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Un-Indian, PM must apologise: **Rahul Gandhi** on cops beating students at CJP stir

NEW DELHI. (Agency)

Congress leader Rahul Gandhi has demanded an apology from Prime Minister Narendra Modi over the lathicharge on students at the Cockroach Janta Party (CJP) protest on Monday, calling the act "un-Indian". Speaking to reporters, the Leader of the Opposition in Lok Sabha, appeared livid and questioned PM Modi's silence on the matter. "What's happening, people being beaten, is completely un-Indian. Modi hasn't even apologised for what happened yesterday," he said.

Gandhi along with a few other Opposition MPs met Lok Sabha Speaker Om Birla earlier in the day, urging a discussion on the crackdown in Parliament. On that, he claimed that Birla denied agreeing to it readily, explaining that he first needed to take permission from the central government. "Think about it, the Speaker is telling us that to debate in Parliament he has to take permission from the government. He is openly telling us that," the Congress leader told

reporters.Talking about the issues with the Indian education and testing system that students have been raising, Rahul Gandhi said that the concerns are much bigger than mere



education. He claimed the testing system had "ceased to exist" and was "hollowed out by termites", stressing that the demand is legitimate. "There is nothing wrong with it...Why is the Prime Minister silent? What is the reason? He should apologise to the students, and he should stop this nonsense (referencing the lathicharge on students)."

Bashing the Centre, the former Congress chief said that instead of acknowledging their concerns and working to better the education system and fix the examination framework, police are cracking down on students.

He further slammed Union Home Minister Amit Shah, saying he should resign, and since he reports to the PM, the latter should step down as well. "Dharmendra Pradhan is an intermediary. He should absolutely resign, but he hasn't beaten up these students. The Home Minister has. He should resign, and since the Home Minister reports to the Prime Minister, the Prime Minister should resign. What is going on?"Echoing Gandhi's sentiment, Samajwadi Party chief Akhilesh Yadav alleged the Centre used their "private army" to thrash students and likened the PM Modi-led NDA government to Hitler's regime. "Private army used by the government yesterday against students. Hitler used the private army against his own people. Similarly, this government used the private army to crack down on students," he added.

Publishing Mamata-era report, BJP joins a four-way tug-of-war over Bengal Shahid Diwas

New Delhi. (Agency)

For years, July 21 in Kolkata unfolded much the same way. The Mamata Banerjee-led Trinamool Congress (TMC) celebrating the day exclusively. Lakhs of Trinamool Congress (TMC) workers would descend on the city. Mamata would address the party's biggest annual rally as rivals watched the show of strength. And the Shahid Diwas would end with her announcing a roadmap for the future.

This year, however, things are different. There's the poriborton! The first Martyrs' Day or Shahid Diwas after the 2026 Assembly election that brought the BJP to power in West Bengal has turned into a four-way contest. The sides are the Mamata-Abhishek-led TMC faction, the Ritabrata Banerjee-led rebel MLAs' faction, the Kakoli Ghosh Dastidar-led camp of 20 MPs that merged with the Nationalist Citizens Party of India (NCPI) not many knew of and the Congress.

But the most important player is the BJP government of CM Suwendu Adhikari. The only player now in control of the game might have opened a Pandora's box. It's made itself a stakeholder by tabling the enquiry report, announcing compensation for the families of the victims killed in police firing in 1993, and questioning the TMC government's handling of the case.The Shahid Diwas traces its origins to July 21, 1993, when 13 Youth Congress workers were killed in police firing during a march to Writers' Buildings led by Mamata Banerjee, then the state Youth Congress president. They were marching to demand that voter identity cards become the sole mandatory document for voting.



More of you who leave, the happier I'll be: Mamata Banerjee's message to rebels

Kolkata. (Agency)

Trinamool Congress chief Mamata Banerjee on Tuesday called on all INDIA bloc partners in West Bengal, including the Congress and the CPI(M), to set aside their differences and unite against the BJP. At the same time, she made it clear that rebels within her party would not be welcomed back.

Speaking at the party's annual July 21 Martyrs' Day rally, Banerjee said the fight against the BJP was bigger than personal or political differences. Her appeal came even as the TMC appeared visibly split, with a breakaway group holding a parallel programme in Kolkata. Addressing the gathering organised by the Kalighat faction of the TMC near Birla Planetarium, Banerjee said, "I want everyone to unite under the banner of the INDIA alliance in Bengal to fight the BJP. I don't have any ego. I urge others also to keep aside their differences and fight together." Though she did not name the Congress or the CPI(M), the remarks .

Shiv Sena (UBT) moves SC against Speaker's nod to merger of six MPs with Shinde faction

New Delhi. (Agency)

The Shiv Sena (UBT) on Tuesday approached the Supreme Court challenging Lok Sabha Speaker Om Birla's decision to approve the merger of its six MPs with the Shiv Sena led by Maharashtra Deputy Chief Minister Eknath Shinde. Senior advocate Devadatt Kamat, appearing for the Shiv Sena (UBT), mentioned the matter before a bench comprising Chief Justice Surya Kant and Justices Joymalya Bagchi and Vipul M. Pancholi, seeking an urgent hearing on Wednesday. "We will see," the CJI said.

Kamat informed the bench that the Speaker had, on July 18, approved the merger of six Shiv Sena (UBT) MPs with the Shinde-led Shiv Sena. "The Speaker has recognised the merger (of six MPs)," he said, adding that this has become a national phenomenon as MPs are merging with those against whom they had contested and won the elections.

On July 18, Speaker Om Birla approved the merger of six Shiv Sena (UBT) MPs with the Shinde-led Shiv Sena. The decision has now been challenged before the apex court by the Uddhav

MAHANAGAR METRO EXCLUSIVE

Unholy Nexus of ‘Khaki and Khadi’ in Karjan

Extortion Empire Across 99 Villages Drives Crores in Monthly Black Market

MAHANAGAR METRO

Kurali Village (Nai Nagari): An individual named 'Nagin' operates an open Varli Matka gambling den near the water tank.

Sapa Village: A second gambling hub managed by the same individual, 'Nagin', operates near the Nai Vasahat area.

Ranapur and Chimki Villages: Local Sarpanch Parth Shah, who holds strong political clout, faces serious allegations of unloading and distributing consignments of foreign liquor in Chimki village.

Kandari Village: An individual named Pradeep Vasawa supplies illegal Indian-Made Foreign Liquor (IMFL) near the tower area.

Bariyawas: The illegal trade of English liquor is actively run by Paresb Kantilal.

Controversial Personnel and the Multi-Crore 'Hafta' Empire

Serious questions have been raised regarding the direct involvement of



certain personnel within the police department:

1. Role of Hanubha Kamadiya: Despite past involvement in a major prohibition case, serving jail time, and facing suspension, officer Hanubha Kamadiya was reportedly transferred back to Karjan Police Station using political influence. Allegations suggest he now manages the extortion and collection network for the station.

2. Influence of LCB ASI Bhupat Rabari: Posted in the Dabhoi beat,



LCB ASI Bhupat Rabari is widely rumored within the department to handle the extortion mechanism for the district's Local Crime Branch (LCB). 3. The Extortion Arithmetic: With an estimated extortion rate of ₹1 lakh to ₹1.5 lakh per village across 99 villages, the syndicate allegedly collects crores of rupees in hafta (protection money) every month.

Questions Over 'Zero Tolerance' Claims

Minister of State for Home Harsh

Sanghavi routinely asserts a strict "Zero Tolerance" policy against illegal activities. However, the ground reality in Karjan indicates a complete disregard for these directives at the local level. As a result, local youth are being dragged into this illegal quagmire while ordinary citizens remain helpless.

Key Questions for the Administration

Mahanagar Metro poses the following direct questions to the authorities:

- On what grounds was an employee previously jailed in a liquor case reposted to the Karjan Police Station?
- How are liquor stills running just 2 km away from the police station invisible to high-ranking officers?
- Will the police department conduct an impartial inquiry and take strict action against the culprits?
- Who takes accountability if an untoward incident occurs due to these thriving illegal activities in the region?

Congress to finalise Karnataka Cabinet expansion amid fierce race for 20 berths

Bengaluru. (Agency)

Congress leadership is set to take a final call on the Karnataka cabinet expansion after crucial consultations in New Delhi, with the exercise expected to test the party's ability to balance regional, caste, gender and generational representation.

The long-awaited expansion of the Karnataka cabinet is likely to take place on Wednesday, with the Congress high command expected to take a final decision after a crucial round of consultations in New Delhi.

According to party sources, the final meeting will be held between Leader of the Opposition in the Lok Sabha Rahul Gandhi, Congress president Mallikarjun Kharge, Chief Minister DK Shivakumar and former Chief Minister Siddaramaiah before the list of new ministers is approved.The Karnataka cabinet currently has 20 vacant ministerial berths, giving the Congress leadership room to induct a large number of legislators. However, the exercise is expected to be politically complex, with



around 50 to 60 MLAs actively vying for ministerial positions.

Sources said both Siddaramaiah and DK Shivakumar have already submitted their respective preference lists to the Congress high command.

The central leadership is now expected to reconcile the recommendations and arrive at

a consensus that balances competing interests, ensures political stability and strengthens the state government.The selection of ministers is expected to be based on multiple factors. The Congress leadership is keen to maintain regional balance by ensuring representation from all parts of Karnataka. Caste equations are also expected to play a key role, with efforts being made to provide adequate representation to major communities as well as socially disadvantaged groups.The leadership is also likely to focus on maintaining an age balance by combining experienced legislators with younger faces. In addition, gender representation is expected to be a key consideration, with the party looking to increase the participation of women in the cabinet.

News box

Drunk man at wheel crashes into 7 in Ghaziabad, held

Noida.(Agency)

A man has been arrested after seven people were struck down by his car in three separate collisions in the Niwari area Sunday. Police said he was under the influence of alcohol. The victims are Lokendra (49), Vishal (21), Dinesh Kashyap (31), Sapna (36), and her children — Uttam Gautam (5), Priyanshi (15) and Prachi (17).

ACP (Modinagar) Bhaskar Verma said around 8 pm, Ajay Kumar (28) was driving from Modinagar to Niwari in a Swift Dzire. At first, he struck Lokendra's cycle in front of MIT College on Niwari Road. About 100 metres away, near Hanuman Chowk, he hit a bike. Sapna, her husband Deepak and their three children were on that bike. Sapna and the children suffered injuries while Deepak escaped unhurt. Later, he hit an e-rickshaw and injured its driver, Vishal, and a passenger, Dinesh. "Unable to control his vehicle, Kumar then hit a tree in front of the SBI branch," the ACP said. Police teams took the injured people to a nearby hospital. All of them are stable now.

Bike crashes into divider; two die, another injured

Noida.(Agency)

Two men died and another was critically injured on Monday after their bike crashed into a divider in the Sector 96 underpass. In a separate incident, a 38-year-old woman and her two children were seriously injured after a truck hit them on Faridabad-Noida-Ghaziabad (FNG).

Gulshan (18), a resident of Salarpur, was travelling from Sector 45 towards Sector 96 with his friends Nasir (18) and Chandan (27) when their bike allegedly slipped and slammed into a divider at the underpass around 12.45pm. None of them were wearing helmets, resulting in severe head injuries. It is not yet clear which of the three was driving at the time, police said. Police received information about the crash through the 112 emergency helpline and rushed them to a nearby hospital, where Gulshan succumbed to his injuries during treatment. Chandan was declared dead at Safdarjung Hospital in Delhi, said ADCP (Noida) Manisha Singh. Nasir remains critical. Around 3pm on Monday, a 38-year-old woman and her two children — aged six and eight — were hit by a truck while crossing the Faridabad-Noida-Ghaziabad (FNG) road under Sector 113 police station jurisdiction. Sector 113 police station SHO Pramod Kumar said that Madhu had picked up her children from school around half an hour earlier. The trio were crossing the road from the Sorkha side towards the Pushta side near a U-turn when they were struck by a speeding dumper truck. All three suffered serious injuries.

"As people started gathering at the spot, the driver abandoned the vehicle and fled. Police have seized the dumper and launched a search for the driver. No police complaint has been filed yet, but an FIR will be registered once police receive the complaint," the SHO said.

3 days after fatal Dwarka Expressway accident, cops tell NHAI to install no-entry boards

Gurgaon.(Agency)

Three days after a fatal Dwarka Expressway crash, traffic police have asked National Highways Authority of India (NHAI) to install no-entry warning boards. In a written communication sent on Monday, NHAI has been asked to install prominent warning boards at key entry points to prevent slow-moving and "banned vehicles" from entering access-controlled expressways.

The prohibited categories include motorcycles, scooters, tractors, e-rickshaws, auto-rickshaws/three-wheelers, e-carts, quadricycles, multi-axle hydraulic trailers and other slow-moving or non-motorised vehicles. The request comes after Shivendra Kumar, a 22-year-old cab driver, died in a crash on the expressway on Friday after his Hyundai Aura hit the rear of an e-rickshaw carrying iron rods that extended several feet beyond the vehicle. Police found that the e-rickshaw travelled nearly 3km on the access-controlled expressway, much of it in the fast lane, before the collision. An FIR has been registered against the unidentified e-rickshaw driver, who remains absconding.

Traffic DCP Prateek Gahlot said the move is aimed at preventing similar accidents and improving compliance with existing restrictions. "Our only motive is to curb accidents and save precious lives. All adequate measures are being adopted. NHAI has been requested to install the necessary warning boards regarding the no-entry zones for banned vehicles and we will take up the issue again in the next road safety meeting. Commuters should drive responsibly and not use the restricted carriageways if thebited from doing so," Gahlot said.

Monkey menace panel must act, not exist only on paper: HC to UP

Noida.(Agency)

Making it clear that committees alone can't solve growing monkey menace, Allahabad High Court has asked the state govt to ensure its newly constituted high-powered panel meets regularly, prepares a detailed action plan and acts with urgency.

Stressing that the exercise must translate into action on the ground, the court observed that the committee's work "should not remain on paper only" and asked it to place its progress report before the bench by Sept 1. The order came on a PIL filed in May 2025 by Ghaziabad residents Vineet Sharma and Prajkt Singh, who flagged the worsening conflict

between people and monkeys across the city and other districts. The petition also highlighted the plight of the animals, citing hunger, starvation and deteriorating living conditions.

A bench of Chief Justice Arun Bhansali and Justice Kshitij Shailendra noted that the state has constituted a 13-member committee, with the principal chief conservator of forest (wildlife) as its member secretary. The state's counsel informed the court that the committee, constituted on July 15, has been tasked with preparing a long-term action plan. The state also said urban local bodies have been directed to continue catching, transporting and releasing monkeys from urban areas. It informed the bench that the Wildlife



Institute of India, which is preparing a long-term mitigation report, has also been asked to suggest immediate measures to tackle the problem.

Recording the submissions, the bench said, "It is expected that the committee will look into the matter with urgency and take decision and appropriate

steps for responding to the action plan suggested by the petitioners."

Akash Vashishtha and Pawan Kumar Tiwary, who represented the petitioners, placed a 34-point action plan before the court, outlining the role of various departments in tackling the menace. Vashishtha argued that district-level committees should also be constituted to address localised problems instead of referring every issue to the state panel. "There has to be a decentralised approach... which would be more effective," he said.

