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Unprecedented Unified Pension Scheme by Modi Government



Prime Minister Narendra Modi meets a delegation from Joint Consultative machinery for Central Government employees, at his residence in New Delhi on Saturday PTI

RAJESH KUMAR ■ NEW DELHI
The Narendra Modi government on Saturday approved an assured 50 per cent of salary as pension for government employees under Unified Pension Scheme (UPS), which aims to provide assured pension, family pension and assured minimum pension. The new scheme will benefit 23 lakh central government employees. The new scheme will be implemented from April 1, 2025 and employees will have

the option to choose between the National Pension Scheme (NPS) and UPS. Existing central government NPS subscribers will also be given the option to switch to UPS. This UPS, in addition to gratuity will incorporate a lump sum payment after superannuation. Notably, UPS will also be applied retroactively to government employees who retired from 2004 onwards. While announcing the details of the scheme after the cabinet meeting, Union Information and Broadcasting Minister

Ashwini Vaishnaw announced the UPS that government employees will now be eligible to get 50 per cent of the average basic pay drawn over the last 12 months before the superannuation as pension. The Centre has constituted a committee that held 100 meetings with several top organizations, including the RBI and the World Bank, to make decisions on this scheme. "Government employees have demanded some changes in the New Pension Schemes. For this, Prime Minister

Narendra Modi constituted a committee under the chairmanship of Cabinet Secretary TV Somanathan. This committee held more than 100 meetings with different organisations and nearly all the states." There's a difference between how PM Modi works and the opposition works," Vaishnaw said. "Unlike the opposition, PM Modi believes in holding extensive consultations. Following extensions consultations with everyone, including Reserve Bank of India and World Bank, the

committee has recommended a Unified Pension Scheme. Today, the Union Cabinet has approved this Unified Pension Scheme, and it will be implemented in the future," he added. Under the assured pension scheme, the beneficiary will get 50 per cent of the average basic pay drawn over the last 12 months prior to superannuation for a minimum qualifying service of 25 years. The pension drawn will be proportionate for lesser service period up to a minimum of 10 years of service. As a part of the assured minimum pension, the beneficiary will draw Rs 10,000 per month on superannuation after minimum 10 years of service. Under the assured family pension, the beneficiary will get 60 per cent of pension of the employee immediately before his/her demise. The assured pension, assured family pension and assured minimum pension will receive benefits of inflation indexation. Dearness relief will be based on All India Consumer Price Index for Industrial Workers (AICPI-IW) as in case of serving employees.

PDP Manifesto: Mehbooba Mufti throws down the Kashmir gauntlet

MOHIT KANDHARI ■ JAMMU



Peoples Democratic Party (PDP) president Mehbooba Mufti with other party leaders and candidates during the release of the party's election manifesto ahead of the State Assembly elections, in Srinagar, on Saturday PTI

Joining the chorus with the National Conference over the resolution of the Kashmir issue, Peoples Democratic Party (PDP) Chief Mehbooba Mufti Saturday observed that the unconstitutional and illegal revocation of Articles 370 and 35A in 2019 has further complicated the Kashmir issue, deepening the sense of alienation among the people of the region. Releasing her party's election manifesto ahead of the Assembly polls in Srinagar, the former Chief Minister declared that if the National Conference (NC) and Congress were willing to accept the PDP's manifesto and align with its stand on resolving the problems of Kashmir, she would support their alliance without contesting any seats. She said, "Alliance and seat sharing are faraway things. If the National Conference and Congress are ready to adopt our agenda, we will say they should contest on all seats, we will follow them because, for me, solving the problem of Kashmir is more important than anything else..." she said. Mehbooba Mufti clarified that the upcoming elections are not just about Statehood or seat sharing, but about larger goals. "For me, this election is not about Statehood or seat sharing... We have a bigger

goal... We are fighting for dignity, for the resolution of the Kashmir issue." "When we allied earlier, we had an agenda, when we allied with the BJP, we had an agenda which they agreed to but the alliance between the National Conference and Congress is not happening on the agenda, it is happening on seat sharing," she added. "The PDP is resolute in its pursuit of restoration of the constitutional guarantees that were unjustly scrapped and is committed to restoring Jammu & Kashmir to its original status, ensuring that the voices of its people are heard and their rights are safeguarded". She also committed to facilitating the return of Kashmiri Pandits to the Valley, emphasizing that her party

would take all necessary steps to ensure their safe return. Mehbooba Mufti said her party is committed to the revocation of AFSPA. She also batted for the resumption of the cross-LoC trade between India and Pakistan and urged the Union Home Minister to relaunch the services soon by extending banking services to the traders on both sides of the LoC. The manifesto titled 'People's Aspirations' also talks about creation of a regional free-trade area and shared economic market, striving for revocation of the Public Safety Act (PSA), Unlawful Activities (Prevention) Act (UAPA) and Enemy Act, as well as its commitment to revocation of Armed Forces Special Powers Act (AFSPA).



MVA hits the streets over macabre Badlapur rape

PTI ■ LATUR

The Opposition Maha Vikas Aghadi held a protest in Latur on Saturday as part of its Statewide stir against the sexual assault on two girls in a school in Badlapur in Thane district and the Maharashtra Government's alleged mishandling of the case. Workers of the Congress, Shiv Sena (UBT) and NCP (SP) wore black arm bands and masks to cover their mouths as part of the protest, which was held at Rajarshi Chhatrapati Shahu Maharaj Chowk in the morning. They shouted slogans against the State and Union Governments and said concrete steps must be taken to tackle crimes against women. The MVA had called for a 'Maharashtra bandh' on Saturday but it had to be withdrawn after the Bombay High Court on Friday restrained all parties and individuals from proceeding with it. Meanwhile, BJP workers on Saturday demonstrated in Thane against the

Maha Vikas Aghadi, accusing the Opposition parties of trying to politicise the alleged sexual abuse of two minor girls at a school in Badlapur. Protesters, led by BJP's Thane district president Sanjay Waghule and MLA Sanjay Kelkar, assembled in front of Ahilyadevi memorial amid rains and demanded swift justice for the victim girls. "This is a severe incident which has devastated the family members of the victims. However, leaders of MVA are busy politicising this tragedy. They are trying to defame Maharashtra," Waghule alleged. Kelkar alleged that MVA leaders are eyeing power and lack sensitivity. Local BJP leaders, former corporators, women wing members, and other office-bearers joined the protest. The MVA staged protests across Maharashtra, accusing the Mahayuti Government of inefficient handling of the Badlapur incident, which triggered a massive rail roko demonstration on Tuesday.

Bestial Assam rapist meets his end in a pond

PTI ■ GUWAHATI

The prime accused in the rape of a minor girl allegedly escaped from police custody, jumped into a pond and died on Saturday morning at Dhing in Assam's Nagaon district, police said. The villagers of Borbhethi, the family home of the accused, have taken a decision not to participate in his funeral prayers and not allow his burial in the village graveyard. Nagaon Superintendent of Police Swapneel Deka told reporters that the accused, who was arrested on Friday, was taken handcuffed to the location where the crime was allegedly committed for a re-creation of the crime scene around 3.30 am. "The accused hid out at a policeman, escaped from police custody and jumped into the pond," Deka said. The SDRF was immediately informed, a search operation was launched and his body was recovered after nearly two hours, he added. The policeman was also injured and admitted to a hospital, the SP said. The other two accused are still absconding and search was continuing with raids conducted at several places on Friday night. The 14-year-old girl was allegedly raped by three persons who came on a motorcycle and surrounded her while she was returning home from tuition on her bicycle at Dhing on Thursday evening. She was left injured and unconscious on the roadside near a pond, before



being rescued by locals who informed police. Meanwhile, villagers of Borbhethi held a meeting on Saturday morning and took three decisions regarding the crime committed by the youth. "We have decided not to allow his burial in the village graveyard, not participate in his 'janaza' (burial prayers) and social boycott of his family," a village elder Md Shahjahan Ali Choudhury told PTI. "The village youth's crime has shamed us and we cannot allow his burial in the community graveyard," he added. Meanwhile, a march was also taken out from the village mosque to protest against the incident. Chief Minister Himanta Biswa Sarma had said on Friday that stern action will be taken against the culprits. Sarma, who is currently touring the three districts in Barak Valley, had said on Friday night that there is a difference between Assam and Bengal in dealing with such cases.

India will miss your thunder, Shikhar Dhawan

RISHABH MALIK ■ NEW DELHI

India's opening batsman and Champions Trophy winner Shikhar Dhawan announced his retirement from professional cricket both international and domestic through a social media post on Saturday morning. In the retirement video message he stated "As I close this chapter of my cricketering journey, I carry with me countless memories and gratitude. Thank you for the love and support! Jai Hind!" Dhawan last donned the Indian jersey in an ODI against Bangladesh in 2022 and T20I in Sri Lanka in 2021. Dhawan has not been part of the Test team since 2018, after the England Tour. From his thunderous arrival in Test cricket in Mohali against Australia in 2013, he scored 187 under the leadership of Dhoni, later in the career Shikhar found a permanent spot in India's opening slot with Rohit Sharma for the first time, which helped the Team India in winning the Champions Trophy in 2013 in England. He was a leading run scorer in the tournament with 363 runs in the bank. From where there was no looking back for Dhawan in 2015 World Cup, Dhawan scored 338 runs in five innings and one hundred. In the 2015 ODI World Cup, he was

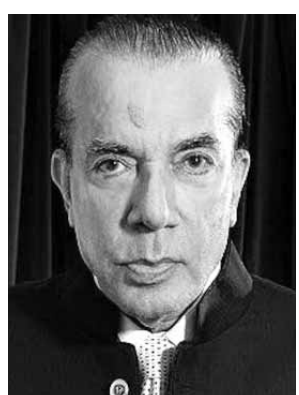


India's top run-getter with 412 runs in eight matches and two hundreds. Overall, Dhawan has featured for India in 167 ODIs, scoring 6793 runs including 17 centuries and 39 half-centuries. His average in the format stands at 44.11 in test cricket, Dhawan's career always known for his ICC tournaments performances back from under 19 World Cup to 2019 his big scores marked a significant badge on his career. His centuries in ICC World Cups and Champions Trophy stood out in One Day Cricket. Dhawan's career will always be remembered for his opening partnership with Rohit Sharma which they started with the white ball cricket from the 2013 ICC Champions Trophy. Both openers have 5148 partnership runs and are the fourth-highest among all opening pairs, next only to Ganguly-Tendulkar, Adam Gilchrist-Matthew Hayden and Gordon Greenidge-Desmond Haynes. It took only 140 - Innings by Dhawan to reach 6000 ODI runs which are the fifth fastest in World ODI Cricket. The left hand opening batsman also had some low points in career in the 2019 World Cup after scoring a century against Australia in the Oval. He suffered a thumb injury which ruled him out from the World Cup which has been the talking point of India's loss in Semi Finals.

Nari Hira of Stardust dreams passes away

PIONEER NEWS SERVICE ■ NEW DELHI

Nari Hira, founder and editor of once popular film magazine Stardust, died at the age of 86. He was also a renowned film producer and owner of Magna Publishing. Stardust brought style and glamour to the coverage of Hindi film industry and most stars and those wanting to reach the pinnacle were eager to be featured in the magazine. Moreover, it was a favourite of travellers, mostly those on long-distance train journey, who would pick up a copy of the rather thick Stardust in the 1970s and 80s to keep abreast with the latest in Bollywood, including juicy snippets about



the life of their favourite film icons in front of the camera and off it. Hira's contributions to Indian journalism have left a lasting legacy. Hira was a prominent figure

in the Indian media industry, known for his pioneering work in publishing popular magazines such as Stardust, Savvy, Showtime, Society, and Health. His family broke the news about Hira's passing away in a statement saying, "It is with deep sorrow that we share the news of his death, a pioneer in print media, a family man and father beyond compare, he leaves us behind heartbroken in his absence." Novelist-columnist Shobhaa De and prominent journalist Vir Sanghvi posted for Nari after his death. The former wrote, "Farewell, Boss... (sic)" while the latter wrote, "RIP Nari Hira, the genius of Indian publishing.

Mullaperiyar Dam time bomb ticking in Kerala

KUMAR CHELLAPPAN ■ KOCHI

A time bomb going by the name of Mullaperiyar Dam is ticking away in Kerala's Idukki district. "The 130-year-old dam is sure to burst anytime causing unimaginable devastation in five districts of the State. The deluge that the sudden bursting of the overaged dam would swallow 4.5 million people and their properties," say experts who are closely monitoring the safety of the dam. Mullaperiyar Dam built in 1880 across Periyar River by the then British Government in power in the Madras Presidency at a high cost to the princely State of Travancore has been a



burning issue in South India ever since it went operational in 1895. The mortar used in construction of this rickety dam was a mix of 'surkhi' (burnt brick ground to a powdery substance) and limestone on 8,100 acres of dense forest area in the Western Ghats. "It outlived its estimated life decades ago,

and the only option left is to build a new dam after decommissioning the existing one," MS Menon, former director general of Central Water Commission, told "The Pioneer". He said, "Safety aspects apart, the controversy over the crumbling dam has degenerated into politicking of

the worst kind putting the lives of millions of people at high risk. The dam is built across Periyar River which is not an inter-State river. The Government of Kerala does not require any green signal from Tamil Nadu to go ahead with the construction of a new dam." Professor AK Gosain, eminent hydrologist and former head of civil engineering department of IIT, Delhi, who undertook a study on the safety of Mullaperiyar Dam said that the reservoir is in a dilapidated condition and could collapse at any time. "Our study conducted during late 1990s was based on the Rain Atlas formulated by the Government of India. The maximum precipitation recorded during the study



Climatic changes and other factors cause drop in dengue cases in Dehradun

PNS ■ DEHRADUN

Several factors including the delayed arrival of the monsoon and improved co-ordination between the health department and the municipal bodies have contributed to the absence of dengue cases in the Dehradun district until August compared to the previous year, the district surveillance officer Dr CS Rawat said. Notably, there have been no reported cases of dengue in Dehradun district up to August this year, whereas a significant number of cases were recorded in August and September of the previous year.

Regarding this, Rawat said that, thus far, the Health department has not encountered any instances of dengue in Dehradun. He emphasised that during this period last year, an average of 800 to 900 individuals were afflicted with dengue.

Rawat added that the delayed onset of dengue cases this year can be attributed to the late monsoon arrival, whereas the previous year witnessed an early monsoon onset in June.

Rawat emphasised the importance of proper co-ordination between the health department and the municipal bodies in terms of fogging and larvicide in protecting the city's residents from Dengue. He added that dengue larvae typically thrive in areas with waterlogging, which has been less prevalent this year due to the continuous monsoon causing running water that does not provide a suitable environment for the larvae to breed. However, Rawat said that the absence of dengue cases so far does not indicate complete safety. He warned that once the monsoon season ends, waterlogging in some

areas may create conducive conditions for dengue larvae. Therefore, this year, the health department has instructed Accredited Social Health Activists (ASHA) workers and volunteers to remain vigilant and continue the dengue awareness campaign in the Dehradun district until September and October.

He further emphasised the importance of wearing full-sleeve clothes and preventing stagnant water to prevent dengue. It will be recalled that the medical superintendent of Government Doon Medical College (GDMC) Dr Anurag Aggarwal also previously highlighted how the rise in mercury temperature has led to the elimination of mosquitoes, indirectly reducing the chances of dengue in Dehradun this year.

City markets abuzz with last-minute shoppers for Janmashtami

PNS ■ DEHRADUN

Dehradun city's markets, including Paltan Bazaar and Dhamawala witnessed heavy footfall on Saturday ahead of Janmashtami, which is to be

home instead of in temples has increased among the people.

A Janmashtami items seller at the market Jagmohan

only temple owners were seen shopping for Janmashtami items, but now people have started celebrating Janmashtami at home with religious fervour.

A shopper, Sudesh Bindra said that she has bought different types of clothes, Jhula, bed for Lord Krishna's idol at home. Apart from this, she has also bought dry fruits and other materials to prepare Prasad for offering to Lord Krishna during Janmashtami, she said.

Another shopper, Simran Nath stated that she bought silk dresses and a new Laddu Gopal made of brass to celebrate Janmashtami at home. She expressed her excitement over celebrating Janmashtami with zeal this year. Additionally, many city temples have also been decorated with lights and other items to celebrate Janmashtami with fervour this year.



A woman browses items ahead of Janmashtami in Dehradun on Saturday
Pioneer photo

celebrated on August 26. Shoppers in the market were seen buying decorative items, clothes, Jhula and Puja items to celebrate Janmashtami with enthusiasm at their homes. Regarding this, Janmashtami items sellers added that the trend of celebrating Janmashtami at

Singh noted the increasing crowd of shoppers with only a couple of days left for Janmashtami. This year, people are particularly interested in brass Jhula for Laddu Gopal and complete sets of accessories to decorate their Lord Krishna idols for Janmashtami. He added that earlier

GDMC asks SSP to raise manpower at police post in hospital

PNS ■ DEHRADUN

Taking the cognisance of the security within the premises, the administration of Government Doon Medical College (GDMC) hospital has formally requested the Dehradun senior superintendent of police, Ajai Singh, to increase the manpower at the police post situated in the hospital compound. This request comes in light of the nationwide protests by PG doctors following the recent tragic rape and murder of a female doctor in Kolkata. Informing about this, the medical superintendent at the GDMC hospital, Dr Anurag Aggarwal

staff at the police outpost situated on the hospital premises. He informed that the SSP has given assurance that the police personnel at the hospital outpost will be augmented by eight officers. Aggarwal further added that while the hospital has expanded over time, the staff numbers remain stagnant. The absence of adequate security personnel at the hospital has previously posed challenges in crowd management. Consequently, a proposal has been submitted to the state administration for the recruitment of 100 security guards at the hospital. Ag-

garwal stated that as of now, they have successfully reassigned an adequate number of security guards to the hospital premises, where security plays a crucial role in crowd management and incident control. Additionally, he confirmed that the hospital administration has instructed officials to install additional lighting like electric bulbs, in areas of the hospital that are dimly lit. He further highlighted that the hospital administration will persist in monitoring security and safety concerns at the hospital in the future.

Ayurveda a beacon of hope for asthma patients: Balkrishna

PNS ■ DEHRADUN

Citing the research paper published in the international journal Molecular Medicine, Acharya Balkrishna claimed on Saturday that Ayurveda offers a beacon of hope for asthma patients through the scientifically validated medication Bronchom. "Allopathy often turns to steroids which may provide temporary relief but are accompanied by severe adverse effects. Despite this, the chances of a full recovery remain slim," he said. As per the findings published in the peer-re-

viewed journal Molecular Medicine, Bronchom demonstrates superior efficacy over allopathic steroids, he added.

Notably, the journal noted that Bronchom significantly reduces airway hyper-responsiveness in a dose-dependent manner as per a study conducted on the animal (mouse) model of Mixed Granulocytic Asthma.

