

AKHAND BHARAT SANDESH

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MORNING EDITION PRAYAGRAJ

Saturday, 01 August, 2026

UNIQUE GIFT OF KRIYAYOGA ASHRAM AND RESEARCH INSTITUTE TO GIVE IMPETUS TO WORLD BUILDING AND HUMAN DEVELOPMENT.

Lok Sabha Clears Birth & Death Registration Bill

Registration Amendment Bill Passed Despite Ruckus

New Delhi

On the 10th day of the monsoon session of Parliament, the opposition caused a violent commotion in both the Houses. The opposition has been demanding discussion on the alleged police action against students during the Parliament march on July 20 and accountability from Union Home Minister Amit Shah. However, in the meantime, the Lok Sabha passed the Birth and Death Registration (Amendment) Bill. The bill was passed without any discussion. After the



House resumed at 12 noon, the bill was presented for discussion and approval under the chairmanship of BJP MP Dilip Saikia. It was passed by a sound vote amid shouts from opposition lawmakers. Meanwhile, several

opposition MPs reached the middle of the House and demanded Home Minister Amit Shah's presence in the House. What did Rijiju say about the opposition? Parliamentary Affairs Minister Kiren

Govt Sends Message on Paper Leak Law

New Delhi.

Parliamentary Executive Minister Kiren Rijiju told the media at his residence today after the passage of the 'Public Examination (Prevention of Inappropriate Means) Amendment Bill, 2026'

Rijiju expressed disappointment at the opposition for not taking part in the discussion. He said the government wanted to discuss this important bill. Rijiju said it was

that the problem of examination papers will be resolved. The bill has been passed with the support of the majority of MPs. He said that no one really opposed the law and that those who disagreed were for political reasons.

unfortunate. This should not happen again in the future. Those who have sent you Parliament will demand an answer from you. He appealed to opposition lawmakers to

take part in discussions on bills in the future, not to disrupt the proceedings of the House. Dilip Saikia also said that it was unfortunate that the bill was passed without the cooperation of the opposition. Immediately after the bill was passed, the House was adjourned for the whole day. What are the changes in the bill? The Bill amends certain provisions of the Birth and Death Registration Act. Its purpose is to promote the recording of information on the timing of important events such as births and deaths.

Cabinet Gives Nod to Farmer, Sports and Energy Initiatives

New Delhi

The Union Cabinet on Friday approved the Pradhan Mantri Surya Sarovar Scheme, PM-Kisan Scheme, 'Samudra Manthan' Scheme and the Revised Sports India and ANSF Schemes. The proposals were approved today under the chairmanship of Prime Minister Narendra Modi.

Union Minister Ashwini Vaishnav informed that the Cabinet has given approval to Prime Minister Surya Sarovar Yojana (PM-SSY) with a total budget outlay of Rs 5,070 crore. The scheme aims to develop a 5,000 MW floating solar PV project with energy storage systems with a minimum storage capacity of



10,000 MW. The PM-Kisan scheme will continue till 2030-31. A total of Rs 3.15 lakh crore has been allocated for this purpose. More than Rs 4.47 lakh crore has been transferred directly to the farmers under the scheme. The Cabinet has approved the National Offshore Exploration Scheme. An approved expenditure of Rs 84,084 crore has been earmarked for implementation till FY 2030-31.

Nine Killed in Bhiwandi Building Collapse



Mumbai

Nine people have been killed in a sudden collapse of the Charmanjila Building (Kohinoor Apartment) at Balaji Nagar-Gangaramwari in Bhiwandi's Thane district of Maharashtra. Many people are suspected of being trapped in the wreckage. Thane district deputy collector Sandeep Mane said on Friday that all the bodies could not be identified yet. The bodies have been sent to Indira Gandhi Hospital. Search is underway for others trapped in the wreckage. It was learned that the fire brigade of the municipality had difficulty in starting relief work due to the narrow streets. With the help of the

JCB, an old moat located on the first road was removed, after which the rescue operation could be launched. The teams of National Disaster Response Force (NDRF), Thane Disaster Response Force (TDRF) got the opportunity lately and worked together with several agencies along with the local fire brigade to provide relief. A dog squad, four fire engines, two ambulances and heavy earth-moving machinery have been deployed at the scene. Bhiwandi Municipal Corporation Assistant Arvind Ghogre said that the construction of the Kohinoor apartment was started in The building.



President, Vice President and other leaders congratulated the Indian medal winners of the Glasgow Commonwealth Games 2026 today.

BJP spokesperson Shahzad Poonawala resigns

New Delhi. Bharatiya Janata Party (BJP) national spokesperson Shahzad Poonawala has resigned from the party's primary membership. He has given personal reasons for his resignation. There has been no official response from the party on his resignation. Shahzad Poonawala has been a known face of Indian politics. He was formerly in the Congress party. In 2017, he had raised questions about the process of election for the post.

Raipur Chhattisgarh Chief Minister Vishnu Dev Sai on Friday met Union Minister Jyotiraditya Scindia at Sanchar Bhawan in New Delhi. Important issues related to expansion were discussed in detail. Chief Minister Sai specifically proposed 5,000,000 rupees under Digital Bharat Nidhi Yojana to ensure availability of uninterrupted mobile and internet services in remote, tribal, border

New Delhi

Delhi Chief Minister Rekha Gupta on Friday launched the Delhi government's ambitious 'Vidya Vahini' scheme at a function held at the Sports Complex in East Vinod Nagar. On this occasion, in the presence of Delhi BJP State President and Union Minister of State Harsh Malhotra and Delhi Government Education Minister Ashish Sood, Cycles were distributed.



On this occasion, Chief Minister Rekha Gupta had an intimate dialogue with the students, learned about their studies, future plans and dreams and urged

them to pursue their education with full confidence and dedication. Kia. The Chief Minister appreciated the talent and affection of the students and

wished them a bright future. The Chief Minister said that today's program is a celebration of our collective determination to honor women's power and empower every daughter through education. She said that Prime Minister Narendra Modi has placed women-led development at the center in building a developed India and considers education as the most effective means of women empowerment.

CM Sai Pushes for Better Mobile Connectivity



and remote areas of the state. requested to provide. The state government is working with commitment to take Prime Minister Narendra Modi's Digital India resolution to the last village and last person in Chhattisgarh.

Taslima Returns to Kolkata After Two Decades

Kolkata

Famous Bangladeshi writer Taslima Nasreen arrived in Kolkata on Friday after nearly 19 years. His plane landed at Netaji Subhash Chandra Bose International Airport in Damdam at around 12:50 pm. There, he was given a traditional welcome with Shankhbadhwani and Uludhwani. Arriving in a white-red-edged sari, Taslima expressed happiness as she stepped on the ground of Kolkata, "It feels very good." A



few hours before leaving for Kolkata, Taslima had shared a post on social media platform X. She started her journey towards Kolkata this morning. This is a literary conference organized by the Secular Mission and HRBFF. Shubhendu Adhikari may also be present.

Delhi Riots: Tahir Hussain, Four Others Get Life Imprisonment

New Delhi

A court has sentenced four other convicts, including former Aam Aadmi Party (AAP) councillor Tahir Hussain, in the Karkarduma court in the murder of IB officer Ankit Sharma during the Delhi riots. The court sentenced the five convicts, Tahir Hussain, Nazeer, Asim, Javed and Anas to life imprisonment. Ankit was murdered in 2020 during riots in northeast Delhi. Additional Sessions Judge Praveen Singh convicted Hussain under Sections 188, 153A, 147, 148, 149, 365 and 302 of the IPC. Though he was



acquitted under Sections 120B and 129 of IPC. Ankit Sharma's body found in drain: Apart from Tahir Hussain, Nazeer, Asim, Javed and Anas, three other accused in the case got bail. Hussain's bail petition was dismissed by the High Court in September

last year. The case is related to an FIR registered at Dayalpur police station. An FIR was registered on the basis of a complaint by Ankit's father. When his son went missing during the riots, he filed a missing persons report. Ankit's body was later recovered

from a drain. He was then taken to GTB Hospital where he was pronounced dead. What was the case: In the year 2020, after the violence between the supporters of the Citizenship Amendment Act and the protesters on February 24, 2020, communal clashes in north-east Delhi led to 3 deaths, at least Many were injured. Meanwhile, when Ankit Sharma was urging the accused to calm down and not take the law into their hands. He was then caught and after taking his body was thrown into a drain. What did the father register in the

FIR?: Ankit Sharma, son of the complainant, who is an officer in the intelligence bureau. He had left home at about five o'clock that evening to buy groceries and household items. However, after several hours he did not return home. His body was later found in a drain near Chand Bagh Pulia. He had deep wounds from sharp weapons on his head, face, chest, back and waist. The complainant had filed a FIR naming Tahir Hussain and his accomplices as the accused for the murder of his son. Post-mortem report mentioned.

Cauvery water dispute: Protests across Karnataka

Bengaluru

Farmers across arnataka protest against Cauvery Water Management Authority (CWMA) order to release water from Cauvery River to Tamil Nadu for 15 days It has happened. Protests continue in several districts including Mandya. Pro-Kannada organizations have called for a state-wide Karnataka bandh on August 13 from 6 am to 6 pm. Although Chief Minister D.K. Shivkumar has appealed for the withdrawal of the bandh. Farmers and vari-



ous Kannada organizations blocked the Bengaluru-Mysore highway in KRS area of Srirangpattan taluk of Mandya district. The protesters protested by lying on the road, staged half-naked demonstrations and demanded that the state government not

leave water to Tamil Nadu while trying to burn tires. The Kaveri movement has also received support from the Kannada film industry. Karnataka Film Chamber of Commerce President said she would stand with the film industry movement.

'Pink' tickets to remain valid till Aug 15 as Delhi pushes Smart Card rollout deadline to Aug 16

New Delhi

The Delhi government has extended the deadline for mandatory use of the Pink Saheli Smart Card (National Common Mobility Card) for free bus travel by women to August 16, allowing commuters to continue using the existing pink ticket system until August 15, officials said on Friday. The move comes a day before the earlier deadline of August 1, which would have made the smart card compulsory for women to avail the free travel scheme in Delhi. Transport Corporation (DTC) and Delhi Transport Department buses. In an official statement, the Transport Department said conductors will continue issuing pink tickets till August 15 to ensure that eligible women are not inconvenienced during the transition to the smart card-based system. The department said women will be able to travel free using the



existing pink tickets during the extended period, while the Pink Saheli Smart Card (NCMC) will become mandatory from August 16.

Transport Minister Pankaj Kumar Singh said the extension was aimed at ensuring a smooth transition to the new system and urged women commuters to obtain the smart cards before the revised deadline. Officials have been directed to intensify awareness campaigns through bus depots, onboard announcements, social media and other platforms, besides assisting eligible women in obtaining the cards.

They have also been instructed to ensure that

no woman commuter is denied the free travel facility under the existing arrangement until August 15, the statement said.

According to official figures, 17,04,042 Pink Saheli Smart Cards have been issued as of July 31.

The Delhi government had on July 10 announced that the Pink Saheli Smart Card would replace the pink paper tickets for availing the free travel scheme from August 1. The card is based on the National Common Mobility Card (NCMC) platform and is intended to digitise the beneficiary verification process while reducing dependence on paper tickets.