He also insisted on the inclusion of railway authorities, saying several stations with heavy passenger footfall face serious monkey-related safety risks.

World Brain Day 2026: Advancing Equitable Neurological Care Through Awareness, Early Diagnosis, and Rehabilitation

World Brain Day is observed globally on 22 July every year to raise awareness about the impor-

tance of brain health and neurological well-being. The 2026 theme, "Brain Health: Access for All," emphasizes the need to ensure that every individual has equitable access to quality neurological healthcare services, promote early diagnosis of neurological disorders, increase public awareness, and encourage life-long brain health. Explaining the significance of World Brain Day, Dr. Amit M. Patel (Ph.D.), Senior Ortho Rehab Professional - Academician & Special Olympics Committee Member, Washington DC, USA, stated that the brain is the human body's most complex and vital organ. It controls movement, memory, thinking, emotions, speech, coordination, sensation, and decision-making. Therefore, maintaining good brain health is essential for an individual's well-being and for society's overall health, productivity, and quality of life. Neurological disorders such as stroke, epilepsy, Parkinson's disease, Alzheimer's disease, dementia, migraine, traumatic brain injury, cerebral palsy, spinal cord injury, and multiple sclerosis affect millions worldwide. Many of these conditions can be effectively managed when identified



early, enabling timely medical intervention, reducing complications, improving functional independence, and enhancing quality of life. According to Dr. Patel, early warning signs of neurological disorders—including sudden weakness or numbness in the face, arm, or leg, facial drooping, difficulty speaking, recurrent seizures, persistent

headaches, memory loss, dizziness, poor coordination, or loss of balance—should never be ignored. Prompt consultation with a qualified healthcare professional can lead to early diagnosis, appropriate treatment, and better long-term outcomes while minimizing disability. Dr. Patel further explained that physiotherapy plays a pivotal role in neurological rehabilitation across all stages of recovery. Evidence-based physiotherapy interventions help improve muscle strength, balance, coordination, posture, mobility, gait, flexibility, and overall functional independence. Individualized rehabilitation programs, task-oriented training, balance exercises, gait re-education, strength training, functional electrical stimulation, and assistive device training can significantly improve recovery in individuals affected by stroke, Parkinson's disease, traumatic brain injury, spinal cord injury, multiple scle-

rosis, and other neurological conditions. Early initiation of physiotherapy also helps prevent secondary complications such as joint stiffness, muscle contractures, falls, pressure injuries, and physical deconditioning, while facilitating community participation and improving overall quality of life. The Government of India has undertaken several important initiatives to improve access to neurological healthcare and rehabilitation services. Ayushman Bharat – Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) has expanded access to quality healthcare for economically vulnerable populations. Health and Wellness Centres are strengthening primary healthcare delivery, particularly in rural and underserved communities. The eSanjeevani telemedicine platform enables patients to consult healthcare specialists remotely, thereby improving access to expert neurological care. Furthermore, the Government continues to strengthen rehabilitation services through District Disability Rehabilitation Centres (DDRCs), Comprehensive Regional Centres (CRCs), and National Institutes under the Department of Empowerment of Persons with Disabilities (DEPwD), promoting multidisciplinary rehabilitation for persons with neurological disabilities. These initiatives, together with digital health services and public awareness pro-

grammes, are improving early diagnosis, treatment, rehabilitation, and long-term neurological care. Maintaining optimal brain health requires adopting a healthy lifestyle. Regular physical activity, structured exercise, a balanced and nutritious diet, adequate sleep, mental stimulation, stress management through yoga and meditation, avoiding tobacco and excessive alcohol consumption, controlling blood pressure, diabetes, and cholesterol levels, and protecting the head by wearing helmets and using seat belts are all essential measures that reduce the risk of neurological disorders. World Brain Day 2026 reminds us that good brain health is a fundamental right for every individual. Improving awareness, ensuring equitable access to quality neurological care, encouraging early diagnosis, and expanding rehabilitation services—including physiotherapy—are essential to reducing the global burden of neurological diseases. The theme "Brain Health: Access for All" is a global call to action to make comprehensive neurological healthcare and rehabilitation accessible to everyone, enabling individuals to live healthier, more independent, and fulfilling lives. - **Dr. Amit M. Patel (Ph.D.) Senior Ortho Rehab Professional - Academician, and Special Olympics Committee Member, USA**

2023 floods no wake-up call, Hindon's course still packed with houses

Gurgaon.(Agency)

Three years after Hindon flooded dozens of villages in the city and in Ghaziabad that have extended into its original course, little has changed.

Since the 2023 floods, Noida Authority and Ghaziabad Development Authority (GDA) have between themselves carried out more than 50 demolition drives to reclaim encroached land, but with partial success as illegal construction remains rampant in both districts.

"Officials occasionally come and remove illegal structures, but as soon as they leave, encroachers occupy the same land and start fresh construction," Sonu Yadav, a resident of Behlolpur, told TOI on Monday.

Hindon Jal Biradari activist and lawyer Vikrant Sharma said encroachment on the floodplain falls into two categories — settlements built over the past 25-30 years, and newer plots that are still being cut and sold. "In old settlements — Karhera in Ghaziabad and Behlolpur in Noida, for instance — there has been

practically no work done, because these areas are inhabited and it is not easy to clear them overnight," he said.

He added that both authorities share the blame for allowing these localities to come up unchecked. "The Comptroller and Auditor General, in its report, rightly pointed out that GDA, between 2017-18 and 2021-22, failed to protect Hindon floodplain and let illegal colonies come up on it," Sharma said. A recent GDA survey found 351 illegal colonies in Ghaziabad, up from 321 in 2021, occupying 2,944 acres on the floodplain. A GDA official said the authority had proposed banning property registries and denying water and electricity connections in these colonies as a long-term fix, but the stamp and registration department pushed back, citing a manual clause that bars it from denying registry or verifying documents at the time of registration. "It is here we are losing the battle to protect the floodplain," the official said. In rural areas, a floodplain is defined as land within 2.5km of the

river's midstream on either bank. In urban areas, this shrinks to 100m. A second yardstick uses the highest flood level (HFL) — the maximum width the river has covered during a



flood in the past 100 years. Together, these parameters place roughly 850sq km across Ghaziabad and GB Nagar under the floodplain zone. In GB Nagar, this includes Chhajarsi, Chotpur, Haibatpur and Behlolpur and in Ghaziabad, it includes Karhera, Ator-Nagla, Kanawani, Suthari, Shamsher, Champat Nagar and

Ferozepur.

Technically, the area between a river and its embankment also counts as floodplain. Raj Kumar Vern, executive engineer of the irrigation department, said about 50km of embankment, or 'bund', has been built along both banks of Hindon across Noida and Ghaziabad.

In Ghaziabad, however, only 8km of the river's course is embanked. In GB Nagar, around 42km of the river's 45km length is embanked, leaving the rest exposed to encroachment. NGT directed the UP irrigation department in the aftermath of the 2023 floods to demarcate the floodplain in both districts, but this remains incomplete. Survey of India is currently carrying out the demarcation. "NGT, in an order dated May 25, directed to resolve the issues delaying demarcation, and to submit a progress report at least a week before the next hearing," Vern said. The tribunal is due to hear the case on Sept 1. On July 24, 2023, Hindon swelled to 201.

120 crore land docs secure in fireproof compactors in Karnataka

BENGALURU. (Agency)

Karnataka A has become the first state in the country to secure over 120 crore government records, including documents that are 100 to 150 years old, in fire-proof, high-security compactors.

The compactors are equipped with a key locking system and are housed in a restricted-access room with biometric entry, allowing access only to authorised personnel.

The initiative aims to preserve valuable archival records through enhanced safety and security measures.

Government rules permit the destruction of records that are no longer required, while important and historically significant documents are preserved permanently. To safeguard these records, the Revenue Department has established Modern Record Rooms (MRR) equipped with high-capacity compactors. Additional Chief Secretary (Revenue) Rajender Kumar Kataria told The New Indian Express that these record rooms have restricted.

AP govt initiates Rs 20,884-crore irrigation push in Rayalaseema

VIJAYAWADA. (Agency)

Rayalaseema, long defined by its struggle against water scarcity, is witnessing one of its most ambitious irrigation drives under the Chandrababu Naidu-led coalition government.

With irrigation works worth Rs 20,884 crore currently underway, the programme aims to stabilise irrigation over 4.37 lakh acres and extend benefits to nearly 9.80 lakh acres, while creating an additional 52 TMC of water availability.

For decades, despite multiple projects, reliable water at the farm level remained elusive. The present strategy shifts focus from announcements to execution — completing legally approved projects, modernising canals and reservoirs, strengthening lift irrigation systems, and reviving traditional water bodies to build long-term water security.

Among the flagship projects, the Handri-Neeva Sujala Sravanthi (HNSS) has received investments of over Rs 3,880 crore in a year, with another Rs 3,145 crore for canal strengthening to carry Krishna waters to tail-end areas. In a statement, the State government has announced the details of the irrigation projects in the State.

The project supports irrigation across 6 lakh acres and provides drinking water to 33 lakh people.

1,011 tanks under restoration to ensure water security

Other key works include the Galeru-Nagari Sujala Sravanthi (GNSS), Telugu Ganga, Polavaram and Pattiseema, Vedavathi, Adavipalli Reservoir, Pothreddypadu Head Regulator, Gorakallu.

‘ASR Airport will be a jewel of North Andhra’: Chandrababu Naidu

VIJAYAWADA. (Agency)

Chief Minister N Chandrababu Naidu said that the Alluri Sitarama Raju International Airport at Bhogapuram will emerge as the jewel of North Andhra.

Reviewing arrangements with senior officials for the inauguration of the airport by Prime Minister Narendra Modi on August 1, the Chief Minister directed that the event be conducted on a grand scale. The Chief Minister instructed officials to accord a traditional welcome to the Prime Minister, showcasing the rich cultural heritage of North Andhra region.

Officials informed the Chief Minister that, along with the inauguration of the passenger terminal building, the Prime Minister will also formally inaugurate the GMR Skill Development Centre, the Aviation Hub-University and the GMR-MANSAS Edu City.

Describing the airport as a landmark project for North Andhra, the Chief Minister said it would serve as a logistics hub, provide global connectivity and become a game changer for Andhra Pradesh's economic growth.

The Chief Minister directed officials to honour the farmers and landowners who contributed land for the mega international airport.

AAP govt to distribute 4 lakh schoolbags with Chief Minister Bhagwant Mann's photo

Ludhiana. (Agency)

The Punjab government is set to distribute 4 lakh schoolbags with the photo of Chief Minister Bhagwant Mann printed on them. The bags, designed and printed by the Punjab School Education Board (PSEB), reached schools Monday, and distribution will begin Tuesday, teachers said. According to the official letter received in districts, the bags have to be distributed to class 11 and 12 students only. In some districts, teachers have been unofficially told to call MLAs or local AAP leaders to distribute them.

The yellow colored bags, with Mann's photograph, have the slogan of AAP's school education reform "Punjab Sikhya Kranti" written on them.

While officials said that it was an initiative to help senior secondary students in carrying books, assignments etc, teachers have questioned the logic.



"Class 11 and 12 students do not need school bags, but notebooks, registers etc. They are being given these bags with CM's images as they are politically aware. The teenagers are being targeted for this

political publicity as they are potential voters. Many in class 12 are already 18+ and registered as voters. If they really wanted to help class 11 and 12 students, then the right approach was to reduce the exam registration fee. The students even pay to get detailed marksheets," said Dharamjit Singh, state secretary, Lecturer Cadre Union, Punjab.

Vikram Dev, state president, Democratic Teachers Front, said, "They are doing this for their campaigning but for a child, it is hurting his dignity. You are making him realize that even the bag he will carry to the school daily has been given free of cost by the government."

Rajwinder Singh, a teacher, said, "This government has made it a routine to do politics in the name of education. Earlier

they distributed government schemes pamphlets on Parent Teacher meetings, then books were distributed in polybags which had CM's photo and now these bags. No one is a fool to not understand why these are being given to class 11 and 12 students only. They are potential voters and any effort to influence them will also reach their parents."

When contacted, PSEB chairman Amarpal Singh said, "We have only done the printing job as told by the education department. We have printed 4 lakh bags on their order and they have paid us for the job."

We have not decided on its design," Sakatar Singh Bal, director of secondary education in Punjab, said, "Bags are being given to senior secondary students on a pilot basis. We will expand to other classes if required. The PSEB has designed the bags."

Leopard sneaks into Rajasthan liquor shop, pounces on shopkeeper

Tonk. (Agency)

A leopard entered a liquor shop shortly after it opened in Rajasthan's Tonk district on Monday and attacked two employees before they escaped and locked the animal inside the premises from outside. The incident took place in Todaraisingh town.

Earlier in the day, the leopard had also allegedly attacked a forest volunteer near a forest outpost, leaving him injured. Forest officials said leopard movement had been reported for several days in the forest stretch between Todaraisingh and Bisalpur, and that leopards had also been spotted earlier near temples and hillocks on the outskirts of the town. According to the account from the main market in Todaraisingh, a salesman had just opened the liquor shop and was checking the cash

when the leopard, believed to have strayed from the nearby forest, quietly entered the premises. The animal moved in so silently that neither the salesman nor



his colleague noticed it until it suddenly turned aggressive and attacked the salesman, injuring him. It then attacked another employee seated in a different section of the shop. Both men then managed to rush out of the shop and pull

down the shutter from outside, trapping the leopard inside. The injured salesman was referred to Tonk for further treatment, while the other employee was given first aid in Todaraisingh. It then climbs onto a table and, as the shopkeeper approaches to inspect the area, suddenly pounces on him before running deeper into the shop. Earlier, the same leopard allegedly attacked forest volunteer Rakesh Saini near a forest outpost. He suffered injuries to his legs in the attack. After the leopard was confined inside the shop, a large crowd gathered outside the premises. Assistant Conservator of Forests Anurag Maharshi and his team reached the spot from Tonk, while a specialised team from Jaipur Zoo was called to tranquilise and safely capture the animal. Police personnel were also deployed at the scene and faced difficulty in controlling.

9 workers killed, several trapped after explosion in Sikkim tunnel, rescue ops on

Gangtok. (Agency)

Nine workers were killed and at least 16 remain trapped inside an under-construction tunnel in Sikkim after a methane gas explosion triggered a landslide, blocking the tunnel entrance and cutting off the escape route.

A total of 25 workers, including National Hydroelectric Power Corporation (NHPC) personnel, were trapped inside the tunnel. Of them, nine have been confirmed dead by the district administration, while rescue operations are underway to evacuate the remaining

16 workers.

Rescue teams are continuing a massive operation for the second consecutive day



inside the under-construction tunnel of the NHPC Teesta Stage-VI Hydroelectric

Project in Namchi district, amid challenging conditions.

The operation has been severely hampered by hazardous methane gas, low oxygen levels, poor visibility and the narrow tunnel passage, making it difficult for rescue personnel to reach those trapped. Officials said methane gas, believed to be naturally emanating from underground strata or rock formations, had reportedly accumulated around 1.5 kilometres inside the tunnel. An attempt to vent the trapped gas is believed to have triggered an explosion, causing a landslide that blocked a section.

stability of the road. Officials have suspended traffic on the affected stretch to prevent any untoward incidents.

