though he initially



The operation was based on specific intelligence regarding the presence of illegal immigrants in the locality.

misled the officials, he later confessed to being a Bangladeshi national without valid documentation.

Based on his revelations, police identified and detained 35 more individuals from the area.

The group, comprising 19 adults and 17 children, was all found to be living without valid travel documents, visas, or permits, in violation of the Foreigners Act, 1946, and other relevant immigration laws. Police said all individuals were taken

into custody and transported to the Foreigners Cell for interrogation and formal documentation.

During the questioning, the detainees disclosed that they had previously worked in a brick kiln in Mewat, Haryana, but fled the area fearing arrest by local authorities.

Since then, they had been moving frequently between footpaths and were attempting to find rented housing to integrate into the local population.

Anti-pollution machines to boost road cleaning efforts in city showcased

TDG NETWORK
NEW DELHI

Delhi Chief Minister Rekha Gupta and Environment Minister Manjinder Singh Sirsa on Monday attended a special demonstration showcasing the functioning of Mechanical Road Sweeping (MRS) machines, water sprinklers and advanced anti-smog guns.

The government had announced plans to hire MRS machines, sprinklers and anti-smog guns to tackle pollution, which remains one of the most pressing issues in the national capital, said Gupta during the event.

"We are trying to deploy these machines in every constituency to ensure proper cleaning," she added.

The chief minister said all cleaning machines are



highly advanced and come in different variants, including electric ones.

"We are planning to hire electric machines so that they do not add to pollution," she added. Gupta said the MRS machines are equipped with multiple functions, including sweeping, cleaning, water loading and unloading, and litter picking. Earlier on May 20, the chief minister had announced that the Cabinet had approved a comprehensive sanitation and dust control plan for roads maintained by the Public Works Department (PWD).

Delhi Govt's dust pollution mitigation project to cost over Rs 2,000 crore

TDG NETWORK
NEW DELHI

The Delhi government's comprehensive road dust pollution mitigation project is likely to cost Rs 2,388 crore over a period of 10 years, according to a proposal approved by the Cabinet.

Delhi Chief Minister Rekha Gupta had last month headed a meeting of the Cabinet, which approved a 'Pollution Control and Emergency Measures' project under which 250 water sprinkler machines fitted with anti-smog guns will be hired at an estimated cost of Rs 1,158 crore.

Besides, 70 mechanical road sweeping (MRS) machines fitted with 210 water sprinklers, water tankers and anti-smog guns will be hired at the cost Rs 1,230 crore for a period of seven



years. One of these MRS machines was launched by the chief minister along with Environment Minister Manjinder Singh Sirsa.

The Public Works Department (PWD), which has been providing facilities for mechanically sweeping and sprinkling water on roads under its jurisdiction for the entire year except during the monsoon season, will execute this project, said officials. "This project is only for cleaning of dust in the carriageway, excluding cleaning

of footpaths and greening of central verges. The machines under this project may be utilized in Delhi on a need basis for overall improvement of the city's ambient air quality," said the minutes of the meeting. The efficiency of mechanical sweeping has been reported as 55 per cent effective in reducing PM-10 concentration in the air and it increases to 90 per cent efficacy if assisted by vacuum-assisted sweeping, according to a study done by IIT Kanpur in 2016.

DDA conducts demolition drive in Ashok Vihar slum area

TDG NETWORK
NEW DELHI

The Delhi Development Authority conducted a demolition drive at Jailorwala Bagh in the Ashok Vihar slum area on Monday. Earlier on June 11, A demolition drive is underway at Bhoomihin Camp, located in Kalkaji area.

The Delhi Development Authority (DDA) had issued an official notice to all residents of Bhoomihin Camp, directing them to vacate their premises in view of the demolition of illegal huts, following directions from the High Court.

On June 10, Leader of Opposition in Delhi assembly and AAP MLA from Kalkaji, Atishi, staged an anti-demolition drive protests in the area, following which



she was detained by the Delhi Police.

Atishi launched a scathing attack on the ruling Bharatiya Janata Party and Chief Minister Rekha Gupta, saying that the BJP and Rekha Gupta will be cursed by the slum dwellers.

"BJP is going to demolish these jhuggis tomorrow, and I am being jailed today because I am raising my voice for these slum dwellers. 'BJP aur Rekha Gupta ko jhuggi waalon ki haay lagegi.' ...

BJP will never come back," Atishi said a day earlier.

After Atishi was detained by the Delhi Police during protests against the anti-demolition drive, Aam Aadmi Party (AAP) national convenor Arvind Kejriwal came down heavily on the ruling BJP government, accusing them of deteriorating the situation of the city.

In a social media post on X, Kejriwal wrote, "They ruined Delhi in just three months."

Man stabbed to death while trying to resist snatching, three minors arrested

TDG NETWORK
NEW DELHI

Delhi Police have nabbed three minors for a robbery cum murder case in which the victim was stabbed to death while trying to resist the snatching of his mobile phone and other personal belongings, said the police.

Acting swiftly on available leads, the police team apprehended the juveniles involved and recovered the weapon of offence--a dagger--along with the deceased's wallet and ID card from their possession. The CCLs had committed the crime with the intent to earn easy money in order to fulfil their personal desires and sustain a lavish life-



style beyond their means, said the police.

According to Delhi Police, on 10 June, information was received at PS Ashok Vihar from Deep Chand Bandhu Hospital regarding the admission of a person named Amit Kumar, who had been brought in injured condition after being stabbed by unknown assailants.

Acting swiftly, police

personnel from PS Ashok Vihar reached the hospital, where it was found that the victim had sustained two deep stab wounds on the right side of his chest. Despite medical efforts, Amit Kumar tragically succumbed to his injuries during the course of treatment.

In the absence of any eyewitness or immediate clues, the matter was considered as a blind murder case, and a case was registered vide FIR No. 325/25 U/s 103(1) BNS and investigation was taken up.

Team of PS Ashok Vihar analysed technical surveillance, conducted extensive local inquiries, and reviewed CCTV footage from

the area surrounding the crime scene. Based on this route, local intelligence was developed, and informers were activated to gather further leads.

As a result of sustained efforts, the accused persons were identified and apprehended.

Upon sustained questioning, the apprehended juveniles confessed to their involvement in the present murder case. They admitted that they had attempted to snatch the victim's mobile phone, and when the victim resisted, they stabbed him and fled the scene with his mobile phone and other personal belongings.

Delhi Police busts cyber extortion racket; two arrested in nude video blackmail case

TDG NETWORK
NEW DELHI

The Delhi Police have uncovered a cyber-extortion racket and arrested two persons, including the alleged mastermind, in a case involving blackmail through nude video calls.

The investigation began after a complaint was filed by Ankit Kumar Kain, a resident of Shahdara, who fell victim to the scam, said the police. According to the police, Kain met a woman named Nandini on the dating app QuakQuak. After exchanging WhatsApp numbers, she initiated a video call in a nude condition while recording Kain's face.

The investigation began after a complaint was filed by Ankit Kumar Kain, a resident of Shahdara, who fell victim to the scam, said the police.

She later blackmailed him, threatening to leak the video unless he paid up. Fearing social humiliation, Kain transferred Rs 35,000 to a Bandhan Bank account provided by the blackmailer. When she demanded more money, he filed a complaint on the National Cybercrime Reporting Portal (NCRP), said the police. Probing the transaction, police traced the money to a Bandhan Bank account opened in the name

of Mangal Singh, a South Delhi resident, but operated by Shyam Singh from Rajasthan. Investigations revealed that Shyam Singh opened the account online using Mangal's details. The police said that the registered mobile number and email ID were linked to Shyam.

Four mobile handsets used in the scam were recovered from Shyam's possession. The ATM card and SIM linked to the ac-

count were handed over to another accused, Aamir, who remains at large. Mangal Singh was also arrested from his residence in Jhangola, Delhi. He disclosed that he met with the accused Shyam Singh through one person, namely Harjeet Singh alias Sonu. Accused Shyam Singh offered him Rs. 10,000 in lieu of one bank account. Then the bank account of the accused Mangal got opened online by the accused Shyam Singh. Mangal has also given his ATM Card & cheque book of the said alleged bank account & SIM (registered in the alleged bank account) to the accused Shyam Singh.

'Electrocuted teens hid struggles from kin to support family'

TDG NETWORK
NEW DELHI

"My brother used to keep a very small amount as pocket money. He would use most of his earnings to buy medicines for our mother," said Ram Kumar, brother of Bharat, one of the two teenagers who died of electrocution in southwest Delhi's RK Puram.

Bharat (16) and Arvind (17), both roadside eatery workers, died early Sunday after electric wires damaged by rain and thunderstorms

fell on a footpath outside their eatery where they were sleeping.

Both had travelled to Delhi from Madhubani in Bihar in search of a better life.

The families of Bharat and Arvind believed the boys were working at a hotel and had a proper place to stay.

Ram, brother of Bharat, told the media they had no idea his brother was facing such hardships and sleeping on the roadside.

"He had told us that he worked at a hotel and had all the facilities. But we later

found out that he was working at a roadside food stall," Ram said.

He said Bharat came to Delhi two years ago from Begusarai and was earning Rs 7,000 a month.

"My brother used to keep a very small amount as pocket money. He would use most of his earnings to buy medicines for our mother Laxmi, who works as a maid in Delhi," he added. "We still don't understand why he kept lying about his hardships. All he wanted was to support the family financially. We are

considering conducting the last rites in Delhi itself," Ram said, hoping that the Delhi government would provide financial help to the family.

Arvind's cousin, Prem Kumar, said he (Arvind) had come to Delhi at a very young age to support his family.

"He also told us he was staying at a hotel where he used to work. We thought he had a room there along with other workers. I had spoken to him on the same day. He said he was doing well and would send more money

soon," Prem said. Prem, who works as a labourer, said Arvind had been supporting his family since young age and was always ready to help others. Police received a PCR call around 4.30 am on Sunday regarding a tree collapse and the electrocution of two persons near the fire station on Vivekanand Marg.

The caller, Sunil Kumar (45), who owns the eatery where the victims worked, informed police that both teens were sleeping outside the kiosk when the incident occurred.

15-year-old girl dies by suicide, leaves note behind

TDG NETWORK
NEW DELHI

A 15-year-old girl allegedly took her own life at her home in the Alipur area of outer North Delhi.

A suicide note was recovered from the scene, an official said on Monday.

The girl was found hanging in her residence in the Bakhtawarpur area and was rushed to the Government Hospital in Burari by her father, where she was declared dead, the police said.

In her suicide note, she apologised to her parents and brothers for the extreme step, a police source said, adding that she allegedly

committed suicide after she was scolded by her parents.

"A call regarding the incident was received at 10.12 am, following which a police team was dispatched to the hospital. Inquest proceedings are underway," a senior police officer said.

The teenager was a Class 11 student at a government school in Bakhtawarpur and lived with her parents, who are daily-wage labourers, and three brothers in a rented accommodation.

Further inquiry is underway to ascertain the cause behind her taking the extreme step, the police added.

MAMATA SAYS BJP LABELS BENGALIS AS ‘OUTSIDERS’

SUPROTIM MUKHERJEE
KOLKATA

Two days after a mason from West Bengal working in Mumbai was detained and pushed into Bangladesh on suspicion of being an illegal alien, Chief Minister Mamata Banerjee on Monday accused the BJP of targeting Bengali-speaking citizens in States ruled by the saffron party labelling them as “Bangladeshis” despite having valid documents.

“You should be ashamed that you are labelling bona fide Indian citizens as Bangladeshis just because of the language they speak. One should feel proud to speak in Bengali, as well as Gujarati, Marathi, Hindi. If you ask me, I can speak in all these languages,” Banerjee said, during the Question Hour in the Bengal Assembly.

“On one hand, you are branding Indians as Bangladeshis for their spoken word, and on the other, you

PUSHBACK FUELS DEBATE

- Mamata Banerjee alleges BJP-ruled states are targeting Bengali-speaking Indians
- Reacts to Mehabub Sheikh’s detention, deportation despite valid Indian documents
- West Bengal Migrant Welfare Board claims due process ignored by Maharashtra Police
- Incident fuels debate on India’s controversial “push back” strategy along Bangladesh border



are depriving these people, who hold voter ID, PAN, and Aadhaar cards, of the right to earn their livelihood in your States,” she added.

The Chief Minister’s comment came two days after Mehabub Sheikh, a 36-year-old man from West Bengal, was reportedly pushed across the Indo-Bangla border by the BSF in the wee hours of Saturday. The man was picked up by Ma-

harashtra police from Mira Road near Mumbai on June 11. The arrest by the Maharashtra police came despite interventions by the West Bengal Police and the State Migrant Welfare Board, which had submitted documents to prove his Indian citizenship.

Sheikh, is a resident of Hossainnagar village in Mahisasthali gram panchayat area of Bhagabangola in Murshidabad district,

and has a wife and three children. Samirul Islam, chairman of the West Bengal Migrant Welfare Board, said: “After Sheikh’s family approached us, we contacted the Maharashtra Police. All the (required) documents were sent to them.

They didn’t even bother to inform the West Bengal Government and Sheikh was pushed into Bangladesh by the BSF.”

Samirul Islam said that

Sheikh had been working as a mason in Maharashtra for the past two years, and resided in the Mira Road area.

His younger brother, Mujibur, speaking from Murshidabad, stated: “Five days ago (Wednesday, June 11), while he was having tea, police picked him up, suspecting him to be a Bangladeshi and took him to Kanakia police station.” Mujibur said the family had started the process of providing the relevant documents to prove the elder brother’s citizenship after he called them from the Kanakia police station.

“We immediately informed the local police, administration, panchayat pradhan and Migrant Welfare Board, who said they were in touch with the Maharashtra Police and by Friday we sent all documents, including his voter card, Aadhaar card, ration card and even our family tree certified by the panchayat, to the Maharashtra Police.”

BJP’s Dubey ‘blames’ Congress for overthrow of Nepal’s ‘Hindu’ monarchy

TDG NETWORK
PONDA (GOA)

Bharatiya Janata Party leader Nishikant Dubey on Monday held the Congress responsible for ending the monarchy in Nepal, calling it the ‘only Hindu nation in the world.’

Dubey repeated a claim by a former Research and Analysis Wing (RAW) intelligence officer, Amar Bhushan, who was tasked with unseating King Birendra and helping former Prime Minister of Nepal Pushpa Kamal Dahal, also known as Prachanda, to come to power.

“Congress’s foreign policy is nepotistic, and India is suffering the consequences of this. The only Hindu nation in the world ended today,” Dubey said in a post on X. Dubey claimed that in the 1980s, India sent Ne-



pal on the “lap of China,” by imposing customs duty and imposing sanctions on goods going to Nepal. He said that the economic pressures increased after former Prime Minister Rajiv Gandhi visited the Pashupatinath temple in the country, but his family was refused entry by the temple management.

“Entry of any non-Muslim is prohibited in Mecca

Masjid or the city; similarly, entry of non-Hindus is prohibited in the Pashupatinath temple of Nepal. In 1988, the then-Prime Minister Rajiv Gandhi went to Nepal; he wanted to visit the temple, but the temple management refused.

India increased customs duty on all goods going to Nepal against the religious sentiments of King Birendra,” Dubey’s post read.

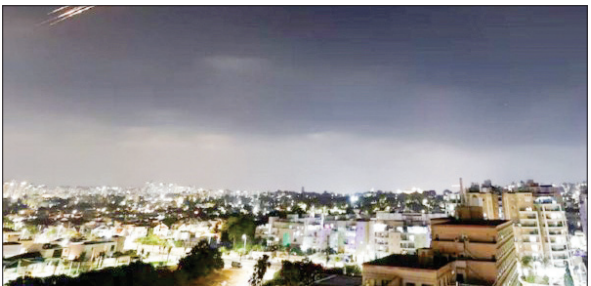
JKSA urges PM Modi to evacuate Kashmiri students from Iran

TDG NETWORK
SRINAGAR

The Jammu and Kashmir Students Association (JKSA) on Monday wrote to Prime Minister Narendra Modi, urging the urgent evacuation of Kashmiri students from Iran amid escalating tensions in the Iran-Israel conflict.

“We, the Jammu and Kashmir Students Association (JKSA), write to you with deep urgency and grave concern regarding the dire situation faced by hundreds of Kashmiri students currently studying in Iran, following the unprecedented escalation in hostilities between Iran and Israel,” JKSA said in the letter.

The JKSA urged the Prime Minister to direct External Affairs Minister S Jaishankar to take urgent steps to relocate the students to safer areas within Iran and initi-



ate immediate evacuation efforts. This will provide much-needed relief and assurance to the distressed families back home, they said.

“Given the immediate risks and growing psychological toll, we urge your esteemed office to initiate urgent measures to protect and support these students. The situation demands not just monitoring, but real-time action,” the letter said.

They requested the Prime Minister’s Office and the Ministry of External Affairs to establish dedicated and responsive communication

lines between Indian students in Iran and the Indian Embassy in Tehran, and to disseminate verified safety information, emergency guidelines, and updates. A clear chain of communication must be activated so that students are not left in the dark amidst chaos, they said. “We also request the formulation and immediate preparedness of a comprehensive evacuation plan. If the situation continues to escalate or critical infrastructure comes under sustained attack, timely evacuation could be the difference between life and death.

UP Min Rajbhar backs MHA census move: ‘It will promote social justice’

TDG NETWORK
LUCKNOW

Uttar Pradesh Minister Anil Rajbhar on Monday called the Union government’s decision to conduct a caste census with a general census a “historic decision,” adding that it will promote social justice.

Anil Rajbhar’s remarks came after the Ministry of Home Affairs (MHA) issued a notification, announcing that the 16th census will be carried out in snow-bound non-synchronous areas of Ladakh, Jammu and Kashmir, Himachal Pradesh, and Uttarakhand from October 2026 and the rest of the country from March 2027.

“This is a historic decision made under the leadership of PM Modi. It will promote social justice. The opposition and the people know it very well that this decision has been in regard to the resolu-

tion of ‘Sabka sath, sabka vikas,’” Anil Rajbhar said.

Rajbhar also questioned Congress for not conducting a caste census during their rule. “Till now caste census has not happened...If the opposition had ever intended to promote social justice, then the Congress government was in power for a long time,” Rajbhar said. Earlier in the day, Congress General Secretary in-charge communications Jairam Ramesh questioned Prime Minister Narendra Modi over “no mention” of caste census in the gazette notification for the population census by the Ministry of Home Affairs, asking, “Has the Prime Minister changed his mind?” Jairam Ramesh also questioned the Union government over the budget allocation for the census, mentioning that it does not match the required amount.

Any terrorist attack in J&K will be considered as act of war: L-G Sinha

TDG NETWORK
UDHAMPUR

Jammu and Kashmir Lieutenant Governor Manoj Sinha on Monday asserted that any terrorist attack in the state will now be treated as an act of war,” which is a tougher approach towards cross-border terrorism.

Manoj Sinha was speaking during the passing-out parade of the 17th Batch of Deputy Superintendents of Police (DySPs) and the 26th Batch of Police Sub-Inspectors (PSIs) at the Sher-e-Kashmir Police Academy (SKPA) in Udhampur.