SC stays arrest of former TN Minister Balaji in TASMACH corruption case

New Delhi

The Supreme Court on Friday stayed the arrest of former Tamil Nadu Minister and present DMK MLA V Senthil Balaji in an alleged corruption case registered by the Tamil Nadu Directorate of Vigilance and Anti-Corruption (DVAC) in connection with irregularities reportedly in the functioning of the Tamil Nadu State Marketing Corporation (TASMAC). A bench comprising Chief Justice of India Surya Kant and Justice Joymalya Bagchi passed the interim order while hearing Balaji's plea challenging the Madras High Court's dismissal of his anticipa-



tory bail application.

The court made the protection from arrest conditional on Balaji cooperating with the investigation. It also directed him to surrender his passport and restrained him from influencing witnesses or tampering with evidence. The Madras High Court had

earlier dismissed his anticipatory bail plea in the fresh case registered by the DVAC in connection with the alleged TASMACH scam. The DVAC registered the case against Balaji and six others on Wednesday, alleging irregularities in liquor procurement.

Trade agreement with US to be finalised once clear advantage secured for domestic exporters: Goyal

New Delhi

Commerce and Industry Minister Piyush Goyal said India will finalise the trade agreement with the US only if it secures a clear advantage for domestic exporters over competing nations. He stressed that New Delhi is not working against any deadline and will not enter into an

agreement unless it serves India's long-term economic interests. He said every free trade agreement must create meaningful opportunities for Indian businesses, improve market access and enhance the country's competitiveness in overseas markets. According to the minister, trade negotiations are guided

by national interest rather than timelines. Addressing the media on the sidelines of an event, he said the first tranche of the proposed India-US Bilateral Trade Agreement (BTA) is ready to come into effect once the United States ensures India enjoys a comparative advantage over competing.

Indian Railways successfully transports India's first live donor heart by train



New Delhi

Indian Railways has achieved a historic milestone in the field of healthcare by successfully transporting a live donor heart by train for the first time in India. The life-saving organ was transported from Surat to Ahmedabad aboard Train Number 20901 Mumbai Central-Gandhinagar Capital Vande Bharat Express, ensuring its safe and timely arrival for transplantation at the UN Mehta Institute of Cardiology and Research Centre, Ahmedabad. The landmark mission showcased the speed, punctuality and reliability of Vande Bharat Express while highlighting the growing role of Indian Railways in supporting critical healthcare services and emergency medical transportation. "Given the highly time-sensitive nature of organ transplantation, the operation required meticulous planning and seamless coordination among Indian Railways, the Railway Protection Force (RPF), Gujarat State Police and medical teams," the Ministry of Railways said on Friday. Every stage of the transportation was carefully synchronised to ensure that the donor heart reached the recipient hospital within the prescribed viability window. A dedicated Green Corridor was created from Platform Number 1 of Ahmedabad Railway Station to the UN Mehta Institute of Cardiology and Research Centre by the Railway Protection Force and Gujarat State Police, enabling uninterrupted movement of the donor heart and ensuring that the transplant procedure could commence without delay.

CAQM extends deadline for industries to meet stricter emission norms in Delhi-NCR

New Delhi

The Commission for Air Quality Management (CAQM) has extended the deadline for industries in Delhi-NCR to comply with stricter particulate matter (PM) emission standards, giving medium and large units an additional two months to meet the revised norms, according to an order dated July 30. The revised PM emission limit of 50 mg/Nm³, which was earlier scheduled to come into force for medium and large industries from August 1, 2026, will now apply to all covered industries from October 1, 2026, the order said. The deadline for the remaining industries remains unchanged at October 1. The relaxation follows recommendations from the Central



Pollution Control Board (CPCB) and representations from industry bodies seeking more time to comply with the new standards, officials said. According to the order, industries cited higher financial costs in the prevailing geopolitical

scenario, long procurement timelines for Air Pollution Control Devices (APCDs), a shortage of agencies to assess pollution-control equipment, and limited availability of recognised laboratories for compliance testing as key rea-

sons for the delay.

The Commission said it had examined the submissions and decided to grant a limited extension to facilitate "effective and uniform compliance" without compromising the objective of reducing industrial emissions. It maintained that the revised PM emission standard of 50 mg/Nm³ remains "technically feasible and environmentally necessary." The stricter norms, notified through CAQM Direction No. 98 issued on February 20, apply to 17 categories of highly polluting industries, including red-category medium and large industries, food and food processing units, textile industries with boilers or thermic fluid heaters, and metal industries.

SC dissolves Omar Abdullah's marriage with Payal Abdullah after estranged couple reaches settlement

New Delhi

The Supreme Court on Friday dissolved the marriage between Jammu and Kashmir Chief Minister Omar Abdullah and his wife, Payal Abdullah, after being informed that the estranged couple had resolved their matrimonial disputes. Senior advocate Kapil Sibal, appearing for Omar Abdullah, submitted, "Both of them have embraced freedom. It's all settled. Lordships may grant divorce. All other matters will be withdrawn." A Bench of

Justices Pamidighantam Sri Narasimha and Alok Aradhe responded, "That's good. We will dispose it of on those terms." On August 30, 2024, the Supreme Court had directed Omar Abdullah and his estranged wife, Payal Abdullah, to undergo mediation at the Supreme Court Mediation Centre in an attempt to resolve their disputes. A Bench of Justice Sudhanshu Dhulia (since retired) and Ahsanuddin Amanullah had directed Omar Abdullah and Payal

Abdullah to jointly appear before the Supreme Court Mediation Centre for settlement of their disputes. The matrimonial dispute between Omar Abdullah and Payal Abdullah was referred to mediation after senior advocate Shyam Divan, appearing for Payal Abdullah, suggested that mediation should be attempted once. However, senior advocate Kapil Sibal, appearing for Omar Abdullah, had submitted that the purpose of mediation should be to resolve the disputes.

Abhishek Banerjee Targets Centre Over Alleged Odisha Exam Leak, Says Students' Futures Being Jeopardised

New Delhi

Trinamool Congress national general secretary and MP Abhishek Banerjee on Friday criticised the BJP-led Centre over the reported paper leak in the Odisha PG Medical Examination, alleging that repeated examination leaks have become the hallmark of the government's education system and are undermining the future of millions of students. In a post on his WhatsApp channel, Banerjee cited the reported Odisha examination controversy alongside the earlier NEET row, accusing the Centre of repeatedly failing to protect the credibility of competitive examinations. "LUDICROUS! Yesterday it was NEET. Today it's the Odisha PG Medical Exam. Tomorrow it'll be another



exam," Banerjee exclaimed. Claiming that examination leaks had become commonplace under the BJP government, he said, "PAPER LEAKS are no longer an exception—they have become THE DEFINING FEATURE OF THE BJP GOVERNMENT'S EDUCATION SYSTEM."

The Trinamool Congress leader said every paper leak dealt a severe blow to students who devote years of hard work to preparing for competitive examinations, while also placing immense emotional

and financial strain on their families. "Every leak shatters the dreams of lakhs of students who spend months, even years, burning the midnight oil. Behind every compromised exam is a student battling stress, anxiety, uncertainty and an entire family making sacrifices in the hope of a better future," he said. Questioning the government's ability to safeguard the education system, Banerjee added, "A government that cannot protect the integrity of examinations cannot claim to protect the future of India's youth."

'Barbarity was nauseating and sickening': Court gives life term to Tahir Hussain in Ankit Sharma murder

New Delhi

Six years after Intelligence Bureau (IB) officer Ankit Sharma was brutally killed during the 2020 northeast Delhi riots, a Delhi court on Friday sentenced former Aam Aadmi Party (AAP) councillor Tahir Hussain and four others to life imprisonment, observing that "the barbarity with which this horrendous crime was committed, is nauseating and sickening," while ruling that the convicts were not beyond reformation and therefore did not deserve the death penalty.



Additional Sessions Judge Praveen Singh of the Karkardooma Court sentenced Hussain along with Nazir, Asim, Javed, and Anas after convicting them of murder and other offences under the Indian Penal Code, including rioting, promoting enmity between groups, unlawful assem-

bly, kidnapping, and disobedience of prohibitory orders.

Rejecting the Delhi Police's plea for capital punishment, the court ruled that although the murder was exceptionally brutal, the prosecution had failed to establish that the convicts were beyond reform.

Describing the circumstances surrounding Sharma's death, the court said, "The savagery did not end there. Instead, the body was strapped like an animal, as if the hatred has still not satiated. The body was then thrown into the nallah (drain). The barbarity with which this horrendous crime was committed, is nauseating and sickening. Therefore, this is an aggravating circumstance of immense magnitude... The crime test, thus, tilts the case towards the rarest of rare cases," the court

said. However, while acknowledging the gravity of the offence, the judge held that the evidence did not justify imposing the death sentence. "It has also not been shown that any of the convicts previously were involved in any violent crime. The conduct of convicts, Tahir Hussain, Nazir, Asim, Javed, and Anas, while in custody, except for minor infractions, has been entirely satisfactory. This indicates that they can be disciplined and made to follow rules," the court observed.

Delhi sees light rain, thunderstorms; IMD forecasts wet spell till Aug 6

New Delhi

Delhi witnessed very light to light rainfall accompanied by thunderstorms and lightning at many places on Friday, while temperatures remained slightly above normal during the day. The India Meteorological

Department (IMD) has forecast generally cloudy skies and intermittent rain across the national capital over the next week, with light to moderate showers expected to continue till August 6. According to the IMD, there was no significant change in min-

imum temperatures, while maximum temperatures rose by 1-2 degrees Celsius over the past 24 hours. Across Delhi, minimum temperatures ranged between 23°C and 27°C, while maximum temperatures were between 35°C and 36°C.

At Safdarjung, the city's base observatory, the maximum temperature settled at 35.8°C, 1.4 degrees above normal, while the minimum temperature was 27.2°C, close to normal. The station recorded 3.3 mm of rainfall during the 24-

hour period ending at 8:30 a.m., with an equal amount recorded during the daytime observation period. Relative humidity fluctuated between 62 per cent and 91 per cent, while northeasterly winds of around 15 kmph prevailed.

Guru Purnima festival at Kriyayoga Ashram, gathering of seekers from more than 50 countries

Crowd of devotees at Kriya Yoga Ashram in Jhunsi, Long queues for darshan of Gurudev Swami Shri Yogi Satyam Ji Maharaj from home and abroad



Akhand Bharat Sandesh

Prayagraj. Guru Purnima Festival was celebrated with faith, devotion and spiritual joy at Kriya Yoga Ashram on Mahatma Gandhi Marg. The program began by lighting the lamp, during the program taking the blessings of Gurudev many such seekers who presented their talents to the Guru in the program He also explained the exchange. The presence of foreign seekers from more than 50 countries including India has given the Guru Purnima event an international appearance. Large numbers of devotees from many major cities of the country also arrived at the ashram. During Guru Purnima Festival, crowds of seekers are gathering in the ashram premises since morning.



appeared standing in Qatar. The entire ashram premises was filled with an atmosphere of devotion, sadhana and guru worship. According to the organ-



izers, seekers from home and abroad are participating in kriya yoga sadhana, meditation and spiritual programmes. The ashram is specially decorated and extensive arrangements have been made for the convenience of the devotees. On this occasion of Guru Purnima, Jhunsi Kriya Yoga Ashram has become a major center of spiritual faith, where thousands of devotees are expressing their devotion towards the Guru and earning meritorious benefits. Guru Purnima Festival was broadcast live through YouTube so that seekers from many countries could register their presence on YouTube, and foreign seekers from this country could reach the ashram through Kriyayoga. India, Brazil, Singapore, USA, Canada, Mexico, Argentina, Chile, Peru, Colombia, United Kingdom, France, Germany, Italy, Spain, Portugal, Netherlands, Belgium, Switzerland, Ukraine, Poland, Sweden, Norway, Denmark, Finland, Ireland, Greece, Turkey, China, Japan, South Korea, North Korea, Thailand, Malaysia, Indonesia, Vietnam, Sri Lanka, Nepal, Philippines, Pakistan, Afghanistan, UAE, Saudi Arabia, Qatar, Australia, New Zealand.

