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## sunday pioneer www.dailypioneer.com

## NTA takes SC call on **NEET** result

Citywise results published

#### PIONEER NEWS SERVICE NEW DELH

National T<sup>he Na</sup>Agency Testing (NTA) on Saturday announced the centre and city-wise results for medical entrance exam NEET-UG, which is under the scanner over alleged irregularities. The results, which were initially announced on June 5, have been published in this format following an order of the Supreme Court, which is hearing several petitions about the alleged irregularities in the conduct of the exam, including paper leak

The exam was conducted on May 5 at 4,750 centres in 571 cities, including 14 cities abroad, for more than 24 lakh candidates. The court had ordered that the results be announced while masking the identities of the aspirants, saying it wanted to ascertain whether candidates appearing at allegedly tainted centres secured more marks than those writing the exam elsewhere.

Candidates who appeared for the NEET UG 2024 can check their results on the official website of NTA NEET website of NTA NEET exams.nta.ac.in/NEET/ or neet.ntaonline.in.

On July 18, the Supreme Court directed the NTA to announce the NEET UG results by July 20, at 12 noon. The court mandated that the Agency publish the students' marks on its website without



п,

Representational image

revealing their identities. A bench comprising Chief Iustice of India DY Chandrachud and Justices JB Pardiwala and Manoi Misra instructed that the NÉET UG results be published separately by city and centre by today noon.

The top court will resume hearing the arguments on Monday on a batch of pleas seeking cancellation, re-test and a court-monitored probe into the allegations of malpractice in the prestigious exam. The bench comprising of

Chief Justice of India DY Chandrachud and Justices JB Pardiwala and Manoj Misra ordered for the announcement of the results separately, city and centrewise by Saturday noon. The court had also stressed that the NEET-UG reexamination can only be done on a concrete footing that sanctity has been lost on a large scale



Convoy of Chief of the Army Staff General Upendra Dwivedi arrives at the Police headquarters for a meeting, in Jammu, on Saturday

### Army Chief in Jammu to bolster anti-terror ops

MOHIT KANDHARI 🗖 JAMMU

 $A_{\text{bravehearts} \ \text{have} \ \text{been}}^{\text{fter} \ \text{more} \ \text{than} \ 50}$ martyred in the ongoing counter-terrorism operations in the Jammu region since October 2021, the top brass of the Indian army led by Army Chief General Upendra

Dwivedi on Saturday landed in Jammu to fine-tune its counter strategy aimed at flushing out well-entrenched Pakistani terrorists from the 'Jammu Heights'. The crucial security review

meeting was convened here at the Police headquarters. Director General Border Security Force, DG CRPF, DGP Jammu and Kashmir police, representatives of the Union Defence and Home Ministry, and top brass of the Intelligence agencies attended the brainstorming session over two hours.

Chief also The Army interacted with the top commanders of the Northern Command headquarters to discuss possible strategic responses and measures to

counter the rising threats in the Jammu region.

on the heels of the recent meeting of the Cabinet Committee on on Thursday.

I&K.

Sensing the gravity of the prevailing security situation and to plug the gaps, the Indian Army has already inducted more than 3,000 troops comprising three infantry battalions in the Jammu region to take on the Pakistani terrorists. In addition around 400-500 elite para commandos have been deployed at various locations to minimise the response time in case of any exigency.

### On the occasion of Guru Purnima

PATANJALL

Pledge to promote and protect Sanatan Dharma अखण्डमण्डलाकारं व्याप्तं येन चराचरम्। तत्पदं दर्शितं येन तस्मै श्री गुरुवे नमः।।

On Guru Purnima, support Patanjali in preserving and promoting the eternal values, ideals and principles of India's Guru-Shishya (Teacher and the taught) tradition and Sanatan Dharma, because we have selflessly invested and committed to continue investing the profits of Patanjali into education, health, research, and establishment of Gurukul, Gaushalas, a University as well as various other aspects of Sanatan Dharma in serving Mother India. From the East India Company till now, foreign companies have trapped this country in economic slavery by robbing it of thousands of trillions of rupees. Therefore, boycott soaps, shampoos, toothpastes, face wash and phenyl etc. produced by foreign companies. Contribute to building a self-reliant and self-respecting India by joining Patanjali.

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### Airports function normal, full recovery awaited

### STAFF REPORTER NEW DELHI

irport systems in India resumed Aloperations normally from 3 am on Saturday, hours after major disruptions caused inconvenience to passengers. However, the overall system has not yet fully recovered, as confirmed by airport officials. The significant backlog of cancelled and delayed flights and yet-tobe-delivered baggage means full restoration of norm 'v mav take a d ninle of days. Additionally, the process of rebooking affected passengers or "working normally" and all issues related processing refunds will begin as the to travel adjustments and refund



Saturday issued a staten

Naidu said airline systems across airports. have started working normally, and all issues are likely to be resolved by noon on Saturday. The Ministry is constantly monitoring the operations at airports and airlines to ensure travel readjustments and refunds are taken care of, he added. "Since 3 am (Saturday), Airline systems across airports have started working normally. Flight operations are going smoothly

now," Naidu said. At Delhi's Indira Gandhi Internationa

The high-level security review meeting assumes added significance as it comes close

Security chaired by Prime Minister Narendra Modi in New Delhi

The meeting took place amid a sudden surge in terror attacks in the Jammu region. Last month the Prime Minister had separately chaired a review meeting to assess the security situation in

systems across airports have started "working normally" and all issues related systems are back up. processes were being taken care of. Union The Ministry of Civil Aviation on Civil Aviation Minister K Rammohan processes were being taken care of. Union

Airport's Terminal 3, passengers experienced some improvement today, but a few problems persist as the Digi Yatra system, remained non operational

**UPSC chairman** 

Manoj resigns

UPSC chairman Manoj Soni has resigned citing personal reasons

before the expiry of his tenure in May

2029, official sources said on Saturday

His resignation is "not in any way connected to controversies and

allegations surrounding the Union

after probationary IAS officer Puja

Khedkar issue came to the fore," they

"The UPSC chairman had tendered

his resignation citing personal reasons over a fortnight back. It is

Eminent educationist Soni, 59, took

over as a member of the Commission on June 28, 2017. He took oath as the UPSC chairman on

May 16, 2023 and his term was to

end on May 15, 2029. Sources said

Soni was not keen on becoming the

UPSC chairman and had requested

to be relieved. However, his request

was not accepted then, the sources

yet to be accepted," a source said.

Public Service Commission (UPSC)

PNS NEW DELHI

said.

said

Amla

Kesh Kanti

# कान्ति

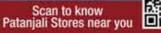


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Monsoon health woes

#### ARCHANA JYOTI NEW DELHI

The monsoon season's fluctuating humidity levels, along with contaminated food, water, and environmental changes, have assured conducive conditions for various pathogens. "This has resulted in a notable increase in stomach infections, fevers, and vector-borne diseases like hepatitis A and E," medical professionals have noted, warning potential serious health risks if overlooked. Furthermore, health experts have highlighted another concern: Individuals who have previously had Covid-19 may experience compromised immunity. This makes them more vulnerable to bacterial and viral infections during this susceptible period. While attributing multiple reasons for the rise in stomach infections and fever cases during this season, Dr Ajaya Kumar, Director, Medical Services at Lucknowbased Apollomedics Hospital said "Covid-19 has left its lingering effect on its survivors by compromising their immune system, leading to 'immunomodulation'.

"Because of low immunity caused by the Covid-19, the Sars Cov 2 virus survivors are catching infection more easily." He



cited research in this context. According to a study, patients who have had Covid-19 are more likely to experience digestive symptoms like constipation, diarrhoea, bloating, vomiting, and abdominal pain.

The doctors advised not to ignore fever and stomach infections as they may also signal more severe underlying medical conditions.

Said Dr Neha Rastogi Panda, infectious diseases expert at Fortis Hospital, Gurugram, "With monsoon season around, we are seeing a surge in stomach infections and fever, mostly due to contaminated food and humidity in the atmosphere.

### **RS handbook on Parliamentary etiquette for MPs**

and

### NEW DELHI

With a series of disruptions marking the Parliament proceedings in recent times leading to acrimonious scenes on floor of both the Houses - Lok Sabha and Rajya Sabha, a new set of "Handbook for Members of Rajya Sabha" has been circulated to the drawing members the attention towards Parliamentary customs and

#### conventions Parliamentary etiquette.

This includes improperly raising of slogans like "Vande Bharat", "Jai Hind" usage of words like "Thanks" and also abstaining from criticising rulings given by the Presiding Ĥouse officer and in this case Chairman of the Rajya Sabha. Sources said similar manual is to be issued for the members of the Lok Sabha which every Parliamentarian will have to abide. The Monsoon Session begins on any other slogans raised in practised in Parliament.

July 22 and is slated to the House," said a bulletin by RS secretariat.

conclude on August 12 and July 23 the annual Budget is scheduled to be announced. The manual has advised that MPs should not display times 'placards" on the floor of the will Ĥouse as this will tantamount to House is "not in order". "The decorum and the seriousness of the proceedings of the House require that there should be no<sup>1</sup> 'thanks', 'thank you', 'Jai Hind', 'Vande Mataram' or

The Opposition protests have been more frequent and aggressive in recent following which Jagdeep Chairman Dhankhar had engage in verbal duel with seniormost MPs as well.

The bulletin issued by the Table Office of the Rajya Sabha has mentioned a total of 28 conventions and etiquette that are usually

DEEPAK KUMAR JHA

# **Farmers encouraged to embrace Integrated Agriculture Systems**

### **PNS : JAMSHEDPUR**

RANCHI | SUNDAY | JULY 21, 2024

cting on the instructions of District Magistrate cum Commissioner Deputy Ananya Mittal, a meeting with the progressive farmers of the district was organized the at Collectorate Auditorium. The event, chaired by Deputy Development Commissioner Manish Kumar, saw participation from PD ITDA, Director NEP, and officials from the Cooperation, Agriculture, Horticulture, and Animal Husbandry departments. The purpose of the meet-



ing was to bring the farmers of the district together on a single platform to learn from each other's experiences and inspire fellow farmers to adopt new agricultural techniques. Progressive farmers shared their successful practices in mushroom cultivation. flower cultivation, vegetable farming, and other agricultural products. Those who excelled in these areas were honored by the Deputy Development Commissioner and PD ITDA.

Development Deputy Commissioner Manish Kumar emphasized the district's potential in agricul-

tailored

ture, promoting agricultural entrepreneurship and the adoption of scientific farming methods. He highlighted the state's efforts to support farmers, such as sending them to Israel to learn new techniques and organizing tours to other states and districts within Jharkhand. 'The objective is for these farmers to return and inspire others in their village panchayats," he said. He also stressed the importance of moving beyond traditional farming to embrace integrated agricultural systems, including animal hus-

farmers about underlined the importance

of schemes from the agribandry and fisheries, to culture, cooperative, hortienhance economic prospericulture, and animal hus-

bandry departments in PD ITDA strengthening the rural Dipankar Chaudhary remarked on the economy. He encouraged farmers to be proactive in crucial role of farmers in societal development. He utilizing these schemes to create new income sources. urged farmers to explore value-added agriculture, During the meeting, prosuch as vegetable and gressive farmers were flower cultivation, and to informed about various iniutilize government schemes tiatives, including goat, cow, and for irrigation, seed distribupoultry, farming in animal hustion, and financial support. bandry, pond construction He highlighted the need for increased awareness among and renovation, deep boring crop farmer these schemes, schemes and their benefits. schemes, Director NEP Ajay Saav waivers, Jan Aushadhi Kendras, cage fishing, fish ing in ponds, and Soil Health Cards.

District Animal Husbandry Officer Dr. Surendra Kumar, District Cooperative Officer Asha Toppo, District Agriculture Officer Deepak Kumar, District Horticulture Officer Anima Lakra, and over 150 progressive farmers from different blocks of the district attended the meeting. The event concluded with a call to farmers to

take advantage of state government schemes and work towards an integrated agricultural system to ensure economic and social upliftment.

### **Guru: The Voice of God BY RENU SINGH PARMAR** Guru we owe the deepest

sunday pioneer

"Oh Guru, Thou didst lift me out of the land of bewilderment into the paradise of peace. My slumber of sorrow is ended and I am awake in joy." - Sri Sri Paramahansa

Yogananda Many people perceive the word 'guru' to refer to someone who teaches, guides, or instructs. However, a spiritual guru is so much more than just that. The term 'guru' consists of two components: 'gu' meaning darkness, and 'ru' meaning to eliminate or disperse. In simpler terms, the 'Guru' is one who helps us overcome our spiritual darkness and guides us towards enlightenment. He is the satguru who has realized God and leads us to the ultimate truth.

When our longing for true knowledge and connection with God intensifies, God responds by sending us a Divine channel or Guru to guide us along the challenging journey of self-realization. Such a Guru is Godordained, no less. He is one with God and has divine sanction to speak as His representative on earth. Guru is the speaking voice of silent God. Such a Guru was Sri Sri Paramahansa Yogananda, a revered spiritual teacher who authored the timeless spiritual classic, 'Autobiography of a Yogi' which has transformed millions around the world. Within the pages of this



magical book, he narrates

his path to attaining Godrealization under the loving but strict guidance of his divine Guru, Swami Sri Yukteswarji.

He says, "The relationship between Guru and disciple is the greatest expression of love and friendship; it is unconditional divine friendship based on a

shared, singular goal: the desire to love God above all else." The Guru teaches his chela to cultivate love, peace, and joy by overcoming ego-driven habits on the spiritual path. Through scientific meditation techniques, such as Kriya Yoga, he raises the devotees' consciousness to higher levels, ultimately guiding them to God in this life or in future incarnations. He is the devotees' best friend and wellwisher and loves them unconditionally, whether they are on the lowest mental plane or at the highest plane of wisdom. To such a

**BSL EXECUTIVES AND BIADA** 

**ENTREPRENEURS HOLD MEETING** 

love, devotion, loyalty and surrender on this sacred day of Gurupurnima.

Yoganandaji established the Yogoda Satsanga Society of (YSS) in 1917 at Ranchi, and the Self-Realization Fellowship (SRF) in 1920 at Los Angeles to disseminate His teachings on Kriya Yoga, the most advanced path to self-realization, and on the art of balanced living. Interested seekers can apply for the home-study lessons in self-realization, through Yogoda ashrams. Yoganandaji said an average devotee cannot find

God without a Guru. The devotee will have to put in 25% of the effort through Guru-taught meditative practices, 25% effort is the blessings of the Guru and 50% comes with the grace of God.

EVEN IF A GURU IS NO LONGER IN HIS PHYSICAL FORM, HE WILL BE JUST AS DEEPLY CONCERNED FOR THE SPIRITUAL WEL-FARE OF HIS FOLLOWERS. HIS TEACHINGS WILL THEN SERVE AS THE **GURU, AND FOLLOWERS** CAN STAY IN TOUCH WITH HIM THROUGH THEM. THE **GURU WILL ALWAYS** WATCH OVER HIS CHELAS FOREVER AND WILL BE THERE FOR THEM SHOULD THEY EVER CALL HIM WITH DEEP DEVOTION. FURTHER INFO.: YSSI.ORG

### Workshop on Sports Broadcasting **PNS : JAMSHEDPUR** seamless master relav

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Emphasizing the importance of alertness during sports As part of the capacity-building program, the Mass Communication Department broadcasting, he highlighted that the primary goal is to of Karim City College organ-ized a workshop on the proentertain the audience without anv interruptions. He pointed duction and broadcasting of out the crucial role of the data television sports programs. team in making the broadcast The workshop was specifically appear natural to viewers. despite the extensive teamfor Mass work and preparation involved. Discussing the role of Communication students and featured Tejvinder Singh from commentators, Singh noted Star Sports as the resource that most come well-prepared, person. Singh, who recently returned to the city after covwith the production team conering T20 cricket where India stantly updating them through emerged victorious, has a talkback systems. This coordiwealth of experience, having nation enables the effective spent 15 years in sports relay of slow-motion replays, advertisements, and back-ground footage. He praised Navjot Singh Sidhu for his broadcasting and production. He has worked with renowned cricketers such as Rohit thorough preparation and described Sunil Gavaskar as Sharma, MS Dhoni, Navjot Singh Sidhu, Irfan Pathan, exceptionally hardworking and disciplined. Singh also Virat Kohli, and Akash Chopra. During the workshop, Singh provided students with engaged with students during in-depth insights into the intria question-and-answer sescacies of sports program prosion, providing comprehensive duction. He explained that information on various aspects more than 30 different types of of sports broadcasting, includcameras are used in the live ing different camera angles, broadcast of cricket to ensure rundown processes



DC Bokaro unhappy over dumped aadhaar cards at Chikasia PO

### PAS Bokaro hosts English storytelling competition using puppets PNS : BOKARO

research, mixed fish farm-

seed distribution,

extension-training

Pentecostal Assembly School in Bokaro hosted a lively English Storytelling Competition using puppets for Nursery to Grade 2 students. The event transformed the auditorium into a whimsical world, with students delivering flawless narrations using intricately crafted puppets. The competition had preliminary and final rounds, with judges selecting two students from each section based on their use of props, memorization, pronuncia-tion, fluency, facial expressions, and overall presentation. The high quality of performances made judging a challenging task. Judges



Jharkhand 02

duck

relief

loan

fish

and

included Shweta Kumar and Rina Chatterjee from the English Department, alongparents Saba Parween and Yogendra Kumar. Parent judges were thrilled to see their children perform confidently on stage, strengthening the bond between the school and parents.

Principal Dr. Karuna Prasad praised the students performances and thanked parents and teachers for their support. The event concluded with the announcement of results, celebrating creativity, courage, and artistic skills, and leaving a lasting impression on all attendees.

### **Migraine a Multifaceted Approach with Homeopathy**

can trigger migraines. • Avoid Trigger Foods:

Identify and avoid foods that trigger your migraines, such as chocolate, alcohol, and processed meats.

Include nuts, seeds, and leafy greens in your diet, as magnesium can help prevent migraines.

• Ginger: Known for its anti-inflammatory proper-ties, ginger can help alleviate migraine symptoms. Precautions

Taking the following precautions can help reduce the frequency and severity of migraine attacks: Maintain a Regular

terized by severe, pulsating Sleep Schedule: Consistent headaches often accompasleep patterns can help prenied by nausea, vomiting, and sensitivity to light and vent migraines. Stress: Manage sound. Unlike a simple Fechniques such as medita tion, deep breathing exercises, and progressive muscle relaxation can reduce stress. Monitor Weather Changes: Be aware of weather patterns that might trigger migraines, such as changes in barometric pressure. • Limit Screen Time: Reduce exposure to screens, as prolonged use can strain the eyes and trigger migraines.

bances, such as flashes of light or blind spots, before the headache begins. Homeopathic Medicines for **Migraine** Homeopathy offers several remedies that can help manage migraines effective • Belladonna: For throbbing headaches that worsen with light, noise, or movement. migraines

from strong odors and allergens. • Personal Hygiene:

Regular bathing and maintaining personal cleanliness can help you feel fresh and • Magnesium-Rich Foods reduce stress.

**Symptoms of Migraine** Migraines can present with a variety of symptoms, which can vary from person to person:

Intense Headache: Typically on one side of the head, pulsating or throbbing in nature.

• Nausea and Vomiting: Often accompany the headache. • Sensitivity to Light and

Nux Vomica: For

overindulgence in food, alco-

• Sanguinaria: For right-

sided migraines with nausea

migraines with visual distur-

hol, or stress

caused

migraines

multifaceted

Sound: Common during a migraine attack. Aura: Some people experience visual distur-



**R SHARMA : BOKARO** 

A meeting was held between executives from Bokaro Steel Limited (BSL) and entrepreneurs from the Bokaro **Industrial Area Development** 

Authority (BIADA) on Saturday. The session was chaired by C. R. Mahapatra, Executive Director (Projects & Additional Charge of Materials Management) at BSL. Key attendees included

Manager General (Maintenance), V. K. Singh, Chief General Manager (Mechanical), Hari Mohan Nigam, Chief Manager Management), C. R. Mishra, Chief General Manager Bhupendra Singh, General Manager Management), and I. H.

ĸ.

(MSME) sector. During the Jha. Chief General Manager meeting, BIADA entrepre-(Human Resources), Harsh neurs presented various issues to BSL, which engaged General (Materials in discussions aimed at addressing these concerns. Additionally, there was a (Materials Management), focus on improving the quality of materials and services (Materials supplied by the BIADA entrepreneurs. Both parties expressed their commitment Ansari, Deputy General Manager (Materials

Baisaknia,

Chief

to positive resolutions Management), along with through over thirty BIADA entreprecoordination

neurs. BSL is committed

the holistic development of

BIADA and the Micro, Small,

and Medium Enterprises



### PNS : JAMSHEDPUR

In a concerted effort to ensure compliance with traffic regulations and enhance road safety, the district administration, under the District directives of Magistrate cum Deputy Commissioner Ananya Mittal, conducted a rigorous investigation campaign tar-geting heavy vehicles parked illegally along the National Highway.

The operation, led by Motor Vehicle Inspector Suraj Hembram, focused on the stretch of highway from Dimna Chowk to Baliguma and Pardih. During this campaign, over 50 vehicles were inspected, and fines were imposed on more than 30 vehicles found to be unauthorizedly parked on the side of the highway.