A total of 50 probationary DySPs and 1,112 probationary PSIs graduated, marking the first batch to complete training under India’s newly implemented criminal laws. The



oath-taking ceremony was witnessed by J&K Director General of Police (DGP) Nalin Prabhat and Additional DGP (Director SKPA) Garib Dass. Addressing the new inductees, LG Sinha showed faith that they could serve the country with commitment. “I am sure these courageous offi-

cers will maintain the honour of the Jammu and Kashmir Police and serve Maa Bharati with pride,” he stated.

Stressing their responsibility, he asked them to uphold law and order, safeguard people, and keep their guard up against danger.

Tapping the spiritual teachings for inspiration, Sinha urged the officers to draw strength from faith in the face of adversity. “Our great saints referred to you as ‘Shoorveer’ (warriors)-you need to protect society from forces of evil,” he stated.

Sinha complimented the recruits on their strenuous training, which consisted of Army and other security forces’ training along with specialised modules on the fresh criminal laws.

TDG NETWORK
AYODHYA

Samajwadi Party MP Awadhesh Prasad on Monday said that former UP CM Mulayam Singh Yadav firstly raised the demand for the caste census and later it was given a push by SP chief Akhilesh Yadav.

Prasad said that Akhilesh Yadav reiterated the demand in the 2022 UP Legislative Assembly elections and the 2024 Lok Sabha polls. He stated that caste census was included as one of the key promises in the manifesto of the party.

“The demand for a caste census was first raised by late Mulayam Singh Yadav. After him,



SP National President Akhilesh Yadav continued this push. Be it the 2022 UP Assembly elections or the 2024 Lok Sabha polls, our party has consistently included caste census as a key promise in our manifesto—our manifesto is a sacred document for us”, Awadhesh Prasad told ANI.

Furthermore, Awadesh

Prasad asserted that under the leadership of Akhilesh Yadav, the promises made by Samajwadi Party in its manifesto were fulfilled and highlighted that the party has repeatedly emphasised that once its government is formed in UP, caste census will be conducted.

“Under SP National President Akhilesh Yadav’s leadership, the promises made in our 2012 manifesto were fulfilled. We’ve repeatedly emphasised that once our government is formed, we will conduct a caste census. Many castes granted rights under Babasaheb Ambedkar’s Constitution are still deprived. Even after 75 years, the fundamental rights

promised by Babasaheb have not been fully implemented”, he said. On Monday, the central government notified the population census, the process of which will begin in March 2027. As per a gazette notification released by the Ministry of Home Affairs, “In exercise of the powers conferred by Section three of the Census Act 1948 and in suppression of the notification of the Government of India in the Ministry of Home Affairs dated March 26, 2018, the Central Government declared that a census of the population of India shall be taken during the year 2027, as per a circular released by the Ministry of Home Affairs.”

Army contingent departs for France to take part in joint exercise ‘Shakti 2025’

TDG NETWORK
NEW DELHI

The Indian Army contingent on Monday left for France to participate in the eighth edition of the Indo-French joint military Exercise ‘Shakti’ that will take place in France’s La Cavalerie from 18 June to 01 July 2025.

In an official statement, the Army said, “The Indian Army contingent has departed today for France to participate in the 8th edition of Exercise Shakti, taking place in La Cavalerie, France, from 18 June to 01 July 2025. The Exercise will foster synergy and

interoperability in the conduct of counter terrorism operations in semi-urban terrain.”

Exercise Shakti is an annual military training engagement conducted alternately in India and France.

Last year, the seventh edition of Exercise Shakti was conducted at Umroi in Meghalaya from 13 to 26 May 2024. It was held at a “fully developed and modern Foreign Training Node”. Underlining the diplomatic and military importance of the event, the Ministry of Defence in an official statement said, “The Opening Ceremony of the joint exer-



cise was attended by H.E. Thierry Mathou, Ambassador of France to India and Major General Prasanna Sudhakar Joshi, General

Officer Commanding 51 Sub Area.”

The Indian contingent for the 2024 edition comprised 90 personnel, mainly from a

The Exercise will foster synergy and interoperability in the conduct of counter terrorism operations in semi-urban terrain.”

Battalion of the Rajput Regiment, with additional participation from other arms and services. Observers from the Indian Navy and the Indian Air Force were also part of the exercise. The French contingent, also con-

sisting of 90 personnel, was represented mainly by soldiers from the 13th Foreign Legion Half-Brigade (13th DBLE), the MoD statement added.

Outlining the broader aim of the exercise, the Ministry said, “Aim of Exercise SHAKTI is to enhance joint military capability of both sides to undertake multi-domain operations in a sub-conventional scenario under Chapter VII of the United Nations Mandate. The joint exercise will focus on operations in the semi-urban and mountainous terrain.”

“Objectives to be achieved

from the joint training are a high degree of physical fitness, rehearsing and refining drills for operations at the tactical level and sharing of best practices,” the MoD added.

Key tactical elements to be practised during the joint exercise include responses to terrorist actions involving the capture of defined territory, setting up of a Joint Command Post and an Intelligence & Surveillance Centre, and securing of landing sites. The exercise will also feature Small Team Insertion and Extraction drills, Special Heliborne Operations, Cordon and

Search Operations, as well as the deployment of drones and counter-drone systems.

The Ministry added: “Exercise SHAKTI will enable the two sides to share their best practices in Tactics, Techniques and Procedures of conducting joint operations.

The joint exercise will facilitate developing interoperability, bonhomie and camaraderie between armed forces personnel of the two countries. This will also enhance the level of defence cooperation, further fostering bilateral relations between the two friendly nations.”

INDIAN STOCK MARKET ENDS IN GREEN DESPITE MIDDLE EAST CRISIS; SENSEX JUMPS 678 POINTS

Indian stock markets closed strong on Monday, shrugging off Middle East tensions as Sensex jumped 678 points and Nifty neared 25,000.

TDG NETWORK
MUMBAI

The Indian stock market indices ended in the green territory on Monday, without being impacted by the geopolitical tensions between Iran and Israel.

At the end of today's trading session, the BSE Sensex closed 677.51 points or 0.84 per cent up at 81,796.15, while Nifty 50 added 227.90 points or 0.92 per cent to close at 24,946.50.

"Despite mounting global uncertainty triggered by escalating tensions in the Middle East, Indian markets remained resilient. The geopolitical landscape took a sharp turn as Israeli military strikes on Iran raised alarms over potential disruptions in oil sup-

MARKET HIGHLIGHTS: KEY MOVERS & TRENDS

- Sensex rose 677.51 pts to 81,796.15; Nifty closed at 24,946.50
- All Nifty sectoral indices ended in the green
- Nifty IT led gains; Tata Motors fell 5% on JLR's China outlook
- Gold hit all-time high amid global uncertainty, despite MCX closing in red



ply and regional stability, unsettling global investor," said Sundar Kewat, Technical and Derivatives Analyst, Ashika Institutional Equity - Ashika Stock Broking.

All the Nifty Sectoral indices ended their day on a positive note. Out of all the sectors, Nifty IT was the top mover as it registered a gain of nearly 1.6 per cent, followed by Nifty Realty and Nifty Oil & Gas. "On the stock-specific front, Tata

Motors witnessed a sharp decline of 5% after its UK-based subsidiary, Jaguar Land Rover (JLR), flagged growing pressure in China's premium car segment for FY25--despite China being the largest automobile market globally," Sundar Kewat added. On NSE, 1,483 out of 3,021 traded stocks on the NSE were in green territory, while 1,448 declined and 90 remained unchanged on Monday.

Vinod Nair, Head of Research, Geojit Investments Limited noted that Despite the ongoing geopolitical tensions between Israel and Iran, the market moved higher, supported by gains in large-cap stocks, as investors maintained their focus on long-term fundamentals in the time of volatile situations. "Geopolitical developments in the Middle East are likely to influence near-term market sentiment, with any

signs of de-escalation being closely monitored. Small-cap stocks are expected to underperform in the short term, given their elevated valuations and absence of short-term triggers. Among sectors, oil and gas recorded strong gains, while the IT sector outperformed in anticipation of the upcoming US Fed policy meeting, which is expected to provide further clarity on the interest rate outlook," noted Nair

On the precious metal front, gold at MCX ended its run for the day in the red category, but gold prices on Monday surged to a historic high in the domestic futures market, boosted by the rising geopolitical tensions between Israel and Iran. It touched an all-time high of touching Rs 1,01,078.

India's export rises 2.8% in May at \$71.1 billion; trade deficit narrowed

TDG NETWORK
NEW DELHI

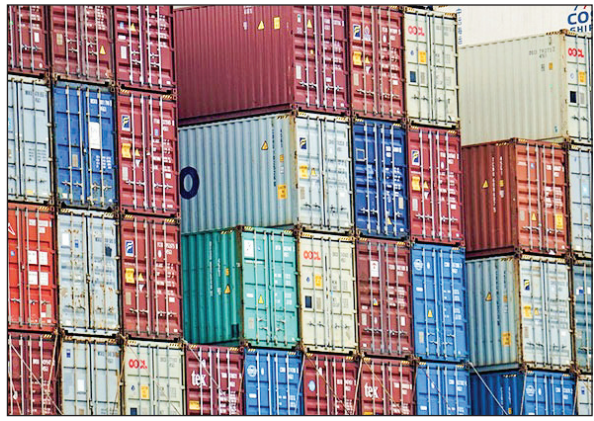
India's overall exports, merchandise and services combined, in May were reported at USD 71.12 billion, marking a 2.77 per cent rise on a yearly basis, data from the Union Commerce Ministry showed on Monday. The total exports in May 2024 were pegged at USD 69.20 billion.

Exports of merchandise goods declined from USD 39.59 billion to USD 38.73 billion, and exports of services rose from USD 29.61 billion to USD 32.39 billion during May 2025.

India imported goods and services worth USD 77.75 billion, down from USD 78.55 billion in the same month last year.

The trade deficit in May narrowed to USD 6.62 billion from USD 9.35 billion same month last year.

So far in 2025-26, April-May, India's total exports now stood at around USD 142.43 billion, up 5.75 per



cent year-on-year.

The country's imports too increased year-on-year in April-May, by 6.52 per cent as per data published today.

Overall imports, both merchandise and services combined, during April-May increased from USD 149.81 billion to USD 157.57 billion.

April-May combined trade deficit, meaning the difference between the exports and the imports -- was at USD 17.14 billion, compared with USD 15.12 billion same period of last fiscal.

India's total exports have touched an all-time high of USD 824.9 billion in the re-

cently-concluded financial year 2024-25. This marks a yearly growth of 6.01 per cent over USD 778.1 billion exports in 2023-24, setting a new annual milestone.

The 2024-25 exports exceeded the initial anticipation of USD 800 billion.

In 2024-25, services exports continued to drive the growth momentum, reaching a historic high of USD 387.5 billion, up 13.6 per cent from USD 341.1 billion in the previous year.

In 2024-25, merchandise exports stood at USD 437.42 billion in 2024-25, with a marginal increase.

India gains ground in global electronics shift

TDG NETWORK
NEW DELHI

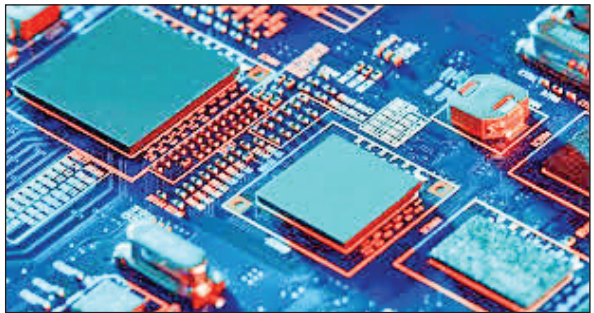
India is expected to witness strong and exponential growth in the electronics manufacturing sector amid the ongoing global supply chain realignment in the electronics sector, according to a new report by PwC.

The report pointed out that the electronics industry is experiencing a shift in the global supply chain, with India emerging as a key destination. This shift has already led to significant growth in the production of items like smartphones and other electronic products.

It said "India aims to reach USD 500 Bn of domestic production - the nation may reach USD 282 Bn conservatively by 2030".

The report outlined three possible growth scenarios for the sector, conservative, moderate, and ambitious.

Even if India grows conservatively, India's domestic electronics production could reach USD 282 billion by 2030.



A moderate growth path projects this figure at USD 418 billion, while the ambitious scenario, aligned with the target set by NITI Aayog, estimates the production could hit USD 500 billion, provided there is aggressive policy support by the government and continuous investments. The report mentioned that while mobile phones, semiconductors, and consumer electronics are expected to lead the way, it also cautioned that other segments may grow at a slower pace due to limited capital expenditure. This could slightly restrict the overall speed of development.

Several factors are expected to fuel growth in the sector.

India is currently the second-largest smartphone market in the world. The mobile and wearables segment alone is projected to grow to USD 159 billion by FY2030. In Information Technology, the report stated that the electronics market is expected to touch USD 32 billion by the same period. The rising demand for data servers, likely to increase tenfold, will also contribute to the surge in domestic production.

The telecom sector is witnessing rapid change as well. In the last five years, data traffic has grown 60 times, and by 2026, more than 65 per cent of total data revenue is expected to come from 5G services.

Wholesale inflation eases to 0.39% in May as food inflation falls

TDG NETWORK
NEW DELHI

The wholesale inflation in the country continued to ease in May 2025, with the Wholesale Price Index (WPI)-based inflation falling to 0.39 per cent, down from 0.85 per cent recorded in April, according to the data released by the Ministry of Commerce & Industry on Monday.

The annual rate of inflation, based on the All India WPI for May 2025 compared to May 2024, stood at 0.39 per cent (provisional).

The ministry stated that the positive inflation rate during the month was mainly due to rising prices in sectors such as the manufacture of food products, electricity, other manufacturing items, chemicals and chemical products, other transport equipment, and non-food articles. The WPI Food Index, which includes



'Food Articles' from the Primary Articles group and 'Food Products' from the Manufactured Products group, increased slightly from 189.3 in April to 189.5 in May. However, the rate of food inflation slowed to 1.72 per cent in May, compared to 2.55 per cent in the previous month. Looking at major categories, the index for Primary Articles declined by 0.05 per cent to 184.3 in May, compared to 184.4 in April. Within this segment, prices of minerals dropped sharply by 7.16 per cent, and non-food articles fell by 0.63 per cent.

Domestic sales of vehicles held steady for May 2025, says SIAM

TDG NETWORK
NEW DELHI

All vehicle segments in the month of May 2025, posted a stable performance, according to a recent report by the society of Indian Automobile Manufacturers.

The report said the total domestic sales of Passenger Vehicles, Three-Wheelers, Two-Wheelers, and Quadricycles in May 2025 were 20,12,969 units.

Out of all vehicle segments, the two-wheeler segment and the passenger vehicle were the best-performing segments out of all. On the other hand, both three-wheelers and quadricycles posted a decline.

According to the report, the two-vehicle segment, comprising scooters, motorcycles, and mopeds, registered a rise of 2.2 per cent for the month of May 2025 compared to the same month last year.



In the two-wheeler segment, scooters registered a rise of 7.1 per cent in domestic sales, while motorcycles remained steady, and mopeds fell by nearly 8 per cent.

While on a month-on-month basis, three-wheelers marked a decline of 3.3 per cent. Additionally, Three-wheeler production for the cumulative period increased by 10.6 per cent to 164,158 units, with exports climbing by 29.6 per cent to 58,608 units, despite a 2.0 per cent decline in domestic sales. The industry anticipates a positive outlook, supported by recent RBI repo rate cuts and forecasts of above-normal monsoons, expected

to boost affordability and consumer sentiment in the coming months.

"Going forward, the RBI's three repo rate cuts totaling 100 basis points in less than six months, along with a forecast of above-normal monsoons are some of the indicators which should positively impact the Auto sector by improving affordability and boosting consumer sentiment in the coming months," said Rajesh Menon, Director General, SIAM, commenting on May-2025 performance.

In terms of passenger vehicle, Major contributors to segment sales included Maruti Suzuki India Ltd. and Hyundai Motor India Ltd. In Utility Vehicles, Mahindra & Mahindra Ltd. sold 84,226 units, and Maruti Suzuki India Ltd. sold 110,757 units cumulatively for April-May 2025-26.

TRAI releases findings from Independent Drive Tests for April 2025

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NEW DELHI

The Telecom Regulatory Authority of India (TRAI) on Monday released the results of Independent Drive Tests (IDTs) conducted in April 2025, covering nine cities and highway corridors in seven Licensed Service Areas (LSAs).

The nine cities and highway corridors fall under Palakkad, Varanasi, Delhi (City and Highway), Cuttack, Jodhpur, Patna, Gangtok, and Pakyong, with surrounding districts.

These assessments were part of TRAI's periodic Quality of Service (QoS) audits, aimed at evaluat-



ing real-time network performance. The tests were carried out using calibrated equipment and standardised protocols, under direct supervision of TRAI officials across diverse on-ground environments.

The drive tests were undertaken through a TRAI-appointed agency and evaluated both voice and data services across 2G, 3G, 4G, and 5G technologies.

The scope included City Drive tests, Walk tests, Highway test and hotspot analysis.

The networks of Bharti Airtel Limited, Reliance Jio Infocomm Limited, Vodafone Idea Limited, and BSNL/MTNL were covered in auto-selection and locked mode as per the requirement of tests.

Key Parameters Assessed: Voice Services: Call Setup Success Rate (CSSR), Drop Call Rate (DCR), Call Setup Time, Call Silence Rate, Speech Quality (MOS), Coverage. Data Services: Download/Upload Throughput, Latency, Jitter, Packet Drop Rate, and Video Streaming Delay.

C-DOT launches 'Samarth' to foster startups; 18 selected in first cohort

TDG NETWORK
NEW DELHI

New Delhi (ANI): The Centre for Development of Telematics (C-DOT) on Monday launched the 'Samarth' Program to nurture sustainable and scalable business models. In its first phase, 18 startups were selected in cohort 1 through a competitive process.

According to a release from the Ministry of Communications, the Samarth Program is a cutting-edge incubator program for startups in the telecom and ICT sector. Each selected startup receives a grant of up to Rs 5 lakh.

Under the program, the startup are provided with fi-



nancial grant, fully furnished office space and access to C-DOT's lab facilities at Delhi and Bengaluru campuses. "To kickstart the program C-DOT hosted a mentoring-cum-acceleration session for the first cohort of its "Samarth" incubation program at the C-DOT campus in New Delhi," Ministry of Communications said in a statement.

This program also offers

holistic support to startups and innovators working in telecom applications, cybersecurity, 5G/6G technologies, artificial intelligence, IoT, and quantum technologies. Additionally, 'Samarth Program' is designed in two cohorts of six months each, accommodating up to 18 startups per cohort--thus supporting a maximum of 36 startups under the initiative.

India has several Guyana-sized energy reserves in Andamans: Hardeep Puri

TDG NETWORK
NEW DELHI

India is putting in all kinds of effort to ramp up its own traditional fossil-based energy production, and the latest push is to dig deep in the Andaman region.

Talking to ANI on Monday, Union Petroleum and Natural Gas Minister, Hardeep Puri, outlined several measures the government has been taking over the years for exploration and

production. He also noted the exploration in the Andamans is pointing to "good news" and may end up becoming India's 'Guyana moment'.

The minister said India has 3.5 million square kilometres of sedimentary basin, but it never explored beyond eight per cent area, keeping a large expanse of sea beds untapped and unexplored.

Puri said that it is their



government which had decided to explore a large part of the basin.