Innocent killed by huge animal bite while playing

Akhand Bharat Sandesh

Korav. A one-and-a-half-year-old child was bitten by a huge animal while playing on a well in Mahuli village of the local police station on Friday evening. The family took him to a private hospital and then reached CHC Koraon where doctors declared him dead. The incident caused a lot of trouble among the relatives. Vaibhav, one and a half-year-old son of Buddharam of Mahuli village, was playing in the well outside the house on Friday



evening. Meanwhile, a poisonous animal hid there and bit him. When the relatives arrived on the occasion of the child's crying, they showed bite marks of some animal on his body. Relatives in Anan-Fanan took him to a private hospi-

tal in Koraon for treatment. As soon as they heard the news of their son's death, the relatives became angry. Police rushed to the hospital and took necessary action and took the body into custody and sent it for post-mortem.

Tractor overturns, driver injured while plowing

Akhand Bharat Sandesh

Korav. A tractor overturned while plowing a field in Pachera village of Korav police station area on Friday afternoon. In this disaster, the tractor driver was trapped between the cultivator and the seat, which the villagers pulled out after a stiff struggle. The driver has been admitted to a private hospital for treatment. The incident occurred around 1 pm on Friday. It was reported that the tractor was stuck in a ditch while shoeing in the field. The driver tried to pull the tractor out by applying a wooden stick to the chain. At the same time, the next part of the tractor was lifted up and it completely flipped backwards on the cultivator. The



hydraulics of the tractor also broke in Hadsa. After much struggle, he pulled out the driver Vikram Prasad son of Siyaram, a resident of Pachera. Vikram Prasad sus-

tained partial injuries to his chest and some other parts of his body. He has been immediately admitted to a private hospital, where he is undergoing treatment. After the driver

was taken out, another tractor was recovered. With the help of Tochan, a tractor stuck and overturned in the field was pulled out. The tractor has also suffered heavy damage.

'Dead' on papers, alive in facts, woman reaches High Court for ration card

Prayagraj. Upset by being declared dead in government records, a woman had to knock on the door of the Allahabad High Court to prove her existence. The woman says she is alive, but she is not receiving her ration card because she is registered dead in the government records and she is also deprived of the

benefits of various government schemes called medayakhilakartya chanda. He said that he has been facing constant difficulties due to being wrongly registered as dead in the records. Despite complaining to the concerned officials several times, the problem was not resolved. The court asked the officials what are the

circumstances under which the woman was registered as dead and why this error has not been corrected so far. The woman says that after correcting the official records, she Government schemes will be availed. You will have to present your side to the authorities concerned at the next hearing of the matter.

Rs 12,000 crore to be spent on Metro Rail, preparations for foundation laying by December

Akhand Bharat Sandesh

Prayagraj. Just a few months of separation and, after that, the metro rail project will come up on the ground. The project is estimated to cost Rs 12,000 crore. The Prayagraj Development Authority (PDA) has directed Railway India Technical and Economic Services (RITS) to prepare a detailed project report by August. It is proving to be the biggest and most ambitious project for Prayagraj in the election year. This will prove to be a boon not only for the residents of Prayagraj, but also for the millions of devotees and tourists coming from

home and abroad to organize the event from Mahakumbh. As such, there is also pressure on the PDA officials to get the project off the ground as soon as possible. If everything goes well, the foundation stone of the project could be laid by the end of this year. However, several formalities have to be completed by the PDA and the state government before the project can be approved. If on behalf of Rights a detailed project report is submitted to the PDA by August 14 and the development authority will send a proposal to the Government for approval of the project report in August itself. After the proposal gets

approval from the cabinet of the state government, the proposal will be forwarded to the central government and final approval will be given by the central government. PDA sources say there is a lot of pressure to start work on the metro rail project on time during the election year. Thus, the foundation stone of the project could be laid by December. Jodegi Metro Train from Jhunsi to Airport and Naini to Fafamau. According to the proposal, the Metro train will connect Prayagraj Airport from Jhunsi and Phafamau from Naini. An interchange junction will be built at the parade ground and a total of 40 stations will be built

under two corridors. 20-20 hectares of land in Jhunsi and Naini have been identified for construction of the depot. Under this project, East-West Corridor (Prayagraj Airport to City Lake Forest in Trivenipuram Jhunsi) and North-South Corridor (Shantipuram) to Colony Nahugani Fatefam It will be. Milegi metro for all four directions from the parade Metro trains will provide metro trains for four directions from the parade ground near the confluence to the devotees coming from home and abroad during the Kumbh and Magh Mela. An interchange junction is proposed at the parade ground.

High Court says base of commercial activities have become police station, DGP should investigate

Akhand Bharat Sandesh

Prayagraj. The Allahabad High Court has expressed disappointment over the alleged corruption rampant in the Uttar Pradesh Police Department and professional activities of the police personnel. The court said police stations in the state are now becoming based on commercial activities instead of maintaining law and order. Action has been ordered against the guilty offi-

cers and employees. The order was issued by a single bench of Justice Rohit Ranjan Agarwal on the petition of Harendra Yadav of Ballia. The petitioner had challenged the Assistant Regional Transport Officer (ARTO), Ballia by filing a petition against the stay on its transfer by blacklisting his truck. During the hearing, it was revealed that Santosh Kumar, a constable posted at Rasda Thane, had withdrawn money

from his GPF to purchase a truck in the name of petitioner Harendra Yadav. Transportation was started between the two, but later, when a commercial dispute arose, the influence of the police department was exercised. It is alleged that Shiv Murti Tiwari, sub-inspector of Rasda police station, sent a report to the ARTO, on the basis of which the truck was blacklisted and its transfer was withheld. If this situation continues,

it will be difficult to maintain law and order. The court expressed concern over the efforts to protect the soldier and not to take any departmental action against the soldier who was doing business while in government service. Court strongly remarked that police stations are now becoming centers of commercial activities. Police officers are engaged in business activities apart from their basic responsibility of

maintaining law and order. If this situation continues, it will be difficult to maintain law and order in the state. The court also said that at first sight it appears that the entire Rasara police station is engaged in commercial activities. The court has directed the Registrar (Compliance) to send the order to the concerned authorities within 48 hours and the DGP to file an affidavit of action taken within ten days.

Information

In my service record my daughter's name and date of birth is mistakenly recorded as Kumari Kanchan and 25. 12. 1993. Her correct name is Kanchan Singh and date of birth is 18. 7. 1995. It should be updated for Army Number SC- 00448A Rank Lt. Col. R Prasad Adm Offr, 1 UP CTR.

Information

In my service record my son's name is mistakenly recorded as Vindhyaavashini Prasad Singh. His correct name is Vindhyaavashini Prasad Singh. It should be updated for Army Number SC- 00448A Rank Lt. Col. R Prasad Adm Offr, 1 UP CTR.

Editorial

Over 1 Lakh US Troops Are Stationed In Europe. What Happens If They Leave?

After the United States and Iran had agreed on a two-week ceasefire. Obviously, the pause in the West Asia war was going to dominate the press conference at the White House. During the press briefing, White House Press Secretary Karoline Leavitt dropped a bombshell. In response to a question, she casually revealed that President Donald Trump would be discussing the US's potential exit from the North Atlantic Treaty Organization (NATO) with Secretary General Mark Rutte later that day. Trump has been angry over the fact that several European NATO members refused his call to support the US-Israeli military campaign against Iran. Only days earlier, he had signalled how far he was willing to go, saying America's membership was not "beyond reconsideration". Then came the meeting itself. Trump and Rutte spoke privately for nearly two hours, described afterwards as a blunt and tense exchange. If there had been hope that diplomacy might cool tempers, it faded quickly. Within minutes, Trump took to Truth Social and delivered a pointed message: "NATO WASN'T THERE WHEN WE NEEDED THEM, AND THEY WON'T BE THERE IF WE NEED THEM AGAIN."

The Leaked Messages

One could see it coming. Last year, in an accidentally leaked WhatsApp chat, Vice President JD Vance and War Secretary Pete Hegseth called the Europeans "free-loading". There is a strong feeling in the Trump administration that Europe has taken the US for a ride for far too long. "Yeah I think they've been free-loading," Trump had told reporters back then, when asked if he agreed with Hegseth, who was quoted as saying in the leaked Signal chats. A user identified as Vance had even said, "I just hate bailing Europe out again", and a user identified as Hegseth replied: "I fully share your loathing of European free-loading. It's PATHETIC." Will the US, however, really leave the 32-nation alliance? If America, its most powerful member, were to leave, defence experts in Europe believe the consequences would extend far beyond the continent.

The Unmistakable Numbers

To understand the scale of such a move, it is important to begin with what the US currently provides to NATO. Around 1 lakh highly trained American troops are stationed across Europe. The US has air bases in Germany and Italy, naval facilities in Spain, intelligence hubs, logistics networks, missile defence systems and rapid response units across Europe. These forces are deeply integrated into NATO command structures and would be among the first to respond during a crisis. Needless to say, their presence acts as a deterrent in a big way, particularly against Russia. It is to be noted that the American role is not limited to troops. The US makes up the backbone of NATO's nuclear deterrence. It is no secret that American nuclear weapons are stationed in several European countries under NATO's nuclear-sharing arrangement. More important than the weapons is the guarantee behind them. The credibility of NATO rests on the assumption that the US would come to Europe's defence. If Washington were to withdraw, that assumption would certainly weaken. Even if treaties remained, the psychological impact would be immediate, because deterrence depends as much on perception as on capability.

