

How dare you threaten students: Rahul Gandhi slams Universities' protest advisory

The Centre plans to invoke the Public Examinations (Prevention of Unfair Means) Act, 2024 in four NEET-UG paper leak cases and seek dedicated fast-track courts for daily hearings. Two of the cases fall under the Bombay High Court's jurisdiction, according to government sources.

NEW DELHI. (Agency)

Congress leader Rahul Gandhi on Friday criticised Delhi University after it urged students and faculty to stay away from protests at Jantar Mantar. He accused the varsity of threatening students for exercising their democratic rights and said it would be held accountable.Gandhi was responding to a social media post by the University of Delhi on Thursday night, in which it said any unlawful assemblies or demonstrations at Jantar Mantar could invite legal action. The university also told students to prioritise their safety and comply with the law.Tagging the university's post, Gandhi said, "How dare you threaten students for exercising their democratic rights? Please note, you are the ones that will be held accountable when the time comes."He also

said, "Please note, you are the ones that will be held accountable when the time comes."

In its post, the university said, "Dear students and faculty, your safety matters to us. Please

such activities could pose serious risks to students' personal safety and significantly affect their academic progress and professional opportunities. "Accordingly, all students are urged to stay away from Jantar Mantar and to prioritise their safety and compliance with the law. Furthermore, you are advised to exercise caution as a significant amount of fake and misleading content is being created and circulated to fuel the situation," the university said.The Cockroach Janta Party has been protesting at Jantar Mantar since June 20, demanding the resignation of Union Education Minister Dharmendra Pradhan over the NEET paper leak.



note that any unlawful assemblies or demonstrations at Jantar Mantar, New Delhi, which are strictly regulated as per the directives of the Hon'ble Supreme Court of India, may invite legal action."It added that

The exchange between Gandhi and Delhi University came against the backdrop of these ongoing protests and the university's warning to students to stay away.

No plea was filed in SC: CJI rejects reports of refusing to hear protest petition

New Delhi. (Agency)

Chief Justice of India Surya Kant on Friday dismissed as "reckless" media reports claiming that he had refused an urgent hearing on a plea against the July 20 police action on students, saying no such petition had been filed before the court.He said what had reached him was only a representation and not a writ petition, and told the court that reports suggesting he had declined to list the matter were "completely false".



While lawyers were mentioning cases for urgent listing on Friday, the CJI said, "In the last two days, a completely false statement was made that a matter was filed, and the media is absolutely free from all responsibility and falsely reporting that the Chief Justice refused to list the matter."He added, "Till morning 10 am, not a single page has been filed. It was one representation...sent by Mishra or someone. How can I treat the representation as a writ petition? And people start recklessly reporting this."On Wednesday, a lawyer had sought an urgent hearing on the police action against students during the Cockroach Janta Party-led protest march on July 20. "I have the videos as well regarding police brutality... If it can be listed tomorrow (Thursday)... students are there," the lawyer had said, alleging that students were subjected to police brutality during the protest.The CJI, however, declined the request and made it clear that the bench was not inclined to examine video footage at the mentioning stage."

Students using paper leak as excuse for their failure: BJP's Nishikant Dubey

New Delhi. (Agency)

BJP MP Nishikant Dubey on Thursday said a section of NEET candidates was using the paper leak as an "excuse" to explain poor performance to their parents. He also said students aiming for careers in medicine, engineering or the civil services should focus on their studies instead of joining protests. Speaking to reporters in the Parliament House complex, Dubey said Prime Minister Narendra Modi had made it clear that the government was committed to ensuring strict punishment for those accused in the alleged paper leak case.

He also urged the opposition to allow a discussion in Parliament so that stronger legal provisions could be brought in.Referring to the large number of students who take the medical entrance exam every year, Dubey said many were trying to link their failure to the alleged paper leak."There are around 65,000 medical seats, but about 22 lakh students appear in the examination every year. Every parent believes that their child is bright and academically capable," he said.

CM DK Shivakumar plans team to keep watch on CSR funds

BENGALURU. (Agency)

Chief Minister DK Shivakumar on Thursday announced plans to constitute a special team to monitor the utilisation of Corporate Social Responsibility (CSR) funds in Karnataka, alleging that a significant portion of the estimated Rs 10,000 crore CSR spending in the state could be misused.

Speaking at the Federation of Karnataka Chambers of Commerce and Industry (FKCCI) Global CSR and Sustainability Summit 2026, Shivakumar said CSR should no longer be viewed as charity but as a strategic investment in sustainable development. "About Rs 10,000 crore of CSR is coming to Karnataka. Where is this CSR going? I am going to set up a separate team of officials to keep a watch on every rupee," he said, alleging that around 50% of CSR funds could be misused. He urged companies to prioritise rural primary education and adopt government schools. The government, he said, had mapped around 2,000 locations where companies could adopt and develop schools with infrastructure comparable to good CBSE or ICSE institutions.

Serious Questions Raised Over Law and Order in Mehsana, Mahanagar Metro Exposes Liquor and Gambling Network

MAHANAGAR METRO
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Mehsana
Prohibition
Reality

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MEHSANA: Despite claims of strict prohibition across Gujarat, shocking revelations have emerged from Mehsana district, where illegal liquor stills and gambling dens are reportedly operating without fear. This illicit trade is flourishing due to an alleged nexus between local police officials, intermediaries, and bootleggers.

Alleged Nexus Between Khaki and Antisocial Elements

According to insider sources, the network of illegal activities across Mehsana district is being run in an organized manner:

Alleged Involvement: Officials from the Local Crime Branch (LCB), an alleged intermediary named Tarun Dabhi, an out-of-district PCI officer, and a prominent bootlegger named Imran are reportedly managing the entire operation.

Extortion Allegations: Widespread reports suggest that lakhs of rupees are collected daily in illegal extortion from various parts of the district.

Leaking of Classified Information: It is claimed that a police constable stationed in the State Monitoring Cell



(SMC)—who hails from the district—leaks advance information regarding planned raids to Tarun Dabhi, allowing these illegal joints to shut down prior to official action.

Station-Wise Breakdown of Illicit Activities

Illegal operations are reportedly running rampant across multiple police station jurisdictions:

Bavlu Police Station: Large-scale gambling dens are reportedly being operated in the agricultural fields near Thakorvas in Lor village.

Nandasan, Kadi, Santhal, and Langhnaj: English (foreign) liquor is being sold freely, along with active manufacturing units producing chemical-infused country-made liquor.

Control Over Multiple Stations: Alleged intermediary Tarun Dabhi is reportedly handling the financial management for four police stations as well as the LCB branch.

Past Controversies and Allegations of Political Protection

Similar serious irregularities had surfaced in the past during the tenure of Achal Tyagi as the Superintendent of Police (SP) in Mehsana.

"When Tarun Dabhi was posted at the Bavlu Police Station, allegations emerged regarding his involvement in foreign liquor smuggling alongside Ashu Agarwal, a liquor trader from Sanchore, Rajasthan. The then-SP took swift action and demoted him to sentry duty. Subsequently, the names of both Imran and Tarun Dabhi surfaced in a seized liquor container case, though allegations were made that their names were later removed due to political pressure.

Fears of Hooch Tragedy and Demands for High-Level Probe

Given the rampant production of chemical-infused country liquor in Mehsana, the possibility of a major hooch tragedy (poisonous liquor incident) cannot be ruled out. If such a tragedy occurs, who will bear the direct responsibility? Will Superintendent of Police Himanshu Solanki, LCB officials, or the alleged intermediaries be held accountable?

In light of these alarming conditions, Mahanagar Metro urges the state administration and government to act on the following demands:

- ACB Investigation:** The Anti-Corruption Bureau (ACB) must conduct a thorough investigation into the assets and financial transactions of all involved officers, personnel, and intermediaries.
- Intervention by the Home Department:** Minister of State for Home Affairs, Harsh Sanghavi, should order an impartial and immediate probe into the entire matter.
- Strict Disciplinary Action:** Strict disciplinary and legal action must be taken immediately against guilty police officers and staff to restore law, order, and public confidence in the district.

PM should speak in Parliament on paper leaks, not deliver 'Mann Ki Baat': Congress

New Delhi. (Agency)

Congress demanded PM Modi TO make a statement in Parliament on the paper leak issue instead of addressing the issue through a video message.

Congress president Mallikarjun Kharge on Friday said Prime Minister Narendra Modi should make a statement in Parliament on the paper leaks issue instead of delivering a "one-sided Mann Ki Baat" outside the House.His remarks came after PM Modi announced in a video message on Thursday night that the government would bring a bill in Parliament next week with provisions for strong action against paper leaks.

Kharge also demanded the dismissal of Education Minister Dharmendra Pradhan, an apology to students, and strict action against

those who, he alleged, ordered the use of batons and pellet guns against protesting students.



Shortly after PM Modi's message, Congress leader Rahul Gandhi also attacked the prime

minister, saying he had sidestepped the issue of Pradhan's resignation and should not insult the intelligence of students with a "pathetic midnight video".

In a post in Hindi on X, Kharge said, "Before coming to Parliament today, please dismiss Dharmendra Pradhan. First, apologise to the students and take strict action against those who ordered the use of batons and pellet guns to suppress the students' voices. Then we are ready for a detailed discussion on the education system."

He added, "When Parliament is in session, the prime minister is required to make a statement on the floor of the House. He should not be delivering a one-sided 'Mann Ki Baat' outside Parliament."

News box

Bike taxi rider dies in hit and run at Hero Honda Chowk

Gurgaon.(Agency)

A 50-year-old bike taxi driver died after an unknown vehicle allegedly hit him near Hero Honda Chowk Thursday morning and fled the spot. The deceased, Ramesh Kumar, a resident of Begumpur, was driving along the National Highway service road towards Jaipur when a vehicle allegedly struck him down at around 6.30 am. A few minutes later, police received a call that an injured man was lying on the roadside and rushed to the spot.

Ramesh suffered severe head injuries and was declared dead soon afterwards. According to the police, his body has been sent for autopsy and will be handed over to the family thereafter.

Police are investigating the matter further to identify the accused driver. "We are speaking to witnesses, and scanning CCTV footage from nearby areas to trace the sequence of events and determine whether negligence or overspeeding caused the crash," a police officer said.

Wangchuk stable but will stay in ICU for monitoring

Gurgaon.(Agency)

Climate activist Sonam Wangchuk remained clinically stable on Thursday but continued to be monitored in ICU on the 26th day of his hunger strike. Sources at Medanta said his heart rate was 84 beats per minute, blood pressure 101/63 mmHg, respiratory rate 20 breaths per minute and oxygen saturation (SpO2) 100%. His random blood sugar was normal.

Doctors said patients undergoing prolonged fasting require close monitoring regardless of reassuring vitals, since complications can develop rapidly. After nearly four weeks without food, they can be vulnerable to electrolyte disturbances, cardiac rhythm abnormalities and metabolic complications — risks that can intensify when nutrition and fluids are gradually reintroduced, a phase known as 'refeeding syndrome'.

Wangchuk's earlier medical records have documented persistent pancytopenia — reduced red blood cells, white blood cells and platelets — along with low serum potassium levels of 3.2-3.4 mEq/L and mild-to-moderate dehydration, all of which warrant continued observation, according to sources.

"Although prolonged starvation affects virtually every organ system, the heart is among the most vulnerable. Nutritional deprivation gradually weakens the heart muscle, while electrolyte imbalances, particularly involving potassium, magnesium and phosphate, can trigger dangerous rhythm disturbances. These risks become even greater during the refeeding phase, when sudden metabolic shifts may precipitate heart failure or cardiac arrest if nutrition is not reintroduced carefully," said Dr Samir Kubba, director and unit head of cardiology at Delhi's Dharamshila Narayana Superspecialty Hospital.

Dr Jayanta Thakuria, senior director of internal medicine at Faridabad's Yatharth Super Speciality Hospital, said the body switches from glucose to fat reserves as starvation continues, leading to weight loss, muscle wasting, weakness, dehydration and vitamin deficiencies.

Choked with garbage, drains spilling sewage back onto roads, say residents

Noida.(Agency)

The arrival of the monsoon has once again exposed Noida's long-neglected drainage infrastructure, with residents complaining that clogged drains and overflowing sewers have turned their areas into breeding grounds for mosquitoes, heightening the risk of dengue and malaria.

"Those who promised us a hi-tech, gleaming city have vanished, leaving us to contend with severe waterlogging and increasing mosquito menace," said Deepak Sharma, president of RWA Sector 105. With dengue cases already being reported, residents fear the situation will worsen without urgent intervention. Sharma demanded thorough desilting of primary and internal drains, along with regular fogging and anti-larval spraying to curb mosquito breeding.

Since there was no response from Noida Authority, the RWA organised spraying in the sector's internal drains and sewers on Wednesday, urging residents to keep their surroundings free from stagnant water. "We are asking residents to clean their coolers, flowerpots and rooftops regularly," said Sharma. In Sector 108, RWA president Digamber Singh said annual drain-cleaning drives have not been comprehensive enough. He attributed the recurring overflows to blocked drains, poor gradients and obstructions that prevent rainwater from flowing into the external drainage network.

Protectors or Predators?: Law Shattered in Karjan Under Rule of Jail-Returned Intermediary and LCB ASI Police-Bootlegger Extortion Racket Exposed in Karjan

Vadodara / Karjan: You may have heard many instances of Gujarat's strict prohibition claims remaining confined to paper, but the blatant auctioning of law and order in Karjan taluka of Vadodara district is enough to shame the entire Home Ministry and police administration. The nexus between political power drunk on authority and police officials blinded by illegal extortion has turned Karjan taluka into a rotten hub of crime. Shattering the Home Minister's zero-tolerance claims, Mahanagar Metro exposes this illegal trade with figures and evidence.

Illicit Network Spreads Across Villages Under Police Nose

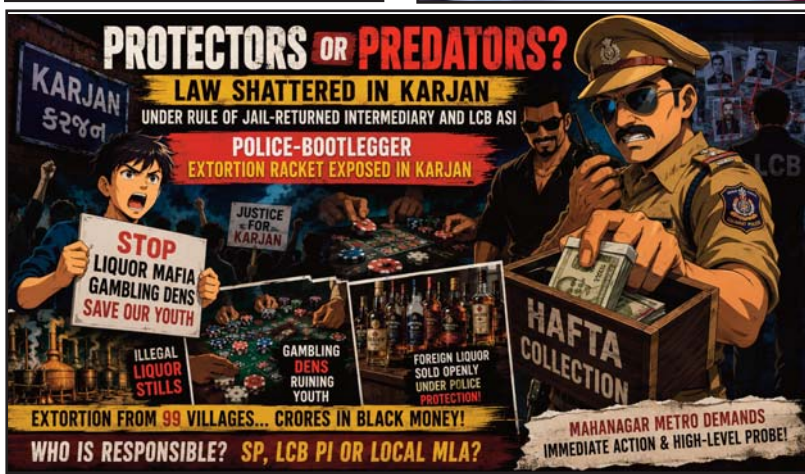
Detailed information on where, under whose protection, and under which patron's shelter this illegal trade is running in Karjan taluka is given below:

Karamdi Village (Just 2 km from police station): Smoke rises day and night from country-made liquor stills in this village located right next to Karjan police station. Police vehicles pass by with sirens blaring, but lack the courage to act against these stills. **Kurali Village** (Navi Nagri): Near the water tank, a person named Nagin openly operates a Varli Matka gambling den, looting the hard-earned money of local youth.

Sapa Village: Near the new settlement, a second gambling den is run without fear by the same Nagin.

Ranapur and Chimki Villages: Serious allegations have surfaced against Ranapur village sarpanch Parth Shah, who enjoys support from the BJP Youth Wing, for procuring and selling large consignments of foreign liquor in Chimki village.