"There were parts of the sedimentary basin which

were no-go areas. So one of the decisions which we took was that 1 million square kilometres of that sedimentary basin, which was no-go area, has suddenly been made available for E&P," the minister said.

So far in the nine round of open acreage licensing policy, 38 per cent of the bids came in that 1 million square kilometres and the Minister expects that in the next round -- for which work is

going on right now - will attract more than 75 per cent of the bids.

"We've also issued some of the largest bids on offer anywhere -- something like 2.5 lakh square kilometres of area has been offered out on bidding," the minister said.

The minister said that India has the potential of something around 42 billion tonnes of oil and gas equivalent in its sedimentary basins.

Exploring offshore reserves are capital extensive, and which is why it took so much time for India to tap the untapped potential under its seas.

"An onshore well costs something like USD 4 million on an average. I'm talking about global rates and dollar rates being held at a particular constant. And an offshore well costs about USD 100 million," he supplemented.

'India engaged with China on rare earth minerals both commercially, diplomatically'

TDG NETWORK
NEW DELHI

India is engaged with China both commercially and diplomatically on the issue of rare earth minerals supply and is making all efforts to ensure essential imports, Commerce Secretary Sunil Barthwal said on Monday.

The commerce secretary noted that the government is also in touch with industry organisations like SIAM and ACMA for impact on the auto sector.

"We're engaged with SIAM and ACMA, facilitating them to have discussions with Chinese counterparts," the commerce secretary said.

He noted that China's rare earth move was a global response, and not just against India.

The Ministry of External Affairs (MEA) is also in touch with the Chinese government through various diplomatic channels.

"We are in touch with the Chinese side, both here in Delhi as also in Beijing to bring predictability in supply chain for trade, consistent with international practices," Ministry of External Affairs Spokesperson Randhir Jaiswal told reporters last week.

Commerce and Industry Minister Piyush Goyal re-

cently described China's rare earth export restrictions as a global "wake-up call," emphasising that India is actively building alternative supply chains while positioning itself as a trusted partner for international businesses seeking to reduce their dependence on Chinese suppliers.

Speaking to reporters during his official visit to Switzerland, where he met with Swiss government officials and business leaders, Goyal acknowledged that China's export curbs will create short-term challenges for India's automotive and white goods sectors.

China's overwhelming control of global rare earth processing - commanding over 90 per cent of the world's magnet production capacity--has created significant vulnerabilities for industries worldwide. These materials are critical across multiple sectors, including automobiles, home appliances, and clean energy systems.

Beyond China, there are only a few alternative suppliers.

The new Chinese restrictions, effective from April 4, require special export licenses for certain specific rare earth elements and their related magnetic products.

PERSPECTIVE

PM'S CYPRUS VISIT TAKES INDIA TO THE MEDITERRANEAN, MAKES TURKEY UNCOMFORTABLE

Prime Minister Narendra Modi's ongoing foreign trip assumes special significance when seen in the context of the countries he is visiting—Canada, Cyprus and Croatia. The Canada visit is as an observer to the G7 summit and will be India's sixth consecutive visit to the summit from 2019 onwards. It shows the importance accorded to India as an emerging big power, although it is not yet known if the visit will result in the restoration of India-Canada ties that were strained courtesy Justin Trudeau. As for the other two stops, the PM's just concluded visit to the Republic of Cyprus (RoC) is of particular importance.

It was for the first time in over two decades that an Indian Prime Minister visited that island country in the eastern Mediterranean Sea, strategically located

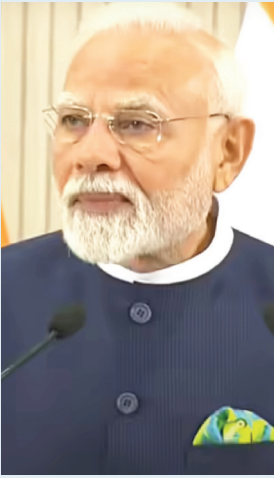
near the shores of Turkey in the north, Greece in the west, Syria and Lebanon in the east and not too far from Israel. Independently, India-Cyprus relations are important in terms of bilateral trade, with deeper economic engagement being the focus of the two countries, even though the total volume of trade is relatively small at around \$140 million. There is scope for enhancing ties, particularly in defence, where India plans to sell Cyprus loitering munitions, that is suicide drones, among other defence equipment. There is already a bilateral defence cooperation agreement between the two countries. Cyprus also has the potential to play a major role as part of the IMEC (India Middle-East Europe Corridor), with the island nation serving as a gateway for Indian goods

to Europe. In fact, Cyprus President Nikos Christodoulides said on Monday that his country will be the first point of IMEC's entry to Europe and a transshipment hub. Cyprus is also a European Union member and will be the president of the EU Council next year. This will help India in striking a trade deal with the overall EU and Cyprus has pledged support to an India-EU trade deal.

However, perhaps one of the most important facets of India-Cyprus relations is about containing Turkey's intransigence. Cyprus' population is a mix of Greek Cypriots (majority) and Turkish Cypriots (minority). After Cyprus got independence from Britain in 1960, power was divided between the two communities. But a 1974 Greece military-backed coup overthrew Cyprus'

government, in the hope that Cyprus would be part of a "greater Greece". Turkey got worried that thus Turkish Cypriots would lose influence, which would also jeopardise Turkey's own strategic interests in the region. So, in a military operation in July 1974, Turkey occupied the northern part of Cyprus, a little over 1/3 of the total territory. Though democracy was restored in Cyprus later, Turkey has not withdrawn its military from what it now calls Turkish Republic of Northern Cyprus (TRNC) till date. Incidentally, Turkey is the only country that recognises TRNC, no one else—certainly not India.

Turkey considers itself to be the regional hegemon, with the Aegean and Mediterranean Seas as its backyard. Its relations with both Greece and Cyprus are strained. Turkey has gone



to the extent of sending warships to stop the laying of electrical cables between Greece and Cyprus. There is also a maritime dispute between Turkey and Cyprus over the latter's EEZ, specifically on natural gas exploration. Turkey has been sending drilling ships to the area, inviting criticism and EU sanctions. Also, Turkey has been

pushing for a two-state solution in Cyprus, but has been rebuffed by the international community, including India.

It is in this backdrop that Monday's joint declaration between India and Cyprus has to be seen, as it also gives us a preview of India's evolving strategy for the area, with an eye on Turkey. The joint declaration by the two countries emphasises on the importance of upholding "United Nations Convention on the Law of the Sea (UNCLOS), with regard to freedom of navigation and sovereign maritime rights." It also talks of "expanding cooperation to include the maritime domain. They will encourage more regular port calls by Indian naval vessels and explore opportunities for joint maritime training and exercises to enhance maritime domain

awareness and regional security." In short, the two countries will be conducting military exercises in the waters surrounding Cyprus, right next to Turkey. This not only takes Indian naval power to the Mediterranean, but also makes Turkey extremely uncomfortable. A recent similar suggestion from a retired Greek diplomat to *The Daily Guardian's* sister newspaper, *The Sunday Guardian*, that India and Greece should conduct joint naval exercises in the waters of the Aegean and Mediterranean angered the Turkish media to no end, as Turkey saw any such potential move as a direct challenge to its hegemony in the eastern Mediterranean. But Turkey cannot be allowed to have a free pass in the Indian subcontinent, where it is helping Pakistan against India, supplying it

with arms, opposing India on every platform, and not feel threatened in its own territory.

In contrast, Cyprus has been supporting India on every platform, including on the issues of Kashmir and a seat on the United Nations Security Council.

Hence, if Turkey takes India's outreach to Turkey's regional rivals as a direct message to Ankara, it wouldn't be wrong.

PM's visit to Croatia too is likely to be about trade and security cooperation. India-Croatia relations have existed from the days of the Nonaligned Movement, when Croatia was a part of the erstwhile Yugoslavia. In fact IMEC could be touching upon Croatia too.

So the Prime Minister's visits are firmly aligned with India's strategic interests.

JOYEETA BASU

CINEMA REPUBLIC

OPINION

HIMANSHU DHULIYA



“Thus every village's first concern will be to grow its own food crops, and cotton for its cloth. It should have reserve for its cattle, recreation and playground for adults and children..... The village will maintain a Village theatre , school and public hall... when our villages are fully developed there will be no dearth in them of men with a high degree of skill and artistic talent. There will be village poets, village artists, village architecture, linguists, and research workers. In short, there will be nothing in life worth having which will not be had in villages... craft, Art, health and education should be integrated into one scheme...”

-Mahatma Gandhi - India of my Dreams/Harijan- 1942-46

In a democracy individuals and communities get opportunity to grow. However what perturbs me is the disproportionate glory to some and oblivion to many. We have seen that with the launch of liberalization since last thirty years, many Indians have appeared in the Forbes list of the top Billionaires. It is equally true that the large majority has remained poor and in fact degraded further. Same is the case with glory and popularity in the field of Art and culture. A select few Artists/ Stars have amassed such wealth that it has begun to look vulgar. The commer-

cialism which is propelled by capitalism has made young artists who were devoted to their Art in yester years abandon their towns and villages and converge to the capitalists' capital of India- Mumbai. The capitalist and market principles have affected the Cinema world too . The Hindi cinema or Bollywood cinema as it is popularly known has become severely commercial and competitive at the cost of creativity. The power too is centralized, in that a few big banners and a few stars dominate the cinema culture. What is disheartening is that these stars have very little to offer in terms of culture, sophistication and the primary principle of any Art; creativity! Each project is considered in commercial terms and only those ideas are put to execution which may result in commercial dividends, the commitment is to the commercial cause and social commitment or even commitment toward Art and culture is missing. What disturbs me is that these flag bearers of cinema have gained wealth, fame and money in notorious proportions and the greed continues. Wealth beyond a certain point is unethical; though it may not be illegal. The display of wealth in a society where the vast majority are still struggling for economic ends is harmful and is sort of 'taunt' to the millions impoverished on whose contribution via the box-office the stars maintain their style and status! But, glitter, gloss and glamour is the hall mark of cinema today! I do not think the people identify with this cinema , but they are trapped.

With the power in cinema concentrated in few stars, their residence are now the place of pilgrimage for all the commoners and

star struck citizens who visit Mumbai. Do they deserve such adulation ? Is it merit based? How many of the talented Indians they have deprived to command such position? Moreover is their 'Art' representative of India?. And what is it that that our regional artists/actors lack? Only opportunity!

If Mumbai is the financial capital of India is it necessary that it should be the cinema capital of India too? After more than 75 years of independence only crumbs have been scattered toward regional cinema and its growth. There has been absolute centralization of cinema , its concepts and its policies and this centralization resides in Mumbai. Occasionally these filmmakers do borrow regional themes and culture, but it is only the crassness and loudness which is projected not the subtleness.

There should be federalism in the field of Art and culture as well ,more so for cinema which is part of the cultural heritage of the country. It is therefore more appropriate that cinema be decentralized. The urge for cinematic expression is deep seated among the people of all regions. It is also a misnomer that Hindi cinema is more preferred by the people, actually they do not have a choice. My own experience bears testimony to my thinking. Years ago; that is in the early eighties I was in Visakhapatnam (Andhra Pradesh) for one year in connection with my work. During that period most of the cinema halls screened 'Hindi cinema' and regional cinema in Telugu was scantily represented, however the picture changed dramatically during my second stint in the city in the late eighties and early nineties by which time the Telugu cinema was all over and the latest Hindi films were screened only in few halls. The situation changed , in fact reversed in those 7-8 years. We did feel bad for lack of Hindi cinema but the majority of the people in that city were happy and that is what mattered, it was also profitable for the regional cinema; their boys



and girls were getting new jobs and their cultural roots were being enlarged.

But only few regions have established themselves firmly. Tamil, Telugu, Malayalam and Kannada cinema are formidable. In the recent times South films have attained All India Popularity and International applause too - 'Bahubali' , 'RRR' etc. However the bulk of the regional cinema including once artistically superior Bengali cinema need more protection and attention. Cinema of Bengal, Assam, Orrisa, Meghalaya and Marathi have vast potential in terms of theme and talent but have limited

representation. Then there is Punjabi cinema which is gaining currency and is very popular abroad and from its popularity it appears that it is preferred by the Punjabi community over Hindi cinema.

The Bhojpuri cinema has been there since many years and has made its mark but somehow it has remained at the lower rungs of critical and commercial ladder. Probably the cinema of south is logistically well equipped as it operates from big prosperous cities such as Chennai, Hyderabad and Bangalore and the regional films in north lacks that foothold.

But what I have stated above are the broad regions and there are regions within regions and cultures within cultures. Numerous dialects of Hindustani Zubaan are looking for representation. The dialect in western UP is different from that of central UP and the dialect of Allahabad is different from that of Varanasi. Multiple, colourful strands emerge from the broad brushes of Khari boli, Braj, Awadhi and Bhojpuri. And what about the tribal culture; each town , each village or group of villages have their stories to tell. As each person in a democracy has a vote ; he also has a

Voice to be heard ; an expression to be propagated !

These cultural and geographical regions not only require economic growth but cultural growth too. Presently as it stands the strong economic centres have the wherewithal to produce cinema.

But cinema should be produced by each state, money should be allotted to each region/district for propagation of cinema. Small theatres should be built by the Government to promote cinema. The most inspiring example of regional talent was the film 'Superman of Malegaon' made on a shoe string budget but not lacking in cinematic creativity, I saw the making of the film in 'you tube ' a few years back and was moved by the ingenuity of the director and crew and the sheer passion of the artists to excel despite depravity. Such stories will give birth to new Indian cinema! I understand that recently a feature film on the subject has been made.

When Dadasaheb Phalke made his first silent film in 1913 he titled it 'Raja Harish Chandra' . It was the story of Raja Harishchandra of 'Satyug' who sacrificed his Kingdom and family in order to uphold the Truth. This was the 'ideal' he had set for himself and the society he was entertaining.

He made many feature films in a career of about 20 years and some of the titles were- 'Mohini Bhasmasur', ' Satyavan Savitri' , ' Lanka Dahan' , ' Sri Krishna Janam' . Similarly 'Prabhat films' established by Shanta Ram and his associates in 1929 also followed a trend of committed cinema , their first film was 'Gopal Krishna' . Himanshu Rai who established 'Bombay Talkies' in 1934 made 'Light Of Asia' in 1925 in Germany and this theme on the life of 'Gautam Buddha' was his benchmark of making socially relevant cinema which he made such as 'Achhut Kanya' (untouchable woman) in 1936 starring Ashok Kumar and Devika Rani which was a huge hit.

The legendary director Mehboob Khan's social concern could be ascertained from the films he made - 'Roti' , 'Aurat' , 'Amar' , 'Mother India' , 'Son Of India' . His banner projected 'sickle and hammer' . He considered himself a working class person. Every Indian identifies to this day with his film 'Mother India'! Baldev Raj Chopra the maker of 'BR films' the maker of 'Naya Daur' , 'Dhool Ka Phool' ' Insaf Ka Tarazu' , 'Nikaah' was foremost in making cinema of socially relevant themes which were box office success too! His Logo had a man with hammer and cogwheel and a woman with heap of wheat on her head.

Below the logo following is written in Latin : 'ARS LONGA VITA BREVIS' which means ' Art is long, Life is Short'. The first superstar of Hindi cinema Prithvi Raj Kapoor established 'Prithvi Theatre' in 1944 . It was a travelling Theatre and he travelled with his cast and crew to remote corners of India performing plays - 'Deewar' , 'Pathan' , 'Padosi' etc. The Motto of his Theatre was ' Kala Desh Ki Sewa Ke Liye' (Art For The Welfare Of The Country).

The cinema of today needs to revert back and retrace the steps of its Founding Fathers!



India is rapidly emerging as a global economic powerhouse, driven by sustained reforms, robust growth, and visionary leadership. With a projected GDP of \$7.3 trillion by 2030, record FDI, digital innovation, and inclusive development, the nation is reshaping its economic destiny and asserting a transformative presence on the world stage.

INDIA EMERGING AS WORLD'S ECONOMIC POWERHOUSE

TDG NETWORK
NEW DELHI

India, the world's fourth-largest economy, has emerged as the fastest-growing major economy and is on track to become the world's third-largest economy with a projected GDP of \$7.3 trillion by 2030. India is projected to be world's fastest growing major economy (6.3% to 6.8% in 2025-26). This transformation is the result of a decade of decisive governance, visionary reforms, and global engagement under Prime Minister Narendra Modi. Driven by robust domestic demand, a dynamic demographic profile, and sustained economic reforms, India is asserting its rising influence in global trade, investment, and innovation.

At the Kautilya Economic Conclave, renowned economist Jagdish Bhagwati remarked: "In the old days, the World Bank used to tell India what to do, but now, India tells the World Bank what to do." This statement powerfully reflects India's shift in last Eleven years, from a dependent economy to a self-reliant, globally competitive powerhouse.

At the core of this transformation is the vision of Aatmanirbhar Bharat, a movement that promotes innovation, entrepreneurship, and technological sovereignty. Under Modi's leadership, strategic initiatives like the Production Linked Incentive (PLI) schemes, revitalisation of MSMEs, and the expansion of digital infrastructure have laid the foundation for a high-growth, high-opportunity economy.

Equally central to this vision is inclusive and equitable growth. The government's policies have focused on job creation, support for small businesses, increased public investment, and financial empowerment of the middle class and entrepreneurs, ensuring that economic progress benefits every citizen. India's economic growth under Prime Minister Narendra Modi is not just about building momentum, it is about reshaping the nation's economic destiny. Today, India is a nation that is digital, green, aspirational, and future-ready, firmly advancing towards its goal of becoming a global leader.

Fast Facts: Rs 29.8 lakh crore Aatmanirbhar Bharat Package during COVID saved economy.

GDP GROWTH: STRENGTHENING THE ECONOMIC FOUNDATION

India's GDP has witnessed a remarkable transformation over the past decade, ris-



At current prices, GDP has increased from Rs.106.57 lakh crore in 2014-15 to an estimated Rs.331.03 lakh crore in 2024-25, an approximate threefold rise in just ten years. In 2024-25 alone, nominal GDP grew by 9.9% over the previous year, while real GDP (at constant prices) increased by 6.5%, reflecting sustained economic momentum. This steep growth reflects the country's expanding economic base and rising income levels.

During the same period Real GVA rose by 6.4%, and nominal GVA by 9.5%. Private Final Consumption Expenditure (PFCE) grew by 7.3%, driven by a recovery in rural demand, reaching its highest share of GDP (61.8%) since 2002-03.

The services sector has remained the steadiest contributor to GVA, with its share rising from 50.6% in FY14 to around 55% in FY25. It also provides employment to approximately 30% of the workforce. In addition to its direct contribution, services play an increasingly vital role in "servicification" of manufacturing, enhancing value through services used in both production and post-production stages.

Fast Fact: Tax revenues hit record highs with GST collections peaking in April 2025 and tax-to-GDP ratio estimated at 12% for FY26.

This sustained momentum is the result of a structural transformation led by the Government, prioritising transparency, ease of doing business, and long-term investments across manufacturing, MSMEs, digital services, and infrastructure.

EXTERNAL TRADE: EXPANDING INDIA'S GLOBAL FOOTPRINT

India's total exports have shown remarkable growth over the past decade, ris-

TDG EXPLAINER

ing from US\$ 468 billion in 2013-14 to US\$ 825 billion in 2024-25, marking a substantial increase of approximately 76%.