Earlier, traffic had been regulated through a single lane to ensure safe movement. However, after assessing the condition of the damaged road, the administration imposed a complete restriction on vehicular movement until further notice.

Continuous rainfall has increased the risk of landslides, road subsidence and falling rocks across the hill districts of Uttarakhand. Authorities are closely monitoring the situation and have urged residents and tourists to avoid non-essential travel. The India Meteorological Department has forecast heavy to very heavy rainfall in parts of the state and advised people to strictly follow weather advisories and instructions.



Fake death, real land, ex Andhra Speaker arrested in Rs 4 crore fraud

Srikakulam. (Agency)

Srikakulam Rural Police have arrested eight people, including former Andhra Pradesh Speaker Tammineni Sitaram, in connection with a land-grabbing conspiracy involving forged government documents, fake death certificates and fabricated inheritance records to illegally acquire a prime property worth around Rs 3-4 crore. Addressing a press conference, Srikakulam Superintendent of Police K.V. Maheshwar Reddy said 13 people have been named in the case. Eight key accused have been arrested and produced before a court, while special police teams are searching for the remaining five suspects. The case came to light after a complaint was filed over a vacant 900-square-yard plot in Survey No. 35/13, comprising Plot Nos. 84, 85 and 86 at Sathya Sai Nagar in Chapuram Gram Panchayat, Balaga. According to police, the land was legally purchased in 1988 and 1992 by the

complainant's father, who later moved to Hyderabad for work, leaving the property vacant.

Police said the accused allegedly exploited the prolonged vacancy of the land by collecting original link documents relating to the property and creating forged records to claim ownership. Investigators found that the syndicate prepared a fake death certificate declaring the original owner, Andavarapu Govindarajulu, dead, even though he is alive. Using the forged certificate, they allegedly obtained a fraudulent Family Member Certificate and projected accused Adabala alias Andavarapu Rajini as the sole legal heir to facilitate the property's registration.

The alleged fraud was uncovered when the accused attempted to construct a

boundary wall around the plot. Members of the original owner's family objected to the construction and later approached the police after allegedly being threatened. During the investigation, police identified Telugu Satish Kumar as the alleged



mastermind behind the operation. According to the SP, Satish Kumar coordinated the preparation of forged documents and facilitated the fraudulent registration with the help of associates Trinadha and Koona Peddiraju.

Police alleged that Tammineni Venkata Sriramulu, son of former Speaker Tammineni Sitaram, was shown as the purchaser of the property. The investigation further found that Tammineni Sitaram and his wife, Tammineni Vani, were also part of the alleged conspiracy. The SP said the three allegedly arranged for four lecturers from a private degree college run by the family in Amadalavalasa to sign as witnesses on the registration documents.

The investigation also raised questions over the role of the then Sub-Registrar. Police alleged that the property registration was completed without mandatory PAN card verification or submission of Form 60, despite the transaction value exceeding Rs 5 lakh. Authorities said the names and addresses in the supporting documents were also not properly verified before registration.

Bumpy swadeshi model of justice

It was indeed a wise man who said that judges should shun the spotlight and let their judgments do the talking. But that was before the era of YouTube and 24x7 breaking news. In India's legal firmament today, judgments do not make news, mainly (I suspect) because these have become one-sided and therefore predictable. The obiter dictum makes news, delivered from the lofty perch of finality, if not infallibility. The Honourable CJI, Surya Kant, is currently not only the master of the roster, but also of the obiter dicta. How can we forget, if not treasure, his denunciation of the three academicians who wrote that chapter on the judiciary for NCERT, banning them from any government engagement? The later cockroach comment is now part of legal folklore. And just recently, in an address at Oxford University, he remarked that India should develop its own "swadeshi jurisprudence", something even our freedom fighters had not thought of. I am not sure what he meant by this call to a legal atmanirbharta, or whether it is the right course to follow. For, in civilised democracies at least, jurisprudence and laws are aligned with global principles, concepts, conventions, declarations, rights and charters, and till recently we more or less conformed to these universal principles. Swadeshi jurisprudence, it must be lamented, has already arrived in India, which is why, according to the WJP (World Justice Project) Rule of Law ranking for 2025, we are placed at 86 out of 143 countries. We have been consistently slipping down — in 2014, we were at 66. Frankly, I am not surprised, because the evidence is strewn all over the road to swadeshi jurisprudence. It is the price we have paid for the gradual loss of independence, integrity and quality of the judiciary.

Jurisprudence in India today appears to be governed by four made-in-India/swadeshi doctrines which should be a blot on any justice system: fait accompli, sealed cover, ignore the science, and reward the criminal. Importantly, even constitutional challenges to the executive's actions are kept on the backburner for so long (Article 370, CAA, SIR, Shiv Sena split) that by the time they are decided, it is impossible to turn back the clock and undo what the government of the day has already implemented on the ground. The sealed cover has become the standard fallback option for denying full disclosure to civil society petitioners, or for not giving rebuttable reasons for a particular judgment (Rafale, Pegasus, Vantara, Hindenburg). Increasingly, this spectre of our swadeshi jurisprudence, like the executive, shows disdain and contempt for science, as in the case of stray dogs, Aravalli mountains, the Char Dham highway, and the Great Nicobar project. More trust is reposed on government-appointed committees and patently partisan ministries than on scientists, domain experts and specialised organisations working in the relevant field. Finally, this mutant form of justice also ensures that the criminal will be duly allowed to keep the proceeds of his crime (Ram Mandir theft, electoral bonds) even as his actions are declared irregular! A judicial parapsydokian if ever there was one.

Perhaps the biggest stain on our swadeshi system of justice is the default denial of bail to every three out of four accused who are otherwise entitled to it: 74 per cent of the prison population comprises undertrials, and the position keeps getting worse. Eminent scholars, students, social activists are denied bail for as long as five years, even though they are not convicted, and in many cases their trials have not even commenced. A university professor with 90 per cent disability is deemed to be a national security threat, and kept in jail for years without a trial. He finally gets acquitted and released by a High Court, but is pushed back in within 24 hours at an urgent hearing by the apex court! And here is the supreme irony — those who are not convicted are kept in jail, while the convicted elite are out on parole whenever they want a breath of fresh air!

Touchstones: A proud Indian, and not so

Who does one blame? The government, parents? Look within

There are times when I am proud to be an Indian but there are many more times when I'm ashamed to be one. These occasions arise when I encounter (or read about) my fellow countrymen and women behaving like uncouth, loud junglis, particularly when they travel. Whether this is in India when they drive on the wrong side or bully other people on the road to give them way and hurl abuses when not allowed, or when they come across pedestrians. Then there are those who spit and blow their noses without a care for anyone who may be blessed with their offensive 'gifts'. What about those who toss out empty chips or gutka packets or those who relieve themselves in full public view? I could go on and remember those who leap up in a plane as soon as they land and open the overhead storage before it is safe to stand, or those who leave public toilets littered with paper and water. Or those who speak loudly on their mobile phones and watch something on their laptops without earphones. The list is endless and I am sure you have encountered such people when you step out even to a shop or wait to board a train or bus. It's fine to blame the government for many of the ills that beset our country, but have you ever seen any person standing patiently in a queue or giving up his seat to a senior citizen or a woman? For many of us, freedom from foreign rule granted us the right to shrug off all the rules the colonial government had imposed, which includes behaving as if public property belongs to us. The recent revelation about crores worth of linen the Railways lose to passengers who take home bedsheets, blankets, pillows and even face towels provided in air-conditioned coaches was an eye-opener. And who was made to reimburse the loss? The poor attendant of the coach. Similarly, an Indian family on a foreign holiday was publicly shamed when their luggage was searched and the hotel recovered stuff they had slyly purloined. As for the loud singing and dancing when travelling on a plane, especially by a wedding party, the less said the



democracy. The room was full to overflowing and some of our most well-known scholars, public intellectuals and social scientists stood throughout the presentation as the room had run out of seats. The lecture was excellent as expected and covered the earliest manifestations of democratic impulses to make the point that we evolved into a democracy not because we learnt it from the West, but because we have a long and proud history of living harmoniously

together. This point is often made by others as well, but what I was amused to see was that the scholar (who comes from UP and speaks impeccable Hindi) chose to deliver this lecture in English. Naturally, Ambedkar and Gandhi were invoked with the respect they deserve, and Nehru valorised for setting up all those institutions that have strengthened our democracy and made it into an article of faith. He regretted that Gandhi's infusion of Hindu gods into his version of democracy has now been totally betrayed by the present government's aggressive promotion of Hindutva. He forgot to mention that Gandhi wrote and spoke in simple Hindi so that even the unlettered villagers absorbed his thoughts.

There is no denying that English is now regarded as the language of serious intellectual communication. Rare is the public intellectual who cares to write in Hindi (or any language other than English) and it follows that such wisdom is shared only amongst like-minded people. There is now a determined effort to widen the outreach of TV news by inviting guests and appointing anchors who can speak in other languages, but go to any public lecture by a known scholar and you will find the room full of like-minded people like us. Sitting in libraries and in think tanks, their faith in data collected by their assistants is of more value than visiting the hinterland of India to see the truth for themselves. BusinessNews ColumnsWe value Gandhi and Nehru for many remarkable changes that helped deepen the roots of our democratic system, but increasingly we have forgotten that they were such compelling speakers because they effortlessly spoke in the lingua franca that always comes from the heart. As Peggy Mohan has put it, mother tongue and fatherland are related in ways that we are slowly forgetting. Caste was bad enough as a social segregator, but is class any better? Why does even the most disadvantaged Indian want his children to speak English and not the language he speaks with his parents? There is no point in preaching to the converted. If we are to strengthen the roots of our democracy and widen its appeal, we must learn to respect the wisdom of the common Indian. In election after election, it is this wisdom that has saved our democracy.

Focus on shielding farms from monsoon vagaries

Whatever the help from the Centre, a lesson needs to be learnt in Karnataka about successive governments' neglect towards making the state's agriculture significantly less dependent on monsoon rainfall

The crisis Karnataka's farmers are facing because of a severe monsoon deficit is likely to have national ramifications. By the first week of July, merely a third of the targeted kharif crop sowing had been achieved. The agricultural season from June to October normally yields a robust mix of coarse cereals and food grains like paddy, maize, ragi (finger millet), jowar (sorghum) and bajra; pulses like tur (pigeon pea) and various grams; oilseeds like groundnut, sunflower, soybean and niger seed; and cash crops like cotton, sugarcane, tobacco and red chillies. All of this is directly dependent on the monsoon. Karnataka has the second largest pool of arid lands after Rajasthan and 84.79 lakh hectares of rain-fed farmlands, making agricultural production highly dependent on the monsoon. The severe rain shortfall caused this year by El Niño conditions has meant that the regions of Malnad (the area in the Western Ghats that has catchments for some of the state's major rivers), the coast, north interior Karnataka and south interior Karnataka face rainfall deficits of 34 percent, 30 percent, 24 percent and 18



percent, respectively. The impact is unlikely to be limited to Karnataka. The state is the largest producer of coarse cereals in India, along with the largest acreage among states allotted to tur dal cultivation. A major decline in Karnataka's output is bound to affect food prices across

the nation. The human crisis is also getting worse by the day. With 1.37 crore people or one in every five denizens of Karnataka dependent on agriculture, Chief Minister D K Shivakumar has appealed to Prime Minister Narendra Modi to send a central team to assess the situation first hand and help mitigate the problem. Whatever the help from the Centre, a lesson needs to be learnt in Karnataka about successive governments' neglect towards making the state's agriculture significantly less dependent on monsoon rainfall. Instead of focusing primarily on developing Bengaluru with mega plans costing ?1.5 lakh crore, the government needs to divert resources towards expanding irrigation, improving water conservation, shifting to drought-resistant crops, expanding canal networks, increasing groundwater recharge and adopting precision micro-irrigation systems. This is not just to protect the state's agrarian community—but to ensure farming is not held hostage to the vagaries of nature forever.

Universe: The Shambhala prophecy

➤ The prophecy turned fear into narrative, conflict into cosmology, and survival into destiny

In a world that seems to be hurtling from one crisis to another, many people are talking about the Shambhala prophecy. This appeared in the early 11th century in a Buddhist Tantric text called the Kalachakra Tantra. At that time, Northwest India was under heavy military pressure from expanding Islamic powers. The prophecy was not really a religious vision. It was a political response, but written in the language of myth and cosmic prediction. At its heart, it carried an apocalyptic imagination. The text spoke of a future age of decline, when the world would fall under the rule of the mleccha, a word used for outsiders, here linked specifically with Islam. This was not described as a passing problem but a complete change in the world order. Existing religions, including Buddhism, would seem to fade as a powerful and disciplined rival faith took over. Into this collapsing world came a saviour, Kalkin Raudra Cakrin, the future king of the hidden land of Shambhala. Unlike earlier Buddhist ideals that praised withdrawal from the world, this figure was a warrior-king. He did not retreat. He stepped forward, leading an army into a final, massive battle. The prophecy described this as a holy war, in which the forces of Shambhala would crush the 'demonic dharma' of the invaders and restore balance to the cosmos. After this victory, a new golden age of pure Buddhism would begin, echoing older Indian ideas of cycles of decline and renewal. But the meaning of the prophecy did not stay the same. Over time, later interpreters softened its militant tone. What had once been a literal war against outside enemies was reimagined as an inner struggle. The battlefield moved from geography to the mind. The 'barbarian' was no longer only a foreign invader but also the ignorance, desire, and anger inside each person. In this reading, Kalkin became a symbol of awakened consciousness



that destroys inner delusion. South Asians & Diaspora Still, even in its earliest form, the prophecy had a clear strategic purpose. It tried to draw boundaries and win loyalty. The text warned Brahmanical communities that their own rituals, especially animal sacrifice, made them similar to Islamic practices that also allowed ritual slaughter. This similarity, the text suggested, made them vulnerable to absorption into Islamic culture. The argument was not just religious; it was political

persuasion. By stressing similarity, the prophecy hinted at inevitability, and then offered an escape through initiation into the Kalachakra system. In this way, it worked as a tool of conversion in a competitive religious world. Centuries later, the prophecy gained new life far from where it began. Among Mongol Buddhists in the 19th century, it was revived to shape identity against Muslim populations of Central Asia, often called Turkestanis. The Shambhala story gave a cosmic frame

to ongoing conflicts. Real historical figures were pulled into this mythic structure. Genghis Khan, for example, was sometimes reimagined as an agent of the prophecy, a warrior destined to fight Islam as part of a larger cosmic drama. The Shambhala prophecy shows how mythology responds to historical crises. It turned fear into narrative, conflict into cosmology, and survival into destiny. And so, we repeat the ancient tale today as we watch the fall of Western cultures on social media.

Thou shall never have to complain that everyday food is boring, as chefs and cooks embrace the idea of 'new twists in local tastes'. These experiments with food come from the need of keeping away the 'boredom factor', as celebrity chef Vineet Bhatia calls it. "We should always aim to make it better and beautiful. It helps in opening up mindsets about how food can be modified," he said recently.

