WWW.THEDAILYGUARDIAN.COM

TUESDAY | 15 JULY 2025 | VOL.3 ISSUE 167 | MUMBAI | RS. 5.00

Review



ED QUESTIONS VADRA IN SANJAY BHANDARI CASE



BRITAIN'S REAL THREAT ISN'T ETHNIC CONFLICT — T'S THE POLITICS OF FEAR



ENGLAND BEAT INDIA AT LORD'S

AIRLINES ASKED TO CHECK FUEL SWITCH LOCKING IN BOEING 787, 737 PLANES

The DGCA order comes two days after AAIB report said fuel switches were cut off before Air India crash

ANAND SINGH

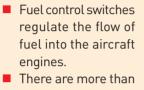
viation watchdog DGCA on Monday directed airlines to inspect the fuel switch locking system in their Boeing 787 and 737 planes, two days after AAIB's preliminary report said fuel switches were cut off before the Air India plane crash that killed 260 people last month.

In an order, the Directorate General of Civil Aviation (DGCA) asked all Indian airlines to complete the inspection as per the Special Airworthiness Information Bulletin (SAIB) Number: NM 18-33, dated December 17, 2018, before July 21,

It also said that strict adherence to the timeline is essential to ensure continued airworthiness and safety of operations.

There are more than 150 Boeing 737s and 787s being operated by Indian airlines. Air India, Air India Express, Akasa Air, SpiceJet and IndiGo are the domestic carriers operating these

SAFEGUARD



- There are more than 150 Boeing 737s and 787s being operated by Indian airlines
- Air India Group has already started checks of the fuel switch locking system in their Boeing 787 and 737 aircraft.
- Checks are almost complete with respect to Boeing 737s.

Of these, IndiGo has seven B737 Max 8 and one B787-9. All these are leased planes --either on wet or damp lease-- and so are not registered in India.

The DGCA issues mandatory modifications for aircraft or engines or components registered in India based on the airworthiness directives issued by State of Akasa Air and Spice-

Jet operate Boeing

■ Tata-owned Air India has a total of 33 widebody Boeing 787s while Air India Express has around 75

Design or Manufacture. The Federal Aviation Administration (FAA), back in 2018, had flagged the potential disengagement of the fuel control switch locking feature on certain models of Boeing aircraft, including

787s and 737s. It was mentioned in a Special Airworthiness Information Bulletin (SAIB) but there was no airworthiness

won't be subject to the DGCA directive. directive, indicating that the

narrow-body 737s.

■ IndiGo also operates

Boeing 787 and 737s

but they are leased

from foreign airlines,

which means they

cern. The DGCA said it has come to its notice that several operators-internationally as well as domestic have initiated inspection on their aircraft fleet as per the FAA's SAIB.

issue was not a safety con-

Fuel control switches regulate the flow of fuel into the aircraft engines. In its

Anti-sacrilege Bill introduced in Punjab Assembly

The Bill proposes life imprisonment for the sacrilege of holy scriptures

TARUNI GANDHI

The Punjab Cabinet, led by Chief Minister Bhagwant Singh Mann, on Monday approved the Punjab Prevention of Offences Against Holy Scripture(s) Bill, 2025, which proposes life imprisonment for the sacrilege of holy scriptures. The Bill was tabled in the Vidhan Sabha later int he

day, but not before a series of dramatic developments inside the House delayed its presentation.

Before the Bill was introduced, Speaker Kultar Singh Sandhwan adjourned the House for an hour and sum-

moned all party leaders to his chamber for a discussion on the sensitive nature of the legislation. This move was seen as an effort to seek consensus and ensure smooth proceedings, given the emotive nature of the subject.

more deliberate process. Responding to this demand, the Speaker adjourned the House again, this time for five minutes. Subsequently, Speaker

When the House reconvened, Leader of Opposi-

tion Partap Singh Bajwa intervened, insisting that the

opposition be granted time

to study the Bill and prepare

for a meaningful debate. "We

must be given proper time

to review and deliberate on

such important legislation,"

Bajwa said, pressing for a

Sandhwan announced

Ladakh, Haryana, Goa get new Guvs

TDG NETWORK

The President of India has accepted the resignation of Brig (Dr) BD Mishra (Retd) as the Lieutenant Governor of the Union Territory of Ladakh and appointed Kavinder Gupta as his successor.

The President also appointed Prof Ashim Kumar Ghosh as the new Governor of Haryana, Pusapati Ashok Gajapathi Raju as the Governor of Goa.

BD Mishra is a former brigadier of the Indian Army and is the former Commander of the Counter Hijack Force of the National Security Guard (NSG), also known as the Black Cat Commandos. After an illus-

enumeration

ANAND SINGH NEW DELHI

forms collected

With just 11 more days left

for the last date of submis-

sion of the filled enumera-

tion forms (EFs) in the

ongoing Bihar SIR of voter

rolls, the Election Commis-

sion on Monday said that

after two rounds of door-to-

door visits by the BLOs, EFs

of 6.60 crore or 83.66 per

It also said that so far 1.59

per cent electors have been

found deceased, 2.2 per cent

permanently shifted and

0.73 per cent persons were

found to be enrolled at more

cent have been collected.

trious career spanning more than 33 years, Mishra retired from the Army on July 31, 1995, and took over as the governor of Arunachal Pradesh on October 3, 2017.

The President of India appointed the 85-year-old Mishra as the Lieutenant Governor of Ladakh after accepting the resignation of Radha Krishnan Mathur on February 12, 2023. Mishra was previously the Governor of Arunachal Pradesh and is the second LG of Ladakh after Mathur, who served for three years, from 31 October 2019 to 11 February 2023.

Kavinder Gupta who will take over from BD Mishra is a senior BJP Leader from

EC says 6.60 cr Omar scales graveyard gates

Prof Ghosh brings scholarly touch to Guv's office

CHANDIGARH: Making key gubernatorial appointments, President Droupadi Murmu has appointed Professor and senior BJP leader from West Bengal Ashim Kumar Ghosh as the new Governor of Harvana.

Ghosh replaces Bandaru Dattatreya and will assume charge upon taking the oath of office as confirmed by the Rashtrapati Bhavan on Monday. Dattatreya had been handling this responsibility since July 7, 2021.



A seasoned academician and veteran political leader, Prof. Ghosh is widely respected for his contributions to both higher education and public life. Born in 1944 in Howrah of West Bengal, he holds a

Brajmandal Yatra begins in Nuh amid high alert

NEERAJ MOHAN

Amid a heavy police deployment and ban on internet, the annual Brajmandal Jalabhishek Yatra in Haryana's Nuh district commenced peacefully on Monday af-

The yatra began around 12:30 PM from the Nalhareshwar (Nuh) temple, with hundreds of devotees performing Jalabhishek, before moving through Jharneshwar Mahadev Tem-



ple in Ferozepur Jhirka and concluding at Shringeshwar Mahadev Temple in Shingar village.

The Haryana government had deployed over 2,500 security personnel in the region, ordered a 24-hour suspension of mobile internet and bulk SMS services, and imposed several other restrictions, including closure of meat shops, diversion of traffic, and surveillance via drones, to ensure the peaceful conduct of the religious procession.

Russian woman, two minor daughters found living in forest cave in K'taka, escorted out

BELLIE THOMAS

A Russian woman and her two minor daughters living in complete isolation inside remote cave, nestled in the serene yet treacherous Ramatirtha hills, near Gokharna in Karnataka, were rescued by the state police.

The police identified the woman as 40-year-old Nina Kutina alias Mohi, who had journeyed from Russia to India on a business visa and found her way to the sacred coastal town of Gokarna via Goa. She was drawn deeply



by Indian spiritual tradi-

An aerial view of the newly inaugurated, India's second-longest

cable-stayed bridge, the 6-kilometre-long Ambaragodlu-

Kalasavalli Bridge, in Shivamogga on Monday. ANI

The rescue operation was carried out a few days ago by the Gokarna police dur-

ing a routine patrol focused on tourist safety in the re-Kutina, and her daughters

Premanand (6) and Ama (4)

were discovered living in a cave at a remotem landslideprone spot of the forest by Circle Inspector Sridhar

A defiant Jammu and Kashmir Chief Minister Omar Abdullah on Monday scaled the gates of the Naqshband Sahib graveyard to pay tribute to 22 people killed by the Dogra army in 1931 and said he was subjected to "physical grappling" but was not to be stopped.

The dramatic scenes unfolded a day after Abdullah and several leaders of the National Conference and opposition parties were allegedly put under house arrest to prevent them from going to the graveyard to mark



&K CM Omar Abdullah jumped over the boundary wall of Mazar-e-Shuhada to recite prayers after he was allegedly stopped by the security forces, in Srinagar on Monday. ANI

Martyrs' Day on July 13. National Conference president Farooq Abdullah took an autorickshaw from the Khanyar crossing to the martyrs memorial while

Education Minister Sakina Ittoo surprised everyone by riding pillion on a scooty to the memorial.

Security forces had sealed

Dushyant Chautala's surprise visit to Deepender Hooda sparks speculation

TDG NETWORK

In a development that has stirred fresh speculation in Haryana's political circles, Jannayak Janata Party (JJP) leader and former Deputy Chief Minister Dushyant Chautala on Monday made a surprise visit to Rohtak MP Deepender Singh Hooda's residence on Sunday eve-

ning. However, Dushyant Chautala later in a post on his account X mentioned that he had visited to Hooda's residence to express his condolence on the demise of



latter's aunt. But the unannounced meeting between the two young leadersboth prominent faces from the influential Jat community-has ignited whispers of a potential political realignment ahead of the upcoming Assembly elections.

the leaders claim that the reason for the visit was to offer condolences on the passing of former Chief Minister Bhupinder Singh Hooda's sister-in-law. But the timing and setting of

MAMATA UPS ANTE OVER DETENTION OF BENGALI MIGRANTS IN BJP STATES

West Bengal CM accuses BJP of targeting Bengalis unfairly and using detention as a political tool.

SUPROTIM MUKHERJEE

nraged by the "continued targeting of migrants from the State in Bharatiya Janata Party (BJP)-ruled States", West Bengal Chief Minister Mamata Banerjee will lead a protest rally in Kolkata on July 16, the Trinamool Congress has announced.

The party's spokespersons also announced that the party will organise simultaneous demonstrations across West Bengal on the same day.

"If the Bengali language is insulted, if a Bengali is called Bangladeshi, it will not be tolerated at all. We will take to the streets under the leadership of Mamata Banerjee," senior Trinamool leader and Minister Chandrima Bhattacharya said.

The protest is expected to set the tone for the Trinamool Congress' biggest mass programme - its annual Martyrs' Day Rally on July 21. Usually the party does not organise programmes in the run-up to the annual event.



However, spurred by recent reports of "mistreatment" of Bengali-speaking migrants in Odisha, Delhi, and Maharashtra, the party has decided to initiate this protest mobilisation.

Bhattacharya said that the ruling party in West Bengal had decided that the protest was not merely political but was a part of a broader campaign to safeguard the "culture, identity, and honour" of the State.

On Sunday, Trinamool MPs Sagarika Ghosh and Saket Gokhale visited Jai Hind Colony in Delhi where concerns had reportedly been raised over the treatment of Bengali migrants. Chief Minister Banerjee,

Cal HC to hear Bengal migrants' detention pleas on July 16

The two had earlier been

reported missing or ille-

gally held by Odisha Police,

according to petitions filed

by their relatives. On July

11, the court had directed

the Odisha Government to

submit all relevant records

indicating whether the two

men had been detained or

Additionally, the West

Bengal Chief Secretary

was instructed to coordi-

nate with his counterpart

in Odisha to ensure proper

compliance with the court's

directives and submission

of all pertinent documents.

The court is also hear-

ing similar habeas corpus

petitions concerning West

Bengal migrant workers

allegedly detained in Delhi.

were missing.

KOLKATA: The Calcutta High Court will on July 16 hear multiple habeas corpus petitions alleging illegal detention of migrant workers from West Bengal in Odisha and Delhi. The division bench of Justice Tapabrata Chakraborty and Justice Reetobroto Kumar Mitra is currently examining the legal status and whereabouts of several such workers.

During a brief hearing on the matter, the court was informed that two workers — Sainur Islam and Rakibul Islam — who were allegedly detained in Odisha's Jagatsinahpur district, have since returned home.

The information was conveyed orally by a lawyer to the bench.

over the past few weeks, has person Bangladeshi," she repeatedly condemned what has asserted, adding that she described as attempts to Bengali is a constitutionally recognised language and label Bengali-speaking individuals as "outsiders" or that every citizen has the "Bangladeshis". "Speaking right to speak in their nain Bengali does not make a tive tongue.

'Undemocratic': Mamata, CPM condemn curbs on Omar SUPROTIM MUKHERJEE

Amid growing outrage over the July 13 restrictions in Kashmir, West Bengal Chief Minister Mamata Banerjee and the CPI(M) Politburo have strongly condemned the house arrest and alleged manhandling of Jammu and Kashmir Chief Minister Omar Abdullah, calling it a direct assault on democratic rights and a deliberate attempt to erase the memory of the 1931 martyrs.

On Monday morning J&K Chief Minister Omar Abdullah and his National Conference colleagues dodged police curbs, sprinted on foot and scaled a wall to pay tributes to July 13 martyrs, a day after all political leaders of Kashmir and Cabinet Ministers of the National Conference were not allowed to visit the Mazar-e-Shohada (1931 martyrs' graveyard) in Srinagar's Old City.

West Bengal Chief Minister Mamata Banerjee strongly condemned the treatment of Jammu Kashmir Chief Minister Omar Abdullah, calling his house arrest "unacceptable, shocking, and shameful."

Speaking to reporters, she said: "What is wrong with visiting the graveyard of

ED questions Vadra in Sanjay Bhandari case

Robert Vadra, the businessman husband of Congress MP Priyanka Gandhi Vadra, appeared before the Enforcement Directorate on Monday for his questioning in connection with the UKbased arms consultant Sanjay Bhandari linked money laundering case, official sources said.

The businessman's statement will be recorded under the Prevention of Money Laundering Act (PMLA), they said.

The 56-year-old Vadra was called by the agency to depose last month but he had sought deferment of his summons as he had to travel abroad.He is being investigated by the central probe agency in three different money laundering cases, including this one. The two others pertain to alleged irregularities in land deals.

The 63-year-old Bhan-



dari fled to London in 2016 soon after the Income-Tax department raided him in Delhi. He was recently declared a fugitive economic offender by a Delhi court.

A UK court last month refused the Indian government's application seeking permission to appeal in Britain's Supreme Court against the discharge of Bhandari in an extradition case against him, virtually ruling out chances of his being brought to the country to face the law.

The ED had filed a

chargesheet in this case in 2023 alleging Bhandari "acquired" the 12, Bryanston Square house located in London in 2009 and got it renovated "as per the directions of Vadra and the funds for renovation were provided by Robert Vadra."

Vadra has denied that he owned any London property directly or indirectly. Terming these charges as a political witch hunt against him, he has said that he was being "hounded and harassed" to subserve politi-

Diplomatic efforts didn't yield result: Centre on Nimisha case

SAMBHAV SHARMA

The Supreme Court on Monday heard a plea seeking urgent diplomatic intervention to save Nimisha Priya, a Kerala nurse sentenced to death in Yemen for allegedly murdering of a Yemeni national in 2017.

Appearing for the Centre, Attorney General R Venkataramani informed the bench that India has exhausted all diplomatic avenues, including reaching out to the Yemeni public prosecutor and engaging an influential Sheikh.

However, the efforts have not vielded results. The AG added that the Yemeni gov-



court that blood money had been arranged and they were willing to pay more but negotiations have not yielded desired results

The bench of Justice Vikram Nath and Justice Sandeep Mehta noted the seriousness of the situation and observed that the circumstances behind the level of informal communication regarding the matter. However, the AG expressed doubt that it would change the Yemeni government's stance. He added that India lacks formal diplomatic relations with Yemen, which severely limits its influence.

The court has listed the matter for further hearing on July 18 and asked all parties to update it with any

ernment has refused to susincident were complex. pend the execution. The bench remarked that The petitioner told the there must be at least some Man held for sharing AI-edited

images of ex-lover as adult actress

In a major breakthrough related to a woman's cyber defamation case, the Dibrugarh Police in Assam have arrested the prime accused, Pratim Bora, for allegedly circulating morphed and explicit images of a woman across various social media platforms.

Bora, identified as the woman's former boyfriend, reportedly used advanced artificial intelligence tools to superimpose her face onto pornographic visuals, creating fabricated content that falsely claimed she was involved in adult media and residing in the United States. The malicious campaign triggered widespread outrage across Assam; however, police have categorically confirmed that the content was entirely false and intended solely to tarnish



her reputation following a personal fallout. Acting on a formal complaint filed by Ms. Phukan, the cybercrime unit launched a swift investigation which led to the arrest of Bora. During interrogation, it was revealed that the accused had used AI-powered image generation platforms, including Midjourney AI, Desire AI, and OpenArt AI, to produce the doctored images. In addition to creating the morphed content, he had also set up multiple fake social media profiles and Gmail accounts to upload and disseminate the material.

Police are currently in the

process of verifying all these fake digital identities as part of the ongoing investigation. The case has been regis-

tered at Dibrugarh Police Station under Dib PS Case No. 234/25, invoking sections 336(4), 356(2), 74, 75, 294, and 351(2) of the Bharativa Nyaya Sanhita (BNS). These sections cover a range of offenses including cyber harassment, defamation, obscenity, and invasion of privacy. The accused is presently in police custody and will be produced before the court today, where police will seek a seven-day remand for further interrogation and collection of digital evidence.

Speaking to the media, SPin-charge Sizal Agarwal confirmed the use of AI tools in the creation and spread of the morphed visuals. She further informed that data has been sought from multiple agencies to aid the investigation.

Russia to import 1 million skilled workforce from India

TDG NETWORK

MOSCOW/NEW DELHI

Russia will import up to 1 million workforce by the end of this year to address labour shortage in the country's highly industrialised areas, a business leader said.

"As far as I know, by the end of the year, 1 million specialists from India will come to Russia, including the Sverdlovsk region. A new Consulate General is open-terprises needed to increase ing in Yekaterinburg, which will deal with these issues," Andrey Besedin, the head of the Ural Chamber of Commerce and Industry, told the RosBusinessConsulting (RBC) news agency. Besedin

said the migration of Indians would fill the shortage of a highly qualified workforce in the Sverdlovsk region.

Sverdlovsk, with the capital Yekaterinburg, is situated in the Ural mountains and is home to Russian heavy industry and military-industrial complex, including world-famous Uralmash and T-90 series tank maker Ural Wagon Zavod.Besedin stressed that industrial enproduction volumes, but the region faced a shortage of skilled workers.

Some workers are deployed in the military operation in Ukraine, and young people do not go to factories, Besedin said. He said Russia was also considering inviting labourers from Sri Lanka and North complex issue.

Migrant workers from India began to arrive at enterprises in Russian regions in 2024.

They were in particular invited by the Kaliningrad fish processing complex "Za Rodinu" against the backdrop

million people. BJP tries to ease internal frictions

ahead of polls VIPIN PARMAR

In Haryana, internal dynamics within the BJP are under the spotlight as the party gears up for the 2024 Assembly elections. Tensions between Chief Minister Nayab Singh Saini and Union Minister Rao Inderjit Singh have been evident, particularly since the June 15 rally in Rewari, where Rao publicly asserted that Ahirwal played a decisive role in forming the BJP government and deserved its due. CM Saini responded by stating his government represents all 1.75 crore people of Haryana, not any one caste or region.

In a move seen as an attempt to ease friction, CM Saini attended a private dinner on July 13 at the Chandigarh home of Health Minister Arti Singh Rao, Rao Inderjit's daugh-

While the gathering was low-key and absent from official BJP social media, it signalled efforts to rebuild rapport between key leaders in the politically significant Ahirwal belt.

gued that the Gandhis' claim of having no control over Associated Journals Limited (AJL) properties is misleading.He alleged that Young Indian, the company linked to them, was used to generate criminal proceeds of around

> Rs 2,000 crore. Raiu stated that Sonia and Rahul Gandhi were 'beneficial owners' of Young Indian. Raju submitted before the court that it was a classic case in which the offence of money laundering had been committed, and he requested the court to take cognisance of the matter.

'Restrictive trade steps' should be avoided: Jaishankar

TDG NETOWRK

India and China should build on "good progress" nese counterpart Wang Yi. In his opening remarks

at the meeting, Jaishankar said the bilateral relations can develop in a "positive trajectory" on the foundation that differences should not become disputes and nor should competition be-

The remark is is an apparent reference to Beijing's approach to exports of critical minerals

The external affairs min-

ister said India hopes "zero tolerance for terrorism" will be upheld at the upcoming meeting of the SCO, noting that its primary mandate is to combat terrorism, separatism and extremism, comments seen as a reference to Pakistan's support to crossborder terrorism.

In New Delhi, the Ministry of External Affairs (MEA), describing the talks as "constructive and forwardlooking", said the two sides agreed to take "additional

Valley clashes in June 2020.

practical steps", including travel to each other's country and direct flight connec-

in normalising the bilateral ties to address border-related issues including deescalation, and it is essential to avoid "restrictive trade measures and roadblocks", External Affairs Minister S Jaishankar said on Monday during talks with his Chi-

come a conflict, adding that the ties can be built only on the basis of mutual respect, mutual interest and mutual sensitivity.

Jaishankar met Wang hours after he landed in China on a two-day visit to attend a conclave of the Shanghai Cooperation Organisation (SCO). It is his first visit to the neighbouring country since bilateral ties witnessed severe downturn following the Galwan

tivity, for facilitating people-

to-people exchanges.

Congress to hold first OBC council meet in Bengaluru

ANAND SINGH NEW DELHI

The Congress will hold its first meeting of the Others Backward Community (OBC) Council meeting in Karnataka's Bengaluru for two days from July 15 and chalk out the strategy to develop the leadership from the community and bring the community vote to the party fold.

The meeting comes in the wake of the Leader of Opposotion in the Lok Sabha Rahul Gandhi has been off late talking about giving representation to the SC/ST and OBC communities for past three years. Party leaders said that the

first meeting will be held in Bengaluru for two days and will be attended by over 42 leaders, which includes four OBC state unit chiefs and also one CLP. Besides that the 24 mem-

ber of the OBC council including Karnataka Chief Minister Siddaramaiah, former Rajasthan Chief Minister Ashok Gehlot, former Chhattisgarh Chief Minister Bhupesh Baghel, Sachin Pilot, BK Hariprasad among

The leader said that the the council will also discuss how to develop OBC leadership in the party and give them more representation in the organisation.

others will be present. A party leader, requesting not to be named said that the OBC council during the teo day meeting will discuss the party's strategy on how to bring the OBC community voters back to Congress fold, as it has moved away towards the BJP in last few decades.

The leader said that the the council will also discuss how to develop OBC leadership in the party and give them more representation in the organisation

After Bengaluru meeting, the council will also plan to have next meeting in the national capital and other cities across the country ro bring more OBC leaders to party fold.

Korea, but it was a rather

of a labour shortage. According to the RBC news

agency, the Russian Ministry of Labour predicted a workforce shortage of 3.1 million people by 2030. It proposed an increase in the quota for inviting qualified foreign work- $\operatorname{ersin} 2025$ by 1.5 times to 0.23

Lt Governor Manoj Kumar Sinha after he admitted that there was a security lapse in April 22 Pahalgam terror attack that led to killing of 26 innocent tourists and said who is he protecting in Delhi and how many days

ANAND SINGH

to be held accountable and Congress media and publicity department chairperson Pawan Khera shared the interview of LG Sinha where he admitted to security lapse in April 22 Pahalgam terror attack and said

Congress on Monday hit

resignation after Pahalgam

Cong demands J&K LG

security lapse admission

In a post on X, Khera, who is also a member of the Conout at Jammu and Kashmir gress Working Committee (CWC), party's highest decision making body said, "He (LG Manoj Sinha) finally takes responsibility of 'Pahalgam' after 82 days of the attack. In doing so, who is he protecting in Delhi?"

"How many days, weeks, months to also be held accountable and resign or get sacked?" the Congress leader asked.

This is the first time that the Lt Governor of Jammu and Kashmir has owned the responsibility of security lapse for April 22 Pahalgam terror attack.

Delhi Court reserves order in National Herald case

SAMBHAV SHARMA NEW DELHI

The Rouse Avenue Court on Monday reserved its order in the National Herald money laundering case.

that he takes the responsi-

The court will decide whether to take cognisance of the Enforcement Directorate's chargesheet against Congress leaders Sonia Gandhi, Rahul Gandhi, and others. Special Judge Vishal Gogne reserved the order after hearing the arguments on

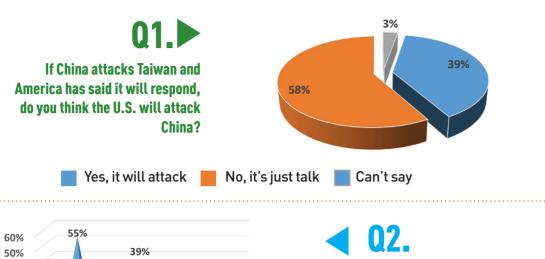
the point of cognisance. Earlier, appearing for the ED, Additional Solicitor General (ASG) SV Raju ar-

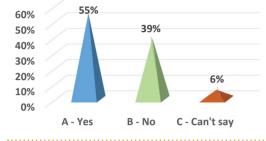
STATISTICALLY SPEAKING

THE DAILY GUARDIAN SURVEY ON CHINA VS AMERICA WORLD WAR

55% believe Japan and Australia will back the U.S. if it attacks China.

