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PM Modi sets off for Seychelles visit; to meet world's oldest animal

PM Modi will attend the Golden Jubilee celebrations of the country's National Day as the Chief Guest, marking 50 years of diplomatic relations between India and the Indian Ocean archipelago.

New Delhi.(Agency)

Prime Minister Narendra Modi on Saturday began his three-day official visit to Seychelles with a distinctive first engagement lined up in the island nation — a meeting with Jonathan, recognised as the world's oldest living land animal. PM Modi will attend the Golden Jubilee celebrations of the country's National Day as the Chief Guest, marking 50 years of diplomatic relations between India and the Indian Ocean archipelago.



One of the highlights of the visit will be the Prime Minister's scheduled interaction with Jonathan, an approximately 194-year-old Aldabra Giant tortoise. Jonathan lives at the Seychelles National Botanical Gardens and holds the Guinness World Record as the world's oldest living land animal. Though his exact age remains unverified, he has significantly outlived the species' average lifespan.

The meeting is being viewed as a symbolic gesture reflecting themes of heritage,

sustainability and conservation — priorities that have increasingly featured in India-Seychelles engagement.

Taking to X, PM Modi termed Seychelles a valued maritime neighbour and a key partner in advancing the interests of the Global South.

"Seychelles is a valued maritime neighbour and a key partner in our Vision MAHASAGAR, as well as in advancing the interests of the Global South. I look forward to discussions with my friend, Dr. Patrick Herminie, President of the

Republic of Seychelles," he wrote.

VISIT TO BOTANICAL GARDENS, TREE PLANTATION PLANNED

After arriving in Seychelles, PM Modi will proceed to the Seychelles National Botanical Gardens, where he is also scheduled to participate in a tree plantation ceremony. The engagement is expected to underscore shared commitments towards environmental preservation, biodiversity protection and climate resilience in the Indian Ocean region.

NATIONAL DAY CELEBRATIONS, COAST GUARD PROGRAMME ON AGENDA

During the visit, PM Modi will participate in engagements linked to Seychelles' National Day celebrations and attend a programme at the Seychelles Coast Guard Base. India and Seychelles have maintained close cooperation in maritime security and regional stability, making defence and security an important pillar of bilateral ties.

Lashkar terrorists, its deputy chief attend funeral of Shoaib Akhtar's brother

New Delhi.(Agency)

The funeral of former Pakistani cricketer Shoaib Akhtar's brother in Islamabad has drawn significant attention after Lashkar-e-Taiba (LeT) terrorists, including its deputy chief Saifullah Kasuri, known for his provocative anti-India remarks, were spotted at the ceremony. Shoaib's elder brother Shahid Akhtar passed away on June 24.



A viral video shows several leaders of LeT, behind some of the deadliest terror attacks in India, including the 26/11 Mumbai attacks and the Pahalgam carnage, present at Shahid's funeral at the H-8 graveyard in Islamabad. Apart from Kasuri, Inam Ur Rehman, president of the Pakistan Markazi Muslim League (PMML), LeT's

political front, also attended the funeral. **TERRORISTS AT FUNERAL OF SHOAIB AKHTAR'S BROTHER**

UN-designated terrorist Hafiz Saeed essentially

formed the PMML as a surrogate to circumvent international and domestic bans on his outfits, like the Jamaat-ud-Dawa (JuD) and the Milli Muslim League (MML). The PMML also contested the 2024 Pakistani elections.

Terrorists like Kasuri openly attending a public event once again exposes Pakistan's continued support and patronage of anti-India elements. It shows how terrorists openly roam around Pakistan, a state-sponsor of terrorism.

At the same time, it also raises questions about the influence wielded by such banned terror outfits in Pakistan's hierarchy. Shoaib retired from cricket in 2011, but has been active as a commentator in Pakistan. He has also provided commentary for the IPL.

'When PM praised Pradhan on his birthday, did he even spare thought for kids who died?': Rahul Gandhi

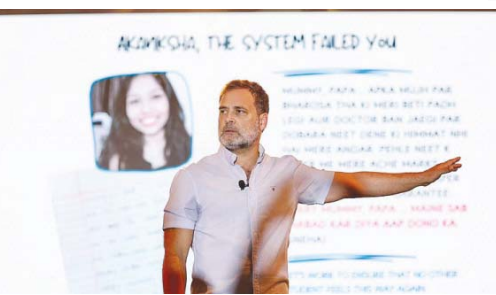
The Congress leader said the children lost their lives and their families and future were destroyed by a broken system and a government that refuses to be accountable.

New Delhi.(Agency)

Leader of Opposition in the Lok Sabha Rahul Gandhi on Friday questioned Prime Minister Narendra Modi for praising Education Minister Dharmendra Pradhan on his birthday, asking whether he had spared a thought for the children who lost their lives after the alleged NEET paper leak while wishing his cabinet colleague on the occasion.

In a post on X, the Congress leader said the children lost their lives and their families and future were destroyed by a broken system and a government that refuses to be accountable.

"Each name on this list was a child with a dream, a family, a future -- all destroyed by a broken system and a government that refuses to learn or take



accountability. Remember these students. Every one of them. When PM Modi praised Dharmendra Pradhan ji on his birthday, did he even spare a thought for these children?" Gandhi asked in his post.

He tagged his party colleague Pawan Khera, who in a post on X had said, "Dear Dharmendra Uncle, Happy Birthday. You turn 57 today. We couldn't even reach half your age." Khera listed the names of the students who died after the alleged NEET paper leak. The list had 14 names.

According to the Congress, all these students committed suicide in the wake of the alleged NEET-UG paper "leak". Wishing Pradhan on his birthday, Modi lauded his work in implementing the National Education Policy. "Birthday wishes to Union Minister Shri Dharmendra Pradhan Ji. He is making commendable efforts towards the implementation of the National Education Policy, which seeks to make India a hub for knowledge, learning and innovation.

Manipur CM says drugs sale on credit thrives as trafficking routes changed

Chief Minister Yumnam Khemchand Singh said trafficking has increasingly shifted through Mizoram, while credit sales continue to make drugs easily accessible to youths in Kwakta.

GUWAHATI.(Agency)

Drug sales on credit persist in Manipur's Kwakta area, even as cartels have changed trafficking routes in the wake of the 2023 ethnic conflict, Chief Minister Yumnam Khemchand Singh said on Friday.

Speaking at an event on the observance of the International Day Against Drug Abuse and Illicit Trafficking in Imphal, Singh said many youths started using drugs in the late 1970s, when heroin was expensive, largely affordable only to children from rich families. However, things have changed now.

"In the wake of the 2023 crisis in Manipur, the route for drug trafficking had significantly changed, diverted largely through Mizoram, while smaller quantities continue to be routed from Moreh (on Myanmar border)



to Churachandpur via roads constructed under the Pradhan Mantri Gram Sadak Yojana," Singh said. He added that once drugs reached Churachandpur, the nearest distribution point was Kwakta in the Imphal Valley.

He said he had learnt during his interaction with Kwakta-based civil society organisations that nearly 70% of the local youths were using drugs.

Amit Shah says Centre 'relooking' at NDPS Act to plug loopholes, seeks states' suggestions

New Delhi.(Agency)

Union Home Minister Amit Shah on Friday said the Centre is "relooking" at the NDPS Act to plug loopholes exploited by narco syndicates and underlined the need for a ruthless approach towards drug peddlers and suppliers. Addressing the 10th apex-level meeting of the Narco-Coordination Centre (NCORD) on Friday, Shah asked the states to share their suggestions with the Centre on amending the law.

The home minister also spoke about the success achieved by agencies in tackling the drug menace in the country. "During 2004 to 2014, 26 lakh kilograms of synthetic drugs were seized. In contrast, from 2014 to 2026, we seized 1.18 crore kilograms of synthetic drugs. This shows that our campaign is steadily progressing towards success," he said.



Shah said the value of the drugs seized between 2004 and 2014 was approximately Rs 40,000 crore, whereas the value of the drugs seized between 2014 and 2026 was approximately Rs 1.84 lakh crore.

This reflects the remarkable increase in the effectiveness and scope of the government's actions, he said.

Shah said the Union Ministry of Finance is "relooking" at the Narcotic Drugs and Psychotropic Substances (NDPS) Act to strengthen it and asked states to share their suggestions.

He said the directors general of police can send their suggestions to the Ministry of Home Affairs and the chief secretaries to the Department of Revenue under the Ministry of Finance.

During the event, Shah unveiled a three-pronged approach against drug trafficking -- detect, disrupt and destroy. He said a ruthless approach should be adopted against traffickers and operatives and a sympathetic approach towards the victims.

The BJP accused the Rajya Sabha MP of trying to misinform the people and mixing up foreign policy with vote bank.

"Lone Voice Of Silence": Sonia Gandhi's Gaza Op-Ed Draws BJP Criticism

New Delhi.(Agency)

Congress leader Sonia Gandhi has questioned the government's "silence" on Gaza. In an Op-Ed piece, she has claimed that India is prioritising closer ties with Israel over its historical position on Palestinian rights, linking the country's Gaza policy to the broader foreign policy concerns.

The BJP accused the Rajya Sabha MP of trying to misinform the people and putting vote bank ahead of foreign policy. Gaza had been reduced to rubble over years of Israeli ground operations since a deadly 2023 attack by Hamas that left over a thousand dead in Israeli border towns.

'Lone Voice Of Silence'

The newspaper article by Gandhi cited the UN Independent International Commission of Inquiry's report that concluded that Israel



committed genocide against Palestinians in Gaza. She also highlighted the human cost of such a conflict: more than 20,000 children had died, and 44,000 were wounded.

She criticised global inaction and argued that despite mounting evidence and legal proceedings, the international community has failed to stop the conflict.

Criticising the central government, she alleged that it has largely been silent on Gaza and has not spoken out strongly against the civilian suffering. Claiming that India remains a "lone voice of silence", she said the inaction is not just "morally reprehensible but also inexplicable from a national interest perspective."

She also pointed out that India has historically been an ally of Palestine and claimed that moving away from this position risks damaging the country's global standing. Stating that continued silence cannot be morally or rationally justified, she called on the government to speak out in favour of Palestinian rights.

'Vote Bank On Foreign Policy'

Criticising Gandhi's article, the BJP said the

Congress does vote bank politics over foreign policy. Rather, India has articulated its position on the Gaza and Palestine issue multiple times and has given humanitarian aid, said BJP spokesperson Shehzad Poonawala. India has shown its stand by voting at the United Nations on resolutions on ceasefire, and Prime Minister Narendra Modi has received Palestine's highest civilian honour, he pointed out. "The problem is that Congress always puts vote bank on foreign policy and therefore, they, in the name of vote bank politics, never developed any relations with Israel," he said, adding that the party sympathises with Hamas and never speaks on attacks on Israel. "Sonia Gandhi speaks up for the Muslims in Gaza, they tweet about Rafa, but they are silent on Hindus in Dhaka.



UPPCL launches QR codes on bills for easy contact updates

Noida.(Agency)

The Uttar Pradesh Power Corporation Limited (UPPCL) has introduced QR codes on electricity bills, enabling consumers to easily update their contact details — including mobile numbers, emails and WhatsApp — directly from the bill.

DISCOM announced that consumers can scan two QR codes at the bottom of their bills. These link to a dedicated webpage for updating contact details to ensure streamlined communication and better service delivery.

The first QR code enables users to add their mobile numbers, WhatsApp contacts and email addresses. Upon scanning, users enter their unique connection number to view their linked details. A one-time password (OTP) is then generated to verify identity and complete the update. The second QR provides a platform for consumers to verify their existing contact details and make changes, if necessary. "Residents are encouraged to take advantage of this new feature to keep their contact information up to date, ensuring they receive all important communications from the department," said Sanjay Kumar Jain, chief engineer, Noida power department, PVVNL. Alternatively, a consumer can update their details online on the UPPCL Consumer Services portal.

Who'll protect green belt? GDA, Loni civic body spar before NGT

Noida.(Agency)

Ghaziabad Development Authority and Loni municipal council are locked in a jurisdictional dispute over responsibility for preventing encroachments on a green



belt along Delhi-Saharanpur Road (NH-709B) in Prem Nagar. Both agencies have accused the other of shirking responsibility. In an affidavit to the NGT last week, GDA said its mandate is limited to planned development, zoning, regulation of land use and implementation of schemes within its notified area. It argued that protection, maintenance and restoration of the green belt are a shared responsibility and cannot be imposed on GDA alone.

The dispute stems from a petition filed by Prem Nagar RWA seeking NGT intervention against alleged illegal constructions and encroachments on a 30-foot road and designated green belt on the national highway. The NGT, which has been hearing the matter for more than a year, issued initial compliance orders tracking development and master plan maps of the area. The principal bench subsequently directed the two civic bodies to submit accountability and factual position reports.

In his affidavit filed June 20, GDA's assistant engineer Rajeev Kumar stated that removal of encroachments, prevention of temporary occupation, municipal upkeep, sanitation, day-to-day field monitoring and local enforcement within municipal limits fall substantially within Loni municipal council's jurisdiction. "GDA has no independent police machinery for continuous field enforcement," Kumar said, adding that any coordinated action requires support from the DM and other competent authorities. Loni municipal council countered that approved colonies in the area — Indrapuri, Balramnagar, Giri Market, Rishi Market and Khananagar — were developed by GDA. The municipal council said a 30-foot road was reserved between the plots and green belt in the approved map, with construction completed by GDA.

5 years on, 19 shops in market complex still lie shut

Noida.(Agency)

Residents of Sector 105 have sought urgent intervention from Noida Authority over 19 shops in a local commercial complex that have remained locked and unused since being built in 2021. In a letter to the Noida Authority CEO, the RWA demanded that the shops be allotted or rented out. For years now, residents here have been forced to travel around 3km to the nearest markets in Sector 104, Sector 110 or Bhangel for daily necessities and groceries. RWA president Deepak Sharma, who wrote to the Noida CEO, said the Authority had built the market at a high cost for the convenience of locals. The persistent inaction, however, has instead caused them significant



inconvenience. "The construction was completed but these shops have been gathering dust for years," he said. Sharma noted that the Authority is incurring significant losses in revenue by leaving the stores shut, as renting them out would bring lakhs of rupees in monthly revenue. The market's reopening could also bring in employment for locals, providing another way for it to enrich the local community. "On the one hand, youths are searching for job opportunities, while on the other, these ready-to-use shops remain shut and defunct," Sharma said. "We hope that the Noida CEO notes our appeal and takes prompt and necessary action to bring the market back to life, allowing residents to benefit from the facilities that were intended for their convenience."

Mahanagar Metro Exclusive

Allegations of Illegal Mining and Administrative Inaction Surface in Karjan, Gujarat

Publication calls for investigation into alleged illegal mining, environmental damage, and administrative inaction in Gujarat's Karjan taluka.

Mahanagar Metro Desk Pawan Makan

BARODA/KARJAN: Serious allegations regarding illegal sand and soil mining have emerged from Karjan taluka in Gujarat's Vadodara district. The allegations, published by Mahanagar Metro, claim that large-scale unauthorized excavation has been taking place in Pingarwada village and along the Naneshwar Road, allegedly causing environmental damage and significant revenue loss to the government.

According to the report, deep excavation pits have allegedly been created on land described as grazing land, while a large quantity of sand is alleged to have been illegally stockpiled without payment of royalty. The publication further alleges that hundreds of overloaded dump trucks have been transporting mining material on a daily basis.

The report also makes allegations regarding the involvement of certain local public representatives and municipal officials. These allegations have not been independently verified, and no official findings or court determinations confirming the claims have been presented.

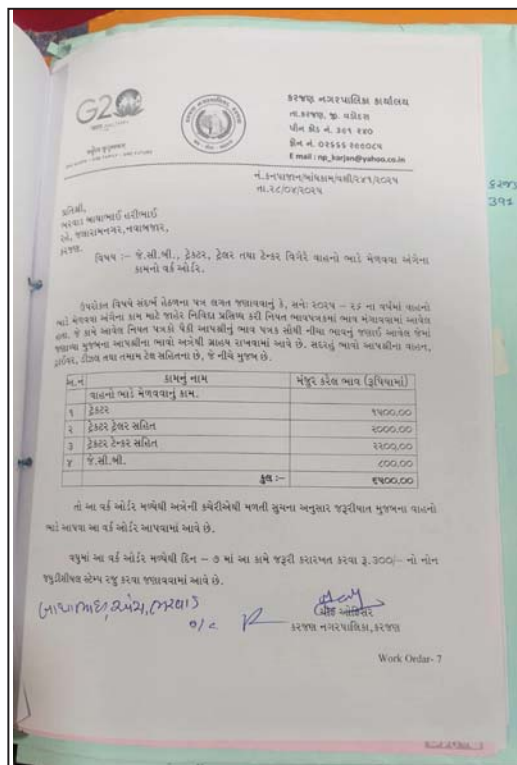
Mahanagar Metro has questioned whether the Gujarat government, the Mining Department, district administration, and law enforcement agencies will conduct a detailed investigation into the allegations. The publication has called for an independent inquiry, field inspections, and appropriate legal action if any violations are established.