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Pursuant to taking possession of the secured asset mentioned hereunder by the Authorized Officer of Piramal Capital & Housing Finance Limited under the Securitization and Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 for the recovery of amount due from borrower/s, offers are invited by the undersigned for purchase of immovable property, as described hereunder, which is in the physical possession, on 'As Is Where Is Basis', 'As Is What Is Basis' and 'Whatever Is There Is Basis', Particulars of which are given below:

Loan Code / Branch / Borrower(s) / Co-Borrower(s) / Guarantor(s)	Demand Notice Date and Amount	Property Address -final	Reserve Price	Earnest Money Deposit (EMD) (10% of RP)	Outstanding Amount (21-08-2024)
Loan Code No.: 09700005692, Dehradun (Branch), Ashish Kumar (Borrower), Monica Rekhi (Co Borrower 1)	Dt: 30-04-2019, Rs. 2521715/-, (Rs. Twenty Five lakh Twenty One Thousand Seven Hundred Fifteen Only)	All The piece and Parcel of the Property having an extent :- Kha No 577 Min Khata No 177 Mauza Sherpur Pargana Pachwadn Tehsil Vikasnagar Dehradun Uttarakhand - 248001 Boundaries As :- North :- 20 ft road South :- prop. of other East :- prop. of other West :- 20 ft road	Rs. 1530000/- (Rs. Fifteen lakh Thirty Thousand Only)	Rs. 153000/- (Rs. One lakh Fifty Three Thousand Only)	Rs. 5609787/- (Rs. Five lakh Six thousand Nine Hundred Eighty Seven Only)
Loan Code No.: 09700007264, Dehradun (Branch), Arvind Kumar Arya (Borrower), Manju Devi (Co Borrower 1)	Dt: 21-01-2020, Rs. 917332/-, (Rs. Nine lakh Seventeen Thousand Three Hundred Thirty Two Only)	All The piece and Parcel of the Property having an extent :- Khata No 266 Kha No 506 Kha Min Mauza Jagatpur Pargana Pachwa Doon Vikas Nagar Dehradun Dehradun Uttarakhand :- 248001 Boundaries As :- North :- plot of other South :- plot of other East :- road West :- gool	Rs. 650000/- (Rs. Six lakh Fifty Thousand Only)	Rs. 65000/- (Rs. Sixty Five Thousand Only)	Rs. 1595547/- (Rs. Fifteen lakh Ninety Five Thousand Five Hundred Forty Seven Only)

DATE OF E-AUCTION: 27-09-2024, FROM 11.00 A.M. TO 2.00 P.M. (WITH UNLIMITED EXTENSION OF 5 MINUTES EACH), LAST DATE OF SUBMISSION OF BID: 26-09-2024, BEFORE 4.00 P.M.
For detailed terms and conditions of the Sale, please refer to the link provided in www.piramalfinance.com/e-Auction.html or email us on piramal.auction@piramal.com
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The above mentioned Borrower/Guarantor are hereby notified to pay the sum as mentioned in section 13(2) notice in full with accrued interest till date before the date of auction, failing which property will be auctioned/sold and balance dues if any will be recovered with interest and cost from borrower/guarantor.
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FMFI deliberations on foetal treatment underway in Doon

PNS ■ DEHRADUN

Medical director and senior paediatric gastroenterologist at Apollo Hospitals, Dr Anupam Sibal said that Indraprastha Apollo is committed to pushing the boundaries of medical care, especially in critical areas like foetal medicine. The advancements being discussed in the conference which began in Dehradun on Friday represent a significant leap forward in the ability to manage high-risk pregnancies and detect congenital heart defects early. "By focusing on these areas, we're not just improving individual patient outcomes but also working towards a broader goal of reducing infant mortality across India. Through conferences like this, we aim to share our knowledge and elevate the standard of prenatal care nationwide, ultimately giving more babies a healthier start in life," he said. An extensive international level conference comprising intensive lectures, live demonstrations of foetal interventions and surgeries, hands on training of approximately 250 obstetricians and radiologists, round table discussions spread over three days began here on Friday. Domain experts from India, Spain,



Belgium, UK and Israel are participating in this first of a kind knowledge transfer in Uttarakhand, jointly organised by Indraprastha Apollo Hospital, Delhi and Fetal Medicine Foundation India (FMFI). FMFI founder president Dr Anita Kaul said, "Multiple pregnancies are increasing in numbers, and unless managed under established protocols and guidelines, a significant number can end up in adverse outcomes. We are seeing many more twin pregnancies than we did a decade ago, often due to IVF, ART, and advanced maternal age. Newer interventions are reducing in-utero deaths and premature births."

Office of the Managing Director
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2.	Supply of Fodder Seed (Barseem latraploid, Jai kent, Makhhan grass)
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Component - II <ul style="list-style-type: none"> Students whose parents/guardians are engaged in occupations involving cleaning and prone to health hazards No income limit criteria Students studying in classes 1 to 10 in recognised schools 	<ul style="list-style-type: none"> Academic allowance ranging from Rs. 3500 to Rs. 8000 per annum 10% extra allowance for Divyang (specially abled) students 	<ul style="list-style-type: none"> All recognised courses from class 11 onwards 	<ul style="list-style-type: none"> 10% extra allowance for Divyang (specially abled) students

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सर्वसाधारण को सूचित किया जाता है कि शपथकर्ता की 10वीं की अंकतालिका में शपथकर्ता का नाम सुखजोत सिंह (SUKHJOT SINGH) (गलत नाम जोकि 10वीं की अंकतालिका में गलती से दर्ज हो गया है) से सही नाम सुखजोत सिंह बत्रा (SUKHJOT SINGH BATRA) (सही नाम) अंकित कर लिया है। भविष्य में शपथकर्ता के नाम को सुखजोत सिंह बत्रा (SUKHJOT SINGH BATRA) (सही नाम जोकि अन्य मूल दस्तावेजों में है) श्री सुखजोत सिंह बत्रा पुत्र श्री सुरेन्द्र सिंह बत्रा के नाम से जाना पहचाना जाए मसं-04, रैसकोर्स, आराधर, देहरादून 248001

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Dhami hits out at Congress, NC pre-poll alliance in J&K

PNS ■ DEHRADUN

Chief minister Pushkar Singh Dhami has condemned the decision of Congress party to tie up with the National Conference (NC) for the upcoming Vidhan Sabha elections of Jammu and Kashmir. Addressing a Press conference here on Saturday, the CM said that the NC has a history of encouraging divisive powers. He said that the Congress party always fiddles with the security, integrity and unity of the country in its quest for power. The CM said that the NC has nurtured terrorism and Jihad in Kashmir and the decision of Congress to forge a pre-poll alliance with this party has exposed it before the people of the country. Putting up 10 questions for former president of Congress Rahul Gandhi, the Uttarakhand CM asked whether the Congress party



agrees with promises made in NC manifesto including a separate flag for J & K. The CM said whether the Congress supports holding talks with Pakistan and is in sync with the decision of NC to start LOC trade with Pakistan.

"Does the Congress support the demand of allowing the people engaged in the terrorists activities and stone throwing incidents in the government jobs and bring back the period

of terrorism," Dhami asked.

Dhami added that the NC has made a promise to restore article 370 and review the reservations for scheduled castes and tribes and other backward classes and said that the Congress should clarify whether it supports it. The NC also intends to change the names of places such as Shankaracharya hill and Hari hill and name them with words having Islamic meanings.

It is worth mentioning here that the elections for the 90 member Assembly will be held in three phases on September 18, 25 and October 1. The counting of votes is scheduled for October 4.

BJP should answer questions on Adani, Hindenburg and misuse of agencies: Mahara

PNS ■ DEHRADUN

Reacting sharply to the questions posed by chief minister Pushkar Singh Dhami to former Congress president Rahul Gandhi, the Pradesh Congress Committee (PCC) president Karan Mahara has said that the BJP should first answer hundreds of questions asked by Gandhi on misuse of central agencies, Adani scam and Hindenburg revelations. He said that the BJP is upset over Congress's alliance with National Conference (NC) for Jammu and Kashmir Assembly elections but this is the same party with which it had an alliance for a long time. NC leader Farooq Abdullah was a Union minister in the BJP government. He said that the

BJP also had an alliance with Mehbooba Mufti's party PDP whose connections with terrorist organizations has been proved.

Accusing the BJP of adopting double standards in politics, the PCC president said that the Congress party always fights for the rights of the people in every state. He said that the Congress has always worked for the strength, unity and integrity of the country by taking the common people along. Mahara added that the Congress does not need a certificate of patriotism from BJP.

Mahara said that former J

& K governor Satyapal Malik had made serious allegations regarding the Pulwama attack, the answers to which have not been received by the public till date. He said that brave soldiers of Uttarakhand are getting martyred in Jammu and Kashmir but the BJP government is maintaining a silence on it.

The BJP government should answer how China has encroached upon our land on the Arunachal border and set up permanent constructions there. "Who gave the contract of trillions of rupees to Chinese companies? Why was the statue of Sardar Vallabhbhai Patel ordered from China," he asked.

Elections of poultry cooperative & silage federation to be held soon

PNS ■ DEHRADUN

A consensus on holding the elections was reached in the annual general body meeting of the Poultry Cooperative union and Silage federation held on Friday. The Managing Director of the federation Anand A D Shukla put up a proposal of holding elections as part of democratic process and as per the provisions of the federation in the AGM. The proposal was unanimously endorsed by the members.

Shukla said that setting up a democratic process

within the cooperative federation will help in encouraging participation among the members and forging unity and association in them. This will also help in considering different views while taking important decisions affecting the future of the federation.

He said that the elected members of the general body will elect the board of directors, chairperson, vice president and the members of different committees of the federation.

MCD sanitation workers boycott work

PNS ■ DEHRADUN

The sanitation workers of the Municipal Corporation of Dehradun (MCD) boycotted work demanding action against college students who allegedly assaulted sanitation inspectors of the corporation on Saturday. Stating this, the

municipal staff. Khanna further claimed that during the altercation the college students became restless and assaulted the MCD inspectors. Consequently, they sustained injuries and sought medical attention. In light of this, the MCD sanitation



chief municipal health officer Dr Avinash Khanna informed that the incident occurred on Saturday morning when sanitation inspector Vishwanath and chief inspector Amit were performing their duties near Patelnagar in Dehradun. They noticed that some college students were littering the streets by dumping garbage. Upon being advised by the MCD sanitation inspectors to stop littering, the college students reportedly refused to comply, leading to a verbal altercation with the

workers have boycotted the work until the authorities take decisive action against the college students involved in the assault on the sanitation inspectors. He informed that an average of 2,000 sanitation workers have joined the work boycott. Additionally, they have declared their intention to persist with the boycott until the filing of an FIR and subsequent arrest of the college students by the police in connection with the incident, he said.

Education Dept should ensure students aren't burdened by school bags: Experts

PNS ■ DEHRADUN

Experts have emphasised the importance of the Education department ensuring the appropriate enforcement of the directive issued to private schools regarding the weight of students' school bags. They said this in response to the recent directive issued by the Education secretary Ravinath Raman instructing all Chief Education Officers (CEOs) of all the districts across the State to enforce guidelines on school bag weight for children. The directive specifies that pre-primary classes should be exempt from carrying school bags, while classes from three to XII should not exceed a weight of five kilogrammes. Notably, these instructions align with the principles outlined in the National Education Policy (NEP) 2020.

Commenting about this, the president of the National Association for Parents and Students Rights (NAPSAR) Arif Khan stated that in 2018, the Ministry of Human Resource Development (MHRD)



instructed the education secretaries of all states to ensure that no private school exceeds the stipulated weight limit of school bags for students. However, Khan added that the Education department merely issues the directive to schools as a formality and does not subsequently verify compliance. Khan added that in his capacity as president of NAPSAR, he has urged the State Commission for Protection of Child Rights (SCPCR) to oversee the proper implementation by the edu-

cation department, yet no actions have been taken. He emphasised the need for the Education department to strictly enforce the weight limit directive and take punitive measures against schools that do not comply. Additionally, Khan highlighted the importance of the SCPCR monitoring whether the education sector ensures the appropriate implementation of weight limits for school bags in private schools. He emphasised that exceeding the weight limit of schools

bags can have a detrimental impact on the mental and physical well-being of children.

Further, the chairperson of the SCPCR Geeta Khanna told this correspondent that the commission had conducted many inspections in schools in Dehradun, particularly focusing on the weight of school bags. These inspections revealed that many private schools were not adhering to the prescribed guidelines regarding the weight of school bags. Consequently, multiple letters urging strict action were sent to the Education department. As a result, the education department has recently issued directives, placing the responsibility on all district CEOs to ensure proper implementation. She added that if the education department fails to uphold the enforcement of the aforementioned directives on school bag weight, the SCPCR will once again correspond with the departments and take punitive measures against non-compliance.

MCD receives 230 objections regarding delimitation

PNS ■ DEHRADUN

The Municipal Corporation of Dehradun (MCD) has received about 230 objections regarding the recent delimitation of wards within the city. The deadline for submitting these objections ended on Friday. The corporation will accept no objections in this regard from now, the additional municipal commissioner Gopal Ram Binwal said. Talking about the objections raised from people across the city, Binwal said that the highest number of objections came from residents of the Rajpur and Dharampur assembly constituencies. In contrast, fewer objections

were recorded from the Mussoorie, Cantonment and Sahaspur constituencies. Binwal added that a meeting is scheduled for Saturday under the chairmanship of the Dehradun district magistrate Sonika which will be joined by the MCD municipal commissioner Gaurav Kumar and officials from other departments concerned. All officials will review the public's objections and decide on the next steps regarding the delimitation process. It is pertinent to mention here that the whole process is part of the ongoing delimitation process ahead of the upcoming municipal elections. The

delimitation of wards in Dehradun was initially ordered in July 2022 and it was concluded by October last year. However, upon receiving the delimitation report submitted by the MCD through the DM, the State administration identified numerous irregularities. Some wards were reportedly found to have voter numbers significantly below or above the standard range. Several people also raised concerns about the accuracy of the delimitation report, including Dehradun councillors. Considering this, the State administration returned the report and directed the DM to present

a new updated report earlier this month. Sonika subsequently instructed the MCD to draft a new report in compliance with established guidelines. The municipal elections are expected to be held in October. Many outgoing councillors opined that since no census was done after 2011, it might cause problems to the officials concerned in ensuring the apt delimitation process in Dehradun. Some even claimed that it is very unlikely that the municipal election will be held in October as per the new delimitation report which is being prepared by the administration.



Chief minister Pushkar Singh Dhami with members of Rajya Andolankari Manch at his official residence on Saturday. They thanked him for 10 per cent reservation for statehood activists and their dependents in government services.....
.Pioneer photo



Udham Singh Nagar districts, and at many places in the remaining districts of the State on Sunday.

The State meteorological centre has also issued a yellow warning (Be Updated) regarding the possibility of thunderstorms accompanied with lightning/intense to very intense spells of rain likely to occur at isolated places in the mountainous districts of Uttarakhand

occur in Dehradun today.

Meanwhile, light to moderate rainfall was recorded in various parts of the State on Saturday with 30.5 millimetres in Jakhnidhar, 23.5 millimetres in Chamba, 19.5 millimetres in Dhanaulti, 17 millimetres in New Tehri, 14 millimetres in Kotdwar, six millimetres in Thalising and 5.5 millimetres in Chakrata.

BJP blasts Congress for supporting anti-national NC

PIONEER NEWS SERVICE ■ NEW DELHI

The BJP on Saturday criticised Congress extending support to National Conference (NC) manifesto which promotes ideas like dividing the Nation, enforcing two constitutions and Kashmir and opposing the National Flag and said it exposed Congress anti-national thinking. These assertions were made here during a joint conference by BJP National General Secretary Tarun Chugh and Delhi BJP President Virendra Sachdeva.

Chugh said Congress has always sided with those who seek to break the nation. The Congress's support for the NC's manifesto raises many questions. This manifesto by the National

Conference is an attempt to re-establish terrorism and separatism in Jammu and Kashmir. The manifesto's declaration to reinstate Articles 370 and 35A has full support from Rahul Gandhi and the Congress. Chugh questioned Congress and Rahul Gandhi on their stance regarding Articles 370 and 35A. He asked whether Congress supports dividing Jammu and Kashmir and implementing two constitutions in the region. Congress needs to clarify its position on these issues.

He said Congress is repeating its historical mistakes by playing a dangerous game in alliance with the National Conference.

He further questioned whether Congress is backing Pakistan's agenda. An effort is being made to establish terrorism



and separatism in Jammu and Kashmir, and Congress's hand in this conspiracy is evident. Congress should clarify if a state party is collaborating with a party from another country and supporting this anti-national agenda. The NC's manifesto clearly States that separatists currently in jail, who were involved in bomb blasts and in implementing

Pakistan's agenda in Jammu and Kashmir, will be released. The Abdullah family advocates for this, and the Gandhi family supports them, Chugh claimed. He said Congress is standing with those who seek to strip citizens of their rights, revoke reservations, and return to the pre-August 5, 2019, status of Kashmir. The NC manifesto is an announcement to remove the Constitution introduced by Dr B R Ambedkar, and Congress, along with the Abdullah family, is trying to uphold it. The BJP will not allow this to happen under any circumstances.

Congress must clarify whether it supports the manifesto that proposes renaming Shankaracharya Hill to Takht-e-Suleiman. Rahul Gandhi, who never visited Jammu and Kashmir in his 50 years but is

now playing snow ball there, should remember that the only reason the tricolour flies at Lal Chowk, where he is enjoying ice cream, is because of Prime Minister Narendra Modi, he said.

Delhi BJP President Sachdeva said in its lust for power, Congress has repeatedly played with the unity and security of the nation. By allying with the National Conference in Jammu and Kashmir, Congress is revealing its vile face.

The party stood with stone pelting and continues to support them.

Sachdeva also questioned Rahul Gandhi, who is nurtured by foreign values and visits temples only during elections, about whether he intends to provoke another Hindu-Muslim riot by renaming Shankaracharya Hill.



Union Minister Shivraj Singh Chouhan addresses soya farmers' insurance issue

PIONEER NEWS SERVICE ■ NEW DELHI

Union Agriculture and Farmers Welfare Minister Shivraj Singh Chouhan has directed officials to immediately resolve the problem of pending insurance schemes of soybean crop. He gave this instruction while interacting with farmers in Nanded, Maharashtra on August 21, Agriculture Ministry said here on Saturday.

Giving details, officials said farmers of Parbhani district informed the Union Minister about the problem of pending insurance claims of Rs 200-225 crores of their soybean crop. In this regard, the Minister gave instructions to the Agriculture and Farmers Welfare Officials to immediately resolve the problem.

Department of Agriculture and Farmers Welfare held a meeting of the National Technical Advisory Committee (TAC) in this regard on August 22. In the meeting, the TAC rejected the objection lodged by the insurance company on crop cutting experiments and directed the insurance company to pay the pending claims. Due to this decision, pending claims of Rs 200 to 225 crores are to be paid to about 2,00,000 farmers of Parbhani district.

On Saturday, the Central Technical Advisory Committee has issued an order to the concerned insurance company to pay the due claim within one week in this regard.



Gadkari promises to expedite iconic Telangana, Andhra bridge

PIONEER NEWS SERVICE ■ NEW DELHI

Union Road Transport and Highways Minister Nitin Gadkari has assured he will expedite the construction of a double-decker cable-stayed iconic bridge between Telangana and Andhra Pradesh over the Krishna river, the Telangana government said on Saturday.

The assurance came during a meeting with Telangana Tourism and Excise Minister Juppally Krishna Rao in New Delhi.

Gadkari responded positively to Rao's request to fast-track the project and assured him that all necessary procedures would be completed, with tenders set to be launched by September end, an official statement said.

