

PM Modi leads India and the world in IDY celebration

New Delhi, June 21 (UNI) : The celebration of the International Day of Yoga (IDY) on Saturday witnessed an overwhelming global participation, from India's borders and remote villages to bustling cities and embassies abroad. The day was led by Prime Minister Narendra Modi, who performed yoga at the iconic Visakhapatnam in Andhra Pradesh, addressing a massive gathering of over one lakh yoga enthusiasts. Modi highlighted that yoga is not merely an exercise but a holistic way of life, transcending boundaries, backgrounds, age, and abilities. He further emphasised the unifying power of yoga, noting that it has now been embraced by 175 countries, marking the global acceptance of his proposal for IDY in 2015. Joining the Prime Minister at the venue were Andhra Pradesh CM

Chandrababu Naidu and Deputy CM Konidela Pawan Kalyan, underlining the yoga's cultural significance. To mark the day, President Droupadi Murmu took part in a yoga camp held at the Police Line in Dehradun, highlighting India's pivotal role in promoting yoga on the world stage. In fact, throughout the country, the spirit of unity was palpable as ministers, government officials, organisations both from public and private sectors and people from all walks of life participated. Lok Sabha Speaker Om Birla led celebrations at Parliament, while Union Defence Minister Rajnath Singh took part in a session with 2,500 soldiers in Udhampur, Jammu & Kashmir. He praised yoga for its role in enhancing mental clarity, discipline, and control — critical qualities for the armed forces. Union Home Minister



Amit Shah and Gujarat Chief Minister Bhupendra Patel celebrated the day respectively at Prahladnagar Garden in Ahmedabad city and Vadnagar town of Mehsana district, the birthplace of the Prime Minister, while at Kartavya Path in the national capital, Union Health Minister and BJP president JP Nadda led the mass yoga demonstration, emphasising yoga's global significance in ensuring balance between the body, mind, and spirit. Nadda's colleagues in



the Ministry, Prataprao Jadhav and Anupriya Singh Patel, called yoga as an invaluable gift from India that connects the body, mind, and soul for holistic well-being. In states like Jammu and Kashmir, Sikkim, and Madhya Pradesh, officials and citizens embraced yoga with a deep sense of belonging and peace. J&KLG Manoj Sinha participated in the 11th International Yoga Day in line with the Common Yoga Protocol, while Sikkim CM Prem Singh Tamang led a session in Gangtok,

promoting wellness in the northeastern region. Parshottam Rupala, Union Minister for Fisheries, Animal Husbandry and Dairying, attended the event at Modhera Sun Temple, Mehsana while senior officials at the Geological Survey of India (GSI) preferred to choose its iconic geo-heritage sites such as Bhimbetka Rock Shelters in Madhya Pradesh and Mangampeta Barytes Deposit in Andhra Pradesh. At the same time, Union Minister for Education, Dharmendra Pradhan, celebrated the day near the riverfront at Maa Samaleswari Temple Complex, Sambalpur, Odisha with officials, dignitaries and residents of Sambalpur joining him at the session. Similarly, over nine lakh cadets of National Cadet Corps (NCC) participated in synchronised yoga sessions at iconic locations across the

country from Leh in the North to Kanyakumari in the South and from Dwarka in the West to Tezu in the East at iconic spots, as well as in public parks, schools, and colleges across the country, according to the government statement. The enthusiasm wasn't limited to India. Indian embassies worldwide hosted grand events, from Tokyo, where Yoshiko Ishiba, the spouse of Japan's Prime Minister, joined in, to New York's Times Square, where hundreds took part in a vibrant yoga session. Washington, DC also marked the occasion with a large turnout at the Lincoln Memorial, demonstrating yoga's universal appeal. In their posts on X, Indian embassies in Qatar, Nepal and Kuwait among many others also highlighted celebration of the D Day by organizing the events in their respective countries.

Modi ji Mastered The Art Of Slogans, Not Solutions

New Delhi, 21 June: The Leader of Opposition in Lok Sabha and Congress MP Rahul Gandhi on Saturday criticized Prime Minister Narendra Modi saying that despite promises of a "Make in India" factory boom, manufacturing in the country is at a record low and youth unemployment is very high. Gandhi questioned the effectiveness of the "Make in India" initiative, highlighting that manufacturing in the country has fallen to a record low of 14 per cent of the economy since 2014. He also pointed to rising youth unemployment and a doubling of imports from China, accusing Prime Minister Narendra Modi of focusing on slogans rather than real solutions. In a post on X, Rahul Gandhi shared a video and wrote, "Make in India" promised a factory boom. So why is manufacturing at



record lows, youth unemployment at record highs, and why have imports from China more than doubled? Modi ji has mastered the art of slogans, not solutions. Since 2014, manufacturing has fallen to 14% of our economy. He highlighted the challenges faced by India's youth, sharing in a post that he met two talented young men, Shivam and Saif, in Nehru Place, New Delhi, who remain unable to fulfil their potential.

Yoga is now a global force for well-being: Nadda

New Delhi, June 21 (UNI) Yoga, which has gained significant global acceptance since the establishment of the International Day of Yoga by the United Nations in 2015, continues to be a vital tool for enhancing well-being worldwide, Union Health Minister JP Nadda said on Saturday here. Addressing the yoga enthusiasts gathered to participate in a mass yoga demonstration to celebrate the 11th International Day of Yoga at Kartavya Path here, Nadda credited Prime Minister Narendra Modi's leadership and initiative for the global recognition and adoption of yoga. Nadda also highlighted



the growing importance of yoga in today's world. He emphasised that yoga not only contributes to improved health but also leads to a more fulfilling life by balancing the physical, mental, and spiritual dimensions of the body. "It is a moment of pride that people from all walks of life have gathered here today to celebrate this Indian

knowledge system," he said. In a message shared on the social media platform X, Nadda wrote: "Today, on the occasion of the 11th 'International Yoga Day', I practiced yoga with our yoga-loving brothers and sisters at Kartavya Path in New Delhi. Yoga ensures a happy and better life by providing balance and health to all three dimensions of our body — physical, mental, and spiritual. It has gained global recognition due to the efforts of Hon'ble Prime Minister Shri @narendramodi ji, and as a result, millions worldwide are now adopting yoga in their daily lives."

First batch of Kailash Mansarovar Yatris perform Yoga in Tibet to mark IYD



New Delhi, June 21 (UNI) The first batch of Kailash Mansarovar Yatra today to mark International Day of Yoga in Bainang County in Tibet, while enroute on the pilgrimage. The MEA spokesperson said in a post on X: "Yoga for health, peace and harmony." The first batch of 'Kailash Mansarovar Yatra' Yatris via Nathu La route, performed Yoga to mark the International Day of Yoga 2025 in Bainang County in Tibet Autonomous Region, while on their way to perform the holy Yatra. "Notably, the first batch of pilgrims for the

Kailash Mansarovar Yatra 2025 left on June 13. The MEA spokesperson also posted on the Ministry's celebrating the 11th IYD with yoga in New Delhi, led by EAM S Jaishankar. "Celebrating 11th International Day of Yoga with the global community in New Delhi." EAM Dr S Jaishankar led #IDY2025 celebration by MEA where Ambassadors, High Commissioners, members of the diplomatic corps and officers of the Ministry joined to perform yoga. "Based on the theme of 'Yoga for One Earth, One Health', the 11th edition of

International Day of Yoga emphasizes harmony between human wellbeing & the nature around." EAM Jaishankar joined the diplomatic corps in doing yoga at the Nehru Park in the morning. He said in a post on X: "Pleased to join the Diplomatic Corps at the Nehru Park in Delhi this morning to celebrate #InternationalDayOfYoga." Like PM @narendramodi said today, the session was a true reflection of Yoga for everyone, beyond boundaries, backgrounds, age or ability."

India's active Covid cases dip to 5012, one death in past 24 hrs



New Delhi, June 21 (UNI) India's active Covid-19 case load continues its downward trajectory, with a total of 5,012 active cases reported across the country as of Saturday morning. This marks a significant decrease over the past six days. In the 24 hours leading up to 8 am on Saturday, one death was recorded. As per the data available from the Union Health Ministry, among the States which saw substantial decrease were Andhra Pradesh (37), Kerala (1043), Karnataka (277), Maharashtra (340) and Madhya Pradesh (108) while states like Manipur, Punjab and Uttarakhand registered an uptick in the virus load with

26, 11 and 2 respectively. A total of 15,493 people have been discharged after successful treatment in 2025. A single fatality was reported from Rajasthan, involving a 20-year-old male with pre-existing health conditions. The Health Ministry's data reveals that while the number of new cases remains relatively low, the health infrastructure continues to be on alert, with effective measures in place to monitor and contain any resurgence. Public health experts have also stressed the need for maintaining preventive measures and adhering to guidelines to keep the virus in check.

Mumbai cops sacked after submission of fake certificate for seeking job

Mumbai, June 21 (UNI) A police constable has been sacked from the force for allegedly getting himself recruited in the force by falsely claiming to be a government project-affected person. An official confirmed on Saturday that Alam Nizam Sheikh, who was attached to the Naigaon Local Arms Division, was terminated from police service following orders issued by DCP LA Naigaon. Shaikh was earlier arrested by Thane police in a forgery and cheating case for his involvement in submitting fake certificate issued from Beed collector office stating that he was the member of the family which were affected by a government project.

Police said based on that certificate, Shaikh got a job in the police department in reserved category but after department's verification, it was found fake. An FIR was registered against him and he was arrested but was later released on bail.

Maha Guv leads yoga session at Raj Bhavan

Mumbai, June 21 (UNI) : Stating that yoga is India's gift to the world, Maharashtra Governor CP Radhakrishnan called for making yoga a way of life. Observing that many people start practising yoga only after they have crossed 40s and 50s, the Governor said he wants to introduce yoga in all universities and will discuss the matter with vice chancellors. Introduction of yoga at young age will keep the youths free from stress and diseases, said the Governor. The Governor was speaking after participating in a yoga session organised on the occasion of International Day of Yoga at Maharashtra Raj Bhavan, Mumbai on Saturday. Officers and staff of Raj Bhavan also joined the Governor in the yoga session. The yoga session comprising asanas, pranayama and Yogik Kriyas were conducted by yoga instructors Ravi Dixit and Dr Ganesh Rao.



Mumbai Teenager Girl Rescued From Being Trafficked

Pune June 21 : In a horrifying case of child trafficking for quick buck, a 16-year-old target was rescued in the nick of time on Thursday from the heinous clutches of a trafficking network, providing relief to the teenager. Hailing from Hyderabad and residing in Borivali West, Mumbai, the hapless girl was studying at Sheth Gopalji Hemraj High School & Junior College. The life of this bright young girl studying for her 10th standard board exam nearly got derailed into unthinkable tragedy.

The accused, Rehana Shagrir Khan, 26, was allegedly attempting to sell the girl under the guise of a 'virgin sale'. "These cases are among the darkest and most difficult to detect, but nothing compares to the victory of reclaiming a child before she was subjected to irreversible trauma," Dr Abraham Mathai, founder-chairman of the Mumbai-based Harmony Foundation, an NGO and former vice-chairman of Maharashtra State Minorities Commission told Deccan Chronicle.

NIA arrested accused in fake currency case at Mumbai Airport after 12-yr

Mumbai, June 21 (UNI) The National Investigation Agency (NIA) arrested a key accused after 12 years in the 2013 Kerala fake currency cases from the Mumbai airport. Following his extradition from the United Arab Emirates, he was later sent to Kochi in Kerala for production in a special court there, an official said here on Saturday. The accused, Moideenabha Ummer Beary alias Moideen, had been in the custody of UAE authorities since 2015 and was handed over to Indian officials after the completion of a simplified extradition process. The wanted fugitive has returned as a deportee at Chhatrapati Shivaji Maharaj International Airport, Mumbai, from Dubai, UAE, and was arrested on Friday late afternoon. The accused was wanted by the central agency in a case registered at NIA, Kochi Branch, on the allegations of counterfeiting Indian currency notes, cheating, and criminal conspiracy.



BRS MLA Padi Kaushik Reddy arrested in threat case

Hyderabad, June 21 (UNI) In a significant development in Telangana politics, Bharat Rashtra Samithi (BRS) MLA from Huzurabad, Padi Kaushik Reddy, was arrested by the Subedari Police in Warangal district at Shamshabad Airport in the early hours of Saturday. The arrest was made in connection with a case involving alleged threats to a businessman. According to sources, Kaushik Reddy is accused of intimidating a granite quarry trader named Manoj Reddy in Kamalapur mandal and allegedly demanding money. Following his detention at the airport, the MLA was taken to Warangal for further investigation. Police have registered a case under the Bharatiya Nyaya Sanhita (BNS) sections 308(2), 308(4), and 352. Former Minister and BRS MLA T Harish Rao strongly condemned the arrest of Huzurabad MLA Padi Kaushik Reddy. In a post on social media platform X (formerly Twitter), Harish Rao said,



"We strongly condemn this illegal arrest. The Congress government has abandoned governance and made political vendetta its main agenda." He alleged that the government were deriving "demonic pleasure" by harassing everyone from farmers to public representatives under the pretext of filing cases. "Revanth, who claims to be running Indiramma Rajyam, is instead reminding people of the Emergency era during Indiramma's rule," he stated.

Ex-soldier's son selected as sub-lieutenant

NER / NAGPUR POST: Sushant Vinod Naik, son of Vinod Naik, a former soldier from Parjana village in Ner taluka, has been selected as a sub-lieutenant in the Indian Navy. Due to his success, there is an atmosphere of joy in the entire taluka, and today, felicitation ceremony was held with great enthusiasm at the Swagat Mangal Karyalaya on Thursday on behalf of the friends. Mohan Joshi presided over. While chief guests were Thanedar Anil Behrani, former Speaker Bhaurao Dhawale, Sushant Vinod Naik, ex-soldier Vinod Naik, mother Lakshmi Naik, Rajesh Naik.

Political organizations, Gram sewak organization, school teachers, students, youth groups, various organizations and citizens participated in this ceremony. Sushant Naik, who became a

sub-lieutenant, was felicitated on this occasion. Speaking at the program, Bhaurao Dhawale said that while praising Sushant's success, he mentioned the ideal of his family. "Discipline, hard work and patriotism are the keys behind his success." Today, his eyes are not only filled with joy of success. There is also a sense of responsibility. There are tears of joy in the eyes of his parents. And there is pride in the hearts of every person of our village, school and taluka. He expressed this opinion on this occasion. In the presidential speech, Mohan Joshi said that Sushant has not only enhanced the honor of his own family, but also of the entire village and taluka. Today's glory ceremony is not just a formality of felicitation, but a symbol of our gratitude. Because by taking inspiration from such youths, our new



generation gets the ideal of national service, discipline, hard work and honesty. At this time, the dignitaries present on the stage also praised Sushant. Due to his selection,

the name of the entire Ner taluka including Parjana village has become bright. He is being seen as an inspiring example of successful youth. On this occasion, Sushant

was felicitated by some social organizations in the city. The program was conducted by Sunil Aade while Ganesh Mendhe delivered the introductory remarks.

Navi Mumbai municipal scholarship portal opens for underprivileged students

NAVI Mumbai, June 21 (UNI) : The Navi Mumbai Municipal Corporation (NMMC) has launched its comprehensive educational scholarship scheme for the 2025-26 financial year, inviting online applications from economically disadvantaged students within its jurisdiction, officials said on Saturday. The initiative targets learners from Class 1 through post-graduation across seven priority categories. Eligible beneficiaries include children of widows/divorced women, economically backward students, meritorious backward-class scholars, project-affected local families, sanitation/contract workers' children, and offspring of

quarry/construction/sand/bri dge workers. Scholarship amounts vary by academic level: Primary (Classes 1-4): 4,000; Secondary (Classes 5-7): 6,000; Higher Secondary (Classes 8-10): 8,000; Junior College (Classes 11-12): 9,600; Undergraduate: 12,000; postgraduate: 16,000 and technical/vocational trainees: 8,000. Prospective applicants must register at www.schemenmmc.com by July 31, 2025, with completed submissions due August 15. The municipal corporation urges all qualifying students to utilize this financial support opportunity, emphasizing its commitment to accessible education through the streamlined digital portal.

IAF conducts life-saving organ airlifts in swift overnight missions

Pune, June 21 (UNI) In a remarkable display of coordination and commitment, the Indian Air Force (IAF) and Armed Forces Medical Services (AFMS) executed a swift overnight mission to transport vital organs from Pune to Delhi. A liver and two kidneys, donated by the brain-dead dependant of a serving soldier at Command Hospital (Southern Command), Pune, were airlifted in the early hours on Saturday by an IAF aircraft and safely delivered to Army Hospital (Research & Referral), New Delhi. This humanitarian mission was enabled by seamless coordination between AFMS and IAF, ensuring that the organs reached in time to save multiple lives.

11th International Day of Yoga Celebrated with Enthusiasm by Nagpur Division

Nagpur 21 June : The 11th International Day of Yoga was celebrated with great zeal and participation by Central Railway's Nagpur Division on 21st June 2025. Organized under the Staff Benefit Fund, the event focused on promoting physical, mental, and emotional well-being among railway employees and their families.

The main program was held at the Samudai Bhawan Ajni, Nagpur and was inaugurated by Shri Vinayak Garg, DRM/Nagpur. In his address, he highlighted the holistic benefits of yoga and encouraged all employees to include yoga in their daily routine for a healthier lifestyle.