As of the time of publication, no official response from the individuals named in the report or from the concerned government departments was available. Their responses would be essential for a balanced presentation of the matter.

If authorities initiate an investigation or issue an official statement, the developments may provide greater clarity regarding the allegations.

The allegations have intensified public demands for transparency and accountability in the management of natural resources. Residents and environmental observers say a thorough, impartial investigation is essential to determine whether any laws have been violated and to identify those responsible.

Until the competent authorities complete an official inquiry, the claims remain allegations. The outcome of any investigation and the responses of the concerned individuals and government departments will be crucial in establishing the facts and determining whether further legal or administrative action is warranted.



As the controversy continues to attract public attention, all eyes are now on the Gujarat government, the Mining Department, and district authorities. Any official investigation or response from the concerned individuals and agencies will be critical in clarifying the allegations and determining the appropriate legal course of action. A transparent investigation, supported by documentary evidence and due legal process, would be essential to establish the facts and ensure accountability, if any wrongdoing is found.



State panel scraps 21-year-old district forum order to hand over land on green belt in Lucknow

Gurgaon.(Agency)

The state consumer commission has set aside a 21-year-old order passed by the district forum in Lucknow, ruling that the forum had no jurisdiction to hear the matter as it involved criminal issues requiring detailed adjudication.

Prem Kishore Singh bought a plot that was allegedly located on a green belt from one Deepali Agrawal in Sector G, Jankipuram. The plot in question was previously registered with Lucknow Development Authority. When Singh asked the Authority to grant him approval for the construction of a building, he was denied. Dissatisfied, he filed a suit with the district commission in 2003. In its Dec 29, 2005, order, the district commission asked the Authority to complete formalities within 45 days, transfer a disputed plot in Singh's name and hand over physical possession. The Authority, through its secretary, approached the state commission in 2008 against the order passed in Singh's favour. The state panel said that the appeal filed by the Authority was dismissed in default on Feb 23, 2012, due to the non-appearance of both parties. "The Authority then filed a revision petition before the National



Consumer Commission, which, after imposing a penalty of Rs 10,000, reinstated the matter to be heard again on March 9, 2016," the commission noted. The matter was adjourned on various dates due to the absence of the Authority representative and was dismissed on April 4, 2016, as the Authority had not deposited the cost imposed by the national commission. The Authority once again moved a revision petition with the national commission on Jan 17, 2024, and the next

date of hearing was fixed on Feb 26, 2024, for Rs 60,000 to decide the matter. The cost imposed by the national commission was deposited on March 6, 2024, and the hearing began. The Authority's counsel, Dilip Shukla, said the Jankipuram plot had not been allotted to anyone. "There is no justification for the transfer of title due to the non-availability of the layout plan. Singh had executed the said plot with Deepali Agrawal; therefore, he is not entitled to any relief from the Authority,"

he said. Singh's counsel, Alok Sinha, argued that his client purchased the plot from Agrawal for an amount of Rs 2.56 lakh but she had purchased it from LDA in 1997 for Rs 84,000. "Singh is not a consumer of the appellant, LDA, but is a beneficiary of the complaint.

Therefore, he is a consumer of the Authority," Sinha claimed, adding that since the appeal in question was filed by the Authority with a delay of more than three years, it was liable to be dismissed on the ground of delay. After hearing the arguments, the panel of commission president Justice Ajai Kumar Srivastava and member Sudha Upadhyay noted that Lucknow Development Authority and its officers had allotted a plot on a green belt. A criminal case had been registered in compliance with a 2006 order from the High Court and was pending before the Court of Special Judge, Anti-Corruption/CBI (West), Lucknow. So it concluded that the matter did not qualify to be dealt with under the Consumer Protection Act and set aside the district forum's order.

Jana Nayagan producer appointed Tamil Nadu Special Representative to Delhi

Tamil Nadu has appointed K Venkata Narayana as its Special Representative in New Delhi for one year. The move has drawn opposition criticism over his film industry background and proximity to C Joseph Vijay.

Chennai. (Agency)

The Tamil Nadu government on Friday appointed K Venkata Narayana as its Special Representative in New Delhi for a period of one year, a move that has triggered political criticism over the choice of appointee. In a government order, the state said Narayana would hold the post on a temporary basis for one year from the date he assumes office. The order added that the terms and conditions of his appointment would be notified separately.

Narayana is best known as the producer of Jana Nayagan, the upcoming film starring Tamil Nadu Chief Minister and Tamilaga Vetri Kazhagam (TVK) chief C Joseph Vijay. The film, directed by H Vinoth, features music by Anirudh Ravichander and is being produced under the banner of KVN Productions. The appointment has drawn

attention because of Narayana's close association with Vijay. He had accompanied the actor-politician during his meeting with Governor RN Ravi's successor, Governor RV Arlekar, in May when Vijay staked claim to form the government.

Jana Nayagan has remained in the spotlight in recent months after its release was reportedly delayed pending certification from the Central Board of Film Certification (CBFC). The production also suffered a setback after a high-quality version of the film was allegedly leaked online before its release.

THE APPOINTMENT CRITICISED BY OPPOSITION

The appointment has also sparked criticism from the opposition. DMK Rajya Sabha MP P Wilson questioned the decision to appoint



a film producer to a key administrative position, arguing that it could undermine the significance of the office. Wilson said the Special Representative serves

as the crucial link between the Tamil Nadu government and the Union government. According to him, the role includes coordinating with Union ministers, arranging the Chief Minister's meetings in New Delhi, conveying developments related to central policies affecting the state, and assisting Members of Parliament from Tamil Nadu with official information during Parliament sessions.

While acknowledging that the government has the authority to appoint a person of its choice, Wilson argued that the position should be filled keeping the state's administrative interests in mind. He alleged that appointing a film producer to the post could diminish the office's stature and make the state "a laughingstock" in the national capital. The Tamil Nadu government has not responded to the criticism so far.

Short news

UP student gets Income Tax notice for Rs 21 crore, then a PAN card mystery unfolds

Unnao. (Agency)

An undergraduate student from Uttar Pradesh's Unnao has received a summons from the Income Tax Department over alleged income and business transactions worth Rs 20.98 crore. The matter came to light on Friday, with the student claiming that her Aadhaar and PAN cards were misused by a fake firm based in Delhi.

The student, Rashmi Savita, said the Income Tax Department in Chandigarh issued the summons to her under Section 131(1A) of the Income Tax Act and asked her to respond by May 5. She said she later found that a firm called RS Enterprises had allegedly been operating in Delhi's Burari area using her documents. According to Savita, the firm started operations on January 15, 2025, and was shut on May 9, 2025. She said she had no knowledge of the firm or of any business linked to it.

Savita's father, Ajay Shankar, is a daily-wage labourer. The family said they had never set up any company or carried out business worth crores of rupees. They suspect that someone used their documents to fraudulently create a firm and conduct financial transactions.

Savita said she has submitted her response to the Income Tax Department. She has also filed a complaint on the public grievance portal over the alleged misuse of her Aadhaar and PAN cards.

In addition, she has submitted a formal request to the police, seeking an investigation into the matter and registration of a fraud case against those responsible.

Commuter's metal chain caused Cubbon Metro disruption: BMRCL Probe

BENGALURU.(Agency)

A commuter's metal chain lodged in a train door guideway caused the temporary disruption of Metro services at Cubbon Park Metro Station on the Purple Line on Thursday evening, according to the preliminary investigation by the Bengaluru Metro Rail Corporation Limited (BMRCL).

The incident, which occurred between 7.36 pm and 7.54 pm, resulted in the train doors failing to close properly, briefly affecting Metro operations. Following the incident, BMRCL's Operations and Maintenance teams carried out an inspection of the train and its door systems.

The investigation found that the obstruction caused by the commuter's metal chain prevented the doors from closing. BMRCL clarified that the train and its door mechanisms did not suffer any technical malfunction.

The corporation said all mandatory safety protocols were followed before the train was cleared to resume service. Reiterating that passenger safety remains its highest priority, BMRCL said it remains committed to providing safe, reliable and efficient Metro services to commuters. Worker electrocuted during Metro work outside Trinity

A 50-year-old labourer was electrocuted after coming in contact with a live electric cable while carrying out pit excavation for Namma Metro pillar lighting outside Trinity Metro Station on MG Road on Friday afternoon.

The deceased has been identified as Guruappa, a daily wage labourer and a resident of Jigani in Bengaluru Rural district. According to the jurisdictional Hsuru police, Guruappa was using a drilling machine at 3.52 pm near pillar number 153 when he came in contact with a live electric cable and suffered an electric shock.

Bengaluru Labourer Dies Of Electrocution During Metro Work

The labourer reportedly came into contact with an electric source while carrying out the excavation.

Bengaluru. (Agency)

A labourer died from an electric shock while carrying out lighting-related work near Trinity Metro Station in Bengaluru on Friday.

According to the Bangalore Metro Rail Corporation Limited (BMRCL), the incident occurred around 3:52 pm near Pillar No. 153 during earth pit excavation work being carried out by M/s M R Electricals, the contractor executing the pillar lighting project. The labourer reportedly came into contact with an electric source while carrying out the excavation. He was immediately rushed to a local hospital

but was declared dead on arrival. BMRCL said the exact cause of the incident is yet to be ascertained, and a detailed investigation



has been initiated by the concerned authorities. The fatal accident comes after

Bengaluru Metro witnessed two service disruptions on the Purple Line this week. On Tuesday, a technical fault in a train at Cubbon Park Metro Station forced BMRCL to suspend through services, with trains operating only between Challaghatta-Magadi Road and MG Road-Whitefield, disrupting travel for thousands of commuters. On Thursday, another technical issue at the same station involving a train door that failed to close properly due to a passenger's chain getting stuck led to passengers being deboarded as a safety precaution. The process took around 17 minutes, delaying five subsequent train services before normal operations were restored.

Bijnor minor rape case surfaces after explicit video goes viral, one held

Bijnor. (Agency)

In a shocking incident that has sparked widespread outrage, a 13-year-old Class 6 student was allegedly gang-raped by two youths from her own village under the jurisdiction of the Seohara police station in Bijnor district. The case came to light after a sexually explicit video allegedly linked to the assault began circulating on social media. According to the victim's family, the incident had taken place around two weeks earlier, but they learned about it only after the footage surfaced online.

In their complaint, the family alleged that a married man from the village lured the Class 6 student to a friend's house, where she was allegedly held captive and gang-raped by two men. The accused are also

alleged to have filmed the assault and taken photographs, which were later circulated.



Following the emergence of the video, the family approached the Syohara police station on Friday and lodged a complaint against the accused. Police subsequently

registered an FIR and arrested one of the suspects. The second accused remains at large. Acting on information that he may be in Chandigarh, a police team has been sent to apprehend him. Authorities have initiated the girl's medical examination and the process of recording her statement before a court. The viral video is also being examined as part of the ongoing investigation.

Dhampur Circle Officer Anjani Kumar Chaturvedi said a case had been registered against two youths from the victim's village. He added that the victim's medical examination was being conducted and all mandatory legal procedures, including the recording of her statement, were being carried out in accordance with the law.



accused employee into custody for questioning.

According to the school, the accused worked as a housekeeping staff member responsible for cleaning duties and had been associated with the institution for the past three years along with his family. The school management said no previous complaints had been received against him. The school trustee said the institution decided to alert the police immediately after hearing the complaint from the child's parents, considering the seriousness of the allegations.

Ketan Agarwal murder: Cricket brought Siya Goyal into Chetan Chaudhary's orbit

According to police sources, Chetan, a cricket player, had played matches alongside Sahil, Siya's brother, and Siya would often accompany her brother during games.

Mumbai.(Agency)

The investigation into the murder of realtor Ketan Agarwal has taken a fresh turn after police uncovered a deeper personal connection between the two accused, Siya Goyal and Chetan Chaudhary. Investigators say Chetan was known to Siya's elder brother, Sahil Goyal, through cricket, and this association eventually brought Siya and Chetan into contact.

According to police sources, Chetan, a cricket player, had played matches alongside Sahil, and Siya would often accompany her brother during games. Investigators believe this is where Siya and Chetan first became acquainted before reconnecting later.

CONNECTION DEEPENED AFTER DIWALI GATHERING

Police said Siya and Chetan met again at a Diwali gathering in 2025 organised by a common friend, after which their interactions increased significantly.

Call detail records examined by investigators suggest the two remained in regular contact over several months. Police data shows that from January onwards, Siya Goyal and Chetan Chaudhary exchanged as many as 2,004 calls. The cumulative duration of these conversations was nearly 238 hours, indicating sustained communication between the two accused.

POLICE QUESTIONED SIYA'S BROTHER

The police on Friday questioned Sahil Goyal about Siya's relationship with Chetan Chaudhary for nearly 10 hours.

He was later allowed to go home. "We had summoned him for questioning in the morning. He was allowed to go late in the



evening," an official from local police told. "Sahil knows Chetan, and we cross-checked certain things with him. He was questioned for nearly 10 hours," he further said. Other than questioning Sahil, the local police are also planning to record the statements of Siya's other relatives

related with the case. **DELETED CHATS UNDER FORENSIC SCRUTINY**

The investigation has now expanded into digital evidence after police found that both accused allegedly deleted their conversations and online activity from their mobile devices. Investigators said WhatsApp chats, Instagram interactions and other deleted digital records from both phones are being subjected to forensic analysis. Police suspect that conversations were erased both before and after the incident at Lohagad. Sources added that the accused allegedly did not stop at deleting messages but also cleared recycle bins and removed traces from their devices, making forensic recovery necessary to reconstruct communication timelines.

Kids taking drugs need empathy

Achintya Arora

It was disturbing to learn about the death of two young MBA students in Mumbai due to drug overdose at a music concert in April. Subsequently, some college students, among others, were arrested on charges of delivering and distributing drugs. Around the same time, the Supreme Court was dealing with a case where interim protection was granted to a fourth-year law student allegedly found in possession of a prohibited substance. The court observed that such instances can prove to be challenging for schools and colleges. Drug peddlers might be using students as mules to expand their networks and gain customers. These events bring to light deeper systemic issues related to the consumption and abuse of drugs. It is important to recognise the scope of drug abuse at the national level. In 2019, the National Survey on Extent and Pattern of Substance Use in India, commissioned and funded by the Ministry of Social Justice and Empowerment, had acknowledged the escalating problem of drug abuse among the youth. It was found that in the age group of 10-75 years, alcohol was used by 14.6% of the population, cannabis by 2.8%, opioids by 2.1%, sedatives (non-medical, non-prescriptive use) by 1.08% and inhalants by 0.7%. While the situation may not look alarming in terms of percentages of the total population, the actual numbers run into crores. Earlier, in December 2014, Prime Minister Narendra Modi had talked about the issue of the "drug trap" in his 'Mann Ki Baat' radio programme. The gravity of the situation is evident from the fact that Punjab is running a 'war on drugs' programme. While addiction is a major facet of this problem, students also risk getting into trouble with law enforcement and derailing their career. The Narcotic Drugs and Psychotropic Substances Act, 1985 (NDPS Act) has a stringent punitive policy. Substance use can critically endanger a person's life and liberty. Today, students face the ever-increasing pressure of career-related anxieties, heightened exposure to social media and digital world and a growing crisis of social phobia. Substance use among youth can result from a number of associated risk factors, including adverse experiences, trauma, emotional problems, isolation, boredom, ease of accessibility, peer and academic pressure and misinformation. Adding to this, the portrayal of smoking and consumption of alcohol and drugs in popular media often arouses curiosity. The risk perception among young students may diminish in the face of glamorisation of substance use. An innocent young mind can be easily drawn towards experimentation and that may, over a period, develop into addiction. These factors make students in schools, colleges and universities a highly vulnerable target group for drug suppliers. The availability of illicit drugs and substances has become relatively more common. The variety of prohibited items available might make it difficult to detect usage and possession. While law enforcement agencies and the criminal justice system should target drug peddlers and large suppliers that misuse young and gullible students, ordinary citizens also need to step up and take collective ownership of this problem. Family members and other key stakeholders in academic settings have a crucial role to play in preventing drug abuse. While it is desirable to curtail drug use on an educational campus to protect and improve the overall academic culture, the situation would demand a compassionate approach. Rather than stereotyping or attaching labels to children at home or students in an academic setting, it would be beneficial to make physical and mental well-being services available and accessible for their rehabilitation. To facilitate timely intervention, parents and teachers should remain observant of any negative behavioural changes. Corrective measures, if required, should strike a balance between maintaining discipline and ensuring a positive transformation. For students, it is important to realise that consuming harmful substances neither solves their troubles nor is it a "cool" thing to do in front of their peers.