This growth was supported by a marginal increase in merchandise exports, which stood at US\$ 437.42 billion in FY 2024-25 compared to US\$ 437.07 billion in the previous year, reflecting stability in goods-based trade. Over the decade, merchandise exports rose from US\$ 310 billion in 2013-14 to US\$ 437.42 billion in 2024-25, marking a 39% increase, driven by sectors such as engineering goods, petroleum products, and electronics.

Services exports more than doubled, expanding from US\$ 158 billion in 2013-14 to US\$ 387 billion in 2024-25, registering a remarkable growth.

INDIA'S TOP EXPORT SECTORS LEADING THE GROWTH STORY

India's export surge in FY 2024-25 has been propelled by its top three export sectors—engineering goods, electronic goods, and drugs & pharmaceuticals—which have played a pivotal role in strengthening the country's trade performance.

India has rapidly become one of the world's most attractive destinations for Foreign Direct Investment (FDI), fuelled by a decade of structural reforms, investor-friendly policies, and enhanced global competitiveness. Strengthened by improvements in key international rankings and strategic initiatives, investor confidence has surged. The Government now aims to

raise annual FDI inflows to US\$ 100 billion, up from the current five-year average of over US\$ 70 billion, aligning with efforts to position India as a global investment hub amid shifting supply chains.

These factors have boosted FDI investments in India with cumulative inflows reaching an impressive Rs.89.85 lakh crore (US\$ 1.05 trillion) between April 2000 and December 2024, marking nearly a 20-fold increase since FY01. India's FDI equity inflows for April-December 2024 surged by 27% to Rs.3.40 lakh crore (US\$ 40.67 billion), reflecting robust investor confidence. This growth has been driven by reforms such as the liberalisation of FDI norms in key sectors, introduction of GST, and initiatives like Make in India.

KEY ACHIEVEMENTS IN FDI

- Highest ever annual FDI Inflow of USD 84.84 billion in the financial year 2021-22.
- FDI inflow USD 667.74 billion in the last 10 financial years (2014-24). It is nearly 67% of the total FDI reported in the last 24 years (USD 991.32 billion).
- Gross FDI inflows touched USD 1 trillion by September 2024.
- 26% Jump in FDI, in H1-FY 2024-25 FDI hits USD 42-Billion
- More than 90% of FDI Equity Inflow received under Automatic Route.

PRODUCTION LINKED INCENTIVE SCHEME

With an impressive outlay of Rs.1.97 lakh crore (over

US\$26 billion), the PLI Schemes focus on 14 critical sectors, each strategically chosen to enhance the country's manufacturing prowess, foster technological advancements, and elevate India's position in global markets. These sectors are aligned with the government's goal of strengthening domestic production and expanding exports, contributing to the broader vision of Aatmanirbhar Bharat. The impact of PLI Schemes has been significant across various sectors in India. These schemes have incentivized domestic manufacturing, leading to increased production, job creation, and a boost in exports. They have also attracted significant investments from both domestic and foreign players.

PLI Schemes have transformed India's exports basket from traditional commodities to high value-added products such as electronics & telecommunication goods, processed food products etc. PLI Schemes have witnessed exports surpassing Rs. 5.31 lakh crore (around US\$ 61.76 billion), with significant contributions from sectors such as Large-Scale Electronics Manufacturing, Pharmaceuticals, Food Processing, and Telecom & Networking products.

STRENGTHENING THE MSME SECTOR

With over 6.3 crore enterprises, the MSME sector plays a vital role in employment generation and entrepreneurship, second only to agriculture. The government has supported the sector through initiatives focusing on credit access, technology, infrastructure, skill development, and market support, including for Khadi, Village, and Coir industries.

DIGITAL TRANSFORMATION IN PAYMENTS

India has experienced a remarkable surge in digital payments, marking a pivotal shift towards a cashless economy. This growth has been enabled by government initiatives, collaborative stakeholder efforts, and robust digital infrastructure. At the centre of this transformation is Unified Payments Interface (UPI), alongside Immediate Payment Service (IMPS) and NETC FASTag, which have

made transactions faster, safer, and more accessible.

REVOLUTION IN DIGITAL TRANSACTIONS

India's digital payment transactions have expanded at an exponential rate, reflecting increased digital adoption among individuals and businesses.

TRANSACTION VOLUME:

Digital payment transactions grew from 2,071 crore in FY 2017-18 to 18,737 crores in FY 2023-24, achieving a Compound Annual Growth Rate (CAGR) of 44%.

TRANSACTION VALUE:

Over the same period, the value of transactions rose from Rs.1,962 lakh crore to Rs.3,659 lakh crore, with a CAGR of 11%.

UPI: THE FLAGSHIP OF INDIA'S DIGITAL ECONOMY

Unified Payments Interface (UPI) is a transformative digital payment system that integrates multiple bank accounts into one mobile application, offering seamless fund transfers, bill payments, and merchant transactions. It has not only made financial transactions fast, secure, and effortless, but also empowered individuals, small businesses, and merchants, driving the country's shift toward a cashless economy.

IMPS AND NETC FASTAG: ENHANCING REAL-TIME AND MOBILITY PAYMENTS

In December 2024, IMPS processed 441 million transactions valued at Rs.6.01 lakh crore, up from 407.92 million transactions and Rs.5.58 lakh crore in November 2024.

While UPI dominates mobile-based peer-to-peer and merchant payments, Immediate Payment Service (IMPS) and NETC FASTag continue to play crucial roles in strengthening India's digital payments landscape.

December 2024 saw 381.98 million FASTag transactions, up from 358.84 million in November, with transaction value rising from Rs.6,070 crore to Rs.6,642 crore.

IMPS, launched in 2010, is a real-time, 24x7 electronic funds transfer service supporting transactions across banks and financial institutions via mobile, internet banking, ATMs, and SMS.

Simultaneously, NETC FASTag, India's digital toll collection system, enables cashless toll payments directly from linked bank accounts, enhancing convenience for commuters.

Together, IMPS and FASTag are instrumental in expanding digital financial services beyond traditional transactions—driving seamless fund transfers and mobility-related payments across the country.

INTERNATIONALIZATION OF DIGITAL PAYMENTS:

India's indigenously developed UPI and RuPay cards are world class platforms for enabling digital payments. Government is mak-

ing efforts to promote these products globally. At present UPI is fully functional and live in UAE, Nepal, Bhutan, Singapore, Mauritius, France and Sri Lanka. RuPay cards acceptance is live in UAE, Nepal, Bhutan, Singapore and Mauritius.

49% of global real-time digital transactions happened in India (ACI Worldwide Report 2024)

Building Blocks of Inclusive Growth: A 11 Years of Financial Empowerment in India

Over the past eleven years, India has made remarkable progress in deepening financial inclusion and promoting grassroots entrepreneurship. A suite of flagship schemes launched since 2014 has significantly broadened access to banking, insurance, pensions, and credit. Together, they have laid the groundwork for a more resilient, inclusive, and opportunity-driven economy.

1. PRADHAN MANTRI JAN DHAN YOJANA (PMJDY)

Launched in August 2014 by the Prime Minister Narendra Modi as a National Mission for Financial Inclusion (NMFII), PMJDY aimed to bring the vast unbanked population into the formal financial system, ensuring that every citizen has the opportunity to manage their financial activities effectively. The scheme, guided by the principles of "banking the unbanked, securing the unsecured, funding the unfunded, and serving the underserved," has made significant strides in providing universal banking services to every unbanked household across the nation.

2. PRADHAN MANTRI JEEVAN JYOTI BIMA YOJANA (PMJJBY)

Announced in the 2015 Union Budget in response to the fact that only 20% of Indians had insurance coverage, PMJJBY offers annual renewable life insurance. Over 9 lakh families have received timely support, making it one of the most impactful public life insurance schemes globally.

3. PRADHAN MANTRI SURAKSHA BIMA YOJANA (PMSBY)

Since its launch on 9th May 2015, the Pradhan Mantri Suraksha Bima Yojana (PMSBY) has made remarkable strides in expanding affordable accident insurance coverage across India.

With a nominal annual premium of Rs.20 and easy bank-linked auto-debit enrolment, PMSBY has become a crucial instrument in providing financial protection to vulnerable sections, particularly in rural and low-income households.

4. ATAL PENSION YOJANA (APY)

To tackle longevity risks and the lack of retirement security in the unorganised sector, APY was launched in 2015. It provides a defined monthly pension linked to contribution and age of entry. As of April 2025, the scheme has accumulated 7.65 crore subscribers and a total corpus of Rs.45,974.67

crore. Women now constitute about 48% of all subscribers, a strong indicator of growing financial awareness and security among female workers.

5. PRADHAN MANTRI MUDRA YOJANA (PMMY)

More than 52.77 crore loan accounts have been extended with sanction amount of Rs.34.11 lakh crore and disbursed amount of Rs.33.33 lakh crore, since launch of the scheme

Launched on 8 April 2015, Pradhan Mantri Mudra Yojana (PMMY), the Flagship Programme of the Prime Minister aimed at Funding the Unfunded micro enterprises and small businesses. By removing the burden of collateral and simplifying access, MUDRA laid the foundation for a new era of grassroots entrepreneurship. The scheme has ignited an entrepreneurial shift across India—from cities to villages, turning job seekers into job creators.

6. STAND-UP INDIA SCHEME

Amount sanctioned to women beneficiaries: Rs.47,704.44 crore

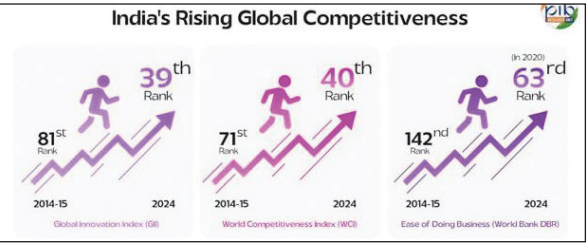
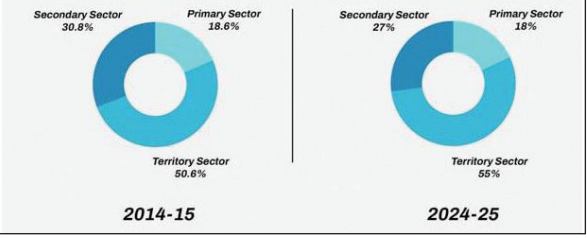
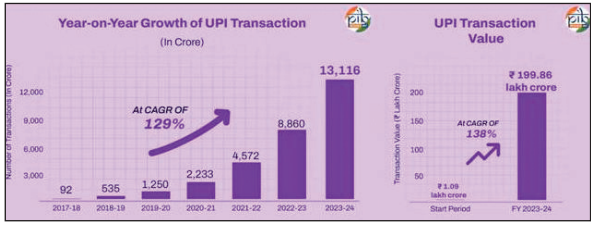
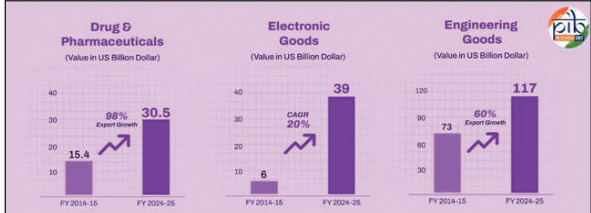
Since its inception on 5 April 2016, the Stand-Up India Scheme has enabled SC, ST, and women entrepreneurs to launch greenfield enterprises by facilitating bank loans. It has empowered thousands to start and grow businesses, creating livelihood opportunities and driving inclusive economic participation.

7. PM VISHWAKARMA: EMPOWERING INDIA'S TRADITIONAL ARTISANS

Launched on September 17, 2023, the PM Vishwakarma Scheme is a landmark initiative aimed at supporting traditional artisans and craftspeople across 18 identified trades such as blacksmiths, carpenters, potters, tailors, barbers, cobblers, and others. The scheme provides holistic support, including skill training, collateral-free credit, modern toolkits, market access, and incentives for digital transactions—helping integrate these artisans into the formal economy.

8. PM SVANIDHI SCHEME: EMPOWERING STREET VENDORS WITH AFFORDABLE CREDIT

The PM SVANidhi Scheme, launched by the Ministry of Housing and Urban Affairs on June 1, 2020, aims to empower street vendors by providing hassle-free access to affordable credit and promoting their digital onboarding for economic development. The scheme offers collateral-free working capital loans up to Rs.50,000 in three tranches, along with a 7% per annum interest subsidy and cashback incentives of Rs.1 per digital transaction (up to Rs.1,200 annually). Initially valid until December 31, 2024, the scheme is currently under extension.



YOGA AND NATUROPATHY: A NATURAL PATH TO WELLNESS & HOLISTIC LIVING



PROF. SANJEEV SHARMA

In today's fast-paced world, stress and inactive lifestyles have become common. This makes it more important than ever to focus on holistic wellness. Yoga and naturopathy—ancient systems of natural healing—offer powerful ways to connect with our body, calm the mind, and lead a healthier life. These practices help restore balance, boost energy, and improve overall well-being. International Yoga Day, celebrated on June 21st each year, reminds us of the timeless value of these practices and encourages people worldwide to make them a part of daily living.

THE 2025 INTERNATIONAL YOGA DAY THEME

“The International Day of Yoga (IDY) 2025 marks a significant milestone of this global celebration. Under the theme “Yoga for One Earth, One Health,” this year’s observance highlights yoga’s vital role in promoting holistic well-being and environmental harmony. We

all should join a local yoga group or community wellness initiative.

Yoga and naturopathy are ancient, trusted ways to achieve health, balance, and inner peace. They help people take charge of their well-being through natural living and self-awareness. On International Yoga Day 2025, let's embrace their power to not only heal ourselves but also create a kinder, healthier world.

The word “Yoga” is derived from the Sanskrit root ‘Yuj’, meaning to join or to unite. This union signifies the coming together of the individual consciousness with the universal consciousness. Though popularly known for its physical postures or “asanas”, yoga is a comprehensive system that includes:

- Asanas (Postures): To strengthen and stretch the body.
- Pranayama (Breathing Techniques): To regulate life energy through the breath.
- Dhyana (Meditation): To calm and focus the mind.
- Yamas and Niyamas (Ethical Disciplines): Guidelines for social and personal conduct.
- Dharana and Samadhi (Concentration and Enlightenment): Advanced states of mental focus and inner realization.

Yoga offers a path to self-discovery and inner peace. It is not a religion, but a philosophy and science of well-being, suitable for people of all ages, faiths, and backgrounds.



THE RISE OF NATUROPATHY: HEALING THE NATURAL WAY

Naturopathy is a natural, drug-free way of healing that doesn't involve surgery. It is based on the idea that the body can heal itself when given the right care, environment, and a healthy lifestyle.

The core principles of naturopathy include:

- The healing power of nature
- Identifying and treating the root cause
- Using natural therapies such as diet, hydrotherapy, fasting, massage, and mud therapy
- Avoiding suppressive treatments that may harm the body's natural functions

Naturopathy works on prevention and wellness rather than mere cure. It views disease as the body's effort to eliminate toxins and restore balance. When practiced with yoga, naturopathy enhances the body's vitality and resilience, making it easier to prevent chronic



illnesses and recover from ailments.

SYNERGY BETWEEN YOGA AND NATUROPATHY

Yoga and naturopathy complement each other beautifully. While yoga harmonizes the body-mind system through asanas, breathwork, and meditation, naturopathy supports the body with nature-based healing, pure

food, and detoxification techniques.

When practiced together, they bring about the following positive changes:

- Enhance digestion, immunity, and energy levels
- Reduce anxiety, depression, and emotional stress
- Improve sleep quality and hormonal balance
- Encourage mindful eating and self-awareness
- Prevent lifestyle diseases



like diabetes, hypertension, and obesity

In India, both systems are often taught together in AYUSH institutions (Ayurveda, Yoga, Unani, Siddha, and Homeopathy), as part of integrative health models that support long-term wellness.

ELEMENTS OF A HEALTHY LIFESTYLE: THE NATURAL WAY

A healthy lifestyle doesn't require expensive equipment or complex diets. Simplicity, consistency, and awareness are key. Here are the core principles for cultivating a yogic and natural lifestyle:

- 1. Balanced Diet**
Eat seasonal, local, and plant-based foods. Emphasize raw vegetables, fruits, sprouts, whole grains, and nuts. Avoid processed foods,

refined sugar, and artificial additives.

Practice mindful eating—eat slowly, without distraction.

2. Regular Physical Activity
Practice yoga asanas, stretching, or brisk walking for at least 30 minutes a day. Include surya namaskar (sun salutation)—a complete body workout and energizer. Choose natural movements like cycling, gardening, or swimming.

3. Mental Hygiene
Begin your day with meditation or prayer to anchor your thoughts. Practice gratitude, positive affirmations, and deep breathing. Avoid information overload—limit screen time and social media.

4. Hydration and Natural Detox
Drink plenty of water, preferably warm and infused with herbs like tulsi or lemon. Use mud packs, steam therapy, or hydrotherapy occasionally to cleanse. Fast once a week or adopt intermittent fasting for digestive rest.

5. Rest and Rejuvenation
Maintain a regular sleep routine—7-8 hours of uninterrupted sleep. Disconnect from digital devices at least one hour before bedtime. Use self-care rituals like oil massage (abhyanga), herbal baths, or yoga nidra.

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The idea is to move from individual transformation to collective awakening. When citizens are mindful, calm, and compassionate, societies naturally become more inclusive, empathetic, and progressive.

A CALL TO ACTION

In a world battling with physical diseases, mental fatigue, and environmental crises, adopting a yogic and natural lifestyle is not just a choice—it is a responsibility. It is a path to sustainable living that honors the body, respects the planet, and nurtures the soul. so this yoga day let us all commit to ourselves that with help of yoga, balanced diet and some minor lifestyle modifications we will consciously change ourselves and do our bit to bring positive transformation in this world also.

The author of the article is Prof Sanjeev Sharma who is Vice Chancellor of National Institute of Ayurveda Jaipur.

The eternal wisdom of Yoga: A self-purification journey



SHARDA BHATI

Yoga, a profound legacy of India's ancient Rishi-Munis, continues to be a guiding light for seekers of health, peace, and inner transformation. Rooted in spiritual insight and natural discipline, yoga was developed as a sacred practice to unite the body, mind, and soul. Alongside yoga, naturopathy, a system that heals through nature, offers a powerful complement. Together, these time-honored traditions provide holistic well-being in an increasingly stressful and fragmented world.

June 21st marks International Yoga Day, a global celebration of this ancient science. Recognized by the United Nations in 2014, the day is a reminder of yoga's universal relevance and its power to heal, uplift, and transform.

THE INNER CHURNING OF YOGA

In yogic tradition, the practice of yoga is seen as a continuous inner churning—a symbolic journey of self-purification. Just as the mythical ocean was churned to reveal divine treasures, yoga churns the

inner self, revealing physical health, mental clarity, and spiritual insight.

In the ancient story of Samudra Manthan, Mount Mandara served as the churning rod and the serpent Vasuki as the rope, held by both gods and demons—representing dualities such as positive and negative energies. Similarly, in yoga practice, the navel becomes the center of this churning, and our breath acts as the tool. Each controlled breath in pranayama helps balance these energies and leads to a deeper sense of awareness and strength.