The event was attended by senior officers, branch officers, and staff. Renowned yoga instructors from Janardan Swami Yogabhyasi Mandal, Ramnagar, Nagpur, conducted the yoga session. Participants performed yoga asanas, pranayama, and meditation techniques aimed at relaxation and stress relief.

DRM Shri Vinayak Garg felicitated the instructors and dignitaries with shawls and mementos in appreciation of their contribution. The event witnessed enthusiastic participation from employees, RPF personnel, scouts and guides, civil defense volunteers, and family members. The event was skillfully coordinated and compered by a medical officer, adding to its success.

The celebration reaffirmed Nagpur Division's dedication to promoting holistic health and well-being through yoga.



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NVCC to Host Government Scheme Camps in Nagpur on June 23 and 25

Nagpur 21 June : The Nag Vidarbha Chamber of Commerce (NVCC), in collaboration with the Tehsil Office, Nagpur City, will organize two government service camps to help citizens avail benefits of various government welfare schemes. The camps will be held on June 23 and June 25, 2025, at different locations in the city. The first camp will be conducted on Monday, June 23, at Mahajan Wadi, near Gandhibag Garden, and the second camp on Wednesday, June 25, at Shree Badi Marwad Maheshwari Bhawan Trust, Juni Resham Oli, Itwari Maskasath, Nagpur. Both camps will be held from 10:00 AM to 5:00 PM. The objective of these camps is to help citizens, especially those who are unaware of government schemes or unable to visit the tehsil office during working hours, access essential scheme-related services.



During the camps, the following documents and scheme cards will be issued as per government norms: Aadhaar Card, Voter ID Card, Income Certificate, Non-Creamy Layer Certificate, Molkarin (Domestic Worker) Card, 33% Reservation Certificate (Open Category), E.W.S. Certificate, Ration Card, PAN Card, Ayushman Bharat Card, Labour Card, Residence Certificate, Domicile Certificate.

Scholarship Applications Sanjay Gandhi Niradhar Yojana Card, Gazette-related services, Caste Certificate, Caste Validity Certificate, Senior Citizen Card, among others.

Mr. Rakesh Gandhi, Convenor of NVCC's Government Scheme Sub-Committee, is playing a key role in organizing and coordinating the initiative.

NVCC President Mr. Arjundas Ahuja and Secretary Mr. Sachin Puniani have urged executive members, specially invited guests, presidents and secretaries of trade associations, and members of the business community to actively participate in the camps and encourage their employees to benefit from the services being offered.

The information was shared through a press release by Mr. Sachin Puniani, Secretary, NVCC.

Hope war between Israel-Iran ends soon: Omar



Srinagar, June 21 (UNI) Jammu and Kashmir Chief Minister Omar Abdullah on Saturday expressed hope that the war between Israel and Iran would end soon and a solution would be reached through dialogue. Speaking to media persons in Ganderbal, Omar warned that a major conflict could erupt if tensions between Israel and Iran escalate further. "We can only hope and pray that such a war does not happen, as the situation is already very grave," he said. "I don't understand on what basis Israel attacked Iran," Omar added.

"Just a few days ago, the head of US intelligence stated that Iran is no closer to acquiring a nuclear weapon." "If America said this only a few weeks ago, then why did Israel attack Iran? Clearly, some political motives are at play," he said. "Nevertheless, we hope the war ends soon and a solution is reached through dialogue."

Wockhardt Team Saves 53-Year-Old Woman with Severe Airway Obstruction

Nagpur 21 June : A 53-year-old woman was successfully treated at Wockhardt Hospitals, Nagpur, after arriving in a critical condition due to a large tumor in her chest that was compressing her windpipe (trachea), completely closing off one lung and almost entirely blocking the other. The patient, a resident of Chandrapur, had been suffering from severe breathlessness, chest pain, and persistent coughing for over 10 days. Her condition worsened on 2nd June 2025, after which she was initially admitted to a hospital in Warora, where doctors noted left vocal cord paralysis. As her breathing deteriorated rapidly, she was intubated and urgently referred to Wockhardt Hospitals, Nagpur. Upon evaluation, a CT scan and diagnostic bronchoscopy revealed a large mediastinal mass that was compressing the central airway, causing almost complete obstruction of the trachea, complete blockage of the right main bronchus (leading to collapse and air trapping in the right lung), and *near-total obstruction of the left main bronchus.

Given the critical nature of the airway obstruction, a complex and high-risk procedure was planned and executed by a multidisciplinary team led by: ECMO specialist Team Dr. Chetan Sharma, Dr. Rahul Hiwanj, Dr. Sumit Narang, Dr. Sameer Arbat (Interventional Pulmonologist), Dr. Barokar, Dr. Jaiswal (Anesthetist), Dr. Vijaya Lanje, Dr. Beekar. On 5th June 2025, the patient underwent a rigid bronchoscopy with cryobiopsy and electrocautery for tumor debulking. A Y-shaped airway stent was placed to maintain airway patency. The entire procedure was carried out under *VV-ECMO (veno-venous extracorporeal membrane oxygenation)* and mechanical ventilation, due to the high risk of bleeding and potential airway collapse.

The operation was successful with well-



managed bleeding, and the patient was closely monitored in the ICU, receiving blood transfusions and critical medications.

A follow-up bronchoscopy on 7th June confirmed that both airways were open and that the patient had responded well to the treatment. Dr. Sameer Arbat emphasized that this was a rare and life-threatening case where advanced bronchoscopic interventions combined with ECMO support played a vital role in saving the patient's life. He acknowledged the extraordinary coordination and expertise of the entire medical team, whose efforts led to this successful outcome.

The patient is now *clinically stable* and undergoing ongoing *medical management for cancer*.

Illegal fertiliser and pesticide godown sealed

Chandigarh, June 21 (UNI) Intensifying its crackdown against unauthorised and illegal agricultural inputs, the Punjab Agriculture and Farmers Welfare department's flying squad has sealed a godown in Village Sahoke of Moga district. Disclosing this here today, Punjab Agriculture and Farmers Welfare Minister Gurmeet Singh Khudian stated that the godown, operated by Piyush Goyal of Kotkapura, was found storing fertilisers and pesticides illegally. Among the seized items were packets of Zinc Sulphate lacking manufacturing dates and batch numbers, raising suspicion of being fake products. "The flying squad, led by Joint Director Narinder Singh Benipal and Chief Agriculture Officer Moga Gurpreet Singh, has also collected three samples of fertiliser and two samples of pesticides, and an FIR has been lodged at Police Station Smalsar in Moga," said Khudian. The Minister urged farmers to purchase agricultural inputs from authorised dealers to avoid substandard or illegal products.

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Thousands of disabled persons participate in yoga at Kanha Shanti Vanam

Hyderabad, June 21 (UNI) Over 3,500 persons with disabilities performed yoga and shared their valuable thoughts on yoga at the 11th International Yoga Day celebrations held at the world's largest meditation centre at Kanha Shanti Vana, the headquarters of Heartfulness, on outskirts of Hyderabad, on Saturday. The event was organized by the Department of Empowerment of Persons with Disabilities (DEPWD), Ministry of Social Justice & Empowerment (MSJ&E), in association with Heartfulness and NIEPID (National Institute of Empowerment of Persons with Intellectual Disabilities) by inviting Persons with Disabilities (PwDs) from across the country cutting across various disabilities. Chief guest Union Minister for Social Justice and Empowerment Dr Virendra Kumar

graced the occasion. Public representatives from the State of Telangana and officials from the DEPWD, MSJ&E, were also present. Speaking on the occasion, Dr Virendra said, "It is very inspiring to watch the huge numbers of 'divyangjans' showing what resilience, determination and true inner spirit can achieve in the world. In union, they are outshining the world because they have seen the light within. As a land of mystics, the gift of yoga to the world is not merely for physical wellbeing. It is a tool for holistic wellness – mental, emotional and spiritual as well. Over a decade now since International Yoga Day has been recognised by the United Nations, may India continue to inspire the world with its ancient wisdom for millennia to come." More than 3,500 Persons with Disabilities (Divyangjans) from 21

categories such as visual impairment, hearing impairment, locomotors disability, intellectual and developmental disabilities, autism, cerebral palsy, Thalassaemia, leprosy, dwarfism, low vision, multiple disability, mental illness, muscular dystrophy, speech & language, sickle cell disease, acid attack victim, specific learning disability, multiple sclerosis, haemophilia & Parkinson's disease showcased their inner strength and resilience by performing yoga at Kanha Wellness Centre at Kanha Shanti Vanam. The event is followed by cultural programmes (performed by the Divyangjans) display of publications, art gallery, free distribution of machinery by DEPWD to parents of PwDs, donation of block-printing material to RCs and CRCs, parent training programme, and more.

BR Patil urges Karnataka CM's intervention amid audio leak row

Kalaburagi, June 21 (UNI) Senior legislator BR Patil on Saturday reframed the controversy surrounding an alleged audio clip, in which he purportedly discusses corruption, as an urgent call for administrative reform, urging Chief Minister Siddaramaiah to take notice. These remarks come in the backdrop of an audio recording doing the rounds on social media, purportedly featuring Patil's voice alleging misuse of power and corrupt practices within the department. Rather than deny or confirm the clip's authenticity, Patil chose to focus on the larger issue. "But who will fix this system, sir? Shouldn't Chief Minister Siddaramaiah take note of this? I haven't yet called on him — but if called, I will go," he declared, underscoring his readiness to engage with the state leadership. Patil maintained that his earlier comments were never meant as personal attacks. "I only said what I witnessed. I did not directly accuse anyone of being a landlord, nor did I accuse Zamir Ahmed (minister). I simply said that



certain things are happening within the department and through officers," he explained, insisting that pointing out irregularities is not the same as leveling accusations. Highlighting a perceived double standard, he questioned the selective outrage over his statement compared to similar observations by others. "Now, when the same thing is said by others like Krishnebyre Gowda, why is there no talk on it, but so much fuss over mine?" he asked, pointing to inconsistent reactions from both political circles and the bureaucracy. Patil also appealed for patience and proper procedure. "Sir, let them take appropriate action when the time is right. Let them react," he said, while noting that the very fact of audio leaks and officers' displeasure only underlines the need for systemic reform.

Four children drown in canal in Punjab



Chandigarh, Jun 21 (UNI) Four children from Ludhiana drowned in a canal while taking a bath, police said on Saturday. The children, belonging to Samrat colony, had gone to the Giaspura canal. They were holding onto a rope but the rope snapped and they swept away, police said, adding they have recovered three bodies.

NTPC Mouda Observes 11th International Day of Yoga



Ramtek 21 June :- NTPC Mouda observed the 11th International Day of Yoga on 21st June 2025 with an early morning yoga and meditation session. The session was conducted by Shri Kaostubh Acharya, a faculty member from the Art of Living, who guided employees and their family members through a series of yoga postures and shared

simple meditation techniques to strengthen inner calm and balance.

The morning yoga session saw the esteemed presence of Shri Himmat Singh Chauhan, Head of Project, GM (O&M), GM (Project), GM (COE), GM (COE-HR-ER), GM (Safety), Heads of Departments, employees, and their family members. Addressing the

gathering, Shri Himmat Singh Chauhan extended his wishes on the occasion of International Yoga Day 2025 and expressed gratitude to Shri Kaostubh Acharya for leading the session. He emphasized the significance of yoga in maintaining a healthy mind and body and encouraged everyone to make it a part of their daily lives for overall well-being.

Maharashtra Extends HSRP Deadline to August 15, Warns of Action Against Non-Compliance

Mumbai 21 June : The Maharashtra government has extended the deadline for vehicle owners to install high-security registration plates (HSRPs) to August 15, following slow compliance across the state. Authorities have also warned of strict penalties for those who fail to meet the revised deadline. Vehicle owners are urged to schedule appointments for HSRP installation through the official transport department website: <https://transport.maharashtra.gov.in>. After a prolonged tendering process, the transport department has appointed three authorized vendors to carry out HSRP installation on an estimated 2.10 crore vehicles that were registered before April 1,



2019. This figure is part of Maharashtra's total vehicle population, which exceeds 4 crore. Despite launching the HSRP implementation drive in December 2024 and setting an initial deadline of March 31, only about 23 lakh vehicles have been fitted with the mandatory plates in the past six months, according to official data. The transport department emphasized that the initiative aims to enhance road safety, prevent vehicle-related crimes, and ensure uniformity in number plate formats. Officials reiterated that no further extensions are likely and violators post-August 15 may face legal and financial consequences.

Schools to Not Reopen on June 23 as Maharashtra Education Body Launches Stir

Nagpur 21 June : The Maharashtra Rajya Shikshan Sanstha Mahamandal has announced that schools affiliated with the federation will not reopen on June 23, citing prolonged government inaction on key issues affecting educational institutions statewide. The declaration came during a press conference held by the Mahamandal's General Secretary, Ravindra Fadnavis, who stated that the decision reflects the collective frustration of teachers, school administrators, and parents. According to Fadnavis, a memorandum detailing urgent demands was previously submitted to Chief Minister Devendra Fadnavis. However, the government has yet to respond meaningfully, prompting the federation to adopt a protest stance.

Among the Mahamandal's demands are



the immediate reimbursement of ₹2,400 crore pending under the Right to Education (RTE) Act, domestic electricity rates for aided schools, implementation of solar energy systems, permanent recognition of unaided institutions, hiring of clerical and fourth-grade staff, and exemption from property tax. The federation has also demanded an urgent high-level meeting involving the

Chief Minister, School Education Minister, and Higher and Technical Education Minister. It warned that without concrete dialogue and resolution, the school closures could continue indefinitely.

Prominent federation members including Nago Ganar, Kishore Masurkar, and Rajendra Jhade were present at the media briefing, standing in support of the decision.

Telangana Minister Adluri Laxman Kumar shares lunch with welfare students

Hyderabad, June 21 (UNI) Telangana Minister for SC, ST, Minority, Disabled, Elderly, and Transgender Welfare, Adluri Laxman Kumar visited a welfare college and school and had

lunch with students, sending a strong message of inclusivity and accessibility. The Minister, who was allocated his portfolio on June 11, after assuming the office,

accompanied by Chevella MLA Kale Yadayya, Chairman of the Disabled Cooperative Corporation Muthineni Veeraiah, and TGSWREIS Secretary Alugu Varshini, visited the

Social Welfare College and School at Gouli Doddi on Saturday.

In a hands-on interaction, the Minister reviewed the smart card-based phone system

provided to students and personally assisted a girl student in making a call to her parents. Engaging in a warm conversation with the family, he sought their feedback on the student's education and

hostel facilities.

The parents, moved by the direct outreach, expressed their satisfaction and happiness to the Minister.

Later, addressing the

students in a special meeting, Minister Laxman Kumar encouraged them to aim high and pursue careers in civil services, medicine, engineering, and other esteemed fields. "I am

always available to you. Study well, dream big, and become IAS, IPS officers, doctors, engineers and more," he told the students, assuring them of the government's full support.

Maharashtra CM Devendra Fadnavis sings 'Abhi na jao...' song with legendary singer Asha Bhosle



Mumbai June 21: On the occasion of World Music Day, the government of Maharashtra's Department of Cultural Affairs organised the Maharashtra Radio Festival 2025 and the Maharashtra Asha Radio Gaurav Awards 2025. Maharashtra Chief Minister Devendra Fadnavis attended the ceremony, where he talked about how radio gave a voice to our expression and shaped our cultural heritage. "Expressing through an audio-visual mode is easy because it is visible. The best thing about a radio is

that everything is expressed, even when no one is visible... The new technology is letting us experience 3D, 4D and 17D, but when there was only 1D, only music, at that time, radio gave a voice to our expression and shaped our cultural heritage." CM Fadnavis said. Interestingly, at the event, he tried his hand at singing with legendary Asha Bhosle.

He sang a few lines of Asha Bhosle's iconic song 'Abhi Na Jao Chhod Kar'. Elated about the launch of Maharashtra Asha Radio Gaurav Awards, Asha Bhosle said, "Today is the day of music. An award named after me has been issued today and it will be given to those who perform well in the field of radio..." The event was conducted

How Actors Are Powering Up Their Immunity This Rainy Season!



mumbai 21 june: The monsoon may bring a welcome break from the summer heat, but it also ushers in a season of fluctuating temperatures, waterborne illnesses, and weakened immunity. For television actors who juggle demanding shoot schedules, staying fit and infection-free is a top priority. To combat seasonal health risks, they turn to mindful eating habits that support immunity, focusing on warm, home-cooked meals, herbal concoctions, and nutrient-rich foods. &TV actors Sapna Sikarwar (Bimlesh, Happu Ki Ultan Paltan) and Aasif Sheikh (Vibhuti Mishra, Bhabiji Ghar Par Hai) share how they are boosting their immunity to stay healthy and active during the rains. Sapna Sikarwar, aka Bimlesh from Happu Ki Ultan Paltan, shares, "During the monsoon, my focus is on strengthening my immunity through simple, home-based remedies. I avoid anything too oily or spicy, as it just doesn't

sit well during this season. Instead, I rely on warm soups, steamed veggies, and lots of herbal teas. I have made it a habit to start my mornings with warm water infused with tulsi and ginger-it helps with digestion and keeps me feeling energised. I also stock up on fruits like papaya and pomegranate; they are great for the skin and immunity. These small changes make a big difference in how I feel during the season."