The internationally renowned chef talks of simple twists like giving kheer a Banarasi paan flavour and roasting chicken with Darjeeling tea leaves. "The Darjeeling tea leaves are so old and world famous, and one would have hardly thought the wonderful taste and aroma it can bring to roasted chicken. There is so much inspiration in India and constant relearning that can happen on the food front," he says. Actor and foodie Arjan Bajwa agrees. Eggs are an everyday feature on his menu, but he doesn't ever have to worry of getting bored of them. Simple changes in the seasonings like switching from garlic to curry leaves and cumin does the trick, he says. For Bajwa, it was during a meal at a small food joint in Canada that the idea of using different ingredients in tested recipes struck him. "At this place run by an Indian, I was served Italian pasta with mango, amla and garlic pickle. And it tasted amazing."



Here's how to give a delicious twist to Regular Food

UK-based chef and food writer Manju Malti says a few years back she walked into a small mithai shop in Ludhiana, Punjab, and discovered something known as Bournvita barfi. "It tasted divine. The maltiness of the

milk chocolate worked well with the richness of khoya. I asked the shop keeper how he made it and he said he just mixed the chocolate milk powder with a bit of sugar and folded it into the thickened whole milk." Malti, who hosts cookery theatres around

Britain on Indian food, suggests, "Adding grated cheddar cheese to the marinade works up a treat when preparing Malai Murgh Tikka. It adds to the creaminess and the subtle warm flavours of this Mughlai style North Indian dish."

Desi tastes, videsi twist

In recent times, restaurant menus have come up with interesting twists of popular Indian flavours. Here are some options for you to explore:

1. Mango jamun is a sinful combination of mango mousse and gulab jamuns paired with the unusual gulkand chutney.
2. Coconut Creme Brulee is an Indian take on the classic French dessert — the sweetness of the coconut adds to the rich smoky flavours of the cream.
3. The khichdi parmigiano elevates the staple khichdi to a sophisticated delight when paired with parmesan cheese and exotic truffle oil.
4. Boondi Cheesecake, Gulab Jamun Brulee and Madras Coffee Mousse are among the sinful names on some restaurant menus.

Tadka bread snack (Serves 2)

Malti says, "This is one of my signature dishes, which is incredibly simple to make with leftover pav or bread."

Ingredients

- Sunflower or olive oil: 2 tbsp
- Brown mustard seeds: ¼ tsp
- Onion, peeled and chopped: 1
- Green chillies, chopped: 2

Kheer with orange essence, pulao with a hint of jasmine tea, or how about butter chicken with some herbs? There's so much you can do to break monotony in everyday food

- Turmeric: ¼ tsp
- Sugar (optional): ½ tsp
- Ground cumin: ¼ tsp
- Salt: ¼ tsp
- Yogurt: 1 tbsp
- Lemon juice: 1 tsp
- Bread, cut in cubes: 4 slices
- Fresh coriander for garnish
- Tomato, chopped: 1

Method

Heat oil in a small saucepan, add mustard seeds. Once they start popping, tip in onion and chillies, and stir for a minute. Then add the turmeric, sugar, cumin and salt and continue to saute for one minute. Pour in the yogurt and lemon juice, stirring continuously. Lastly, fold in the bread carefully making sure it doesn't crumble too much. Cook for two more minutes. Serve sprinkled with coriander and chopped tomatoes.

Tip: Add a dollop of yogurt over the finished dish to cool it.

Play with spices

Aamchoor powder

Amchoor has a pleasant sweet-sour aroma and a tangy, fruity flavour. A great way to use it would be as part of a spice rub for grilled meats or as meat marinade. Its sharp, acidic tang would definitely complement the smoky flavour of juicy, grilled meat.

Poppy seeds

While poppy seeds don't have a distinct flavour, they work well when combined with other spices. You could say it has a base flavour. Slightly nutty, it's great for enhancing the taste of a dish. Lightly roast them and sprinkle on your rotis, or season your salads, chutney, fish etc.

Za'atar

For those who don't like 'hot' spices, try za'atar for seafood dishes. It will lend your dish a mix of flavours comprising of dried mint leaves, dried coriander leaves, sesame seeds and rock salt.



Snacking your way to good health

You know you're turning into a serial snacker when following a diet plan seems like an uphill struggle, and ever so often, you end up grazing on unhealthy nibbles. While gyming is an obvious remedy to shed the excess flab lingering around your body, there's a new food mantra that may help you shrug off the guilt and continue munching.

Those who can not do much to improve their sedentary lifestyle are resorting to an assorted platter of nutritious quick-eats and mini meals to stay healthy and happy. We sets out on a gastronomic tour of the city to sample the fibre rich tidbits that are changing the eating habits of urban folks... Edamame beans, dehydrated fruit mixes and granola bars are some of the items that conjure up the platter offered by Snackosaur.com, an online outlet that caters



to orders from across the country.

Entrepreneur Ankita Mendiratta Mehta, who co-founded the website, says, "There is a lack of healthy food choices for those who end up putting in longer hours at work or those who are often on the go. Although many people now watch what they eat, a sizeable amount of the urban population still gorges on junk food between meals. Traditional goodies are yummy, but at times harmful to health. The snacks that we provide are low in calories and include ingredients like millets, superfoods, whole wheat and fruits. Even the modes of cooking employed are healthy - mostly roasting and baking."

It is time to reinvent snacking by evaluating food trends as well as the preferences of people from different age groups. The nutrient-rich food boxes, which can be

bought from select outlets in the city as well as online, are decently priced and often come with a note detailing the benefits of each item in them.

These colourful concoctions of food contain high protein and fibre, meaning a healthy diet. According to Kushal Sharma, the co-founder of NutriTown, changing the eating habits of people requires radical thinking and a holistic approach towards achieving it. The meals offered by this outlet are claimed to be all-

natural, sans maida, mayo and cream.

The metabolic system relies a lot on what we eat and drink throughout the day.

Thus, a meal consisting of items such as Onion infused Chappati, Soya Aata Kadi, Sprouts Subzi, Capsicum Mint Raitha and Chickpea Salad, complete with a spinach-based drink, could ensure our overall well-being.

Apart from keeping a check on our cholesterol and blood sugar levels, consuming food that contains natural ingredients may help us detoxify and stay energised all day.

While this bunch of newbies in the city is using innovative methods to mix up crumbs and chunks to offer a delicious mouthful, a few others are engaged in giving a healthy retouch to home-made delicacies.

Momscurry.com, for instance, involves home makers to ready up meals that are freshly-prepared and delivered at doorsteps. Manish Jha, who is at the helm of the portal, says, "It is very important that we eat our food on time. Skipping breakfast can actually make weight control more difficult. We endorse food that is conventional, yet ingenious and healthy. For example, litti chokha, a traditional cuisine from Bihar, could make an interesting quick-bite."

Noodle chaat with Manchurian sauce

Bite into this delectable crispy fried noodles, topped with Manchurian sauce and crunch vegetables. Enjoy!

Preparation time: 20 minutes

Cooking time: 20 minutes

Serves: 4

Ingredients:

4 cups boiled noodles

Soy sauce: 2 tbsp

Vinegar: 1 tsp

Corn flour: 1

tbsp

Green onions: 4 nos

Garlic: 8 cloves

Ginger: 2 inch piece, grated

Tomato ketchup: 4tbsp

Spring onions: 2

Finely chopped vegetables (carrots, capsicum, cabbage): 1 cup

Vegetable oil for frying

Salt to taste

Method:

Finely chop the ginger, garlic, spring onion whites and greens.

Mix together the tomato ketchup, soya sauce, corn flour, salt vinegar and 1 cup water.

Heat sufficient oil in a pan.

Deep-fry the noodles in hot oil till golden brown. Do this in batches.

Heat 1-tablespoon oil in a wok or pan till fairly hot. Add chopped onions whites, garlic and



ginger. Saute on high heat till golden in colour. Add the corn slurry. Bring to an immediate boil and cook till the gravy thickens. Put some fried noodles in a bowl. Add some chopped vegetables over it. Top with some Manchurian sauce. Garnish with chopped spring onion greens and serve.

Delicious Coconut Rice recipe



The combination of Chana dal, grated coconut and rice make for a delectable serve

Coconut rice is made with many variations. One version is when chana dal and rice are steam cooked along with grated coconut.

Here is how to cook coconut rice:

Ingredients:

Chana dal: 200 gms

Rice: 350 gms

Coconut: One half of a whole coconut (can use the whole coconut if the size is small)

Mustard seeds: ½ tsp

Cumin seeds: ½ tsp

Urad dal: ½ tsp

Red chilli (Whole): 2

Curry leaves: 4-5

Salt to taste

Method:

- Soak the chana dal for one hour before cooking. Rinse the rice before cooking.

- Take oil in a pan and heat it. Add mustard seeds, cumin seeds, urad dal, red chilli and curry leaves in to it. Once the mustard seeds start to crackle, add soaked chana dal and rice and mix the ingredients well. Add adequate water, but see to it that you add only as much water the whole mixture needs to cook.

- Add salt and grated coconut. Put the lid on the vessel and allow it to cook for 10 minutes. - After 10 minutes, mix the ingredients well and see how well cooked the chana and rice are. If you feel it will get ready by another five to 10 minutes, then allow the entire thing to cook in a low flame. Add another two spoons of oil at the same time. Let it settle for a while.

- If you want to cook it in a pressure cooker, it will taste equally better. But add less water than what you would have if you were cooking in a vessel.

- Serve the hot coconut rice with appadam and piping hot rasam. It is indeed a yum treat for taste buds.

Whenever anybody says BBQ, I quickly say, 'Barbeque' in my food writer tone. But BBQ Chicken is most definitely not the conventional barbecued chicken restaurant.

It actually means Best of the Best Quality Chicken - and this Korean chain's tag line proclaims it, though in a much smaller font. I'm intrigued enough to call and ask if they serve anything that's remotely vegetarian.'Oh no. We don't serve vegetarian food,' I was informed, quite pompously, when they first opened. 'But we do have sea food.'

Venturing there, fully prepared to have a non-vegetarian meal, I am in for a little surprise. They actually have a few dishes on their menu with the little green icon, denoting vegetarian. The fact that you can count them on your fingertips is not really an issue, because all you need is one dish.

Decor

Well, it's nice in an ordinary, comfortable way. They have one wall with framed pictures and the location is pretty central - not technically on KNK Road, but close enough. And, if you have a window seat, you can look out onto the busy road through large glass windows and watch vehicles whiz past from your comfortable perch. Nicely planned, though, BBQ Chicken has party space, complete with a special menu. In all, this rather large restaurant can comfortably seat 150 people at a time.

Food

All the global cuisine offered at BBQ Chicken is cooked in olive oil - including the fried stuff, making us feel virtuous and going for the fried col pop. It's got chicken or vegetarian popcorn style, served with iced tea or cola in convenient containers with the pops on top and the cola below so you can easily take a bite and sip at the same time. I must say, the chicken col pop that we tried

Restaurant review: BBQ Chicken

Whenever anybody says BBQ, I quickly say, 'Barbeque' in my food writer tone. But BBQ Chicken is most definitely not the conventional barbecued chicken restaurant.

is nicely crisp on the outside and succulently fresh on the inside, and we polish it all off before it gets cold. Our chicken in mushroom sauce and grilled fish in black pepper sauce arrives in individual platters. Both turn out to be delicious and I'm particularly kicked with my boneless bassa fish fillet. It is delicious with the pepper sauce, and the steamed veggies that come with it are on a bed of mashed potato, adding healthy colour, vitamins and minerals to the meal.



French Fries recipes:

Baked Cajun, Truffle scented

Have you ever wondered how a cheese burger would look on a plate without the mandatory French fries bundled up right adjacent to it?

The burger may have been priority on the menu but the case of the missing fries surely leaves us feeling a little incomplete after the meal. Side dish it may be called but only after dipping the crisp slender fried potatoes in sauce and crunching it in our mouths do we proceed with the main dish on the plate. Isn't it?

French fries have evolved over the years in many forms and have become an inseparable a dish for diners at restaurants. Executive Chef Girish T.V, Courtyard Marriott says, "French fries provide a sense of completeness and determines the level of satisfaction of the entire meal. It is a given fact that people enjoy and savour a burger more if the fries are perfect as an accompaniment. Otherwise, the taste of the main dish becomes too dry and the meal satisfaction below average", adds Girish. You too can try slicing and frying

the potatoes in different ways and experiment with your own cooking skills.

We share some simple and easy-to-make French fries recipes:

Recipe: Baked Cajun French Fries

Ingredients

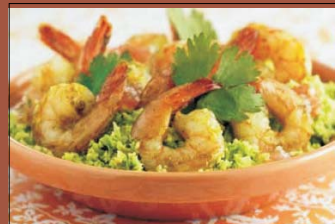
Potatoes 3 Nos

Olive oil 80 ml

Paprika 20 gm

Ground cumin 5 gm

Dried oregano 3 gm



Dried thyme 3 gm

Sea salt to taste

Method

-Wash and cut the potatoes length wise in to ¼ inch batons

-Preheat oven to 450 degrees F.

-In a mixing bowl toss the potatoes with olive oil to coat.

-Mix the spices and salt together and toss with the potatoes to coat

-Arrange the potatoes in a single layer on an oiled baking sheet

-Bake for 20 minutes. Flip the potatoes, bake for another 12-15 minutes.

-The fries should be golden brown, Serve immediately.

Recipe: Truffle scented home fries with parmesan cheese

Ingredients

Potatoes 500 gm

Truffle oil 5 ml

Parmesan cheese 100 gram

Sea salt to taste

Cracked black pepper to taste

Oil to fry

Method

-Wash the whole potatoes thoroughly and cut in to wedges with the skin on

-Boil the potatoes until half done and refresh.

-Deep fry the potatoes wedges in medium hot oil until crisp and golden brown.

-Remove from the oil and toss it with sea salt, grated parmesan and truffle oil.

-Serve hot



A grand maharaja meal at Southindies

Indulge in mouthwatering South Indian cuisine with a grand festival at Southindies, Shivajinagar. Choose from the exotic dishes from all the four southern states of India.

The personalised meal experience at the Grand Maharaja Banquet in Southindies is on till September 1 and will make us feel pampered like a king. To start with, choose from an array of unique flavoured rasams to go along with puris. It is followed by some of the mouthwatering starters like grilled pineapple, pazham-pineapple, the spicy Andhra chilly mushroom, podi tossed idli or the cocktail idlis tossed with gunpowder. Don't forget to try out the Madras bhel.

The best part is the maincourse, which is served to you with a choice of appams, iddiappams and

parathas, along with kaistew, spicy kozhambu or a kurma. The buttermilk sorbet, served between the maincourse, is an absolute must try. One can savour some authentic curd rice with an array of interesting pickles as well.

For those who have a sweet tooth, the desserts like the tender coconut payasam — a signature dish of Southindies and an array of other desserts to choose from the dessert buffet spread, are a must-try.

So indulge in the the Grand Maharaja Buffet at Southindies, Shivajinagar, Ganeshkind Road from 7 pm onwards. It is priced at ₹500 plus taxes per person.



Get ready for some steamy, tasty and delicious fish curry recipes. We bring you twin fish dishes on your platter...

Recipe 1

Fish in curry leaf paste

Curry leaves are aromatic and flavourful leaves of plant scientifically called *Murraya koenigii*. They are known to have many health benefits.