The comprehensive investigation involved meticulous checks of key documents such as fitness certificates, permits, insurance, and pollution control certificates for large vehicles, including trucks, trailers, and Hyva. The campaign revealed several discrepancies: one vehi-



cle was found to have an expired tax, while many othwould result in vehicle ers had lapsed permits and seizure and fines. The Transport Department plans insurance to maintain a continuous

Suraj Hembram emphavehicle checking campaign, sized the dangers posed by illegally parked vehicles, ensuring that legal actions highlighting their role in are taken against any operators found violating traffic causing road accidents. "Road accidents occur due to rules vehicles parked illegally on the roads. Whether it is a tion's proactive measures heavy vehicle or any other reflect its commitment to vehicle, they should be road safety and the enforceparked in designated parking ment of traffic laws. By areas to prevent any loss of penalizing parking and ensuring complilife or property," he stated. In a stern warning to all ance with vehicle documenheavy vehicle operators, the tation, the administration Vehicle Inspector aims to reduce road acci-Motor made it clear that illegal dents and enhance the overparking along the highway,

from Kali

particularly

all safety of the highway. The investigation cam-

The district administra-

unauthorized

paign has received positive feedback from the local community, who appreciate the administration's efforts to ensure safer roads. Residents along the highway have long been concerned about the risks posed by illegally parked heavy vehicles, which often obstruct traffic flow and increase the likelihood of accidents.

Looking ahead, the district administration plans to implement additional measures to further enhance road safety. These include the installation of more visible signage indicating designated parking areas, increasing the number of parking spaces for heavy vehicles, and organizing awareness campaigns for vehicle operators about the importance of adhering to traffic regulations.

The administration also intends to collaborate with local law enforcement agencies to conduct regular patrols and surprise inspec-This coordinated tions. approach aims to create a culture of compliance and responsibility among vehicle operators, ultimately leading to safer roads for all users.



**PNS : BOKARO** 

**On Saturday, District Election** Officer (DĚO) cum Deputy Commissioner (DC) Vijaya Jadhav conducted an inspection at the Chikasia Post Office in the Chas block, following complaints of dumped EPIC cards. Upon arrival with her team, she discovered a large number of Aadhaar cards, along with various letters from banks, PAN cards, and speed post/registered letters from insurance companies, all dumped at the post office. DC Vijaya Jadhav

expressed deep displeasure over the situation and directed the Block Development Officer (BDO) of Chas, who was present at the scene, to inform the Postal Superintendent and take action against the responsible staff member. Several locals also complained that the post office does not operate on time.

Additionally, the DC Jadhav instructed all Assistant Electoral Registration Officers (EROs) and Assistant Electoral **Registration Officers (AEROs)** to regularly inspect post offices within their areas and ensure the distribution of EPIC cards by coordinating with postal staff.

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headache, migraines require a comprehensive approach for effective management. Homeopathy offers natural and holistic remedies that can help alleviate symptoms and reduce the frequency of migraine attacks. This article explores the causes, diet, precautions, yoga, necessary tests, hygiene, symptoms, and homeopathic treatments for migraine

DR. RAJEEV KUMAR

M igraine is a debilitating condition that affects

millions worldwide, charac-

#### **Causes of Migraine**

Migraines can be triggered by various factors, and understanding these can help in managing the condition better:

• Genetic Predisposition: Family history plays a significant role in the likelihood of experiencing migraines.

Hormonal Changes: Particularly in women, hormonal fluctuations during menstruation, pregnancy, or menopause can trigger migraines.

• Environmental Factors: Bright lights, loud noises, and strong smells can provoke a migraine attack.

• Dietary Triggers: Certain foods and beverages, such as aged cheeses, alcohol, and caffeine, are known triggers.

 Stress: Emotional stress and anxiety are common precipitants of migraines

Diet for Migraine Management

A balanced and mindful diet can help in managing migraines:

• Hydration: Drink plenty of water to stay hydrated, as dehydration is a known trig-

• Regular Meals: Eating at regular intervals prevents drops in blood sugar, which

Non veg will be stopped

#### **Yoga and Exercise**

Regular physical activity, including yoga, can be beneficial in managing migraines: • Pranayama: Breathing and vomiting.Iris Versicolor: For exercises like Anulom Vilom and Bhramari can help calm the nervous system.

bances and gastrointestinal • Savasana (Corpse Pose): symptoms. • Spigelia: For left-sided This relaxation pose helps in headaches with sharp, piercreducing stress and tension,

which can trigger migraines. ing pain. CONCLUSION • Light Aerobic Exercise: Activities like walking or Managing swimming can improve circurequires a approach. By understanding lation and reduce the fre-

quency of migraines. the triggers, maintaining a proper diet, taking necessary **Necessary Tests** To better understand and precautions, practicing yoga and adhering to good hygiene manage migraines, certain tests may be recommended: practices, one can signifi- Blood Tests: To check for cantly reduce the impact of migraines. Homeopathic remedies provide a natural underlying conditions such as

infections, thyroid issues, or and holistic way to manage deficiencies. • Imaging Tests: MRI or symptoms and prevent future attacks. Always consult a

CT scans may be used to rule out other conditions that might be causing headache symptoms.

**Hygiene Practices** Maintaining good hygiene can help in preventing

migraine triggers: Maintain a Clean Environment: Ensure that your living and working spaces are clean and free

### Kitchen of Govt residential schools to remain vegetarian in Sawan

totally. Entry of eggs, fish, chicken and mutton will be banned for 1 month. The cooks have their own

imposed discipline during this month-long holy festival.

DEO Durganand Jha said

resident girls who would keep fasting will have fruits and sweets.

qualified homeopath for per-

sonalized treatment and

advice, ensuring a compre-

hensive approach to manag-

DR RAJEEV KUMAR IS MD,

BHMS. HE CAN BE CON-

TACTED AT 9263049994

IC.COM

WEB: WWW.RAJEEVCLIN-

ing this chronic condition.

He said strict instructions have been given to the wardens to take care of the food of the girls in these residential schools.

**PNS : DALTONGANJ** The Sawan and kitchen of the government residential schools like KGBAVs and JBAVs will be strictly vege-

tarian.

mutual

## Jharkhand 03

## Shah sounds poll bugle; asks cadres to remove coalition Govt

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Union Minister targets JMM, Congress Govt on corruption, appeasement politics



RANCHI | SUNDAY | JULY 21, 2024

**Union Home Minister** Amit Shah pays tribute to tribal icon **Bhagwan Birsa** Munda at Birsa Chowk in Ranchi on Saturday. Pix by Vinay Murmu

**PNS : RANCHI** 

n a bid to infuse new energy among the BJP cadres in the State Union Home Minister Amit Shah today addressed the extended working committee meeting of the State BJP. The meeting was attended by senior BJP leaders Babulal Marandi. Shviraj Singh Chuhan, Himanta Biswa Munda, Sarma, Arjun Annapurna Devi, Sanjay Seth among others and a



Union Home Minister Amit Shah addresses BJP party's workers during the extended working committee meeting at Prabhat Tara ground in Ranchi on Saturday. Pix by Vinay Murmu

gathering of over 25000 land scam, mining scam of party workers from across the State. 1000 crores, liquor scam of 40 crores, transfer posting scam of thousands of crores

sunday pioneer

Addressing the gathering Shah fiercely attacked JMM have happened during the and Congress. He said that tenure of this government. Jharkhand Mukti Morcha This is a government of (JMM) is the most corrupt scams and promise breaking. The BJP is going to go government in the country. before the people of the state Rs 300 crore was found from the house of a Congress MP. with a list of promises broken. He requested the work-Rs 30 crore was found at the house of a minister's PA. ers to knock at every door in Congress party should Jharkhand with the list of answer whose money is this? the state government's breach of promises and the Congress runs with such corlist of BJP's development rupt people and JMM is also with them. JMM government works and gather support in is a government of scams. favour of the party. Shah said that MNREGA

He said that instead of scam of 1000 crores, land worrying about the tribals, a scam of 300 crores, army tribal Chief Minister is dis-



Union Home Minister Amit Shah talks to State BJP president Babulal Marandi during the extended working committee meeting at Prabhat Tara ground in Ranchi on Saturday. Pix by Vinay Murmu

turbing the balance of land as well as population by doing land jihad, love jihad in the tribal areas. Thousands of infiltrators marry tribal girls, get certificates, buy land. Right now the population of tribals has decreased. In the coming days, the population of tribals is going to decrease further. The population of tribals is decreasing only in Jharkhand. If you form the BJP government, we will bring a white paper on the matter of population and will work to secure land, population and reservation for the tribal brothers

Shah said that the way infiltration is happening in Jharkhand, it is eating away the jobs of the youth here. Infiltrators are getting jobs and Hemant Soren engaged in increasing the vote bank with closed eyes. Hemant Soren's tribal welfare means the welfare of his family.

Shah said that you did not work for the welfare of the tribals but BJP has done many remarkable works in direction. Babulal this Marandi was made the first tribal Chief Minister by BJP. The first tribal President was made by BJP from this Santhal. Atal ji included Santhali language in the Eighth Schedule and it was Atal ji who created the Tribal



Union Home Minister Amit Shah along with State BJP President Babulal Marandi, former Chief Minister Arjun Munda, Union Agriculture Minister and State Assembly election incharge Shivraj Singh Chouhan, Assam Chief Minister and Assembly election co- incharge Himanta Biswa Sarma, Union Minister Annapurna Devi, MoS Sanjay Seth, Opposition leader Amar Kumar Bauri and others during Working committee meeting at Prabhat Tara Ground in Ranchi on Saturday. Pix by Vinay Murmu

Welfare Ministry. Narendra Modi got the announcements made in Santhali at every station.

He told JMM Congress that they should keep it in writing that in the 2024 assembly elections, BJP is going to form a government with full majority. Shah said that BJP made Jharkhand and BJP also did development. Talking about development, a national highway was built in Jharkhand with 4000 crores, 15000 crores were given, 58000 crores were given to railways, 1000 crores were given for airport, one AIIMS was given, one airport was given in Deoghar and many works were done by Modi government for the welfare of the

In 10 years, Congress gave 84 thousand crore rupees for the development of Jharkhand while Narendra Modi ji gave 3 lakh 84 thousand crore rupees for the state. Jharkhand was made by BJP and the development was also done by BJP. Shah said that if BJP

wins any election, then the reason for it is the booth worker who remains alert 24 hours a day. I have come to assure you, whether it is Modi government, Babulal Marandi government, Arjun Munda government or Raghuvar Das government, BJP government has not done anything due to which you (BJP workers) have to bow your head. BJP government has ruled in such a way that you (BJP workers) can go among the public with your head held high with pride.

AFFIDAVIT

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Deoghar, 10 DSPs in Dumka two DSPs in Rail Dhanbad. Apart from this, 120 inspectors-sub inspectors have been deployed in

Deoghar, while a total of 30 in Dumka and 08 in Rail Dhanbad, besides 730, Armed Jamadars-Force- 1240, Women Lathi Force and Women Lathi Home Guard

2000, RAF- 5 Companies,

I, Benu Kumari, wife of late Bharat Prasad Verma, permanent resident of Shakti Vihar Colony, Saraidhela, District Dhanbad, Jharkhand, Pin Code 828127.1 declare that, I am an Indian citizen and my Aadhaar number is at, Fan an Indian Cluzen ad my Aadhaar number is XXX XXXX 5278 and A N n u m b e r is XXXX3952F. That I have and in the name of Benu Verma under Ward No. 11 Mauja Hurhuru, Hazaribag District, whose Kevala number is 1288 / 14.02.88. That the land account number is 104, 71, 12, 66, 47, plot number 1393, 1392, 1387, 1386, 1385, 1379, total area is 6.99 dismil. That Benu Kumari and Benu Verma are the same woman and both names are mine. For which l am giving an affidavit which number is 2103. That all the above written things are true and correct to the best of my k nowledge. I, B en u Kumari, verify that all the above written things are true and correct. auja Hurhuru, Hazaribag

'Provide all possible facilities to devotes in Shravani Mela' CM holds detailed review meeting on preparations



**Chief Minister Hemant Soren conducts a** meeting with officials after offering prayers at Baba Baidyanath Dham temple in Deoghar on Saturday. PNS

**PNS : RANCHI** 

and easy Jalarpan during the



**Chief Minister Hemant Soren with his** wife and MLA Kalpana Soren offering prayers at Baba Baidyanath Dham temple in Deoghar on Saturday. PNS

ambulances at every location. Road Construction NDRF team an nent, **A** ay Kumai

### Shravani Mela to be inaugurated today **PNS : RANCHI**

The Shravani Mela to be held in Jharkhand will be inaugurated on 21st July. It will be jointly inaugurated by three cabinet ministers of Jharkhand. Drinking Water Minister Mithilesh Thakur, Sports Minister Hafizul Hasan and Agriculture Minister Deepika Pandey Singh will inaugurate the Shravani Mela on Sunday at 9.30 am.

During this, BJP MP Nishikant Dubey, JMM MP Nalin Soren, MLA Narayan Das, Randhir Singh and Badal Patralekh will be present. At the same time, 23 OP and 14 temporary traffic OBs have been made in Deoghar and Dumka for security. Apart from this, officials of other departments including electricity, road, transport, medical will

also be deputed.

been issued by the Police Headquarters.

To ensure that the Shravani Mela is conducted peacefully, four assault groups of Jharkhand Jaguar along with Anti Terrorist Squad (ATS) have been deployed. Policemen have been deployed in Dumka, Deoghar and Rail Dhanbad

A detailed review meeting of the preparations for the State Shravani Mela, 2024(Deoghar-Basukinath) was organized in the auditorium of Deoghar Parishad under the chairmanship of Chief Minister Hemant Soren. The CM reviewed the various preparations made for the State Shravani Mela, 2024 point by point and directed the concerned senior officers and police officers and said that convenience, security, cleanliness and humility should be the basic sentiment of the fair, so that whatever devotees come to Baba Nagari from the country and the world, they should take a good message. It is most important that every possible facility should be provided to the devotees in the fair area, so that everyone can do safe

The CM said that everyone should be put to work with a spirit of service. He emphasized that the police force, administration and anyone else who is on duty should behave politely with all the Kanwariyas.

Apart from this, during the meeting, apart from arrangements for drinking water, housing, toilets, health facilities, traffic system, parking facilities, bathrooms, cleanliness, electricity system, information system, relief from heat, the CM said that there should be tight security in the fair area. There should be cleanliness in the entire city and lighting with alternative arrangements, so that there is no darkness anywhere. There should be doctors in hospitals and health centers and

administration should be fully prepared to deal with any emergency. All police stations, OP and traffic OP should be sensitive so that there is no problem in law and order, security system, parking and traffic. Further, the CM gave necessary and appropriate instructions to

the concerned officials to ensure that the devotees do not face any inconvenience due to the four-lane work going on on the Deoghar to Dumka road during the fair along with the newly constructed railway crossing under Mohanpur block.

During this time, apart from the above, MLA Jarmundi, Badal, L. Khiangte, Chief Secretary, Ajay Kumar Singh, Principal Secretary, Health, Sunil Kumar, Principal Secretary,

Singh, Director General-cum-Inspector General of Police, Rajesh Kumar Sharma, Secretary, Drinking Water and Sanitation Department, Santhal Pargana Commissioner Lalchand Dadel, Santhal Pargana DIG Sanjeev Kumar, Deputy Commissioner Dumka Anjaneyulu Dodde, Deputy Commissioner Vishal Sagar, Superintendent of Police Pitambar Singh Kherwar, Superintendent of Police Ajit Peter Dungdung, Sub-Divisional Officer Deoghar Sagari Baral, Sub-Divisional Officer Madhupur Ashish Agarwal, Sus -Officer Sub-Divisional Ritwik Srivastava, District Public Relations Officer Rahul Kumar Bharti and related officers, engineers, police officers etc. were present.

### Soren government erasing the identity of Jharkhand: Chouhan

### **PNS : RANCHI**

Union Agriculture Minister and Jharkhand Election Incharge Shivraj Singh Chouhan participated in the meeting of detailed working committee and BJP core committee held in Ranchi, Jharkhand with Union Home Minister Amit Shah on Saturday.

Addressing the meeting of the detailed working committee. Chouhan said that we have got an unprecedented victory in the country, but we have not lagged behind in Jharkhand as well. In Jharkhand, BJP has won 9 out of 14 seats and has hoisted the victory flag on 52 out of 81 assembly seats, this is a message that the people of Prime Jharkhand love Minister Narendra Modi and the Bharatiya Janata Party.

Chouhan said that JMM Jharkhand Mitao means



and Jharkhand Election In-charge Shivrai Singh Chouhan addresses party workers in the extended committee meeting of State BJP in Ranchi on Saturday. PNS

Morcha. JMM means land mafia, murder mafia and mining mafia. Shri Chouhan said that there is looting all around in Jharkhand, corruption is at its peak. Mafias are protected by the Soren government. We had seen and heard earlier that milk and ghee were sold in buckets in the streets, but for the first time in Jharkhand, we saw that sand is also being sold in buckets. The prices of sand and bricks are skyrocketing. The poor have received the money from the Central Government for the houses to be built under the Pradhan Mantri Awas Yojana, but due

to the increased prices of sand and bricks, it has become difficult for them to build houses

Union Minister The attacked the Hemant Soren government and said that Jharkhand tops in cases of kidnapping, rape and murder. He said, what has the alliance of Congress and JMM given to Jharkhand? What has Hemant Soren given? Only murders, rapes, kidnappings and serious crimes have been given. In the last 4 years, 7812 murders have taken place in Jharkhand,

7115 rapes have taken place, 6937 cases of kidnapping have taken place. There have been 8592 riots, 2721 robberies and 485 cases of dacoity in Jharkhand. He said, where was our dream to create a golden Jharkhand and where did JMM-Congress work to destroy and ruin Jharkhand.

Chouhan said, what did the people of Jharkhand get in the Hemant Soren government? The Soren government had made hundreds of promises by issuing its Nichay Patra in the assembly elections, but in four and a half years, the Soren government has not fulfilled a single promise. It has only lied to the public, cheated the youth, farmers and sisters. Soren government had promised 5 lakh jobs, but till date not even a single job has been Unemployment given. allowance of 5 thousand

(+)

Un. tne occasion - 01 Shravani Mela 2024 starting from July 22, 14000 policemen including police officers will be deployed in Deoghar and Dumka districts for security and law and order.

The order related to this has

### **Bike riders** enter Amit Shah's convoy, detained

**PNS : RANCHI** 

Union Home Minister Amit Shah reached Ranchi on Saturday to attend the BJP's extended working committee meeting. During this, there was a lapse in the security of the Home Minister. As soon as Amit Shah left for Birsa Chowk from Ranchi Airport, a bike rider with pillion entered his convoy

After this, the police took both the youths into custody on the spot. Police say that the bike rider was not a part of the convoy. However, he was driving at a high speed and was following the con-voy, so we detained him. The BJP's extended working committee meeting

has been organized at Prabhat Tara Ground in Dhurva, Ranchi, in which Union Home Minister Amit Shah also participated.

The two bike riders who entered Shah's convoy have been identified. One youth's name is Ankit and the other's Mohit. Ankit said that he did not know whose convoy was going. He admitted his mistake. Ankit also said that he is not a criminal. He said that he had entered the parking lot. But as soon as he applied the brakes, the police caught him. The other youth Mohit said that he only knew that some programme was going on in Prabhat Tara ground.

from July 20 All the departments of the district administration are engaged on a war foot-

fired on Para teachers.

stopped

constantly requesting the

administration to let the

in this lathicharge.

were

NDRF- 3 Contingents, Bomb Squad- 4 Teams, Jharkhand ing to prepare for the Jaguar Assault Group- 4, Shravani Mela starting from Tear Gas Squad- 4, Fire July 22. For this, 38 DSPs Brigade- 4, Dog Squad- 3. have been deployed in have been deployed.

Lathicharge on Para teachers going to PNS : RANCHI Para teachers who were left

protest at CM residence

behind move forward. Para Under the banner of State teachers leader Sanjay Dubey, who was present on Integrated Para Teachers

the spot, said that this is an Association, Para teachers indefinite protest. At the from across the State have come out to protest at the same time, the protesting Chief Minister (CM)'s resiteachers said that they have dence on Saturday, demandbeen teaching in rural areas ing equal education and for 20 years but a double equal pay scale. About 1000 policy is being adopted with Para teachers have reached the Para teachers. They outside CM's residence. demanded a hike in their Police resorted to lathsalary from the Government icharge on Para teachers. many times, but the Tear gas shells were also Government ignored their demands. In view of the agi-Six Para teachers includtation of the Para teachers, a ing Sintu Singh were injured number of police large forces have been deployed Thousands of Para teachoutside the CM residence. ers came out from Fire fighting vehicles were Morhabadi ground and were also present at the protest moving towards CM's resisite to stop the protesters. dence via the football stadi-Barricading has been done um. Some 500 Para teachers at three places. Due to the near agitation of Para teachers, Morhabadi ground by barrithere was a traffic jam on cading. Earlier, some Para Karamtoli and Harihar teachers had come out from Singh Road. There are long Morhabadi and sat near queues of vehicles here. Due Oxygen Park. Everyone was to the jam, people walking

on foot are also facing prob-

lems

PUBLIC NOTICE This notice is being issued by SHREE SAATHI FINANCE LIMITED (THE COMPANY), a registered NBFC in compliance with para 42.3 of master direction 2023 issued by -reserve bank of India and as advised by the RBI'S Department of supervision Patna vide their letter dated July 18 2024 regarding approval for change in management on the

board of the company. BACKGROUND: -As per information given by the Board the three directors namely Guria kumari, (already resign from the company) Birendra Kumar Jain Ruchika Jain (proposes to resign) and their share will be transferred to rest existing directors of the company in their capital ratio.

