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Centre 1st Offered To Change Dharmendra Pradhan's Portfolio, CJP Rejected: Sources

NEW DELHI. (Agency)

As the Cockroach Janta Party (CJP) protests raged in the national capital last week demanding Dharmendra Pradhan's resignation as Education Minister, the Centre's first proposal to the CJP was to change Pradhan's portfolio. Sources have told NDTV that the proposal to change Pradhan's ministry was conveyed to the CJP team by Union Ministers JP Nadda and Jitendra Singh, who were negotiating with the group. Nadda and Singh met the CJP team at the former's residence on July 20 for the first time, even as a massive crackdown on protesters was taking place on the streets of the capital during the Parliament march call given by the

protesters. Sources said that Nadda and Singh offered to shift Pradhan from Education to a different ministry as a way to end the impasse, but it was rejected by CJP negotiators Saurav Das and Ashutosh

would be no compromise other than Pradhan's resignation. Sources also added that the CJP negotiators believed that agreeing to anything less than a resignation would trigger a sharp backlash among the protesters.

The BJP has, however, denied the reports that the Centre offered to change Pradhan's portfolio. Calling the reports "baseless", BJP MP Sambit Patra said: "Dharmendra Pradhan has resigned. The reports in media are misleading and fictitious". Dharmendra Pradhan resigned as Education Minister on Saturday afternoon, just hours before the third round of talks between the CJP and Union ministers. After that, the CJP called off its protest. Leader of Opposition Rahul Gandhi had also made it clear that merely changing Pradhan's portfolio won't cut any ice with the students or the Opposition.



Ranka.

According to sources, the Union ministers told the CJP that removing a minister or changing a portfolio is the Prime Minister's prerogative. The CJP maintained that there

Meta apologises for brief removal of PM's selfie video; govt summons global head

NEW DELHI. (Agency)

Social media giant Meta on Tuesday apologised after a selfie video posted by Prime Minister Narendra Modi addressing student protesters was briefly removed from Facebook before being restored.

According to sources, the video was removed due to a technical glitch. The government is looking into the incident and has summoned top Meta executives to explain the temporary takedown.

In a statement, a Meta spokesperson said, "The content was removed in error and has since been restored."



Sources said the government is taking the incident "very seriously". The Ministry of Information and Technology has already sent summons to the global heads of Meta and Instagram. The video in question was posted just before midnight last Thursday (July 23), and featured PM Modi appealing directly to students amid nationwide protests demanding the resignation of then Education Minister Dharmendra Pradhan over the NEET-UG paper leak.

The brief disappearance of the video was noticed immediately by BJP leaders and online commentators, who lost no time in flagging it to Meta and demanding answers. "Facebook has crossed every limit. It has blocked Prime Minister Narendra Modi's post on strict action against paper leaks from being seen in India," tweeted BJP's Tajinder Bagga. "Who gave this foreign platform the authority to censor India's Prime Minister and decide what Indians are allowed to read?"

Heavy rain lash Himachal, landslides bury vehicles, block over 100 roads

Shimla. (Agency)

Moderate to heavy rain affected several parts of Himachal Pradesh, including Shimla, on Monday evening, with landslides and flash floods disrupting roads, water supply schemes and power infrastructure. In Chamba district, landslides caused major damage, burying about a dozen vehicles



under debris and affecting homes in residential areas. The state emergency operation centre said 108 roads were closed due to landslides and flash floods, while 38 water supply schemes and nine transformers were disrupted. The Meteorological Department on Tuesday warned of a moderate flash-flood threat in a few watersheds and neighbourhoods of Chamba, Kangra, Kullu, Mandi, Shimla, Sirmour and Solan over the next 24 hours.

How Saayoni Ghosh went from Mamata's firebrand MP to govt defender in Parliament

New Delhi. (Agency)

Former Trinamool Congress (TMC) MP Saayoni Ghosh, once among the fiercest critics of Prime Minister Narendra Modi and the BJP, is set to speak in support of the Centre's anti-paper leak bill in Parliament, marking a dramatic shift in her political stance following her exit



from the Mamata Banerjee-led party Ghosh, who joined the Nationalist Congress Party (NCP) after rebelling against Mamata Banerjee following the TMC's drubbing in the Bengal Assembly polls in April, has emerged as one of the government's most vocal defenders during the ongoing Monsoon Session of Parliament.

The Centre has nominated Ghosh to participate in Tuesday's debate on the Public Examinations (Prevention of Unfair Means) Amendment Bill, 2026, making her one of the key speakers expected to defend the proposed legislation after opposition protests stalled debate in the Lok Sabha on Monday.

Multi-crore extortion racket exposed

Private administrators control police stations in east Ahmedabad as illegal liquor dens flourish

MAHANAGAR METRO

AHMEDABAD : raising serious questions about when strict action will be taken against key conspirators Piyush Desai and Krunal Desai for establishing a parallel empire across five police stations. The situation in East Ahmedabad has deteriorated as the Desai syndicate continues to collect crores monthly across Krishnagar, Meghaninagar, Amraiwadi, Odhav, and Naroda police stations, effectively overriding law enforcement authorities including the PCB, DCP, and Police Commissioner. Despite facing transfer orders and past suspensions, Piyush Desai has refused to leave Ahmedabad and continues to run illegal liquor and gambling operations alongside his brother Krunal Desai, prompting concerns over a complete collapse of law and order and potential public violence. The scandal has caused immense embarrassment to the police department, particularly after internal discipline broke down at the Krishnagar police station, where high-ranking officers up to Police Inspector and Assistant Commissioner of Police



levels found themselves undermined by insubordinate personnel. Behind this breakdown lies a systematically managed financial operation where private administrators have usurped police authority. Even though Piyush Desai was officially transferred out of the district, high-level political and bureaucratic backing has allowed him to remain in the city and manage the

financial machinery across all five stations. To execute cash collections efficiently, a dedicated network of sub-administrators has been deployed in each area, including Bharatbhai in Amraiwadi, Jayeshbhai in Odhav, Gadhvi in Naroda, Chandubha in Meghaninagar, and Krunal Desai in Krishnagar. This syndicate extracts massive monthly sums from illicit

liquor hubs, gambling dens, and Worli-Matka setups operating openly in these jurisdictions. Sources close to the matter indicate that securing a posting as Police Inspector in these lucrative police stations allegedly costs between twenty to twenty-five lakh rupees upfront. To recover this investment, station heads permit bootleggers and illegal operators to function freely under the protection of the Desai brothers. Alarming, hazardous chemical-infused alcohol is being sold across densely populated residential zones in Naroda, Meghaninagar, Odhav, and Amraiwadi, creating a severe risk of a deadly hooch tragedy similar to past incidents in Botad and Kanpur. Mahanagar Metro News demands immediate answers regarding who will take responsibility if lives are lost to toxic alcohol, how an officer facing transfers and suspensions accumulated vast fortunes, why supervisory agencies remain silent, and why the Anti-Corruption Bureau has not launched an investigation into the assets of these administrators and involved personnel.

Nitish Kumar joins BJP's Bankipur push as Prashant Kishor turns up poll heat

New Delhi. (Agency)

Nitish Kumar's appeal

comes as the NDA

pushes to consolidate

support in BJP bastion

Bankipur as Prashant

Kishor's aggressive

challenge and the RJD's

intensified campaign

have made the bypoll

far more competitive.

With just days left for polling in the high-stakes Bankipur Assembly by-election in Bihar, the BJP has brought former Chief Minister Nitish Kumar to the campaign frontline in a clear indication that the NDA is taking no chances in retaining one of its safest urban constituencies.

Kumar on Tuesday released a video message appealing directly to voters to support NDA candidate Neeraj Kumar Sinha, as the contest has become more intense than the BJP had initially anticipated. The rival candidate, Jan Suraj founder Prashant Kishor, is mounting an aggressive challenge and the RJD is also stepping up its campaign. Addressing voters of the Bankipur Assembly constituency,



Kumar said, "With your trust, cooperation and blessings, we have worked over the past two decades to ensure good governance and fulfil our resolve of building a developed Bihar. To continue this journey, every single one of your votes is important." He appealed to voters to bless NDA's young candidate Neeraj Kumar

Sinha and cast their vote for the Lotus symbol on polling day. Nitish Kumar's appeal comes as the BJP is determined to consolidate the NDA's support base in a constituency it has dominated for decades. The JD(U)-BJP alliance has largely projected the election as a test of its governance record.

The bypoll was necessitated after five-time BJP MLA Nitin Nabin vacated the seat following his election to the Rajya Sabha and subsequent appointment as the BJP's national president. Despite taking charge of the party at the national level, Nabin has remained deeply involved in the campaign, conducting door-to-door outreach and public meetings while urging voters to back the BJP candidate.

News box

NGT seeks plantation plan for sewage-hit city forest

Noida.(Agency)

The National Green Tribunal directed Ghaziabad Municipal Corporation to consider the feasibility of carrying out a plantation drive in the Sai Upwan city forest this monsoon season and submit an affidavit on the same by Sept 16.

Whether the city forest has been degraded due to solid waste disposal, unauthorised construction work and damage caused to 70,000 trees has remained the bone of contention, with two important cases being considered by the tribunal simultaneously.

The principal bench comprising Chairperson Justice Prakash Srivastava and expert member Afroz Ahmad gave the order on July 2 while hearing the matter of illegal and unscientific waste disposal — both solid and liquid. It came in response to Ghaziabad district magistrate and the UP Pollution Control Board's claim that all remedial measures were already taken for removal of waste and there was no overflow of wastewater in the city forest.