Aasif Sheikh, aka Vibhuti Narayan Mishra from Bhabiji Ghar Par Hai, shares, "Monsoons are beautiful, but they also mean a higher risk of infections. That's why I never compromise on foods that help keep my immunity strong. I make it a point to include light, warm meals, things like moong dal, rice, and sautéed vegetables."

My go-to immunity booster is a cup of herbal tea every evening; it's soothing and effective. I stay away from street food during this time and drink plenty of warm water to stay hydrated. I have noticed that sticking to a clean, nutritious diet helps me stay mentally sharp and physically fit for long shoots. Formally, the key to enjoying the monsoon season lies in simple, consistent efforts to eat right, as I believe wellness starts right from the kitchen."

Watch Happu Ki Ultan Paltan at 10:00 PM and Bhabiji Ghar Par Hai at 10:30 PM, every Monday to Friday, only on &TV!

'Power over principles will backfire,' warns ex-Gujarat minister Nanubhai as he slams BJP's changing culture



AHMEDABAD 21 june: Former Education Minister Nanubhai Vanani has launched a sharp attack on the BJP's internal culture, warning that "gaining power by sidelining principles" could backfire. Despite the BJP's record-breaking win in the 2022 Gujarat Assembly elections with 156 seats and its grip over all 8 municipal corporations, Vanani has raised alarm. In a strongly worded letter, he questioned the means by which the party is securing power, saying people should not feel cheated after three decades of loyalty. His statement strikes at the heart of BJP's current political strategy in Gujarat. In a scathing seven-page letter titled "The Very Formula That Led to Congress's Downfall Now Threatens the BJP Too," Nanubhai Vanani delivers a blistering critique of his own party, warning that the BJP is treading the same self-destructive path once taken by the Congress. Senior BJP leader and former Education Minister Nanubhai Vanani has accused his own party of abandoning its ideological core in blind pursuit of power. "The entire culture of the Bharatiya Janata Party has changed," Vanani wrote, warning that the party is now driven by a ruthless mantra: "Jo Jeeta Wahi Sikandar."

But, he asks, "Where have these Sikandars come from? What's their ideology, what's their morality—does anyone even care anymore?" Vanani claims that the BJP is recruiting leaders with no connection to its values, thereby eroding its foundational ideology. "This reckless induction is not just weakening us—it's destroying the very spirit that built this party," he warned. He added that the BJP's growing tilt toward power-centric ideology is not only dangerous but suicidal. "Power means nothing if it's gained by dumping principles. True power lies in winning with principles at the core," he emphasized.

Looking back, Vanani reminded that Gujarat elected BJP in 1995 to break away from Congress-style politics. "If we imitate the same path after 30 years, people will say—we were betrayed," he cautioned.

IndusInd Bank Honoured for Outstanding Performance in Digital Payments by the Department of Financial Services, Ministry of Finance

Mumbai, 21 June: IndusInd Bank announced that it has received the Digital Payments Award 2023-24 from the Department of Financial Services (DFS), Ministry of Finance - Government of India.

The Bank earned this recognition by securing third position among private sector banks for delivering outstanding performance in digital payments during the financial year 2023-24.

The award ceremony, which took place on June 18, 2025, at Vigyan Bhavan, New Delhi, was graced by the Union Minister of Finance Smt.

Nirmala Sitharaman as the Chief Guest, and Shri Pankaj Choudhary, Minister of State for Finance as the Guest of Honour, among other dignitaries.

This award stands as a testament to IndusInd Bank's unwavering commitment towards advancing its digital capabilities and delivering a secure, scalable and innovative digital payment solutions that empower millions across the country. As per the official scorecard released by the Department of Financial Services, the Bank achieved 120% of its digital transaction target in FY23-24 - highest among all private sector banks in India. The award was presented to IndusInd Bank - Mr. Ritesh Raj Saxena, Head of Direct Banking and Mr. Dev Ratan Suri, Head - SDG (Payments, Cards and Govt Business) by Shri M. Nagaraju, Secretary, Department of Financial Services and Dr. Abhijit Phukon, Economic Advisor, DFS, at the Digital Payments Award ceremony.

Speaking on this achievement, Mr. Soumitra Sen - Head of Consumer Banking & Marketing, IndusInd Bank, said, "We are honoured and grateful to the Department of Financial Services, Ministry of Finance, for conferring us with this award and recognizing IndusInd Bank's efforts in driving digital adoption across the country. This recognition reinforces our resolve to continuously innovate and offer our customers intuitive, secure, and personalised banking experiences through our digitalised platforms, such as INDIE."

We remain committed to supporting India's digital journey and making banking accessible and effortless for every segment of society."

Indian Dietetic Association (IDA) Nagpur Chapter Hosts Educational Session on the Health Benefits of Almonds

Nagpur 21 june: The Indian Dietetic Association (IDA) Nagpur Chapter, with the Almond Board of California, today hosted an educational session for nutrition and dietetics professionals at Hotel Centre Point in the city. It aimed to highlight the rich nutritional profile of almonds and its health benefits when consumed as part of one's everyday diet.

The session, led by Nutrition and Wellness Consultant, Sheela Krishnaswamy, focused on three research studies conducted by prominent health and nutrition experts on cardiometabolic health, muscle benefits and blood sugar regulation. The event was followed by a panel discussion including Ms. Sheela Krishnaswamy, alongside Dr. Kavita Gupta, Secretary, IDA Nagpur Chapter, and Dr. Renuka Mainde, Treasurer, IDA Nagpur Chapter. Dr. Kavita Bakshi, Convenor of the IDA Nagpur Chapter moderated the conversation.

The research and discussion, funded by the Almond Board of California, led by some of the known health and nutrition experts Paula R Trumbo, Amy Ard, France Bellisle, Adam Drewnowski, Jack A Gilbert, Ronald Kleinman, John Sievenpiper, Maha Tahiri, Karol E Watson, James Hill, Mark Kern, Anoop Misra, Viswanathan Mohan, Sudha Vasudevan, found significant health benefits of adding almonds to daily diets.

At the event, Sheela Krishnaswamy spoke about insights from a panel of experts featured in Current Developments in Nutrition. The perspectives suggest that eating almonds daily may help lower LDL (bad) cholesterol and modestly reduce diastolic blood pressure, both necessary for heart health without leading to weight gain. In some cases, especially among Asian Indians with prediabetes, almond consumption is linked to better blood sugar control.

Krishnaswamy explained, "Adding a handful of almonds to your daily routine can improve heart health. They help to lower bad cholesterol, help to slightly reduce blood pressure, and don't cause weight gain. In fact, some people may even lose a little weight and see better control of blood sugar levels. It's a simple and tasty way to take care of your health."

A second study, conducted by Dr. Mark Kern from San Diego State University, highlighted that eating about two ounces of almonds every day for eight weeks contributed to reduced muscle soreness, improved strength, and lifted muscle

damage after exercise. These benefits were particularly seen in healthy or slightly overweight adults, making it easier for them to stick to their workout routines.

Commenting on the study, Sheela Krishnaswamy added, "The research revealed that almonds support muscle recovery and strength, making it easier to stay committed to fitness goals. They're also convenient to carry and full of nutrients, making them a smart snack for overall health."

In a third study led by Viswanathan Mohan, President and Chief of diabetes research at Madras Diabetes Research Foundation in Chennai, India, and included collaborators R. M. Anjana, Vice President at Madras Diabetes Research Foundation; Richard Mattes, distinguished professor of nutrition and public health at Purdue University; Jordi Salas, professor of nutrition and bromatology (food science) at the Universitat Rovira i Virgili; and Walter Willett, professor of epidemiology and nutrition at Harvard University, among several others.

Researchers concluded that 43 g (1.5 ounces) of raw almonds eaten daily for 12 weeks improved insulin

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Researchers concluded that 43 g (1.5 ounces) of raw almonds eaten daily for 12 weeks improved insulin

sensitivity, pancreatic function and reduced total cholesterol in Asian Indian adults with overweight and obesity living in Chennai, India. Commenting on the study Sheela Krishnaswamy said, "Many of the almond consumers showed improvements in both body weight and fasting blood sugar levels. With obesity being a growing global concern and a known risk factor for chronic conditions like type 2 diabetes, it's important to find practical, sustainable solutions. Encouraging people to choose almonds over less healthy snacks is a simple yet effective step that can support better weight management and help reduce the risk of diabetes."

The session and the panel discussion emphasized how almonds are a nutritious addition to daily diets. Studies by the Almond Board of California continue to show that almonds are a smart food choice. Just 28 grams of almonds contain 6 grams of protein, 12.44 grams of healthy fats, 3.5 grams of fiber, and 7.27 mg of vitamin E.

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"JD(U) tickets will be distributed by Amit Shah, Sanjay Jha is BJP-RSS person": Tejashwi Yadav takes potshots at Bihar's ruling alliance



Patna June 21 : Rashtriya Janata Dal (RJD) leader Tejashwi Yadav also took potshots during his presser. "Nitish Kumar's unconscious state is a blessing for them. The JD(U) tickets will also be distributed by Amit Shah... This is confirmed. Sanjay Jha is a BJP-RSS person. He is in JD(U) from the Arun Jaitley quota," Yadav claimed. The RJD leader accused the Nitish Kumar government of lacking a vision. "We will force the government to speak on IT parks, SEZ (Special Economic Zone), industrial clusters, semiconductor factories, food processing units or educational hubs in the state. JD(U) and BJP are the leading parties in the ruling coalition in Bihar. Opposition parties in Bihar have talked about

"health condition" of Chief Minister Nitish Kumar and Tejashwi Yadav also took potshots during his presser. "Nitish Kumar's unconscious state is a blessing for them. The JD(U) tickets will also be distributed by Amit Shah... This is confirmed. Sanjay Jha is a BJP-RSS person. He is in JD(U) from the Arun Jaitley quota," Yadav claimed. The RJD leader accused the Nitish Kumar government of lacking a vision. "We will force the government to speak on IT parks, SEZ (Special Economic Zone), industrial clusters, semiconductor factories, food processing units, textile hubs, educational hubs and health cities."

India's basmati export takes another hit after Trump tariffs as Israel-Iran war intensifies



CHANDIGARH 21 june: Already grappling with US President Donald Trump's 26 per cent tariff, the ongoing Israel-Iran war has triggered a fresh crisis in the Indian basmati rice export market. Indian basmati exporters find themselves caught in a web of woes, with stock consignments, delayed payments, plummeting prices, and fears of a domestic glut.

Iran is the second-highest importer of Indian basmati after Saudi Arabia, with the sela (parboiled) variety particularly cherished in Iranian kitchens.

In the 2023-24 fiscal year, a total of 59.42 lakh metric tonnes (LMT) of basmati rice was exported from the country. Of these exports, basmati rice was mainly sent to five countries: 7 LMT to Iran, 11 LMT to Saudi Arabia, 8 LMT to Iraq, 3 LMT to Yemen, and 3 LMT to the US, with the remainder going to other countries.

This development is likely to severely affect Punjab, the highest producer of basmati rice in the country, accounting for 40 per cent of production, followed by Haryana and other states.

Speaking to TNIE, Ranjit Singh Jossan, Vice-President of the Basmati Rice Miller and Exporter Association, said, "Since the Israel-Iran war broke out a few days ago, the basmati exports to Iran have totally stopped, as the operations at the Bandar Abbas port in Iran have been suspended and many consignments of basmati from India which were sent are now stuck there as two ships carrying basmati are docked at the port but are waiting to be unloaded."

"We export around one million tonnes of basmati to Iran which is approximately 15 to 16 per cent of total global export from India. Due to the present crisis, now around Rs 3,000 crore worth of export orders are hanging in a balance as no one knows how the situation will develop in the

mainly based in the country's capital city, Tehran. When will the payments to our exporters be made, it is not clear. Thus, there is anxiety among the exporters and fear factor also. The reason for that and main cause of concern is

that the Iranian currency might further devalue against the US dollar and thus the Indian exporters have to bear the financial losses," he said. Jossan added, "Before the conflict between the two countries began, one US dollar was equal to 90,000 toman (Iranian currency) in the open market. But the Iranian government used to give subsidised currency to their exporters for the basmati import from India, who used to pass the same to Indian exporters. It was one US dollar equal to 28,000 toman. Now if at all after the war

ended, the Indian exporters are worried that they will get their full payments back or not, as no one knows how further the currency will devalue further or not. Also, will the Iranian government be in a position to give subsidised currency?"

Just few days before the Israel-Iran war, the Iranian government had given permission to import 2.50 lakh metric tonnes of basmati from India to their importers on subsidised currency and had given 90 days' time to import the basmati, whose packaging was still in the Indian

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CENTRAL RAILWAY (E-TENDER NOTICE)

E-TENDER NOTICE NO. NGP/L/2025/ T/11 Date - 18.06.2025 Sr. Divisional Electrical Engineer (General) Central Railway, 2nd Floor, DRM Building, Kingsway Road, Nagpur-440001 for and on behalf of President of India invites E-Tender through website www.reps.gov.in for the following work. **Name of work:** Electrical work in connection with proposed construction of a two lane ROB along with RUB in lieu of LC No. 287 at KM 1006/37-39 on NGP-AMF section of Nagpur division. **Tender cost of work in Rs.:** 41,66,315.16/- **Bid security Rs.:** 83,300/- **Cost of tender form Rs.:** Nil **Completion period:** 6 months. **The offer will remain open for 60 days. Date & time for submission of tender:** 17.07.2025 up to 11.00 Hrs **Date & time of opening of tender:** 17.07.2025 up to 11.15 Hrs. **Website particulars:** www.reps.gov.in Detailed tender notice is placed on notice board in the office of Sr. DEE (G) NGP 2nd floor DRM office building Nagpur. Further any other correction and corrigendum, if any, to be seen on web site only. **ANJ/15/94 Sr. DEE (G) Nagpur** **DOWNLOAD UTS APP FOR TENDER**

THE YAVATMAL URBAN CO-OP. BANK LTD.,YAVATMAL
(Regd. No.YML/BNK/114) Authorised Officer Address:- Main branch, Kale Complex,Datta Chowk, Yavatmal.
Dist Yavatmal Phone No. 07232- 245183

O.W.No.YUCBL/Branch : -Main Branch /2025-2026

DT:-16/06/2025

APPENDIX- IV-A, RULE 8 (6) SALE NOTICE FOR SALE OF IMMOVABLE PROPERTIES(FIRST SALE)
Auction Sale Notice for Sale of Immovable Assets under the Securitisation and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 read with proviso to rule 8 (6) of the security Interest (Enforcement) Rules, 2002.Notice is hereby given to the public in general and in particular to the Borrower(s) and Guarantor(s) that, the below described immovable property mortgaged/charged to the Secured Creditor, the Physical / Symbolic possession taken of which has been taken by the Authorized Officer of secured Creditor, will be sold on "As where is", "As is what is", and "whatever there is" mentioned in following statement for recovery mentioned below due to the Secured Creditor from the Borrower, Co-borrower & Guarantors. Mortgage deed was already executed. The undersigned hereby invites tenders in sealed envelopes from the interested purchasers in respect of the below mentioned property on the terms and conditions stipulated herein below:-

(1)Branch, A/c No & Name and address of Borrower, Co-borrower & Mortgagor & Guarantor: Loan A/c No.193/29 Branch: Veer Sawarkar Marg 1)Shri Mangal Bhauraoji Jule (Borrower) R/o Netaji Nagar,Near mungsaji Mandir ,Darvha Road,Yavatmal 2)Shri Kamalkishor Rampratap Bhutada(Co-Borrower and Mortgagor) R/o. Nandanwan Society,near Sandip Mangalam,Yavatmal 3)Shri Swapnil Naryan Palekar (Co-Borrower and Mortgagor) R/o. Adarsh Nagar,Yavatmal 4)Shri Naresh Paresb Trivedi (Guarantor)R/o.Shriji Society,Church Road,yavatmal 5)Shri.Pratik Yogesh Jaiswal (Guarantor) R/o.Chhoti Gujar Chauk,Yavatmal Description of the Immovable properties with name of the owner/Property : Immovable Property Situated at Main Branch, Yavatmal, Dist Yavatmal, N.P.Gat No.297/1, layout Plot No.26 & 27

| | | |
|--------------------------------------------------|-----------------------|-----------------------|
| Mortgage Description | S.No.297/1 plot no 26 | S.No.297/1 plot no 27 |
| AREA | 208.15 Sq.Mtr. | 170 Sq.Mtr |
| COMBINE BOUNDARIES (AS PER MORTGAGE DEED) | | |
| EAST | SCHOOL | SCHOOL |
| WEST | ROAD | ROAD |
| NORTH | ROAD | ROAD |
| SOUTH | PLOT NO 25 | PLOT NO 25 |
| RESERVE PRICE | 695000/- | 531000/- |
| EARNEST MONEY | 35000/- | 27000/- |

Date of Demand Notice Dt.12/12/2024 **Possession Notice date:** 17/03/2025 **Outstanding As Per Demand Notice** : Principle Rs.775118/- (In words-Seven lakhs seventyfive thousand one hundred eighteen only)As on Interest Rs.61016/- (In words- Sixtyone thousand and sixteen only)+ Further Interest **Mortgage particulars** : Deed of Mortgage (regd) dt 31/03/2018 Docu.No.YVM-1041-2018 FOR RS.2500000/- against the Said Property.The tender received within stipulated time period will be opened on dated **22/07/2025** at 11.00 A.M Main Branch,Datta chowk Yavatmal. The interested bidders may submit their tenders on or before Dt.21/07/2025 Time up to 11.00 A.M to 5.00 P.M during the hours in Sealed envelope addressed to "The Authorized Officer of The Yavatmal Urban Co-op. Bank Ltd, Yavatmal., Branch at Main Br." along with earnest money deposit by way of Demand Draft or Pay Order.