For instance, the first item from the churning was Halahal (poison), symbolic of life's challenges. Through Kapot Ujjayi Pranayama, which activates the Vishuddhi Chakra, we learn to endure and transform adversity into resilience, just as Lord Shiva held the poison in his throat, unaffected.

This journey through yoga reveals many symbolic gems:

- Kamdhenu: A symbol of physical and mental balance
- Uchchaishrava: Readiness and adaptability
- Airavat: Steady willpower and persistence
- Kaustubh Mani: Inner glow and vitality
- Kalpavriksha: Manifestation through imagination and focused intention
- Rambha: Harmony of the five elements and seven chakras
- Lakshmi: Health and grace
- Varuni: Caution against



ego and overindulgence

- Chandra (Moon): Mental calm and emotional clarity
- Parijat Tree: Healing properties of nature
- Panchjanya: The universal sound of existence
- Dhanvantari: Divine healing and knowledge of longevity
- Amrit: Immortality through spiritual realization
- Naturopathy: Healing in Tune with Nature

THE SIGNIFICANCE OF INTERNATIONAL YOGA DAY

International Yoga Day is not only a celebration but also a global call to return to balance. Observed on the summer solstice, the longest day of the year, it symbolizes light, energy, and awakening.

YOGA FOR MODERN LIFE

Yoga is especially vital in today's world, where people face increasing health

issues like anxiety, hypertension, sleep disorders, and lifestyle diseases. Unlike quick fixes, yoga offers sustainable healing.

Key practices include:

- Asanas (like Tadasana, Balasana, Shavasana) that enhance flexibility, muscle tone, and posture
- Pranayama (like Anulom Vilom, Bhramari) that calm the mind and regulate breathing
- Dhyana (meditation), which centers the mind and enhances focus
- Finding the Right Time

and Inner Balance

Yoga is not just a physical exercise but a profound journey toward self-awareness and inner harmony. Rooted in ancient Indian wisdom, it offers a path to connect the body, mind, and soul. The



true essence of yoga lies in its ability to make us more conscious of our thoughts, emotions, and actions. Through consistent practice, yoga cultivates mindfulness, emotional balance, and a deeper understanding of the self.

The timing of yoga plays an important role in maximizing its benefits. The most ideal time to practice yoga is during Brahma Muhurta, which is approximately 1.5 hours before sunrise. At this peaceful hour, the environment is calm, the mind is quiet, and the body is naturally aligned with the rhythms of nature. Practicing yoga at this time enhances clarity, focus, and spiritual growth. However, if early morning isn't possible, yoga can also be practiced in the early evening or even at night, as long as the stomach is empty and the body is relaxed.

Yoga encourages self-

awareness by inviting practitioners to observe their breath, thoughts, and bodily sensations. Asanas (postures) stretch and strengthen the body, but more importantly, they bring attention to areas of tension and imbalance. Pranayama (breathing exercises) teaches control over the breath, which in turn calms the nervous system and the mind. Meditation deepens this connection, allowing one to witness the fluctuations of the mind without judgment.

By practicing yoga regularly, individuals begin to live more consciously—responding rather than reacting, choosing peace over chaos, and understanding their true nature. It is a lifelong journey, not toward perfection, but toward presence. In this awareness lies the true freedom and joy that yoga promises.

'ISRAEL CONTROLS TEHRAN'S SKIES'

Israel says it is only targeting Iranian regime sites, while accusing Iran of deliberately targeting Israeli civilians.

AGENCIES
JERUSALEM

Prime Minister Benjamin Netanyahu on Monday claimed that Israel “controls the skies over Tehran” and said his country is “on the way” to achieving its goals of destroying the Iranian nuclear and ballistic missile threats.

Referring to freedom of movement in Tehran’s airspace, a point Israel Defence Forces (IDF) spokesperson Effie Defrin also made earlier in the day, Netanyahu, during a visit to the Tel Nof airbase in central Israel, said that



An explosion is seen during a missile attack in Tel Aviv, Israel. (Agencies)

“this is a change in the entire campaign”.

The Israeli military has said that it had destroyed over 120 surface-to-surface missile launchers that had been fired from Iran in overnight missions, and its aircraft now control the skies of Tehran.

Defence Minister Israel Katz and IDF Chief of Staff Lt Gen Eyal Zamir accompanied Netanyahu during the visit. “The Air

Force controls the skies of Tehran. We are on our way to achieving our two objectives: eliminating the nuclear threat and eliminating the missile threat,” the Prime Minister said.

“We are on the path to victory, and this is being achieved. Thanks to our heroic pilots and our wonderful ground crews, who are also doing amazing work,” he said.

Netanyahu claimed

that Israel is only hitting the targets of the Iranian regime, despite full freedom of movement in their skies, unlike Iran, which is “attacking Israeli “civilians”.

“When we control the skies over Tehran, we are hitting these targets, the targets of the regime, unlike the criminal regime of Iran that targets our citizens and comes to kill children and women,” he said.

Pakistan shuts border with Iran as Tehran trades strikes with Israel

AGENCIES
QUETTA

Pakistan has closed all its border crossings with neighbouring Iran for an indefinite period, provincial officials said on Monday, as Israel and Iran trade intense strikes and threaten further attacks.

“Border facilities in all five districts -- Chaghi, Washuk, Panjgur, Kech and Gwadar -- have been suspended,” Qadir Bakhsh Pirkani, a senior official in Balochistan province, which borders Iran.

Crossing into Iran “has been suspended until further notice”, said Atta ul Munim, an official at one of the crossings in Chaghi district.

However, there was “no ban on trade” activities at the border and Pakistani nationals needing to return to their the country from Iran can

cross, he added.

“We’re expecting around 200 Pakistani students coming today,” Atta said.

On Sunday, Pakistani Foreign Minister Ishaq Dar said 450 Pakistani pilgrims were evacuated from Iran, with more to follow, as well as from Iraq -- the two countries hosting the holiest sites in Shiite Islam.

Pakistan, the only Muslim-majority country with nuclear weapons, said on Friday it “stands in solidarity with the Government and the people of Iran” against strikes by Israel, which both Islamabad and Tehran do not recognise.

Pakistani Defence Minister Khawaja Asif on Monday warned that the world “should be wary and apprehensive about Israel’s nuclear prowess” and accused it of lacking “any international nuclear discipline”.

Israel is the Middle East’s only nuclear power, although undeclared.

Media reports have said Pakistan may support Tehran if the conflict was to widen, but officials in Islamabad have reiterated that their country is only showing “moral and diplomatic solidarity”.

Predominantly Sunni Pakistan shares a more than 900-kilometre (560-mile) border with Shiite-majority Iran.

The relationship between the two neighbours has been complex, with Pakistan often wary of US-led sanctions on Tehran and also mindful of its ties with Riyadh, which has repeatedly helped rescue its economy by rolling over overdue debts.

Bilateral trade between the two countries stands at around \$3 billion and officials have vowed to boost it to \$10 billion in the coming years.

34 Palestinians killed in new shootings near food aid centres

AGENCIES
DEIR AL-B, GAZA STRIP

At least 34 Palestinians were killed Monday in new shootings on the roads leading to Israeli- and U.S.-supported food distribution centers in the Gaza Strip, the local Health Ministry said.

The toll was the deadliest yet in the near-daily shootings that have taken place as thousands of Palestinians move through Israeli military-controlled areas to reach the food centers.

As on previous days, witnesses said Israeli troops opened fire in an attempt to control crowds. The ministry says several hundred people have been killed and hundreds more wounded in such shootings since the centers, run by the private contractor Gaza Humanitarian Foundation, opened three weeks ago.

There was no immediate comment by the Israeli military. It has said in previous instances that troops fired



warning shots at what it calls suspects approaching their positions.

Gaza’s Health Ministry said 33 Palestinians were killed trying to reach the GHF center near the southern city of Rafah and another on route to a GHF hub in central Gaza. It said four other people were killed elsewhere.

Israeli troops started firing as thousands of Palestinians massed around 4 a.m. at the Flag Roundabout before the scheduled opening time of the Rafah food center, according to Heba Joua and

Mohamed Abed, two Palestinians who were in the crowd.

People fell to the ground, trying to take cover, they said. “Fire was coming from everywhere,” said Joua, who has repeatedly made the journey to get food for her family over the past week. “It’s getting worse day by day,” she said.

The Red Cross field hospital nearby received some 200 injured Monday, the highest single mass casualty event, the International Committee of the Red Cross said in a statement.

VIETNAM LAWMAKERS ABOLISH DISTRICT-LEVEL GOVERNMENT

AGENCIES
HANOI

Vietnam’s National Assembly approved amendments to the constitution on Monday to abolish an entire level of government, as part of major reforms to the way the communist country is run.

Lawmakers voted unanimously to do away with district level administration, reducing the governmental structure to two layers -- provinces and communes.

The move is the latest in a series of drastic changes to Vietnamese government aimed at saving billions of dollars in expenditure by cutting one in five public sector jobs.

Last week lawmakers in the assembly -- a rubber-stamp body in a one-party system -- voted to merge most of the country’s provinces and cities, cutting nearly 80,000 jobs.

In February they slashed

the number of government ministries, resulting in 23,000 job losses.

The dramatic changes echo the steps taken by US President Donald Trump and Argentina’s Javier Milei to take an axe to government spending.

But in a communist system where working for the state has long meant a job for life, the reforms piloted by party chief To Lam have caused some unease.

Lam, the Communist Party general secretary and top national leader, has said the drastic restructuring is needed if Vietnam is to achieve “fast, stable and sustainable development” in its quest to be a middle-income country by 2030.

The National Assembly also voted Monday to reorganise the lowest level of government, reducing the number of communes from over 10,000 to around 3,300.

UN body warns of possible contamination at Iran’s Natanz nuke site after Israeli strikes

AGENCIES
TEL AVIV, ISRAEL

The head of the U.N. nuclear watchdog agency said Monday that there is a possibility of both radiological and chemical contamination within Iran’s main nuclear enrichment facility in Natanz following Israeli strikes, although radiation levels outside the complex are presently normal.

The radiation poses a significant danger if uranium is inhaled or ingested, International Atomic Energy Agency Director-General Rafael Mariano Grossi said.

The risk can be effectively managed with appropriate protective measures, such as using respiratory protection devices while inside the facilities, Grossi said.

“The level of radioactivity outside the Natanz site has remained unchanged and at normal levels, indicating no external radiological impact to the population or the environment from this event,”



This satellite image provided by Maxar Technologies shows the Natanz nuclear enrichment facility. (Agencies)

he said. Grossi was addressing an urgent session of the IAEA’s board in Vienna that was convened at the request of Russia to discuss Israeli attacks against Iranian nuclear facilities. He said that there apparently was no additional damage at Natanz and the Isfahan nuclear research site since Saturday.

He said that the main concern inside the Natanz facility is the chemical toxicity of a gas called uranium hexafluoride, which is the result of fluorine mixed with the

uranium during enrichment. It’s extremely volatile, will quickly corrode, can burn the skin and is especially deadly if inhaled, experts say.

“Amid these challenging and complex circumstances, it is crucial that the IAEA receives timely and regular technical information about the facilities and their respective sites,” Grossi said. Without information, the U.N. agency “cannot accurately assess the radiological conditions and potential impacts on the population and

Israel condemns black partition walls around its pavilions at Paris Air Show

AGENCIES
PARIS

France’s government ordered black partition walls erected around Israeli defense industry exhibits at the Paris Air Show displaying offensive weapons, because of the war in Gaza and rising tensions in the Mideast. Israel’s Defense Ministry demanded an immediate reversal of the decision.

A French appeals court had ruled Friday against activist groups who sought to block Israeli companies from participating in the show due to Israel’s actions in Gaza. The Paris Air Show, held at Le Bourget north of Paris, is one of the



Staff attempt to cover up graffiti on the partition. (Agencies)

world’s largest and most prestigious events for the aerospace and defense industry.

The black walls appeared overnight ahead of the show’s opening Monday, visually isolating Israeli booths from dozens of other international exhibitors.

French Prime Minister

Francois Bayrou said the decision was made to allow Israeli companies to display their aviation technology but no offensive weapons, “given the situation in the region, the extreme tensions ... given France’s diplomatic choices, notably concern about Gaza.”

Bayrou said the Israeli

Embassy and companies were informed in advance of the restriction and that some complied, but others didn’t. As a result the displays were covered up, “I hope temporarily.”

The Israeli Defense Ministry said the demand to remove offensive weapons displays came at the last minute.

“The French are hiding behind supposedly political considerations to exclude Israeli offensive weapons from an international exhibition -- weapons that compete with French industries,” the ministry said in a statement Monday, calling the action “ugly and improper.”

Bangladesh directs fugitive leader Sheikh Hasina to return to face trial

AGENCIES
DHAKA

Bangladesh’s war crimes court ordered fugitive ex-leader Sheikh Hasina on Monday to return to face trial on charges amounting to crimes against humanity.

Hasina, 77, fled Dhaka by helicopter to India in August 2024 at the culmination of a student-led mass uprising. She has defied an extradition order to return to Bangladesh.

Up to 1,400 people were killed between July and August 2024 when Hasina’s government launched a crackdown in a failed bid to cling to power, according to the United Nations.

Hasina and former senior figures connected to her ousted government and her now-banned party, the Awami League, are being prosecuted in Bangladesh’s International Crimes Tribunal (ICT). Prosecutors have filed five charges against Hasina, including abetment,



incitement, complicity, facilitation, conspiracy and failure to prevent mass murder -- charges that amount to crimes against humanity under Bangladeshi law.

“The court directed the prosecution team to issue a notice as soon as possible summoning them to appear before the court,” chief prosecutor Muhammad Tajul Islam said on Monday.

The trial will resume on June 24 without her if she fails to return. The prosecution argues that Hasina ordered security forces, through directives from the interior ministry and police, to crush the protests.

Hasina is on trial with two other officials.

One of them, former interior minister Asaduzzaman Khan Kamal, who faces similar charges, is also a fugitive.

The second, ex-police chief Chowdhury Abdullah Al Mamun, is in custody and was in court on Monday.

The prosecution of senior figures from Hasina’s government is a key demand of several of the political parties now jostling for power.

The interim government has said it will hold elections in April 2026, although some parties are pushing for an earlier vote.

Cambodia threatens to ban Thai fruits and vegetables over border row

AGENCIES
PHNOM PENH, CAMBODIA

Cambodia on Monday said it would stop importing Thai fruits and vegetables if Thailand refused to lift border restrictions imposed following a deadly clash in one of the disputed areas between the two countries.

An armed confrontation at the border on May 28 left one Cambodian soldier dead. The incident, which each side

blamed on the other, reportedly took place in a relatively small “no man’s land” along their border that both countries claim as their own.

Cambodian and Thai authorities have engaged in saber-rattling since last week, and continue to implement or threaten measures short of armed force, keeping tensions high. Thailand has added restrictions at border crossings, and Cambodia has banned

Thai movies and TV shows and implemented a boycott of the neighboring country’s international internet links.

Cambodian Senate President Hun Sen, the former prime minister, said in a televised speech Monday that the ban on Thai fruits and vegetables would take effect if Thailand doesn’t lift the border restrictions by Tuesday.

Thai Prime Minister Paetongtarn Shinawatra later said



Thailand decided to impose the border restrictions out of

safety concerns for the citizens of both countries due to

the heavier presence of armed forces along the areas. She also said any “unprofessional communication” that was conveyed outside a bilateral mechanism would only hurt the interests of both sides.

Officials of the two countries met over the weekend in Cambodia’s capital, Phnom Penh, on the conflicting territorial claims that led to last month’s deadly confrontation. While both sides said the meeting

was held in a good atmosphere, it appears no major breakthrough was achieved to resolve the current spat.

Cambodia on Sunday said it has officially submitted a request to the U.N.’s International Court of Justice, seeking a resolution to the ongoing border disputes with Thailand in four areas. The Cambodia’s State Secretariat of Border Affairs said after the weekend meetings concluded

that Cambodia would no longer discuss these areas under the bilateral mechanism of the two countries.

The Thai Ministry of Foreign Affairs said Monday that it was deeply disappointed that Cambodia refused to address the disputes through the existing mechanism and reiterated that Thailand does not accept the jurisdiction of the International Court of Justice.

TRUMP ORDERS DEPORTATION DRIVE TARGETING ‘DEMOCRAT POWER’ CITIES

Trump proposes mass deportations in Democratic-led cities like LA, Chicago, New York, citing their large undocumented immigrant populations

AGENCIES
WASHINGTON

We must expand efforts to detain and deport illegal Aliens in America's largest Cities, such as Los Angeles, Chicago, and New York, where Millions upon Millions of Illegal Aliens reside," Trump said on his Truth Social platform.

"These, and other such Cities, are the core of the Democrat Power Center," he claimed, citing debunked right-wing conspiracy theories that undocumented immigrants are voting in US elections in significant numbers.

Trump has made deporting undocumented immigrants a key priority for his second term, after successfully campaigning against an alleged "invasion" by criminals.



Raids by the Immigration and Customs Enforcement (ICE) agency in Los Angeles have sparked days of mainly peaceful protests, though they have seen sporadic violence at times.

Trump has pounced on the violent incidents to deploy 4,000 National Guards and 700 Marines to the Democrat-led city, against the wishes of local and state authorities.

California has sued to regain control of the National Guardsmen from Trump, arguing he overstepped his authority. That suit is working its way through federal court.

Mayor Karen Bass said Sunday that an overnight curfew put in place last week to stop vandalism and looting at the protests would be extended "a couple more days."

She described the fear and

anger that have taken hold in the heavily Latino city over the immigration raids.

"People are afraid to leave their homes," she said, adding that raids have at times felt "indiscriminate."

"This is the United States. You are not supposed to have to show your papers if you go out in public," she said.

Los Angeles was mostly calm on Sunday with just a handful of demonstrators marching outside City Hall ahead of the curfew.

"Get the job done!"

In a long screed on Truth Social Sunday, Republican Trump charged that ICE agents "are subjected to violence, harassment, and even threats from Radical Democrat Politicians."

But, he insisted, "nothing will stop us from executing our mission... ICE Officers

are herewith ordered ... to do all in their power to achieve the very important goal of delivering the single largest Mass Deportation Program in History."

Trump made a litany of grievances against "sick" Democrats, including charges that they "believe in Open Borders, Transgender for Everybody, and Men playing in Women's Sports."

That, he said, was why he wanted ICE and other law enforcement agencies "to FOCUS on our crime ridden and deadly Inner Cities."

He said he had directed his entire administration "to put every resource possible behind this effort, and reverse the tide of Mass Destruction Migration that has turned once Idyllic Towns into scenes of Third World Dystopia."



The aerobatic flying team Patrouille de France perform a flyover at the international Paris Air Show, Le Bourget, France. Agencies

LA curfew to continue for ‘couple more days’: Mayor

AGENCIES
LOS ANGELES

A nightly curfew in Los Angeles will continue for "a couple more days," Mayor Karen Bass said Sunday, the ninth day of protests that have seen US President Donald Trump launch a military-backed crackdown.

Demonstrators began protesting on June 6 against immigration raids launched by the Trump administration to round up undocumented migrants in the heavily Latino city in Democrat-led California.

The rallies have been mostly peaceful and confined to a small area of Downtown Los Angeles, but marred by sporadic and eye-catching violence which Republican Trump has used as a pretext to send in 4,000 National Guard and 700 Marines.