"If the solid waste dump in the area concerned has been cleared, and the land has been reclaimed, Ghaziabad Municipal Corporation will consider the feasibility of carrying out the plantation during this monsoon season in that area and will submit the details thereof in the next affidavit," the tribunal ruled. The claim, however, was challenged by advocate Akash Vashishtha, counsel for the applicant, former corporator Rajendra Tyagi, who sought four weeks to file a rebuttal.

Tyagi alleged that around 70,000 trees in the forest have dried up and been destroyed by non-forest activities in the space, which is earmarked as a city forest in the Master Plan 2031.

Ghaziabad mall rape-murder: Teen who gave girl toffee struck her head 4 times with rod, say police

Noida.(Agency)

In a 200-page chargesheet, filed in the July 10 gang rape and murder of a seven-year-old girl in a mall under construction in Raj Nagar Extension area, police stated that the accused had inflicted three to four fatal blows on the child's head after the sexual assault. Nandgram ACP Ziauddin Ahmad said of the two men arrested, the younger one, Vinay Kumar (18), who had initially befriended the girl, offered her toffees, and then lured her to the construction site with a promise of chips and cold drinks, was more aggressive than the other accused, Sahibuddin (22). The chargesheet stated that while the two planned to sexually assault the girl, Vinay convinced Sahibuddin to kill her, saying the child would identify them. "It was Vinay who took an iron rod he found at the site and struck the girl's head three to four times. When they were sure that the child was dead, they carried the body to the staircase and threw the body into the basement from the shaft," the ACP said. Charges against the two men were filed under sections 70(2) (gang rape), 65(2) (rape of a woman under 12 years of age), 66 (for causing death or resulting in persistent vegetative state of victim), 140(1) (kidnapping or abduction), 103(1) (murder), and 3(5) (criminal acts done by several persons) of the BNS and several sections of the Protection of Children from Sexual Offences Act.

Sewage treatment plant deaths in Greater Noida: Safety norms ignored? Cops question witnesses

Noida.(Agency)

Police have stepped up their probe into the deaths of two men inside a sewage treatment plant (STP) tank at a Greater Noida housing society, questioning eyewitnesses, society staff and others to determine whether mandatory safety protocols were ignored before they entered. The focus of the investigation has shifted to whether protective equipment, gas detection tests and other precautions required for confined-space cleaning were in place before contractual sanitation worker Shashikant Sharma (40) entered the tank at Eldeco Society in Sector 150. Police are also examining the circumstances that led security guard Akash Singh (22) to descend into the tank in an attempt to rescue him. The incident took place around 2.30am on Sunday. Police suspect Shashikant lost consciousness after inhaling toxic gases inside the STP tank. Akash, who entered to save him, was also overcome by the fumes. Fire personnel later pulled both men out, but doctors declared them dead. Following complaints by their families, police registered an FIR against the maintenance agency's manager, an unidentified contractor and other unidentified persons under BNS sections relating to causing death by negligence and endangering life. Four persons detained on Sunday continue to be questioned, ear before entering the hazardous enclosure.

Massive Corruption and a Naked Dance of Power in Karjan

Public Crushed in the Turf War of Two Leaders!

KARJAN CORRUPTION EXPLODES

Mahanagar Metro Desk

KARJAN: Gujarat's Karjan has once again become a political pressure cooker. Behind the sweet talk and tall claims of 'development' echoing all the way to Gandhinagar, the bitter reality is shockingly different. Today, a fierce battle for power, wealth, and dominance between two stalwarts of the ruling party has reached its peak in Karjan. On one side is the 'Bahubali' (strongman) MLA Akshay Patel, and on the other side is the veteran leader and former MLA, Satish Patel. Caught in the crossfire of their hunger for power, internal feuds, and clashing egos are Karjan's innocent citizens, local traders, and the hardworking 'Dhartiputras' (farmers) who are being severely marginalized. 1. The Congress Defector, Absolute Monopoly, and the APMC Game After securing a BJP ticket from the Karjan assembly constituency and switching from Congress to BJP, Akshay Patel hasn't looked back. He has left his mark on everything from taluka politics to government schemes. However, during the recent Karjan APMC (Agricultural Produce Market Committee) elections, sensing that his candidate lacked the votes and defeat was imminent, rumors of a 'dark conspiracy' to cancel the entire election began gaining momentum. The power play didn't stop there. To deliver a severe blow to Satish Patel—a veteran with a strong grip on the party and local farmers—he was suspended from the cotton department. Through this move, Akshay Patel has issued an open challenge. On the flip side, Satish Patel is no novice in politics; he is reportedly preparing for a massive internal counterattack. Both leaders are entirely consumed by their chairs and supremacy, showing zero concern for the plight of the farmers or the general public. 2. An Empire of Corruption: Politicians Profiting from Sand and Soil



MLA Akshay Patel



Satish Patel



Mining The scale of corruption spreading across the Vadodara district—especially in Karjan, the Narmada River belt, Kural, and Miyagam—is rarely seen anywhere else in Gujarat: The Unstoppable Mining Mafia: Illegal mining of sand and soil worth crores is happening day and night across rivers and government lands passing through Karjan. The state exchequer is being drained through royalty theft and unauthorized leasing. Crores Amassed by Politicians: While Karjan's farmers groan under the weight of debt and struggle for basic fertilizers and seeds, elected representatives and their close aides have built multi-crore bungalows, purchased luxury cars, and acquired benami lands over the past few years. Politics is played in the name of the 'Dhartiputra,' but development is restricted strictly to

the politicians' households. 3. 'Tender Raj' and Hooliganism in the Karjan Municipality This grim situation isn't confined to the Taluka or the APMC; democracy is being mocked inside the Karjan Municipality as well. The entire chain of command, from the President to the Chief Officer and Engineers, has allegedly become part of this corrupt syndicate: Extorting Tender Withdrawals: The moment a tender is floated for any municipal development work, open hooliganism begins. If a new or fair contractor submits a bid at the right price, they are threatened with death or framed in fake cases to force them to withdraw. Work is exclusively awarded to their own contractors based on heavy commissions. Hafta-Vasuli (Extortion) and Dens: Regular extortion money is being collected from illicit country-made and for-

eign liquor hubs, gambling dens, and other illegal activities operating across Karjan town and its rural outskirts. 4. Administrative Helplessness or Complicity? Questions for the Officials The most serious question arises: What are the SDM, District Police Chief (SP), Mamlatdar, and Karjan's local police officials doing? Despite such large-scale, open hooliganism, extortion, and corruption, the administration remains a silent spectator. It is a common whisper among locals that a 'monthly commission' travels from the lowest rung of employees right up to the senior officials, prompting them to act like Gandhiji's three monkeys—turning a blind eye to the rot. 5. Public Outrage: Will the ACB Wake Up or Will Gandhinagar Act? The people of Karjan are entirely fed up with this hooliganism and systemic corruption. A unified demand is now echoing from the public: Entry of the ACB: Will the Anti-Corruption Bureau (ACB) and the ED finally conduct raids to investigate the disproportionate assets of these corrupt leaders, municipal office-bearers, and complicit officials? Silence of the High Command: When will the state BJP high command take strict disciplinary action against this internal factionalism and address the public's boiling anger? The Public's Verdict: If the government and administration do not wake up in time and act against these leaders and officials, it is certain that the people of Karjan will not forgive any politician in the upcoming local body or assembly elections, delivering a crushing reply through the power of their vote. Mahanagar Metro's Clear Stance: The people of Karjan demand a governance free of fear and corruption. It is high time the administration wakes up from its slumber and takes the strictest possible action against the guilty!

Only 3 of 132 illegal bleach units paid pollution penalty in Panipat since 2016

Gurgaon.(Agency)

A list of bleach houses and bleaching units in Panipat — against which the state pollution board took closure action between 2016 and 2025 — has highlighted the gap between enforcement and recovery of damages. During these nine years, Haryana State Pollution Control Board (HSPCB) ordered the closure of 132 bleach houses and bleaching units, but environmental compensation (EC) has been recovered in only three cases so far, according to an RTI reply. An HSPCB official told TOI he would check the matter. The RTI reply, obtained by activist Varun Gulati, includes a unit-wise list of bleach houses and bleaching units. The annexure shows that the status in most other cases was marked as "order awaited". In its reply, HSPCB said EC has been recommended in all these 32 cases but has not been finalised due to observations received from the higher authority. The board also said

that prosecution against these units is under process. HSPCB member secretary Yogesh Kumar told TOI, "There is some issue. We are currently gathering details regarding the illegal units and their ownership." The three cases in which compensation has been recovered include Rs 3.5 lakh from Unique Enterprises, Karhans — in 2024; Rs 2.12 lakh (bleach house owned by Ramesh Kumar, Jatal village); and Rs 1.75 lakh (bleach house owned by Naresh Kumar, Jatal village) — the other two in 2019.

The records show that closure action has been taken against bleaching units across Balana, Binjhol, Samalkha, Nimbri, Kurar, Naultha, Chandoli and other villages over nine years, indicating that illegal bleaching operations have remained a recurring enforcement challenge in the district.