Ingredients

400g cat fish or small fish 2 cups fresh curry leaves 2 level tsp turmeric powder. 5 cloves garlic -chopped 1 tsp garlic paste 1/2 tsp black pepper paste 1 potato-boiled and mashed 2 Dry red chilly or green chili 2 tbs mustard oil plus extra for frying Salt to taste Water

Method:

- Marinate the fish in salt and 1 tsp turmeric powder for 15 mins. Shallow fry the marinated fish. Remove and keep them aside. -Clean, wash and grind the curry leaves to a smooth paste with a little water. -Heat 2 tbs oil. Add the red chillies



and chopped garlic followed by the garlic and pepper paste. -Fry slightly and then add the the curry leaves paste and 1 tsp turmeric powder. Add some water and bring it to a boil. -Add the mashed potato. Mix well to a smooth paste. Add the fish and 1/2 cup water and cook for 10 minutes -Remove and serve with plain rice. Recipe 2

Fish Roe fritters

Roe is the egg masses of fish. Roe is prepared in different ways in different parts of the world. Roe from the Hilsa and Rohu fish is considered a delicacy.

-Remove eggs from membrane or sack. -Break up the fish eggs into chunks. -Add chopped onion, green chili, salt. -Stir until well mixed. Add enough gram flour and mix until mixture stays

together when formed into a small ball (should not feel soggy but stiff). -Let it stand for half an hour. Add little water if required -Fry until brown in enough oil. Serve hot



No more Parliament march, but will keep fighting: CJP's Dipke after violence

The CJP chief apologised to injured protesters and announced that the party would call off its Parliament march to prevent further injuries while continuing its agitation.

Delhi. (Agency)
The CJP founder further alleged that the government was "willing to spill the blood of many more young students" to protect Dharmendra Pradhan, whom he blamed for the deaths of more than 20 students. "We will keep fighting for all of you," the 30-year-old protest leader said. Thousands of protesters from Delhi and neighbouring cities gathered on Monday, the opening day of Parliament's Monsoon Session, to

march towards Parliament. The demonstration marked the latest escalation of a movement that began online and has since evolved into a large-scale street mobilisation. Delhi Police, however, said the protesters had "displayed unruly, aggressive and violent behaviour" and had "deliberately violated the prohibitory orders in force" despite repeated



warnings. During the protest, the CJP leadership met Union Minister JP Nadda and

reiterated its demands, including the release of activist Sonam Wangchuk, the resignation of the Education Minister Kiren Rijiju, while sharing the Prime Minister's remarks, said, "I think when the talks are going on in Rs 1 crore each for the families of students who allegedly died by suicide following the NEET paper leak. The CJP's decision to call off the Parliament march also came after Prime Minister Narendra Modi described the paper leak as the "greatest sin" and said the government

had acted swiftly by arresting those involved. Parliamentary Affairs Minister Kiren Rijiju, while sharing the Prime Minister's remarks, said, "I think when the talks are going on in the right direction, the atmosphere should not be vitiated." Union Minister JP Nadda, Leader of the Opposition Rahul Gandhi, and Congress MP Priyanka Gandhi Vadra also visited Ram Manohar Lohia (RML) Hospital in Delhi, where they met injured protesters undergoing treatment.

AAP launches helpline for CJP protesters, announces legal and medical aid

New Delhi. (Agency)
Aam Aadmi Party (AAP) national convenor Arvind Kejriwal on Tuesday announced a helpline to provide legal and medical assistance to Cockroach Janta Party (CJP) protesters, while accusing the Centre of using excessive force during the protest crackdown in Delhi. Addressing a press conference, Kejriwal alleged that the police action against the protesters was worse than the brutality witnessed during British rule and announced the launch of a dedicated helpline -, 8588833548, to assist injured protesters and the families of those detained. "The police brutality we saw on young protesters! Even the British did not unleash violence on freedom fighters similar to what the Modi government did on our own children. The videos showed that police kept beating girls and students, and lathi-charging them without any provocation," Kejriwal said. Drawing a comparison with the 1919 Jallianwala Bagh massacre, he said the scenes reminded him of General Dyer's actions. "I want to tell the parents and family members of the protesters: You need not fear, we are with you. Send a message to the helpline number. We will get in touch, and provide legal aid and medical aid," Kejriwal said. The former Delhi chief minister said he was unable to participate in the protest, but added that both his children had joined the march. "Modi ji, you are the biggest anti-national in the country. You are calling our students 'anti-national' but you are unable to stop paper leaks," he added.

Lieutenant-Governor Taranjit Sandhu, CM Rekha Gupta review plan for disaster force

New Delhi. (Agency)
Lieutenant-Governor Taranjit Singh Sandhu and Chief Minister Rekha Gupta on Monday reviewed Delhi's monsoon preparedness at a meeting of the Delhi Disaster Management Authority (DDMA), stressing accountability, inter-agency coordination and faster implementation of flood mitigation measures. The meeting assessed preparedness for heavy rainfall, progress under the Urban Flood Mitigation Plan and the establishment of the State Disaster Response Force (SDRF). The L-G said that despite significant improvements over the past two years, departments must ensure minimum or no waterlogging during the remaining monsoon season, warning that responsibility for lapses would be fixed. Officials informed the meeting that waterlogging-prone locations had declined from 194 in 2024 to 169 in 2025, and further to 34 so far in 2026. Repeat waterlogging sites also fell sharply from 53 between 2024 and 2025 to eight between 2025 and 2026. The DDMA was also informed that the MCD, Irrigation and Flood Control Department (I&FCD), NDMC and DDA had completed desilting targets. The PWD achieved around 95 per cent desilting, with further work affected by encroachments, while the Delhi Jal Board completed 85.5 per cent desilting of trunk sewer lines, 91.1 per cent of peripheral sewer lines and 90.16 per cent of branch sewer lines. The CM directed departments to ensure that removed silt is disposed of immediately and that uncovered drains, sewer lines, manholes, potholes and ditches are addressed without delay, stressing zero tolerance towards accidents. The meeting also reviewed the preventive removal of dangerous trees vulnerable to storms. Gupta directed officials to remove hazardous trees.

Did govt and Delhi Police misread scale of Cockroach Janta Party protest?

New Delhi. (Agency)
Over the past 15 years, Delhi has witnessed some of the most defining public protests. Be it the 2021 tractor rally, where protesting farmers breached security at the Red Fort, or the 2012 Nirbhaya agitation, where ordinary citizens reached the doors of Raisina Hill. Like the previous incidents, the Delhi Police seems to have misjudged the scale of Monday's Cockroach Janta Party (CJP) protest, which turned violent as thousands of youth clashed with police, who were clearly outnumbered, leaving nearly 200 injured. That the 'Sansad Chalo' march, demanding reforms in the education system, would take place



on July 20 was known. The CJP agitation was on for over a month. Yet, tens of thousands of protesters were able to reach the doorsteps of Parliament before they were lathi-charged and tear-gassed. Around 60 protesters were injured. The injury count on the police side was double the number (118). There were telltale signs that the police failed to accurately estimate how many

protesters would take part in Monday's march. **HOW THE COCKROACH PROTESTS UNFOLDED:** The call for the march to Parliament was issued around three weeks ago by the CJP, a satirical movement founded by Abhijeet Dipke. On June 28, activist Sonam Wangchuk started an indefinite hunger strike demanding the resignation of Union Education Minister Dharmendra Pradhan over the NEET-UG paper leak fiasco. In the initial weeks, the protest failed to gather any steam. The first sign of government intervention was seen on July 18, when Wangchuk was removed by cops and shifted to Safdarjung Hospital in dramatic early-morning scenes.

India speeds up Indus projects, rebuts Pak's victim card over treaty suspension

New Delhi. (Agency)
India is stepping up work on multiple projects in the Indus basin, countering Pakistan's vehement and consistent victimhood narrative to berate New Delhi over the decision to suspend the water treaty, officials told India Today. Besides, India is open, at least in theory, to the option of exiting the treaty if required, citing *raison d'etat* (reason of state) wherein a nation's foreign policy is purely influenced by its interests and stability. According to a senior



government official, projects at various stages of implementation in Jammu and Kashmir are expected to add around 5,300 MW of capacity, against the Indus basin's existing operational capacity of 3,300 MW. India has accelerated several

projects since suspending the Indus Waters Treaty (IWT) with Pakistan after the Pahalgam massacre last year, with Pakal Dul and Kiru likely to be completed this year. Additionally, Kwar and Ratle hydroelectric projects are expected to be operational next year. All these projects are based in the Kishtwar district of J&K. India has also restarted work on the Tulbul Navigation Project in J&K's Sopore, which Pakistan has opposed for decades and was stalled by Islamabad in 1987 citing the water treaty.

Govt summons Russian envoy after 4 Indians die in merchant ship attack in Ukraine

New Delhi. (Agency)
The government on Tuesday summoned the Russian envoy to India and lodged a strong protest with Moscow over the killing of four Indian nationals on board a merchant vessel off the coast of Ukraine. New Delhi termed the attack "deplorable" and demanded accountability for the deaths of its nationals, sources said. The Ministry of External Affairs (MEA) summoned the Russian Charge d'Affaires in New Delhi, Vladimir Ladanov, to convey India's strong objection over the incident and seek an explanation. The four Indians were killed while serving as crew

members on a merchant vessel operating off the Ukrainian coast. The Ukrainian authorities have blamed Russia for the attack, as the war between the two countries continues. Sources said India has conveyed its serious concern to the Russian side and is closely monitoring the developments. The diplomatic move came a day after the MEA confirmed that four Indian nationals were killed and another was critically injured after the Guinea-Bissau-flagged cargo vessel MV Golden Leo was attacked

while departing Ukraine's port of Odesa on the evening of July 19. The vessel, carrying grain, had 17 crew members on board, including five Indians. "As per information available, four Indian nationals have tragically lost their lives, while one is hospitalised in a critical condition,"



the MEA said in a statement on Monday. Condemning the attack, India said targeting commercial shipping and innocent civilian crew members was unacceptable. "India condemns such attacks and reiterates that targeting commercial shipping and endangering innocent civilian crew members, or otherwise impeding freedom of navigation and commerce, is deplorable and should be avoided," the ministry said. The MEA said the Indian mission in Ukraine was closely monitoring the situation and making every effort to assist those affected.

DDA revises flat renovation rules: What alterations will require permission and what can be done without approval? Explained

New Delhi. (Agency)

The Delhi Development Authority (DDA) has revised its policy governing additions and alterations in DDA flats. According to the revised policy while homeowners can make minor changes without permission, significant improvements would require official architectural and structural approvals. The revised policy which came into effect on July 1 has been rationalised in consultation with the Ministry of Housing and Urban Affairs. The additions and alterations allowed are categorized into three categories based on the level of permission required. Instead, the biggest risk would come if elevated oil prices persist long enough to erode household spending and weigh on economic growth.

DDA revised rules 2026: Minor alterations do not require permission

Under the revised framework, residents can now carry out several minor alterations without taking prior permission or even informing the authorities, provided these changes do not affect the structural stability of the building. The additions or alterations that are permitted without intimation or permission include works such as grills and glazing in the verandah, raising the height of the front and rear courtyard wall upto seven feet, providing door in the front and rear courtyard, raising the wall of the balcony or terrace parapet with grill or glazing upto 5 feet height, installing EV charging pointss and putting an additional PVC water tank in the ground floor area among others.

Crude oil gains nearly 1 pc to Rs 8,014/barrel in futures trade

MUMBAI. (Agency)

In a volatile session, crude oil prices rose nearly 1 per cent to Rs 8,014 per barrel in futures trade on Tuesday amid persistent geopolitical tensions in West Asia and concerns over supply disruptions. On the Multi Commodity Exchange, crude oil for August delivery increased by Rs 65, or nearly 1 per cent, to Rs 8,014 in a business turnover of 13,945 lots. The September contract also advanced Rs 17, or 0.22 per cent, to Rs 7,856 per barrel in 982 lots. Analysts said crude prices gained after Iran carried out retaliatory attacks against US-linked military installations in Jordan and Bahrain following Washington's airstrikes, raising concerns over further escalation in West Asia. In global markets, Brent oil futures for September delivery were marginally lower at USD 88.82 per barrel, while West Texas Intermediate (WTI) crude for the same month was flat at USD 82.43 per barrel.

Brent was hovering around the USD 90 mark after its sharp run-up, as Iran is fighting a limited war, avoiding direct attacks on Israeli targets, staying away from Saudi Arabia and confining its retaliation to a few Gulf countries, said Anindya Banerjee, Head of Commodity and Currency Research, Kotak Securities.

Rupee falls 6 paise to 96.42 against US dollar in early trade

MUMBAI. (Agency)

The rupee depreciated 6 paise to 96.42 against the US dollar in early trade on Tuesday as heightened geopolitical uncertainty put pressure on most Asian currencies, including the rupee. Forex traders said the rupee came under pressure from a combination of factors -- crude oil prices climbed on renewed geopolitical tensions, and demand for the US dollar increased as investors moved toward safe-haven assets.

At the interbank foreign exchange market, the rupee opened at 96.41 then touched 96.42 registering a fall of 6 paise from its previous close. On Monday, the rupee had settled at 96.36 against the American currency.

Meanwhile, the dollar index, which gauges the greenback's strength against a basket of six currencies, was trading at 100.97 up 0.03 per cent.

Brent crude, the global oil benchmark, was trading lower by 0.65 per cent at USD 88.64 per barrel in futures trade. As dollar index again rose to 100.97 while oil prices were well bid at USD 88.64 per barrel, traders weighed the US-Iran conflict and the Houthi-Saudi blockade which could again risk the Middle East oil supplies, said Anil Kumar Bhansali Head of Treasury and Executive Director Finrex Treasury Advisors LLP. "On the domestic equity market front, Sensex declined 58.89 points to 77,649.63 in opening trade, while the Nifty slipped 22.45 points to 24,216.05.

Gift Deed vs Sale Deed vs Will: Here's how to pick the right way to transfer property

A single document can decide how smoothly your property changes hands and whether your family faces disputes later. So, should you opt for a Gift Deed, Sale Deed or a Will?

CHENNAI. (Agency)

A property is often a family's biggest asset. It carries not just financial value, but also years of memories, emotions and the hope of leaving behind something meaningful for the next

generation. Yet, when the time comes to transfer that property, many families find themselves stuck on a simple but important question: Should it be gifted during your lifetime or passed on through a Will? And where does a Sale Deed fit in? While all three options can transfer ownership, they work very differently. The choice can affect taxes, legal rights, family relationships and even how smoothly the property changes hands. That's why experts say understanding the differences between a Gift Deed, Sale Deed and Will is just as important as deciding who will inherit the property.

PROPERTY IS MORE THAN JUST AN ASSET

For most Indian families, a home is not

just an investment. It represents years of savings, family memories and a legacy that people want to pass on to future generations. According to Karan Kalra, Managing Partner and



Co-Head, Private Client Practice at Bombay Law Chambers, many families focus on transferring property but overlook long-term estate planning. "Immoveable property is not

just an asset but an emotion in India and accordingly, it's often purchased, transferred or gifted to the next generation without planning for the future." Kalra says estate planning, tax planning and asset protection are frequently ignored while transferring property. In many cases, properties are also held alongside business assets in companies or partnerships, making future separation expensive and legally complicated. He also points out that although India currently does not levy inheritance tax, discussions around its possible return surface almost every year before the Union Budget. "It's imperative to have an end-to-end estate planning strategy in place.