The extraordinary deployment came over the protests of local officials who have insisted that the situation was under control.

Bass issued an overnight curfew on June 10 on the downtown area at the heart of the protests to stop incidents of vandalism and looting. On Sunday she said she is hoping that the number of people behind the violent incidents "will taper off".

"So I know the curfew will be on for at least a couple more days," she said in a



Los Angeles Mayor Karen Bass has warned of the anger and fear felt in the city over immigration raids carried out by the administration of US President Donald Trump. Agencies

televised interview with local news channel KTLA, adding that she cannot predict how many more days exactly.

"We don't know how many raids are going to happen, we don't know what the character of the raids will be, and every time that happens it really generates a lot of anger in the city," she said.

Trump, seemingly unfazed by the protests, on Sunday directed federal authorities to ramp up their deportation efforts, including in Los Angeles. Bass noted the anger and fear that the raids by the Immigration and Customs Enforcement (ICE) agency have generated in Los Angeles. "People are afraid to leave their homes," she said, adding that raids have at times felt "indiscriminate."

"This is the United States. You are not supposed to have to show your papers

if you go out in public," she said. "It's hard for me to believe it's targeted."

Trump said on social media that ICE agents had been subjected to "violence, harassment and even threats" and ordered them to "do all in their power" to effect mass deportations.

Los Angeles was mostly calm on Sunday after a massive rally and march a day earlier -- part of the "No Kings" series of anti-Trump protests across the country -- saw thousands of people turn out to condemn the raids and the military crackdown. A small group of demonstrators marched around City Hall during the sunny afternoon under the watchful eye of law enforcement, including several women clad in bikinis carrying signs with slogans including "Hot Girl Summer Melt ICE".

Harvard extends block on Trump’s international students’ ban

AGENCIES
BOSTON

A federal judge said on Monday that she would issue a brief extension of an order temporarily blocking President Donald Trump's plan to bar foreign nationals from entering the U.S. to study at Harvard University while she decides whether to issue a longer-term injunction.

U.S. District Judge Allison Burroughs, at the end of a hearing in Boston in Harvard's legal challenge to the restrictions, extended to June 23 a temporary restraining order that had been set to expire on Thursday. She said she wanted to give herself more time to prepare a ruling.

"We'll kick out an opinion as soon as we can," she said.

Ian Gershengorn, a lawyer for Harvard, told her that an injunction was necessary to ensure Trump's administration could not implement his latest bid to curtail the school's ability to host inter-



national students.

The judge scheduled the hearing after issuing a temporary restraining order on June 6 preventing the administration from implementing a proclamation that Trump had signed a day earlier. A preliminary injunction would provide longer-term relief to Harvard.

Gershengorn argued Trump signed the proclamation to retaliate against Harvard in violation of its free speech rights under the U.S. Constitution's First Amendment for refusing to accede to his administration's demands to control the school's governance, curriculum and the ideology of its faculty and

students. "The proclamation is a plain violation of the First Amendment," Gershengorn said. Almost 6,800 international students attended Harvard in its most recent school year, making up about 27% of the student population of the prestigious school located in Cambridge, Massachusetts.

China and India are among the top countries of origin for these students.

The Trump administration has launched a multifront attack on the oldest and wealthiest U.S. university, freezing billions of dollars in grants and other funding and proposing to end its tax-exempt status, prompting a series of legal challenges.

The Trump family’s next venture: Mobile phone company

AGENCIES
NEW YORK

The Trump family said it is licensing its name to a new mobile phone service, the latest in a string of ventures that have been announced while Donald Trump is in the White House despite ethical concerns that the US president could mold public policy for personal gain.

Eric Trump, one of President Donald Trump's sons running The Trump Organisation, said the new venture called, Trump Mobile, will sell phones that will be built in the US, and the phone service will maintain a call centre in the country as well.

The announcement of the new mobile phone and service, called T1 Mobile, follows several real estate deals for towers and resorts in the Middle East, including a golf development in Qatar announced in April. A USD 1.5 billion partnership to build



golf courses, hotels and real estate projects in Vietnam was approved last month, but the deal was in the works before Trump was elected.

"Hard-working Americans deserve a wireless service that's affordable, reflects their values, and delivers reliable quality they can count on," said Eric Trump in a statement. Trump criticised Apple last month because it planned to make most of its US iPhones in India, and threatened to slap a 25% tariff on the devices unless the tech giant starts building the product in its home country.

Minnesota lawmaker murder suspect caught after massive manhunt

AGENCIES
MINNEAPOLIS

The man accused of killing a Minnesota lawmaker and wounding another went to the homes of two other lawmakers to carry out more carnage on the night of the shootings, a federal prosecutor said.

But one of the other lawmakers was not home and the suspect left the other house after police arrived, acting U.S. Attorney Joseph Thompson said at a press conference Monday.

The suspect, Vance Boelter, surrendered to police Sunday after they found him in the woods near his home following a massive manhunt that began early Saturday near Minneapolis. He is accused of posing as a police officer and fatally shooting former Democratic House Speaker Melissa Hortman and her husband, Mark, in their home early



Saturday in the northern Minneapolis suburbs. Authorities say he also shot Sen. John Hoffman, a Democrat, and his wife, Yvette. They were injured at their residence about 9 miles (about 15 kilometers) away.

The 57-year-old Boelter was charged with federal murder, stalking offenses. He already faces state charges, including murder and attempted murder.

"Boelter planned his attack carefully" by researching his intended victims

and their families and conducting surveillance of their homes and taking notes, Thompson said.

Though the targets were Democrats and elected officials, Thompson said it was too soon to speculate on any sort of political ideology that could explain his motives.

Thompson said it was too early to say if the Justice Department would seek the death penalty but noted that that was among the options available to the government based on the charges. The counts charged in the criminal complaint could be amended by prosecutors as they pursue a grand jury indictment as a prerequisite for bringing the case to trial.

Authorities declined to name the two other elected officials whom Boelter allegedly stalked but who escaped harm. But it was clear the shootings were politically motivated, they said.

Britain’s MI6 spy agency gets its first female chief

AGENCIES
OTTAWA

Britain's real-life spies have finally caught up with James Bond. MI6 has appointed its first female chief.

Prime Minister Keir Starmer announced Sunday that Blaise Metreweli will be the next head of the U.K.'s foreign intelligence agency, and the first woman to hold the post since its founding in 1909. She is currently the MI6 director of technology and innovation — the real-world equivalent of Bond gadget-master Q.

A career intelligence officer, Metreweli, 47, steps from the shadows into the light as the only MI6 employee whose name is made public. She said "I am proud and honored to be asked to



lead my Service."

Starmer said the "historic appointment" comes at a time "when the work of our intelligence services has never been more vital."

"The United Kingdom is facing threats on an unprecedented scale — be it aggressors who send their spy ships to our waters or hackers whose sophisticated cyber plots seek to disrupt our

public services," he said.

Starmer made the announcement as he arrived in the Canadian province of Alberta for a Group of Seven leaders' summit.

Metreweli takes over at MI6 as the agency faces growing challenges from states including China and Russia, whose use of cyber tools, espionage and influence operations threatens global stability and British interests, even as it remains on alert against terrorist threats.

Metreweli is the first woman to get the top job, known as C — rather than M, the fictional MI6 chief of the 007 thrillers. M was played onscreen by Judi Dench in seven Bond movies starting in the 1990s.

She will take up her post in the fall, replacing Richard Moore, who has held the job for five years.

Britain's two other main intelligence agencies have already shattered the spy world's glass ceiling. MI5, the domestic security service, was led by Stella Rimington from 1992 to 1996 and Eliza Manningham-Buller from 2002 to 2007. Anne Keast-Butler became head of electronic and cyber-intelligence agency GCHQ in 2023.

Moore, an Oxford-educated former diplomat, fit the 007 mold like a Savile Row suit. But in recent years MI6 has worked to increase diversity, broadening its recruitment process from the traditional "tap on the shoulder" at an elite university.

Ukraine says repatriation of war dead over after 1,245 more bodies received from Russia

AGENCIES
KYIV

Ukraine received another 1,245 bodies of its soldiers killed in the war with Russia on Monday in the final stage of the repatriation of remains agreed at talks in Istanbul, Ukrainian officials said.

"Today marks the final stage of the repatriation of fallen soldiers," Defence Minister Rustem Umerov

said. "Since last week, when the implementation of the Istanbul agreements began, we have managed to bring back over 6,000 bodies."

This marks one of the largest returns of war dead since Russia launched its full-scale invasion of Ukraine more than three years ago.

The handover of the soldiers' remains is part of the agreements reached between Russia and Ukraine

during their second round of talks in Istanbul at the start of the month.

Kremlin aide Vladimir Medinsky, the head of Russia's delegation at the peace talks, said that Moscow had handed back the bodies of 6,060 Ukrainian servicemen. He said that Russia has received the remains of 78 of its own soldiers in return.

Ukrainian officials said



People in hazmat suits carry what is said to be remains of Ukrainian soldiers received from Russia in an unknown location in a screen grab from a Handout video released on June 13, 2025. Security Service Of Ukraine/Handout. Agencies

This marks one of the largest returns of war dead since Russia launched its full-scale invasion of Ukraine more than three years ago.

that they had received 6,057 bodies. They was no immediate explanation available on the discrepancy in numbers. The Russian Defence ministry said that Moscow was ready to hand

over another 2,239 bodies to Ukraine. Both Ukraine and Russia said that the process of exchanging prisoners of war was still ongoing.

"We are not stopping. Ahead lies the next stage: we

continue the fight to bring back our prisoners of war," Ukrainian Defence Minister Umerov said in a social media post on Facebook.

The agreements on exchanging POWs were the only concrete result during the talks between Kyiv and Moscow in Istanbul. Both sides remain far apart in their vision on how to end the war, and they also failed to agree on a ceasefire.

PRABHAS STARRER 'THE RAJA SAAB' TEASER OUT

TDG NETWORK
NEW DELHI

The much-awaited teaser of Prabhas-starrer 'Raja Saab' dropped on Monday. Directed by Maruthi, this horror-fantasy film is slated to be released in theatres worldwide on December 5.

Fans of Prabhas are in for a treat as their favourite actor is set to showcase his acting range by stepping into a comedy genre that is laced with spine-chilling horror scenes.

In the two-minute and twenty-eight-second teaser, Prabhas appears to be a happy-go-lucky guy who falls in love with Nidhi Agerwal. Calling his romance on par with Shah Rukh Khan, the 'Baahubali' actor tries to impress his love interest Nidhi Agerwal before the situation



takes a downturn.

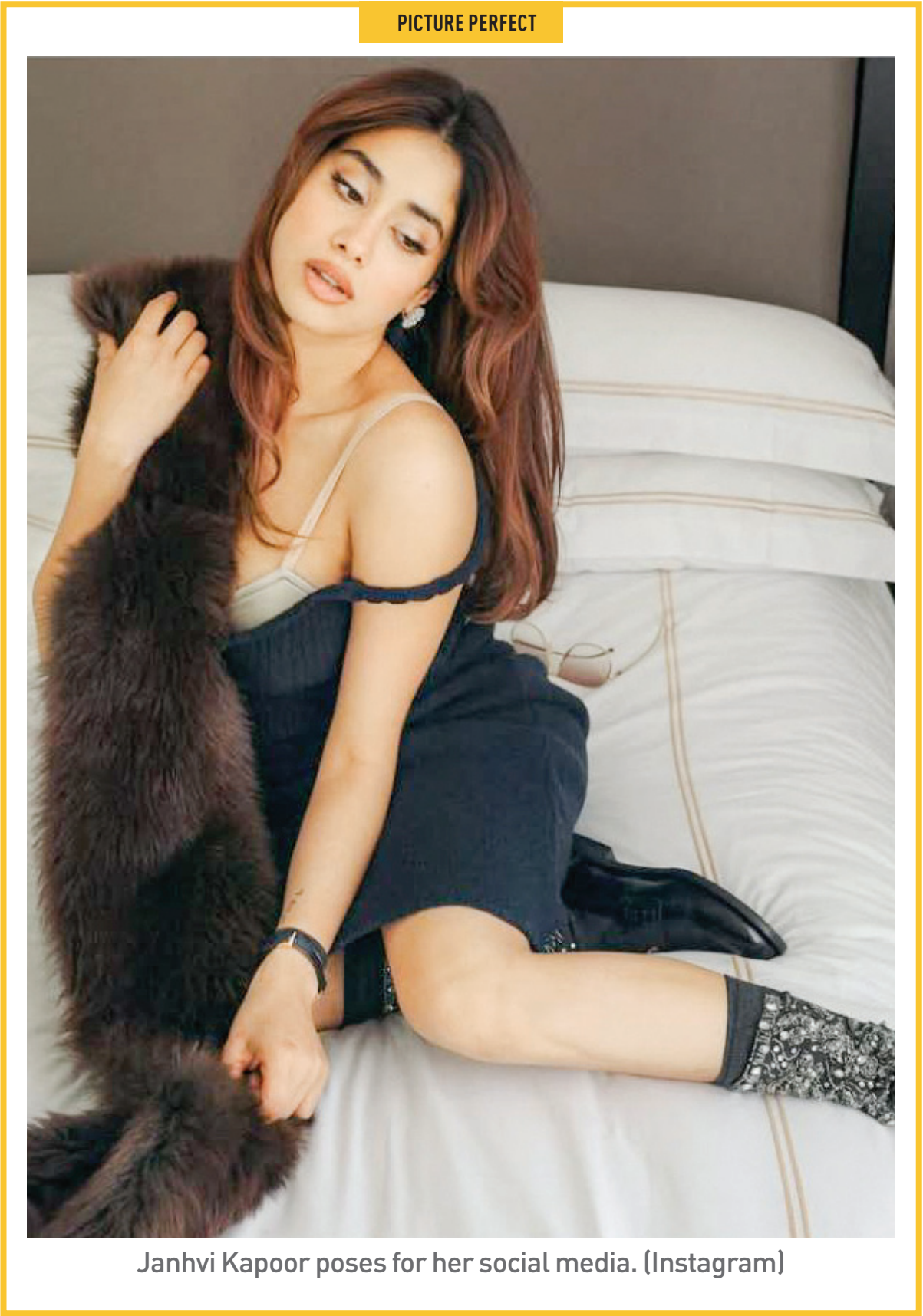
The teaser begins with a king calling a haveli his "body" and the wealth his "life." Prabhas appears to be terrified of the spirits, as he is seen chanting the god's

name and running away from ghosts after he enters the haveli.

The teaser's grand visuals are one of its highlights. Sanjay Dutt and Boman Irani are also expected to

play prominent roles in the movie. Thaman's music is another impressive aspect of the teaser.

Prabhas shared the teaser of the film from his Instagram handle.



Janhvi Kapoor poses for her social media. (Instagram)

'Sardaar Ji 3' teaser released

TDG NETWORK
MUMBAI

Fans of Diljit Dosanjh are in for a treat as their favourite star has released the teaser of his upcoming film 'Sardaar Ji 3'.

Along with the Dosanjh, the film also stars Neeru Bajwa, Manav Vij, Gulshan Grover, Jasmin Bajwa, Sapna Pabbi and others in prominent roles. The movie offers a hilarious take on ghostbusting with a blend of action scenes.

The movie is directed by Amar Hundal and is slated to hit the screens on June 27.

The teaser of 'Sardaar Ji 3', released on Sunday,



marks Dosanjh's return as a ghost hunter who is now tasked with removing a ghost from a mansion in the United Kingdom.

The teaser begins with a team approaching a most haunted castle in the UK with a group of armed soldiers. After an unknown spirit defeated them in the blink of an eye, the owner

decides to call Dosanjh for the task.

The video then unfolds a hilarious interaction with his in-home witches, who demand a medical kit, a make-up box, and other items. In the end, Dosanjh was seen fighting with a ghost in the UK mansion, saying he intends to fight with him because he didn't

add "Jii" after "Sardaar" while addressing him.

Taking to his Instagram handle, Dosanjh shared the teaser of the movie.

'Sardaar Ji' is one the loved horror-comedy franchise of Punjabi film industry. The first instalment of 'Sardaar Ji' was directed by Rohit Jugraj, also starred Mandy Takhar and Neeru Bajwa. The film had a record opening in Punjabi cinema in 2015.

'Sardaar Ji 2' was also directed by Jugraj. The second instalment of the Punjabi fantasy horror-comedy Sardaarji came out eight years ago, in 2016.

'Tanvi The Great' to screen at New York Indian Film Festival 2025

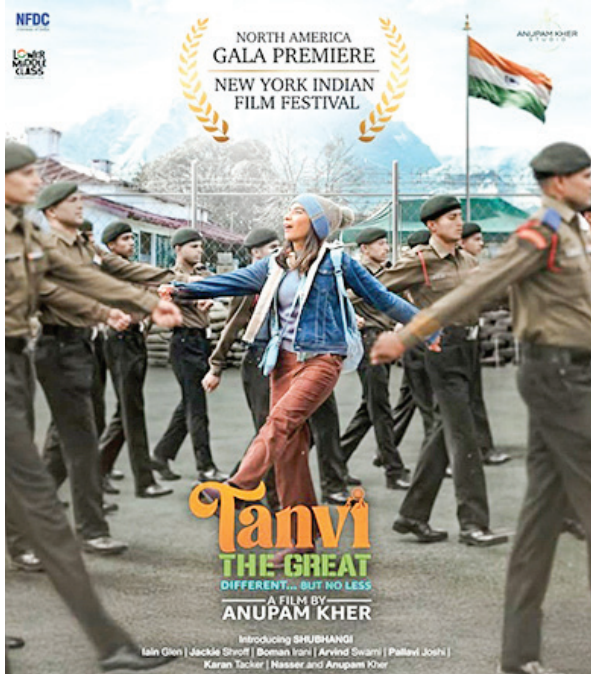
TDG NETWORK
MUMBAI

Anupam Kher's upcoming directorial 'Tanvi The Great' is set to achieve another milestone as the film will be having its Gala premiere at the New York Indian Festival on June 19.

In a post on his Instagram handle, Anupam Kher shared a video in which he listed out his upcoming tight travel schedule, which features multiple screenings of his 'Tanvi The Great' in the US, including New York, Houston, and Austin.

He said, "Hello, my friends, so I am going to New York. We have a Gala premiere of Tanvi the Great in New York, organised by the New York Indian Film Festival and also IAAC (Indo American Arts Council). Thank you very much for inviting us, and then we are going to Austin and Houston. The New York premiere is on the 19th, the Austin premiere is on the 21st, and the Houston premiere is on the 22nd."

The actor-director expressed his gratitude for



the love received at the world premiere of the film at Cannes 2025. He said, "I will be going to New York after a gap of 4-5 years, in fact. Last time I came back I was there for 3 years for New Amsterdam and I am very excited to show our film to my people and friends and a wonderful gathering at this festival. Tanvi the Great is getting lot of love, touchwood. We had a great world premiere

at the Cannes Film Festival and in London. The film is releasing on the 18th of July and I am very excited."

Kher recently opened up about the reaction received by the audience at Cannes on the world premiere of his 'Tanvi The Great'. While speaking to ANI about the reaction at Cannes, Kher said he was "overwhelmed" by how deeply the crowd connected with the film.