Tip: The Authorised Officer reserves the right to postpone or cancellation of the said sale notice.
Terms & Conditions:- Earnest money DD will be separately attached, after confirmation of DD Tender Form will be accept. For detailed term and conditions of the sale please refer to the tender form available with Authorised Officer of Bank. Authorised Officer(Secured Creditor)The Yavatmal Urban Co-op. Bank Ltd, Head Quarter Main Branch, Yavatmal

Manufacturing a superpower



With the success of Operation Sindoor, India has established itself as a military power capable of defending its people without external support. This is the result of not just the government's strategic interventions and the valour of our armed forces, but also our economic ascendancy and domestic industrial excellence. With a "focused, measured and non-escalatory" approach, the operation neutralised imminent threats while avoiding civilian casualties. India's defence systems intercepted most aerial threats and showcased our technological edge and operational preparedness to the world.

India's ascent as a global power is closely intertwined with its pursuit of defence self-reliance. The ongoing transformation in the sector is a quiet revolution that positions the country as a formidable global player in military manufacturing. Defence exports in 2024-25 reached Rs 23,622 crore, a remarkable 34-fold increase over 7686 crore in 2013-14. This exponential growth is the outcome of sustained policy initiatives under the twin pillars of Atmanirbhar Bharat and Make in India, including production-linked incentives and targeted investment support. Domestic defence manufacturers are increasingly meeting the evolving requirements of our armed forces. The inauguration of the BrahMos Aerospace Integration and Testing Facility in Lucknow, with an annual production capacity of up to 100 missiles, highlights our growing competitiveness. This manufacturing surge has enhanced national security and transformed defence public sector units into lucrative investment opportunities, delivering robust outcomes.

For the sector to go to the next level, industry must come together and plan ahead. Collaboration among public and private sector companies, including startups, and academia is essential to drive innovation, scale up production, and develop advanced indigenous capabilities. This collective effort reduces our dependence on imported hardware, strengthens national security and ensures the armed forces are equipped to swiftly respond to emerging threats. Achieving strategic objectives while reducing our dependence on imported military hardware is vital given our complex geopolitical environment. The government's 15-year defence modernisation roadmap, backed by a \$160-200 billion business pipeline over the next five years, creates unparalleled opportunities for growing domestic industry. Key reforms, including positive indigenisation lists and a mandate reserving 75 percent of capital acquisitions for local suppliers, are driving a paradigm shift towards indigenous manufacturing. Initiatives—like the Defence Industry Corridors, Defence Testing Infrastructure Scheme, relaxed foreign investment norms, and the iDEX, which, as of this February, has engaged with 619 startups and smaller enterprises, addressing 549 problem statements and resulting in 430 signed contracts—will foster innovation and private sector participation. Today, private sector companies are manufacturing and exporting advanced weapon platforms, systems, and sub-systems. Encouraged by the impetus provided by the government, many of them are investing in developing technology and enhancing capacity.

A crash that flies in the face of our hubris

I took a flight out of Bengaluru to Kochi on the morning of June 12. All was well and happy. But by the time I reached my hotel, I heard the heartbreaking news that AI 171, a Boeing 787-8 Dreamliner, had crashed while taking off on a routine flight from Ahmedabad to London's Gatwick airport. Even as the news broke, social media was full of visuals of dark smoke burning litres of aviation fuel on the ground as the flight had crashed just 38 seconds after a full tank take-off. It looked as if no one could be alive. The details emerged slowly. The flight, that had 242 people, faced 241 fatalities, with just one miraculous escape of a passenger from seat 11A. Worse news was to come. The plane's crash into the B J Medical College premises killed another 38 hapless people on the ground. This remains a disaster hard to explain. Why did it happen at all?

The whole nation is in shock. So am I. Many other nations, whose nationals perished, are at arm's length. Disasters of this kind rattle all in more ways than one. Even as the news kept coming out, there were prayers on every lip, hoping for more survivors and fewer fatalities. But that was not to be. As I write this piece, it is only three days since the accident and the wound is still raw. If that is our situation, just imagine the plight of the near and dear ones of those who perished. Whole sets of lives have been changed forever. Whole sets of nations and families have been scarred, not by an act of war, but by an accident. This first-ever hull loss of a Boeing Dreamliner is more than the loss of an aircraft and lives. It raises questions on many aspects of life itself. For a start, why did all of us get so rattled by this accident? Many reasons maybe. An incident of this kind makes us feel the pain of others distant from us in many ways, and at the same time very close to who we are as humans. The key question, "What if it was me?" lurks around ominously as well. We as human-beings will forever empathise with the distress of another, all the time living vicariously through the distress. We will very quickly visit the fact in our minds that we are but mere mortals. An accident of this kind could happen to us. We get off our "I will never ever die" pedestal, and face reality. Covid pandemic did to us as a society, this air crash did to all of us as well just a few days ago. At least momentarily. Add to it the thought that we are suddenly confronted by the fact that we cannot plan for everything.

Skies clearer, clouds on ground

One could be excused for being weighed down by a sustained spell of sadness on account of last week's pointless tragedy of an Air India flight crashing into a college hostel and killing more than 270 people in all. One supposes in the same breath that it's the essence of tragedies—their pointlessness; death without reason. Despite the heavy toll and the sensational nature of the incident, the fact remains that air travel in India has been getting safer. According to the International Civil Aviation Organization, India recorded zero accidents per million departures for scheduled commercial flights in 2023, a marked improvement over the 0.87 accidents per million in 2022. Since 1947, commercial airline accidents in India have claimed a reported 2,173 lives in 52 fatal incidents, with 80 percent of those between 1951 and 2010 attributed to pilot error. These numbers, however, pale against other types of accidents. Perhaps because we are congenitally more tolerant of chaos as a civilisation, deaths from road accidents result in vast numbers of deaths. Tardy observance of traffic rules is only one factor. The state of the roads themselves is fatality-inducing. Mind-numbing numbers of casualties are distributed across road traffic collisions, rail

Writing the Emergency: Early notes from the underground

Next week, it will be 50 years since the Emergency was proclaimed by Indira Gandhi. Like last year, when the new parliament was constituted, it is bound to generate a lot of rhetoric, blame, counter-blame and also false moral equivalences with the present. When it comes to documenting the brutalities of the Emergency, a good majority of the literature falls under the genre of memoir, which captures emotion, heroics and suffering. These came much after the Emergency was lifted, and after many cubic feet of water had passed under the arches of Indian politics. But equally or more fascinating was the vigorous real-time pamphleteering that happened during the Emergency.

It is pamphlets, both anonymous and signed, that characterised the Emergency and scarred the Congress and the Nehru-Gandhi dynasty permanently. They constructed an enduring perception of the time. It may be instructive to revisit the very first underground pamphlet that was smuggled out of India via London during this time, and published in faraway United States by a diaspora group called Indians for Democracy (IFD). The pamphlet was provocative, polemical and plain angry, with colourful phrases of personal attack on Indira Gandhi. The pamphlet's ideological position was clear and the international references it made not just automatically created a wider appeal, but looked like a deliberate effort to seek a bigger audience. It invoked the historical context of Nazi Germany to drive home the



emerging situation in India rather effectively. In parts, it was also an instruction manual on how to build resistance while underground.

The words 'fascist' and 'dictator' was liberally sprinkled for Indira Gandhi in almost every paragraph of the long document, which was roughly over 5,000 words long. Indira Gandhi was all through referred to with 'Nehru' as her middle name—'Indira Nehru Gandhi'.

The author of the 'historical document' was George Fernandes, chairman of the Socialist Party of India. It was datelined June 26, 1975, at Gopalpur-by-sea, where his wife Leila Kabi's family had a bungalow, and from where he had escaped arrest. The IFD publication date was July 1, 1975. This meant it had travelled across the seas with remarkable speed, within a week of it being penned. There was a short covering letter to the pamphlet, which said that all the firepower of the British army and all the repressive measures of the

imperialists had come to nothing before Mahatma Gandhi's movement of non-violence. Therefore, the response to "this violent war on the people" of India should remain peaceful and non-violent. "Of course, Mrs Gandhi and her sycophants lack the conscience and sense of history that the British possessed... She will go like all the despots have gone before her—into the dustbin of history," it proclaimed. The beginning had three quotes on democracy and dictatorship by Mahatma Gandhi, Jayaprakash Narayan and Rammanohar Lohia. Then, it said, that Nehru's daughter presenting herself as a "dictator" was not surprising because one saw it coming. It had become evident when Indira Gandhi had started filling up her party with "defectors, opportunists, time-servers, sycophants, a large sprinkling of riffraff and other scum of our society".

Fernandes calls the

proclamation of the Emergency the "blackest day yet" in the nation's tortuous history. He says Indira Gandhi had administered the coup de grace to whatever remained of Indian democracy. It was about "evil's triumph over good" and all that was "decent in our society". There is a clear binary in the pamphlet, which portrays Indira Gandhi as a personification of evil, while Jayaprakash Narayan as a symbol of good around whom the society should rally.

On the propaganda that the state-owned media had unleashed, it said: "Madam Indira Hitler is her own Goebbels, and her every utterance is a damned perverted lie which is broadcast to a nation a hundred times over in true Goebbelsian style... lying, deceit and blackmail have been Mrs Nehru Gandhi's principal political weapons... even Idi Amin of Uganda looks an amateur when weighed against the actions and utterances of Mrs Nehru Gandhi." Fernandes laments that nobody saw the nation's transition so quickly into "fascist dictatorship" and no party, including the Congress, had anticipated this turn. Even the "radical phrase-mongers" who said 'India was Indira and Indira was India' did it for crumbs of power and personal gains. But he says he somewhat had a hunch about how this was panning out, and had precociously stated in 1971 after the general election results were out that the picture of Indira Gandhi on election posters "bore resemblance

to Hitler's pictures sans the moustache".

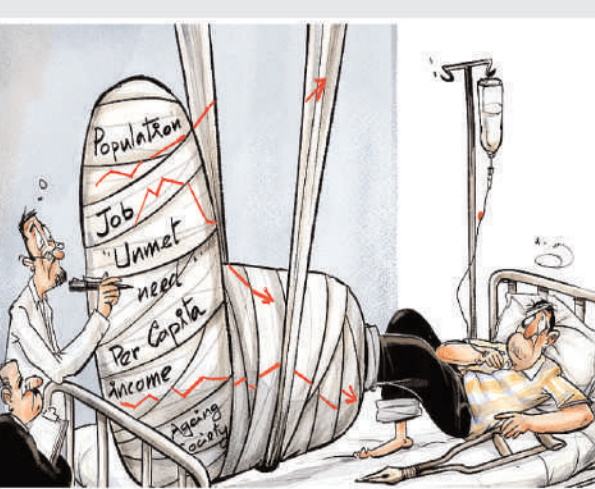
Further recalling the violence from the 1971 election, especially in West Bengal, Fernandes charged that the ruffians of Indira Gandhi's party had ensured the physical liquidation of opposition party workers, with the CPI(M) and the Socialists suffering the maximum with the takeover of hundreds of trade union offices. Preventing opposition parties from conducting legitimate political activity meant the slow rise of fascism.

He recalls how the May 1974 railway strike that he led was crushed, and adds to his lament: "We failed to see the coiled cobra of fascism even while it kept hissing and biting... Mrs Nehru Gandhi had mastered her Mein Kampf, while the opposition parties did not even know what their democracy meant." Fernandes, in the pamphlet, thinks that Indira Gandhi was genuinely worried that once out of power, she would be investigated for nepotism, corruption and political murders. After listing the various charges of corruption against her, he says: "Investigations by a new government into the Lalit Narain Mishra murder mystery (the railway minister who was killed in a bomb blast in January 1975) and the dud bombs thrown into the car of the chief justice of the Supreme Court will bring about startling disclosures that could shock the world. The time capsule... of the lives and times of the Nehru dynasty will be unearthed to show in all their naked ugliness the vanity and obsession of a small woman." The final section of the pamphlet is about how one should handle the Emergency. How does one resist it and fight back? What strategies can be built? Among the interesting action points is included creating "whispering campaigns".

An age to worry about ageing population

Most global reports on demographic patterns often glaze over issues that are of significance to large countries like India. For its flagship annual report of 2025, the United Nations Population Fund (UNFPA) conducted a survey along with YouGov of more than 14,000 men and women across 14 countries that, together, are home to more than 37 percent of the world's population. The aim was to learn about the fertility aspirations and achievements of individuals, and to understand the challenges they have experienced, if any, and the way forward. India was one of the countries studied. Let me begin with what I believe to be India's most important demographic concerns today, which are mostly not highlighted in the UNFPA report. First, a couple of years ago, India became the world's most populous country, from being the second most populous since 1947. India's population at independence was 350 million, against China's 550 million in 1951. China's leaders invested heavily in women's education and the health of its population in the first three decades after 1949. They reaped the benefits when their country became the world's second-largest economy and a veritable superpower.

Had India's policymakers understood the importance of education and health (including nutrition) for its population, especially in the Hindi belt, our population would not be expected to peak in 2065 at over 1.65 billion. It will continue exacerbating the vicious cycle of population growth, environmental degradation and poverty unless policy corrections occur faster. Second, India's demographic dividend began in the early 1980s and will end in 2040. During this time, the share of the working-age population is rising, and that of the dependent population falling, which



would mean an attendant economic growth if the right economic policies create enough non-farm jobs. Thus, far from what policymakers believe, India is no more a youthful country, but is rapidly ageing one. The working-age population will start shrinking from 2041.

The demographic dividend is a golden period when the young are getting better educated and desperately need non-farm jobs. However, in India today they are still not getting those jobs in the numbers needed.

There are four dimensions to the looming jobs crisis, which our governments are not willing to recognise: the young joining the labour force each year; the currently unemployed; the youth not in education/employment/training and willing to work, but not looking for work; hence are 'discouraged' workers; and the millions underemployed that need to be pulled out of agriculture. Third, the first point mentioned above is tied to the fact that India's population problem has essentially been a Hindi belt problem, and is now one confined to three large northern states—Bihar (with a total fertility rate of 3), Uttar Pradesh (2.7) and Jharkhand (2.4), the only major states with TFRs above the replacement level, while India's overall TFR is 2.0. UNFPA 2025 tells us that global fertility rates

have declined from an average of 5 children per woman in 1950 to 2.25 in 2024. So India, as a whole, is doing better (except for the three large states) than the world average, although it will need to do much better.

These are also the three states with the highest 'unmet need' for family planning—an indication of the failure of successive governments in these states. While the national average for unmet need is 12.9 percent (National Family Health Survey 2021), in UP it is 18.1 percent and in Bihar 21.2 percent. These numbers speak volumes about the lack of reproductive health services in the two states that together account for a fourth of India's population.

But unmet need for family planning is only the tip of the iceberg. The real issue runs deeper: in Bihar, 42.5 percent of girls are married by the age of 18, whereas the overall rate for India is 26.8 percent. That gives the lie to all the talk about 'Beti Bachao, Beti Padhao'. Clearly, the public health messaging system is not working and schools are not teaching the most important lessons on fertility. UNFPA 2025 reminds us that gender inequality continues to impact fertility aspirations, with women often bearing the brunt of societal expectations—and the Hindi-belt states are no exception.

The effects of our reproductive health system's failure get worse. Currently, the use of 'any family planning method' in India is only at 53.5 percent—that is, nearly half of Indian couples don't use any family planning method. But in UP, it is worse, at only 41.5 percent for 'any method' and 31.7 percent for 'any modern method'. For Bihar, these numbers are even worse at 24.1 percent and 23.3 percent, respectively. The UNFPA's survey in 14 countries showed that nearly one in three respondents said they or their partner had experienced an unintended pregnancy.

Need to go back to no-go zones during war



As Israel seeks to flatten Tehran and Iran bombs Tel Aviv into a version of Beirut, here's a case for the revival of demilitarised 'open cities' of cultural significance.

A post on the matter by G S Seda set me down the path of history-leaving and thinking about the past, present and future of demilitarised urban areas. Even as war-makers distinguish less and less between combatant and non-combatant, between logistical targets and unreasonable collateral, between cultural inheritances and military vulnerability, entire conurbations have become acceptable as strike-worthy zones. The history of war strategy deliberately levelling heritage cities is long—Timbuktu, Benin, Baghdad, Mandalay, Hiroshima, Nagasaki, Dresden, Aleppo, Afrin, Ypres, Sarajevo, Palmyra, Mostar, Narva, Magdeburg, Warsaw, Norrköping, Kyiv and London are just a few examples of cultural pulverisation in times of war.