RBI APPROVAL: - THE COMPANY HAS ALREADY OBTAINED THE PRIOR APPROVAL FOR CHANGE IN MANAGEMENT FROM RBI as mentioned above and as per para 42.3 of master direction, 2023 the change in managements mentioned above will be effective post 30 days of publication of this notice. Any clarification objection in this regard may be addressed to the company within 30(thirty) days of publication of this notice address to Mr. RAJIV RANJAN SINGH DIRECTOR of the company at the registered office of the company or at email shreesaathifinanceltd@gmail.com. A copy of this notice is also available on the website of the

for SHREE SAATHI FINANCE LIMITED **RAJIV RANJAN SINGH** (DIRECTOR) Date:-20/07/2024 Place:-Ranchi

company at www.shreesaathi.com.

### nation 04



### 778 Indian students return from India, New Zealand to violence-hit Bangladesh: MEA PIONEER NEWS SERVICE

#### PIONEER NEWS SERVICE NEW DELHI

A total of 778 Indian students have returned to India from Bangladesh through various land transit points, Ministry of External Affairs (MEA) said on Saturday as the neighbouring country contin-ued to reel under deadly clashes over a controversial jobquota system. More than 50 people have, so far, died.

Indian missions in Bangladesh are in regular touch with the authorities concerned to ensure the safety and security of Indian nationals and students, the MEA said.

"Thus far, 778 Indian students have returned to India through various land ports. In addition, around 200 students have returned home by regular flight services through Dhaka and Chittagong airports," the ministry said

Bangladesh is reeling under deadly clashes, with protesting students demanding that the Sheikh Hasina-led government scrap the controversial jobquota system. More than 50 people have been killed in the clashes that broke out weeks



MEA spokesperson Randhir Jaiswal on Friday said the total number of Indian nationals in Bangladesh is estimated to be around 15,000. The MEA said the Indian High Commission in Dhaka and the assistant high commissions in Chittagong, Rajshahi, Sylhet and Khulna have been assisting

the return of Indian nationals home. "In coordination with the local authorities, measures are being taken by the High Commission and the Assistant High Commissions to facilitate safe travel to the border crossing



added The MEA said the Indian High Commission and assistant high commissions are in regular touch with more than 4,000 students remaining in various universities in Bangladesh and are providing necessary assistance. Students from Nepal and Bhutan have also been assisted with their crossing into India on request, it said. points along the Indiaboost trade, economic ties

NEW DELHI

Prime Minister Narendra Modi received a congratulatory call from his New counterpart Zealand Christopher Luxon on his reelection as the two leaders agreed to advance their bilateral ties in sectors such as trade and economic cooperation, animal husbandry, pharmaceuticals, education and space among others. Modi's office said in a state ment on Saturday both leaders noted that India-New Zealand relationship is anchored in shared democratic values and close people-topeople ties, reiterating their firm commitment to take bilateral cooperation to new heights in the years to come. It said, "Highlighting the momentum generated by the recent high-level contacts between the two sides, they agreed to advance the mutually beneficial bilateral cooperation in various areas, including trade and econom-

ic cooperation, animal hus-

bandry, pharmaceuticals, edu-

cation, space among others." Modi thanked Luxon for

looking after the interests of

the Indian diaspora in New Zealand and was assured of his continued efforts towards their security and well-being. He later said in a social media post, "I thank Prime Minister Christopher Luxon for his call and warm felicitations. Reiterated our firm commitment to take forward India-

New Zealand ties, which are rooted in shared democratic values and people-to-people ties. Appreciate his efforts towards the security and wellbeing of the Indian diaspora in New Zealand." Modi returned to power for a third straight term in the recent Lok Sabha polls.

### Indian Armed Forces personnel to vie for top honours at Olympics the Games for the first time,

### PIONEER NEWS SERVICE NEW DELHI

wenty four (24) Armed Twenty rour (24) former Forces personnel are among the 117 Indian athletes who are all set to make the nation proud at the Paris Olympics beginning July 26. Among these 24 athletes, 22 are men, including star Javelin Thrower Subedar Neeraj Chopra, and two are women, which marks the maiden participation of female Service athletes at the Olympics, defence ministry said here on Saturday.

Chopra, the 2020 Tokyo Olympics Gold medalist, will again vie for top honours as his participation in the Paris Olympics comes on the back of exceptional performances which earned him a Gold medal each at the 2023 Asian Games, 2023 World Athletics Championship, 2024 Diamond League, and 2024

Paavo Nurmi Games. 2022 Commonwealth Games Bronze medalist Havildar Jaismine Lamboria and 2023 Asian Wrestling Championships Bronze medalist Reetika Hooda are the two women Service personnel who are taking part in

tory They will feature in Boxing and Wrestling respectively. Amit Panghal (Boxing); Tajinderpal Singh Toor (Shot-Put); Avinash Mukund Sable (3000m Steeplechase);

and would aim to create his-

Muhammed Anas Yahiya, Muhammed Ajmal, Santhosh Kumar Tamilarasan Mijo Chacko Kurian (4X400M Men's Relay); Abdulla Aboobacker (Triple Jump); Tarundeep Rai and Dhiraj Bommadevara (Archery) and Sandeep Singh (Shooting) are also among the Service personnel who would aim to bring laurels to

the country. The participation of the Service personnel at the Paris Olympics

underscores the Armed Forces' commitment to promoting sporting excellence and fostering a culture of athleticism, while enhancing the sports consciousness

across the nation. As the country gears up to witness the performances of these athletes, it stands united in extending best wishes and unwavering support to each participant.

### SC stays death penalty awarded to convict in rape and murder case Plea in apex court for steps to eradicate superstition, sorcery

### PTI NEW DELH

The Supreme Court has stayed the execution of the death sentence awarded to a man convicted for raping and murdering a 30-year-old law student in Kerala in 2016. A bench headed by Justice B R Gavai passed the order while hearing the convict's plea challenging the Kerala High Court's May 20 verdict that upheld his conviction and confirmed the death sentence handed to him by a trial court.

"The execution of the death sentence shall remain stayed pending the hearing and final disposal of the present appeal," the bench, also comprising Justices Sanjay Karol and K V Viswanathan, said in its order passed on July 16. The high court had confirmed the death sentence awarded to Muhammed Ameer-Ul-Islam, a migrant



labourer who was 22 years of tion, the convict had barged age at the time of the incident into the victim's house on in April 2016. It had noted in its verdict that the facts were deeply dis-turbing and "represent an

egregious violation of human dignity and sanctity of life, for after committing rape in an inhumane manner, the victim has also been murdered horrendously". According to the prosecu-

in June 2016. In its order, the apex court

upon her.

said the original case record be summoned from the trial court and the high court. The bench directed that the State shall place before it the reports of all the probation officers relating to the appellant within eight weeks.

Besides passing other directions, it said the superintendent of prison, Central Prison and Correctional Home, Viyyur, shall submit within eight weeks a report regarding the nature of work performed by the appellant while in jail and a report with regard to his conduct and behaviour while in prison.

April 28, 2016 with an intention to rape her and when she "The Government Medical College, Thrissur shall conresisted, he attacked her with a knife and inflicted injuries stitute a suitable team for the purpose of carrying out a psychological evaluation of The prosecution further said the convict had escaped to his home state Assam the folthe appellant," it said, adding that the report of the evalualowing day and was arrested tion be submitted before it within eight weeks. The top court has posted the

matter for further hearing after 12 weeks.

ing with the case, it is necessary to observe that it is with a heavy heart that we uphold the ultimate penalty of death sentence to the accused in the case."

believe that this judgment would serve as a resolute deterrent to those who would consider perpetrating such abhorrent acts in future, so that persons similarly placed like the victim, who are innumerable in our society, would live with a sense of security and without fear," it had observed.

it of Article 51A of the Constitution, which deals with

fundamental duties. Petitioner is filing this writ petition as PIL under Article 32 seeking appropriate writ, order or direction to Centre and states to take appropriate steps to control superstition and sorcery in order to secure the fundamental rights guaranteed under Articles 14, 21, 25 of the Constitution," the plea, filed through advocate Ashwani Kumar Dubey, says. It has alternatively sought a direction to the Centre to constitute an expert committee for ascertaining the feasi-Ashwini Kumar Úpadhyay, bility of criminalising super-stition, sorcery and other simhas also sought directions to ilar practices by adding a the Centre and states for taking steps to develop a scientific chapter in the Bharatiya Nyaya Sanhita (BNS) and the temper, humanism and the spirit of inquiry and reform among the citizens in the spir-Bharatiya Nagarik Suraksha Sanhita (BNSS).

"A stringent anti-superstition and sorcery law is urgently needed to deal with the problem of irrational views prevalent in society. However, all of them cannot be eradicated by the force of law only. For this, a mental change is necessary," the plea says.

It says bringing a legislation to deal with this social issue shall only mean half the battle won. "A meaningful reform will need to increase awareness among the masses through information campaigns and by roping in community/religious leaders to debunk the myths surrounding such practices,' the plea says.

It says some superstitious practices, which are brutal, dehumanising and exploitative, need to be dealt with by a law specifically addressing those

It is disconcerting how UPSC chief has resigned prematurely: Congress

fore," they s

aring for Services Examinations, he said.

news of irreg

government, saying

directions to the Centre and states for taking appropriate steps to eradicate the menace 'We hope and fervently of superstition, sorcery and other similar practices. The plea says a strict antisuperstition and sorcery law is urgently needed to do away with the unscientific acts prevalent in the society that adversely impact the community and also to prevent fake seers from exploiting innocent people. The petition, filed by advocate

The trial court had convicted the man for offences punishable under various sections of the Indian Penal Code, including that of rape and murder, and sentenced him to death.

In its judgment, the high court had said, "Before part-PTI 📕 NFW DFI HI A plea has been filed in the Supreme Court seeking

### NEW DELHI

The Congress on Saturday L said "multiple scandals" that have plagued the Union Public Service Commission(UPSC) is a cause of national concern and claimed that its chairman Manoj Soni, who resigned citing personal reasons, has apparently been "nudged out" given the current controversy in which the Commission is involved.

Soni has resigned citing per-sonal reasons before the expiry of his tenure in May 2029, official sources said on Saturday. His resignation is "not in any way connected to controversies and allegations surround-ing the UPSC after probationary IAS officer Puja Khedkar issue came to the

Congress president Mallikarjun Kharge alleged the BJP-RSS is systematically indulging in an institutional takeover of India's constitutional bodies, thereby damag-

and autonomy. "The multiple scandals that have plagued the UPSC is a cause of national concern. PM Modi and his Minister of Personnel, Public Grievances and Pensions must come clean. Numerous cases of unqualified individuals faking caste and medical certificates seemed to have duped a 'foolproof' system," Kharge said in

a social media post. This is a direct affront to the genuine aspirations of lakhs of aspirants, including SC, ST, OBC, EWS candidates who work hard, burning midnight

ing their reputation, integrity

"It is disconcerting how the UPSC Chairperson has resigned prematurely, five years before his term ends. Why was his resignation kept secret for a month? Is there any connection between the numerous scandals and the resignation?" Kharge said. This 'blue-eyed-gem' of Modi ji was brought in from Gujarat and promoted to being the Chairperson of UPSC " he said. Sardar Vallabhbhai Patel had referred to the civil servants as the 'Steel frame of India, but the Modi government's desperate attempt to control every aspect of governance has punched holes in the same, Kharge alleged. "This needs to be thoroughly investigated at the highest



level so that such cases of fraudulent malpractices in UPSC admissions don't happen in the future," he said. Congress general secretary Priyanka Gandhi Vadra said the UPSC is the most reputed examination in the country and the people who come out of it are the most important pillars of the governance sys-

tem.

'The trust of crores of people of the country and the functioning of our day-to-day governance is linked to the professional system of this institution," she said.

"I have personally seen how hard the youth prepare for this exam, with lots of dreams in their eyes and passion in their hearts," Priyanka Gandhi said in a social media post in

larities in the processes of the UPSC is very surprising, she said.

Even a single irregularity in this important selection process raises big questions and hurts the dreams and faith of lakhs of youth, Priyanka Gandhi said.

"It is important that the public and the youth preparing for the UPSC get answers to these questions. Are the people who have come to the higher posts of the UPSC through political appointments responsible for this? If yes, then when will action be taken against them?" she said.

In a system in which there is high level competition for every single mark, is it right to wash one's hands off by just conducting a superficial inves-tigation, Priyanka Gandhi

The system of fake certificates sanctity and autonomy of all hurts the opportunities availconstitutional bodies have able to the candidates of SC, been badly damaged since ST, OBC, handicapped and 2014 -- the year Narendra EWS category, she said. Can't a solid institutional mechanism for checking certificates

be developed? she asked. There is a dire need for changes to make the UPSC system more transparent and authentic, Priyanka Gandhi said and asked whether this should be considered. 'Questions related to the

UPSC are questions related to trust in the government and administration of this country and the dreams of crores of our youth. It is important to get an answer from the government on this," she asserted. Congress general secretary incharge communications

Jairam Ramesh also slammed

Modi became the prime minister. Reacting to the development, Ramesh said, "The sanctity, character, autonomy, and professionalism of all constitutional bodies have been badly damaged since 2014. But at times even the self-anointed non-biological PM is forced

to say enough in enough." He said, "Mr Modi brought in one of his favourite 'academics' from Gujarat as a UPSC member in 2017 and made him chairman in 2023 with a six vear term.

But this so-called distinguished gentleman has now resigned five years before the expiry of his term.

## Include Moidams of Ahom dynasty in world heritage list, UNESCO told

### PIONEER NEWS SERVICE NEW DELHI

The Paris-Dascu International Council on Monuments and Sites (ICO-MOS), one of the key adviso ry bodies to the UNESCO has recommended 'favourably' for inscription of Moidams -- a mound-burial system of the Ahom dynasty in Assam -- be included in the World Heritage List, an official from the Archeological Survey of India (ASI) has said.

"This means it fulfils all those parameters. The ICOMOS experts had visited the nominated sites," Janhwij Sharma, Additional Director General, ASI, said, explaining that a site has to fulfil certain conditions in order to get the "world heritage" tag from the UNESCO. His statement at a press conference came a day before the 46th session of the World Heritage Committee (WHC), being held in the national capital from July 21 to July 31. It



2023-24 is set to be examined will examine 27 nominations from across the world, includunder the category of cultural ing 19 cultural sites, four natproperty.at a press conference here on Friday, Sharma, ural sites and two mixed sites, according to information shared by the culture min-Additional Director General, ASI, said a site has to fulfil certain conditions in order to get Of these, India's nomination the "world heritage" tag from "Moidams" -- for the year the UNESCO.

"The ICOMOS has recommended favourably for inscription of Moidams, which means it fulfils all those parameters," he said.

Vishal V Sharma, chairperson of the WHC and ambassador and permanent representative of India to the UNESCO, told

the reporters that if the nomination is accepted, it will be the first cultural property from the northeast to get a UNESCO tag, adding that the Kaziranga National Park and the Manas National Park fall in the natural and mixed heritage categories respectively.

The mound-burial system of the Ahom dynasty has been submitted as India's nomination for inclusion in the UNESCO World Heritage List for the year 2023-24, the Centre informed Parliament in December.

The unique burial mounds, represented by pyramid-like structures known as "moidams", were used by the Tai-Ahom dynasty that ruled Assam for around 600 years. More than 2,000 international and national delegates from over 150 countries are expected to participate in the mega event in Delhi. A number of side events are also being hosted by India as well as some other countries.

Health Ministry criticises paper on life expectancy in India during Covid

#### PIONEER NEWS SERVICE NEW DELHI

The Union Health Ministry has strongly criticised a recent paper published in the academic journal Science Advances, which claimed to analyse life expectancy and mortality trends during the Covid-19 pandemic in India in 2020.

The Ministry pointed out critical flaws in the methodology used by the authors of the paper. It took note of the authors analysis for analysing a subset of households from the NFHS-5 conducted between January and April 2021 and extrapolating these findings to the entire country. The Ministry argued that this subset, covering only 23% of households from 14 states, cannot be considered representative of the entire nation. The ministry defended the



accuracy of India's Civil Registration System (CRS), claiming it captures over 99% of deaths. They cited data showing an increase in death registrations from 2019 to 2020, similar to previous years, attributing excess deaths not solely to Covid-19 but also to increased reporting and a growing population.

The Ministry also disputed the paper's claim of 11.9 lakh excess deaths in 2020 compared to the previous year, calling it a "gross and mis-leading overestimate." They

emphasised that excess mortality due to the pandemic does not equate to deaths directly caused by Covid-19. Pointing out inconsistencies in the paper's findings, particularly regarding the demo-graphic distribution of excess mortality, the Ministry noted that other data sources consistently show higher mortality rates in males and older age groups due to Covid-19, whereas the paper suggested higher mortality among females and younger age groups, which they found "unexplainable."

The ministry concluded that the paper is methodologically flawed and its results are deemed untenable and unacceptable. They expressed strong disagreement with the paper's conclusions and emphasised the robustness of India's data systems for mortality reporting.

## CrowdStrike failure highlights fragility of globally connected technology

#### AP WASHINGTON

irlines, banks, hospitals and Aother risk-averse organizations around the world chose cybersecurity company CrowdStrike to protect their computer systems from hackers and data breaches.

BANCHI | SUNDAY | JULY 21 2024

But all it took was one faulty CrowdStrike software update to cause global disruptions Friday that grounded flights, knocked banks and media outlets offline, and disrupted hospitals, retailers and other services.

"This is a function of the very homogenous technology that goes into the backbone of all of our IT infrastructure," said Gregory Falco, an assistant professor of engineering at Cornell University. "What really causes this mess is that we rely on very few companies, and everybody uses the same folks, so everyone goes down at the same time?

The trouble with the update issued by CrowdStrike and affecting computers running Microsoft's Windows operating system was not a hacking incident or cyberattack, according to CrowdStrike, which apologized and said a fix was on the way

But it wasn't an easy fix. It required

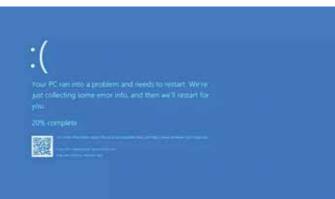
"boots on the ground" to remediate, said Gartner analyst Eric Grenier. "The fix is working, it's just a very manual process and there's no magic key to unlock it," Grenier said. "I think that is probably what companies are struggling with the most here.

sunday pioneer

While not everyone is a client of CrowdStrike and its platform known as Falcon, it is one of the leading cybersecurity providers, particularly in transportation, healthcare, banking and other sectors that have a lot at stake in keeping their computer systems working.

They're usually risk-averse organizations that don't want something that's crazy innovative, but that can work and also cover their butts when something goes wrong. That's what CrowdStrike is," Falco said. "And they're looking around at their colleagues in other sectors and saying, Oh, you know, this company also uses that, so I'm gonna need them, too." Worrying about the fragility of a globally connected technology ecosystem is nothing new. It's what drove fears in the 1990s of a techni-

cal glitch that could cause chaos at the turn of the millennium. "This is basically what we were all



worried about with Y2K, except it's actually happened this time," wrote Australian cybersecurity consultant Troy Hunt on the social platform X. Across the world Friday, affected computers were showing the "blue screen of death" — a sign that something went wrong with Microsoft's Windows operating system.

But what's different now is "that these companies are even more entrenched," Falco said. "We like to think that we have a lot of players available. But at the end of the day, the biggest companies use all the same stuff.

Founded in 2011 and publicly traded since 2019, CrowdStrike describes itself in its annual report to financial regulators as having "reinvented cybersecurity for the cloud era and transformed the way cybersecurity is delivered and experienced by customers." It emphasizes its use of artificial intelligence in helping to keep pace with adversaries. It reported having 29,000 subscribing customers at the start of the year.

The Austin, Texas-based firm is one of the more visible cybersecurity companies in the world and spends heavily on marketing, including Super Bowl ads. At cybersecurity conferences, it's known for large booths displaying massive action-figure statues representing different state-sponsored hacking groups that CrowdStrike technology promises to defend against.

CrowdStrike CEO George Kurtz is among the most highly compensated in the world, recording more than USD 230 million in total compensation in the last three years. Kurtz is also a driver for a CrowdStrike-sponsored car racing team.

After his initial statement about the problem was criticized for lack of contrition, Kurtz apologized in a later social media post Friday and on NBC's "Today Show."

"We understand the gravity of the situation and are deeply sorry for the inconvenience and disruption," he said on X.

Richard Stiennon, a cybersecurity industry analyst, said this was a his toric mistake by CrowdStrike.