The post-Agnipath options

Career options post-Agnipath must not be so attractive that they incentivise the departure of the military's best talent

Air Marshal Amit Tiwari Retd

Alarmed by the growing pensionary load on the defence budget and with the aim of creating a younger and more agile fighting force, the government announced the Agnipath scheme, one of the most significant reforms in the armed forces since Independence. Under the scheme, soldiers, sailors and airmen are recruited as "Agniveers" for a period of four years. After this period, 25% of the recruits are retained, while the rest return to civil life with a severance package and job assurance. Now, after four years of implementation, as the first batch of Agniveers near completion of their engagement, the challenge is not whether Agnipath can reduce pension burden or lower the average age of the armed forces, but whether the model can create and sustain military effectiveness for future conflicts. The Agnipath scheme was implemented in 2022 as a major reform in the armed forces. Generally, before implementing a reform of such magnitude, a pilot project is carried out on a smaller scale to validate assumptions, identify challenges in implementation and suggest amendments, if required, to ensure that military effectiveness is retained or enhanced. However, it is not known whether any such pilot project was undertaken prior to the simultaneous implementation of the scheme in all three services. The defence forces are a unique arm of the state where personnel work towards making any state decision a success. Professional military ethos does not encourage debate on state directives. Consequently, the acceptance of a policy by the services should not automatically be construed as proof of its long-term effectiveness. The effectiveness of the armed forces cannot be fully assessed in peacetime. It is like insurance whose efficacy can only be realised during a crisis. Therefore, any changes in the structure or functioning of the defence forces need diligent deliberation at all levels. One of the main objectives of implementing the Agnipath scheme was to address the burgeoning defence pension budget. As per some analyses, the defence pension outlay increased at an annual rate of about 20% from 2000 to 2026, whereas expenditure on modernisation and equipment grew at an annual rate of about 17%. Presently, the defence pension outlay constitutes about 22% of the defence budget. A need was felt to reduce the pension bill to have more funds available for modernisation. However, military pension cannot be viewed only through the accounting lens. The higher defence pension bill is a consequence of maintaining a large standing army in view of the threat to national sovereignty and territorial integrity. These soldiers,

sailors and airmen are not merely government employees; they also commit themselves to work in adverse conditions in the face of possible injury and even death in service of the nation. They retire much earlier than their civilian counterparts to keep the armed forces young. National security is not a welfare expenditure but an imperative for the state. Repeated calls for reduction of the pension bill of the defence forces, without similar efforts for other organs of the government, may affect morale and effectiveness. However, this does not imply that pension reforms should never be attempted. Fiscal prudence is necessary for the optimum utilisation of national resources. The other objective of the Agnipath



scheme was to create a younger, agile and more economically viable fighting force. It appears that this approach is rooted in the assumption that the primary function of a soldier is firing and for that it is economically prudent to replace a soldier who has a 16-year career, involving periodic increments and pension commitments, with four successive recruits over the same period without enhancement in pay and without any pension liability. However, this model overlooks the fact that modern militaries rely on a time-tested hierarchy where non-commissioned officers (NCOs) and junior commissioned officers (JCOs) play an important role in the functioning of units. These individuals translate commanders' intentions into action, mentor young soldiers and ensure discipline, while providing the institutional memory gained through years of experience. One of the reasons often attributed to the limited success of the Russian Army in Ukraine is the quality and strength of its NCO cadre which is affected by excessive reliance on short-term contract recruitment. The true value of experience becomes apparent only during prolonged wars under adverse conditions. This

issue gets further compounded when one considers the effect of the limited tenure of Agniveers on technical services such as the Air Force and the Navy. The technical training in these services is often more than a year long. This leaves barely three years for active service at the unit level, sufficient only for on-the-job familiarisation.

Initially, technicians are permitted to perform only simple maintenance tasks under supervision. Their progression to more complex maintenance activities is dependent upon performance, experience, technical courses and supervised exposure to sophisticated systems. Any curtailment of these stringent training schedules may result in compromising flight safety. Due

to the limited tenure of four years, 75% of the Agniveers will leave before making any meaningful contribution to the service. The effect may not become visible immediately due to the presence of the legacy workforce.

However, a severe capability gap is likely to emerge within four to six years as experienced personnel retire. This continuous churn in the workforce may also hamper future multi-domain operations which rely on experienced, cross-domain-qualified personnel.

An additional issue which may affect the morale and cohesiveness of fighting units is the difference in terms and conditions of service between Agniveers and regular soldiers. Leaving aside their shorter tenure,

even the pay package and leave entitlement of Agniveers are different despite performing similar tasks. Policies which create disparity in benefits or entitlements while serving have the potential to affect morale and cohesion and therefore merit reconsideration. There is also a 'Catch-22' dilemma in the Agnipath scheme. If highly attractive employment opportunities are provided to exiting Agniveers, many may prefer to leave the rigours of military service and join the civilian workforce. This phenomenon is common across the world where large numbers of military pilots prefer to join commercial aviation because of a more stable life and better pay package. Conversely, inadequate post-tenure employment opportunities may reduce the attractiveness of joining Agnipath in the first place. As in any reform, Agnipath has thrown up new challenges as well as opportunities. After four years of implementation, there is a need to evaluate the scheme within the broader framework of military effectiveness. A few suggestions which deserve due diligence are as follows. India has traditionally maintained common approaches to pay determination through Central Pay Commissions.

Weak monsoon : Agriculture sector faces a stern test

Preparedness is half the battle won, but it should go hand in hand with reform

A weak southwest monsoon has exposed the fragility of India's agriculture sector, particularly in rainfed regions. With rainfall deficit hovering around 40-46 per cent and the Meteorological Department forecasting subdued monsoon activity till July 2, concerns over the kharif season are intensifying. The Centre's identification of 111 highly vulnerable districts across 12 states reflects the seriousness of the crisis. Agriculture remains heavily dependent on monsoon rains despite years of policy emphasis on irrigation expansion and climate resilience. A delayed or deficient monsoon directly impacts sowing activity, crop productivity, rural incomes and food inflation. If below-normal rainfall persists during the crucial July-August period, the consequences could be severe. The government has drawn up state-wise and district-level contingency plans. It is also promoting drought-resistant crops and water conservation, besides making efforts to ensure an adequate supply of seeds and fertilisers. The focus on pulses, oilseeds and coarse

cereals makes sense in view of their lower water requirements. The activation of the El Nino Monitoring



Cell and real-time advisories through Krishi Vigyan Kendras are also positive steps. Preparedness is half the

battle won, but it should go hand in hand with reform. India's recurring monsoon anxieties underline the urgent need to reduce dependence on rainfed agriculture. Expanding micro-irrigation, rejuvenating water bodies, improving groundwater management and incentivising climate-smart farming must become long-term national priorities rather than seasonal responses.

The urgency of protecting farmers from economic distress cannot be overemphasised. Crop insurance coverage remains uneven, and awareness of contingency measures is often limited at the grassroots level. India's food security may not face immediate danger due to healthy grain stocks and reservoir buffers, yet the livelihoods of millions of farmers remain at risk. Climate variability is no longer an occasional disruption but a recurring reality. The challenge for policymakers is to build a more climate-resilient agricultural system capable of withstanding future uncertainties.

Should children be banned from social media

The adults in the room are not behind their children by just a year or two. They are, in many cases, operating in a completely different world

Sukirat

A QUIET revolution is reshaping childhood policy across the world. Governments that once celebrated the Internet as history's great democratiser are now asking a question that would have seemed alarmist a decade ago: should children under 16 be allowed on social media at all? In late 2025, Australia became the first country to answer with an unambiguous no, introducing a nationwide ban on social media accounts for children under 16. The move sent ripples across the globe. The United Kingdom, Indonesia and Malaysia have since announced similar measures or are moving decisively in that direction. France, Spain, Norway and Canada are in the thick of the debate. What began as a fringe concern among anxious parents has become a mainstream policy conversation. The trigger is not hard to identify. Across the developed world, a generation that grew up with smartphones in their pockets is showing signs of distress - rising rates of anxiety, depression, self-harm and loneliness among adolescents. Researchers continue to argue about how much of this can be directly pinned on social media, but the conversation has fundamentally shifted. The question is no longer whether social media poses risks to children. Most experts now agree that it does. The real argument is about what, if anything, governments should do about it. The story begins, as so many modern stories do, with the smartphone. When Facebook, Instagram, Snapchat and TikTok arrived, they were greeted as marvels of connection - tools that collapsed distance, democratised communication and gave young people a voice. Teenagers embraced them enthusiastically, then obsessively. By the late 2010s, many children were spending several hours a day scrolling, posting and performing their lives for online audiences. The pandemic poured petrol on the fire. Lockdowns pushed children indoors and online for longer than anyone had

anticipated. Screen time soared; adult supervision thinned. When schools reopened and the world exhaled, parents, teachers and health professionals were left with an uncomfortable question: had we handed an entire generation over to platforms whose primary interest was not their wellbeing but their attention?

A wave of research - and a handful of widely-read books - began to argue precisely that. Social media platforms, the argument went, were not neutral communication tools. They were precision-engineered attention machines, designed by teams of brilliant people whose job was to ensure that users, especially young ones, never quite wanted to stop scrolling. By the early 2020s, governments were no longer willing to leave the matter to the discretion of parents and platforms alone.

Supporters of age-based bans generally advance four arguments. Mental health: Constant exposure to curated, idealised versions of other people's lives can quietly erode a teenager's sense of self. The dopamine loop of likes and comments - validation delivered in small, unpredictable doses - can become its own form of dependency. For adolescent girls in particular, research has linked heavy social media use to heightened anxiety and body-image distress.

Addiction by design: Infinite scrolling, push notifications and algorithmically tailored content are not accidental features. They are deliberate mechanisms to maximise engagement. Adults routinely struggle to regulate their own usage; expecting children to do so unaided is, critics argue, unrealistic. Harmful content: Despite platform moderation, children can stumble across material related to self-harm, eating disorders,

pornography and extremist ideologies with alarming ease. The safeguards, supporters of bans contend, are nowhere near sufficient.

Cyberbullying: Playground cruelty has always existed. But social media allows it to follow a child home, into their bedroom. There is no longer a safe retreat at the end of the school day. Taken together, these arguments lead supporters to a simple conclusion: social media should be treated like alcohol, tobacco or gambling - activities that



society restricts until individuals reach an age at which they can navigate them responsibly. Not everyone is persuaded.

The scientific evidence, critics point out, is more contested than the headlines suggest. Studies consistently find correlations between heavy social media use and poor mental health - but correlation is not causation.

There is also the question of what children would lose. Social media is how many young people learn, connect and find their people - particularly those who are isolated, marginalised or simply different from those around them. For a teenager in a small town who doesn't fit the local mould, an online community may be a lifeline rather than a hazard. Sceptics also warn of the displacement effect: bans may simply push children towards less regulated, darker corners of the Internet. The problem, they argue, is not technology itself but the absence of education, guidance and accountability around how it is used.

All of the above applies, with varying degrees, to countries across the world. But India faces a challenge of a different order - one that deserves far more attention than it typically receives in these debates.

In most western contexts, the implicit assumption behind arguments for parental oversight is that parents broadly understand the technology their children are using. They may not supervise effectively, but they at least inhabit the same digital universe. They know what Instagram is. They have probably used it themselves.

India's situation is fundamentally different.

The country has undergone one of the most compressed digital transformations in human history. Within a single generation - sometimes within a single decade - hundreds of millions of families acquired smartphones and internet access for the first time. The results have been extraordinary and the benefits real. But they have also produced a striking paradox: in countless Indian households, the child is the most technologically literate person in the family.

Eat right for a good Sleep



Read on to know what nutrients you need to add to your diet for a peaceful nightly nap

A new study has, for the first time, shown that certain nutrients may play an underlying role in short and long sleep duration, and that people who report eating a large variety of foods — an indicator of an overall healthy diet — had the healthiest sleep patterns.

Short sleep

Experts suggest that short sleep is an issue when the body doesn't get enough of water along with the following:

1. Vitamin C: Good sources of vitamin C include strawberries, oranges, grapefruit, lemons, papaya, black currant, kiwi and bell peppers. An adequate amount of Vitamin C is also known to build a strong immune system and helps fight diseases.

2. Selenium: Found in nuts, meat and shellfish, Selenium is a trace mineral important for all body functions and is vital for immunity. Non-vegetarian sources of selenium are tuna, sardines, oysters, shrimps, clams, chicken, turkey, beef, liver, lamb, pork and eggs. Vegetarian sources include nuts, sunflower seeds, mushrooms, onions, wheatgerm, barley, brown rice and oats.

PS: Lutein and Zeaxanthin are two of the most abundant carotenoids found in green leafy.

Scientists say how our bodies react to these chemicals can cause bad sleep disturbances.

Long sleep

According to the study, long sleep is associated with less intake of total carbohydrates and other nutrients like:

1. Theobromine: It is found in tea and chocolate. In fact, it is present in all cocoa



products. Though it is a heart stimulant increasing heart beat, it also dilates the blood vessel to lower the pressure.

2. Decanoic acid: A saturated fat, it is found in mother's milk, dairy products, nuts, seeds and their oils. It is good for the heart and helps reduce

total cholesterol. Its antibacterial properties also help fight gastritis.

3. Choline: Found in eggs and fatty meats that includes beef, liver, fish, crabs, eggs, cauliflower, tofu, almonds, peanut butter and Navy beans, it contributes to the structure of our cell membranes. It protects the liver from fat deposits and damage, and also offers protection against cardiovascular disease.

About the study

Researchers from the Perelman School of Medicine at the University of Pennsylvania analysed data from the 2007-2008 National Health and Nutrition Examination Survey (NHANES), sponsored by the Centers for Disease Control and Prevention, which includes demographic, socioeconomic, dietary, and health-related questions.

Findings

Food variety was highest in normal sleepers and lowest in very short sleepers. Differences across groups were found for many types of nutrients, including proteins, carbohydrates, vitamins and minerals. The authors found that total caloric intake varied across groups. Short sleepers consumed the maximum calories, followed by normal sleepers. They were followed by very short sleepers who were followed by long sleepers.

Tweak lifestyle to prevent Thyroid problems

In recent times, the prevalence of thyroid disorders in urban women in their early 30s, has increased and is on the rise.

Earlier, it was unusual for young women to have a thyroid affliction; it was an ailment that scourged older women mostly. "But now," says weight management expert Dr Amrapali Patil, "Almost 30% to 35% of women belonging to this age group are affected." She also claims the phenomenon is global.

According to her, a healthy diet that has all the necessary nutrition and stress reduction in your daily life, may minimise the chance of developing thyroid problems. An under-active thyroid can respond to natural remedies such as acupuncture, yoga, panchakarma, ayurveda etc. And the following can help in hypothyroid states — sea-kelp, selenium, flaxseed oil, zinc and multi-vitamins. Dr Patil talks about some more tips that should be followed to deal with thyroid problems, along with your doctor's prescription...Following a low glycemic index diet (a diet which doesn't enable the immediate pouring of sugar in blood) helps. Cut out energy-sapping foods such as those with high



sugar and fat content.

-Also, regular exercise is crucial. Exercise not only enables weight-loss benefits but also releases 'happy hormones' in the body, thereby reducing the stress levels, and helping you deal with low moods and depression.-Strong tea, coffee and tobacco should be avoided when suffering from hyperthyroidism. Supplements having vitamins and nutrients such as riboflavin, lecithin and thiamin may help.

Secrets to staying slim

Most people struggle with weight. You may eat healthy and exercise regularly but there may be another problem. For too long, people have lived under a 'clean your plate' mentality. From a young



age, people are trained to eat everything before them, whether they fill up or not. Overeating is a serious problem, but you can put an end to it with ease.

Along with avoiding uttering the phrase 'super-size', there are measures you can take to stop yourself from eating too much. It may seem difficult, but with a few simple tips you can trick your brain into stopping yourself. You may think this will prevent you from feeling full, but it is quite the opposite. The mind is a powerful tool, and your grumbling stomach doesn't stand a chance.

Small sips

When drinking anything other than water, sip slowly, and sip small. When drinking large amounts of liquid at once, people don't realise how much they are drinking. Sure it's a liquid, but they have calories too. Some of the biggest offenders are orange juice, beer, soda, and those 'healthy' drinks like vitamin water.

Savour the 'odours'

Now, don't rummage through the garbage for food. Find something with a powerful



fragrance. The olfactory glands play a big part in your appetite as well as how your brain reacts to things. In a study, people sat in rooms with varying intensities of vanilla smell. Then they were offered vanilla custard to eat. The ones who smelled it the most already, stopped sooner. The point is when your nose gets a mouthful before you do, you will feel fuller, sooner. Try this with odorous cheeses, vegetables, and seasonings.

Contrast your colours

Mashed potatoes are delicious and you will want seconds. But that may be because you ate off a white plate, and couldn't tell how much you ate. If you eat food off a plate that is very different in colour, you notice yourself clearing space. Your brain takes this as a sign of how much you really ate. It will alert the stomach sooner that you are full, before you gorge.

Use a smaller plate

A large plate will appear to fool you of how much

food you got. A small plate with the same portion will naturally seem like much more; in some cases, too much more. It's simple as that.

Dim the lights, turn down the tunes

Studies have shown that restaurant atmospheres actually stop people from eating too much. This is to produce a turnover of customers. If it works there, why not try it at home?

