



How PM Modi's New Zealand schedule counters viral 'nap break' report

S Jaishankar To Launch India's UN Security Council Bid. Why It Matters

The campaign is the first step in India's bid to take its place in the Asia-Pacific bloc.

New Delhi. (Agency)

A viral New Zealand media report claimed India sought 'nap breaks' in PM Modi's Auckland itinerary. However, his jam-packed official schedule busted the claims. Read on to find out how.

New Delhi. (Agency)

Just before Narendra Modi touched down in Auckland, a New Zealand media report went viral claiming that India has requested a schedule for the Prime Minister that "allows for nap times" due to his age. It seems somebody forgot to hand the reporter a copy of PM Modi's Saturday schedule. The itinerary reveals a tightly packed diplomatic day, with non-stop engagements for 12 hours. The editors of the media outlet clearly seem to have been caught napping themselves.

The report, which was published by news outlet Stuff, was amplified by the Congress to take a swipe at PM Modi's health. The news was also promoted by the Turkish state handle 'Clash Report'. The Prime Minister will turn 76 this year on September 17. The dubious report, with no clear attribution, claimed Modi's

advance security team sought specific arrangements regarding his itinerary.

REPORT CLAIMS PM MODI SOUGHT 'NAP BREAK'



The report claimed it included dedicated "nap times" and a "preference for venues without stairs". It even went on to claim that the request stemmed from an incident six years ago when PM Modi fell on the stairs, a likely reference to a 2019 event in Kanpur. It further said the

Prime Minister's age "provides extra complexities". However, PM Modi's official schedule doesn't leave much visible room for rest. The Prime Minister landed in New Zealand late in the evening on July 10 following gruelling engagements in Australia during the day. New Zealand is the final leg of his three-nation tour, which began with a visit to Indonesia. PM Modi's engagements started at 9.30 am (New Zealand time), where he received a traditional Maori welcome at the Government House in Auckland. There, PM Modi held a one-on-one meeting with New Zealand Prime Minister Christopher Luxon, followed by delegation-level talks and exchanged MoUs. The nations decided to elevate their bilateral ties to a "strategic partnership" - a decisive move that will help bolster New Delhi's ties in the Asia-Pacific region.

External Affairs Minister S Jaishankar will unveil the campaign for India's stint as a non-permanent member of the United Nations Security Council (UNSC) for the 2028-29 term when he visits the UN headquarters in New York next week. The outreach will officially launch New Delhi's diplomatic push ahead of the United Nations General Assembly elections in 2027, when India will try to win the Asia-Pacific seat.

The campaign is the first step in India's bid to take its place in the Asia-Pacific bloc in the elections to be held during the 82nd session of the UN General Assembly in 2027. India will be a non-permanent member of the Security Council for the ninth term.

Jaishankar's visit to New York comes on the heels of a broader tour to six countries - Qatar, Bahrain, Kuwait, Oman, the United States and Belgium.

India Seeks Broader Global Backing

India's campaign coincides with its efforts to overhaul long-delayed UN reforms, which India has long been seeking, and also aims to make the current world governance body more attuned to modern geopolitical realities. A series of successive Indian governments have insisted that the Security Council must be more representative, both in terms of permanent members and the number of non-permanent members, especially in terms of providing more voice to developing countries.



'Secret' Photos Of Team Uddhav Rebel MPs' Meet In Delhi Before Defection Surface

New Delhi. (Agency)

The defection of six MPs from Shiv Sena (Uddhav Balasaheb Thackeray) to the Eknath Shinde faction last month had sent ripples of the 2022 political crisis across Maharashtra - Untraceable rebel MPs, poaching claims, and secret meetings under what was called 'Operation Tiger' (a code word for getting the MLAs to cross over to the Shiv Sena - Eknath Shinde) that was quietly unfolding in the state for months before it hit Delhi.

The political scenario was seen as a significant setback for Team Uddhav, with the leaders challenging the rebel's authority. On June 17, Team Uddhav rebel MPs met Lok Sabha Speaker Om Birla at his residence in Delhi secretly and submitted a letter seeking separate recognition. The reason they gave was that Uddhav Thackeray was planning to merge his faction of the Shiv Sena with the Congress - a situation they claimed was unacceptable. The MPs had also ensured that they had the numbers to elude the anti-defection law.

CM Omar Abdullah alleges BJP offered Rs 20-30 crore to NC MLAs to switch sides

SRINAGAR. (Agency)

Jammu and Kashmir Chief Minister and National Conference (NC) vice-president Omar Abdullah on Saturday alleged that the BJP had offered Rs 20-30 crore, a ministerial post and statehood to NC MLAs to switch loyalties. He also warned the Centre and the BJP "not to test our patience and decency".

Addressing party workers at the 'Madar-e-Meharban' Day rally at Hazratbal in Srinagar, Omar alleged that another attempt was being made to split the National Conference.

"When your greed for money didn't work, when your greed for ministers didn't work, you are telling my MLA's in a closed room, you come with us and when you join us we will give you statehood," he said.

"Allah is witness that one of my Jammu MLA's had come to my room and told about it," he said. The Chief Minister alleged that a Supreme Court lawyer, who is also a BJP functionary, had approached one of his Jammu MLAs. "We will give Rs 20-30 crores, one ministry and a statehood status if you join us",

Corrupt Nexus Grips Vadodara District Panchayat and Baroda Dairy

Audit confirms a major ₹60 lakh financial scam at Baroda Dairy's Subdol Chilling Center, yet authorities hesitate to file an official complaint

MAHANAGAR METRO

VADODARA/KARJAN: While the Gujarat Government frequently makes tall claims of a corruption-free administration from the corridors of power in Gandhinagar, the ground reality in Vadodara district paints a grim picture. Certain ruling party politicians have openly flouted law, order, and morality. From village Sarpanchs to the District Panchayat President, the local administration has sunk into a quagmire of corruption, where multi-crore illicit operations are running in broad daylight.

Sensational allegations—backed by documentary evidence—have surfaced against Vasant Rabari, husband of Vadodara District Panchayat President Jyotsnaben Vasantbhai Rabari. He has been accused of operating illegal sand mining syndicates, extortion, and evading crores in government royalties, sparking a massive political storm across the district. The local administrative machinery has proved completely incompetent in taking action against these white-collar politicians who occupy public offices.

Plunder of the Narmada and Administrative Apathy

Highly placed sources reveal that a massive cache of illegal sand has been stockpiled along the main highway connecting Nareshwar to Palej with-



out any valid government permits or royalty passes. Mining mafias are systematically plundering natural resources day and night, deploying heavy excavators (JCBs) and dumpers to rip through the eco-sensitive Narmada riverbed. These activities now pose a direct threat to the river's ecosystem.

The most alarming aspect of this multi-crore scam is the absolute silence of the regulatory authorities. Despite the illegal stockpiles being visibly out in the open, Karjan SDM Shivam Baria, the Vadodara Collector, the District Superintendent of Police (SP), the local Tehsildar, and officials from the Mines and Minerals Department have turned a blind eye. This raises grave public concerns about whether massive illicit payoffs are neutralizing the administrative

machinery. The current state of affairs suggests a dual system of law—stringent rules for the common citizen and a red carpet for influential politicians. The Baroda Dairy Audit Scandal The institutional corruption extends beyond mining. The insatiable greed of these political figures has now targeted impoverished cattle rearers and dairy farmers. An official audit report of the Baroda Dairy has exposed a harrowing financial scam that threatens the foundation of the region's co-operative sector.

The government audit has conclusively verified a financial fraud to the tune of ₹50 lakh to ₹60 lakh at the dairy's chilling center located in Subdol village. Despite concrete proof that hard-earned public money was siphoned off for personal gains, the Baroda Dairy management has mys-

teriously failed to register a formal police complaint. This unchecked chain of corruption running from the Sarpanch level up to the District Panchayat is hollowing out Vadodara's rural economy. The silence also brings the accountability of the Vadodara BJP District President and the local MLA into question.

Ball in the Chief Minister's Court A comprehensive written complaint detailing the entire racket, along with dynamic evidence and official documents, has already been submitted directly to Gujarat Chief Minister Bhupendra Patel. However, the Chief Minister's Office (CMO) is yet to issue strict directives or initiate punitive action. The entire administrative and police apparatus in Vadodara appears to be paralyzed under political pressure or complicit in the multi-crore trade.

As these elements continue to tarnish the state government's clean image, 'Mahanagar Metro' poses direct questions to the leadership: When will the Chief Minister, who prides himself on an unblemished governance record, crack down on the corrupt leaders within his own ranks? Will the illegal sand and soil mining in Karjan taluka continue unabated, or will the Chief Minister immediately order an independent high-level inquiry to bring the guilty to justice?

From local markets to global shelves: Yogi government gives UP artisans a new future

New Delhi. (Agency)

The Yogi Adityanath government's One District One Product (ODOP) scheme has transformed Uttar Pradesh from a once "BIMARU" state into a manufacturing and export hub by reviving traditional industries, creating over 3 lakh jobs and taking local products to global markets. Launched in 2018, the scheme seeks to identify and promote one signature product from each district while providing artisans and entrepreneurs with skill training, free toolkits, financial assistance, branding support and market access. The initiative aims to revive traditional crafts and help small-scale producers compete in national and

international markets.

The state government said Uttar Pradesh, once considered a "BIMARU" state, is now emerging as one of India's largest manufacturing and export hubs. Products that were once confined to local markets due to limited branding and marketing are now reaching buyers across the country and overseas.

BIMARU is an acronym coined by noted demographer Ashish Bose in the 1980s for Bihar, Madhya Pradesh, Rajasthan and Uttar Pradesh, and refers to states that historically lagged in economic growth, healthcare, literacy and population control. The term is derived from the Hindi word bimar, meaning "sick." According to official figures, more than



1.46 lakh artisans have received training under the scheme over the past nine years, while over 20,000 entrepreneurs have directly benefited. The government also said the initiative has generated employment opportunities for over 3.16 lakh people.

During the 2026-27 Budget session, Uttar

Pradesh MSME Minister Rakesh Sachan told the Assembly that the ODOP scheme has evolved beyond product branding into a programme that has laid the foundation for the social and economic revival of artisans. He said the initiative has helped elevate Uttar Pradesh's products in international markets.

The state government said Uttar Pradesh's exports have risen from Rs 86,000 crore in 2017-18 to a record Rs 1.84 lakh crore, with nearly 50% of the exports now comprising ODOP and handicraft products. Each district under the scheme is promoted for its unique product, including Agra's leather and marble goods, Aligarh's locks, Azamgarh's black pottery, Ayodhya's jaggery, Kannauj's perfume.

News box

Toddler 'slapped & pushed' at Gurgaon daycare

Gurgaon.(Agency)

A two-year-old girl was allegedly slapped, pushed and subjected to physical and mental abuse by a teacher at a preschool daycare centre in Chakkarpur, prompting police to register a case after CCTV footage of the incident came to light.

According to police, the girl's mother, a resident of Sector 28, filed a complaint stating that she had dropped her daughter at the daycare around 9.30am on July 7, as part of the child's daily routine. When she went back to pick up the toddler around 11.15 am, she noticed that the child's cheeks were red. The family questioned the daycare teacher, who told them that the child's cheeks had been red since the morning. "Unsatisfied with the explanation, the parents spoke to the child after returning home. They claimed the toddler indicated through gestures that the teacher had hit her," a police officer said. The family then requested access to the daycare centre's CCTV footage. According to the complaint, the footage showed the teacher allegedly slapping and pushing the child and subjecting her to inappropriate treatment inside the facility. Soon after, the family approached Sector 29 police station and filed a complaint against the teacher. Based on that complaint, police registered an FIR against the teacher under Section 75 of Juvenile Justice (Care and Protection of Children) Act, which deals with cruelty towards children.

The investigators have seized the CCTV footage and are examining it along with other evidence as part of the probe. Police said they are verifying the sequence of events captured on the CCTV footage and recording the statements of those associated with the daycare centre. They added that appropriate legal action will be taken after examining all the evidence.

Man gets life term for killing father and brother with spade

Ghaziabad.(Agency)

The sessions court sentenced a Niwari resident, Sunil alias Bablu, to life imprisonment and imposed a fine of Rs 1 lakh for killing his father and brother over land in Dec 2018. The case is based on an FIR registered under Section 302 of the IPC by Sudha, wife of the deceased, Subhash. The FIR claimed that on the afternoon of Dec 23, Sunil assaulted Subhash and her father-in-law, Pritam Singh, with a spade when they went to an agricultural field. It is alleged that Sunil, the younger of the two brothers, had grievances over their father's will, which allegedly favoured Subhash over him. Police arrested the accused on Dec 28 and recovered the spade used in the murder. The next year, on March 27, a chargesheet was filed in court. The accused pleaded not guilty and sought a trial. During the prosecution, 12 witnesses were presented. Prosecution counsel DGC Rajesh Chandra Sharma said that the case rested on the direct testimony of two eyewitnesses, the plaintiff and her brother, who were present at the spot. The defence also presented four witnesses.

Asphalt layer on this Greater Noida overbridge starts peeling off two weeks after inauguration

Noida.(Agency)

Barely two weeks after a 1.6-km-long railway overbridge connecting Makoda and Tilapta villages was inaugurated, the top asphalt layer of the carriageway started to peel off after Greater Noida received the year's first intense spell of rainfall on Thursday, exposing the poor quality of construction. The overbridge, built by the Dedicated Freight Corridor Corporation of India Limited (DFCCIL) to link Gaur Chowk with residential sectors such as Zeta 1, Eta 1 and Delta 1, was opened to traffic on June 24. After the rain ebbed on Thursday, commuters found that the road surface had worn off in patches on one of the eight lanes, exposing rough patches and leaving an uneven stretch on the bridge. Manish Kumar, a resident of Supertech Eco Village, said rough patches had come up on the stretch from the Greater Noida Authority office towards Tilapta. "The bituminous surface failed to withstand even the first spell of monsoon rain. ore it was opened," he said.

Bootleggers Unleashed in Karjan
Proliferation of Illicit Liquor & Gambling Scams Sparks Outrage as Police Remain Mute Spectators

Police-mafia nexus exposes 'Addiction-Free Gujarat' claims

Mahanagar Metro Desk

KARJAN/VADODARA: While the Gujarat government routinely makes high-decibel claims from Gandhinagar regarding strict liquor prohibition across the state, a grim ground reality has emerged from the Karjan taluka of Vadodara district, sending shockwaves through the top echelons of the administration. Law and order have been openly compromised in Karjan, turning the entire region into a safe haven for bootleggers and gamblers. A multi-crore illicit network is flourishing right under the nose of the Karjan Police Station. Most shockingly, this entire dark empire is allegedly being run by a favored police proxy (wahivadar), who has previously served jail time in a major bootlegging case.

Highly placed sources have provided precise details of the widespread illegal operations running unabated across the region:

Karamdi Village: Located barely 2 kilometers from the Karjan Police Station, more than 15 country-made liquor breweries are operating fearlessly, supplying illicit alcohol across the entire locality.

Kulari Village: Near the new water tank area, a notorious bootlegger named Nagin is openly running a Varli-Matka gambling den. Similar betting rackets are operating in the new settlement (Nayi Vasahat) of Sapa Village.

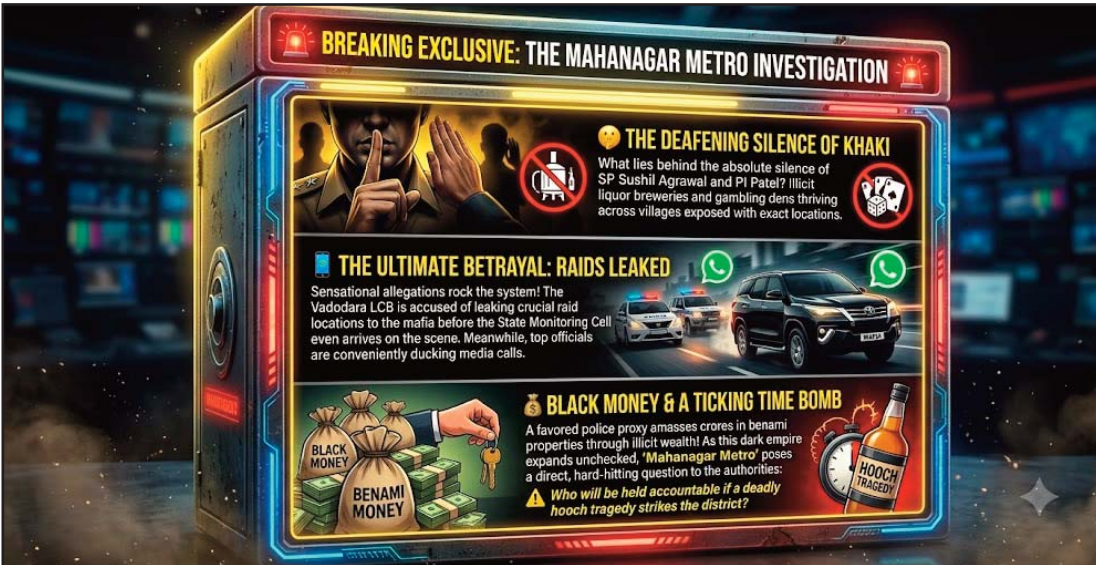
Ranpur Village: In a shocking political link, the village Sarpanch and BJP Yuva Morcha President, Parth Shah, is allegedly spearheading a massive smuggling ring for foreign liquor across Karjan taluka. Concrete evidence confirms huge liquor consignments hidden along the Simdi-Ranpur road.