This is easily the worst faux pas technical faux pas or glitch of any security software provider ever," said Stiennon, who has tracked the cybersecurity industry for 24 years. While the problem is an easy technical fix, he said, it's impact could be Houthis strike another ship in Gulf of Aden

#### PTI SINGAPORE

long-lasting for some organizations

because of the hands-on work need-

ed to fix each affected computer. "It's

really, really difficult to touch mil-

lions of machines. And people are on

vacation right now, so, you know, the

CEO will be coming back from his

trip to the Bahamas in a couple of

weeks and he won't be able to use his

computers." Stiennon said he did not

think the outage revealed a bigger

problem with the cybersecurity

industry or CrowdStrike as a com-

pany. "The markets are going to for-

give them, the customers are going to forgive them, and this will blow

Forrester analyst Allie Mellen cred-

ited CrowdStrike for clearly telling

customers what they need to do to

fix the problem. But to restore trust,

she said there will need to be a deep-

er look at what occurred and what

changes can be made to prevent it

from happening again. "A lot of this is likely to come down to the testing and software develop-

ment process and the work that

they've put into testing these kinds

of updates before deployment," Mellen said. "But until we see the

complete retrospective, we won't know for sure what the failure was.

over," he said.

A Singapore-flagged vessel was damaged in an attack alleged-ly by Houthi militants southeast of Yemen on Friday, the Maritime and Port Authority of Singapore (MPA) said in a statement.

The MPA said it was informed that container vessel the LOBIVIA was hit by "unidentified projectiles" while transit-ing the Gulf of Aden, resulting in a fire onboard that was subsequently extinguished by the crew.

There are no Singaporeans among the crew, Channel News Asia reported, citing the authority and adding that all crew are accounted for and safe. Despite being hit, the vessel was able to set sail and arrived at Somalia's Berbera Port. Damage assessment and repairs, if needed, will be carried out, it said.

MPA said it is in contact with the vessel manager to provide any assistance that might be needed. The Republic of Singapore Navy (RSN) has also alerted its security partners in the Gulf of Aden region to provide help, it added.

In a televised speech, Houthi military spokesperson Yahya Sarea said the group had launched ballistic missiles and drones towards the LOBIVIA. According to the United Kingdom Maritime Trade Operations, the LOBIVIA was hit about 83 nautical miles southeast of the port city of Aden, Yemen, on two separate occasions by two missiles.

"The ship was transiting north-east along the Gulf of Aden when a merchant vessel in the vicinity observed 'light and blast' where the ship was locat-ed," Channel News Asia had British security firm Ambrey as saying.

Ambrey said the ship appeared to perform evasive manoeuvres immediately and switched off its automatic identification sys tem approximately an hour later.

Since November, Houthi militants in Yemen have launched drone and missile strikes in shipping lanes in the Red Sea and Gulf of Aden. The group has said its actions are in soli darity with Palestinians affected by Israel's war in Gaza.

## **Despite curfew, deaths mount** in Bangladesh student protests

#### AP DHAKA

Police imposed a strict curfew across Bangladesh and military forces patrolled parts of the capital Saturday to quell further violence after days of clashes over the allocation of government jobs left several people dead and hundreds injured.

The curfew follows what was likely the deadliest day yet in the weeks of protests despite a ban on public gatherings. Reports vary on the number of people killed Friday, with Somoy TV reporting 43. An Associated Press reporter saw 23 bodies at Dhaka Medical College and Hospital, but it was not immediately clear whether they all died on Friday

Another 22 people died Thursday as protesting students attempted to impose a "complete shutdown" of the country. Several people were also killed Tuesday and Wednesday. The protests, which began weeks

was "extremely volatile? ago but escalated sharply when Local media also reported that violence erupted Tuesday, repre-

sent the biggest challenge to Prime Minister Sheikh Hasina prison in Narsingdi, a district prison in Narsingdi, a district since she won a fourth consecnorth of capital Dhaka, after proutive term in office after elections testers stormed the jail facility and set it on fire Friday. in January that were boycotted by the main opposition groups. Meanwhile, ome key government websites, including that of Police and protesters clashed in the streets and at university Bangladesh's central bank and campuses in Dhaka and other the prime minister's office, appeared to have been defaced cities across the south Asian country. Authorities moved to by hackers The curfew began at midnight block online communications by banning mobile and internet serand is set to relax from noon to vices. Some television news 2 pm to allow people to buy essentials before being put back channels also went off the air, and the websites of most in place until 10 a.m. Sunday. A "shoot-at-sight" order was also in Bangladesh newspapers were

not loading or were being updatplace, giving security forces the ed. Authorities could not be authority to fire on mobs in reached immediately to conextreme cases, said lawmaker Obaidul Quader, the general firm figures for the overall deaths, but the Daily Prothom secretary of the ruling Awami Alo newspaper reported 103 League party. people were killed since Tuesday. The United States Embassy in The chaos highlights cracks in Bangladesh's governance and Dhaka said Friday that reports

economy and the frustration of vouths who lack good jobs upon indicated "hundreds to possibly thousands" were injured across raduation. The protesters are demanding an Bangladesh. It said the situation

end to a quota system that reserves up to 30% of government jobs for relatives of veterans who fought in Bangladesh's war of independence in 1971 against Pakistan. They argue the system is discriminatory and benefits supporters of Hasina, whose Awami League party led the independence movement, and they want it replaced with a merit-based system.Hasina has defended the quota system, saying that veterans deserve the highest respect for their contributions to the war, regardless of their political affiliation.

Representatives from the both sides met late Friday to find a resolution. At least three student leaders were part of the meeting in which they demanded a reform in the quota system, an opening of student dormitories across the country and the stepping down of university officials for failing to prevent violence on the campuses.

Law Minister Anisul Huq said the government was open to discussing the student leaders' demands.



A Turkish parachuter prepares for a landing as fly over the military parade with a Turkish flag and portrait of the Kemal Ataturk, the founder of modern Turkey, during a military parade, in the Turkish occupied area of the divided capital Nicosia (Cyprus) on Saturday. The tinny howl of air raid sirens echoed across ethnically divided Cyprus at the crack of dawn on Saturday, marking 50 years from the day that changed the island nation's history. It's heard every year as the Greek Cypriot controlled south laments the date Turkish troops invaded in the wake of a coup by supporters of union with Greece.

Trump pledges to Biden vows to fight on; to get back on campaign trail next week end war during call with Zelenskyy PTI WASHINGTON he wants to take this country, Biden said. The Biden-Harris campaign alleged that despite promising a PTI WASHINGTON call for unity and toned-down chances in the November 5 Donald Trump has pledged to end Ukraine's war with rhetoric, Trump's speech was a elections. 90-minute reel of his greatest appreciate President hits: focused entirely on himself, Russia after its President Zelenskyy for reaching out Volodymyr Zelenskyy reached lashing out at his enemies, laybecause I, as your next ing out his grievances, and rilout to the former US president President of the United States, ing up his base with inflammawill bring peace to the world to congratulate him on his for my own record and the and end the war that has cost tory extremism. Republican presidential nomvision that I have for America: so many lives and devastated 'Trump is still the same twice ination. impeached, 34-time convicted The two leaders spoke on one where we save our democcountless innocent families. Friday over the phone. "President Zelenskyy of Both sides will be able to come racy, protect our rights and felon consumed by revenge and freedoms and create opportunihellbent on seeking retribution together and negotiate a deal "Donald Trump's dark vision for Ukraine and I had a very good that ends the violence and ty for everyone," he said. in a second term. He did not The president also criticised turn a new leaf; he did not usher phone call earlier today. He paves a path forward to prosperity," Trump wrote.

**Nepal PM Oli likely to win** vote of confidence today

U<sup>S</sup> President Joe Biden has said that he would continue his campaign for reelection and take on rival Donald Trump, as he deals with the fallout from his COVID-19 diagnosis and growing calls from Democrats for him to guit the race. Biden, who tested COVID-19 positive a few days ago, is in isolation at his Delaware residence, where he is expected to spend the rest of the week

the future is not who we are as Americans. Together, as a party and as a country, we can and will defeat him at the ballot box," Biden, 81, said in a statement issued by his campaign on Friday, a day after Trump, 78, formally accepted his party's presidential nomination at the Republican National Convention in Milwaukee.

"I look forward to getting back on the campaign trail next week to continue exposing the threat of Donald Trump's Project 2025 agenda while making the case



Trump's Thursday night keynote speech at the Republican National Convention. "For over 90 minutes, he focused on his own grievances, with no plan to unite us and no plan to make life better for working people," said the president referring to Trump's speech.

'He avoided mentioning his Project 2025 agenda, but still proudly flaunted the worst of MAGA (Make America Great

in a new era of civility; and he certainly did not change course," the campaign said.

Biden has been sidelined since Wednesday when he was diagnosed with COVID-19 moments before delivering remarks in Las Vegas. He abruptly cut his trip short and flew to his beach home.

Democrats remain split on whether Biden can beat Trump in November and on Friday at Again) extremism," Biden said. ast 10 Democrats joined the cho-Americans know exactly where rus calling on Biden to resign.

congratulated me on a very successful Republican National Convention and becoming the Republican nominee for President of the United States," Trump said in a post on Truth Social, a social media post. The call gains significance as this is his first conversation with a foreign leader after officially becoming the Republican Party's presidential nominee. It also reflects the growing realisation among the internation-

Trump said during the call Zelenskyy condemned the heinous assassination attempt on him last Saturday and remarked about the American people coming together in the spirit of Unity during these times.

In his post on X, Zelenskyy said that he spoke with Trump to congratulate him on the Republican nomination and condemn the shocking assassination attempt in Pennsylvania. al community of his electoral

#### PTI KATHMANDU

Nepal's newly appointed Prime Minister K P Sharma Oli is expected to win a vote of confidence in Parliament on Sunday, nearlv a week after he was sworn in to lead another coalition the government in Himalayan nation facing frequent power struggles.

The 72-year-old veteran Communist leader was sworn in on Monday as the Himalayan nation's prime minister for the fourth time. He was administered the oath of office and secrecy along with 21 other members of the Cabinet.

According to Nepal's Constitution, Oli needs to secure a vote of confidence from Parliament within 30 days of appointment, which he is likely to secure easily.

The minimum number to form a government in the 275-strong House of Representatives is just 138. Representatives is just 138. and Janamat has six seats. The Chairman of the CPN- Therefore, the alliance is like-

UML, Nepal's largest commuly to secure more than 200 nist party was appointed as votes in the floor test, accordprime minister on Sunday by ing to sources close to CPN-UML. President Ram Chandra Oli succeeds Pushpa Kamal Paudel to lead the coalition government with the Nepali Dahal 'Prachanda,' who lost Congress (NC), the largest the vote of confidence in the party in Parliament, apart HoR last week, leading to the

from other smaller parties. Nepali Congress and Communist Party of Nepal-Unified Marxist Leninist (CPN-UML) have a combined strength of 167, and two other ruling parties, Janata Samajwadi Party and Lokatantrik Samajwadi Party, have seven and four seats respectively.

With this, the ruling alliance has a strength of 178 in the 275-member HoR.

Nepal has five, NUP has four,

13 Palestinians killed in

The CPN-UML Chairman now leads the new coalition Apart from the ruling government that faces the alliance, Oli is also likely to get votes from the Rastriya Prajatantra Party (RPP), daunting challenge of providing political stability in the Janata Samajwadi Party Nepal Himalayan nation. (JSP), Nagarik Unmukti Party Nepal has faced frequent (NUP) and Janamat Party. The RPP has 14 seats, JSP

political turmoil as the country has seen 14 governments in the past 16 years after the introduction of the Republican system.

formation of the new govern-

The three Opposition parties

Party of Nepal-Maoist Centre

Swatantra Party (RSP), and

Communist Party of Nepal-

Unified Socialist (CPN-US)

- held a joint meeting on Friday and decided not to

support Oli in the vote of

– Prachanda's Communist

Rastriya

ment

(CPN-MC),

confidence.

### Iran closer to developing a nuclear bomb: US

#### AP ASPEN

Tran is talking more about get-Lting a nuclear bomb and has made strides in developing a key aspect of a weapon since about April, when Israel and its allies overpowered a barrage of Iranian airstrikes targeting Israel, two top Biden administration officials said Friday. Secretary of State Antony Blinken and national security adviser Jake Sullivan, speaking at separate panels during a security forum in Colorado, said the United States was watching closely for any signs that Iran had made a decision to pursue actual weaponization of its nuclear program However, Sullivan said, "I have

op a nuclear bomb right now. "If they start moving down that road, they'll find a real problem with the United States," Sullivan said at the Aspen Security Forum, which draws US policymakers, journalists and others. Iran resumed progress on its nuclear program after the Trump administration ended US cooperation with a 2015 deal that gave Iran relief from sanctions in return for allowing tougher oversight of the program. Iran says its nuclear program is

for civilian purposes. The US and others in the international community believe Iranian

not seen a decision by Iran to Supreme Leader Ali Khamenei move" in a way that signals it long has held off from giving any final go-ahead for Iranian has decided to actually develscientists to develop a nuclear weapon

But Iran's poor performance with conventional weapons on April 13, when it launched its first-ever direct attack on Israel as part of a dayslong exchange of strikes, has had observers watching for any increased Iranian interest in pushing forward with a nuclear weapon. At the time, Israel said it, the United States and other allies shot down 99% of about 300 missiles and drones launched by Iran following an alleged

Israeli strike that killed two Iranian generals. "What we've seen in the past

weeks and months is Iran is actually moving forward" on developing fissile material, Blinken said Friday. Fissile material could be used to fuel a bomb. He blamed the decision by the Trump administration to pull out of the nuclear agreement. Trump called the deal "defective at its core" when he ended US participation in 2019.

"Instead of being at least a year away from having breakout capacity to produce fissile material for a nuclear weapon, they're probably one or two weeks away from doing that," Blinken said, adding that "where we are now is not a good place?

Now, they haven't produced a weapon itself, but ... you put

those things together, fissile material, an explosive device, and you have a nuclear weapon," he said.

The United States was watching "very, very carefully" for any sign that Iran was working on the weapon side of producing a bomb, he said. The US is also working on the diplomatic side to contain any further effort, Blinken said.

Meanwhile, Sullivan said, the US has noted "an uptick of public commentary from Iranian officials musing about that possibility" since the April attacks and counterattacks between Iran and Israel and its allies. "That was new. That was something that got our attention," he said.

t least 13 people were killed Ain three Israeli airstrikes that hit refugee camps in central Gaza overnight into Saturday, according to Palestinians health officials, as cease-fire talks in Cairo appear to make progress. Among the dead in Nuseirat Refugee Camp and Bureij Refugee Camp were three children and one woman, according to Palestinian ambulance teams that transported the bodies to the nearby Al-Aqsa Martyrs hospital. The 13 corpses were counted by AP journalists at the hospital. The latest casualties follow

hit her home in Nuseirat late

Thursday evening. Heavily pregnant Ola al-Kurd, 25, was killed along with six others in the blast, but was quickly rushed by emergency workers to Al-Awda Hospital in northern Gaza in the hope of saving the unborn child. Hours later, doctors told The Associated Press that a baby boy had been delivered. The still-unnamed newborn is stable but has suffered from a shortage of oxygen and PPA/PR/23/2024-2025

has been placed in an incubator, said Dr. Khalil Dajran.

MARINE DEPARTMENT Io. MD/ACCTS/WK/R-08/2024/797 Date: 12.07.2024 <u>E-TENDER CALL NOTICE (E-TCN)</u> Name of the Work: Hiring of 01 no. Mooring

Launch along with operational crew for dai Laurch and gwind operation for a period of OT (Seven) years. Total Estimated cost (including Hire Charges and Fuel Cost): Rs.12,11,88,139-excluding GST. Estimated cost put to tender for hire charges only : Rs.5,16,20,976/-Excluding GST. Last date & time of Submission of Londor through on ling hidding in 2700 Hours of tender through on-line bidding is **17:00 Hours** on **05:08:2024**. Date & time for opening of Technical Bid is **15:30 hours on dt.06/08/2024** or further details, please log on to the website https://eprocure.gov.in/eprocure/app. Sd/- Deputy Conservator, Paradip Port Authority

central Gaza strikes a rare moment of hope in war AP DEIR-AL-BALAH ravaged Gaza, after a medical

teams recovered a live baby from a heavily pregnant Palestinian mother killed in an airstrike that

## India preferred destination for investors, says Goyal

### PTI 📕 NEW DELHI

Commerce and Industry Minister Piyush Goyal on Saturday appealed to the Indian diaspora of the US to help promote the country as a preferred investment destination, highlighting the vast opportunities available in various sectors.He said that the government has taken a series of measures to attract investments and those steps include promoting ease of doing business, reducing compliance burden, opening sectors like space and efface for foreign direct investments.

RANCHI | SUNDAY | JULY 21, 2024

Goyal also asked the diaspora to participate in making India a developed nation by 2047. "Help promote brand India as premium investment destination. Investing in India

has tremendous growth potential and we saw NRI deposits (increasing to) USD 3 billion between April and May, and that is four times what it was last year. I am sure many of you would be looking at investments in the Indian stock market, bond



fixed deposits, depending on your appetite for risks," he said while interacting with the Indian diaspora of the US. He added that though at present the US is attractive for investors because of high

sunday pioneer

interest rates, going forward provides India huge opportunities for businesses. "I would invite all of you to invest in India. India's growth story will continue unfettered at a scorching pace. India would continue to lead the world economy and will continue to be the most favoured destination for investment, and



renewable energy programme of 500 GW. We already have 200 GW and we are ramping it up and may be on Tuesday's budget, let us wait and watch what further initiatives in these directions of sustainability are

brought," he said. Replying to a question about media confusion social during the general election, the union minister said "we have" lessons to learn as every election teaches a lot of new things. "I can assure you that we are

all working to understand

dynamics, what changed, what we need to focus on. After an election there is always a period of time when anybody who has performed better than expected does have a little arrogance more and somebody who has performed less than expected does take time to introspect and course correction.

"So I think it's too early to provide the solution and talk of the solutions, but I can assure you that nobody here is resting one minute of the day, we are all focused," he added.

Replying to a question on judicial reforms, the minister said that it is a delicate subject.

"Everybody who becomes a judge talks of judicial reforms but resists any reforms, so it's a conundrum that we have to break. I am fairly confident that it's an idea whose time has come and we will see this sector also undergoing reform particularly to reduce the pendency of cases and the long duration to get justice," he said.

### PTI NEW DELHI $R_{\mathrm{Saturday}\ urged}^{\mathrm{ealtors'\ body\ Credai\ on}}$ government to provide more tax benefits to homebuyers. offer incentives to builders to develop low-cost homes and

estate projects in the upcoming Budget. Credai, in a statement, said it has given various recommendations to the government for further growth of the real estate sector. These recommendations

streamline the approval

process to undertake real

emphasise the importance of measures like streamlined approval processes and developers subsidies for investing in affordable housing projects, the association said. significant its

"With contribution to the GDP, employment generation and infrastructure development, the Indian Real Estate sector looks forward to a supportive budget that addresses certain long-standing challenges and sets the platform for sustainable and sustained



Credai wants tax sops for homebuyers

growth.

Our recommendations are aimed at sustaining demand through a slew of measures, including increasing in interest exemption for home buyers, reintroduction of CLSS (credit linked subsidy scheme), and steps required to boost Affordable housing," Credai President Boman Irani said.

To stimulate homebuying, Credai said the finance ministry should consider allowing unlimited interest deductions for the first selfproperty occupied or increasing the deduction limit to Rs 5 lakh from Rs 2 lakh currently.

Domnic Romell, President of CREDAI-MCHI, said the real

estate sector is hopeful for measures to the sentiment.

He demanded the government should finally grant industry status to the sector and take

effective steps to the affordable rejuvenate housing segment, which has been struggling since the pandemic.

Many incentives for buyers and developers of affordable housing have lapsed in the last two years, exacerbating the issue," he pointed out. High-impact measures like tax breaks are needed to this revitalise crucial segment, Romell said. PropEquity founder and CEO Samir Jasuja stressed the need for a single-window clearance system to ensure timely approvals for real estate projects.

Ramesh Menon, founder and Delhi Director of Consortium, said it is crucial for the real estate sector to be

granted 'industry status' in the budget 2024. The government should take proactive measures to boost demand, rationalise costs and minimise regulatory bottlenecks, he added.

Gaurs Group CMD Manoj Gaur, "The real estate has pinned high hopes on the

forthcoming budget. First of all, the sector is looking for the reintroduction of the interest subvention scheme to revive mass housing". Secondly, we are also seeking

a redefinition of affordable housing. The present limit should be increased from 90 square metres and Rs 45 lakhs in terms of space and pricing,

respectively. Sandeep Chhillar founder and Chairman of Landmark Group said, "The real estate sector expects the government to look into its long pending demands of industry status and single window clearance".

Vivek Singhal, CEO of Developers, Smartworld emphasised having singlewindow clearance for real estate projects

upper

### **EPFO officers raise concern over inadequate IT infrastructure**

### PTI NEW DELHI

Employees' Provident Fund Officers' Association has Provident Fund sought the Union Labour Minister's intervention to improve the information technology infrastructure of the retirement fund body.

In a letter to the minister earlier this week, the EPF Officers' Association (EPFOA) said it has been regularly submitting requests for urgent interventions to upgrade the EPF IT systems software, hardware, IT manpower - which are causing acute strain on EPF manpower and adversely affecting EPFO services.

The situation has now turned

serious with officers and offices Over the past several weeks, reporting significant system the application's performance reporting significant system deficiencies on a daily basis, the association said.

Severely inadequate EPFO IT systems and resultant service bottlenecks are adversely affecting EPF services, it added. The EPFO application software

serves as the foundational component of its service delivery infrastructure.

The body said it is the primary platform through which our regional offices process and adjudicate member claims. In recent times, the software has

exhibited significant instability, characterised by frequent outages it stated.

has deteriorated, manifesting frequent system slowdowns, involuntary user logout and complete system failures, it pointed out. Previously, the EPFO management attributed the software performance issues to concurrent user logins.