Kandari Village: Near the tower,



a person named Pradeep Vasava fearlessly sells foreign liquor. **Bariyavas:** A notorious bootlegger named Paresch Kantilal runs an open trade of foreign liquor here.

"Police Intermediary Turns Big Bootlegger!" – The Game of Alleged Handlers

The most shameful aspect of this entire scandal is the role played by certain police intermediaries:

1. **Dominance of Suspended Hanubha Kamadiya:** Employees like Hanubha Kamadiya—who was previously jailed and suspended for involvement in a major foreign liquor case—have been reposted to Karjan police station at the behest of an influential local politician. According to shocking insider reveals, instead of depositing seized foreign liquor from Karjan sub-jail or the taluka into official police records,

Hanubha sells it back to bootleggers, generating lakhs in illegal income.

2. **Influence of LCB ASI Bhupat Rabari:** ASI Bhupat Rabari, posted in the Dabhoi beat and accused of handling financial management for the entire district's LCB, reportedly holds more sway in the Vadodara police department than even the District Superintendent of Police (SP).

3. **99 Villages and Crores in Extortion:** Calculating weekly extortion collected at 1 to 1.5 lakh rupees per village across Karjan taluka's 99 villages, crores of rupees in black money are funneled to high-ranking officials every month. Additionally, expensive bottles of foreign liquor are sent as gifts to influential politicians. **Direct Challenge to the Home Minister's Claims!** The state Home Minister fre-

quently delivers grand speeches on zero tolerance against illegal activities, but conditions in Karjan suggest that corrupt officers and political patrons are directly trampling these orders underfoot. The younger generation is being ruined by addictions to booze and gambling while the administration remains busy reaping profits. **5 Sharp Questions from Mahanagar Metro – Answer If the Administration Dares:**

1. On whose political orders was an employee previously jailed for liquor smuggling re-stationed in Karjan?
 2. Why are liquor stills operating barely 2 kilometers from the police station invisible to the District SP or LCB PI? Is a share of the extortion reaching them as well?
 3. When will a case be registered against Hanubha Kamadiya—who sells seized liquor back to bootleggers—and when will he be sent back to jail?
 4. Is it true that Dabhoi beat ASI Bhupat Rabari is effectively running the LCB for the entire district?
 5. If a family is ruined or a major crime like murder occurs due to liquor or gambling in Karjan, who will bear direct responsibility? The SP, LCB PI, or the local MLA?
- Public Outrage and Direct Warning**
- When protectors turn into predators and the police act as bootleggers, where can citizens look for justice? Public anger is on the verge of exploding. Mahanagar Metro warns the administration that if immediate raids and strict actions are not taken against these corrupt extortionists and bootleggers, the enraged citizens of Karjan will take to the streets to dismantle this corrupt system.

Living abroad no shield, NRI couple told to appear in court as 'co-accused' in dowry case

Ghaziabad.(Agency)

A sessions court has dismissed a revision petition filed by an NRI couple based in Germany, Ankit and Silky Jain, seeking to be discharged from a dowry harassment case in which they are named as co-accused. The case, filed by Ankit's sister-in-law Urvarshi on Aug 26, 2020, named him and Silky, besides her husband Abhishek, father-in-law Sushil Kumar and mother-in-law Archana, under IPC sections 498A (matrimonial cruelty), 323 (voluntarily causing hurt), 354 (criminal force with the intent to outrage the modesty of a woman), 377 (unnatural intercourse), 504 (intimidation to provoke breach of peace), 506 (criminal intimidation) and Section 3/4 of the Dowry Prohibition Act.

Police later dropped Ankit and Silky's names, citing insufficient evidence, and also found the charges under IPC sections 354 and 377 against the others unsubstantiated. IPC section 406 (criminal breach of trust) was

subsequently added, and a chargesheet that was eventually filed included this and sections 498A, 323, 504 and 506, besides Section 3/4 of Dowry Prohibition Act.

After the lower court framed charges on Oct 20, 2022, Urvarshi moved an application under Section 319 CrPC (power to proceed against other persons appearing to be guilty of offence), alleging that Ankit and Silky had conspired with the investigating officer to have their names dropped from the chargesheet.

In her examination before the trial court, Urvarshi said she married Abhishek on Nov 9, 2019, in a wedding costing Rs 50-55 lakh, after which her in-laws, including Ankit and Silky, who were visiting for the ceremony, pressured her for dowry.

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The couple argued they had been living in Germany and had no role in the alleged offences, but the court noted that the couple stayed for over a month and summoned them for trial in its Feb 25, 2025 order.

Subsequently, Ankit and Silky filed a criminal revision petition before the sessions court.

In their plea, Ankit and Silky contended they never lived with Urvarshi except during the wedding, and pointed to contradictions in her FIR, police statement and court testimony. They called her allegations malicious.

Additional Sessions Judge Neeraj Gautam cited a Supreme Court precedent on the limited scope of revisional jurisdiction and held that the lower court's order showed no legal error warranting interference. "The object of the provisions of revision is to set right a patent defect or an error of jurisdiction or law," the court said.

Andhra government mandates audit for C-section deliveries

VIJAYAWADA. (Agency)

In a major move aimed at curbing unnecessary surgical procedures, the Andhra Pradesh government has brought all C-section (Cesarean) deliveries performed in network hospitals under the Dr NTR Vaidya Seva Scheme under mandatory audit.

Clear directives have been issued stating that C-sections must be conducted strictly based on genuine medical necessity, requiring hospitals to maintain documentation and clinical records for every case.

The policy enforcement follows a recent review meeting where Health Minister Y Satya Kumar Yadav expressed concern over high volume of C-section deliveries being reported in empanelled hospitals. Instructing officials to take stringent measures against non-essential surgeries, the Minister prompted Dr NTR Vaidya Seva Trust Chief Executive Officer (CEO) KVN Chakradhar Babu to issue a formal circular mandating immediate compliance across all network hospitals. Under the new guidelines, hospitals are required to perform C-sections only when health conditions of the mother or child medically warrant it, strictly adhering to Standard Treatment Guidelines (STGs) and statutory norms.

RSK row: Document writers' pen-down strike costs Andhra Pradesh Rs 150-200 crore

VIJAYAWADA. (Agency)

The Andhra Pradesh government is estimated to have suffered a revenue loss of Rs 150-200 crore following the statewide pen-down strike launched by document writers and allied personnel on July 20, demanding the withdrawal of G.O. Ms. No. 396, which provides for the establishment of Registration Seva Kendras (RSKs).

The strike severely affected property registrations across the State. Official figures show that only 1,946 registrations were completed during the first three days of the agitation, most of them being release deeds, generating a total revenue of Rs 13.68 crore. On July 20, 646 registrations were recorded, fetching Rs 5.75 crore in revenue. On July 21, registrations dropped to 606, generating Rs 3.16 crore, while 694 registrations on July 22 brought in Rs 4.77 crore. Before the pen-down protest, the Registration Department was recording 12,000 to 14,000 registrations every day, earning nearly Rs 60 crore in daily revenue.

With normal registration activity coming to a standstill, the Government is believed to have incurred a substantial revenue loss over the past three days.

KSRTC faces ordinary bus shortage as vehicle scrapping policy takes effect

THIRUVANANTHAPURAM. (Agency)

The KSRTC is grappling with an acute shortage of buses for its ordinary services, caught between strict federal mandates and a severe fleet deficit. The pressure began with the Union government's vehicle scrapping policy, which mandates that all state and central public vehicles older than 15 years must be taken off the road. For KSRTC, strict adherence to the rule would have meant immediately grounding over 1,100 buses. Most of the affected buses are the ordinary buses which operate the popular Priyadarshini scheme.

To prevent an immediate breakdown of public transit, the state government granted a temporary lifeline, extending the operational cap for state buses to 20 years and stretching registration validity through September 30, 2026.

However, officials stress that this will not offer a permanent solution as the Centre remains intent on enforcing the original policy.

"We need to have a plan to improve the fleet size. Though the transport minister took up the issue with the Union minister, there has been no headway," said an official. This policy extension merely postpones an ongoing structural deficit caused by years of unequal retirement and procurement rates. Between 2016 and February 2025, KSRTC auctioned off 2,202 buses as scrap, yet acquired only 538 new vehicles over that same nine-year period.

Month after Maharashtra TET paper leak, Mumbai's mastermind still missing as CJP protests keep the heat on

As CJP protests grip Mumbai, six lakh teacher aspirants are still waiting for a new exam date, and students are renewing calls for the education minister to quit.

Mumbai. (Agency)

As nationwide protests over examination irregularities continue to sweep the country, Mumbai has a flashpoint of its own. A month after the Teacher Eligibility Test (TET) question paper was leaked, the police are yet to trace the man they believe masterminded it, and the state is yet to announce a fresh exam date. Student groups have used the delay to escalate their demand for School Education Minister Dada Bhuse's resignation.

So far, the police have arrested 12 people in the case. However, the alleged mastermind, Bijendra Gupta, a former coaching class teacher facing several

paper leak cases, has managed to evade arrest and is suspected to have fled the country. Nearly six lakh teacher aspirants, meanwhile, continue to await a fresh examination date and clarity on how the state plans to restore confidence in the recruitment process.

Speaking about the investigation, a senior police officer said, "We are making efforts to track down the accused, but he has so far managed to evade the police. We should be able to arrest him soon. His modus operandi is to resurface in some other part of the country with a new identity." The police have arrested Gupta's wife and a few others who allegedly helped him

escape. Apart from Gupta, investigators are also searching for a few people who had allegedly agreed to purchase the leaked question paper but have since



gone underground. "Those arrested are still behind bars, and we will file a chargesheet in the case," the officer said.

How the leak was uncovered

The leak surfaced two days before the exam when Thane City police got a tip-off from a Bhiwandi resident who said three men had offered him a copy of the question paper. A raid confirmed the men were carrying genuine papers, leading to the arrests of Rajiv Kumar and Aakash Kumar from Bihar and Dheeraj Singh from Haryana. The state government has since formed a 20-member Special Investigation Team. The trail led to Mahim Patran Pvt Ltd, an Agra-based printing press, where two current employees and a former employee allegedly smuggled out papers hidden inside their shoe insoles, after being cultivated by Gupta for just Rs 8,000.

No more mandatory bond year: Maharashtra frees MBBS graduates from 2006-era rule

Mumbai. (Agency)

Ending a nearly two-decade-old policy, the Maharashtra government on Thursday scrapped the mandatory one-year bond service for MBBS graduates, saying the requirement had become impractical as the number of medical graduates far outstripped the government's capacity to provide bond postings.

The move benefits graduates from government, aided and municipal medical colleges, as well as private college students who had availed government benefits. MBBS graduates waiting for bond postings will no longer have to complete the mandatory year before becoming eligible for postgraduate admissions. In a

Government Resolution issued Thursday, the Medical Education and Drugs Department said the state's MBBS intake had risen sharply while government departments had only limited bond



service positions available, leaving many graduates unaccommodated and delaying their academic and professional progression.

"It has also been observed that newly qualified MBBS graduates are completing the mandatory social responsibility service solely to become eligible for admission to postgraduate medical courses. As a result, they do not provide medical services to their full potential at their place of posting. Moreover, since these candidates have only recently graduated from the MBBS programme, they are not sufficiently competent to independently provide emergency medical services," the GR states. The policy was reviewed after a meeting chaired by the Chief Minister on July 9, 2025, following which the Public Health Department recommended scrapping the service, a proposal now accepted by the Medical Education Department.

Vadodara gets drinking water relief as rain fills Ajwa Lake, schools to remain shut on Friday

Vadodara. (Agency)

Intermittent rainfall across Vadodara on Thursday brought relief to the city's water reserves, prompting the civic administration to step up flood preparedness, even as Vadodara Municipal Corporation officials maintained there was no reason for residents to panic. The city received 9 mm rainfall till 5 pm on Thursday, taking the cumulative rainfall over the last three days to 17 mm. With more rain forecast, all schools will remain closed on Friday, July 24, following directions from the district administration.

The biggest relief came with Ajwa Reservoir—Vadodara's primary drinking water source—witnessing a water level of



207.85 feet following inflows from the upper catchment, easing concerns over the drinking water supply for the city.

Municipal Commissioner Arun Mahesh Babu inspected vulnerable stretches along the Vishwamitri river and said the civic body has been continuously monitoring rainfall and water level over the past three days. He said benchmark levels at Kalaghoda and Ajwa remain

within safe limits and there is no immediate cause for concern.

Speaking to The Indian Express, Babu said, "With the level at Ajwa just about 208 feet, there is no reason to panic. As we have a cushion up to 214 feet... While there is no flood situation as of now, we have issued a warning to people on Vishwamitri river banks and the fire team has been making announcements. We also have the quick reaction teams on the ground."

Babu said that local teams of the VMC are on the ground to "remove waterlogging in city areas by activating dewatering pumps" and over 1,000 illegal hoardings have been pulled down. The VMC has also issued notices to 1,100 dilapidated structures.

2021 Jagraon double murder: Court convicts 8 aides of deceased gangster Jaipal Bhullar

Of the eight convicts, two have been handed rigorous life imprisonment for murder.

Ludhiana. (Agency)

The Ludhiana court of additional sessions judge Saru Mehta Kaushik has convicted eight accused in the sensational double murder case of two cops from Ludhiana Rural police who were gunned down in Jagraon grain market on May 15, 2021. Of the eight convicts, two have been handed rigorous life imprisonment for murder. Six others, sentenced for three to seven years, have been found guilty of harboring accused, possessing illegal weapons etc.

According to the FIR, ASI Bhagwan Singh and ASI Dalwinderjit Singh were shot dead by gangster Jaipal Bhullar alias Ferozepuria and his aides when the police team was conducting a routine check and stopping vehicles at Jagraon grain market. According to the FIR, gangster

Jaipal Bhullar and his accomplices opened fire at the police party, after one of the policemen — ASI Bhagwan Singh — identified the men and had tried to nab them. Police had said that a team of three policemen had gone for checking at Grain Market after receiving a tip off that drugs and illicit liquor were allegedly being smuggled in a vehicle. Police had booked gangster Jaipal Bhullar, his close aide Jaspreet Singh alias Jassi Kharar and other aides for the conspiracy and double murder in an FIR registered on May 16, 2021 at Jagraon city police station. According to the eyewitness home guard Rajwinder Singh who was also injured, Bhullar was also on the spot and had opened fire at the police team.

Both Bhullar and Jassi Kharar died in an encounter with Kolkata Police on June 9,



2021.

The Ludhiana court, in an order dated July 14 (copy of which was made available Wednesday late), has convicted eight accused: Baljinder Singh alias Babbi, Darshan Singh, Bharat Kumar, Gurpreet Singh alias Lucky, Satpal Kaur, Gagandeep Singh alias Nanna, Nanak Chand and Jaspreet Singh. Baljinder Singh and Darshan Singh have been handed rigorous imprisonment for life for the

double murder, Bharat Kumar has been sentenced for seven years RI for harboring the accused, while five others have been handed three years RI each for possessing illegal weapons under the Arms Act. Court said that it was "not the rarest of the rare case", while rejecting prosecution's plea demanding death warrant for the guilty. "Prosecution proved the guilt of accused Baljinder Singh alias Babbi and Darshan Singh who in furtherance of common intention with co accused Jaipal Bhullar and Jaspreet Singh alias Jassi Kharar (both already deceased) committed the murder of ASI Bhagwan Singh and ASI Dalwinderjit Singh on 15.05.2021 by giving gun shot injuries to both of them which caused their death; attempted to commit murder of PHG Rajwinder Singh by firing a gun shot at him; assaulted and used.

Missing: Second demographic bonus

For a decade, India's demographic arithmetic has been a great source of optimism. A swelling working-age population, shrinking share of dependent children and still-small elderly cohort together promised a demographic dividend—the growth that arrives when a country has far more producers than mouths to feed.