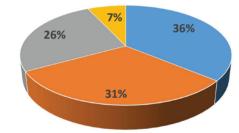
A July 2025 survey of 286 Indians shows most believe the U.S. won't attack China if it invades Taiwan. Over half think Japan and Australia would support the U.S. in war. Two-thirds see China's Taiwan threats as serious, while many expect India to act as a neutral mediator if conflict erupts.





If war breaks out and America attacks China, will Japan and Australia join the **U.S.?**









Airlines asked to check fuel switch locking in Boeing 787, 737 planes

CONTINUED FROM P1

preliminary report on the Boeing 787-8 crash, the Aircraft Accident Investigation Bureau (AAIB) said the fuel supply to both engines of the plane was cut off within a gap of one second, causing confusion in the cockpit soon after take off. Air India Group has already started checks of the fuel switch locking system in their Boeing 787 and 737 aircraft.

Sources said the checks of the locking system in more than half of Air India's Boeing 787s have been completed while the checks are almost complete with respect to Boeing 737s.

Tata-owned Air India has a total of 33 wide-body Boeing 787s while Air India Express has around 75 narrow-body 737s.

Akasa Air and SpiceJet operate Boeing 737s. Indi-Go also operates Boeing 787 and 737s but they are leased from foreign airlines, which means they won't be subject to the DGCA directive.

With Agency inputs

No maintenance or no mechanical issues with ill-fated plane: A-I chief

ANAND SINGH NEW DELHI

Even as the Aircraft Accident Investigation Bureau (AAIB) released its preliminary report on the Air India AI171 London-bound plane crash, the airlines CEO Wilson Campbell wrote to the staff saying the report found no mechanical or maintenance issues with the aircraft or engines, and that all mandatory maintenance tasks had been completed.

He also said that the AAIB identified no cause nor made any recommendations and thus urged everyone to avoid drawing premature conclusions as the investigation is far from over and Air India will continue to co-operate with the investigators to ensure they have everything they need to conduct a thorough and comprehensive enquiry.

In his message, Campbell said, "As you would have read, the AAIB's Preliminary Report on the AI171 accident was released over the weekend. It came a month after the tragic event on 12 June, a period in which not a moment has gone by without us thinking of the passengers, friends, colleagues and wider community who were lost or injured."

He said: "The release of the Preliminary Report marked the point at which we, along with the world, began receiving additional details about what took place. Unsurprisingly, it provided both greater clarity and opened additional questions.

He also highlighted the new round of speculation in the media and over the past 30 days, an ongoing cycle of theories, allegations, rumours and sensational headlines, many of which have later been disproven.

"Instead of focusing on such interpretations, I suggest we note that the Preliminary Report found no mechanical or maintenance issues with the aircraft or engines, and that all mandatory maintenance tasks had been completed," the Chief Executive Officer of the Air India said.

He also pointed out that there was no issue with the quality of fuel and no abnormality with the take-off roll.

"The pilots had passed their mandatory pre-flight breathalyser and there were no observations pertaining to their medical status," he noted. He also reminded that, out of an abundance of caution and under the oversight of the DGCA, "every Boeing 787 aircraft operating in our fleet was checked within days of the accident and all were found fit for service".

Brajmandal Yatra begins in Nuh amid high alert

CONTINUED FROM P1

The administration's caution stemmed from the communal violence in 2023, during which five people, including two Home Guards, were killed and scores injured. In light of that, this year's yatra was conducted with strict guidelines and multiple preventive measures. Individuals previously linked to the unrest were denied entry into the district during the event. Among those barred was Bittoo Bajrangi, chief of the Gau Raksha Bajrang Force and an accused in the 2023 violence in which around 7 people were killed. The police placed him under house arrest in Faridabad and suspended his social media accounts after he sought permission to join the yatra. His request was firmly rejected by Nuh SP Rajesh Kumar, who reiterated that anyone with a history of disturbing communal harmony would not be allowed to participate.

In a positive show of unity, Dr. Umar Ahmed Ilyasi, Chief of the All India Imam Organization, arrived in Nuh to take part in the Jalabhishek. "The cow should be declared India's national animal. It is sacred to all of us," he said, appealing for religious harmony. Haryana Sports Minister Gautam Gaur also joined the devotees to perform rituals during the procession.

Despite the smooth conduct of the yatra, there were signs of mischief late Sunday night. Around 1:30 AM, unidentified miscreants vandalized a mazar (shrine) in Tawadu town. Authorities are treating the incident as an attempt to disrupt peace and have launched an investigation.

Omar scales graveyard gates

CONTINUED FROM P1

the roads leading to the martyrs graveyard from both Khanyar and Nowhatta sides in downtown Srinagar.

lah's cavalcade reached Kh- manently shifted out of anyar in the old city, he got off his vehicle and walked more than a kilometre to reach the graveyard only to find the gates locked by the authorities. The chief minister then climbed over the main gate and entered the graveyard premises to offer 'fateha'. His security men and several other National Conference leaders also did so before the gate was finally thrown open.

Lashing out at Lt Governor Manoj Sinha, CM said, "It is sad that on the instructions of the people who claim that their responsibility is the security and law and order, we were not allowed to offer 'fateha' here...."

'6.60 cr enumeration forms collected'

CONTINUED FROM P1 than one place.

"Therefore, 88.18 per cent of electors have either already submitted their EF or died or retained their As soon as Omar Abdul- names at one place or pertheir previous place of residence," the poll panel said, adding that only 11.82 per cent of electors now remain to submit their filled EFs and many of them have sought time to submit their **Enumeration Forms with** documents in the coming

The EC said that it is leaving no stone unturned to ensure that no eligible elector is left out and the remaining electors fill their

Nearly one lakh BLOs will soon begin their third round of door-to-door vis-

"Their efforts are being augmented by the 1.5 Lakh

BLAs appointed by all political parties, each one of whom can certify and submit up to 50 EFs per day. To ensure that no eligible urban voter is left out the ER, special camps are also being set up in all the 5,683 wards of all 261 Urban Local Bodies (ULBs) of Bihar." it said.

It further said that for the electors who may have temporarily migrated out of the state, focused efforts through newspaper advertisements and direct contact with such electors, are being made to ensure that they are able to fill their EFs well in time and have their names also included in the Draft ER to be published on August 1, 2025.

Such electors can easily fill up EFs online (as per para 3(d) of SIR guidelines) using their mobile phones through the ECINet App or through the online form on https://voters.eci.gov.in.

Ladakh, Haryana, Goa Prof Ghosh brings scholarly touch get new Guvs

JK and served as the Deputy CM of the state under the Chief Ministership of Mehbooba Mufti.

Prof. Ashim Kumar Ghosh, a respected academic and political thinker, has been appointed as the Governor of Haryana. Ashok Gajapathi Raju, veteran politician and former Union Civil Aviation Minister, has been appointed as the Governor of Goa, succeeding PS Sreedharan Pilla

The appointments will take effect from the dates they assume charge of their respective offices, the Rashtrapati Bhavan announced on Monday.

A day earlier, former For-

eign Secretary Harshvardhan Shringla, Public Prosecutor Ujiwal Deorao Nikam, veteran social worker C Sadanandan Master, and noted historian Meenakshi Iain were among the other people who were nominated by President Murmu for Rajya Sabha.

Ujjwal Nikam is best known for handling highprofile criminal cases, including the 26/11 Mumbai terror attacks trial of Ajmal Kasah and the 1993 Bombay blasts case.

Shringla, known for his distinguished diplomatic career, was India's Ambassador to the United States and Bangladesh. He served as Foreign Secretary from January 2020 to April 2022.

CONTINUED FROM P1

bachelor's degree in political science from Vidyasagar College, Kolkata, and went on to build a distinguished career as a professor before turning to politics.

Prof Ghosh joined the BJP in 1991—at a time when West Bengal's intellectual landscape was dominated by Leftist thought. Ghosh taught Political Science for 38 years, from 1966 to

In 1991, he joined the BJP and became an active member of the party's State Intellectual Cell. In 1996, he was appointed as the State Secretary of the BJP, and two years later, in 1998, he rose to the position of State Vice President. From 1999 to 2002, he served as the State President of BJP West Bengal. He was later entrusted

with the role of Tripura Observer from 2003 to 2005. Between 2004 and 2006, he was a member of the BJP National Executive, contributing to the party's national-level strategies and decisions. During his tenure, he played a vital role in expanding the BJP's base in a politically challenging state. He also contested the 2013 Howrah Lok Sabha bypoll unsuccessfully.

The announcement of his appointment has been met with enthusiasm, particularly in West Bengal. Prof Ghosh is expected to bring a scholarly and principled approach to his constitutional role in Harvana.

His blend of academic depth and political insight

is likely to shape a steady and constructive tenure, focusing on governance, institutional strength, and constitutional propriety. Haryana chief minister Nayab Singh Saini has greeted Prof Ghosh on his

appointment.

and best wishes to Professor Ashim Kumar Ghosh on being appointed as the Hon'ble Governor of Haryana by Hon'ble President Draupadi Murmu. Under your guidance and experience, Haryana will continue to progress on the path of development. The rich cultural heritage of Haryana and the affection of its people will always be with you", he shared a post on his account X.

- Neeraj Mohan

Anti-sacrilege Bill introduced

CONTINUED FROM P1

that the Punjab Prevention of Offences Against Holy Scripture(s) Bill, 2025, would now be formally tabled and debated on July 15, allowing all legislators time to examine it thoroughly before discussion.

Described by the government as a landmark initiative, the Bill aims to provide a stringent legal framework for dealing with acts of sacrilege against sacred texts. A spokesperson from the Chief Minister's Office noted that past incidents of sacrilegeespecially of Sri Guru Granth Sahib Ji and other revered granths—have led to widespread unrest and deeply hurt religious sentiments across communities.

While existing provisions under Sections 298, 299, and 300 of the Bharatiya Nyaya Sanhita, 2023, cover such acts, the government believes they are insufficiently severe. Hence, the statespecific legislation seeks to

close this gap by mandating scripture.

desecration of the Sri Guru Granth Sahib, Bhagavad Gita, Holy Bible, Quran Sharif, and other sacred texts. It stipulates imprisonment of 10 years to life for those convicted of sacrilege, three to five years for those attempting the offence, and proportionate punishment for abettors.

ment functionary. Until now, Punjab had no dedicated legislation directly addressing offences against holy scriptures. The exist ing legal framework often led to delayed or diluted action against offenders. This new Bill aims to establish a clear, uniform legal standard across faiths, enabling law enforcement agencies to act with greater clarity and

In another key decision, the Cabinet also approved the Punjab Regulation of Crusher Units, and Stockists and Retailer Rules, 2025, aimed at tightening oversight of the These rules, framed under

and timelines to ensure legal compliance and transparency.

The rules are expected to streamline operations, prevent illegal procurement of mined minerals, and stop royalty evasion.

Dushyant visits Deepender

CONTINUED FROM P1

the meeting have prompted many to read between the lines. The two leaders sat together for around 15 minutes at the Hooda family's Matru Shree Bhawan residence away from the media glare and public attention.

Sources said Dushyant Chautala had earlier visited the home of martyr Lokendra Sandhu to pay his respects and offer condolences to the bereaved family.

Coincidentally, Deepender Hooda was also present at the same time. The two leaders were seen sitting together and later left the location almost simultaneously, proceeding directly to the Hooda residence.

What raised eyebrows was the complete lack of prior information about Chautala's visit. Neither the media nor political aides had any clue about the sudden meeting. Both leaders exited the residence together, maintaining an air of secrecy. Chautala left first, followed closely by Hooda in separate vehicles—an unusual coordination that further added to the buzz. Dushyant being the great-

grandson of Chaudhary Devi Lal, and Deepender being the son of Congress stalwart Bhupinder Singh Hooda—their meeting carries significant political weight in the state's fluid landscape. With the JJP, struggling to regain footing after a tepid alliance with the BJP, and the Congress, trying to solidify its Jat base, could be exploring new equations. Earlier there were reports about merger of the Jannayak Janata Party and Indian National Lok Dal but INLD leader and Dushyant's Uncle Abhay Chautala had made it clear that they cannot walk

CONTINUED FROM P1

SR and his team. The police escorted all the three down the hill and relocated them to an ashram in Bankikodla village, under the care of 80-year-old spiritual leader Swami Yogaratna Saras-

Kutin had been living in complete isolation inside a natural cave for nearly two weeks, accompanied by her daughters. The family had set up a modest living space within the cave, surrounded by dense forest and steep slopes.

The police while monitoring the area following a recent landslide noticed clothes hanging out to dry near the cave and decided to investigate further. It was then they discovered the woman and her children

living quietly inside.

Woman found living in forest cave

Uttara Kannada Superintendent of Police M Narayana said: "Our patrolling team noticed sarees and other clothes drying outside a cave in the Ramatirtha Hills. When they reached the spot, they found Kutina and her two daughters residing there.

Upon inquiry, the Russian woman claimed to have come to India on a business visa, initially failed to produce valid travel documentation. She said her passport and visa may have been lost in the forest. A subsequent search by the Gokarna Police and the Forest Department led to the recovery of the documents.

Verification revealed she had entered India on a business visa in October 2016, which expired on April

2017. An exit permit was issued by the FRRO Panaji in April 2018, after which she reportedly travelled to Nepal and re-entered India in September 2018.

Due to safety concerns, the woman and her daughters were transferred to the Government Women's Shelter in Karwar, under the Department of Women and Child Welfare. Superintendent of Police,

Uttara Kannada, has initi-

ated proceedings with the

Foreigners' Regional Registration Office (FRRO), Bengaluru, regarding the overstaying violations. With assistance from a local NGO, the Russian Embassy has been contacted, and repatriation formalities are underway to ensure the safe return of the mother and her children.

enhanced punishment-including life imprisonment for any individual convicted of sacrilege against any holy The proposed law covers

According to officials, the Bill is designed to uphold communal harmony and serve as a deterrent against divisive and anti-social acts. "This legislation will protect religious sentiments and reinforce the values of peace, brotherhood, and mutual respect," said a senior governsand and gravel industry. the Punjab Regulation of Crusher Units, and Stockists and Retailer Act, 2025, lay down clear procedures, documentation requirements, roles of authorities,

NITIN GADKARI INAUGURATES SIGANDUR BRIDGE, CM SIDDARAMAIAH BOYCOTTS EVENT

nion Minister for Road Transport and Highways Nitin Gadkari on Monday inaugurated India's second-longest cable-stayed Sigandur bridge in Shivamogga. The event was boycotted by Karnataka Chief Minister Siddaramaiah and his cabinet colleagues, who claimed that they were not consulted.

Earlier in the day, the CM said they had not been invited, a claim which drew a rebuttal from Union Minister Gadkari.

In a post on 'X', Gadkari said an official invitation was duly extended to Siddaramaiah on July 11, inviting him to preside over the programme. In light of any possible scheduling challenges, a subsequent letter was sent on July 12, request-

ing his virtual presence. He also posted both the

Union Ministers Nitin Gadkari and Pralhad Joshi with BJP leader BS Yediyurappa, Karnataka party President BY Vijayendra, Shivamogga MP BY Raghavendra and others during the inauguration of India's second-longest cable-stayed bridge, the 6-kilometre-long Sharavathi Bridge, in Shivamogga, Karnataka. Agencies

letters addressed to the CM on 'X'.

Responding to Gadkari's post, Siddaramaiah said, neither he nor his office was consulted before the Ministry for Road Transport and Highways finalized the programme and publicly circulated the invitation with his name printed on it.

"In fact, the official invitation was received only on 11th July 2025, merely three days prior to the event. On the same day, my office responded, informing you (Gadkari) of my prior commitment to a state-level inauguration of irrigation and development projects at Indi, Vijavapura, and

rescheduled," he said. A communication sent just three days in advance, after public invitations have been issued, cannot be construed as due consultation or coordination, the CM said.

requested that the event be

True cooperative federalism demands meaningful engagement with state governments before finalising public programmes of such importance.

"I remain committed to partnering with the Union Government in the service of Karnataka's people. I sincerely hope that future engagements will reflect proper consultation, coordination, and mutual respect between the Centre and the States," he added

However, earlier in the day, the CM asserted that none from his government will participate in the event as a mark of protest, claiming that he was not invited for the event.

"I was not invited. I spoke to Nitin Gadkari over the phone and he said he would postpone the event. Then I wrote a letter to him. Probably BJP leaders here have put pressure, and without telling me anything, they are doing it (inaugural).

'Neither I nor my office was consulted': Siddaramaiah

TDG NETWORK

Karnataka Chief Minister Siddaramaiah on Monday said that neither he nor his office was consulted for the finalisation of inauguration event date of Kalasavalli-Ambargondlu Bridge in Shivamogga district by the Union Ministry.

The Chief Minister further said that the official invitation was received merely three days prior to the event, to which his office responded about his prior commitment to a state-level inauguration and requested that the event be rescheduled.

In a social media post on X, the Chief Minister wrote, "Your response on the Shivamogga event is noted. However, I wish to place on record that neither I nor my office was

consulted before your Ministry finalized the programme and publicly circulated the invitation with my name printed on it."

"In fact, the official invitation was received only on 11th July 2025, merely three days prior to the event. On the same day, my office responded, informing you of my prior commitment to a state-level inauguration of irrigation and development projects at Indi, Vijayapura, and requested that the event be rescheduled," the CM added.

Criticising the Centre, Siddaramaiah remarked that true cooperative federalism demands meaningful engagement with state governments before finalizing public programmes of such importance.

Non-Marathi Ola driver beaten in Navi Mumbai over language dispute

SHAHID ANSARI

Incidents targeting non-Marathi speakers in Maharashtra have become increasingly common. The latest case occurred Saturday evening in Uran, Navi Mumbai, where Mohammad Sheikh, a North Indian Ola driver, was beaten and abused by Marathi-speaking auto drivers for taking bookings in the area. They forced him to speak Marathi and claimed he had no right to accept rides there.

Sheikh explained that after dropping a passenger in Uran, he received another booking near Uran station. When he arrived, local auto drivers confronted him, demanding he stop taking

When Sheikh suggested they raise the issue with Ola, they attacked him, slapped him, and verbally abused him for not speaking Marathi.

A video of the incident

Similar attacks on non-Marathis have been reported earlier in Mira Road, Vasai, and other areas. Although some cases have been registered,

continues. went viral on social media. Sheikh called the police but said no help arrived. Similar attacks on non-Marathis have been reported earlier in Mira Road, Vasai, and other

areas. Although some cases

have been registered, the ha-

the harassment

rassment continues. BJP MLA Ram Kadam condemned these acts, stating that his party does not support targeting people in the name of language. The incident highlights ongoing tensions around linguistic identity in Maharashtra.

'One-sided love is not going to happen': Owaisi rules out joining INDIA bloc for Bihar elections

TDG NETWORK

All India Majlis-e-Ittehadul Muslimeen (AIMIM) President Asaduddin Owaisi on Monday ruled out joining the INDIA bloc for the upcoming Bihar Assembly elections, stating that "onesided love" won't work.

Instead, Owaisi's party is exploring alternatives, including potentially forming a third front. This development comes after Owaisi's party, AIMIM, sent a proposal to join the Mahagathbandhan, led by RJD chief Lalu Yadav, but received a lukewarm

"One-sided love is not going to happen. The people of Bihar should understand that the accusations that were made against us were based on lies and were made because they do not want



a leader of the poor and oppressed people to become their political leadership," Owaisi while speaking to ANI. Owaisi expressed his disinterest in

joining the INDIA bloc, citing past experiences and accusations against his party as reasons for his decision. AIMIM Bihar president Akhtarul Iman has suggested forming a third front, which Owaisi seems to be considering as a viable alternative.

Owaisi has announced that AIMIM will contest the elections, focusing on the Seemanchal region, where the party has a strong presence.

Owaisi accused the INDIA bloc of not wanting a leader of the poor and oppressed to emerge, implying that they want to maintain their dominance over the people of Bihar. "They just want you to remain their slaves, to walk behind them with your head bowed," Owaisi added. Positioning his party as an independent political force, Owaisi said AIMIM is prepared to contest the upcoming elections on its own terms and "form a third front."

He said, "We will fight our elections well. Our president, Akhtarul Iman, has said that we should try to form a third front.

Lawyers seek action against MNS for attacks on non-Marathi speakers

AGENCIES

Three city-based lawyers wrote a letter to the Maharashtra Director General of Police (DGP) on Monday, seeking legal action against the MNS over recent attacks on non-Marathi speaking people allegedly by the party workers.

The letter cited Maharashtra Navnirman Sena (MNS) chief Raj Thackeray's speech at a rally in Worli area of Mumbai on July 5.

It claimed that Thackeray made inflammatory and inciting statements against non-Marathi speaking people, which resulted in



an aggressive stance against common citizens, assaulting local shopkeepers, and threatening them.

Stating that the unity, peace and integrity of the nation was being threatened due to such incidents, the letter has requested police to take action under the National Security Act (NSA) against the main conspirators and "anti-national" elements. The letter, written by advocates Pankaj Mishra, Nityanand Sharma and Ashish Rai, has described such incidents as "serious and unlawful situations that threaten social harmony and the law and order". Emphasising that it is the duty of every Indian to respect Marathi language, the letter alleged that in recent days, the MNS workers have been involved in acts of assault, threats and public humiliation of non-Marathi speaking individuals residing in the state.

Such incidents are a serious threat to national integrity, coexistence, and a law and order situation has arisen not just in Maharashtra, but across the entire country, it claimed. The letter urged the DGP to launch a probe into the speeches and violent actions of MNS leaders and party activists who have been given police protection.

Shinde warns Shiv Sena leaders to maintain discipline or face action

TDG NETWORK

Amid backlash over backto-back incidents involving a Shiv Sena MLA and a minister, Deputy CM Eknath Shinde on Monday asked the party legislators and ministers to follow discipline in public life and not compel him to take action.

Shinde stepped in to contain the damage caused to the Sena's image after party MLA Sanjay Gaikwad punched and slapped a canteen staffer at an MLA hostel in Mumbai for serving him 'stale food'.

"Public life demands discipline, and we must uphold it. I expect discipline and accountability from each of you," Shinde said while addressing a party meeting.

Shinde's stern warning comes days after a viral video of Gaikwad, clad in a vest and a towel wrapped around his vest, in action,



led to widespread condemnation and disapproval from Chief Minister Devendra Fadnavis

Even before the outrage could subside, a video of Shiv Sena minister Sanjay Shirsat sitting in his bedroom, with a bag purportedly containing bundles of banknotes went viral, days after he was reportedly received an Income Tax notice for the rise in his declared

Shirsat had rubbished the insinuation of wads of cash, while Gaikwad remained defiant and justified the assault on the canteen staffer. Both incidents not only

Addressing the meeting, Shinde cautioned legislators and ministers against the power dictating their

embarrassed the Shiv Sena

but also the Fadnavis gov-

"Some ministers had to

step down due to public backlash. I don't like to take action against members of my own family. But don't compel me to do so," he

He asked his colleagues in Shiv Sena not to waste energy on unnecessary issues and to speak less and work more.

"I don't behave like a boss. I don't get angry. I act like a karyakarta, and expect you should also behave like a karyakarta," Shinde added.

Referring to "certain incidents" unfolded over the last few days, Shinde said, as a leader of Shiv Sena. he had to face the searing questions from the people about the conduct of his colleagues

"People don't point fingers at you. They point fingers at me. They ask me: What are your MLAs up to?' You all are my people. We are one family. Your disrepute is my disrepute," Shinde said.

CM Yogi reviews Kanwar DM reviews Sawan

TDG NETWORK

Uttar Pradesh Chief Minister Yogi Adityanath on Monday chaired a high-level meeting to review preparations for the upcoming Kanwar Yatra during the holy month of Shravan. Stressing the importance of the pilgrimage, he directed officials to ensure a peaceful, secure, and smooth experience for devotees, guided by the principles of faith, security,

and service. The Chief Minister instructed that arrangements along the Yatra route — including cleanliness, drinking water, medical services, rest houses, toilets, and canteens — be made foolproof. Special emphasis was placed on the safety and convenience of women Kanwariyas, with directives to deploy women police personnel at key points.

To maintain order, CM Yogi called for round-theclock surveillance in sensi-

tive areas through drones and CCTV. Intelligence agencies have been asked to stay vigilant to prevent any attempts to disrupt the Yatra, with clear orders for swift and strict action against miscreants.

To enhance the spiritual environment, CM Yogi directed the use of public address systems to provide regular updates and play devotional Shiv bhajans. He also proposed floral showers from helicopters at designated locations to welcome Shiv bhakts, Medical camps, ambulances, and first aid centres will be deployed across the route for emergency response. The Chief Minister also asked the Food Safety and Drug Administration (FSDA) to ensure the quality and hygiene of all food served.