However, it said, the situation has escalated to a critical juncture where system crashes and slowdowns occur even in the absence of heavy user traffic.

It has been observed that field offices have reported system failures during off-peak hours as overhaul of the EPFO application the



well, it stated. The exigency of a comprehensive apparent for quite some time now, it noted. Despite this critical need, the implementation of such an overhaul has

has been

been repeatedly postponed for reasons that remain obscure, the body added. While the EPFO is a financially robust organisation independent of the g o v e r n m e n t administrative funding,

the delay in launching

rapid technological

advancements achieved by other the persistent deficiencies of the departments, such as the Income application software and perceived Tax department, it stated. unresponsiveness of

This discrepancy suggests a systemic failure to acknowledge the gravity of the situation, EPFOA pointed out. Any technological challenges have

been vehemently denied, and emphasis placed on purported progress, it added. It is reasonable to speculate that the claim settlement process would be exponentially

accelerated with a fully functional software system. "We respectfully urge your immediate attention to the

letter. A comprehensive evaluation of the software by leading industry experts is imperative to diagnose the root causes of the issues and

management," EPFOA said in the

develop a contemporary software solution commensurate with the EPFO's status as the world's largest social security organisation, it suggested. "Over the past thirty months, we

have consistently brought to the attention of the CPFC the ongoing critical issues affecting the EPFO's escalating frustration experienced IT infrastructure," the body said. by EPFO officers and staff due to

### Pearl Global **Industries** raises ₹149.5 cr through **QIP** issue PTI MUMBA

3,679 cr; flags challenges on margins Ctate-owned Union Bank of JIndia on Saturday reported a

rates elevated. The bank is comfortable on the liquidity front and has an each, she said, adding that retail excess statutory liquidity ratio now constitutes 56 per cent of of Rs 65.000 affirming the earlier guidance of getting credit growth between 11-13 per cent and deposits to increase by 8-10 per cent She, however, made it clear that the bank will not compromise on the margins to grow the book and added that during the June guarter alone, it had to rundown Rs 15,000 crore of advances because it did not meet its NIMs expectations. It has a pipeline of Rs 54,000 crore of large corporate advances, she said, adding that much of the demand continues to be from state-owned companies and private capex is vet to be witnessed. The large corporate book grew at over 7 per cent during the quarter, while the growth in

education and gold loans was the book while t

PTI NEW DELHI



driven by healthy demand in the luxury real estate market

looking to elevate their lifestyles," Oberoi said.

Oberoi Realty is gearing up

for new project and tower launches, scaling up its annuity assets and strategic

land acquisitions, he noted.

'We are committed to

achieving sustainable growth

with a focus on creating

lasting value for all our stakeholders," Oberoi said.

Mumbai-based Oberoi Realty,

one of the leading real estate

developers in the country, is

Oberoi Realty net profit Union Bank net profit rises 13.7% to

the 2.0 version of the application software stands in stark contrast to

Apparel manufacturer and exporter Pearl Global Industries has raised Rs 149.50 crore from qualified institutional investors for repayment of certain debt and inorganic growth, among others.

The qualified institutional placement (QIP) attracted notable investors such HDFC Mutual Fund, HSBC Mutual Fund, ICICI as Prudential Mutual Fund and Goldman Sachs Fund," it said in a statement on Saturday.

has The company "successfully completed the QIP by raising Rs 149.50 crore", it said.

Pearl Global said it issued 20,45,143 equity shares of the face value of Rs 5 each at a price of Rs 731.00 per equity share

"Total shares outstanding post allotment are 45,642,367," the company said.

PGIL plans to use these funds for funding working capital requirements, repayment of certain outstanding borrowings, inorganic growth initiatives and general

corporate purposes. "By strategically allocating these funds, we aim to strengthen our market presence, innovate our product offerings, streamline our ESG initiatives, and invest more in sustainable products and business operations," Pearl Global Industries Ltd (PGIL) Managing Director Pallab Banerjee said.

PGIL is primarily engaged in designing, manufacturing, sourcing, distribution and export of ready to wear apparel for men, women and kids through its domestic and global manufacturing facilities and supply chains. The company has manufacturing facilities in India and four other countries. PGIL shares closed at Rs 819.50 on BSE on Friday.

profit to Rs 3,679 crore for the June 2024 quarter and flagged challenges on the net interest margin front. The bank's core net interest income grew 6.5 per cent to Rs 9,412 crore on the back of an 11.5 per cent growth in advances.

net interest margin Its narrowed by over 0.13 per cent to 3.05 per cent. The other income increased 15.53 per cent to Rs 4,509 crore on healthy growth in the core fee income. The net interest income and other income were down when compared to the March quarter, and the bank's managing director and chief executive A Manimekhalai attributed the same to a general tendency for a softer first

quarter in the industry.

### Union Bank of India

Additionally, the reporting quarter also witnessed the general elections, which led to some slack, she added. On the NIMs front, the CEO said that while the number is higher than the guidance of  $2.\overline{8}$ -3 per cent, it is a challenge to maintain the number above 3 per cent.

There are pressures from the higher cost funds, she said, pointing to the continuing wedge between deposit and credit growth in the industry, which is keeping the deposit wholesale.

On the asset quality front, the fresh slippages came at Rs 2,318 crore, and the gross nonperforming assets ratio improved to 4.54 per cent.

The overall provisions increased to Rs 4,106 crore from the year-ago period's Rs 3,943 crore and were attributed to general slippages and higher money set aside in a couple of accounts, which are witnessing some stress. Its overall capital adequacy

stood at 17.92 per cent, with the core tier-I at 13.81 per cent. The bank's head said it has an enabling provision to raise up to Rs 6,000 crore in core equity from the board and may look at it depending on the growth in advances.

Oreported an 82 per cent increase in its consolidated net profit to Rs 584.51 crore for the first quarter of the current fiscal on higher income.

Its net profit stood at Rs 321.64 crore in the year-ago period.

The total income also rose to Rs 1,441.95 crore in the April-June period of 2024-25 from Rs 933.56 crore in the corresponding period of the previous year, according to a regulatory filing on Friday. Vikas Oberoi, Chairman and

Managing Director, Oberoi Realty, said, "India continues to be the fastest growing major economy, effectively managing global challenges by leveraging its solid

**Tea industry seeks higher RoDTEP** 

rates to make exports competitive

economic foundations and proactive policymaking for growth".

The Indian real estate market has witnessed strong demand across various segments, solidifying its position as the preferred investment avenue, he added.

"We are pleased to announce another successful quarter,

into the development of residential, office, retail and hospitality projects. During the last 2023-24 fiscal, the company posted a net

profit of Rs 1,926.60 crore over a total income of Rs 4,818.77 crore.

### RBL Bank Q1 net profit grows 29% to ₹372 cr

### PTI MUMBAI

Private sector lender RBL Bank on Saturday reported a 29 per cent jump in net profit to Rs 372 crore for the June quarter.

The bank's core net interest income grew 20 per cent to 1,700 crore on the back of a 19 per cent rise in advances. Its net interest margin was 5.67 per cent. The other income grew 18 per cent to Rs 805 crore.The bank's deposit growth came at 18 per cent during the quarter and was attributed to the differentiated offerings by its managing director and chief executive Subramaniakumar. The incremental deposit growth will be able to meet the incremental advance growth for the bank going forward, he said. On the advances front, the bank will focus on secured retail products like business

loans and housing loans going

quarters.



from 3.22 per cent in the yearago period. It had to halt microfinance disbursals during the first two months of the quarter due to the elections, but the same is now forward, he said, adding that normalised. Its collection efficiencies have the two cumulatively grew by 19 per cent, while housing also slipped in some pockets,

rose 52 per cent and rural and it expects to come back vehicle surged 74 per cent. on the same going ahead. A senior bank official said that the NIMs will be flat for From an asset quality perspective, it witnessed higher stress with the net the first two quarters, and it slippages in the credit card expects an increase in the number in the second half of portfolio coming at Rs 400 crore.The MD said over Rs 60 the fiscal. The overall capital adequacy stood at 15.56 per cent, of which the core buffer crore of it came from a transition in the management of the portfolio to within the was 13.85 per cent. The MD bank from a co-brand partner, and added that the said that while it is approaching the shareholders with an enabling provision to bank expects a part of it to raise money, there are no reverse to become wellimmediate plans to raise performing in a couple of capital in the current fiscal.

#### PTI 📕 KOLKATA The overall gross nonperforming assets ratio improved to 2.69 per cent The tea industry has sought higher rates under the

exports more competitive in the overseas markets. Leading industry body Indian

pre-budget memorandum, said that the present RoDTEP rate for bulk tea is 1.7 per cent (free on board) subject to a cap of Rs 6.70 per kilogram. The association urged the government to increase the reward base rate under the Remission of Duties and Taxes on Exported Products (RoDTEP) for black tea in bulk to remain competitive in the international markets.

The RoDTEP scheme ensures that exporters receive refunds on embedded taxes and duties that were previously non-recoverable. Another industry body Tea

Association of India (TAI), in pre-budget proposal its submitted to the government, measure would prevent the



said the RoDTEP rate for tea should be higher than the earlier MEIS (merchandise exports incentive scheme) of five per cent to enable Indian tea to retain its competitiveness in the global market.Since its inception in January 2021, the RoDTEP scheme has already provided support amounting to Rs 42,000 crores to more than 10,500 export items, an official statement said in March.The association has also sought for imposition of an anti-dumping duty on imports of Nepal tea.

The TAI said that this

dumping of cheap and duty-free tea from Nepal and boost exports of genuine Darjeeling tea.Such a measure would also thwart the passing off of Nepalese tea as a geographical indication (GI) tag product. The ITA said that the government should exempt tea from levy on TDS on cash withdrawals due to a lack of banking infrastructure in the tea-growing areas in the

country. The association has sought concessional customs duty on imports of specified machinery required for tea production.

pre-budget In its memorandum, ITA said that the modernisation of the plantation sector is dependent on the upgradation of machinery which is not available within the country.

The government should grant a concessional import tariff on specified tea machinery items, the industry body said.

The association also said in the memorandum that the government should increase fund allocation for tea development and promotion scheme for the period 2021 26.

According to ITA, the Tea Board's new promotion and development scheme for the 2021-26 period discontinued pla has discontinued plantation development and factory upgradation incentives for big

growers. The "lack of financial support" the from government has incapacitated the tea producers' ability to bring about improvement in quality and productivity leading to long-term impact on viability", the association said. The ITA also sought that the fund allocation for the period 2021-26 be enhanced to enable restoration and implementation of the erstwhile incentive schemes for big growers.

RoDTEP scheme to make Tea Association (ITA), in its

getting

### sports 07

### sunday pioneer RANCHI | SUNDAY | JULY 21, 2024

## STORY OF INDIA'S FIRST OLYMPIC QUALIFIER IN HEAVY WEIGHT CLASS OF 76KG

### PTI 📕 NEW DELHI

oing through the painful and energy-sucking process of weight-cutting is a nightmare for wrestlers but Reetika Hooda did not have to worry

about it. Wrestlers usually have to go without food, sometimes even without water, to ensure that the weight scale does not tilt against them.

But Reetika's team ensures that she takes additional small meals to gain strength, and chicken was added to the meal plan, defying the family tradition.

She goes through all these because the 22-year-old wrestler from Rohtak used to compete in 72kg hard better compete in 72kg but last year she jumped weight class to see if she can succeed in the Olympic weight-class of 76kg. She not only succeeded, but pushed out established wrestlers like Kiran Bishnoi, whesters like Kiran Dishiloi, whom she idolises, to qualify for the Paris Olympics after crowning herself as the U23 World Champion.

Her natural body weight is around 74-75 kg. So, it was never a great struggle to bring it to 72, not even now. Her

body type is such that weight drops quickly. But the real struggle is to take the weight to 78kg.

"I just munch, train, munch, train and repeat. Of course, it's healthy protein intake. I have a different struggle," she said with a hearty laugh just before

a training session. "I have 3 meals in my schedule and I have to eat in between as well. Before sleeping also, I take something. My nutritionist Mitali decides what I need to eat and mother

ensures that I have that. "I had to start eating chicken for protein intake. It was difficult to develop a taste for that. My mother tried a lot of combinations and now I have settled for a semi-gravy type chicken. No one eats chicken in my family," she added. Her mother Neelam is aware of the requirement and learnt a

few chicken recipes from YouTube. "We don't eat chicken at home.

So, I had no clue how to prepare it. I was told that she had to be given home-made food. So, I took help from YouTube to learn. I don't like washing it (chicken), I get a strange feeling. But I do it for my daughter," said Neelam, a

These tournaments, Chaubey

said, will give Indian players

'No matter whether we play

against a lower-ranked team or

higher-ranked team, the aim is

to win. It will also create more match time for players. Yes, these matches will also give more international exposure to the players," he added. Chaubey said there was an experience of the players of the players.

overwhelming response to the advertised position of the head coach of the Indian men's

"We have received a total of

291 applications and we have

shortlisted 17 names from

them. There are Indian and

foreign names. We will have a

detailed discussion about them

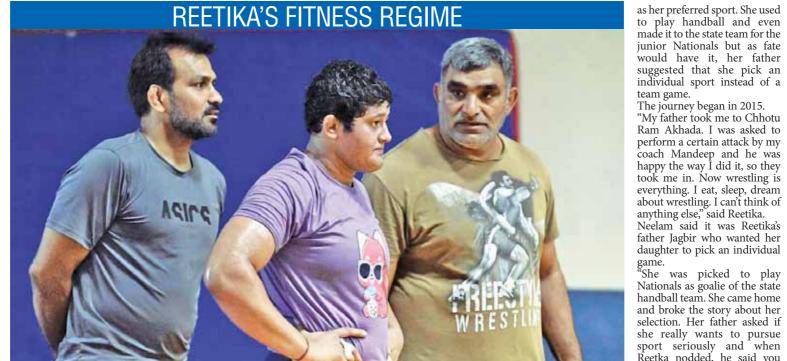
in the Executive Committee

meeting," he noted.

consulted.

football team.

more international exposure.



school level basketball player. As she prepares for the Paris Olympics, Reetika reveals that qualifying for 2024 Games was

actually, they have exceeded their own expectations. "I was considered a probable for 2028 Games. Last year's U23 world title motivated me not even the target, and

to do well at senior level." THE JOURNEY: SWITCH FROM HANDALL: Reetika is a strong believer in destiny. She says she can do what is in her

hands -- working hard -- rest everything will fall in place if it had to. Her career underlines that belief.

She did not even pick wrestling

as her preferred sport. She used to play handball and even enrolled in Akhada," recalled made it to the state team for the junior Nationals but as fate would have it, her father suggested that she pick an individual sport instead of a

The journey began in 2015. "My father took me to Chhotu Ram Akhada. I was asked to perform a certain attack by my

game. "She was picked to play Nationals as goalie of the state handball team. She came home and broke the story about her selection. Her father asked if selection. Her fault, asked a she really wants to pursue sport seriously and when Reetka nodded, he said you should play an individual game.

He asked Reetika her preferred sport and she mentioned Judo and kabaddi but her father suggested to take up wrestling and she agreed. On 15 August 2015, she was

Neelam. Talk about the Paris Olympics, Reetika gets philosophical.

"I can only put in hard yards, which I am doing. If you are meant to achieve something it will fall in your lap. I did not even think of winning the Under 23 world championship. "I didn't even know that I was up against a world champion (Kennedy Blades from USA) in the final. But it was meant for

me so I got it. "I have idolised Kiran di (Bishnoi) since taking up this sport and see now I beat her in the Olympic trials. "I also beat Divya Kakran in

the National Games. These wins boosted my confidence and I began to believe that destiny is pushing me in a certain direction and I will play along." Reetika says a tough draw and big names do not

demotivate or scare her. "I actually enjoy competing against the big wrestlers. There will be 16 wrestlers in Paris. I have studied each and every wrestlers' game style through UWW videos and YouTube.

'When the draw is made, I will know who are the four in my group but I am ready for anyone," she signed off.

ondon Olympics bronze

Lwinner Yogeshwar Dutt is confident that wrestling will yet again fetch India a medal

at the Olympic Games and the number could be more than one if the grapplers get a

favourable draw. India will have a six-member

wrestling contingent in Paris

where the mat competition will begin on August 5. Only Aman Schrawat (57kg) could qualify in the men's

section but the women put up a strong show by qualifying in five of six Olympic weight divisions. Only 62kg is missing from the list.

India have not missed a

wrestling medal since 2008

Beijing Games where the legendary Sushil Kumar won a

"A lot will depend on the draw.

If India get a favourable draw,

then I am expecting three

bronze.

### We will pick a coach who can bring results, won't go by big names: AIFF president Chaubey



#### PTI NEW DELHI

The All India Football Federation (AIFF) president Kalyan Chaubey said the new head coach of the national team will be picked based on the ability to bring in right results, and a high-profile candidate will not be selected blindly. AIFF Executive Chaubey said former Indian captain IM Vijayan, who is now the head of the technical committee, will also be

The Committee is due to meet soon to decide the successor of Igor Stimac, who resigned as head coach after India lost nine matches and drew two in his last 12 games in charge.

"We are in touch with the "I believe the result matters a technical committee. As lot We will be loo avan is o someone who can develop Indian football. And whoever gets appointed as chief coach, we want him to add a lot of potential to the national team's performance," Chaubey told PTI videos in an interview. The incoming head coach will have some important assignments such as a trination tournament in October that also involves hosts Vietnam and Lebanon. Chaubey hoped the new coach can bring in some desired results from these events. "We are looking to utilise all the FIFA windows which we have in the month of September, October, November and March next year," he said.

### Wrestlers will continue I will miss my daughter, but it's also about medal-winning trend in achieving Olympic medal: Archer Deepika Paris: Yogeshwar PTI 🗖 NEW DELHI

### PTI JAUX (FRANCE)

Deepika Kumari is torn between two worlds. One where the doting mother longs to be with her 19-monthold daughter Vedika, and another where the ace Indian archer craves for an elusive Olympic medal.

But the resilience she showed in fusing those two different spaces in her life has taken Deepika to the Paris Games, the fourth showpiece in her career.

Deepika's determination to achieve glory in the ultimate sporting event in the world was evident when she stayed away from her daughter for two months

to finetune her preparation. "It's difficult to explain the pain of being away from my daughter. But it's also about achieving what we have worked for over so many years," Deepika told PTI in an exclusive interaction.

Finally, Atanu Das, her husband and himself an international archer, took Vedika to Army Sports Institute in Pune just before Deepika departed to Paris.

It was an achingly emotional moment for Deepika.

"I miss her a lot, but that's how it is. Thankfully, she has been really supportive and has adapted well with my in-laws and Atanu," added Deepika. But Deepika's turmoil had started immediately after giving birth to her daughter in December 2022. She developed muscle stiffness and lifting the 19-kg bow was next to impossible. "We had planned for the delivery in such a way that we would be able to compete in Paris. But it was like starting from zero after the delivery.



Deepika dominated the National year-old South Korean Lim Si-hyeon to Games in Goa last year, returning with tame in Paris. Lim has defeated Deepika twice this year - at Shanghai and then at the Yea on World Cup

"We have to take it like any other competition. The pressure (on the Indians) is more mental," she said. Deepika wanted to remain under the

radar. "I don't want any attention. We have done well consistently to be able to make it here.

We just have to get a good rank in the qualification to get a favourable draw." D E E P I K A - D H I R A J COMBINATION: The individual rankings determine the mixed team and on current form, Deepika and Dhiraj Bommadevara could be

shooting together. Dhiraj has been in phenomenal form winning 10 international medals in the last 12 months including a team gold beating Korea.

He also won an individual bronze at Antalya World Cup stunning Tokyo silver medallist Mauro Nespoli.

"He is young and uber cool and an individual medal prospect. He doesn't falter in big moments," said India's high-performance director Sanjeeva Singh

So, will Dhiraj take some pressure off Deepika?

medals," Yogeshwar Dutt told PTI Videos on the sidelines of "If they top the qualifiers, they will be an AIFF event. India's best recurve mixed team combination," he said. Jeenika remer pers th Tokyo when she had to unwillingly partner Pravin Jadhav in the mixed team event as the latter had qualified ahead of Atanu. The national federation could have changed the combination but they went by the rule and the team exited in the last eight.

Olympics, we got medals from hone wich & ng So pray the fifth time in a row, wrestling will bring medal for the nation. I wish all the wrestlers all the very best. I think they are well- prepared," said Yogeshwar. "After hockey, wrestling has given India the most number of medals. It has given seven medals ahead of all other Olympic sports. Wrestling is without doubt the number one individual Olympic sport for India.

"In the last four consecutive

verseas now be consulted through a virtual meeting," he said.

Chaubey said players like Lallianzuala Chhangte have the potential to step in for former skipper Sunil Chhetri, who recently retired from international football. Chhangte was adjudged the Best Men's Player during the AIFF awards on Friday. "Who is after Sunil Chhetri? This question comes to everybody's mind. I think Chhangte, who has won the player of the year award this year, has a lot of potential. He

Definitely make a long career. Such awards will inspire a player to put in an even bigger effort," he said

'Forget about shooting or lifting the bow, she was not able to do even simple daily chores," Atanu recalled.