But a quieter demographic signal is now flashing red. Even as the share of Indians of working age is climbing to a peak, the country's households are saving less than they have in nearly two decades. The puzzle strikes at the heart of how demographers think about saving.

In 1985, Franco Modigliani won the Nobel for his life-cycle hypothesis, which held that people do not simply spend what they earn each year. They borrow when young, save through their prime working years and draw on those savings in old age. Scaled up, the theory carries a striking implication: a country's saving rate is written less by how wealthy it is than by how its people are distributed across the life-cycle. Ronald Lee and Andrew Mason later drew out a sequel with the "second demographic dividend". If the first dividend is the mechanical rise in output per person that comes from a rising share of working-age people, the second is subtler and not guaranteed: the wealth those workers accumulate as they anticipate old age. It materialises only where the age structure meets the institutions—pensions, formal finance, functioning labour markets—that let the instinct to save harden into investable assets. Set India's numbers against that framework and the age-structure and saving rate are moving in opposite directions. The working-age share has risen from around 58 percent at the turn of the century to nearly 65 percent today, and the UN projects it will keep climbing into the 2040s before the country begins to age. By Modigliani's logic, household saving should be rising in step. Instead it has fallen sharply—from a peak equivalent to roughly a third of disposable income around the late 2000s to about a fifth today. The demographic tailwind is at its strongest just as the saving it is meant to generate fades.

The contrast sharpens when India is set beside economies it hopes to emulate. East Asia is the canonical proof of Modigliani's logic, not its exception: Japan, South Korea and later China all saved massively as their working-age shares crested, converting a youthful age structure into a deep pool of investable wealth. Japanese and Korean households sustained saving rates in the mid-tens or higher through their bulge decades; China's household saving climbed toward a third of disposable income as its dependency ratio fell. When those rates finally turned down, they did so for the reason the theory predicts—ageing populations spending what they had banked. India inverts the sequence. Its saving rate is sliding while its working-age share is still climbing. Comparative work by Gerald Bloom and co-authors on Japan, China and India finds that demographic transitions explain much of the divergence in these three nations' saving paths. India's break from the pattern is precisely what makes it worth explaining.

If age structure cannot account for the fall, then the cause must lie in the incomes and institutions that are supposed to turn a young workforce into savers. So why is a young India saving like an old one? Three answers stand out—each a story about the population. The first is that the demographic bulge has not become a productive one. The life-cycle model assumes that the people crowding into the prime-age brackets are at the peak of their earning power. In India that link is weak. Much of the working-age surge is concentrated among the young, the informally employed and the underemployed, whose incomes are too thin and too volatile to leave a surplus. Half of the potential workforce is largely missing: female labour-force participation, though rising, remains low and heavily informal. It reminds us that a working-age population is not the same as a working population, and only the second one saves.

Go beyond marks at PTMs

A child who appears quiet in the classroom, may be coping with family stress. A student who seems like socially confident may still feel emotionally unsupported

IN most Indian schools, the parent-teacher meeting unfolds with ritualistic predictability — teachers sit across parents, armed with marksheets, notebooks, and brief comments about their child's academic performance and the phrases we hear more often are - "She's scoring well, but needs to improve in math." "He's talkative in class." "We expect better next time." Parents nod, ask a few questions, sometimes push for grades, and then move on. So the conversation majorly is around academics and specifically around individual scores. What is almost never asked in these meetings, and almost never answered, is how the child is feeling: not just in terms of stress or attention span, but as a growing, thinking, emotionally complex human being.

This silence around the emotional lives of students is not only a cultural oversight, it reflects a deeper structural divide between what we define as education and what we believe isn't a part of it. Academic outcomes are treated as the ultimate goal of schooling, and everything else - friendships, mood swings, anxiety, social withdrawal, emotional outbursts, is treated as either irrelevant or inconvenient. This results in narrowing of the child's identity to a report card. According to the World Health Organization, nearly 14 per cent of children and adolescents globally experience a mental health disorder, and most cases go undiagnosed or untreated. In India, government data shared in the Lok Sabha in March 2026 showed that the Education Ministry's student helpline Manodarpan, set up during the pandemic in 2020, received over 3.3 lakh calls in six years. Nearly 70 per cent of those calls came from children in Classes VI to VIII, and the government noted that some calls involved suicidal ideation, which were referred for crisis intervention. The data makes one thing clear: emotional distress in children is real and something that needs immediate attention. These challenges typically emerge well before they're addressed in most parent-teacher conversations. The parent-teacher meeting (PTM), despite its brevity and limitations, is one of the few spaces where educators and caregivers come together and, therefore, it holds real potential, and should not be reduced to a forum for discussing academic progress,

but as an opportunity to understand and discuss the child's learning, well-being and development. But to be able to do that, we need to expand our vocabulary, our language, our expectations, and our purpose for these conversations.

There is a deeply ingrained belief, that emotional well-being is the family's domain and academic achievement is what should concern a school. Unfortunately, the truth is heartbreaking. A child



struggling with undiagnosed anxiety may avoid participation, underperform in exams, or withdraw in class, a student facing bullying or low self-esteem may show signs of defiance or distraction - which are often seen as non-negotiables in a school setup.

Any attempt to understand such behaviour requires understanding the emotional context failing which the teachers are left to interpret behaviour through the lens of discipline or diligence alone. Many parents, too, are unaware of how their child presents socially or emotionally in school: whether the child works well in groups, shows fear around authority, or isolates during lunch. These are questions that never enter the PTM discussion, yet they are essential to understand a child's overall well-being. While we acknowledge that teachers are not therapists, and PTMs are not counselling sessions, the idea is that what is needed is not diagnosis of any issue but emotional presence. A few minutes spent discussing a child's temperament, recent mood changes, or social interactions can open the door to early intervention and support. Some schools have begun in the right

earnest. In pilot programmes across parts of Tamil Nadu and Odisha, schools have introduced a simple well-being form that teachers fill before each PTM, noting observed emotional changes, social behaviour or red flags. Parents are encouraged to reflect not just on homework routines but on sleep, irritability and emotional responses at home. This shift might seem subtle but an important one: from evaluation to conversation. The mental health of children is not a matter of isolated crises and it should never be. It is a matter of everyday attention, and PTMs offer one of the few institutional opportunities to make that attention visible, consistent and shared. It is extremely important to normalise mental health in parent-teacher conversations because it helps us to recognise that children are not simply vessels to be filled with grades, but individuals who are undergoing emotional growth, often turbulent, often confusing, and shaped by both school and home.

PTMs are also a means to model emotional literacy for parents, many of whom never had the vocabulary or permission to speak about such matters during their own upbringing.

This approach is not meant only for children who are "underperforming." A high-achieving student may also be struggling with perfectionism without anyone ever noticing. A child who appears quiet in the classroom, may be coping with family stress. A student who seems like socially confident may still feel emotionally unsupported. Thus, emotional inquiry should not be triggered only by academic concern; it should be part of the educational fabric. This does not call for a radical overhaul. All it requires is a reframing. What if, alongside math scores, teachers shared a few sentences about a child's peer relationships or emotional growth? At the PTM, what if parents, instead of asking "What's the rank?" asked "How is my child relating to others?" or "Does she seem happy in school?" When we ask about a child's mood, we do not abandon academic seriousness; we deepen it. Research supports that children who feel safe, supported and understood are more likely to learn, explore and take intellectual risks, and children whose distress is noticed early are more likely to recover, adapt and grow.

Agitations highlight angst at shrinkage of democratic space

As the future of lakhs of families is held hostage to incompetence, apathy and corruption in a job-starved economy, there is an unmistakable feeling that the government is unable to address genuine public concerns

Protests rent the air at both ends of Delhi's Sansad Marg as legislators and agitators demanded debate and action on the country's exams mess. What began on Monday as a students' protest became a full-fledged political drama on Tuesday with the principal opposition party jumping into the fray. As the Leader of the Opposition staged an unprecedented sit-in before the Prime Minister's residence along with the Chief Ministers of Kerala and Karnataka, the government sent an emissary to mediate. However, matters remained unresolved at the end of Tuesday. The evening before, despair was writ large on the faces of thousands of battered young protestors who had gathered on the Cockroach Janta Party's call demanding resignation of the Union education minister and compensation for the families of those who had died by suicide because of exam scandals. Though they were mostly demanding a fairer shot at the future, they got lathi-charged and tear-gassed. Despite the temporary detention of 70-odd protestors, they braved inclement



weather to gather again on Tuesday.

Solidarity marches were reported from Mumbai, Kolkata, Bengaluru, Hyderabad, Kochi, Pune and Panjim. Thus, what CJP co-founder Abhijeet Dipke admitted had started as a joke playing on a loose remark has become a lightning rod for dissent. Both in Parliament and on the streets, there is growing frustration at the shrinkage of democratic

space. The retreat in Parliament's deliberative role is plain in the decreasing time for or denial of debate on crucial topics. Outside, the anxiety is not just about glitches in medical entrance exams, but in a series of derailed recruitment drives. As the future of lakhs of families is held hostage to incompetence, apathy and corruption in a job-starved economy, there is an unmistakable feeling that the government is unable to address their genuine concerns. Action is required on all sides. The government must engage in earnest with the protestors and plan enough House time for a thorough debate. The opposition must participate continuously in making education work for all, not just when protests reach a crescendo. The sacking of a minister would be a mark of accountability, but it would not cure systemic ills. Most importantly, citizens staring aghast at the disproportionate response to peaceful protests must vote on the issues raised. Only then can the pledge made at the midnight hour of independence be substantially redeemed.

India's space startup drive takes off

➤ Vikram-1 rocket demonstrates Skyroot Aerospace's orbital launch capability

NDIA's private space sector has entered an exciting phase with Skyroot Aerospace's launch of Mission Aagaman, the maiden flight of its Vikram-1 rocket. Built, designed and tested by the Hyderabad-based startup with infrastructure support from the Indian Space Research Organisation (ISRO), the rocket placed multiple payloads into low-Earth orbit. It marks an important step in India's commercial space programme, made possible by ISRO and the Indian National Space Promotion and Authorisation Centre (IN-SPACe). The mission reflects India's changing strategy towards the space sector.

Under the new space policy, government agencies are increasingly expected to act as partners and enablers while private companies develop commercial products and services. Skyroot is one of the nearly 400 space startups that have emerged after India opened its space sector to private participation. Founded by young ex-ISRO engineers, the company has developed Vikram-1, named after Vikram Sarabhai, the father of India's space programme. The four-stage launch vehicle is built to place small satellites into low-Earth orbit.

Small satellites have transformed access to space over the past decade. Around 1,200 such satellites were launched worldwide in 2020. By 2024, this number had risen to around 2,800. Small satellites accounted for nearly 97% of all spacecraft launched that year. Universities use them for research and startups deploy them for Earth observation and communication services, while governments rely on them for weather forecasting, disaster monitoring and environmental studies. Rapid advances in electronics render satellites technologically outdated within a few years. Rather than operating a few large satellites for 15 years or more, many organisations now prefer constellations of smaller satellites in low-Earth orbit that can be upgraded and replaced more



frequently. This has created a growing demand for dedicated launch vehicles such as Vikram-1.

Instead of waiting for space on larger rockets, customers can book dedicated launches into the orbit best suited to their missions. Vikram-1 has been developed to serve this growing market. One of Vikram-1's distinguishing features is its major use of carbon-fibre composite structures. Carbon-fibre composites are as strong as metal but much lighter. Every kilogram saved in the rocket's structure can be used to carry more payload or reduce the amount of propellant needed, improving the

rocket's efficiency.

Vikram-1 also features India's first fully 3D-printed rocket engines. Built using additive manufacturing, engine parts that once had to be made separately and assembled can now be produced as a single component. This optimises manufacturing, shortens production time, reduces costs and improves reliability by cutting the number of joints and components. GeographicReferenceTogether, lightweight composite materials and additive manufacturing exemplify a broader shift in rocket engineering towards faster

production, lower costs and more frequent launches — an important requirement for the rapidly growing small-satellite market. The maiden mission is the first of three planned developmental flights. It will qualify the rocket for future commercial missions. Vikram-1 has four stages. The first three use solid-propellant motors to lift the rocket into space. The fourth stage, called the Orbital Adjustment Module, uses liquid propulsion. It performs the final orbital insertion and can continue operating after the payloads are released, carrying out experiments or demonstrating new technologies. Such restartable upper stages are becoming increasingly important because they can deploy multiple satellites more accurately and support technology demonstrations after the main mission is complete. The mission carries several technology-demonstration payloads. SCOPE (3U), developed by Skyroot, will test technologies for the company's future missions and also carry an Earth-imaging camera. SOLARAS S3, built by Grahaa Space, will demonstrate the company's nanosatellite bus.

It also carries Embrace, developed by Cosmoserve Space. It uses soft-robotic petals and a deployable capture target to test a new actuation mechanism. The technology could eventually be used to capture and remove space debris. The mission also has several symbolic and commercial payloads. These include miniature sculptures of Vikram Sarabhai, APJ Abdul Kalam and CV Raman, created by artist Ajay Kumar Mattewada. Skyroot first demonstrated its capabilities in November 2022 with Vikram-S, India's first privately developed rocket to reach space.

How to overcome

Stress effectively



A leading wellness centre in the city organised an open house to make sense of what has become an urban epidemic and suggested ways to overcome it.

Last Thursday, three experts at The Health Awareness Centre in Worli, Navina Venkat, Shilpa Chawla and Anju Venkat organised a rather pertinent seminar. They addressed the subject of stress -its cause and effect, and offered possible solutions. The talk was attended by a myriad set of people. They learnt what happens to the body when we are 'stressed'. While some of us are motivated by it, some experience butterflies in the stomach. Some lose sleep, get anxious, jittery, experience a sensation in the gut, feel insecure, get cranky or get so demotivated that they almost give up. "However," Navina said, "to all these responses, there is one thing common. We have all been given a capacity to take action when required and that is known as the stress response. It's called eustress, distress or stress."

UNDERSTANDING STRESS

They defined the word 'Stress' as 'Stimulus Triggered Response, which is Excitatory, Systemic and Short Lived'. The rest of the open house was precisely about understanding this acronym.

"Activity and rest," Navina explained, "is a fundamental device that has been carried along for millions of years, and stays, and plays out in our system through two basic networks - our biological pathways and our nervous systems."

In the biological pathways, this response is expressed through catabolic action (when we use energy and when are tissues break down)

and anabolic action (when our energy is stored, tissues are built and repaired). "For the anabolic and catabolic action to take place, the stimulus of a nervous system is required. This is handled by the autonomic nervous system. This autonomic nervous system is nothing but involuntary actions that is triggered again by the sympathetic and the parasympathetic nervous system," Navina said. "The point where the sympathetic nervous system gets aroused the most is in typical situations where it has to choose between pleasure or pain, a threat or an opportunity, preventing or promoting, what is called fleeing or fighting. Any perceived or real threat will always trigger the same sympathetic nervous system and the same catabolic response that is the fight-or-flight response. If this system wasn't there, we wouldn't be able to survive."

THREE STATES OF THE BODY

It is learnt that the body moves between three states: rest-activity-rest. Though being in the 'resting state' is what our body is constantly striving to do. "Every cell, tissue, organ, at any given point is working hard to create a stable environment inside, so that cells can function to their optimum. This is called homeostatis (stability or balance) in the body," said Navina. "But in reality, at every given point, the body has to respond to physiological symptoms at the micro-cellular level. It has to keep adjusting our behaviour at the macro level. And along with making the physiological and behavioural adjustments at the micro and macro level, it has to keep a balance with the dance that is happening in our environment."