In his closing remarks, CM Yogi urged devotees to observe discipline, maintain decorum, and cooperate with the administration.

Yatra preparations Monday arrangements

AMAN AGNIHOTRI

the Sawan month, District Magistrate Jitendra Pratap Singh, along with his wife Rashmi Singh, visited the Shri Anandeshwar Mahadev Temple at Paramat. The couple offered prayers and performed Jalabhishek as per religious rituals. Following the puja, the District Magistrate conducted a detailed inspection of the temple premises and nearby

Ganga Ghat to review safety

and crowd management ar-

On the first holy Monday of

rangements. During the inspection, he assessed barricading, security setups, and other facilities available for devotees. He instructed officials to ensure that pilgrims face no inconvenience and emphasized the need for effective crowd control and emergency preparedness. With a large number of devotees expected, he stressed that all systems should function

With a large number of devotees expected, he stressed that all systems should function smoothly.

smoothly.

The DM also addressed concerns over the rising water level of the Ganga, urging people not to venture too close to the ghats and to strictly follow safety guidelines issued by the district administration. This advisory comes as a preventive measure to avoid any potential mishaps.

To ensure smooth conduct of religious activities, the administration has deployed police personnel, home guards, and disaster management teams across the temple and ghat areas. All efforts are being made to ensure a safe and spiritual experience for devotees.

Shubhanshu Shukla, Axiom-4 crew board spacecraft for return to earth

TDG NETWORK NEW DELH

Shubhanshu Shukla and three other astronauts of the Axiom-4 entered the Dragon Grace spacecraft on Monday and were suited up to begin their journey back to Earth after an 18-day stay at the International Space Station.

Shukla, the mission pilot, commander Peggy Whit-

son, and mission specialists Slawosz Uznanski-Wisniewski of Poland and Tibor Kapu of Hungary entered the Dragon Grace spacecraft and donned their space suits for the 22.5-hour journey to Earth.

The hatch of the Dragon Grace spacecraft that connected it to the International Space Station was closed at 2:37 PM IST and the crew members were performing



After undocking, Dragon will perform a series of engine burns to safely distance itself from the ISS and begin re-entry procedures.

final checks before undocking from the orbital laboratory at 4:35 PM IST.

The departure procedures were streamed live from the space station by NASA.

The descent of the Dragon spacecraft from the ISS is

designed to be completely autonomous. After undocking, Dragon will perform a series of engine burns to safely distance itself from the ISS and begin re-entry procedures. Final preparations include detaching the

capsule's trunk and orienting the heat shield ahead of atmospheric entry, which will expose the spacecraft to temperatures nearing 1,600 degrees Celsius. Parachutes will deploy in two stages -first stabilising chutes at about 5.7 km altitude, followed by the main parachutes at roughly two km. Splashdown is expected off the coast of California approximately 22.5 hours

after undocking, and the space capsule will be recovered by a specialised ship. The splashdown is expected to take place off the coast of California at 3:01 pm IST on Tuesday.

The Axiom-4 mission began their space odyssey on June 25 when the Falcon-9 rocket carrying the Dragon space capsule blasted off from Florida towards the ISS.

Delhi airport issues travel

advisory amid rains

DELHI POLICE SEEKS DATA ON UNSAFE STRUCTURES POST BUILDING COLLAPSE

Heightened concern as the monsoon season increases the risk of structural failures and collapses in dilapidated buildings.

TDG NETWORK

elhi police will soon request a comprehensive list of structurally unsafe buildings from the civic authorities, in the wake of the building collapse in northeast Delhi's Welcome area that claimed seven lives, an official said on Monday.

The move comes amid heightened concern over residents' safety, particularly as the monsoon season increases the risk of such incidents.

A senior police officer said coordination with the Municipal Corporation of Delhi (MCD) is being initiated to obtain real-time data on buildings deemed unsafe or unfit for habitation.

"This data will help police keep a close watch on vul**UNSAFE BUILDINGS' LIST SOUGHT**

- Police Action: Delhi Police will soon request a detailed list of structurally unsafe buildings from the Municipal Corporation of Delhi (MCD).
- Reason: The step comes after a four-storey building collapsed in the Welcome area, killing seven

people and injuring several others.

- Monsoon Concern: The monsoon season heightens the risk of such incidents, prompting urgent action to ensure residents' safety.
- Coordination: Police and MCD will coordinate to share real-time data on buildings marked unsafe or unfit for living.

nerable structures across the city and act swiftly in case of emergencies," the officer said.

Police will formally write to the MCD seeking a detailed list of dilapidated or

dangerous buildings. Based on the list, district-level police teams will monitor these structures and respond promptly to distress calls or emergencies.

The initiative follows

the collapse of a four-storey building in the Welcome area on Sunday, which claimed seven lives, including those of women and children, and left several others injured. The MCD

is responsible for certifying buildings for structural stability and routinely issues notices to property owners buildings continue to be inalternative housing or negincreases as water seepespecially in older or unauthorised constructions," the officer said.

He added that public cooperation will also be essential in identifying threats. "In the coming days, beat staff will survey their areas to spot visibly damaged or sagging structures. In case of imminent threat, police will coordinate with disaster response teams and the MCD," the officer said.

whose premises are found to be unsafe after inspection. "However, many such habited, either due to lack of ligence. During the rainy season, the risk of collapse age weakens foundations,

sider alternative modes of transport, including Metro, to reach the airport and "avoid potential delays." A fresh spell of rains occured in the national capital on Monday morning with the India Meteorological Department forecast of moderate to heavy rainfall in the entire Delhi and NCR on July 14. "As per the Indian Meteorological Department's forecast, Delhi is experiencing inclement weather

In view of the "inclement weather conditions," Delhi

International Airport Limited (DIAL) on Monday

advised passengers to con-

gently with all stakeholders to ensure your journey remains hassle-free. Passengers are advised to consider alternative modes of transport, including Delhi Metro, to reach the airport and avoid potential

conditions. Our on-ground

teams are working dili-

DIAL said in the travel advisory. the travel advisory. Delhi, on Sunday, also witnessed heavy rainfall leading to waterlogging and traffic congestion in many parts of the national capital. A traffic jam was witnessed at Rajiv Chowk as vehicular move-

Passengers are advised to consider

including Delhi Metro, to reach the

airport and avoid potential delays," the

alternative modes of transport,

Delhi has experienced incessant rainfall since Wednesday, causing waterlogging in several areas, including Bindapur in Uttam Nagar, where roads are submerged under water. Traffic also came to a standstill in many parts of the national capital following the heavy rainfall.

suicide suspected

TDG NETWORK

A teenager was reported missing from Paryavaran Complex area in South Delhi's Mehrauli on July 7, police said on Sunday. The teen, identified Sneha Debnath (19), went missing after a suspected suicide note indicated her plan to iump off Signature Bridge. According to officials, Sneha's family found a note suggesting her intent to take her own life by jumping off the Signature Bridge. Sneha was a student at Delhi University's Atma Ram Sanatan Dharma College. She was pursuing a B.Sc. Maths (Honours). Later, an FIR was registered at Mehrauli Police 140(3) of the Bharativa

Based on this information, the police immediately launched an investigation and the search operation is ongoing. A cab driver confirmed during questioning that he had dropped Sneha at Signature Bridge on the same day. The technical surveillance also placed her last known location at the bridge. Some eyewitnesses reported seeing a girl standing alone on the bridge.

However, moments later, she appeared to be missing from sight. The police has initiated a joint search operation with teams from the National Disaster Response Force (NDRF) and local police authorities. The search ex-Station under Section tended from Nigam Bodh over it, Prasad allegedly Ghat to Noida along the Nyaya Sanhita (BNS). Yamuna

DU student goes missing, Man set on fire by bike mechanic over parking issue

TDG NETWORK

A fight over parking a car in the RK Puram area here escalated when a man allegedly poured petrol on another while he was inside a car, which also subsequently caught fire, police said on Monday. Sanitation worker Rahul

Chauhan (40) suffered seri-

ous burn injuries in the inci-

dent that took place around 9.30 pm on Sunday in the Sector-8 Market, they said. Mechanic Gaya Prasad (42) alias Kalu asked Chauhan, who was sitting with his relatives inside the parked car, to move his vehicle from near his shop. Following an argument

poured petrol on Chauhan



a fire inside the car, possibly due to a lit cigarette.

Prasad is currently being questioned by the police, they said.

Deputy Commissioner of Police (Southwest) Amit Goel said a PCR call was received at RK Puram police station regarding a man being set ablaze by a mechanic. A police team reached the location and found the victim with burn injuries and he was immediately shifted to the Trauma Cenin a fit of rage, which led to tre by the PCR van, the of-

"Rahul Chauhan, employed as a sanitation worker with the Municipal Corporation of Delhi (MCD), was sitting inside a car with his cousin and two others when the altercation occurred," the DCP said in his official statement.

His cousin, Siddhant Raj, told police that their vehicle was parked adjacent to Gaya Prasad's shop.

Prasad allegedly asked them to move the car, which

Double murder: Two friends dead after knife attack

delays," the DIAL said in lowing heavy rainfall.

ment slowed down, fol-

TDG NETWORK

A case of double murder has been reported from the Tilak Nagar area of West Delhi, where two friends died following a knife attack late Friday night. According to police, the incident occurred in the Khyala B Block locality.

Preliminary investigation suggests that a quarrel broke out between two friends, during which one allegedly attacked the other with a knife. Both individuals, identified as Sandeep and Arif, succumbed to their injuries on the spot. The officials from the Khyala and Tilak Nagar police rushed to the scene as soon leaders raised concerns as they received the information. The bodies have scattered along the Kan-ment (PWD).



underway, Deputy Commissioner of Police (DCP) West In another incident, Delhi police on Sunday traced the source of the broken glass and detained an e-rickshaw driver a day after political

over glass pieces allegedly

post-mortem examination.

A case has been registered

and further investigation is

District's Dilshad Garden, The police said that an FIR was registered at PS Seemapuri based on a complaint from the Public Works Department (PWD), after a video showing broken glass pieces on the road near Chintamani Chowk went viral on social media. "A case was registered on July 13 based on a complaint by a Junior Engineer (JE) of the Public Works Depart-

Siblings found at E-rikshaw driver's house after running away from home

TDG NETWORK NEW DELH

Upset after being scolded for skipping tuition classes, two siblings who ran away from their Delhi home were traced in Haridwar and rescued from the house of an e-rickshaw driver, an official said on Monday.

According to the e-rickshaw driver, the siblings said they were orphans and needed help, so he kept them in his house.

On June 21, two children, including a 16-year-old girl and her seven-year-old brother, both studying in government schools, had left their home in outer Delhi's Nihal Vihar area in an-

ger after being reprimanded for skipping tuition classes, he said

Their parents reported the

matter at Nihal Vihar Police Station around 1.30 am in the intervening night of June 22 and 23, a senior police officer said, adding that a case was registered under Section 137(2) (Kidnapping) of the BNS

"The initial probe yielded no clues from CCTV footage near the children's residence. However, the team later spotted visuals of the children boarding an autorickshaw matching their descriptions," Deputy Commissioner of Police (Outer) Sachin Sharma said.

The auto's registration

number was traced to a man named Papu who told police that he had dropped the children at ISBT Kashmere Gate and provided them with his phone number.

Papu said that while dropping the children at ISBT, he had given his phone number and had asked them to inform him after getting on the bus

The children used the phone of one Nitin Sharma, who was also on the Haridwar-bound bus, to call the auto driver," the DCP added.

When contacted, Nitin Sharma told police that he had taken a bus from Rewari Depot at 12.08 pm and two children had made a call using his phone. "(Nitin) Sharma said that he alighted from the bus at the second last stop and the bus proceeded to its destination." he said.

The name of the driver and conductor of the bus was obtained and they were examined, the officer said, adding that they confirmed that two children had alighted from their bus at 9.30 pm.

Another police team was dispatched to Haridwar to carry out ground-level checks at shelters, guest houses, and religious accommodations. Despite initial setbacks, CCTV footage at Haridwar showed the children riding in an e-rickshaw, the DCP said.

Delhi HC refuses foreign national bail in fraud case

TDG NETWORK

The Delhi High Court has denied bail to a foreign national, accused of impersonating and duping people on matrimonial websites, prima facie finding him an "active participant in a well-organised" international racket of cyber fraud.

Justice Shalinder Kaur observed the "international and organised character of the syndicate" and the "technical sophistication of the modus operandi" and said it was not inclined to exercise its discretion in favour of the petitioner accused.

Paul Onyeji Atuh, a Nigerian national, faced rejection of his bail plea for



a structured online cyber fraud syndicate targeting persons by impersonation on matrimonial websites and social media platforms. He was stated to have

come to India on a student visa in 2020. "The nature and scope of

the operation, as revealed by the investigation, demonstrates that this was not an isolated or impulsive act of deceit, but a meticulously executed plan involving

the use of fake profiles and digital morphing tools such as the 'Ding Tone App'," the court said on July 11.

Atuh was booked for cheating in March 2022 by the Cyber Central District police station in New Delhi following a complaint by a woman.

She claimed being duped of Rs 55,900 by someone identifying as one Dr Ankit Verma, a Canada resident, on matrimonial website Sangam.com.

The complainant alleged receiving a message in December 2021 that Verma had arrived at the Delhi Airport from Canada and was detained by customs officials for carrying excessive foreign currency.

She also received a call from someone claiming to be a customs official and demanding a penalty of Rs 55,900.

The complainant transferred the amount in two instalments the same day. Another demand of Rs 1.5 lakh was subsequently made for "clearance from the Ministry of Finance' following which the woman suspected foul play and lodged a formal complaint. Atuh was arrested in May 2022 from Greater Noida.

3 Delhi schools receive hoax bomb threats

TDG NETWORK

At least three schools in the national capital, including two CRPF schools and a Navy Children school, received bomb threats on Monday morning, which were later declared 'hoax' by authorities.

The threats were sent via email in the early hours of Monday to CRPF schools in Sector 16, Dwarka and Prashant Vihar and the Navy Children School in Chanakyapuri, officials



Authorities carried out hoax, as nothing suspicious a thorough check of the was found. school premises later and

The Delhi Fire Services

said a fire tender each was rushed to the schools. "It was declared a hoax after a thorough check by multiple agencies, including the fire department," a fire official

Deputy Commissioner of Police (Dwarka) Ankit Singh said, "Early on Monday morning, Dwarka North police station received a PCR call informing about a bomb threat at CRPF School here.

"The area was promptly sanitised. Local police, sniffer dogs and bomb disposal

squads reached the school and conducted due checks,' he said.

The DCP added that cyber police experts are ascertaining the source of the email. "Security has been tightened at the school. Nothing suspicious has been found so far," he said.

DCP (Rohini) Rajeev Ranjan said, "We received a call from the school around 8 am. After nothing suspicious was found on the premises of CRPF School in Prashant Vihar, it was declared a hoax."

Court sentences 2 men to life term in murder case

TDG NETWORK NEW DELHI

A Delhi court has sentenced two men to life imprisonment in a 2017 murder case underlining the "serious" nature of the offence in which the victim was abducted and murdered.

Additional sessions judge Vandana was hearing the arguments on sentencing against Navrattan alias Kale and Naushad, both convicted for murder, abduction and causing disappearance of evidence in November last year. Additional public prosecutor Vineet Dahiya said the convicts deserved no leniency for the brutal murder. In

an order on July 4, the court said, "Nature of offence committed in the present case is very serious. The deceased Om Hare was kidnapped by convicts with premeditated planning and brutally murdered. Thereafter, his body was disposed of by both convicts." The object of the law, the court said, was the protection of society, and "stamping out criminal proclivity" which could be achieved by imposing an appropriate sentence after considering the nature of the offence and how it was committed.

"The criminal law adheres in general to the principle of proportionality in prescribing liability according to the culpability of each kind of criminal conduct.

ing how women can hope

for justice when a female

office-bearer of the ruling

party's student organization

A 20-year-old student set

herself on fire after alleg-

edly facing prolonged sex-

ual harassment by her col-

lege's Head of Department.

Despite lodging a formal

complaint and seeking help

from the principal, her pleas

were ignored, leading to the

tragic incident. The incident

occurred at Fakir Mohan

Jairam Ramesh criticised

the BJP government in Odi-

sha, highlighting the state's

poor record on women's

safety and questioned the

government's commitment

to protecting women, citing

the rise in sexual violence

and crimes against women

In a post on X, the Con-

gress leader said, "How can

women even hope for justice

from the BIP government

when several of its own

leaders are embroiled in se-

rious allegations of sexual

harassment and anti-wom-

"Under BJP's rule, daugh-

ters are not safe anywhere-

-neither on campuses, nor

on the streets, nor anywhere

an behavior?"

during the BJP's rule.

(Autonomous) College.

herself faced such a fate.

PM's silence on Israeli action in

Gaza 'shameful', says Jairam,

slams govt over 'indifference'

ple on Sunday, including

six children at a water col-

lection point, while the Pal-

estinian death toll passed

58,000 after 21 months of

war, local health officials

Israel and Hamas ap-

peared no closer to a break-

through in indirect talks

meant to pause the war and

free some Israeli hostages

after Prime Minister Ben-

jamin Netanyahu's Wash-

ington visit last week. Israel

says it will end the war only

once Hamas surrenders,

disarms and goes into ex-

ile, something it refuses to

do. Hamas says it is willing

to free all the remaining 50

hostages, about 20 said to

be alive, in exchange for an

end to the war and the full

withdrawal of Israeli forces.

Meanwhile, Congress also

slammed the BJP govern-

ment over the Balasore self-

immolation case, question-

IT probe reveals Nepal border plot;

SC: CITIZENS MUST KNOW VALUE OF FREEDOM OF SPEECH, EXPRESSION

he Supreme Court on Monday said citizens must know the value of the right of freedom of speech and expression, and exercise self restraint as it mulled guidelines to regulate offensive social media

A bench comprising Justices B V Nagarathna and K V Viswanathan was hearing a plea of one Wazahat Khan booked in FIRs in several states, including West Bengal, for posting against a Hindu deity on X.

"One of the fundamental duties is to uphold the unity and integrity of the country India. So that is being vio-

Tunnelling work between

Ghansoli and Shilphata in

Maharashtra, the first sec-

tion of the 21-km undersea

Bullet train project, has been

completed, the Railway Min-

It also said that the Japa-

nese government has agreed

to introduce E10 Shinkansen

trains in the 508-km Mum-

bai-Ahmedabad Bullet train

"The bullet train project

has achieved a major mile-

stone of opening the first sec-

tion of the 21 km undersea

tunnel between BKC and

Thane. The bullet train proj-

ect recently achieved a major

milestone by completing 310

km of viaduct construction,"

a press note from the minis-

It added, "Track laying,

construction of overhead

and bridges is going on at

tion work in Maharashtra

istry said on Monday.

TDG NETWORK

NEW DELHI

project.

try said.



lated. See all these divisive tendencies, at least on social media, must be curbed," the court said

The top court continued, "But to what extent can the state curb? Instead, why can't the citizens themselves regulate themselves? Citizens must know the value of freedom of speech and expression. If they don't

Bullet Train: Ghansoli to

Shilphata tunnel opened,

has also picked up pace. In

parallel, the progress on

procurement of systems for

operations and control is also

According to the govern-

ment, the Japanese Shink-

ansen is currently running

E5 trains, with E10 slated to

"In the spirit of strategic

partnership between Japan

and India, the Japanese gov-

ernment has agreed to intro-

duce E10 Shinkansen trains

in the Mumbai-Ahmedabad

Bullet train project. It is

introduced simultaneously

electrical wires, stations, noteworthy that E10 will be

a rapid pace. The construc- in India and Japan," the Rail-

be the next generation.

going on well."

E10 trains announced

then the state will step in and who wants the state to step in? Nobody wants the state to step in (sic)."

The top court, in the meantime, extended the interim protection from coercive action to Khan which was initially granted on June 23. He had filed a complaint against another social media influencer Sharmistha

According to officials, the

entire 508-km corridor is be-

ing developed with Japanese

The ministry said that

work on 15 river bridges is

finished, and work on four

is in the advanced stages of

Out of 12 stations, five are

completed and three more

are now reaching comple-

"The station at BKC is an

engineering marvel. The

station will be located 32.5

m below ground and the

foundation is designed to

support the construction of

a 95 m high building above

ground," the Ministry said.

construction.

tion, it said.

Shinkansen technology.

Panoli for allegedly making communal remarks in a video.

Justice Nagarathna during the hearing said, "The citizens must know the value of the fundamental right of freedom of speech and expression. The State can step in case of violations... Nobody wants the State to step in (sic).'

The bench observed the "divisive tendency" on social media had to be curbed.

It added, "The freedom of speech and expression is a fundamental right. But there is no self restraint and self regulation... if the citizens want to enjoy this fundamental right they will have to regulate themselves and there has to be some

Referring to the observations of Justice Viswanathan, Justice Nagarathna said, "My learned brother rightly said that there should be fraternity between the citizens then all this hatred will come down.'

TDG NETWORK

The Congress on Monday

accused the government

of "indifference" on Israeli

"genocide" in Gaza and said

Prime Minister Narendra

Modi's silence is "shameful,

and goes against all that In-

Congress general secre-

tary, communications, Jai-

ram Ramesh said the Israeli

"genocide" has now been

questioned within Israel

including by their former

"The Israeli genocide in

Gaza continues unabated.

In fact it is intensifying

and assuming horrific new

dimensions. A number of

voices within Israel are be-

ginning to speak out. The

latest to express grave con-

cern is a former PM of Israel

himself," Ramesh said in a

"But the Government of

India is supremely indiffer-

ent, not wanting to say or do

anything that would affect

the friendship of Mr. Ne-

tanyahu and Mr. Modi. The

PM's silence is disgraceful,

shameful, and goes against

all that India has stood for,"

Israeli strikes in the Gaza

Strip killed at least 32 peo-

dia has stood for".

prime minister.

post on X.

he added.

"We are not speaking about censorship. But in the interest of fraternity, secularism and dignity of individuals...We will have to go into this beyond this petition," the bench observed.

The top court outlined the reasonable restrictions under Article 19 (2) of the Constitution on freedom of speech and expression, saying they had "rightly been

UP Cabinet Minister Rajbhar receives death threat on Facebook

TDG NETWORK

Uttar Pradesh Cabinet Minister and Suheldev Bharatiya Samaj Party (SBSP) chief Om Prakash Rajbhar allegedly received a death threat on social media on Monday. According to a letter by

SBSP to Hazratganj Police,

Rajbhar received a death threat from a Facebook account by the name 'Karni Sena Baliya'. The letter by SBSP said, "The applicant was performing his duties at the party office this morning, when he came to know through the social media site Facebook that through an account in the name of Karni Sena Baliya on Facebook https://www.facebook.com/ karani.sena.baliya?mibextid =wwXlfr&mibextid=wwXI fr, the holder of the said ID has threatened to shoot National President of Suheldev Bharatiya Samaj Party and Cabinet Minister, Government of Uttar Pradesh, Om



the internet, has uploaded it on the social media site Facebook through the said ID. Party's National President and Cabinet Minister, Government of Uttar Pradesh, Om Prakash Rajbhar, was threatened with shooting," the letter claimed.

The letter further added, "The above threat to shoot and kill the party's national president and cabinet minister of UP government, Om Prakash Rajbhar has also been duly broadcast on Bharat Samachar news channel today at 10:03 am in which it has also been clearly stated that this threat has been given on the Facebook page of Karni Sena District

crackdown on Changur Baba Gang ABHISHEK SINGH A plot to turn the Nepal

border into an Islamic land was uncovered in a secret investigation by the Income Tax Department. The report sent to the Home Ministry has led to a crackdown on Changur Baba. Reports indicate that Changur Babalike gangs are active near the Nepal border, altering the demography and damaging the economy of the

Districts bordering Nepal, including Shravasti, Bah- ing several organizations

dharthnagar, have seen an increase in Muslim population. Sources suggest a planned effort to settle Muslims in these areas over the past 15 years.

raich, Balrampur, and Sid-

The Income Tax Department's report has activated the Home Ministry, which has, in turn, alerted the Intelligence Bureau (IB), **Enforcement Directorate** (ED), and the UP government. The investigation has for anti-national activities. with suspicions surroundlinked to South India.The initial investigation uncovered clues about Rs 150 crore in funding, allegedly used for illegal conversions, mosque construction, and madrasas

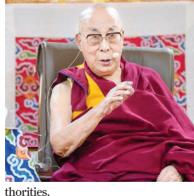
The ED has obtained information about 30 bank accounts linked to Changur Baba's gang and is gathering details about transactions over the past decade. The ED has requested statements from relevant banks revealed online payments and will seek the Foreign Ministry's assistance to investigate Naveen Rohra's

Dalai Lama calls India ideal place for Buddhist Police foil march to Bengal secretariat study amidst growing restrictions in China

TDG NETWORK

Dalai Lama's recent visit to Ladakh underscored India's unique and vital role as the global center for authentic Buddhist learning and practice, a status that far surpasses China's constrained and politicised approach, according to The Dalai Lama Office.