Bring back Your childhood Exercises

The fun, excitement, fights and the boisterous yelling of childhood is etched in all our hearts.



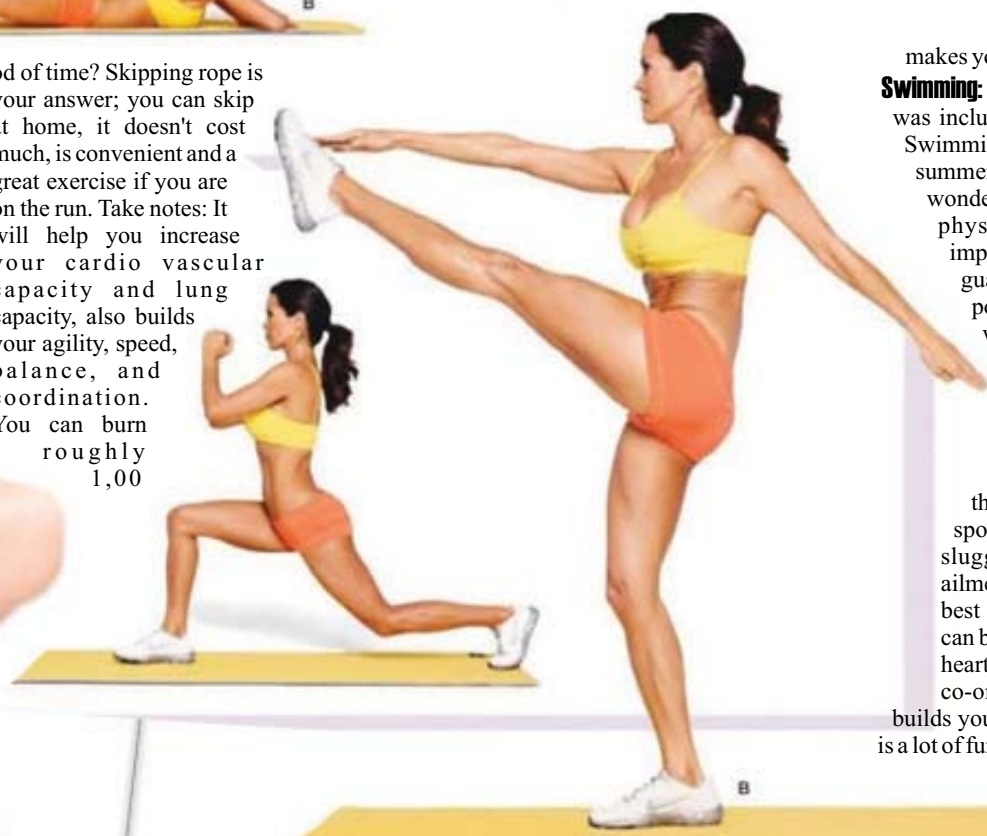
We all share a similar memory, returning from school, indulging in snacks and hustling down to play with your friends. Most of us knew ourselves to be strong, agile and energetic back then. Then why is that the very activities that worked for us and made us fit as kids are relegated to 'childhood' memories alone? We take a look at

childhood activities and exercises that can help us shape up through adulthood. Begin today!

Skipping rope: How do you reduce body fat and build stamina in a short period of time? Skipping rope is your answer; you can skip at home, it doesn't cost much, is convenient and a great exercise if you are on the run. Take notes: It will help you increase your cardio vascular capacity and lung capacity, also builds your agility, speed, balance, and coordination. You can burn roughly 1,000



of time? Skipping rope is your answer; you can skip at home, it doesn't cost much, is convenient and a great exercise if you are on the run. Take notes: It will help you increase your cardio vascular capacity and lung capacity, also builds your agility, speed, balance, and coordination. You can burn roughly 1,000



0 calories per hour. But remember - skipping rope for an hour is stuff athlete workouts are made of.

Monkey bars: You want to build your strength, get primitive, well not literally. Most playgrounds and schools have monkey bars and kids love it. It helps in back

development and is a great addition to any upper body workout. It gives a whole new meaning to hanging around with friends.

Cycling: All of us have fallen off a bicycle, but that didn't deter us from cycling around and popping a wheely. But now a car or a bike is the most preferred mode of transport. Well yes, it is convenient but doesn't make us sweat. Cycling is a full body workout, builds your cardio respiratory health, also muscle and strength. Whatever the problem-stress, weight loss, heart disease or shaping your body cycling is perfect for you.

Running: From the time we are toddlers to adulthood we are always running. It comes naturally to kids but it's a stretch for adults. Run if you want to be fit, lose weight, increase stamina, tone your body and the list goes on. But a word of caution, running can cause certain injuries.

Hula hoop: A baby of the 60s, hula hoops are evergreen with young girls. Once you get the rhythm of the twirl, you can sweat out 100 calories in ten minutes. Hula hoop wards off cardiovascular illness; it improves your co-ordination and helps in muscle tone. But if you're going to hula hoop for fitness, check on workout hula hoops meant for exercise. They are different from the ones available in stores.

Climbing: As kids we have scaled walls and climbed trees; now that you're an adult you can't do the exact same thing, but you can still engage in rock climbing. Along with the above activities, climbing also improves cardiovascular health, weight loss and improves muscle tone. This common trend running through childhood games makes you want to go back to the past.

Swimming: This is one activity we wish was included in our school curriculum. Swimming is the best activity during summers. Besides, swimming can do wonders to your body mentally and physically. It builds muscles, improves strength, and you are guaranteed a healthy heart and powerful lungs. A full body workout, swimming improves co-ordination, posture, and is a great way to bust stress.

Outdoor sports: As Indians, sport is the last thing we want to engage in unless it plays on the tube. But if we did engage in sports we wouldn't be obese, sluggish, or have a string of ailments. They say laughter is the best medicine, but outdoor sports can beat it any day. It's beneficial for heart problems and other diseases, co-ordination, conditioning, and builds you mentally, keeps you alert and is a lot of fun.

Reasons why you

Feel tired Most of the time

In today's fast paced world, stress and running around are an inevitable part of most peoples lives. And while lethargy and tiredness are commonplace, if you find yourself constantly thinking of doing nothing but just lying down, you may have a problem on your hands.

While there may be several underlying issues when it comes to feeling drained out, some of the most common ones include...



- An iron deficiency or anaemia is one of the first things that your doctor will check for when you complain of frequent tiredness. A lack of iron in your diet will result in lethargy after some time. While anaemia is more prevalent among women, men also get affected. And doctors say that an increasing number of young women today are suffering from this ailment (menstruating women are most prone

to anaemia). One of the best ways to keep this ailment at bay is to eat a diet rich in iron — think green, leafy vegetables.

- Chronic Fatigue Syndrome (CFS) is another common ailment that makes one feel constantly exhausted, which eventually affects the quality of one's life. Patients often complain that in spite of sleeping for the stipulated hours daily, they still end up feeling tired the next day. While doctors say that it is difficult to pinpoint what exactly causes CFS, some reasons include a hormonal imbalance, a viral infection, low immunity or even stress. Treatment differs from patient to patient and include a range of therapies.

- Another reason could be fluctuating blood sugar levels. Diabetes may have different symptoms and one common one happens to be often feeling exhausted. Other symptoms include frequent trips to the washroom and feeling thirsty. A simple blood test will help you figure out if your blood levels are in control.

- Feeling depressed or anxious about something? This could cause to feel tired often, worsening other symptoms. Don't hesitate to visit a mental health care expert for treatment.



Is there an art of drinking water?

Just like there is an art of eating, and an art of living, it might amuse you, but there's also an art of drinking water. Human bodies are built up of 70 to 80 billion cells and about 75 to 80 per cent of these cells comprises of water.

Our body requires water for metabolic activity for a strong immunity, for weight loss, for cellular function etc. The way we drink water is extremely important for a healthy well-being.

Holistic nutritionist and specialist in alternative medicine Luke Coutinho explains how we can effectively master this art, for a healthy system...

The perfect way to drink water

The one question that may make you wonder is what's the perfect way to drink water? Is there an art of drinking water?

Luke says, "All you need to do is sit and sip your water slowly so that it mixes with your saliva.

Your saliva being alkaline in nature when enters into the stomach also helps to stabilize the excess acid in the stomach. So one way of getting that saliva from your mouth to your stomach is through the way you drink water. Sipping water slowly helps to effectively carry saliva from your mouth into the stomach, to soothe the acids."

Don't drink water with meals

Another tip while you sip water is having a glass of water 15 to 30 minutes before or after your meal and preferably at a lukewarm or room temperature water. And if you feel thirsty while eating your meals,

it's advisable to have just a sprinkle of water. Refrain from drinking large sips of water combined with your meals. Remember too much of water will dilute your digestive acids, affecting digestion. Listen to your body before gulping down water

Always drink only when you are thirsty and don't wait to get too thirsty. Listen to your body's defence and warning mechanism. Just like it signals when you are hungry, listening to it more closely also indicates you when we're thirsty.

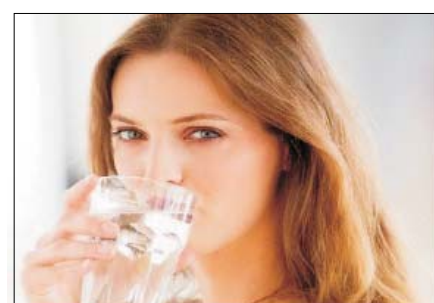
When one is working in an air-conditioned environment, your body may not get the thirst signal due to the air temperature, causing the problem of dehydration. Lips drying quickly are another indicator of low levels of water and there is a need to hydrate immediately. One also needs to hydrate when the colour of their urine is dark.

Have two glasses of water for each glass of coffee

For a good cellular metabolism and cellular energy, it is important that water gets absorbed into our cells completely;

sipping water slowly allows it to get absorbed into the system. Another point to note down is while one drinks too much of tea and coffee, it acts as diuretics in the body; which flushes out excess water and vitamins from the body.

So for every glass of coffee, one has to have one to two glasses of water to replenish the excess water that's flushed out.



IMD says monsoon is advancing. Then why isn't it raining in north India?

The IMD says the southwest monsoon is advancing towards more northern states, even as rain remains scarce across much of North India. The gap reflects a northward monsoon circulation without the stronger low-pressure systems needed for widespread showers.

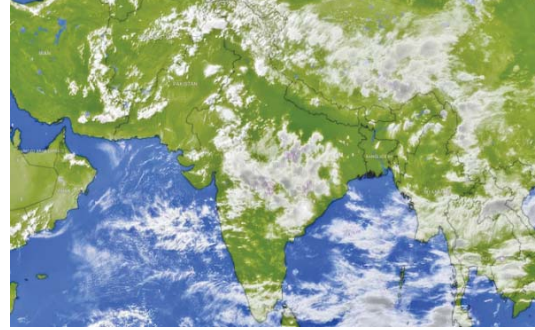
New Delhi.(Agency)

The India Meteorological Department (IMD) says conditions are favourable for the southwest monsoon to advance further into parts of Gujarat, Madhya Pradesh, Chhattisgarh, Jharkhand, Bihar, Uttar Pradesh and Uttarakhand over the next three to four days. Yet for millions across North India, the obvious question remains: If the monsoon is advancing, why is it still not raining? The answer lies in an important distinction between the advance of the monsoon and the occurrence of widespread rainfall. The latest INSAT-3DS satellite imagery shows monsoon clouds concentrated over central India, the Bay of Bengal, the northeast and parts of the southern peninsula, while large areas of Delhi-NCR, western Uttar Pradesh, Haryana, Punjab and Rajasthan remain under

relatively clear skies. This means the monsoon circulation is progressing northward, but the rain-bearing weather systems needed to trigger widespread showers have yet to develop over the region.

According to the IMD, the monsoon onset line is determined by changes in wind patterns, moisture availability and sustained rainfall over a broad area, not by rain falling simultaneously across every district. As a result, the monsoon can officially advance into a state even though many cities continue to experience hot and dry weather for several days. Meteorologists say the current slowdown is largely due to the absence of strong low-pressure systems over the Bay of Bengal. These systems act as engines of the Indian monsoon, pulling vast

amounts of moisture inland and distributing rainfall across central and northern India. Without them, the moisture-laden southwesterly winds



remain weaker and rainfall becomes patchy. However, there are signs that the situation could change soon. Weather models indicate that a large tropical

weather system is developing north of the equator over the eastern Indian Ocean. Over the next four to seven days, this system is expected to move northward into the Bay of Bengal, strengthening the monsoon flow.

Its arrival could trigger the formation of a low-pressure area over the Bay of Bengal and possibly a middle-tropospheric vortex over western India. Both weather systems are known to enhance moisture transport and significantly increase rainfall across central, western and northern parts of the country.

If these features develop as forecast, rainfall activity is likely to intensify during the first week of July, helping the monsoon make faster progress across the remaining parts of northwest India, including Delhi-NCR.

Three workers die in septic tank after inhaling toxic gas at Outer Delhi factory

New Delhi.(Agency)

Marwah Printers in Outer Delhi's Mundka Industrial Area wore a deserted look on Friday evening. The black iron gate outside the two-floor factory with white paint scraping off its walls was locked. On the lane outside, was lying the sewage and blue gloves of three men who died after allegedly inhaling toxic gas in a septic tank at the factory earlier in the day.

A case has been registered under sections of Manual Scavenging act and the SC/ST ACT and three persons have been arrested. "Three people have been arrested — Suraj Marwah, the owner of Marwah Printers; aged 50; Jayant (61) and Neeraj (35), contractor for labourers. Further investigation is ongoing," said DCP (Outer) Vikram Singh. The deceased have been identified as Arun (38); Sandeep (32); and Chand (42), all residents of Sultanpuri in Outer Delhi, said a Delhi Fire Services (DFS) official. According to police, a PCR call was received at Mundka police station regarding the incident and a team immediately rushed to the spot. During the preliminary inquiry, police said it was found that a printing unit had hired a contractor named Neeraj, a resident of Nangloi, to clean a septic tank located inside the factory premises in Gali No. 1 of Mundka Industrial Area.

"Neeraj, along with three other workers, was engaged in cleaning the tank when the incident took place. He allegedly told one of the workers that they have to get inside and clean out the garbage stuck in the machine" said a senior police officer. Rescue efforts were initiated soon after and the workers were pulled out. However, they could not be saved, according to officers. Police said the bodies have been shifted to Sanjay Gandhi Memorial Hospital in Mangolpuri for post-mortem examination. Officers said the autopsy will help determine the exact cause of death. Officials are also examining whether all mandatory safety protocols were followed before the cleaning operation began. Police also said appropriate legal action is being taken under relevant provisions of law.

First-ever 'Rashtriya Gramin Vikas Sammelan' in Delhi on June 28 & 29

New Delhi.(Agency)

The first-ever Rashtriya Gramin Vikas Sammelan will be held in the national capital on June 28 and 29 to deliberate on rural development priorities, review the implementation of flagship schemes and prepare a roadmap for villages, the Ministry of Rural Development said on Friday.

Union Agriculture and Farmers' Welfare and Rural Development Minister Shivraj Singh Chouhan will chair the two-day conclave, which will bring together rural development ministers from states and Union territories, senior government officials, policymakers and experts.

The event will be held at the Bharat Ratna C Subramaniam Auditorium in Pusa here. According to the ministry, the Sammelan will focus on "Viksit Gram, Viksit Bharat", with discussions on strengthening rural development planning,



particularly at the Gram Panchayat level, and ensuring effective utilisation of resources.

The meeting will review the progress of key rural development schemes, including the Pradhan Mantri Awas Yojana-Gramin, Pradhan Mantri Gram Sadak Yojana, Deendayal Antyodaya Yojana-National Rural Livelihoods Mission, rural skill development programmes and the National Social Assistance Programme. Thematic sessions will cover rural housing, road connectivity, livelihoods, skill development and social security.

Focus on empowering women, welfare schemes

The ministry said best practices and innovative initiatives undertaken by states would also be discussed for possible replication across the country. Deliberations will also focus on the 'Lakhpati Didi' initiative, including women's economic empowerment.

Qatar repatriates bodies of all Indians killed in Ras Laffan gas facility fire

Eight Indian nationals killed in the Ras Laffan industrial accident in Qatar have been repatriated to India, days after a gas facility explosion claimed 13 lives and injured 66 people.

New Delhi.(Agency)

The bodies of eight Indian nationals who died in the Ras Laffan industrial accident in Qatar have been repatriated to India, the Indian Embassy in Doha said on Friday.

In a post on X, the embassy said the bodies were brought back to India on June 26. It added that bodies of four of the 12 Indian nationals had already been repatriated on June 25.

"The mortal remains of 8 Indian nationals who unfortunately passed away in Ras Laffan accident have been repatriated to India on June 26. Four out of 12 mortal remains had been repatriated on June 25," the embassy said.

The Embassy of India in Doha also thanked Qatari authorities, Indian

community organisations and government authorities in India for their prompt assistance following the tragedy. "Embassy of India, Doha



thanks Qatari authorities, Indian community organisations and government authorities in India for their prompt support," it said.