The Rs 1,082.56 crore-bridge, connecting Somashila in Telangana and Sangameswar in Andhra Pradesh, has been pending for two years due to various reasons. Rao, during the meeting, had an extensive discussion on the bridge construction, which falls in the Kollapur constituency, as well as various national highway development projects in the Mahabubnagar district.

The bridge is expected to promote ecotourism and temple tourism in Telugu-speaking States, provide a safer route to commuters, and reduce travel distance from Telangana to Tirupati by 70-80 kilometers, cutting down travel time by at least 90 minutes.

Slated to come up against the backdrop of the Srisailem reservoir and Nallamala forest, the bridge will connect the Lalitha Someshwara Temple on the Telangana side with the Sangameswar Temple on the Andhra Pradesh side.

Rao also requested Gadkari to take steps to upgrade the 203.5 km road from Alampur "X" Road (NH-44) to Nalgonda (NH 565) into a national highway.

PM Modi to honour 11 lakh Lakhpati Didis, inaugurate Rajasthan Museum today

PIONEER NEWS SERVICE ■ NEW DELHI

Prime Minister Narendra Modi will give certificates and felicitate 11 lakh new Lakhpati Didis, who recently became Lakhpati (millionaire) during the third term of the NDA Government at an event in Jalgaon in Maharashtra on Sunday.

Later at 4.30 pm, on the same day i.e. on Sunday, the Prime Minister will also attend the concluding ceremony of the Platinum Jubilee celebrations of the Rajasthan High Court, to be held at the High Court Campus, Jodhpur. The Prime Minister will also inaugurate the Rajasthan High Court Museum.

At the Lakhpati Didi Sammelan in Jalgaon, the Prime Minister will also interact with the beneficiaries from across the country and release a Revolving Fund of Rs 2,500 crore which will benefit about 48 lakh members of 4.3 lakh Self-Help Groups (SHG).

He will also disburse bank loan of Rs 5,000 crore which will benefit 25.8 lakh members of 2.35 lakh SHGs.

During his Independence Day speech last year, Modi had announced the 'Lakhpati Didi'



scheme to provide skill development training in skills like plumbing, LED bulb making and operating and repairing drones to 20 million women in villages across the country.

Since the inception of the scheme, one crore women have already been made 'Lakhpati Didis'. The government has set a target to make 3 crore 'Lakhpati Didis'. 'Lakhpati Didi' refers to women who are capable of earning at least 100,000 rupees annually.

To benefit from this scheme, women must be part of a self-help group. Currently, there are about 83 lakh self-help groups in the country, involving approximately 9 crore women.

NHRC proposes enhancing elderly care, to focus on dignity, rights, awareness

ARCHANA JYOTI ■ NEW DELHI

With aging parents increasingly being seen as a 'burden' by their children amid the disintegration of the traditional family structure, a panel of experts from the Core Group of the National Human Rights Commission (NHRC) on Elderly Care has proposed a series of measures to protect and support India's rapidly growing elderly demographic.

NHRC member Dnyaneshwar Manohar Mulay emphasised the importance of old age homes, stressing that they should not be viewed as mere holding facilities with a stigma attached.

"Instead, these homes should provide an environment that promotes health, quality of life, and dignity for their residents," said Mulay at a meeting held recently.

He also informed the group members who are working in the sector at the grassroots to ensure complaints of abuse against elderly people can be registered at the NHRC portal.

As per the minutes of the meeting made available recently, Dr Abha Chaudhary, Chairperson, NGO Anuraha called for a comprehensive need-assessment to identify challenges faced by the elderly, particularly the most marginalised. She also advocated for a culturally suitable action plan and the creation of SOPs for stakeholder preparedness.

Dr Abha posed the question of exactly how many welfare schemes and support programs there are for the 'most marginalised' section among the elderly, for example- those crossing 80 years of age etc. she also highlighted how India



needs a more culturally and socially suitable Himanshu Rath, from Agewell Foundation flagged the issue of lack of district tribunals for elderly issues and stressed the importance of making elderly aware of their rights.

He also proposed integrating moral education in schools and reducing duplication in schemes.

Dr S Siva Raju, Professor at Tata Institute of Social Sciences (TISS) emphasised the role of family in elderly care and applauded the Andhra Government's Wallet Scheme.

He also advocated for "Private sector involvement and NHRC's facilitative role in raising awareness."

Rajiv Manjhi, Joint Secretary, Union Health Ministry highlighted achievements in healthcare provisions for senior citizens and the need for spe-



cialised care professionals while Harimohan Sharma, of United Rural Development Services, Manipur addressed connectivity issues and inadequate funding for old age homes in Manipur.

He suggested increasing funding and number of beneficiaries, and improving hospital empanelment.

Gargi Lakhpanal, from Vriddh Care NGO, discussed the importance of ground-level implementation, mental health programs, and awareness campaigns for elderly care.

The members also sought incorporating education about elderly care and respect into school curricula to foster understanding and empathy among young people. "Encourage youth involvement in elderly care through volunteer programs and community service initiatives," they said.

Even minor brain injuries in youth may lead to dementia, progressive neuro-disease: Study



PIONEER NEWS SERVICE ■ NEW DELHI

Even minor brain injuries sustained in youth, such as concussions--classified as traumatic brain injuries (TBIs)-- may have long-term consequences such as dementia, a progressive neuro-disease, according to a study.

Published in JAMA Network Open, the research found that early-life TBIs are

linked to increased risks of memory problems and dementia later in life.

The team from the University of Cambridge analysed MRI scans of 617 people aged 40 to 59. They also studied their medical histories, focusing most specifically on whether they had had brain injuries anytime during their life.

About 36.1 per cent of the participants reported having experienced at least one brain injury that was serious enough to

have caused them a minor concussion. Further, MRI scans showed that 1 in 6 of the participants had higher than normal instances of cerebral microbleeds and other symptoms of what is described as evidence of small vessel disease of the brain.

People with at least one TBI were also more likely to smoke cigarettes, had more sleep problems, were more likely to have gait issues, and suffered from depression.

The team noted that the more TBIs a person had, the more such problems became apparent. Those who experienced a TBI in their youth also had a higher risk of memory problems than did patients with cardiovascular disease, high blood pressure, or diabetes -- increasing their likelihood of developing dementia, the researchers found.

Analysing MRI scans and medical histories of 617 individuals, the study revealed that those with a history of brain injuries showed more symptoms of small vessel disease and were more likely to experience related issues such as depression and gait problems. The researchers have called for more research into the long-term impacts of TBIs, particularly regarding memory retention, problems and possible associations with the development of dementia.

Bulldozer justice completely unacceptable, must stop: Priyanka

PIONEER NEWS SERVICE ■ NEW DELHI

'Bulldozer justice' is completely unacceptable and must stop, Congress Leader Priyanka Gandhi Vadera said on Saturday, days after the house of a man who allegedly indulged in violence in Madhya Pradesh's Chhatarpur district during a protest was demolished.

In a social media post in Hindi, Priyanka Gandhi said, "If someone is accused of a crime, then only the Court can decide his crime and punishment. But punishing the family of the accused as soon as the allegation is made, taking away the roof from their heads, not following the law, disobeying the Court, and demolishing the house of the accused as soon as the allegation is made - this is not justice." This is the "height of barbarism and injustice", Priyanka Gandhi said. There should be a difference between the lawmakers, the law keepers and the law breakers, she stressed, adding that Governments cannot behave like criminals.

Following the law, Constitution, democracy and humanity are the minimum conditions of governance in a civilised society, Priyanka Gandhi said.

"One who cannot fulfil 'rajdharm' can neither work for the welfare of the society nor the country. Bulldozer justice is completely unacceptable, it must stop," she said.



The house of the man who allegedly indulged in violence during a protest against remarks by seer Ramgiri Maharaj was demolished on Thursday.

Ramgiri Maharaj had allegedly made objectionable remarks against Islam at Shah Panchale village in Sinnar taluka of Maharashtra's Nashik district during a religious event some days ago.

Members of the Muslim community had organised a protest on Wednesday, but it descended into violence, leading to injuries to two policemen and damage to several vehicles.

"The house of Shahzad Ali under Kotwali police station limits was demolished. We had registered a case against 150 people for the violence on Wednesday. We had named 46 people," an official had said.

Button size batteries pose serious threat to toddlers, warns study

PIONEER NEWS SERVICE ■ NEW DELHI

Small and seemingly benign, which are commonly found in household items such as remote controls, hearing aids, and key fobs can be a serious hazard for toddlers if ingested by them, says a study. A team of researchers warned that children who did not have the button battery removed within six hours were almost eight times more likely to die. Those younger than two years old who had swallowed a button battery with a diameter of at least 2 centimetre were the

most at risk for serious damage or death, said the team from the University of Sydney after they analysed over 400 cases of button battery damage worldwide.

They stressed that a child's age, the size of the button battery, and a delayed diagnosis combine to create a "perfect storm", which can lead to severe harm.

Lead author Christopher, a professor at the University of Sydney in Australia, urged clinicians to be mindful of "a potential button battery ingestion when dealing with acute onset respiratory or gastrointestinal symptoms in young

children". The findings are published in World Journal of Pediatrics.

In view of these unseen threats, the researchers said that in order to protect children, the industry needs to redesign button batteries. This is because current standards only focus on child resistant packaging and product compartments.

Current, Australia is the only country in the world that has introduced first-ever mandatory safety standards for child-resistant packaging of button batteries.

Tran added that when a child swallows a button battery, it can cause a chemical reaction in the



oesophagus that creates a solution that burns and dissolves the tissue inside the child's throat.

About 26 per cent of injuries from swallowing button bat-



teries resulted in burns to the child's oesophagus, with 23 per cent being extremely

severe. Burning can cause a hole in a major vein or artery, causing fatal blood loss.

Nearly 9 per cent of complication cases resulted in death, with bleeding being the most common symptom of fatality. A growing number of everyday home gadgets, such as watches, hearing aids, remote controls, and toys, rely on button batteries as tiny power sources.

Button batteries, however, pose a risk to inquisitive young children who may swallow them unintentionally or put them in their mouths, noses, or ears without being able to express what has happened.

Button batteries contain cor-

rosive chemicals that can cause severe burns to the esophagus, stomach, and intestines.

The most common initial symptoms of a button battery swallowing in a child are choking, difficulty feeding, and coughing. However, over time these symptoms change (for example, vomiting, drooling) and may be mistaken for other health issues such as gastroenteritis or a respiratory infection.

The researchers also emphasised the need to raise awareness among parents about the possible risks associated with button batteries, the necessity of storing batteries safely, and the proper disposal methods.

Three killed, eight hurt in knife attack in Germany

AP ■ SOLINGEN (GERMANY)

A large-scale search was underway Saturday in the western German city of Solingen after three people were killed and at least eight others wounded, five of them seriously, in a knife attack at a festival. "The police are currently conducting a large-scale search for the perpetrator," police said in a statement. They have assembled a large number of forces around Solingen city center, including special units. "Both victims and witnesses are currently being questioned," they said. Police have also established an online portal where witnesses can upload information relevant to the attack. People alerted police shortly after 9:30 pm Friday to an unknown attacker having wounded several people with a knife on a central square, the Fronhof. Police said that the perpetrator was on the run, and

Terrorism not ruled out

Solingen (AP): A prosecutor says a terrorist motive has not been ruled out in a knife attack in western Germany in which three people were killed and seven wounded. Markus Caspers told a news conference on Saturday that authorities are still looking into what is behind the attack in the city of Solingen during a community festival on Friday evening. A 15-year-old boy was arrested early Saturday but police said he was not the perpetrator.

that they so far had only very thin information on the assailant. They said they believe the stabbings were carried out by a lone attacker and gave no information about the identities of the victims. The "Festival of Diversity," marking the city's 650th anniversary, began Friday and was supposed to run through Sunday, with several stages in central streets offering attractions such as live music, cabaret and acrobatics. One of the festival organizers, Philipp Muller, appeared on stage on Friday and asked festi-

valgoers to "go calmly; please keep your eyes open, because unfortunately the perpetrator hasn't been caught." Solingen has about 1,600,000 residents and is located near the bigger cities of Cologne and Duesseldorf. German Chancellor Olaf Scholz said on Saturday that the perpetrator of the attack must be caught quickly and punished with the full force of the law. "The attack in Solingen is a terrible event that has shocked me greatly. An attacker has brutally killed several people. I have just

spoken to Solingen's mayor, Tim Kurzbach. We mourn the victims and stand by their families," Scholz said on X. German President Frank-Walter Steinmeier also spoke to the mayor of Solingen on Saturday morning. "The heinous act in Solingen shocks me and our country. We mourn those killed and worry about those injured and I wish them strength and a speedy recovery from all my heart," Steinmeier said in a statement on Saturday. "The perpetrator needs to be brought to justice. Let's stand together — against hatred and violence." There has been concern about increased knife violence in Germany, and Interior Minister Nancy Faeser recently proposed toughening weapons laws to allow only knives with a blade measuring up to 6 centimeters to be carried in public, rather than the length of 12 centimeters that is currently allowed.

Moscow, Kyiv swap prisoners of war as Ukraine marks independence anniversary

AP ■ KYIV

Russia and Ukraine exchanged over 100 prisoners of war on Saturday as Kyiv marked its third Independence Day since Moscow's full-scale invasion.

Ukraine said the 115 servicemen who were freed were conscripts, many of whom were taken prisoner in the first months of Russia's invasion. Among them are nearly 50 soldiers captured by Russian forces from the Azovstal steelworks in Mariupol.

The Russian Defence Ministry said the 115 Russian soldiers had been captured in the Kursk region, where Ukrainian forces launched their surprise offensive into Russia two weeks ago. The ministry said the soldiers were currently in Belarus, but would be taken to Russia for medical treatment and rehabilitation.

Ukrainian President Volodymyr Zelenskyy said in a

post on X that the United Arab Emirates had again brokered the exchange, the 55th since Russia launched a full-scale invasion of its neighbour in February 2022.

Photos attached to Zelenskyy's post show swap servicemen with shaven heads and wrapped in Ukrainian flags.

"We remember each and every one. We are searching and doing our best to get everyone back," Zelenskyy said in the post.

Officials from the two sides meet only when they swap their dead and POWs, after lengthy preparation and diplomacy. Neither Ukraine nor Russia discloses how many POWs there are in total.

According to the UN, most Ukrainian POWs suffer routine medical neglect, severe and systematic mistreatment, and even torture while in detention. There have also been isolated reports of abuse of Russian sol-

diers, mostly during capture or transit to internment sites. Last January, Russia and Ukraine exchanged hundreds of prisoners of war in the biggest single release.

Two people were killed and four were wounded, including a baby, when Russian forces shelled the southern Ukrainian city of Kherson, the capital of the partially occupied Kherson region, according to local officials.

Ukraine's air force said it had intercepted and destroyed seven drones over the country's south. Russian long-range bombers also attacked the area of Zmiinyi (Snake) Island with four cruise missiles, while the wider Kherson region was also struck by aerial bombs.

In Russia, the Defence Ministry said Saturday that air defences had shot down seven drones overnight.

Five drones were downed over the southwestern Voronezh region bordering

Ukraine, wounding two people, regional Gov. Aleksandr Gusev said. News outlet Astra published videos appearing to show explosions at an ammunition depot after being hit by a drone. The videos could not be independently verified.

Two people were wounded in a drone attack in the Belgorod region, also bordering Ukraine, regional Gov. Vyacheslav Gladkov said. Local authorities did not report any casualties in the Bryansk region, where the fifth drone was intercepted.

In the Kursk region, regional Gov. Alexei Smirnov said Saturday that three missiles were shot down overnight and another four on Saturday morning.

Russian air defenses shot down two more drones on Saturday morning, Russia's Defence Ministry said — one over the Kursk region and one over the Bryansk region.

Shipwreck, manslaughter probe into Italy's superyacht sinking

AP ■ ROME

Prosecutors in Italy said Saturday they have opened an investigation into shipwreck and manslaughter after a superyacht capsized during a storm off the coast of Sicily, killing seven people onboard. Termini Imerese prosecutor Ambrogio Cartosio confirmed the investigation but said no suspect is currently identified. "We are only in the initial phase of the investigation. We can't exclude any sort of development at present," he told reporters at a news conference. The main question investigators are focusing on is how a sailing vessel deemed "unsinkable" by its manufacturer, Italian shipyard Perini Navi, sank while a nearby sailboat remained largely unscathed.

Rescuers on Friday brought ashore the last of seven bodies from the sinking of The Bayesian, a 56-metre British-flagged luxury yacht that went down in a storm near the Mediterranean island in southern Italy early Monday. The sailboat was carrying a crew of 10 people and 12 passengers. The body was believed to be that of Hannah Lynch, 18, the daughter of British tech magnate Mike Lynch. His body was recovered Thursday. He had been celebrating his recent acquittal on fraud charges with his family and the people who had defended him at trial in the United States. His wife, Angela Bacaes, was among the 15 survivors. Civil protection officials said they believe the yacht, which featured a distinctive 75-metre aluminum mast, was

struck by a tornado over the water, known as a waterspout, and sank quickly. Rescuers struggled for four days to find all the bodies, making only slow headway through the interior of the wreck lying on the seabed 50 metres below the surface. "The Lynch family is devastated, in shock and is being comforted and supported by family and friends. Their thoughts are with everyone affected by the tragedy," a spokesperson for the family said in a statement issued Friday. The other five victims are Christopher Morvillo, one of Lynch's U.S. lawyers, and his wife, Neda; Jonathan Bloomer, chairman of Morgan Stanley's London-based investment banking subsidiary, and his wife, Judy; and Recaldo Thomas, the yacht's chef.

Rain claims 11 lives in China

PTI ■ BEIJING

Torrential rains have left at least 11 people dead and 14 others missing in the city of Huludao, northeast China's Liaoning province which left a trail of destruction causing heavy damage to the roads and bridges amounting to USD 1.44 billion, official media reported on Saturday. The latest round of heavy rainfall caused severe damage in Huludao, particularly in the city's Jianchang County and Suizhong County, state-run Xinhua news agency reported. Roads, power lines, communication networks, houses and crops were badly affected. Currently, roads and communication networks are gradually being restored in affected areas and efforts are being made to search for the missing persons. According to preliminary figures, 188,757 people in Huludao have been affected, with losses amounting to 10.3 billion yuan (about USD 1.44 billion).