We seem not particularly moved by entire cities blitzed by indiscriminate bombing, or historic-cultural sites of significance within cities being razed in attempts at ethnic eradication from history. We take heritage sites in the quotidian cityscape for granted, but bombs and missiles—or even rampaging soldiery—don't. Until the Second World War—when bombs were directed not by live satellite feeds or GPS, but by cartography—maps had areas of protection mapped out. Bombs were aimed for maximum damage to armaments production or arms transportation facilities, at airfields set outside urban spaces, at dams located far from cities, at shipyards, at supply lines. In 1939, when Germany invaded Poland, the mayor of Kraków declared it an open city after a Polish army division moved out. It was occupied by the German army with little fighting. In 1940, the Belgian government declared Brussels an open city, minimising destruction. Also in 1940, the French government moved to Bordeaux after declaring Paris an open city, thus saving the city's cultural sites. In 1941, the then Kingdom of Yugoslavia declared Belgrade an open city, preventing further destruction. In 1942, after the Dutch forces had left, Batavia (now Jakarta) was declared an open city, and the Japanese took it over with little destruction. In 1943, following the cessation of Allied bombing, the Italian government declared Rome an open city, halting razing even as German troops fled. In 1944, the retreating Germans declared Florence an open city, preventing rapine during the chase. Again in 1944, the harried Germans declared Athens an open city before departing. They did the same to Hamburg in 1945, leaving it preserved for the British troops to take over.

But missilery brought its own dynamics of lack of human supervision. London was never declared an open city, and Hitler may never have respected that status even if it was. During the Blitz that reduced London to a smoking ruin, Hitler's V2 long-range ballistic missiles—the world's first, and named Vengeance Weapon 2 for the civilian damage it wreaked—caused carnage far above and beyond military targets. Britain, like Germany, had embedded its weapons and defence machinery among thickets of civilians, both to hide them from scrutiny and to cushion them with human flesh. The expansion of collateral-damage zones carried over exponentially into the US's post-war missile and bomb development, built by expatriated Nazi rocketeers brought into the US through Operation Paperclip. The zenith of the idea of mass obliteration of civilians was Operation Meetinghouse in March 1945, during which Tokyo was fire-stormed with incendiary bombs in what became the deadliest conventional air-bombing in WW2. This was followed by the since-unmatched civilian slaughter of Hiroshima and Nagasaki five months later. But it might be instructive to note that more people died during the conventional bombing of Tokyo than in the nuclear bombing of Nagasaki. By this time, war-makers had obliterated the combatant-noncombatant binary.

Apathy of government, administration gives nightmares to hamlet people : Dipak Dharne

Karanja (Ghadge) 21 June:-Of late, the entire country celebrated the "Azadi Ka Amrit Mahotsav" (75 years of Indian Independence) and undertaking various development works, many villages and hamlets in rural areas still remain deprived of basic facilities. During the monsoon, these areas often get completely cut off from the rest of the region. One such situation exists at the far end of Karanja Ghadge taluka in Wardha district lies the village of Susundra. To the north of the main village, there is a small hamlet called Susundra Heti, home to an estimated 150 to 200 tribal residents. This village is essentially an isolated tribal hamlet.

Around 25 to 30 children from this village walk this path daily to attend the Zilla Parishad School, Susundra, and Sant Bhakre Maharaj Vidyalaya, Susundra. However, during the four-month monsoon season, these students are only able to attend school for about two months. If it rains while they're returning from school, they are often stranded for 3 to 4 hours—or sometimes even the entire day—until the floodwaters in the stream subside. Parents remain in constant worry until their children return, and they stay in touch with the school staff to get updates.

The village cremation ground also lies along this same path. During the monsoon, conducting funeral rites becomes a life-threatening ordeal, and people must cross flooded paths with their lives in their hands. In fact, during this season, the villagers silently pray that no one passes away, as the struggle continues even after death.

Despite numerous appeals, no government authority has taken the initiative to build a bridge or a proper road here. This is the true tragedy. On one hand, Maharashtra government boasts of progressive and development-oriented state, but even after 77 years of independence, this is perhaps the only example in the region where such basic necessities remain unfulfilled.

Nowadays, the villagers have lost all hope and expectations regarding this matter. Who is responsible for the loss in students' education? This path also serves as the main route for hundreds of



hectares of farmland, posing serious problems for the farmers. Transporting essential goods like groceries has become difficult. Pregnant women are sent to their maternal homes four months in advance, which is a shocking reality to witness in this era of supposed freedom. If anyone falls seriously ill, they risk losing their life due to the lack of emergency access—this has become an undeniable, harsh truth. While this issue remains unresolved, is it not the responsibility of those in power to ensure it does not persist in the future?

There is neither a bridge nor a proper road from Heti to Susundra. As a result, during the rainy season, students from this region are unable to attend school, which severely hampers their education. Furthermore, residents face serious health-related challenges. In case of emergencies, transporting patients to the hospital becomes extremely difficult. It is imperative that the government and administration address this issue urgently. The distance from Susundra to Heti is approximately two kilometers. The residents of Heti depend on Susundra for their daily activities, as there is no alternate route to the village. Beyond Heti lies a river, and across it is the Nagpur district. There are two streams between Heti and Susundra. Before the monsoon sets in, villagers must stock fertilizers, seeds, medicines, and other agricultural supplies in advance, as the streams flood during rains, halting all movement. During the monsoon, water levels in the streams rise significantly, and there is no usable road available. The current dirt track is in poor condition, and there is no alternative route for vehicles. In emergencies,



villagers are left wondering how to transport sick individuals to the hospital. When someone falls ill suddenly, residents have no choice but to brave extremely tough conditions to seek medical help. The rough, uneven path is difficult to walk on, and people face daily hardship just to travel. For essentials such as grains, groceries, school, college, and daily necessities, residents must go to Susundra.

During the rainy season, conditions worsen drastically. With high water levels in the streams, it becomes impossible for students to attend school. No parent dares to send their children out in such conditions. Around 15 to 17 students from Heti are enrolled in the Zilla Parishad Upper Primary School in Susundra. Some attend secondary schools and some are college students in Karanja town. But due to the monsoon, they are unable to attend classes, causing educational setbacks. "With no public facilities available, the people of Heti-Susundra are suffering. A connecting road to the village has not been built yet, leading to severe difficulties for the residents. Pregnant women, farmers, and students all face tremendous challenges. For years, the Heti-Susundra settlement has remained deprived of basic civic amenities. There is an urgent need for the construction of roads and a bridge in this area".

Rahul Phule, former Deputy Sarpanch, Susundra.

Double Attack by Wild Animals in Balapur One Farmer Attacked by Wild Boar, Another by Bear Both Farmers Injured, Panic Spreads in Village

Balapur 21 June:- This morning, two separate incidents involving wild animal attacks on farmers took place in Balapur tehsil, creating a sense of panic in the area. In the first incident, a farmer was attacked by a wild boar, while in the second, a bear injured another villager. According to reports, the Sarpanch of Takli Nimkarda village informed the Forest Department early this morning that a farmer had been attacked by a wild animal in the field. Acting promptly, a Forest Department team arrived at the spot and began searching for the bear in the nearby forest and field areas.



In this incident, Rameshwar Baban Divre, a farmer, was injured. A Forest Department official stated that Rameshwar, in his statement, mentioned that the animal that attacked him was not a bear but a wild boar. Meanwhile, during the



forest team's lunch break in the afternoon, Satyapal Wankhade, a local villager, went near the forest area where he was attacked by a bear. At around 5:50 PM, the Forest Department team spotted the bear, but due to the presence of many

villagers and loud noise in the area, the bear fled back into the forest. The search operation was then halted due to darkness.

Throughout the day, the Forest Department conducted an intensive search operation, but the bear could not be captured. Citizens have been requested to avoid going to the affected area for their safety. The Forest Department also informed that a fresh search operation will be conducted tomorrow to capture the bear and prevent any further incidents.

Gajanan Gaikwad
Forest Ranger, Forest Division Akola

Toddler Crushed to Death as E-Rickshaw Overturns at Home While Playing in Wathoda

Nagpur 21 June:- In a heart-wrenching accident, a three-year-old boy was killed after an e-rickshaw unexpectedly moved and overturned at his home in Aradhana Nagar, Bidgaon, under the jurisdiction of Wathoda Police Station.



The tragic incident took place around 1:00 pm on Friday, June 20, when Sunil Karulal Lillare (32) was unloading cement frames from his e-rickshaw. His young son, Divyansh, was playing inside the parked vehicle when it suddenly rolled forward, lost control, and toppled from the driver's side.

The child suffered a severe head injury and was

immediately rushed to Seven Star Hospital, where doctors declared him brought dead.

Following the incident, Wathoda Police registered an Accidental Death Report (ADR) based on the father's statement.

The incident has sent shockwaves through the local community, raising concerns about safety around motorized vehicles at home.

Thousands participated in International Yoga Day in Nagpur



Nagpur 21 June:- Thousands of people in Nagpur performed Yogan on Saturday at Yeshwant Stadium to mark the International Yoga Day. The event was organised by the Nagpur Administration and Nagpur Municipal Corporation. Union Minister Nitin Gadkari, MLA Pravin Dalke, Police Commissioner Dr Ravindra Kumar Singhal, Municipal Commissioner Dr Abhijit Chaudhari, President of Janardan Swami Yogabhyasi Mandal Ram Khandwe, former Mayor Dayashankar Tiwari, Additional Commissioners Vasumana Pant, Vaishnavi B, Ajay Charthankar, and many officers participated in the programme, based on the theme of 'One Earth, Yoga for One Health'. A song to generate awareness about Yoga, oath taking to make Nagpur Drug-free through 'Mission Thunder' were part of the Yoga Day programme. Bharat Delikar, an NMC employee who won a gold medal in the Asian Yoga Championship, was felicitated by Gadkari. District Yoga Association's Anil Mohgaonkar and Sandip Khare with their teams staged demonstrations on Yoga.

Yoga for 'One Earth, One Health' was performed by S.K.S. Kendra, Nagpur on "11th International Yoga Day"

Nagpur 21 June:- Yoga Day was celebrated at Mukhtangan, South Central Zone Cultural Center, Nagpur at 7.30 am on 21 June 2025 on the occasion of "11th International Yoga Day" under the joint aegis of South Central Zone Cultural Center, Nagpur (Ministry of Culture, Government of India) and Janardan Swami Yogabhyasi Mandal, Ramnagar, Nagpur. The yoga session was started by lighting the lamp by the Director of the Center, Mrs. Aastha Karlekar and Yoga Instructor of Janardan Swami Yogabhyasi Mandal, Nagpur, Mr. Sapan Avchar.



At the end of the program, Janardan Swami Yogabhyasi Mandal, Nagpur's President Shri Rambhau Khandve Guruji was present. On this occasion, he also guided the attendees. Along with him, Janardan Swami Yogabhyasi Mandal, Nagpur's caretaker Shri Milind Vajalwar was also present on this occasion.

The theme of the 11th International Yoga Day this year was "Yoga for One Earth

, One Health". Keeping this theme in mind, the centre organized yoga sessions in the beautiful natural environment of the centre and Yoga classes are being held regularly at the centre for the past 13 years. Under the guidance of a yoga expert, the centre's director, all officers/employees, yoga practitioners of Janardan Swami Yogabhyasi Mandal and citizens performed yoga together. A large number of people participated in this event with the help of Google Meet. Along with this, the entire program was also broadcasted live on the Facebook page of South

Central Zone Cultural Center, Nagpur. Citizens also joined this yoga session through this. Along with this event, the Center in collaboration with Nagpur Mahanagar Palika and Janardan Swami Yogabhyasi Mandal, Nagpur organized a grand yoga session at 6.30 am in Yashwant Stadium, Nagpur. Thousands of people attended this event. Employees of the Center participated in this event. Both these events were successfully organized by South Central Zone Cultural Centre, Nagpur under the guidance of the Director of the Centre, Mrs. Aastha Karlekar.

Komal Gandhaar Dance Academy Shines in Kathak Exam; 25 Students in Merit List

Nagpur 21 June:- A proud moment for Komal Gandhaar Dance Academy as 35 students appeared for the Kathak Dance Examination conducted by Akhil Bhartiya Gandharv Mahavidhyalaya, Mumbai, in April and May 2025. Out of them, 25 students secured positions in the merit list, and 10 students achieved first position in the exam.

The students, along with their families, expressed immense joy and gratitude for the academy and their mentors. In a brief interaction, students credited their success to the dedicated



training and guidance provided by Director Mr. Kshiteej Meshram and Guru Jayashree Meshram.

Komal Gandhaar Dance Academy, located near

Godhani Road, Zingabai Takli, Nagpur, has been nurturing classical dance talent for years. Guru Jayashree Meshram congratulated the students

for their outstanding performance and encouraged them to continue their journey in Indian classical dance with dedication and discipline.

Chanda Devi Saraf School Team Wins National Awards at 'Tarangan'

Nagpur 21 June:- The Chanda Devi Saraf School, Katol Road, Nagpur, delivered a stunning performance at the prestigious national dance and art convention 'Tarangan 2025', held from May 30 to June 2 in Pune. Organized by Kathak Rockers, the event saw participation from over 500 dancers across the country. Under the mentorship of Director Nisha Saraf, Principal Bharti Malviya, and Dance Teacher Jayashree Meshram, the young performers from the school captivated both the audience and judges with their energetic and graceful performances, securing top national accolades. Winners at a Glance:



Solo (Junior) Awards:
Tarnika Kezarkar – 1st Prize (Folk Dance – Lavani)
Aditri Verma – 2nd Prize (Classical – Bharatnatyam)
Avni Karole – 2nd Prize (Western – Bollywood)

In a special recognition, Guru Samman was awarded to Jayashree Meshram for her outstanding contribution to dance education and mentorship. The four-day event, curated by Chetan

Borkar, celebrated the fusion of tradition, innovation, and youthful talent on a national platform.

The school extended heartfelt thanks to all parents and supporters.

The student performers dedicated their achievements to their beloved dance teacher, Jayashree Meshram, and brought immense pride to the city of Nagpur.

Nagpur Launches High-Tech Drone Survey to End Land Mess in Hudkeshwar, Narsala



Nagpur 21 June:- Nagpur is gearing up to fix decades-old land confusion with a game-changing drone-based land survey starting June 22, targeting Hudkeshwar (Bu.) and Narsala — two villages newly added under the NMC's fold. In a bold tech-first move, this first-of-its-kind municipal drone mapping is a joint effort by the Land Records Department, District Collector's Office, and Nagpur Municipal Corporation (NMC). The survey kicks off at 3 PM at Tajeshwar Nagar Ground, with Revenue and Guardian Minister Chandrashekhar Bawankule flagging off the initiative.

Despite being within NMC limits for years, these

villages were left out of earlier surveys—leaving landowners in limbo and planning on hold. That's about to change. Experts from the Survey of India will map every inch using cutting-edge drone tech, producing high-resolution, tamper-proof property maps. Residents will finally receive official property cards, giving them legal proof of ownership and putting an end to endless disputes. "This is a massive leap for transparency," said Satish Pawar, Deputy Superintendent, Land Records. If successful, this model could redefine urban land governance across Maharashtra. For now, Nagpur is setting the benchmark — one drone flight at a time.

International Yoga Day celebrated at Sai International School



Ramtek/Nagpur 21 June :- Sai International School, Shital wadi, Ramtek organised successfully International Yoga Day celebration at School. Students participated actively from their home. They also prepared posters and painting and spread awareness among the people related to significance of International Yoga Day. Principal Rajendra Mishra highlighted the significance of Yoga and Meditation in daily life. Dr. VB Nagpure greeted all the participants.



S.P. Singh Re-elected Unopposed as PRSI National Vice President (West)

Nagpur 21 June:- Mr. S.P. Singh has been re-elected unopposed as the National Vice President (West) of the Public Relations Society of India (PRSI) for the 2025-27 term.

The announcement was made by Election Officer Prof. Subhash Sood during PRSI's Annual General Meeting and elections held in New Delhi on Saturday. Singh was first elected unopposed to the position in June 2023. A veteran in the field of public relations, he earlier served as the Chairman of the PRSI Nagpur Chapter and retired as Advisor (Public Relations) from Western Coalfields Limited (WCL). He currently serves as

Officer on Special Duty (OSD) at Visvesvaraya National Institute of Technology (VNIT), Nagpur. Prof. Sood also declared Dr. Ajit Pathak as the National President of PRSI. Mr. U.S. Sharma (South), Mr. Narendra Mehta (North), and Mrs. Anu Majumdar (East) were elected as regional Vice Presidents. Dr. P.L.K. Murthy and Mr. Dilip Chauhan were elected unopposed as General Secretary and Treasurer respectively. The PRSI Nagpur Chapter congratulated Mr. Singh on his re-election.

Among those extending wishes were Chairman Mr.

Yashwant Mohite, Vice Chairman Mr. Akhilesh Halwe, Secretary Mr. Manish Soni, Joint Secretary Mr. Prasanna Srivastava, Treasurer Mr. Sharad Marathe, and members Mr. P. Narendra Kumar, Mr. M.M. Deshmukh, Mr. Anil Gadekar, Mr. Vinod Ratpatwar, Mr. Milind Chahande, Mr. Amit Bajpai, Mr. Vivek Asrani, and Dr. Manoj Kumar.