In the activity state, the body is thrown out of

balance because of an external stimuli - physical, physiological, environmental, social and economic in nature. For instance, bad traffic, lack of sleep, loss of a loved one, pressure at work, junk food, and disagreements. "And we think we have no control in what way our body is responding to these external stimulus. But the point is, the physiological response is always the same. Both at the micro and macro level, our body is producing the same fight-or-flight chemicals, hormones and behaviour each time we feel stressed or our stressor is out there," Navina pointed out.

IS STRESS BAD?

Stress is nothing but our body's response to the brain perceiving a threat. So, it is useful. "The reason it has become such a killer disease today is because most of us lay suspended in the second stage," she asserted. "And the stress doesn't finish inside there. It has to move to the third stage which is resting stage." So between a situation that is causing anxiety and your system dealing with it, your body comes back to a period of rest, which is a period of balance.

HOW DOES THE BODY RESPOND?

In order to understand how stress affects us, we have to understand what happens within our body when we feel an emotion. "So when we experience an emotion whether it is sight, sound, smell, taste or touch, it produces a chemical inside which moves all over the body, goes cell to cell and says, 'listen, this is what is happening and this is what we need to respond to'," shared Shilpa. Each time we experience as emotion, we

have a chemical that is released in the body. When we are in love, we release oxytocin, when we are happy, we release endorphins. So, what happens to the body when we are stressed?

INTERNALLY

- Our body recognises a stressor

- A rapid relay of messages across the nervous system, alerts the body of the stressor

- The first message goes to the adrenal (the little cap like organs sitting on top of the kidneys). The adrenal releases adrenaline and cortisol. These are chemicals that diffuse into our blood, gearing the rest of the body in a stress response

- Adrenaline and cortisol tag the lung, heart and liver, which means oxygen, triglycerides and glucose get pumped into the blood

- Muscles contract to action

- The second message moves to the gut. It alerts the microflora of possible danger. The gut microbes move into the blood to support the immune system, slowing down the process of digestion.

EXTERNALLY

Our muscles tense and contract, pupils dilate, heart beats faster, blood pressure rises, sweat glands get activated all over the body, mouth runs dry, breathing becomes rapid and shallow, brain gets hyper alert, senses get sharpened, cholesterol and blood sugar appear elevated.

APPRAISING THE SITUATION

According to Anju, the second stage is nothing but appraisal -How will I response to a situation or event? "Every response creates a feeling, which is different, and therefore,

the chemical or hormone created in them is different. The situation is the same. The action is the same. What changes it is perception. And one needs to understand this perception because that is our appraisal," she said.

She gave the example of a chair, which is stationary in a room, but if seen from out of space it is moving 1000 miles per hour. "The perception," she insisted, "is not a chemical, neither it is automatic. It is taught and learnt."

For instance, a snake to a layperson might create fear, but to a snake charmer, it is something that it works with every day. "The moment I experience fear, which is an intangible feeling, I am immediately creating something extremely real that is a real molecule called adrenaline because where thought goes, hormone goes. Your mind and body are one," said Anju. Your feeling changes according to what you have learnt and experienced and how many times you have experienced it. This is termed as the appraisal of a situation. If stress is there, action of the body is there. What is in-between is how your body is perceiving it.

WHAT CREATES STRESS?**LACK OF PREDICTABILITY:**

For instance, bad traffic, a sudden tough conversation with your spouse or the maid not showing up are unpredictable situations. This unpredictable process will make your body move into excitation because your response is being triggered by that appraisal of the experience.

LACK OF CONTROL:

Lack of control in a process means your body is in continuous excitation.

LACK OF OUTLET:

The lack of feeling that when I am in a stressful situation, I have something to release it causes stress.

COPING WITH STRESS

Anju laid great emphasis on the food we consume. When we eat foods that are cheesy, for instance, we are blocking our gut. "So in that case, you are not allowing serotonin (happy hormone) to be activated. Therefore, the serotonin cannot go to the cell and say do not degenerate me," she explained. "If it is a blocker, your body has already produced C Reactive protein to make your blood thicker to cope with that onslaught. Instead, what you are putting is more thickening agents. Are you then not going to move into an embolism or blood clot? Of course, you will."

The moment you intake aerated drinks and caffeine, you are stimulating the adrenaline further. And what needs to be short lived becomes long-term. "So it will take that body much longer to move back to an inhibitory state/resting state," she said.

POINTS TO REMEMBER

- Know your signals/triggers whether it is palpitation, sweaty palms, or the need to pick up coffee

- Use your triggers (mental, emotional, physical, financial) because what you have at that time is more energy, more muscle power, oxygen and functioning capabilities. If used, from distress it will become eustress. This changes your memory, your perception on what you see as stress.

- All your senses are taking in and leaving an imprint on your cells. As human beings, we hold on to our imprints and emotions. Your body communicates stress through your individual mechanism (hair fall, eyes dilating, sleeplessness, irritability), understand it.

Viral infections more dangerous during morning: Study

Our body clock accelerates the ability of viruses to replicate and spread between cells ten times faster during the morning than by the end of the day, placing people at a higher risk of catching infection, a study involving an Indian-origin scientist has revealed.

Disruptions in body clock lead to increased virus replication and dissemination, indicating that severity of acute infections is influenced by circadian time-keeping.

"The time of day of infection can have a major influence on how susceptible we are to the disease, or at least on the viral replication, meaning that infection at the wrong time of day could cause a much more severe acute infection," said Akhilesh Reddy, Professor at University of Cambridge.

For the study, the team compared normal 'wild type' mice infected with herpes virus and influenza A virus at different times of the day, measuring levels of virus infection and spread. The mice lived in a controlled environment where 12 hours were in the daylight and the other 12 hours were dark.

The results showed that virus replication in those mice infected at the very start of the day, when these nocturnal animals start their resting



phase, the risk of infection was shown to be ten times greater than those infected by the end of the day while they were transitioning to their active phase.

Abolishing cellular circadian rhythms increased both herpes and influenza A virus infection in the mice, the researchers said.

"Our results suggest that the clock in every cell determines how successfully a virus replicates. When we disrupted the body clock in either cells or mice, we found that the timing of infection no longer mattered -- viral replication was always

high," added Rachel Edgar from University of Cambridge.

"This indicates that shift workers, who work for some nights and rest for other nights and have a disrupted body clock, will be more susceptible to viral diseases. If so, then they could be prime candidates for receiving the annual flu vaccines," Rachel noted.

In addition, Bmall -- a gene that controls the circadian rhythm -- also undergoes seasonal variations. It remains less active during winter,



while it increases activity in summer, thus explaining the reason why diseases, such as influenza, are more likely to spread throughout populations during winter, said the paper published in the journal Proceedings of the National Academy of Sciences (PNAS).

Beneficial bacteria

in nose can suppress pathogenic bacteria

When two bacteria interact, they inhibit the virulence of Staphylococcus Aureus, claims a study.

According to the study conducted by senior author Dr. Katherine P. Lemon, first-author Dr. Matthew M. Ramsey and Dr. Marcelo Freire at the Forsyth Institute, besides Rebecca Gabrielska and Dr. Kendra Rumbaugh of the Texas Tech University, a further understanding of this interaction will help researchers to develop new treatments for preventing Staphylococcus Aureus infections.

They also believe that their research on interactions between benign members of the human microbiome and bacteria that exhibit similar dual characteristics, could lead to the development of novel treatments for other diseases.

"Our research helps set the stage for the development of small molecules and, potentially, probiotic therapies for promoting health by actively managing nasal microbiome composition," said Dr. Lemon.

"This research identifies a role for Corynebacterium species in suppressing Staphylococcus Aureus virulence, and is an exciting early stage in our exploration of the molecular mechanisms that sculpt the composition of the nasal microbiome and influence colonization by pathobionts," she said.

"We look forward to an increase in research on commensal-pathobiont interactions within the human microbiome and an ever-increasing understanding of the significance of our beneficial bacteria partners," she added.

The full paper, titled "Staphylococcus aureus shifts towards commensalism in response to Corynebacterium species" is available in the Frontiers in Microbiology website.



Severe obesity alone can increase

Heart failure risk



Morbid obesity appears to stand alone as a risk for heart failure, but not for other major types of heart disease, new research has found.

The study involving more than 13,000 people found that morbidly obese individuals were more than two times more likely to have heart failure than comparable people with a healthy body mass index, after accounting for high blood pressure, cholesterol and blood sugar levels.

The findings suggest that even if a patient has normal blood sugar, cholesterol and blood pressure levels, they may still be at higher risk of developing heart failure if they are severely obese.

"Obesity in our study has emerged as one of the least explained and likely most challenging risk factors for heart failure because there is no magic pill to treat it," said Chiadi Ndumele, Assistant Professor at Johns Hopkins University School of Medicine in Baltimore, Maryland, US.

Although it is not completely clear why obesity alone is linked to heart failure independent of risk factors and not to stroke or coronary heart disease, Ndumele said that there is evidence to suggest that



extra body weight exerts a higher metabolic demand on the heart and that fat cells in the abdomen may even release molecules toxic to heart cells.

Obesity has long been known to increase the likelihood of high blood pressure, elevated blood cholesterol and diabetes -- all established risk factors for heart and blood vessel diseases.

Treating and controlling these conditions have formed the bedrock strategies for reducing the risk of cardiovascular disease, Ndumele said.

To learn if this was truly the case for all types of cardiovascular disease, Ndumele and his colleagues

looked at the medical records of 13,730 people who were followed for approximately 23 years to assess links between body mass index and heart failure, coronary heart disease or stroke.

After the final participant follow-up in 2012, there were 2,235 recorded cases of heart failure, 1,653 cases of coronary heart disease and 986 strokes.

In their final assessment, the researchers found no increase in risk for coronary heart disease or stroke in people with obesity. However, they found an increased risk for heart failure in obese people.



For every five-unit higher body mass index, there was an almost 30 percent higher risk of developing heart failure across all participants, showed the study published in the Journal of the American Heart Association.



Are you eating adulterated spices?



Scientists and researchers at the Indian Institute of Spices Research Kozhikode (IISR) have detected adulteration in spices available in the domestic market using DNA barcoding. After a series of studies since 2010, IISR scientists found that black pepper, chilli powder, turmeric powder, cinnamon bark and mace were adulterated using plant-based adulterants.

"Of the five samples of nutmeg mace collected from the local market in Kozhikode, three were adulterated with Bombay mace which is yellow in colour, lacks aroma and is of inferior quality and mainly used as a natural dye source. Morphological differentiation may be possible between the genuine and adulterant commodity in fresh or whole form. But discrimination becomes difficult if the sample dries, ages and is powdered as they lose their characteristic morphological and diagnostic features. Nutmeg mace also turns yellow on ageing, fetching a premium price and thus it becomes handy for unscrupulous elements to adulterate the genuine commodity with the spurious one," said Dr B Sasikumar, head of crop improvement and biotechnology division, ICARIISR, Kozhikode.

When tested, three out of 10 turmeric samples analysed were found to be adulterated with wild turmeric ('manja koova') or fillers like cassava starch, wheat or barley powder. A similar analysis of nine branded market samples of black pepper powder has found out that two were adulterated with chilli powder. At the same time, chilli powder sold in Kerala markets were adulterated with powdered fruits of choti ber. Regarding cinnamon bark, adulteration of cassia was found in seven out of 10 market samples.

Compared to other conventional analytical tools, DNA barcoding is a reliable technology that can accurately detect adulteration in spices. The technology uses very short sequences of DNA of any given species to detect the purity of the sample. "Other techniques used for adulterant detection of food and agricultural commodities include physical methods, chemical or biochemical methods and immunoassay. Although they are of considerable value in certain instances, they are not suitable for routine analyses," he said.

Standing desks may help reduce weight in kids

Struggling to shed those extra kilos in your kids? Standing desks in schools may prove beneficial as they cut down on sedentary time in classrooms as well as help reduce body mass index (BMI) -- a key indicator of obesity -- by an average of 5.24 percentile points, new research has found. The findings showed that the students who had the stand-biased desks for two years averaged a three per cent drop in BMI, while those in traditional desks showed the two per cent increase typically associated with getting older.

However, even those students who spent just one year in classrooms with stand-biased desks had lower mean BMIs than those who had traditional seated



classrooms in their third and fourth grade years. In addition, there weren't major differences between boys and girls, or between students of different races, suggesting that this intervention works across demographic groups.

"These types of standing desks encourage the students to move instead of being forced to sit in poorly fitting, hard plastic chairs for six or seven hours of their day," said Mark Benden, Associate Professor at the Texas A&M School of Public Health, US.

Moreover, these standing desks might also help students who aren't overweight maintain their BMI, while at the same time help those who are overweight or obese get to a healthier weight, said the paper published in the American Journal of Public Health.

The mysterious condition of burning tongue, and how you can ease the pain

For close to four months, 42-year-old Andheri resident Roma Patel felt like a fire-eater. The homemaker was battling a mouth-on-fire feeling, marked by a sudden burning sensation on the tip of her tongue and the roof of the mouth that she'd get in the evenings, and experience a dull metallic taste through the day.

Patel, a tea lover, put it down to the piping hot black tea she'd sip each evening. But a medical examination pointed to her severe vitamin B12 deficiency coupled with a nerve injury due to a nasty ear infection that she had suffered a few months ago.

Bandra-based pain specialist Dr Raashi Khatri-Panjabi diagnosed it as the Burning Mouth Syndrome (BMS), medically also termed glossodynia. Medical journals describe it as a scalding painful sensation in the tongue, lips, palate, or throughout the mouth where no underlying dental or medical cause can be identified.

Although it can be a primary illness by itself, sometimes, says the doctor who specialises in oro-facial pain, it can point to an underlying condition. Dr Ashok Dhoble, orthodontist, who practises at Opera House, confirmed that he sees 25 patients with BMS every month.

The symptoms Moderate to severe burning in the mouth is the main symptom of BMS and can persist for months or years. "For most patients, the sensation begins late morning, peaks towards evening, and often subsides by night," says Khatri-Panjabi.

"While some battle constant pain, for others, it's intermittent. It's also linked to anxiety and depression, which could be the result of their chronic condition," she adds.

Other signs include tingling or numbness on the tip of the tongue or in the mouth, bitter or metallic changes in taste, and dry mouth (medically termed xerostomia) even though the salivary glands are functioning fine.

Cause and effect

While BMS can affect anyone, medical experts point out that diabetics and post-menopausal women are more prone to developing the condition. Mahim-based

Tips to soothe your Burning tongue



diabetologist Dr Sonali Patange says, "Poor functioning of the thyroid gland (hypothyroidism) and diabetes is commonly associated with dry mouth, due to which when patients consume antibiotics, they get a burning sensation in their mouth. The mouth from the inside looks red and they are unable to eat anything, thus resulting in weakness, fatigue and weight loss."

Nerve damage due to an ear infection, like in Patel's case, is also a common cause. "Chorda tympani, the nerve that provides sensation to the inner ear also carries sensation to the tongue. Therefore, infection in the ear may lead to neuropathy and

resultant alteration of taste sensation as well as burning," shares Khatri-Panjabi.

Reflux of stomach acid (gastroesophageal reflux disease or GERD) cannot be ruled out either, say experts. Consultant gastroenterologist at Fortis Hospital in Mulund, Dr Purushottam Vashistha, says, "The reflux of acid occurs first in the food pipe, travelling to the throat and then to the oral cavity. People with this condition experience burning wherever the reflux has travelled. Due to reflux of acid in the throat and oral cavity, patients experience bitterness and dental caries (cavities) along with burning sensations."

Other factors Poor oral hygiene is also a trigger. Poorly-fitted dentures or allergies to denture material, oral candidiasis (a fungal infection in the mouth) as well as, oral herpes (caused by the herpes simplex virus) can cause the problem, too. Anxiety, depression, and its correlated parafunctional activities like nocturnal bruxism (grinding of teeth in sleep), or a tongue thrusting habit can set the mouth ablaze. "Nutritional deficiencies like lack of iron, folic acid or various B vitamins (predominant among vegetarians) is another key factor, as are hormonal changes among women undergoing menopause," says Khatri-Panjabi.