Kandari Village: A smuggler named Amit Vasava is openly retailing English liquor near the local tower area.

Bariyavas Area: Illegal sale of foreign liquor is being carried out publicly by an individual identified as Paresch Chunawada.

The central linchpin behind this entire illicit trade is reportedly Hanubha Kamadiya alias Hanu Bootlegger, who operates as the most trusted proxy for Karjan Police Station PI Patel. Hanubha is a history-sheeter who was previously arrested in a major liquor smuggling case, suspended from service, and jailed. Despite his criminal record, this mastermind now allegedly dictates terms to the local police force.

Amassing immense wealth through the daily multi-million black market network of liquor and gambling, this proxy has shattered all corruption records by building a vast empire of *benami* (unregistered) properties. The complete silence of Vadodara District Superinten-



dent of Police (SP) Sushil Agrawal, the Vadodara Local Crime Branch (LCB), and Karjan police officials raises serious questions about systemic complicity.

The most explosive revelation involves the subversion of state-level anti-corruption measures. Whenever alert citizens log online complaints with the Gandhinagar-based State Monitoring Cell (SMC), certain corrupt personnel within the Vadodara LCB allegedly leak the information. Before the state team can even reach the spot, the location details are shared via WhatsApp with the local police and the proxy with warnings like: "The vehicle has left, close down the dens!"

Rumors are rife regarding a direct financial pipeline between the Vadodara LCB PI and Hanubha Kamadiya, involving daily transactions running into lakhs of rupees. When 'Mahanagar Metro' attempted to contact the LCB PI to get his official stance on these allega-

tions, he repeatedly dodged the calls and eventually stopped responding. This evasive behavior strongly indicates that instead of taking enforcement action, the administration has merely scaled up the protection money (hafta).

This corrupt syndicate is severely denting the clean governance image of the Chief Minister and poses an open challenge to Minister of State for Home Affairs Harsh Sanghavi's heavily publicized campaign for a drug-free and liquor-free Gujarat.

'Mahanagar Metro' directly asks the state leadership: When will Gandhinagar crack the whip against this corrupt system driven by bootleggers? If Vadodara district witnesses another horrific hooch tragedy (Latthakand), who will step forward to take the blame? Will the citizens of Karjan ever get rid of this administrative curse?

Intense shootout in plush Gurgaon colony saw over 60 round fired before 4 gangsters were shot

Gurgaon.(Agency)

More than 60 rounds were fired as a lane inside the city's tony Sushant Lok colony - nestled between Beverly Park 1 and Essel Tower - became the scene of a fierce gunfight on Thursday night between police and five hired hitmen, who were allegedly sent to a 36-year-old businessman's house by UK-based gangster Deepak Nandal over an alleged extortion demand of Rs 10 crore. The gunfight ended with four of the shooters, among them a Class XI student, dead, a fifth critical in hospital, and three cops with bullet injuries. An encounter of this scale is unprecedented in Haryana and also marks extortion crime in Delhi-NCR going several notches up in sheer brazenness. The first shots rang out in Sushant Lok around 9.50 pm, startling the bungalow-lined colony preparing to retire for the night, after the shooters had parked their Scorpio, its registration plate

masked with black tape to evade number plate reading cameras, on the ramp of the businessman's house. They fired at cars parked in the compound and a balcony and window on the first floor. At the time, the businessman's wife, his brother and brother-in-law were at the house, besides domestic staff. The businessman, son of a private university's co-founder, himself was at a pub. Some bullets got through and hit the house's internal walls, but no one was injured. Three of the shooters got out of the black SUV to fire. One recorded the shooting on his phone, purportedly to send footage back to Nandal, while the other stayed behind the wheel. They didn't know they had company.

Police said, based on information about extortion threats, crime branch personnel had been deployed a few days ago near homes of potential targets, all businessmen. Three crime branch teams keeping watch near the

Sushant Lok A block house were expecting a black Scorpio after a tip-off. One blocked one side of the lane and asked the shooters to surrender, officers said. But the shooters panicked and fired back, hoping the cops would retreat and they would back up the Scorpio and escape.

The house is located at the end of a T-point and has three access roads. The other two teams, meanwhile, blocked the other two access points, which pinned the shooters to the ramp near the house. Around 30 cops were involved in the operation.

Police said the gunfight after this lasted around 2 minutes. But it was an intense exchange in which the shooters, who were armed with automatic PX 30 pistols, allegedly fired around 40 rounds. The crime branch personnel were armed with long-range guns. Since the area has many civilians, the crime branch personnel were forced to retaliate when the shooters did not stop firing, police said. The gunshots and

the subsequent encounter sent residents out for post-dinner walks running for cover behind parked cars and trees. The scary moments were captured by some residents on their phone cameras from their house balconies or from the streets. Some of these videos show armed crime branch personnel. In some others, loud gunshots are heard. The killed shooters were identified as Deepa alias Sandeep, 35, a resident of Fatehabad who had 14 criminal cases against him; Nitin (22); Ankit (18), and a 17-year-old boy who was a javelin thrower for his school team. Shivam, who is from Nuh, sustained two bullet injuries in his leg and abdomen and is under observation in hospital. Deepa suffered four bullet injuries on his chest, neck, left hand and left leg, Ankit was hit by seven bullets in his stomach, neck and legs, Nitin was hit five times in his chest and stomach, and the juvenile five times in his head and chest.

Sustainable farming model launched at Guntur school

GUNTUR. (Agency)

Jordan Jasper of the Foundation on Future Farming, Germany, during an interactive session with students at Kornepadu High School said, "Every student should learn natural farming because of food, nutrition, and health are the foundation of a sustainable future."

The visiting delegation stressed that cultivable land is steadily shrinking across the world and that the younger generation must develop practical knowledge of sustainable agriculture.

Introducing the internationally acclaimed 2,000 Square Metre model in Kornepadu High School of Guntur District today on 10th July 2026, Jasper explained that a family can achieve Food and Nutrition security by cultivating a well-planned 2,000 sq m farm, while encouraging students to develop their talents and consider agriculture as a career.

An international delegation comprising anjama Njoroge Daniel, Coordinator, Seed Saver Network-Kenya; Oddah Friday Ochomo, Farmer, Global Field Network-Kenya; Zipporah Nyambura Kuria, Farmer, Seed Saver Network-Kenya; John Kariuki Mwangi, Head, Slow Food Kenya; and Jordan Jasper from the Foundation on Future Farming, Germany, visited Kornepadu High School to launch a pilot demonstration of the 2,000 square metre model.

Teen killed as school bus rams into his 2-wheeler in Ahmedabad

Ahmedabad. (Agency)

A 16-YEAR-OLD boy was killed after a school bus collided with his two-wheeler in the Shastrinagar area of Ahmedabad city on Friday, police said. The bus driver, who is yet to be identified, fled on foot and was booked for causing death by negligence, police said.

Police identified the victim as Yuvraj Songara. An FIR was filed at B Division Traffic Police station on the basis of a complaint by his father, Jitendra Natwarlal Songara (45), a tailor.

Songara told police that he received a call from his brother-in-law, who informed him that Yuvraj had met with an accident and he soon reached Ahmedabad Civil Hospital where the boy had been taken for treatment.

His brother-in-law told Songara that Yuvraj was going from his maternal uncle's mobile phone repair shop in Bodakdev to his residence in Kalapinagar, Meghaninagar, around 2 pm when a school bus in front of Yuvraj's vehicle "turned left and hit the teen's vehicle with the back left wheel."

Yuvraj suffered serious injuries. The bus driver abandoned the vehicle and fled. Passersby called an ambulance and Yuvraj was taken to hospital where doctors declared him dead at 3:26 pm, stated the FIR.

Rain clouds over Rath Yatra as fresh low pressure brews over Bay of Bengal

BHUBANESWAR. (Agency)

The Rath Yatra of Lord Jagannath could witness rainy conditions as a fresh low pressure area is likely to form over the Bay of Bengal next week.

An upper-air cyclonic circulation is expected to form over north-west Bay of Bengal and adjoining areas of West Bengal and Odisha coasts. Under its influence, the low pressure area is likely to form over the same region around July 14, the India Meteorological Department (IMD) said.

Weather models indicate the system may intensify further into a well marked low pressure area on July 15 and move west-northwestwards. The car festival starts July 16. In the run up, light to moderate rainfall or thundershower activity at many places in Odisha for four days starting from Monday (July 13), the regional met office said.

The last weather system over the Bay of Bengal intensified into a depression and transformed the rainfall deficit in Odisha into surplus. The state recorded 341.9 mm rains between June 1 and July 10 as against its average of 304.2 mm, a departure of 12 per cent. So far, 15 districts have received normal rains, six large excess, five excess and only four are in the deficient category.

Court slams police inaction in Baba Siddiqui murder, wants Anmol Bishnoi questioned

Chandigarh. (Agency)

Observing that police inaction and failure to adopt the remedies available under the law are clear from the records in the murder case of former minister Baba Siddiqui, a special MCOCA court Friday directed the crime branch to "scrupulously follow the law" to secure the presence of the absconding accused, including Anmol Bishnoi. Bishnoi, alleged to be the main accused at whose behest Siddiqui was shot dead in Oct 2024, is lodged in Delhi's Tihar Jail following his deportation from the US last Nov, reports Rebecca Samervel.

Calling it unfortunate that the court has to issue directions to ensure compliance with procedure, special judge Satyanaran R Navander said: "Securing the custody of an accused, conducting investigation, interrogating the accused and placing him

on trial are the exclusive responsibilities of the investigating agency and the law enforcement authorities." It sought a compliance report after 2 weeks. Stating that inaction has the potential to prejudice the prosecution itself, the judge directed the investigating agency to submit a compliance report on or before the next date of hearing on July 24.

After his deportation, Bishnoi was taken into custody in a 2022 case over an alleged nexus between criminal gangs in India and Babbar Khalsa International, a terrorist organisation, to raise funds, recruit youths and carry out terror strikes. In a seven-page order, the judge further said that the investigating agency has admittedly made no efforts whatsoever to secure the presence of the absconding accused. "Neither has any requisition been made seeking his custody.... Once



these facts (Bishnoi's presence in Tihar jail) are within the knowledge of the investigating agency, it becomes its legal obligation to take appropriate steps for procuring his custody in accordance with law," the judge said. The prosecution submitted that physical custody was essential for effective interrogation and that proceeding without it would delay the trial for the already arrested accused.

'After killing so many, one body proved too heavy for the State': Jaswant Singh Khaira's daughter on Satluj

'Like any child, I believed the police existed to catch criminals. That belief ended on September 6, 1995,' Navkiran Kaur Khaira tells Express

Ludhiana. (Agency)

Navkiran Kaur Khaira was 10 and her brother Janmeet was eight when they saw their father, human rights activist Jaswant Singh Khaira, for the last time on the morning of September 6, 1995. By the time they returned from school, he had been picked up by the Punjab police.

Khaira, who had been documenting the alleged illegal cremation of thousands of "unclaimed" bodies during Punjab's militancy years, was murdered in police custody after weeks of torture. His investigation estimated that around 25,000 people had been secretly cremated across Punjab. His disappearance prompted a Supreme Court-ordered CBI probe into both his abduction and the

alleged illegal cremations. In 2011, the Supreme Court upheld life imprisonment for five policemen.

Three decades later, Khaira is back in



public discourse after his biopic, Satluj, was removed from an OTT platform shortly after its release. While the film has been taken off streaming, community screenings continue across Punjab.

Lion drags away 12-year-old boy trekking to Gujarat temple; route closed

Vadodara. (Agency)

What began as a sacred trek to Ambaji Temple in Gujarat's Junagadh district turned into tragedy on Saturday when a 12-year-old boy was dragged away by a lion barely 50 steps into the trek, scaring pilgrims and forcing authorities to shut the route to one of the state's busiest and most revered pilgrimage sites. The boy's partial remains were found later.

Forest officials told The Indian Express that it was the first such attack on a pilgrim trekking to the famous temple in Girnar.



The victim, Mayur Chauhan, had travelled with his family from Modaj village in Kheda district to undertake the pilgrimage. According to eyewitnesses and relatives, the family had climbed only about 50 steps from the main entrance

when the lion emerged from the darkness and attacked the child from behind. Mayur's uncle, Anilkumarsinh, said the animal grabbed the boy by the arm and escaped into the adjoining forest before stunned pilgrims could react. Despite frantic attempts to rescue him, only the child's shoes, clothes, and partial remains were later recovered from the forest.

'It was dark, no one saw the lion'

An eyewitness said that a group of around 50 to 60 pilgrims began climbing around 5.45 am after staying overnight at Girnar. "We had barely crossed 50 steps when the lion suddenly appeared and carried.

IDFC First Bank fraud: For his 'help', key accused funded Haryana official's Dubai, Bangkok trips, luxury hotel stay

CBI chargesheet says Naresh Kumar also received Rs 1 crore through direct transfers from the proceeds of crime into his Union Bank and HDFC Bank accounts

Chandigarh. (Agency)

The CBI, which is investigating the multi-crore IDFC First Bank scam, has alleged that a key accused, Ribhav Rishi, paid for Haryana government official Naresh Kumar's domestic and foreign trips, hotel stays and also gave him cash as quid pro quo for his role in the fraud. Kumar, a Superintendent in Haryana's Panchayat and Development Department, has already been arrested in the case.

According to the CBI, Ribhav Rishi, the then branch manager at IDFC First Bank's Sector 32 branch in Chandigarh, along with other accused, opened accounts of Haryana government departments without following the prescribed procedure. The agency alleged that fake account details, forged cheque books and signed banking instruments were submitted to banks, allowing

unauthorised transactions. In its chargesheet recently filed before a Panchkula court, the CBI alleged that Kumar acted as an active middleman between senior Panchayat Department



officials and Ribhav Rishi, helping facilitate fraudulent operations involving the Mukhya Mantri Gramin Awaz Yojana accounts maintained with IDFC First Bank and AU Small Finance Bank.

The agency said Kumar's role went well

beyond simply facilitating the transactions. It alleged that he personally gave telephonic confirmations for fraudulent transactions and, in return, received substantial financial benefits.

According to the CBI, call detail record (CDR) analysis showed that the number of phone calls between Kumar and Ribhav Rishi increased significantly from March 2025, with the highest frequency recorded between October and December 2025, the period during which the alleged fraudulent transactions in the Mukhya Mantri Gramin Awaz Yojana accounts were at their peak.

The chargesheet states that Kumar received Rs 1 crore through direct transfers from the proceeds of crime routed through M/s Swastik Desh Projects. The transfers included Rs 40 lakh on November 13, 2025, another Rs 40 lakh on November 15, Rs 10 lakh on November 27,

Rejecting the prosecution's stand, the judge said, "We are living in an era of advanced digital technology. Video conferencing has become an integral part of the judicial process and is being regularly utilised by trial courts as well as correctional institutions throughout the country."

The order came on a plea filed by Siddiqui's wife Shehzeen Siddique, who alleged that the prosecution was deliberately avoiding taking the principal accused into custody.

Advocates Pradip Gharat and Trivankumar Karnani, appearing for Shehzeen, argued that the police must take immediate steps to arrest Bishnoi and put him on trial alongside the 27 other accused who have already been chargesheeted under the Maharashtra Control of Organised Crime Act. The plea alleged that police were avoiding taking.