To avoid confusion, Gulati said a second RTI was filed because the first reply did not explain why

compensation had not been recovered in most cases. The second RTI was not about all 132 units, but specifically sought the status of 32 bleaching units that are part of



proceedings before National Green Tribunal (NGT). "The first RTI gives the larger picture of enforcement since 2016 and shows that closure action has been taken against 132 units. Since most cases still mentioned 'order awaited' for EC, I sought a separate clarification regarding the 32 units referred to in the NGT proceedings. The second reply explains the present status of

those cases," Gulati said. Environmental compensation is based on the 'polluter pays' principle, under which industries found violating environmental norms can be directed to compensate for the damage caused. While HSPCB's records indicate continued enforcement against bleaching units, the RTIs show that the process of finalising and recovering compensation remains incomplete in a large number of cases, with the board attributing the delay in the 32 NGT-linked cases to pending observations from the higher authority. Bleaching units are textile processing facilities where fabrics, primarily cotton and blended textiles, undergo chemical treatment to remove natural colour, stains and impurities before dyeing or printing. The process typically involves chemicals such as hydrogen peroxide, caustic soda and other bleaching agents, and generates wastewater with high chemical load, alkalinity and dissolved solids.

Two killed after truck falls off bridge on Pathankot-Mandi National Highway

Kangra. (Agency)

Two people were killed and one injured after a 16-tyre truck (tralla) fell off a bridge on the Pathankot-Mandi National Highway near Kholi in Himachal Pradesh's Kangra district late Monday night.

According to reports, the truck was travelling from Pathankot towards Rajiana at around 11 p.m. when the driver lost control and the vehicle plunged more than 50 feet from a bridge between Kholi and Rajiana villages into the riverbed below.

Local residents rushed to the spot after hearing a loud crash and found two occupants of the truck dead. The injured driver allegedly fled the scene.

Police reached the spot, registered a case under the relevant provisions of the Bharatiya Nyaya Sanhita (BNS), and launched an investigation. The bodies have been sent for post-mortem examination.

Govt constitutes CSCS cadre restructuring committee, informs Lok Sabha

Panchkula. (Agency)

The Central Government has constituted a committee for the cadre restructuring of the Central Secretariat Clerical Service (CSCS), the Lok Sabha was informed in a written reply to an unstarred question.

The Government stated that CSCS cadre reviews are policy matters conducted periodically, considering cadre strength, functional needs, and administrative requirements. Accordingly, a committee has been formed for CSCS cadre restructuring.

The Government also informed the House that Multi-Tasking Staff (MTS) in the Ministry of Finance have opportunities for promotion. When vacancies arise, promoted MTS employees are appointed as Junior Secretariat Assistants (JSA) under the CSCS.

According to the reply, eligible MTS employees are proactively promoted to the JSA grade as vacancies become available. In addition to regular promotions, MTS employees may receive financial upgradation under the Modified Assured Career Progression (MACP) Scheme, which offers career progression benefits if regular promotions are delayed.

The Government said the committee on CSCS cadre restructuring will examine the service structure as part of the periodic cadre review process.

HP Dy CM offers prayers at Brajeshwari Temple, seeks state's prosperity

Kangra.(Agency)

Himachal Pradesh Deputy Chief Minister Mukesh Agnihotri on Monday offered prayers at the world-renowned Brajeshwari Temple in Kangra and prayed for the peace, prosperity, happiness and overall well-being of the people of the state. The Deputy Chief Minister performed traditional rituals at the temple and sought the blessings of Goddess Brajeshwari for the continued development and welfare of Himachal Pradesh.

Temple priests welcomed Agnihotri with Vedic chants and conducted the religious ceremonies as per tradition. He offered obeisance at the shrine and prayed for lasting peace, harmony and prosperity across the state.

After the prayers, Agnihotri visited a tea stall owned by Pawan Kumar within the temple premises. He interacted with the shopkeeper, enquired about his family's well-being and spent some time conversing with him.

Among those present on the occasion were Himachal Pradesh Congress Committee President Vinay Kumar, Dharampur MLA Chandrashekhar, Nalagarh MLA Hardeep Baba, former Chief Parliamentary Secretary Surender Kaku, former MLA Ajay Mahajan, Himachal Road Transport Corporation (HRTC) Vice-Chairman Ajay Verma, HRTC Board Member Dharmender Dhami, Kangra SDM Dr Anjali Garg, IPH Superintending Engineer Vishal Jamwal, HRTC Divisional Manager Pankaj Chaddha, Tehsildar Prakash Chand and senior Congress leader Pandit Umesh Sharma.

Three accused who fired at Mohali police arrested, two injured after encounter

He added that immediately after the incident, multiple teams led by SP (D), SP (Operations), SP (Rural), and DSP-rank officers conducted continuous raids across Punjab. During this period, two accused surrendered in court.

Mohali. (Agency)

Three accused who allegedly had attacked an anti-narcotics team on Saturday, injuring police personnel and rescuing their associates before fleeing, were arrested by Mohali police on Monday after an encounter in the Chao Majra area in IT city. During the encounter, two of the accused were injured, and police recovered two .32 bore firearms from them.

SSP Mohali Harmandeep Singh Hans said that an FIR had been registered in this case at the Sohana police station. The SSP said that on Saturday, the district anti-narcotics team received an input regarding drug trafficking. The team managed to apprehend two suspects, but

during the operation, assailants arriving in another vehicle opened fire on the police party and attacked them with swords. Two police personnel were injured in the attack, and the assailants managed to free their two associates and escape. He added that immediately after the incident, multiple teams led by SP (D), SP (Operations), SP (Rural), and DSP-rank officers conducted continuous raids across Punjab. During this period, two accused surrendered in court.

According to the SSP, the remaining three accused, Gagan, Jaskaran, and Lakhwinder, were tracked down near Chao Majra. As soon as they spotted the police, they opened fire, prompting retaliatory firing by the police. In the

encounter, Jaskaran and Lakhwinder were injured, while Gagan was arrested on the spot. Police recovered two .32 bore firearms from the accused. A forensic



examination will determine whether these weapons were used in the firing incident on Saturday. Empty cartridges were also recovered from the scene.

The SSP said the accused are residents of

Giga Majra and Tangori villages near Sohana in Mohali. Their criminal backgrounds and possible links to drug trafficking are being investigated.

According to police, around 15 rounds of firing took place during the encounter. Of these, the accused fired five rounds, one of which hit an official vehicle of the SHO. Police also returned fire in response.

The injured accused have been admitted to the Civil Hospital for treatment. After obtaining remand from the court, police will interrogate them to determine what narcotic substance they possessed on the day of the incident, where it was sourced from, and to whom it was intended to be supplied, the SSP said.

FDA suspends license of Mumbai's six-decade-old Udupi eatery Poornima Restaurant

Mumbai.(Agency)

The Maharashtra Food and Drug Administration (FDA) has suspended the Food Safety and Standards Authority of India (FSSAI) licence of Poornima Restaurant, the iconic Udupi eatery in Mumbai's Fort area, with immediate effect over multiple food safety and hygiene violations. Located in Raja Bahadur Compound, a short walk from the Bombay Stock Exchange and opposite Bombay House, the over six-decade-old restaurant is known for its loyal clientele, including executives from Bombay House and visitors to the Bombay Stock Exchange and the Bombay High Court.

The suspension follows an inspection conducted on July 23 by Food Safety Officer R. S. Suryawanshi, which found serious violations of the Food Safety and Standards Act, 2006, and hygiene regulations that, according to the FDA, posed significant risks to public health.

Among the key findings was fungal growth on stored raw vegetables, including drumsticks—a key ingredient in sambar—and bananas used to prepare the restaurant's signature dish banana vada. "Considering the fact that idli and dosa batter is acidic in nature, fungal infestation in the kitchen may cause serious health hazards," an FDA official said.

According to the FDA, raw contaminated materials were stored alongside cooked and frozen food items. The inspection also found several flies, stagnant water, dirty drains without cockroach traps, and unhygienic walls and ceilings with flaking paint and rust. Other violations included the absence of medical fitness records and periodic health check-ups for food handlers, refrigeration unit doors that did not seal properly, and the use of non-food-grade plastic barrels to store pickles without the required compliance certification.

Agra man who handed over TET paper to key accused surrendered, say police

Mumbai. (Agency)

The Special Investigation Team (SIT), probing the Maharashtra Teacher Eligibility Test (TET) question paper leak case, arrested one more accused, an Agra resident, on Monday after he allegedly surrendered before the Bhiwandi court.

With this, the total arrests in the case have reached 15. On his alleged role in the paper leak, police said that Sonu Kumar Diwakar, 35, got the question paper from two employees of the Agra-based printing press Mahim Patran Pvt Ltd, and gave it to main accused Bijendra Gupta. The police had traced the paper leak to the Agra-based press, where the two employees and a former employee are

alleged to have hidden the question paper beneath their shoe insoles and walked out of the press. The two employees of the press – Nareshkumar Puranchand



Mohore and Babulal Narayansingh Kushwaha – along with former employee Sanjay Kumar Sureshchandra Chandra

were arrested on July 5. After extensive search, the SIT had managed to nab Gupta last week, and he is currently in police custody till July 30.

The police claimed that they had put constant pressure on Sonu due to which he allegedly came to Thane on Monday and surrendered. "We have arrested Sonu and he would be produced in the court on Tuesday," said a senior police officer. Gupta and his aide Indrajit Kumar are in police custody while the other 12 accused are in judicial custody. Four accused, including Gupta's wife Suman Kumari, have applied for bail applications in the Bhiwandi court. The bail application will be heard on Wednesday.