Ambassador and embassy officials met some of the injured Indian nationals

at Alkhor on Friday. The embassy said all injured persons had received necessary medical treatment and expressed gratitude to Qatari authorities and representatives of the employer company for their support.

The repatriation came days after a deadly explosion and fire at a gas facility in Qatar's Ras Laffan Industrial City claimed at least 13 lives and left 66 others injured.

Qatar's Energy Minister and QatarEnergy CEO Saad bin Shreida Al-Kaabi had said the incident occurred at the Barzan local gas supply facility on Sunday evening during the start-up of operations. He confirmed that those killed included people of Indian and Pakistani origin.

Who is Hashim Baba ally Shabir Chaudhary pursued by cops for over a year?

New Delhi.(Agency)

Months after Nadir Shah, an Afghan-origin businessman, was shot dead outside his gym in South Delhi's Greater Kailash-I on September 12, 2024, police were still connecting the dots to crack the murder case. Investigators suspected gangster Hashim Baba's involvement and they were hot on the trail of his allies — Shabir Chaudhary and Anwar Chacha. In April 2025, they finally caught hold of a man, who later became a witness in the case, for allegedly arranging an escape for the shooters.

"This man told the police that Shabir and Anwar had masterminded the shooting. That is how we established the link with Hashim Baba," said a police source. The same month, Shabir and Anwar Chacha were both



booked in a case filed under the stringent Maharashtra Control of Organised Crime Act (MCOCA).

After over a year-long pursuit, police had a breakthrough on June 14 — Shabir Ahmad was nabbed from the Shambhu border in Haryana following specific intelligence and

technical surveillance, an official said. He has been brought to Delhi for further legal proceedings, officers said on Friday. According to police, Shabir is a key member of the Hashim Baba gang, and allegedly heads the Shabir Chaudhary-Hashim Baba-Anwar Chacha crime syndicate

DCP Praveen Tripathi, who led the team that arrested him, told The Indian Express, "His gang is operating predominantly in the Trans-Yamuna and North-East Delhi areas, including Seelampur, Bhajanpura, Maujpur, Shahdara, and adjoining districts of Uttar Pradesh. Multiple cases of extortion, murder, attempt to murder, land grabbing and other heinous crimes have been registered against the members of this gang.

Amid shortage of rabies vaccine in Delhi, 1.27L vials undelivered, government agency told

New Delhi.(Agency)

Amid a shortage of rabies vaccine across the government hospitals in the Capital, a consignment of over 1.27 lakh vials of anti-rabies vaccine meant for the city's public healthcare facilities has remained undelivered because the designated government warehouse lacks adequate cold storage capacity, according to a letter sent by the Serum Institute of India to the Central Procurement Agency (CPA), The Indian Express has learnt.

In the letter written on June 22, the Pune-based vaccine manufacturer said it had kept the entire consignment of 1,27,223 vials ready for dispatch for "a long time" under a supply order issued by the Directorate General of Health Services (DGHS) on March 27 this year.

Sources in the state health department said there is a dire shortage of rabies vaccines across Delhi government hospitals currently. "A couple of hospitals have managed to stock up in small



quantities through local purchases but the majority of the hospitals do not have it," said an official source. Reached out to Serum Institute, officials at the DGHS and the CPA for a comment but a response was not received.

The firm — in the letter — said the supply order required the vaccines to be delivered to the Central Warehouse at the Super Speciality Hospital (SSH) in West Delhi's Janakpuri. However, when its representatives approached the warehouse, they were informed by the store keeper that the consignment could not be accepted because there was no cold storage space available. The Central Warehouse at Janakpuri Super Speciality Hospital (JSSH) manages the procurement, storage, and distribution of medical supplies, diagnostics, and medicines and maintains the vaccines and medicines that require temperature-controlled storage, commonly known as the cold chain, to remain safe and effective.

Andhra's 18 lakh farmers win Oscars of farming, other nations replicate model

Andhra Pradesh's community-managed natural farming programme, APCNF, won the 2026 Food Planet Prize in Sweden. The world's largest environmental prize for Andhra's women-led and community-driven agroecology model is now being practised by 18 lakh farmers in the state and is being replicated in 22 states and two countries.

New Delhi.(Agency)

For years, environmental awards, we heard, largely went to scientists, startups and conservation projects. This year, however, one of the world's biggest sustainability honours went to an army of small farmers from Andhra Pradesh.

The Andhra Pradesh Community Managed Natural Farming (APCNF) programme, which now works with around 18 lakh farmers of the state, won the 2026 Food Planet Prize, often described as the world's largest environmental award focused on transforming food systems.

The \$1.5 million prize was presented to APCNF by the Curt Bergfors Foundation in Bastad, Sweden, on June 2. The moment of glory comes at a time

when farming and food security are increasingly threatened by climate-driven weather anomalies. Droughts, floods, rising input costs, and dependence on chemical fertilisers, many of which are cancerous and banned in dozens of countries, have been the norm. Against this backdrop, Andhra Pradesh's 18 lakh farmers demonstrated that natural farming can make agriculture more resilient while reducing dependence on chemical fertilisers. According to APCNF, the approach is already being replicated in 22 Indian states as well as Sri Lanka and Zambia.

The award aligns with Andhra Pradesh Chief Minister N Chandrababu Naidu's

ambition of making Andhra Pradesh a "100% natural farming state" by 2047.



It's part of Naidu's Swarna Andhra@2047 or Viksit Andhra Pradesh-2047 roadmap and was launched in 2016 during his last term.

The jury in the Swedish summer resort town of Bastad said the programme of Andhra Pradesh had demonstrated how farming can become more climate-resilient while reducing dependence on synthetic inputs. An integral part of the model are women-led self-help groups, more than 10,000 farmer trainers and a community-driven approach to agricultural transformation, according to a statement from the APCNF.

The CNF of the APCNF is Community-Managed Natural Farming. It's a farming model in which farmers, using community networks, grow crops using natural fertiliser and pesticides.

Demands for minimum of 5 promotions for Group C entrants, residency period, pay fixation benefit; check highlights NCJCM meeting with Cabinet Secretary

New Delhi.(Agency)

Employee unions have demanded the determination of minimum qualifying service for promotion to different non-gazetted grades. According to Staff Side, Group C entrants should be granted a minimum of five promotions and the minimum qualifying service requirement for promotion should be reduced. The matter was brought up at the 49th meeting of the National Council (JCM) held on May 11, 2026 under the chairmanship of the Cabinet Secretary. The minutes of the meeting show that the Staff Side of the National Council has raised several concerns related to promotions as well as the residency period for promotion.

What was the demand regarding promotions?

The Staff Side requested the government to determine the minimum qualifying service for promotion to different non-gazetted grades. The demand included: Group C entrants may be granted a minimum of five promotions similar to OGAS. The minimum qualifying service for promotion should be reduced. The residency period should not be longer than six years for promotion.

What was said about residency period for promotion?

During the meeting, Staff Side member C Srikumar said that the existing employees should not be affected while fixing the residency period for promotion. He said that despite DoPT's instructions, the protection clause of the earlier residency period for the existing employees on the date of notification of the new RR is not incorporated in the footnotes in many cases. C Srikumar further quoted an example that the residency period for promotion from Grade Pay Rs 2400 (level-4 of 7th CPC) to Grade Pay Rs 4200 (Level-6 of 7th CPC) is 10 years which is equal to MACP Period. He requested that such irregularities should be fixed.

FII's turn net sellers this week, domestic investors provide cushion

New Delhi.(Agency)

Foreign institutional investors (FIIs), after being net buyer in the previous week, again turned net sellers this week in the Indian markets, offloading Rs 2,080 crore based on provisional exchange data. In the month of June, FIIs have sold a cumulative Rs 45,130 crore, while DIIs have bought Rs 76,160 crore. "In the current truncated week, FIIs were net buyer in two out of the four-trading session of the week. DIIs remained net buyer for all four sessions during last week," said Pabitra Mukherjee, Deputy Vice President-Research, Bajaj Broking. Benchmark Indices traded in a range and closed marginally higher to gain for the third week in a row. Investor sentiment improved during the week as geopolitical tensions continued to ease and Brent crude oil prices cooled off below USD 75 per barrel, reducing concerns over inflationary pressures and supporting risk appetite, the analyst added.

"However, concerns regarding the slow progress of the monsoon remained on investors' radar and capped the upside during the week," said the market watcher. Indian markets saw modest FII buying in the week ended June 25, with provisional cash-market net FII inflows of roughly Rs 380 crore on June 25, while DIIs remained notable buyers supporting the rally.

"Given steady global cues, easing crude and a resilient domestic macro backdrop, expect a cautiously positive near-term outlook — range-bound upside with sectoral leadership from financials, tech and select cyclicals — but keep an eye on global risk sentiment and earnings cues for directional conviction," said Vinit Bolinjkar, Head of Research- Ventura. Meanwhile, Nifty started the week on a positive note, but mid-week profit booking saw the index forming an intra-week lows of 23,785.

Investors turn bullish on IndiGo shares

New Delhi.(Agency)

With headwinds of West Asia conflict now behind and international oil prices, including jet fuel prices, having come down significantly, investors have turned bullish on InterGlobe Aviation Ltd with shares of IndiGo, rising about 22% in the past one month, one of the highest among Nifty50 and Sensex constituents. The stock advanced 5% on Thursday to close at Rs 5,462 apiece. Analysts feel that IndiGo's strong operational metrics and dominant market share augur well for them to benefit from easing oil prices, stability in the rupee and a revival in travel demand.

"The signing of the peace deal between USA and Iran after a more than 3 month conflict will lead to correction in crude oil prices which also ease jet fuel (ATF) prices as well as supply fears. The rupee too is expected to appreciate vs the USD leading to beneficial impact for InterGlobe on its aircraft lease payments. The opening of the airspace over Iran will also enable the company to relaunch its flights on the suspended routes to Central Asia and Europe," said Sunny Agrawal, Head - Fundamental Research at SBI Securities. The brokerage has a buy call on IndiGo with a target price of Rs 5,845. While international ATF prices have declined nearly 25% in one month and around 40-45% from the peak level in April, the rupee continues to trade below the 95 level against the dollar.

Agrawal added that the aviation industry in India is on a high growth path with the addition of newer airports, better infrastructure at terminals, improving the ease of air travel, people migrating from long-distance train travel to flights, as well as a rise in international air travel. IndiGo's market share has risen from 55% in Mar 2022 to 64% currently, led by multiple factors such as disruption in the operations of other carriers due to the grounding of aircraft, delay in deliveries of new aircraft, financial troubles, pilot and cabin crew shortage, as well as airspace closures.

Will life insurance pay after a fire? Here's what every family should know

Recent fire tragedies have triggered questions over whether life insurance pays after accidental deaths. Experts say standard term plans generally cover such deaths unless false disclosures or policy exclusions apply.

New Delhi.(Agency)

Recent fire tragedies in places such as Delhi's Malviya Nagar and Lucknow have left families grappling with an unimaginable loss. In the aftermath of such incidents, the focus understandably remains on the lives lost, the survivors and the questions around safety lapses. But once the initial shock begins to subside, another difficult reality confronts many families — the financial uncertainty that follows the death of a loved one. Will the life insurance policy pay? Can a claim be rejected if the building is later found to have

violated fire safety norms? Does an accidental death require a separate insurance rider? These are questions many policyholders and nominees have been asking after recent incidents. Insurance experts say there is considerable confusion around how life insurance claims work after accidental fire deaths, with several myths often causing unnecessary anxiety. Here's what families should know.

A FIRE DEATH IS GENERALLY COVERED UNDER TERM INSURANCE

One of the biggest misconceptions surrounding accidental deaths is that insurers may refuse to honour life insurance claims if the death occurs in a fire. According to insurance experts, that is generally not the case. Shilpa Arora, Co-founder and Chief Operating Officer of Insurance Samadhan, says a standard term life insurance policy is designed to provide financial protection regardless of how the policyholder dies, subject to the policy terms. Term insurance is a universal

contract where the claim is payable under all circumstances. Claims can generally be



rejected under Section 45 if the insurer believes incorrect information was provided regarding income or education while buying the policy," she says. Abhishek Kumar, Sebi-registered investment adviser and founder of SahajMoney, echoes the same view. "Standard life insurance policies do pay out the full sum assured for accidental deaths, including fire tragedies, provided the policy is active and all material facts

were honestly disclosed at inception," he says. Kumar adds that one of the biggest myths is that families need to buy an accidental death benefit rider for the claim to be paid. "A common myth is that an accidental death benefit rider is required to get any payout at all, whereas the base policy itself covers deaths caused by accidents," he says.

CAN A FIRE SAFETY VIOLATION LEAD TO CLAIM REJECTION?

Following recent fire incidents, many people have questioned whether a life insurance claim can be denied if investigations later reveal that a hotel, commercial establishment or other building lacked mandatory fire safety approvals. According to Arora, such concerns are often misplaced. "Such conditions are prevalent in general insurance contracts and not life insurance contracts. If a death certificate is issued, the claim will generally be paid. People should read the terms and conditions of their term insurance contract.

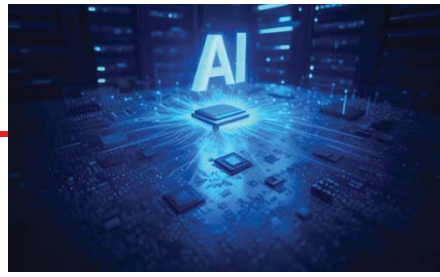
US govt clears limited access to Anthropic Mythos 5 AI model

The clearance follows a government order two weeks earlier that abruptly barred Anthropic from giving foreign nationals access to Mythos 5 and a related model, Fable 5, over fears that security guardrails could be circumvented.

New Delhi.(Agency)

The clearance follows a government order two weeks earlier that abruptly barred Anthropic from giving foreign nationals access to Mythos 5 and a related model, Fable 5, over fears that security guardrails could be circumvented. US govt clears limited access to Anthropic Mythos 5 AI model. Image Credit: Credit: New Delhi: US-based AI company Anthropic has won US approval to restore limited access to its powerful Mythos 5 artificial intelligence (AI) model to "certain trusted partners" after resolving the government's national security concerns. Commerce Secretary Howard Lutnick wrote to Anthropic's chief

compute officer that the company's efforts with the US government to address risks associated with the models "have yielded significant progress", multiple reports said. The clearance follows a government order two weeks



earlier that abruptly barred Anthropic from giving foreign nationals access to Mythos 5 and a related model, Fable 5, over fears that security guardrails could be circumvented. The company responded by disabling global access and undertook intensive talks for a resolution. "In just two weeks, we have worked diligently to ensure America remains the global leader in AI while safeguarding our security," Benno Kass, Commerce Department spokesman, was

quoted as saying. However, the recent letter doesn't mention any change to the government's restrictions on use of the Fable 5 model. "We received notice from the US government that Mythos 5, our strongest cybersecurity model, can be redeployed to a small group of cyber defenders and infrastructure providers," Anthropic said in a statement. The company said it is working to provision the approved set of providers and restore their access to Mythos 5 as quickly as possible. The company expressed optimism about the progress and said it will work with the government to expand access to Mythos 5 and make Fable 5 available for general use again. Fable 5 is prevented from responding to some queries, such as to cybersecurity and biology related questions. In those cases, Anthropic has said its Claude chatbot will route responses through a different model, called Opus 4.8.

Anthropi had objected to the government's decision to impose export controls in a blog post, saying such standards applied across the industry, "would essentially halt all new model deployments for all frontier model providers."

India to deploy 1,000 trade advisers ahead of India-UK CETA to help exporters

New Delhi.(Agency)

Commerce and Industry Minister Piyush Goyal on Friday confirmed that Ministry of Commerce will deploy 1,000 advisory personnel across the country to upgrade its trade portal to help exporters maximise benefits under the India-UK Comprehensive Economic and Trade Agreement (CETA), which is scheduled to be effective from July 15.

During his address at the 10th Annual UK-India Week in London, Goyal said, "The India-UK partnership has expanded beyond traditional trade to encompass strategic sectors such as technology, sovereign AI, critical minerals, defence and clean energy." Commerce minister stated that the support measures are aimed at helping the Indian exporters, particularly small

businesses and first-time exporters, take advantage of market access opportunities under the agreement. Goyal attended India Global Forum



(IGF) Capital Frontiers Forum in London. Goyal participated in a series of

high-level engagements during the 10th Annual UK-India Week in London today, highlighting the opportunities arising from the forthcoming implementation of CETA on July 15, 2026. As India's most comprehensive free trade agreement to date, the India-UK CETA is projected to increase bilateral trade by GBP 25.5 billion annually. The UK and India on June 17 announced their landmark trade deal will enter into force next month so working people and businesses can benefit. The agreement will provide a five-year exemption from social security contributions for eligible Indian professionals working in the UK and also shields 85% of Indian steel exports from the UK's new restrictive safeguard tariffs.