State may seek voter drive extension from ECI

Pune. (Agency)

The state govt may write to the Chief Electoral Officer (CEO) seeking an extension to the timeline for the ongoing Special Intensive Revision (SIR) of electoral rolls. Congress MLC Satej Patil flagged the mounting workload on booth-level officers (BLOs), manpower shortages and monsoon-related disruptions in the legislative council on Thursday.

The assurance came from higher and technical education minister Chandrakant Patil. The SIR exercise is currently scheduled to conclude on July 29. The MLC, through a Point of Information, told the House that each BLO was assigned nearly 1,000 voter forms, with two forms required to be filled during the revision process.

The minister said, "What Satej Patil is saying is a fact. Govt will write to the Chief Electoral Officer and approach the Election Commission of India to seek an extension of the SIR timeframe."

Satej Patil said that in most places there was only one BLO, often a teacher. Referring to a Supreme Court ruling, he said teachers were expected to discharge both their academic responsibilities and BLO duties simultaneously, making it difficult to balance the two.

Each form takes around seven minutes to complete and the continuous rain in Mumbai, Pune and rural parts of the state has disrupted door-to-door verification, preventing many BLOs from reaching voters. The extensive documentation required under the SIR exercise has further slowed the process, with enumeration in some areas remaining below 5%, he said.

Calling the current arrangement impractical, the MLC urged govt to appoint additional BLOs and deploy govt employees other than teachers for the exercise so that academic work is not affected.

and another Rs 10 lakh on the same day into his Union Bank and HDFC Bank accounts. The CBI further alleged that Rs 25 lakh was paid directly from the AU Small Finance Bank account of M/s Swastik Desh Projects to an automobiles firm on December 6, 2025, for the purchase of a Toyota Fortuner in Kumar's name. Investigators also alleged that Rs 10 lakh was transferred from the Swastik Desh Projects's AU Small Finance Bank account into the HDFC Bank account of Kumar's daughter on August 29, 2025.

Apart from these monetary benefits, the CBI alleged that Ribhav Rishi also bore the expenses of several trips and hotel stays for Kumar. These included a stay at JW Marriott, Jaipur costing Rs 20,000 on May 8-9, 2025; a family trip to Bangkok and Macao between August 12 and 17, 2025, costing Rs 2,29,010, which, according to the agency, was undertaken.

What happens at Hormuz may not stay in the Gulf

The oil crisis of the last 100 days has underscored several global vulnerabilities. Energy prices flared, but strangely fell short of apprehensions. Hefty releases from the strategic petroleum reserves of International Energy Agency members, emerging South American supplies and re-routing of West Asian output through cross-country pipelines reined in prices to a considerable extent. For the first time, Shandong-based ‘teapot refineries’ bought Iranian light crude through shadow fleets at a premium to Brent crude. Iran’s oil exports averaged 1.5 million barrels a day in March and April despite disruptions at the Strait of Hormuz. However, the US blockade shaved 80 percent off Iranian exports from May onwards. Iran used oil tankers as backup storage and part of the ‘floating’ inventory is presumed to have been trans-shipped to near Malaysian waters to provide a limited financial bail-out. The oil market is highly prone to perceptions and predictions, as a portion of its trade is often shrouded in stealth. In a such a scenario, US President Donald Trump’s social media posts—oscillating between euphoric optimism and intimidation—confused the markets, and yet, succeeded in containing the situation.

Energy remains an important facet in America’s economic hegemony. For long, the US has nurtured dreams of establishing petro-protectorates. In a historical involvement, the US supported British and Soviet troops during the Second World War in 1941 to occupy Iran and avert a Nazi takeover of the region’s oil resources. Its Operation Iraqi Freedom in 2003 and Operation Odyssey Dawn in Libya in 2011 led to the decimation of the two petro-States. US military engagement in oil-producing nations is not just about global energy security, but a pursuit of hydrocarbon dominance. Episodes such as the 1953 Iran coup, the takeover in Venezuela this January and the present Iran conflict reaffirm the pattern. Riding on the crest of shale supremacy, Trump has visions of a great and powerful America, which in some ways is indisputable. But in the long run, external coercion will betray the economic rewards for the US.

Despite recent skirmishes, it’s hoped that the US-Iran memorandum of understanding would lead to lasting peace and not merely be a calling card for a fragile interlude. It is too early yet to predict a timeline for the revival of pre-war oil flows. A lot rests on the intent of the warring parties. While the MoU offers Trump an off-ramp to strategically exit from the misadventure, it could embolden external attempts to weaken the US’s political relevance in West Asia. The suspension of sanctions on Iran’s oil exports—which now stands revoked—were expected to bring around 2 million barrels to the market per day. Though Iranian light crude remains a preferred grade for China’s private refineries because of its high yield of valuable distillates like jet fuel, their run rates at multi-year lows have limited demand. Chinese State refiners are seeking to revive buying Iran’s oil after a gap of almost seven years. However, the on-now-off-again sanctions waiver, convoluted payment modalities and continued EU restrictions have held most buyers at bay. Iran’s breakeven oil price to balance its fiscal calculations is estimated at over \$125 a barrel despite the low extraction cost of about \$10. Forced to sell at a discount to market benchmarks because of the protracted sanctions and reliance on shadow fleets, the Islamic republic has constantly battled stunted growth and low welfare spending. Now, Tehran would do well to sensitise itself to maintaining a pliant relationship with the neighbouring States. They may be tacit investors for rebuilding Iran’s industry. Most global energy giants hold equity stakes in exploration and production activities in the Persian Gulf. Sometimes, this comes in the form of a concession where international oil companies acquire a participating interest capped at a certain percentage. Such agreements typically run for more than three decades.

Credible data must fuel ethanol drive

Lack of independent, peer-reviewed studies to back the govt’s claims is worrisome

ALCOHOL is at the centre of a major controversy these days. The government policy to aggressively push ethanol-blended petrol has come under severe public scrutiny in recent weeks, though the policy has been in force since 2022. The original target to achieve 20% ethanol blending was 2030, but it was advanced to 2025. Many claims are being made about the benefits of this policy — from energy security and foreign exchange savings to farmers’ welfare. Yet vehicle owners are complaining of engine damage and a drop in mileage. In defence, the government says that the policy is evidence-based and backed by data, mostly citing unnamed and unpublished studies by industry associations. There are no independent, peer-reviewed studies to back the claims about the effects of ethanol-blended fuel on vehicles. If the fuel efficiency of cars using ethanol-blended petrol is lower — as admitted by car manufacturers now — and engines are getting damaged — as vehicle owners are complaining — then it is going to add to the economic costs. In addition, agriculture and food experts have warned that ethanol blending will affect food security as farmers shift from food crops to water-intensive sugarcane and ethanol companies use maize and rice as feedstock amid surging ethanol demand. The government needs to be clear about the policy goals and present convincing evidence about its benefits, instead of attributing motives to critics and dismissing public outrage about its negative impacts. People often cite the example of Brazil, where ethanol blending was introduced in the 1970s. Its long-term effects are emerging only now. The policy was a direct result of overproduction of sugar and was introduced under the influence of sugar lobbies. Over the past five decades, it has led to a massive change in land use, accounting for huge greenhouse gas emissions due to deforestation in the Amazon forests to make room for fuel crops. In any case, the climatic and soil conditions in India are not the same as in Brazil to support large-scale energy plantations. Like any new technology, green technologies — be it ethanol-blended petrol or electric vehicles — can have unintended adverse impacts when rolled out on a large scale. Just as the conduct of clinical trials before a new vaccine or medicine is introduced, all new technologies need to be field-tested under different conditions over a period of time, and the data should be made available to

independent experts for review. Transport is a vital sector of the economy, and any new technology to be introduced must be studied from various angles and discussed with all stakeholders, not just manufacturers. It is rather shocking that the government summoned auto manufacturers to counter what car users are complaining about — a drop in mileage and damage to metallic and rubber parts of their vehicles. Auto manufacturers globally are known to fudge data, as exposed in the 2015 Volkswagen emissions scandal in the US. The automaker programmed diesel engines in its cars to compromise emission controls during testing to



meet regulatory standards, as a result of which cars with 40 times higher emissions were passed off as those meeting pollution standards. If indeed the ethanol policy is science-based, as claimed by the Petroleum Minister, the government must make public the findings of all the studies, if any, conducted to test fuel efficiency, long-term impact of blended fuel on various components and the engine, and data about testing on different types of vehicles under varied driving conditions.

In addition, we need scientific evidence about the greenness of ethanol-blended fuel based on the full environmental and carbon footprint of ethanol — from feedstock production to real-life use in cars. Then, we need a cost-benefit analysis of the use of blended fuel. This is critical because of concerns relating to a drop in

mileage. If it is dropping even by 5% and car users are forced to buy more petrol, then the claims about economic benefits and foreign exchange savings also evaporate. Similar arguments apply to the electric vehicles (EV) policy announced by the Delhi government. It targets two-wheelers and three-wheelers, fixing deadlines for ending registration of petrol-driven motorcycles and three-wheelers. The Chief Minister has claimed that the policy is science-based, relying on selective data to justify the drastic measure. Government While it is true that two-wheelers account for 62% of the vehicle population in Delhi, they contribute only 15% of the transportation-related particulate matter (PM2.5) emissions. Light and heavy commercial vehicles account for 39% of transportation emissions, though they make up less than 3% of the city’s vehicle population, according to the 2025 policy brief published by Gufran Beig of the National Institute of Advanced Studies (NIAS), Bengaluru. Going by this evidence, it seems that the biggest environmental and human health benefits would come by addressing emissions from commercial vehicles and buses. Public policies must have a graded system based on facts. In December 2025, the parliamentary standing committee on environment, dealing with air pollution in Delhi, had warned against taking a fragmented policy approach and recommended that measures be undertaken at the airshed level instead of at the state level. In the absence of such an approach, the EV transition in

Delhi could give sub-optimal environmental benefits if polluting vehicles from Delhi find their way into neighbouring states and continue to contribute to emissions in the shared airshed.

The exercise of public policymaking should be based on credible and relevant evidence and not on opinions, short-term gains, narrow political and business interests or ideology. The policy decisions should be transparent, unbiased and driven solely by the public good.

Policymakers could use existing evidence or conduct new research to back their arguments. As new evidence becomes available, policies need to be reviewed and updated, besides taking into account all interconnected issues. At stake is the health of the people, the environment and the economy.

Global crackdown : Indictment vindicates India’s stand in Nijjar case

Ottawa has repeatedly given the impression that it no longer links India to criminal activities on Canadian soil

THE US has indicted jailed gangster Lawrence Bishnoi and his close aide Goldy Brar for the 2023 murder of pro-Khalistan activist Hardeep Singh Nijjar, bolstering the Indian government’s claim that its officials were not involved in the contentious case. The move has belied then Canadian Prime Minister Justin Trudeau’s allegations about an Indian hand in the killing. More importantly, the US Federal Bureau of Investigation (FBI) has red-flagged the growing global threat posed by transnational criminal syndicates. The well-coordinated “Operation Hard Ball”, involving law enforcement agencies from the US, Canada and Europe, demonstrates an unprecedented level of international cooperation against criminal networks engaged in murder, extortion, drug trafficking and racketeering. These syndicates, which respect no borders, are exploiting the Indian diaspora to sustain their operations. India Specific Content The breakthrough in the Nijjar



case augurs well for India-Canada relations, which have improved considerably ever since Mark Carney succeeded Trudeau last year. Ottawa has repeatedly given the impression that it no longer links India to

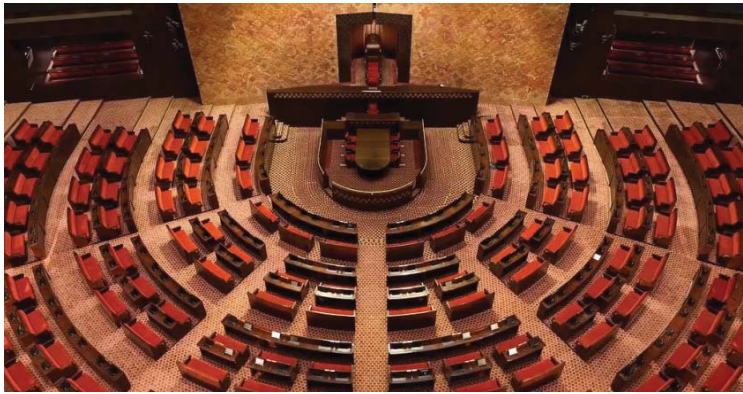
criminal activities on Canadian soil. The latest findings also highlight the importance of allowing criminal investigations to proceed on the basis of evidence rather than political speculation. The indictment reinforces New Delhi’s long-standing concerns about organised crime networks operating across continents despite their leaders’ incarceration (Bishnoi has been behind bars in India since 2015). The FBI’s allegations against an officer of the Punjab Police in an extortion-related probe indicate that the rot runs deep. It’s clear that criminal organisations have evolved into highly networked enterprises that can strike anytime, anywhere. Their activities cannot be tackled through isolated national efforts or politicised narratives. Instead, sustained intelligence-sharing, coordinated law enforcement and robust judicial cooperation are essential. It requires global solidarity as well as institutional integrity to combat the gangster menace.

The gatekeeper of democracy

The Supreme Court and Election Commission’s refusal to intervene in the Meenakshi Natarajan case was a consequence of constitutional design. But it raised an important question: should a returning officer’s interpretation of a difficult legal issue become decisive during an election?

The controversy surrounding the rejection of Meenakshi Natarajan’s Rajya Sabha nomination has generated more confusion than clarity. Many citizens have drawn one of two conclusions: either that the returning officer was legally correct because neither the Election Commission of India nor the Supreme Court intervened, or that their refusal to intervene reflects institutional partisanship. Neither inference is justified.

The Supreme Court’s refusal to interfere flows primarily from the constitutional scheme under Article 329(b), as interpreted in *N P Ponnuswami* (1952) and reaffirmed in *M S Gill* (1977). Once the electoral process begins, courts ordinarily avoid interrupting it, leaving disputes to be examined after the election. Likewise, the ECI supervises elections but is not constituted as an appellate authority over every quasi-judicial decision of an RO during nomination scrutiny. Thus, non-intervention is not an adjudication on the merits; it is a consequence of constitutional design. The controversy concerned an alleged omission in Form 26, the statutory affidavit relating to criminal antecedents. The RO concluded that the omission was substantial enough to reject the nomination, while the candidate’s legal team argued that the proceeding in question did not legally require disclosure. Importantly, this was not a case where no hearing was granted. A speaking order was passed after considering objections. The dispute



concerns the legal interpretation adopted by the RO. That, in turn, raises a larger institutional question: should one officer’s interpretation of a difficult legal issue become practically decisive during an election without any contemporaneous mechanism for correction? This is

not a criticism of any individual officer. ROs perform a demanding quasi-judicial function under severe time pressure. The issue is one of institutional design. Constitutional systems are built not on assumptions of infallibility but on carefully structured checks and balances. The RO occupies one of the most consequential yet least discussed positions in Indian democracy. During scrutiny, the officer interprets statutory provisions, evaluates objections and decides whether a citizen may contest an election. In almost every other branch of law, decisions affecting