America Is, After All, The Strongest

The first impact of a US withdrawal would, therefore, be operational. European militaries are bound to face capability gaps. The US currently provides much of NATO's airlift capacity, intelligence-gathering, missile defence and long-range strike

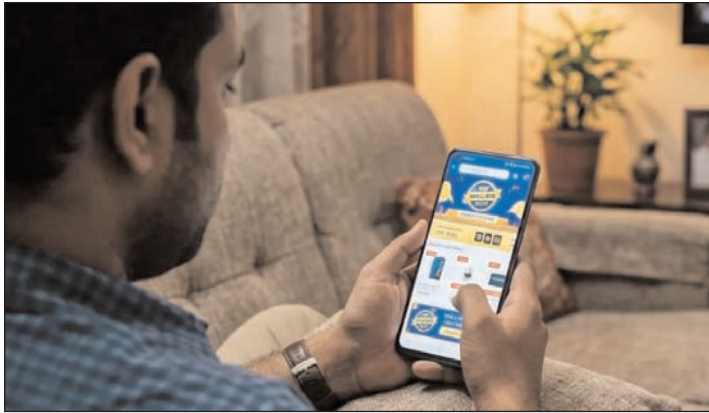


Why Mobile Phones Are Weakening Family Bonds: Hidden Cost of the Digital Age



Prof. R.K. Uppal
[PhD, D.Litt.]
Giddarbaha, Muktsar,
Punjab

The mobile phone is undoubtedly one of the greatest technological inventions of the 21st century. It has revolutionized communication, transformed education, simplified banking, enhanced healthcare, and made information available at our fingertips. Yet, behind these remarkable achievements lies a growing social concern that often goes unnoticed. As smart phones become increasingly central to daily life, they are gradually replacing face-to-face conversations, reducing quality family time, and weakening the emotional bonds that hold families together. In many homes today, people are physically present but emotionally absent, connected to the digital world while disconnected from one another. Family has always been the foundation of society. It is within the family that children learn values, develop emotional security, and build communication skills. Strong family relationships depend on trust, shared experiences, meaningful conversations, and mutual respect. Unfortunately, excessive



mobile phone use is quietly eroding these foundations. Parents, children, and even grandparents often spend more time interacting with screens than with each other. The result is a growing communication gap that affects both relationships and emotional well-being. One of the most visible consequences of excessive smart phone use is the decline of meaningful conversation. Family meals, once considered an important opportunity to share experiences and strengthen relationships, are now frequently interrupted by notifications, phone calls, and social media scrolling. Instead of discussing the day's events or listening to one another, family members remain absorbed in their individual digital worlds. Over time, this habit reduces emotional closeness and creates a sense of isolation even within the same household. Children are particularly vulnerable to the effects of excessive mobile phone use. Many spend several hours each day on social media platforms, online games, or short-video applications. While technology offers educational opportunities,

uncontrolled screen time often replaces outdoor play, reading, creative activities, and direct interaction with family members. Research has consistently shown that excessive screen exposure can affect attention span, communication skills, sleep quality, and emotional development. Children who grow up with limited face-to-face interaction may struggle to develop empathy, patience, and healthy social skills. Parents, too, play a significant role in this problem. Many unintentionally model unhealthy digital habits by checking emails, browsing social media, or responding to work messages during family time. When parents are constantly distracted by their phones, children often feel ignored or undervalued. This phenomenon, sometimes described as "digital distraction," weakens the parent-child relationship and reduces opportunities for emotional bonding. Children learn more from what parents do than from what they say. If adults prioritize screens over conversations, young people are likely to adopt the same behaviour. Marital relationships are also affected by

smart phone addiction. Couples increasingly report that mobile phones interfere with quality time together. Instead of engaging in conversation after work or sharing personal experiences, many partners spend hours browsing social media, watching videos, or chatting online. Frequent interruptions caused by phones can create frustration, misunderstandings, and feelings of neglect. Emotional intimacy gradually declines when digital engagement consistently takes priority over personal attention. The influence of social media further complicates family relationships. Online platforms encourage constant comparison with carefully edited versions of other people's lives. Family vacations, celebrations, and achievements are often viewed through the lens of social approval rather than personal enjoyment. Many individuals become more concerned with capturing the perfect photograph than participating in the actual moment. This obsession with online recognition reduces genuine interaction and shifts attention away from meaningful family experiences. Mental health is another important concern. Excessive smart phone use has been associated with stress, anxiety, loneliness, sleep disorders, and reduced emotional well-being. Ironically, while social media promises greater connectivity, many users experience greater isolation. Family members may have hundreds of online friends but very few meaningful conversations with those

who live under the same roof. Emotional support, understanding, and companionship cannot be replaced by virtual interactions or digital notifications. The problem extends beyond individual households and affects society as a whole. Families are the basic units of every community. When communication within families weakens, broader social relationships also suffer. Reduced interpersonal skills, declining empathy, and increasing loneliness contribute to social fragmentation. Communities become less connected, and individuals find it more difficult to build trusting relationships in schools, workplaces, and neighborhoods. However, technology itself is not the enemy. Mobile phones are powerful tools that can strengthen relationships when used responsibly. Video calls help families separated by distance remain connected. Messaging applications allow parents to stay informed about their children's safety. Educational resources and digital services have improved countless aspects of daily life. The challenge lies not in the technology but in its excessive and uncontrolled use.

Families can take practical steps to restore balance. Establishing phone-free meals, limiting screen time before bedtime,

and setting aside dedicated family hours encourage genuine interaction. Parents should lead by example by putting their phones aside during conversations with their children.

Will Israel-Hamas Ceasefire Really Lead To Peace?

Rajesh Sharma

On January 20, 1981, on the day Ronald Reagan took over as the new US president, Iran freed 52 American hostages it had been holding for over a year. That projected Reagan as a strong leader sending a powerful signal to US allies and its foes. His predecessor, Jimmy Carter, did all the negotiations and tried his best to have the hostages released while he was still the president. But Tehran would not let him take the glory. Forty-four years on, Donald Trump is taking the credit for the Gaza ceasefire deal, which will come into effect a day before his inauguration, cementing his reputation as a tough leader. Biden can say that the deal happened under his watch. But there is no doubt that it was Trump whose pressure led to achieve the goal. He declared on his social media platform Truth Social: "This EPIC ceasefire agreement could have only happened as a result of our Historic Victory in November, as it signalled to

the entire World that my Administration would seek Peace and negotiate deals to ensure the safety of all Americans, and our Allies." Days after he threatened that there better be a Gaza deal by his January 20 inauguration or "all hell would break out", his special envoy to the Middle East, Steven Witkoff, landed in Tel Aviv last Saturday. It was the Sabbath, the day of rest for Jews. But Witkoff insisted on meeting the Israeli Prime Minister, Benjamin Netanyahu, that day. At their meeting, he conveyed Trump's message that the incoming President of the United States wanted to end the Gaza war and demanded that a ceasefire agreement be signed immediately. The format of the three-stage deal announced on Wednesday was proposed by Biden in May last year and was later also endorsed by the UN Security Council. But both Hamas and Israel kept dragging the negotiations over it. In Israel, Netanyahu refused to give any concessions to Hamas and continued.

Investors line-up for Excitel's \$200-million equity deal

Raj Shamani

Extension of the Production Linked Incentive (PLI) scheme for solar energy value chain, increased allocation towards PM Suryaghar Muft Bijlee Yojana, and greater thrust to distribution and transmission infrastructure are likely to be the key features of the upcoming Budget, as far as the energy sector is concerned. Sources said these proposals figured not only in the budget wish lists of the industry, but also in the respective recommendations from the ministries of power and renewable energy to the finance ministry, ahead of the Budget. "Given the success of PM Suryaghar scheme with almost 600,000 installations in just nine months since its launch, one could probably see additional allocation to target more households," said Ashwin Jacob, partner at Deloitte India. "As far as evacuation of power from offshore wind projects is concerned, we would want to see the VGF or budgetary support to continue or get enhanced," he added. "We hope to see a decisive increase in funding to accelerate the green energy transition. Priorities must include scaling renewable energy by addressing grid and transmission challenges, advancing Battery Energy Storage Systems (BESS) for grid stability and reliable power, doubling energy efficiency and digitalizing the energy sector through AI, smart meters, and data-driven solutions. Streamlining rooftop solar programs with simplified approvals, financing, and monitoring is equally vital," said Saurabh Kumar, Vice President – India, Global Energy Alliance for People and Planet (GEAPP). Sharat Goyal, CEO of Impact Infracap also expects the government to remove restrictions on state wise caps on roof top capacity for net-metering for industrial establishments. "Further, adoption of batteries to substitute use of diesel generators for back-up power

should receive incentives and policy support given their role in reducing dependence on imports," he said. While the government is increasingly working towards enhancing the country's RE capacity, the distribution and transmission infrastructure for its evacuation still needs to be strengthened. With the peak demand for power growing at a rate of 8-9% annually, the industry is looking forward to strengthening of climate resilient infrastructure augmentation. "One can expect new allocations towards augmentation of power distribution infrastructure, especially in high density/ urban load centres, in view of the sharp rise in peak demand over the last few years," said Anujesh Dwivedi, Partner at Deloitte India. He noted that there may be some allocation towards supporting the preparatory work especially on the listing of power utilities, or some incentive mechanism for promoting initiatives on private sector participation or listing of utilities at the state level because they are increasingly being seen as the much needed structural reforms the sector needs. The industry is optimistic of a wider coverage of the Revamped Distribution Sector Scheme by including smart metering in infrastructure definition.

"This would direct more financing for a sector which seeks to bring down India's transmission and distribution losses to 12% and improve recovery for state utilities," Goyal said. Goyal also noted that power transmission despite significant potential has not seen any notable monetisation events which could address the latent investor demand. "Government should announce a time-bound privatisation programme for assets owned by PGCIL," he said. The sector also sees the PLI scheme for solar value chain to continue with possible reduction in the duty structures for solar equipment. Jacob highlighted.

Tulip's resignation in the UK is troublesome for Hasina. Spotlight on daughter Saima

Kavya

The sins of fathers shall be visited upon the sons—this ominous pronouncement in the Bible has now come true for Tulip Siddiq, a 42-year-old minister in the British government, but with a twist. In her case, it wasn't her father's sins that visited upon her but those allegedly committed by her aunt, the deposed prime minister of Bangladesh, Sheikh Hasina Wazed. And it cost Siddiq her job. Slapped with a range of corruption charges by Bangladesh's Anti-Corruption Committee (ACC), which forced an internal government inquiry, Siddiq has

strenuously denied any wrongdoing—except that of ignorance about benefiting from dubious transactions. But she has paid the price and resigned as UK treasury minister on Tuesday, though she stressed that an independent review found she had "not breached the ministerial code". If the sins of aunts can impact nieces, then can daughters escape their mothers'? Ever since Siddiq's case hit the headlines, the spotlight has slowly but surely turned to Sheikh Hasina's daughter, Saima Wazed, also known as Putul, who was elected regional director of the World

Health Organisation's Southeast Asia branch amid considerable controversy in February 2024. An editorial in the eminent medical journal The Lancet had earlier questioned if she was fit for the job, as she only held a master's degree in psychology while rival aspirants were doctors with years of public health experience. The ACC has now initiated a probe into how she got the job: on her own merit or her mother's intervention as prime minister. All eyes are now on Putul and whether she'll be forced to follow in her cousin's footsteps. What does it all mean

for 77-year-old Sheikh Hasina, who has been sheltering in New Delhi since fleeing Dhaka on 5 August after a violent student uprising against her 15-year continuous tenure as Bangladesh's prime minister? There is no doubt that the charges being hurled at her, her family, and her friends are coloured by political prejudice from those now in power in Bangladesh. But some of the mud will stick. That's the tragedy for the daughter of Bangladesh's founding father Sheikh Mujibur Rahman—even her staunchest supporters admit her chances of ever returning

Science and Spirituality

Dada J. P. Vaswani

The meaning of life has been one of the fundamental issues in philosophy, theology and religion. The aim of true education is to attain self-knowledge pursuing the path of self-discovery. Of what use is any form of knowledge, vocational, professional or technical, if we lack knowledge of the self? Spirituality begins with the quest to know the self, and this quest is endless in itself. Spirituality makes us raise the fundamental question: What is man? Or, to put it more personally, what am I? It is precisely this self-knowledge that we must seek, in order to find complete fulfillment.