People gather to mark Ukraine's Independence Day on the Place des Nations in front of the European headquarters of the United Nations in Geneva, Switzerland, on Saturday. AP/PTI

Palestinians' shrinking 'humanitarian zone' faces food scarcity

AP ■ DEIR AL-BALAH

Young girls screamed and elbowed each other in a crush of bodies in southern Gaza, trying desperately to reach the front of the food line. Men doled out rice and chicken as fast as they could, platefuls of the nourishment falling to the ground in the tumult. Nearby, boys waited to fill plastic containers with water, standing for hours among tents packed so tightly they nearly touched. Hunger and desperation were palpable Friday in the tent camp along the Deir al-Balah beachfront, after a month of successive evacuation orders that have pressed thousands of Palestinians into the area that the Israeli military calls a "humanitarian zone." The zone has long been crowded by Palestinians seeking refuge from bombardment, but the situation grows more dire by the day, as waves of evacuees arrive and food and water grow scarce. Over the last month, the Israeli military has issued evacuation orders for southern Gaza at an unprecedented pace. At least 84 per cent of Gaza now falls within the evacuation zone, according to the UN, which also estimates that 90 per cent of Gaza's 2.1 million residents have been displaced over the course of



the war. Thirteen evacuation orders have been issued since July 22, according to an Associated Press count, significantly reducing the size of the humanitarian zone declared by Israel at the start of the war while pushing more Palestinians into it than ever before. The increased crowding of evacuees can be seen in satellite photos. "The food that reaches us from the charity is sufficient for the people in our camp," said Muhammad Al-Qayed,

who was displaced from Gaza City and now lives along the beach. "Where do the people who were recently displaced get food from? From where do we provide them?" Another displaced Palestinian, Adham Hijazi, said: "I have started thinking that if there is no food, I will go and drink seawater to endure it. I am talking seriously. I will drink water and salt." The military says the evacuations are necessary because Hamas has launched rockets from within the humanitarian

zone. In posts on X, the military's Arabic-language spokesperson, Avichay Adraee, has instructed Palestinians to flee immediately, saying the military will soon operate "with force" against Hamas militants in the area. Yasser Felfel, originally displaced from northern Gaza, has watched his camp swell with waves of evacuees. "There were 32 people in my tent. Now there are almost 50 people, people I don't know," he said. "A week ago, there was a lot of food left over. We had breakfast, lunch and dinner. Today, because of the number of people who came here, it is barely enough for lunch." In August alone, the evacuation orders have been issued roughly every two days and displaced nearly 250,000 people, the UN said. "Many people here have been displaced more than 10 times. They're exhausted and broke," said Georgios Petropoulos, the head of the UN's Office for the Coordination of Humanitarian Affairs in Gaza. A pair of satellite photos taken over the last month shows the impact of the orders. The imagery, obtained from PlanetLabs and reviewed by the AP, shows that tent camps along the coast grew more densely packed from July 19 to Aug. 19.

Iranian hackers targeted accounts of Biden, Trump camp staffers: Meta

AP ■ WASHINGTON

The same Iranian hacking group believed to have targeted both the Democratic and Republican presidential campaigns, tried to go after the WhatsApp accounts of staffers in the administrations of President Joe Biden and former President Donald Trump, Meta Platforms said Friday. Meta said it discovered the network of hackers, who posed as tech support agents for companies including Microsoft and Google, after individuals who received the suspicious WhatsApp messages reported them. Meta's investigators linked the activity to the same network blamed for the hacking incident reported by Trump's campaign. The FBI this week said a hack by Iran of the Trump campaign and an attempted breach of the Biden-Harris campaign was part of a broader Iranian effort

to interfere with the US presidential election. A statement Friday from Meta, the parent of Facebook and Instagram, said that the hackers had tried to target the WhatsApp account of individuals in the Middle East, the United States and the United Kingdom, as well as political and diplomatic officials — including unidentified officials associated with the Trump and Biden administrations. A "small cluster" of accounts was blocked by Meta, the company said. "We have not seen evidence of the targeted WhatsApp accounts being compromised, but out of an abundance of caution, we're sharing our findings publicly, in addition to sharing information with law enforcement and our industry peers," Meta said in a statement. US intelligence officials say Iran's increasingly aggressive use of cyberattacks and dis-

information has several motives: to confuse and polarise voters in an effort to undermine confidence in US democracy, to erode support for Israel, and to oppose candidates that it believes will increase tension between Washington and Iran. Iran has vowed revenge against Trump, whose administration ended a nuclear deal with Iran, reimposed sanctions and ordered the killing of an Iranian Gen. Qassem Soleimani. In July, Director of National Intelligence Avril Haines said Iran's government gave covert support to American protests against Israel's war against Hamas in Gaza. Groups linked to Iran posed as online activists, encouraged campus protests and provided financial support to some protest groups, Haines said. Messages left with the Trump and Harris campaigns were not immediately returned Friday.

Fasting and puja can coexist in Bangladesh, says adviser

PTI ■ DHAKA

The Religious Affairs Adviser of the interim government in Bangladesh has asserted that there is no problem in observing fasting and puja at the same time in the country as he called for building a harmonious state where all faiths coexist peacefully. Bangladesh saw several incidents of violence against members of Hindu, Buddhist and Christian communities following the fall of the Sheikh Hasina-led government earlier this month. The Bangladesh National Hindu Grand Alliance said the minority community faced attacks and threats in 278 locations across 48 districts since the fall of the Hasina-led government. Several Hindu temples, homes and busi-

nesses of the minority community in Bangladesh were destroyed this month amidst the student-led unrest against quotas in government jobs. Thousands of Bangladeshi Hindus have been trying to flee to neighbouring India to escape the violence. Speaking to Muslim devotees before Friday's Jumma prayers at Hazrat Usman Jame Masjid in the Halishahar area of Chattogram district, Religious Affairs Adviser Dr AFM Khalid Hossain called for building a country of religious harmony where people of all faiths would live peacefully, the state-run BSS news agency reported. "I want to give the nation a harmonious state. Bangladesh is a country of communal harmony.

There is no problem in observing fasting and puja at the same time in this country. Everyone will practice and publicise his or her own religion freely. It is a civic right of all," he said. In the changed situation after the fall of the Awami League government, some miscreants attacked and vandalised the places of worship and houses of Hindus, Buddhists and Christians, Hossain said. "Propaganda has also been spread in some foreign media to tarnish the image of the country," he said, adding that those who are trying to destroy communal harmony will be tackled by taking stern actions. Hossain sought everyone's cooperation to maintain law and order and a harmonious environment in Bangladesh.

Philippine police look for preacher wanted for child abuse

AP ■ MANILA

Hundreds of police officers backed by riot squads raided a vast religious compound in a southern Philippine city Saturday in search of a local preacher accused of sexual abuse and human trafficking, police officials said. A supporter of the group, called Kingdom of Jesus Christ, reportedly died due to a heart attack during the massive police raid that started at dawn in the group's compound in Davao city, livestreamed online by a local TV network owned by the group, police said, adding that the death was not related to the police operations. Officers brought equipment that could detect people behind cement walls. But by mid-afternoon, they found no sign of Apollo Quiboloy in the compound — some 30 hectares

(75 acres) that includes a cathedral, a school, a living area, a hangar and a taxiway leading to Davao International Airport. Quiboloy and his lawyer have denied the criminal allegations against him and his religious group, saying these were fabricated by critics and former members, who were removed from the religious group after committing irregularities. Quiboloy's followers, many filming the police raid with their cellphones, yelled at the police, questioning the legality of the raid and pronouncing the innocence of Quiboloy, who was a close supporter and spiritual adviser of former President Rodrigo Duterte. Duterte had criticised previous attempts by large numbers of police to arrest Quiboloy as overkill. Quiboloy claims to be the appointed son of God. In 2019,

he claimed he stopped a major earthquake from hitting the southern Philippines. Police Brig. Gen. Nicolas Torre III, who led the raid, said officers wanted to serve warrants for the arrest of Quiboloy for various criminal cases, including child abuse and human trafficking. He justified the large deployment, saying there were more than 40 buildings and structures to be searched in the religious compound, where large numbers of Quiboloy's followers heckled and opposed the raid noisily. "We won't leave here until we get him," Torre told reporters as sirens blared in the background. "We have no-bail warrants for Quiboloy and four others for very grave crimes, including human trafficking, child abuse and other cases." In 2021, United States federal prosecutors announced the

indictment of Quiboloy for allegedly having sex with women and underage girls who faced threats of abuse and "eternal damnation" unless they catered to the self-proclaimed "son of God." Quiboloy and two of his top administrators were among nine people named in a superseding indictment returned by a federal grand jury and unsealed in November 2021. The superseding indictment contained a raft of charges, including conspiracy, sex trafficking of children, sex trafficking by force, fraud and coercion, marriage fraud, money laundering, cash smuggling and visa fraud. Quiboloy's group said then that he was ready to face the charges in court, but he went into hiding after a Philippine court ordered his arrest and several others for child and sexual abuse. The Philippine Senate has

separately ordered Quiboloy's arrest for refusing to appear in committee hearings that was looking into criminal allegations against him. President Ferdinand Marcos Jr. has urged Quiboloy to surrender and assured him of fair treatment by authorities. When he was mayor of Davao city and later as president, Duterte appeared in Quiboloy's news program to promote his police-enforced drug crackdowns, which left thousands of mostly poor suspects dead. Duterte and his police officials have denied authorising extrajudicial killings of drug suspects, but he openly threatened drug dealers with death when he was in office. The International Criminal Court has been investigating the widespread killings under Duterte's campaign against illegal drugs as a possible crime against humanity.

Have sacrificed a lot in my personal life to achieve success in sports: Para badminton player Suhas

PTI ■ NEW DELHI

His eyes firmly set on the top-podium finish in Paris after missing gold in the last edition of the Paralympic Games, para badminton player Suhas LY is hoping to bring smiles on the faces of his family, which has sacrificed a lot as he has pursued his goal with single-minded determination for the last three years.

A 2007 batch IAS officer, Suhas won the silver (SL-4 category) at the Tokyo Paralympics. He served as the District Magistrate of Gautam Buddh Nagar during the Covid times and was also the DM of Prayagraj. An Ajuna awardee, Suhas is currently posted as the secretary and director-general of Youth Welfare and Prantiya Rakshak Dal, a department under the Uttar Pradesh government.

Suhas admits the journey to become the best in the business has not been easy. "I have sacrificed my personal life a lot. I dedicated my personal life to sports. In the last six months, besides my job, I have been devoting considerable time to my sport," Suhas told PTI in an interview ahead of the upcoming Paralympic Games in Paris, where he is a medal prospect.

"You cannot get everything in life, everyone has to prioritise



things when you aspire to represent the country. You should enjoy whatever you are doing. Enjoy the process. "The real secret is to enjoy what you do," he added. Suhas is married to Ritu Suhas, a PCS officer currently posted as ADM (Administration) in Ghaziabad. His daughter Saanvi is five-years-old and son Vivaan is two-years-old. Suhas said the real backbone behind his success in sports is

the unstinted support of his family. "Without their (family) support I wouldn't have been what I am today. They never stopped me from pursuing my dreams in badminton. They always backed me and motivated me to achieve greater heights in my sport," he said. Suhas is currently ranked world No.1 in his category and aspires to win gold but says he is not taking any pressure. "Everything is going good till

now, the preparation, the run-up to the Games. But I don't want to take pressure. I can't be complacent because every match start from 0-0, I don't want to think too much ahead," he said. "This time every match is a knockout as I am starting from the pre-quarterfinals. The real focus will be to apply myself in every match, just go and perform to the best of my abilities." Even though he will be starting as one of the

favourites, Suhas is pragmatic. "I will be taking it one match at a time. I never ever imagined in my life I would be playing the Paralympics and be a professional badminton player. I was always into studies after my disability, but through sports I got a mission in life," he said. "I believe in taking things as they come; focus on efforts and the results will automatically follow. I hope I become an inspiration for many," Suhas added.



Preparing for the Paralympics, Paris reminds residents and visitors that "game is not over"

AP ■ PARIS

With the Olympics behind it, Paris is getting ready for the next big sporting event on the calendar this summer: the Paralympics.

Organizers are taking advantage of the post-Olympics lull in the French capital to get ready for events ranging from wheelchair rugby to para athletics during the Aug. 28-Sept. 8 games. The Place de la Concorde, the historic square in the heart of Paris, has been bustling with construction activity since the Olympics closed on Aug. 11. The site, which hosted skateboarding, breaking and 3x3 basketball during the Olympics, will host the opening ceremony for the Paralympics next Wednesday. Organizers are promising a groundbreaking "spectacle," as thousands of athletes and tens of thousands of spectators gather for the event, which marks the first time the opening ceremony will take place outside a stadium. Most other Olympic venues will remain in place. The Château de Versailles will host para equestrian events, the Grand Palais will welcome wheelchair fencing, and the venue beneath the Eiffel Tower, which hosted beach volleyball during the Olympics, will now host blind football, an adaptation of soccer for visually impaired players.

For the organizers, the goal for the Paralympics is clear: to keep up the enthusiasm that the Olympics brought to Paris. "We want to use the same exact recipe," said Tony Estanguet, head of the Paris 2024 organizing committee. "The Olympics were the first leg of the match, and now comes the second leg with the Paralympics. It will be equally as spectacular." Both Paris 2024 and the International Paralympic Committee have launched a campaign titled "Game is not over," with ads throughout the French capital encouraging locals to come and watch the Paralympic events. "French fans who missed the chance to see the Olympics live now have a second shot," said IPC President Andrew Parsons. "Paris will be alive, tickets will be affordable. It's the perfect show for families." In the period between the two sports events, however, Paris has slowed down considerably. August is normally the month

when many Parisians go on vacation, and leave the city for coastal towns or the countryside. As a result, the streets are notably quieter, and many businesses, including restaurants, are closed until September. Some Parisians who have remained in the city are taking advantage of the relative calm to catch their breath after the Olympics. "I think we all needed a break after cheering so much," said Alexia Latour, a 27-year-old accountant meeting friends at the Parc Monceau, a park in the upscale 17th arrondissement of Paris. It hosted one of the liveliest fan zones during the Olympics. Now, the buzz has faded, and the fan zone has become a peaceful space for family activities. Instead of live sports, the large screens at the moment show family-friendly movies and concerts.

"We went from 2,500 visitors to fewer than 100 a day, mostly locals," said Alex Lemaistre, who oversees activities at the fan zone. "Our goal is to keep the Olympic spirit going, but it's pretty difficult. Now we don't have French athletes like Léon Marchand to cheer us up." Yann Nguyen, 51, who came to the fan zone for an afternoon musical performance, said he wasn't sure Paris would manage to keep the Olympic excitement levels going into the Paralympics. "I find it a bit odd that they didn't start the Paralympics right after the Olympics closing ceremony," Nguyen said. "September is the start of the new school year here. I'm not sure how they will keep the festive atmosphere going."

Despite the quieter streets, security remains a visible and constant presence. Armed police officers patrol key areas, a reminder of the heightened security measures in place during the Olympics. French Interior Minister Gerald Darmanin earlier this week said some 25,000 police officers will be deployed during the Paralympics. Police forces also will be deployed during the Paralympic torch relay - the flame is set to arrive Sunday in France from Stoke Mandeville, an English village that is widely considered the birthplace of the Paralympic Games.

Celta Vigo beats Valencia 3-1 for second straight win to start La Liga season

Madrid, (AP) Celta Vigo marked the 101st anniversary of the club's founding with a 3-1 win over Valencia on Friday for a second straight league win to start the season.

It marked the first time since 2015 the Galician club has won its first two matches of the season and handed Valencia a second straight loss. Celta's captain and talismanic striker Iago Aspas was again at the heart of events. He scored for the second game in a row and then missed a penalty shortly before halftime.

Diego Lopez had put Valencia ahead after 14 minutes when he converted from close range after a goalmouth scramble, but Celta equalized midway through the first half when Oscar Mingueza volleyed home to complete a neat team move. Aspas' goal came five minutes later when the 37-year-old forward took a weighted throughball from Mingueza and finished perfectly into the bottom corner.

Valencia keeper Giorgi Mamardashvili then saved Aspas' spot kick in first-half injury time but Fran Beltrán added the third goal on the hour mark with a classy strike from the edge of the penalty area.

Valencia's run of nine games without a win - dating back to last season - is its worst under one coach since Gary Neville led the club in 2016 and it faces a difficult third match next week at Athletic Bilbao's San Mamés arena. "The team is hurting," said Valencia midfielder Pepelu. "We don't want to look at the fixture list. It's up to us to go to the San Mamés and compete." Villarreal beats Sevilla 1-0. Pérez slotted home a volley in the fifth minute of injury time to give Villarreal a 2-1 away win over Sevilla.

The visitors had taken the lead with its first attack of the match after just one minute as Arnaud Danjuma - who also scored early against Atletico Madrid in the opening round - netted with a poised finish from 15 yards out. Sevilla's equalizer came in first-half stoppage time, as Dodi Lukebakio controlled a long pass and volleyed home. Both sides had goals disallowed after video reviews before Pérez's late winner for Villarreal. The result Villarreal four points from two games, while Sevilla has one point.

Jannik Sinner fired two of his team members over his positive steroid tests in March

AP ■ NEW YORK

Jannik Sinner fired his fitness trainer and physiotherapist because of his two positive steroid tests in March and said Friday at his pre-U.S. Open news conference - his first public comments on the matter - that he knew he was innocent but worried what the case's outcome would be until finding out he wouldn't be suspended.

Sinner's fitness trainer, Umberto Ferrara, and his physiotherapist, Giacomo Naldi, have been at the 23-year-old Italian's side during his rise over the past two years, which included his first Grand Slam title at the Australian Open in January and ascension to the No. 1 ranking in June. "I'm not feeling that confident to continue with them," Sinner said. "Now I just need some clean air."

The International Tennis Integrity Agency (ITIA) announced this week that Sinner failed two drug tests - one during a tournament in Indian Wells, California, and one eight days later - but that it was determined the banned anabolic steroid Clostebol entered his system unintentionally through a massage from Naldi.

"Obviously it has been a very tough moment for me and my team," Sinner said. "It still is, because it's quite fresh." Play begins Monday at Flushing Meadows. Sinner is the top-seeded man and is



scheduled to meet first-round opponent Mackie McDonald, an American ranked 140th, on Tuesday. "Of course it's not ideal before a Grand Slam," Sinner said with a chuckle about the timing of the news. "But in my mind, I know that I haven't done anything wrong. I had to play, already, (for) months with this in my head, but just (was reminding) myself that I haven't done really anything wrong. I always respect these rules - and I always will respect these rules - of anti-doping." He is considered one of the leaders of the next group of male tennis stars who will succeed the Big Three of Roger Federer, Rafael Nadal and Novak Djokovic. Sinner is 48-5 with a tour-leading five titles in 2024 and tuned up for the U.S. Open by winning the hard-court Cincinnati Open on Monday.

"He's an incredible player, and, you know, (governing) bodies made a decision. They went

and did that; he's cleared to play. That's pretty much what I have to say about it," said Frances Tiafoe, the American who lost to Sinner in the final at Cincinnati. "All the best to him in the U.S. Open." Sinner's defense was that Ferrara purchased an over-the-counter spray that contained Clostebol in Italy, then gave it to Naldi, who used it on a cut finger. Sinner said Naldi then gave him a massage. The investigation found that Sinner had a trace amount of the steroid in his system, a point he illustrated Friday by using eight fingers to count out the number of zeroes before the "1" in the amount: .00000001. Asked whether he thinks the episode will affect his reputation, Sinner said: "We will see now - now, moving forward. Because this, I can't really control." He also called the outcome "a relief." "Of course I was worried,"

Sinner said, "because it was the first time for me - and hopefully the last time that I am in this situation, position.

Sarabjot says he barely got to train with Manu before 10m air pistol mixed event in Paris Bengaluru, (PTI) Sarabjot Singh, who partnered with Manu Bhaker to win India's first ever Olympic medal in a mixed shooting event, on Saturday said they "barely" got to train together in the run-up to their event. Bhaker and Sarabjot scripted history with a bronze medal in the 10m air pistol mixed team shooting event at the Paris Games. "My training was due at 9, hers was due at 12, individually. Mixed session lasted for 30 minutes, before which she trained separately, and I separately. "Our conversation was usually brief and limited to Apna 100 per cent danda hai (we have to give our 100 per cent). Apart from that, we enjoyed some banter. Sometimes I would make fun of her, sometimes she would of me," recalled Sarabjot.