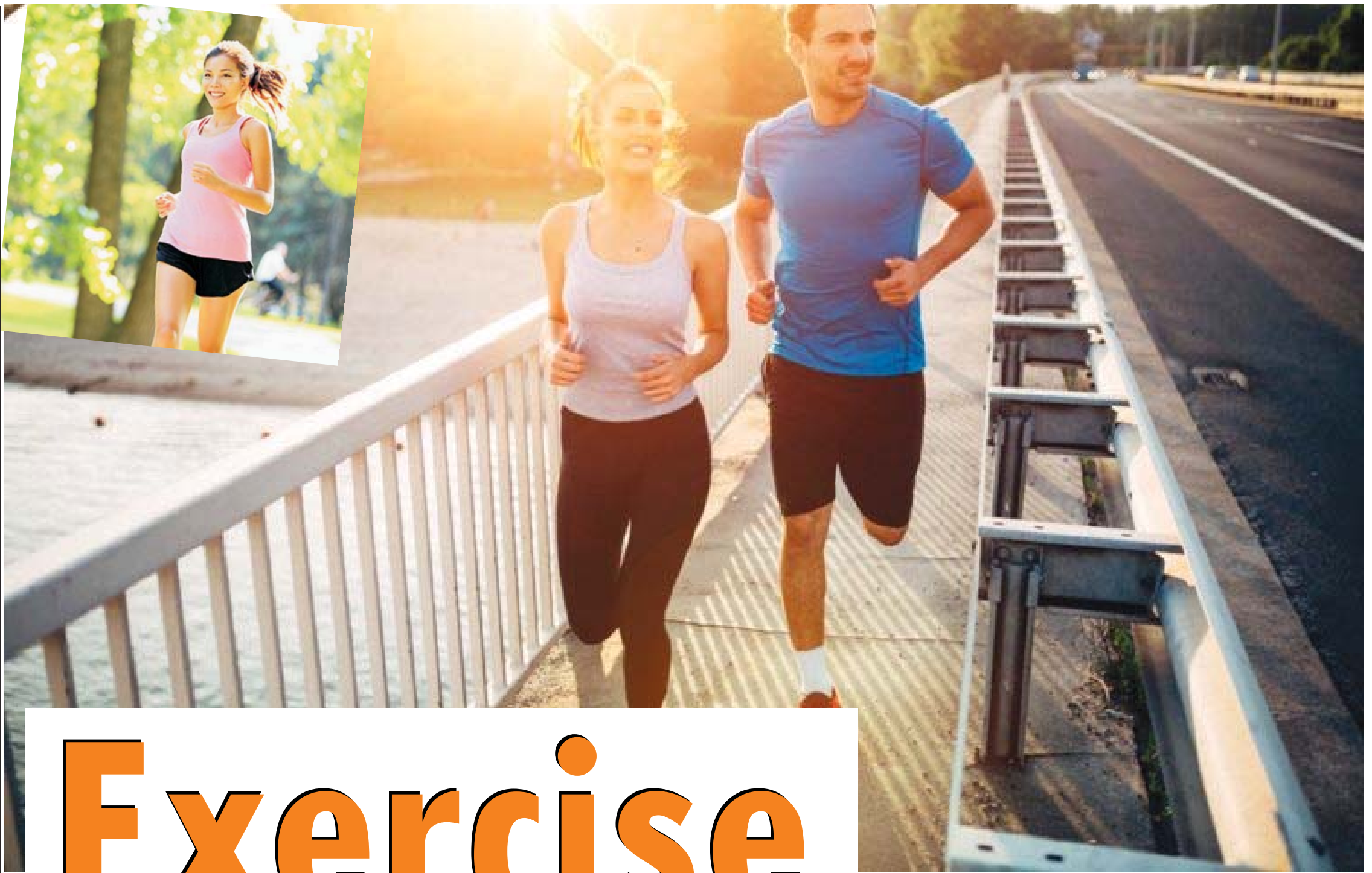
valuable rights are accompanied by appellate or supervisory remedies. Tax assessments are appealable, administrative orders are reviewable, and criminal convictions may be suspended pending appeal. By contrast, a nomination rejection may effectively exclude a candidate from the electoral contest, while meaningful judicial scrutiny is postponed until after the election through a petition that may take years to conclude. Even if the challenge ultimately succeeds, the opportunity to contest that election cannot be recreated.

Yet, the existing framework has a compelling constitutional rationale. The framers deliberately preferred uninterrupted elections over continuous litigation. If every rejected candidate could immediately seek interim relief, electoral schedules could become hostage to endless proceedings. Ballots must be finalised, campaigns must proceed and democratic continuity must be preserved. Article 329(b) embodies that wisdom. But democratic continuity is not the only constitutional value. Democratic participation is another. The requirement of disclosure through Form 26 serves an important public purpose. Voters have a right to know the criminal antecedents of candidates, and judicial decisions over the years have consistently strengthened the principle of electoral transparency. Deliberate suppression of material information cannot be lightly treated. The question, however, is different: what should be the consequence of a debatable omission? Election law should distinguish between disqualification and disclosure. A disqualification concerns a candidate’s

legal capacity to contest and may justify rejection. A disclosure requirement exists to secure the electorate’s right to informed choice. Where the alleged defect is an omission in an affidavit, and the candidate is present during scrutiny, and the omitted information is itself brought before the RO, one may legitimately ask whether transparency could, in appropriate cases, be achieved by placing the information on record rather than by excluding the candidature altogether.

The electorate’s right to know and the electorate’s right to choose need not be treated as competing values. The law should strive to protect both. Indeed, the Representation of the People Act, 1951 recognises that nominations should not be rejected for defects that are not of a substantial character. The difficulty lies in determining what is “substantial.” At present, that determination may depend upon the legal interpretation of a single officer acting under considerable time pressure and without any contemporaneous institutional review. The solution need not be greater judicial intervention. Nor should Article 329(b) be diluted. Better institutional design may achieve the same objective.

Parliament should consider distinguishing more clearly between curable and incurable defects in nomination papers and affidavits. Omissions capable of immediate correction without prejudice to any candidate should ordinarily be allowed to be rectified. The ECI, in turn, could issue comprehensive guidelines clarifying disclosure obligations at different stages of criminal proceedings—such as private complaints, FIRs, cognisance, charge-sheets and framing of charges—thereby reducing uncertainty and inconsistent interpretations.



Exercise according to your Sun sign

Here's a rundown on what exercises you should opt for, based on your sun sign. Your astronomical signs not only give you insights into your characteristic traits but also tell you how your body works and functions. Says fitness expert, Althea Shah, "Each sun sign has something to tell about your strong as well as weak points, not only of your love life but also your body type."

Aries
Aries have an abundance of energy and need to vent it out in a controlled manner. Since you hate routine, sticking to one can become boring for you. Says Shah, "Indulge in competitive sports like tennis, football and endurance training like weight lifting etc."

Make sure you stay away from any form of exercise that might stir anger as this will lead to high blood pressure and headaches.

Taurus
Says fitness expert, Namrita Purohit, "The personality trait of a Taurian is said to have a slow metabolism. Thus you need to indulge in some form of rigorous exercise routine. Dance, running and jogging are ideal." Since you are prone to neck and throat problems, regular health care, sauna and massage will be of great help.

Gemini
You are prone to problems of the hands, arms and lungs. Says Shah, "Group exercises, sports and gymnastics are a good

option for you. Find a workout buddy to make exercising enjoyable for yourself." You can also indulge in yoga and meditation to battle stress. Since routine work is tedious for you, indulge in more than one form of exercise so that you don't get bored soon.

Cancer
Says Purohit, "Since you are bound to gain weight around your mid-section, invest in a few weights and exercise tapes to help workout better." You can also go in for water sports. Since your problem area is the stomach, make sure not to go overboard with your exercise routine. To help fight anxiety, practice yoga and meditation.

Leo
Says Purohit, "Leos are said to have lot of energy and high intensity workouts like Altitude training is ideal." Cardio exercises are good for you as it will encourage the flow of blood. Pilates and stretches work the best for you. Leos are prone to heart attack, make sure to include jogging and brisk walking to your every day exercise routine. The health chart of Leos say that they have a weak spine and heart — special attention is required.

Virgo
Indulge in meditation and relaxation based exercises to help calm your hyper active. Says Shah, "Cycling, playing badminton, running and stretching are some of the other endurance exercises which should be a part of your every day routine." Refrain from indulging in habits which might trigger anxiety and tension.

Libra
Librans have a tendency to put on weight. Low impact cardio training and stretching are best recommended. Says Purohit, "Librans have

shuffling levels of energy. In the mornings, you can try back stretches to strengthen your lower back." But you should avoid heavy lifting or anything that can cause stress to your lower back.

Scorpio
Scorpios enjoy participating in aggressive sports. Intense, strenuous and competitive exercises are good for you. Boxing, martial arts and distance running like marathons will strengthen your muscles. But you should be careful of very strenuous exercises which might damage your ligaments or induce stress related injuries.

Sagittarius
You are prone to putting on weight around the waist, hips and thighs. Regular exercise is recommended. Says Shah, "Cycling, running and jogging are good exercises for you. Make sure to gym five days a week to tone your thighs and legs." But be careful of exercising too much, you can harm your hamstring and back muscles.



If you are not one of those who can hop out of bed feeling energised, we list down a few ways for you to rise and start your day early. You must have heard the saying, 'Early to bed, early to rise...' several times, but did you know waking up early actually makes you healthy, wealthy and wise?

Waking up early in the morning is the toughest part for many, especially for those who have a habit of sleeping late at night.

Be consistent with sleep
Going to bed at the same time everyday will ensure that you wake up on time the next morning. Your body loves consistency, so sticking to a particular sleep schedule will make it easier for your body to wake up in the morning. Make sure that you sleep for seven to eight hours to feel rested throughout the day.

Learn to wind down
You must switch off the computer or television at least half an hour before you go off to bed. Also, bright lights act as a

disturbance for your brain. Read a book or drink a glass of warm milk to feel relaxed before you sleep.

Do not consume alcohol
Contrary to popular belief that alcohol puts you off to sleep, drinking alcohol or coffee at night can keep you awake and may disrupt your sleeping pattern as well. While it is okay to have one drink to relax yourself, refrain from going overboard.

Tire your body
Strenuous exercise is the right way to put your body off to sleep. Make sure that you are exercising an hour to two before you hit the bed. Apart from this, exercising once you wake up in the morning will energise you and keep slack away for the rest of the day.

Take an early shower
A refreshing and rejuvenating splash of water is a great way to kick-start your body's nervous system and also feel recharged throughout the day.

Ways to be an Early bird



The National Crime Records Bureau (NCRB) statistics reveal that a total of 1,35,445 people committed suicide in 2012 which amounts to an average of 15 suicides an hour or 371 suicides daily. Maharashtra ranked second on the suicide index with Tamil Nadu topping it.

Aasra, a 24x7 suicide helpline based out of Mumbai receives about 50 calls daily from people who, almost at the verge of suicide and are seeking out help. Jhonson Thomas, the director of this crisis intervention centre said, "The callers are usually really desperate and right at the edge as seeking help is not ingrained in our culture and people prefer to sort out an issue on their own." The counsellors remain with them on the call for durations ranging from 20 minutes to 2-3 hours, depending on the situation, and discourage them from taking

Depression

on the rise, undetected

any drastic step. "We cajole the caller to share his/her problem in detail and vent out their bottled emotions. Once that is done its easier to address the issue and offer solutions," he added.

Many psychologists and doctors believe that suicide is a mere trigger reaction to unaddressed issues that have been piling on. City-based psychologist, Dr Himani Chaphekar, who treats 8-10 depression patients every month, said, "Stress levels have gone up right from school level which continues well into the old age. Excessive expectations to excel, societal pressures and being unsatisfied with what you have are the factors

that contribute largely to depression." Commenting on the fact that Indians do not take their mental health very seriously and are sceptical of addressing it she added, "There are many stigmas and misconceptions associated with mental health and well being.

While people rush to a doctor for a normal cold and flu they avoid seeing a psychologist as they feel that a psychological disorder is their own doing that they need to be ashamed of." Emphasising on the need for quick identification and diagnosis of such disorders, she added, "Very few people know that mental health is directly co-related to hormonal imbalance or chemical changes/imbalance and is hence also physiological. All this misconception ensures that people are not able to distinguish between sadness, normal anxiety and clinical depression that requires treatment."

Adding to it another

y-based psychiatrist, Neville Misquitta said, "The stigma for mental health patients arises from the behaviours and emotions that sets them apart from others. Once these are controlled, there is no stigma. And modern medication can do this. If diagnosed with depression the person needs to follow the prescribed medical advice. The road to recovery is normally smooth but one needs to be patient."

Speaking about the average age group of the callers on the suicide helpline Thomas added, "15-45 is the most prominent age group that is prone to suicidal tendencies globally. The second most vulnerable age group comprises 60 plus people. While for the first age group its usually a break-up, loss of a loved one or a general loss that's the biggest trigger, among the second age group the reasons range from loneliness, chronic illnesses, coping with the lack of loved ones to coming to

terms with retirement and making a transition to a sedentary lifestyle."

Examinations, especially the waiting period between exams to the results being declared is when students are most vulnerable. In recent times, unemployment, an unsatisfactory financial position and marital discord have also been seen as the major reasons of depression. Blaming the changing social scenario for the rise in depression rates and subsequent suicides, Thomas said, "India has been in a transition phase, since the last 15-20 years, with a changing value and support system. The MNC culture has brought about long working hours, lesser time spent with family, more distractions and more reliance on technology etc." Pointing out the flaws in a nuclear family structure he added, "Joint families earlier used to be a huge protective set-up as there were so many people to talk to. Man is social animal and needs to constantly talk things out."

Corporations and educational institutions all have a provision for in house counsellors who can be approached. "While companies do have a counselling cell, employees refrain from using it openly or otherwise as firstly you cannot discuss work related problems there and secondly no one wants to be seen as a whiney, problematic employee," said Neelam Puri, an IT professional. "The constant competition these days is really nerve wrecking. From climbing the corporate ladder, to looking good, to managing all the stress factors related to city life and then the financial and emotional upheavals really takes a toll and all of us do feel depressed every now and then," confessed Nafisa Begum, an advertising professional



Pregnancy

Mom-to-be take special care of your heart

pregnancy and is doubled by the eighth month. There are changes such as:

- Increase in blood volume
 - Increase in cardiac output
 - Increase in heart rate
 - Decrease in blood pressure
- However, women who has a late pregnancy or has a pre-existing cardiovascular diseases, will not be able to handle the increase the cardiac input, heart beat rate and the blood volume to the body.

The cardiac ailments which can prove fatal during pregnancy are:

Cardiomyopathy: For women with Cardiomyopathy, the heart is weak and is not able to pump large amount of blood through the body and maintain a normal electrical rhythm for the pregnant mother. This can lead to heart failure or irregular heartbeats called arrhythmias. **This can be lethal for both the mother and baby.**

Heart valve disease: For women with heart valve disease, heart's valves do not work the way they should and the heart will not be able to handle the changes in the blood volume and pressure. It can be lethal for both the mother and the baby.

How should the mother prepare her heart for pregnancy?

Lethal heart diseases: Women with heart ailments or a family history of

cardiac disorders should consult a cardiologist and a gynaecologist before planning a baby.

Congenital heart defect: If the mother or father had a congenital heart defect, there is a 5 - 10 per cent chance that the child could have it at birth. If both the mother and father had a congenital heart defect at birth, there is a higher risk that the child would be born with it. Such parents are asked to do a fetal ecogram before the 24th week of pregnancy.

Anti-epileptic drugs: Anti-epileptic drugs can also induce a cardiac problem with the baby.

Most women do not have the luxury of stopping medications during pregnancy without

seizure recurrence. Doctor's consultation is extremely important in such situations.



As a mother's body prepares to take care of two individuals, the heart has to work overtime to accommodate all the imminent changes. An over-worked heart often leads to certain health woes, viz, swollen ankles, fatigue, mild shortness of breath, and frequent urination. Women with pre-existing cardiovascular diseases or conditions like diabetes, high cholesterol, obesity, hypertension or women who smoke, are at higher risk of these complications. These complications may have an important impact on the mother and the baby. During pregnancy, changes occur to the heart and blood vessels that add stress on a woman's body and increase the workload of the heart. The cardiac input, heart beat rate and the blood volume increases during

Ten commandments for good eye health

Eyes are the most neglected especially when we spend hours straining our eyes in front of the screen - computer or smartphones.

This negligence can cause blindness or vision impairment in the long run. Follow the Ten Commandments for good eye health and vision, to keep your window to a colourful life safe.

Wash your hands

Wash your hands thoroughly before touching your eyes. Our hands are filled with dirt and minute pollutants, when they meet your eyes can cause eye infections and conjunctivitis.

Quit smoking

Smoking is bad for the human body including your eyes. Excessive smoking or constant chewing of tobacco can cause macular (eye-nerve) degeneration or blindness, due to the presence of harmful compound, nicotine.

UV protect your eyes

Yes, sunshine is good for eye health, but nothing in excess is ever good. If your work demands you to stay outdoors, then always wear good UV protected sunglasses. This will help prevent or delay the problem of cataract.

Wear safety goggles

Eye injuries can also impair your vision in a great way; in order to avoid it always remember to wear safety goggles or eyewear, while working with chemicals, playing sports, bursting crackers or while swimming.

Stare at a distance

All work and no play will surely make you lethargic and add strain to your eyes. Take a break and change the focus of your eyes to greener or look at a distance. Practice eye exercises for good vision.

Eat healthy food

Nourish your eyes with foods that improve your eyes like carrots, apricots and blueberries. All these foods are rich in beta-carotene and are good for vision.

Go for a routine check-up



Do not ignore!