PE investments in real estate sector sees 23% fall to \$1.13 bn in H1 of 2026

The office segment remains the preferred asset class for investment with 89% of PE investments in H1 of 2026, while residential sector received the remaining

New Delhi.(Agency)

Private equity (PE) investments in Indian real estate sector fell 23% year-on-year to \$1.13 billion in the first half of 2026 against \$1.47 billion in H1 of 2025 as the investors are engaging in more selective capital deployment due to elevated global interest rate, tighter financial conditions and heightened geopolitical uncertainty. Despite this decline, the office segment remains the preferred asset class for investment with 89% of PE investments in H1 of 2026, while residential sector received the remaining, said the Knight Frank's Trends in Private Equity

Investment in India: H1 2026 report on Friday. During 2020-21, the yield gap between India's 10-year government bond and the US 10-year Treasury was nearly 440 basis points, creating a substantial risk premium that supported capital allocation into emerging markets. However, by H1 of 2026, this spread had narrowed to around 240 basis points, nearly half the level seen during the pandemic period. As US Treasury yields rose from approximately 1.8% in 2021 to around 4.4% in H1 2026, investors could earn significantly higher returns from low-risk assets in developed markets. Consequently, India now competes not only on growth potential but also on the efficiency with which returns are generated, protected and ultimately realised.

Private equity investments in the residential sector declined from \$297 million in H1 of 2025 to \$128 million in H1 of 2026, as investors adopted a more cautious and selective approach towards

development-led opportunities. The moderation comes despite healthy underlying housing market fundamentals. Residential real estate continues to benefit from increasing formalisation, stronger balance sheets among leading developers



and sustained end-user demand across key markets. However, higher financing costs and stricter return expectations have led investors to focus on opportunities offering stronger risk-adjusted returns.

Shishir Bajjal, International Partner, Chairman and Managing Director, Knight Frank India, said, "The moderation in private equity investments during H1 of 2026 is largely a reflection of the evolving global capital environment rather than any deterioration in India's real estate fundamentals. Over the past few years, investors have witnessed a sharp rise in global borrowing costs, reducing the yield advantage that emerging markets traditionally enjoyed. Consequently, capital allocation decisions are increasingly influenced by factors such as execution certainty, taxation, liquidity and realised returns. Despite these challenges, India's office market continues to demonstrate remarkable resilience, supported by sustained GCC expansion, strong occupier demand and an increasing stock of institutional-grade assets. Looking ahead, India's long-term growth story remains compelling, but attracting larger pools of global capital will increasingly depend on creating a competitive investment framework that complements strong market fundamentals."

Short news

3 women arrested from Kaushambi home for 'cooking beef' after police got 'tip-off'

Mumbai.(Agency)

Three women were arrested after police raided a house in Uttar Pradesh's Kaushambi on the allegation that they were cooking beef. According to police, they received information on Wednesday that a family had allegedly brought beef and that the women were cooking it. After verifying the tip-off, a police team headed to the house identified by an informer.

Police said on seeing the raiding team, four men allegedly fled through the village's narrow lanes. Police claimed the women, too, attempted to flee when officers entered the premises but were detained by women police personnel.

They said they recovered a container of cooked meat and a transparent plastic bag containing raw meat. "We have arrested the three women. During questioning, they told us the meat was beef that had been brought by their family members from outside," said Deputy Superintendent of Police Abhishek Singh. Police said they are looking for the women's husbands and another man from the neighbourhood. The men work in Mumbai and recently came to Kaushambi.

Police said the women, all in their 30s, have been booked under different sections of the Uttar Pradesh Prevention of Cow Slaughter Act at Sarai Akil police station. They were produced before the court which sent them to judicial custody, Singh said.

Fake navy officer held in Rs 18-lakh job scam; Uniforms, insignia seized



KOCHI.(Agency)

A 43-year-old man accused of posing as an Indian Navy officer and duping a Pathanamthitta native of Rs 18 lakh in a job scam was arrested on Friday in a joint inspection by the state intelligence, the anti-terrorism squad (ATS) and naval intelligence. They also seized Navy uniforms, insignia, walkie-talkies, swords and plaques from his flat at Palariavattom.

The arrested is Bimal Namboothiri alias Bimal S Vijayan, a native of Adoor in Pathanamthitta. Police said he escaped from the flat when he learnt of the raid, but was later arrested from Chengamanad.

According to the police, the accused had previously worked as a priest in Ernakulam. He allegedly collected Rs 18 lakh from the complainant, a Pandalam native, after promising jobs for the complainant's wife and sister.

Police said the accused received the money in multiple instalments between July 2023 and January 2025. However, he failed to secure the promised jobs and returned only Rs 3 lakh of the amount. The accused was produced before a court and remanded in judicial custody.

BJP administration faces political, legal crises

THIRUVANANTHAPURAM.(Agency) As the BJP administration in Thiruvananthapuram corporation completes six months in office, it finds itself grappling with political instability, legal setbacks and administrative uncertainty. Far from consolidating its position after scripting history by capturing the state's largest local body, the party is now battling an impending no-confidence motion, adverse court rulings and a weakening numerical position in the council.

The immediate political challenge centres on BJP councillor Sugathan, representing Vazhottukonam ward, who is currently detained under the Kerala Anti-Social Activities (Prevention) Act (KAAPA). His detention has further complicated BJP's position in the 101-member council.

The crisis deepened after the Kerala High Court invalidated the swearing-in of 20 councillors, including the deputy mayor, citing procedural lapses. The BJP had secured 50 seats in the 2025 local body polls and formed the administration with the support of independent councillor Pattoor Radhakrishnan, enabling it to capture the corporation for the first time in Kerala's history. Sugathan's oath too was declared invalid by the high court. BJP leadership has maintained that it will pursue all legal remedies to defend him.

Both the LDF and the UDF have intensified their attack on the BJP, accusing it of failing to deliver on its election promises. The opposition alleges that the much-publicised development blueprint, promised within 45 days of assuming office, never materialised.

Theft at Ram temple: Police arrest eight, recover part of stolen money

New Delhi.(Agency)

A day after police in Ayodhya registered an FIR on a complaint alleging theft, misappropriation of cash, embezzlement of funds and valuables donated to the Ram temple, all eight persons named in the FIR were arrested and sent to judicial custody for three days. Police have so far recovered Rs 79.80 lakh from seven of the eight arrested men. Prosecution Officer A K Verma said the recovered money was part of the donated funds allegedly stolen from the temple.

The eight men — Avinash Shukla, Lavkush Mishra, Anukalp Mishra, Manish Kumar Yadav, Karunesh Pandey, Ramashankar Mishra, Ram Shankar Yadav alias Tinnu Yadav and Subhash Srivastav — were produced by police before a remand magistrate. Verma said they were sent to judicial custody for three days and will be produced again Monday before the Prevention of Corruption Act court for further proceedings. According to Verma, no cash or valuables were recovered from Srivastav while Rs 79.80 lakh was recovered from the other accused. Tinnu Yadav used to

work as a driver for Champat Rai, general secretary of the Shri Ram Jambhoomi Teerth Kshetra Trust. According to an official, ever since the consecration of the idol in 2022, Tinnu had been involved in the functioning of affairs inside the temple.



Srivastav, a retired bank employee, was in-charge of the donation counting shifts at the counting room in the Pilgrim Facility Centre (PFC). The other six were involved in the counting work.

Verma said five-six serving bank employees were under the scanner for alleged embezzlement of funds and for conspiring

with the arrested men. Their exact role and involvement were under investigation, he said. There were allegations that some among the counting staff had been slipping extra notes into currency bundles of 100 each and these were later shared. An officer said the police probe team, led by Ayodhya Circle Officer Ashutosh Tiwari, will investigate the larger spectrum of the alleged theft and embezzlement.

The police team is likely to seek help from the Special Investigation Team (SIT) which was formed to probe the allegations. Police could ask the SIT for documents, including digital records, to assess the extent of the alleged theft and embezzlement, the officer said.

Another officer said the bank staff involved in carrying cash and valuables to the bank branch ever since 2022 will also be questioned by police — they had earlier been questioned by the SIT. The FIR was lodged Thursday at Kotwali Ramjanmabhoomi police station on a complaint by Krishna Mohan, a member of the Trust, two days after the SIT submitted its preliminary findings to the UP government.

UDF to move no-confidence motion in Thiruvananthapuram corporation

THIRUVANANTHAPURAM.(Agency)

The UDF has decided to initiate a no-confidence motion against the BJP-led administration in Thiruvananthapuram corporation, alleging misgovernance and administrative paralysis as the ruling front completes six months in office. Announcing the decision on Friday, UDF parliamentary party leader K S Sabarinadhan said the opposition would organise a protest in front of the corporation office — at 10am — on Monday highlighting the failure of the BJP-led administration.

He said the parliamentary party had decided to move a no-confidence motion against the ruling front and that the procedural steps for bringing the motion would be finalised after the protest. The UDF decision comes after the violent clash between the LDF and the BJP on Thursday.

Meanwhile, in the wake of the LDF-BJP brawl

inside the corporation office, which resulted in injuries to several councillors from both sides, the Museum police on Friday registered cases against Mayor V V Rajesh, Deputy Mayor Asha Nath and five LDF councillors.

As many as 10 BJP councillors, including the mayor and deputy mayor, were booked on the basis of complaints filed by LDF councillors. Five LDF councillors were booked on the basis of complaints by BJP councillors. The FIR mentioned the names of 10 BJP councillors and accused them of unlawful assembly, rioting and wrongful restraint, among other charges.

The BJP councillors filed a complaint against CPM councillors, including LDF parliamentary party leader S P Deepak and Rakhi Ravikumar.

The FIR against the CPM councillors accused them of attacking the mayor and other BJP councillors, resulting in injuries to them. The CPM councillors have been booked for rioting, voluntarily causing hurt and criminal intimidation, among other charges.

LDF councillors had launched a blockade in front of the mayor's office to protest against the manner in which a fresh oath-taking ceremony of 19 BJP councillors — including Deputy Mayor Asha Nath — was held on Wednesday following a Kerala High Court ruling that invalidated their initial swearing-in. They also demanded the ouster of BJP Vazhottukonam councillor R Sugathan, who has been detained under KAAPA.

'Steps to be taken to curb man-animal conflict': Forest minister meets family of boy killed by lioness

Gujarat Forest Minister Arjun Modhwadia visited the family of a five-year-old boy killed by a lioness and promised preventive measures.

Ahmedabad.(Agency)

State Forest and Environment Minister Arjun Modhwadia on Friday visited Chaturi village in Amreli district, where he met the family members of a five-year-old boy who was killed by a lioness earlier this week.

The minister later told mediapersons that long-term and short-term steps would be taken to curb such incidents in the future.

The boy was mauled to death by a lioness on Wednesday evening when he was walking along with his grandfather. This was at least the fourth incident this month in the Saurashtra region wherein a

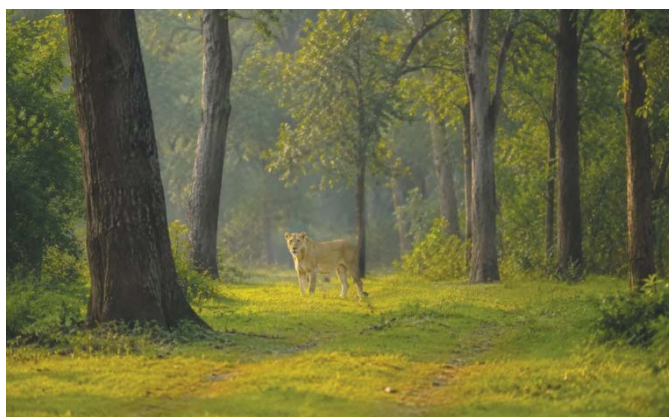
person was killed or suspected to have been killed by a wild animal.

A statement issued by Modhwadia's office said the forest minister held a

listened to the representations by villagers and instructed the forest officials to do the needful," the statement added.

Modhwadia was accompanied by Principal Chief Conservator of Forests and Head of the Forest Force Jaipal Singh, Dhari MLA J V Kakadiya and former MLA Ambarish Der.

In a video released by Modhwadia's office, the minister is seen telling the villagers that the government had taken the incident seriously and that long-term and short-term action would be taken to address the issue.



detailed discussion on issues related to the forest department with top officials. "He (Modhwadia) also

Deploy vehicles in garbage-prone areas, ensure waste collection even during evenings: GBA chief

M Maheshwar Rao also appealed to local residents to volunteer by informing the Corporation whenever garbage accumulates in any locality or if auto tippers fail to arrive on time.

BENGALURU.(Agency)

Identify areas that are facing persistent garbage issues and deploy auto tippers wherever necessary, even during evening hours for timely waste collection, directed Chief Commissioner M Maheshwar Rao to officials. He inspected various locations under the Bengaluru South City Corporation (BSCC) on Friday and emphasised that cleanliness in the area must be maintained at all times. He directed officials to prevent roadside dumping of waste.

He also appealed to local residents to volunteer by informing the Corporation whenever garbage accumulates in any locality or if auto tippers fail to arrive on time. Upon receiving such information,

Corporation staff will immediately visit the location and resolve the issue. He stated that permanent resolution of the city's garbage problem is possible only with active public participation and that citizens must work in partnership with the Corporation to effectively eliminate waste management issues. He called upon volunteers engaged in waste management to create awareness among the public against dumping garbage on roadsides. "If anyone is found littering in public places, the matter should be immediately reported to the Corporation officials. Strict penalties will be



imposed on those violating the rules," he said. To address garbage issues in and around Yelachenahalli, the Chief Commissioner instructed officials to identify suitable vacant land and take up the construction of a Transfer Station on priority. Deploy 40 workers and expedite Ejjipura Flyover

Commissioner instructed officials to identify suitable vacant land and take up the construction of a Transfer Station on priority. Deploy 40 workers and expedite Ejjipura Flyover

Observing that the Ejjipura Flyover project was progressing slowly, the Chief Commissioner instructed the contractor to deploy additional manpower and expedite the work. He directed that at least 40 workers be deployed daily for the construction of the portal frame and ensure completion of the project within the stipulated timeline.

Maharashtra registers 627 illegal sex determination cases till March 2026

Mumbai.(Agency)

Maharashtra has registered 627 court cases under the Pre-Conception and Pre-Natal Diagnostic Techniques (PCPNDT) Act from March 2024 to March 2026, of which 127 have resulted in convictions, while significantly stepping up decoy operations against illegal prenatal sex determination, Director of Public Health Dr Vijay Khandewad told.

As part of its action against illegal sex determination rackets, the state conducted 118 decoy (sting) operations during 2025-26 of which 13 were successful and 82 in 2024-25 of which 11 were successful, Dr Khandewad said.

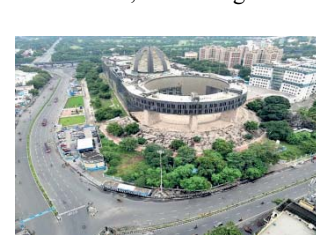
Maharashtra Public Health and Family Welfare department document on the implementation of the PCPNDT Act shows that officials inspected nearly all of its 11,837 registered sonography centres. The renewed crackdown comes at a time when Maharashtra's sex ratio at birth stands at 899 girls per 1,000 boys, according to the latest Sample Registration System (SRS) report, raising concerns that illegal prenatal sex determination continues despite nearly three decades of enforcement under the PCPNDT Act. The document further states that 492 manufacturers and distributors of sonography and imaging machines had been registered with the State Appropriate Authority till February 2025. Since June 2012, the names of 219 doctors have been referred to medical councils for disciplinary action. Registrations of 62 doctors were cancelled by the Maharashtra Medical Council, 10 by the Maharashtra Council of Homoeopathy and four by the Medical Council of India.

Chennai Corporation plans public plaza near Omandurar estate

CHENNAI.(Agency)

The Greater Chennai Corporation is set to appoint a private consultant for preparing a detailed project report (DPR) for the proposed development of a landmark public plaza in front of the Omandurar Government Estate on Anna Salai. The initiative could transform the busy Chepauk into a pedestrian-friendly space.

As per the tender document, the project area is surrounded by major public institutions and landmarks, including the University of Madras, Government Multi



Super Speciality Hospital, MA Chidambaram Stadium, Kalaivanar Arangam, Chennai MRTS station and Marina beach. Despite attracting heavy pedestrian

movement, the locality continues to struggle with fragmented and discontinuous footpaths, excessive carriageway widths and limited public gathering spaces. The consultant will prepare a detailed design for the project and explore long-term management and maintenance models. The tender mandates the consultancy to prepare the DPR within two months from the date of signing the agreement.