After a warm, jubilant welcome from Ladakhis, Tibetans, and other local communities, Dalai Lama emphasised the profound importance of India in preserving and nurturing Buddhist traditions, especially in light of the destruction inflicted on Tibetan Buddhist institutions by Chinese au-



"The precious traditions that we can learn and implement in daily life have declined in Tibet. Those who fled to India have had the responsibility of preserving these traditions," said Dalai Lama. He recalled the chaos of 1959 that forced him to flee Tibet, and how the Government of India has extended "immense support" and "tremendous assistance" to Tibetan refugees, allowing the revival of monastic universities and rigorous scholarly debate on Buddhist philosophy.

"Unlike China, where religious freedom is severely restricted and political control undermines genuine spiritual teaching, India offers a free and flourishing environment for the study of Buddhism's deepest philosophical texts, including the Middle Way (Madhyamaka) and logic (Pramana) from the ancient Nalanda tradition.

MGNREGS key tool against rural unemployment: MoS Pemmasani

TDG NETWORK

Minister of State for Rural Development Chandra Sekhar Pemmasani on Monday said MGNREGS is the "strongest weapon" against rural unemployment and distress migration, especially during lean agricultural seasons.

Addressing senior officials and stakeholders from various states at the first meeting of the ministry's Performance Review Committee for the FY 2025-26, Pemmasani said the scheme has created durable and produc-



tive assets, while generating over 250 crore person-days annually

A 'Viksit Gaon' where every family has a pucca house with basic amenities. every village is connected by quality roads, every rural youth has employment opportunities, and every woman is empowered and financially independent is not a distant dream but an achievable reality, the minister said.

Talking about the Mahatma Gandhi National Rural **Employment Guarantee** Scheme (MGNREGS), Pemmasani said it is the "strongest weapon against rural unemployment and distress migration, especially during

agricultural lean seasons". He said the scheme has resulted in the creation of durable and productive assets like farm ponds, check dams, irrigation canals, plantations, anganwadis, rural roads and over 250 crore person-days are generated annually.

He said the critical improvements required in the scheme include a shift from wage payment to meaningful asset creation, adopting diversified work, convergence with other development schemes and community participation in work selection.

On the Pradhan Mantri Awas Yojana-Gramin, he said, since its launch, more than 3.22 crore pucca houses have been built for rural families living in dilapidated

by untainted, sacked teachers first line of a human barri-

SUPROTIM MUKHERJEE

Demanding the immediate publication of a list of "untainted teachers" by the Government of West Bengal, thousands of school teachers who lost their jobs following the Supreme Court's verdict in April, tried to march towards the State secretariat Nabanna, only to be foiled by a strong multi-layered police bandobust and lines of 10-ft steel barricades which were anchored to the ground.

The protest was organised by the Jogya Shikshak Shikshika Adhikar Mancha. The peaceful protestors pressed for the publication of eligible and ineligible candidate lists, and to demand job reinstatement without reappearing for examinations – as ordained by the Supreme Court. According to police sources, four major roads leading to Nabanna were blocked with tall barricades covered in nets to prevent climbing. Around 25 smaller barricades were also set up across Howrah. A large police deployment included personnel from Howrah, Barrackpore, and Bidhannagar Commissionerates, as well as the Rapid Action Force (RAF) with tear gas and water cannons on standby. Drones were used for aerial monitoring, while

police personnel formed the

Despite steady rain, thousands of protesters gathered and tried to move toward Nabanna, leading to heated exchanges with police. Protesters alleged that they were being treated like criminals despite being declared untainted by the courts.

"They think we are anti-social," said Mehaboob Mondal, one of the organisers. "We are untainted as per the Supreme

After the meeting, the teachers' representatives criticised the Chief Secretary for attending the meeting for a "mere 10 minutes".

On April 17, the Supreme Court annulled nearly 26,000 appointments of teaching and non-teaching staff in State-run and aided institutions after finding irregularities in the 2016 recruitment process, which it termed "tainted beyond



Court, but still our jobs are in danger. The Government is favouring tainted candidates and fighting legal battles for them, while ignoring us."

Another protester said: "We will continue this fight. The Chief Minister should meet us and explain why there's silence on our future. The tainted are being protected, while for us, there are barricades and tear gas."

Following the long-drawn standoff, 20 representatives from the protesters were allowed to meet Chief Secretary Manoj Pant to submit redemption"

Animesh Ghosh, a protesting teacher, said: "Truth cannot be suppressed. Our life is in limbo till December, after which we don't know what will happen. The Government must take responsibility and give our jobs back with dignity."

Chinmay Mondal, another demonstrator, said: "We just wanted to meet the Chief Minister and place our demands. Instead, we're being treated like terrorists. If the Government had spoken to us earlier, this march

wouldn't have been necessary. Why is the Stategoing to court for tainted candidates but not even listening to us?" Last week, a Division Bench of the Calcutta High Court comprising Justice Soumen Sen and Justice Smita Das De dismissed the state and SSC's appeal to allow "tainted" candidates in the fresh recruitment process. The single-judge bench had earlier directed the West Bengal School Service Commission to bar the identified tainted candidates from participating in the new hiring cycle initiated after a Supreme Court order. On Monday, the division bench reserved its judgment on several appeals challenging a previous order passed by a single judge. Those who were rendered

jobless claimed that the reason behind their plight was the inability of the state School Service Commission (SSC) to differentiate between candidates who secured employment through fraudulent means and those who did not. The Central Bureau of Investigation (CBI) and the Enforcement Directorate (ED) had earlier arrested former West Bengal education minister Partha Chatterjee and some other officials, who held positions in the state SSC when the irregularities in the recruitment process took place.

(GCCs) in the country, with

over 1,800 such centers cur-

rently operational, a senior

government official said on

Speaking at a Confedera-

tion of Indian Industry (CII)

GCC Business Summit, An-

uradha Sharma, Secretary,

Department of Economic

Affairs, Ministry of Finance

outlined key policy impera-

tives that could help the sec-

tor achieve its next phase

of growth, emphasizing

the need for "exact action

points" and collaborative

efforts between government

Sharma highlighted how

India has emerged as one of

the world's largest GCC des-

tinations. The journey from

and industry.

Monday.

INDIA LOOKING AT MUTUALLY BENEFICIAL US TRADE DEAL, SAYS GOVT OFFICIAL

TDG NETWORK NEW DELHI

ndia is making concrete progress toward finalising a Bilateral Trade Agreement (BTA) with the United States, with both countries committed to following the path outlined by their respective leaders, a senior government official said on Monday.

Speaking on the ongoing trade negotiations, the official emphasised that India is "moving in terms of a BTA" and actively "looking at a mutually beneficial deal" that would serve the interests of both nations.

The official highlighted that the current negotiations are proceeding along the framework established by the leadership of both countries, stating, "We are following the path of BTA, which the two leaders have



When asked about the structure and timeline of the potential agreement, the official indicated that both nations are maintaining

flexibility in their approach. "We are looking at BTA. How it moves forward, whether there will be first phase, second phase, whatever phases will happen that will be mutually decided," the official explained.

A high-level team from India's Commerce and Industry Ministry has arrived in Washington DC, to take forward crucial negotiations for a Bilateral Trade Agreement (BTA) with the United States.

This round of negotiations is expected to begin on Monday morning (US time) and will continue for four days, another officials.

Rajesh Aggarwal, Chief Negotiator and Special Secretary of the Commerce Ministry, will join the

scheduled discussions on Wednesday.

India and US have to narrow differences in sectors like agriculture and automobiles and are looking for a win-win pact for the both sides.

The Trump administra-

tion has deferred imposing additional tariffs on several countries including India till August 1, with the two sides now having additional time to negotiate a deal beyond the initial deadline of July 9. India and United States have agreed to expand bilateral trade to reach USD 500 Billion by 2030, including through the conclusion of a Bilateral Trade Agreement.

By far, representatives of India's Department of Commerce and the Office of the U.S. Trade Representative have held several rounds of talks to conclude a trade

Business Process Outsourcing (BPO) to captive centres to today's Global Capability Centres (GCC) reflects the sector's transformation into a "huge engine of revenue,

> "The scale and range of services that GCCs are now engaging with – product development, operations, BPO, engineering, software

American proprietary trad-

ing firm Jane Street Capital

deposited approximately Rs

4843.50 crore in an escrow

account and requested mar-

growth, and employment."



- shows the diverse growth trajectory," Sharma noted, emphasising the sector's contribution of 1.8% to In-

dia's total gross value added. The secretary said that strong physical and digital infrastructure, supported by strategic initiatives like Digital India and ease of doing business reforms over the past decade, have created a conducive environ-

Specific policies by states like Karnataka, Tamil Nadu, and Telangana in physical and digital infrastructure development have enabled GCC clustering in these re-

India's talent pool remains a critical competitive advantage, with approximately 2.1 million STEM graduates entering the workforce annually. The diverse workforce shows over 35% women participation with a median age of 28 years, providing

SEBI examining request of

Jane Street to allow trading

what Sharma called "fertile ground" for GCC expansion. However, she noted challenges in GCC participation in national programs, citing limited engagement in the PM Internship Scheme and calling for faster decisionmaking processes to leverage such "win-win" oppor-

Sharma said that while GCCs are concentrated in 3-4 major centres, there's potential for expansion to tier-2 cities and states with abundant talent but fewer GCC operations.

tunities.

Moving beyond traditional business functions to engineering R&D, AI, and emerging technologies requires specialised skills development.

Sharma said that with GCC expansion beyond US companies to other countries. India needs enhanced outreach strategies to attract

India's retail inflation hits new 6-year low in June

NEW DELHI

Continuing its downward trend, retail inflation in India hit a new over six-year low in June, in further respite to common people.

According to the statistics ministry, the year-on-year inflation rate based on Consumer Price Index (CPI) for June was 2.10 per cent (provisional), a decline of 72 basis points in headline inflation from May 2025. It is the lowest year-on-year inflation since January 2019.

Notably, the year-on-year inflation rate based on All India Consumer Food Price Index (CFPI) for June was (-) 1.06 per cent (Provisional). Corresponding inflation rates for rural and urban are (-) 0.92 per cent and (-) 1.22 per cent, respectively.

A sharp year-on-year de-

cline of 205 basis points is observed in food inflation in June 2025.

The significant decline in headline inflation and food inflation during the month of June 2025 is mainly attributed to favourable base effect and decline in inflation of vegetables, pulses and products, meat and fish, cereals and products, sugar and confectionery,

milk and products, and

The inflation rate is within the Reserve Bank of India's (RBI) manageable range of 2-6 per cent.

Retail inflation last breached the Reserve Bank of India's 6 per cent upper tolerance level in October 2024. Since then, it has been in the 2-6 per cent range, which the RBI con-

has been revised downwards from RBI's earlier forecast of 4 per cent to 3.7 per cent.

The inflation outlook for the year 2025-26

siders manageable.

Food prices were a concern for Indian policymakers, who wished to sustain retail inflation around 4 per

Inflation has been a concern for many countries, including advanced economies, but India has largely managed to steer its inflation trajectory well. The RBI held its benchmark repo rate steady at 6.5 per cent for the eleventh consecutive time, before cutting it first time in about five years in February 2025.

Analysts expect inflation to remain under control,

allowing the RBI to focus on supporting economic growth. The recent 50 basis points repo cut was quite an indication.

The inflation outlook for the year 2025-26 has been revised downwards from RBI's earlier forecast of 4 per cent to 3.7 per cent.

Separately, Wholesale inflation (WPI) in India turned negative in June at (-) 0.13 per cent as against 0.39 per cent in May. In April 2023, the wholesale inflation went into negative territory. Similarly, in the initial days of COVID-19, in July 2020, the WPI was reported to be negative.

ket regulator, the Securities and Exchange Board of

TDG NETWORK

India (SEBI) to allow them to resume trading in the Indian stock markets. On Monday, SEBI stated through a press release that Jane Street has deposited the alleged illegal gains and asked for them to be allowed

to trade. further stated that this action has been undertaken by them without prejudice to their rights and remedies which remain available to them in law and equity," the market regulators said in a release.

According to SEBI, the request by Jane Street is currently under examination in accordance with the directions of the interim order. Additionally, the company further said that the ac-



directions in this regard," the SEBI said. Earlier, SEBI on an interim order has asked to impound highest ever illegal gains of Rs 4843.57 crore from Jane Street Group for index manipulation of the bank Nifty

ance with SEBI directions,

certain conditional restric-

tions imposed under the

interim order be lifted and

that SEBI issue appropriate

SEBI in its order said that Jane Street through has done this intra-day Index timents and mislead a large number of retail investors who traded on the basis of manipulated price signals in the underlying index and making huge profit for the company.

Given the gravity of violations and ongoing disregard for regulatory warnings, SEBI passed the interim order of impounding illegal gains and restricting Jane Street from trading in the Indian markets.

Kharif paddy sowing rises 11% to 123.68 lakh hectare till July 11 hectare from 139.82 lakh

TDG NETWORK

Paddy sowing so far this kharif season is higher by 11

per cent at 123.68 lakh hectare, according to the government data. Sowing of paddy, the main

crop of kharif (summersown) season, stood at 111.85 lakh hectare in the same period last year.

The Department of Agriculture has released prog-

ress of area coverage under kharif crops as on July 11,

Total sowing area of all kharif crops rose to 597.86 lakh hectare till July 11, 2025, from 560.59 lakh hectare a year ago, an official statement said on Monday

The acreage of pulses increased to 67.09 lakh hectare from 53.39 lakh hectare.

Sowing of 'Shri Anna' cum coarse cereals rose to



116.30 lakh hectare from 99.78 lakh hectare in the year-ago period.

In the non-foodgrains category, the acreage of oilseeds was down at 137.27 lakh hectare in the same period last vear.

Sugarcane sowing was slightly higher so far at 55.16 lakh hectare against 54.88 lakh hectare in the year-ago period.

Area under cotton was down at 92.83 lakh hectare from 95.22 lakh hectare.

The India Meteorological Department has forecast the overall monsoon to be above normal this year.

Index mainly on expiry India can capture China, Singapore's share Tata chairman performs ground breaking in chemical exports to US, says SBI report of 1.25 bn pound green steel project in UK

AGENCIES

Tata Group Chairman N Chandrasekaran on Monday held the groundbreaking ceremony at Port Talbot in the UK to kickstart the construction of a GBP 1.25 billion green steel project to cut down carbon emissions by 90 per cent at the site.

The company is transitioning from the blast furnace route to the lowemission electric arc furnace process, which will utilise the locally available

"Tata Steel UK today celebrates a historic milestone in its green transformation journey as Natarajan Chandrasekaran, Chairman of Tata Group, joins government ministers at a groundbreaking event for the company's state-of-theart Electric Arc Furnace (EAF) facility in Port Tal-



Chandrasekaran was joined by Tata Steel CEO and Managing Director T V Narendran and Tata Steel UK CEO Rajesh Nair, for ground breaking which marks the official start of construction for the UK's largest low-carbon steelmaking facility.

This is part of a GBP 1.25 billion transformation to low CO2 steelmaking, supported by a GBP 500 million investment from the UK Government. The joint investment by Tata Steel and the UK Government in green steelmaking at Port Talbot is the biggest in a generation and will secure 5,000 jobs across Tata Steel UK.

The new EAF is set to be commissioned at the end of 2027 and is expected to reduce Port Talbot's carbon emissions by approximate-

ly 90 per cent, equivalent to 5 million tonnes of CO per year, and 50 million tonnes over the next ten years.

Chandrasekaran said: "This is an important day for Tata Group, Tata Steel and for the UK. Today's groundbreaking marks not just the beginning of a new Electric Arc Furnace, but a new era for sustainable manufacturing in Britain. At Port Talbot, we are building the foundations of a cleaner, greener future, supporting jobs, driving innovation, and demonstrating our commitment to responsible industry leadership.

This project is also part of Tata Group's wider investment in the UK, across steel, automotive, and technology among others, which reflects our deep and enduring partnership with this country, said Chandrasekaran, who is also the chairman of Tata Steel.

TDG NETWORK

India has a significant opportunity to increase its chemical exports to the United States if it manages to negotiate for less than 25 per cent tariffs, according to a recent report by the State Bank of India (SBI).

The report noted that by capturing a part of the market share currently held by China and Singapore, India can increase its share in chemical exports to US.

The report highlighted that if India is able to capture just 2 per cent of the chemical export share from these two countries, it can potentially add 0.2 per cent to its Gross Domestic Prod-

that among the top five im-

SBI stated "India can capture China and Singapore's share in chemical exports to US". The report pointed out

chemicals sector. However, its share in this

Additionally, the SBI report noted that India can also gain from other countries such as Japan, Malaysia, and South Korea, which now face higher tariffs than India.

ports by the USA, India has a revealed comparative advantage (RCA) only in the

category remains lower compared to other Asian



countries like China and Singapore. At present, China and Singapore have a larger share of chemical exports to the US than India. With China now facing

higher tariffs on exports to

the US, the report notes that this could open a window of opportunity for India to step in and increase its exports in chemicals, including pharmaceutical products. The report further stated

that if India is able to bring down the applicable tariff on its chemical exports to below 25 per cent, the level currently applicable to Singapore, it can become more competitive and seize some of the existing market share held by Singapore and China.

Additionally, the SBI report noted that India can also gain from other countries such as Japan, Malaysia, and South Korea, which now face higher tariffs than India.

If India captures even a 1 per cent share of the US chemical import market from these three countries, it could result in an additional 0.1 per cent increase in India's GDP.

RECLAIMING SONE KI CHIDIYA: SHOULD BHARAT GO FOR TAX-FREE **GOLD IMPORTS IN THE ERA OF DE-DOLLARISATION?**

OPINION

SIDDHARTHA DAVE



of a senior IPS officer, was intercepted at Bengaluru airport with gold bars worth 12 crore, it brought to light a silent yet potent undercurrent of Bharat's gold economy — a vast, shadowy network of smuggling, hidden trade routes, underground syndicates, and informal economies that revolve around the yellow metal. Beneath this sensational headline lies a far deeper issue — one that touches the civilisational core of Bharat. challenges our economic policies, and beckons us toward a strategic reawakening. Should Bharat continue to tax the import of gold — or finally accept it as the currency of the future?

As the global economy shifts away from Western domination and enters a new era of multipolarity, driven by the weakening of the US dollar, increasing distrust in fiat currencies, and rising inflationary concerns worldwide, gold is emerging as the essential of a new financial paradigm. For Bharat, the time has come to reclaim its identity not just as a nation of technological and military power, but as the Sone ki Chidiya — a civilisation that once led the world in wealth, wisdom, and values. And at the heart of that legacy lies gold.

DE-DOLLARISATION AND THE COMING AGE OF GOLD

Over the past year, the US dollar has depreciated by nearly 10%, signalling a larger trend in global economic relations. With rising debt levels in the US, including national debt crossing \$34 trillion. emerging economies are seeking to free themselves from dollar dependency. From bilateral trade in local currencies between India and UAE, to the BRICS nations' active discussions on a gold-backed trade settlement mechanism, the signs are unmistakable: the dollar's global hegemony is erod-

In response to this emerging global reality, countries have begun stockpiling

gold. Central banks around the world purchased 1,136 tonnes of gold in 2023 alone - the highest annual purchase in over five decades. Bharat's own RBI added significantly to its reserves, reflecting a strategic shift in monetary planning. This move by central banks isn't just about hedging - it's about preparing for a future where gold could reemerge as the bedrock of financial transactions.

As global financial instability looms — with cryptocurrencies still volatile, oil markets facing uncertainty, and sanctions disrupting trade routes — gold offers permanence, neutrality, and historical trust. It is no longer just a commodity; it is returning as currency.

THE IRONY: TAXING **A CIVILISATIONAL ASSET**

Despite its importance, Bharat imposes high taxes on imported gold. The Basic Customs Duty (BCD) stands at 12.5%, the Agriculture Infrastructure Development Cess (AIDC) at 2.5%, and the Integrated GST (IGST) at 3%, bringing the total effective taxation on gold imports to a staggering 18%.

This punitive structure increases domestic gold prices, pushes the trade underground, and alienates the common citizen from accessing what is essentially their civilisational wealth. It is ironic that in a land where gold is offered to gods and worn as spiritual armour, its legal import is discouraged and criminalised by

SMUGGLING

According to data from the Directorate of Revenue Intelligence (DRI) and Customs, over 3,800 kg of smuggled gold was seized in FY 2022-23. However, experts estimate that over 120-150 tonnes of gold enter Bharat illegally each year, valued at more than 130,000 crore. The routes often span across Dubai, Myanmar, Nepal, Bangla-

Women in rural Bharat often wear their wealth in the form of jewellery — it is their social security, pension, and emergency fund. Festivals like Akshaya Tritiya and Dhanteras drive massive gold purchases annually. This demand is not speculative — it is socio-religious

lie within Indian house-

holds and temples — mak-

ing it the largest unmon-

etised gold reserve in the

world.

desh, and Sri Lanka, and are and intergenerational.

operated by well-organised crime networks.

This is not just an economic issue. It is also one of national security. Smuggled gold is often used to fund illicit trade, terrorism, and parallel economies. The black-market value chain erodes public trust, distorts real demand data, and undermines the nation's formal economy.

A CULTURAL AND ECONOMIC LEGACY

Gold is not merely metal in Bharat — it is Sanskriti (culture), Shakti (strength), and Samriddhi (prosperity). Across millennia, from the Harappan civilisation to the Gupta empire, Bharat's economic stability and societal rituals have revolved around gold. Even today, over 25,000 tonnes of gold

Yet, instead of supporting this cultural asset, we penalise it. In a time when the world is turning to gold, Bharat must not alienate its people from their very heri-

GOLD IMPORTS ARE A STRATEGIC IMPERATIVE

WHY TAX-FREE

Removing gold import duties would eliminate the profitability of illegal smuggling, effectively shutting down the networks that operate outside national oversight. This would not only ensure more secure borders but also shift gold trade into regulated, trackable, and accountable commercial systems, thereby improving national security. Legalising and easing gold

imports would encourage

the trade to flow into GSTregistered jewellery businesses, bringing large volumes of gold under formal taxation. While customs duties may decrease, the long-term gains through GST collections and income tax compliance in the jewellery sector would more than compensate for any revenue

For millions of households, especially in rural and semi-urban areas, gold remains the safest and most accessible form of savings. Reducing the cost of legal gold would strengthen household balance sheets, reduce dependency on exploitative credit systems, and empower women economically.

Gold also provides an opportunity to stabilise the rupee in times of global volatility. Bharat can develop gold-backed financial tools such as sovereign bonds and forex instruments, which would enhance monetary sovereignty and resilience in a de-dollarising world.

Temples in Bharat hold centuries-old gold reserves that often remain untouched and unutilised. A supportive gold policy can encourage voluntary monetisation of these assets. which could then be used to fund national infrastructure, educational programs, and social development projects, without undermining their sanctity.

The entire gold ecosystem — from skilled artisans and small workshops to large refining units and jewellery exporters — would benefit from increased demand and

legal imports. This could trigger a surge in employment, innovation, and international competitiveness, allowing Bharat to emerge as a global gold processing and design hub.

Moreover, a nation with robust gold reserves and a transparent gold policy will hold greater influence in global monetary negotiations. As BRICS and other multilateral forums discuss alternatives to the dollar, Bharat's leadership in goldbacked strategies could translate into strategic soft

VISION 2047: A GOLD-**BACKED BHARAT**

To restore Bharat as Sone ki Chidiya, a phased strategic roadmap is essential. The first step would involve eliminating all import duties on gold, combined with the introduction of tech-enabled tracking mechanisms to ensure transparency and traceability.

The second phase could focus on launching a national "Swarn Bharat Mission" — a comprehensive initiative aimed at digitising temple gold, encouraging household participation in gold-backed savings instruments, and boosting domestic refining capacities.

The third stage would involve establishing a Bharatiya Gold Exchange that could determine local pricing benchmarks, thereby reducing dependency on international pricing hubs like London and New York.

Next, gold-backed bonds, digital wallets, and credit lines should be integrated

into Bharat's broader financial infrastructure, enabling secure and culturally resonant savings options.

Finally, Bharat should actively champion the concept of a BRICS Gold Currency, positioning itself at the forefront of a new global monetary system grounded in stability, fairness, and real

FROM TAXATION TO **TRANSFORMATION**

The time has come for Bharat to break free from colonial economic legacies that taxed its people's culture and wealth. Gold, once looted by invaders, is today trapped by restrictive and outdated policies. If Bharat is to rise — spiritually, economically, and strategically - it must let gold flow back into the nation's bloodstream.

Gold is not a foreign luxury. It is our civilisational right, national resource, and future currency. To tax its entry is to deny our heritage. To embrace it freely is to reclaim our destiny.

Let us welcome the age of Swarn Bharat, where every gram of gold contributes to national growth, financial security, and global prestige. Let Bharat rise again — as the Sone ki Chidiya, not only in memory, but in modern economic reality.