Congress is a party that runs with inclusive ideas

UMARKHED / NAGPUR
POST 21 June:

Congress is a party that runs with all inclusive ideas, taking all castes along with it, Manikrao Thakare expressed his belief that the people will be with Congress in all elections like Nagar Parishad Panchayat Samiti and Zilla Parishad across the district,

He was speaking at a Congress activists' gathering at Rajasthani Bhavan here on Thursday. Speaking further, he said that casteism and anarchy have been prevailing in the country for the last eleven years. The central and state governments are currently working by breaking many parties with power and money and misusing central institutions. The questions raised by the results in the assembly are still unanswered. <

Against this ongoing dictatorship, Congress activists will do good work, with the strength of these honest and courageous workers, we will hoist the Congress flag in ten out of ten municipal councils in the



district, he expressed on this occasion. Only the Congress party has the courage and thought to provide justice to the class deprived of development. This gathering was presided over by former state education minister Vasant Purke, chief guests were MLA Balasaheb Mangulkar, former minister Shivajirao Moghe, former MLC Wajahat, State General Secretary Tatu Deshmukh, City President Nandkishor Agarwal, Former Zilla Parishad Chairman Ram Devsarkar, Sahebrao Kamble, Gopal Agarwal, Mahendra Kawale, Dattarao Shinde, Zafar Syed, Atmaram Shinde, Sambhajirao

Narwade, Kalasaheb Chandre, Khwaja Qureshi, Ramrao Gaikwad, Istiyak Khan, Prabhakar Lahewar, Balu Durgamwar, Ajay Maheshwari, Shailesh Koparkar, Gaikwad, Wasif Pathan, Sonu Khatib, Jamir Painter, Ambadas Dhule, Premrao Wankhede, Uday Patsewar, Virendra Khandare, Ishwar Goswami, Nilesh Jaiswal, Shivaji Wankhede, Siddheshwar Jagtap etc. along with office bearers of all the cells in the city were present in large numbers.

The BJP has been spreading corruption in the city under the guise of development for the last six years. The local municipal council committed a garbage scam and embezzled Rs 65 lakh from the public. A case was registered in the case on the orders of the High Court. Therefore, the Congress will contest the municipal council elections with strength, and Congress city president Nandkishor Agarwal assured that he would give a chance to the youths in the elections.

Damaged embankments in Nalanda and Jehanabad being repaired on war footing: VK Chaudhary

Patna, Jun 21: Bihar Water Resources Minister Vijay Kumar Choudhary said on Saturday that embankments damaged in Jehanabad and Nalanda districts due to the unexpected increase in the water level of the rivers originating from Jharkhand are being repaired on a war footing. The embankments were damaged following continuous rainfall during the last 72 hours. Choudhary told news persons here that the mounting water pressure damaged the embankments at six places in both of the districts. Taking it seriously, the department has taken up flood control measures on a war footing to restore the damaged part of the embankment. Two additional executives and two additional assistant engineers along with contractors from Patna have been sent to the spot, he informed. The minister said that a total of seven people, including executive and junior engineers have been

suspended as they were found to be neglecting the safety of the embankments. Choudhary said that excessive discharge and high water level have been recorded in the Niranjana (Phalgu), Muhane, North Koel, Sakri and Panchane rivers in Jehanabad and Nalanda. He said 73,067 cusecs of water was released from Uderasthan Barrage in Jehanabad last night which is 4439 cusecs more than last year's maximum discharge of 6,8268 cusecs. Following this, highest water level of 62.15 meters was recorded at Bandhuganj Kajve Gauge Station situated in the lower flow of the barrage which is 0.15 meters more than the previous highest level. Chaudhary said that due to excessive water discharge in the river, the Jamindari embankment situated on the right bank of Lokain River in Ekangarsrai Block of Nalanda District got damaged on Friday at

Keshopur Village.

A part from this, the embankments situated on Lokain, Bhootahi, Dhowa and Mahatmain rivers under Nalanda, Jehanabad and Patna districts were also damaged at some places. Repair was being done on a war footing to restore the damaged embankments.

The Minister further said that during the supervision, it was found that the Executive Engineer Flood Control Division, Ekangarsrai and the junior engineers in charge have shown gross negligence regarding the safety of embankments situated on Lokain and Bhutahi rivers under Nalanda and Jehanabad districts. The instructions of the department have also been found to be violated blatantly following which the Executive Engineer Flood Control Division Ekangarsrai and the junior engineers in charge of the concerned site have been suspended with immediate effect.

Maha: Fadnavis addresses 'Warkari Bhakti Yoga' programme in Pune



Pune, June 21: Maharashtra Chief Minister Devendra Fadnavis on Saturday called for concerted efforts from all sections of the society for creation of a healthy and sound society through devotion and yoga. Speaking at the 'Warkari Bhakti Yoga' programme organised by Savitribai Phule Pune University, Shri Sant Dnyaneshwar Maharaj Sansthan Alandi, Shri Sant Tukaram Maharaj Sansthan Dehu, Pune Municipal Corporation and the state government on the occasion

of International Yoga Day here, he said that Prime Minister Narendra Modi proposed Yoga Day in the United Nations to make the world accept it and since then, the World Yoga Day has been celebrated for the last 11 years.

He recalled that yoga is ancient knowledge and a way to our medical system. Yoga postures are designed keeping in mind the structure of the body. Fadnavis said and added that these postures are seen in the world as a healing power, a healthy lifestyle (wellness).

Sitting AIADMK MLA Amul

Kandasamy passes away

Chennai, June 21: Amul Kandasamy, a sitting MLA of the main Opposition AIADMK, passed away at a private hospital in Coimbatore on Saturday after a brief illness. He was 60. He was admitted to the hospital a few days back, but died this afternoon. Mr. Kandasamy was elected to the Tamil Nadu Assembly from Valpaarai Assembly constituency in the 2021 polls. A widely respected leader in the region, he is also the Deputy Secretary of the MGR Youth Wing.

BJP's minority cell leader found hanging from ceiling in his Goghat village home

Kolkata, June 21: Tension ran high at Goghat in West Bengal's Hooghly district after BJP's minority cell leader SK Bakibur was found hanging from ceiling with his hands tied with a rope at his village home on Saturday. Bakibur, 35, was the Mondal president of BJP's minority cell in the Goghat area and was very active in the area. His body was found early this morning at his San Badhi village home. The victim's family members, including his aged father, claimed it was a pre-planned murder. Local villagers

informed the police, who took the body to a hospital for postmortem. BJP's Pursurah MLA Bimban Ghosh alleged that Bakibur was a victim of pre-planned murder. Hooghly Grameen district additional police superintendent Krishanu Roy, however, said that they were suspecting suicide as a suicide note was found from the Bakibur's mobile phone. TMC's Goghat Block president Sanjit Paghri said that every death is very saddening and promised all assistance to the bereaved family. The TMC also demanded a thorough probe.

ED raids businessman in Hupari town of Kolhapur district



Kolhapur, June 21: An Enforcement Directorate (ED) team today continued investigation of the documents and bank accounts of businessman

Bharat Latthe, whose residence was raided yesterday morning by ED officials in Hupari town of this district.

The reason behind the raid has not been disclosed by officials. Businessman Latthe is also former vice-president of Hupari Municipal Council. ED official took the details of Latthe's bank accounts and his 'Savakari' business. The investigation still is going on.

AI will shape the future of healthcare: Telangana Minister Sridhar Babu

Hyderabad, Jun 21: Telangana IT and Industries Minister D Sridhar Babu on Saturday highlighted the transformative role of artificial intelligence (AI) in healthcare at the inaugural session of International Conference on AI in Healthcare, organized by Yashoda Hospital, Hi-tech City, on Saturday. Addressing a diverse gathering of healthcare professionals, researchers, and technologists, Sridhar Babu emphasised the urgent need to integrate AI, data analytics, quantum computing, and other emerging technologies into India's healthcare system. He underlined that AI is not just about technology but about "amplifying intelligence with compassion." Healthcare must shift from being reactive to being relentlessly proactive. With the growing burden of chronic diseases and an aging population, technology must help us deliver efficient, affordable, and equitable care," he said. He also announced the state's plans to create public health profiles for 40 million citizens, scale up AI integration across hospitals, and promote policy frameworks that ensure ethical AI use. He invited global collaboration to help position Telangana and India as leaders in health-tech innovation. The Minister

lauded Hyderabad's AI startup ecosystem and pharma capabilities, stating that the city hosts some of the world's top med-tech and life sciences companies. He reiterated the state government's commitment to building a future-ready healthcare infrastructure powered by technology, talent, and trust. Dr Chandrasekhar Ranga, Joint Drug Controller General of India, highlighted the need for a robust AI ecosystem in India. "With AI-enabled products already approved in over 40 countries, India must address key challenges like patient data access and legal frameworks. Hyderabad, with its strong biotech and IT sectors, is well-positioned to become a global capital for health-tech innovation," he said. Gorukanti Ravinder Rao, Founder and Chairman of Yashoda Group of Hospitals, emphasized the need for inclusive and accessible AI solutions in healthcare.

He noted that the conference is not just an event but a movement to transform patient care. "AI must enhance every aspect of care—from diagnosis to treatment—and reach from city hospitals to the most remote rural areas," he said. Rao thanked Dr. Chennababu for his leadership in organizing the

landmark event and called for bold vision and collective effort to reshape global healthcare. Chandu Thota, Vice President at Google, stressed the importance of creating a legal and technological ecosystem to support AI in healthcare. He pointed out that India has the potential to become a global hub for AI-enabled health innovations, provided it overcomes data access and regulatory hurdles. "We must establish frameworks that allow responsible use of patient data and create an environment that nurtures innovation," he said. Dr Michael D Howell, Chief Clinical Officer at Google, said the moment marked a milestone in healthcare innovation. "Ten years from now, people will look back at this as a turning point. If we focus on the patient, everything else will follow. Healthcare is a team sport—and AI is now one of our strongest teammates," he said.

He emphasized the potential to democratize medical expertise globally through AI and thanked organizers for the opportunity to collaborate. The conference served as a platform for global experts to discuss the intersection of AI, policy, and healthcare, aiming to drive scalable, ethical, and patient-centric innovations.

IIT Madras organizes Intl Conf on 150 Years of Bhagwan Birsa Munda

Chennai, June 21: The two-day International conference on 'Tribal Resistance, Resilience and Reimagining Future: Celebrating 150 Years of Bhagwan Birsa Munda' was inaugurated at the IIT-Madras here on Saturday.

The conference, organised by the IIT-M Department of Humanities and Social Sciences, featured scholars, and community leaders engaging with themes of tribal history, resistance movements, identity, and future possibilities.

Inaugurating the event, Triupura Governor Indrasena Reddy Nallu said the indigenous knowledge of the tribe of India needs integration with the modern

life styles including science and technology.

He highlighted the schemes of the Government of India for the upliftment and preservation of people, legacy, and heritage of the tribal communities of the nation.

IIT-Madras Director Prof. V. Kamakoti the highlighted this event as the first tribal conference held by the Institute and underlined the contributions of Bhagwan Birsa Munda during the freedom struggle and his help towards the people as a doctor.

He also emphasized the need of research in various aspects of life among our tribal population. As part of 'Janjatiya Gaurav' (Tribal Pride) celebration, a Cultural

Evening was held today in the campus, showcasing tribal art and cultural performances from tribal groups of the Nilgiri Hills and Northeast East India. Prof. Rajesh Kumar, Head, Department of Humanities and Social Sciences, IIT Madras, Prof. Sathyanarayan N. Gummadi, Dean (Students), IIT Madras, said, "Tribal movements in the history of modern India are symbols of resilience and resistance against the ruthless colonial oppression.

In this grand celebration we have focused on a wide range of topics including the life and the legacy of Bhagwan Birsa Munda.

We are hosting eighty speakers across the globe."

ISpA hails HAL winning SSLV bid

Chennai, June 21: The Indian Space Association (ISpA) on Saturday welcomed the HAL foraying into the commercial launch segment by winning the bid for manufacturing SSLVs. In a statement here, ISpA Director General Lt. Gen. AK Bhatt (retd) said this is a pivotal moment for the Indian private space industry as it moves towards a five-fold expansion, aiming to capture a largeshare of the USD 44 billion global launch market. "We congratulate HAL on winning the historic bid to manufacture and commercialize India's Small Satellite Launch Vehicle (SSLV)," he said. This landmark achievement marks a transformative step in the government's vision to open the space sector to private enterprise and innovation, he said. HAL's entry into the commercial launch market will not only accelerate India's ambitions in the global space economy, but also create new opportunities for startups and private players across the value chain. The transfer of SSLV technology to HAL sets a powerful precedent, encouraging greater industry participation, fostering indigenous capabilities and building a robust ecosystem where Indian startups can collaborate, innovate and scale, Lt Gen Bhatt said.

Galle Test ends in draw as Shanto shines with twin tons

Galle, June 21: The opening Test between Sri Lanka and Bangladesh ended in a hard-fought draw on Saturday, with rain and resilient batting efforts from both sides denying a result at the Galle International Stadium. Bangladesh's Najmul Hossain Shanto was the standout performer, becoming the first from his country to score centuries in both innings of a Test match twice. Starting the final day at 177 for 3 in their second innings, Bangladesh extended their lead to 296 before declaring at 285 for 6, thanks to Shanto's unbeaten 125. His innings, supported by a steady partnership with Mushfiqur Rahim (49), put the



visitors in a commanding position. Rahim was unfortunately run out just short of a half-century, and subsequent quick wickets from Tharindu Ratnayake briefly dented Bangladesh's

momentum before rain interrupted play before lunch. Once play resumed, Shanto reached his seventh Test hundred with a flurry of sixes and ensured Bangladesh had enough on

the board before the declaration, challenging Sri Lanka with 37 overs to survive and chase. Sri Lanka began the chase aggressively, but their innings soon faltered. Lahiru Udara and Pathum Nissanka were dismissed in quick succession by spinners Taijul Islam and Nayeem Hasan. Veteran Angelo Mathews, playing his final Test, held firm for a while alongside Dinesh Chandimal, but both were dismissed in quick succession, reducing Sri Lanka to 48 for 4. With Bangladesh sensing victory, Kamindu Mendis and Dhananjaya de Silva held off the charge with a calm 24-run partnership that lasted nearly

nine overs. Their defensive resistance ensured Sri Lanka reached safety, finishing at 72 for 4 before both sides agreed to settle for a draw—the first at Galle in 26 Tests. The Test was also significant for Mathews, who bowed out of Test cricket with a subdued but valiant final innings, marking the end of a remarkable career. Brief Scores: Bangladesh 495 (Mushfiqur Rahim 163, Najmul Hossain Shanto 148; 285/6 decl (Najmul Hossain Shanto 125*, Shadman Islam 76; Tharindu Ratnayake 3/102) drew with Sri Lanka 485 (Pathum Nissanka 187, Kamindu Mendis 87; Nayeem Hasan 5/121) and 72/4 (Taijul Islam 3/23)

Change Of Name

MY OLD NAME WAS SONAL KUMARI. NOW MY NEW NAME IS SONAL GANESH SHAHU.

ADD : JN-21 NEAR VIJUU POHARKAR KIRANA STORE JAGDISH NAGPUR NAGPUR 440013

MY OLD NAME WAS SANGITA KUMARI. NOW MY NEW NAME IS SANGITA HEMANT PRAJAPATI.

ADD : PLOT NO. 327 KGN SOCIETY NEAR KALI MATA MANDIR GITTIKHADAN KATOL ROAD NAGPUR 440013

MY OLD NAME WAS SANGITA HAJARE. NOW MY NEW NAME IS BHUMIKA FULCHANDJI ITANKAR.

ADD : PLOT NO. 69 MANEWADA ROAD NEAR HANUMAN NAGAR SHRIHARI NAGAR NO 3 PARVATI NAGAR NAGPUR MAHARASHTRA 440027

MY OLD NAME WAS QAZI MOHAMMAD FURQAN ALI MUSHTAQ ALI. NOW MY NEW NAME IS QAZI MOHAMMAD FURQAN ALI MUSHTAQ ALI.

ADD : FLAT NO. 301 KEY STONE APARTMENT PLOT NO. 63 KAMGAR NAGAR KATOLROAD NAGPUR MAHARASHTRA 440013

MY OLD NAME WAS VAHIDA KALIM MANSURI. NOW MY NEW NAME IS SHEIKH VAHIDA KALIM MANSURI.