The diagnosis tests may include - Blood tests to look for infection, nutritional deficiencies and disorders associated with BMS, such as diabetes or thyroid problems

- Nerve testing (quantitative sensory testing) to assess nerve damage in the tongue

- Oral swab to check for oral candidiasis

- Allergy testing for materials used in fitting dentures (some suggest there is a link between BMS and metals like nickel and mercury) or certain foods

Classification based on symptoms **Type 1:** Symptoms manifest progressively throughout the day. Night time symptoms vary. Nutritional deficiency and diabetes could produce this pattern

Type 2: Intermittent symptoms through the day and some people may even have symptom-free days. Food allergy is suggested as potential cause

Type 3: Patients face continuous symptoms and are frequently asymptomatic at night. This could be linked to nerve damage.

Delhi CM launches waste collection project, flags off smart vehicle fleet in capital

A fleet of 917 vehicles, including e-rickshaws, mini tippers, compactors, hook loaders, dumpers and bin washers, has been deployed to ensure timely and efficient waste collection.

Delhi. (Agency)

Chief Minister Rekha Gupta on Thursday launched the door-to-door waste collection and secondary transportation project in the West Delhi and flagged off a fleet of technologically advanced waste collection vehicles. She also interacted with Municipal Corporation of Delhi sanitation workers, appreciated their contribution to keeping the city clean, and shared a meal with them.

The project will cover around 4.5 lakh families across 25 wards in West Delhi. It has been rolled out in six wards in the

first phase, while the remaining 19 wards will be brought under the system by August 31. A fleet of 917 vehicles, including e-rickshaws, mini tippers, compactors, hook loaders, dumpers and bin washers, has been deployed to ensure timely and efficient waste collection.

The entire system will be digitally monitored through a GPS-enabled war room, a central control room, the ESBM app, CCTV surveillance and a dedicated helpline. Traditional dhalaos will be replaced with modern Fixed Compaction Transfer Stations, while mechanised cleaning of bins and



transfer stations will make waste management more scientific and environment-friendly. The CM said the

government's objective was not merely to collect waste but to build a technology-driven, transparent and citizen-centric solid waste management system. She said the new mechanism would improve efficiency, accountability and timely collection of waste while helping create a cleaner and healthier Delhi.

Gupta said the MCD had earlier struggled with inadequate resources and outdated infrastructure, but these shortcomings were now being addressed through modern equipment. She added that the system would be expanded across Delhi in phases. She

also urged residents to support waste segregation and participate in keeping the capital clean.

Entire system will be digitally monitored

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Traditional dhalaos will be replaced with modern Fixed Compaction Transfer Stations, while mechanised cleaning of bins and transfer stations will make waste management more scientific.

17 Delhi Metro stations remain shut for third day amid security concerns over protest

New Delhi. (Agency)

Seventeen Delhi Metro stations in central Delhi remained closed for the third consecutive day on Friday due to security concerns amid the ongoing Cockroach Janta Party (CJP) protest near Jantar Mantar.

The Delhi Metro Rail Corporation (DMRC) said the 17 stations, Lok Kalyan Marg, Rajiv Chowk, Patel Chowk, Ramakrishna Ashram Marg, Barakhambha Road, Supreme Court, Seva Teerth, Janpath, Mandi House, Central Secretariat, ITO, Delhi Gate, Indraprastha, Khan Market, Jor Bagh, Shivaji Stadium and Jhandewalan, would remain closed from 7.30 am until further instructions.

The DMRC said the closures were implemented as a precautionary measure due to security concerns. Interchange facilities would continue to be available at Rajiv Chowk, Mandi House and Central Secretariat stations. The 17 stations were also closed on Wednesday and Thursday. The continued shutdown has caused inconvenience to office-goers, students and other commuters. On Wednesday, the Supreme Court Bar Association (SCBA) approached the apex court, stating that the closure of several metro stations had made it difficult for lawyers and litigants to reach the court.

NDMC asks Connaught Place shops to shut early as demonstrations swell in capital

New Delhi. (Agency)

As the Cockroach Janta Party (CJP) protest continues with the crowd overflowing in the streets on Connaught Place, all the shops and establishments in the area, including offices and restaurants, were directed to close their operations by 6.30 pm on Thursday.

The New Delhi Traders Association (NDTA), in a statement, urged all establishment owners to cooperate and ensure compliance with the directions to "avoid any unpleasant situation and loss of property or injury". The association said that the advisory was issued solely as a "precautionary measure" after the association received directions from the NDMC.

"The number of people joining the protest is much higher today. We have around 1,400 shops and over 1,000 big and small offices in the area, and the advisory intends to minimise any potential risk to people and businesses," they said. No property damage has been reported so far in the area even on July 20, they added.

Meanwhile, the Chamber of Trade and Industry (CTI) has expressed concern over the impact of the protest and Metro disruptions on business in the capital. In a letter to PM Modi, CTI chairman Brijesh Goyal urged the Centre to regulate large demonstrations in central Delhi and create an alternative venue.

The trade body said, demonstrations at Jantar Mantar and central Delhi have severely affected business activity and public movement, leading to a sharp dip in commercial transactions over the past three days.

Delhi HC says public troubled by stray dogs, seeks government report on compliance by August 3

New Delhi. (Agency)

The Delhi High Court on Thursday registered a suo motu public interest litigation (PIL) on the removal of stray dogs from public places in line with the Supreme Court's directions.

A bench of Justices Dinesh Mehta and Rajneesh Kumar Gupta sought responses from the Centre, the Delhi government, the Municipal Corporation of Delhi (MCD) and the National Highways Authority of India (NHAI) on measures taken for the birth control, sterilisation and vaccination of stray dogs. It also sought details of dog pounds and shelters in the capital.

The court directed the authorities to file a comprehensive report by

August 3, the next date of hearing, on the steps taken to comply with the apex court's directions. The bench stressed the need to strike a balance between the interests of "dog lovers



and dog haters", observing that stray dog attacks were causing hardship to the public. "There are too many stray dogs... Everybody is working. Sorry to say, but I find many dogs, even in the High Court premises, wearing

collars. Are they trained dogs? Does the HC own them?... Public is really troubled. The common man is really troubled. Every day there are dog bites... monkey menace is even more serious," the bench observed.

On May 19, the SC directed all states and Union Territories to strengthen infrastructure for managing stray dogs and other animals.

Fresh samples in NEET probe

A Delhi court has allowed the CBI to collect fresh specimen handwriting and signatures of an accused in the NEET paper leak case.

Special Judge Ajay Gupta permitted the agency to obtain additional samples of accused Manisha Sanjay Havaladar in jail from July 27 to 29, saying they were required for a fair probe.

Delhi L-G launches school safety toolkit, calls for future-ready campuses at national education summit

New Delhi. (Agency)

Lieutenant-Governor Taranjit Singh Sandhu called for a comprehensive and future-ready approach to school safety and resilience while addressing the National Summit on Safe Schools Leadership 2026 at PHD House on Thursday. Sandhu, who had earlier spearheaded the declaration of July as "Child Safety Month", said education is about creating an environment where young minds can learn, grow and realise their potential, something that is impossible without a fundamental sense of security.

The L-G said the concept of school safety has evolved significantly over



the years. While physical infrastructure, fire preparedness and emergency response remain critical, he said safety today also

includes cyber security, mental well-being, transportation safety and the ability to respond effectively to unforeseen situations.

He said that as India moves towards the vision of Viksit Bharat by 2047, educational institutions will play a central role in shaping future citizens.

Schools, therefore, must become centres not only of academic excellence but also of responsibility and preparedness. He added that Delhi, as the national capital, carries a special responsibility to lead by example in creating safe, inclusive and resilient learning environments.

Opposition using student stir to stay relevant after poll defeats, says Delhi BJP chief

New Delhi. (Agency)

Harsh Malhotra, president of the Delhi BJP unit, on Thursday claimed that the political connection of the Cockroach Janta Party (CJP) has been exposed, accusing Rahul Gandhi and Arvind Kejriwal of instigating the students.

At a press conference, Malhotra claimed that the government had settled the NEET paper leak issue with a re-test that led to satisfactory results. "No one is discussing the matter anymore, yet the CJP protest began on July 20 ahead of the Monsoon Session of Parliament," he said.

Malhotra said that what is happening today is an attempt by opposition parties, facing successive defeat in various state elections, to save their political future. In the process, they are defaming the student movement, spreading violence from behind the scenes, crossing political boundaries. He said that Gandhi, Kejriwal and other opposition parties must answer for what they achieved by breaching the security of the Prime Minister's residence and Parliament or why they are running away from a discussion on the NEET examination in Parliament.

Malhotra and Education Minister Ashish Sood also released a list of competitive examination paper leaks that occurred during the Congress government and the recent pharmacy examination paper leak under AAP government in Punjab. "The government is addressing every area that needs improvement to build a transparent and credible examination system," Sood said.

Bid to divert attention: AAP

AAP national convener Arvind Kejriwal on Thursday accused BJP of diverting attention from the NEET paper leak crisis by announcing fast-track courts. "The students had demand for the education minister's resignation, not the courts," he said. He questioned why the PM had not outlined measures to prevent such incidents in future. He said that existing fast-track courts have failed to ensure timely justice. Kejriwal also criticised the police action against the protesting students, alleging use of excessive force.

Assam floods: Satellite images show the Brahmaputra swelling threefold

Near Jorhat, the inundated river corridor expanded to nearly 21 km, three times its earlier visible width.

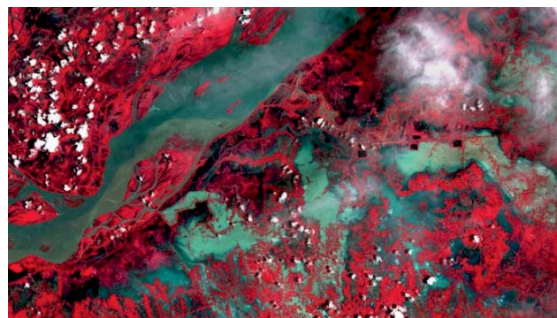
New Delhi. (Agency)

Chief At least 47 people have died as Assam's floods deepened into one of the state's worst emergencies in recent years. More than 7.21 lakh people across 11 districts and close to 900 villages remain affected, according to the latest report from Assam's Disaster Reporting and Information Management System. Six deaths were recorded during the last 24 hours. Chief Minister Himanta Biswa Sarma said on Thursday that around "70 to 80 more people have been missing, and the toll is likely to increase".

Extreme rainfall across upstream hill catchments, compounded by intense rain within Upper Assam, sent sudden surges into districts unaccustomed to flooding on this scale. Charaideo

received 170 mm of rainfall, 436 per cent above normal while Golaghat recorded 147.9 mm, Jorhat 105.2 mm and Sivasagar 93.2 mm during the period analysed, as per IMD. The result was not merely the familiar seasonal swelling of the Brahmaputra. Water entered villages, tea estates and inland settlements that residents and officials said had seen little comparable flooding in recent decades. In Upper Assam, swollen tributaries including the Dikhow, Disang and Janji carried water far beyond their usual channels. Satellite imagery from the European Union's Copernicus Earth-observation programme shows floodwaters spreading across the Brahmaputra valley, from Goalpara

to Jorhat, apparent water spread along the selected transect, not the width of the Brahmaputra's permanent channel alone. A broader flood-extent assessment generated through the Indian Institute for Human Settlements' Global Flood Mapper shows inundation scattered across much of the valley. The system uses Sentinel-1 radar observations, treating pre-flood imagery as a baseline and identifying anomalous water signatures in images captured during the flood. The mapped areas are indicative of flood extent and should be read alongside official bulletins. Sivasagar remained the worst-affected district, with approximately 3.92 lakh people impacted, followed by Charaideo.



ITR filing 2026: Why do you need an interest certificate for ITR? Here's how to get it

New Delhi. (Agency)

Income Tax Filing FY 2025-2026: It is that time of the year again when salaried people would be getting hold of all the investment proof they have for the fiscal year 2025-2026 to submit to the tax department for computation purpose.

Among several tax benefits that the government allows income tax rebate under 80C is the most common among salaried and individual taxpayers. Another very popular tax rebate falls under section 24. It permits homeowners claim a deduction of up to Rs. 2 lakh under interest on home loan deduction under section 24 of the Income Tax act. Simply put, a home loan certificate is a statement of your home loan account that is sent to you by your bank or lender. This is the detailed documentation of your home loan repayment that contains the summary of the interest and principal you paid toward your home loan for the specified financial year.

Why do you need an interest certificate?

Interest certificate is important fo Income Tax Return (ITR) because it can report taxable interest, eligible loan deductions, and co-relate the ITR filing with government tax records. The home loan interest deductions are also matched data with the Annual Information Statement (AIS). ALSO READ: 7 key cash transaction limits under new Income Tax Act 2025 every taxpayer should know How to download interest certificate for ITR purpose? Taxpayers can download interest certificate for ITR purpose by logging into their respective bank's net banking portal. Banks usually have the service certificate section in all their utility navigation. Saving the PDF for the correct financial year. The due date to file income tax return (ITR) for most individual taxpayers is July 31, 2026. Taxpayers should stay alert and ensure they do not miss the deadline as missing the ITR deadline will trigger late fees, iness and the consequences of non-compliance.

Brokerage bullish on these shares: To pocket gains in a week, see target and stop loss

BANGKOK:. (Agency)

Volatility has become the middle name of the Indian stock market. In this climate if you are looking for stocks based on technical charts, then you can consider the Buy recommendations that Choice Equity Broking has issued for today (July 24, 2026). Vice-president of technical research Sachin Gupta of this brokerage has selected three such stocks, which are currently showing strong bullish signs. These include Rubicon Research, M&M and Torrent Pharma. Experts believe that bullish patterns are forming on the charts of these three stocks, strong volume is being seen and major technical indicators are also supporting the bullishness. According to experts, the Rubicon Research stock is trading in a strong bullish trend on the daily chart. The stock remains within a clear rising channel, which shows continued buying strength. The stock is trading above its major moving averages, while the 20-day EMA continues to serve as strong support. This means that investors are getting to see purchases every fall.

For this stock the On-Balance Volume (OBV) indicator is also continuously moving upwards. This indicates that the stock is continuously accumulating and investors are interested. As long as the stock remains above its key support levels, its technical structure is likely to remain strong. The target price of this stock is Rs 1,675 and the Stop Loss level is Rs 1,450.

Explained: How India secured a lower US tariff rate under section 301

New Delhi. (Agency)

The United States has announced new tariffs of 10 per cent and 12.5 per cent on imports from several countries under Section 301 of its trade law. India has been placed in the lower 10 per cent tariff category. According to officials, India was initially expected to face a 12.5 per cent tariff, but after discussions with the US on labour standards, it secured the lower 10 per cent rate.

The move follows an announcement by the Office of the US Trade Representative (USTR) on Thursday, which imposed new tariffs of 10 per cent to 12.5 per cent on imports from 60 economies. The action, directed by US President Donald Trump, targets countries that the US says have not done enough to stop the import of goods made using forced labour. According to the USTR, India is one of 17 economies that will face the lower 10 per cent tariff.

AI bill catches up with Wall Street: Tesla crashes 14%, Alphabet falls 7%

Tesla and Alphabet shares fell sharply after earnings highlighted the rising cost of AI investment. The reaction signalled that Wall Street is demanding clearer returns, cash flow and profit visibility.