Science is the discovery of nature's laws, while spirituality is the discovery of the Self. In the final analysis, both are discoveries; both are an experience of "awareness". Our rishtis had this "awareness"; they gained spiritual knowledge through

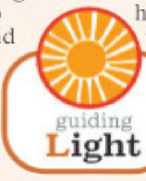
intuition and referred to spirituality as atma vidya.

Science and spirituality are two faces of the same coin—one deals with the material, the other with the Spirit. One works with the visible, the other with the invisible. One is concerned with the outer, the other with the inner.

Science involves the mind; spirituality is entwined with the heart. Science will be the religion of the future. Science endeavours to uncover the abstract principles underlying nature. Spirituality enables us to do this in a proper way.

Inevitably one supports the other. I believe, science without spirituality is lame, and spirituality without science is blind. Both must go hand in hand.

(Dada J P Vaswani was a humanitarian, philosopher, educator, acclaimed writer, powerful orator, messiah of ahimsa, and non-sectarian spiritual leader.)



Breakage vs. Baby Hair: Knowing the difference

Before treating the problem, you need to identify exactly what is happening on your scalp:

Hair breakage: These are fractured strands that can occur anywhere along the hair shaft. They usually have blunt, snapped ends, split tips, and feel dry or brittle. Breakage is caused by external damage—like heat, chemical treatments, or rough handling.

Baby hair (New growth): These are short, fine, wispy hairs that typically frame your face. Unlike breakage, they have soft, naturally tapered points at the tips. This is new life! The goal here isn't to fix them, but to protect them so they can grow to their full potential without snapping.

5 Steps to stop damage and protect new growth

To shield your hair from further mechanical and environmental stress, implement these five non-negotiable hair care shifts:

1 Ditch the regular towel

Drying your hair by aggressively rubbing it with a standard terry-cloth towel is a primary cause of friction-induced breakage. Wet hair is highly elastic and incredibly fragile. Instead, gently squeeze excess water out using a microfibre towel or an old cotton t-shirt.

2 Upgrade to a silk or satin pillowcase

Cotton is a highly absorbent and rough fabric. It saps moisture from your hair overnight and creates friction every time you toss and turn, snapping delicate baby hairs around your face. Switching to a silk or satin pillowcase allows your hair to glide smoothly, preserving both moisture and fragile strands.

Neeta Senacha

Noticing short, snapped strands on your sink or dealing with a halo of stubborn, frizzy "baby hairs" along your hairline? You aren't alone. Hair breakage and fragile new growth are incredibly common signals that your hair shaft is compromised. The good news is that hair is highly resilient. By understanding the difference between breakage and new growth, and adjusting your daily ritual, you can restore structural integrity to your strands and nurse those delicate baby hairs into long, strong locks.

3 Lower the temperature

Frequent heat styling fundamentally alters the keratin proteins in your hair, leading to chronic brittleness. Air-dry your hair whenever possible. When you must use a blow-dryer or styler, drop the temperature setting and always apply a lightweight heat protectant first.

From Breakage to Growth: How to stop hair damage and nurture new growth

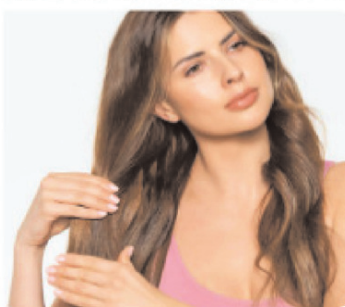
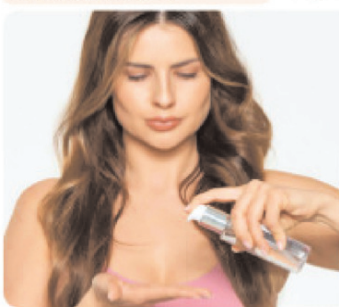
Supercharging results with hair serums

For the lengths: To stop breakage-

Look for smoothing hair serums rich in lightweight botanical lipids like argan oil or hibiscus extract. These coat the hair cuticle, sealing in moisture and drastically reducing friction.

The golden rule of application-

Always apply lengths-focused serums to damp hair. This locks in the water molecules currently sitting in the hair shaft, keeping the strands elastic and resistant to snapping throughout the day. **Less is more-** Start with 1-2 drops. Over-applying serum can weigh the hair down, attracting environmental dust and requiring more frequent, stripping washes.



The Soya Chaap Dilemma: Is this popular plant-based protein actually good for health?

Kavita Choudhary

If you walk through the food streets of Delhi, Bengaluru, or any major Indian city, the smoky aroma of tandoori soya chaap is impossible to miss. With its distinctly meaty, layered texture and ability to absorb rich, aromatic spices, soya chaap has skyrocketed in popularity. It is frequently marketed as the ultimate vegetarian superfood—a high-protein, plant-based alternative to chicken or paneer. But as it transitions from an occasional street-food treat to a daily household staple for fitness enthusiasts, a critical question arises: Is soya chaap actually healthy? To understand its true nutritional value, we have to look past the marketing, analyze how it's made, and bust some of the massive myths surrounding soya.

What exactly is soya chaap?

To determine if it's healthy, you first need to understand what you are actually eating. Traditional soya chaap is made from a mixture of soybeans, soy flour, or soy chunks, which are ground and mixed with wheat flour (maida) and water to create a stretchy dough. This dough is then wrapped around wooden sticks to create those signature, meat-like layers.

Herein lies the first major reality check: all soya chaap is not created equal. While homemade or high-quality artisanal chaap contains a higher ratio of protein-rich soy, many commercial or street-vendor varieties are heavily cut with maida (refined wheat flour) to lower costs and improve elasticity.

Busting the biggest myths around soya chaap

Because it is made from soy, chaap carries a lot of the historical baggage and misinformation associated with soy products. Let's separate fact from fiction.

Myth 1: Soya chaap will give men "man boobs" (gynecomastia) due to estrogen.

The reality: This is perhaps the most persistent myth in the fitness world. Soy contains isoflavones, which are plant-based compounds known as phytoestrogens. Because their chemical structure resembles human estrogen, people fear they will disrupt male hormones.

However, phytoestrogens are significantly weaker than human estrogen and do not bind to human receptors the same way. Extensive scientific reviews have repeatedly shown that moderate soy consumption has no effect on male testosterone levels, fertility, or breast tissue. You would have to consume an absurd, impossible amount of raw soy daily to experience hormonal disruptions.

Myth 2: Soya chaap is an ultra-healthy, clean fitness food.

The reality: While raw soy is incredibly healthy, the form in which you consume chaap matters immensely. Street-style Malai Chaap or Masala Chaap is typically deep-fried, drenched in heavy cream, butter, and laden with high-sodium spice mixes.

Additionally, if the commercial brand you buy uses a 60:40 ratio of maida to soy, you are essentially eating a processed, high-carb wheat product rather than a clean protein source.

Myth 3: Soy causes thyroid issues.

The reality: Soy is a goitrogen, meaning it can potentially interfere with iodine absorption in the thyroid gland. However, research indicates that soy only poses a risk to thyroid function if a person already has a severe iodine deficiency or pre-existing clinical hypothyroidism. For individuals with normal thyroid function who consume adequate iodine (like standard iodized salt), soy is perfectly safe.

The nutritional pros and cons

When evaluated objectively, soya chaap is a double-edged sword.

The pros:

Complete protein: Soy is one of the very few plant foods that contains all nine essential amino acids that the human body cannot make on its own, making it an excellent muscle-building resource for vegetarians.

Texture and satiety: Because of its dense, fibrous structure, it takes longer to digest, keeping you full and satisfied, which can aid in weight management.

The cons:

The maida factor: High consumption of refined wheat flour spikes blood sugar and contributes to metabolic sluggishness.

Digestive distress: Soy contains complex oligosaccharides (a type of fiber) that can be difficult for some digestive systems to break down, leading to bloating, gas, or indigestion if consumed in large quantities.

Highly processed: Soya chaap is an industrial, highly processed version of soy, lacking the wholesome, intact fiber and micronutrients found in edamame, whole soybeans, or fermented soy like tempeh.

The Bottom Line: Is soya chaap good for health? It depends entirely on its composition and preparation. Pure, high-soy chaap cooked mindfully at home is a fantastic, muscle-supporting, completely safe plant protein. On the other hand, maida-loaded, cream-drenched street chaap is a delicious cheat meal—just don't mistake it for a health food!



The Morning Elixir:

The benefits of drinking methi water

Aparna Rao

Why it works: Four key benefits

Soaking methi seeds extracts their water-soluble nutrients and galactomannan (a soluble fiber), allowing your body to absorb them rapidly first thing in the morning.

Regulates blood sugar:

The soluble fiber slows carbohydrate absorption, while unique compounds in fenugreek stimulate insulin secretion. This makes it an excellent natural tool for managing insulin resistance and fasting glucose.

Soothes digestion:

When soaked, methi becomes slightly mucilaginous (gel-like). This coats the stomach lining, effectively reducing morning acid reflux, bloating, and constipation.

Curbs cravings:

The natural fiber expands in the stomach to promote a feeling of fullness, helping to suppress mid-morning sugar cravings and spontaneous snacking.

Reduces inflammation: Packed with antioxidants, a daily glass helps flush out toxins and combat systemic inflammation, often leading to clearer skin and better hair health.

How to prepare it

Soak: Stir 1 teaspoon of whole methi seeds into a glass of water and leave it covered overnight (8-10 hours).

Drink: In the morning, strain and drink the amber-colored water at room temperature or slightly warmed.

Optimize: For maximum fiber benefits, chew and swallow the softened seeds.

A Quick precaution:

Because methi lowers blood sugar efficiently, those on diabetes medication should monitor their levels. Pregnant women should consult a doctor before starting this daily ritual.

Methi water isn't a magical cure-all, but as a daily ritual, it is an incredibly cost-effective, scientifically backed tool to optimize your metabolic and digestive health.

In traditional wellness, few rituals are as enduring as drinking methi (fenugreek) water on an empty stomach. Made by soaking fenugreek seeds overnight, this simple bitter-tonic is backed by both ancient Ayurveda and modern science as a powerful metabolic kickstart.



The Rise of Everyday Optimization: How smart wearables are upgrading human health

Namrata Sharma

We live in a world where we track our packages in real-time, monitor our bank accounts down to the penny, and receive instant diagnostic alerts from our cars. Yet, for decades, our approach to the most complex machine we own—the human body—has been profoundly reactive. We typically wait until something breaks, or until an annual doctor's appointment, to check the dashboard.

That is changing rapidly. A massive shift toward "everyday optimization" is underway, driven by a new generation of sophisticated smart wearables. Today, these devices are no longer just glorified pedometers; they are mini-laboratories on our wrists and fingers, shifting the healthcare paradigm from reactive treatment to proactive longevity.

Moving beyond the 10,000-step myth

The early days of wearables focused heavily on surface-level metrics: steps taken, calories burned, or minutes active. While helpful, these numbers offered a rigid, one-size-fits-all approach to health.

Modern wearables—such as the Oura Ring 5, Whoop 4.0, Apple Watch, and various continuous glucose monitors (CGMs)—focus instead on biometric trends and internal biomarkers. They don't just track what you did; they reveal how your body responded to what you did. By measuring metrics like Heart Rate Variability (HRV), resting heart rate, blood oxygen

levels, and skin temperature variations, wearables provide a highly individualized, real-time snapshot of your nervous system and metabolic health.