Who does Warren Buffett credit for his extraordinary success?

New Delhi. (Agency)

Most people see Warren Buffett as one of the greatest investors the world has ever known. His decades of successful investing have made him a global business icon and one of the richest people on the planet. But ask Buffett what made him successful, and his answer may surprise you. Instead of pointing to intelligence, discipline or years of experience, the investing legend says he owes much of his success to one simple thing, i.e., luck. Speaking in a recent interview with CNBC, the Berkshire Hathaway chairman said he considers himself one of the

luckiest people in the world. Buffett said that, out of eight billion people, he considered himself to be among the 10 luckiest in the world. Buffett, whose fortune is estimated at around \$147 billion, believes that simply living a long life has played a major role in building his wealth. As he prepares to celebrate his 96th birthday next month, the veteran investor joked that time has been one of his biggest advantages. Buffett joked that he was "losing marbles" with age and said the length of his investing career, which allowed him to accumulate enormous wealth, was simply a matter of luck. The comment reflects a belief Buffett

has repeated for years that success is often influenced by factors people cannot control.

THE ROLE HIS FATHER PLAYED

One of the biggest turning points in Buffett's life, he said, was being introduced to investing by his father, Howard Homan Buffett, who worked as a stockbroker. That early exposure helped shape his future long before he realised how valuable it would become. Buffett bought his first shares at the age of 11, purchasing three shares of Cities Service for \$38 each. That small investment marked the beginning of a career that would eventually turn him into one of the world's most successful investors.

India's biggest private banks are quietly reducing their workforce. Why?

New Delhi. (Agency)

Last year was one of the busiest, and perhaps one of the most challenging, for India's private banking sector. HDFC Bank saw a key leadership change with the resignation of independent director Atanu Chakraborty. IDFC First Bank found itself in the spotlight after a fraud case. Banks across the sector also grappled with tighter liquidity, pressure on deposit mobilisation, softer margins and the growing role of artificial intelligence in everyday banking. Yet amid all these headline-making developments, another shift quietly unfolded. India's three biggest private sector banks, HDFC Bank, ICICI Bank and Axis Bank, together ended FY26 with more than 13,000 fewer employees than they had a year



earlier. At first glance, the numbers may suggest banks are slowing down. The reality is almost the opposite. Business is growing, loan demand remains healthy and brokerages expect private banks to outpace their public sector peers in FY27. The workforce reduction is not a sign of distress but of how banking itself is changing.

THE NUMBERS TELL AN INTERESTING STORY

According to the FY26 annual reports, ICICI Bank reduced its workforce by 6,633 employees, taking its total employee count to 1,24,324 from 1,30,957 a year earlier. Axis Bank also ended the year with around 3,400 fewer employees, taking its workforce to just over 1.01 lakh from 1,04,453. Together, the three lenders reduced their workforce by over 13,000 employees during FY26.

Kolkata. (Agency)

In June this year, RBI Governor Sanjay Malhotra had said that the Reserve Bank of India (RBI) is considering a proposal to introduce polymer or plastic currency notes. However, the proposal is still under review and no final decision has been taken. Malhotra said the proposal is still being considered and is in its early stages. "We are examining the pros and cons of it and whether it would be worthwhile to implement. It is still at a preliminary stage," he said. He said the proposal to introduce polymer notes is still under review and the RBI will share an update once a decision is made. Meanwhile, several media reports said that the RBI's currency printing arm has invited global Expressions of Interest (EOIs) for the supply of

polymer substrate sheets with built-in security features.

ALSO READ: What are the red flags



regarding mis-selling of life insurance policy? Expert highlights critical points

Bharatiya Reserve Bank Note Mudran Private Limited (BRBNMPL) has invited domestic and international companies to submit bids by August 18 for manufacturing opacified polymer substrate sheets for printing

banknotes. However, the tender does not provide details about the denominations of the proposed polymer notes or their launch date, the reports said. If polymer notes are introduced, it would be a significant shift because India has been using specially made paper for its currency for nearly a century. Polymer notes are made of a tough plastic material. They are more durable and have a longer life than paper notes. As the RBI is all set to take its step towards introducing polymer banknotes, Mukesh Pandey, Founder & Managing Director, Rupayaapaisa.com spoke to Zee News on various aspects of the central bank's decision.

SBI Funds Management lists at nearly 7% premium: Should you buy, sell or hold?

SBI Funds Management listed at a modest premium after its heavily subscribed IPO. The debut beat the issue price but fell short of grey market expectations, leaving investors split on booking gains or holding.

Kolkata. (Agency)

SBI Funds Management made a steady debut on the stock exchanges on Tuesday, rewarding investors with moderate listing gains. The stock listed at a premium of nearly 7% over its initial public offering (IPO) price, following strong demand during the three-day subscription period. While the listing was positive, it was lower than what the grey market had been

indicating before the debut. This has left many investors wondering whether they should book profits, stay invested or buy the stock now.

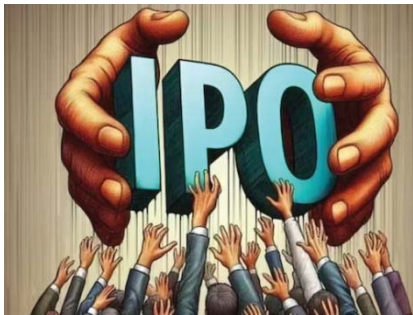
A DECENT LISTING AFTER A HEAVILY SUBSCRIBED IPO

Shares of SBI Funds Management listed at Rs 613.30 on the NSE, a premium of 6.85% over the IPO price of Rs 574. On the BSE, the stock opened at Rs 610, up 6.27% from its issue price. The company's Rs 9,812.91-crore IPO attracted strong investor interest, with the issue being subscribed 41.66 times during the July 14-16 bidding period. Following the listing, the company's market capitalisation stood at Rs 1.24 lakh crore. At the time of writing, the stock gained further and was trading at around Rs 620.10, up another 1.66% from its listing price.

LISTING POSITIVE, BUT BELOW MARKET EXPECTATIONS

According to Ravi Singh, Chief

Research Officer at Master Capital Services, the listing was encouraging but did not match the higher expectations that had built up in the



unofficial market. SBI Funds Management Limited made a positive debut in the Indian stock market today, listed at Rs 613.30 on NSE, a premium of 6.85% over its issue price of Rs 574 and on BSE, it listed at Rs 610, up 6.27% from issue price. However, the company's market debut was below

expectations in the grey market, which had anticipated a premium listing of around 16%. **WHY INVESTORS ARE WATCHING THIS COMPANY CLOSELY**

SBI Funds Management is one of the biggest names in India's mutual fund industry. Incorporated in 1992, it is the country's largest asset management company (AMC) by Quarterly Average Assets Under Management (QAAUM). As of March 31, 2026, it managed mutual fund assets worth nearly Rs 12.51 lakh crore, with a market share of 15.3%. Including portfolio management and advisory mandates, its total QAAUM stood at Rs 29.46 lakh crore. The company serves around 18 million investors and offers 128 mutual fund schemes across equity, debt, ETFs, index funds, liquid funds and several other categories. It also provides portfolio management services (PMS), Alternative Investment Funds (AIFs).

Sanand GIDC units caught in tax tussle with gram panchayats

Ahmedabad.(Agency)

Industries in Sanand GIDC, one of Gujarat's biggest manufacturing hubs, are caught in a growing tax dispute with local bodies. Gram panchayats have allegedly stopped accepting professional tax from companies that have not cleared property tax dues. The move has created fresh compliance problems for industries, which argue that the two taxes are unrelated and cannot be linked.

Sanand GIDC houses more than 50 multinational companies and over 600 MSMEs, which together employ around 50,000 people.

According to industry representatives, many units located around villages such as Bol, Charal and Hirapur have withheld property tax payments, contending that GIDC — not the gram panchayats — provides roads, drainage, streetlights and other civic amenities. They say paying property tax to panchayats amounts to double taxation because industries already pay service charges to GIDC.

The Sanand Industries Association has written to the Ahmedabad collector, alleging, "Panchayats do not provide these infrastructure and civic services, yet they are demanding property tax. They have now stopped accepting professional tax from companies, affecting statutory compliance and return filing." SIA president Ajit Shah said, "Companies already pay service charges to GIDC. Asking them to pay property tax as well amounts to double taxation."

Rants & Roasts: The great Hyderabad auto auction

Hyderabad.(Agency)

Booking an auto in Hyderabad isn't transportation. It's a daily negotiation with fate. The same 4-kilometre ride can cost ₹90, ₹140, ₹180 or ₹250 depending on the time of day, the weather, the driver's mood, Mercury being in retrograde, and perhaps the alignment of the Charminar minarets. Every morning I conduct a small research project before leaving the house. I check Uber. I check Rapido. I check Ola. Then, just to stay humble, I ask an auto parked outside. The apps confidently promise me a ride for ₹98. I feel victorious for exactly twelve seconds. A driver accepts, I pick up my bag, lock the door, and watch the booking disappear before I've even reached the gate.

The second driver accepts. The third one cancels. The fourth one doesn't move for seven minutes. At this point, my destination feels less like a place and more like a life goal. Then comes my favourite part, the map. The little auto icon starts driving in the opposite direction, circles a junction, stops for two minutes, and convinces me it's still coming. Eventually, the ride gets cancelled. Hyderabad believes every commute deserves a plot twist.

BJP accuses Cong, MIM of creating hurdles in SIR process

HYDERABAD.(Agency)

Telangana BJP on Monday alleged that Congress and AIMIM leaders were intimidating booth level officers (BLOs) and creating hurdles in the SIR of electoral rolls in Hyderabad, Secunderabad, Malkajgiri and Chevella parliamentary constituencies. A BJP delegation, led by state president N Ramchander Rao, met chief electoral officer (CEO) C Sudharshan Reddy and submitted a memorandum alleging irregularities in the voter registration process ahead of the Aug 3 deadline for completing the exercise.

Addressing the media, Ramchander Rao claimed that eligible voters, especially IT employees and migrants from other states who have settled in Hyderabad and its suburbs, were facing difficulties in getting their names enrolled in the electoral rolls. He alleged that Congress and AIMIM workers were exerting pressure on BLOs and attempting to prevent the registration of voters perceived to be supportive of BJP. He said he had personally witnessed such incidents in the Karwan assembly constituency.

Stating that any Indian citizen has the constitutional right to register as a voter at their place of residence, Rao said attempts to prevent eligible residents from enrolling in constituencies such as Malkajgiri and Chevella violated EC norms.

After Delhi HC rap, Rajasthan govt says local body polls to be completed by November 15

JAIPUR.(Agency)

The Rajasthan High Court on Monday accepted the state government's road map for conducting the long-pending urban local body (ULB) and panchayati raj elections.

While making it clear that no further extension would be granted if the proposed timeline was not adhered to, the court warned that responsibility would be fixed on the officials concerned in case of any delay.

A division bench of acting Chief Justice Sanjeev Prakash Sharma and Justice Sanjeet Purohit was hearing a bunch of petitions, including those filed by former MLA Sanyam Lodha and Girraj Singh Devenda, seeking timely elections to local bodies. During the previous hearing, the court had directed the government to place a definite election

schedule on record.

On Monday, advocate general Rajendra Prasad submitted an affidavit along with the minutes of a high-level meeting chaired by



the chief secretary on Sunday. According to the affidavit, the state OBC commission will submit its report on political reservation by August 5.

Based on the report, the Local Self Government Department and the Panchayati Raj Department will complete the reservation lottery process by August 15, following which the state election commission will conduct the polls. The government assured the court that the entire election process would be completed by November 15.

The state poll panel has proposed a two-phase schedule for ULB elections, with polling for ward members on September 6 and 9. Elections for chairperson posts are proposed for September 19. For the panchayati raj institutions, polling for panch, sarpanch, panchayat samiti and zila parishad members has been proposed in four phases between October 13 and November 5.

While accepting the road map, the high court made it clear that no further extension would be granted.

Trio from Mumbai rescued from Malanggad after attempting trek they saw on reels

Kalyan.(Agency)

Three young men from Mumbai's Malad were rescued after they got stranded on the steep slopes of Malanggad in Ambernath late on Sunday night while attempting a trek inspired by social media reels.

The trio had ventured to the hill after watching reels on social media showcasing the trek but lost their way during the descent as darkness set in. Unable to identify the correct route on the rugged terrain, they alerted authorities, prompting a late-night rescue operation.

The rescued trekkers were identified as Shivam Singh (24), Mangesh Prajapati (25) and Guruprasad Vishwakarma, all residents of Malad East. According to Hill Line police officials, the three had climbed the hill through the Mama-Bhanja hill section, a stretch known for its difficult terrain. While



descending, they found themselves trapped on a rocky patch after losing their bearings. After receiving information, the district disaster management cell coordinated with

Hill Line police, the Ambernath fire brigade and local villagers to launch a rescue mission. Under the guidance of fire officer Bhagwat Sonawane, rescuers trekked through slippery paths, steep cliffs and poor visibility to reach the stranded youths.

Despite the challenging conditions, the rescue team safely brought all three trekkers down shortly before midnight. None of them sustained any injuries.

The incident has once again highlighted the growing trend of youngsters attempting risky treks after being influenced by viral social media content. Officials urged visitors to avoid venturing into restricted or dangerous areas without proper planning, local guidance and safety equipment, especially during the monsoon, when trekking routes become highly slippery and hazardous.

Transgender students set to get exclusive hostel in TN's Bharathiar University

COIMBATORE.(Agency)

In a path-breaking move that could redefine inclusivity in higher education in the state, Bharathiar University (BU) has decided to build a dedicated hostel for transgender students to provide a safe, friendly and supportive learning environment for them. The university syndicate has given its approval for the plan at a meeting held last week.

Bharathiar University registrar R Rajavel told that the university currently has 10 hostels for male and female students but no facility for transgender students.

"Members of the transgender community have started entering higher education, and this has been

welcomed. However, as there is no hostel facility in educational institutions and finding rental rooms is difficult, many give up their higher-education dream, which also affects their career.



Considering this, we passed a resolution to provide a dedicated hostel facility for transgender students on the university campus. The initiative will set an example for other educational institutions in caring for transgender students," he

said.

Rajavel said the planned hostel will have around 20 rooms. Students can use the facility till they complete their courses. "At present, only a handful of transgender students are pursuing higher education, but if we ensure a hostel, enrolment may increase," he said.

'Trans persons must also get exclusive quota'

Welcoming the decision, Yashmita, a transgender student, said, "I am from Gudalur in the Nilgiris district and I am in the first year of the M Com (FCA) programme at Bharathiar University.

I searched for rented rooms near the university, but many landlords denied me accommodation because I am a trans person. Finally, I found a tiny house in Vellalore, which is an hour away."

Runaway wife's alcohol binge on train sparks rescue in Ahmedabad

Ahmedabad.(Agency)

A woman from Punjab, who started from her home to reach her parents' home in Maharashtra, was rescued at Kalupur railway station in an inebriated state. A co-passenger on the train dialled Abhayam 181 women's helpline.

The woman, somewhere along the journey, managed to procure alcohol and consumed it. When the train pulled into Kalupur railway station, 181 responders escorted the woman off the train.