Sarabjot also revealed his longtime fandom for Yusuf Dikec and said he has been looking up to the Turkish shooting icon for inspiration since 2011. "I have been watching his (Yusuf's) videos since 2011. He has always been like this. He is 51 today. Even though I have tried, I could not match his

perfection. If I had the chance, I would ask him what he eats," said the 22-year-old from Dheen village of Haryana during an interview with PUMA India.

Sarabjot said that his pistol is engraved with SSINGH30, comprising his initials and a significant date in his journey. "I didn't give it a name. When I achieved my personal best at the 2022 Asian Games in Hangzhou, I got the weapon engraved with 'SSINGH30'. That is my best weapon. Because my medal (gold) came on September 30 and that was a significant achievement," he said. The athlete also shared that he has had to deal with his fair share of setbacks in his journey. Meditation, and a rare yogic technique called Tratak, helped him.

"The main technique is to look at the candle flame with eyes open for three minutes, and then imagine for two minutes. I used to keep it directly in front of my eyes. "Complete darkness in the room, complete peace, silence. My eyes would water; it was not easy. The most important thing is visualisation in shooting," said Sarabjot. In conclusion, the Olympic medalist stated his ambition for the 2028 Los Angeles Games. "LA '28; iska colour change karna hai (LA '28, I want to change its colour)," said Sarabjot, gesturing toward his glittering bronze medal.

Under sea and over land, the Paris Paralympics flame is beginning an exceptional journey

AP ■ PARIS

Two weeks after French star swimmer Léon Marchand extinguished the Olympic flame to close the Paris Olympics, the spotlight is now on its Paralympic counterpart.

The flame will be lit on Saturday in Stoke Mandeville, a village northwest of London widely considered the birthplace of the Paralympic Games. The flame will then travel to France under the English Channel for a four-day relay from Atlantic Ocean shores to Mediterranean beaches, from mountains in the Pyrenees to the Alps.

Its journey will end in Paris on Wednesday during the Paralympics opening ceremony - with the lighting of a unique Olympic cauldron attached to a hot-air balloon that will fly over the French capital every evening during 11 days of competition.

THE FLAME IS LIT: The lighting ceremony of the Paralympic Heritage Flame on Saturday will be held in Buckinghamshire, where the Stoke Mandeville Games were first held in 1948 for a small group

of wheelchair athletes who had sustained spinal injuries during World War II.

The man behind the idea was Ludwig Guttman, a Jewish neurosurgeon who fled Nazi Germany and worked at Britain's Stoke Mandeville hospital. At the time, suffering a spinal injury was considered a death sentence, and patients were discouraged from moving. Guttman made the patients sit up and work muscles, and hit upon competition as way to keep them motivated.

Those later grew into the first Paralympic Games, which took place in Rome in 1960. The Heritage Flame ceremony in Stoke Mandeville was first held ahead of the London Paralympics in 2012. **CROSSING THE CHANNEL:** The flame will then cross the sea like its Olympic twin did when it arrived in France from Greece in May - but this time via the Channel Tunnel. That marks the start of the Paralympic relay.

A group of 24 British athletes will embark on the underwater journey through the 50-kilometer long (30-mile) tunnel. Midway through, they will hand over the flame to 24



French athletes who will bring it ashore in Calais. It will be used to light 12 torches, symbolizing 11 days of competition and the

opening ceremony. **4 DAYS, 1,000 TORCHBEARERS AND 50 CITIES:** Once on French soil, the flame's 12 offshoots will

head in different directions to kick off the Paris Olympics' encore and aim to rekindle enthusiasm for the Games.

Among 1,000 torchbearers will be former Paralympians, young para athletes, volunteers from Paralympic federations, innovators of advanced technological support, people who dedicate their lives to others with impairments and people who work in the non-profit sector to support carers.

They will take the flame to 50 cities across the country to highlight communities that are committed to promoting inclusion in sport and building awareness of living with disabilities.

An exceptional flame will be lit in Paris on Sunday to commemorate the 80th anniversary of the liberation of the French capital from Nazi Germany occupation during World War II.

HIGHLIGHTING PARA SPORT INFRASTRUCTURE AND INNOVATION: The relay will highlight places that are committed to developing para sports, as well as places where famous Paralympians grew up, such as Lorient, home of double Paralympic sailing gold medalist Damien Seguin.

The relay will go through Châlons-en-Champagne, which has the only gymnasium in France designed to

facilitate access to sport for people with intellectual disabilities. And Rouen, Chartres, and Troyes, which offer a range of disciplines, from sledge hockey to para tennis, para triathlon, adapted baseball and para climbing.

The flame will stop in Chambly, which, with its three sports facilities adapted for para sports, has served as a training camp location alongside Deauville and Antibes.

MEET THE STAR OF THE GAMES - THE CAULDRON: On Wednesday, the 12 flames will become one again when the relay ends in central Paris after visiting historical sites along the city's famed boulevards and plazas before lightening the cauldron during the three-hour opening show.

The cauldron is the first in Olympic history to light up without the use of fossil fuels. It uses water and electric light and is attached to a balloon. It made a stunning first flight at the Olympics opening ceremony.

Each day of the Paralympics, the cauldron will fly more than 60 meters (197 feet) above the Tuileries gardens from sunset until 2 a.

INDIA U17 GEAR UP FOR INDONESIA CHALLENGE IN BALI

PTI ■ NEW DELHI

The Indian men's U17 team is gearing up to face Indonesia in two friendly matches in Bali on Sunday and next Tuesday. On Friday night the Blue Colts played a practice match against local side Bali United FC U20 at the Samudra Kuta Stadium, which ended in a 2-2 draw. Mohammad Sami and Mohammad Arbash scored the goals for India. Coached by Ishfaq Ahmed, India U17s are preparing for next month's SAFF U17 Championship, to be held in Bhutan, and the subsequent AFC U17 Asian Cup Qualifiers, which will be hosted by Thailand in October. They had been training in Srinagar for over a month and a half before their trip to Indonesia. "We tried and tested our entire squad in yesterday's practice match," said Ahmed. "The main eleven only played in the last 25 minutes. The other players got the chance to play and I'm really happy about that. "Bali United are one of the top teams here and they had five players from the Indonesia national U20 team, so we could compete physically with them and judge our level. "The training facilities here are nice. Everything has been top class, which is ideal for us to prepare for the main tournaments coming up. The climate is pleasant. The hosts



have been really helpful, accommodating all our requests. So far, so good here," the coach added. It would perhaps come as a surprise but there isn't much difference in temperatures between Srinagar and Bali, which ranges between 20 to 25

degrees celsius at this time of the year. However, being an island, Bali is more humid. The Blue Colts have also had to adjust from training in the artificial pitch at the TRC Ground in Srinagar to the natural grass pitches in Indonesia, but that isn't much

of an issue, according to Ahmed. The SAFF U17 Championship will take place on an artificial pitch at the Changlimithang Stadium, while AFC U17 Asian Cup Qualifiers will be held on natural grass at the Chonburi Stadium.

After a couple of days on the island of Bali, Ahmed and his boys are eager for the Indonesian challenge. Highlighting how crucial it is to play such friendly matches, Ahmed said, "I think it's extremely important for our players to get exposure against

some of the best teams in the region. The Indonesian age-group teams are doing really well. This is the kind of competition we will face in the future." The matches will be held at the Kapten I Wayan Dipta Stadium in Gianyar.



Pushing Boundaries: Sukant Kadam's journey to Paralympics

PTI ■ NEW DELHI

Aged 10, Sukant Kadam fell on a cricket field and it altered the course of his life. A severe knee injury, followed by multiple surgeries, left him severely disabled and kept him away from sports for nearly a decade.

More than two decades later, the mechanical engineer-turned-para-shuttler is poised to make his debut at the Paris Paralympics, determined to bring home a medal for India. "I didn't understand the gravity of the situation then," Kadam, who competes in the SL4 category for athletes with standing/low mobility impairments, told PTI during an interview. "I focused on my studies and earned a mechanical engineering degree. It was during college that I got exposed to so many sports, and that's when badminton caught my attention."

The sport gave him a new direction in life, and after completing his education, the 31-year-old dedicated himself fully to building a career in para-badminton. "My dream was just to have India written on my T-shirt," he said. "I could never have imagined coming this far. Now, my focus is on returning with a medal from the Games."

Reflecting on his early years, Kadam shared how he quickly adapted to his new reality. "Because I was 10, it was easy to accept and adapt in day-to-day life. I didn't understand that this was a major setback; I wasn't thinking about it that much," he said.

Kadam's journey was not without challenges, including facing discrimination. "It's difficult to say no to that," he admitted.

"But growing up in a small town, I didn't take it personally. Today, I might understand the emotions, but back then, I didn't let it affect me. If I had, it would have led to self-doubt and hindered my preparation for life."

The turning point in Kadam's career came in 2012, when he watched Saina Nehwal win bronze at the London Olympics and Girisha

Nagarajegowda claim silver in high jump (F42) at the Paralympics. These achievements opened up his mind to new possibilities.

In July 2015, Kadam joined the Nikhil Kanetkar Badminton Academy as an assistant coach. The role allowed him to sustain himself financially while mastering the nuances of the sport. Kadam's dedication paid off. He has since secured four bronze medals at the World Championships (2019, 2022, 2024) and three at the Asian Para Games (2018, 2022).

As he prepares for his Paralympics debut, Kadam has placed a strong emphasis on mental training. "A lot of athletes think about the medal and the podium, and then they mess up right at the start," he said. "It's crucial to stay in the present. Mental strength is about 60-70% of the game at this level. If someone is stronger than you physically, you need to outlast them mentally. I've worked hard on that."

This time, Kadam has also had the luxury of time to prepare. "This is the first time I've had a full three months to prepare, and I've made the most of it," he said.

"My team and I have focused on strength, technique, and endurance." Despite his impressive track record, a gold medal has so far eluded him. But Kadam is determined to change that in Paris.

"We've taken past failures as learning experiences," he reflected. "There are opponents I need to push myself harder against because they are stronger on the circuit."

Yet, Kadam remains confident in his preparation and abilities. "With the experience I have, I'm confident in myself. I just need to push a little further to change the colour of the medal," he said.

As he gears up for the biggest test of his career, Kadam's eyes are set firmly on the top prize. "It's not a mental barrier," he said of his previous losses. "But I'm determined to push through and get that better colour in Paris."



Sarah and Vishal win mixed doubles Open at Monsoon Pickleball Championship

PTI ■ MUMBAI

Australia's highest-ranked women's player Sarah Burr teamed up with Vishal Masand to win the Mixed Doubles Open at the Monsoon Pickleball Championship 2.0 here.

The final was a closely contested match with Isha Lakhani and Jason Taylor pushing the Australians in the corner, but the experienced Burr proved to be the deciding factor as they won 2-0 on Friday night.

The fourth day of the championship saw winners in six categories with Burr and Masand, Dev Shah, Nicola Schoemen, Shlok Gaba, Janhavi Iyer, Priyanka Mehta in the 30+ Mixed Doubles, U18 Boys Singles, U18 Girls Singles, U14 Boys Singles, U14 Girls Singles and 40+ Women's Singles respectively.

The 40+ Men's singles will be played on Sunday with Dhiren Patel and Himanshu Dewaskar set to face off.

The professional mixed doubles category has its final on Sunday with Jay DeVilliers and Emilia Schmidt up against local hero Armaan Bhatia and Megan Fudge.

Favourites Jay and Emilia beat Harsh and Naimi Mehta in the semi-finals and Armaan Bhatia with Megan Fudge defeated Quang Duong and Pei.

India A stare at defeat against Australia A

PTI ■ GOLD COAST (AUSTRALIA)

India A are staring at a defeat against Australia A after the visitors crumbled against the home team's spin attack, slumping to 149 for six in their second innings on the third day of the unofficial one-off women's Test here on Saturday.

Chasing a victory target of 289, built around Maddy Darke's unbeaten 105, India A looked to build a foundation but rival spinners — Charli Knott (2/27), Grace Parsons (2/27) and Lilly Mills (1/15) — struck in regular intervals. The visitors lost 5 wickets for just 42 runs across 21 overs. At stumps, Raghvi Bist (16) and Uma Chetry (10) were at the crease with India A still needing 140 runs to win with four wickets in hand.



Resuming at 164 for 7, Australia A produced a tough resistance with Darke doing bulk of the scoring en route to an unconquered 105. Overnight batter Lilly Mills (7) was the first to go as off-spinner Minnu Mani took her match haul to 11 wickets. But Darke and Grace Parsons (35) added 75 runs for the ninth wicket as Australia A posted 260 in their second innings in 92 overs. In reply, Priya Punia (36) and Shweta Sehrawat shared 37 runs for the opening stand before host captain Charlie broke the opening stand by trapping the latter. Punia and Shubha Sathesh (45) then added 52 but off-spinner Lilly sent the opener back with Georgia Voll taking a catch in the covers. Leg-spinner Parsons then removed Tejal Hasabnis (6

with a beauty, while pacer Tess Flintoff got rid of Shubha Sathesh as keeper Darke did the rest but the batter was not too happy with the caught-behind decision. India A skipper Minnu Mani became the fifth wicket to fall as India A lost half the side for 130 in 57th over. Parsons then dismissed Sajeevan Sajana with Hancock taking the catch in the off side. Raghvi and Uma then kept India A's hopes alive by negotiating the rest of the overs before stumps.

Brief Scores: Australia A 212 and 260 all out in 92 overs (Emma de Brouge 58, Maddy Darke 105 not out; Minnu Mani 6/92) lead India A 184 and 149 for six in 68 overs (Shubha Sathesh 45; Charli Knott 2/27, Grace Parsons 2/27) by 140 runs.

Indian shooting contingent for Paralympics leaves for Paris

PTI ■ NEW DELHI

Pistol marksman Manish Narwal on Saturday expressed confidence in the Indian shooting contingent surpassing its Tokyo Paralympics medal tally at the upcoming Paris Games, saying the "intense" training would hold the team in good stead.

A 10-member shooting contingent, including rifle exponent Avani Lekhara, Mona Agarwal and Narwal, will compete at the Chateauroux Centre near Paris from August 30.

India had won two gold, a silver and two bronze medals at the Tokyo Paralympics. "Our preparations have been intense, and we are eager to



give our best shot in Paris. We aim to surpass our previous performance and bring more medals home," said Narwal, who had won the 50m pistol

(SH1) gold in Tokyo and will be competing in 10m air pistol at the Paris Games, before the team's departure on Saturday.

Besides Narwal, Avani and Mona, the other members of the shooting contingent are Amir Ahmad Bhat, Rudransh Khandelwal, Rubina Francis,

Swaroop Unahalkar, Sidhartha Babu, Shriharsha Devaraddi and Nihal Singh.

The spotlight will be on reigning Paralympic champion Avani, who had made history by becoming the first woman shooter from India to win two medals in Tokyo.

The Jaipur shooter, then 19, had clinched gold in 10m air rifle and 50m rifle 3-positions (SH1). She would look to replicate her gold medal-winning performances in Paris.

The Paralympic Committee is expecting a record-breaking 25-plus medals in Paris and the performance of the shooting team will have a great impact on the overall tally.

PTI ■ NEW DELHI

Para sports has undergone a sea change in terms of perception and support in the last two decades, and these changes together with continuous backing to athletes can power India to 50 medals in the 2036 edition, reckons the legendary Devendra Jhajharia. From winning just one Paralympics gold 20 years ago to clinching five yellow metals in 2021, para sports in India has come a long way.

India are bidding for the 2036 Olympics and Paralympic Games, and Paralympic Committee of India (PCI) President Jhajharia is upbeat that by then India will have the potential to break into top-10 in the medal tally.

Jhajharia, the most decorated Paralympian of the country, won his first Paralympics gold in the 2004 Athens edition in F46 javelin throw event. He added another gold in Rio 2016 and a silver in Tokyo in 2021.

The F46 classification is for athletes with arm deficiency, impaired muscle power or impaired passive range of movement in arms. "We won 19 medals in Tokyo, now we have a target of 25 in Paris. In

Vision is to win 50 medals in 2036 Paralympics when India hopefully host Games: Jhajharia

2028 Los Angeles, we can aim for more than 30 medals and 40 plus in 2032. And by 2036, when hopefully India hosts Paralympics, we can win 50 medals and be in top-10," the 43-year-old Jhajharia told PTI in an interview. "We have the vision, we will progress steadily. We have started identifying talented junior players so that they can be trained for 2028 and 2032 Paralympics through CSR (Corporate Social Responsibility)," he added. India have sent a 84-member team -- the largest ever -- at the Paris Paralympics to be held from August 28 to September 8. Jhajharia, who was elected as PCI chief in March, said there has been a tremendous change in para sports in the country in the last 20 years and in the way people accepted specially-abled people taking up to sport. "There was a time when people



asked me why I was taking up javelin throw, why I was wasting my time and life. But now when a para athlete lifts a javelin, people say go and try to become a Sumit Antil or Devendra Jhajharia. "There has been a lot of changes in this country in para sports, the way people see it and the way the government treats para-sports in the same way as able-bodied sports. "In 2004 Athens Paralympics, I competed with money from my own pocket. Now our para athletes enjoy the same world class facilities enjoyed by the able-bodied athletes and they also get to train and compete abroad."

India won 19 medals (5 gold, 8 silver and 6 bronze) in Tokyo Paralympics for a 24th place in the tally and Jhajharia predicted that the country will win more than 25 medals in Paris and finish in top-20 in the tally.

"We had 54 participants in Tokyo and now we have 84 in Paris, the largest ever, and our target in Paris is 25 medals and may be double-digit gold out of that, though I feel the colour of the medal is not that important than winning it."

Para-athletics officials said the country will win at least 12 medals and minimum five gold in Paris. Asked about this, Jhajharia said, "Out of India's 84 participants in Paris, 38 are para-athletes and naturally they will win more medals."

"There is a reason for para-athletes doing extremely well at global level. We are taking part and doing well in several top-class international events, whether it's Grand Prix events or World Championships."

Jhajharia, who is leaving for Paris on Sunday, will not be a part of the Indian contingent as a para-athlete but as an official, and he became nostalgic recollecting his last Games in Tokyo three years ago. "When I see a player throwing javelin, I suddenly become a player again. When Sumit Antil was throwing javelin the other day, I was having a different feeling inside that should I also start javelin throw again."



Spa Therapies To Rejuvenate You In Monsoon Season!

By SHARMILA CHAND

Looking to pamper yourself with a soothing treatment in this rainy season? We bring rejuvenating spa therapies that harmonize the body, mind, and spirit. Embark on a cooling journey to inner peace and vitality. Do not let the humid weather get to you. Indulge yourself into stimulating therapies that will help you feeling refreshed and energized.

KU NYE TREATMENT

The Ritz-Carlton, Bangalore
Sheroic Dorairaj Director of Spa, The Ritz-Carlton, Bangalore says, "At The Ritz-Carlton Spa, Bangalore, our experiences are thoughtfully designed to harmonize the mind and body, offering an ideal sanctuary. Our signature Ku Nye treatment is perfect for the rainy season. Rooted in traditional Tibetan techniques, it incorporates cupping, acupressure, and a soothing scalp massage to alleviate tension and

facilitate energy flow. Enhanced with warm herbal bundles and rose quartz crystals, this treatment offers a truly holistic experience."