ADD : WARD NO 02 HANBITOLA GOREGAON GONDIA 441801

BUSINESS

DGCA warns Air India over repeated lapses in crew rostering, orders removal of 3 officials from related roles



New Delhi, 21 June: Aviation safety watchdog Directorate General of Civil Aviation (DGCA) has issued a stern warning to Tata group airline Air India over repeated and serious lapses in flight crew rostering, and has asked the carrier to remove three of its officials from crew scheduling and rostering roles and initiate internal disciplinary proceedings against them, according to sources in the know. The regulator has also cautioned the airline that any future violation of crew scheduling norms, licensing, or flight duty time limitations detected in audits or inspections will lead to strict enforcement action "including but not limited to penalties, license suspension, or withdrawal of operator permissions as applicable", per sources. The airline said that it has implemented the DGCA order. Separately, the DGCA has also issued a show cause notice to Air India over two Bengaluru-London flights that exceeded the stipulated flight time limit of 10 hours, asking the airline to respond within seven days on why action should not be initiated against it for the violation, it is learnt. The said violations pertaining to Air India Bengaluru-London flights—AI13 on May 16 and 17—were observed during a spot check, sources indicated. Longer-than-stipulated flight time indicates that the pilots are likely to have exceeded their flight duty time limitation (FDTL) on these flights. The DGCA order and show cause notice to Air India comes at a time when the airline is grappling with the tragic crash of an Air India Boeing 787-8 aircraft in Ahmedabad on June 12. To be sure, the DGCA order does not appear to be linked to the deadly crash, which has placed the airline's safety record and related violations under the lens. The violations pertaining to flight crew being scheduled and operated despite lapses in licensing, rest, and recovery requirements are learnt to have been voluntarily reported by Air India. These were discovered during a post-transition review after the airline shifted to a new crew management system last year. The DGCA noted that the three officials—divisional vice president Choorah Singh, chief manager-DOPS, crew scheduling Pinky Mittal, and Payal Arora from crew scheduling—planning team—have been involved in repeated lapses, including unauthorised and non-compliant crew pairings, violation of mandatory licensing and recency norms, and systemic failures in scheduling protocol and oversight, it is learnt. "The voluntary disclosures, while noted, point to systematic failures in crew scheduling, compliance monitoring, and internal accountability. Of particular concern is the absence of strict disciplinary measures against key officials directly responsible for these operational lapses," the DGCA stated in an order dated June 20, it is learnt. According to sources, the airline has been directed to remove the three officials—including one divisional vice president—from all roles and responsibilities related to crew scheduling and rostering, and initiate internal disciplinary proceedings "without delay" and report to the DGCA the outcome of the proceedings within 10 days. The airline has been asked to reassign the three officials to non-operational roles pending conclusion of "corrective reforms in scheduling practices" and ensure that they do not hold any position involving direct influence over flight safety and crew compliance till further notice. "We acknowledge the regulator's directive and have implemented the order. In the interim, the company's Chief Operations Officer will provide direct oversight to the Integrated Operations Control Centre (IOCC). Air India is committed to ensuring that there is total adherence to safety protocols and standard practices," an Air India spokesperson said without

Tata Capital IPO in July? SEBI clears Rs 17,200 crore IPO draft: Report



New Delhi, 21 June: The upcoming IPO action in July is getting more hectic by the hour. Apart from NSDL, JSW Cement, another mega financial IPO may well be on its way. According to Economic Times, Tata Capital may look at a July date for its launch. The website quoted sources and stated that this subsidiary of Tata Sons, is a step closer to launching its Rs 17,200 crore initial public offering (IPO). According to ET, the Securities and Exchange Board of India (SEBI) has approved the company's draft documents filed through the confidential route. Once SEBI clears a confidential draft red herring prospectus (DRHP), the company would file an updated version publicly on the regulator's website. The red herring prospectus (RHP) can be filed just ahead of the IPO launch. Tata Capital IPO in July? According to Economic Times, Tata Capital may file its RHP in the first week of July. An email sent to Tata Capital for confirmation remained unanswered at the time of press.

The upcoming IPO will be one of the largest ever in India's financial sector. It will include both a fresh issue of shares and an offer for sale by Tata Sons, which holds 93% of the company's equity. Tata Capital had filed the confidential DRHP on April 5. As per Reserve Bank of India (RBI) regulations, both Tata Sons and Tata Capital are classified as "upper-layer" non-banking financial companies (NBFCs). This classification means they must list on the stock exchange by September 2025. Upper-layer NBFCs are selected by the RBI based on certain criteria and must follow stricter rules. In January, the RBI identified 15 such NBFCs for 2024-25, including Tata Capital.

Tata Capital's unlisted shares have risen 13.5% over the last six months and are currently trading at around Rs 1,050 per share, valuing the company at nearly Rs 3.8 lakh crore. The company posted strong financial results in the March quarter. Its consolidated net profit rose 31% to Rs 1,000 crore, compared to Rs 765 crore a year earlier. Operating revenue also jumped nearly 50% to Rs 7,478 crore from Rs 4,998 crore. For the full fiscal year 2024-25, Tata Capital reported a profit of Rs 3,655 crore, up from Rs 3,327 crore in FY24. Total revenue grew to Rs 28,313 crore from Rs 18,175 crore in the previous year.

SPORTS

A Duck on Debut: Sai Sudharsan Joins Ashwin in Unwanted Record List

New Delhi, 21 June: On a typically overcast English morning, India's Sai Sudharsan reacts as he walks off the field after losing his wicket on day one of the first cricket test match between England and India at Headingley in Leeds, England, Friday, June 20, 2025, (AP Photo/Scott Heppell) took guard for his very first Test innings—



nerves tight, dreams high. Moments later, the scoreboard bore the cruellest mark: 0. A debut duck. But as cricket statistician Tushar Trivedi aptly pointed out, Sudarshan is now part of a curious, elite club—a handful of cricketers who started their Test journeys with a blank. The most recent case before this? Back in 2011, when Umesh Yadav and Ravichandran Ashwin made their Test debut together against the West Indies in Delhi. Yadav was dismissed for a duck, but Ashwin, with the ball, scripted a dream debut and walked away with the Player of the Match. England, notorious for testing the toughest, had also introduced a harsh welcome to Parthiv Patel in 2002—another duck on debut in swinging conditions. And then there's the unforgettable case of Gundappa Vishwanath, who scored zero in his debut innings on Indian soil in 1969, only to come back and stroke a classic century in the second—forever changing the script of his legacy. Cricket, after all, doesn't begin or end in a single innings. Now it's Sai Sudarshan's turn to turn the tide. One duck can't dim the bright promise he carries. Sometimes, it's just the plot twist before the hero rises.

Neeraj Chopra wins Paris Diamond League: One big early throw does the trick as Neeraj wins first DL meet of the season

New Delhi, 21 June: At some point this year, or maybe at a really big event in the future, Neeraj Chopra will leave an event both satisfied with the distance his javelin travelled in its parabola and the fact that it was sufficient for him to win the event on the day. For now, he'll have to wait for that. In Doha earlier this year, he crossed 90m for the first time in his career, but called it bittersweet because he was pipped at the finish line by Germany's Julian Weber. On Friday night in Paris, his first throw of 88.16m was enough to beat the field, including a consistent but below-par Weber. But afterward, he was analyzing his technique with a tinge of disappointment, not completely satisfied with the speed of his run-up and the control of his throwing motion.

Ishan Kishan Signs Short-Term Deal With Nottinghamshire

New Delhi, 21 June: India wicketkeeper-batter Ishan Kishan has signed for Nottinghamshire, on a short-term deal covering the next two Rothesay County Championship fixtures, according to ESPNcricinfo. He will be eligible for selection for the upcoming Championship fixtures against Yorkshire at Trent Bridge and Somerset in Taunton. The left-hander will serve as Kyle Verreynne's replacement while the World Test Championship-winning South African is away playing a two-Test series in Zimbabwe. Having been included in India's squad for the 2023 World Test Championship final, Ishan made his Test bow a month later against West Indies and struck an unbeaten 52 from just 34 deliveries in his second match. Kishan is known for his limited-overs game but has 3447 first-class runs in 58 games, including 17 half-centuries and eight hundreds.



really excited that I will be playing there," he added. Nottinghamshire, Head Coach Peter Moores added, "We're all very pleased to have secured the services of Ishan for these next two Championship fixtures while Kyle is away with South Africa." "We want players to be themselves and to bring their own game and something that especially excites me about Ishan is how keen he is to be involved in county cricket,"

The wicketkeeper-batter also has 118 catches and 11 stumpings. He has

also turned out for IPL sides Gujarat Lions, Mumbai Indians, and, most recently, Sunrisers Hyderabad, for whom he hit a 47-ball 106 this year. "I'm feeling very excited to get my first taste of playing county cricket in England, and it will be a great chance to showcase my skills," Ishan Kishan said. "I want to make sure I am the best cricketer I can be, and playing in English conditions will really help me to learn new skills." "Trent Bridge is such a famous ground that is well-known in India and around the world, and I am

Peter Moores said. "He brings proven quality in his ball-striking, as a hard-hitting middle-order batter, but while he's still developing his red-ball game, this spell will be really beneficial for him, and for us," he added. Kishan will join a handful of other Indian players in the Championship, with Tilak Varma signing a short-term deal with Hampshire, Ruturaj Gaikwad will join Yorkshire for the second half of the summer, and Yuzvendra Chahal is due to return to Northamptonshire later this month.

For paddler Diya, mental strength helps her take huge strides

CHENNAI, 21 JUNE: DIYA Chitale's run in this season's Ultimate Table Tennis (UTT) here may have ended in defeat after her narrow defeat to Sreeja Akula of the Jaipur Patriot in the deciding women's single match. But her demeanour, with the paddle stood out in her performance, like it did in all her games. With a height of 4 foot 11 inches, Chitale has put on performances of tall proportions. She has put on dominant shows, and has shown her mental fortitude in high pressure situations. "I knew it was going to be a close match. I think Sreeja (Akula) is a really amazing player and we have played each other many, many times. So, both of us know each other's game really well. So, I knew it was going to be a tough match. When the tie is at 7-7, it can be anybody's match. This is where I think it's more of the



mental battle. And hats off to her. She was really calm in the end. And maybe I was a bit impatient," she told this daily after her semi-final defeat on Saturday (June 14). She summarised the season with her franchise, Dabangg Delhi TTC. "I had an amazing season last year when we were unbeaten in the first four

matches. But there's always going to be one winner and someone who loses. I am really very happy with how we played throughout the tournament and how we went about it," she said. Chitale was retained by Delhi for 14.1 lakh tokens, the highest amount in the UTT auction in April this year. When quizzed on whether she felt any pressure, she responded, "It was a huge boost to my confidence that so many teams wanted me in their team and really believed in me. So, definitely it showed me that I'm doing the right things, I'm on the right path. But, I think with that, of course, comes some added pressure to perform for the team. It's how you deal with that pressure. So, before every match, I just try to tell myself that, okay, I'm here for the team and that I will just give my best and try to help the team and try to win as many

ENTERTAINMENT

Nagarjuna: I am Overwhelmed With The Love Coming My Way



Mumbai, 21 June : The Tamil-Telugu bilingual drama thriller 'Kuberaa', one of the most anticipated movies of the year, has hit the big screen with a roaring splash of acclaim and box office success. Superstar Nagarjuna Akkineni, who has bowled over the audience with his performance in the Sekhar Kammula directorial, says the glowing reception of the film is an indicator of the team's relentless hard work. Starring Nagarjuna Akkineni, Dhanush, Rashmika Mandanna, and Jim Sarbh among others, 'Kuberaa' released on June 20 to widespread acclaim, with both audiences and critics praising its performances and direction. The terrific word of mouth reflected in the film's box office, as 'Kuberaa' took a historic box office opening across India and worldwide. Nagarjuna, whose nuanced portrayal of Deepak—a man caught in a web of powerplay and moral conflict—has resonated with audiences and critics alike, describes the film's success and the outpouring of love as "overwhelming." "Kuberaa" is yet another strong addition in the actor's stellar filmography as Nagarjuna remains the only superstar in Indian cinema with a remarkable four-decade career marked by consistent hits in bilingual and trilingual films across Telugu, Tamil, and Hindi. "I'm overwhelmed with the love coming my way for 'Kuberaa'. Deepak will remain one of my most special characters. Looking at the audiences' love, the reviews, and the box office response, I am just so touched. I've been fortunate to work across Telugu, Tamil and Hindi films and to get this love today, even after four decades of my career, is truly humbling. I'm proud of what team 'Kuberaa' pulled off, and I am thankful to the entire cast and crew," the actor said in a statement.

While his latest collaboration has been with Dhanush, Nagarjuna has worked with stars across generations and film industries, starting his journey alongside Telugu cinema doctors like his father Akkineni Nageswara Rao (ANR) and superstar Krishna, and working with Bollywood icons like megastar Amitabh Bachchan, Akshay Kumar, Ajay Devgn, Anil Kapoor and Jackie Shroff. The actor has also teamed up with his contemporaries, including greats like Rajinikanth, Harikrishna, and Mohan Babu, and went on to share the screen with stars from the current generation, including younger actors like Naga Chaitanya, Nani, Ranbir Kapoor, Karthi and now Dhanush. After 'Kuberaa', Nagarjuna is set to wow the audience once again in 'Coolie', where he will be seen in an extremely special role. The Lokesh Kanagaraj film is gearing up for a grand release in August.

"My reality is love; Yug's is heartbreak": Shabir Ahluwalia on embracing contrasts in Sony SAB's Ufff... Yeh Love Hai Mushkil

Mumbai, June 21, 2025: Sony SAB's romantic drama Ufff... Yeh Love Hai Mushkil is winning the hearts of its viewers with its refreshing narrative and emotionally rich characters. At the heart of this compelling story is Advocate Yug Sinha, essayed by the ever-versatile Shabir Ahluwalia, a man who appears effortlessly charming on the outside but harbours deep emotional scars within. Off-screen, Shabir is a warm, grounded, and family-oriented person. His life is filled with love, laughter, and deep personal connections; he's known for being a doting husband, an affectionate father, and someone who

openly expresses his feelings. His character, Yug, on the other hand, is emotionally unavailable. He keeps women at arm's length, hides behind a tough facade, and has stopped believing in love. This emotional distance is far from Shabir's everyday reality, making it even more demanding to embody Yug's complexities on screen. For Shabir, Yug's pain and emotional walls presented an exciting but intense challenge that pushed him out of his comfort zone. The actor recently spoke about portraying Yug, a character that is extremely different from who he is in real life. Sharing insights into the emotional depth of his role,

Shabir said, "In real life, I'm constantly surrounded by love, I'm someone who laughs easily and talks openly about what I feel. But Yug is the complete opposite. He's built walls around himself and won't let anyone in. When I first went on set, I had to switch off the warmth, the openness which is such a large part of my personality and become someone who is much colder and guarded. It was uncomfortable in the beginning, almost like I was fighting against who I naturally am. But that's what made it exciting. It pushed me



to really dig deeper as an actor. My reality is love; Yug's is heartbreak, and that contrast is what makes playing him so powerful."

Throwback: When Mohanlal's headstand pose went viral on International Yoga Day



Mumbai, 21 June : As the world celebrates International Yoga Day today, let's take a look at the time Mohanlal, the "Complete Actor" of Bollywood, made headlines with his awe-inspiring headstand pose (Shirshasana) that took the internet by storm. To celebrate mind, body... Back in 2017, Mohanlal shared a striking image on Facebook where he was seen balancing flawlessly in a Shirshasana. Known for his agility and body control even in his 50s, the image showcased not just his physical flexibility but also his deep commitment to the ancient discipline of yoga. Alongside the photo, he captioned, "To celebrate mind, body and soul — practice Yoga. #Yogaday." The post instantly went viral, receiving massive attention from fans and fitness enthusiasts. With over 47,000 likes, thousands of comments, and countless shares, the photo quickly became a motivational symbol of strength and balance. Mohanlal's dedication to fitness is no secret in the industry. Directors and co-actors have often praised his youthful energy and ability to perform physically demanding roles with ease. In 2021,

Mohanlal once again used Yoga Day as an opportunity to advocate for mental and physical well-being. That year, he shared a peaceful photo of himself in meditation, encouraging fans to embrace yoga as part of their daily routine. His caption read, "Practice Yoga for a healthy life #InternationalDayOfYoga #YogaDay." These moments show that for Mohanlal, yoga is not just an occasional display but a way of life, discipline, and peace through yoga.

Desi Beats Go Global With DJ Curl

Mumbai, 21 June : Private started playing private parties because she was too young to enter clubs. Now, Laya Masetty, better known as DJ Curl, is playing Holi events in London, collaborating with rappers and remixing Telugu folk chants into multi-layered bass drops. Originally from Hyderabad, the 26-year-old producer has been rethinking what Indian rap sounds like on stage using not just beats, but also textures, atmospheres and customised live performance tracks rooted in her native idioms. Her sets have turned heads at events in both India and the UK. One of the largest shows was at Hitex Open Arena in Hyderabad on New Year's Eve 2025, where she produced the live backing track for a major Indian rapper. Masetty fused tabla triplets with modular synths and sonic sweeps to create a mix that one critic described as "a masterclass in cultural remixing." This was no generic background music and it was tailored to the cadence of the lyrics and the vibe of the moment. "I started learning this when I was 12, just as a hobby," said Masetty. "I used to do shows, but only private parties, because I wasn't allowed into clubs. I kept performing while finishing school and later took a diploma in sound engineering and music production after my degree." Masetty moved to the UK in 2022 and since then, her weekends have filled up with events across the British-Indian diaspora circuit. Her work includes collaborations with rappers across three major events, each of which had different musical demands.

The beats were designed to be live, responsive and infused with what she describes as sculpted sound rather than standard production. During the Holi event at Luxe Loft in London in 2024, she crafted an entire score using psytrance riffs, acid house elements and broken-up Telugu folk chants. Audience videos went viral. One clip described the drop as a "psychedelic Holi aarti," where each beat seemed to arrive in slow motion. Though she's worked with several performers, Masetty was clear that her role often stayed invisible. "People only see the rapper on stage, but I had to build the whole track behind the scenes using my own sense of what would work emotionally, lyrically, rhythmically," she said. In some performances, she paired rap verses with stuttered vocal leads and Sarangi-inspired loops.



21 grams experiment

The 21 grams experiment refers to a study published in 1907 by Duncan MacDougall, a physician from Haverhill, Massachusetts. MacDougall hypothesized that souls have physical weight, and attempted to measure the mass lost by a human when the soul departed the body. MacDougall attempted to measure the mass change of six patients at the moment of death. One of the six subjects lost three-quarters of an ounce (21.3 grams).