"Gradually, she started jogging and put in a lot of hard work at the gym to get going again." Deepika even thought that her career

has come to a close. 'Career lagta hai khatam ho gaya, kya main aur shooting nahin kar paoongi? (It seems my career is over...Won't I be able to shoot again?" she would ask Das

her to the big deci under the legendary Korean coach Kim Hyung-Tak, the first full time coach under whom the archery heavyweights made their debut at Los Angeles in 1984

two gold and one silver.

"It was not just about the skill aspect but his guidance also plays a part in bringing clarity to shooting. It really set me off," said Deepika, who won a silver at the Shanghai World Cup, her first podium finish in two years.

Subsequently, the 30-year-old excelled in the three-month long selection trials, even though her husband-cum-mentor Atanu failed to make the cut.

LIM FACTOR: Despite her phenomenal feats in other world meets, Deepika is yet to bag that coveted medal with five rings on it.

She came close to it in Tokyo but lost to eventual gold winner An San in the quarterfinals.

Deepika is not worried. "I cannot change the past. I'm fully prepared and happy with the way I'm shooting. We will see what happens on the match day if at all we have a match-up," she added. HAPPY PARIS MEMORIES, BUT NO PRESSURE: Paris has been a happy-hunting ground for Deepika where she won a hattrick of gold medals in the 2021 World Cup - individual, team and mixed team along with Atanu.

She had also clinched a World Cup Final silver in 2013 and a World Cup silver last year in the French capital. But she wanted to treat the Olympics as any other top-level competition.

"I don't understand why there is so much hype surrounding the Olympics in our country. Everyone looks up to archery once the Olympics nears and it creates unnecessary pressure

"I don't want to talk about what happened. Dhiraj has been shooting well and we hope for the best," Deepika added.

Will she miss the presence of Atanu in Paris?

"He has a greater responsibility -- to take care of Vedika," she smiled clutching an empty bag, a gift from her husband

"I've told her she must win the medal and bring it back in this bag," Das said. Perhaps, she can cram in it an Olympic medal and some baby clothes and toys.

note with this title that the national

Marta can't help but be nostalgic tournament with the Brazilian national team.

AP PARIS

But, for the 38-year-old six-time world player of the year, the time

has come to step away finally. "I contributed what I (was) supposed to give to the national team, you know? I'm feeling so comfortable to leave because when I look around me, I see really, really good players, young players, who can keep doing the work and keep representing Brazil so well," Marta said.

Marta will play in her sixth Olympics in France before handing the team she captains to the next generation.

"It's been so much of my life since I was 14, I left home and then I just live soccer every single day," she added.

"I just feel like maybe it's time to just take a little bit away from that and let the young players shine."

A tournament championship would be the perfect way to cap an international career that has spanned over 20 years, and her teammates know it.

"I feel like every time you step on the field, playing with Marta by your side, it's such a great "Of course, I bring all of the responsibility. She's a great player and we have to play for her now," career, like playing in big

### Marta pursues soccer gold at Olympics while preparing to pass torch to Brazil's youngsters

### said defender Rafaelle.

"She was like my biggest idol since I was growing up. So, playing with her now is such a dream for me." Better known just by her first name, Marta Vieira da Silva has scored a record 118 goals in 183 international appearances with Brazil. In addition to her six Olympics, she has also played in six

women's World Cups. She has the record for most World Cup goals with 17, and she has 13 Olympic goals, one away from matching fellow Brazilian matching Cristiane's record.

Marta grew up playing street soccer with the boys in Dois Riachos, a town in eastern Brazil some 1,250 miles (2,011 kilometres) north of Rio de Janeiro. She was just 17 when she appeared at the 2003 World Cup, held in the United States.

Over time, her role has changed in Brazil. In recent years she's been more of a player coach, guiding the

team's up-and-coming stars. "Of course, I bring all of the



tournaments like the Olympics and the World Cup, playing against good teams, against good players," she said.

the best of what I live in soccer with the players to make them feel comfortable, or make them feel proud to be there. Like, we expect

here, so this is the goal and then do your best."

Marta is still a valuable asset on the field, and she's proven it this season "So, I try to share the best of me and the best of you. That's why you are with the Orlando Pride, her club

team in the National Women's Soccer League.

Soccer League. She's got five goals in 12 games this year with the Pride, who are undefeated and sit atop the league standings. Marta has played with Orlando since 2017. "I still can read the game, like, really well," she said. "And, I try to put myself in a good situation to give my best to the team.

my best to the team.

"So, I'm not going to compete all the time with a player that's 10, 11 years younger than me. But, I may be able to put my brain to work a little faster and then read the situation and try to do my best." With the many accolades Marta has earned throughout her career, one thing has eluded her: A championship trophy in a major international tournament.

Brazil's best finish at the World Cup was runner-up in 2007. Brazil won silver medals at the 2004 and 2008 Olympics, but a gold medal has remained out of reach.

With her saying it's her last Olympics, it just brings more responsibility to her and to us to end this tournament on a good

The former India wrestler, who is also a BJP leader now, feels that India will return with its best ever show in Olympics.

"I am expecting Indian contingent to win more than 10 medals," he said.

team doesn't have and she doesn't have either," Brazilian teammate Adriana said. "So, it's more motivation for us to help her with this and to hopefully win."

While the Women's World Cup will be hosted by Brazil in 2027, Marta is not thinking about sticking around for another three years. But, she's told the federation she'll help

in any way possible. She's wistful as she thinks about her favourite moment with the national team. The two that stick out to her are the 2004 Olympics, her first when Brazil advanced to the final but fell 2-1 to the United States.

And, the 2007 World Cup, when the Brazilians got revenge by beating the Americans 4-1 in the semi-finals. Marta scored twice in that match and won the tournament Golden Boot with seven goals despite Brazil dropping

the title match against Germany. "It's the passion," she said about her love for the game. "The passion that we show when we play, the passion that we see from when the people celebrate a goal. We make people happy.

"You make all the people happy and you make people dream - and it's not only about soccer - it's about what it's like to believe. Believe in yourself. Believe in your potential. So, soccer gives you a lot of things like that.

### sports 08

## INDIA EYE UAE SCALP, WOMEN'S **ASIA CUP SEMIFINAL BERTH**

PTI DAMBULLA (SRI LANKA)

RANCHI | SUNDAY | JULY 21, 2024

ominant India will be eager to perfect their tactics further while warding off United Arab Emirates which also can push them firmly towards the semifinals of the women's Asia Cup here on Sunday.

Defending champions India's supremacy was evident in their facile seven-wicket victory over arch-rivals Pakistan on Saturday, and the UAE will require a giant-sized miracle to stop Harmanpreet Kaur's side. India currently have two points and a Net Run Rate of +2.29, and a win over the Emirates will take them to four points, which will also have a positive reflection on their NRR.

It would not be an exaggeration to say that India will look more inwards in their match against the UAE, than fretting over the rivals.

There were excellent spells from Deepti Sharma, Renuka Singh and Pooja Vastrakar, who though was slightly on the expensive side, against Pakistan, and their effort would have pleased the management to no limit.

They will hope that left-arm spinner Radha Yadav, who returned to the India fold during the home series against South Africa recently, too can join the wicket-takers' list on Sunday.

"It was a good spell and there was some assistance from the weather as well. Of course, I could execute all the plans that



nets," said Renuka in the post-UAE. match press meet.

sunday pioneer

To top it, the Indian batters were ruthless in hunting down a non-challenging target with 35 balls to spare. Openers Shafali Verma and

Smriti Mandhana gave the team a flying start adding 85 runs in just 9.3 overs and the loss of three wickets from that position was a minor aberration

Hence, India would hope that there would be a matching effort from the middle-order batters in the upcoming I have been working on at matches, starting with the



The Asia Cup is important for us because after this we don't have many matches (ahead of T20 WC) and we will have to rely on practice.

'So, this is a learning experience for us, and the conditions (in Bangladesh) could be similar. So, this is a

good chance for us to get ready for the World Cup," she said. That said, India would do well not to lose focus on the present assignment and the UAE have the ability to give some tight moments as they showed against Nepal on Friday despite a six-wicket defeat.

In the day's second match, Pakistan will look to bounce back with a win when they face a tricky Nepal.

### **TEAMS (FROM):**

INDIA: Harmanpreet Kaur (C), Smriti Mandhana, Shafali Verma, Jemimah Rodrigues,

Abhishek Nayar and Ryan join the support staff of Richa Ghosh (wk), Uma Chetry (wk), Pooja Vastrakar, Deepti Sharma, Arundhati Paddu Baruka Sirach D Renuka Singh, D Reddy, Hemalatha, Asha Sobhana, Radha Yadav, Shreyanka Patil, Sajana Sajeevan.

Kavisha Kumari Egodage, Rajith, Rithika Samaira Dharnidharka, Lavanya Keny, Emily Thomas, Heena Harish Hotchandani, Mehak Thakur, Indhuja Nandakumar, Rinitha Rajith, Khushi Mohan Sharma, Rishitha Rajith, Suraksha Kotte, Theertha Satish,

newly-appointed head coach Gautam Gambhir during India's white ball tour to Sri Lanka, starting from July 27. Doeschate, who was a hardhitting UAE: Esha Rohit Oza (C),

all-rounder for Netherlands, have worked closely with Gambhir at the Kolkata Knight Riders and are likely to come in as assistant coaches, the PTI has learned. Nayar comes with a high reputation as a sharp cricket mind and lifestyle/motivational coach who have worked with the

likes of Dinesh Karthik and

PTI 📕 NEW DELHI

Nayar, who has played three ODIs for India, and

Rinku Singh.

Doeschate is currently working with LA Knight Riders in the ongoing Major League Cricket (MLC) and Gambhir has openly expressed his admiration for the teamfirst attitude of the Dutchman. While there was no clear view on the appointment of the bowling coach, it seems that T Dilip, who was part of Rahul Dravid's regime, will continue in the role of the fielding coach.

Abhishek Nayar, Doeschate likely to

join India in SL as assistant coaches

Punc

7/17/

Gambhir had suggested to the BCCI the names of former India seamers R Vinay Kumar and L Balaji and former South African pacer Morne Morkel for the role of bowling coach. The PTI had reported on July 10 that Morkel could get the role ahead of Vinay and Balaji.

While Vinay and Balaji have associated with Gambhir at the KKR, Morkel worked alongside him at the Lucknow Super Giants.

If indeed Morkel gets the nod, he could be the first foreign bowling coach after Australian Joe Dawes, who did the duty under Duncan Fletcher until the tour of England in 2014. Morkel was also the bowling coach of Pakistan until the 50-over World Cup in India. The Indian team is scheduled

to travel to Colombo from Mumbai in a chartered flight on July 22. Nayar and Dilip could also be

travelling with the team while it's not yet clear when Doeschate would link up with the side.



### ICC keep watch on security situation in Bangladesh, venue of women's T20 WC

PTI 📕 NEW DELHI

The International Cricket 2023. Council (ICC) said it has England and the West Indies

ment a record six times in 2010, 2012, 2014, 2018, 2020 and

undergoing its

### Indian archery, rowing teams first to check in at Paris Games Village PTI PARIS

Vaishnave Mahesh.

India's chef-de-mission for Paris Olympics, Gagan Narang on Saturday informed that archery and rowing contingents are first from the country to check in at the Games village and said the athletes are eager to begin their campaign at the sporting

extravaganza. While archery and rowing contingents checked in at Paris Games village on Friday, the Indian men's hockey team will arrive on Saturday from the Netherlands, where it was final "I arrived in Paris on Thursday night and have taken stock of the arrangements inside the Games Village for the Indian contingent. Archery and rowing were the first Indian teams to arrive on Friday and have comfortably checked-in. The athletes are slowly settling in and are exploring the Village," said Narang, the 2012 London Olympics bronze



reminded of my hay days at the Mission for Paris Olympics. I Games and will ensure a express my heart and



### Mayank, Devdutt, Vyshak among retained players ahead of KSCA T20 auction

### PTI BENGALURU

Come of the top state cricketers Such as Mayank Agarwal, Devdutt Padikkal and Vyshak Vijaykumar have been retained of the the teams Maharaja Trophy KSCA T20 auction later this month.

The third edition of the tourna-

ment will be held from August

15 to September 1 at the M

Defending champions Hubli

Tigers, runners-up Mysore Warriors, Gulbarga Mystics, Bengaluru Blasters, Mangaluru

Dragons and Shivamogga Lions

retained four players each from

their previous season's squad. The Hubli outfit retained the ser-

vices of skipper Manish Pandey, wicketkeeper Shrijith KL and young all-rounder Manvanth

Kumar and ace medium pacer

Mysore Warriors, the last year's

Vidwath Kaverappa.

Chinnaswamy Stadium here.

runners up, chose to stay with captain Karun Nair, CA Karthik, SU Karthik and the hard-hitting all-rounder Manoj Bhandage. The Mystics have retained Devdutt Paddikal even though he missed the previous seas

security situation in Bangladesh, the venue of the women's T20 World Cup later this October. The Bangladesh Police imposed curfew and military forces patrolled Dhaka on Saturday after violence escalated in the capital and elsewhere over protests by students, demanding reforms of the quota system for

government jobs. "We have independent security monitoring across the world. So, yes, we are keeping a watch on it (the situation in Bangladesh)," an ICC Board member told PTI

on conditions of anonymity. Australia are the most successful team in the women's T20 World Cup winning the tournaIndia under Harmanpreet Kaur will look to grab their maiden title.

India are currently playing in the Women's Asia Cup in Dambulla, Sri Lanka, and pacer Renuka Singh had said the team was using the tournament as a prepa-ration for the ICC showpiece. "The Asia Cup is important for us because after this we don't have many matches (ahead of T20 WC) and we will have to T20 WC) and we will have to rely on practice.

"So, this is a learning experience for us, and the conditions (in Bangladesh) could be similar. So. this is a good chance for us to get ready for the World Cup," she said

medallist shooter. He further stated the mood among the athletes is that of excitement and anticipation. The mood is certainly upbeat. We have the Indian men's hockey team arriving on Saturday. Surely, Ι am

"While there is a lot of excitement, athletes will also want to get some game time in the competition arenas. We want to make sure the athletes' have everything they need ahead of the start of their respective events," added Narang, a four-time Olympian. The decorated Indian shooter, who is also the recipient of the prestigious Khel Ratna and the Padma Shri awards, expressed his gratitude to the Indian Olympic Association (IOA) for appointing him as the chef-demission for the Paris Games. "It is a matter of great honour for me to travel with the Indian contingent as the Chef-de-

for considering me for the role, and giving me a chance to once again serve my country on the sports' biggest stage," Narang said.

"As an athlete myself, I fully understand the requirements of elite athletes at the world's greatest sporting extravaganza. will work strenuously to motivate and inspire the Indian contingent, while also safeguarding their priorities to perform their optimum. "I am delighted to have the

opportunity to play the role of the primary liaison between our athletes, the organising committee, and other relevant stakeholders during the

he said.

India will be represented by 117 athletes across 20 disciplines at the Paris Olympics.

"It is a matter of great pride for me to see the growing number of medal contenders in the Indian contingent. Each and every athlete in our contingent is capable of not only being onpar against the best athletes of the world but can also surpass them and bring laurels to the nation," Narang said.

"Having a strong contingent puts India on the hot seat as we gear up for Paris." The Paris Games will be held

from July 26 to August 11.

campaign due to an injury. Vyshak Vijaykumar has also been retained by the Gulbarga side along with Smaran Ravi and Aneesh KV.

The Shivamogga Lions retained Abhinav Manohar, the most expensive player in last year's auction with a price tag of Rs 15 lakh. Nihal Ullal, Shivraj and pacer Vasuki Koushik have also

been retained by the Lions. The Mangaluru Dragons handed retention to Nikin Jose, Rohan Patil, Siddharth KV and Paras Gurbax Arva.

The Bengaluru Blasters' retentions include Agarwal, Suraj Ahuja, Shubhang Hegde and Mohsin Khan.

more than a second faster than

Five years later in Tokyo, the rest of

the world began to catch up in the shorter races. For the first time, she

was beaten in an individual race

when Australia's Ariarne Titmus took gold in the 400. Ledecky didn't

even reach the podium in the 200,

Ledecky doesn't plan to swim the

200 free in Paris even though she

won that event at the US Olympic trials. She's a definite underdog in

the 400 free, where Titmus and Canadian phenom Summer McIntosh would appear to have the

upper hand. McIntosh might even

give Ledecky a run for the gold in

anyone else in the final.

settling for fifth.

## Katie excited about swimming after all these years

#### **AP** INDIANAPOLIS

For Katie Ledecky, there is seemingly no such thing as burnout.

Sure, there are times when it all gets a bit monotonous, staring at that black line at the bottom of the pool, turning lap after interminable lap with nothing on the line.

Yet, a dozen years after she burst on the scene with a surprising gold medal at the London Olympics, Ledecky keeps finding ways to enjoy swimming as much as ever. The times may not be quite as fast. But the ultimate payoff is staying on top year after year, Olympics after Olympics, even as other swimmers struggle to deal with the mental and physical demands of a grueling sport that only provides onceevery-four-years gratification. Ledecky is one of the most consistent swimmers in history. "I pride myself on that consistency," the 27-year-old Ledecky said. "I challenge myself to stay

it can be tough feeling like you're not having a breakthrough. But to be really consistent is something I'm really happy with. I've learned to just really enjoy each day of training and take in every moment and just appreciate the fact that I've been able to have this long of a career, stay injury free, stay pretty healthy, be able to do this for this many

for sustained excellence. "Such a big influence," said fellow

American swimmer Erin Gemmell,

who has looked up to Ledecky much of her life and will be joining

"I don't think I would really be here

Gemmell's father used to coach

Ledecky. Young Erin once dressed

her as an Olympic teammate.

if it weren't for her."

vears."

role.

consistent. Yeah, I mean sometimes

up as Ledecky for Halloween. They've spent so much time together at the pool, Gemmell has had a unique perspective on Ledecky's tedious brilliance.

"It's really special to be able to be that close to someone who is so inspirational, getting to see the dayto-day work that they put in," Gemmell said.

"It makes it seem more achievable, in a way, being so close. It makes

Perhaps the greatest freestyle swimmer history, Ledecky heads to them seem a lot more human." Ledecky isn't as dominant as she once was, but she'll definitely be the her fourth Olympics in a familiar swimmer to beat in the two longest A gold-medal favourite. The focus of so much attention. The template freestyle events, covering 800 and 1,500 metres. She already has six

individual gold medals, the most of any female swimmer in Olympic history.

"Every athlete, as they get older, has to learn new ways to set goals, learn new ways to evaluate the results," Ledecky said.

In many ways, she's still driven by her very first Summer Games, where she burst on the scene at 15



with a gold medal in the 800 freestyle. She provides further perspective on that experience in her new book, "Just Add Water, My Swimming Life."

"I wanted to get back to that level, prove that I wasn't just a one-hit wonder," Ledecky said. "At the same time, I reminded

myself that anything more than that is just like icing on the cake, the cherry on top, because, I just never thought I'd make it to that one Olympics."

All these years later, after all those trips to the top of the medal podium, she feels much the same way.

'That's the perspective that I've be Olympic event for women, or she able to maintain and that keeps me undoubtedly would've won that, focused and keeps me enjoying the too). For good measure, she anchored the US to a gold in the sport so much, enjoying the teammates and the people that are 4x200 free relay with a time that was around me," Ledecky said. She's an old soul, for sure.

Even in her teens, Ledecky had young swimmers looking up to her. "I was definitely an annoying child," Gemmell said, grinning.

"But I think she was just so welcoming to a little 7-year-old fan. When I think about it, she was only a sophomore in high school at the time. I think if someone had acted like that towards me when I was a sophomore in high school, I would have been really weirded out. But she was kind and welcoming with

all of it." Eight years ago in Rio de Janeiro, Ledecky turned in one of the greatest performance in swimming history.

the 800 free - an event Ledecky has She took gold in the 200, 400 and won at the last three Olympics -800 freestyle with a pair of world records (the 1,500 was not yet an after beating her at a low-level meet this year.

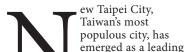
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# A MODEL FOR INDIA'S SMART CITY ASPIRATIONS

From integrating advanced technologies to fostering community engagement, New Taipei City offers a wealth of lessons that can guide Indian cities towards a smarter and more sustainable future, writes **GYANESHWAR DAYAL** 





encipee as a reading example of smart city development, integrating advanced technology, sustainable practices, and citizencentric services. As India embarks on its ambitious Smart Cities Mission, there are valuable lessons to be learned from New Taipei City's approach to urban planning and management.

One of the biggest achievements of New Taipei City is its involvement of citizens in various facets of planning and execution and participation. New Taipei City actively involves its citizens in the planning and decision-making process. "Through public consultations, digital platforms, and community programs, residents are encouraged to participate in shaping the city's future. This collaborative approach has fostered a sense of ownership and responsibility among citizens," says Dr Tih-Ju Chu, deputy mayor of New Taipei City, Government of Taiwan.