CHENNAI. (Agency)

Wall Street's enthusiasm for artificial intelligence (AI) faced a reality check on Thursday as investors punished two of the world's biggest technology

companies for spending billions of dollars on AI while burning through cash. Tesla shares plunged about 14%, while Alphabet, Google's parent company, fell around 7% after both companies reported quarterly results that highlighted the rising cost of the AI race. The sell-off dragged the broader market lower, with the Nasdaq Composite dropping about 2.2%, the S&P 500 falling 1.2% and the Dow Jones Industrial Average losing 1%. The sharp fall suggests that Wall Street is becoming less willing to reward heavy AI spending without clear evidence that those investments are generating profits.

GOOGLE'S \$205 BILLION AIBET

The company reported revenue of \$119.8 billion, beating Wall Street

expectations of \$116.9 billion, while Google Cloud revenue surged 82% to \$24.8 billion as demand for AI



computing continued to grow rapidly. However, investors looked beyond the strong revenue numbers after the company announced that it would raise its 2026 capital expenditure guidance to between \$195 billion and \$205 billion, up from its earlier estimate of \$180 billion to \$190 billion.

Alphabet spent \$44.9 billion on capital expenditure during the second quarter alone, nearly double what it spent a year earlier. Investors also reacted negatively after the company reported negative free cash flow, reflecting the enormous cost of building AI infrastructure. TESLA'S FIRST CASH BURN IN TWO YEARS

Tesla faced an even stronger market reaction. The electric vehicle maker's shares tumbled about 14% after reporting its first cash burn in two years, as spending on AI initiatives, Cybercab, the Optimus humanoid robot and other future technologies weighed heavily on profitability. Although Tesla's revenue rose 25.5% year-on-year to \$28.24 billion, comfortably beating expectations.

Flipkart to launch food delivery service soon, taking on Zomato and Swiggy

New Delhi. (Agency)

Ordering dinner could soon become one more thing you can do on Flipkart. The Walmart-owned e-commerce giant is preparing to enter India's online food delivery market in the coming weeks, taking on established players such as Zomato and Swiggy. While the launch will begin on a small scale, the company says it plans to fine-tune the service based on customer feedback before expanding across the country. Intelligence is reshaping how it operates.

FOOD DELIVERY LAUNCH TO BEGIN IN PHASES

Flipkart Group CEO Kalyan Krishnamurthy confirmed that the company will launch its food delivery service within the next few weeks, reported Moneycontrol.

He said Flipkart would first introduce the service to a limited set of users and then gradually expand it after understanding how customers respond. Krishnamurthy explained that, like its other businesses, the company would first introduce the service on a limited scale, test its value proposition with customers, gather feedback and continue refining the offering until it meets customer expectations. Only after that would Flipkart begin expanding the service to a larger audience. The phased rollout is similar to the approach the company followed for its quick commerce business, Flipkart Minutes.

AVAILABLE THROUGH A SEPARATE APP AND FLIPKART

Krishnamurthy said customers will be able to access the food delivery service both through a separate app and from within the main Flipkart app. However, he did not reveal what the service will be called or which city will see the first launch. According to sources, Flipkart is expected to roll out the service by integrating with the government's Open Network for Digital Commerce (ONDC). The company, however, did not comment on how the business will be structured. Rather than discussing how Flipkart plans to compete with existing food delivery platforms, Krishnamurthy said the company only enters a business when it believes it can offer customers something new.

Sensex, Nifty tank in early trade lower as Brent crude tops \$100

New Delhi. (Agency)

Benchmark equity indices opened sharply lower on Friday, extending their losing streak to a fifth straight session, as Brent crude surged above the \$100-a-barrel mark amid escalating tensions in the Middle East. Weak June-quarter earnings from Infosys and IndiGo, along with overnight losses on Wall Street, further dampened investor sentiment. The BSE Sensex fell 585.21 points, or 0.77%, to 75,806.18, while the NSE Nifty50 declined 173.65 points, or 0.73%, to 23,695.95 around 9:30 am. The selloff came after US President

Donald Trump vowed "major military punishment" for Iran and its Houthi allies following attacks on two Saudi oil tankers in the Red Sea, raising fears of further disruptions to global energy supplies.

BRENT CRUDE CROSSES \$100

Crude oil remained the biggest concern for Dalal Street. Brent crude climbed to \$100.64 per barrel, while WTI crude traded at \$91.99, keeping investors worried about rising inflation, India's import bill and corporate profit margins. Higher oil prices are particularly negative for India, the world's third-largest crude importer, as they widen the trade

Rupee rises 22 paise to 96.51 against US dollar in early trade

MUMBAI. (Agency)

The rupee rose 22 paise to 96.51 against the US dollar in early trade on Friday on likely RBI intervention to stem its further slide after global crude oil prices crossed the USD 100-mark owing to heightened tensions in West Asia.

A softer greenback provided mild support to the local unit while FII outflows, coupled with sustained slide in the domestic equity markets, maintained pressure, forex traders said. At the interbank foreign exchange, the rupee opened weaker at 96.81 before rising to 96.51, up 22 paise from its previous close. The rupee ended 20 paise weaker at 96.73 against the US dollar on Thursday. The US military announced 13th night of strikes on Thursday against Iran as clashes escalate over shipping routes. The

attacks came after Yemen's Houthi said they attacked two Saudi oil tankers in the Red Sea, potentially widening the Iran war as international oil topped USD 100 a



barrel. "The key factors for the weak opening of the rupee were -- Brent crude oil remained elevated, increasing dollar demand from Indian oil marketing companies while importer dollar buying

Adani denies reports of airline plans, says not evaluating entry into aviation

Adani Enterprises has denied reports that it is evaluating an entry into the airline business. The clarification follows speculation over rule changes and the group's wider aviation ambitions.

New Delhi. (Agency)

Adani Enterprises on Friday said it is not evaluating any proposal to enter the airline business, putting to rest recent media reports and market speculation that the group was planning to launch an airline in an exchange filing on BSE.

In a statement, the company said it is "not evaluating any proposal to enter the airline business", denying reports that suggested it was looking to expand into commercial aviation.



Reuters reported the clarification.

"We would like to categorically deny recent media reports and market speculation suggesting that the Company is planning to launch an airline. The reports are entirely baseless and factually incorrect," it said in the exchange filing. The statement comes days after reports suggested the Adani Group was exploring changes to rules that currently prevent operators of Delhi

and Mumbai airports from owning more than a 10% stake in a scheduled airline. Those reports had fuelled speculation that the conglomerate was preparing to launch an airline and challenge the dominance of IndiGo and Air India in India's domestic aviation market. The latest clarification indicates that Adani is not currently considering such a move. The group already has a significant presence in India's

aviation sector through its airport business. It operates several airports across the country, including Mumbai airport, and has expanded into related businesses such as airport services, cargo handling and maintenance infrastructure.

Recent reports had also linked the group's aviation ambitions to its proposed partnership with Brazilian aircraft manufacturer Embraer, with speculation that an airline could help support aircraft manufacturing plans. However, Adani has now categorically denied that it is evaluating any proposal to enter the airline business. The clarification is likely to ease speculation surrounding the group's next move in the aviation sector after a series of reports suggested India could allow airport operators to own airlines in an effort to increase competition in the market.

Corruption allegations surface in KPSC veterinary officer recruitment

Bengaluru.(Agency)

Serious allegations of corruption have emerged in the recruitment of 400 Veterinary Officer posts by the Karnataka Public Service Commission (KPSC), with candidates claiming that middlemen demanded up to Rs 80 lakh to influence the final selection process.

Candidates alleged that the recruitment



for 342 regular posts and 58 backlog vacancies was manipulated through agents. They have released audio recordings, photographs and videos, including purported conversations involving alleged middlemen, as part of what they described as a sting operation.

Veterinary doctors staged a protest outside the Vidhana Soudha Police Station, demanding a fair and transparent investigation into the alleged recruitment scam. The allegations have not been independently verified, and there has been no immediate response from the KPSC.

5-year-old girl raped in Odisha after being lured with chocolate, accused detained

Odisha.(Agency)

Widespread outrage has erupted in Odisha's Mayurbhanj after a four-and-a-half-year-old girl was allegedly molested and raped by a village local. The incident occurred while the girl was attending her daily sessions at the village Anganwadi centre.

According to police sources and the girl's family, the suspect, identified as Chamaka Paleya, approached the minor at the centre and enticed her to his residence using a chocolate. Once inside, the accused allegedly committed the crime. The traumatised child managed to return home shortly after and disclosed the incident to her mother.

Following the disclosure, village elders convened an informal meeting to address the allegation, where the accused reportedly confessed to the act. Rejecting local mediation attempts, the victim's mother proceeded directly to the Bishoi police station to lodge a formal criminal complaint.

Acting on the complaint, the local police immediately detained Chamaka Paleya and initiated custodial interrogation. Station officials confirmed that once the preliminary investigation and required medical procedures are completed, the accused will be produced before the POCSO court under Section 164/26. Meanwhile, public anger remains high in the area, with locals demanding strict legal penalties.

Chennai transport employees bear the brunt of MTC's medical insurance lapse

CHENNAI.(Agency)

When a sharp pain shot through his chest last week, Selvakumar (name changed) assumed the hardest part would be the treatment itself. It wasn't. The real ordeal began when the private hospital treating him for an angiogram informed that his employer had not paid the health insurance premium. He had to bear the expenses himself.

A bus driver with the Metropolitan Transport Corporation (MTC), Selvakumar spent days borrowing money from relatives and friends to clear the hospital bills. Though he has since recovered, he fears a similar situation could arise again. "I now have to find a way to get the reimbursement and repay the loan amount," he said. Not just Selvakumar, employees across the state's eight transport corporations have been affected by delays in the payment of health insurance premiums.

BIAL gets nod to expand flier, cargo capacity at Kempegowda International Airport

The proposed expansion will not be exactly split between the two existing terminals of the airport.

BENGALURU.(Agency)

Bangalore International Airport Limited (BIAL) has been accorded environmental clearance by the Ministry of Environment, Forest and Climate Change to expand the passenger handling capacity at Kempegowda International Airport (KIA) to 114 million passengers per annum (MPPA) from the 55 MPPA cap and the cargo handling capacity from 1 million tonnes per annum (MTPA) to 1.4 MTPA.

With the possibility of the city having a second airport, this clearance will not immediately go towards building a third terminal at KIA, but instead upgrading the two terminals. According to chief operating officer of BIAL Girish Nair, the next five years will see the proposed development



reach its completion, with the airport already working at 80% of its capacity. In terms of passenger capacity, that would put the airport's current passenger volume roughly at 44 MPPA.

"We are now at almost 80% utilisation of our terminals. The West Asia crisis has tapered passenger volume, but that is temporary. There is a broader demand for long-term

expansion," Nair told.

The proposed expansion will not be exactly split between the two existing terminals of the airport. BIAL will be investing around \$2 billion, which will go towards changes not only at the terminals, but also on the tarmac as well. "When Terminal 1 (T1) at KIA is fully refurbished, we are expected to gain 10 MPPA in volume there. The second phase of Terminal 2 (T2) will allow it to hold 20 MPPA more," Nair said. Passengers are expected to experience a better KIA, as aforementioned, on the tarmac as well.

Nair revealed that construction of a taxiway on the west of the airport to connect the two runways is progressing as planned (as of now, the runways are connected only on the East), and is expected to finish within a few years. "What it essentially means is that circulation of aircraft on the tarmac.

Odisha enhances financial powers of urban local bodies to speed up civic project execution

BHUBANESWAR.(Agency)

The state government on Thursday revised the delegation of financial powers for urban local bodies (ULBs) along with Bhubaneswar and Rourkela smart cities for greater autonomy and timely implementation of civic infrastructure projects. The financial powers of the managing directors of Bhubaneswar Smart City Limited (BSCL) and Rourkela Smart City Limited (RSCL) have been brought at par with those of commissioners of municipal corporations.

According to a statement issued by the Housing and Urban Development department, the financial limit of commissioners for payment of works bills, purchase bills and office contingent bills has been enhanced to Rs 1 crore. This will be the same for the MDs of the BSCL and RSCL.

Earlier, the limit was Rs 50 lakh for BMC commissioner and Rs 15 lakh for commissioners of other municipal corporations.

The financial limit for granting



administrative approval to works and projects by the commissioners has been increased from Rs 2 crore to Rs 3 crore, the department said.

Projects above Rs 3 crore and up to Rs 4 crore will be approved by the Standing Committee

on Contracts while those above Rs 4 crore and up to Rs 5 crore will be okayed by the municipal corporation council. Proposals exceeding Rs 5 crore will continue to require approval of the administrative department, it added. For municipalities and notified area councils (NACs), the payment authority of executive officers has been enhanced from Rs 10 lakh to Rs 20 lakh. Bills exceeding Rs 20 lakh will require the joint signatures of the executive officer and the chairman. Executive officers have also been granted full powers for payment of salary and pension bills. As per the department, the financial limit for administrative approval of works and projects has been increased from Rs 10 lakh to Rs 20 lakh. Projects above Rs 20 lakh and up to Rs 3 crore will be approved by the municipal councils or NACs, while those exceeding Rs 3 crore will require approval of the administrative department.

TN cops try hard to avoid jallikattu stir-like scenario

CHENNAI.(Agency)

Anti-NEET demonstrations that were initially confined to a handful of locations are now being held regularly at colleges and public venues across Chennai and other districts.

The police too are gearing up to ensure the situation does not go out of control like what happened during the Jallikattu protest about a decade ago that ended up in police excesses on the protesters.

E Aravind (22), an independent rapper who has been participating in the demonstrations at Balan Illam for the past two days, said the mobilisation was largely organic, with participants learning about the protests through social media algorithms, Instagram, X, verified WhatsApp communities and friends. "People who had earlier engaged with

posts on NEET protests began receiving information. Many also joined through the Chennai WhatsApp community, where verified protest details were shared," he said. With the protests gathering pace, the Greater Chennai Police have

an additional 100 to 150 personnel had been deployed at each of these locations.

At Marina beach, the police briefly barred public entry on Thursday after receiving intelligence inputs that student and Left-affiliated organisations were likely to stage a protest.

Around 300 police personnel were deployed, entry points were closed, visitors were asked to leave and groups suspected of assembling for the protest were turned away. Police sources said the restrictions remained in force only for a couple of hours, after which the public was allowed back following security checks.

Meanwhile, allegations surfaced that some police personnel deployed at protest sites over the past few days were not wearing their nameplates. Responding to the allegation, a senior police officer told TNIE there was no attempt to conceal identities.



BSF jawan dies of electrocution on duty in Punjab, wife alleges foul play

BSF jawan Chandan Singh died after suffering an electric shock while on duty near the Ferozepur border. His family has sought an impartial investigation, alleging he had faced harassment from a senior officer.

Munger.(Agency)

A 30-year-old Border Security Force (BSF) jawan from Bihar died after coming into contact with a live electric current while on duty near the India-Pakistan border in Punjab's Ferozepur district, triggering grief in his native village and allegations of foul play from his family.

The deceased, Chandan Singh, a resident of Jayawat village in Munger district's Shampur police station area, was serving as a generator operator with the BSF. According to his family, he suffered a fatal electric shock following an alleged

short circuit while performing his duties.

Chandan had joined the BSF in 2014 and was posted near the border in Ferozepur. His body will be sent to his native village after post-mortem and completion of official formalities. The last rites are expected to be held after the mortal remains reach Bihar.

The news of his death has left his family and the entire village in mourning. Chandan was the youngest of three brothers. His father, Brajesh Singh, is a farmer, while his two elder brothers are also engaged in agriculture.



Married seven years ago, Chandan is survived by his wife, Anju Devi, a teacher at a government high school in Banka district. The couple had no children. His wife has alleged that her husband's

death was not merely an accident and has demanded a fair investigation. She claimed that Chandan had repeatedly told her he was being harassed by a senior officer belonging to the Mahadalit community and had even considered resigning from the force because of the alleged harassment. "On Wednesday night, I received a call from the BSF headquarters informing me about his death. My husband had earlier told me that he was being tortured by a senior officer. I want an impartial investigation into the circumstances leading to his death," she said.