Once she sobered up, the woman provided her identity and contact details, allowing counsellors to reach out to both her father and her husband.

The husband, after reaching Ahmedabad, allegedly informed officials that his wife had an alcohol and tobacco addiction. He alleged that the addictions fuelled the very arguments she was trying to run away from. Counsellors discovered the altercation had turned physical. The husband was sporting a heavily bandaged hand, allegedly the result of being struck by his wife before she fled, according to details provided by counsellors. Afraid of police action and legal repercussions, the woman initially refused to share her identity. It took reassurances from the Abhayam team that they would hear both sides out without bias, for her to finally open up.

65-year-old farmer killed in BEST us mishap was in Mumbai to visit his daughter and attend function

Mumbai.(Agency)

On Monday, at least ten people were left severely injured and one dead after a BEST bus crashed into a roadside divider on the Sion-Panvel Highway in Mankhurd. Eight injured were passengers inside the bus, one was a driver and another a conductor, while the deceased was a pedestrian.

Bhaskar Raosaheb Kagade, a 65-year-old farmer from Osmanabad, had come to the city to visit one of his daughters and attend a family function. He was struck and killed by the BEST bus just as he was preparing to leave for Pune to meet his other daughter. Kagade is survived by his wife, a son, three daughters, a daughter-in-law and several grandchildren.

His son-in-law, Sachin Pawar, who is a history professor at a junior college, said, "How many more lives are buses going to claim? There were already a few accidents prior to this at the spot where the incident happened."

The driver of the bus, Banvari Shriram Prasad Sharma (51), has sustained minor injuries to his head; however, the conductor, Vaibhav Waghmare, has sustained head injuries as well as fractures. Both are admitted to Rajawadi Hospital. All the passengers were rushed to Shatabdi Hospital in Govandi, and almost all have sustained fractures. Dr Shubhangi Ghodke, in-charge of the hospital, said, "Seven out of the total eight



patients have fractures in some or the other part [of their bodies]. All of them will require a long hospital stay. We had to refer one patient to Sion Hospital, he has hand fracture as well as nerve compression."

Many of the commuters were on their daily routine. For instance, like any other day, Lata Waghela (42), a Mankhurd resident, was on her way to Vashi market to buy some fruits and vegetables to sell them in the area as a hawker. Her son, Tushar, said, "My mother has been doing this for 10 years. She has a fracture, but her chest has been paining too. We are still trying to understand the full extent of her injuries. Who will compensate her for the loss of livelihood?" Surekha Jadhav, mother to 22-year-old Ankita Jadhav, who has sustained minor injuries, said, "We are fortunate she is not as badly hurt. Our children's lives cannot be at risk like this when they are out. These are avoidable incidents."

NEWS BOX

Want cheap Australian Open tickets You may have to act faster in 2027

New Delhi. (Agency)

The Australian Open will introduce daily limits on its popular low-cost ground passes for the first time in the tournament's history after crowding and long queues overshadowed parts of the 2026 edition in Melbourne. Organisers Tennis Australia announced on Tuesday that allocations of the A\$49 (\$34) tickets will be capped during the opening week of the 2027 tournament as demand for the season's first Grand Slam continues to soar. The decision comes after the Australian Open smashed attendance records this year, drawing 1,368,043 spectators across its three-week schedule and cementing its status as the most-attended Grand Slam in tennis. The figure marked a sharp rise from the 1,218,831 fans who attended the 2025 edition and the 1,110,657 spectators in 2024. Ground passes, which allow fans to move



freely around Melbourne Park and watch matches on outside courts, have long been regarded as the tournament's best-value ticket. Holders can also access popular venues such as John Cain Arena, which has earned the nickname "The People's Court" because of its accessibility to fans purchasing the cheapest tickets. "This decision reflects the growing popularity of the AO and will help ensure fans are able to make the most of everything on offer across the precinct," Tennis Australia said in a statement.

RECORD CROWDS EXPOSE CHALLENGES AT MELBOURNE PARK

The need for tighter controls became evident during the opening days of the 2026 tournament, when thousands of spectators were left frustrated by long queues and confusion over ticket sales.

Gambhir bashed for KL Rahul demotion: Like Samson, Sooryavanshi, you screwed him up

New Delhi. (Agency)

Former India captain and chief selector Krishnamachari Srikkanth has slammed Gautam Gambhir and the Indian team management over KL Rahul's batting position after India's 27-run defeat to England in the third ODI at Lord's on Sunday. India's tour ended on a disappointing note as the visitors lost the series 2-1 despite posting 360 in pursuit of England's mammoth 387. Rohit Sharma led the chase with a brilliant 138, while captain Shubman Gill and Virat Kohli chipped in with half-centuries. However, India's middle order failed to capitalise, reigniting the debate around Rahul's role in the side. England sealed the series after Ben Duckett's 141 and Jacob Bethell's 91 powered the hosts to a record ODI total at Lord's. Rahul walked out to bat only at the end of the 44th over, with



India needing 84 runs from 36 balls. The wicketkeeper-batter managed 12 off eight deliveries before the chase fizzled out. Srikkanth was unimpressed by the decision to send Rahul in at No. 6, questioning why one of India's most dependable ODI batters was held back in such a steep chase. Will anyone send KL Rahul at No. 6 when chasing such a huge total? That guy has won you so much in tough run-chases. Is Rahul a No. 6 or 7 batter?" Srikkanth said on his YouTube channel. The 1983 World Cup winner went a step further, comparing Rahul's situation with that of Sanju Samson and young batter Vaibhav Sooryavanshi.

"Just like you screwed up Sanju Samson and Vaibhav Sooryavanshi, now you are screwing up KL Rahul. This is gross injustice. His body language also looked like someone nervous yesterday," he added.

Hockey: India name World Cup squad with a good mix of youth and experience

Hockey India have named a 20-member men's World Cup squad led by Harmanpreet Singh, with youth and experience across all lines. India have been drawn alongside Wales, England and Pakistan in the group stages of the tournament, starting August 15.

New Delhi. (Agency)

Hockey India has named a 20-member national squad for the upcoming FIH Men's Hockey World Cup, featuring a good balance between international experience and emerging young talent. The World Cup will be played in Belgium and the Netherlands from August 15 to 30. Ace defender and drag-flicker Harmanpreet Singh will lead the team, while veteran midfielder Manpreet Singh, India's most-capped player, brings

crucial big-tournament maturity to the middle of the pitch. Speaking on the squad selection, Chief Coach Craig Fulton emphasised that form and tactical execution were the key metrics for inclusion. "This is a well-balanced squad – the right mix of tournament experience and in-form youth who've earned their spot through performance, not reputation," Fulton said. "Press, counter, perform isn't just our tactical identity – it's how this group trains and thinks together every single day. We are not getting ahead of ourselves – one game at a time, all in, is the mentality we're taking into every match." The goalkeeping duties will be shared by Mohith HS and Suraj Karkera. Harmanpreet heads a solid defensive line-up that includes Jarmanpreet Singh, Amit Rohidas, Jugraj Singh, Sanjay, Sumit, and Yashdeep Siwach. In midfield, the experienced trio of Manpreet, Hardik Singh, and Vivek Sagar Prasad are joined

by Nilakanta Sharma alongside promising youngsters Rajinder Singh and Aditya Arjun Lalage. The forward line will feature Mandeep Singh, Dilpreet Singh, Abhishek, Sukhjeet Singh, and



Shilanand Lakra. Four players from the recent 24-member FIH Pro League squad, defender Amandeep Lakra, midfielders Raj Kumar Pal and Rabichandra Singh Moirangthem, and forward Selvam Karthi, have been omitted.

CAN INDIA END LONG WAIT?

Thank You, Lionel Messi, for giving the world one last bit of magic

New Delhi. (Agency)

As I got ready for the FIFA World Cup final on Sunday, it felt like getting ready for a magic show. The magician was all set to step onto the stage. The deck of cards was ready. The hat sat on the table, waiting for the rabbit to be pulled out of it. A fearless, always-smiling assistant stood ready to play their part. At the MetLife Stadium, as Lionel Messi walked out, it felt like the magician was preparing for one final Houdini act. Even the neutrals tuned in to see if the 39-year-old could actually do it and create history. Some would even argue it was his destiny. Yet, much like

the famous Breaking the Magician's Code documentary series from the late



1990s, Spain stripped away the illusion and disarmed the magic Messi had. The Argentine captain cut an isolated

figure, tears rolling down his cheeks as he watched Spain lift the trophy. For me, it felt like a moment of genuine disappointment. A few years ago, it would have been a sight I would have enjoyed. My Manchester United allegiance meant I grew up as a Cristiano Ronaldo fan. After all, twice Messi ensured my team was humbled in the UEFA Champions League final as he took Barcelona to new heights. But somehow, despite having a work shift just a few hours later, I found myself awake at 4 am, scrolling through social media, waiting for his response.

Or, to be more precise, waiting for news of his retirement from international football.

Inside Spain's World Cup party in Madrid: Footballers turn DJs for 2 million fans

New Delhi. (Agency)

Exactly 16 years after Andres Iniesta's extra-time strike in Johannesburg gave Spain its first World Cup, the nation's capital ground to an absolute standstill. On a blistering summer evening, an estimated two million people flooded the central arteries of Madrid, turning Gran Va, Paseo del Prado, and the Plaza de Cibeles into a roaring, sea of red and yellow smoke, confetti, and unbridled joy to welcome home the 2026 FIFA World Cup champions. The homecoming was a spectacle that blended formal state protocol with the chaotic, infectious energy of a modern street party. Spain's thrilling 1-0 extra-time victory over Argentina in New Jersey had set off celebrations across

the Iberian Peninsula, but Madrid was the beating heart of the triumph. The squad's official duties began at the



Palace of La Zarzuela, where King Felipe VI, Queen Letizia, Princess Leonor, and Infanta Sofia formally received the squad. King Felipe, wearing a custom Spain national team tie, commended the players for their extraordinary resilience throughout the tournament, noting that their victory

embodied the modern spirit of Spanish sports. Captain Rodri presented the King with a replica of the World Cup trophy and a signed jersey bearing the number four, marking the nation's second world title. From La Zarzuela, the team moved to the Palace of Moncloa for an official reception hosted by Prime Minister Pedro Sanchez. Addressing the squad, the Prime Minister highlighted how young stars such as Lamine Yamal and Nico Williams represented a diverse, forward-looking Spain on the global stage. What began as a formal ceremony quickly turned lighthearted, as players persuaded the Prime Minister to join in team chants on the palace steps. With official protocols concluded, the true party began.



believes the contest is too close to call. The veteran all-rounder, who has represented Zimbabwe in 136 T20Is, stressed that recent performances by his side justify their confidence. "Both countries will have an equal chance in this series. But one thing I am very sure about is that because Zimbabwe has been playing very consistent and very entertaining cricket, I can say this for sure that this series will be very entertaining," Raza told Star Sports.

ZIMBABWE'S GIANT KILLING RUN

Zimbabwe's optimism is rooted in a remarkable run of results over the past year.

Falklands banner backlash: Do Argentina stars face a Premier League ban?

Argentina players sparked a row after displaying a Falklands banner following their World Cup win over England. However, any move to revoke Premier League work visas would be highly unlikely.

New Delhi. (Agency)

Following Argentina's controversial post-match celebrations at the 2026 FIFA World Cup, questions have emerged over whether several Premier League stars could face work visa complications upon their return to the United

Kingdom. The row erupted after Argentina's 2-1 semi-final win over England in Atlanta, when players held up a banner reading "Las Malvinas son Argentinas" ("The Falkland Islands are Argentine"). Manchester United defender Lisandro Martinez, Chelsea midfielder Enzo Fernandez, and Tottenham Hotspur defender Cristian Romero were among the Argentine players pictured holding the banner. Former Spurs midfielder Giovani Lo Celso was also seen with the banner. The slogan referenced the 1982 conflict over the South Atlantic territory, in which 907 people died, including 649 Argentine soldiers, and 255 British combatants. The pitch-side display prompted immediate outcry from British

commentators and political figures, with calls urging the UK Home Office to intervene and assess whether the players' presence in Britain remained



"conducive to the public good." However, legal experts have poured cold water on the prospect of Premier League clubs losing their Argentine stars to administrative visa revocations.

WHAT DO LEGAL EXPERTS SAY?

Addressing the legal realities, Asma Bashir, an immigration expert in the UK, confirmed that while the Home Office holds broad legal powers to cancel immigration permission on public good grounds without a criminal conviction, strict legal limits apply. "That power can take account of conduct outside the UK and does not require a criminal conviction," Bashir told Express.co.uk. "However, it is generally directed at serious conduct, such as extremism, threats to national security, serious criminality, incitement to violence or behaviour presenting a genuine threat to UK society. Any decision must be evidence-based, reasonable, proportionate and made separately for each individual

Nick Jonas Shares Photo From When He Proposed To

Priyanka Chopra

Actor Says 'Grateful You Asked'

Singer-actor Nick Jonas took a trip down memory lane, back to the times when he proposed to his lady love Priyanka Chopra Jonas, eight years ago. Taking to his social media account on Sunday night, Nick shared an intimate throwback selfie from the proposal night. The picture captures the singer smiling into the camera while Priyanka is seen partially hiding her face behind her hand as she proudly shows off her sparkling engagement ring.

The image was accompanied by the caption, "8 years ago she said yes," along with a ring emoticon.

Resharing the post, Priyanka wrote, "So grateful you asked."

For the uninitiated, Nick proposed to Priyanka on July 19, 2018, after shutting down an entire Tiffany & Co. store in London to choose the perfect engagement ring.

The couple made their relationship official soon after and tied the knot in a grand multi-day celebration in Jodhpur in December 2018. Their wedding included both Christian and Hindu ceremonies.



In January 2022, the couple welcomed their daughter, Malti Marie Chopra Jonas, via surrogacy. Recently, Priyanka had offered an adorable glimpse into their relationship while appearing on 'The Jonas Brothers Podcast'.

The global icon had admitted that she becomes completely carefree whenever Nick is around, saying she happily lets him take charge.

Priyanka affectionately revealed that she calls him "Babu," and also described him as her safe space.

On the work front, Priyanka is gearing up for the release of S.S. Rajamouli's 'Varanasi', in which she plays Mandakini alongside Mahesh Babu.

The actress, who recently turned 44th on July 18, celebrated her birthday in Spain with her family and loved ones.

Jasmine Sandlas Allegedly Groped By Crowd After Dehradun Show; Disturbing Video Surfaces



Punjabi singer Jasmine Sandlas has become the subject of concern after a video from her recent Dehradun concert surfaced online. The footage captures a chaotic interaction near the stage after her performance, with the singer surrounded by members of the audience while attempting to accept flowers and greet them.

Jasmine performed at a free concert organised at Parade Ground in Dehradun. Thousands reportedly attended the show, where she sang several of her popular tracks, including Sip Sip, Shararat and Lawan. Local reports also claimed that the musical event drew a larger gathering than a nearby political rally addressed by Congress leader Rahul Gandhi. The turnout initially became the main talking point around the concert. That changed after a clip of what happened near the audience barricade began spreading across social media.

Jasmine Sandlas Steps Forward To Greet Fans

The video shows fans in the front row cheering for Jasmine, holding out roses and extending their hands towards her. The singer then moves closer to accept the flowers and acknowledge those waiting near the stage.