How everyday optimization benefits the user

This continuous stream of personalized data helps users optimize their lives in three distinct pillars:

Mastering the art of recovery and sleep

For years, fitness culture pushed a "no pain, no gain" mentality. Wearables have completely flipped this script by highlighting the critical value of recovery.

The Readiness Score: By calculating your HRV (a proxy for your autonomic nervous system's stress state) and sleep quality, devices give you a daily "readiness" or "recovery" score.

Actionable Insight: If your score is low, it's a signal that your body is still repairing from a previous workout, fighting off a low-grade bug, or stressed. Instead of pushing through a grueling gym session, users learn to pivot to light yoga or a walk, preventing burnout and injury.

Demystifying sleep quality

Getting eight hours in bed doesn't automatically mean you got eight hours of high-quality rest. Wearables break sleep down into critical phases: Deep sleep (essential for physical recovery and tissue repair) and REM sleep (crucial for cognitive function and emotional processing). Seeing exactly how a late-night meal, a glass of wine, or evening screen time decimates deep sleep allows users to make immediate behavior adjustments.

Stress tracking and burnout prevention

Many modern wearables now feature continuous electrodermal activity (EDA) sensors or look for sudden spikes in heart rate during periods of physical stillness to detect emotional or mental stress. By alerting the user to these invisible stress spikes, devices act as a mindfulness cue, prompting them to take a few deep breaths or step away from a stressful task before chronic fatigue sets in.



How to begin: Your roadmap to everyday optimization

Diving into the world of health optimization can feel overwhelming, and it's easy to fall into the trap of "data anxiety"—worrying too much about every minor fluctuation. If you want to start optimizing your days, here is a step-by-step approach to doing it sustainably:

Step 1: Choose your hardware wisely

Pick a device that fits your lifestyle, aesthetics, and specific goals:

For the data enthusiast / Athlete: Whoop offers incredible, deep-dive metrics into strain and recovery, though it requires a monthly subscription.

For minimalists & sleep focused users:

Smart rings like the Oura Ring 5 or Samsung Galaxy Ring are lightweight, highly accurate for sleep, and blend seamlessly into daily wear without a glowing screen.

For the all-rounder:

Smartwatches like the Apple Watch Series or Garmin Venu offer excellent day-to-day utility, cellular connectivity, and robust fitness tracking.

Step 2: Establish your baseline (The 2-week rule)

When you first put on a wearable, ignore the urge to change everything immediately. Your body is unique, and the device needs time to understand your personal norms. Spend the first two to three weeks simply living your normal life. The algorithm will use this period to establish your baseline resting heart rate, average HRV, and typical sleep patterns.

Step 3: Focus on one variable at a time

Don't try to fix your sleep, your workouts, and your stress levels all in one week. Pick one area to optimize. For example, if you want to improve your deep sleep, experiment with a single habit change—like cutting off caffeine by 2:00 PM or turning off screens an hour before bed. Watch how your data responds over the next seven days.

Step 4: Listen to your body first, the device second

Biofeedback is a tool, not a dictator. If your ring tells you that your readiness is low, but you wake up feeling energetic, vibrant, and ready to tackle the day—trust your intuition. Use wearables to validate and fine-tune your internal awareness, not replace it.

The ultimate goal: Intuitive health

Ultimately, the true magic of everyday optimization through smart wearables isn't about becoming obsessed with numbers on a screen. It's about education.

By showing you the direct, undeniable link between your daily habits and your physiological responses, these devices train you to build a more intuitive connection with your body. Over time, you begin to anticipate what your data will say before you even open the app—and that is the hallmark of true health optimization.



MEDALS TALLY

COUNTRY	G	S	B	T
Australia	53	27	41	121
Canada	17	14	18	49
England	16	31	25	72
Scotland	10	7	16	33
Nigeria	8	5	3	16
South Africa	6	9	9	24
Malaysia	6	3	3	12
New Zealand	6	10	7	23
India	5	11	4	20
Wales	4	6	10	20



INDIA'S SCHEDULE

ATHLETICS, PARA ATHLETICS

Men's Shot Put F57 Final-Shubham Juyal, Soman Rana	02.35 pm
Men's 1500m T54 Final - Ramesh Shanmugam	02.50 pm
Women's 10,000m Race Walk Final - Priyanka Goswami, Ravina Gaikwad	03.00 pm
Men's 5000m Final - Gulveer Singh	(2 Aug) 12.15 am

BOWLS AND PARA BOWLS

Men's Pairs Sectional Play - India vs England (Navneet Singh/Dinesh Kumar)	03.50 pm
Women's Singles Sectional Play - Nayanmoni Saikia vs Bridget Herselman (SA)	10.20 pm

JUDO

Women's -63kg Round of 16 - Unnati Sharma vs Lamulela Magagula (Eswatini)	03.54 pm
Men's -90kg Round of 16 - Karanjit Singh vs Elliott Connolly (NZ)	04.36 pm
Men's -81kg Quarter-finals - Harsh Tokas vs Odysseas Georgakis (Cyprus)	05.18 pm
Women's -70kg Quarter-finals - Inunganbi Takhellambam	05.30 pm

Live on Sony Sports

ON COMEBACK TRAIL

Discus thrower Seema pockets bronze medal

GLASGOW, July 31 (PTI)

INDIAN discus thrower Seema Kaliramna, who overcame post-pregnancy arthritis to resume her sporting career just last year, clinched a bronze medal at the Commonwealth Games despite marginally falling short of her personal best in the event.

Compatriot Nidhi Rani ended fourth in the same competition.

Seema produced the medal-winning throw of 58.65m in her third attempt and went on to

Bhiwani's Chaudhary Bansil Lal University.

"I was diagnosed with arthritis after my pregnancy because of which there were many complications. But my husband and family supported me because of which I am here," she said.

"I was confident that I would do well even though the conditions were tough. It was very cold but our pre-Games training in Spala (Poland) helped us prepare for such weather," she added. Asked whether she has any specific goals in mind going



foul the remaining three chances. Jamaica's Samantha Hall won the gold with a throw of 61.66m, while Canada's Julia Tunks took silver with 60.67m.

"I could not achieve my personal best but I was determined to do well," Seema said after the event, referring to the 59.73m effort she achieved in the National Inter-State Senior Athletics Championships held in Bhubaneswar earlier this year. The 27-year-old from Haryana's Bhiwani returned to the sport after taking a break to manage post-pregnancy complications that included arthritis and a knee injury. Her son is now four years old.

Seema is also pursuing a PhD in Physical Education from

forward, the bespectacled thrower said, "I don't have any specific aim, I only want to do well, work hard whether I achieve my personal best or not."

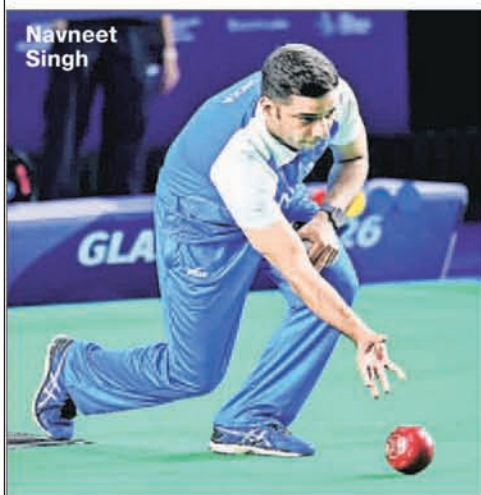
Earlier, Nidhi opened India's campaign with a throw of 53.19m but was immediately overtaken by Nigeria's Obiageri Pamela Amaechi (53.68m) and Uganda's Monie Nora Atim (55.37m). Seema, meanwhile, began with a foul after sending her discus into the net.

Nidhi responded with a strong second-round throw of 55.67m to climb to third, but Seema soon leapfrogged her compatriot by launching the discus to 57.32m in the second round.

Navneet-Dinesh pair wins in lawn bowls

GLASGOW, July 31 (PTI)

THE Indian duo of Navneet Singh and Dinesh Kumar registered a dominant, straight-set victory over the Falkland Islands in the



lawn bowls men's pairs sectional play competition at the Commonwealth Games on Friday.

The Indian pair controlled the greens from the start, winning comfortably with scores of 6-3 and 10-1 against Ian Barnes and Oliver Thompson of Falkland Islands.

This victory kept the Indian duo's unbeaten record in the Games intact with four consecutive wins, setting up a high-stakes final group match against England.

The Indians remained a top contender to advance directly into the semi-finals.

Animesh Kujur fails to qualify for 200m final

GLASGOW, July 31 (PTI)



NATIONAL record holder Animesh Kujur endured a disappointing outing, finishing sixth in his heat with a below-par time of 20.65 seconds to miss out on a place in the men's 200m final at the Commonwealth Games on Thursday. Kujur, who was well below his personal best and national record of 20.32 seconds, ran from lane one in the second semi-final, finishing sixth.

Ghana's Joseph Paul Amoah won the race in 20.24 seconds, edging Jamaica's Jevaughn Powell, who clocked the same time in a photo finish. Botswana's Prince Phaezel Selepe with a timing of 20.31 was the other automatic qualifier from the second semi-final.

While the top eight qualified, Kujur's timing was the 10th best among the 16, who qualified for the semi-finals.

Indian mixed 4x400m relay team qualifies for final

GLASGOW, July 31 (PTI)

THE Indian mixed 4x400m relay team qualified for the final after finishing seventh overall in the round one heat races in the Commonwealth Games on Friday.

The Indian quartet of Vishal TK, Ansa Babu, Rajesh Ramesh and Rashdeep Kaur clocked 3:20.98 to take the fourth spot in Heat 2 to sneak into the final to be held on Saturday.

The top three finishers in each of the two heats and the next two fastest advance to the final.

Nigeria took the overall top spot, winning Heat 1 with a time of 3 minutes 14.58 seconds while England (3:15.11) and Australia (3:15.21) were



(From L) Vishal TK, Ansa Babu, Rajesh Ramesh and Rashdeep Kaur qualified for the mixed 4x400 metre final. (X)

second and third respectively.

The season best for the Indian mixed 4x400m relay

team is 3:17.06, while the national record stands at 3:12.87.

Shot putters Toor, Samardeep miss podium

GLASGOW, July 31 (PTI)

INDIA'S long wait for a maiden Commonwealth Games medal in men's shot put continued as Asian Games champion Tajinderpal Singh Toor and Samardeep Singh Gill finished fifth and seventh respectively

Tajinderpal Toor in action.

in the final. India had never won a Commonwealth Games medal in the event and the elusive podium finish remained out of reach despite fielding two finalists. Nigeria's Chukwuebuka Enekwechi produced a stunning fifth-round effort of 21.07m to snatch the gold medal from defending champion Tom Walsh of New Zealand, whose open-

ing throw of 21.03m had looked good enough for the title.

England's Scott Lincoln took the bronze with 20.70m.

Samardeep made a steady start with a throw of 19.56m, which kept him inside the top five after the opening round, while Walsh immediately stamped his authority with a massive 21.03m effort.

Indian cyclists finish at the back in men's 4000m individual pursuit

GLASGOW, July 31 (PTI)

INDIA'S challenge in the men's 4000m individual pursuit ended in the qualification stage as both Dinesh Kumar and Harshveer Singh Sekhon finished towards the bottom of the standings, while Australia underlined its dominance in the event at the Chris Hoy Velodrome during the Commonwealth Games on Friday.