Rescue operations end in rain-hit Palghar as death toll rises to two; 244 people saved

Panchkula.(Agency)

Rescue operations concluded in Maharashtra's Palghar district on Friday after heavy rains claimed two lives and left several areas flooded, with 244 people rescued during overnight operations, officials said.

The district administration, along with two teams of the National Disaster Response Force (NDRF), carried out relief efforts in the worst-affected areas. Schools and educational institutions across the district were ordered to remain closed on Friday as a precautionary measure.

Vivekanand Kadam, head of the district disaster management cell, said the multi-agency rescue and relief operations were completed around 5 am.

Several parts of Palghar were inundated following intense rainfall, with Dahanu and Talasari among the worst-hit areas. The death toll rose to two after another body was recovered from Dahanu on Thursday. The deceased, who was swept away in floodwaters, is yet to be identified, officials said. Earlier, another man's body was found in a nullah.

Kadam said 244 people were rescued from waterlogged areas during the overnight operations. Those rescued included 124 people from Palghar town, 65 workers stranded at a factory in Talasari and 25 people trapped at a farmhouse in Gundale.

TNUHDB flat shows serious structural defects in four years; residents blame poor construction quality

CHENNAI.(Agency)

It's been only four years since its inauguration, but the 13-storey Tamil Nadu Urban Habitat Development Board (TNUHDB) residential TT Block tenements in Vyasarpadi has developed deep cracks, exposing iron reinforcement bars in the walls, staircases and ceilings. The residents are complaining of persistent water seepage through the walls even during summer and have raised concerns over the building's structural safety.

Work on the building, comprising 468 housing units at `63.80 crore, began during the AIADMK regime, and it was inaugurated in June 2022. Around 2,000 people currently reside in the building. The residents alleged despite being newly built, the facility lacks several basic amenities, including a park or playground, even though a large vacant space is available on the premises.

Speaking to TNIE, a resident, requesting anonymity, said, "For the past few months, water has been seeping through the walls and ceilings inside our homes even when there is no rain. Even near the lifts, the wall is constantly wet due to seepage. TNUHDB contractors have carried out repair works multiple times, but they do not last beyond three months."

NEWS BOX

ZIM vs IND: Vaibhav Sooryavanshi's mystery celebration decoded after historic fifty

New Delhi. (Agency)

Vaibhav Sooryavanshi has finally arrived on the big stage of international in sensational style. During the first T20I against Zimbabwe on Thursday, July 23, India's teenage sensation etched his name into the record book, becoming the youngest batter ever to smash a T20 International fifty and going past the legendary Sachin Tendulkar.

The 15-year-old showcased remarkable composure and aggression, bringing up his milestone in only 18 deliveries. His explosive knock featured four fours and four towering sixes, as he took apart the Zimbabwe bowling attack and helped India chase down the 126-run target with ease at the Harare Sports Club

Sooryavanshi celebrated the moment with a special celebration that caught the attention of the fans. The opener seemed to signal an A with his hands right after reaching the landmark and then signalled



to the dug out with a double thumbs up. Now, the 15-year-old has ended the mystery, saying that the first celebration was for his father. The second one, Sooryavanshi said it was something he had discussed with Rinku Singh. "I had done it for my mother, and this one was also related to something that Rinku bhaiya and I had spoken about," said Sooryavanshi in a video interview with BCCI. Sooryavanshi also dedicated his special knock to his family, coaches and friends, who stood by him during the ups and downs in his career. I would like to dedicate this to my family and my coaches, and to everyone who has supported me throughout my journey, who stood by me during both the good and bad phases.

From World No.1 to penniless: How tennis icon Arantxa Sanchez Vicario became bankrupt

New Delhi. (Agency)

Arantxa Sanchez Vicario was once had the world at her feet, being a four-time grand slam champion and World No.1. Now, the tennis icon finds herself bankrupt and struggling, all thanks to a betrayal from the man she once loved. Vicario has held her former husband responsible for the loss of her reported 31 million pounds fortune. The four-time Grand Slam singles champion was married to entrepreneur Josep Santacana from 2008 until their divorce in 2019. Vicario and Santacana have two kids together. "I trusted him because he was the father of my children," said Vicario on Spanish TV show Universo



Callejo, as quoted by the Sun. "I fell blindly in love, and he really isn't the person I thought he was." Sanchez Vicario and Santacana stood trial in 2023 on charges of concealing assets to avoid repaying a debt to the Bank of Luxembourg. The former tennis star received a suspended two-year prison sentence and was ordered to repay 5.5 million pounds. Vicario said that she never handled her own finances and trusted her husband with it. However, the alleged betrayal from Santacana has now left her to shoulder the entire burden. "It's true, that's the amount that appeared in the press." "I focused on playing tennis and never handled my own financial affairs because I didn't know how."

Could the Ashes be played in India? Cricket Australia open to lucrative idea

Todd Greenberg said Cricket

Australia would consider staging an Australia vs England Test in India.The financial appeal of the Indianmarket has been on the rise inrecent times with the Big BashLeague staging a match in Chennailater this year.

New Delhi. (Agency)

Cricket Australia (CA) chief executive Todd Greenberg has said the governing body would be willing to explore the possibility of staging an Australia-England Test in India, describing the idea as an opportunity to take the game's biggest contests to key global markets. The Ashes, one of cricket's oldest rivalries dating back to 1882, has

traditionally alternated between England and Australia as the venues. Australia reclaimed the urn with a commanding 4-1 victory in the 2025-26 series, while England will host the next edition in 2027. Before then, the two sides are scheduled to meet in a standalone day-night Test at the Melbourne Cricket Ground in March 2027 to commemorate the 150th anniversary of the first-ever Test match. The fixture will not be part of the Ashes series. Speaking about the future of marquee Test matches, Greenberg said he would not dismiss the prospect of taking an exhibition Test between Australia and England to India. The suggestion comes after Cricket Australia decided to stage a Big Bash League match between the Melbourne Renegades and Perth Scorchers in Chennai later this year, highlighting its willingness to exp "We'd have to be open to consider all options," Greenberg told the BBC's Stumped podcast. "Our

relationship with the ECB but also the BCCI is very strong. And clearly, there are opportunities in India to put more



content into certain areas. That's not something we are currently planning, but it would be certainly open for consideration." eriment with overseas venues. The financial appeal of the Indian market has become increasingly evident in recent years. Earlier this year, the England and Wales Cricket Board (ECB) projected that its balance sheet would receive a significant boost from India's recent white-ball tour of England.

In contrast, the governing body expects lower revenues in 2027 despite hosting both the men's and women's Ashes, noting that its finances fluctuate depending on the schedule of commercially valuable international tours. Any proposal to move an Australia-England Test outside the two countries would require approval from Cricket Australia, the ECB and the BCCI. Greenberg believes such initiatives could help Test cricket strengthen its position at a time when franchise leagues continue to dominate the global calendar. With tournaments like the IPL expanding their footprint across the cricketing world, he argued that taking iconic Test matches to new audiences could be beneficial, while also acknowledging that fitting another marquee fixture into an already congested international schedule would not be straightforward.

2026 CWG: Navneet, the pilot on unpaid leave, to compete in lawn bowls

CHENNAI. (Agency)

When Navneet Singh won lawn bowls silver in men's fours event at 2022 Commonwealth Games, it was a massive turning point for him and the sport in India. Till the two medals in 2022, India had not finished on the podium at the CWG in lawn bowls. He was a part of the elite group who made history. While things have changed for better in the four years since, but not as much as Navneet would have hoped. A trained pilot, Navneet had tried to break into the aviation sector since Covid, but had little luck. In the time since, he turned his focus to lawn bowls and eventually had his moment of glory in 2022. He continued to pile on more medals in the sport across events, but the rewards and recognition was not the same as some of the others for the

Delhi athlete. After years of toil, he finally secured a job as a commercial pilot in a private airline last year. Now in Glasgow for the CWG 2026 event,



Navneet has gone on unpaid leave to represent the country. "Because I am representing the country, they gave me leave, unpaid, but they were helpful to sanction my leave," he told this daily from Glasgow. "If you balance between two things, it's not easy but it's your love and liking for the sport and your

profession which drives you to go that extra bit and we are still young so we can definitely do whatever is in our potential," he added.

The struggle, since then, has been about managing his flying schedule while also continuing to train and compete at the events. Earlier this April, he won two gold medals at Asian Lawn Bowls Championship in New Delhi, helping India secure the Overall Men's Champion Trophy, Overall Team Trophy, and Challenge Trophy. "The Bowling Federation of India are doing as much as they can but as an individual player it's not great with respect to the state association because it comes down to the state not to the national body," said the Delhi athlete, who will be competing in the men's pairs category at Glasgow along with Dinesh Kumar from Jharkhand.

Childhood dream kept me motivated: Mayank Yadav impresses on injury comeback

New Delhi. (Agency)

Brief Scores: India (126/3 in 13.2 ovs) beat Zimbabwe (125/7) by seven wickets in the first T20I in Harare. Sooryavanshi (50) India pacer Mayank Yadav has described his two-year injury-enforced absence from international cricket as the toughest phase of his young career, saying the repeated setbacks tested him mentally during what should have been the formative years of his career. Making his first appearance for India since October 2024, the Delhi speedster returned in style with figures of 2 for 18 in four overs against Zimbabwe in the

first T20I in Harare on Thursday. He was named Player of the Match after striking with the very first ball of the contest and



consistently troubling the batters with high pace. Speaking after India's comfortable victory, Mayank admitted

the road back had been anything but easy. "It was very difficult. The two-year gap was very challenging for me as a person. I was only 22-23 years old at that time, so that always affected me that I had to go through so much at such a young age," Mayank said at the post-match press conference. "But at the same time, the motivation to play for the country is every player's childhood dream. That was the motivation for me - to come back for the country and perform."

The 24-year-old said the conditions in Harare suited his style of bowling and helped him settle quickly into his comeback game.

real prospect of total cancellation. Step forward Glasgow. 12 years after successfully staging the 2014 Games, the Scottish city stepped into the breach as an emergency savior, but strictly on its own non-negotiable terms. What has emerged over the banks of the River Clyde this week is not the lavish, multi-billion-pound extravagance of Birmingham 2022, but a lean, hyper-pragmatic, and radically scaled-down "Lite" edition. It is an austerity experiment designed to answer a single, existential question: can major multi-sport events survive in a modern era defined by fiscal conservatism?

THE Â£150 MILLION BUDGET

To pull off a major international event in under two years without burdening local taxpayers, Commonwealth Games Scotland enforced a strict operational framework.



No all-out push at Commonwealth Games 2026: Mirabai Chanu prioritises Asian Games

Mirabai Chanu said she will not

chase a 90kg snatch at theCommonwealth Games, keepingher build-up intact for theAsian Games. Chanu is aimingto secure her third consecutivegold medal at the CWG.

New Delhi. (Agency)

Weightlifter Mirabai Chanu has said that she will not attempt the coveted 90kg snatch at the Commonwealth Games 2026 this year, in a bid to preserve herself for the Asian Games later in the year.

Chanu aims to secure her first podium finish at the Asian Games, which will be held from September 19 to October 4 in Aichi-Nagoya, Japan. Chanu is chasing her third consecutive medal at the Commonwealth Games and was one of India's flag bearers during the opening ceremony on Thursday. The Tokyo Olympic silver medallist said that her training has been aligned in a way that the Asian Games will be her priority. "I will not give my full effort in the Commonwealth Games. My focus is the Asian Games, which are very near. I am training according to that. So my performance and effort here will depend on that plan," Chanu told PTI on Thursday. The former World Champion said that she will be going full threat in Japan,



where she will be facing some tough competition. "You can't really predict how the body will perform on a given day but I will try to get 90kg in the Asian Games for sure," said Chanu. The defending CWG champion is an overwhelming favourite in the 48kg

category and would just need to complete her legal lifts in the snatch and clean and jerk to secure the gold medal. With the Asian Games just a couple of months away, Chanu isn't taking any unnecessary risk in Glasgow.

HAPPY TO GO TO 53 KG

Chanu revealed that she is eager to move up to the 53kg category after the Asian Games, after changes were made to the Olympic weight classes ahead of the Los Angeles 2028 Games. Chanu will be competing in the 49 kg category at the Asian Games, and admitted that years of weight-cutting has taken a toll on her body.

"Weight management is very difficult. Since the time I have been competing, I have been maintaining either 48kg or 49kg.

Huma Qureshi

Joins CJP's Jantar Mantar Protest At 2 AM With Rumoured Beau Rachit Singh, Brother Saqib Saleem

Actors Huma Qureshi and Saqib Saleem extended their support to the students protesting in Delhi's Jantar Mantar over irregularities in NEET examinations. The sibling duo, along with her rumoured beau Rachit Singh, reached Jantar Mantar late at night and joined the protesters in a solidarity march. The protests, led by the Cockroach Janta Party (CJP), have seen thousands of students gather in the national capital, demanding the resignation of Union Education Minister Dharmendra Pradhan over the issues in the country's education system.



As soon as Huma, Rachit and Saqib paid a visit, their videos were seen going viral on the internet. A social media user shared the video of them walking with the protesters at Jantar Mantar. A video from the protest, reportedly recorded at 2:56 am, captured Huma joining the demonstrators dressed in a black top and jeans. She was seen smiling as she walked alongside the protesters. Her rumoured beau, Rachit Singh, wearing a white shirt, accompanied her throughout the march and was seen briefly holding her hand, while Saqib walked alongside the duo in a show of solidarity. Have a look:

After the video surfaced online, fans applauded them for backing the protest and standing by the students. Meanwhile, superstar Salman Khan also voiced support for the students protesting in Delhi and praised them for peacefully demanding a better education system. He shared a long social media post expressing his thoughts on the ongoing protest.



Amitabh Bachchan Trolled Over Silence On Jantar Mantar; Old Post Goes Viral: 'Peaceful Protests Met With Tear Gas'



Amitabh Bachchan is being trolled for his silence on the CJP-led protest at Delhi's Jantar Mantar, primarily demanding Dharmendra Pradhan's resignation over the NEET paper leak row. Social media users have dug up Amitabh Bachchan's old X post condemning Delhi Police's use of tear gas on "peaceful protestors" in 2012. Amitabh Bachchan's old X post read, "What is happening in Delhi is saddening and shocking... Peaceful protests are being met with tear gas and water cannons!!" The veteran actor's post was about the protests following the 2012 Nirbhaya gang rape case in Delhi. Fans and social media users are now questioning Bachchan's silence in 2026.

Comedian Daniel Fernandes shared a screenshot of this post and wrote, "Archaeologists uncover fossil of Amitabh Bachchan's spine in 2012." He captioned his Instagram post, "T-666 - Rishtey mein toh hum darpok lagte hain." Many Instagram accounts have since circulated the screenshot and asked why Amitabh Bachchan has yet to voice his opinion.

Meanwhile, Amitabh Bachchan recently took to his blog to share poetry written by his father, Harivansh Rai Bachchan. As per Google Translate, in English, it reads, "It's hard to say how much influence blood has. The offspring of a brave man are cowards; the offspring of Kabir produce geniuses. But the influence of the values instilled in childhood persists throughout life in some form or another - and is also objective. The truth of experience is more vivid than objective truth."

While it is unclear whether Bachchan's post is about the ongoing student protest, some fans believe that it is his cryptic way of speaking up. He also shared lines on finding one's destination and being grateful to fate for the sky, the Earth and the wheel of time. Previously, his post on the FIFA World Cup Final 2026 had gone viral, further leading to fans questioning his silence on the Delhi protests.