HOT STONE THERAPY

Kinwani House, Narendranagar

Kavinder Besoya, COO, Aalia Collections says, "Hot stone therapy is a specialized form of massage that uses smooth, heated stones to enhance the therapeutic benefits of traditional massage techniques. This therapy is particularly beneficial during the monsoon as it gives relief from Muscle Aches and Joint Pains. The damp and humid weather of the monsoon can often exacerbate muscle aches and joint pains. The heat from the stones helps to relax and loosen tight muscles, providing relief from discomfort and stiffness. It also aids in Blood Circulation. The warmth from the hot stones dilates blood vessels, which enhances blood flow throughout the body. This improved circulation can help in reducing inflammation and promoting



healing, which is especially useful during the monsoon when the body might feel more sluggish. Stress Reduction is another benefit of therapy. The monsoon season can sometimes bring about a feeling of lethargy and low energy. Hot stone massage promotes deep relaxation and helps in reducing stress and anxiety. The soothing heat combined with the massage techniques can uplift your mood and improve overall well-being.

Finally, it enhances Immunity. Regular hot stone massages can boost the immune system by improving lymphatic drainage and circulation. This is particularly important during the monsoon season when the risk of infections and illnesses is higher."

KARKIDAKA CHIKITSA

Fazlani Natures Nest
Dr. Shubbada Thorat, Senior Wellness Consultant (Naturopathy)

says, "Karkidaka chikitsa, also known as karkidaka chikitsa in Ayurveda is a time-honored tradition in Kerala which holds numerous health and wellness benefits. It is an ancient practice specifically created to experience the healing power of nature during the monsoon, as during this time the body is more receptive to receive the therapies due to the cold and moist environment. The treatments are aimed to detoxify the body and mind, boosts the immune mechanism and restore to balance the doshas (vata, pitta and kapha) to promote the overall health and well being as during the monsoon it is believed that the rainfall increases the chances of various water borne diseases through drinking water, drainage water leading to typhoid, viral fever etc. and often aggravates certain health conditions like arthritis, asthma, rhinitis etc. The goal of karkidaka chikitsa is to mobilize the toxins and help in eliminating them by Snehan and Swedanam treatments. The therapy helps to boost immunity. When the body's ojas (immunity) levels went down, it can lead to invasion of many disease-causing pathogens. The karkidaka kanji helps in strengthening the immune system of the body."

PANCHAKARMA THERAPY

Niraamaya Retreats Surya Samudra, Kovalam, Trivandrum

Dr. Bejoy Mathew, Spa Head says, "Panchakarma, a cornerstone of Ayurvedic therapy, offers numerous health benefits by cleansing and rejuvenating the body. The key benefits of Panchakarma treatment are Detoxification, Improved Digestion, Stress Reduction, Rejuvenation, Pain Relief, Weight Management, Hormonal Balance and Enhanced Sleep Quality. During the



monsoon season, Panchakarma therapy offers tailored treatments that cater to individual constitution and health needs. From boosting immunity against illnesses to enhancing skin health with improved texture and clarity, each session is overseen by qualified Ayurvedic practitioners."

INDIAN ABHYANGA & SHIRODHARA

Sheraton Grand Bengaluru Whitefield Hotel & Convention Center

Eena Roy, Director of Operations, says, "Welcome to our spa oasis, where the monsoon season brings a unique opportunity for rejuvenation and renewal. As the raindrops softly patter outside, our sanctuary awaits to cocoon you in tranquility and healing. Experience the ancient wisdom of Ayurvedic treatments tailored to harmonize mind, body and spirit during this season of natural balance. Let the gentle rhythm of our therapies melt away stress and tension, leaving you refreshed and revitalized. A full-body warm oil massage serves as a potent recharge and rejuvenator for both mind and body. Abhyanga, the Ayurvedic massage technique, is particularly recommended during the monsoon season to support a healthy and healing system for overall well-being. Shirodhara

massage is a profound Ayurvedic therapy where warm, medicated oil flows continuously onto the forehead, known as the 'third eye'. This ancient practice promotes deep relaxation, calming the nervous system and relieving stress and anxiety. It also enhances sleep quality by harmonizing natural sleep patterns, making it a valuable treatment for overall well-being and mental clarity in Ayurvedic tradition."

TAN LEPA RITUAL

The Leela Palace New Delhi

Anupam Dasgupta, Area Vice President (North India) and General Manager at The Leela Palace New Delhi says, "Embark on a voyage of rejuvenation this monsoon with the Tan Lepa Ritual at The Leela Palace New Delhi, igniting your body's natural vitality. From the tranquil Algae gel to the revitalizing Marma point massage, each phase invites you to rediscover balance and vitality. Feel your senses awaken, tensions melt away, and your essence uplifted as you indulge in this Ayurvedic-inspired odyssey of detoxification and renewal."

— She is an author and independent Journalist, who writes on Food, Travel, Art, Holistic Wellness and Lifestyle
chand.sharmila@gmail.com



EVENTS THIS WEEK

Join the Ultimate Shopping Extravaganza at Monkey Bar!

Get ready for a shopping event like no other at Monkey Bar, New Delhi! The Wishing Chair is hosting "The Big Blowout Sale," featuring 14 women-led lifestyle brands offering everything at a remarkable 50% off. This one-day extravaganza presents an incredible opportunity to shop a diverse range of products, including stylish jewelry, chic fashion, trendy accessories, and unique home decor all under one roof. Monkey Bar, with its vibrant and welcoming atmosphere, provides the perfect setting for this exciting sale. Located in the iconic pyramid glass building in Vasant Kunj, it's the ideal venue to host this special event. Whether you're looking to refresh your wardrobe, find unique gifts, or discover distinctive items for your home, this sale has something for everyone. In addition to fantastic discounts, attendees can enjoy special cocktails that perfectly complement the lively mood of the event. Gather your friends and family for a fun-filled Sunday of shopping. With a high-energy ambiance and an array of enticing offers, this event promises to be a memorable experience. The Big Blowout Sale is free to attend, making it accessible to all. It's not just about the great deals but also about supporting women-led businesses and celebrating local entrepreneurs. Each participating brand has been carefully selected to ensure a high-quality and diverse shopping experience. Don't miss this unique opportunity to experience the best of women-led lifestyle brands at unbeatable prices. For updates and more information, follow Monkey Bar on Instagram: @monkeybarind. Come for the deals, stay for the fun, and enjoy a fantastic day of shopping at Monkey Bar!

MONKEY BAR DELHI & **THE WISHING CHAIR** PRESENTS **THE BIG BLOWOUT SALE**
25 AUGUST | 12 PM TO 7 PM
MONKEY BAR, VASANT KUNJ, NEW DELHI
All our favourite, women-led brands under one roof with the best deal in the wildest sale of the season!

Participating brands: Gado, patrika, KANELLE, HOUSE OF FETT, HAPPY SPACE, Doodlage, afterdark.co.in, nouvelle, PASHIMA, STORM, OBJECTRY, बंगला १२३, तूलइंडी

EVENT DETAILS:

Date: Sunday, August 25 Time: 12:00 PM - 7:00 PM
Venue: Monkey Bar, Vasant Kunj, New Delhi
Entry: Free

Discover the Spirit of Art: ATMAN

Art aficionados and cultural enthusiasts are warmly invited to experience "ATMAN," an extraordinary art exhibition showcasing the work of rising artist Niyamat Mehta. This highly anticipated event, presented in collaboration with Artix India and Arushi Arts, promises an immersive exploration of the human spirit through a collection of evocative sculptures that delve deeply into themes of introspection and self-discovery. Niyamat Mehta, at just 25 years old, has rapidly emerged as a distinctive voice in the art world. Her innovative approach and profound artistic vision have garnered considerable attention, making "ATMAN" a must-see event. The exhibition features a series of sculptures that are not only visually striking but also rich with emotional and philosophical depth. Each piece is a reflection on the essence of self and the journey inward, inviting viewers to engage with art that challenges and inspires. The venue for this transformative exhibition is The Claridges, New Delhi, an elegant setting that complements the contemplative nature of Mehta's work. The sophisticated atmosphere of The Claridges provides the perfect backdrop for the sculptures, enhancing the overall experience of the exhibition. Visitors will have the opportunity to explore the

NIAMAT MEHTA X ARTIX
Will be exhibited @ Artix India with Arushi Arts
ATMAN
30TH AUG to 01ST SEPT '24
Venue: The Claridges
Time: 11:00 AM to 06:30 PM
@niyamat_mehta
www.niyamatmehta.com

reflecting Mehta's commitment to making art accessible to a wide audience and fostering a greater appreciation for contemporary artistic expressions. This exhibition is an excellent opportunity for art lovers, collectors, and those new to the art scene to experience the impact of Mehta's work. Whether you are looking to deepen your understanding of contemporary art or simply wish to enjoy a thoughtful and engaging art experience, "ATMAN" offers something for everyone. Mark your calendars and take advantage of this unique chance to witness the creative brilliance of Niyamat Mehta. For additional updates and insights into the artist's work, follow Niyamat Mehta on Instagram at @niyamat_mehta. Don't miss this chance to be part of an unforgettable artistic journey that promises to leave a lasting impression. Experience the art of introspection and self-discovery with Niyamat Mehta's "ATMAN" and be part of an exhibition that explores the profound depths of the human spirit.

EVENT DETAILS:

Dates: 30th August - 1st September 2024
Time: 11:00 AM - 6:30 PM
Venue: The Claridges, New Delhi
Entry: Free

artworks in a serene and thoughtfully curated environment, making the encounter with Mehta's art both profound and enriching. "ATMAN" will be open to the public from August 30th to September 1st, 2024. The exhibition will be accessible daily from 11:00 AM to 6:30 PM, allowing ample time for attendees to engage with the artworks at their own pace. The event is free to attend,

"If things happen for the good, I say that Lord Krishna wished it so, and if anything goes against me, even then I say Lord Krishna wanted it to happen that way"
— Sushma Swaraj



As devotees gather to honour his birth, the tale of Krishna's miraculous arrival inspires hearts, reminding us of the enduring power of faith and the timeless victory of good over evil, writes **DIVYA BHATIA**

In the stillness of the midnight hour, when the world is wrapped in darkness, a divine light descends upon the earth, heralding the birth of Lord Krishna. Janmashtami, a festival that transcends time, celebrates this miraculous moment when the cosmos rejoiced, and the universe conspired to bring forth a savior destined to restore dharma and vanquish evil. As the bells ring out and devotees gather in reverence, the story of Krishna's birth is retold—an epic tale of love, courage, and the triumph of righteousness. It is a night when the heavens dance in celebration, and hearts are filled with the timeless wisdom of the one who forever changed the course of humanity. Krishna Janmashtami, also known as Krishnashtami, Janmashtami, or Gokulashtami, is a major Hindu festival celebrated with devotion across India and by Hindu communities worldwide. This occasion marks the birth of Lord Krishna, the eighth avatar of Vishnu, whose life and teachings inspire millions. Observed on the eighth day (Ashtami) of the dark fortnight (Krishna Paksha) in Shrawana Masa (amanta tradition) or Bhadrapada Masa (purnimanta tradition), Janmashtami typically falls in late August. The festival is not just a religious event but a celebration of the values Krishna embodied.

Krishna's birth is a tale of divine drama in Hindu mythology. Born to Queen Devaki and King Vasudeva in Mathura, his arrival was marked by peril. Devaki's brother, the tyrant King Kamsa, imprisoned the couple after hearing a prophecy that foretold his death at the hands of their eighth child. Kamsa had already killed six of their children. To protect Krishna, Vasudeva secretly transported the newborn across the Yamuna River to Gokul, where he was raised by Nanda Maharaj and Yashoda. Krishna's escape and triumph over Kamsa symbolize the victory of good over evil, a central theme of Janmashtami. The festival reminds devotees of the eternal struggle between righteousness and wickedness, urging them to uphold virtue. Krishna's life represents divine intervention that restored justice, reinforcing the timeless value of standing against injustice. The metaphor of Janmashtami is rich in symbolic meaning, depicting the eternal battle between good and evil and the soul's journey toward spiritual awakening. Kamsa symbolizes the destructive ego, while Devaki represents human consciousness carrying divine potential. Vasudeva symbolizes human will aligned with divine purpose. Krishna, the incarnated soul, nurtured in a righteous environment, eventually overcomes the ego (Kamsa) to establish peace and harmony, reflecting the soul's journey to transcend ego and realize its divine nature.

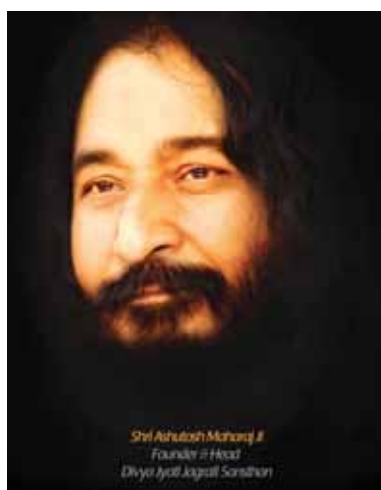
Sadhvi Tapeshwari Bharti Ji of Divya Jyoti Jagrati Sansthan eloquently describes the metaphors surrounding Krishna's birth, noting that Kamsa represents the ego, with its demon-like qualities such as arrogance, pride, and ignorance. According to her, Devaki symbolizes the part of the human self that harbors consciousness, while Vasudeva represents the will attuned to divine command. Krishna, as the incarnated soul, must separate from the



Where to celebrate?

DJJS Shri Krishna Janmashtami 2024 at Dwarka, New Delhi Divya Jyoti Jagrati Sansthan (DJJS) celebrates Shri Krishna Janmashtami Mahotsav 2024 under the theme "Darshan Itihaas Ka, Parivartan Aaj Ka" (Recalling the Values of the Past & Transforming the Present) on August 25th and 26th, 2024. The festival will be held at DDA Ground, Sector 10, Dwarka, New Delhi, starting from 7 PM each evening. This year's celebration features several unique and innovative elements designed to enhance the festival experience. A major highlight will be the Environment Conservation initiative, showcased through a remarkable Govardhan Mountain 3D Model. Echoing Lord Krishna's dedication to environmental preservation in the

Govardhan Leela, this massive, cutting-edge model will incorporate digital and lighting elements. The model will also feature Sankalp/pledge placards representing various commitments to environmental conservation. The event will unfold with captivating performances, including 15 dance ballets and theatrical presentations depicting significant episodes from the life of Jagatguru Shri Krishna. Key performances will include dramatic interpretations of the 'Slaying of Tyrant Ruler Kansa', 'Virat Roop Darshan of Shri Krishna', 'Slaying of Kaliya Snake', 'Paundraka-The Fake Krishna', 'Devotion of Social Reformer Meera Bai', and 'Joyful Birth Celebration of Lord Krishna'.



ego to fulfill his purpose, much like the soul must detach from worldly desires to attain spiritual enlightenment. Divya Guru Shri Ashutosh Maharaj Ji, founder of Divya Jyoti Jagrati Sansthan, further elaborates on this symbolism. He suggests that the soul, nurtured in a holy and righteous environment (symbolized by Yashoda and Nandlal), must evolve to ultimately overcome the ego, leading to inner peace and harmony. Sri Gaur Prabhuj, Vice President of ISKCON Temple Dwarka, Delhi, emphasized that Janmashtami is a profound reminder of Lord Krishna's teachings for humanity's upliftment. Celebrating the 5251st anniversary of His appearance highlights the enduring relevance of the Bhagavad Gita, guiding

lives toward devotion, humility, and love. In today's world, marked by pandemics and conflict, Krishna's divine wisdom is essential. This festival is a key moment to reconnect with dharma and strengthen the bond with the Supreme Personality. In today's chaotic world, Krishna's teachings provide insights for managing stress, leading an ethical life, and fostering personal growth. The Bhagavad Gita's emphasis on equanimity and detachment offers tools for navigating modern pressures. Krishna's principles of selfless duty and moral values guide ethical decision-making and achieving a balanced life. His focus on self-realization encourages introspection, helping us understand our true selves amid distractions. This philosophy extends to Janmashtami foods, chosen to reflect Krishna's principles of balance, purity, and nourishment. The simple, nutrient-rich ingredients like fruits, nuts, seeds, and grains not only sustain the body but also maintain mental clarity and spiritual focus. Just as Krishna's teachings guide us toward a balanced life, these foods nourish both body and soul, reinforcing the connection between what we consume and how we live.

Dr. Sangeeta Tiwari, Clinical Nutritionist at Artemis Lite, NFC, New Delhi, explained that Janmashtami foods are designed not only to sustain energy during fasting but also to offer numerous health benefits. Ingredients like fruits, nuts, seeds, dairy, and gluten-

RECIPES

Black rice and coconut kheer

By Aditi Dixit, Chief, CYK Hospitalities

INGREDIENTS

FOR BLACK RICE KHEER

- Black Rice (washed & soaked) - 50 gms
- Coconut Milk - 500ml
- Full fat Milk - 1 ltr
- Jaggery - 135 gms
- Coconut (fresh, grated) - 80 gms
- Cashew nuts (fried) - 30 gms
- Raisins (fried) - 30 gms
- Walnuts (fried) - 20 gms
- Chironji (fried) - 10 gms
- Cardamom Powder - 5 gms
- Cinnamon Powder - 3 gms
- Ghee - 45 gms

FOR FOXNUT ROSE PRALINE

- Granulated Sugar - 200 gms
- Foxnut (roasted) - 15 gms
- Rose petals - 8 gms

METHOD

OR FRIED NUTS

- In a pan, add ghee and let it warm.
- Once the ghee is moderately hot add raisins and fry them. Once done take the raisins off, drain the excess ghee in the pan



and let it cool down.

- Put cashew nuts, walnuts and chironji in the ghee and lightly stir them till golden brown. Once done take them off the pan and drain the excess and let it cool down.

FOR ROSE FOXNUT PRALINE

- In a heavy bottom pan take granulated sugar and let it melt nicely and slowly.
- Do not stir the sugar while it is melting.
- Bring the sugar to a beautiful bronze shade, and pour it on a silicon mat or a well oiled granite top or thali.
- Once poured, put roasted fox nuts and

dried rose petals on it and keep it aside in a well ventilated room.

- Once done, break it randomly and store in an airtight container.

FOR KHEER

- Soak washed black rice for at least 30 minutes. Once done, dry them in the air for another 30 minutes. Blitz it very coarsely for 2-3 seconds and keep it aside.
- Take all the milk in heavy bottomed kadai and cook the milk till first boil.
- Add the grated coconut flesh to the milk, stir it for 2-3 minutes.
- Once done, add black rice to the milk and cook it for at least 40-45 till the rice is cooked and milk is reduced to half, take it off the cooktop to rest for a minimum of 3-4 hours.
- In a different pan take jaggery and 50 ml water and cook it and make a syrup.
- Once the syrup is cooled down add the syrup to cold kheer for the sweetness.
- Adjust the sweetness according to the taste and add cardamom powder.
- Add fried nuts to kheer and leave some for garnish.
- Pour the kheer in a beautiful bowl, garnish it with fried nuts, coconut flakes and rose fox nut praline.