MacDougall stated his experiment would have to be repeated many times before any conclusion could be obtained. The experiment is widely regarded as flawed and unscientific due to the small sample size, the methods used, as well as the fact only one of the six subjects met the hypothesis.[1] The case has been cited as an example of selective reporting. Despite its rejection within the scientific community, MacDougall's experiment popularized the concept that the soul has weight, and specifically that it weighs 21 grams. In 1901, Duncan MacDougall, a physician from Haverhill, Massachusetts, who wished to scientifically determine if a soul had weight, identified six patients in nursing homes whose deaths were imminent. Four were suffering from tuberculosis, one from diabetes, and one from unspecified causes. MacDougall specifically chose people who were suffering from conditions that caused physical exhaustion, as he needed the patients to remain still when they died to measure them accurately. When the patients looked like they were close to death, their entire bed was placed on an

industrial sized scale that was sensitive within two tenths of an ounce (5.6 grams). On the belief that humans have souls and that animals do not, MacDougall later measured the changes in weight from fifteen dogs after death. MacDougall said he wished to use dogs that were sick or dying for his experiment, though was unable to find any. It is therefore presumed he poisoned healthy dogs.

Results

One of the patients lost weight but then put the weight back on, and two of the other patients registered a loss of weight at death but a few minutes later lost even more weight. One of the patients lost "three-fourths of an ounce" (21.3 grams) in weight, coinciding with the time of death.

MacDougall disregarded the results of another patient on the grounds the scales were "not finely adjusted", and discounted the results of another as the patient died while the equipment was still being calibrated. MacDougall said that none of the dogs lost any weight after death. While MacDougall believed that the results from his experiment showed the human soul might have weight, his report, which was not published until 1907, stated the experiment would have to be repeated many times before any conclusion could be obtained. Before MacDougall was able to publish the results of his experiments, The New York Times broke the story in an article titled "Soul has Weight", Physical Science "Thinks". MacDougall's results were published in April of the same year in the Journal of the American Society for Psychical Research, and the medical journal American



Duncan MacDougall, pictured in 1911

Medicine. Following the publication of the experiment in American Medicine, physician Augustus P. Clarke criticized the experiment's validity. Clarke noted that at the time of death there is a sudden rise in body temperature as the lungs are no longer cooling blood, causing a subsequent rise in sweating which could easily account for MacDougall's missing 21 grams. Clarke also pointed out that, as dogs do not have sweat glands, they would not lose weight in this manner after death. Clarke's criticism was published in the May issue of American Medicine. Arguments between MacDougall and Clarke debating the validity of the experiment continued to be published in the journal until at least December that year.

MacDougall's experiment has been rejected by the scientific community, and he has been accused of both flawed methods and outright fraud in obtaining his results. Noting that only one of the six patients measured supported the hypothesis, Karl Kruszelnicki has stated the experiment is a case of selective reporting, as MacDougall ignored the majority of the results.

9 Hidden Villages in India That Feel Like They're from Another World



Tired of the usual tourist trail? India's best-kept secrets aren't its cities—but its villages. Tucked into mountains, valleys, deserts, and coasts, these remote hamlets offer silence, scenery, and stories you won't find in any guidebook. If you're chasing authenticity and off-the-radar beauty, these 11 hidden villages promise journeys worth remembering.

1. Hallan, Jammu & Kashmir

Far from the crowded circuits of Kashmir lies Hallan—a mountain village with unmatched character. Women here wear traditional armour to guard against wolves, and the surrounding landscape is as wild and unspoiled as it gets.

2. Sissu, Himachal Pradesh

Cradled by the Lahaul mountains, Sissu is a dreamy blend of icy waterfalls, high-altitude lakes, and postcard-perfect valleys. With just the right touch of snow and solitude, it's where peace seekers come to lose track of time.

3. Rumsu, Himachal Pradesh

Hidden in the Kullu Valley near Manali, Rumsu remains delightfully untouched. Surrounded by cedar forests and apple orchards, it's an ideal spot for digital detox, ancient wooden temples, and uninterrupted mountain views.

4. Kollengode, Kerala

Kollengode skips the tourist buzz of Alleppey and serves you Kerala in its most

authentic form. Think rolling rice fields, palatial homes, Ayurvedic retreats, and a peaceful rhythm you'll want to take home.

5. Soyal, Himachal Pradesh

Just outside Manali but seemingly in a world of its own, Soyal is a charming Himalayan village with terraced fields and wooden homes. Hike to sacred caves or simply sit by the gurgling stream and do nothing.

6. Khimsar, Rajasthan

Desert sunsets, a majestic fort, and sand dunes that stretch forever—Khimsar offers a taste of royal Rajasthan without the tourist crowds. Ride camels by day, stargaze by night, and sleep like royalty in restored havelis.

7. Nako, Himachal Pradesh

Sitting quietly near the Indo-Tibetan border, Nako is a high-altitude wonderland with a glassy lake and ancient Buddhist relics. Time slows down here—and so will you.

8. Kumarakom, Kerala

Beyond the luxury houseboats lies Kumarakom's quieter soul. Wander through coconut groves, sip toddy with locals, and let the backwaters lull you into a slower way of life. Birdsong is your soundtrack here.

9. Diskit, Ladakh

The guardian of Nubra Valley, Diskit is stark, surreal, and spiritual. Visit the towering Maitreya Buddha, explore the windswept monastery, and marvel at a landscape where silence speaks volumes.

Hidden Hill Stations To Explore In Maharashtra

In the vast country that India is, there is hardly any place that can so much as hold a candle to the sheer geographical diversity and multitude that Maharashtra alone brings. Though on the one hand, the state remains renowned for its bustling cities and coastal charm, it is also home to several hill stations, some thoroughly explored while others hardly ever noticed. Untouched by mass tourism, these lesser-known hill stations offer an experience that is naturally free of predefined routes, activities and pleasures. Bringing to the table salubrious temperatures, dense landscapes, various natural settings and a secure respite from the crowds, these spots leave no reason for nature lovers or families seeking a calm outing to look elsewhere. Let us dive in and find out the top picks from the list of uncharted hill stations that present the most solid cases for a visit. Ensnared in the Amravati district, Chikhaldara stands as Vidarbha's sole hill station. Its delicately perched at an elevation of 1,118 m and is uniquely the only region in Maharashtra cultivating coffee, a legacy left behind by the British colonial era. The area is largely enveloped by the Melghat Tiger Reserve, home to diverse wildlife including tigers, panthers, sloth bears and wild boars. In Chikhaldara, monsoon acts as a transformative catalyst turning the place into a lush haven with mist-laden valleys and boisterous waterfalls. Here, attractions abound in the form of the Gawli Gad and Narnala forts, Bhimkund as well as the panoramic Hurricane and Devi Points. The region also offers trekking opportunities to the more adventurous and a botanical



garden for serenity seekers. Accessibility is facilitated via Amravati (85 km) and Nagpur (230 km). Toranmal: Satpura's Serene Plateau Sitting atop at an elevation of 1,150 metres, Toranmal is tranquillity incarnate in the Satpura ranges of the Nandurbar district. Its pristine environs and cool climes make it an ideal monsoon retreat. In Toranmal, the Goraknath Temple, a formidable pilgrimage site, attracts throngs of visitors during the time of Mahashivratri. Natural attractions like the scenic Yashwant Lake, the lotus-dotted Kamal Talao and viewpoints like Khadki Point and Sita Khai turn it into an irresistible vacation spot. The hill station is accessible through the Nandurbar Railway Station (76 km) as well as Nashik (about 305 km). Malshej Ghat: The Monsoon Marvel Rich biodiversity is what first springs to mind when one thinks of Malshej Ghat, followed by inviting images of misty mountains and innumerable waterfalls. As soon as the monsoon arrives, the region takes on several shades of green and waterfalls come together with fog to create a mystical ambience that looks like something pulled out of a fairy tale and brought to life. Here,

bird enthusiasts can experience the time of their life from July to September as the place stages the most exciting sights of migratory flamingos. The place also offers treks to sites like Harishchandragad Fort and the ancient Buddhist caves. Malshej Ghat is situated approximately 126 km from Mumbai and 118 km from Pune, making it a supremely accessible getaway. Jawhar: The Cultural Hill Town One hardly envisions to avail the pleasures of both natural beauty as well as cultural heritage in the same place. Jawhar comes in as just the response to such yearning. Situated in the Palghar district, Jawhar is a hill station perched at 518 metres and is renowned as much for its pristine surroundings as cultural heritage and history. In the deck of the lesser-explored hill stations, it offers unique experiences with its tribal traditions and unsoiled waterfalls.

The town is home to the Jai Vilas Palace which showcases the region's royal past. In addition, it also exhibits Warli art, a traditional tribal art style which is constitutive of the region's identity. Once these are covered, a traveller can always look forward to the serenity of Dabhoi Waterfall and the Hanuman Point.

Meet Saurabh Bothra, IITian-turned-yoga coach who has built a 1 crore-strong wellness community — one habit at a time

From a room in Nagpur, Maharashtra, to living rooms around the world, Saurabh Bothra has quietly but powerfully built a wellness revolution. An IIT alum and yoga enthusiast, he is the mind behind HaBuild. This "habit-building" platform began as his personal mission to help his mother fight frailty, and has grown into a community of nearly 10 million people. On International Yoga Day 2025, Saurabh Bothra says building consistency is the key to a healthy wellness routine. The 33-year-old's tryst with yoga began when he was 19 years old. He started roping his engineering juniors to practice yoga together when he was in the fourth year of college himself. But it was only after graduation that he took to learning how to teach yoga properly from the Art of Living International Center. What was the turning point? He says it was during Covid-19 when his mother asked him to suggest her four yoga poses for knee pain. He requested her to join his session, following which she would ask him to simplify terms like hamstring, glute muscles and more.

"Once we started the solving problem for her, it became so simple for me to

reach out to other moms. Many women tend to think that they do household work and that is exercise enough. But we started reaching out to more women, asking them to join our sessions and see if it makes any difference. We were doing free sessions initially, and then it just became viral," Bothra tells LiveMint in an interview. Today, his community has over 10 million users, who are gently nudged into making a habit of a wellness routine, not so much as a challenge, but as a lifestyle shift. Saurabh Bothra, also the face of the platform with a Yoga Everyday motto, eases you into the journey with guided yoga, breathwork, live check-ins, and community motivation, hoping people continue to simply "show up" day after day.

Excerpts from the interview with Saurabh Bothra

1. Saurabh, you're an IIT graduate in the wellness space. It's not a conventional career path. When did you turn to yoga personally?

I had severe asthma as a kid. I used to fall sick every day. There was some or the other allergy I would catch, my immunity was low and I was



not able to play sports. This was norm.

When I was in college, I happened to attend a yoga program without knowing it would help me with my asthma issue. I liked doing the practices they mentioned. After a few months, I realized my overall health felt better. When something is going wrong, you notice it faster. But when things are going right, it takes time for you to notice. So, it took me some time to realize that yoga was helping me. My grandfather had done his MBBS in 1955. So, there was already an interest around Ayurveda and naturopathy in the house. I

happened to do engineering from IIT, but I was more interested in being a doctor or getting to know more about how the body functions. So there was an interest which got ignited when I started practicing yoga.

Q. The engineering background and yoga interest seem to have blended beautifully to build what you have. Isn't it?

Yes, I think the combination of engineering and the learnings that my grandfather gave us, is very important. While we teach yoga online, there is so much that happens with the technology that makes it come

to life.

Otherwise, it is so difficult as we have almost 1.03 crore people who have signed up for our program.

It would be impossible to be able to deal with this without the technology background.

Q. Saurabh, we're living in a world where people seek instant gratification. What you're trying to build is consistency. How did you decide when you set up a business that habit would be your USP?

After teaching yoga for around seven years during my voluntary work, I realized that it was so difficult for people to become consistent with it.

The Ultimate Adventure Map of India: 40 Thrilling Things to Do On Your Next Vacation

In 2019, I took a trek to Maharashtra's Sandhan Valley (also known as the 'Valley of Shadows'). 'In awe' would describe the first reaction I had when I saw this giant canyon hidden in the Sahyadri range. The trek was tagged 'difficult'—the journey to and back, as well as the rappelling (descent down a mountain slope on a rope).

But for me, there was one moment that stuck out. Dawn was breaking and the group had just descended into the ravine. The path was bordered by two gigantic columns of rock formations; towering tributes that seemed to cradle the valley. The view was deadly and beautiful at the same time. Most of us have experienced it at least once—the rush of adrenaline at the top of a mountain, the bottom of a valley, or suspended in the sky. Adventure has a way of making us feel alive. But even if you haven't had such an experience yet, the question is, are you ready for it? Because we've curated a thrilling bucket list of adventure activities tailored to different states in India, just for you.

1. Kashmir – Skiing, Zaskar Trek

The Swiss Alps are heavenly, but Gulmarg in Kashmir is, too. Said to be one of the highest lift-served ski



resorts in the world, this destination attracts millions of tourists each year. The paradisiacal slopes, the 12,000 ft landscape, and the frozen lake 'Al-Pathar' are the main draws. The best time to ski here is January and February. Another adventure awaits in the North—the Chadar Trek, also known as the Zaskar Gorge Trek. Tracing across the frozen Zaskar river—a tributary of the Indus river—in Ladakh, the route plays host to a number of glaciers. Be warned that the mountainside is treacherous, but this adds to the thrill of the trek.

The best time to go for it is January and February too.

2. Rajasthan – Hot Air Ballooning, Dune Bashing

"Try it at least once in your life," is the advice that those who have experienced dune bashing dole out to others. Around 40 km from Jaisalmer are Rajasthan's most iconic 'Sam Sand Dunes'. Forming a

part of the Thar Desert, they offer a perfect canvas for dune bashing—an adventuresport that involves driving at high speeds over dunes, which shift as the vehicle glides over them. The best time to sign up for a dune bashing session is October to February. For those who are fans of the skies, there is always a hot air balloon awaiting. Soak in the world from your vantage point. The rides begin in the early hours of the morning, way before the city gets on with its hustle. It is the perfect time for you to embrace the skies, enjoy the silence, and look at the world from a new lens.

3. Tamil Nadu – Kolukkumalai Safari, Dolphin's Nose Trek

The silence you will experience as you journey through the hamlet of Kolukkumalai is almost reverent.

Tea plantations and intertwined forests form the backdrop of your ride.

Cardiologist suggests the 5 best oils for Indian cooking 'backed by science, not trends': Ghee to sesame oil

Cardiologist Dr Alok Chopra, suggests five oils for Indian cooking, including ghee and mustard oil. These oils offer various health benefits. Choosing an oil rich in unsaturated fats is essential in supporting your heart health. However, when it comes to Indian cooking, it becomes hard to eliminate oil completely. Therefore, it becomes necessary to know which oil suits our dishes, and follow trends that are more suited for the Western style of cooking. According to Dr Alok Chopra, cardiologist and functional medicine expert, there are five oils that are the best fit for Indian cooking. In a video shared on June 15, he shared the list, which he stressed was backed by science and not trends. "The best oils for Indian cooking—

backed by science, not trends. Know what works for your food and your body," the cardiologist wrote.

1. Ghee

According to Dr Chopra, ghee boosts digestion and immunity as it is rich in vitamins A, D, E, and K.

2. Coconut oil

Coconut oil boosts brain and gut health, per the cardiologist. It is also rich in medium-chain triglycerides (MCTs). For the uninitiated, they are fat molecules usually made from coconut and palm kernel oils.

Per the National Institutes of Health (NIH), MCTs are quickly metabolised in the body, serving as an immediate energy source. They are known to have good physiological as well as functional characteristics, which help in treating various



health disorders.

3. Mustard oil

Mustard oil, according to

Dr Chopra, promotes heart health and reduces inflammation, making it a great friend for your heart. Additionally, it is also rich in omega-5 fatty acids.

4. Sesame oil

Per Dr Chopra, sesame oil supports joint and skin health. It is also rich in antioxidants and healthy fats, making it a great option for Indian cooking.

5. Groundnut oil

The cardiologist explained that groundnut oil has healthy fats and is rich in plant sterols. Additionally, he cautioned that it is heart-friendly when used in moderation.

Meet Lieutenants Divya and Digvijay Dhayal: Sibling Archers Turned Army Officers

In a heartwarming and inspiring moment for the nation, siblings Divya and Digvijay Dhayal have both donned the olive green uniform, commissioned as Lieutenants in the Indian Army. More than a personal achievement, their commissioning is a continuation of a legacy of service and sacrifice, honouring their family's unwavering commitment to the nation. The children of Colonel Vikram Singh Dhayal, a serving Army officer, the Dhayal twins have not just followed in their father's footsteps—they've sprinted ahead, setting their own remarkable milestones along the way.

From Archers to Officers: The Making of Champions

The Dhayals' journey began not in drill squares, but on the archery field. Both Divya and Digvijay trained under their father at the Army Sports Institute, honing the precision, discipline, and mental strength that would later prove vital in their journey to the Indian Army. Divya, the elder by commissioning date, was a national archery champion at just 15 and went on to represent India in



global competitions such as the World Archery Youth Championship, Archery World Cup, and Asia Cup.

Divya Dhayal: CDS Topper and Trailblazer

Commissioned into the Indian Army in September 2023, Lieutenant Divya Dhayal is not just a champion athlete—she's also a CDS topper, securing All India Rank 2 in the UPSC CDS 2 2021 examination for OTA Women.

In her own words shared with

SSB Crack, she cracked the SSB in her first attempt at Bhopal, driven by years of preparation not just for exams, but in life. Her sports background gave her strong mental resilience and physical stamina, while her planning, time management, and daily routines juggling college, archery, and SSB prep reflected unmatched dedication.

She credits her success to:

- Smart planning over rote hard work
- Self-inspection
- Current affairs prep via SSB Crack Exams
- Family support, especially mock interviews with her mother

"Even though I'm an international athlete, it was my preparation, not achievements, that mattered in SSB," she added.