2011 Chandigarh Police recruitment scam: Trial begins against ex-DSP, Inspector

Chandigarh. (Agency)

Following the dismissal of the discharge applications of retired Deputy Superintendent of Police (DSP) Jagbir Singh and Inspector Nasib Singh in the alleged 2011 Chandigarh Police recruitment scam, the Chandigarh court has begun trial in the case. The trial began on July 24 after the court found that the material on record discloses a prima facie case against the two police personnel.

The Court of Additional District and Sessions Judge Dr Harpreet Kaur has framed charges under Section 13(2) of the Prevention of Corruption Act and Sections 120-B (criminal conspiracy), 467 (forgery), 471 (using forged document as genuine), and 409 (criminal breach of

trust by public servant) of the IPC. Both the accused pleaded not guilty and claimed trial. The matter is now listed for September 9 for prosecution evidence.

According to the prosecution case noted



in the order, the recruitment process for 11 posts of Water Carrier (Class IV) in the Indian Reserve Battalion, Chandigarh, was initiated in 2010. A total of 22,036

candidates applied, of whom 827 qualified the first trade test. During compilation of the final result, discrepancies in the allocation of marks were detected by the compilation committee headed by then commandant Arun Kampani, leading to cancellation of the entire recruitment process. A subsequent inquiry headed by Ram Niwas Meena allegedly found various irregularities and alterations in the original marks awarded to candidates, following which the matter was referred to the Vigilance Cell and the present case was registered. While seeking discharge in the case, counsel for Inspector Nasib Singh argued that he had been falsely implicated due to a "faulty and biased investigation" and had merely assisted the then Selection Committee chairman R S Ghumman during the first trade test.

From Kudankulam to DRDO data leak, how many more wake-up calls before institutional resilience prevails, asks K. S. Manoj

Thiruvananthapuram. (Agency)

The alleged data leak involving the Defence Research and Development Organisation (DRDO), coming close on the heels of concerns surrounding the Kudankulam Nuclear Power Plant, should not be viewed as an isolated cybersecurity incident, cybersecurity professional K. S. Manoj has said, stressing the need for India to move beyond post-incident reassurance and build demonstrable institutional resilience. Whether the reported DRDO compromise is ultimately confirmed in full or not, such recurring episodes expose a troubling reality: India's strategic institutions continue to face persistent cyber threats, while official responses too often emphasise reassurance rather than demonstrating the resilience of systems and institutions, Manoj said.

In an era when cyber warfare has become an integral component of geopolitical competition, sensitive information relating to defence research, critical infrastructure, nuclear facilities and

strategic industries represents a high-value target for state-sponsored actors, cybercriminals and insider threats.

The objective of modern cyber espionage is no longer confined to stealing classified documents. It increasingly involves mapping vulnerabilities, compromising supply chains and acquiring intelligence that could potentially be used to influence or disrupt critical national capabilities during times of crisis.

The significance of such incidents, therefore, extends beyond the immediate loss of data. Repeated compromises can gradually erode strategic advantage, weaken deterrence, undermine public confidence and expose systemic weaknesses that adversaries may exploit in future operations.

For cybersecurity professionals and industrial control system experts, recurring incidents naturally raise questions about governance, cyber hygiene, insider risk management, supply-chain security and the effectiveness of existing protective measures, he said. India has taken several

important steps to strengthen its cybersecurity architecture through institutions such as the National Critical Information Infrastructure Protection Centre (NCIIPC), CERT-In, sector-specific cybersecurity guidelines and increasing investments in cyber defence. These initiatives provide a solid foundation, but cybersecurity is not a destination; it is a process of continuous adaptation, Manoj said. Every significant incident must become an opportunity to strengthen institutional learning rather than merely reassure the public, he added.

India's cybersecurity journey must also be benchmarked against international standards. Frameworks such as IEC 62443, adopted domestically as IS 16335, ISO 27001 and NIST CSF 2.0 provide structured approaches to securing industrial control systems and critical infrastructure.

For institutions such as DRDO and the Nuclear Power Corporation of India Limited (NPCLIL), compliance with IEC 62443 is indispensable for ensuring layered protection against insider threats

and state-sponsored cyber actors, he said. Embedding such standards into defence and nuclear facilities would demonstrate preparedness beyond reassurance and align India's resilience with global best practices. Protecting critical infrastructure demands a comprehensive strategy that integrates robust technical controls with consequence-driven risk assessment, continuous threat hunting, Zero Trust principles, supply-chain assurance, workforce development and independent cybersecurity audits.

Equally important is cultivating an institutional culture in which vulnerabilities are reported, analysed and remediated without delay.

If cyber incidents continue to be treated as isolated events, India risks exposing its critical infrastructure, defence capabilities and strategic technologies to repeated compromise, Manoj cautioned. Every such incident must be subjected to a swift and independent forensic investigation to identify the root cause, rectify systemic vulnerabilities and bring those found legally responsible to justice.

Namwar Singh at 100, remembering a radical rasika

The birth centenary of Namwar Singh (July 28, 1926 – February 19, 2019) is being celebrated all over the Hindi world, but as he lived to be 92 and was active until the end, it seems as if he left us only yesterday. He was the most blazingly brilliant and doughtily dominant figure in Hindi literature over the last half-century, which is all the more remarkable as he was no novelist or poet but a 'mere' critic. For the last three or four decades of his life, he was much in demand at conferences and literary events from Kashmir to Calicut. He served as the Chair of the Jnanpith award jury for nine years, and showed himself to be more pan-Indian in outlook and knowledge than many others of the jurors (including yours truly). In all these roles, he always spoke in Hindi, wore kurta-dhoti, and constantly chewed paan as befitted a native of Banaras. If there was ever an organic intellectual or a rooted cosmopolitan, it was he. We shall not see the like of him again. His most influential book, 'Kavita ke Naye Pratiman' (New Paradigms of Poetry, 1968; Sahitya Akademi Award, 1971), actually effected a paradigm shift in Hindi literature. Since the early 1940s, Prayogvad (modernist experimentation and innovation) had been the ruling idiom of Hindi creativity. SH Vatsyayan 'Agyeya' was the leading figure here, with his novel 'Shekhar' (in two parts, 1941 and 1944). Agyeya was a pioneering poet, too, and championed other poets through editing path-breaking anthologies of seven young poets each, called 'Tar Saptak' (successive selections published in 1943, 1953, and 1959). In his plea for new paradigms, Namwar Singh sought to depose Agyeya from his high eminence and install in his place the little-known Marxist poet GM Mukhtibodh, who had been in fact the first of the seven poets featured by Agyeya in his very first 'Tar Saptak'. The larger battle here was between Prayogvad and Pragativad (progressivism, or committed left-wing writing), with clear overtones of the Cold War. And in the field of Hindi literature at least, the battle was won clearly by the Left. Namwar Singh's other major work was 'Doosri Parampara ki Khoj' (1982; translated into English by Akhilesh Kumar as 'In Search of an Alternative Tradition', 2023). In it, Namwar sought to track an alternative tradition of radical writing in Hindi, and more generally, in Indian literature, with the iconoclastic religious reformer Kabir as its flag-bearer. The phrase 'doosri parampara' or alternative tradition proved immediately attractive in itself, even among those who had never seen the book, as offering a liberatory agenda. Namwar Singh wrote slim books, and not very many of them. His major contribution was through the vachik parampara or the hallowed oral tradition. In his case, it took the form of ex tempore lectures and numerous interviews. But he was fortunate in his admirers, one of whom, Ashish Tripathi, has edited as many as 19 volumes of his uncollected essays and unscripted lectures (through rare taped recordings), nicely arranged by broad themes. Some other students of his from JNU, where he taught from 1974 to 1992, have brought out books such as 'JNU Mein Namwar Singh' and even 'Namwar ke Notes' (i.e. his class notes). He was indeed a living legend. s everyone who ever heard him will testify, Namwar Singh spoke with compelling felicity and sparkling wit. His erudition in Hindi, Urdu, Sanskrit, Bengali and English was unmatched. He knew his Marx, Brecht, Adorno and Goldmann better than many of our Anglophone intellectuals, and frowned upon Bakhtin for not being enough of a Marxist. I first met Namwarji in the 1980s but our acquaintance deepened when he asked me in 1991 to translate from Hindi into English his keynote address for the Festival of Letters of the Sahitya Akademi. This essay, 'Decolonising the Indian Mind', has since been prescribed in the syllabi of English departments of many universities, and is probably his most widely read piece in English. SouthAsians & Diaspora

The Jantar Mantar agitation and the Hubris

Instead of opening doors for honest engagement, the state has chosen its default response of police barricades, tear gas canisters, and lathi charges

There is something profoundly moving, and deeply damning, about the sight unfolding at Jantar Mantar. To see the 16-or 17-year-old kids standing eye-to-eye with heavily armed riot police fills me with shame at what we have become as a country. As expected, there are no children of the politicians of any political party out there, braving the lathis and tear gas. The politicians know how broken our system is and have sent their kids abroad to countries that are not viswagurus to get a decent education. It is the children of the middle class and lower middle class who are out there in the open, with their frail shoulders bearing the weight of a broken promise. Meanwhile, the generation that came before them, their parents and grandparents, the comfortable middle-aged demographic that has crossed 40—indulges in blind, cringeworthy support of authority. No one is accountable for anything in this La La Land of WhatsApp uncles and aunts except the long-dead Nehru, Aurangzeb, Akbar, and Alauddin Khalji. These much-derided Gen Z kids, the very same reel-obsessed, non-reading children, possess far more moral courage than the older generations who routinely lecture them. Their numbers on the street may appear modest for now, but the fire in their eyes should alarm anyone who understands history.