Will Smith reveals reason for rejecting 'Inceptions'

AGENCIES
WASHINGTON DC

If you think Will Smith's biggest regrets include turning down 'The Matrix' and 'Django Unchained', then here is a shocker for you. The actor was offered Christopher Nolan's 'Inception' first, reported Variety.

In a recent interview with radio station Kiss Xtra, as quoted by Variety, actor Will Smith revealed that he turned down the lead role in the blockbuster film 'Inception' because he didn't



understand the plot.

After Smith's rejection, Oscar-winning actor Leonardo DiCaprio headlined the film and ended up with one of his biggest hits.

"I don't think I've ever said it publicly, but I am going to say it because we are opening up to one another. Chris Nolan brought me 'Inception' first, and I

didn't get it. I've never said that out loud. Now that I think about it, it's those movies that go into those alternate realities... they don't pitch well. But I am hurt by those, too," said Will Smith at Kiss Xtra podcast as quoted by Variety.

As per the outlet, Smith also rejected 'The Matrix' because he didn't connect to the Wachowski siblings movie pitch, which he said was more about their intended directing style than the actual story.

Smith posted a YouTube

video in 2019 in which the actor retold the pitch that was narrated to him by the 'Matrix' makers.

"We're thinking like... imagine you're in a fight. You, like, jump. Imagine if you could stop jumping in the middle of the jump. But then, people could see around you 360 degrees while you stop jumping. We're going to invent these cameras, and then people can see the whole jump when you stop in the middle of the jump," said Will Smith as quoted by Variety.

Neeraj Pandey's 'Special Ops 2' to hit screens soon

AGENCIES
LOS ANGELES

Ace filmmaker Neeraj Pandey is gearing up for the release of the second season of his hit show 'Special Ops'.

On Monday, he treated the audience to an intriguing trailer of the upcoming season, which stars Kay Kay Menon, Prakash Raj, Vinay Pathak, Karan Tacker, Saiyami Kher, Muzammil Ibrahim, Gautami Kapoor, Parmeet Sethi, and Kali Prasad Mukherjee.

With Kay Kay Menon reprising his iconic role as R&AW officer Himmat Singh, the makers promise a deeper, darker, and more urgent mission than ever before. On what fans can expect from 'Special Ops

2', Neeraj Pandey, in a press note, said, "This season reflects the times we live in, where the enemy doesn't announce their arrival. The new-age warfare has altered everything we know about threat, security, and sacrifice. Special Ops 2 is about the war we don't see, until it hits home. It's a reminder that in today's world, the greatest battles are fought without a

single bullet fired, but the damage runs just as deep."

Kay Kay Menon also opened up about reprising his iconic character of Himmat Singh.

"Himmat Singh has always fought with grit, intellect, and instinct. But this time, the war isn't visible. The stakes are bigger, the threats more unpredictable and that made this season both relevant and deeply personal to portray."



Brad Pitt says interested in working with Tom Cruise

AGENCIES
WASHINGTON DC

Actor Brad Pitt expressed interest in acting opposite fellow actor Tom Cruise as long as the role doesn't require death-defying aerial stunts, reported E! News.

The two A-listers famously starred together in the 1994 horror drama "Interview With the Vampire."



and have never reunited on screen afterwards.

In an interview with E! News at the Mexican premiere of his upcoming film 'F1', Pitt referred to the popular aeroplane stunt of Cruise and said he is willing to do a movie with the latter only if the stunts are performed on the ground.

"Well, I'm not gonna hang my ass off airplanes

and shit like that," Pitt said with a laugh when asked about working with Cruise again.

"So when he does something again that's on the ground, [then yes]," Pitt told E! News. Meanwhile, Pitt's 'F1' movie is directed by Joseph Kosinski and produced by Jerry Bruckheimer, the duo behind Cruise's record-breaking 'Top: Gun Maverick.'

Shooting wraps up for gangster drama 'Paan Parda Zarda'

TDG NETWORK
MUMBAI

Actors Mona Singh and Priyanshu Painyuli will be seen sharing screen space in a gangster drama 'Paan Parda Zarda'.

The actors have officially finished the final leg of work on the series created by the makers of 'Mirzapur'.

Sharing his experience working on the series, Priyanshu, in a press note, said, "Working on Paan Parda Zarda has been a creatively



fulfilling journey. Coming from the makers of Mirzapur, this project felt like a natural progression and the biggest role of my career so far. Plus I have played Robin

in Mirzapur which was also with Gurmeet, a show that he directed and helmed and now this is a brand new world."

He added, "The writing, the world, and the characters are incredibly rich, and I genuinely believe the series will be embraced by movie lovers and fans of the genre. I'm confident and very excited for audiences to see what we've created."

An official announcement regarding the show has not been made yet.

HEALTHY HABITS BEGIN IN SCHOOL: COMBATING OBESITY WITH AWARENESS AND ACTION



DR ALKA KAPUR

In a country with over 250 million school-age children, early interventions in developing healthy habits are crucial in shaping the destiny of the nation. Recognizing this, the directive from Central Board of Secondary Examination (CBSE) for all schools to keep duly maintained 'Sugar Boards' on their premises is a significant step in the fight against childhood obesity. With metabolic disorders and Type 2 diabetes taking stronger grips on the younger generation, this initiative goes a step further to put the emphasis on sugar reduction and eating awareness.

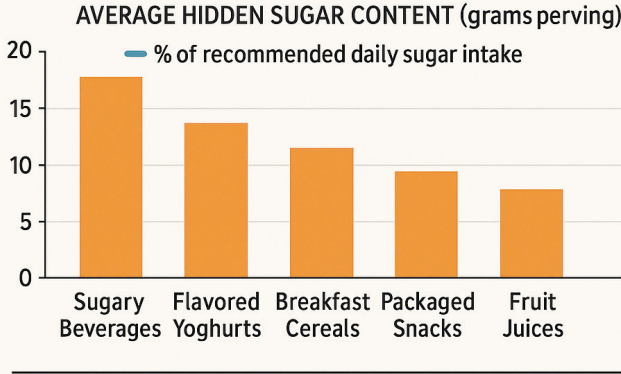
While childhood obesity is emerging as one of the major public health problems today in India, children are now consuming far more sugar than allowed by international health bodies, thereby making intervention at the school level an absolute must.

The World Health Organization (WHO) recommends that only 5% or so of the daily calories needed ought to come from added sugars for optimum health; the truth is far from it, especially in India, where packaged foods and drinks, sugary beverages, flavored yoghurts, and in many instances, even cereals cleverly conceal high sugar content. These hidden sugars in children contribute to increasing Body Mass Index levels, leading to obesity, Type 2 diabetes, tooth problems, and behavioral problems.

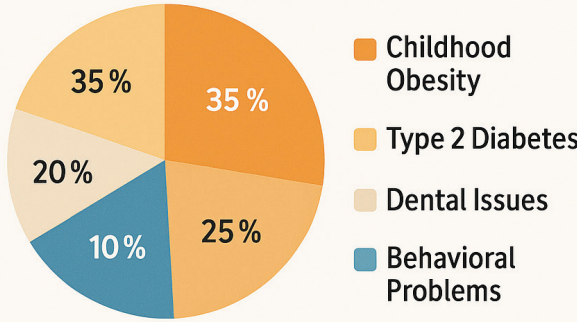
This CBSE-backed initiative urges schools to display information on the adverse effects of sugar consumption, thus alerting students and parents to what they are consuming in this regard. It is not about just chocolates or sweets anymore, and the issue is about hidden sugars present in the everyday food items we eat, such as breads, sauces, breakfast cereals, or ready-to-drink beverages. Further aggravating the problem would be the introduction of refined carbohydrates such as maida (white flour), which simply add empty calories to a child's diet, thus increasing unhealthy weight gain.

Health workers endorse the Sugar Board initiative as a wel-

IMPACT OF HIDDEN SUGARS ON CHILDREN'S HEALTH IN INDIA



HEALTH CONSEQUENCES OF EXCESSIVE HIDDEN SUGAR INTAKE



come intervention in the fight against obesity and metabolic disorders. Promoting sugar literacy can, therefore, aid in the for-

mation of healthier eating habits in children from a young age, enabling them to make healthy food choices in and out of the school.



Health workers endorse the Sugar Board initiative as a welcome intervention in the fight against obesity and metabolic disorders. Promoting sugar literacy can, therefore, aid in the formation of healthier eating habits in children from a young age, enabling them to make healthy food choices in and out of the school. The promotion of awareness activities among schools would also spur change at the community level, as students often share their knowledge with their families and communities.

The promotion of awareness activities among schools would also spur change at the community level, as students often share their knowledge with their families and communities.

An awareness drive like this has the potential to make great changes. It is far easier to prevent obesity and Type 2 diabetes than to cure them when they have grown up. Teaching children these values together with the CBSE is thus helping to create a healthier generation, one informed decision at a time.

Although the initiative is in its early stages, it is generating excitement among teachers, nutritionists, and parents. It is expected that more schools will choose to complement this program with activities, including workshops conducted by nutritionists, healthy meal planning, and student-driven awareness programs.

Moreover, healthy habits truly begin at school, and with the CBSE's directive, India is taking a proactive step towards shaping a future where children grow up with not just academic knowledge but also the essential life skills in nutrition and health awareness.

The author is the Principal at the Modern Public School.

FUELING THE CHANGES: MENOPAUSE AND NUTRITION



FOOD IS MEDICINE
DR ANISH DESAI

Menopause marks a significant life transition for women, typically occurring between the ages of 45 and 55. Characterized by a decline in estrogen levels, this phase is often accompanied by physiological and emotional changes such as hot flashes, weight gain, irritability, sleep disturbances, and an increased risk of chronic diseases like cardiovascular disease, type 2 diabetes, and osteoporosis. Nutrition plays a pivotal role in easing these symptoms and promoting overall well-being during this time.

One of the most immediate effects of menopause is a drop in basal metabolic rate, leading to weight gain, particularly in the abdominal region. With estrogen's role in regulating energy metabolism, its deficiency results in increased fat accumulation and insulin resistance. This metabolic shift underscores the importance of adopting a balanced diet to maintain a healthy weight and prevent the

onset of lifestyle-related diseases.

Protein intake is crucial to preserving muscle mass, which tends to decline during menopause. Women are encouraged to consume 1-1.2 g of protein per kilogram of body weight daily. Sources include lentils, chickpeas, tofu, eggs, Greek yogurt, and quinoa.

Calcium and vitamin D are vital for maintaining bone density. Calcium-rich foods include milk, yogurt, cheese, sesame seeds, tofu, and leafy greens. For vitamin D, include fatty fish, egg yolks, and fortified foods such as orange juice and plant-based milk. In regions with limited sunlight exposure, supplementation may be required.

Fibre-rich foods support digestive health, blood sugar control, and satiety. Include whole grains (oats, brown rice, barley), beans, lentils, nuts, seeds, fruits (apples, berries, pears), and vegetables (broccoli, carrots, leafy greens). These foods also

support gut microbiota, which may play a role in hormonal balance and inflammation control.

Limiting processed foods, added sugars, and saturated fats commonly found in pastries, fried snacks, sugary beverages, and red meats can reduce inflammation and promote better metabolic and hormonal health.

Beyond diet, hydration and sleep are fundamental. Adequate fluid intake supports metabolic processes and reduces mucosal dryness, while quality sleep, supported by nutrients such as tryptophan and B vitamins, enhances emotional resilience and physical recovery.

In conclusion, a strategic nutritional approach tailored to menopausal needs can mitigate symptoms, lower chronic disease risk, and enhance quality of life. Consulting a registered dietitian for personalized guidance ensures dietary interventions are both effective and sustainable during this transformative phase.

Think fresh: The best antioxidant-rich plants to keep your mind sharp

TDG NETWORK
NEW DELHI

In our busy lives, we often overlook one of the most important parts of our body—our mind. Whether it's meeting deadlines, staying focused, or remembering things, the brain is constantly at work. To keep it healthy and sharp, it needs the right kind of support.

One natural way to do this is by using antioxidant-rich plants. Antioxidants are helpful compounds that protect brain cells from damage caused by stress, tiredness, or aging. Adding some of these plants to our daily habits can help keep the mind clear, active, and focused.

Plants to Boost Memory, Focus, and Mental Clarity
Tulsi: It also known as Holy Basil, is a common and trusted herb in many Indian homes. Often called the "queen of herbs," Tulsi

is full of natural antioxidants like eugenol and rosmarinic acid. These help reduce stress and clear the mind. Drinking Tulsi tea or chewing a few fresh leaves every morning can help you feel calm and think more clearly throughout the day.

Turmeric: This is another well-known plant that offers great health benefits. Its bright yellow color comes from curcumin, a strong antioxidant with anti-inflammatory effects. Adding turmeric to your food or drinking it with warm milk can support better memory, balance your mood, and help you stay focused. It's a simple spice with a big impact on your mind.

Ashwagandha: If you often feel stressed or mentally tired, Ashwagandha is a helpful herb to try. It is known as an adaptogen, which means it helps the body deal with stress. Ashwagandha can calm the

mind and bring emotional balance, especially during busy or overwhelming times. You can take it as a supplement or mix the powder into warm drinks.

Brahmi: For better memory and focus, Brahmi is a great choice. Often called the "memory herb," it contains compounds called ba-

cosides that help heal brain cells and improve how the brain works. Brahmi is usually taken as tea or in capsule form and is a popular part of many natural wellness routines.

Green Tea: If you need to stay sharp for long hours, Green Tea can be very useful. It has natural com-

brain sharp and your body nourished. You can easily add moringa powder to smoothies, soups, or meals for a simple brain-boosting habit.

Gotu Kola: Lastly, there's Gotu Kola, a herb used in traditional medicine for many years. It is known to improve blood flow to the brain, reduce anxiety, and support better memory. Gotu Kola is mild and easy to use, you can enjoy it as tea or even add the fresh leaves to salads.

Incorporating these plants into daily routines is not just a step toward better health; it's also a move toward a more mindful, nature-connected lifestyle. Choosing herbs and ingredients that are grown responsibly and used traditionally aligns with a larger vision of sustainable living, where what's good for the individual is also good for the planet. As awareness around natural wellness grows, so does the recognition that long-term health and environmental responsibility are deeply linked. When we shift our focus toward plant-based, holistic solutions, we are not just healing ourselves, we are contributing to a larger ecosystem of conscious choices.

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pounds like polyphenols and L-theanine that help you stay alert without feeling too wired. Green tea gives you gentle energy and helps the mind stay calm and focused—perfect for working or studying.

Moringa: Another helpful plant is Moringa, often called the "miracle tree." Moringa is full of antioxidants, vitamins, and minerals that keep your

Food, fitness & glucose: How real-time data is shaping personal health decisions

NEERAJ KATARE

The way we understand food and fitness today is shifting—less about trends and more about personalized data. Scientific studies, like the one by Zeevi et al. (2015), have shown that individuals can have drastically different responses to the same meal, depending on factors such as gut microbiota, lifestyle, stress, and sleep. What balances one person's blood sugar might spike another's, revealing the limitations of one-size-fits-all dietary advice.

Further supporting this, a 2019 NIH study led by Kevin Hall found that ultra-processed foods led to increased calorie intake and metabolic disruption, even

when nutrient content matched whole-food alternatives. These effects often go unnoticed unless tracked in real-time, such as through continuous glucose monitors (CGMs).

CGMs are no longer used solely for managing diabetes. Today, many people are using these tools proactively to observe how different foods, sleep patterns, and activity levels affect their blood sugar. This growing trend reflects a shift from generalized dietary rules to more personalized and responsive health habits.

Traditional food advice, like choosing brown bread over white or oats over packaged cereal, doesn't always hold true. Glucose data often contra-



dicts these expectations. A smoothie considered "healthy" might trigger a glucose spike in one person but be perfectly stabilizing for another. Factors

such as gut bacteria, stress, sleep, and time of day all influence how the body responds to food. For instance, a bowl of oats post-exercise may be beneficial, while the same meal during a sedentary morning could cause a sugar crash.

This is where real-time feedback becomes transformative. The difference between reading a tip and seeing your blood sugar graph spike in response to white rice or remain stable after switching to quinoa is powerful. It motivates change not through fear or willpower, but through immediate evidence.

Small habit changes—such as walking after meals, eating vegetables before carbs, or delaying coffee—begin to make visible improvements. Over time, these

adjustments create better energy levels, more restful sleep, and less reliance on sugar or caffeine. With regular data, people develop an internal compass that often proves more effective than external advice.

Modern CGMs now track glucose every few minutes, showing how the body responds across the day. Whether it's after a workout, during a stressful meeting, or late-night snacking, the body's reactions are no longer a mystery. Such detail empowers users to prevent discomfort before it starts, making health more proactive than reactive.

This technology is becoming increasingly popular in India, as wearables and health platforms make CGMs more ac-

cessible. Fitness enthusiasts, professionals, and even beginners are using data to guide everyday decisions. Affordable devices and platforms that democratize access are key drivers of this trend.

Ultimately, real-time glucose tracking offers a sustainable, informed path to wellness. It moves people away from trial-and-error and into a space of clarity—where food, movement, and rest are aligned with their body's real needs. This data-driven approach empowers individuals to make better choices, build resilience, and live more energized, healthier lives.

The author is the Managing Director at DrStore Healthcare Services.

DEPRESSION AND YOGA: A SIMPLE AND NATURAL WAY TO OVERCOME STRESS



JYOTSNAA G BANSAL

In today's fast-paced world, our lifestyles have become extremely busy and stressful. Pressures from work, family responsibilities, social expectations and constant competition weigh heavily on our minds. While modern technology has made life more convenient, it has also contributed to increased stress and mental health challenges. Among these challenges, depression is one of the most serious and common mental health issues.

What Is Depression?
Depression is not just feeling sad or low temporarily; it is a serious mental illness. It affects a person's ability to think clearly, feel emotions and function in daily life. Untreated depression can severely impact social relationships, family life and work. **Signs and Symptoms of Depression**
If you notice several of the following symptoms

21st June - International Yoga Day

The initiative for *Yoga Day* was taken by India's PM Sh. Narendra Modi in his 2014 UN address and the *first International Yoga Day* was celebrated successfully on **21 June 2015** around the world including New York, Paris, Beijing, Bangkok, Kuala Lumpur, Seoul and New Delhi.



- persisting over time, it's important to seek help:
- Persistent sadness, emptiness or anxiety
 - Sleeping too little or too much
 - Loss of interest in activities once enjoyed
 - Feeling lonely, hopeless or helpless
 - Difficulty concentrating or making decisions
 - Constant fatigue or lack of energy
 - Thoughts of self-harm or suicide
 - Withdrawal from friends and family
- Causes of Depression**
Depression usually arises due to a combination of factors:
- YOGA AND ITS ROLE IN COMBATING DEPRESSION**

Yoga is an ancient holistic system that unites body, mind and soul. The Sanskrit word "Yoga" means "to unite" or "to join." Yoga includes physical postures (asanas), breath control (pranayama) and meditation. It helps reduce stress by balancing bodily energy and calming the mind. Scientific research shows yoga lowers stress hormones, strengthens mindset. Enhances mindfulness and self-awareness.