As far as the Indian smart city concept is concerned, it has been a bureaucratic exercise where citizens have had hardly any role to play. Engaging citizens in the smart city development process is crucial for ensuring that the initiatives meet the needs and aspirations of the people. Indian cities should leverage digital tools and community engagement strategies to involve residents in planning, implementation, and monitoring of projects. We embarked upon making Varanasi into Kyoto but have reached nowhere. Perhaps the biggest reason for this has been the government's top-down approach where people come last. Local people know their city better than any bureaucrat or politician and their input can go a long way in preserving the cultural heritage of the city and modernising it at the same time

New Taipei City fosters a culture of innovation and entrepreneurship, providing support for startups and encouraging technological advancements. The city has established innovation hubs, incubators, and co-working spaces

ONE OF THE BIGGES ACHIEVEMENTS OF NEW TAIPEI CITY IS ITS INVOLVEMENT OF CITIZENS IN VARIOUS FACETS OF PLANNING AND EXECUTION AND PARTICIPATION. NEW TAIPEI CITY ACTIVELY INVOLVES ITS CITIZENS IN THE PLANNING AND **DECISION-MAKING** PROCESS. "THROUGH PUBLIC CONSULTATIONS. DIGITAL PLATFORMS, AND COMMUNITY PROGRAMS. **RESIDENTS ARE** ENCOURAGED TO PARTICIPATE IN SHAPING THE CITY'S FUTURE

that nurture talent and drive economic growth. Encouraging innovation and entrepreneurship should be a priority for Indian smart cities too. By creating supportive ecosystems for startups, providing access to funding, and facilitating collaboration between academia, industry, and government, Indian cities can become hubs of innovation and economic development. After all, no city can thrive without a robust locally sustained economy. People must find jobs and reasons to settle in a smart city, else it may end up like several ghost cities of China. Yet another initiative that makes New Taipei City a model is sustainability. "The city mayor places a strong emphasis on sustainability, incorporating green building practices, renewable energy, and

efficient waste management systems. The city has extensive green spaces, promotes the use of public transportation, and encourages ecofriendly practices among residents," says Dr Tih-Ju Chu. Indeed, sustainable urban development should be at the core of India's smart cities initiative. By prioritising green infrastructure, renewable energy projects, and comprehensive waste management systems, Indian cities can reduce their environmental footprint and enhance the quality of life for their residents. New Taipei City has implemented intelligent transportation systems (ITS) to enhance mobility and reduce traffic congestion. These systems include smart traffic signals, realtime traffic monitoring, and integrated public transportation

networks. The city's focus on multimodal transportation options has made commuting more efficient and accessible. Unfortunately, traffic and commuting are one of the biggest challenges . In a city like Bengaluru, India's IT hub, commuting is a nightmare. To address urban mobility challenges, Indian smart cities should invest in ITS, including smart traffic management, real-time public transport information, and infrastructure for non-motorized transport. Developing a comprehensive and efficient

transportation network can alleviate congestion and improve the overall commuting experience. One of the cornerstones of New Taipei City's success is its adoption of cutting-edge technology to

departments, enabling real-time data sharing and decision-making. This has resulted in efficient public service delivery, reduced administrative costs, and improved transparency. Indian smart cities can benefit from creating unified digital platforms that foster interdepartmental collaboration, enhance service delivery, and promote transparency. İnvesting in robust ICT infrastructure and data analytics can drive more informed policy decisions and optimize resource allocation. Situated in a region prone to natural disasters, New Taipei City has prioritised building resilient infrastructure and robust disaster management systems. The city employs advanced monitoring and early warning systems, conducts regular drills, and has developed comprehensive emergency response plans. Implementing early warning systems, conducting regular drills, and involving communities in disaster management plans can significantly reduce the impact of disasters.

Let us face it, India's smart city project faces several significant challenges that hinder its progress. Foremost among these is the bureaucratic approach that often sidelines citizen participation and local insights, resulting in top-down planning that lacks community buyin. Additionally, there is a persistent lack of robust infrastructure and technological integration, impeding the development of effective digital platforms and smart solutions. Moreover, coordination between various government departments and private stakeholders is often fragmented, leading to inefficiencies and delays. Without addressing these fundamental issues, the ambitious vision of India's smart cities may remain unfulfilled. We must be open to such initiatives outside of india and there would be no harm in trying the best practices from around the world. The lessons from New Taipei City serve as a blueprint for India's smart cities to follow, ensuring that they meet the needs of their residents while addressing the challenges of the 21st century.



### HE WHO STUDIES MEDICINE WITHOUT BOOKS SAILS AN UNCHARTED SEA, BUT HE WHO STUDIES MEDICINE WITHOUT PATIENTS DOES NOT GO TO SEA AT ALL - WILLIAM OSLER

### books 10 July 21, 2024

# A TALE OF TWO COUNTRIES DIA AND CHINA BEYOND BINARIES

There is more to India and China relations that meets the eye and a lot goes behind the curtain in the people's republic of China writes GYANESHWAR DAYAL

he book "Two Binaries: The World of India and China" by Shastri Ramachandran has generated significant interest. It explores several issues confronting the two countries and their bilateral relations. The author has ostensibly analysed why they behave as they do and what prevents the two countries from coming closer. Shastri Ramachandran is a journalist and well-versed in Chinese culture, having spent considerable time there, which makes him an authority on the subject. Indeed, he knows more about China than many so-called experts here. Although I haven't read the book, I recently participated in a discussion organised by the publishers to promote the book and initiate an informed debate. The discussion was chaired by Professor Madhu Bhalla, with veteran journalist Paranjoy Guha Thakurta and Professor Arvind

Yelary as other panelists. The discussion certainly achieved Indeed, India and China represent its purpose and initiated a debate 40 percent of humanity and wield on Indo-China relations and our skewed understanding of China as a country beyond TV news and newspaper articles, often superficial in nature. China is always on the minds of most Indians. We have a love-hate relationship with it: we love it when we use its cheap products and buy them to profit in the domestic market. As Paranjoy Guha Thakurta pointed out, most businesses would struggle without Chinese imports. Most pharmaceutical companies use raw materials from China, as do many car companies which import Chinese spares.



civilizations. enormous power by sheer population size. However, coming together requires overcoming many obstacles. Shastri has the benign notion of making this the Asian century, which is not possible without India and China burying their hatchet. But that is easier said than done. They have historical and geographical factors that keep them apart. Shastri sees Western influence, amplified by our media, as a root cause of definitely oversimplifying the situation. Let's put it this way: China and the Chinese strained relations. He praises the Chinese people and believes it is possible to bridge the divide government are two separate between the two peoples, as we are entities often at cross purposes. When you interact with Chinese more than two countries - two

However, there is a problem with perception. He sees China as a country painted by the West as evil, and we are expected to accept that view. We do so happily, gulping down Western propaganda as the gospel truth. There is some truth in that. The West has a powerful media with unparalleled reach, capable of making or breaking anyone's image. But that is only part of the truth. Giving China a clean chit is

**Beyond Binaries** THE WORLD OF INDIA AND CHINA people, you encounter individuals who are nice, like people anywhere else. However, when you deal with China as a nation, you deal with its government, which is reactionary and dictatorial.

Shastri makes a distinction Chinese and Arab between dictatorships in their construct, but the end result is the same: an oppressive, intolerant, and regressive structure focused on self-preservation. Simply assuming a communist facade does not make one truly communist. Let's face it: Stalin was a dictator, Nicolae Ceau?escu was a dictator, Kim Jong Un is a dictator, and so is Xi Jinping. Having a party like Hitler's doesn't

qualify one to be called a Communist (a much-abused term, but I would think of Lenin as one). A fun fact here: Hitler's party was officially called the National Socialist German Workers' Party! On October 22, 2022, Hu Jintao, former General Secretary of the Chinese Communist Party, was escorted out of the hall at the closing ceremony of the 20th National Congress of the Chinese Communist Party. He was pulled from his seat by two men while Xi maintained a stoic face. Was it a Western construct? When Shastri says, and I quote,

"Nancy Pelosi leads a delegation to Dharamshala with business stakes in Taiwan, and the Dalai Lama

receives treatment in the US, making clear what is happening," he trivializes the Tibetan struggle and casts aspersions on the Dalai Lama's credentials. The human rights violations and systemic cleansing in Tibet are beyond the scope of this piece. It is not just about Tibet; the Uyghur province, dominated by Muslims, has seen enough misery. The Uyghur province of China has witnessed a series of human rights violations. It includes mass arbitrary detention, torture, enforced disappearances, mass surveillance, cultural and religious persecution, separation of families, forced labour, sexual violence, and violations of reproductive rights. Many of the cases are well documented. And by the way, there is nothing capitalist about the students' protest in Hong Kong I wish someone on the panel had spoken about these issues too. Most of them were fixated on Doklam and Galwan and relished Chinese cuisine and the great economic strides China made and how everyone wants to have a

piece of the Chinese pie. Interestingly, after taking advantage of Chinese largesse, many African and Asian countries are now waiting their turn to go bankrupt. China's 'Belt and Road Initiative' is turning out to be a noose around hapless economies. China is doing in the 21st century what the West did in the 19th. Do we have a locus standi in criticising China's human rights violations when we have skeletons in our cupboard? Sure, we do. Martin Luther\*\* King Jr. said, and I quote, "Injustice anywhere is a threat to justice everywhere!'

## **INSPIRATIONS BEHIND ZAIRA AND AUTHORSHIP JOURNEY**

Professor VINITA DHONDIYAL BHATNAGAR shares the personal inspirations behind her novel ZAIRA and reflects on her journey from literature scholar to published author

What inspired you to write Zaira? Were there any personal experiences or



time and attention.

The book touches on serious ues like drug trafficking

to really crave that comparison. Dostoevsky doesn't bother with facts as

### **BOOK REVIEW**

A GRIPPING TALE OF AMBITION, THRILLER AND SELF-DISCOVERY

### the idea for this novel?

Zaira was inspired by many events and incidents. I saw a terrible accident on a flyover near my office. The young man was hurled across the parapet and crashed onto the road below. The blood was trickling from his head like a rivulet. This scene has stayed with me and informs one of the most pivotal moments in the plot.

The awareness as a mother and as a college teacher about the vulnerability of our young population also played a part. This is the age of experimentation and exploration, which is fantastic. But they should not fall prey to addictions or to habits that endanger their lives and their futures. This inspired me to write about the cynical. profiteering men who might make a fortune by luring people into consuming drugs.

Can you share your journey as a writer? What were some of the key moments or turning points that led you to become a published author?

I have been studying literature since 1985 and have a Phd in literary studies. So I have a long history of reading. It took guts to jump into writing especially because in my mind I kept comparing myself to the literary greats I had studied. I kept writing and kept getting rejected. Part of the problem was that my characters were not gripping enough. My father passed away in 2010 and his last words to me were not to give up. I am going to keep to that. The publishing industry has changed drastically in the last few years. Maybe my time was now. My editor friend, Kaneez, told me of Book Bakers, my literary agent and they helped place my book.

How do you balance your roles as a professor and a writer? Do you find that your academic work and storytelling complement each other?

In my fantasies I would have well I could imagine what her been a full time writer, locked responses might be in certain up in a room with my circumstances. Rajyawardhan thoughts for company. In is based partially on my reality I am juggling a home, and a job in which I have VIP road in Bhopal and I said seventy young people in a to myself, "This man will be a classroom and they come legend." I think he is on his from far off places and with way to becoming one. I won't distinctive personalities and say more or I might be sued! With Jai I was thinking of the life stories of their own. I now recognise this as strength. It migration of the Sindhis to may give me less time to write Bairagarh near Bhopal after partition. A character carries but it gives me deeper the history of his people and 1 compassion and understanding. I teach hope some of that is reflected communication skills and my in Jai's story. What changed purpose in writing is significantly throughout the primarily to communicate course of the writing was the rather than impress. My book relationship outcome of Jai has been written primarily for and Zaira's story. I was so the type of people I teach. keen to write a romance. Alas!

The characters in Zaira are Zaira is filled with richly detailed and complex. unexpected twists and Can you share your process for developing characters like suspenseful moments. How do you approach plotting a Zaira, Rajyawardhan and Jai? Did any of them change story to maintain tension and keep readers engaged? My professor Malashri Lal significantly from your suggested I start storytelling to initial concept? Thank you! Âs you know live audiences. It's a very characterization is what I have difficult art. Listeners get struggled with the most. So restless and children are your words are a healing balm bound to say "I am bored" to my soul. Frankly, Zaira is when They are bored. That based on a friend of mine who gives my writing urgency. I is like a daughter to me. The don't want to bore you. I don't story is not hers. The want to waste your precious

and personal trauma. What kind of research did you conduct to ensure these aspects were portrayed accurately and sensitively? I didn't do specific research on these topics but I have always stayed aware of these issues in society. I listened to ex-drug addicts speak about the fear of slipping back into the habit and of the humiliating lives they had led when they were in the grip of addiction. I knew a fantastic young man who just slipped away. It makes me sad. It makes me angry. We are letting our younger generations down if character is. I asked her at we don't do enough to protect points "What would you wear and inform them. I was in the to this?"or "What would you process of losing my mother eat? "Since I understood her as I wrote the book. I didn't know it then at a conscious level. But at a subconscious level, something inside me was preparing to let go. That favorite film star. I saw him on rawness, that vulnerability and ache found itself on to the pages Fyodor Dostoevsky works often explore deep psychological and moral

issues. How Has Dostoevsky influenced your writing, particularly in Zaira? Are there specific aspects of his work that resonate with you? During my MPhil days at Delhi University, I attended a seminar course of Russian Literature. (I must tell you the first four years of my life were spent in Russia. They believed then that the only privileged class should be children and I was treated accordingly.) I think I am obsessed with him because my uncle once dismissed somebody else's writing as "He is no Dostoevsky" Since then he has become my standard of good writing!

As a storyteller, are there any elements of Fyodor Dostoevsky's work that have influenced your writing, particularly in Zaira? Ha Ha! I am arrogant enough

find it difficult to add irrelevant details just to enhance the literariness of the language or story. He explores the two radically opposing sides of a character or situation. When I read his morally ambiguous characters I feel "This could be me, I could respond like this in this situation.<sup>\*</sup> I am hoping readers will feel the same way about my work.

You've mentioned that no change is possible unless the story touches the hearts of its readers. How do you ensure your stories have this emotional impact? Even as a teacher I am aware miracles can happen and mountains can move if you can touch the hearts of your students. I do have a worldview, an urgent sense of how I think things should be. If I wrote them in a pamphlet it would be thrown away. So I weave a story. One of my favourite writers just revealed that he cried through the writing of his book. He knew the reader could feel the emotion because he felt it first.That is my greatest challenge. Years of struggling with literacy issues of theme, character, plot and conflict means I have a head first approach. I have to get in touch with my own heart to write. When we communicate heart to heart, we understand each other better. That's all I am going for.

What do you hope readers will feel or think about after finishing Zaira? Is there a particular message or feeling you want to leave them with? I am hoping they will feel energised and empowered. Mistakes happen. So what? Why be afraid of heartbreak and betrayal to an extent where we forget to live? There are possibilities and opportunities all around us. We have a story to live. Let's make it grand!

Zaira is a gripping thriller that blends suspense with societal critique, following a young woman's perilous journey through Bollywood and drug trafficking to uncover the truth behind her idol's death, says SAKSHI PRIYA

AIRA by Prof. Vinita Dhondiyal Bhatnagar is a compelling young adult ✓ thriller that masterfully blends suspense with social commentary. Set against the glamorous backdrop of Bollywood and the dangerous world of drug trafficking, the novel follows the journey of Zaira, an ambitious college student from Bhopal, as she navigates the complex intersection between her dreams of fame and the traditional expectations of her family.

The book introduces key characters like Jai, who provides stability and support to Zaira and Rajvawardhan Singh, Layla's charismatic lover whom Zaira admires. Rajyawardhan's presence adds complexity to

the story, intertwining with Zaira's ambitions and the dangers she faces. Bhatnagar skillfully portrays Zaira's internal conflict as she navigates her relationship with Jai, initially a source of joy and comfort, which becomes a lens for her own desires and aspirations. Jai plays pivotal roles in shaping Zaira's journey, enriching her character development. Rajyawardhan also influences Zaira's decisions, adding depth to the narrative dynamics.

Óne of the most striking aspects of the book is its

exploration of societal pressures and their impact on individuals, especially women. Zaira, initially portrayed as a somewhat naive and idealistic young woman, faces judgment and ridicule from her peers for her choices. The dialogue between Shikma and Deepa, who mock Zaira for her slipping grades and newfound relationship, highlights the harsh scrutiny that women often face. This criticism is not merely about academic performance or personal relationships but is deeply rooted in societal expectations and the pressure to conform to traditional roles.

The book grips you from the first page to the last, urging you to finish it in one sitting as you delve into every character and their stories. Author beautifully portrays Zaira's journey, creating a remarkable reading experience. The subplot involving

Rajyawardhan Singh adds suspense and danger, Zaira's involvement in a dangerous drug trafficking investigation and the subsequent threats to her life bring a sense of urgency and tension. Her time in isolation, grappling with fear and turmoil, showcases her inner strength, particularly in her struggle to maintain sanity and selfawareness.

Bhatnagar's writing is engaging and evocative, drawing readers into Zaira's world from the first page. The pacing is well-managed, balancing the thriller elements of the drug trafficking investigation with moments of introspection and character development. The author's ability to weave together personal growth, suspenseful plot

twists and broader societal issues is commendable. The novel's exploration of the complexities of human relationships and emotions adds depth to the narrative. Zaira's evolving relationships with her family members, her romantic entanglements and her changing perception of Layla (whom she initially idolizes) all contribute to a human connection and growth. ZAIRA is more than just a

thrilling page-turner; it's a profound exploration of personal growth, societal pressure and the quest for justice. Bhatnagar's nuanced

characters, engaging plot and evocative writing create a story that resonates long after the final page is turned. Once you start reading, you'll be eager to finish it in one go, drawn to explore every character and their stories. The book is highly recommended for readers who enjoy emotionally rich narratives combined with cultural authenticity and suspenseful elements. ZAIRA stands out as a remarkable contribution to contemporary Indian literature. It offers a thought-provoking experience that prompts readers to reflect on their own life choices and the societal forces that shape them. Vinita Dhondiyal Bhatnagar has crafted a novel that is both a gripping thriller and a sensitive portrayal of a young woman's journey to self-discovery, making it a must-read for fans of the genre and beyond.

IRA BHATNAGAR INITA DH



### PART OF THE SECRET OF A SUCCESS IN LIFE IS TO EAT WHAT YOU LIKE AND LET THE FOOD FIGHT IT OUT INSIDE — MARK TWAIN

### food 11 July 21, 2024

# LOBSTER LOVE

PAWAN SONI discovers how Delhi is experiencing a culinary renaissance with new venues offering world class ingredients



**PAWAN SONI** Food critic and founder of the Big F Awards

etting high-quality lobster in Delhi can be quite a challenge. This is why I make it a point to attend most crab and lobster festivals in the city, where the freshness and quality of these exquisite sea creatures are guaranteed. I have enjoyed several memorable meals at Shang Palace, Shangri-La Eros Delhi, and the ongoing 'Clawsome Chobster' meal was no exception. This special menu features dishes made with both chicken and lobster, likely to appeal even to those who don't typically enjoy shellfish. We began with a lobster and mango salad, a perfect summer dish. The sweetness of the lobster meat and fresh mangoes, combined with the coconut sauce, was perfectly complemented by the texture of lettuce and the acidity of lemon. For those who enjoy Chongqing chicken with its bullet chili heat, the lobster version is a must-try. The lobster, with its meat still clinging to the shell, is truly a palate pleaser. After tasting this, I wonder if I'll ever enjoy the chicken version as much. The only chicken dish we tried in starters was the bang bang chicken. Coated with panko/breadcrumbs for the

extra crunch for this juicy chicken breast filling, it surely Feeling quite full ugn for the sauce, I missed the mayonnaise starters, we decided to skip the in the dip which is normally



mixed with sweet chilly sauce. In the dim sum selection, we tried the kaffir lime lobster dumplings served with oscietra caviar. Though the kaffir lime flavor was somewhat subdued, these beautifully crafted dumplings were delightful. The lobster and chicken siu mai were expertly made with thin skins and juicy fillings.

included fried rice with lobster, chicken, and egg. Another intriguing option was the Chobster, a whole grilled chicken served with lobster rice. This dish, as our server mentioned, requires about 45 minutes to prepare, so we opted for the chili pepper lobster tail instead. During our meal, Mr. Abhishek

asked about the sourcing of their lobsters, he proudly shared that they are flown in from Canada. I am eagerly anticipating their new festival offerings, which will feature an abundance of lobster, reflecting their commitment to bringing top-quality seafood to India. Shhh... keep this secret between

us. Delhi is experiencing a ingredients. If you love seafood as much as I do, don't miss this special menu, available only until July 21, 2024.