Instead of opening doors for honest engagement, the state has chosen its default response of police barricades, tear gas canisters, and lathi charges. When educator Sonam Wangchuk is forced into a fast unto death alongside student movements like the Cockroach Janta Party to protest back-to-back examination paper leaks, the response of a mature republic should be open dialogue. Peaceful protest is the essential safety valve of a constitutional democracy. When a government clamps down on that safety valve, it creates a volatile pressure cooker. Suppressing legitimate dissent does not eliminate anger; it drives it underground, creating a vacuum that fissiparous agencies and hostile foreign adversaries are always eager to exploit.

It remains utterly baffling why a government that has effectively decimated the formal political opposition feels the need to adopt such strongman tactics against teenagers. Why are rulers who command absolute power so terrified of a few students on the street? The answer lies in the classic, intoxicating disease of political hubris. Rulers forget that the seeds of a regime's collapse are almost always sown at the precise moment it feels completely invincible. History is ruthless toward such arrogance. The Mughal Empire reached its absolute geographical zenith under Aurangzeb, only to



fracture into irrelevance almost immediately after his death. The Congress party won the largest parliamentary mandate in Indian history under Rajiv Gandhi in 1984, yet that colossal majority marked the beginning of its long, irreversible structural decline. World history tells the exact same tale. The Romanov dynasty in Russia celebrated three centuries of unchecked autocratic rule with breathtaking splendour in 1913, oblivious to the starved, angry populace that would tear down the empire just four years later. The Soviet Union appeared monolithic and unshakable at the peak of its Cold War power, yet it dissolved overnight because its internal rot was ignored.

Perhaps the ruling elite believes this current storm will simply pass. The men running the state are well past their 60s and 70s and have smartly secured the future

of their many generations. These geriatrics look at these protesting kids and see only the much-derided Gen Z. They view them as soft, privileged, screen-obsessed brats who cannot sustain a real fight and will run home at the first whiff of tear gas. They think that at the first sight of police, Gen Z would write abject apology letters and run home as many did during our freedom struggle. They forget that even when an imperial Britain ruled, for every one who wrote apology letters or colluded with the British, there were hundreds who braved the lathis and jails of a superpower that ruled half the world, and that is how we won our Independence. The DNA of these great-grandparents who fought the British could have skipped a generation or two, as it did for this writer's generation, but it has to suffice somewhere. Most of these kids who are protesting are not hardened political operatives or funded provocateurs. They are middle-class and lower-middle-class kids whose families pooled their life savings to pay for competitive exam coaching, only to watch question papers leak back-to-back while the state looks the other way. They are not asking much, other than to give them a fair system and show some accountability. When the police personnel, who also belong to the same social class as most of these kids, go home after beating the teenagers to pulp, how are they going to face their own kids? We can only hope that their training has made them sufficiently inhumane to be immune to the accusatory glances of their children. Let's hope the police and RPF don't lose sleep over such trivial things. They were just doing their duty, though the duty turned out to be beating up kids.

Mass movements are inherently unpredictable. Most likely, the establishment calculated correctly: the police force will wear the children down, the street protests will fizzle out, and our parliamentarians can comfortably return to their vital work. They can spend endless legislative hours debating whether to make the singing of Vande Mataram compulsory in every hall instead of debating education or the lack of the promised two crore jobs per year. That is, after all, the fastest route to becoming a vishwaguru.

Science over politics in battle against El Niño

Trump's goal of making pharma companies shift their manufacturing to the US would be commercially unviable for most because of the significantly higher labour and compliance costs

The India Meteorological Department's forecast leaves little room for complacency. With El Niño expected to intensify and the Indian Ocean Dipole likely to remain neutral, Telangana, like several other states, is facing the prospect of drought-like conditions. The state's rainfall deficit, currently at 25 percent, may increase to 30 percent by the month-end. It is worrying news for Telangana, one of the top paddy producers in the country. The state produced 295 lakh tonnes of paddy in the kharif and rabi seasons last year and acquired a record 147 lakh tonnes, accounting for 61 percent of the country's procurement. A weak monsoon, therefore, is not merely an agricultural concern. It would have far-reaching implications for rural incomes and the state's economy. Farmers, tenant farmers and those employed in allied sectors will all be at the receiving end. The Telangana government has responded with contingency plans, while farmers have been advised to shift from paddy to less water-intensive crops wherever necessary. It has constituted a



27-member multi-disciplinary expert committee to assess the El Niño's impact and recommend mitigation and adaptation measures. Such scientific planning is essential for all states at a time when variable climate patterns are becoming the norm. Yet, an unfolding political debate over the Kannepalli pump house, a part

of the Kaleshwaram lift irrigation scheme, risks diverting attention from the larger challenge. The state's main opposition party, BRS, has been pressing the government to operate the pumps to ensure water availability. The government maintains that any such decision must be guided by the recommendations of the National Dam Safety Authority, which inspected the project's damaged barrages and submitted a detailed report suggesting repairs. The government has rightly pointed out that it cannot compromise dam safety or disregard expert advice. We believe the issue should not be reduced to a political contest. In times of uncertainty, scientific evidence must be considered over political expediency. The looming crisis requires the state to adapt its agricultural practices to an increasingly unpredictable climate by crop diversification and increased awareness. The coming months will test not only Telangana's preparedness but also its ability to place science above politics.

Universe: The power of collective karma

Many social evils that continue to challenge India are comparatively rare in many developed societies

In a few words, Verse 47 of Chapter 2 of the Bhagavadgita encapsulates the timeless philosophy of karma and karmaphal (action and its consequences). Although religious interpretations may vary, there is remarkable unanimity across the Bhagavadgita, Bible, Quran, and Guru Granth Sahib on one fundamental principle: human beings are accountable for their actions. Expressed in different languages and traditions, the essence remains unchanged — "As you sow, so shall you reap." This moral principle also finds a parallel in science through Newton's third law of motion: "For every action, there is an equal and opposite reaction." Thus, whether viewed through the lens of spirituality, ethics, or science, the universal message is that actions have consequences. Despite the profound influence of the concepts of karma and karmaphal on human civilisation, surprisingly little empirical research appears to have examined them systematically. Even Scopus — the world's largest abstract and citation database — contains virtually no significant body of research devoted specifically to karma and karmaphal. Although the Bhagavadgita places immense emphasis on karma, it does not explicitly define what constitutes karma, nor does it lay down objective parameters by which actions may be classified, evaluated, or measured. This conceptual openness has naturally led to diverse interpretations across philosophical, religious, and ethical traditions. My travels across many developed countries have reinforced the need to broaden our



understanding of karma beyond rituals or theology. In everyday life, I observed punctuality, discipline, honesty, courtesy, respect for traffic rules, and a culture of "service with a smile". Equally striking was the widespread belief that "work is worship", reflected not merely in

professional settings but also in the conduct of ordinary citizens. At the societal level, the contrast is equally instructive. Many social evils that continue to challenge India — dowry, honour killings, or caste-based discrimination — are comparatively rare in many

developed societies. Their relative absence may also be viewed as a reflection of collective social karma, shaped by values, institutions, and civic responsibility. WorldNews Coverage

At the national level, Japan offers a compelling illustration of the transformative power of collective action. Despite the devastation during the Second World War and repeated earthquakes, Japan has rebuilt itself with extraordinary resilience. Much of this remarkable success can be attributed to the collective virtues of its people — discipline, punctuality, honesty, patience, diligence, and politeness. These enduring qualities, reflected in everyday conduct, may well be regarded as examples of positive karma shaping a nation's destiny. The concept of karma may also be extended to one of humanity's greatest contemporary challenges — the environment. It may therefore be appropriate to introduce the term 'environmental karma'. This would encompass actions such as large-scale afforestation using ecologically suitable options, preventing littering, scientific waste management, conserving water and biodiversity, reducing pollution, and promoting sustainable lifestyles. If social scientists systematically examine virtues such as honesty, sincerity, truthfulness, compassion, diligence, generosity, civic responsibility, and environmental stewardship as measurable forms of karma, they may uncover valuable insights into their influence on individual well-being, institutional excellence, social harmony, environmental sustainability, and national development.

Pina Colada

This is a sweet rum-based cooler made with cream of coconut and pineapple juice. Blueberry Lemon breeze Known to be antioxidants, blueberries make for a perfect low-cal recipe. Use agave nectar in place of sugar syrup to add the perfect sweetness to your drink. Agave (ramabansa in Hindi) has low glycemic index and thus won't add excess calories. Mix this drink with gin for the perfect concoction.

Mimosa lite

Mimosa Lite is usually a drink made with citrus juice, that of lemon or oranges and champagne. The citrus content in the cooler makes sure that you stay refreshed and has a sweetness of its

own, thus you don't have to ideally mix sugar syrup in this drink.

Raspberry cocktail

When you blend fruits with drinks, you automatically consume fewer calories. Raspberries are known to be antioxidants which cuts down the sugar content in the drink and thus makes it the perfect low calorie drink to try out.

Mojito makeover

This Cuban drink should definitely be on your list when you talk about low-calorie cocktails. Mixed with rum, lime juice and soda, you can always rule out mixing it with sugar syrup to consume fewer calories.

Best low-calorie

Cocktails

This party season make sure you do not end up putting on excess weight by going overboard with your drinks. Here are a couple of low-cal drinks you can try



Eggs
Healthy or not?