*Shri Siddhartha Dave is an alumnus of United Nations University, Tokyo, an eminent columnist and a former Lok Sabha Research Fellow. He writes on Foreign Affairs and National Security. Author can be reached at siddhartha. dave@gmail.com

China's strategic grouping with Taliban, Pakistan and Bangladesh: A growing strategic dilemma for India in the region

SANJAY TURI



In the wake of the shifting regional power dynamics, the emerging alliance between China, Pakistan, Bangladesh and the Taliban is a warning call for India to give more emphasis on engaging with the region. Ignoring China's multilateral engagement with the neighbouring countries will pose a significant threat to India's strate-

gic interests in the region. In light of India's Operation Sindoor post Pahalgam Attack, the Chinese government hosted a meeting between Pakistan and Afghanistan's Taliban government led by Ishaq Dar and Amir Khan Muttagi, respectively. India's earlier dream of benefiting from the rising conflict between Pakistan and the Taliban seems to have shattered as the Taliban has stepped to-

wards joining the China-led CPEC projects. In addition to the Taliban's recent association with BRI, China's simultaneous multilateral engagements with Pakistan and Bangladesh appear to have paved the way for the establishment of an anti-India bloc in the region. It has sent a shockwave to Delhi regarding the future bilateral relations between Delhi and Kabul, as well as Dhaka. The geopolitical dynamics

of South and Central Asia are now poised for a notable shift with the Taliban's recent decision to officially join the China-Pakistan Economic Corridor (CPEC). Inaugurated in 2015 as a key project under China's Belt and Road Initiative (BRI), CPEC bridges China's Xinjiang region with Pakistan's Gwadar Port. With Afghanistan's recent aspiration to join this crucial infrastructure network under the Taliban government, India is likely to face a significant strategic challenge in the entire Central Asian region. For New Delhi, which has historically held strong economic and diplomatic relations with Afghanistan, this decision of Kabul poses

a significant threat to India's

ment and influence.

From a geostrategic perspective, the deepening ties between India and Afghanistan in recent times, amid rising border tensions between Afghanistan and Pakistan, were well expected to work in favour of India. However, Kabul's recent shocking decision to join CPEC has completely changed the geopolitical landscape of this region. It can also be argued that as India has consistently been severely critical of CPEC (BRI), given that it passes through Pakistan-occupied Kashmir, Kabul's landmark decision to cooperate with China and Pakistan on this project will not only deteriorate its bilateral relationship with India, but also, this diplomatic initiative by Kabul is likely to alter the entire geopolitics of Central Asia soon, further pushing India towards facing a significant geostrategic dilemma in the region.

China has long patiently sought to utilise CPEC as a gateway to the Gulf and other West Asian countries. Therefore, the Taliban's recent decision to join CPEC will undoubtedly make the Chinese Dream Project inevitable, which will potentially help China counter India's stronghold in the region. Once China manages to bridge this gap, it may aggressively disrupt India's increasing influence in the region.

mental projects such as Chabahr-Zahedan Railway line, Zaranj-Delaram Highway etc in Afghanistan, aiming to add to the International North-South Transport Corridor (INSTC) as a new gateway to carry out trade with Central Asia, Europe and Russia, the recent geopolitical dynamics in the post trilateral cooperation between China, Pakistan and Taliban will most likely disrupt India's penetration in the region.

China has recently hosted another trilateral meeting with Bangladesh and Pakistan in Kunming, and this meeting seems to be showing China's strong determination to strengthen the String of Pearls Policy in the Indian Ocean. China's increasing aspiration to get access to the Bay of Bengal through Bangladesh and the Arabian Sea through Pakistan is not only challenging the Indian influence in the region, but also significantly challenging the US influence in the Indo-Pacific region. Many experts believe that China, through this Kunming Diplomacy, seems to be creating an alternative bloc to SAARC, where China, in the absence of India, will be dominating the entire South Asia and possibly the India ocean too.

CHINA'S FOCUS ON EXTENDING CPEC

It has been widely observed that CPEC is slowly be-

strategic influence in the re- As India has already made coming less effective, as it Additionally, the construc- unlike China, maintained heightened competition Sindh and Baluchistan regions, which together make up 44% of Pakistan's total land area. The people's resistance to the China-Pakistan Economic Corridor has reached the extent that local groups have begun targeting Chinese workers and engineers. Incidents involving the murder of Chinese officials and engineers have become increasingly common. Recently, there was an attempted attack on some Japanese engineers at the CPEC project site because they looked like Chinese nationals. This clearly shows the degree of anger and resistance to this project in the region. Therefore, China has been looking for an alternative to both CPEC and the Gwadar port, given that India has already been promoting its Chabahar port as a counter to China in the

Persian Gulf region. Considering the political instability of Pakistan a significant challenge, China, after including the Taliban with the CPEC project, may be considering using the Wakhan Corridor as an alternative to bypass Pakistan's volatile regions of Sindh and Balochistan, and reach the Persian Gulf via the Pakistan-occupied Kashmir (PoK) and Afghanistan. After the Taliban's successful inclusion in this project, China's aim of overshadowing Indian influence in the region

seems to be working now.

tivity projects, an extension of the China-Pakistan Economic Corridor in Afghanistan, will possibly provide China with direct access to the Middle East Region, the Central Asian Region, the Eastern African Region, the Gulf Region, the European Market, as well as the Indian Ocean through the Arabian Sea.

Although the recent border conflict between Afghanistan and the Taliban was expected to benefit India strategically in the region against Pakistan and China, the recent announcement of the Taliban joining the CPEC has completely disappointed India, while giving an edge to China over Indian influence in the

GEOPOLITICAL IMPLICATIONS FOR INDIA

As China manages to enhance its economic and strategic influence in Afghanistan and continues to expand the China-Pakistan Economic Corridor (CPEC) along India's northwestern border, India is very likely to face an inevitable challenge of being 'encircled on two fronts' - militarily by Pakistan and China, and economically through their increasing regional collaboration. Additionally, India is also facing a geostrategic challenge in the region, especially in the post Israel-Iran conflict, where India, either country directly. In the face of India's increasing strategic dilemma in the region, China's direct access to the Arabian Sea and the Bay of Bengal through Pakistan and Bangladesh, respectively, will additionally challenge India's overall maritime security in the region, too.

In terms of security challenges in Kashmir, the deepening ties between the Taliban and Pakistan raise concerns about the possible resurgence of militant networks that could potentially affect the Kashmir valley. Additionally, securing CPEC routes through the Wakhan Corridor of Afghanistan may give Pakistan space to shift its attention and resources toward its eastern border with India, which will undoubtedly help China keep India engaged with its own

As far as China's political behaviour is concerned, the inclusion of Afghanistan in the China-Pakistan Economic Corridor (CPEC) is potentially oriented towards cutting India off from essential connectivity networks in Central Asia. While the IMEC project has been partially paralysed by the regional conflict of the Middle East, India's goals, including the International North-South Transport Corridor (INSTC) and the Chabahar Port initiative, are now encountering

gion and raises major con- massive infrastructural encounters strong opposition of the Peshawar-Kabul strategic silence and chose and potential diplomatic cerns regarding encircle- investments and develop- tion from the locals in the Highway and other connec- not to extend its support to challenges from a growing China-led coalition in the region. In light of the shifting re-

> gional power dynamics, the emerging alliance between China, Bangladesh, Pakistan, and the Taliban is likely to pose a significant threat to India's strategic interests in the region. As China is looking forward to filling the void left by Russia (Soviet Union) and the USA, one after the other, in Afghanistan, it has probably managed to trap Bangladesh and Pakistan along with the Taliban within its debt trap policy network. With China offering political support and economic incentives, this strategic grouping has the potential to undermine and erode India's image as a regional stabiliser. As the new strategic alignment of the Taliban complicates the security dynamics in the region, it seems to be undermining India's ability to dictate and influence its own neighbourhood. Consequently, it is high time for India to play a proactive role in exploring alternative strategies to recalibrate its foreign policy approach, primarily giving greater attention to the Link and Act West Policy (formerly called Look West).

Sanjay Turi, Doctoral Candidate, Centre for West Asian Studies(CWAS), School of International Studies (SIS), Jawaharlal Nehru University, New Delhi.





HISTORICALLY SPEAKING

TDG NETWORK

WWW.THEDAILYGUARDIAN.COM

he Dogras, an ethnic group primarily from the Jammu region of present-day Jammu and Kashmir, are not only known for their rich cultural and linguistic identity but also for their deeply rooted martial traditions that have left a significant imprint on the military history of the Indian subcontinent, particularly during the 19th and early 20th centuries. Originating from the hilly terrains and valleys of the Shivalik ranges, the Dogras developed a unique blend of physical endurance, tactical acumen, and an unwavering code of honor, which made them an ideal warrior class resilient, loyal, and fearless in the face of adversity. It is within this context that the rise of the Dogra Army must be understood, not merely as a regional force, but as a formidable and disciplined military institution that played a pivotal role in shaping the geo-political contours of North India and even Central Asia during the colonial and

LEGACY UNDER MAHARAJA GULAB

princely periods.

The formation and elevation of the Dogra Army into a powerful regional force can be traced back to the leadership of Maharaja Gulab Singh, a shrewd military commander and statesman who served initially under Maharaja Ranjit Singh of the Sikh Empire before establishing the princely state of Jammu and Kashmir. Appointed as the Raja of Jammu in 1822 by the Lahore Durbar, Gulab Singh embarked on an ambitious program of military expansion and territorial consolidation, recognizing that control over strategic mountain passes, trade routes, and fortresses was key to regional dominance. Under his command, Dogra troops, loyal and highly dis-

ciplined, launched daring military campaigns across

One of the most remarkable feats of the Dogra Army under Gulab Singh was the conquest of Ladakh in 1834, led by his trusted general Zorawar Singh, a legendary military figure whose bold expeditions earned him the sobriquet "Napoleon of India" and brought lasting fame to the Dogra military establishment. With only a few thousand men, Zorawar Singh crossed high-altitude passes and launched a swift campaign against the local rulers, displaying logistical brilliance, tactical innovation, and extraordinary bravery that remain unmatched in Indian military annals to this day.

THE PINNACLE OF **DOGRA BRAVERY**

If Gulab Singh was the architect of the Dogra state's political power, then Zorawar Singh was the sword that carved out its farthest frontiers, pushing the Dogra Empire into territories where no Indian army had ever ven-

the remote, rugged, and often inaccessible terrains of Ladakh, Baltistan, and Gilgit, regions that were not only strategically significant but also notoriously difficult to conquer due to their harsh climates and tribal resistance.

> tured before. His campaigns between 1834 and 1841 expanded the Dogra dominion into Ladakh, Baltistan, and Tibet, securing these vital border regions and creating a buffer zone that served both commercial and military purposes. His conquest of Baltistan in 1840 was not only a testament to his military skill but also his ability to conduct diplomacy, as he managed to establish client rulers who pledged allegiance to the Dogras.

However, his most audacious campaign was the invasion of Western Tibet in 1841—a campaign so bold and unexpected that it startled the Qing Empire of China. Zorawar Singh's troops, acclimatized to high altitudes and winter warfare, advanced deep into Tibetan territory, capturing forts and disrupting centuries-old power balances. Although the campaign ultimately ended with his death in the Battle of Toyo, his sacrifice and the sheer magnitude of the expedition cemented the Dogra Army's legendary status and left a lasting legacy

of courage, conquest, and martvrdom in Indian miliregion, effectively legitimizing the power that had been secured through Dogra military campaigns. Under British suzerainty,

Dogra soldiers played a key role in the Indian army which fought in the World War 1.



Lord Mountbatten inspects the 17th Dogras after the Japanese surrender in Singapore, 1945

DOGRA ARMY'S GLORIOUS LEGACY FROM HIMALAYAN CONQUESTS TO **GLOBAL BATTLEFIELDS**

The Dogra Army, rooted in the hills of Jammu, built a glorious legacy through fearless conquests, legendary generals like Zorawar Singh, and loyalty to the nation. From Ladakh to Tibet, and World Wars to Kashmir, Dogra soldiers remain symbols of courage, discipline, and unwavering patriotism.

> **ANGLO-DOGRA EQUATIONS** Following the demise of Zorawar Singh, the Dogra Army underwent a period of consolidation under Maharaja Gulab Singh, who, after the collapse of the Sikh Empire in the aftermath of the First

Anglo-Sikh War, signed the Treaty of Amritsar in 1846, thereby establishing himself as the independent ruler of the princely state of Jammu and Kashmir. This treaty, often mischaracterized as a mere purchase of land, was in fact a complex political agreement that recognized Gulab Singh's de facto control over a vast and ethnically diverse

> the Dogra Army was maintained as the regular military force of the princely state, structured along British military lines but retaining its unique ethos and loyalty to the Maharaja. During this period, the Dogra Army developed into a professional force with clearly defined units, training academies, and a hierarchical command structure that included both Dogra officers and foreign military advisors. It played an important role in the defense of the north-western frontier, particularly during the numerous tribal uprisings, frontier skirmishes, and inter-kingdom tensions that periodically flared up in the volatile Himalayan and Karakoram regions.

BRITISH INDIAN ARMY AND OVERSEAS CAMPAIGNS

The valor and discipline of Dogra soldiers did not go unnoticed by the British, who began recruiting them in large numbers into the British Indian Army as part of the so-called "Martial Races" theory—a colonial classification that sought to identify communities deemed particularly suited for military service. The Dogras were grouped along with the Gurkhas, Rajputs, and Sikhs as one of the most dependable and courageous classes of sol-

diers, and by the late 19th century, they had their own infantry regiment—The Dogra Regiment—which would go on to serve with distinction in

several theaters of war. During World War I and World War II, Dogra soldiers were deployed across Europe, the Middle East, Africa, and Southeast Asia, where they earned accolades for their bravery, professionalism, and battlefield effectiveness. In World War I, they fought gallantly in the trenches of France, the deserts of Mesopotamia, and the rugged hills the region with the aim of annexing it. In response to this existential threat, the Dogra forces, despite being outnumbered and poorly equipped compared to the invaders, mounted a fierce resistance, particularly in areas such as Poonch, Uri, and Baramulla, buying crucial time for the Maharaja to accede to India and for the Indian Army to airlift reinforcements into the Valley.

litias, supported by the new

state of Pakistan, invaded

The Dogra soldiers, many of whom fought to protect



conditions and sustaining heavy casualties. In World War II, Dogra battalions participated in the Burma campaign, where they fought Japanese troops in some of the most grueling jungle warfare conditions imaginable, displaying courage and endurance that earned the respect of both allies and adversaries.

ROLE IN POST-INDEPENDENCE CONFLICTS

With the independence and partition of India in 1947, the princely state of Jammu and Kashmir, ruled by Maharaja Hari Singh-a descendant of Gulab Singh—found itself at the epicenter of a geopolitical storm, as Pakistani tribal mi-

played extraordinary grit and heroism during this conflict. Their actions, alongside the Indian Army, helped secure the Valley from falling entirely into enemy hands and ensured that large portions of Jammu and Kashmir remained under Indian administration. In subsequent years, the Dogra Regiment became an integral part of the Indian Army, participating in all major post-independence wars, including the 1962 Sino-Indian War, the 1965 and 1971 Indo-Pak Wars, and counterinsurgency operations in Kashmir and the northeast.

very homes and families, dis-

MODERN DOGRA REGIMENT

Today, the Dogra Regiment

Originating from the hilly terrains and valleys of the Shivalik ranges, the Dogras developed a unique blend of physical endurance, tactical acumen, and an unwavering code of honor, which made them an ideal warrior class.

continues to be one of the most prestigious and battlehardened regiments of the Indian Army, carrying forward a legacy that spans more than two centuries of uninterrupted military service, valiant sacrifices, and strategic victories. Headquartered at Faizabad in Uttar Pradesh. the regiment has consistently maintained its reputation for excellence, discipline, and patriotism, earning numerous gallantry awards including Param Vir Chakras, Ashok Chakras, and Vir Chakras for its officers and soldiers.

Beyond the battlefield. the Dogra military legacy is preserved in regimental museums, war memorials, folk songs, and oral traditions that celebrate the courage of soldiers like Zorawar Singh, and the wisdom of rulers like Gulab Singh. The ethos of the Dogra warrior—deeply spiritual yet fiercely combative, loyal to the land and the flag, stoic in hardship yet unwavering in duty-continues to inspire generations of young men from the Jammu region who join the armed forces, keeping alive the spirit of their ancestors.

THE ETERNAL FLAME

In the ever-evolving narrative of Indian military history, the Dogra Army stands tall as a symbol of martial excellence, territorial ambition, and unshakable loyalty. From the windswept passes of Ladakh to the jungles of Burma, from the trenches of Europe to the frozen frontlines of Kashmir, Dogra soldiers have written their stories in blood, sweat, and sacrifice. Their contributions are not merely episodes of conquest or defense; they are foundational to the political and territorial integrity of Northern India and represent a proud chapter in the broader saga of India's armed forces. As India strides forward into the 21st century, facing new threats and new responsibilities, the glorious history of the Dogra Army serves as both a beacon and a benchmark—a reminder of what courage, unity, and leadership can achieve in even the most unforgiving of circumstances.

RAINY SEASON — EFFECTIVE WAYS TO PREVENT STOMACH AILMENTS

TDG NETWORK

The monsoon season brings relief from the scorching heat and rejuvenates the environment with fresh greenery and cool rains. However, it also brings a host of health challenges, with stomach infections being one of the most common and concerning issues faced by many. The increase in moisture, contamination of water sources, and changes in food habits during the monsoon create the perfect conditions for gastrointestinal infections to thrive. Understanding the risks and adopting preventive measures can help you and your family stay safe and healthy throughout the season.

WHY ARE STOMACH INFECTIONS COMMON DURING MONSOON?

The monsoon season creates a favorable environment for bacteria, viruses, and parasites that cause stomach infections. Here are some key reasons why these infections spike during the rainy sea-

Contaminated Water **Sources:** Heavy rains often lead to flooding and waterlogging, which can contaminate drinking water sources with sewage and harmful microbes. Drinking or using contaminated water can cause infections like diarrhea, cholera, typhoid, and amoebiasis

Poor Food Hygiene: Increased humidity and moisture make it easier for food to spoil quickly. Street food, often exposed to rain and dust, becomes a major

source of infection. Eating unhygienic food can lead to food poisoning and other gastrointestinal diseases.

Weakened Immunity: The change in weather can affect the immune system, making people more susceptible to infections. Frequent exposure to cold, damp conditions may lower the body's resistance to pathogens.

Increased Vector-Borne Diseases: While stomach infections are mostly caused by waterborne pathogens, monsoon also brings an increase in mosquito-borne illnesses, which can indirectly weaken the body and increase vulnerability.

COMMON TYPES OF STOMACH INFEC-TIONS DURING MON-SOON

Diarrhea and Dysentery: Caused by bacteria like E. coli, Shigella, and parasites like Entamoeba histolytica, leading to frequent loose stools and abdominal pain. **Typhoid Fever:** Caused by Salmonella typhi bacteria, often spread through contaminated food or water.

Cholera: A severe diarrheal disease caused by Vibrio cholerae, often resulting from polluted water.

Gastroenteritis: Viral or bacterial infections causing vomiting, diarrhea, and stomach cramps.

caused by amoeba parasites, typically through contaminated water or food.

SYMPTOMS TO WATCH OUT FOR

If you or your family members experience any of the following symptoms during the monsoon, seek medical



advice promptly: Frequent loose or watery

Abdominal cramps and pain Nausea and vomiting Fever and chills

Dehydration signs such as dry mouth, dizziness, and decreased urine output Blood or mucus in stool Early detection and treatment are crucial to prevent complications.

PREVENTIVE MEA-SURES FOR STOMACH INFECTIONS DURING MONSOON

Prevention is always better than cure, especially during the monsoon when the risk of infections is high. Here are some effective measures you can take to protect yourself and your loved ones:

Amoebiasis: Infection 1. Drink Safe and Clean Water

Always drink boiled or filtered water. Boiling water for at least 5 minutes kills most pathogens.

Use water purifiers with UV or RO technology for added safety.

Avoid drinking water from

open wells, ponds, or contaminated sources. Use clean water for brushing teeth and washing fruits

and vegetables. 2. Maintain Food Hygiene Avoid eating food from roadside vendors during heavy

Cook food thoroughly and consume it hot.

Wash raw vegetables and fruits properly with clean water before consumption. Avoid eating leftover food that has been kept at room temperature for long.

Store food in covered containers to prevent contamination by flies or dust.

3. Practice Personal Hy-

Wash hands frequently with soap and water, especially before eating and after using the restroom.

Keep nails trimmed and clean to avoid harboring

Avoid touching your face, nose, or mouth with unwashed hands.

Use hand sanitizers when soap and water are not avail-

4. Protect Yourself from **Environmental Contami-**

Avoid walking barefoot in flooded or dirty water.

Use waterproof footwear and carry umbrellas or raincoats to keep dry.

Keep your surroundings clean and free from stagnant water to reduce mosquito breeding.

5. Strengthen Your Immu-

nity

Nausea

Maintain a balanced diet rich in fruits, vegetables, and vitamins to boost immunity. Stay hydrated by drinking plenty of fluids.

Avoid excessive consumption of oily, spicy, or junk food, which can aggravate stomach problems.

Get adequate rest and sleep. **6. BE CAUTIOUS WITH MEDICATIONS AND SUPPLEMENTS**

pecially with antibiotics, without consulting a doctor. If prescribed medicines for

Stomach

stomach infections, complete the full course as directed. Use probiotics under medical guidance to maintain gut health.

Avoid self-medicating, es-

Diarrhea

What to Do If You Suspect a Stomach Infection?

If you or someone in your family shows symptoms of a stomach infection, it is important to act quickly: Stay hydrated by drinking oral rehydration solutions (ORS) or electrolyte drinks.

of water or clear fluids. Consult a healthcare professional immediately for appropriate diagnosis and

Avoid solid food if vomiting

is persistent; take small sips

treatment. Follow the prescribed medication course carefully.

Monitor for signs of dehydration and seek emergency care if necessary.

Monsoon is a season of renewal and joy, but it can also bring the risk of stomach infections due to environmental changes and poor sanitation. Being aware of the causes, symptoms, and preventive measures is essential to protect yourself and your family. Simple steps like drinking clean water, maintaining food hygiene, practicing good personal habits. and boosting immunity can go a long way in preventing stomach infections. Stay vigilant, stay safe, and enjoy the monsoon with good health.

Monsoon care: How to keep your skin and hair healthy and glowing

TDG NETWORK

The monsoon season is a the skin of its natural oils. welcome relief from the scorching summer heat, bringing cool breezes and refreshing rains. However, while the rain refreshes nature, it often brings challenges for our skin and hair. The damp, humid conditions during monsoon create an ideal environment for fungal infections, acne, dandruff, and other skin and scalp issues. With proper care and simple lifestyle adjustments, you can maintain healthy, glowing skin and strong, luscious hair throughout

UNDERSTANDING MONSOON'S IMPACT

the rainy season.

ON SKIN AND HAIR The monsoon's high humidity and wet conditions increase the chances of bacterial and fungal growth on the skin and scalp. This can lead to problems such as:

Skin Issues: Acne, fungal infections like ringworm and athlete's foot, and increased oiliness causing clogged pores.

Hair Problems: Dandruff, scalp infections, hair fall, and frizz due to excessive moisture and fungal growth.

Knowing these challenges, it becomes essential to adopt a consistent skincare and haircare routine that protects against these problems. Skin Care Tips for the Monsoon Season

Keep Your Skin Clean and

Monsoon humidity can cause excessive sweating, leading to clogged pores and breakouts. Cleanse your face twice a day with a gentle, oilfree cleanser to remove dirt,

sweat, and excess oil. Avoid using harsh soaps that strip **Exfoliate Regularly**

Dead skin cells combined to avoid irritation.

weight Products

mentation.

Heavy makeup can clog pores, especially in humid conditions. Opt for minimal, breathable makeup and always remove it thoroughly

Wearing wet or damp clothes for extended periods encourages fungal infections. Change out of wet clothes as soon as possible and wear breathable fabrics like cotton

Stay Hydrated and Eat

Good skin health starts from within. Drink plenty of water and eat a balanced diet rich in antioxidants, vitamins, and minerals to boost your skin's natural defense.

with moisture can clog pores and cause dullness. Use a mild exfoliator once or twice a week to slough off dead skin and keep your complexion bright. Be gentle

Moisturize with Light-

Contrary to popular belief, moisturizing is necessary even in humid weather. Choose a lightweight, noncomedogenic moisturizer that hydrates without making your skin greasy or

Use Sunscreen Daily

Though the sky may be cloudy, UV rays still penetrate during the monsoon. Applying a broad-spectrum sunscreen protects your skin from damage and pig-

Avoid Heavy Makeup

before sleeping.