NEWS BOX

Samson's spot under threat? Sooryavanshi breathing down his neck, warns Manjrekar

New Delhi.. (Agency)

Vaibhav Sooryavanshi's much-awaited T20I debut may have been delayed, but former India batter Sanjay Manjrekar believes the 15-year-old prodigy is already breathing down the necks of first-choice openers Sanju Samson and Abhishek Sharma-more so the former. Manjrekar's comments came after India suffered a shock defeat against Ireland in the first of a two-match T20I series, marking their first-ever loss to the Irish side in any format. Quite a few experts and fans expected Sooryavanshi to receive his maiden cap on Friday, June 26. However, the team management and newly appointed captain Shreyas Iyer opted to retain the T20 World Cup-winning opening pair of Samson and Abhishek for the series opener. Iyer explained that they did not want to tinker with a winning combination, whilst reassuring that Sooryavanshi's time would come sooner rather than later. Yet, a compelling case for the teenager's inclusion has emerged after the Indian batting unit collapsed spectacularly in Belfast. Chasing 183, the visitors were bundled out for a mere 148 in 18.5 overs. Samson failed to get going, dismissed in the very first over by



left-arm pacer Jai Moondra. Though Samson got off the mark with a boundary, he was quickly undone by the left-arm angle - a recurring technical flaw that continues to plague the Kerala wicketkeeper-batter. While Abhishek Sharma provided a solitary spark with a blistering 19-ball fifty, the rest of the line-up crumbled. Captain Shreyas fell for 3, whilst vice-captain Tilak Varma could only manage 19. Sanju Samson needs to be careful because Vaibhav Sooryavanshi is breathing down his and Abhishek Sharma's necks," Manjrekar told Sony Sports in the post-match analysis. Despite the wobble, the team management is expected to give Samson and Abhishek a longer rope. Abhishek has been one of India's most consistent performers in the shortest format, while Samson is fresh from lighting up the recent T20 World Cup, where he played match-winning knocks in both the semi-final and the final against New Zealand.

How India can qualify for Women's T20 World Cup semi-finals: Scenarios explained

New Delhi. (Agency)

India have won three of their four group-stage matches at the Women's T20 World Cup, but their semi-final fate will be decided on the final day of Group A action at Lord's on Sunday, June 28. South Africa face Bangladesh in the day's opening match before India take on Australia in the marquee clash. Pakistan and the Netherlands are already out of the tournament, while Bangladesh's hopes are hanging by a thread. That leaves India, Australia and South Africa in a three-way battle for the two semi-final spots from Group A. On Thursday, India defeated Bangladesh by five wickets to stay in contention for a place in the semi-finals, while South Africa kept their campaign alive with an 88-run win over the Netherlands. Australia are virtually certain of



progressing after winning all four of their group-stage matches and building a net run rate of +4.724.

India are second in the standings with a net run rate of +2.268 after their win over Bangladesh. South Africa, meanwhile, moved into positive territory on net run rate with their emphatic victory over the Netherlands, leaving all three teams in the hunt for the two semi-final spots. Before Sunday's double-header at Lord's, Pakistan will face the Netherlands at the County Ground in Bristol on June 27. However, with both teams already out of the tournament, the result will have no impact on the battle for the semi-final places.

Remaining Group A fixtures

Match 26: Pakistan Women vs Netherlands Women, Bristol, June 27

Match 29: Bangladesh Women South Africa Women, Lord's, June 28

Match 30: Australia Women vs India Women, Lord's, June 28

How India can qualify for the Women's T20 World Cup semis

If India lose to Australia

In that scenario, India will need Bangladesh to beat South Africa. If Bangladesh pull off an upset, the second semi-final spot will be decided on net run rate, with India and South Africa finishing level on points.

Belgium thrash NZ to reach knockouts, Iran face anxious wait after Egypt draw

Belgium thrashed New Zealand 5-1 to finish top of Group G, while Egypt held Iran to a 1-1 draw in Seattle. The results sent Belgium and Egypt into the FIFA World Cup Round of 32, while Iran were left waiting to discover if they will qualify as one of the tournament's eight best third-placed teams.

New Delhi. (Agency)

Belgium booked their place in the FIFA World Cup Round of 32 with a ruthless 5-1 demolition of New Zealand on Friday, while Iran were left facing an agonising wait for their knockout fate after being held to a dramatic 1-1 draw by Egypt in the final Group G fixtures. Leandro Trossard struck twice and Kevin De Bruyne pulled the strings in another commanding display as Belgium finished top of Group G on goal difference ahead of Egypt. The result sent both Belgium and Egypt into the last 32, while Iran must now wait to

discover whether they will advance as one of the tournament's eight best third-placed teams. BELGIUM TOP GROUP G

Belgium barely put a foot wrong in Vancouver as they underlined their status as one of the tournament's most convincing teams so far. Peter Bosz's side controlled possession from the opening whistle, pinned New Zealand deep inside their own half and rarely allowed the Kiwis an opportunity to settle. They thought they had the perfect chance to take the lead when the referee pointed to the penalty spot in the opening exchanges, only for the decision to be overturned after a VAR review. It proved to be only a brief delay. The breakthrough finally arrived in the 28th minute. Kevin De Bruyne's inviting corner caused confusion inside the New Zealand box, with Tim Payne unable to clear his lines. The loose ball dropped kindly for Leandro Trossard, who reacted quickest to stab home from close range and hand Belgium a deserved lead. The opening goal rewarded Belgium's persistence, the second showcased their quality. Five minutes after the restart, De Bruyne slipped a perfectly weighted pass into Trossard's path. The Arsenal forward saw his initial effort blocked but remained composed,

smashing the rebound beyond Max Crocombe to double Belgium's advantage. There was no way back for New Zealand after that. Belgium continued to dictate the tempo, stretching the



defence with crisp passing before De Bruyne finally added his own name to the scoresheet in the 66th minute. The Manchester City midfielder swept a precise finish into the bottom corner from the edge of the penalty area after another flowing attacking move. Elijah Just briefly gave the home crowd something to cheer about with a late consolation goal, but Belgium ensured there

would be no late drama. Substitute Romelu Lukaku restored the three-goal cushion before Alexis Saelemaekers completed the rout in the closing minutes, sealing a comprehensive victory and confirming Belgium as Group G winners. While Belgium celebrated another polished performance, all eyes soon turned to Seattle, where the battle for the second automatic qualification spot produced one of the most dramatic finishes of the tournament.

VAR HEARTBREAK FOR IRAN

Iran came within inches of securing automatic qualification for the Round of 32, but a combination of the woodwork and a heartbreaking VAR intervention forced them to settle for a breathless 1-1 draw against Egypt. While the point sealed Egypt's passage into the knockout stages as runners-up behind Belgium in Group G, Team Meli must now endure an anxious wait to discover whether they will progress as one of the tournament's eight best third-placed teams. It was a frenetic, exhausting affair at Lumen Field, packed with early drama. Egypt took the lead after just five minutes when Mahmoud Saber fired a low effort through the legs of Alireza Beiranvand. The spot.

Marcelo Bielsa shouts at reporter, accepts blame for Uruguay's World Cup exit

FIFA World Cup: Uruguay manager

Marcelo Bielsa shouted at a reporter during his post-match press conference after his side's group-stage exit on Friday before accepting full responsibility for the team's disappointing campaign.

New Delhi. (Agency)

Marcelo Bielsa cut a frustrated figure after Uruguay's group-stage exit from the FIFA World Cup on Friday, shouting at a reporter during his post-match press conference before accepting full responsibility for the team's disappointing campaign. Uruguay were eliminated after a 1-0 defeat to Spain, having managed only two draws against Cape Verde and Saudi Arabia in their previous matches. The two-time world champions finished with just two points despite creating enough chances to win all three games, according to Bielsa. The Uruguay coach lost his temper during an

exchange with a journalist following the defeat but later admitted he was accountable for the team's early exit. "We failed to achieve an acceptable ratio between taking the chances we created and the relationship between the goals we conceded and the role



our opponents played in scoring them, was also poor. They were avoidable goals.

"Journalists and fans of Uruguayan football legitimately want to pin the blame on me. I'm the person responsible and Uruguay's hopes of reaching the knockout stage suffered another blow when veteran goalkeeper Fernando Muslera made a costly mistake for Spain's winning goal. lex Baena's shot from inside the area slipped

through Muslera's hands in the 42nd minute, leaving Uruguay trailing at the break.

'MUSLERA ASKED TO LEAVE'

Sergio Rochet replaced Muslera for the second half, with Bielsa revealing that the 40-year-old had asked to be substituted.

"He is the one who decided to leave," Bielsa said. Bielsa also explained his decision to replace Federico Valverde with Federico Vias after the hour mark, saying he wanted to add a more physical presence in attack as Uruguay searched for an equaliser.

Muslera endured a difficult tournament, having also been at fault in Uruguay's draws against Cape Verde and Saudi Arabia. He was caught out of position for Cape Verde's equaliser after a misplaced pass from Mathias Olivera, while against Saudi Arabia he failed to hold on to a header, allowing the rebound to be converted.

The veteran goalkeeper had returned to the national team earlier this year after retiring from international football, a decision that drew criticism from sections of the Uruguayan support. Bielsa, however, stood by his choice to persist with Muslera despite the errors. I have to accept it."

Cape Verde seal dream knockout berth, Uruguay crash out after Spain defeat

New Delhi. (Agency)

Debutants Cape Verde completed a fairytale run to the FIFA World Cup knockout stage after holding Saudi Arabia to a goalless draw on Friday, while Uruguay crashed out following a 1-0 defeat to Spain in the decisive Group H fixtures. Making their World Cup debut, Cape Verde booked a place in the Round of 32 after finishing second in the group with three points, having drawn all three of their matches. They will now face defending champions Argentina in Miami. Spain topped Group H with seven points, while Uruguay and Saudi Arabia were eliminated with two points each.

FIFA World Cup 2026: UPDATES

Cape Verde entered the final round of group matches knowing a draw would be enough provided Uruguay failed to beat Spain. They did their part with a disciplined display in Houston, frustrating Saudi Arabia, who

needed victory to keep their knockout hopes alive. The match offered few moments of quality, although Cape Verde looked the



more threatening side for long spells. Laros Duarte squandered the best chance of the game when he was denied one-on-one by goalkeeper Mohammed Alowais, while Willy Semedo also tested the Saudi defence after cutting in from the left. Saudi Arabia's

best opportunity came in first-half stoppage time when Mohamed Kanno's header was comfortably gathered by veteran goalkeeper

Vozinha. Cape Verde continued to push after the break, finishing with 15 attempts, but lacked composure in the final third. Saudi Arabia, meanwhile, rarely threatened and exited the tournament having scored just once in three group-stage matches. As the final whistle sounded in Houston, Cape Verde's players and staff gathered around their phones to follow the closing moments of the other Group H match. Their celebrations erupted once Spain's victory over Uruguay was confirmed, with supporters beating drums as the squad celebrated a historic achievement. Many players remained on the pitch long after the crowd had dispersed, draped in national flags and soaking in the moment for the island nation of around 500,000 people..



would regain his rhythm. While the result did not go India's way, his comeback performance offered India a major positive and reaffirmed that the young pacer is ready to make up for lost time.

HOW HARSHIT STORMED BACK

When India needed someone to wrest back control, Harshit Rana answered the call. The fast bowler produced a fiery spell, combining pace, bounce, and clever variations to derail Ireland's innings. His incisive opening burst reduced the hosts to 36 for 3 in the Powerplay, putting India firmly in command. Despite conceding two boundaries to Ross Adair at the start of his spell, Harshit hit back immediately by forcing the opener into a miscued pull. The thick top edge flew behind the wicket, where Sanju Samson completed a fine catch. In his second over, Harshit struck again, dismissing Tim Tector with a length delivery that extracted extra bounce. Tector failed to middle his lofted shot and offered a simple catch to Shreyas Iyer at mid-off.

Small islands, wild joy: Watch Cape Verde celebrate historic qualification in Houston

FIFA World Cup 2026: Cape Verde reached the World Cup knockouts after drawing Saudi Arabia and waiting for Spain to beat Uruguay. The debutants became the smallest nation ever to do so and will now face Argentina in Round of 32.

New Delhi. (Agency)

The full-time whistle had blown at Houston Stadium on Saturday, but for the players and coaching staff of Cape Verde, the agony of the wait was only just beginning. Their own assignment was complete, a gruelling, hard-fought 0-0 draw against Saudi Arabia. Yet their World Cup destiny remained entirely out of their hands, suspended some several hundred miles away in Guadalajara, where

Spain and Uruguay were still locked in combat. With their match ending three to four minutes ahead of the concurrent Group H fixture, the pitch instantly transformed into a tense, makeshift viewing gallery. Players and staff hurriedly produced mobile phones, huddling in tight, anxious circles on the grass to stream the final moments of the other game. When the news finally filtered through that European champions Spain had held on to defeat Uruguay 1-0, the tension evaporated, replaced by a collective roar that shook the arena. Against all plausible odds, the Blue Sharks had done it. With three points compiled from three resilient draws, tournament debutants Cape Verde had officially qualified for the knockout stages of the FIFA World Cup as runners-up of Group H.

RECORD-BREAKING FEAT

In navigating their way out of the group stage, the African archipelago has scripted an unprecedented chapter in football folklore. With a population of just 550,000, Cape Verde

has officially become the smallest nation in history to reach the knockout phases of a FIFA World Cup. The scale of the achievement was



not lost on the vocal contingent of supporters inside the 68,278-capacity stadium. Long after the majority of the crowd had filed out into the Texas night, many Cape Verdean players lingered on the pitch, daping themselves in national flags, embracing, and taking photographs to immortalise the

moment. In the stands, the celebrations were soundtrack by the relentless banging of traditional drums. One poignant, hand-painted sign held aloft by a fan captured the spirit of the evening: "Small Islands, Big Dreams." "I feel like I'm in a dream," remarked an emotional Deroy Duarte, who was named man of the match for his industrious display in midfield. While compiling three consecutive draws is a high-wire act that offers no guarantee of safe passage at major tournaments, Cape Verde join an elite band of survival specialists. They follow in the footsteps of Wales (1958), the Netherlands and Republic of Ireland (1990), and Chile (1998), who all negotiated the group stage without a single victory.

For veteran goalkeeper Vozinha, the historic qualification carried an added layer of personal significance. Watching the drama unfold from a luxury suite was his mother, Ana Candida Evora, proudly waving a miniature national flag.





Esha Deol

Admits Missing Love After Divorce From Bharat Takhtani: 'I Have Had Boyfriends...'

Esha Deol has admitted that she misses 'love and romance' in her life after her separation from Bharat Takhtani. In a recent interview, Esha shared how their separation changed her life and revealed how she 'loves to be romantic'. 'I think love and romance are the most important things in a person's life, which I am currently missing. I love to be romantic. I am a complete rom-com person. I love love songs and I love love stories,' Esha told Curly Tales, as quoted by Hindustan Times.

However, asked if her separation has also changed her idea of love, the actress added, "No, these things don't change. Breakups happen. I have had boyfriends in the past whom I broke up with. These things happen, but that doesn't dilute my ultimate idea of love. We all grew up seeing the unconditional love between Hema ji and Dharmendra ji," Esha shared.

Further talking about her decision to part ways from Bharat, Esha revealed that her family was very supportive.

"That is something very personal. It's between two individuals.

Being in the profession that we are in, it is open to the public.

I'm not the kind of person, nor is Bharat or his family, to be so open about a lot of things. But at that moment, we were put there and it also involves kids. These are very sensitive places in life. One has to tread through very carefully," she said.

Why Did Esha Deol, Bharat Takhtani Part Ways?

Esha Deol and Bharat Takhtani got married in 2012 but announced their separation in 2024, i.e. after 11 years of being together.

Even though the two did not reveal the reason of their separation, they issued a joint statement confirming it was decided "mutually and amicably".

"We have mutually and amicably decided to part ways.

Through this shift in our lives, the best interests and welfare of our two children is and will be of utmost importance to us. We'd appreciate our privacy is respected," their statement read. The two are parents to their daughters, Radhya and Miraya.



'He Reminded Me That...': Amrita Rao Recalls Amitabh Bachchan Praising Her Performance In Vivah



Actress Amrita Rao took a trip down memory lane on Thursday as she celebrated the anniversary of her film 'Deewar: Let's Bring Our Heroes Home', further recalling a special moment involving megastar Amitabh Bachchan and her work in 'Vivah'. Taking to her social media account, Amrita marked the anniversary of 'Deewar: Let's Bring Our Heroes Home' and also fondly remembered how Amitabh Bachchan had once praised her performance in 'Vivah'.

She recalled how he also went on to remind her that the two who had earlier been a part of 'Deewar', did not share a scene in the film. Sharing the post, Amrita wrote, "DEEWAR - Let's Bring Our Heroes Home Anniversary today So when you beautiful and memories office little girl who was thrown in the ocean of Big fishes. LEGENDS."

Recalling the memory related to Big B, Amrita wrote, "A sweet memory - Mr Bachchan came out of the screening of Vivah in the Rajshri office. As he praised my work he reminded me that we were a part of this film Deewar but we did not have any working scene together. Cut To - a few years later In Satyagraha I played his daughter in law and guess what ALL Our Scenes were together from the Start to endGlorious memories.."

Talking about the movie Vivah', which released in 2006, remains one of the most loved films in her career. Directed by Sooraj R. Barjatya and produced by Ajit Kumar Barjatya, Kamal Kumar Barjatya and Rajkumar Barjatya under the Rajshri Productions banner, the romantic drama starred Shahid Kapoor and Amrita Rao in the lead, alongside Anupam Kher, Alok Nath, Seema Biswas, Samir Soni, Lata Sabharwal and Amrita Prakash.