Eggs have suddenly become a taboo. Everyone is shunning them and holding them guilty of being fattening and laden with heart unhealthy cholesterol. This tiny pocket of energy, which was once hailed as a superfood has suddenly lost its sheen in the haze of misreporting and misconceptions. Dr Geeta Dharmatti, a nationally acclaimed nutritionist clears some of the most intriguing doubts around eggs. Do you think eating eggs daily can increase cholesterol levels in older people? One egg yolk has 221 mg of cholesterol against 300 mg of cholesterol needed daily. Research recommends 3 whole egg per week, as the whole egg has more vital nutrients and micronutrients for cell regeneration and anti-aging impact. There is a huge misconception about eggs that they are harmful, fattening and increase cholesterol levels. This is the reason why Poultry India has launched the nationwide Protein Awareness Campaign. The purpose is to raise awareness about the goodness of protein, both animal and plant, and let people know that everyone should have 1gm of protein for every kilogram of their bodyweight very day. Protein cannot be stored. Your body needs it daily in right

quantities. How many eggs can an average adult consume daily? 1 medium size egg gives about 6.6 gm of protein. The protein requirement of an adult is 0.8-1.0 gm /kg of body weight. Healthy diet with dals/legumes/ milk and milk products as per the calorie and protein requirement gives 35-40 gm of protein daily. 1 egg/day will give adequate vital nutrients to complement a healthy diet. Proteins with essential nutrients will contribute to good nutrition in healthy adult. Eggs should be calculated as per the other dietary intake. Egg whites

egg. Any food which has complete amino acid profile is a complete protein. Vegetarian equivalent to eggs are: milk/milk products 150 ml of milk : 5 gm of protein (nature of protein is casein). Other proteins like dal/ soy etc should be complemented with grains to get the complete protein. But we do not consider them as high biological



can be had 3-4 but whole egg for healthy adult should be only 1 a day. What are the health benefits of eggs? Eggs are one of the best sources of high quality protein food. They are an excellent source of complete protein (protein with all essential amino acids) Yolk has vital fat soluble vitamins A, E D, K. Since eggs are filling and full of nutrition that boosts metabolism, they also aid in weight loss if consumed in moderation. They are rich in micronutrients like B-Complex Vitamin , Se, Zn that act as immune boosters. They are among the best sources of chlorine and vitamin D. Is there a vegetarian equivalent of eggs? Egg is considered as a reference protein. Albumin is the nature of protein present in

proteins. Which is the best way/time to eat eggs? Any time is best time to eat eggs. 1 whole egg or 3 eggwhites can be had with Breakfast or at Dinner to maximise the benefit of calorie and nutrition in complementing the diet. Are farm eggs really healthy? Are they not loaded with harmful hormones and antibiotics? There is nothing like farm eggs or desi eggs. As per norms all eggs have to be healthy, with no hormones and antibiotics given to it. Omega 3 rich eggs are those where the hens have been fed flaxseed. How to distinguish between a healthy and an unhealthy egg? In healthy eggs, the yolk is thicker and darker and eggwhites are dense. Are brown eggs better than white ones? Different kinds of egg have different amounts of protein content. Also, different breeds of hens lay different coloured eggs. There is no difference in nutrition. There could be a taste difference but the nutrition remains same.

6 healthy, low fat breakfast ideas

Breakfast, the first meal of the day is the most important one, say nutritionists. According to them if you skip your breakfast your metabolism becomes slow, resulting in weight gain. In fact, celebrity nutritionist Rujuta Diwaker says that you must eat something within 15 minutes of waking up, to boost your metabolism. It is not a good idea to indulge in greasy food during breakfast. Take a pick from these healthy options. Muesli with curd and fruits You have to do very little here. Take 5-6 tbsp of ready-made muesli, add curd, chopped nuts and fruits and eat. But before buying muesli ensure that it does not contain added sugar and has more rolled oats than corn-flakes. Honey brown bread toast Toast your bread crisp. Drizzle half a spoon honey on both sides, sprinkle some white pepper powder, chopped nuts and eat. Egg white veggie omelette In a bowl add 2-3 egg whites, chopped tomatoes, onions, green chillies, 3 tsp semolina and salt and pepper to taste. In a non-stick pan, drizzle one tsp olive oil and pour the egg mix. Cook on both sides. Serve hot. Sweet toast Toast two slices of brown bread. In a bowl take 3-

4 tsp grated cottage cheese. Add 1 tbsp powdered brown sugar and mix well. Cover it with another slice and grill for 2-3 minutes. Serve with mint chutney. Sweet chili bread Take 10 cloves of garlic, 3-4 tsp red chili powder, 2-3 tsp sugar, salt to taste, 1 tsp olive oil, one small chopped tomato and grind to a fine paste.



Take one tsp of this dip, spread it on a slice of bread, top it with another slice and grill for 2-3 minutes. You can store this dip in the refrigerator for over a week. Spicy bread Finely chop onion, bell peppers, tomato and green chili. Add 4 tsp yoghurt, ½ tsp olive oil and mix well. Add salt and pepper to taste. Now, spread this mixture over brown bread and grill.

Two quick ways to cook corn



Hot corn tastes great in the monsoon. Here's how to cook with it in these two easy ways...

CORN SALAD

Yield:

Ingredients: Corn kernels - 1 cup Red bell peppers - 1 tbsp Onions and spring onions chopped - 1 tbsp each Chopped Kairi- ¾ tbsp Celery stalk, diced - 1 tbsp Cherry tomatoes - 5 Pineapple diced - 1 tbsp Parsley - 1 tsp Cilantro leaves - 1 tsp Basil - 3 leaves Avocado, diced - ½ each Olive oil - 1 tbsp Lemon juice - 2 tsp Black salt - to taste Tacos - 3 shells

Method: Blanch the corn in hot water with salt. Do not overcook it. Drain and set aside. Now, cut the onions, peppers, pineapple, kairi (raw mango), celery and avocado. Also dice the cherry tomatoes and add the herbs like basil, parsley and cilantro basil to the vegetables. Season this. Add the lemon juice and olive oil. Toss it well and serve it in the shells with herb buttered rice on the side.

Corn broth

Yield:

Ingredients: Onions, chopped - 1 Leeks, chopped - ½ cup Celery, chopped - ½ cup Potatoes, diced - 1 cup Corn kernels - 2 cups Yellow peppers, chopped - ½ cup Garlic, chopped - 1 tbsp Vegetable stock - 1 litre Milk - a cup Parsley - 1 tsp Chives - 1 tsp Cream - ¾ cup Olive oil - 1 tbsp Butter - to taste

Method: Heat a pan and drizzle the butter into it. When it melts add some of the oil and the onions, chopped potatoes, leeks, celery plus the yellow bell peppers and corn kernels, taking care not to over cook it. Add the garlic and saute too. Add the milk and vegetable stock. Cook till the vegetables turn soft. Blend this and add cream plus the seasoning, as well as the chopped herbs. Serve hot with garlic bread.

Gourmet products you must use in your kitchen

Don't be scared by the word Gourmet.

Here we list some fancy ingredients along with easy ways to use them at your next party at home.

Vanilla Beans

The sweet aroma of vanilla can live up the most bland dish and that hold true even more for toothy desserts. You might have tasted vanilla in the form of artificial essences and now its turn to upgrade and treat yourself to the real deal. Even though a bit expensive vanilla beans can be used in desserts such as ice cream or waffle syrup and they will make you feel like you've seen heaven! Look for whole vanilla beans that are about 6 to 8 inches in length for best results. Glossy dark brown in colour and ever so slightly moist are the best ones.

Fish Sauce

Just the mention of fish sauce makes people rethink altogether. They probably imagine their dish soaked in fish liquid. The truth being much different, first fish sauce should be used in mild quantities. It is tangy in nature that adds zest to the preparations. Here are a few ways to include fish sauce in your food:

You can use a spoon of fish sauce in the marinade of a



large chicken waiting to be grilled. Use a drop or two in pastas and salads. Be careful not to use more than required as it may ruin your dish. For all Thai food lovers, a pinch of fish sauce can add a punch to your gravy.

Exotic Salts

You cannot even imagine any dish without salt. If normal salt can add such value to your food imagine what different gourmet salt can take the level of your food onto. Gourmet salt is mostly used to finish the dish and therefore sprinkled just before serving the dish. Some of the top gourmet salts are Black salt, Himalayan Pink salt, Sea Salt, Kosher Salt and Fleur de sel. Here are a few useful tips:

Flake salts do wonders to salads.

Japanese salts are ideal for fish preparations.

Hawaiian Black Salt makes meat even more delectable.

Flavored Vinegars

Well, this ingredient may not be considered as gourmet but can definitely add X factor that will turn an ordinary dish to extraordinary.

Balsamic Vinegar is best for Italian preparations. You can also whip it along with salad dressings and you're good to go.

Wine Vinegar is also a result of fermented wine and does wonders to prep up a dish. Use it in sweet and sour dishes, pickles and even chutneys.

There might be a surfeit of food shows on TV but they will never replace the good old cookbooks, says chef Milind Sovani, who has, in his three-decade-long

career, served Bollywood

stars like Amitabh Bachchan,

Madhuri Dixit and Sanjay

Dutt - and created awareness

about Indian cuisine in

Singapore where he worked

for 13 years.

"In the time of internet and TV, printed cookery books are facing a challenge of existence...but, no, things are not all that bad yet. We have to accept the forces of change, but still there are many positives in owning and using cookery books - and of course writing them too," Sovani told us in an e-mail interview.