Wear Clean Clothes and Change Wet Clothes Promptly

Skin Care Do's **MONSOON SEASON**

- Cleanse your skin thoroughly
- Exfoliate regularly
- Hydrate, hydrate, hydrate Sun protection is a must
- Keep your skin clean and dry
- Tackle acne with care
- Opt for lightweight makeup Use vitamin C enrich skincare products **②**
- **9** Don't skip toner
- Control oiliness
- Take antifungal precautions
- Follow a healthy diet

Monthly facials are a must

The monsoon's high humidity and wet conditions increase the chances of bacterial and fungal growth on the skin and scalp. This can lead to problems such as:

Hair Care Tips for Monsoon Keep Your Hair Clean and

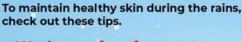
Wash your hair regularly with a mild shampoo to remove dirt, sweat, and excess oil. Avoid using very hot water as it can strip natural oils; instead, use lukewarm or cool water.

Avoid Excessive Oiling

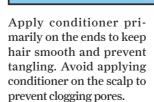
Heavy oil application can make your scalp greasy and attract dirt and dust, worsening fungal infections. Use light oils like coconut or almond oil in moderation or switch to non-oil-based serums.

Condition Your Hair





- < Wash your face frequenty.
- < Use anti-fungal soap.
- < Avoid wearing makeup.
- < Drink lots of water. < Use water based moisturizer.
- < Wear sunscreen everyday.



Dry Your Hair Properly Never leave your hair wet for long periods as dampness invites fungal growth. Use a towel to pat your hair dry gently and let it air-dry

in a ventilated space. Avoid

using a hairdryer on high

heat. **Avoid Tight Hairstyles** Tight buns or ponytails can trap moisture and cause scalp problems. Opt for loose hairstyles that allow your scalp to breathe.

Protect Your Hair from Rain and Pollution When stepping out, cover

your hair with a scarf or hat to protect it from rainwater and pollutants that can cause damage and dull-Use Anti-Dandruff Sham-

poo if Needed If dandruff appears, use

an anti-dandruff shampoo containing ingredients like ketoconazole, zinc pyrithione, or selenium sulfide to keep your scalp healthy.

Home Remedies for Monsoon Skin and Hair Care

Aloe Vera Gel: Applying fresh aloe vera gel soothes irritated skin, reduces inflammation, and controls oiliness.

Multani Mitti (Fuller's Earth): A natural face pack with Multani Mitti and rose water absorbs excess oil and purifies the skin. Lemon Juice: A few drops

of lemon juice mixed with water can help control oil and lighten dark spots (use cautiously if you have sensitive skin). Fenugreek Seeds: Boil

fenugreek seeds and use the water to rinse hair for dandruff control.

Neem: Neem leaves have antibacterial and antifungal properties; use neem water to wash hair or apply

neem-based face packs to prevent infections.

GENERAL PRECAU-TIONS DURING MON-SOON

Avoid sharing towels, combs, or hats to prevent fungal and bacterial infec-

giene and keep your surroundings clean. If you notice any persistent skin or scalp issues like severe itching, redness, or

Maintain personal hy-

infections, consult a dermatologist promptly. Avoid consuming street food or water that may not be hygienic to prevent internal infections that can reflect on your skin and

The monsoon season

can be challenging for skin and hair health due to increased moisture and humidity. However, with

hair health.

consistent care, proper hygiene, and a few simple lifestyle changes, you can keep your skin glowing and your hair strong and healthy throughout the rains. Embrace the beauty of the monsoon while protecting yourself from its adverse effects by following these expert tips and enjoying a fresh, vibrant you!

BRITAIN'S REAL THREAT ISN'T ETHNIC CONFLICT — IT'S THE POLITICS OF FEAR

Britain's right-wing fuels racial panic to distract from economic failure and justify authoritarian, anti-immigrant policies.

herself warned in 1978 that

the British people feared

being "swamped" by others

"with a different culture",

she was both reflecting and

reinforcing this racialised

What is new in 2025.

however, is not the exis-

tence of racial fear within

declinism — but the degree

to which it now defines the

narrative. The problem, for

today's right-wing com-

mentators, is no longer the

national economy or even

the welfare state in abstract

terms, but the presence of

racialised others in British

society. In this version of

events, economic malaise

and political dysfunction

are not outcomes of policy

decisions — such as auster-

ity, deregulation, or privati-

sation — but symptoms of

an underlying demographic

The fusion of economic

pessimism and cultural

grievance into a racialised

narrative of replacement

and decline is not acciden-

tal but strategic. It allows

sickness.

THE SHIFT IN

DISCOURSE

CONSERVATIVE

anxiety.

TDG NETWORK

Tune 2025 offered a stark, troubling window into the ongoing radicalisation of Britain's right-wing press, a media ecosystem now increasingly driven by narratives of racialised national decline, in which immigration is not merely a policy challenge but a civilisational threat, demographic change is recast as demographic collapse, and the spectre of ethnic conflict is elevated to the level of inevitability — a disaster that, so the argument goes, can only be averted by radical, even violent political action.

What began as a set of columns about population forecasts — specifically a data point circulated by populist political scientist Matt Goodwin suggesting that white Britons may become a minority within the next four decades quickly snowballed into a coordinated moral panic. That first week of June saw the Telegraph, Daily Mail, and Sun all platform voices warning not only of population shifts but of existential decline, with commentators moving seamlessly from concerns about low-skilled immigration and welfare dependency to apocalyptic visions of civil unrest, economic implosion, and social collapse, all of which were blamed on the failure to contain — or even reverse —

multiculturalism in the UK. As the days wore on, the tone darkened. On June 13th, former Tory MP Douglas Carswell wrote a particularly incendiary piece demanding a "detailed plan" to remove foreign nationals from the benefits



system and from the country altogether, framing immigrants from non-Western nations as both an economic burden and a civilisational threat. A day later, the Sun ran with a poll claiming that most Britons feared Britain was "in decline" and headed for unrest, followed by yet another Telegraph warning of a "coming revolution" provoked by state failure and immigration. What might once have been fringe sentiment now appeared as centre-stage ideology not challenged but echoed across platforms.

ANXIETY AND SCAPEGOATING

It is important to remember, before treating these developments as wholly novel, that declinism — the belief that Britain is not merely changing but deteriorating — is nothing new, but rather a recurring national myth, a story we tell ourselves at moments of crisis to explain how the present has gone so wrong by identifying some fundamental corruption in

As historians like Jim Tomlinson and David Edgerton have argued, declinism was central to the political imagination of postwar Britain, especially in the 1970s and early 1980s. when the country's economic troubles were widely interpreted as the product of deep structural failures: industrial decline, weak productivity, trade union militancy, and a moribund political elite. For Margaret Thatcher and her political heirs, the solution was to defeat the "enemy within" a phrase she famously used to describe miners and trade unionists — and to remake the state in the image of market discipline and national purpose.

Even then, there was a racial subtext, if not an overt racial logic. The cultural theorist Stuart Hall and his colleagues at the Centre for Contemporary Cultural Studies famously analysed the media panic over "mugging" in the 1970s as part of a broader ideological campaign to frame Black youth as both dangerous and foreign, a threat not just to law and order but to the moral coherence of British society. When Thatcher

economically insecure base – particularly among the middle class, older voters, and suburban homeowners — to understand their frustrations as a consequence of betrayal, not by economic elites, but by migrants, multiculturalism, and the so-called "woke" left. In June, Tory peer David Frost openly framed this

a deeply demoralised and

betrayal as a "break in national continuity", lamenting that Britain had lost its Christian character, its imperial heroes, and its civilisational coherence, all thanks to mass immigration and the erosion of cultural authority. Similarly, David Goodhart — a long-time voice of the "somewheres vs anywheres" narrative questioned whether London could remain the nation's capital once its white British population fell below 20 percent, drawing on statistics of dubious origin from anonymous blogs to

support his claim. In these accounts, Britain is not simply struggling, it is disintegrating. Political instability, failing public services, and economic stagnation are reinterpreted through a lens of ethnic threat. London, in particular, is transformed from a global city into a postnational space — no longer the heart of Britain, but its cautionary tale.

This narrative culminated in an article in The Critic. which described a future Britain of "gated compounds" and "armoured trucks" protecting citizens from "ethnic guerrilla conflict", complete with images of distant gunfire and martial law. This was fiction,

the author admitted, but

EXPLAINER

"for how long?" The line between fiction and policy proposal has rarely felt so

THE DAILY GUARDIAN REVIEW

TUESDAY | 15 JULY 2025

A SELF-FULFILLING **PROPHECY**

At its core, the current wave of right-wing declinism operates as a closed ideological loop, a form of circular logic in which fears of demographic collapse justify increasingly extreme rhetoric and policies, which in turn are validated by the very fear they produce.

Figures like Matt Goodwin serve as key nodes in this feedback loop, publishing alarmist forecasts and selectively interpreted data that are then repeated, expanded, and echoed across the media ecosystem. Each article ratchets up the volume; each commentator insists that the threat is growing; each policy proposal becomes more extreme.

The result is not an honest reckoning with the country's challenges, but a rolling campaign of moral panic designed to generate consent for authoritarian solutions.

Meanwhile, the real sources of Britain's decline — stagnant wages, regional inequality, failing infrastructure, and collapsing public trust — are pushed out of frame. The right does not propose meaningful economic reform because doing so would require redistributing power and wealth away from the very interests it exists to protect. It cannot acknowledge the damage done by austerity without indicting its own record in government. Instead, it turns to race, culture, and identity as conve-

LABOUR'S PARALYSIS

nient scapegoats.

If the right has managed to construct a compelling — if dangerous — narrative of decline and demographic threat, the left has so far failed to mount a serious counter-narrative. Under Keir Starmer, Labour has largely accepted the Conservative framing of economic and fiscal responsibility, offering cautious moderation at a moment of political volatility and mass discontent.

Rather than confronting the real causes of social decay — from wealth inequality and landlordism to the financialisation of housing and the erosion of social safety nets — Labour has often opted to echo right-wing talking points on migration and cultural integration, even as it distances itself from their more explicit racism.

This failure to offer a transformative vision opens the door to further radicalisation. As Labour sinks in the polls and retreats into technocracy, a space opens for those on the far right to pose as the only political actors willing to name the crisis — even if their diagnosis is false and their solutions In the absence of alterna-

tives, fear fills the vacuum.

ETHNIC CONFLICT OR AUTHORITARIAN DRIFT

The most dangerous outcome of this moment is not a spontaneous eruption of ethnic conflict — though inciting that fear is the point — but the possibility that Britain slides, almost imperceptibly, into a form of managed decline enforced by authoritarian means: hardened borders, mass deportations, gated cities, two-tier citizenship, and the suppression of dissent in the name of "order".

The more the country is persuaded that its decline is caused by immigrants and minorities, the more the public may come to accept extraordinary measures — from surveillance and policing to withdrawal from international conventions — as unfortunate but necessary. In this sense, the right's nightmare of civilisational collapse becomes a tool for preemptive violence: not against the conditions that produce stagnation and inequality, but against those scapegoated as its cause. The real battle is not over borders, or birth rates, or cultural symbols. It is over the meaning of Britain's future: whether it will be defined by racial exclusion and nostalgic authoritarianism, or by solidarity, justice, and a reckoning with the economic choices that brought us here.Because it's not ethnic conflict we should fear most - it's the political project that uses the threat of it to crush democracy in the name of Why Yunus turns to traditional

BRICS rising: A new bloc challenges the old order amid internal tensions

TDG NETWORK

BRICS summit in Brazil, which was held recently, offered the clearest signal yet that the bloc of emerging economies is maturing into something more ambitious than a symbolic counterweight to the West. Once a loosely defined acronym coined by an investment banker, BRICS is now an 11-member coalition representing more than half the world's population and around 40% of global GDP - surpassing the G7 in combined economic heft by \$20 trillion.

The newest member, Indonesia, joins a group that has grown in influence and complexity. Yet with size comes contradiction. BRICS has positioned itself as an advocate for reforming global governance, calling for more inclusive international institutions and greater respect for international law. But its credibility is undermined by the nature of its own membership: a majority of BRICS states are authoritarian regimes, and the bloc's selective moral positioning — for instance, condemning Ukraine's strikes on Russian infrastructure while remaining silent on Moscow's aggression — weakens its standing on the global stage.

Still, BRICS is no longer simply an ideological coalition or a protest bloc. What



aim to reduce dependency on Western-dominated institutions, particularly the US-led financial system. In this, it is responding to genuine global imbalances: the failure of the International Monetary Fund and World Bank to evolve, the lack of follow-through on climate finance from the global North, and an increasingly unreliable US approach to trade and diplomacy.

The group's New Development Bank — created as an alternative to the Bretton Woods institutions — is a direct response to these frustrations. With a focus on green industrialisation and infrastructure finance, BRICS is beginning to shape a development model based on its own priorities. A recent pre-summit agreement to create a common position on climate finance marks a step forward, and the bloc's growing investment in re-

newables means that fossil fuels now account for less than half of its energy generation — a promising shift, given the scale of the climate

Importantly, BRICS states are not just big — they are fast modernising, technologically ambitious, and possess vast consumer markets. China, India, Brazil, and others are all investing heavily in electric vehicles, solar power, and advanced manufacturing. This makes the bloc not just a geopolitical actor but an economic engine that could, in time, shape global standards.

Yet for all its ambition, BRICS is not without internal tensions.

China's dominance within the bloc remains a concern for smaller members, many of whom are warv of becoming too economically or politically dependent on Beijing. Russia's economic future remains tethered counter to the bloc's green rhetoric. And countries like Saudi Arabia continue to hedge between the US and BRICS, unwilling to sever long-standing ties to Western capital and security guarantees. Still, the drive for autono-

my is real. BRICS members are actively exploring new financial mechanisms to reduce their exposure to Western sanctions and financial pressure. Rather than abandoning the dollar outright, they are slowly building alternative "plumbing" from currency swap lines to local payment systems that could, over time, reduce the dollar's dominance.

This is not just a technical fix. It is born from real experience: from India being denied credit access during the 2008 financial crisis, to Iran and Russia being locked out of the SWIFT banking sys-

diplomacy with mango gift to PM Modi Bangladesh's interim Chief Adviser, Professor Muhammad Yunus, has turned to "mango diplomacy" in a

fresh attempt to reconnect with India. Over the weekend, a shipment of 1,000 kilograms of the prized Haribhanga mangoes was sent to Indian Prime Minister Narendra Modiand several senior political leaders in New Delhi. These mangoes, grown in northern Bangladesh, are among the country's most loved varieties.

According to Dhaka Tribune, this gesture was organised by Bangladesh's Ministry of Foreign Affairs and is seen as a diplomatic olive branch from Dhaka to New Delhi.

Mangoes Sent to Key Indian Leaders

Along with Prime Minister Modi, the mangoes were sent to West Bengal Chief Minister Mamata Banerjee and Tripura Chief Minister Manik Saha. Officials at the Bangladesh High Commission in India said the fruits were intended for distribution among key dignitaries in the Indian Prime Minister's Office and members of the diplomatic community.

This tradition of exchanging seasonal fruits, especially mangoes, is deeply rooted in South Asian diplomacy and represents gestures of goodwill and friendship.

Warm Exchange of Letters Preceded the Gesture



This mango shipment came shortly after an exchange of Eid greetings between the two countries. Prime Minister Modi had earlier sent wishes on Eidul-Adha to the people of Bangladesh and to Professor Yunus. In a reply dated June 6, Yunus wrote that Modi's message "reflects the shared values" between the two neighbours.

He added, "I am confident that the spirit of mutual respect and understanding will continue to guide our nations to work together for the wellbeing of our peoples."

Yunus also described Eid as "a time of reflection, which brings communities together in the spirit of festivity, sacrifice, generosity and unity," while highlighting the importance of regional collaboration.

Modi, in his earlier message dated June 4, called the festival "an integral part of the rich and diverse cultural heritage of India," saying its values of "sacrifice, compassion and brotherhood" were essential for building inclusive societies.

Bilateral Tensions Since

Hasina's Departure Ties between India and Bangladesh have been tense since the fall of Sheikh Hasina's government in August 2024. After months of protests led by youth, her administration collapsed amid violence that reportedly claimed over 1,000 lives. Hasina left the country and is currently living in India in self-imposed exile.

India has not fully embraced the new interim administration under Yunus and has criticised it over several issues, including its response to communal unrest and its increasing diplomatic engagement with China and Pakistan.

On the other hand, Bangladesh has accused India of interfering in its domestic affairs and expressed frustration over "unwanted Indian interference."

Yunus Strengthens Ties with China

In the past year, Bangladesh under Yunus has moved closer to China. The country has received more than \$7 billion in Chinese investments and owes over

\$6 billion in debt. China has become an important player in Bangladesh's infrastructure development.

Bangladesh is also an active member of China's Belt and Road Initiative (BRI), a massive global development strategy launched by Chinese President Xi Jinping.

Even so, Yunus has stated publicly that national elections could be held by the end of 2025 and that he does not plan to run as a candidate himself.

India's Role in Bangladesh's Economic Stability

Despite its growing partnership with China, Bangladesh remains heavily dependent on India due to geography and trade. With 94% of its borders shared with India, Bangladesh relies on its neighbour for trade routes and crucial supplies like food grains, refined oil, electronic goods, and raw materials.

Any long-term breakdown in relations could hurt Bangladesh's economy. A slowdown in cross-border trade could cause inflation, job losses, and hamper GDP growth. The country's key garment industry, which is the backbone of its exports, depends on textile inputs from India.

At the same time, India values Bangladesh as a strategic partner, especially for regional connectivity, security cooperation, and efforts to fight terrorism.

TRUMP TO SEND PATRIOT MISSILES TO **UKRAINE, CITING PUTIN'S ESCALATION**

US pledges Patriot missiles to Ukraine, blaming Putin's attacks; EU to reimburse U.S. fully.

AGENCIES

n a notable shift from his earlier approach to the Ukraine war, U.S. President Donald Trump announced on Sunday that the United States will send Patriot air defense systems to Ukraine, citing escalating Russian attacks and what he described as President Vladimir Putin's duplicity in ceasefire talks.

Speaking to reporters at Joint Base Andrews, Trump said, "We will send them Patriots, which they desperately need, because Putin really surprised a lot of people. He talks nice and then bombs everybody in the evening. But there's a little bit of a problem there. I don't like it."

Although Trump did not specify the number of Patriot systems to be sent, he emphasized that the European Union would reimburse the United States fully for the delivery. "We basically are going to send them various pieces of very sophisticated military



- Trump criticizes Russian President Putin, saying he "talks nice" but continues bombing Ukraine in the evenings
- The European Union will fully reimburse the U.S. for the cost of the Patriot missile systems.
- Ukraine's President Zel-

equipment. They are going to pay us 100% for that, and that's the way we want it," he said.

The comments mark a significant evolution in Trump's posture toward the Ukraine conflict, especially following earlier criticisms that he had been too hesitant to confront Russia militarily or commit to long-term security assistance for Kviv

TO SUM UP



U.S. President Donald Trump

enskiy has repeatedly requested more advanced air defense systems amid daily Russian missile and drone strikes

Trump now appears dis-

illusioned with what he

characterized as Moscow's

bad faith. "Putin talks nice,

and then bombs everybody.

He's very tough in the eve-

ning," Trump said. The

remark was a reference

to what U.S. intelligence

has tracked as a sustained

siles, aircraft, and drones, enhancing day also reflected his grownighttime missile and ing frustration with Putin. drone assault campaign on Once touting his ability to Ukrainian cities and enernegotiate peace between gy infrastructure. Russia and Ukraine,

■ The Patriot system is

capable of intercepting

ballistic and cruise mis-

Trump's willingness to criticize the Russian president directly comes after several months of strained diplomatic efforts to broker a ceasefire. Sources familiar with the matter say Trump had attempted backchannel communications with both sides, but those discussions have re-

Ukrainian President Volodymyr Zelenskiy has repeatedly urged Western allies for more robust air defense capabilities amid near-daily Russian strikes. Ukrainian infrastructure particularly energy grids, transport hubs, and grain export terminals has been targeted consistently, with attacks intensifying in recent weeks.

The Patriot system, manufactured by U.S. defense contractor Raytheon, is among the most advanced air defense platforms in the world, capable of intercepting incoming ballistic missiles, cruise missiles, and aircraft. Ukraine already operates a limited number of Patriots provided in earlier packages by the Biden administration, but Kyiv says they are insufficient to protect its major population centers. The White House did not immediately comment on the delivery timeline or whether any new production contracts will be signed to fulfill the de-

"We have repeatedly

Despite this overture, Pes-

Kremlin ready for third round of negotiations with Kyiv

AGENCIES

Russia has expressed readiness to resume direct peace negotiations with Ukraine, with Kremlin spokesman Dmitry Peskov stating that Moscow is awaiting concrete proposals from Kyiv to move ahead with a third round of talks. The statement comes amidst a continuing military standoff and growing international frustration over the lack of progress in resolving the prolonged conflict.

In a briefing reported by Russian state-affiliated outlet MIC Izvestia, Peskov said, "It's obvious that Kyiv is in no hurry. We are still awaiting proposals on deadlines. The Russian side is ready to continue and to hold the third round." The remarks emphasize Russia's stated willingness to return to diplomatic channels, even as battlefield conditions remain volatile.

Peskov, speaking at a routine press conference, reiterated that Russia prefers a political-diplomatic solution to the conflict and is open to resuming peace efforts should Ukraine provide clear signals indicating its readiness for direct dialogue.

said that we would prefer achieving our goals through peaceful political-diplomatic means," Peskov noted, as quoted by RT.

kov also issued a cautionary note, warning that the "spe-



Represenatational image of Russia-Ukraine war persists amid stalled diplomacy and conflict.

cial military operation" continues and that the "realities on the ground are changing every day." His comments underline Russia's position that absent a diplomatic breakthrough, military operations will persist to achieve strategic objectives.

The current diplomatic deadlock follows two previous rounds of direct negotiations between the Russian and Ukrainian delegations, both of which were held earlier this year in Istanbul. The first took place in mid-May and the second in early June. While both meetings were described as significant, neither resulted in a concrete roadmap to de-escalation or lasting ceasefire, and a third round has yet to be scheduled.

Tensions have remained high on the battlefield, with intensified clashes reported in several contested regions over the past month. Meanwhile, Ukrainian officials have yet to publicly confirm their willingness to resume direct talks. Kyiv has consistently stated that any negotiations must be based on full respect for its sovereignty and territorial integrity.

International stakeholders, including the United States, continue to voice concern over the diplomatic stalemate and its implications for broader regional security. On July 11, U.S. envoy Mark Rubio met Russian Foreign Minister Sergey Lavrov in Kuala Lumpur, a rare highlevel interaction amid deteriorating East-West relations.

Speaking to reporters after the meeting, Rubio described the talks as "frank and important" and emphasized the U.S. administration's desire to see renewed peace efforts.

"Our strategy is to continue to engage all the parties that are involved in finding an outcome to this conflict,' Rubio said, adding, "We will engage anytime that we have an opportunity to do so, like

India participates in Australia's largest bilateral military exercise

AGENCIES

India has made its debut in Australia's largest bilateral military exercise, Exercise Talisman Sabre, marking a significant milestone in the deepening defence and security cooperation between the two nations in the Indo-Pacific region.

India's participation in the exercise was confirmed by Australia's High Commissioner to India, Philip Green, in a post on X.

"A significant step forward in deepening India-Australia cooperation on defence and security in the Indo-Pacific," Green stated in the post on Wednesday.

According to a post by Talisman Sabre on X. a

A doctor couple from

Kerala specialising in

Ayurveda is gaining trac-

tion in China by offering

a new platform for locals

to experience the wellness

of ancient Indian healing,

perhaps the first foray

into the land of Tradi-

tional Chinese Medicine

Dr Changampalli

Kizhakkillath Mohamed

Shafeeque and his wife,

Dr Dane (36), come from

contrasting cultural and

religious backgrounds but

BEIJING

(TCM).

According to a post by Talisman Sabre on X, a total of 19 nations will be joining the exercise, including the US and 16 other partner nations and two observer nations.

cluding the US and 16 other partner nations and two military exercise, officially observer nations.

As per Australia's De-

Indian doctors take Ayurveda to China

joining the exercise, in- ercise Talisman Sabre, the country's largest bilateral

following an opening cer-

shares many similarities

with Traditional Chinese

Medicine (TCM), particu-

larly due to its emphasis on

herbal formulations and

Together, they are try-

ing to popularise India's

holistic healing.

Adelaide.

Chief of Joint Operations, Vice Admiral Justin Jones, joined US Deputy Commanding General of US Army Pacific, Lieutenant General Joel B Vowell, for the official opening at Garden Island in Sydney.

Talisman Sabre 2025 is the 11th iteration of the largest and most sophisticated warfighting exercise ever commenced on Sunday, conducted in Australia.

As per the country's Do total of 19 nations will be partment of Defence, Ex- emony on board HMAS partment of Defence, over observers.

ancient wellness system in

China and create a cultural

bridge between Ayurveda

Dr Shafeeque hails from

the 600-year-old tradition-

al Ayurveda family named

"Changampalli Gurukkal".

The members of the fam-

ily were originally Tulu

Brahmins, serving as phy-

sicians of royal families in

Dr Shafeeque says while

some members of his fam-

ily have since embraced

Islam, others remain

Hindu. He sees his work

in Ayurveda as a continu-

ation of his ancestral roots.

the past.

the next three weeks, as part of the exercise, more than 35,000 military personnel from Australia and partnering nations will deploy across Queensland, Northern Territory, Western Australia, New South Wales and Christmas Island, with activities conducted outside of Australia in Papua New Guinea for the first time.