- HELPFUL YOGA POSTURES FOR DEPRESSION**
- Sukhasana (Easy Pose):** A comfortable seated position that reduces anxiety and promotes inner calm and security.
- Balasana (Child's Pose):** A restful pose mimicking the fetal position, which provides mental relaxation, reduces anxiety and improves sleep.
- Bhujangasana (Cobra Pose):** Strengthens the spine and boosts self-confidence while energizing the body.
- Paschimottanasa (Forward Bend):**

Lifestyle Factors:	Personal Factors:
<ul style="list-style-type: none">○ Irregular or insufficient sleep○ Poor diet and lack of exercise○ Alcohol, smoking, or substance use	<ul style="list-style-type: none">○ Family conflicts or broken relationships○ Childhood trauma or abuse○ Genetic predisposition (family history of depression)
Situational Factors:	Professional Factors:
<ul style="list-style-type: none">○ Loss of a loved one or serious illness○ Financial crisis or unemployment○ Natural disasters or accidents	<ul style="list-style-type: none">○ Work overload or job insecurity○ Difficulty balancing personal and professional life

Depression: The Indian and Global Scenario

The World Health Organization reports a 25% rise in depression and anxiety during the COVID-19 pandemic. In India, around 5% of adults suffer from depression. Women are approximately 50% more affected than men.

Releases tension, relaxes the nervous system, steadies the mind and supports emotional stability.

Sarvangasana (Shoulder Stand): A full-body posture that improves blood circulation and enhances mental clarity and vitality.

PRECAUTIONS FOR YOGA PRACTICE
Never force your body into a posture. Consult a doctor or experienced instructor if you have health issues or injuries. Start yoga under the guidance of a qualified teacher. Warm up gently before practice and relax fully at the end (Shavasana). Stop immediately if you experience sharp pain.

Practice regularly and patiently to gain maximum benefits.

CONCLUSION
Treating depression effectively requires a combination of medical care, psychotherapy and social support. Combining yoga with modern medical treatments offers a balanced approach to mental wellness. Yoga, pranayama and meditation are valuable complementary therapies. Even 15-20 minutes of daily yoga can improve mental clarity, emotional balance and confidence. Yoga nurtures self-acceptance, patience and compassion, which aid recovery. However, yoga should complement—not replace—professional medical and psychological care. **Remember:** Mental health issues are not a sign of weakness. Seek expert help promptly and include yoga in your lifestyle to live a happier, healthier and stress-free life. If you or someone you know shows symptoms of depression, don't hesitate to consult a specialist.

Jyotsnaa G Bansal is a Reiki Grandmaster, practicing Numerologist (with published Numerology Research Papers in International Journals), IKS & Vedic Learner & Seeker, Author, Columnist, Researcher, Counselor and Crystals & Spiritual Guide. She has presented Research papers at various Colleges & Universities including DU, CSU, SLBSNSU

When the sky falls



THE MODERN DAY MONK
DEEPAM CHATTERJEE

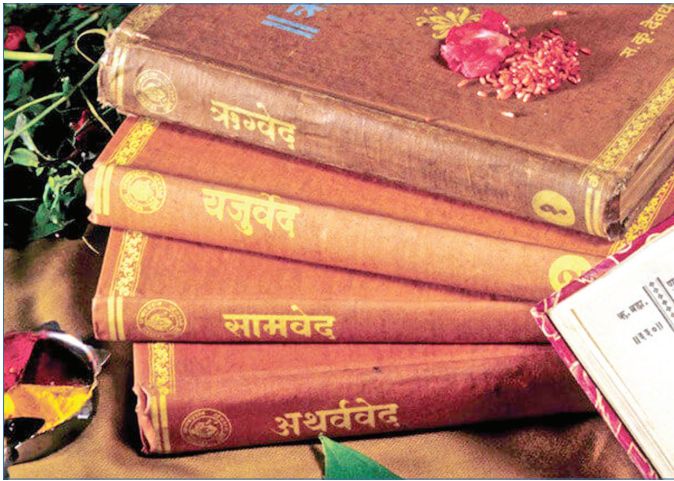
There are days when the ground beneath your feet feels steady—and yet, without warning, the sky opens. In Ahmedabad, on what seemed like an ordinary afternoon, a tragedy unfolded that no one could have imagined. Air India Flight AI171, a Dreamliner bound for London, carrying 242 souls, fell from the sky. Pilots, cabin crew, parents, students, business travellers—all boarded the aircraft expecting nothing more than a long flight and safe arrival. They never saw the end coming. The plane crashed into the student hostel of a medical institute. Over 50 young doctors, gathered in the mess hall for lunch, were caught completely unaware. In seconds, fire and steel tore through the building. There was no time to run. There was no warning. It was, as one survivor said, 'like the sky fell without sound.'

All but one passenger perished in the crash. How do we begin to process something like this? The Vedas speak of Rta—the cosmic order. A rhythm of the universe that binds every breath, every action. When that rhythm is disturbed, when the dance is broken, we are left in the dust of questions. Was this accident pure mechanical failure? A lapse of judgment? Or was it something deeper—a karmic knot being untied, witnessed by a nation? In The Mahabharata, the yaksha of the lake asks Yudhishtira, 'What is the greatest wonder?' Yudhishtira replies, 'Day after day, countless beings die. And yet, the living behave as though they are immortal.'

There's a karmic weight to collective death. It makes us numb. It interrupts our schedules, our scrolling, our ambitions, and



throws us into the arms of impermanence. This is not about fear—it is about awareness. Are we awake to the life we're living? Boeing faces another crisis of confidence. Air India, under Tata's stewardship, must confront uncomfortable truths. But beyond the press conferences and technical assessments lies a subtler truth: karma doesn't always come knocking. Sometimes it breaks down the door. Many young lives were lost in a



And what of the lone survivor? What story has the universe left unwritten through him? In a bitter twist, among the victims on the ground was the son of a local street vendor who had sold snacks outside the medical institute for years. Bhagavad Gita reminds us: 'The soul is eternal. It is not born, nor does it die. It merely passes through this life.' But in that passage, what we do, how we live, how we serve—this is what defines our debt, our dharma. This tragedy is not just an aviation disaster. It is a karmic unfolding. And it asks of us all—not just why they died, but why we are still alive. If today was your last day, would you be content with how you showed up in the world? *Deepam Chatterjee is an author and meditation teacher. Connect with him at deepamchatterjee@yahoo.co.in and at deepam.chatterjee on Instagram.*

Karma Yoga: Finding divinity through work and duty

TDG NETWORK
In a world driven by ambition, deadlines, and material pursuits, the ancient wisdom of Karma Yoga offers a powerful reminder: that work, when done selflessly and with full awareness, can become a path to spiritual liberation. Derived from the Bhagavad Gita, Karma Yoga—literally translated as the "yoga of action"—teaches that every task, no matter how mundane, can become a sacred offering when performed without attachment to results. At its core, Karma Yoga is about doing one's duty with sincerity, integrity, and dedication, while surrendering the outcome to a higher

power. It emphasizes action without ego, service without selfishness, and work as worship. Whether you're a teacher shaping young minds, a homemaker nurturing a family, or a professional chasing targets, Karma Yoga urges you to act not for applause or reward, but because it is your dharma—your righteous path. Lord Krishna's message to Arjuna in the Gita is timeless: "You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions." This detachment from results frees us from stress, disappointment, and pride. It teaches resilience in failure and humility in success.



Karma Yoga is not about renouncing the world but about transforming ordinary work into a spiritual practice. The key lies in intention. When we offer our actions to the divine or to the greater good, the action itself becomes purifying. We begin to see every interaction as an opportunity to serve, grow, and evolve.

Karma Yoga is not about renouncing the world but about transforming ordinary work into a spiritual practice. The key lies in intention. When we offer our actions to the divine or to the greater good, the action itself becomes purifying. We begin to see every interaction as an opportunity to serve, grow, and evolve. In modern times, where burnout and self-centred ambition are common, Karma Yoga brings balance.

It doesn't ask us to give up goals but to approach them mindfully, with a spirit of service. It helps us align personal ambition with collective well-being. Ultimately, Karma Yoga reminds us that life is not only about achieving, but about how we achieve. Every moment, every act—be it sweeping the floor, closing a business deal, or helping a stranger—can be infused with awareness and offered as a step on the path to self-realization. By walking the path of Karma Yoga, we learn to find the divine not in distant heavens, but in the duties we perform every day, with a pure heart and a quiet mind.

ISSF MUNICH WORLD CUP: TWO GOLDS POWER INDIA TO STRONG FINISH

AGENCIES
MUNICH

A string of consistent final appearances and two standout gold medal performances, powered India to a commendable and strong third-place finish at the International Shooting Sport Federation (ISSF) World Cup (Rifle/Pistol) Munich 2025, one of the most competitive and popular events in the world of international rifle and pistol shooting. Held at the iconic Olympic Shooting range between June 8-15, 2025, the Munich World Cup saw India register their third top-three finish this year in four world cups, with two gold and two bronze medals.

They not only improved their standing from joint third last year to sole this year, but also doubled their medal count, including the gold count, from last year's Munich World Cup, a release said.

"The Munich World Cup which is an annual feature of the International Shooting calendar and is held at the revered Olympic Shooting range, which hosted the sport at the 1972 Munich Olympics,



has once again brought out the best in our rifle and pistol shooters," said an overjoyed K. Sultan Singh, Secretary General, National Rifle Association of India (NRAI).

He added, "When many were saying and quite rightly so, that India will find it very tough given the large field, quality of competition and the fact that some of our best were not part of the squad, our athletes have proven that the depth in Indian shooting is more formidable than ever before. On behalf of the NRAI, I congratulate the entire squad, including the coaches and support staff, for the amazing results, not only in Munich, but throughout

the year."

The high point for India at Munich this year, as also of this whole international season, has been the stunning consistency of rising women's pistol star Suruchi Phogat. The Haryana teenager won an unprecedented third consecutive individual ISSF World Cup stage gold in the women's 10m air pistol and to then imagine that Buenos Aires this year was her world cup debut, is mindboggling. She went where no Indian, man or woman, has ever gone before.

The other being Arya Rajesh Borse and Olympian Arjun Babuta's tremendous win over the Chinese world

record holders Sheng Lihao and Wang Zifei, the former also the Olympic champion in the event, in the 10m air rifle mixed team final, where they completely outgunned the crack Chinese pair 17-7. With some incredible and consistent series of high scores, they showcased the depth and new found confidence of Indian shooting like never before.

Elavenil Valarivan (women's 10m air rifle-arw), a two-time Olympian and Sift Kaur Samra (50m rifle 3 positions women-3P), Olympian and world record holder, also reinforced their status one of the world's top shooters, with their bronze-winning performances at Munich. Ela also set

a new qualification national record of 635.9 en route to her bronze, while Suruchi equalled Manu Bhaker's qualification national mark of 588 in the women's air pistol.

In keeping with the trend this year, Indian World Cup debutants, and there were as many as three in Munich, also delivered encouraging performances in world-class fields that they were up against first up.

Ananya Naidu (arw) shot a solid 632.4 to finish 13th among contenders. Nishant Rawat (10m air pistol men-apm) and Aditya Malra (apm) too shot scores of 582 and 578 to finish 10th and 27th respectively.

India made a total of seven finals in the 10 events in Munich with Manu Bhaker (women's 25m pistol), Varun Tomar (men's 10m air pistol) and Chain Singh (men's 3P), finishing sixth (both Manu and Varun) and seventh respectively, underlying India's strength in the sport. China finished on top of the standings with seven medals, including four gold, while Norway edged India to second on the basis of having won a silver with the same number of golds and medals as India.



England vs India: Root chasing two Indian legends in five-match series

AGENCIES
NEW DELHI

As England prepare for their home Test match series against India, plenty of eyeballs will be on star batter Joe Root, for whom, scoring runs at a monstrous rate and converting them into record-breaking centuries has become a habit during the decade of the 2020s.

During this mouth-watering five-match series starting from June 20, Root will continue his pursuit of two Indian greats. While Root will be chasing legendary Sachin Tendulkar's all-time run tally of 15,921 runs, he will also be aiming to surpass Rahul Dravid to have the highest-ever batting average among all players to have featured in this highly competitive series.

Root's run tally stands at 13,006 runs in 153 Tests at an average of 50.80, with 36 centuries and 65 fifties and a best score of 262. He is England's top run-getter in Tests and overall fifth.

Even a moderately-scoring series of 373 runs will take him past Australian legend Ricky Ponting (13,378 runs in 168 Tests at an average of 51.85 with 42 tons), making him the second-highest run-getter



in Test cricket.

Knowing Root's level of dominance against India, nothing is impossible for Root in the space of these five Tests and 10 innings. Against India in 30 Tests, he has made 2,846 runs at an average of 58.08, with 10 centuries and 11 fifties. His best score is 218.

In home conditions against India, Root's batting average shoots up to 74.95. He has made 1,574 runs in 15 Tests and 25 innings, seven centuries, and five fifties. His best score is 180*.

With batters having at least 1,500 runs in India-England matches, Root has the second-highest average of 58.55, next to Dravid,

who has a stunning batting average of 60.93. A century or two could take Root over the Indian icon.

Root ended the previous WTC cycle with 1,968 runs in 22 Tests and 40 innings, at an average of 54.66, with seven centuries and seven fifties, best individual score of 262. He would be raring to carry on with this momentum.

He could become the first-ever batter to score 6,000 runs in WTC history. He is currently at the top of the charts with 5,543 runs in 64 matches at an average of 51.80, 18 centuries, and 21 fifties in 117 innings.

The Test series will kick-start on June 20 at Leeds.

Indian women's hockey team ready to take on mighty Argentina



AGENCIES
LONDON

After a narrow defeat against Australia, the Indian women's hockey team is set to give their all against World No. 2 Argentina in their upcoming FIH Pro League 2024-25 (Women) matches in London on June 17 and 18.

Currently ranked 7th with 9 points, India is expecting a tough battle against Argentina, placed 2nd on the FIH Pro League (Women) points table.

Regarding the upcoming matches, Indian women's hockey team captain Salima Tete said, as quoted from Hockey India, "Argentina is ranked No. 2 in the world and has won seven of their

12 FIH Pro League matches so far. Coming into this leg of the league, we knew they would be one of the toughest teams to beat. But we won't go down without a fight -- we'll give it our all in both matches. The team has been training well to take them on and has been working on various strategies to win crucial points against them."

Vice captain Navneet Kaur agreed, adding, "As you saw, the team gave Australia a tough fight in the last two matches, and we're planning to do the same against Argentina. We'll give it our all and aim to come out victorious. A win against Argentina will not only help us gain points but will also give the team a big morale boost

as we head to Antwerp and then Berlin for our matches against Belgium and China."

The Indian women's hockey team will play their first match against Argentina on June 17, followed by the second match on June 18. Both matches will take place at Lee Valley Hockey and Tennis Centre in London.

During India's last outing in the FIH Hockey Pro League, Vaishnavi Vitthal Phalke (3') scored the only goal for India, while Amy Lawton (37') and Lexie Pickering (60') were the goalscorers for Australia. India took an early lead in the proceedings, but Australia made a comeback with a goal in the third and final minute of the fourth quarter to seal the victory.

Avani falters in final round, but logs career-best T-5 in Belgium

AGENCIES
WALLOON BRABANT

India's rookie Avani Prashanth, starting the final day with a one-shot lead, faltered in the fourth and final round at the Hulencourt Women's Open. She shot 3-over 75 and finished in a tie for fifth, which was still her best of the season. Avani finished at 7-under 281.

Another rookie, Darcey Harry of Wales, celebrated her 22nd birthday, which fell this week, by recovering from an early bogey for a round of 68 and a total of 13-under for the week. It was Darcey's first career win.

Avani, who led by one shot at the start of the day, opened bogey-bogey and never really recovered from that setback. Avani dropped shots on the first, second and ninth and slipped from 11-under to 8-under. A birdie on Par-5 13th was a small consolation and she ended with another bogey on he 18th for a 75, which was her worst card of the week after the first three rounds of 68-69-69. She finished



ished at 7-under in a tie for fifth place with Lauren Walsh (71).

The tied fifth place was the best finish for Avani as a professional and equalled her best of a similar T-5 in the 2023 Women's Indian Open, when she was still an amateur. Avani also has four Top-20 finishes this season.

Diksha Dagar (72) was T-23 at 1-under, while Tvesa Malik (76) was T-48. Diksha had two birdies and two bogeys.

Darcey Harry of Wales, who was one behind the Indian at the start, also bogeyed the start, but the Welsh golfer was on fire from the fifth

hole. She birdied the fifth, eighth, ninth and tenth.

A stutter with a bogey on the 11th was brushed aside by an eagle on the 13th and a birdie on the 14th. She reached 14-under and was four shots clear of second-placed Nastasia Nadaud (71). Darcey could afford a bogey on the 16th and then closed with two pars for a three-shot win, her first in her first season on the Ladies European Tour.

Overall, Darcey had five birdies, three bogeys and an eagle. It was her second eagle of the week, after one on the tenth on the third day.

AGENCIES
WALLOON BRABANT

Saptak Talwar played a final round of even par 71 to finish the Raiffeisenbank Golf Challenge in tied 63rd place here.

The 26-year-old played rounds of 72, 70, 74 and 71 to finish the week with a score of three over par.

The Indian began his final round on the back nine and had bogeys on the 12th and 17th with one birdie on the 13th.

He started the front nine by picking up a shot but had a



double bogey on the eighth hole, however, an eagle on the ninth allowed Talwar to close the day with an even par score.

Palmer Jackson, who was

tied for the lead at the end of the third round played his best round of the week, a 7-under 64 to win by six shots. The 24-year-old American began his day on the front nine and picked up three shots in his first four holes before making a bogey on the fifth.

He bounced back with an eagle on the seventh and another birdie on the ninth.

On the back nine Palmer dropped a shot on the 12th and immediately rectified it with birdies on the 13th and 15th holes. He would end his



day with another birdie on the 18th. His final score for the week stands at 21 under par with rounds of 65, 67, 67 and 64.

NECO Master Blaster wins Vidarbha Pro T20 League 2025 title

AGENCIES
NAGPUR

Opening batter Vedant Dighade slammed 80 runs in 52 balls while skipper Jitesh Sharma smashed 30 runs in 11 balls as NECO Master Blaster produced a commanding run chase to defeat Pagariya Strikers by 7 wickets in the final and lift the Vidarbha Pro T20 League 2025 trophy in style on Sunday.

Pagariya Strikers scored 178/7 batting first, with Shivam Deshmukh smashing 82 off 45. In reply, NECO Master Blaster chased it down in 17.5 overs, led by Vedant Dighade's 80.

Pagariya Strikers' bowling attack struggled to contain the flow of runs, with only Dipesh Parwani and Kaushtubh Salve managing to pick wickets. The all-round bat-



ting performance capped a dream campaign for NECO Master Blaster, who came back from their league stage loss and lifted the coveted title in style.

Chasing a target of 179, wicketkeeper-opener Vedant Dighade set the tone with a brilliant 80 off 52 balls, smashing 8 fours and

4 sixes in a composed yet aggressive knock. He anchored the innings superbly while building key partnerships at the top.

He was well supported by Adhyayan Daga, who chipped in with 22 off 16, and Aryan Meshram, who accelerated the chase with a quickfire 42 off just 26 deliv-

eries, including 3 sixes.

Though NECO Master Blaster lost two quick wickets in the middle overs, skipper Jitesh Sharma walked in and put the game beyond doubt with a blistering 30* off just 11 balls. His onslaught, featuring 3 sixes and a four, ensured NECO crossed the line comfortably in 17.5 overs.