According to the social media account that uploaded the footage, the situation soon became uncomfortable as the crowd closed in around her. The user alleged that some people touched Jasmine inappropriately while she was greeting fans.

"Dhurandhar singer Jasmine Sandlas was mobbed and inappropriately touched by the public. She was performing in Dehradun," the post read. It added, "After she finished a song, the crowd in the front row cheered, offered roses and reached out to shake hands."

Chak De India Fame Vidya Malavade Supports Sonam Wangchuk, Says Students Deserve Justice: 'I Stand By Them'



Actor Vidya Malavade, best known for her role in Chak De! India, has voiced her support for climate activist Sonam Wangchuk, who had been on a hunger strike at Jantar Mantar since June 28. On Saturday, Wangchuk was reportedly removed from the protest site by police and taken to Safdarjung Hospital. Expressing her concern, Vidya called the current situation "heart-breaking" and criticised the way Sonam Wangchuk has been treated. She also urged the government to initiate a dialogue with students who have been protesting.

Vidya Malavade Says 'I Stand By The Students'

In her video message shared on Instagram, Vidya Malavade said, "It's heart-breaking to see what's happening in our country right now. The way Sonam Wangchuk ji has been treated, it's not just frustrating but also very scary. But the dignity and grace that Gitanjali ma'am is showing, that is the foundation that this great country is built on."

Vidya also questioned why students protesting over their concerns had not been heard. She said every citizen has the right to protest peacefully. "Isn't it every citizen's birth right to protest peacefully against being wronged? It is unfathomable to even understand how these young kids have been driven to taking their own lives."

These students deserve a dialogue and justice. And I stand by them. Chak De India!" she added. "WITH YOU INDIA !" wrote the 'Mismatched' actress, in her caption.

Poonam Pandey Joins CJP Protest

Meanwhile, on July 19, Poonam Pandey joined the Cockroach Janta Party (CJP) protest at Jantar Mantar in Delhi. The actress was seen interacting with the media and said that she was there solely to support students and their cause, amid the alleged NEET controversy. She claimed that she has no knowledge of politics and urged people not to turn the matter into a political or religious issue, but instead focus on the concerns of students.

Kangana Ranaut

Criticises CJP Amid 'Chalo Sansad' Protest: 'You Cannot Arm-Twist The Government'

BJP MP and actress Kangana Ranaut has spoken about the ongoing Cockroach Janta Party (CJP) protest near Parliament. Kangana reached Parliament for the Monsoon Session on Monday, July 20, where she addressed the media's questions about the CJP protest and criticised it. The actress shared, "Our Parliamentary sessions are meant specifically for us to discuss all issues in an extensive and detailed manner."



Kangana Ranaut further shared that the session is held so that we can raise relevant questions and continued, "Creating a ruckus, causing disruptions, and protesting in this manner is not right. The people have elected a government, and it is their right to decide how they will run that government. If you feel so strongly, you should stand for election yourself. You cannot arm-twist the government into deciding who to sack and who to retain; this kind of arm-twisting is not acceptable. Gradually, everyone will seek refuge in the Bharatiya Janata Party and the Sanatan culture because this is our own culture, whereas everything

else has been borrowed from the rest of the world.

What is happening in Delhi on July 20?

Chaos erupted at Delhi's Jantar Mantar after the Cockroach Janta Party began its 'Chalo Sansad' protest march on Monday amid heavy security deployment. The march, led by CJP founder Abhijeet Dipke, comes despite the Delhi Police denying permission for the demonstration and imposing extensive security arrangements around Parliament.

Celebs extend support to CJP

Veteran actor Shabana Azmi reached Delhi's Jantar Mantar on Sunday, July 19, to extend her support to the protesters seeking Dharmendra Pradhan's resignation. Shabana's presence at the protest came days after she publicly supported climate activist Sonam Wangchuk, who joined the Cockroach Janta Party-led movement and began an indefinite hunger strike on June 28. Besides Shabana Azmi, celebrities like Prakash Raj and Poonam Pandey were also seen at the Jantar Mantar protest. Previously, Soni Razdan, Zeenat Aman, Abhay Deol, Sonakshi Sinha, Omi Vaidya, Imran Khan, Naseeruddin Shah, and Ratna Pathak Shah took to social media to extend their support to Sonam Wangchuk and the protesters' hunger strike.



NEWS BOX

Flash floods wreak havoc in Afghanistan's Nuristan; 20 killed, over 100 missing

Newyork.(Agency)

At least 20 people were killed and more than 100 remained missing after flash floods swept through Afghanistan's northeastern Nuristan province on Monday. The death toll is expected to rise as rescue teams continue searching for survivors in the remote mountainous region. Among those missing are the mayor of Parun, the provincial capital, and his two bodyguards.

PARUN BEARS THE BRUNT

The Taliban's National Disaster Management Authority said Parun was the worst-hit area, with floodwaters destroying homes, commercial areas and other infrastructure. At least 80 people were injured in the disaster. Authorities said search and rescue operations were underway, but damaged roads and difficult terrain were slowing efforts to reach affected communities. The agency warned of "severe financial and human losses" as teams continued to assess the damage. Afghanistan is among the countries most vulnerable to climate change, with extreme weather events becoming more frequent. Deforestation in Nuristan and other provinces has worsened flash floods by reducing the land's ability to absorb heavy rainfall, increasing the risk of deadly flooding.

US strikes Iran's Chabahar, Bandar Abbas as Trump vows payback for troop deaths

World.(Agency)

The United States has launched a fresh round of military strikes against Iran, dramatically escalating the conflict between Washington and Tehran and raising fears of a wider regional war across the Middle East. In retaliation, Iran claimed it targeted the US HIMARS missile systems in Kuwait.

The US Central Command (Centcom) announced on X that the operation began under the direction of the Commander in Chief.

According to Centcom, the strikes were aimed at further degrading Iranian military capabilities allegedly used to attack commercial shipping in the Strait of Hormuz, one of the world's busiest maritime trade routes. U.S. forces claimed that it struck Iranian military command centers, maritime capabilities, missile and drone launch sites, and air defense systems to degrade Iran's ability to continue attacking commercial vessels flowing through the Strait of Hormuz.

EXPLOSIONS REPORTED ACROSS IRAN

Shortly after the US operation began, Iran State TV reported an explosion in the strategic port city of Bandar Abbas, home to key Iranian naval facilities overlooking the Strait of Hormuz.

US strikes Iran again as Tehran hits Gulf allies and oil routes choke

Dubai.(Agency)

The United States carried out fresh strikes on Iran on Monday after announcing the death of another American service member, while Iran retaliated with attacks on US allies Kuwait, Jordan and Bahrain, home to the US Navy's 5th Fleet. The latest escalation came as the interim deal signed last month to end the fighting fell apart and shipping through the Strait of Hormuz largely stalled. At the same time, there were signs of diplomatic movement as Iranian Interior Minister Eskandar Momeni travelled to Pakistan, which has been trying to mediate in the conflict. The fighting has also raised concerns over world energy supplies, with Iran-backed Houthi rebels in Yemen saying they planned to prevent Saudi Arabia from shipping through the Red Sea, an alternative route for oil exports during the war.

The escalation has pushed oil prices higher in recent weeks. Benchmark Brent crude traded above USD 88 a barrel on Monday, while regular petrol in the US rose to an average of USD 4 a gallon. The US military identified two soldiers killed in Jordan in attacks that left a third person missing. Separately, it confirmed another death in Iraq on Saturday during the "controlled detonation" of a downed Iranian drone. President Donald Trump said on social media: "Every time Iran kills an American Soldier they will pay for that killing many times over!" Trump was also due to attend a ceremony on Tuesday evening at Dover Air Force Base, where the remains of at least one service member were expected to arrive.

How anti-Taliban fighters seized Afghan district on Pakistan borders

An armed anti-Taliban group claimed it briefly seized the Yaftal-e-Paen district headquarters in Afghanistan's Badakhshan for hours before withdrawing. While the Taliban said it quickly restored control, if verified, it would mark the first known instance since it returned to power in 2021 when an Afghan district headquarters briefly slipped from its control.

World.(Agency)

For several hours early on Friday, July 17, an armed anti-Taliban group claimed to have taken control of the Yaftal-e-Paen district headquarters in Afghanistan's northeastern Badakhshan province, bordering Pakistan. Local sources cited by multiple Afghan media outlets said the

fighters disarmed Taliban personnel, occupied the district administration building and raised the flag of a newly announced group calling itself Sepahian-e Mihan (Soldiers of the Homeland). Taliban authorities acknowledged an overnight attack and downplayed it. The regime said security forces retook the district within hours, arrested several suspects and restored order.

While the alleged siege lasted briefly, if independently confirmed, it would mark the first known instance since the Taliban returned to power in August 2021 that an Afghan district headquarters

temporarily slipped from its control, reported online news outlet The Kabul Tribune.



According to BBC Urdu, the group, Sepahian-e Mihan, is led by Qayum Khan Malang, a former Afghan National Army officer who later fought

with Ahmad Massoud's National Resistance Front (NRF) before forming his own armed outfit in Badakhshan.

During the US-backed government in Afghanistan, he trained and fought alongside US Delta Force units.

The Taliban dismissed the attackers as a propaganda outfit incapable of mounting any sustained resistance. Since returning to power in 2021 after the collapse of the US-backed Afghan government, the Taliban has largely maintained territorial control despite sporadic attacks by armed resistance groups such as the NRF and the Afghanistan Freedom Front. The alleged siege.

Rubio-led meet backs travel curbs, data sharing on political terrorism

World.(Agency)

A ministerial meeting on political terrorism hosted by US Secretary of State Marco Rubio has decided to deepen information sharing and coordination on travel restrictions for people supporting political terrorism, a senior US official said on Monday. The Ministerial on Resurgence of Political Terrorism, held at the US Department of State last Thursday, was attended by representatives of 66 countries, including 17 ministers. India was represented by its ambassador to the US, Vinay Mohan Kwatra.

Gregory D LoGerfo, Coordinator and Ambassador-at-Large for Counterterrorism, told reporters, "This is the beginning of a sustained effort to ensure we address a new threat, and we look forward to continuing to work with our partners in the months ahead." He said participants discussed how to align their legal frameworks so that these far-left networks cannot simply relocate across borders. LoGerfo said the participants agreed to deepen information sharing, coordinate on travel restrictions, and strengthen protection of critical infrastructure, especially transport and energy systems, which he said have been repeated targets. He also said Secretary Rubio has already announced new visa restrictions targeting members of far-left terrorists and aligned groups under the Immigration and Nationality Act. "We will bar anyone who engages in far-left terrorism or provides support from entering the United States," LoGerfo said. He added, "As part of these designations, the US Treasury Office of Terrorism and Financial Intelligence will take steps to dismantle the funding which sustains these groups," and said the State Department is offering rewards of up to USD 10 million for information that disrupts far-left terrorist financing.

LoGerfo said the ministerial was not about policing political viewpoints, limiting freedom of speech or stopping peaceful protest. The development comes amid criticism from some opponents of the Trump administration's counterterrorism approach, who say its focus on threats from the far left is misplaced. An analysis by the Centre for Strategic and International Studies in 2025 said that while left-wing violence in the US has increased over the past decade, it rose from very low levels and remains well below historical levels of violence carried out by right-wing and jihadist attackers.

Why Indian students are ditching the US, flocking to European universities

For decades, the US was the dream destination for Indian students. But rising costs, tougher visa rules under the second Donald Trump administration and a new India-EU mobility framework are prompting many to look towards Europe. European universities are offering cheaper education, clearer post-study pathways and greater

American.(Agency)

The American dream for Indian students might have shifted across the Atlantic. Indian students are increasingly looking beyond the US and are instead choosing European universities as stricter American immigration policies, rising costs of living, and new opportunities are reshaping education choices.

For decades, the US was the first choice for Indian students seeking higher education and career opportunities overseas. However, tighter visa rules, uncertainty about post-study prospects, and rising

expenses in the US are prompting students and parents to reassess their choices.

According to the Reuters report, education consultants and European Officials (EU) are witnessing growing interest in Europe, with countries like Germany, France, the Netherlands and Italy emerging as alternatives to the US, Canada, and the UK.

This shift has been on for some time



now. There are already around 120,000 Indian students across the EU, according to a report in The Hindu. Between 2015 and 2023, the number of Indian students

Andy Burnham starts as UK PM facing cost crisis and global flashpoints

London.(Agency)

Andy Burnham begins his first full day as UK prime minister on Tuesday after taking office with strong public enthusiasm and a long list of immediate challenges. He replaces Keir Starmer at a time when Britain is dealing with a weak economy, high living costs, pressure on public services and major foreign policy demands.

Burnham, who spent most of the past decade as mayor of Greater Manchester and returned to

Parliament in a special election last month, now moves from running a region of 3 million people to leading a country of 70 million. His government will have to deal with domestic pressures as well as wars in Ukraine and the Middle East, while also managing ties with US President Donald Trump.

Domestic issues are at the top of Burnham's agenda and he has said he will set out his plan on Tuesday on how the government will fund efforts to lower living costs. He inherits an economy that had been

improving until the Iran war disrupted forecasts, with growth now widely expected to slow sharply this year while inflation rises. A central part of Burnham's platform is decentralising government by directing more money to local authorities and bringing some services back under public control after they were privatised four decades ago. His business-friendly socialist approach, known as "Manchesterism", aims to combine private and public money.

US slaps additional 50% tariffs on Canada, cites discriminatory treatment

Donald Trump has announced 50% tariffs on a broad range of Canadian imports under Section 338 of the Tariff Act of 1930. Canada has said it wants intensive talks to resolve the dispute as the move opens a new front in trade tensions.

Washington.(Agency)

President Donald Trump unveiled 50% tariffs on a wide range of imports from Canada on Monday in response to what the U.S. administration called its discriminatory treatment of American-made cars, alcohol and dairy goods,

threatening a new front in a global trade war.

In slapping import taxes on goods ranging from wine to cement and ice hockey gear, Trump invoked Section 338 of the Tariff Act of 1930, which permits a president to impose punitive tariffs of up to 50% against trading partners deemed to have discriminated against U.S. goods. That marked the law's first known usage in nearly a century of existence. The new tariffs, set to take effect in 30 days, would also apply to dairy products, swimming pools, furniture, fishing rods, seeds, clothing and wigs, among other items.

"While the Administration continues to secure fair and reciprocal trade deals with our trading partners, Canada,

unlike other partners and allies, continues to retaliate against the United States for its efforts to rebalance trade



and protect U.S. industry in national-security sensitive sectors," U.S. Trade Representative Jamieson Greer said in a statement.

Canadian Prime Minister Mark Carney said in a statement that his government has made comprehensive proposals to resolve trade disputes with

Washington, asserting that Trump's past tariffs violated the North American trade pact.

"This trade dispute has raised costs for families, particularly in the U.S.," he said. "Canada stands ready to engage intensively to address outstanding issues with the U.S. to the mutual benefit of our citizens." The Trump administration has long complained that Canada and China implemented retaliatory measures in response to the barrage of tariffs Trump has tried to impose since returning to the White House last year. Greer has pointedly left Canada out of negotiations under way with Mexico on changes the U.S. wants in the U.S.-Mexico-Canada Agreement on trade.