Kaju Badam Astrian laddo, Safawi khajoor and Manna Anjeer

By Richard Charlie, Chef, Namaste Dwaar Resort

INGREDIENTS

- Almond-50gm
- Cashew - 50gm
- Pista- 30gm
- Melon seed- 25gm
- Raisin - 25gm
- Pure ghee- 25 ml
- Dates- 20 gm
- Fig - 20 gm
- Apricot - 20 gm
- Jagary - 15gm



METHOD

- On a medium flame add the desi ghee and roast the almonds and cashew until slightly aromatic, add pista and roast again for 2 to 3 min.
- Roast melon seed and raisin in a small amount of ghee until it cracked
- Add dates and fig to the mixture and roughly blend it partially
- Add jagary into it according to taste and mix all the ingredients together,
- Keep it in a cool and dry place for 45

min and then again mix well by adding the chop nuts and dry fruits

- Make small round balls according to your size and your delicious and healthy laddoo are ready to serve

HEALTH TIPS— dry fruit laddoo are full of vitamin E, magnesium and full of Zinc, and other essential nutrients Which helps in giving energy to the body organs If a person feel low in energy, a good note of dry fruit and dates laddoo will make you feel rejuvenated of energy.

Sahi tukda

Amandeep Singh Executive Sous Chef, The Westin Mumbai Garden City

INGREDIENTS

- 6 slices of bread
- 1 cup milk
- 1 cup sugar
- 1/4 cup ghee (clarified butter)
- 1/4 cup cashews, chopped
- 1/4 cup almonds, chopped
- 1/4 cup raisins
- 1/2 teaspoon cardamom powder
- A pinch of saffron strands (optional)
- Silver vark (edible silver foil), for garnish (optional)

METHOD

- Trim the edges of the bread slices and cut them into smaller pieces or quarters.

- Heat ghee in a pan over medium heat. Fry the bread pieces until they turn golden brown and crisp. Remove them from the pan and set them aside on a paper towel to drain excess ghee.
- In the same pan, add cashews, almonds, and raisins. Sauté them until they are golden. Remove and set aside.
- In another pan, bring the milk to a boil. Reduce the heat and add sugar, cardamom powder, and

saffron strands (if using). Mix well and let it simmer for a few minutes until the sugar dissolves and the milk thickens slightly.

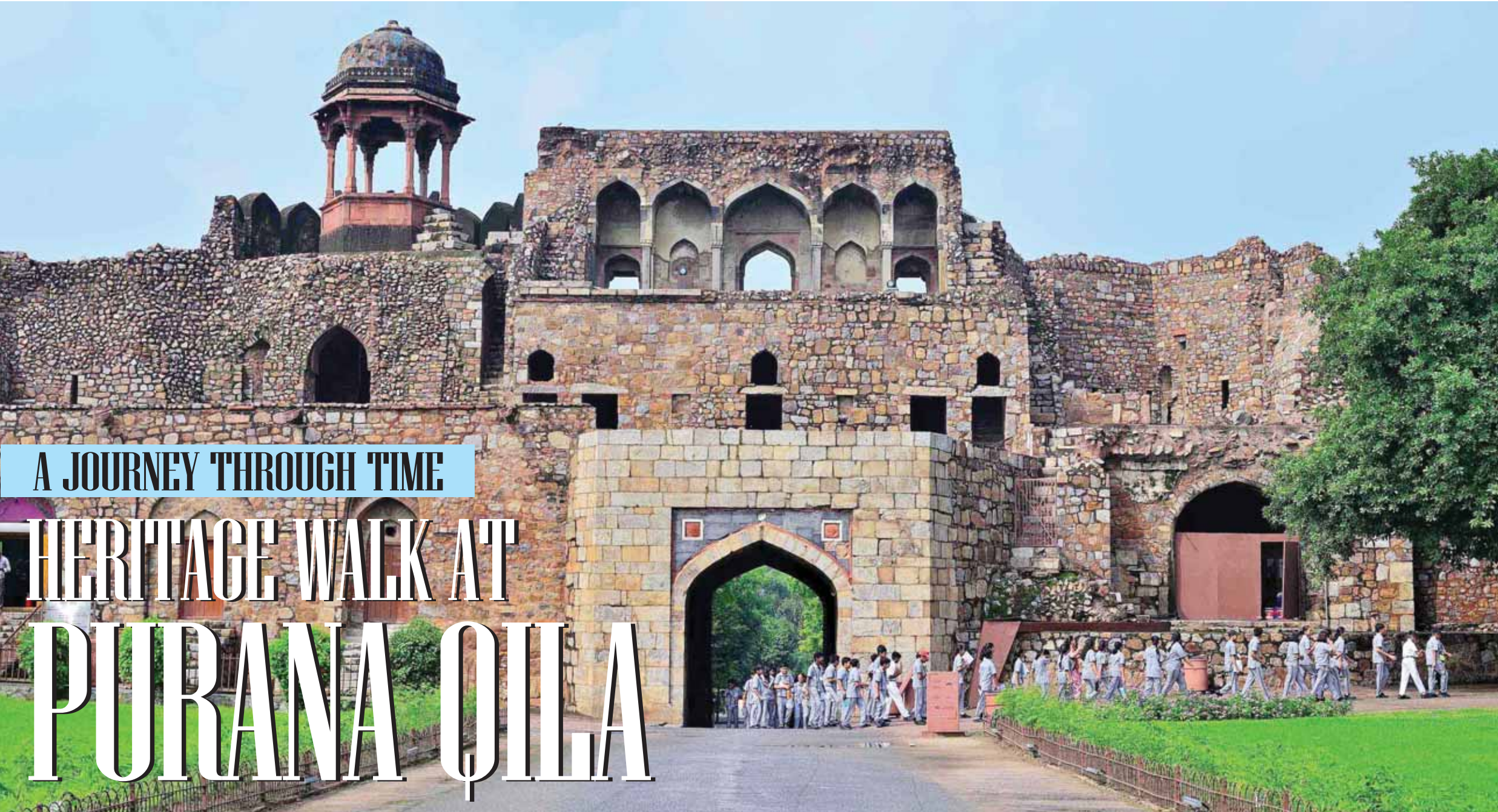
- Add the fried bread pieces to the milk mixture. Gently mix to ensure the bread is coated with the milk.
- Allow the bread to soak in the milk for about 10-15 minutes, letting it absorb the flavors.
- Serve the Double Ka Meetha warm, garnished with fried nuts and silver vark.



free grains such as buckwheat and amaranth provide essential nutrients that support overall well-being. Fruits are rich in vitamins and antioxidants, aiding hydration and digestion. Nuts and seeds offer healthy fats and proteins for sustained energy and brain health. Dairy ensures gut health and muscle support, while grains like buckwheat provide slow-releasing carbohydrates to

maintain energy levels. Together, these foods ensure balanced energy, digestion, and hydration during the fast, promoting overall health. Janmashtami is more than just a celebration of Lord Krishna's birth; it is a profound reflection on the eternal struggle between good and evil, the importance of righteousness, and the path to spiritual awakening. As devotees

come together to celebrate this festival, they are reminded of the timeless wisdom that Krishna imparted, wisdom that continues to guide humanity toward a life of purpose, peace, and harmony. In a world that often feels disconnected from spiritual values, Janmashtami serves as a beacon, illuminating the path of righteousness and divine love.



A JOURNEY THROUGH TIME

**HERITAGE WALK AT
PURANA QILA**

Historian **Vikramjit Singh Rooprai** led a captivating Heritage Walk through Purana Qila, offering participants a blend of history and architectural insights. This immersive experience highlighted the fort's significance, revealing hidden stories and the interconnectedness of its historical and ecological aspects, writes **SAKSHI PRIYA**

As part of his second series of the Delhi Heritage series, historian and author **Vikramjit Singh Rooprai** led an insightful walk through Purana Qila, one of Delhi's most famous and second-most visited forts. Inspired by his upcoming book, *Delhi Heritage: Top 10 Forts*, this exclusive Heritage Walk offered a select group of history enthusiasts rare insights and thoughtful details about the fort that are not widely known. Against the backdrop of the ancient walls of Purana Qila, Rooprai embarked on a journey to unravel the secrets of this historic fort, blending myth, history and architecture as he explored one of Delhi's most significant yet often overlooked monuments. Purana Qila or the "Old Fort," is one of Delhi's oldest forts, with a history that stretches back centuries. It is often overshadowed by more famous landmarks like the Red Fort and Qutub Minar, yet it holds a crucial place in the narrative of Delhi's evolution. The fort's origins are shrouded in mystery, with legends linking it to the ancient city of Indraprastha, the legendary capital of the Pandavas from the Mahabharata. Rooprai, with his deep knowledge and passion for Delhi's history, made it clear that much of this association is based on later folklore rather than historical evidence. The fort as we see it today is primarily the work of two great rulers, Emperor Humayun and Sher Shah Suri, whose contributions to its construction have left a lasting legacy. The exploration began at the grand entrance of the fort, the Bada Darwaza, where the sheer scale and architectural prowess of the structure immediately impressed upon visitors the importance of this site in Delhi's history. Rooprai explained how this massive gate, with its towering height and intricate carvings, served as a formidable barrier, protecting the fort's inhabitants from invaders. The Bada Darwaza, like much of the fort, reflects a blend of Islamic and Hindu architectural styles, a syncretism that has always been a hallmark of Delhi's culture. This gate is not just an entrance but a symbol of the fort's strategic importance in the defense of the city. As the group moved deeper into the fort, Rooprai guided them towards the imposing Talaqi Darwaza, a gate that remained sealed for centuries until it was rediscovered in the early 20th century. The name "Talaqi," meaning "separation," intrigued many. Rooprai mentioned that if we look closely at the interior detailing at the top of Talaqi Darwaza, we can still see some remnants of its original colors, a subtle yet vivid reminder of the fort's rich past. He narrated how this gate, with its intricate carvings and lofty chhatris (domed pavilions), had been sealed shortly after its construction, its purpose shrouded in mystery. Some historians speculate that it might have been closed due to superstitions or security concerns, while others believe it was simply never completed. As Rooprai spoke, it was easy to imagine the fort as it once was, a bustling hub of activity, a place where history was made. One of the most captivating aspects of the walk was Rooprai's discussion about the



“PURANA QILA OR THE “OLD FORT,” IS ONE OF DELHI'S OLDEST FORTS, WITH A HISTORY THAT STRETCHES BACK CENTURIES. IT IS OFTEN OVERSHADOWED BY MORE FAMOUS LANDMARKS LIKE THE RED FORT AND QUTUB MINAR, YET IT HOLDS A CRUCIAL PLACE IN THE NARRATIVE OF DELHI'S EVOLUTION.”

inscriptions near Talaqi Darwaza, discovered by the British during their restoration efforts. These inscriptions explore the preservation of "the house of Humayun," adding a layer of intrigue to the fort's history and sparking curiosity about their true meaning. During the walk, Vikramjit emphasised the challenges of accessing historical resources, sharing anecdotes about the British efforts to clean and preserve the gates. These efforts uncovered inscriptions pleading to "save this house of Humayun," a phrase that sparked debate among historians. Some interpreted it as a reference to Emperor Humayun, while others saw it as a metaphorical plea to protect the sanctity of the site. The architectural grandeur of Purana Qila is not just limited to its gates. The fort's walls, towering over the surrounding landscape, are a witness to the engineering prowess of the time. Built using large stone blocks, the walls are interspersed with bastions and watchtowers, which would have provided a vantage point for the fort's defenders. Rooprai pointed out the changes that had occurred over the centuries, especially the eastern wall, which once overlooked the Yamuna River. The river, which has since shifted its course, played a crucial role in the fort's defense, providing a natural barrier against invaders. Today, the fort's strategic location remains evident, offering stunning views of the city and a reminder of its importance in Delhi's history. Ecological insights were also an integral part of Rooprai's narrative. He highlighted the green layer on the lake within the fort, which plays a crucial role in supporting various forms of life, including fish and birds. This lake, once a part of the Yamuna River's floodplain, has



now become an isolated water body. Rooprai discussed how the lake's ecosystem is a delicate balance, with the green algae on the surface providing oxygen for aquatic life while also serving as a breeding ground for insects that are crucial for the survival of birds and other animals. Any disruption to this delicate ecosystem could have a significant impact, underscoring the interconnectedness of human history and the natural environment. The tour culminated at Humayun Darwaza, another significant gate of the fort. Rooprai highlighted how much of the fort's construction, including these gates, may have been initiated by Humayun himself, despite the popular attribution to Sher Shah Suri. The Humayun Darwaza, with its grand archways and intricate tile work, stands as a symbol of the Mughal emperor's ambition to create a lasting legacy. The fort's story, Rooprai noted, is one of resilience, evidence to a city that has been

built, destroyed and rebuilt countless times. Through this walk, Rooprai not only guided the visitors through the physical space of Purana Qila but also through the complex narrative of Delhi's history. He emphasised that while Purana Qila is often overshadowed by more famous structures like the Red Fort, it remains an essential part of Delhi's heritage, a silent witness to the city's evolution. The active involvement of a 14-year-old boy during the walk was particularly noteworthy. Deeply engrossed in the exploration, the boy actively engaged with Vikramjit, asking thoughtful questions that enriched the experience for everyone present. His curiosity and enthusiasm reflected the walk's success in sparking interest across different age groups, showing the importance of making history accessible and exciting for all generations. The boy's questions ranged from the significance of the inscriptions to the architectural details of

the fort and Rooprai patiently answered each one, providing insights that captivated both the young participant and the older attendees. As the tour came to an end, Rooprai left the group with a deeper appreciation for this ancient site. Purana Qila was no longer just an old fort but a living part of Delhi's rich and varied history, a place where myths and facts converge, creating a story that is both beautiful and complex. Through his insights, Rooprai had brought Purana Qila to life, making the past palpable and the stories within its walls a part of the present. The fort's layers of history, from its ancient origins to its role in the Mughal Empire, were laid bare, offering a glimpse into the lives of those who walked its grounds centuries ago. Vikramjit Singh Rooprai's approach to history is not only informative but also deeply engaging. His ability to work together factual history with the legends surrounding Purana Qila makes the past resonate with present-day audiences. He reminds us that history is not just about dates and events but about the stories of people, places and cultures that have shaped our world. This walk was more than just a tour - it was a journey through time, offering a rare insight into the layers of history that have shaped Delhi. It's clear that such events are crucial in building a deeper appreciation for the rich heritage that surrounds us. Rooprai's work is a tribute to the importance of preserving and sharing our history, ensuring that future generations can continue to learn from and be inspired by the past. The *Heritage Walk* at Purana Qila was an enlightening experience that left the participants with a profound respect for the history and architecture of one of Delhi's oldest forts. Through Rooprai's expert guidance, the group gained not only knowledge but also a sense of connection to the city's past. The walk was a reminder that history is all around us, waiting to be discovered and that by exploring it, we can gain a better understanding of the world we live in today.



SLY GRANNY'S NEW MENU PROMISES A MEMORABLE CULINARY FARE!

Nestled in the vibrant heart of Delhi's Khan Market, Sly Granny has finally unveiled its much awaited new menu which boasts of blending classics with contemporary flair

BY SHARMILA CHAND

On a sultry afternoon, I walk in at Sly Granny in Khan Market to see how the mischievous adorable Granny is wooing her diners with the new menu. The buzz here perks up my mood, almost all tables occupied with diners busy chatting and eating, servers attending hurriedly with spectacular food, the colorful décor with pictures from Granny's travels amp up the spirits and build my appetite all the more. I love the cheery vibes, lively music, quirky flair, and finally get a table to settle down. Sly Granny is damn interesting, what a vibrant personality, I think to myself.

"Yes, she is," says the Co-Founder, Rahul Khanna. "Sly Granny is the embodiment of a wickedly sassy, witty, and sly character—she's a mashup of everything quirky and cool. We've designed the restaurant to be as layered and unpredictable as Granny herself, blending her love for art, music, travel, entertainment, and pop culture into every nook and cranny. Whether it's the quirky décor, the eccentric vibe, or the adventurous menu, every aspect of Sly Granny is a nod to her multifaceted personality. She's constantly evolving, just like our space, making sure that every visit feels like a new, exciting chapter in her ever-entertaining story."

INDIGENOUS & CONTEMPORARY FOOD SYMPHONY

The new menu features seasonal Indian produce which is carefully selected and mindfully prepared for all cuisines here. For example, Indian amla (Gooseberry) is picked and used in salads. Lotus stem and sweet potato is popular as chips.



CHEF ANUBHAV MOZA
SLY GRANNY

Hemp seed from the state of Uttarakhand is processed to make a dip which is used in mezza platter. Similarly jackfruit is braised with bbq sauce and used in making tacos. It is evident that the focus is to keep the menu fresh, seasonal with a flair of contemporary techniques and yet highlight the importance of Indian produce.

Anubhav Moza, Assistant Brand Chef explains, "Our new menu at Sly Granny is a vibrant tapestry of Granny's eclectic passions—each dish is inspired by her travels, her love for music, quirky art obsessions, and her unapologetic affection for good drinks and pop culture. We've infused her playful spirit into every bite, blending

classic flavors with unexpected twists. Granny's food is all about the joy of discovery, where each dish tells a story of her adventures and her ever-evolving taste. It's a celebration of the bold and fun, in the world of gourmet. Our aim to give healthy and seasonal fresh produce from the farms in India and serve in European flavors. For example, amongst other indigenous produce, we also use phalsa, another Indian berry for making compote and serving with our chocolate desserts."

The meal begins with 'Shish Tawook Broccoli' - a fusion of chargrilled broccoli and tender Shish Tawook. The addition of sautéed chickpeas and a kale-mashed potato makes it a delightful combination. Next up is the 'Greek Vegetable Medley' with Candied Pumpkin adding the fun element. Spiced pumpkin steak is an interesting variation served with seasonal vegetables and creamy tahini, a great way to showcase myriad flavours and textures. Not to be missed is the intriguing Roots & Halloumi, a symphony of slow-roasted carrots, beetroot, sweet potato, and savoury halloumi complemented by labneh, chilli garlic oil, and candied walnuts - a true delight for discerning palates.

For Seafood aficionados, the Herb-Crusted Salmon, served with crème fraiche, pan-tossed vegetables, and a delicate beurre blanc sauce embodies coastal elegance at its best. Also gracing the menu is the Paprika Chicken and Caramelized Onion Pizza - a perfect harmony of paprika-infused



chicken, caramelised onions, jalapeños, and savoury goat cheese atop a crispy crust, promising a burst of flavours. For me Granny's Mezza, spectacular in its presentation and taste, turned out to be the best. With spiced pita, lavaash, cheese cracker, yam kebab, falafel, spinach and cheese borek, and the showstopper 'Hemp seed dip', marinated olives, pickled greens, I couldn't have been happier. 'Pesto Al Genovesse' comes next. A lovely rendition of pasta along with broccoli, asparagus in basil pesto, tossed with burrata crumble. I especially loved the texture of the pesto-creamy, like velvety.

'Sly Tiramisu' looks outstanding to conclude gastronomic journey as it's a decadent ensemble of mascarpone-soaked sponge, coffee ice cream, cocoa crunch, caramel popcorn, and Baileys ganache, an exquisite finale to an exceptional meal. But I go for 'Chocolate Torte' - absolutely heavenly with strawberry ice cream, hazel nut crunch and phalsa compote that refreshes my palate.

NEW SEASONAL COCKTAIL MENU

Whether you're a seasoned cocktail connoisseur or simply seeking a refreshing beverage, there is a drink for everyone to enjoy.