If you face any abnormality with your vision never neglect it. Take action and consult an ophthalmologist at that instance. This action of yours will help prevent major problem in the future.

Blink your eyes regularly

Keep blinking your eyes, to keep your eyes fresh and avoid eyestrain. Computer users tend to blink their eyes far less, thus it is recommended that they should follow the eye exercise of blinking their eyes every three-four seconds.

Splash water

Splashing your eyes with water will help to relieve your eyes from excessive stress. Thus, whenever you feel your eyes are strained, go splash some water on them.



After deluge, Delhi likely to see dry weather, temperature rise for 5 days

Mahesh Palawat from Skymet Weather said rainfall activity is expected to remain subdued in Delhi until July 15 because the seasonal trough has shifted towards the Himalayan foothills.

New Delhi. (Agency)

After two days of rainfall, Delhi woke up to clear skies on Friday and weather experts said the city is likely to witness a dry and warmer week, with the monsoon expected to pick up again in the month. The city, however, recorded well-above-normal rainfall during the first 10 days of July because the monsoon arrived over Delhi on July 2 against its normal onset date of June 27, according to the India Meteorological Department (IMD). Safdarjung, Delhi's base weather station, received 132.2 mm of rain against the long

period average (LPA) of 52.6 mm for the period, nearly 151 per cent above normal. More than 100 mm of this rainfall occurred over the past two days.

Mahesh Palawat from Skymet Weather said rainfall activity is expected to remain subdued in Delhi until July 15 because the seasonal trough has shifted towards the Himalayan foothills.

"Tomorrow and the day after, there could be isolated trace rainfall, but no major activity is expected," he said. Palawat said temperatures are likely to rise while



humidity levels are expected to decrease during this period. He said the seasonal trough could move southwards again after July 15, increasing the likelihood of another spell of rain over the city. He said

the return of westerly winds carrying dry air from Rajasthan and central Pakistan had also reached Delhi, resulting in clear skies and bright sunshine after several days of cloudy weather and heavy rainfall.

He, however, said if Delhi receives any rainfall before July 15, it will most likely be isolated showers triggered by localised cloud formation rather than widespread monsoon activity. "The recent spell of rain was caused by the seasonal trough, which extended from Punjab to the Bay of Bengal. It was initially situated over central India, causing heavy

rains. As the trough gradually shifted northwards towards the Himalayan foothills, it passed over Delhi, triggering widespread rainfall across the city," Palawat said.

The maximum temperature at Safdarjung was recorded at 33.3 degrees Celsius, while the minimum temperature settled at 25.8 degrees Celsius.

The city's air quality remained in the "satisfactory" category for the third consecutive day, with the Air Quality Index (AQI) standing at 67 at 4 pm, according to the Central Pollution Control Board.

Three tiny roars mark big conservation win, happy time at Delhi zoo as lion count now 6

New Delhi. (Agency)

Three tiny roars have echoed through the National Zoological Park (NZP), ushering in a heartwarming new chapter in Delhi Zoo's conservation story. Asiatic lioness Mahagauri has given birth to three healthy cubs, delighting wildlife lovers. The NZP announced on Monday the three Asiatic lion (*Panthera leo leo*) cubs were born on July 7 to Mahagauri and breeding male Maheshwar.

The birth follows the pair's earlier success last year, when Mahagauri gave birth to two cubs on April 27—a male, Kartik, and a female, Karni. Both youngsters are thriving at the zoo, making the latest arrivals yet another encouraging step in the Park's mission to conserve the endangered Asiatic lion.

For now, the three newborns are tucked away in a secure maternity enclosure, where they are being raised in a calm, undisturbed environment that gives them the best possible start in life. Under the watchful care of their mother, the cubs are being closely monitored by the zoo's veterinary and animal care teams through CCTVs to ensure their health during these crucial early weeks.

With the latest additions, the NZP is now home to six Asiatic lions—three males, Sundaram, Maheshwar, and Kartik, and three females, Mahagauri, Shailja, and Karni. The newest trio now begins its journey as the park's youngest residents. The cubs carry the future of a vulnerable species on their small paws, every little roar of theirs a roar of hope.

I am not Gandhi, be your own hero: Sonam Wangchuk urges citizens to join protest

New Delhi. (Agency)

Educator and climate activist Sonam Wangchuk has said he is "just an ordinary citizen", not a "modern Gandhi" or a hero, as he urged people to stop looking for someone else to lead and instead take responsibility as citizens. His remarks came as the Cockroach Janta Party's protest at Jantar Mantar over alleged examination irregularities entered its 22nd day on Saturday. Wangchuk, who joined the agitation on June 28, entered the 14th day of his indefinite hunger strike. According to a health update shared by the outfit, he has lost 7.5 kg since beginning the fast and his blood pressure was recorded at 106/74 mm Hg.

In a video posted on X on Friday night, Wangchuk said he was feeling less energetic than the previous day but remained committed to the protest. "Today, on the 13th day of my fast, I am not feeling as energetic as I was yesterday. I am feeling a little tired. It happens -- some days are better and some are not," he said.

Thanking people for supporting the movement on social media, Wangchuk said two kinds of comments left him disappointed.

"Many people call me the Gandhi of the 21st century or a modern Gandhi. Others call me a hero. These comments make me uncomfortable. I am neither Gandhi nor a hero. I am just an ordinary citizen who has tried to fulfil his responsibilities," he said.

He added, "Please don't look for a hero in someone else. Be the hero of your own life. Fulfil your responsibilities as a citizen." Referring to the student suicides that the CJP has linked to alleged examination irregularities, Wangchuk urged people to join the movement instead of remaining passive.

"If one of those students had been your sister or daughter, you would have joined us. But don't wait for that. If you can't come here every day, join us at least for one day at Jantar Mantar.

Hoax bomb threat triggers brief high-security alert at Delhi's Red Fort

New Delhi. (Agency)

A bomb threat targeting Delhi's historic Red Fort prompted a brief high-security alert in the national capital before authorities determined the call was a hoax. The threat call was initially received at the Mumbai Police control room, officials said on Saturday.

Recognising the gravity of the threat to the iconic monument, the Mumbai Police immediately passed on the intelligence to the Delhi Police control room.

Upon receiving the alert, the North District Police in Delhi swung into action and launched a comprehensive security sweep and

verification process.

"A call was received at the Mumbai Police control room threatening to blow up the Red Fort in Delhi. The



information was shared by the Mumbai Police control room with the Delhi Police control room. The

information was then received by North District Police in Delhi, and upon investigation, it was found to be a hoax call," senior officials stated. A detailed investigation into tracing the origin of the call and apprehending the caller is currently underway.

The incident comes close on the heels of another major hoax threat targeting a high-security installation. Earlier on July 3, the Bengaluru Police took custody of a man from Ghaziabad, Uttar Pradesh—who had been intercepted by the Delhi Police—for allegedly sending a hoax bomb threat email to the Indian Space Research Organisation (ISRO) Headquarters.

Delhi University fourth-year UG course to see overhaul

New Delhi. (Agency)

A notification dated July 10 issued by the University of Delhi (DU) has introduced the restructuring of the fourth-year Undergraduate Curriculum Framework (UGCF) 2022, revising course composition and credit allocation for semesters VII and VIII. While the university described the move as part of ongoing academic reforms, it drew flak from sections of the faculty over the process and its likely academic impact.

The notification stated that Discipline Specific Core (DSC)



session, students will study three courses per semester, choosing combinations of DSEs and Generic Electives (Ges). It also increases the

credit weightage of the research component—dissertation, academic project or entrepreneurship track from six to ten credits per semester, taking the total to 20 credits across the fourth year.

The UGCF 2022, introduced in line with the National Education Policy (NEP) 2020, established a four-year undergraduate programme with multiple exit options and a strong emphasis on interdisciplinary learning and research. The fourth year is intended to function as an advanced academic phase, enabling students to pursue research or specialised tracks.

Bishnoi aide held in France for drug trafficking, another to be deported from Canada

New Delhi. (Agency)

The crackdown on the notorious Lawrence Bishnoi gang has intensified overseas, with one alleged associate arrested in France and another ordered to be deported from Canada, days after the US Department of Justice (DOJ) filed an indictment against Bishnoi and another Indian gangster.

The Royal Canadian Mounted Police (RCMP) said on Friday that alleged gang associate Garinder Dev had been arrested in France. He will now face extradition proceedings to Canada. According to the US DOJ indictment, 40-year-old Garinder Dev, also known by the aliases 'Doctor', 'Rocket' and 'Ritz Carlton', allegedly helped generate financial

gains for the criminal network linked to Lawrence Bishnoi.

The indictment alleged that Dev played a role in a conspiracy to procure large quantities of cocaine and heroin and transport them from Southern California to the eastern United States. In June 2025, authorities intercepted and seized a shipment containing approximately 99.2 kilograms of cocaine and one kilogram of heroin before it could reach its destination. In a separate development, Canada's Immigration and Refugee Board has ordered the deportation of Jashandeep Singh, an alleged member of the Lawrence Bishnoi gang. Canadian authorities allege that Jashandeep Singh helped

conceal the weapon used in the firing outside comedian Kapil

Sharma's cafe in Surrey. However, no formal criminal charges have been filed against him in connection



with the case. Jashandeep Singh arrived in Canada on a student visa in 2022 and has denied all allegations against him.

Earlier, another alleged Lawrence Bishnoi gang associate, Arshdeep

Singh, had also been deported from Canada.

US INDICTS BISHNOI GANG

Earlier this week, the United States indicted jailed gangster Lawrence Bishnoi and his close associate, Satinderjeet Singh alias Goldy Brar, for allegedly orchestrating the killing of Khalistani terrorist Hardeep Singh Nijjar in Canada. The charges are part of a major FBI-led operation targeting three transnational organised crime syndicates, which resulted in the arrest of 24 suspects across North America and Europe. According to federal documents, Bishnoi and Brar ordered the assassination of Nijjar, identified in the indictment as 'HSN', outside a Sikh temple in Surrey, British Columbia, on June 18, 2023.

Indian Bank net income up 10% on better margins, asset quality

New Delhi. (Agency)

Public sector lender Indian Bank opened the June quarter earnings season from lenders with a robust set of numbers, unlike analysts forecast, logging in a healthy 10.1% jump in net income at Rs 3,273 crore, buoyed by a steep improvement in margins and the resultant spike in net interest income. The Chennai-based lender said its total business increased 13.66% to Rs15.3 trillion reflecting broad-based momentum. Of this gross advances increased 13.89% to Rs8.4 trillion while deposits rose 13.47% to Rs6.8 trillion, anchored by a robust Casa share of 39.73%. The bank also said its asset quality remained resilient, with the gross NPAs coming down to 1.86% from 3.01% in June 2025, while the net NPA coming down by 3 bps to 0.15%. Better asset quality saw the slippage ratio coming down to 0.77 from 0.94 and the credit cost improving by 5 bps to 0.23% from 0.28%. The bank on Friday said its net profit rose 10.09% year-on-year to Rs3,273 crore in the June quarter from Rs2,973 crore in the year-ago period, driven by a healthy 16.92% jump in the key net interest income at `7,435 crore from `6,359 crore, propped by a healthy growth in net interest margin which rose to 3.41% from 3.35% in June 2025. This also helped the bak to report better cost to income ratio at 44.80, down 98 bps, and lower cost of deposits which came down by 34 bps to 4.80% as its cost of funds came down by 40 bps to 4.83%, helping it post better yield on investments which rose 6.96%, the bank said in a statement. The bank said its gross advances increased 13.89% to Rs6,84,623 crore led by 14.8% jump in RAM (retail, agriculture & MSME) advances to Rs 4,16,992 crore.

SBI Funds Management IPO: GMP signals 20% listing gains 4 days before bid opens

Kolkata. (Agency)

The much-discussed and much-awaited SBI Funds Management IPO is upon us. It has generated great enthusiasm in the grey market as much as four days ahead of its bidding window. The price band of SBI Funds Management IPO has been fixed at Rs 545 to Rs 574 per share. SBI Mutual Fund's investment manager, SBI Funds Management, is India's oldest and largest asset management company. According to investorgain, SBI Funds Management IPO GMP on the evening of July 10 was Rs 117. Considering the upper end of the price band of the share of Rs 574, the estimated listing price of the share will be Rs 691 and the listing gain could be 20.38%. However, it must be kept in mind that GMP is an unofficial indicator which can be volatile and cannot guarantee any listing gain. SBI Funds Management IPO details SBI Funds Management's IPO is designed to raise Rs 11,693 crore from the market. The bidding process will open on July 14 and will close on July 16 and will be the largest IPO of 2026 so far. The price band of the issue has been fixed at Rs 545-574 per share. The money will be raised through an OFS-only issue of more than 20.37 crore equity shares by the two promoters State Bank of India (SBI) and Amundi India Holding.

Mutual funds: Cheer for equity schemes with 26% surge in June; big outflow from debt funds

New Delhi. (Agency)

Investor confidence in equity mutual funds seem to be reviving fast with data from AMFI (Association of Mutual Funds in India) indicating a 26% surge in June compared to that in May. Net investment in equity mutual funds jumped to Rs 28,973 crore compared to Rs 22,908 crore in May. Investment in hybrid funds also increased, and gold ETFs (exchange traded funds) witnessed a strong comeback after last month's outflows. However, debt mutual funds continued to see significant outflows for the second consecutive month. The number of total retail folios (Equity + Hybrid + Solution Oriented Schemes) stood at 21,22,59,046 or 21.22 crore for June 2026 against 21,10,12,873 or 21.10 crore in May 2026. Starting from March 2021, this was the 64th month of positive equity inflows. The SIP picture in June SIP assets in June Rs 17,70,482.25 crores (~21.5% of the industry's AUM)SIP contribution in June: Rs 31,781.20 croreNumber of contributing SIP accounts: 9,78,29,912Total schemes launched: Seven, raised Rs 460 croresarch and April.

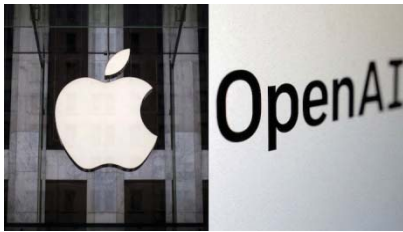
MAHANAGAR METRO

Apple sues OpenAI, ex-employees over trade secrets theft

New Delhi. (Agency)

Apple has sued OpenAI, its commercial arm, the OpenAI Foundation, io Products, and two former employees, alleging they misappropriated the iPhone maker's trade secrets to accelerate OpenAI's expansion into consumer hardware. The lawsuit, filed on Friday in the US District Court for the Northern District of California, accuses OpenAI of orchestrating a broad effort to systematically acquire and exploit Apple's confidential information through former employees, recruiting practices, and supplier relationshipsOpenAI did not immediately respond to a request for comment.The legal battle marks a

dramatic escalation in tensions between the two companies as competition intensifies in the artificial intelligence sector. The dispute also underscores a broader contest over the future of AI-powered consumer devices that may operate without traditional apps or operating systems. Analysts believe OpenAI is working on a phone or another consumer device that could eventually compete with Apple's iPhone.Apple sees OpenAI moving from partner to potential rival, while OpenAI is trying to reduce its dependence on the iPhone and build a direct relationship with consumers," said PP Foresight analyst Paolo Pescatore. "Even if the allegations are not proven, the lawsuit could delay OpenAI's hardware ambitions and



further weaken what is already becoming an increasingly fragile partnership.

"The lawsuit comes shortly after OpenAI successfully fended off a legal challenge from Elon Musk's xAI.Apple named Chang Liu, a former senior system electrical engineer, and Tang Yew Tan, Apple's former vice president of product design for the iPhone and Apple Watch, as

defendants. Neither immediately responded to requests for comment. According to the complaint, Liu failed to return a company-issued work laptop and later exploited an authentication bug to access Apple's internal network, downloading "dozens of Apple's confidential hardware-related files."Apple also alleged that Tang, who now serves as OpenAI's harware chief, "methodically" used Apple's confidential information to benefit OpenAI by emailing himself information about Apple suppliers and internal industry summaries before leaving the company. According to his LinkedIn page, Tang spent most of his 24-year career at Apple working on the iPhone.