For the uninitiated, the film revolved around the gentle, traditional love story of Prem and Poonam, and went on to become a major success.

Meanwhile, talking about the movie 'Deewar: Let's Bring Our Heroes Home' which released in 2004, was directed by Milan Luthria and produced by Gaurang Doshi, the film featured an ensemble cast including Amitabh Bachchan, Sanjay Dutt, Akshaye Khanna and Amrita Rao.

A few years later, Amrita got the chance to a major share screen space with Amitabh Bachchan in 'Satyagraha', where she essayed the role of his daughter-in-law.

Should Farhan Akhtar Play Don After Ranveer Singh's Exit? Here's What Netizens Think



Ever since Ranveer Singh's controversial exit from Don 3, everyone is curious to know who will take Amitabh Bachchan and Shah Rukh Khan's legacy forward. While no name has been officially confirmed as of now, actor and content creator Nadeesh Bhambi recently took to his Instagram handle and asked if Farhan is directing Don 3, why can't he play the lead in it.

In the video, Bhambi, who was recently also seen in Cocktail 2, asked Farhan to 'introspect'. "Unhe khud mein hi don mil jaega," he said. The actor further explained that Farhan's casting in the movie might evolve Don's character. He argued that while Big B and SRK's don had a charm, "Farhan Akhtar's don can be a calculated, cold blooded killer." He also justified his opinion by saying that with Farhan's previous films, he has proved that his screen presence can also be "intimidating".

What Do Netizens Think?

Soon after the video was shared online, several social media users reacted to it and expressed their views. While some argued that Farhan might be a good fit, others doubted it and recommended Varun Dhawan or Kartik Aaryan's name for the role.

"@faroutakhtar, I agree with him bro...a cold blooded calculated Do ♡", one of the fans wrote. "Honestly I think that Varun Dhawan would be a perfect fit since he has that cold look and can be very intimidating I think it would be a great comeback and I can feel that talent in him," added another. One of the fans also urged Farhan to cast SRK and commented, "Don without SRK bhai na hi banao to acha (sic)."

Farhan Akhtar has been facing uncertainty over Don 3. The fallout between him and Ranveer Singh over the film has become one of Bollywood's biggest controversies. According to multiple online reports, Singh exited the film due to creative differences with the makers. Several reports also suggested that Ranveer was unhappy with repeated delays in production and the absence of a locked final script.

Samantha Ruth Prabhu Takes A Dig At Sobhita Dhulipala?; Ashok Pathak Recalls Meeting PM Modi

Samantha Ruth Prabhu seemingly took a dig at Sobhita Dhulipala on Wednesday while speaking to the media in Hyderabad during the success meet on her recently released movie Maa Inti Bangaaram. While Samantha did not mention Sobhita directly, she talked about relationships in general and explained why women must not believe that her partner completes her. Recently, Prime Minister Narendra Modi delighted Panchayat fans with a special Instagram reel featuring actors Durgesh Kumar and Ashok Pathak, who played Bhushan and Binod's roles, respectively. The clip quickly grabbed attention



across social media, but it wasn't just the meeting that got people talking. What truly excited fans was PM Modi's use of the beloved Panchayat theme music in the background, adding a memorable touch to the viral video.

Now, Ashok Pathak, aka Binod, has opened up about his meeting with PM Modi and shared details of their conversation. Actress Rhea Chakraborty has spoken

about the emotional aftermath of the turbulent phase after the death of late star Sushant Singh Rajput on Neha Dhupia and Angad Bedi's chat show Double Date. Rhea was joined by her brother Shovik Chakraborty. The siblings were arrested by the Narcotics Control Bureau (NCB) in 2020, following an interrogation regarding a drug-related investigation linked to the death of actor Sushant Singh Rajput.

Taylor Swift and Travis Kelce's wedding could be one of the biggest celebrity events of the year if the latest reports are accurate. New details suggest the couple are planning a multi-day celebration at New York's Madison Square Garden, with hundreds of guests expected to attend. Neither Taylor Swift nor Travis Kelce has confirmed the plans. However, a New York Times report citing people familiar with the preparations claim the celebrations could take place over the July 4 holiday weekend.

Television actor Kushal Tandon has opened up about his bond with Ekta Kapoor. He described her as someone who has always supported and guided him throughout his career. The 'Ek Hazaron Main Meri Behna Hai' actor shared that the producer has consistently wanted the best for him. Kushal also revealed that his association with producer Ekta Kapoor played a key role in his decision to join the upcoming reality show "Alliance."



NEWS BOX

Indonesian police arrest dozens in anti-government protest

SURABAYA. (Agency)

Indonesian police have arrested dozens of protesters following a rally against President Prabowo Subianto's policies in the country's second-largest city, a rights group said on Saturday. Around 100 people gathered near a government building in Surabaya on Friday, AFP journalists estimated, to protest a fuel price hike and Prabowo's flagship free meals scheme. Some demonstrators hurled rocks towards police and set fire to rubbish in the middle of the road, prompting officers to arrest them, the reporters saw. Twenty-four protesters were arrested, Fatkul Khoir, a coordinator at rights group KontraS Surabaya, told AFP on Saturday. Police questioned them until 3:30 am on Saturday but did not charge them, he said. Surabaya police chief Luthfie Sulistiawan told reporters late Friday that officers had taken "firm actions" to push back protesters after some threw projectiles. He said there had been "dozens" of arrests but did not specify the number. Protests erupted in several Indonesian cities this month after Prabowo's administration raised prices of non-subsidised gasoline by around 30 percent, seeking to ease budgetary pressures as the Middle East war weighs on global oil supplies. Thousands of students took to the streets in the capital Jakarta to oppose both the fuel price hikes and to demand a halt to the multi-billion-dollar free meals scheme. The initiative has been a cornerstone of Prabowo's political agenda but has received widespread criticism for being wasteful and linked to mass food poisonings. It has since been partly suspended. Indonesia's biggest unrest since Prabowo took office in 2024 came in August and September, when nationwide protests took place initially over lavish perks for lawmakers.

"We're Hoping": Marco Rubio Eyes Trump's India Visit "Early Next Year"

RUSSIA (Agency)

US Secretary of State Marco Rubio has said the Trump administration is working towards President Donald Trump's visit to India in the early part of next year, underscoring the growing momentum in India-US ties as the two countries move closer to concluding a bilateral trade agreement. In an exclusive interview with IANS at the White House, Rubio said he expected to travel to India before the end of the year to prepare for the President's visit. "I look forward to returning before the end of the year and setting up a Presidential visit in the early parts of next year," Rubio said. Asked if Trump's visit could take place next year, Rubio replied: "We're hoping. That's what we're working towards sometime early next year to have the President come." Rubio said the India-US relationship was in a strong position following the recent meeting between Trump and Prime Minister Narendra Modi on the sidelines of the G7 Summit. "I think it's going fantastic. I mean, it's very strong," he said. "We had a great meeting with the Prime Minister. The President did at the G7." The Secretary of State also expressed optimism about the ongoing trade negotiations between the two countries. "We're hoping to finalise a trade deal. We're on the last inches of getting it done, and it's very positive," he said. Rubio said Washington was also looking forward to another meeting of the Quad leaders in the near future. "We look forward to re-engaging again in another Quad meeting very soon," he said. Describing India as one of America's closest partners, Rubio said, "India is such a close partner and ally of the United States, and the relationship between the Prime Minister and the President couldn't be closer, which I think is really important in diplomacy."

Mortal remains of 8 Indians repatriated from Ras Laffan: Indian embassy in Doha

world. (Agency)

The mortal remains of eight Indian nationals who died in the Ras Laffan industrial accident in Qatar have been repatriated to India, the Indian Embassy in Doha said. Four bodies had already been sent home earlier. The embassy also confirmed that injured Indian workers are receiving medical care and thanked Qatari authorities for their support. The Indian Embassy in Doha said the mortal remains of eight Indian nationals who died in the Ras Laffan accident were repatriated to India on June 26. Earlier, the mortal remains of four Indian nationals were repatriated on June 25. In a post on X, the Embassy said, "Mortal remains of 8 Indian nationals who unfortunately passed away in Ras Laffan accident have been repatriated to India on June 26. 4 out of 12 mortal remains had been repatriated on June 25. Embassy of India, Doha thanks Qatari authorities, Indian community organisations and Government authorities in India for their prompt support. Ambassador and Embassy officials also met some of the injured Indian nationals today in Alkhor. The injured have all received appropriate medical attention for which the Embassy thanks Qatari authorities and employer company representatives." Earlier on June 25, the mortal remains of 4 out of 12 Indian nationals who passed away in the Ras Laffan incident were being repatriated to India, Embassy of India in Qatar said. The embassy added they have kept the families and authorities informed. In a post on X, the embassy said, "The mortal remains of 4 out of 12 Indian nationals who unfortunately passed away in Ras Laffan incident are being repatriated to India today. We hope to repatriate other mortal remains also soon. Embassy has kept the families and authorities informed. We thank the Qatari authorities as well as the Indian community organisations for their support and coordination. Embassy has also been in touch with Indians who are injured in the accident," it said.

US strikes Iran after Strait of Hormuz drone attack, testing fragile ceasefire

WASHINGTON. (Agency)

The U.S. struck Iran on Friday in response to a drone attack a day earlier on a cargo ship in the Strait of Hormuz. It's the most significant test yet to an interim understanding reached a week ago by the two countries to begin working to end their months-long war and reopen the pivotal waterway. U.S. President Donald Trump said the drone attack violated the ceasefire. The strikes came shortly after Trump told reporters, "You'll find out," whether the U.S. would respond. U.S. Central Command said the military struck missile and drone locations and coastal radar sites in Iran. "I don't like the fact that they took a shot yesterday, actually four of them," Trump said at the White House shortly before the U.S. struck back. When asked why there would be strikes when Trump has insisted talks with Tehran are going well, Trump said of Iran: "They're a little bit different." He then abruptly cut off questions and reporters were ushered out of his office. Ebrahim Azizi, who heads the Iranian parliament's national security commission,

responded to Trump on social media earlier Friday, saying, "the Strait of Hormuz is governed by Iran, so: Respect the rules" and to "not mistake control for escalation." This is not a violation of the ceasefire; it is ceasefire management," Azizi wrote. Friday evening, Vice President JD Vance said on social media that Iran should "pick up the phone" if there are disagreements about the ceasefire agreement. "But violence will be met with violence," Vance said.

Strikes conclude an hour later

The U.S. strikes on Iran concluded about an hour after U.S. Central Command announced the military action on social media, a U.S. official with knowledge of the situation told The Associated Press. The official spoke on condition of anonymity to discuss an ongoing military operation. The British military said on Thursday that a container ship was hit by a projectile off the coast of Oman, coming hours after Iran threatened vessels to stop using the route. The United Kingdom

Maritime Trade Operations center said no injuries were reported. The development came during a fragile time for the U.S. and Iran as they work to negotiate a permanent

the current interim deal it reached with the U.S. last week. The attack on the cargo ship happened while a United Nations maritime agency was beginning an operation to move stranded ships out of the strait this week, using an alternative route, hugging the shores of Oman rather than sailing through the central part of the strait. The International Maritime Organization halted the evacuations after the attack and said on Friday they won't resume until there are guarantees that the other ships won't be attacked. About 115 ships were able to move out of the strait in recent days, leaving about 500 still in the area, said Arsenio Dominguez, the agency's secretary-general.

The opening of the alternative passage through the strait was expected to relieve pressure on the world economy and remove Iran's main source of leverage in ongoing peace talks with the U.S.



end to the war. Iran has increasingly challenged the region and the U.S. over its control of the Strait of Hormuz, even with

Ex-national security adviser John Bolton pleads guilty to illegally retaining classified information

The plea deal also requires him to submit to a debriefing with federal intelligence officials and perform up to 100 hours of community service.

GREENBELT. (Agency)

Former Trump administration national security adviser John Bolton pleaded guilty on Friday to illegally retaining classified information, sealing a deal with federal prosecutors that could allow him to avoid a prison term. Bolton, who became an outspoken critic of President Donald Trump after serving in the Republican's first administration, is scheduled to be sentenced on Oct. 28 by U.S. District Judge Theodore Chuang in Greenbelt, Maryland. Bolton, 77, of Bethesda, Maryland, pleaded guilty to a single count of illegally retaining national defense information, which carries a

maximum sentence of 10 years. His plea agreement with the Justice Department may enable him to avoid time behind bars, but the judge ultimately will decide his punishment. Trump celebrated the plea on his social media platform late Friday, calling

his plea and the balance within 90 days. He agreed to forfeit his retirement pay for his federal service. The plea deal also requires him to submit to a debriefing with federal intelligence officials and perform up to 100 hours of community service. After a prosecutor read aloud a summary of his offenses, Bolton agreed that it was accurate. UNODC said. Defense attorney Abbe Lowell said Bolton "did what real leaders do" by pleading guilty.



Attorney Kelly O. Hayes, the top federal prosecutor for Maryland, said Bolton knew how to properly handle and store classified information. "He also knew the damage to national security that could be caused by mishandling that sensitive information. Nevertheless, as Mr. Bolton just admitted, he put our national security at grave risk in violation of the law," Hayes told reporters. January 2025.

American Parents Charged With Murder In Death of Son, 7, Weighing 116 Kg

Michigan parents face second-degree murder charges after their morbidly obese son dies.

world. (Agency)

An American couple from the US state of Michigan have been charged with second-degree murder for the death of their extremely overweight 7-year-old son. According to Genesee County Prosecutor David Leyton, Damien O'Brien, 40, and Jessica O'Brien, 41, were arrested in November last year after a witness called authorities, following the death of their son, Casper O'Brien. On November 4, 2025, emergency services rushed to O'Brien's home, where Casper was found and later pronounced dead at the hospital. His official cause of death was dilated cardiomyopathy linked to morbid

obesity. Standing 4 feet, 2.5 inches (1.3 meters) tall, the boy weighed 255 pounds (116 kg), placing him far outside healthy paediatric averages. The investigating agencies also alleged that the couple failed to take Casper to a doctor and did not



provide him with a safe living environment before his death, according to a report in NBC News. The

boy was found in a makeshift bed that was shared by four family members. Prosecutors charged both parents with second-degree murder, torture, and three counts of second-degree child abuse, carrying a maximum sentence of life in prison. Casper's forensic autopsy report states that he was last examined by his primary care physician in February 2024, when he was referred to a pediatric endocrinologist. However, Casper's parents never took him to the endocrinologist. "It was reported that the decedent's diet was potato chips and fries because of texture issues," John A. Bechinski, the deputy medical examiner, wrote in the autopsy report. "This child did not have a paediatrician, was only taken to the doctor I believe, according to the police report, once," Leyton said.

Venezuela earthquakes kill nearly 1,000, tens of thousands missing

Access to the disaster zone was restricted from 8:00 pm on Friday (0000 GMT Saturday). Interior Minister Diosdado Cabello announced in a televised address.

LA GUAIRA. (Agency)

The death toll from twin earthquakes in Venezuela rose Friday to 920, with tens of thousands reported missing as international rescue teams boosted a desperate and slow-moving search for survivors. Caracas residents jeered interim leader Delcy Rodriguez during her visit to a devastated neighborhood, as fury over the perceived lack of an official response mounted. United Nations aid chief Tom Fletcher told AFP that more than 50,000 people were missing after two powerful earthquakes struck within a minute of each other on Wednesday evening, flattening buildings in the north of the country. The coastal area of La Guaira, near the capital Caracas, was the



worst hit, with one building after another crumpled by the magnitude 7.2 and 7.5 quakes. Access to the disaster zone was restricted from 8:00 pm on Friday (0000 GMT Saturday), Interior Minister Diosdado Cabello announced in a televised address. A rescue team from Chile arrived at the site, which resembles many others in the city. Elsewhere, family members, neighbors and

apartments that had largely been reduced to rubble. "Unfortunately, the collapse is total, and there is little chance of finding survivors. Efforts are now focused on recovering the bodies of the deceased," team leader Nadiomar Polanco said at the site, which resembles many others in the city. Elsewhere, family members, neighbors and

volunteers used their bare hands to try to dig out survivors, bemoaning the lack of heavy machinery or official help to save those trapped alive. "I am looking for my little Gael... he was only five months old," said an anguished Marjosly Salazar, 40, whose 16-year-old daughter died in the quake. The baby and Salazar's cousin are both missing. "Please, we need support here. We need machinery to start lifting the columns," she said. "We haven't seen any government officials here, none at all." In an upscale Caracas neighborhood, Rodriguez was greeted with angry chants from a crowd of people whose loved ones were trapped under the debris. "The government isn't doing anything for the people," they yelled from behind cordons next to a pulverized building. "Very complex" AFP saw workers using sledgehammers to break through detritus, calling for "absolute silence" to detect cries from survivors. "It's a very, very complex emergency response," the UN's Fletcher told AFP, warning the death toll could rise significantly. Aftershocks and destroyed buildings still posed significant dangers.