In addition to the US. forces from Canada, Fiji, France, Germany, India, Indonesia, Japan, the Netherlands, New Zealand, Norway, Papua New Guinea, the Philippines, the Republic of Korea, Singapore, Thailand, Tonga, and the UK will join as partners. Malaysia and Vietnam will also attend as

Dr Dane, on the other

hand, comes from a

Christian family. She

studied at the Ayurveda

College of Kerala Univer-

sity in Thiruvanantha-

puram, where she met Dr

Dr Shafeeque's China so-

journ began in 2016 after

he started treating several

Chinese patients seeking

Ayurvedic treatment while

practising in Pondicherry

This prompted him

to visit China's affluent

Guangzhou city to explore

new opportunities in the

in his early career.

practice.

Macron to double defence

Shafeeque.

Gaza death toll surpasses 58,000 as new Israeli airstrike kills 100

AGENCIES

The death toll in Israel's Gaza conflict has surpassed 58,000, with nearly 100 Palestinians killed since Sunday morning, Al Jazeera reported.

An Israeli airstrike on a Gaza City market claimed 12 lives, including medical consultant Ahmad Oandil. according to the Palestinian Ministry of Health. The Israeli military has not commented on the incident.

The Gaza Government Media Office has accused Israel and security personnel at aid distribution points of deliberately targeting civilians, as per Al Iazeera.

At least 805 people have been killed and 5,250 wounded while attempting to collect aid since the GHF started operating in May.

Meanwhile, Ahmed Abu Saifan at al-Awda Hospital stated that one of Israel's deadliest attacks on desperate Palestinians occurred in

the Nuseirat refugee camp, where a missile strike killed at least 10 people, most of them children, as they queued to collect drinking water. Seventeen others were wounded.

Israel's military said it had targeted a Palestinian fighter, but the missile veered off has forced desalination and sanitation plants to shut down. As a result, many residents are taking risks to access limited water collection points.

Since Israel launched its war on Gaza on October 7, 2023, the number of people killed has risen to at least



The woman who hailed from Kollam

and had moved to the UAE around

two years ago with her husband was

living separately for the past few months

course because of a technical failure. The Israeli claim could not be independently verified.

According to Al Jazeera, Gaza is facing a severe water crisis due to the ongoing Israeli blockade, which 58.026, with more than 138,500 wounded. More than half of those killed have been women and children.

Hundreds have died while attempting to access humanitarian aid from GHF-

Two Indian women die in separate cases in UAE

AGENCIES

An Indian woman died after a fire broke out in her apartment in Sharjah, local media reported.

The 46-year-old woman was reportedly performing a special ritual in her home in the Al Majaz area on Thursday night, when the fire erupted, leading to her death, the Gulf News reported officials as saying.

The fire was started in a unit located on the eighth floor of an 11-storey residential building. Police have begun an investigation.

The woman's body has been transferred to the forensic laboratory for an autopsy, the Gulf News reported.

due to ongoing family disputes. woman from Kerala and

her toddler daughter were ment in Sharjah's Al Nahda neighbourhood on July 8,

The woman who hailed from Kollam and had moved to the UAE around two years ago with her husband was living separately for the past few months due to on-

A Gulf News report cited a forensic report that the

child died from "airway obstruction, possibly by a pillow." The report confirmed that the woman had died by suicide and she was found hanging in the apartment by emergency responders.

A social worker shared with Khaleej Times, that a handwritten note in Malayalam -- believed to have been written by the deceased -contains details suggesting emotional distress and allegations of abuse.

Trump says US 'close' to trade deal with India as talks reach final stage a broader effort by the

NEW YORK/WASHINGTON

U.S. President Donald Trump has said that the United States is nearing the final stages of negotiating a trade deal with India, suggesting a breakthrough in long-standing talks between the world's two largest de-

Speaking to reporters on Monday, Trump noted progress on several trade fronts, saying, "Now, we've made a deal with the United Kingdom, we've made a deal with China... We're close to making a deal with India."

The comments come amid

Trump administration to

have chosen a common,

ambitious path of practis-

ing Ayurveda — the over

3,000-year-old Indian

system of medicine, often

translated as the "science

They believe Ayurveda

recalibrate America's trade relationships. According to officials, Washington has begun issuing formal notifications to trading partners outlining the new tariffs the U.S. intends to impose on products entering the American market from countries that do not reach

"Others we met with and we don't think we're going to be able to make a deal," Trump added. "So we just send them a letter. If you want to play ball, this is what you have to pay."

favorable trade terms.

Years of Talks, Renewed

Momentum

The U.S. and India have spent years in trade negotiations, often stalled by disagreements over tariffs, market access, digital services regulation, and intellectual property rights. Key friction points have included U.S. demands for lower duties on agricultural and medical products, and India's insistence on protecting domestic industries.

India has also raised concerns over U.S. visa restrictions affecting its tech professionals, as well as increased scrutiny of Indian pharmaceutical and manufacturing Budget by 2027 AGENCIES

French President Emmanuel Macron announced on Sunday evening an acceleration of national defence spending, with the budget set to reach EUR64 billion by 2027 instead of the previously scheduled 2030 target.

The announcement came during Macron's traditional address to the armed forces on the eve of Bastille Day, amid what he described as a "deeply concerning" shift in the global security land-

Macron confirmed that the increased funding would not be financed through borrowing but rather by stimulating the national economy. An additional EUR3.5 billion will be allocated in 2026, followed by EUR3 billion in 2027, nearly doubling France's defence expenditure compared to 2017 lev-

tra funds would address critical shortcomings, including ammunition shortages, and support the development of smart and precision weaponry, as well as capabilities in unmanned aerial systems, space defence and electron-

He explained that the ex-

Meanwhile, a 33-year-old

found dead in their apart-Khaleej Times reported.

going family disputes.

VARUN AND JAHNVI'S 'SUNNY SANSKARI KI TULSI **KUMARI': FESTIVE RELEASE & A RISKY CLASH?**

AGENCIES

ollywood fans will have to wait just a little longer to witness Varun Dhawan and Janhvi Kapoor's much-hyped romcom 'Sunny Sanskari Ki Tulsi Kumari'. Originally slated for a September 2025 release, the film has now been pushed to October 2, coinciding with the Gandhi Jayanti holiday weekend—a strategic move that places it in the thick of the festive release calendar.

The announcement came on Monday with a cheeky character reveal poster featuring Varun Dhawan flashing a toothy grin and greeting with folded hands, accompanied by a quirky couplet:



"Yeh aansoon hain mere, samundar ka jal nahin... Baarish ka kya bharosa, aaj hai... kal nahi!!!" —a clear nod to the film's whimsical tone and its lead character's 'sanskari' charm.

The film is helmed by Shashank Khaitan, known for hits like Badrinath Ki Dulhania and Dhadak. Produced under the Dharma Productions banner by Karan Johar, Apoorva

Mehta, Hiroo Johar, and Khaitan himself, the movie boasts a starry ensemble: Sanva Malhotra, Rohit Saraf, Maniesh Paul, and Akshay Oberoi.

Shifting to the October 2 slot is not just about extra breathing room—it's a tactical play. Gandhi Jayanti weekend is seen as a prime window for Bollywood, known to pull crowds into theatres. But industry in-

siders are buzzing about potential box office clashes. Sources say that Ajay Devgn's next crime drama. a sequel to Raid, may also be eyeing the same weekend, along with a tentative release of Tiger Shroff's action vehicle under the Nadiadwala banner. If that happens, "Sunny Sanskari..." could be stepping into a highly competitive turf.

An insider from Dharma Productions hinted at the move being partly motivated by post-production delays and partly by a desire to avoid the crowded pre-Diwali rush:

"The September slate is packed with big-banner actioners. Gandhi Javanti weekend gives us a better runway to fly this romantic drama," the source said.

SC agrees to hear plea for 'Udaipur Files' release

TDG NETWORK

The Supreme Court has agreed to hear a plea seeking the lifting of the stay over the release of the movie 'Udaipur Files'.

The plea was mentioned by Senior Advocate Gaurav Bhatia on behalf of the producer of the movie, who stated that the CBFC has already approved the said film and its non-release is violating his fundamental right.

The Delhi High Court recently stayed the release of the movie one day before its official release date.

The Delhi High Court on



Thursday, July 10, ordered a stay on the release of the film.

The stay will remain in effect until the Central Government decides on the revision application filed by Jamiat Ulema-i-Hind against the certification granted by the Central Board of Film Certification

(CBFC).

A Division Bench of Chief Justice Devendra Kumar Upadhyaya and Justice Anish Dayal passed the interim order while hearing two petitions, one by Jamiat Ulema-i-Hind and another by journalist Prashant Tandon, challenging the CBFC's decision to grant certification to the film.

The petitioners argued that the film's release could disturb communal harmony and pose a serious threat to public order, given the sensitive nature of the subject.

The Court observed that since the petitioners had been relegated to invoke

the revisional remedy under the Cinematograph Act, 1952, the release of the film must remain stayed until a decision is made on their application for interim relief.

"We provide that till the grant of interim relief is decided, there shall be a stay on the release of the film,' the bench stated.

'Udaipur Files' is based on the 2022 murder of Kanhaiya Lal, a tailor in Udaipur, Rajasthan, who was brutally killed in broad daylight by two men allegedly angered by a social media post in support of former BJP spokesperson Nupur Sharma.



Ananya Panday sparks buzz in Mykonos: Greek vacay glam goes viral

Tributes pour in from across India for veteran actor Kota Srinivasa Rao

AGENCIES

The Indian film industry is in mourning after the passing of iconic Telugu actor and former MLA Kota Srinivasa Rao, who died early Sunday morning in Hyderabad at the age of 83. He had been undergoing treatment for a prolonged illness.

A towering presence in Indian cinema, Rao acted in over 750 films across Telugu, Tamil, Kannada, and Hindi, leaving behind a legacy defined by versatility, intensity, and mastery of character roles. Known for seamlessly transitioning between villainous roles, comedic timing, and deeply emotional performances, Rao was a Padma Shri awardee (2015) and a seven-time Nandi Award winner.

Born on July 10, 1942, in Kankipadu village, near Vijayawada in Andhra Pradesh, Rao made his cinematic debut in 1978 with Pranam Khareedu. His powerful performances and dialogue delivery soon made him a household name.

As news of his demise broke, fans, film personali-



Born on July 10, 1942, in Kankipadu village, near Vijayawada in Andhra Pradesh, Rao made his cinematic debut in 1978 with Pranam Khareedu. His powerful performances and dialogue delivery soon made him a household name.

ties, and politicians flocked to his Hyderabad residence to pay their last respects.

Tollywood megastar Chiranjeevi, who began his own career alongside Rao in Pranam Khareedu, remembered him as a "legendary character actor and a multifaceted genius." Speaking to the press, Chiranjeevi said, "Kota garu was a force on screen and a friend offscreen. His passing is a per-

sonal loss.' Actor Vishnu Manchu posted an emotional note. recalling the late actor's ability to light up every frame: "Whether it was a serious role, a villain, or comedy, he brought life into every character with a rare mastery."

BRAIN PICKING



"Over the years, I have discovered a deep love for writing... When I act, I step into stories crafted by others, but writing allows me to shape stories that I have lived, seen or imagined."

- RANDEEP HOODA

(Indian Actor)

Padma Shri B Saroja Devi, iconic Indian actress, dies at 87

AGENCIES BENGALURU

Veteran actress B Saroja Devi, one of Indian cinema's most revered stars, passed away at 87 in Benfilms across five languages.

Born on January 7, 1938, in Bengaluru, she began her film career with Mahakavi Kalidasa (1955) and rose to national fame with Nadodi Mannan (1958). Over the next three decades, she starred alongside legends like Dr. Rajkumar, M.G. Ramachandran, Sivaji Ganesan, N.T. Rama Rao, and Dilip Kumar.

With 161 consecutive lead

roles from 1955 to 1984, her contributions to Indian cinema earned her the Padma Shri (1969) and Padma Bhushan (1992), among

other top honors. Actor Shiva Rajkumar, bruvahana. Prime Minister galuru, leaving behind a overcome with emotion, Narendra Modi praised her legacy spanning over 200 said, "I lost another mother as an "exemplary icon of Intoday. She was not just a superstar but a deeply affec-

Chief Minister Siddaramaiah called her the "goddess of acting" and remembered her in films like Kittur Chennamma and Ba-

tionate human being.'

dian cinema.' Tributes poured in from across political and film

circles, with Union Minister Amit Shah, BIP MP Basavaraj Bommai, actress Tara, and Congress leader Randeep Surjewala highlighting her grace, versatility, and enduring impact.

Saroja Devi remained among the top actresses in Tamil, Telugu, and Kannada cinema well into the 1980s.

Rebels rise: First look at Nikkhil Advani's freedom fighters series

AGENCIES

The makers of Nikkhil Advani directorial 'The Revolutionaries' have shared the first look of the series, boasting a power-packed cast of emerging stars including Bhuvan Bam, Rohit Saraf, Pratibha Ranta, Gurfateh Pirzada and Jason Shah. Amazon Prime Video has

shared the first look at Nikkhil Advani's upcoming period drama series, which has been adapted from Sanjeev Sanyal's novel of the same name, 'Revoltunaries: The Other Story Of How India Won Its Freedom. Slated to premiere in 2026, the series is currently in production, as per the press note shared by the makers of this

According to the press note, the series tells the powerful story of brave young Indian freedom fighters who believed that armed resistance was not just vital but indispensable to ending the British Raj. The Revolutionaries is a stirring tribute to their extraordinary lives, sacrifices, and their unwavering, undying love for their country.

Currently on floors, the series is being mounted on a grand scale, with filming underway across multiple locations in India, including Mumbai, Amritsar, Varanasi, Dehradun, and more.

'The Revolutionaries' will premiere exclusively on Prime Video in over 240 countries and territories worldwide in 2026, added the press note.

Saina Nehwal announces separation from her husband

NEW DELHI

India's seasoned badminton player and Olympic medallist Saina Nehwal announced that she has parted ways with her husband, Parupalli Kashyap, who is also a shuttler. Saina took to Instagram to release a brief statement announcing her divorce from Kashyap, which came nearly seven years after their 2018 marriage.

"Life takes us in different directions sometimes. After much thought and consideration, Kashyap Parupalli



and I have decided to part ways. We're choosing peace, growth, and healing - for ourselves and each other. I'm grateful for the memories and wish nothing but the best moving forward. Thank you for understanding and respecting our privacy during this time," Saina wrote on Instagram.

Hailing from Haryana, Saina caught everyone's attention after winning the BWF World Junior Championships in 2008, early in her career. In the same year, she went on to make her first Olympic appearance but had

to wait for another four years to bag a medal in the Summer Games

In 2008, she became the first Indian woman to reach the Olympic quarter-finals. She defeated, then-world number five Wang Chen of Hong Kong but lost to Indonesia's Maria Kristin Yulianti. In 2009, Saina became the first Indian to win a BWF Super Series event. Her remarkable efforts

were recognised as she was conferred with the Arjuna Award in 2009 and the Rajiv Gandhi Khel Ratna Award

Ariel Winter reveals childhood trauma: 'Hollywood wasn't safe for me'

AGENCIES WASHINGTON DC

'Modern Family' fame actress Ariel Winter opened up about her experience of allegedly being preyed upon by older men when she was a child actress in Hollywood, reported Deadline.

Winter discussed her experience while promoting YouTube's true crime docuseries titled 'SOSA Undercover'. Winter was recently seen in one of the episodes, pretending to be a teen girl



to catch an alleged sexual While discussing the show,

the actress opened up about her traumatic experience with sexual harassment, "I am familiar with male predators because I worked in Hollywood at a young age. I started at age 4. I don't wanna say too much about it, but by the time I was on a laptop and cell phone, I was getting inappropriate messages from older men, and it caused trauma," said Winter.

LUNCH BREAK LASERS: HOW ADVANCED TECHNOLOGY TRANSFORMING AESTHETIC DERMATOLOGY FOR WORKING PROFESSIONALS



MADHUSUDHAN HK

oday's fast-paced world demands the professionals to constantly seek ways to balance self-care with their demanding schedules. The desire for healthy, radiant skin is growing stronger, but the traditional approach, often involving lengthy procedures and extended downtime, has long been a roadblock that needs to be worked around. Enter the era of 'lunch break lasers,' a game-changing trend made possible by the entry of this new category advanced 650-microsecond laser technology, which is redefining what's possible for individuals who are hard pressed for time to make room for procedures that often derail their schedule. For working professionals, this means investing in their appearance without sacrificing productivity or privacy.

THE RISE OF LUNCH **BREAK LASERS**

The concept of "lunch break lasers" refers to minimally inva-

sive laser treatments that can be completed in under 25 minutes, allowing patients to return to work or daily activities immediately after their session. This approach is particularly appealing to professionals as there is no down time post procedure or who wish to maintain discretion about their cosmetic treatments. By delivering ultra high fluence and short pulses, the technology targets specific skin concerns without overheating surrounding tissues. The precision with which the procedure is carried out reduces the risk of burns, pigmentation changes, and discomfort, common drawbacks of older laser systems. The result is a safer, more efficient treatment experience that fits seamlessly into a busy lifestyle.

THE GAME CHANGING **IMPACT OF ADVANCED TECHNOLOGY**

Quick, Comfortable Treatments: Sessions typically last between 20 to 30 minutes, making them ideal for a lunch break appointment. The treatment is virtually painless, with most patients describing only a mild warming sensation. There is no need for numbing creams or elaborate preparation, and patients can immediately resume work or social activities. This convenience allows even the busiest individuals to fit effective skincare into their daily routines without disruption. The unique 650-microsecond



pulse duration delivers energy quickly enough to avoid over-Quick, Comfortable Treatments: Sessions heating the skin, resulting in typically last between 20 to 30 minutes, making a comfortable experience. The laser's gentle approach means it them ideal for a lunch break appointment. can be used without topical an-

> operates at 650 micro second, shorter that the skin's 800 micro second Thermal Relaxation Time (TRT) ensuring minimal epidermal thermal exposure. Unlike traditional lasers that may require days of recovery, this advanced technology leaves

the skin looking refreshed, often with an immediate glow, so professionals can return to meetings or presentations without concern. As a result, there's no need to plan treatments around your social calendar or professional commitments.

Versatile Solutions for Multiple Concerns: From persistent acne to pigmentation on the skin to skin rejuvenation to pigmentation on the skin to skin reiuvenation to signs of aging, 'lunch break laser' addresses a spectrum of skin issues. For professionals juggling multiple responsibilities, this means fewer appointments and more comprehensive results. The technology's adaptability makes it a one-stop solution for a variety of aesthetic needs, streamlining the path to healthier skin.

Safe for All Skin Types: Doctors use lasers very cautiously on Indian skin and further darker ones as Many laser devices are limited in their use on darker skin tones due to the risk of pigmentation changes. Being FDA-cleared for all skin types, it's an inclusive solution for diverse workplaces and clientele. This ensures that everyone, regardless of complexion, can benefit from advanced laser treatments with confidence. This break-through technology allows it to treat all skin types safely, including Fitzpatrick skin types I-VI.

THE ROAD AHEAD

In summary, the emergence of "lunch break laser" treatments is setting a new benchmark in aesthetic care. By delivering fast, safe, and effective results, this advanced technology empowers individuals to take charge of their skin health without disrupting their busy routines. In today's fast-paced world, where time is a precious commodity, these innovative treatments make it easier than ever to look and feel your best. no matter how hectic your schedule may be. Ultimately, such advancements are not just transforming skincare; they are redefining convenience and accessibility in self-care, ensuring that radiant, healthy skin is within everyone's reach.

The author is Country Manager at

SIP YOUR WAY TO BETTER HEALTH: THE RISE OF FUNCTIONAL BEVERAGES



FOOD IS MEDICINE DR ANISH DESAI

are what you eat," but increasingly, it seems, you are also what you drink. In today's fast-paced world, functional beverages are rapidly transforming from niche products into essential wellness tools. These

nutraceutical-infused drinks go beyond hydration, offering targeted health benefits such as enhanced energy, improved digestion, immunity support, and even stress reduction.

Functional beverages are drinks fortified with bioactive ingredients that deliver health benefits beyond basic nutrition. Unlike sugary sodas or empty-calorie drinks, these are enriched with nutraceuticals such as probiotics, prebiotics, adaptogens, nootropics, vitamins, minerals, antioxidants, and even collagen peptides. Each ingredient serves a

the saving goes, "vou purpose, from boosting drinks: mental alertness to promoting gut health or sup-

porting immune function. Unlike traditional beverages, which primarily focus on hydration and taste, functional beverages aim to support specific health functions. These can include:

- Energy and Alertness: Drinks with caffeine, taurine, and B vitamins.
- Immune Support: Beverages containing vitamins C and D, zinc, and echinacea.
- Digestive Health: Probiotic drinks and those with fiber or prebiotics.
- Hydration and Electrolyte Balance: Enhanced waters and sports drinks.
- Stress Relief and Relaxation: Drinks with adaptogens like ashwagandha, Ltheanine, and magnesium. Let's break down some of the powerful ingredients found in these wellness

1. Probiotics and Prebiotics: These support a balanced gut microbiome, helping improve digestion, boost immunity, and even enhance mood. Found in kombucha, kefir, and yogurts.

2. Adaptogens: Herbal ingredients like ashwagandha and ginseng help the body manage stress and improve resilience, now commonly used in wellness shots and herbal teas. 3. Antioxidants: Present in green tea, acai berries, and turmeric, they protect against oxidative stress

4. Nootropics: Natural compounds such as L-theanine, caffeine, and ginkgo biloba enhance mental performance, supporting memory, focus, and clarity. 5. Collagen Peptides: Popular in protein shakes and beauty beverages, they aid in skin elasticity, joint flex-

and inflammation.

ibility, and hair strength. 6. Electrolytes: Found in enhanced waters and sports drinks, electrolytes like potassium and magnesium ensure proper hydration and muscle func-

esthetics, messy gels or down-

No Downtime, No Tell-Tale

Signs: One of the biggest advan-

tages of this innovative technol-

ogy is its ability to target skin

concerns without causing ther-

mal damage to surrounding

tissue, minimizing post-treat-

ment inflammation. Neo Elite

time post procedure.

Driven by increasing health awareness, evolving consumer needs, and ingredient innovation, the functional beverage industry is booming. The pandemic has accelerated demand for immunityboosting and anti-stress drinks, while busy lifestyles call for nutrition that

fits on-the-go. Environmental concerns are also shaping the choices consumers now favour, including organic ingredients, transparent sourcing, and eco-friendly packaging, which aligns personal wellness with planetary well-being.

From herbal teas to protein smoothies, functional beverages are blurring the line between food and medicine. In a world where wellness is a lifestyle, what's in your bottle might be just as vital as what's on your plate.

Rising cases of postpartum blues among new mothers underscore the need for timely counseling



DR MANISHA TOMAR

Many new mothers experience unexpected emotional turmoil after childbirth. Recognizing the signs of postpartum blues and seeking early counseling can help them cope, recover, and feel supported in their motherhood journey

Motherhood is often a blissful experience, but for many women, the period following childbirth can be emotionally overwhelming. Postpartum blues or baby blues affect a large number of new mothers, making them feel anxious, sad, and emotionally drained just when they're expected to feel joy. Timely recognition and emotional counselling are essential to improve a mother's wellbeing and strengthen her ability to bond with her baby.

Postpartum blues are temporary mood disturbances that occur in the first few days after childbirth. They typically last for about 2 weeks and affect many new mothers. The main causes are associated with sudden hormonal changes, physical exhaustion, sleep deprivation, and emotional stress related to adjusting to a new baby. The symptoms seen in women are sudden mood changes and crying spells, irritability, restlessness, anxiety, nervousness, inability to concentrate, feeling hapless and overwhelmed, and lack of sleep. The mood disturbreastfeeding as well, reduce physical contact, and delay opment of the child. Though these symptoms usually resolve on their own, they can escalate into postpartum depression if not addressed with timely support. Unlike postpartum blues, postpartum depression is more intense, lasts longer, and may require medical treatment. It can affect a mother's abil-

asked to consider other factors such as diet and exercise. emotional bonding between After childbirth, the body can impact the early devel- of hormonal changes, and at the same time, the emotional pressure of taking care of a newborn can become overwhelming. Moreover, the lack of sleep and reduced personal time, and it's easy to see why many mothers feel emotionally vulnerable. The problem is not the existence of these feelings, but it's the lack of conversation around

bances can interfere with counselling. They are also as we talk about physical recovery."

Dr Manisha added, "Timely counseling plays a crucial the mother and child, which goes through a whirlwind role in managing postpartum blues. Talking to a trained counselor or a mental health professional helps mothers understand their emotions and develop ways to cope. Simple strategies like giving mothers uninterrupted rest, supporting them with newborn care, and creating a non-judgmental environment at home can go a long way without putting pres-



Motherhood is often a blissful experience, but for many women, the period following childbirth can be emotionally overwhelming. Postpartum blues or baby blues affect a large number of new mothers, making them feel anxious, sad, and emotionally drained just when they're expected to feel joy.

ity to care for herself or her baby and may lead to serious emotional distress if left untreated.