Costly funds to keep banks' margin flat to negative in Q1

Brokerages see the overall asset quality, at 1.8%, hits a multi-decadal low in the March quarter in terms of gross NPAs and at about 0.20% in terms of net NPAs, even though there are concerns about the assets quality of their unsecured book

New Delhi. (Agency)

Though banks are set to log in robust loan growth, along with healthy asset quality in the June quarter, the key profitability metric net interest margins or NIMs have been under pressure for a few years now, will continue to be under strain as their cheaper Casa deposit growth has been widely lagging loan growth, forcing lenders to mop up costly term deposits.Brokerages see the overall asset quality, at 1.8%, hits a multi-decadal low in the March

quarter in terms of gross NPAs and at about 0.20% in terms of net NPAs, even though there are concerns about the assets quality



of their unsecured book.Analysts expect margin pressure to persist as deposit growth continues to trail credit expansion, forcing banks to rely more on higher-cost term and bulk deposits, which comes at average over 6.5%. The increasing share of lower-yielding corporate loans and greater dependence on certificates of deposit issuances are also expected to weigh on margins,

Brokerage recommends Buy on 3 stocks: Expects up to 14% upside; see target price, stop loss

If you are exploring stocks that can generate gains in the short-term, you could have a look at these three stocks which has been assigned a Buy signal by the technical analysts of Choice Equity Broking. These are Signature Global, RBL Bank, and eClerx Services.

New Delhi. (Agency)

Amid the volatility that the stock market is passing through, here are a set of Buy recommendations

by Choice Equity Broking. The stock market surged on Friday (July 10), with major indices closing with gains of over one percent. Strong quarterly results from TCS, positive signals from global markets, and reduced concerns related to West Asia boosted investor confidence. The Sensex rose 828 points to close at 77,569.39, while the Nifty gained 244 points to reach 24,206.90. The technical analysts of Choice Equity Broking has recommended Signature Global, RBL Bank and eClerx

Services.

The analyst Sachin Gupta is of the opinion that these stocks could see significant gains in the future due to strong technical signals. Let's have a look at each of these stocks.According to Choice Equity Broking analyst, Signature Global shares are showing strong bullish signals. The stock has broken out from a falling channel pattern on the daily chart, indicating a trend reversal. The stock is trading above the 20, 50, and 100 EMAs. The RSI is at 64.39, confirming the uptrend.

Equity schemes add 26.5% in net inflows, overall AUM at `82.22 tln in June

New Delhi. (Agency)

Despite a massive withdrawal of over Rs1 lakh crore from debt schemes, the mutual funds industry added close to `64,000 crore, taking the overall industry assets to Rs82.22 lakh crore in June from Rs81.58 lakh crore in the previous month, or adding 0.8%, as higher inflows in SIPs and equity funds offset the heavy outflow from debt funds.The overall industry saw a net outflow of Rs52,949 crore in June, lower than the Rs64,131 crore outflows in May, primarily due to a withdrawal of Rs1.09 lakh crore from debt-oriented schemes, inflows into equity funds jumped over 26.5% to Rs28,973 crore. Inflows into systemic investment plans (SIPs) hit a new high of Rs31,781 crore from Rs30,954 crore in May, an increase of RS827 crore, or 2.7%.

June marked the fifth consecutive month in which SIP inflows remained at or above the RS31,000 crore mark, Amfi chief executive Venkat Chalasani told reporters on Friday.

He also said as a result of this the overall assets under management rose to RS82.22 lakh crore in the reporting period from Rs81.6 lakh crore a month earlier.Equity-oriented funds saw a net inflow of Rs28,973 crore, a sharp surge of 26.5% from the preceding month when it was Rs22,908 crore amid volatile market conditions. Equity funds got inflows of Rs38,440 crore in April, Rs40,450 crore in March, Rs25,978 crore in February and Rs24,028 crore in January.

The industry saw a net outflow of Rs52,949 crore in June, but that is lower than Rs64,131 crore outflow in May, primarily due to a withdrawal of Rs1.09 lakh crore from debt-oriented schemes, Chalasani said.Within the equity category midcap funds garnered Rs6,090 crore, followed by small cap funds at Rs5,602 crore and flexi-cap funds at Rs5,231 crore, while large-cap funds received an inflow of Rs2,067crore. Gold exchange traded funds got a net inflow of Rs3,443 crore as against a net outflow of Rs725 crore in May.

Swiggy Instamart receives 9 notices from food regulator over quality complaints

FSSAI has issued nine notices to Swiggy Instamart over consumer complaints about expired, spoiled and contaminated food deliveries. The regulator has sought detailed compliance records and warned of legal action if the response is delayed.

New Delhi. (Agency)

The Food Safety and Standards Authority of India (FSSAI) has issued nine notices to Swiggy Instamart following multiple consumer complaints alleging the delivery of expired, spoiled, contaminated and unsafe food products through the quick-commerce platform.The regulator said the complaints point to alleged violations under the Food

Safety and Standards Act, 2006, including the sale of expired food items, improper storage and handling, misleading licensing information, and inadequate consumer grievance redressal.

EXPIRED AND CONTAMINATED PRODUCTS FLAGGED

Among the key allegations, consumers reportedly received expired, rotten and contaminated food products through Swiggy Instamart. FSSAI also noted that NOICE Eggs were allegedly marketed under a brand category not covered by the existing FSSAI licence. The regulator directed the food business operator (FBO) not to market the product unless it is covered under a valid licence and to seek licence modification, if required.

The notices also cite complaints that Healthify 100% Whey Protein (1 kg) and Noice Homestyle Madras Mixture with Peanuts were supplied after their

expiry dates.In another case, Akshayakalpa Organic Eggs were allegedly delivered in an expired and rotten condition, emitting a foul odour



and showing visible signs of contamination. The complaint further claimed that no corrective action was taken despite repeated escalation. A Kakke da Paratha product was also reportedly found spoiled and emitting a foul smell, rendering it unfit for consumption.

INFANT FORMULA AMONG

PRODUCTS UNDER SCRUTINY

FSSAI also highlighted a complaint involving an infant food formulation that was allegedly delivered in a highly deteriorated and unsafe condition, showing signs of contamination and improper storage. According to the regulator, the same product was reportedly supplied again even after the defective item had been returned.Additional complaints involved contaminated eggs and milk, along with damaged packaged food products delivered through the platform.

LICENSING AND COMPLIANCE CONCERNS

The food regulator's notices also raised concerns over incorrect, invalid or non-existent FSSAI licence numbers and food business entities allegedly operating under names different from those registered with FSSAI.

POCSO accused in Telangana allegedly kills six, including victim, her kin and his family

HYDERABAD.(Agency)

In a horrific incident, a 28-year-old man accused in a POCSO case allegedly killed six people, including the victim, in Shahbad mandal of Ranga Reddy district on Friday night.

The accused, Raj Kumar, allegedly killed the 17-year-old victim in the POCSO case, her mother and grandmother. The accused allegedly killed the victim's mother and grandmother at their residence before taking the 17-year-old girl to an isolated place, where he allegedly murdered her.

He then returned to his residence and allegedly killed his wife, Saritha, and their two children, Parikshith (3) and Dhaivikshith (2), with a sharp-edged weapon. After the killings, he called his parents and told them he had killed his family, before fleeing the scene.

On receiving information, Future City Commissioner Tarun Joshi, Chevella DCP Yogesh Gautam and other officials reached the spot. Clues teams and dog squads also arrived at the scene and collected evidence. The bodies were shifted for postmortem examination.

Jobs for Karur victims' kin must be temporary: Madurai Bench of the Madras HC

Madurai .(Agency)

The Madurai Bench of the Madras High Court on Friday permitted the state government to provide compassionate appointment to the family members of the victims of Karur stampede, which took place on September 27, 2025, on the condition that the appointments should only be on a temporary basis subject to judicial review.

Further, a bench of justices CV Karthikeyan and R Sakthivel suo motu impleaded the member secretary of the Tamil Nadu Public Services Commission and sought a report on the existing guidelines for grant of compassionate appointment, and whether the guidelines are satisfied in the present case. The judges directed the state to file counter affidavit before the prospective employees draw their salary. adding they would hear the matter on July 21.The bench gave the directions while hearing petitions filed by G Thirumurugan, an advocate, and M Seeni Ahamed, state deputy general of Makkal Jananayaga Katchi.

The petitioners stated that in the absence of any uniform policy or G.O., granting government jobs to victims of the above tragedy would lead to discrimination.

Madras High Court bars ECI from notifying bypolls to five seats

CHENNAI.(Agency)

In a significant order having political ramifications in Tamil Nadu, the Madras High Court has temporarily restrained the Election Commission of India (ECI) from issuing notifications for holding by-elections to five of the Assembly constituencies which have fallen vacant following the resignations of Chief Minister C Joseph Vijay as MLA from Tiruchy East seat and four AIADMK legislators who defected to the TVK.

The interim order was passed by the first division bench of Chief Justice Sushrut Arvind Dharmadhikari and Justice G Arul Murugan on Friday on a public interest litigation (PIL) petition filed by advocate K Venkatachalapathy.

The petitioner prayed for the court to bar the ECI from notifying the vacancies of Tiruchy East, Perundurai, Ambasamudram, Virallimalai and Karur Assembly segments as "clear vacancies", and from holding the bypolls until the election petitions, seeking to declare the victory of the successful candidates null and void, are decided by the court.

The bench said, "Till then (July 31) the first respondent/ ECI is restrained from issuing any notification for by-election in respect of the constituencies where the returned candidates resigned, as asserted in the writ petition."

Lost in Surat flood, a 17-yr-old walking home, a school van driver: As water recedes, a terrible tragedy emerges

By late evening on Thursday, the Surat police and fire department had recovered another 22 bodies, many of people who had been missing since Tuesday (July 7), when the city saw unprecedented rainfall. The death toll for the week had risen to 34 on Friday.

Surat.(Agency)

One of them used to be the driver of a van ferrying schoolchildren; another was the owner of a garage. A third had taken loans to start an embroidery business; the fourth was a teenage powerloom worker.

All of them had been missing for the past few days. As floodwaters in Surat continued to recede, the worst fears of their families and the administration were confirmed on Thursday.

By late evening on Thursday, the Surat police and fire department had recovered another 22 bodies, many of people who had been missing since Tuesday (July 7), when the city saw unprecedented rainfall. The death toll for the week had risen to 34 on Friday.

Darshak Chovatiya watched his 27-year-old

brother Sandeep Mansukh Chovatiya, the owner of a garage, being swept away by the water on Tuesday afternoon. The brothers were returning to their home in Swastik



Residency in Pasodara in a customer's car when both the vehicle and Sandeep were lost in a swollen rivulet.

"We were crossing the rivulet in the Amroli area, and Sandeep was driving slowly.

Suddenly, there was a gush of water and the car began to be swept away. I managed to open the door on the passenger side and get out. My brother too struggled out, but he lost his balance and fell. I held on to the branch of a tree and shouted for help, and was ultimately rescued by local people," Darshak told The Indian Express.

Sandeep's body was found on Thursday on the banks of the Tapi River in the Amroli area, around 35 metres from the spot where he was last seen. "Police informed us after they found some documents in his wallet," Darshak said.

Surat has received 30% of the average rainfall for the entire southwest monsoon season in just a week. It rained more than 14 inches on Tuesday, leading to the creeks spilling over and flooding the eastern parts of the city, Municipal Commissioner M Nagarajan told this paper.

KPSC ex-chairman's daughter booked for allegedly using fake income certificate

Suma S Sahukar is accused of submitting an income certificate declaring her family's annual income as Rs 40,000 to establish eligibility under the 3B reservation category.

Bengaluru.(Agency)

The Bengaluru police Friday registered a First Information Report (FIR) against the daughter of a former chairman of the Karnataka Public Service Commission (KPSC) for allegedly securing selection to a government post by submitting a false income certificate to claim reservation benefits.

According to the FIR filed by KPSC Assistant Secretary Udyoga Soudha, the accused, Suma S Sahukar, allegedly applied for the post of Junior Engineer (Civil) in the Department of Industries and Commerce through the KPSC recruitment process in March 2024 under the 3B reservation category. She is accused of submitting an



income and asset certificate declaring her family's annual income as Rs 40,000 to establish eligibility under the category.

However, during scrutiny of her documents, the KPSC allegedly found that her father, Shivashankarappa S Sahukar, had been serving as a member of the Commission since September 3, 2019, drawing a basic

monthly salary of about Rs 2.05 lakh. He was subsequently appointed KPSC chairman on April 5, 2021, with a basic monthly salary of around Rs 2.25 lakh, in addition to other admissible allowances. According to the complaint, the Commission concluded that the family's actual annual income was substantially higher than the amount declared in the certificate and exceeded the income ceiling prescribed for availing reservation benefits under the 3B category. "During verification of the documents submitted by the candidate, the income declared in the Income and Asset Certificate did not correspond with the service records and salary particulars of her father, who was serving as a Member and later Chairman of the Karnataka.

32 lakh cases pending: Why court foresees 21 years of wait at Bengal tribunals

On Wednesday, the Jalpaiguri Circuit Bench of the Calcutta High Court observed that at this rate it would take 21 years for the tribunals to clear the cases.

Kolkata.(Agency)

Since March end, when tribunals were set up in West Bengal to tackle cases of "logical discrepancies" after the Special Intensive Revision (SIR) exercise by the Election Commission was concluded, and long after the Assembly polls which the SIR was timed with got over in the state, the clearance rate continues to crawl, standing at 1.18% cases at the end of last month, as per sources.

On Wednesday, the Jalpaiguri Circuit Bench of the Calcutta High Court observed that at this rate it would take 21 years for the tribunals to clear the cases. The court was hearing an appeal from a person over his tatkal passport application being stuck because of his case pending

before a tribunal – at least the second case linked to passports and tribunal hearings to land in a court in Bengal. At ground zero, the picture shows no change. There is still no official word



on how many of the cases dealt with by the tribunals have ended in deletions, the promised dashboard on the number of cases pending and resolved is yet to materialise, and people whose cases are pending before tribunals remain in the dark,

with a handful trooping daily to the government building in Joka on the outskirts of Kolkata, where the tribunals are operating, for news.

Last month, Congress MP from Malda South Isha Khan Chowdhury filed a PIL in the Calcutta High Court demanding that tribunals speed up work and that the number of judges heading them be increased. The PIL is yet to get a hearing. On a rainy Tuesday, some are hanging outside the building clutching papers dealing with their own cases, others are here on behalf of relatives who have received a call to appear before the tribunals. Nitu Hela, 34, who belongs to nearby Pailan, is at the building with her 1-year-old daughter. Her parents, originally from Durgapur but settled in Kolkata, are dead.

Meet Rahul Bavaji, the conservationist educating tribal children in Karnataka

Bengaluru.(Agency)

Every academic year, before schools reopen inside Karnataka's Kali Tiger Reserve, nearly 300 tribal children wait for a familiar visitor. He does not arrive as a government official or the head of an NGO. Instead, carrying bags filled with notebooks, textbooks, pens and other school essentials, Rahul Bavaji, 45, makes his way through the forests of Dandeli. For more than 12 years, a corporate professional-turned-conservationist has been funding the education of children from remote anti-poaching camps through the earnings of his homestay, quietly ensuring that the families protecting Karnataka's forests do not have to compromise on their children's education.

The initiative began more than a decade ago when Bavaji started visiting anti-poaching camps inside the Kali Tiger Reserve. The frontline forest staff, many employed on temporary contracts, lived in isolated camps with minimal facilities, often travelling long distances for water, healthcare and other necessities. At the time, many earned between Rs 6,000 and Rs 8,000 a month, with salaries frequently delayed for months.

"They were risking their lives to protect our forests and wildlife, but their own children didn't have notebooks, pens or even basic school supplies. Initially, I distributed sweaters and clothes, but after visiting the camps I realised



education was their biggest need," Bavaji told The Indian Express.

His first visit left a lasting impression. Instead of helping only a few children, he decided every student deserved support. What started with one school gradually expanded to 13 schools inside the reserve before village relocations reduced the

Onion growers urge Maharashtra govt to show same urgency for rain-hit farmers as traffic disruptions

NASHIK.(Agency)

The Maharashtra State Onion Growers' Association on Saturday urged the state government to show the same urgency towards farmers affected by heavy rains as it does when urban traffic disruptions occur.

Association president Bharat Dighole said incidents such as landslides on major highways receive immediate attention, while the financial losses suffered by farmers due to repeated natural calamities and falling crop prices often do not receive the same level of concern.

"When traffic comes to a standstill in cities for a few hours, the entire state's attention is drawn to it. But when excessive rains, hailstorms, unseasonal showers, floods or drought destroy farmers' crops, the same concern is rarely seen," Dighole said in a statement.