"Cooking with the help of a cookery book in the kitchen is always the best help around. You can keep it on your table, you do not require electric connections, or WiFi and the like. You can always mark some points on them, make earfolds for important pages, make small notes on them for your future reference and pass them down to the next

generation or even share them easily with friends," added Sovani, who has worked with establishments like New Delhi's Hotel Samrat and Hotel Jaipur Ashok.

Then, books are always handy to keep, loan and borrow and have good mobility.

This apart, "in a country like India, where internet or TV signals are not widely or easily available, books can be of great help in any place and location. The visual charm of using a cookery book, which is attractively and artistically printed with appetizing photos, is always a delight. Coffee table books also look good on your book shelves," Sovani maintained.

Elaborating on the theme, Sovani said: "While cooking using a cookery book, your imagination is also at work and you tend to draw from the experience and skill of the writer. Books can be handed over from one generation to another, especially books rich in traditional and regional cooking for newly-wed brides. Books are a rich source of history tradition and culture too.

"Lastly, but most importantly, I feel cookery books are more trusted than the cookery shows on TV or internet recipes. As these books are written by experts or chefs, they are also considered more authentic and accurate too,"



The many delectable avatars of Momos

The history of dumplings, it is said, dates back to the 16th century during the time of the Ming Dynasty. Today, dumplings can be found in dozens of versions, from the street food variety to the more nuanced, fine dining ones.

We take a look at some of the avatars.

From classic Chinese dim sum to Italian ravioli, Japanese Gyoza and Tibetanian momos, these little pockets of heaven have seen many transformations. Filled with meat, veggies and adequately flavoured with aromatics, the succulent wraps are everyone's comfort food. From crab fillings to spinach dumpling skins, you'd be surprised that the city has an array of

dumplings to offer. We scoured around looking for the most unique options available. Siu Mai Siu mai originated in China. Unlike wontons, these deceptively simple dumplings are wrapped but left open-faced and served as dim sum. Traditionally filled with pork and shrimp, dim sums are styled like a flower and served as appetizers. If you do not eat pork, choose from chicken



or fish filling.

Har gow Essentially prepared with minced shrimp meat stuffed inside almost-transparent dumpling skin with multiple pleats. The lump of shrimp mixed with scallions and water chestnuts is sauteed and flavoured with salt, pepper, garlic and sauces of your choice and steamed in a bamboo steamer. Juicy prawns wrapped in succulent wheat wrap — what's not to love?

Momos

These originated in Tibet and migrated to Nepal. Filled with veggies, meat (chicken, mutton, pork) and flavoured with spices, the dumplings are snugly folded and served steamed, fried or pan-fried. Momos are typically served with a red chilli and garlic sauce known as sepen and



chicken or vegetable stock.

Gyoza Dim sum's Japanese counterpart, the gyoza, is a delectable dumpling wrapped in a thin wanton wrapper, filled with finely minced meat, veggies, scallions, celery and served with a dipping sauce. The wrapper of a gyoza is thicker and chewier than other dumplings. Served as steamed fried, deep fried or pan grilled, a platter of gyoza is typically served with a gyoza sauce (made with soya sauce and chilli oil) and salad.

Wontons Some 2000 odd years back, wontons were simply known as dumplings. It was only during 618-912 that it got its name and has been on everyone's mouth ever since. A staple in China, wontons are dumplings filled with meat, fish or shrimp. Here is a variety of wontons available in and around the city — Chinese cabbage and pork wonton, chicken wonton dumped in clear soup, fried wontons served as appetizers with a puddle of zesty sauce and the classic steamed wontons served alongside. chicken broth or stock.



Sovani explained.

Now, he is penning an autobiography to inspire others with his journey. Writing a book on his life has been on the mind of the 52-year-old for the last five years, but it was in 2012 when he returned to India from Singapore that he gave it a serious thought.

"I have been working on it for a year and half now. I want to share with readers, especially youngsters, about the journey of a chef, the hardships faced and the sweet success moments. I wish to do this to inspire people and also spread awareness among the masses. Recipes... anyone can write, but the experiences I have and can share are unique," Sovani said.

To be available on stands after six months, the book "will be a very good read for everyone".

"It covers stories of my celebrity interactions, glorious moments, mega banquets, international experiences, my cookery tips, guidance to aspiring chefs and more," he said.

The chef often travels to Singapore as he has his own consultancy firm, Hospitality Innovations Pvt Ltd, which works for innovations in restaurants and cuisines. He was even honored with the 'Culinary Trail Blazer of Singapore' award by 'Michelin Star Guide' for his work of transforming the image of Indian cuisine from a mundane, ordinary five-to-seven-dollar-cuisine to a modern high-end one.

Asked how one can popularize Indian food in other countries, he said: "Firstly, you need to be honest with your roots and have in-depth knowledge of Indian cuisine.

"Secondly, understand the market need of that country, the current perceived image of Indian cuisine and how you can develop the taste buds of the local population towards Indian cuisine. Open Indian restaurants which can offer good, healthy and modern food."

But, as of now, he has plans of increasing the number of branches of his restaurant April Rain, which has two outlets in Pune. "I plan to take this brand pan-India and the next outlet would surely be in Mumbai," said the Mumbai-based chef.

Delhi Police focus on 989 protesters after face scans

Sources said the findings are based on cross-matching the footage with the Delhi Police’s existing criminal database.

Delhi. (Agency)

The Delhi Police claims to have analysed around 100 facial recognition system-enabled CCTV recordings and social media videos from the Cockroach Janta Party’s (CJP) protest at Jantar Mantar and the march towards Parliament to examine the criminal histories of people they could identify. It claims to have identified 2,873 individuals who were present during the protest, of whom 989 have prior criminal records involving serious offences.

Sources said the findings are based on cross-matching the footage with the Delhi Police’s existing criminal database. Delhi Police also deployed AI-enabled smart glasses equipped with facial recognition, video analytics and

thermal imaging capabilities to help personnel identify suspects. The exercise relied on existing criminal databases and dossier records maintained by different district police units and other agencies.

According to sources, the 989 individuals allegedly have criminal records involving offences such as murder, attempt to murder, dacoity, robbery, rape, crimes against women, violations of the Arms Act, kidnapping, snatching and offences under the Narcotic Drugs and Psychotropic Substances (NDPS) Act.

The analysis found that 101 identified individuals have previously been booked in murder cases, while 62 face charges of attempt to murder. Another 284 have criminal records related to dacoity and robbery.



The records also show that 61 individuals have been named in rape cases, six are accused under the POCSO Act, and 25 have been booked for offences against women, including outraging modesty. Additionally, 229 have cases under the Arms Act, 135 have been booked for snatching, 19 for kidnapping and 67 under the NDPS Act.

Jantar Mantar suspects face rape, murder bid charges

Police found that 42 of the 101 individuals booked in murder cases have been named in two or more criminal cases, including 12 who allegedly face 10 or more cases. Among

those booked for attempt to murder, 25 of the 62 identified individuals also allegedly have multiple criminal cases.

Similarly, 155 of the 284 people linked to dacoity and robbery have been booked in more than one case, with 31 of them reportedly facing 10 or more criminal cases.

The data further showed that eight of the 61 individuals named in rape cases, six of the 25 booked for offences against women and nine of the 67 accused under the NDPS Act also allegedly have multiple criminal cases registered against them.

Police are now investigating the role of each identified individual to determine whether they were directly involved in the violence and whether the incidents were orchestrated as part of a larger conspiracy or by an organised network.

Rain lashes parts of Delhi, IMD issues orange alert

New Delhi. (Agency)

Parts of Delhi received rainfall on Tuesday morning, with the India Meteorological Department (IMD) issuing an orange alert warning of more rain across several parts of the city over the next few hours.

The city’s base weather station at Safdarjung recorded 32.4 mm of rainfall until 8.30 am. Other stations reported 37.6 mm at the Ridge, 36.7 mm at Lodhi Road, 4 mm at Ayanagar and 0.8 mm at Palam,



according to the IMD.

The weather department forecast cloudy skies, moderate rain and gusty winds in many areas under the orange alert. Delhi recorded a minimum temperature of 25.5 degrees Celsius, which was 1.8 degrees below normal.

The capital’s air quality index (AQI) was recorded at 77 at 9 am, placing it in the ‘satisfactory’ category, according to the Central Pollution Control Board. An AQI level between 51 and 100 is considered satisfactory, while readings above 100 indicate deteriorating air quality.

Delhi court grants bail to cook in Malviya Nagar hotel fire case

New Delhi. (Agency)

A Delhi court on Monday granted bail to the cook arrested by Delhi Police in a case related to the Malviya Nagar hotel fire in which 22 people were killed on June 3.

Additional sessions judge Samar Vishal granted relief to Kesar Negi, who was arrested by Delhi Police more than a month ago in the case. The judge said the accused was no longer required for further investigation.

The judge was hearing Negi’s application against a magisterial court order passed on June 8, denying him bail. Negi, who hails from Uttarakhand, alleged that he was being made a



scapegoat for systemic safety failures and statutory violations of the proprietors of the property. His counsel claimed that he was charged with serious offences even though “he was the one who tried to douse the fire”.

He claimed that he was a salaried chef at the hotel with no control over its fire-safety infrastructure. The plea added that “like any other man of prudence, he had turned off the electricity switches after realising that the fire was caused by an electrical fault.”