Dinesh was the better-placed of the two Indians, finishing 17th among 23 riders with a time of 4:29.267 (average speed 53.479 kmph), more than 25 seconds behind Australia's Oliver Bledbyn, who topped the qualification in a Commonwealth Games record time of 4:04.132 (58.984 kmph). Harshveer ended

19th after clocking 4:35.524 (52.264 kmph).

INDIANS FAIL TO IMPRESS IN MEN'S KEIRIN

The Indian cyclists endured a disappointing outing in the men's keirin competition, finishing well down the order in the tactical, high-speed qualifying heats, with the country's

leadingsprinter David Beckham emerging as the best performer among the three from the country.

Competing in Heat 3, the 22-year-old Beckham finished fifth, clocking +0.780 seconds behind heat winner Daniel James Barber of Australia.

Barber and Malaysia's Mohd Azizulhasni Awang secured the two automatic quarterfinal berths from the heat, while Beckham missed out.

CHAD LE CLOS SETS NEW RECORD OF MEDALS IN CWG

ON THE final day of action at the Tollcross International Swimming Centre in Glasgow, two athletes achieved monumental Commonwealth Games medal-producing milestones. First, South Africa Olympic champion Chad le Clos capped off his 2026 Games campaign with an additional medal, helping his nation earn bronze in the men's 4x100m medley relay. That performance gave Chad le Clos his remarkable 21st Commonwealth Games medal, further separating himself as the all-time winningest athlete ever.

Australian female swimmer Emma McKeon held the previous record with 20 medals, 14 golds, one silver and five bronzes between 2014 and 2022. As reported prior to the competition, that 34-year-old Chad le Clos was on the brink of establishing this record, entering the meet with a remarkable 18 Commonwealth Games medals since 2010. That shared the same total for a male with shooters Phillip Adams of Australia and Mick Gault of England. However, over the course of his events,

he bumped that total up to 21, earning mixed medley relay silver and men's 4x100m free relay bronze in addition to the relay mentioned above. The other hardware accomplishment came at the hands of 28-year-old Kyle Chalmers of Australia, with the speedster surpassing fellow Olympic icon Ian Thorpe as the most decorated Aussie male swimmer across his Commonwealth Games career.

Ian Thorpe previously held the record, courtesy of his 10 golds across Kuala

Lumpur in 1998 and Manchester in 2002. As for Kyle Chalmers, the new father headed to his third Commonwealth Games looking to add to his current tally of nine medals, with seven of them golden.

Kyle Chalmers collected 100m free bronze, 50m fly gold, and gold in both the mixed and men's 4x100m freestyle relay to bring his total Commonwealth Games medal count to 12, surpassing Ian Thorpe 11 medals (10 gold and one silver)

MOST INDIVIDUAL MEDALS IN COMMONWEALTH GAMES				
Player	G	S	B	Total
Chad le Clos (South Africa) (M)	7	5	9	21
Emma McKeon (Australia) (W)	14	1	5	20
Philip Adams (Australia) (M)	7	9	2	18
Michael Gault (England) (M)	9	4	5	18
Susie O'Neill (Australia) (W)	11	5	-	16
Emily Seebohm (Australia) (W)	7	4	4	15
Jaspal Rana (India) (M)	9	4	2	15
Samaresh Jung (India) (M)	7	5	2	14

— S Pervaz Qaiser

Israel reiterates strong opposition to disarmament plan, IDF says troops will be stationed in Gaza

Jerusalem

Israel has reiterated its opposition to the Hamas approved disarmament framework, insisting there will be no withdrawal of Israeli forces from their current positions in Gaza until the terror group is genuinely disarmed, despite the proposal being welcomed by US President Donald Trump. In a statement issued on Friday, an anonymous senior Israeli official said "There will be no IDF withdrawal from the current Yellow Line without the genuine disarmament of Hamas." The remarks reinforce Israel's resistance to the US-backed Board of Peace proposal, which Hamas accepted on Thursday. The plan envisages the phased decommission-



ing of all Hamas weapons alongside a gradual Israeli military withdrawal from the Gaza Strip. The official did not specify Israel's objections to the framework beyond reiterating its demand for Hamas's complete disarmament before any troop pull-back. The latest statement also hardens Israel's position by indicating it will not withdraw even to the

current Yellow Line, let alone the original demarcation established under the October 2025 ceasefire. Under that agreement, Israel controlled around 53% of Gaza. Since then, however, Israeli forces have expanded their presence to more than 60% of the territory, a change that the Board of Peace has not publicly challenged while seeking Hamas's

approval for the disarmament roadmap. Under the US-backed proposal, Israel is expected to return its forces to the original Yellow Line within days, marking one of the first implementation steps of the agreement. Hamas has warned it will not begin handing over its weapons unless Israel first carries out that withdrawal. However, the latest statement from the senior Israeli official suggests Jerusalem does not intend to comply under the current terms. Israeli Prime Minister Benjamin Netanyahu is yet to issue a public comment on Hamas's acceptance of the proposal, though his silence has largely been interpreted as total disagreement.

Trump announces 'historic' agreement on Hamas disarmament under Gaza peace plan



Washington

US President Donald Trump has announced on Thursday that his Board of Peace had reached an agreement with Hamas on a roadmap to disarm the militant group and transfer civilian and security control of Gaza to a new Palestinian technocratic government. If implemented, the agreement would mark a major step in Trump's proposed 20-point Gaza peace plan and pave the way for reconstruction efforts in the war-ravaged territory. However, the plan requires Hamas and Israel to complete a series of reciprocal, independently verified steps over an estimated seven to eight months. "Today, the Board of Peace reached a HISTORIC agreement for the COMPLETE DISARMAMENT of Hamas and all other armed groups in Gaza," Trump wrote on Truth Social. "This is a monu-

mental step toward lasting PEACE and SECURITY." According to two US officials, Hamas accepted the framework following months of negotiations involving mediators from Qatar, Türkiye and Egypt. Implementation is expected to begin in the coming weeks. Under the agreement, Hamas would relinquish any governing role in Gaza, with a newly created National Committee for the Administration of Gaza (NCAG) assuming responsibility for civilian administration and security. A Board of Peace official said the deal marked the first time Hamas and other Palestinian factions had agreed to demilitarise Gaza and transfer authority to a technocratic administration. The roadmap is based on the principle of "one government, one legal system."

The official also defended the inclusion of Qatar and Türkiye on the Board of Peace US govt will be 'very disappointed' if Israel fails to implement commitments from 20-point Gaza plan

Washington

The Trump administration will be "very disappointed" if Israel fails to implement the commitments it made under his 20-point Gaza peace plan, a senior US official said on Thursday, following Hamas's reported acceptance of a US-backed disarmament roadmap. The warning came shortly after Trump announced that Hamas had approved a proposal drafted by the Board of



Peace, which envisages the group's phased disarmament and the transfer of civilian and security

authority in Gaza to a Palestinian technocratic government. The comments appeared to

respond directly to a statement from Israeli Prime Minister Benjamin Netanyahu's office, which argued that the proposal under discussion in Cairo did not satisfy Israel's demand for the complete demilitarisation of Gaza before any military withdrawal. "We're not asking Israel to do anything that isn't in the 20-point plan that they agreed to initially, and so we're very confident they will adhere to it. If they don't,

President Trump would be very, very disappointed," the senior US official told reporters. "We just need them to keep to the original agreement that got their hostages home and ended the war," the official added. "We believe that they'll continue to be a good partner in this and comply." The official also acknowledged Israel's scepticism over Hamas's willingness to disarm but argued that the group had already hon-

oured previous commitments. "Israel didn't believe we'd get the deal done to get the hostages out... They're very skeptical that Hamas will disarm. But Hamas did make a deal... so our intention is to hold Israel to its commitments as well and make sure we can be a fair broker," the official said. The official also defended the inclusion of Qatar and Türkiye on the Board of Peace, despite criticism from Israeli officials.

Spain deports 25,000 migrants from Ceuta to Morocco post mass crossings

Ceuta

Spain's Ministry of Interior repatriated over 25,000 migrants from the North African enclave of Ceuta to Morocco as authorities sought to regain control of the territory after an unprecedented surge in arrivals, the Interior Ministry said on Friday. The ministry said more than 150 migrants were being repatriated every minute, shortly after Ceuta regional president Juan Jesús Vivas estimated that around 60,000 people had entered the Spanish territory in recent days. Vivas said at least 34 people had died during the crossings, including several who drowned while attempting to swim into the enclave from Morocco. Most of those attempting to enter Ceuta were Moroccan nationals. Ceuta and neighbouring Melilla, both located on Morocco's northern coast, are Spain's two enclaves in North Africa and constitute the EU's only land borders with the African continent. Local officials attributed the surge in crossings to a recent ruling by Spain's Supreme Court that makes it more difficult to summarily return migrants arriving from Morocco by sea. Vivas



described the situation as "absolutely unsustainable" and criticised Madrid's response as coming "too late and insufficiently." Prime Minister Pedro Sánchez condemned the mass crossings, calling them "an attack" on the country and "a violation of Spain's territorial integrity." "Ceuta is a Spanish city, and what happened yesterday deserves our full reproach, our condemnation at the strongest possible level of rejection, condemnation and consideration as deplorable," Sánchez told reporters before travelling to the enclave. Images from Ceuta showed large crowds, predominantly young Moroccan men but also families with women and

children, entering the city via breakwaters near a border checkpoint before dispersing onto local roads. In response, Spain has deployed additional military personnel, security forces, diver teams and Maritime Service vessels to the enclave. Sánchez also announced plans to install buoys to create a physical barrier along parts of the coastline. The prime minister said the government was finalising legislation aimed at facilitating the repatriation of migrants who enter Spain irregularly and indicated that existing laws could be amended to expedite border returns if necessary. He also accused human trafficking networks of exploiting the Supreme Court ruling.

US sanctions entities in China, India, Russia and Iran over Mahan Air, IRGC support

Washington

The United States imposed sanctions on six entities and individuals in China, India, Russia, and Iran, including companies serving as general sales agents for Iran's sanctioned airline Mahan Air and an Islamic Revolutionary Guard Corps (IRGC)-linked front company, accusing them of facilitating Tehran's military logistics, weapons transfers, and regional operations. Announcing the measures, the US Department of the Treasury's Office of Foreign Assets Control (OFAC) said Mahan Air, despite portraying itself as a civilian airline, has long served as "a critical conduit for the IRGC's movement of



weapons, operatives, and military equipment worldwide." The sanctions target China-based Shanghai Wings International Logistics Co., Shanghai Elite International Travel Co. and Tang Xin; India-based Skiez Travels and Logistics Private Limited; Russia-based Air Cargo Pro Limited; and Iran-based DadeNegar Startup Studio, an IRGC-affiliated front company. US Treasury Secretary Scott Bessent said the action

was aimed at cutting off support networks sustaining the IRGC. "Those who provide financial services, logistics, or commercial support to the IRGC or Mahan Air are helping sustain a terrorist enterprise," Bessent said. "Treasury will continue to identify them, expose them, and cut them off from the US financial system," he added. According to OFAC, Mahan Air has provided travel services for IRGC-Qods Force per-

sonnel, facilitated military training, and transported unmanned aerial vehicle (UAV) systems, weapons and military equipment for Iran. The Treasury said the latest sanctions are intended to disrupt the global commercial network supporting Mahan Air and intensify economic pressure on Iran following what it described as the regime's "reckless attacks against regional states and commercial vessels in the Strait of Hormuz." The US State Department said the sanctions also target DadeNegar Startup Studio, accusing it of operating as an IRGC front company that supported Iranian military targeting by soliciting the locations.