Dr Manisha Tomar, Consultant Obstetrician & Gynaecologist, Motherhood Hospitals, Noida said, "Postpartum blues are more common in women aged 25-35, but many mothers suffer silently. In a month, 3-4 out of 10 women who come with symptoms of anxiety, lack of sleep, restlessness, and mood swings are advised to seek

them. Partners and family members are the ones who shall come in for support. Encouraging open communication, helping with daily chores, and simply listening without judgment can make a significant difference in the mother's recovery. Mothers need to hear that what they're going through is valid and temporary, and most importantly, that they're not alone. It's time we normalise talking about mental health after delivery as much

sure. It's also important to provide mothers with platforms, whether in hospitals or online, to create support groups where they can share their feelings freely. With the right support system and timely intervention, most mothers recover quickly and return to enjoying their motherhood journey with confidence."

The author is Consultant Obstetrician & Gynaecologist, Motherhood Hospitals, Noida.



STOP PROCRASTINATION—THE NUMEROLOGY WAY

Each number, 1 to 9, hides a procrastination clue. But it also has a solution. Find yours today.

Core Traits

Leadership,

Initiative

Harmony,

Diplomacy

Creativity,

Social Flair

Method,

Discipline

Freedom,

Versatility

Analysis,

Ambition,

Strategy

Idealism

Responsibility

Introspection

Compassion,

Care,

Procrastination Styles by Number

lack sure success

for new excitement

moment, then stalls

feels "perfect"

How That Leads to Procrastination

Delays jobs they can't control or that

Postpones while seeking others'

Starts many things; skips dull tasks

Over-plans; waits until every detail

Drops anything routine; jumps

quickly to the next exciting thing

Over-thinks; waits for the "ideal"

Ignores small tasks that don't boost

Delays personal matters while saving

the world—or nursing moods

Puts own goals last; stalls under

emotional or duty overload

approval or avoiding conflict



nate- delaying tasks, waiting for motivation or feeling stuck for no clear reason. But have you ever wondered why our delay patterns feel so familiar? What if the real reason we procrastinate is hidden in our birth number?

According to Chaldean numerology, each birth number from 1 to 9 reflects not just our strengths, but also how we tend to put things off. Once we understand our number's natural tendencies, we can work with them — not against them to break the procrastination loop.

Understand the root of your procrastination as per your birth number (Note that the basic traits may slightly differ depending on the date compound)

PROCRASTINATION STYLES

1 - The Leader

· Delays tasks where they can't lead or control.

- e all procrasti- Hesitates if success isn't assured.
 - Avoids team tasks that
 - limit independence. Postpones efforts without
 - recognition or praise.
 - 2 The Diplomat
 - Delays due to fear of conflict or upsetting others. Hesitates from overthink-
 - sion. Waits for others' approval

ing or emotional confu-

- before acting. Struggles to make firm decisions, leading to delays.
- 3 The Creator · Starts many things, fin-
- ishes few. Avoids routine or dull
- tasks · Distracted by new ideas or
- Delays anything that lacks
- excitement.
- 4 The Builder · Delays tasks until every
- detail feels "perfect." · Over-plans instead of
- starting. · Hesitates if the task feels
- unfamiliar or risky. • Postpones when routine is
- disrupted.
- 5 The Explorer · Avoids tasks that feel bor-
- ing or repetitive. Jumps between tasks,
- leaving many half-done. Delays anything that re-
- stricts freedom. Postpones responsibilities in favor of instant thrills.
- 6 The Caregiver • Puts others' needs ahead,
- delaying own goals.

big objectives

- Overthinks outcomes, fearing imperfection.
- Postpones decisions due to emotional overload.
- Gets stuck managing everything, yet starts nothing new.
- 7 The Thinker
- · Over-analyzes and delays decisions.
- · Waits for the "perfect mo-

ment" to act.

- Withdraws from action due to inner doubt or emotional fatigue.

8 - The Achiever

- Delays small tasks if they don't serve big goals.
- Avoids work they can't
- Gets stuck chasing perfec-

- Gets stuck in planning, avoids execution.

- control or delegate.

while helping others. · Postpones due to emo-

9 – The Humanitarian

tion in execution.

work

Puts off emotional or per-

sonal matters in favor of

Delays personal goals

- tional ups and downs. Overthinks big-picture outcomes and avoids ac-
- tion. Hesitates when past failures emotionally resurface.

Chaldean numerology doesn't just describe your nature — it guides you to evolve. Find out the hidden key to overcome procrastination by understanding your birth number's procrastination patterns.

Tips to fix procrastination:

Number-5:

- Stick to one task till done. Add fun to structure.
- Limit multitasking to stay grounded.

Number-6:

Block time for yourself.

Learn to say "no" without

guilt. Number-7:

Act before you feel "ready." Journal to clear mental fog. Number-8:

· Do small tasks first thing. Make space for emotions—not just strategy.

Number-9:

Set personal deadlines. • Focus on present action.

Remember, every number has its strength and shadow. Knowing both is the first step toward meaningful action. Let your number guide you

- not delay you!

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, Crystals & Spiritual Guide. She has presented Research papers at various Colleges & Universities including DU, CSU, SLBSNSU. Mail her - jyotsnaathemoonlite@gmail.

When shame becomes our master



THE MODERN DAY MONK DEEPAM CHATTERJEE

"Log kya kahenge?" It always starts there. Not with law. Not with conscience. Just that one slippery line whispered like a warning and echoed like a curse. We've all heard it. We've all lived under it. Some of us still

This fear—of society, of neighbours, of relatives you barely like—manages to exercise more haps any government or religion ever has. And sometimes, that fear doesn't just twist decisions-it ends them.

A few days back, at Gurugram, just a couple of kilometres from where I live, five shots rang out in the early morning. A tennis player named Radhika, state-level, young, driven, was cooking breakfast in her own home. Her father, Deepak Yadav, a man in his late forties, walked up behind her and fired five bullets into her back and neck. She was his only daugh-

Deepak didn't act out of madness. It was pre-meditated. Cold-blooded. One could ask what kind of monster would do this, but the truth settles heavier than that. He acted out of something disturbingly ordi-

nary: shame. Not his own, mind you—but the kind handed to him by the village grapevine. People had started mocking him. "You live off your daughter's coaching income? "Gira hua baap!" they sneered. A fallen father.

Ironically, Deepak had invested 2 crores in his daughter's tennis academy but the society's label seemed to weigh heavier than the fact that his daughter was thriving, independent, and in many ways, honouring the very values he hoped for.

Somewhere in the social jungle of Wazirabad, pride got redefined. Respect became about control. And instead of hearing 'You've raised a champion," he heard "You've lost authority." And in a desperate attempt to win that authority back, he pulled a trigger. Five times. Not

There are no winners in this story. Only ghosts.

It's tempting to believe this is a modern problem. That social media or urban shame culture somehow created this madness. But history is a patient teacher-and also a harsh one.

In medieval Rajasthan, when faced with impending defeat and dishonor, entire families would choose jauhar—mass self-immolation-rather than face capture. Daughters weren't consulted; they were simply expected to die for the family's honor. In 1303, when Alauddin Khilji besieged Chittor, Rani Padmini and hundreds of women walked into the flames not by choice, but because survival was deemed more shameful than death.

In 2018, Ankit Saxena, a young Delhi photographer, was murdered in broad daylight by his girlfriend's family. His crime? Loving someone across religious lines. In 2016 Pakistan, Qandeel Baloch—a bold, unapologetic woman on social media—was strangled by her own brother. "For honour," he



Honour today often comes in the shape of Cancel Culture, hashtags and public shaming. But what is this "honour" re-

A Subhashita from the ancient Sanskrit tradition puts it simply: "Kulam pavitram janani kritartha, yasya prasute kulasheelamatram." "A family is honoured, a mother fulfilled,

when she raises a child of character-not merely of lineage." Not wealth. Not reputation.

Not caste. Just character. Somewhere along the way, we

flipped the coin. Now it reads:

posts that?"

pulled a trigger. Five times. Not once.

Deepak Yadav is not an outlier. He is the exaggerated end of a spectrum many of us quietly occupy. Every time we scold a child for being "too loud"

Number-1:

Number-2:

proval.

Number-3:

cused.

Number-4:

perfection.

in your plans.

· Trust your gut.

· Delegate when needed.

outside your control.

waiting for perfection.

· Set decision deadlines

• Finish one thing before

Use timers to stay fo-

Reward completion, not

Take action, even if im-

perfect. Progress beats

Allow room for flexibility

starting another.

just creativity.

without waiting for ap-

Accept support for tasks

Start small instead of

Somewhere in the social jungle of Wazirabad, pride got redefined. Respect became about control. And instead of hearing "You've raised a champion," he heard "You've lost authority." And in a desperate attempt to win that authority back, he

"A family is honoured when it looks good on the outside, regardless of the rot within."

In that sense, society has turned into a theatre—and evervone's just trying to keep their costume from slipping. Appearances matter more than affection. Status outshouts sincerity. Even in families, we no longer ask, "Is this child happy?" We ask, "What will people say if she

in public, not because they're wrong but because "what will people think," we plant that same seed. Every time we hush a daughter who wants to love freely, or a son who wants to weep openly, we water it. And then we wonder why the tree bears such bitter fruit.

Remember that mustard field in Dilwale Dulhania Le Jayenge? Simran's father stands, jaw tight, heart softening. She looks back. We all hold our breath. And then it happens: "Jaa Simran, jaa... jee le apni zindagi."

That moment became iconic not just because it was romantic-but because it was revolutionary. A father, a patriarch, letting go of shame and control to choose love. That line hit like lightning in a country trained to do the opposite.

So maybe the question is no longer why shame rules us. We know that answer. We've seen it etched into headlines and history. The real question is: when will we stop offering our children, our dreams, and our decency as sacrifices at the altar of public opinion?

Maybe the first rebellion doesn't need to be loud. Maybe it just begins with a sigh, a shake of the head, and a quiet resolve: "Let them say what they will. I will choose love."

After all, what greater honour

can there be? Deepam Chatterjee is an author, speaker and storyteller. He can be reached on deepamchatterjee@ya-

Why spirituality is not an escape from life but a deeper dive into it



SADGURU SRI MADHUSUDAN SAI

Many people think spirituality means stepping away from life — leaving behind work, people, and responsibilities to find peace. But true spirituality is not about running away. It's about going deeper into life, understanding it better, and living it more meaningfully.

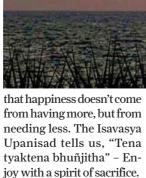
Seeing clearly: Spirituality gives us a new way of seeing life. It teaches us to stay calm even when things are difficult. Instead of reacting in anger or fear, we learn to respond with patience and

wisdom. It helps us move through both joy and sorrow with balance.

Living with purpose: Spiritual people don't avoid their duties — they do them with more love and care. They understand that every action can become meaningful when done with the right attitude.

As the Bhagavad Gita teaches, "Yogasthah kuru karmani" – Be steady in your mind as you do your duties. Even simple tasks become special when done with devotion and a selfless heart. Thinking of others: Spirituality opens our eyes to the needs of others. We begin to understand that we are not alone — that our lives are deeply connected. We start to care, share, and serve not because someone asked us to, but because it becomes natural to us. A spiritual life leads to a kind life.

Living simply: When we grow spiritually, we realise



This means we should take

only what we need and leave

the rest for others. Simple liv-

ing brings peace — to us and to the world around us. **Loving deeply:** At the heart of spirituality is love love that is unconditional, patient, and forgiving. It doesn't judge or divide.

It brings people together.

In love, there is no ego, no

pride. When we truly love, we stop thinking only about ourselves and begin to care for the world as our own. Knowing ourselves: Spirituality also helps us look within. It's about becoming more honest with ourselves. healing our fears, and finding our true purpose. As our ancient teachings say, "Atmanam viddhi" - Know yourself. Only when we know who we are can we truly grow and help others grow.

Caring for the world: Spiritual living is not only

Even simple tasks become special when done with devotion and a selfless heart. about personal peace. It also means caring for the world — protecting nature, helping the poor, and building a more equal society. A leaving life behind. It

As the Bhagavad Gita teaches,

"Yogasthah kuru karmani" – Be steady

in your mind as you do your duties.

sponsibility must go hand in hand. Feeling connected: True spirituality helps us see the whole world as one family. It removes the idea of "mine" and "yours" and brings in the feeling of "ours." That is why we say, "Vasudhaiva Kutumbakam" - The world

spiritual person knows that

inner peace and outer re-

When we live with this feeling, we automatically

is one family.

become more kind, more generous, and more peaceful. In the end: Spirituality is not about

is about living it more

fully, more beautifully. It helps us rise above selfishness and live with a higher purpose. It is not an escape - it is the true way to return to life — with strength, love, and light in our hearts. When we live spiritually, we don't run away from the world — we become a bless-

The author is Founder of Sri Madhusudan Sai Global Humanitarian Mission

ing to it.

ENGLAND BEAT INDIA AT LORD'S

avindra Jadeja's heroic effort went in vain as England edged out India by 22 runs on the fifth and final day of a wildly fluctuating third Test with skipper Ben Stokes and Jofra Archer playing pivotal roles here on Monday.

England thus go 2-1 up in the five-match series.

The day started with India requiring 135 runs and England having to pick six wickets after setting the visitors a 193-run target. The hosts got four Indian batters out before lunch but were made to work hard for the remaining two wickets in the last two sessions.

India were finally all out for 170.

Archer (3/55) and Stokes (3/48) were the chief architects of the English victory, even as Jadeja battled hard for India with a gritty unbeaten 61.

India lost the big wickets of Rishabh Pant (9), KL Rahul (39), Washington Sundar (O), and Nitish Reddy (13) in the first session to hand

Barcelona is signing 19-year-

old Swedish winger Roony

Bardghji from Copenhagen.

The Catalan club said Mon-

day it reached an agreement

with the Danish club for

the transfer of Bardghji. It

called him "one of the most

in-demand young players in

Europe." The contract will

Bardghji joined Copenha-

gen's youth academy from

Malmö in 2020 and moved

up to the first team in 2022.

going on to play 84 games

and score 15 goals. Barcelona

said Bardghii's rise was tem-

porarily held back by a knee

injury that sidelined him for

The club said the Kuwait-

Asian champion and na-

tional record holder 100m

hurdler Jyothi Yarraji has

undergone a successful knee

surgery which will not only

rule her out of the World

Championships in Septem-

ber but also bring curtains

The 25-year-old Yarraji in-

formed on her social media

handle that she underwent

surgery on Friday to repair

an ACL (Anterior Cruci-

ate Ligament) tear on her

right knee. The procedure

was performed by the well known surgeon Dr. Din-

to her season.

run until 2029.

almost a year.

AGENCIES NEW DELH

AGENCIES



England the advantage.

Lead pacer Archer sent Pant's off stump for a walk with a jaffa that straightened after landing on the perfect length.

Skipper Stokes rose to the occasion as he trapped KL Rahul in front of the wicket,

Barcelona signs young Swedish winger Roony Bardghji

born player is "known for his

skill, speed, and goal-scoring

ability, qualities that make

him a great prospect for the

It said Bardghji has great

"one-on-one skills" and the

ponents." "His presence on

Asian champion Jyothi undergoes

successful knee surgery

BRIEF SCORES

England: 387 and 192. India: 387 and 170 all out in 74.5 overs (KL Rahul 39, Ravindra Jadeja 61 not out; Jofra Archer 3/55, Ben Stokes 3/48).

the right wing can, therefore,

make the difference and pro-

vide more dynamism," Bar-

celona said.Bardghji won

three Danish league titles

and two Danish Cups with

Copenhagen. Barcelona said

tions" for the team's success.

this injury has stopped me

from doing what I love the

most. "I am taking this in my

stride and hoping to be back

very soon. The journey to a

stronger version of me starts

now and I'm going to put in

my 100 percent and more to

be back on track soon," she

"ability to dribble past op- he made "decisive contribu-

giving the momentum back to England. The on-field umpire was not convinced by the England team's loud appeal for an lbw, prompting Stokes to go upstairs and the decision came in his fa-

Jofra was on the money

consistently this morning and pulled off a brilliant catch off his own bowling to send back Sundar and Chris Wokes, and then had Washinton Sundar edge one to the keeper.

Their efforts paved the way for England victory.

'Cole Palmer is the best in the world'

AGENCIES

Following his side's FIFA Club World Cup win, Chelsea goalkeeper Robert Sanchez hailed the midfielder Cole Palmer, who scored a brace, saying that "what he does is magic" and will be the world's best in "two or three years".

Chelsea captured their second FIFA Club World Cup title, courtesy of a Palmer brace, downing the UEFA Champions League champions Paris Saint-Germain (PSG) in the final by 3-O on Sunday night.

Following the win, Sanchez told FIFA about Palmer, "Cole Palmer is the best in the world. If he is not the best now, he is going to be in the next two to three years. "He is a top player. He shows it in all the matches. What he does is magic. When he gets chances, he takes them. Today he scored two goals, almost a hat-trick. Impres-

Malo Gusto, another one of Palmer's teammates, said that the star player is a "bit on his own and reserved".

"But he is a very good person. He knows when to speak up. He also knows how to be funny to help the team relax a bit.

We all have a very good relationship. We are really happy to have this kind of

player. Everyone knows Cole now. Everyone knew him before. He is a top player, like many others on this team. He did a lot for us to-

night," he added. Speaking about the match, during which he captured the 'Player of the Match' and 'Player of the Tournament' awards, Palmer said, "We did not mind, we just used that as extra motivation and we worked through the trouble out there. I thought we were spot on today, especially the gaffer. We had a good game plan, and we executed it."

Sanchez said that PSG had written off Chelsea heading into the game.

"It looked like it, no?" said the Spanish star.

"From everything and saw in interviews, the truth is that they did. They have had a very good season, but they had not faced us. PSG have a lot of quality, they play with a lot of intensity and energy, but for me, we have much more quality. I told my teammates that we have more energy than them, more intensity than them, that we are going to win the game. And that is what they did.

We got in their face from the first minute, and when we got chances, it was goal, goal. "What a final. We put in a lot of effort in this tournament, so we deserved it.

Sinner outclasses Alcaraz, wins maiden Wimbledon title AGENCIES

LONDON

The world's top-ranked superstar Jannik Sinner avenged his heartbreaking French Open final loss as he outclassed his rival and Spanish sensation Carlos Alcaraz to secure his maiden Wimbledon title on Sunday.

The 23-year-old captured his fourth major title, after two Australian Open and a US Open triumph, defeating Alcaraz 4-6, 6-4, 6-4, 6-4 in a clash oozing with class and intensity in every shot. This was Sinner's first-ever Wimbledon final. Flipping the script, Sin-

ner also managed to put an end to Alcaraz's career-best 24-match win streak and became the first Italian to capture what many consider the most prestigious Grand Slam title. Sinner's picture-perfect finals record of 5-O has been broken, and one loss has been added to it.

The 23-year-old Italian was extremely precise with his groundstrokes, but still lost the first set. Alcaraz came out aggressively, hitting with heavy pace and using drop shots well. He showed trademark resilience to bounce back from 2-4 in the first set and have it to his name with a backhand defensive block. But Sinner followed it with



Jannik Sinner of Italy holds the trophy after winning the men's singles final match against Carlos Alcaraz of Spain at the Wimbledon Tennis Championships in London, Sunday, July 13, 2025.(AP Photo/Kirsty Wigglesworth)

three hard-fought wins in the next three sets to take the trophy home.

Sinner had dropped just 17 games during his first three matches at Wimbledon and survived a major scare in the fourth round. when Grigor Dimitrov was forced to leave the field due to injury despite leading the game. Sinner also needed some medical attention on his elbow, but he battled hard against Ben Shelton and Novak Djokovic to register his fifth Grand Slam final appearance. Following the match, Sinner said as quoted by ATP website that playing against the Spanish star is "so difficult" and encouraged his rival to "keep going and keep pushing"."I would like to start with Carlos. Again, an amazing tournament, but mostly thank you for the player you

are. It is so difficult to play against you, but we have an amazing relationship off the court and on the court, we just try to build up, and to do that we need the best teams in the world. Keep going, keep pushing and you are going to hold this trophy many times. You already have two titles," said Sinner to Alcaraz.

"It is so special. Seeing my parents here, my brother, my whole team, it is amazing. Actually a special thanks to my brother, because there is no Formula 1 race this weekend, that is why he is here," he continued.Alcaraz noted after the match that "it is difficult to lose""It is a really well-deserved trophy [after] an unbelievable two weeks here in London for you (Sinner), playing great tennis. For your team as well.

Chelsea triumph FIFA Club World Cup 2025, beat PSG 3-0

AGENCIES

Chelsea won the 2025 edition of FIFA Club World Cup title as they defeated French champions Paris Saint-Germain 3-0 with a superb first-half performance, in New Jersey on Monday.

Favourites PSG had not let up a goal in their previous four games heading into tournament, but they found pass split the defence, freethemselves behind in the 22nd minute, when Cole Palmer controlled a clever layoff from Malo Gusto before bending a sumptuous

giving Chelsea the early breakthrough, according to Olymipcs.com. Eight minutes later, the

effort into the far corner,

23-year-old doubled Chelsea's lead; this time latching on to a ball from deep and, with the same ice-cool precision, bent it into the far corner once again. Copy, paste. And just when PSG

thought they'd contained the threat, Palmer morphed ing João Pedro, who applied a touch of Brazilian mischief to delicately lift the ball over a helpless Gianluigi Donnarumma. The half-time

break couldn't come fast enough for PSG, who had struggled to deal with Chelsea's intense press all evening.The second half was less eventful than the first, which included the firstever half-time show at a FIFA-organised event. with performances from Coldplay, Doja Cat, J Balvin, and Tems.Both managers made adjustments, but PSG, the European champions, were the final of the men's football into a creator. A slide-rule especially desperate for a way out. However, Chelsea's Liam Delap, who came on for Pedro, twice made Donnarumma make amazing saves, which kept the scoreline respectable.



CISF achieves record medal haul in 2024-25, unveils Olympic ambitions

FREESTYLE WRESTLERS

"Hello everyone, I'm hap-

py to share that this Friday,

I successfully underwent a

successful surgery to repair

an ACL tear on my right

knee with Dr Dinshaw

Pardiwala," Jyothi Yarraji

wrote. "The past few weeks

have been tough for me, as



Indian under-20 Freestyle Wrestling team poses for a group photo after securing the runner-up trophy at 2025 U-20 Wrestling Championship, in Bishkek on Sunday. Indian team finished as Runner-up, securing a total of 2 Gold, 1 Silver, and 5 Bronze medals, with an overall score of 157 points. (WFI/ANI Photo)

ABHINANDAN MISHRA

In a significant initiative aligned with the Government of India's Khelo Bharat Niti, the Central Industrial Security Force (CISF) is powering ahead to promote and nurture sporting talent in the country.

During the Year 2024-25, CISF athletes achieved a record 159 medals, marking the highest-ever medal tally in the Force's history.

These medals came as a result of stupendous performances in International. National and All India Police sporting events. In the recently concluded World Police and Fire Games 2025

at Birmingham, USA, CISF athletes have won a record 66 medals, thereby significantly contributing to the National tally. In-order to recognize their trailblazing achievement, DG CISF Felicitated them at CISF Headquarters on Monday.

Official said that this surge in record performances is attributable to several key initiatives which includes a six-fold increase in sports funding (to Rs. 06 Crores), 300 days of special diet allowance per annum (up from 200 days), enhanced Travel & Dearness Allowances (T/DA) for athletes during camps and competitions, setting up of new Gyms and facilities, issuing of annual Tournament calenders, facilities for Injury management, amongst others. For the first time an AIG-Level officer has been posted at the Headquarters for enhanced day-to-day monitoring and progress oversight.

According to an official, the organisation is working on a full-fledged mountaineering team is also being formed for the first time, which will attempt to scale Mount Everest by 2026 The Force has also launched its largest-ever sports recruitment drive through which 433 promising talents are set to be recruited of which 229 will be women. This drive started earlier this month and will continue till

29th July at 14 selection centers Nation-wide. Through this 13 new teams will be raised in sports like Lawn Tennis, Badminton, Karate, Cycling, Archery, Fencing, Kayaking, Rowing, Wushu, Pencak Silat, among others. This initiative has garnered an overwhelming response of 12,868 applicants. These include 350 international and 3968 national medal

The drive has attracted significant interest from all corners of the nation including Andaman & Nicobar Islands, the tribal lands of Chattisgarh and north eastern states as well. This reiterates CISF's focus on inclusive approach and

Performance Athletes' who can achieve a podium level finish. These athletes will receive sponsorship for training camps abroad which will be tailored. Furthermore, a dedicated pool of support staff, including expert coaches, physiotherapists, dietitians and strength & conditioning coaches, will be available for catering to their needs. Through these efforts the organization is aiming to

become the foremost among

all forces and states of the

country and be a harbinger

of sporting excellence.

grassroots level reach.

With the Olympic podium

in mind young, talented and

promising sports persons

shall be identified as 'High