Sly Granny has revisited historical favourites and given them a modern twist. Take, for instance, the "Castel Del Monte," which captures the essence of the Italian sunshine in a delightful blend of gin, roasted pineapple, Campari, and sweet vermouth. For a spicy kick, "Wildcat of Bombay" offers a fiery concoction of tequila, yellow pimento, lemon, cilantro, and a hint of jalapeno that will get the evening going. These reinventions honour bar classics while adding a unique Sly Granny flair. The new cocktail menu is inspired by flavours from around the world, ensuring that every sip takes you on an adventure. From the cinematic streets of India to the serene landscapes of Italy, the drinks are crafted to transport you to different corners of the globe with just one sip. Not forgetting the classics, The "Posh G&T" elevates the traditional Gin & Tonic with cucumber, rosemary, mint, and a touch of citrus. Whisky lovers rejoice with "The Betty Ford Tribute," a sophisticated mix of whisky, orange,

kaffir lime, jaggery, and lemon. For a touch of nostalgia, indulge in "Granny's Dirty Martini," a perfectly balanced dirty martini with your choice of vodka or gin.

There's a wide selection of non-alcoholic refreshing mocktails as well. The "Almodovar" is a vibrant blend of watermelon juice, peppermint, and a touch of saline, while "Jungle Love!" takes the heat up with guava juice, basil, Granny's hot sauce, and a hint of jalapeno yet is a perfect cooler on a hot day.

TO CONCLUDE

Sly Granny not only wows it's discerning diners with all day dining menu, but also offers Breakfast on weekends, serving some classic and of course, some of her quirky breakfast dishes from 8:30 am to 11:30 am.

Go and explore Granny's new menu, renowned for its culinary wizardry and vibrant atmosphere. Chef Anubhav Moza's dedication to culinary excellence is evident throughout the menu, making Sly Granny Khan Market a must-visit destination for food enthusiasts seeking refined flavours and unforgettable dining moments.

CHECK OUT

Sly Granny
4, Khan Market, New Delhi

Sharmila Chand is an author and journalist who writes on Travel, Food, Culture and Lifestyle

THE PINNACLE OF GOURMET EXCELLENCE

The Purple Plate, under the visionary leadership of Ishaan Kapoor, has redefined the luxury catering landscape. With a meticulous approach that combines traditional flavours with contemporary techniques, the company delivers unparalleled experiences, making each event a memorable celebration of taste and elegance, says **SAKSHI PRIYA**

In the world of luxury wedding catering, where every detail is meticulously planned and executed, The Purple Plate has emerged as a distinguished leader. Since its inception in January 2017 by Ishaan Kapoor, this innovative company has set new standards in opulent dining experiences. Combining traditional flavours with contemporary techniques, The Purple Plate has catered over 2,000 global events, earning a reputation for excellence and creativity.

What truly sets The Purple Plate apart is its relentless pursuit of perfection in every aspect of its service. The company follows a rigorous 21-step process to ensure each dish meets the highest standards of quality and presentation. This meticulous approach is complemented by a unique policy of catering one event per day. This exclusivity allows The Purple Plate to offer unparalleled personalised service, ensuring that every detail of the event receives the utmost attention and care. A hallmark of The Purple Plate's service is its innovative use of interactive live stations and pass-around dishes. These features are designed to create an engaging and memorable dining experience. Interactive live stations allow guests to interact with chefs, watch the culinary process and customise their meals. This not only adds an educational and entertaining element but also deepens the connection between guests and the food. Pass-around dishes, on the



other hand, enhance social interaction by circulating among guests, encouraging mingling and conversation in a relaxed and informal setting. The Purple Plate's philosophy blends traditional and modern culinary techniques, starting with a deep respect for classic recipes and enhancing them with contemporary methods and innovative presentation. This approach ensures each menu respects culinary heritage while offering fresh and engaging experiences. As the company looks to the future, it aims to incorporate artificial intelligence for personalised menu recommendations, introduce more plant-based and locally sourced ingredients, and explore immersive dining through augmented and virtual reality. These forward-thinking innovations will elevate the dining experience and solidify

WHAT TRULY SETS THE PURPLE PLATE APART IS ITS RELENTLESS PURSUIT OF PERFECTION IN EVERY ASPECT OF ITS SERVICE. THE COMPANY FOLLOWS A RIGOROUS 21-STEP PROCESS TO ENSURE EACH DISH MEETS THE HIGHEST STANDARDS OF QUALITY AND PRESENTATION. THIS METICULOUS APPROACH IS COMPLEMENTED BY A UNIQUE POLICY OF CATERING ONE EVENT PER DAY



The Purple Plate's leadership in luxury catering. The Purple Plate's dedication to excellence extends beyond

culinary artistry to a deep commitment to sustainability. The company integrates eco-friendly practices by carefully planning to

reduce food waste, using biodegradable materials and sourcing local ingredients, thus supporting communities and minimising its carbon footprint. As it prepares to enter the Middle Eastern and Asian markets, The Purple Plate will adapt its offerings to regional tastes while upholding its high standards. Through comprehensive training, the team will be well-prepared to navigate cultural nuances, ensuring that exceptional catering experiences are delivered across diverse global settings.

Ishaan Kapoor's background in hospitality management and culinary arts has played a crucial role in The Purple Plate's success. His extensive training and practical experience have provided him with a profound understanding of both the operational and creative aspects of luxury catering. Kapoor's commitment to quality and

innovation is reflected in every event. As he puts it, "We're not just serving food; we're crafting an experience that combines artistry and excellence in every bite." Beyond its culinary achievements, The Purple Plate remains deeply committed to making a positive impact on society. By supporting NGOs like Shanti Sahyog, the company demonstrates its dedication to giving back and using its success to contribute to meaningful causes. This commitment to social responsibility not only reflects The Purple Plate's values but also sets a precedent for the hospitality industry, showcasing the importance of community engagement and ethical business practices. In every dish and every event, The Purple Plate strives to deliver not just an exceptional dining experience, but also a lasting positive impact.

YOUR WEEK AHEAD

MADHU KOTIYA



ARIES March 21-April 19

This week, you might find yourself at a critical juncture, faced with the need to distance yourself from certain aspects of your life that no longer contribute positively to your growth. It's a time for deep emotional introspection and the bravery to step away from situations that fail to fulfill you. Your natural tenacity and zest for life will play pivotal roles as you manage this period of transition. Current influences suggest a time ripe for reflection, urging you to contemplate your core values and long-term aspirations. Although the process of letting go can be challenging, it's essential for your personal development. Approach this phase with determination, and you'll discover that the new directions you're taking are more aligned with your true desires, promising greater contentment and fulfillment.

Lucky number 6 | Lucky colour Fawn
Lucky day Wednesday



LEO July 23-Aug 22

You may be encountering a phase where responsibilities seem overwhelming and the potential for burnout is high. This period is characterized by a heavy load of duties that could lead to stress if not managed carefully. It's crucial to recognize the importance of delegating tasks and taking moments for self-care to prevent exhaustion. Utilize your inherent leadership skills and determination to navigate through these challenging times. By prioritizing and balancing your responsibilities effectively, you can lighten your load and pave the way for a more manageable and fulfilling path forward. Embrace flexibility in your approach and remain open to adjusting your strategies as situations evolve. This adaptability will be key in overcoming obstacles and maintaining your well-being.

Lucky number 19 | Lucky colour Mint
Lucky day Thursday



SAGITTARIUS Nov 22-Dec 21

This week promises a period of plentiful creativity and nurturing vibes. It symbolizes growth and the enjoyment of life's simple pleasures. Current cosmic energies are particularly supportive of your personal and creative endeavors. This makes it a perfect time to explore your artistic inclinations or to deepen relationships. Your inherent enthusiasm and optimism will significantly boost your creative output and help in manifesting your desires. By tapping into your creative core and welcoming the richness around you, you will discover that this week holds many rewarding and satisfying experiences, enhancing both your personal growth and joy. Embrace this opportunity to flourish and allow yourself the space to explore new ideas and connections.

Lucky number 7 | Lucky colour Lavender
Lucky day Friday



TAURUS April 20-May 20

This week may be challenging as concerns and stress could dominate your thoughts. These feelings often lead to restlessness and significant mental strain. It's essential to tackle these issues directly instead of allowing them to grow. Focus on tangible solutions and don't hesitate to seek support when necessary. Your resilient nature will be crucial in managing these difficult emotions. Keep in mind that you possess the strength to surpass these hurdles with patience and determination. To navigate this period more smoothly, prioritize taking care of yourself and aim to adopt a more optimistic and productive outlook. Remember, challenges are temporary, and addressing them head-on will pave the way for clearer skies ahead. Embrace your inner strength as you move through the week, reinforcing your resolve with each step forward.

Lucky number 17 | Lucky colour Mauve
Lucky day Monday



VIRGO Aug 23-Sep 22

This week underscores the significance of achieving balance and harmony in your routine. It's an ideal time for blending various facets of your existence to establish a stable equilibrium. The celestial alignments at play encourage a pursuit of moderation, urging you to avoid extremes in all areas. Use your sharp analytical skills to pinpoint where imbalances might exist and thoughtfully adjust. Cultivating patience is key now, as is approaching each interaction with calmness and thoughtful diplomacy. Integrating the different elements of your life thoughtfully will help you maintain a balanced outlook, ultimately fostering a greater sense of well-being and harmony. This approach will not only improve your personal satisfaction but also enhance your interactions with others, leading to a more peaceful and productive environment.

Lucky number 22 | Lucky colour Mustard
Lucky day Sunday



CAPRICORN Dec 22-Jan 19

This week brings an emphasis on emotional exploration and the pursuit of romantic interests. You need to get connected to your inner self and Listen to your heart's deepest desires. Current celestial energies support embracing your emotional facets and seeking experiences that enrich your soul. This period is opportune for engaging in creative endeavors or deepening personal relationships. Trust in your instincts and let your passions and empathetic nature be your guides. Although you are typically recognized for your pragmatic approach, this is a time to allow emotions to take precedence. Do not shy away from letting your new feelings lead the way, and be open to exploring new possibilities. This approach could unlock doors to fulfilling experiences that resonate deeply with your aspirations and dreams.

Lucky number 23 | Lucky colour Olive
Lucky day Monday



GEMINI May 21-June 20

This week heralds a period of joy, clarity, and success for you. Expect a surge of energy and enthusiasm that makes challenges feel more manageable and opportunities more accessible. Embrace this bright period by pursuing projects and relationships that bring you happiness. Your natural charm and wit will be particularly effective in connecting with others and achieving your objectives. Enjoy the spotlight and let your optimism inspire those around you. This is an excellent time to shine and show your best self, making the most of the vibrant energy surrounding you. It's a time to move forward confidently, allowing your unique talents to lead the way to new achievements and positive encounters.

Lucky number 9 | Lucky colour Amber
Lucky day Friday



LIBRA Sep 23-Oct 22

This week may bring emotional challenges or heartache, signaling a period where you might face difficulties in your personal connections. Such times often indicate separation, disappointment, or conflict. The current cosmic energies highlight a need for healing and addressing any emotional wounds. While this phase may be tough, it is crucial to process these emotions and lean on the support of loved ones. Your innate sense of balance and fairness will be your guide through these trials. Embrace this opportunity to reflect and grow from these experiences. Concentrate on self-care and constructive communication to help you navigate these difficulties, allowing you to emerge stronger and more resilient. This approach will pave the way for recovery and renewed strength, fostering personal development and emotional clarity.

Lucky number 8 | Lucky colour Peach
Lucky day Wednesday



AQUARIUS Jan 20-Feb 18

This week encourages you to harness your intellectual strength and clarity of mind. Embrace your ability to think independently and make decisions with a clear, objective perspective. Current celestial influences are emphasizing the importance of effective communication and the confident assertion of your viewpoints. Your natural aptitude for critical thinking and analysis will be especially valuable during this period. Now is an opportune time to resolve any lingering issues or to approach complex challenges with a rational and structured strategy. Have confidence in your judgment and assertiveness as you move through the week. Trusting in your analytical skills will lead you to discover practical and valuable solutions. By maintaining a focus on clear and reasoned thinking, you'll navigate through any situation with success.

Lucky number 21 | Lucky colour Indigo
Lucky day Sunday



CANCER June 21-July 22

This week centers on enhancing stability, security, and prosperity in your life. You are currently in a strong position to achieve your practical goals, with supportive cosmic energies that encourage the solidification of your financial foundation. Embrace your natural nurturing tendencies to foster a supportive environment both for yourself and those around you. Your adept management of resources will be particularly noticeable, making it an opportune time for wise investments or strategic long-term planning. Rely on your instincts and practical abilities to confidently overcome any obstacles, ensuring a fruitful week ahead. Emphasize creating and maintaining a secure base to maximize your success during this period. This proactive approach will empower you to harness opportunities and cultivate growth, paving the way for sustained achievement and satisfaction.

Lucky number 11 | Lucky colour Saffron
Lucky day Tuesday



SCORPIO Oct 23-Nov 21

This week signals a period of managing multiple responsibilities effectively and striving for balance. The need for adaptability and resourcefulness comes into play as you navigate through various commitments. It's essential to prioritize and remain flexible during this time. You might find yourself balancing professional duties, personal engagements, and financial considerations. Your natural knack for dealing with complex scenarios will prove beneficial, but take care not to stretch yourself too thin. Keeping a steady pace and being open to adjusting your strategies as necessary will help you stay on track. By maintaining organization and focus, you'll be able to handle your obligations successfully and achieve a sense of equilibrium.

Lucky number 10 | Lucky colour Teal
Lucky day Saturday



PISCES Feb 19-March 20

This week is set to focus on themes of generosity and the equilibrium between giving and receiving. You might find yourself engaged in charitable efforts or looking to balance your financial resources. The celestial energies currently at play emphasize the importance of nurturing others while ensuring your own needs are also addressed. Tap into your innate compassion to guide these interactions, aiming for outcomes that are beneficial for all involved. By embracing a spirit of generosity and striving for balance in your exchanges, you will enhance your relationships and establish a supportive atmosphere both for yourself and for those around you. This approach will not only contribute to your personal growth but also build a network of shared support and mutual respect.

Lucky number 16 | Lucky colour Brown
Lucky day Thursday

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Chaturashrama - Our space is our Ashrama - The way of life through the 4 ashramas

THE TUNING FORK



CV Srikantha

I am planning to go and stay in an ashram for a few days' said a friend. 'But' ... 'you already are staying in one,' I responded. I was not surprised by the bewildered questioning look on her face. An ashram usually brings visions of a secluded hermitage monastic space, serenity, hills, rivers, trees, forests, and maybe huts or spaced out structures with meditation yoga rooms etc. Our ancient texts and scriptures affirm that every stage of our life is an *asharama* ('srama' or efforts towards spiritual learning, growth). The concept of *Chaturashrama* - The structure of the 4 stages or phases of life from youth to old age, fascinatingly captures the mental, physical, psychological, intellectual, emotional, and spiritual journey. A guide to Dharma through different responsibilities, duties, personal growth, social contribution, goals and spiritual pursuits and fulfilment at each phase.

Brahmacharya Ashrama (Student hood): A phase, typically from childhood to youth, an individual focuses on education, gathering knowledge (including scriptures), acquiring skills, celibacy and preparing for adulthood

responsibilities. A period of disciplined Shrivana (Listening), *Manana* (Reflection) and *Nididhyasana* (Deep Contemplation and Assimilation) under the guidance of a Guru. The application however differs. The Pandavas and the Kauravas all had their *Brahmacharya* under the same Guru Dronacharya - yet their paths led inversely. "आचार्यप्रणिपातेन प्रपन्नं परिपृच्छते। विष्यस्तु चिरमाचार्यं न स्थितिं न त्वरः।।" "A disciple, who respectfully bows down to the teacher and sincerely inquires, and learns does not suffer from spiritual decay nor does he show haste." This highlights the qualities during the *Brahmacharya* - dedication, humility, respect, and devotion to learning and the Guru.

Grihastha Ashrama (The Householder): This phase transitions the individual into matrimony, raising and taking care of children and family, create wealth, pursues a career or profession. It is characterized by fulfilling worldly duties, managing relationship responsibilities, and participating and adding value actively to the individual's social and economic ecosystem. In the Ramayana, Lord Rama and Mata Sita exemplify the

ideal *Grihastha* life. After their marriage, Rama fulfills his duties as a prince and later as a king, while Sita supports him as a devoted wife and queen. They navigate through challenges and responsibilities, demonstrating righteousness (Dharma) and upholding societal norms. *dharmaṁrtha-kāma-mokṣākhyaiṁ ya icchec chreya ātmanah ekañ hyeva haresh tatra kāraṇaṁ pāda-sevanam* As Sri Krishna says in Shrimad Bhagavatam 'Any person who desires the fruits of the four principles righteousness, wealth, desire, and liberation should engage himself in these duties with integrity as a devotional service to the Lord to attain fulfilment'

Vanaprastha Ashrama (The Hermit-Forest Dweller): A big transition - first step to detachment. To calibrate the self into gradual retirement and withdrawal from worldly duties can be a very challenging one. Particularly coming after a phase of building wealth, relationships, family and societal bonds in the earlier *Grihastha ashrama*. Here, individuals are expected to gradually relinquish materialistic pursuits and responsibilities and slowly start focussing more on

spiritual pursuits, self-reflection, and handing down their learnings, and wisdom to the next generations, preparing for the baton exchange. After the war and completing their duties as rulers and householders, Dhritrashtra and then the Pandavas retire to the forest to engage in meditation, and contemplation on the deeper aspects of life. वानप्रस्थस्य धर्मेण व्रतम् धर्ममुपासते। सिद्धिमप्राप्तुमिच्छन्ति सुखं चोव न भूतलम्।। (Mahabharata, Anushasana Parva) "The Vanaprastha, who practices the vows of righteousness, seeks perfection and happiness, not attainable on earth."

Sannyasa Ashrama (The Renunciation): Complete renunciation and detachment from all materialistic attachments. Individuals now dedicate themselves entirely to spiritual pursuits, seeking *Moksha* (liberation) living a modest, ascetic life, disengaging from all kinds of material activities and desire. They are engrossed in elevating themselves into the higher realms. In the Bhagavad Gita, Lord Krishna explains the principles of Sannyasa. He explains that true renunciation is not just physical

renunciation but also mental detachment. काम्यानां कर्मणां न्यासं सन्यासं कवयो विदुः। सर्वकर्मफलत्यागं प्राहुस्त्यागं विचक्षणः।। *kāmyānāṁ kārmaṇāṁ nīyāsāṁ sannyāsāṁ kavayo viduḥ sarvā-karma-phala-tyāgaṁ prāhuḥ tyāgaṁ vichakṣhaṇāḥ* He says - Giving up of actions motivated by desire is what the learned understand as *sanyās*. Relinquishing the fruits of all actions is what the wise declare to be *tyāg*. The Ashramas provide a blueprint for harmonizing worldly duties, with spiritual aspirations and goals, encompassing the spectrum of life. The references to the four Ashramas come through the principles of Purishartha Karmas. It provides a meaningful map that helps making our journey profoundly purposeful.

— The writer is a versatile professional with 3 decades in corporate experience & 1 leadership roles, excelling in several areas as a ICF Certified Mentor Life Coach, Corporate Coach, Spiritual Intelligence Coach & CXO Coach. Spiritual counselor, Astro & Vastu consultant (25+ years of grounding in Vedanta philosophy) and a Motivational speaker. He is a Dale Carnegie's T3 graduate