He said farmers continue to face crop diseases, unpredictable weather, declining prices and transport challenges, often suffering losses running into lakhs of rupees in a single Referring to the recent disruption caused by a landslide on the Mumbai-Pune Expressway, Dighole said such incidents were temporary issues arising from heavy rains and could occur during major infrastructure projects or natural disasters.

He called for constructive discussions on improving emergency response systems and reducing the impact of such incidents rather than politicising them.

Malaria claims Class V student's life in Odisha's Malkangiri ashram school hostel

MALKANGIRI.(Agency)

A Class V student of a SSD school died of malaria on Friday, raising concerns over the vector-borne diseases in residential schools in the malaria-prone region.

The deceased was identified as Abhilash Muduli, a native of Bamera village under Nakamamudi gram panchayat. He was studying at Sindhiguda Ashram School under Parakanmala gram panchayat in Khairput block.

Abhilash had developed high fever and informed his teachers about his condition. He was taken to the community health centre (CHC) at Kudumulugumma on July 8, where he tested positive for malaria. Doctors administered the first dose of anti-malarial medication at the CHC and his condition reportedly improved. He was shifted back to the school hostel, where the second dose was administered the following day.

The student's father, Dina Muduli, visited the school and wanted to take his son home but the teachers persuaded him to leave the child at the hostel as the treatment was still in progress.

number to eight. Today, nearly 300 students, primarily from the Kunbi, Gowli and Siddi tribal communities, receive educational assistance and environmental awareness sessions every year.

The Kunbi, Gowli and Siddi communities are indigenous and forest-dependent populations with deep roots in the Dandeli landscape. While the Siddis are an Afro-Indian tribal community known for their centuries-old presence in the Western Ghats, the Kunbis and Gowlis have traditionally relied on agriculture, cattle rearing and forest resources for their livelihoods. Limited economic opportunities and access to education continue to affect many families in these areas.

NEWS BOX

India in desperate search for answers with No.1 T20I ranking on the line

New Delhi. (Agency)

India's tour of England has unravelled at an alarming pace. What began as the start of a new era under Shreyas Iyer has descended into a full-blown crisis, with the visitors heading into the fifth and final T20I in Southampton facing the prospect of losing their No.1 ranking. England sealed the series in Bristol with a commanding nine-wicket victory, taking



an unassailable 3-0 lead after the opener in Durham was washed out. Harry Brook's side chased down 159 with 37 balls to spare to clinch England's first bilateral T20I series win over India. The defeat stretched India's winless run in T20Is to six matches, the longest such streak in the team's history. After back-to-back losses in Ireland, the world champions have looked short of answers in all departments, while Shreyas just can't find a way to break the shackles. Saturday's finale is far from a dead rubber. Another defeat could see India surrender top spot in the ICC rankings, while England, who have won 19 of their 22 completed T20Is under Brook, are on course to cap a remarkable rise under their young captain.

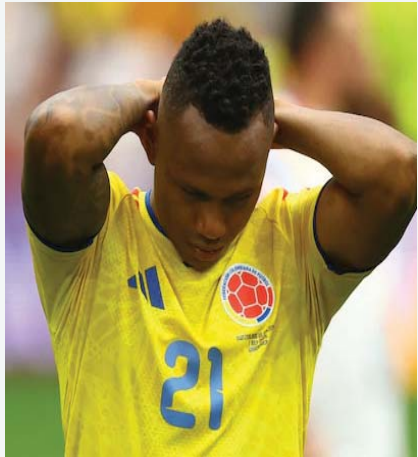
SHREYAS UNDER THE SPOTLIGHT

Unsurprisingly, the spotlight has fallen squarely on Shreyas Iyer. Handed the responsibility of leading India into a new era after succeeding Suryakumar Yadav, the Mumbai batter has found himself under mounting pressure following a disastrous start to his tenure.

Colombia federation condemns death threats to midfielder Campaz after World Cup exit

New Delhi. (Agency)

The Colombian Football Federation has condemned the death threats made against midfielder Jminton Campaz and his family following the national team's elimination from the 2026 FIFA World Cup, calling on authorities to identify those responsible and stressing that football should never become a platform for violence. Colombia's campaign ended on Tuesday after a 4-3 penalty shootout



defeat to Switzerland in the Round of 16 following a tense goalless draw in

Campaz, who plays for Argentine club Rosario Central, came under heavy criticism after missing a golden opportunity in extra time when he fired wide with the match still level. In the aftermath of the defeat, Campaz's social media accounts were flooded with abusive messages and death threats. The midfielder restricted comments on his posts and, as a precaution, did not return to Colombia with the rest of the squad.

"No athlete, nor any member of their inner circle, should be subjected to intimidation for representing their country in a sporting arena," the federation said in a statement on Friday.

Belgium's Courtois backs Lammens to recover from costly World Cup blunder

New Delhi. (Agency)

Belgium goalkeeper Thibaut Courtois rallied behind Senne Lammens after the substitute's late error proved decisive in Belgium's 2-1 defeat to Spain in the FIFA World Cup quarter-final on Friday, insisting the young goalkeeper would emerge stronger from the painful experience. Courtois was forced off in the 71st minute at SoFi Stadium in Los Angeles after suffering a muscular injury, handing Manchester United goalkeeper Lammens an unexpected opportunity in one of the biggest matches of his career. Belgium had already been dealt a setback before kick-off after captain Youri Tielemans was ruled out with a hamstring injury sustained during the warm-up. Lammens' evening ended in heartbreak in the 88th minute when he failed to hold Pau Cubarsi's long-range



effort, allowing Mikel Merino to pounce on the rebound and score the winner that sent Spain into the World Cup semi-finals, where they will face France on July 14. Despite the costly mistake, Courtois was quick to console his teammate after the final whistle. "I gave him a big hug. He's a great goalkeeper. You only get stronger from this," Courtois said. Eventually you cannot say much more to him or give him much more advice. He is a strong guy, a strong personality. I'm sure he'll be fine.

Spain vs Belgium, FIFA World Cup: HIGHLIGHTS

"You know, he will have some holidays and then regroup in Manchester and have a great season.

"The Real Madrid goalkeeper later stressed that Lammens should not be singled out for Belgium's elimination. "It is a shame that Senne just couldn't catch that ball, but that's football," Courtois said. "Mike (Penders), Guy (Martens) and I went to give him a hug. You can't say much at that moment. It's just a shame, but Senne is an excellent goalkeeper. He has a bright future ahead of him, and moments like that make you stronger. It shouldn't be blamed on him. It's part of football."

COURTOIS WANTED TO STAY ON DESPITE INJURY

Courtois revealed he first felt discomfort in his leg after making a clearance early

in the second half and wanted to continue despite the injury. Belgium coach Rudi Garcia, however, opted to replace his first-choice goalkeeper rather than risk aggravating the problem. "Obviously, I wanted to continue, but the coach wanted someone 100 percent," Courtois said.

"I wanted to try to play maybe five or 10 minutes because I was feeling good. I was making saves, and I was not disturbed to make those saves. So that's a decision of the coach, and that's not a problem."

The 34-year-old admitted it was difficult to leave the pitch during such a crucial match but accepted Garcia's decision.

"Obviously you're not happy when you have to leave a quarter-final of a World Cup. But sometimes it is what it is. You can't change it." Belgium defender Brandon Mechele also defended Lammens, saying the responsibility for the late goal did not rest solely on the goalkeeper.

The blessing and curse of being Novak Djokovic at 39

New Delhi. (Agency)

Time doesn't announce itself. It waits. And on one Friday evening in July, it came to collect. In January, in Melbourne, Novak Djokovic had made that debt look avoidable. Four hours and nine minutes, 3-6, 6-3, 4-6, 6-4, 6-4, and Jannik Sinner, the man tennis now calls the robot version of prime Djokovic, a serve with a sting in it, a return as good as the sport has ever produced, no discernible weak side, had simply been outlasted. Something in Djokovic that afternoon refused to be 38. Semi-final in five sets, the record books rewritten again. Cut to Centre Court, six months on. Djokovic was 39 now, and he'd reached this semi-final, against Sinner again, off the back of an all-timer: five hours and fifteen minutes to see



off Felix Auger-Aliassime the previous Tuesday, the longest quarter-final in Wimbledon's history. Two full days and an extra afternoon to recover. Against most men, that would have been plenty.

Sinner gave him nothing. This wasn't a contest so much as a settling of accounts, a serve that arrived like it had been fired rather than struck, sometimes cramping Djokovic's body, sometimes disappearing out wide, always followed by a sprint to the net to end the point before it had a chance to become one. Djokovic matched him for a while, levelling at 4-4 in the first set. Then the break came, and Sinner never so much as glanced back.

Animesh Kujur clocks 10.14s, records fastest 100m by an Indian on foreign soil

Buenos Aires. (Agency)

India's 200m national record holder Animesh Kujur produced another landmark performance on Saturday, clocking a personal best of 10.14 seconds to finish second in the men's 100m final at the PUMA Fast Arms Fast Legs 2026 meet in Enwag-Stadion, Wetzlar, Germany.

The 10.14-second effort is the fastest 100m ever recorded by an Indian on foreign soil and the second-fastest time by an Indian overall, behind only Gurindervir Singh's national-leading 10.09 seconds. Animesh had signaled his form earlier in the day by winning his heat in 10.19 seconds before improving further in the final. The latest run shaved one hundredth of a second off his previous best of 10.15 seconds and continued a season in which he has consistently lowered his

timings. Already the national record holder in the men's 200m, Animesh has established himself among India's fastest-ever sprinters in the shorter



distance as well. He now owns three of the five fastest 100m timings by an Indian.

INDIA'S ALL-TIME FASTEST MEN'S 100M TIMINGS

Gurindervir Singh - 10.09s

Animesh Kujur - 10.14s

Animesh Kujur - 10.15s

Gurindervir Singh - 10.17s

Czech mate! Karolina Muchova, Linda Noskova dare to dream in historic Wimbledon final

Miami. (Agency)

On a summer afternoon at the All England Club, history will be written before the first ball is struck. Wimbledon has witnessed countless champions, iconic battles and unforgettable moments, but the 2026 women's singles final will deliver something completely new, an all-Czech title clash. Karolina Muchova and Linda Noskova will battle for the Venus Rosewater Dish, ensuring that a Czech player lifts the Wimbledon trophy once again. It will be the first all-Czech women's singles final in Wimbledon

history, continuing the country's remarkable tradition in women's



tennis. The final also represents a fascinating contrast between experience and the arrival of a new generation. Muchova has already

established herself as one of the most gifted players on the tour, while

Noskova has announced herself as one of the brightest young talents in the sport. Regardless of the winner, the match will mark a landmark moment for Czech tennis.

For Muchova, the occasion is another chance to complete a journey that has been interrupted by injuries and setbacks. The Czech has long been admired for her creativity, variety and ability to adapt her game. Her elegant style, built around slices, drop shots, changes of pace and attacking the net, has been perfectly suited to grass.

England captain Harry Kane confirms golf outing with US president Donald Trump

England captain Harry Kane has confirmed he played a round of golf with U.S. President Donald Trump in Florida around 18 months ago, calling it a "surreal" experience and saying the president is a good golfer.

New Delhi. (Agency)

England captain Harry Kane has confirmed he played a round of golf with U.S. President Donald Trump around 18 months ago, describing the experience

as "surreal" and saying the president has "a pretty good" golf game. Trump had revealed earlier this week that he and the Bayern Munich striker had played together, praising Kane both as a footballer and a golfer after England's 3-2 round of 16 win over Mexico. Speaking in Miami on Friday ahead of England's FIFA World Cup quarter-final against Norway, Kane confirmed the pair met in Palm Beach, Florida, after Trump invited him for a round of golf. "I played all right, to be honest," Kane told reporters. "He invited me to play when I was down in Palm Beach. So yeah, when the president invites you somewhere..." It



was a pretty surreal experience just to meet him and obviously play golf with him. His golf is pretty good, to be honest. I hope I can play as well as him when I'm his age. So yeah, it was a unique experience and I was just grateful he invited me down to play." Trump had

first hailed Kane on his Truth Social platform after the England captain scored in the win over Mexico.

"Harry Kane of England is a GREAT player!!!" Trump wrote.

The following day, the US president told reporters that the two had previously shared a round of golf.

"I think Kane is a great player," Trump said. "I played golf with him and I like him a lot. He's a good golfer. He's really great." Kane has enjoyed an outstanding World Cup campaign, scoring six goals to move within one of Erling Haaland in the race for the Golden Boot as England prepare to take on Norway for a place in the semi-finals.

Priyanka Chopra's

Heads Of State Gets Nominated For An Emmy In The Outstanding Television Movie Category

Priyanka Chopra has added another feather to her cap as her film, *Heads of State*, has been nominated for an Emmy Award. Co-starring John Cena and Idris Elba, the action-comedy film earned a nomination for Outstanding Television Movie at the 78th Primetime Emmy Awards. *Heads of State*, directed by Ilya Naishuller, features a whirlwind of political chaos and buddy-comedy madness. The story follows U.S. President Will Derringer (John Cena) and British Prime Minister Sam Clarke (Idris Elba), whose not-so-secret rivalry is forced to take a backseat when Air Force One is shot down over enemy territory.



With MI6 Agent Noel Bisset (Priyanka Chopra Jonas) tasked with their protection, the three must work together to stop a global conspiracy threatening the free world. Also featuring Paddy Considine, Stephen Root, Carla Gugino, Jack Quaid, and Sarah Niles, the film blends political satire with pulse-pounding action and laugh-out-loud moments.

News18's Heads of State Review

News18 had given the film 3/5 stars. Our review read, "For Indian audiences, Priyanka Chopra's role as MI6

agent Noel Bisset is a huge reason to hit play, and thankfully, the payoff is real... Noel Bisset isn't a token sidekick or love interest; she's a fully realised, no-nonsense operative who literally saves the two most powerful men on the planet."

"Chopra, seasoned with past action hits like *Don*, *Mary Kom*, *Quantico*, and *Citadel*, delivers a physically convincing and charismatic performance that makes the spy fantasy feel tangible. It's particularly refreshing to see a South Asian woman in a leading action role that doesn't reduce her to a cliché but empowers her as the smartest person in the room and often, the strongest," our review also mentioned.

Meanwhile, Priyanka Chopra is busy with her Indian cinema comeback with *SS Rajamouli's Varanasi*. This project marks her first collaboration with the acclaimed director and also stars Mahesh Babu and Prithviraj Sukumaran. The film will reportedly feature elements of time-travel and mythology.



Gul Panag Questions Satluj Removal, Says 'Punjab Has Moved On From Separatism'



The debate around *Satluj* continues to gather momentum after the film was removed from Zee5 in India within two days of its release. Set against the backdrop of Punjab's militancy years, the Diljit Dosanjh-starrer has now triggered a wider conversation around censorship, artistic freedom, historical memory and the anxieties that still surround stories from Punjab's troubled past.

Actor Gul Panag has now weighed in on the controversy. In an interview with NDTV, she said the debate should not be reduced to one film alone. For her, *Satluj* has merely become the latest flashpoint in a much larger question: why is Punjab repeatedly made to defend its patriotism despite having rejected separatism through democratic means for decades?

Explaining why she decided to speak on the controversy, Gul Panag said the issue goes beyond *Satluj* as a film.

"I feel that, as someone from Punjab, every now and then Punjab is forced to defend its patriotism and nationalism. This is despite Punjabis having served the country in uniform, in public life, and in countless other ways before, during and after the terrorism period. Our rejection of separatism has been unequivocal and rooted in the democratic process and the Constitution of India. Yet, every now and then, there is reason to second-guess what the people of Punjab feel or think," she said.

Panag added that the film itself was incidental to a broader conversation about history, democracy and the space to discuss uncomfortable truths.

"That is why I wanted to speak. For me, this is not about a film. The film is incidental. Why shouldn't we confront difficult chapters of our history as a mature democracy? We should be able to have these conversations, especially when Punjab has unequivocally rejected separatism," she said.

'Was Wrapped In One Of Her Hugs':

Anshula Kapoor Wore A Perfume Inspired By Her Mom Mona On Wedding Day



Arun Kapoor's sister, Anshula Kapoor, recently married her longtime boyfriend, Rohan Thakkar, in an intimate ceremony attended by their close friends and family. Dressed in a stunning bridal ensemble, Anshula looked every bit the radiant bride as she celebrated the special day. Now, days after her wedding, she took to Instagram to share a heartfelt video, revealing a deeply personal way she paid tribute to her late mother, Mona Shourie Kapoor, on her special day. She disclosed that she wore a specially crafted perfume inspired by her mother, making the occasion even more meaningful.