(Author is a food critic and founder of the Big F Awards. He can be reached at Pawan.Soni@indianfoodfreak.com)

Address: Shang Palace, Shangri-La



# A CULINARY COACH

Introducing Capital Diner, a unique restaurant located in a refurbished railway coach, providing travelers and locals with a nostalgic and immersive dining experience at the New Delhi Railway Station

estled within the bustling confines of New Delhi Railway Station lies Capital Diner, an enchanting escape that seamlessly blends the nostalgia of old-world train journeys with the flair of contemporary dining. This

flair of contemporary dining. This innovative restaurant, housed within a meticulously refurbished railway coach, promises an unforgettable culinary experience for travelers and locals alike. Stepping into Capital Diner is equivalent to embarking on a journey through time. Capital Diner offers a unique blend of history, ambiance and exquisite cuisine, making it an ideal spot for travelers and locals alike. Upon entering Capital Diner, guests are transported back in time, as the restaurant's design combines the charm of American diners with the charm of American diners with the luxury of old-world train journeys. The interior, fashioned from a retired Indian Railways coach, exudes an air of elegance and charm reminiscent of the bygone era of train travel. Rich brown vertical stripe wallpaper, evoking memories of the legendary Orient Express, complements plush mallard shade suede booth seating and tasteful mosaic tiling. Soft beige LED lighting strips cast a gentle, starlit glow, enhancing the ambiance with a touch of luxurious warmth. Beyond its captivating aesthetics, Capital Diner delights diners with a diverse menu that celebrates both traditional Indian flavors and international cuisines. From hearty kadhai paneer paired with freshly baked naan to creamy penne tomato pasta with succulent chicken, every dish is crafted with meticulous attention to detail and premium ingredients. Each bits is a witnessed ingredients. Each bite is a witnessed to the culinary expertise of the restaurant's dedicated chefs, ensuring a gastronomic journey that satisfies "We are delighted to introduce Capital Diner, where the romance of



railway travel meets the sophistication of modern dining," shares Mr. Harish Kumar Arora, Founder of Capital Diner. "Our aim is to create a dining experience that not only tantalises the taste buds but also evokes cherished memories of

train journeys past." Capital Diner stands as a testament to innovation in the culinary landscape of New Delhi, offering more than just a meal but an immersive experience that celebrates the cultural heritage of India's railway history. Whether seeking a quick bite before catching a train or a leisurely dining experience amidst the station's vibrant atmosphere, Capital Diner promises an unparalleled fusion of nostalgia and culinary excellence.

culinary excellence. So, next time you find yourself at New Delhi Railway Station, don't just pass through - immerse yourself in the allure of Capital Diner. Indulge in the ambiance, savor the flavours and rediscover the magic of train travel through a dining experience like no other like no other.

### FAST FACTS

Circulating Area, New Delhi Railway Station, Near Ajmeri

carbohydrate dishes, which

the hotel, stopped by, and we exchanged pleasantries. When culinary renaissance, with new venues offering world-class

Connaught Place, New Delhi, Delhi Phone: 011-41191919

Gate, Connaught Place, New Delhi. Hours: 11 AM to 11 PM Price for Two: INR 600 Instagram: @capital.diner

### EMBRACING VEGANISM IN ZURICH

When considering a trip to Switzerland, famous for its chocolate and cheese, you may question if it suits vegans. Yet, surprisingly, Switzerland is an exciting destination for vegans, offering unexpected delights. In Zurich, there are chances to explore innovative sustainable dining options

#### BY **AKANKSHA DEAN**

witzerland pleasantly Surprised me with its vegan options. Local supermarkets carry a variety of vegan products such as plant milk, tofu, lentils, and Swiss vegan brands like New Roots Cheeses and Planted Vegan Meats. The cities like Zurich, Geneva, Lugano, Bern, and Lucerne offer many veganfriendly restaurants listed on Happy Cow. Zurich and Geneva stand out in the vegan scene, but other cities also provide for vegans. Be sure to check food labels for hidden dairy ingredients. Swiss cities feature diverse vegan eateries like Tibits and Hiltl serving global cuisine. Do try the traditional Swiss dish Rösti. During my month-long stay in Zurich following a vegan diet, I discovered the city's vibrant vegan scene, surprising given its reputation for banking and luxury shopping. Haus Hiltl, the world's oldest vegetarian restaurant on Sihlstrasse 28, 8001 Zürich, offers classic dishes like house-made meatballs and rich Bolognese bowls. Guests can enjoy a la carte options or the vegetarian buffet, allowing them to savour various flavours. Hiltl Sihlpost near the main train station offers buffet options for breakfast and other meals. One remarkable aspect of Haus Hiltl is its carefully curated menu, making it a top choice for those with specific dietary needs like gluten-free, nut-free, or soyfree preferences. Discover and savour these top dining destinations in the city.

### **REDIFINING GASTRONOMY**

Zizi Hatab, a Moroccan immigrant raised in a multicultural setting near the Mediterranean coast of Spain, is redefining gastronomy with plants. Despite starting with a background in Spanish fishing gastronomy, Zizi's journey led her to Barcelona for engineering studies, where she balanced hosting dinners in her student dorm with exploring tapas venues. Transitioning to a corporate engineering role in Switzerland, Zizi's passion for cooking persisted. Without professional culinary experience, she boldly approached top Swiss chef Andreas Caminada, securing an internship at his renowned restaurant, Schloss Schauenstein. Returning to Zurich in 2019 to prepare for the launch of her debut restaurant, KLE, Zizi made a bold decision to offer an exclusively plantbased menu and lifestyle. Despite scepticism from various quarters, Zizi remained steadfast in aligning her values with her culinary vision, believing in the transformative power of a plant-based diet and food's ability to connect people. Through KLE, Zizi aims to inspire a change in consumer habits by offering a culinary experience based on love, innovation in plant-based cuisine, and sustainability. Emphasizing locally sourced ingredients and sustainability, Zizi creates a welcoming atmosphere for both her teams and guests, fostering memorable dining encounters. Her pioneering work in plant-based



fine dining at KLE has garnered recognition both locally and internationally, solidifying her influence in the gastronomic realm. Her second establishment, DAR, swiftly became recognized and was highlighted as a top spot by The 50 Best. Particularly noteworthy is DAR being awarded a distinguished Green Michelin Star in 2022. This accolade marks Zizi as the first Swiss vegan chef to attain such an honour, affirming her status among the global culinary leaders. In the same year, Zizi was honoured as one of the 10 emerging chefs influencing the evolution of gastronomy in the 50 Next prestigious list.



### ELEGANT YET APPROACHABLE FINE DINING AT KLE

Located in the vibrant District 3 of Zurich, KLE'S diverse team brings a multicultural flair to Zurich's dining landscape, creating an intimate and welcoming ambiance. An inviting outdoor terrace provides a charming setting for open-air dining when the weather is pleasant. Recently awarded both a green and red Michelin star, KLE stands out as Switzerland's first plant-based restaurant to receive such recognition, a testament to the chef's dedication to culinary excellence. Each dish emphasizes quality ingredients, such as the 'black pearl mushroom' with a

sauce crafted from 25 locally sourced elements like Weggis lemongrass. The house bread, reminiscent of Moroccan buns, served with egg-free aioli made from 'aqua-faba' and Moroccan hummus, along with unique pickled vegetables, showcases the chef's inventive twists on traditional flavours. Sauerklee, a cherished ingredient in various cuisines, highlights KLE's blend of local and global culinary influences, inviting diners to savour a sensory exploration of the chef's culinary heritage.

#### **DAR & IT'S COCKTAIL BAR**

My visit was truly eye-opening. DAR, meaning 'to give' in Spanish, fuses Moroccan and Spanish influences to create a remarkable plant-based dining experience. The menu showcases fresh seasonal vegetables, artisanal bread, and delectable desserts, inviting diners to explore global flavours like salted lemon mustard buns and turmeric-infused roasted beets. Opting for the chef's selection treats guests to a well-curated array of snacks, entrees, and sweets that leave a lasting impression. Reserving ahead is essential for a table at DAR, especially for the popular weekend vegan brunch featuring delightful honeycomb-shaped pancakes. Adjacent, the Cocktail Bar offers sustainably crafted vegan drinks that embody the vibrant tastes of Spain and Morocco. This 'slow fast food concept extends to enjoying homemade vegan burgers while respecting the environment.

DAR's atmosphere celebrates guilt-free pleasures that blend taste, tradition, and ethical dining, offering a truly gratifying experience.

### **PINXTOS AND WINE AT COR**

Cor on Weststrasse is a hidden treasure in the heart of Zurich, offering a cosy atmosphere where wine and tapas are the stars. Zineb and Bernd Vogel's love for Catalan cuisine is evident in the carefully crafted plant-based tapas and pintxos. The wine selection, featuring mainly Spanish and French wines, adds elegance to the experience, promising a diverse culinary journey with each bottle. Savouring delights like stuffed peppers and 'pa amb tomaquet' reveals Cor's dedication to organic, local ingredients. What distinguishes Cor is its innovative wine menu, constantly evolving to complement the diverse menu offerings. Whether for an impromptu aperitif or a relaxed dinner, Cor's charming ambiance and delicious offerings make it a top choice in Zurich's dining scene. A visit to Cor promises a delightful blend of flavours, setting, and warmth that truly elevates the dining experience in Zurich.

AKANKSHA DEAN is an independent food & travel writer, a chef and a catalyst and is the first Indian to have trained at Osteria Francescana, in Modena, Italy, rated as the world's best restaurant in the World's 50 Best Restaurants, in 2016 and 2018 and currently in the Best of The Best Category.



### Faith Changes US - Faith in Something Intrinsically good, something other than Ourselves, something bigger than Ourselves

-Donna Goddard

# tarot 12

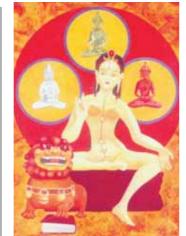
# Y X I So Q M S M S M HEAD



### ARIES March 21-April 19

This week, you possess significant physical and mental strength. Utilize your willpower to overcome challenges. Here are some tips: focus entirely on your goals, seize opportunities, and actively participate to succeed. A journey or trip may be on the horizon. Pay attention to all details before making decisions. Your actions are usually quick, but this week calls for patience and strength. Firm decisions will lead to a more meaningful and stable life. Midweek, domestic issues may require your attention, with discussions around travel, marriage, or property matters. Towards the end of the week, you may receive marriage proposals. Those already in relationships will find their bonds strengthning, with increased intensity bringing you closer. Emotional moments may arise; keep them in check.

Lucky number 3 | Lucky colour Coral Lucky day Wednesday



### LEO July 23-Aug 22

Now is the time to engage in discussions and seek equilibrium. Refreshing your energies is essential for achieving mental clarity and tranquility. Challenges may surface, such as relationship strains, financial worries, or minor health concerns. You may experience confusion and uncertainty, leading to a feeling of bewilderment. It's important to address emotional, domestic, and health issues with renewed focus, especially in matters such as reconciling estranged relationships or navigating separations. Liberating your mind from entrenched beliefs and barriers is crucial for embracing new opportunities. During unfavorable periods, it's wise to allow time to unfold naturally while preparing for future opportunities to maximize benefits. This approach will help you navigate through difficult phases with resilience and lay a solid foundation for success in more promising times.

Lucky number 14 | Lucky colour Peach Lucky day Saturday

This week promises a rich sense of emotional fulfillment.

You may find yourself reconnecting with loved ones from

your past, nurturing bonds that have stood the test of

professional role. Harness your creative energies this

week, as they are peaking and could lead to significant

achievements. Midweek brings recognition for your recent

efforts, enhancing your sense of accomplishment. You'll notice an expansive outlook positively impacting your

opportunity may arise, alongside a burst of inspiration to

launch a new project. This could set the stage for future success. Overall, the week holds promise for professional

decisions. As the week closes, a new employment

growth, fulfilling travel, and joyful connections.

Lucky number 11 | Lucky colour Blue

LIBRA Sep 23-Oct 22

Lucky day Wednesday

time. Expect a dynamic period ahead, with the possibility

of embarking on an international journey related to a fresh

VIRGO Aug 23-Sep 22

### TAURUS April 20-May 20

This week begins on a high note with a clear understanding of both personal and professional landscapes, allowing for efficient and effective action. You exhibit strong leadership and a robust self-confidence, positioning yourself as a source of inspiration and a driving force for many. As the week progresses, you'll find yourself at the heart of familial warmth and affection, playing a pivotal role in deepening bonds among loved ones. A long-held wish may see fruition during this time, bringing your efforts into the spotlight and garnering appreciation. However, as the week closes, be prepared for some internal conflicts as cherished beliefs and established methods may need reevaluation. This could pertain to personal habits or professional approaches. Embrace flexibility and consider thoughtful changes to ensure continued progress.

Lucky number 7 | Lucky colour Pink Lucky day Sunday



### GEMINI May 21-June 20

Your persistent efforts are about to pay off, manifesting as tangible successes. You have a profound sense of stability and security, which reflects in your demeanor, professional endeavors, and interpersonal relationships. Your innovative spirit and enthusiasm for your work empower you to master your environment. Those around you, including peers and team members, appreciate your sincerity and commitment to collective well-being. You radiate positivity and skillfully navigate challenges through informed decisions, leaning on historical precedents and strategic negotiation. Professionals in advisory roles excel during this time, harnessing their strength, discipline, and accumulated wisdom. With your dedication, self-assurance, and solid foundation, you are well-positioned to succeed. This is an excellent time to maximize your capabilities and achieve

Lucky number 10 | Lucky colour Lemon Lucky day Monday



#### Currently, you're encountering a challenging phase where vital aspects of your existence demand urgent attention and a balanced approach. As the week progresses, you might find yourself feeling disengaged and desiring a break from the hustle, prioritizing personal needs over others. It's important to value your current blessings and concentrate on savoring the here and now. Your progress in various areas might seem stalled, potentially leading to a sense of confusion. Beware of negative influences from those around you, and be proactive to counteract their effects. Be cautious with new romantic or professional offers this week as they could lead to complications. Though times seem tough, it's not the end. Strive for equilibrium and unity in your actions and relationships.

Lucky number 6 | Lucky colour Orange Lucky day Tuesday

### SCORPIO Oct 23-Nov 21

This week heralds a period of fruitful outcomes and vibrant energy. You may find yourself yearning for advanced learning opportunities, with prospects from abroad presenting themselves enticingly. Despite the fierce competition, your perseverance and

### SAGITTARIUS Nov 22-Dec 21

This week presents a notable period of achievement both at home and in your professional life, as favorable circumstances align to support your endeavors. Any project you undertake is likely to succeed effortlessly. Consider making significant decisions related to family or real estate during this time. You'll find yourself in a position of influence and leadership, recognized for your ability to manage and inspire. Your natural charisma ensures that others are receptive to your ideas. Engagements in meetings, networking, and partnerships are particularly advantageous, leading to positive outcomes. Your ability to leverage the strengths of those around you shines, driven by your insight and magnanimity. As the week concludes, you'll experience a sense of substantial personal and business growth. A thoughtful discussion with elders could be beneficial, enhancing family dynamics.

Lucky number 1 | Lucky colour Grey Lucky day Monday

### **CAPRICORN** Dec 22-Jan 19

This week promises a significant shift in your daily routine, possibly affecting either your professional environment or personal life. You may find yourself moving to a favored location or adapting to a new role. As you anticipate these changes, you'll find your thoughts deeply engaged in planning for what lies ahead. By midweek, take a moment to appreciate the abundance life offers, as your well-being and satisfaction contribute to your allure and positive demeanor. Achieving a balance between a joyful home and fulfilling work life reflects your resilience and determination. Your steadfastness in facing challenges has set the stage for you to enjoy the rewards of your efforts. Embrace this period as an opportunity for growth and self-reflection, leading to deeper insights and personal development.

Lucky number 4 | Lucky colour Brown Lucky day Saturday

### AQUARIUS Jan 20-Feb 18



This week heralds a burst of inspiration and the potential for a spiritual renaissance. Harnessing this dynamic surge creatively could yield significant achievements. However, prudence is advised as your actions will come under scrutiny, potentially leading to complications. It's wise to monitor your actions closely. The outcomes of your recent and past efforts are shaping your future prospects, aligning with the principles of karma. A significant triumph may be on the horizon, rewarding your justified endeavors. Should you encounter any legal challenges, they are likely to resolve favorably. A deep sense of thankfulness for the blessings in your life will pervade, culminating in celebratory gatherings with loved ones towards the week's end. You'll find yourself invigorated and exuberantly connected with those around you.

Lucky number 12 | Lucky colour Magenta Lucky day Wednesday

PISCES Feb 19-March 20

#### This week promises to be enjoyable with a positive start and finish. Expect harmony and joy within the family sphere. Relationships, both romantic and platonic, are likely to thrive alongside comfortable living conditions. Children



### CANCER June 21-July 22

This week, there is a notable surge in impulsive behavior and a tendency to rush decisions, which could lead to chaos and loss of control. It's essential to manage your emotions and reflect deeply on your challenges. You might feel compelled to distance yourself from your current environment, possibly through a quickly organized trip. Be prepared for unexpected disagreements that could arise. Now is not the optimum period to initiate new ventures. You will overcome various challenges, whether they are mental, physical, emotional, or spiritual As the week closes, you'll likely turn towards spiritual growth, finding answers and peace through reflective practices. Engaging in spiritual rituals and acts of kindness will provide you with great comfort and grounding.





Lucky number 20 | Lucky colour Lavender Lucky day Thursday tenacity will see you through successfully. Your professional life might require relocation or travel, but this shift promises to align with your broader ambitions and prove beneficial. Exercise caution in interactions with colleagues to avoid unnecessary disputes. Overall, this week is exceptionally favorable for both your career and personal relationships. Your innate potential and creativity are at a peak—harness these qualities to maximize every opportunity. Additionally, your personal life could see significant growth or a joyful addition. A sense of renewed purpose may invigorate your pursuits, leading you toward exciting and innovative ventures.

Om – The Shabda Brahman

Lucky number 2 | Lucky colour Mint Lucky day Friday



will experience success, and longstanding matters, particularly those related to family assets, are poised to reach favorable resolutions. However, potential disagreements with colleagues might arise. Facing these challenges with constructive strategies will be key. Your patience and wise handling of differing viewpoints will help navigate any tensions smoothly. As the week concludes, you'll discover effective solutions to your concerns, paving the way for new opportunities. With confidence in your capabilities and a persistent positive outlook, you're set to triumph over the week's challenges. Enjoy the week!

Lucky number 9 | Lucky colour Teal Lucky day Sunday

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### ASTROTURF BHARAT BHUSHAN PADMADEO

doday is Guru Purnima, dedicated to the torch bearer in one's life the Guru - in the annular Hindu calendar. Heartfelt salutation to my revered Guru on this solemn occasion. For, he in his own ingenious ways helped me rise over the limitations of mind and emotion, expand my vision, making me worth serving as guiding spirit to many. Also, I greet other Gurus who have been enlightening their disciples. The importance of the word: 'Guru' is hidden in its very construct. Guru is made of two syllables - 'Gu' meaning darkness/ignorance and 'Ru' implies light. Guru, thus, is the one who enlightens to remove

darkness/ignorance. Here, it is important to understand the difference between a teacher and a Guru. Teacher is academically aware of a particular subject or discipline, which he carries forward to the students. Guru, on the other hand, who through his intense sadhana, gets over the limitations of mind and emotions, whence he has access to the whole landscape of mind, which knows no limits. He then explores and realises the truths of life – both eternal, which includes even subtle realities operative at unseen level, and living realities of life. Only such realised masters could intuitively comprehend the soundless sound Om. Now coming back to the subject matter under discussion since the previous issue, we have seen why the sound note Om is also termed as Shabda-Brahman. Shabda in Sanskrit means word - both written and as heard. The word Brahman here means the primal-source and effective cause of all creations.

The Shabda-Brahman concept is laid down in the Vedas as: **Prajapatirvai idam-asit Tasya Vagdwitiya asit Vagvai paramam Brahman** 

In the beginning was Prajapati which is another name assigned to the source and effective cause of all creations. The word Prajapati is made of two words: Praja and Pati, respectively meaning the subjects and their lord, the two when combined means lord of all creations. The word came second – spoken of as second because it was first potentially in and then emerged as the evident power from Him. The word is that ultimate Brahman.

### 

This finds resonance even in the Biblical scripture, the fourth Gospel: "In the beginning was the Word; and the Word was with God; and the Word was God". The 'Om?' symbol, as we see, is written as the Hindi letter ' $\vec{\Im}$ ' ( $\vec{U}$ ) towards its main body. On top of it is placed a crescent having a dot within, which is spoken of as Hindi letter 'm?'. The

crescent sign with the dot within symbolises particular action or the stirring at the primal source. The main body - ऊँ ' $(\overline{U})$  reflects what followed thereafter, which eventually culminated in the manifest plural world of name and form.

Supposedly following Pranava (causal stress) at the primal source, arose Nada

(sound). The crescent here symbolises the arousal of causal stress. When the causal-stress gathered up and gravitated further, energy streams got released with a bang. Here, the dot within the crescent has two-fold implications. First, it symbolises the dense singular source where from the world process took off. Second, it symbolises centralisation of causal stress and issuance of energy streams there from. The second part, 'Å' (U) symbolises the manifest energy as the world experience.

A question will naturally arise in curious human mind: "Why and how the scope for causal-stress at the primalsource, believed to be originally in equilibrated state?" The dictionary meaning describes 'stress', as a system of forces applied to a body. Evidently, when two things attract or distract each other, will lead to stress (the resulting force arising thereof). It is therefore possible that mutual attraction/distraction amongst energy particles constituting the primal source,

hitherto in equilibrated state, would be subject to stress. This phenomenon being the self-activated cause of all further actions in the world process is termed as causal stress. This, when gathered momentum, and got centralised, found issuance of forces with a roaring 'Hum' sound. Here, a mention about the state of atom, seemingly inactive, becomes imperative to make things clear. At the centre of an atom lies the positively charged nucleus, which apparently remains in an inactive state. Negatively charged electrons circle around the nucleus. The bonding energy between the two provides stability to the atom. If the bonding energy gets any way disturbed, the atom releases enormous energy. Similarly, it is very well possible that stress arising out of mutual attraction amongst the energy particles constituting the primal source would have disturbed the bonding energy, which had earlier held these particles in equilibrated state. The issue continues.....

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