Oil prices go down as markets avoid instability amid escalating US-Iran conflict

London

Global oil prices fell on Friday after a volatile week, as traders appeared reassured that the latest fighting between the US and Iran did not escalate into a full-scale regional security threat. Brent crude, the international benchmark, fell 1.4pc to around USD 88 a barrel by 5am ET, while West Texas Intermediate (WTI), the US benchmark, also declined 1.4pc to about USD 82 a barrel. At Deutsche Bank the market was responding positively to signs that, despite ongoing disruption, energy supplies through the Strait of Hormuz had not been completely halted. "Shipping through the (Strait of Hormuz) has been disrupted but it has-

n't completely stopped, while the US and Iran currently look to be avoiding a move from low-level escalation to all-out war," the bank said in a research note. Despite the renewed hostilities, Brent crude has fallen 9.3pc this week, while WTI declined by nearly 8pc, reflecting sharp swings in sentiment as traders responded to developments in the conflict. Post this week's declines, crude prices remain well above the levels recorded pre-conflict. The higher fuel costs are already affecting the aviation sector. International Airlines Group (IAG), the parent company of British Airways and several other carriers, reported a 16pc fall.

Vance denies Trump's sharp statements on Iran derailed talks despite brief disruption

Bürgenstock

US Vice President JD Vance denied that the blunt statements given by President Donald Trump had derailed negotiations with Iran over the weekend, despite briefly disrupting discussions and a sharp condemnation from Tehran. "No, they didn't throw a wrench in the system," Vance told reporters in Obbürgen after con-

cluding talks with Iranian officials. Trump, who spent the weekend at Camp David, issued a series of warnings while negotiations were underway. In remarks to Fox News, he threatened renewed military action against Iran if Tehran failed to restrain Hezbollah and warned Iranian officials against any attempt to close the

Strait of Hormuz.

According to Trump, he told Iranian officials: "You won't have a country" and "you won't even make it back to your f***** country" if they followed through on threats against the strategic waterway. The president also said: "I'll blow the s*** out of them." Vance acknowledged that the comments caused some tension dur-

ing the talks but insisted they did not halt the diplomatic process. "There was a little bit of threatening, there was a little bit of whining, but at the end of the day, the talks continued, and we made great progress," he said. The vice president said US negotiators had made clear to the Iranian side that Trump would respond publicly.

Russia's 'West' battlegroup completing capture of Krasny Liman: Defense Ministry

Moscow

Russia's Zapad (West) battlegroup is completing the capture of the settlement of Krasny Liman (Lyman), head of the Russian General Staff's Main Operational Directorate Sergei Rudskoy said on Saturday. "The Zapad battlegroup is completing the capture of the city of Krasny Liman," Rudskoy said at a briefing at the Russian Defense Ministry. On Friday, Chief of the

General Staff of the Russian armed forces Valery Gerasimov reported to Russian President Vladimir Putin that Russian forces had fully liberated Konstantinovka (Kostyantynivka) in the Donetsk People's Republic (DPR). Putin called the event the key to liberating the entire territory of the DPR, noting that it opens a direct path for advancing toward Slavyansk and Kramatorsk.

'Ramayana: Part 1' trailer released, giving grand glimpse



The makers of "Ramayanam: Part 1" on Thursday unveiled the film's official trailer, offering audiences a spectacular first glimpse of the epic retelling of the Ramayana. Released in five Indian languages including Hindi, Kannada, Telugu, Tamil and Malayalam, the trailer gives a grand glimpse of the epic battle between Ram and Ravana. Directed by Nitesh Tiwari, the film is

produced in association with Prime Focus Studios, DNEG, and Monster Mind Creations. The film will be released in theaters worldwide on Diwali 2026. Sony Pictures Television will handle global distribution, while Dharma Productions will distribute it in North India. The film stars Ranbir Kapoor as Lord Rama, Sai Pallavi as Sita, and pan-India star Yash as Ravana. The cast also

includes Arun Govil, Lara Dutta, Ravi Dubey, Ajinkya Dev, Kunal, and Rakul Preet Singh. The film's story is based on Lord Vishnu's incarnation as Rama, his exile, and the subsequent struggle between righteousness and unrighteousness with Ravana. According to the producers, this two-part grand cinematic presentation aims to bring Indian culture and heritage to a global audience.

Yash Raj Films and Google to jointly organise AI filmmaking workshop

During the workshop, professionals in the film, production, and creative fields will receive hands-on training on Google's AI creative studio, "Flow." Participants will understand how AI tools can be incorporated into the existing production process as a collaborative tool, ensuring that creative control remains firmly in the hands of filmmakers. This event marks the first session where Google's Flow team is engaging directly with production and creative leadership from a major international studio. Held at YRF, the sessions are designed for creative and production professionals across the film industry, with creativ-



ity and creative control at the center. Akshaye Widhani, CEO of Yash Raj Films, said that every generation of filmmakers gets new tools, and each generation has to decide whether the tools serve the story or start controlling the story. He said that the initiative aims to give filmmakers and creative teams the understanding to use AI

thoughtfully, so that creativity always remains in human hands. Dr. Aarthi Sethumadhavan, Director of User Experience Research, Technology and Society at Google, said that the response to Google Flow in India has been encouraging. She expressed hope that Indian creators will use this technology to explore new

Yash's Ravana avatar in 'Ramayana' trailer grabs eyes



The trailer of the eagerly awaited mythological epic 'Ramayana' has finally been unveiled, with Yash's formidable portrayal of Ravana dominating conversations among audiences and cinephiles alike. Amid the film's grand visuals and expansive scale, the actor's imposing screen presence has captured the imagination of audiences. The trailer begins with the first glimpse of Ravan, where Yash is seen in regal armor, with a sharp gaze and a powerful personality. His performance reflects a blend of power, confidence, and the dignity of a powerful ruler. His screen presence in various scenes of the trailer leaves a deep impression on the audience.

A key scene in the trailer is one where Ravan fearlessly confronts Krodha. This scene showcases his courage and unwavering confidence. Even without much dialogue, Yash's performance makes the scene powerful.

Actor Dulquer Salmaan to be honoured at IFFM 2026

Actor Dulquer Salmaan will be honoured at the Indian Film Festival of Melbourne (IFFM) 2026, recognising his outstanding contribution to contemporary Indian cinema. The multilingual star will also attend the festival as the Guest of Honour at this year's edition. The Indian Film Festival of Melbourne (IFFM), one of the largest annual festivals of Indian cinema outside India, will be held in Melbourne, Australia from August 13 to 23. Salmaan, recognised for his remarkable performances in Malayalam, Tamil, Telugu, and Hindi films, has carved a niche for himself in Indian cinema over the past decade. From crit-



ically acclaimed films to commercial successes, he has resonated with audiences with his versatility and diverse selection of stories.

IFFM Festival Director Mitu Bhowmick Lang said, "Dulquer

Salmaan is one of the most talented actors in contemporary Indian cinema. He has always prioritized meaningful stories, working across languages, genres, and film industries. His acting prowess and ability to con-

nect with a global audience make him one of the most distinctive artists of his generation." The 43-year-old actor expressed his delight at the honor, saying he was honored to be recognized at IFFM. He noted that the festival plays an important role in showcasing the diversity and excellence of Indian cinema on a global stage. He said that good stories connect people across language and borders, and the love he receives from audiences around the world is inspiring. During the festival, he will also get an opportunity to meet Salmaan and get a closer look at his cinema journey through various events.

The high-stakes story of 'Cockroach Janata Party' to see light of silver screen

What began as a satirical digital retort has morphed into cinematic history, as filmmakers officially announced The Accidental Cockroach Party, a high-stakes political drama chronicling the meteoric rise of the Gen-Z-driven 'Cockroach Janata Party' (CJP). Backed by an estimated budget of Rs 20 crore, the project aims to strip back the layers of the unprecedented 37-day protest at Jantar Mantar that paralyzed the national capital, shook the foundations of India's examination system, and ulti-



mately forced the high-profile resignation of Education Minister. The film is titled "The Accidental Cockroach Party" and the script is being crafted by Jaipur-based researcher and writer

Govind Dev Brahma following deep investigative groundwork into the agitation. Moving past surface-level political satire, the film promises to expose the unseen, behind-the-scenes machination.

Pune audiences shower love on 'Ohh My Dog' at special pre-release screening

A week ahead of its theatrical release, the makers of 'Ohh My Dog' hosted a special pre-release screening in city, giving audiences an early opportunity to experience the film's heartwarming story. The film received an encouraging response from the



Pune audience, with viewers appreciating its emotional storytelling, heart-felt performances and the beautiful portrayal of the bond between humans and dogs. Many praised the film's family-friendly appeal and its message of compassion, kindness and empathy, making it a memorable cinematic experience for audiences across age groups. The event was attended by actors Jitendra Joshi and Vijay

Mishra, who interacted with members of the media and moviegoers following the screening. Speaking at the event, Joshi and Mishra expressed their gratitude for the warm reception and shared how rewarding it was to witness audiences connect with the film's emotional journey even before its nationwide release. Watching audiences laugh, smile and connect emotionally with 'Ohh My Dog' has been incredibly.

Manipuri short film 'Toy Gun' selected for BISFF 2026 Indian Competition, Film Festival

Manipuri short film "Toy Gun" has achieved another milestone on the national film festival circuit after being officially selected for the Indian Competition section of the 16th Bengaluru International Short Film Festival (BISFF) 2026, India's only Oscar-qualifying short film festival. The film has also secured an official selection at the 14th Jagran Film Festival 2026, India's largest travelling film festi-



val. Written and directed by Thingnam Parshuram, "Toy Gun" is a 14-minute 55-second short film that tells the poignant story of a widowed mother and her young son living under the lingering

shadow of past violence. Through restrained storytelling and intimate moments, the film explores how memories of conflict continue to shape ordinary lives long after the violence has

ended. The film has steadily built an impressive festival journey since its World Premiere at the Hyderabad International Short Film Festival (HISFF) 2025, where it won the First Runner-Up Award. It later received the Best Non-Feature Film award at the North East India Film Festival 2026 and has since been officially selected for several national film festivals. The latest selections at

BISFF 2026 and the Jagran Film Festival 2026 further underscore the growing national recognition for "Toy Gun", strengthening its presence among some of India's most prestigious film festivals. Produced by Khumallambam Omeshwori, the film features Leishangthem Tonthoi and Thingnam Parihanba in the lead roles, while the music has been composed by Akhu Chingangbam.

Amitabh gears up for new season of KBC, says the test starts now

Megastar Amitabh Bachchan has announced that the preparations for the upcoming season of Kaun Banega Crorepati have entered their final

stage, with shooting for the long-running quiz show set to begin on August 1. Sharing an update on his personal blog, the 83-year-old actor posted photographs

from the KBC set and revealed that rehearsals and mock sessions have come to an end. He wrote, "... the test starts now .. as the final mocks get over and the pro-

duction and audience takes over .. Further speaking about the new season, the megastar said, "Aur is baar jaisa ki hum apne promo mein kehte

hain, jara sochna padega!!" (And this time, as we have been saying in our promos, you'll have to think a little harder, 'Sochna Padega').