A while ago, Anshula Kapoor shared an emotional video from the wedding as she remembered her mother. The video begins with a childhood picture with her mom. She can be heard saying, "This is me and this is my mom. This picture was taken on my fourth birthday and over the years it has somehow become the picture I always come back to whenever I need to feel close to her." She further shared that although she had imagined wedding planning would be a joyful experience, the process often reminded her of her mother's absence, bringing back a wave of cherished memories and emotions.

Anshula added, "I thought wedding planning would mostly be about flowers, outfits and guest lists. I didn't expect it to be filled with moments where all I wanted was my mom. I wanted to ask her questions, I wanted to see her face when she saw me as a bride. Mostly though, I just wanted one of her hugs."

Wanting to feel her mother's presence on one of the most important days of her life, Anshula chose to create a signature fragrance during her bachelorette trip to Seoul, South Korea. The personalised perfume became a heartfelt tribute, allowing her to carry a part of her mother with her as she walked down the aisle. She said, "She gave the kind of hugs that made everything feel okay. So, on my bachelorette in Seoul, I did something I'll treasure forever. I tried to turn this memory into a scent because on my wedding day, there was always going to be that one hug missing. I wore this perfume hoping that I'd feel like she was still there beside me and this is the closest I'll get to having her there." She shared the video along with a heartfelt note. A part of it read, "I don't remember every little detail anymore. But I remember how safe I felt in Maa's arms. I remember the comfort of her hugs, and being close enough to catch the faintest trace of her perfume. So on my bachelorette trip to Seoul, I tried to recreate what I remembered Maa smelled like. And on my wedding day, just before I walked out as a bride, I sprayed it on. For a moment, it felt like I was wrapped in one of her hugs again."

Aryan Khan's

Fan Falls, Shah Rukh Khan's Son Gets Mobbed

Aryan Khan was mobbed by fans and paparazzi on Thursday evening after attending actor-dancer Raghav Juyal's birthday celebration in Mumbai. A video of the incident has now surfaced on social media, leaving fans concerned. The clip shows Shah Rukh Khan's son making his way towards his car while being surrounded by a large crowd eager to catch a glimpse of him. Despite being accompanied by his security team, Aryan appeared to struggle through the sea of fans and photographers. His team was seen creating a protective barrier as they escorted him to his vehicle amid the chaos.

The viral video also captured a fan losing balance and falling while attempting to get closer to Aryan. Fortunately, no injuries were reported and Aryan was eventually able to leave the venue safely.

Soon after the video surfaced on social media, netizens expressed frustration with people's behaviour and asked everyone to respect public figures' privacy. "Why are people so crazy?" asked a user. "People so rude. Pushing and shoving," added another.

Aryan Khan's Directorial Debut

Aryan Khan made his directorial debut in 2025 with the Netflix show, *Ba***ds Of Bollywood*. The show stars Bobby Deol, Lakshya, Sahher Bambba, Manoj

Pahwa, Mona Singh, Manish Chaudhari, Raghav Juyal, Anya Singh, Manoj Pahwa, and Vijayant Kohli, with Rajat Bedi and Gautami Kapoor. The series follows Aasmaan Singh (Lakshya), an ambitious outsider determined to carve a space in Bollywood. Along the way, he discovers the chaotic, glamorous, yet cutthroat nature of the industry.

Created under the Red Chillies Entertainment banner, *The Ba***ds Of Bollywood* blends humour with drama in a self-aware, high-energy narrative. Netflix describes it as "the baddest, filmiest show on



Earth," packed with cameos, thrills, and an adventurous dive into the film industry.

Reportedly, Aryan will soon begin working on the second season of his directorial and is likely to release it in the first quarter of 2027. However, there is no official announcement regarding this as of now.



NEWS BOX

1000 missiles locked, loaded': Trump threatens Iran after Khamenei's funeral saw open calls for his killing

DUBAI.(Agency)

US President Donald Trump threatened Iran on Saturday after the funeral of Supreme Leader Ayatollah Ali Khamenei saw open calls for his killing, further underlining the tensions gripping West Asia as an interim deal to end the war buckles under repeated crossfire in the region.

"1000 Missiles are Locked and Loaded and aimed at the Islamic Republic of Iran, with thousands of more to immediately follow, should the Iranian Government act on its threat," Trump wrote on his Truth Social.Trump added that the US military would "completely decimate and destroy all areas of Iran - PRAISE BETO ALLAH!"

Trump wrote the comments after senior US officials demanded that Iran make a public statement saying the Strait of Hormuz is open and that ships crossing the vital corridor won't be attacked any longer.So far, Tehran has not done so, instead insisting the route remain under its control and that it be allowed to charge ships moving through it, upending decades of precedence considering the strait an international waterway.There had been multiple days of US airstrikes targeting Iran, as well as Iranian retaliatory fire targeting nations across the Mideast. Those strikes had been sparked by Iran attacking three ships in the strait earlier this week.

Venezuela Earthquake Death Count Crosses 4,000, Thousands Still Missing

world.(Agency)

The death count in Venezuela's devastating twin earthquakes has topped 4,000, the government said Friday.At least 4,118 people were killed and 16,740 injured in the back-to-back June 24 quakes, which flattened entire districts in the coastal state of La Guaira, Venezuelan parliament chief Jorge Rodriguez wrote on Telegram.

Thousands more are listed as missing.

The stronger 7.5 magnitude quake -- the biggest in Venezuela in over a century -- struck 39 seconds after the first 7.2 magnitude shock, flattening entire high-rise apartment blocks to layers of rubble.Although rescue teams have abandoned their search for survivors, family members continue to search the ruins for their loved ones, in the hopes of giving them a dignified burial.

On Friday, a 3.0 magnitude tremor in central Caracas caused momentary panic and led to buildings being evacuated.The scale of the recovery effort facing Venezuela, where state services have been severely degraded by a prolonged economic crisis, is gargantuan.

Reports: Israeli intel warn US of Iran's plot to assassinate Trump

World.(Agency)

Israel has shared fresh intelligence with the US alleging that Iran recently developed a new plan to assassinate US President Donald Trump, according to multiple media reports.

The Wall Street Journal reported that Israel passed the intelligence to US officials this week. Concurrently, CNN, citing two sources familiar with the matter, reported that the warning was delivered this week and referred to a specific alleged plot. While the exact details of the purported plan remain unclear, CNN reported that US agencies had not independently verified the intelligence or been tracking the alleged plot before Israel's warning.According to CNN, some US officials believe the Israeli intelligence may also be part of a broader effort by Israel to influence Trump's decision on whether to intensify American military action against Iran. One source told the broadcaster that US intelligence has been monitoring a steady flow of threats against Trump in recent weeks, but described the Israeli warning as new because it referred to a specific alleged plan.The White House declined to comment directly on the reported intelligence, referring both The Wall Street Journal and CNN to remarks Trump made on Wednesday while speaking to reporters in Ankara. "They want to take out the US leader, me," Trump said during the press briefing. "I'm on every list. I saw this morning, I'm on every single one of their lists. And so far, I guess I've been a little bit lucky, but that maybe doesn't last very long." Later, Trump also said he had recently learned of a new list ranking him as Iran's top assassination target. However, it remains unclear whether he was referring to the specific Israeli intelligence cited in the reports.

China's New Mega Dam Near Indian Border Poses Huge Geological Risk: Report

China is building the world's largest hydroelectric dam in the lower parts of the Yarlung Tsangpo River in Tibet, about 50 kilometres from the border with India.

world.(Agency)

China's under-construction mega hydropower project on the Yarlung Tsangpo River in Tibet has led to concerns in India and Bangladesh over water supply and environmental impacts downstream. Now, a Beijing-backed geological study has flagged its structural safety, the South China Morning Post reported.An active fault line directly beneath the project could

pose a threat to the mega dam and significantly affect the integrity of its infrastructure, according to the findings, published in a study supervised by the state-owned China Geological Survey, added.The Paizhen Fault runs directly through the reservoir area of the massive hydropower project, the study, published last month in the Chinese-language journal Sedimentary Geology and Tethyan Geology, stated. Researchers said the fault has remained active since the Pleistocene (Ice Age) and could significantly affect the structural integrity of dams, bridges, roads, tunnels and other infrastructure built in the region.The Yarlung Tsangpo flows into India's Arunachal Pradesh and Assam as the

Brahmaputra River before entering Bangladesh as the Jamuna River. The team noted that the fault has fractured surrounding rocks and changed their mechanical properties, making the foundation bearing capacity and structural stability of nearby engineering projects more vulnerable to damage.The terrain in the reservoir area has a loose structure and weak cohesion, warning that fault activity, earthquakes and prolonged immersion could easily trigger instability in the slopes on both sides of the reservoir, they added. The Yarlung Tsangpo downstream hydropower project, construction of which began last year, is expected to generate around 300 billion kilowatt-hours of electricity annually, with a

capacity nearly three times that of China's Three Gorges Dam. "Since the Pai village area is located within the construction zone of the Yarlung Tsangpo downstream hydropower project, its records of Quaternary tectonic activity provide an important basis for exploring the structural stability of nearby projects," the team said.Researchers said geological records indicate that the Paizhen Fault remained active well into the Holocene period, with evidence showing movement as recently as about 9,500 years ago.They also cited the magnitude 6.9 Milin earthquake that struck Tibet in 2017 near the northern end of the fault as evidence of the fault line's modern seismic potential.According to the researchers

10 killed after small plane crashes in the Bahamas

SAN JUAN.(Agency)

A small plane crashed in the Bahamas on Friday, killing 10 people and prompting the government to temporarily ground Flamingo Air flights.The deadly incident happened in North Andros, located in waters just west of Nassau, the archipelago's capital.Bahamian Prime Minister Philip Brave Davis had initially said that one person survived, but he later confirmed in a press conference that the person died from their injuries. The victims have not been publicly identified.

"We gather beneath a cloud of great sorrow," he said, noting that people were celebrating the Bahamas' 53rd independence anniversary. "It has become a day of mourning. ... To

every family that has received the devastating news, that someone they love will not be coming home, we offer our deepest condolences." The Bahamian Aircraft Accident



Investigation Authority said in a statement that the plane had departed Lynden Pindling International Airport in Nassau and was headed to San Andros when it crashed. It identified the plane as a Cessna 402 aircraft registered in the

Bahamas.

The Ministry of Energy, Utilities and Aviation said in a statement that the suspension of Flamingo Air's air operator certificate is only a precautionary safety measure as officials investigate the cause of the crash. The ministry said the suspension is a result of two safety incidents that happened Friday.

During the press conference, Energy, Utilities and Aviation Minister JoBeth Coleby-Davis said the first incident occurred earlier Friday involving a Flamingo Air plane. She said it was en route to Mayaguana when the pilot reported a concern and turned back to Nassau. After the plane landed and the passengers deboarded, the plane caught fire, she said. That incident also is under investigation.

world.(Agency)

Martha Lillard had just turned 5 when she was diagnosed with polio and depended on an iron lung to live. She died June 26 in Oklahoma, the last U.S. polio patient who used the machine, her sister said. She was 78."They told her she wasn't supposed to live past 20 years old," Lillard's younger sister, Cindy McVey, told The Associated Press on Friday. "She had the enthusiasm and the drive to continue living and make the best of her life."McVey attributes her sister's death to the effects of long-haul COVID-19. A death certificate lists causes as chronic pulmonary failure and post-polio syndrome, McVey said.Lillard slept in the iron lung cylinder that encased her body as the air pressure in the chamber forced air in and out of her lungs. As a child, she went to grade school for two hours a day and was tutored the rest of the time. She attended Shawnee High School by using a phone system that allowed her to interact with her teachers and classmates through an intercom in her classrooms.Her family went on road trips to Missouri thanks to a custom trailer and her father calling hotels to find out if they had doors wide enough to accommodate the machine Lillard slept in. Lillard was even able to drive for a time.To me, it was just normal," recalled McVey, 75.

Polio was once one of the nation's most feared diseases, with annual outbreaks causing thousands of cases of paralysis. The disease primarily affects children.Vaccines became available starting in 1955. According to the federal Centers for Disease Control and Prevention, a national vaccination campaign cut the annual number of U.S. cases to fewer than 100 in the 1960s and fewer than 10 in the 1970s. In 1979, polio was declared eliminated in the U.S., meaning it was no longer routinely spread.Later the internet would help Lillard stay informed and learn about all sorts of topics, including her disease, which paralyzed her from the neck down.

With therapy she was able to regain partial use of her left arm and use of her legs. But she could only move her left arm side to side at her waist. Even though she couldn't reach up, she spent many years living alone and preparing her own meals.The internet also allowed Lillard to meet her future husband. After the Sept. 11, 2001, terrorist attacks, Lillard wanted to understand more about what happened. In a chat room, she met a man in Egypt and communicated with him online for more than 20 years, McVey said.

Ex-UK MP Found Dead At Home With 'Serious Injuries', Murder Suspect Arrested

London.(Agency)

British police on Friday arrested a 26-year-old man on suspicion of murder in the killing of Ann Widdecombe, a former British member of Parliament and reality TV contestant.Widdecombe, 78, was found dead on Thursday in her Haytor Vale home on the edge of Dartmoor National Park in southwest England after sustaining what police said were "serious injuries."The killing was not believed to be an act of terror, and there was no information to suggest it was politically motivated,



Devon and Cornwall Police Assistant Chief Constable Matt Longman said.Longman did not discuss a possible motive but said the suspect was in custody as the investigation continues."This is really shocking news, and my

thoughts, I think all of our thoughts, will be with the family and friends of Ann Widdecombe at this awful time," Prime Minister Keir Starmer said. "Ann was a distinguished politician over many, many years with many achievements, and it's a huge, huge loss."Widdecombe found fame after leaving Parliament as a contestant on the Strictly Come Dancing and Celebrity Big Brother reality television shows. She later joined the Brexit Party and became a spokeswoman for the anti-immigration Reform UK party.

US demands Iran publicly state that Strait of Hormuz is open and Tehran won't attack ships anymore

WASHINGTON.(Agency)

The U.S. is demanding that Iran make a public statement saying the Strait of Hormuz is open and that ships crossing the vital corridor won't be attacked anymore, senior U.S. officials said Friday, adding that internal Tehran power struggles have made it difficult to reach and keep a deal.

The U.S. officials, who spoke on condition of anonymity to describe to reporters the state of play with Iran, said the resumption of strikes this week came after what they described as a rogue faction of Iranian hard-liners trying to sabotage the ceasefire between Tehran and Washington. It comes as U.S. President Donald Trump reiterated on social media

Friday that he views the interim ceasefire deal as "OVER!" But he said the U.S. would continue talks aimed at putting a permanent end to the war. The officials said Friday that Trump is giving U.S. negotiators limited time to reach a deal with Iran, but, in a sign of the challenges ahead, they underscored that the president had a wide range of options if talks fall apart. They also said a power struggle was playing out in real time in Iran after U.S. and Israeli strikes at the start of the war killed its longtime leader, Ayatollah Ali Khamenei.Iran says it wants to control Strait of Hormuz 'exclusively'The U.S. is working on pressing Iran to make a public statement that the Strait of Hormuz, a vital waterway for world energy markets, is open and free to ships to

transit, the officials said.

On a call with reporters, the officials suggested that leaders in Iran even told their U.S. counterparts that the ship strikes were a mistake and the country hoped to continue negotiations despite that.Trump didn't care that the firing on ships came from a hard-line faction and responded with more powerful counterattacks, showing Iran that there would be consequences no matter who was behind it, the officials said. But moments before the U.S. officials spoke, Tehran's diplomat at the United Nations told reporters that any activity in the Strait of Hormuz, including its opening or demining operations, "rests exclusively with Iran."

"Any attempt, by external actors, to interfere with or establish a power

arrangement would violate the (interim deal), and undermine its implementation, delay the restoration of normal commercial navigation, jeopardize maritime safety, and increase regional tensions," Ambassador Amir Saïd Iravani said outside the U.N. Security Council.

Iran has said the strait must now be under its sole control and that vessels should begin to pay fees to Tehran — even though the world for decades has considered it an international waterway. About a fifth of all traded oil and natural gas passed through the strait before the war began.

Iran's grip on the strait during the conflict led to a global energy crisis, though oil prices have sharply dropped since wartime highs of \$120 a barrel.