Jeetendra Bought A Struggling Star's Bungalow For Rs 4.25 Lakh, Thought It Was Unlucky, It's Now Worth Rs 500 Crore



Jeetendra has revealed that a property he bought for just Rs 4.25 lakh decades ago is now worth nearly Rs 450 crore in land value alone. The veteran actor said the bungalow, once owned by legendary actor Bharat Bhushan, became the investment that changed his life, even though he moved out soon after buying it because he believed it had brought him bad luck. Speaking to The Reality Drive, Jeetendra recalled that Bharat Bhushan, best known for Baiju Bawra, approached him with an offer to buy his Pali Hill bungalow after falling on difficult financial times. The sale marked a major milestone for Jeetendra and his family, who had grown up in modest circumstances. "There was this huge star in those days who had done films like Baiju Bawra. He came to me with the offer to buy his Pali Hill bungalow. When I spoke to my father, he said, 'Let's also buy a bungalow.' Until then, we had lived a very lower-middle-class life. I used to live in a 20x10 room; eight people stayed together in a chawl in Girgaum. So buying a bungalow was a huge thing for me." Jeetendra said he purchased the bungalow for Rs 4.25 lakh, which included a 3,450-square-foot plot. But not long after moving in, he suffered a string of box office failures and became convinced the house was unlucky. "I finally bought the bungalow for Rs 4.25 lakh. What was even more shocking was that it came with a 3,450 sq ft plot at the same price. We shifted there, but suddenly four of my films flopped. I told my father, 'Bharat Bhushan ran away from here, now I think it's my turn. If this continues, my career will end before it has properly begun.' My father agreed, and we moved out."

How The Bungalow Became A Fortune

Years later, Jeetendra agreed to redevelop the property. Even before construction began, he recovered far more than his original investment. "Someone later approached me to redevelop the bungalow. I agreed. You won't believe it, but when it was demolished, I received Rs 11.5 lakh just for the Burma teak used in its construction. I had bought the entire bungalow for Rs 4.25 lakh and earned Rs 11.5 lakh from the wood alone."

Ayesha Khan

Hits Back At Troll Who Said She Won't Get Work Over NEET

Dhurandhar actress Ayesha Khan has been making headlines after she was detained by Mumbai Police on July 22. The actress had reached the protest site with her brother and friends to show solidarity with the student protests in Mumbai. But before she could even join the protest, she was dragged without being given any reason and pushed inside a van by force. Ayesha shared the entire video on social media, explaining what went wrong. Amid the videos of her detention, she was seen hitting back at a social media user who warned her that supporting the ongoing CJP NEET protests could affect her career in Bollywood.

After Ayesha Khan shared videos from the protest on her Instagram Stories, a follower messaged her, saying, "No work for you in Bollywood now." The actress was quick to hit back. Sharing a screenshot of the direct message on her Instagram Stories, Ayesha wrote, "I would rather lose my career than lose my spine. Scare someone else, thank you, bye bye." Have a look: Meanwhile, in her videos shared earlier, the actress shared the entire incident and how she was manhandled by the Mumbai Police. She was heard saying, "I was pulled by 4-5 women. I used all my strength to try not getting into the

van but they pulled us in. Poorey van mein hum poochte rahein ki aap ne humein kyu detain kiya hain? Humne galti kya kiya hain? No answer, no accountability, nothing. Kisi ne koi jawab nahi diya aur humein Dadar se door Worli lekar aaye (We asked for answers inside the van that what was our mistake and why we were detained but there was no



response or accountability. From Dadar we were taken to Worli)." In a separate post, Ayesha shared the video of her being pushed inside the police van. She wrote, "Dragged, detained for standing in peace. Asked questions to all the police people present there on why were we being detained? But no answer whatsoever! Sadak pe khade rehna, kabse crime ho Gaya? Today will be the most peaceful sleep of my life."



NEWS BOX

Trump imposes new tariffs to punish 'forced labour', India secures lower 10% US tariff

World.(Agency)

India has secured a lower 10 per cent tariff under the latest US trade measures, after initially being considered for a higher 12.5 per cent rate, officials said on Thursday. The revised rate follows discussions between New Delhi and Washington on labour practices, with officials saying India's constructive engagement helped it move into the lower tariff category.

The Office of the US Trade Representative (USTR) announced fresh tariffs of 10 per cent and 12.5 per cent on 60 economies under Section 301 of the Trade Act of 1974. The measures target countries that the US says have not taken adequate steps to prevent the import of goods produced through forced labour. The tariffs will come into effect on Friday.

India is among 17 economies placed in the 10 per cent tariff bracket, alongside the United Kingdom, Canada, Indonesia, Mexico, Bangladesh, Pakistan, Sri Lanka, Malaysia, Argentina, Cambodia, Ecuador, El Salvador, Guatemala, Honduras, Jordan and Trinidad and Tobago. Officials told ANI that India had originally been slated for a 12.5 per cent tariff but was shifted to the lower rate following productive discussions with the US on labour-related measures.

US hits Iran for 13th night: Trump says frozen Iranian money will cover ship damage

WORLD.(Agency)

Marking the 13th consecutive night of attacks as the confrontation between Washington and Tehran continues to widen, the United States has carried out a fresh round of military strikes against Iran. At the same time, US President Donald Trump said any damage caused to commercial ships and cargo would be paid for using Iranian funds held under American control. The latest strikes were announced by the US Central Command (CENTCOM), which said American forces began another operation against Iranian military targets on Thursday (July 23) evening (US time). The attacks, it said, were aimed at reducing threats posed by Iran's Islamic Revolutionary Guard Corps (IRGC) to commercial shipping. In a post on X, CENTCOM said, "U.S. forces started another night of strikes against Iranian military targets at 6:45 p.m. ET today. This is the 13th consecutive night of strikes aimed to hold Iran accountable and diminish threats from the Islamic Revolutionary Guard Corps to commercial shipping."

Salman Rushdie testifies at the terrorism trial of the man convicted of stabbing him

BUFFALO, N.Y.(Agency)

Four years after being stabbed on an amphitheater stage, Salman Rushdie sat across a courtroom from his convicted attacker Thursday and told jurors for a second time about the ambush that nearly killed him.

The prize-winning writer recalled feeling what he thought was a punch under his chin, then feeling blood coming from his neck.

Soon "I was on the stage, lying down, with an enormous pool of blood all around me," Rushdie testified. "It was an enormous and expansive lake of blood." A Buffalo federal court jury watched Rushdie fixedly as he testified — and at one point removed his glasses to show his now sightless right eye — at Hadi Matar's terrorism trial. He has pleaded not guilty.

Matar already was convicted of a state-level attempted murder charge in the 2022 attack at a cultural institution where Rushdie was poised to speak about threats to writers and artists. Federal prosecutors say Matar was acting on such a threat — an Iranian leader's 1989 call for Rushdie's death because of his novel "The Satanic Verses."

"I can't say what his ambitions or his aim was, but the wounds were dispersed across my body," Rushdie testified. Rushdie: Knife came 'a millimeter from my brain' Rushdie, 79, was composed and straightforward during little more than an hour on the witness stand. He outlined the attack — which blinded him in the right eye, damaged his liver, paralyzed his left hand for a time and briefly put him on a ventilator — and his lengthy recuperation.

US continues strikes on Iran for 13th consecutive night as region remains on edge

The United States launched a fresh wave of strikes on Iranian military targets for the 13th straight night. The fighting has widened across the Gulf and key shipping routes, deepening fears of a broader regional war.

World.(Agency)

The United States carried out a fresh wave of strikes on Iran on Friday, marking the 13th consecutive day of attacks as tensions between Washington and Tehran continue to escalate after the collapse of a ceasefire agreement. US Central Command (CENTCOM) said American forces began another round of strikes against

Iranian military targets, describing it as the 13th consecutive night of operations. "US forces started another night of strikes against Iranian military targets at 6:45 p.m. ET today. This is the 13th consecutive night of strikes aimed to hold Iran accountable and diminish threats from the Islamic Revolutionary Guard Corps to commercial shipping," CENTCOM said in a post on X. The latest strikes come amid a widening regional confrontation, with Iran and its allies launching retaliatory attacks against US partners in the Gulf. Jordan, Bahrain and Kuwait have reported missile and drone attacks from Iran, including an assault on Kuwait's Al-Abdali border crossing with

Iraq. The escalation has raised concerns over the safety of critical infrastructure and



global energy supplies, with both sides increasingly targeting or threatening strategic assets.

CENTCOM, while carrying out the strikes on Iran, said on Thursday that the strikes were aimed at holding Iran

accountable and reducing threats posed by the Islamic Revolutionary Guard Corps (IRGC) to commercial shipping in the region. US operations against Iran have expanded from southern areas to western and central parts of the country. The US military's Central Command has said its campaign will continue to "further degrade" Iran's ability to threaten maritime traffic and regional security. Iranian media on Thursday reported that US forces carried out strikes on military targets in Bushehr, near the country's only operating commercial nuclear power reactor.

The reports said the area was targeted multiple times in recent days. Iran has also reported casualties from US strikes.

US strikes Iran for 13th night as Houthi tanker attacks shake shipping

Cairo.(Agency)

The US military carried out a 13th straight night of strikes on Iran on Thursday as the conflict widened around key shipping lanes in the region. The attacks came after Yemen's Iran-backed Houthi rebels said they had hit two Saudi oil tankers in the Red Sea, raising fears of a broader disruption to maritime trade and pushing Brent crude above USD 100 a barrel.

As the military and political rhetoric sharpened, diplomatic efforts also picked up. President Donald Trump warned of "major military punishment" if the Houthi attacks on ships continued, while UN Secretary-General Antonio Guterres urged de-escalation and said the region was being pulled "into an ever-widening circle of confrontation". Iraq Prime Minister Ali al-Zaidi visited Tehran to call for peace and dialogue.

US Central Command said the latest strikes ended shortly before 5 am local time. It said the attacks were meant to "further degrade Iran's ability to threaten civilian mariners and commercial vessels transiting regional waters" as the US tries to regain control of the Strait of Hormuz and restore the flow of international shipping.

Shortly afterwards, Iranian state media reported explosions along the strait in Qeshm and Bandar Abbas, where two people were reportedly injured. Explosions were also reported to the northwest near Andimeshk, Omidiyeh and Firuzabad.

The Houthis also threatened to shut down another major trade route, adding to the impact of Iran's closure of the Strait of Hormuz. Iran and the US have increased attacks as they compete for control of the strait, through which a fifth of the world's oil and gas moved in peacetime, triggering a rush to find alternative shipping routes.

Trump said on social media that the US would hold Iran responsible for any fresh Houthi attack. "If they do this again, the US will hold Iran responsible, in that the Houthis are a Surrogate and/or Proxy of Iran, and major military punishment will be inflicted upon Iran and, of course, the Houthis, themselves," he wrote.

Why US-Saudi nuclear pact has Pakistan hopeful, and Israel wary

The US-Saudi nuclear deal approved by American President Donald Trump could allow Riyadh to domestically enrich uranium without several key safeguards Washington has traditionally demanded. The deal has alarmed Israel, and revived questions over whether Saudi Arabia will draw on the nuclear expertise of its long-time strategic partner Pakistan should it decide to go for the bomb.

WORLD.(Agency)

The US and Saudi Arabia on Wednesday reached a landmark civil nuclear agreement, approved by American President Donald Trump, that would allow Riyadh to enrich uranium on its own soil, and potentially open the doors for the Kingdom to develop its own nuclear weapons.

The agreement has left Israel wary of a future nuclear-armed Saudi Arabia, while reviving speculation that Pakistan, Riyadh's long-time strategic partner, could benefit

from deeper nuclear cooperation if the kingdom chose to pursue a bomb. A civil nuclear agreement with Saudi Arabia had long been a priority for Washington. The Joe Biden administration had sought to tie such a deal to Saudi recognition of Israel as part of a wider regional pact. After years of deadlock, that



objective appears closer to reality following Trump's approval of the landmark agreement last week.

That being said, the deal, however, is reported to impose fewer non-proliferation restrictions than previous US proposals. According to a report by Reuters, it does

require the Saudis to accept the "gold standard", which bars uranium enrichment and reprocessing of spent nuclear fuel. The Associate Press reported that the deal does not mandate the adoption of the International Atomic Energy Agency's (IAEA) Additional Protocol, which allows for more intrusive inspections and verification measures. Defence expert Sandeep Unnithan said the arrangement could significantly expand Saudi Arabia's nuclear options.

"What the Saudi-US deal does is give Saudi Arabia the right to enrich uranium without the safeguards to prevent nuclear weapons development.

This is a big step because it leaves open the possibility of an unsupervised Saudi Arabian nuclear weapons programme," Unnithan told India Today Digital.

India tears into Pakistan at UN, says world is witness to rights suppression in POK

World.(Agency)

India launched a blistering attack on Pakistan at the United Nations Security Council (UNSC) on Thursday, accusing Islamabad of systematically crushing the rights of people in Pakistan-Occupied Kashmir (POK) while repeatedly invoking Jammu and Kashmir at international forums to deflect attention from its own record. Speaking during the UN Security Council Open Debate on Strengthening the Mechanisms for



Peaceful Settlement of Disputes, India's Permanent Representative to the UN, Ambassador Harish Parvathaneni, said the reality inside Pakistan-occupied Jammu and Kashmir exposed the "true nature" of the Pakistani state. He asserted

that Pakistan should focus on addressing its internal challenges instead of promoting what he described as a misleading narrative before the international community. His remarks came after Pakistan once again sought to raise the Kashmir issue at the Security Council, prompting a firm rebuttal from India. New Delhi reiterated its long-held position that Jammu and Kashmir is an integral part of India and maintained that the only unresolved issue is Pakistan's continued illegal occupation of Indian territory.

Trump administration floats Penn Station rename in USD 8 billion revamp

The Trump administration has asked senators to consider renaming New York's Penn Station during its USD 8 billion overhaul. The idea has intensified fears that a long-delayed transit upgrade could turn into a political vanity project.

Newyork.(Agency)

The Trump administration has urged leading US senators to consider renaming New York's Penn Station as part of a projected USD 8 billion overhaul of the Manhattan rail hub, one of the busiest in the western

hemisphere. Transport Secretary Sean Duffy raised the issue in a letter on Wednesday seeking congressional approval for funding for the station revamp and other major transport priorities, though he did not say what the station should be renamed.

The move has drawn sharp criticism from local leaders and commuter groups, while also reviving President Donald Trump's own public remarks on the subject.

The administration last year directed Amtrak, the national passenger rail service, to take charge of the long-delayed redesign of the station.

Spokespersons for the transport agency shared Duffy's letter but did not respond to follow-up questions on Thursday. Duffy, however, has previously made clear that he would welcome the station

carrying Trump's name. Last summer, as officials sought bids for the project's master developer, the former Wisconsin congressman said, "I imagine you're asking, 'Is this going to be Trump Station?' I think that has a nice ring to it." Asked earlier this year about the idea, Trump spokesperson Karoline Leavitt said simply: "Why not?" In his second term in the White House, Trump has sought to shape his legacy through public works projects, from a new White House ballroom to a triumphal arch and an unsuccessful effort to rename the Kennedy Center.

Earlier this month, Florida's Palm Beach airport was renamed President Donald J Trump International Airport. Trump has said the name-change idea did not come from him. He has acknowledged that the issue came

up in talks with Senate Democratic leader Chuck Schumer of New York, but rejected the suggestion that he proposed it in return for restoring federal funding for the Gateway project, a major rail tunnel running under the Hudson River from Penn Station into New Jersey. "Chuck Schumer suggested that to me, about changing the name of Penn Station to Trump Station," Trump said earlier this year aboard Air Force One. At the same time, he argued that it made little sense for such a major New York landmark to be named after another state.

"I LOVE Pennsylvania, but it is a direct competitor to New York, and eating New York's lunch!" he wrote on Truth Social, while adding that the renaming idea was "brought up by certain politicians and construction union heads, not me."