Delhi Development Authority: Ridge restoration drive gets push

New Delhi. (Agency)

The Delhi Development Authority is undertaking large-scale ecological restoration of the Delhi Ridge through a scientifically designed, grid-based, multi-tier plantation model using indigenous tree and shrub species.

The programme is being implemented in accordance with the approved Working Plan for the Delhi Ridge and forms part of the 70 Lakh Plantation Mission under the ‘Ek Ped Maa Ke Naam’ campaign. The DDA has been entrusted with planting 23 lakh indigenous saplings across the city. The initiative marks a shift from conventional plantation drives to

landscape-scale ecological restoration aimed at rebuilding self-sustaining native forest ecosystems and strengthening Delhi’s biodiversity, environmental resilience and natural



infrastructure.

The DDA has taken up ecological restoration across nearly 120 hectares of the South Central Ridge,

Central Ridge, Kamla Nehru Ridge and Nanakpura Ridge. The programme involves removing around 16,240 invasive trees and shrubs and planting nearly 1 lakh indigenous trees and 81,700 native shrubs. The objective is not merely to increase green cover but to restore the original structure, composition and ecological functions of Ridge forests.

As part of the ongoing plantation season, which began in the first week of July and will continue until mid-September 2026, the DDA has already planted 8,29,313 saplings across Delhi, including 35,570 trees and 7,93,743 shrubs. In the Ridge areas alone, it has planted 27,062 saplings, comprising 12,506 trees and 14,556 shrubs.

Delhi Police seek death for Tahir Hussain in 2020 riot case

New Delhi. (Agency)

NEW DELHI: Delhi Police on Monday urged a court to award death penalty to former AAP councillor Tahir Hussain and four others for murder of IB officer Ankit Sharma during 2020 riots, saying “they fell to the level of animals” while relentlessly assaulting the victim.

The submission was made before Additional Sessions Judge Praveen Singh, who reserved the order on quantum of punishment for Friday.

Seeking death penalty for the convicts, Special Public Prosecutor Madhukar Pandey told the court that Sharma was “abducted, assaulted

relentlessly, and killed by them”. “They kept torturing him even after he died,” he said. The court on July 14 convicted Hussain and four others



for the offence punishable under sections 302 (murder), and 147 (rioting) of the IPC among others.

The prosecution on Monday asserted that the nature of the crime was heinous, brutal and fell under “rarest of rare” category, warranting death

sentence. “This was a cold-blooded murder. These people turned into butchers during the crime.

There was not a single cloth except underwear on Sharma’s body. These people should be kept behind bars, (and) given death sentence,” Pandey said. He said those who did not show mercy during the riots shouldn’t be entitled to seek mercy.

‘Kala Hiran’ producer pulled up

The Delhi High Court on Monday pulled up the producer of movie ‘Kala Hiran’, which reportedly depicts actor Salman Khan and the 1998 alleged Black Buck poaching case, saying it would pass an order directing takedown of its teaser.

Saket building collapse: Inquiry holds MCD 'primarily responsible', flags fabricated records

The report concluded that the tragedy was preventable and blamed the MCD for failing to enforce building bylaws and act against illegal construction.

New Delhi. (Agency)

A Delhi government-ordered magisterial inquiry has held the Municipal Corporation of Delhi (MCD) “primarily responsible” for the May 30 Saket building collapse that killed six people, accusing the civic body of fabricating records to “mislead” the probe and cover up lapses.

The report, recently submitted by the South district magistrate to the Delhi chief secretary, concluded that the tragedy was preventable and blamed the MCD for failing to enforce building bylaws and act against illegal construction.

The inquiry found that the multi-storey commercial building near Saket Metro station collapsed due to unauthorised

structural additions, including illegal third and fourth floors, coupled with poor regulatory oversight.

Giving a clean chit to other agencies, including the police and the Delhi Jal Board, the report said the MCD failed to act on a complaint about illegal construction received on March 9.

It noted there were no records of inspections, verification, demolition or any preventive action for over two months. According to the inquiry, the illegal third and fourth floors were officially booked only on May 27, despite having been constructed nearly three months before the collapse.

The report further alleged that MCD officials created “false and fabricated” documents after the collapse, including a show-cause notice dated May 27 and a



work-stop notice dated May 29, to “mislead” the inquiry and create a “false impression” that action had been taken.

Rejecting the MCD’s claim that excavation for an underground water tank triggered the collapse, the report said the explanation lacked technical evidence and appeared to be based on assumptions rather than verified findings.

The inquiry recommended fixing accountability for field-level and supervisory officials, mandatory structural safety audits of old and unauthorised buildings, stricter enforcement of building norms, multi-agency inspection teams, GIS-based mapping of vulnerable structures, digital monitoring of unsafe buildings, risk-based categorisation, and immediate demolition or evacuation of hazardous structures.

RAF fired plastic pellets, other non-lethal munitions during July 20 CJP protest march: Police record

New Delhi. (Agency)

An official police record has revealed that the Rapid Action Force (RAF) fired multiple rounds of non-lethal munitions, including two rounds of plastic pellets, while dispersing protesters during the July 20 ‘Sansad Chalo’ march over the NEET paper leak near Jantar Mantar.

According to a general diary entry made at the Parliament Street police station on July 22 at 1:24 pm, the action was reported by a Deputy Commandant of the RAF, who was deployed in Zone 1 of the Jantar Mantar area alongside a Deputy Commissioner of Police (DCP)-rank officer of the Delhi Police, officials said on Monday.

Acting on the directions of the DCP, the RAF fired 55 non-electrical shells, 15 electrical shells, five tear smoke grenades, two rounds from anti-riot guns and two rounds of plastic pellets during



the operation, officials said, citing the police station record. Officials clarified that each round of the non-lethal plastic pellets contains four pieces and differs from metal pellets that can pierce the body.

They said the plastic pellets are designed to cause minimal harm. The disclosure comes amid a political row over the police response to the protest, with Opposition parties demanding a statement from Union Home Minister Amit Shah in Parliament over the reported use of force.

There have been two to three reports of protesters suffering grievous pellet injuries during the march, which was organised by the Cockroach Janta Party (CJP) to demand the resignation of then Union Education Minister Dharmendra Pradhan over the NEET-UG paper leak controversy. Pradhan resigned on Saturday, following which the month-long CJP protest was called off. Several personnel from the Delhi Police, RAF and CRPF were also injured during the clashes.

Bank of Baroda confirms data breach. Can the lender

New Delhi. (Agency)

Bank of Baroda has confirmed that an employee email account was compromised, resulting in unauthorised access to certain customer data, reported news agency Reuters.

While the state-run lender has stressed that its core banking systems remain secure and has launched a forensic investigation after implementing initial containment measures, the confirmation shifts attention to what happens next.Can the bank face regulatory penalties? Could customers seek compensation? And what steps should account holders take to protect themselves from the possible misuse of their personal information?

WHAT ACTION COULD THE BANK FACE?

With the breach now confirmed, regulators are expected to examine how the incident occurred, whether Bank of Baroda complied with cybersecurity requirements and whether there were any lapses in protecting customer information.The Reserve Bank of India (RBI) could review whether the lender adhered to its cybersecurity and risk management framework for banks. Depending on the findings, the central bank may direct the bank to strengthen its security controls, improve internal processes or take other supervisory measures. If regulatory violations are established, the RBI also has powers to impose penalties under the applicable banking laws.India's cybersecurity agency, CERT-In, may also examine whether the incident was reported in accordance with cyber incident

Asian shares slip and South Korea's Kospi index sinks 10% on heavy selling of

New Delhi. (Agency)

South Korea's Kospi index plunged more than 10% on Tuesday on heavy selling of chipmaking stocks that have gyrated recently due to concerns over the sustainability of the boom in artificial intelligence.Oil prices fell more than 1%, while U.S. futures were little changed.

Trading was temporarily halted as Kospi dropped to its lowest level since April as shares in chipmakers Samsung Electronics and SK Hynix dropped sharply. The Kospi was down 10.5% at 6,051.19 by midday.Samsung's shares tumbled 12% while those for SK Hynix were down 12.7%.

A big factor driving the selling of AI-related shares, analysts said, is the expectation that competition from Chinese AI startup s and chipmakers might undermine gains for global companies whose shares have skyrocketed due to the AI frenzy.A 466% jump in the price of Chinese chipmaker CXM T in its trading debut Monday has underscored such concerns. CXMT raised at least \$8.6 billion in its initial public offering on Shanghai's tech-oriented STAR exchange.Most other Asian markets also fell, with Tokyo's Nikkei 225 down 4% at 62,350.18. The Taiex in Taiwan skidded 3.9%.

Hong Kong's Hang Seng edged 0.1% lower, to 25,178.21, while the Shanghai Composite index lost 1% to 3,820.52.In Australia, the S&P/ASX 200 balked the regional trend, gainiell 0.\\\\\\\\\\\\8% to

Stock markets climb in early deals on lower crude oil

New Delhi. (Agency)

Market benchmark indices Sensex and Nifty climbed in early trade on Tuesday on lower crude oil prices amid easing geopolitical worries in West Asia.Buying in IT stocks also supported the positive trend in the markets.The 30-share BSE Sensex climbed 152.7 points to 76,988.48 in early trade. The 50-share NSE Nifty went up by 44.95 points to 24,040.90.From the Sensex pack, Tech Mahindra, Tata Consultancy Services, Infosys, HCL Tech, Hindustan Unilever and Eternal were among the major gainers.Bharat Electronics, NTPC, Power Grid and State Bank of India were among the laggards.Brent crude, the global oil benchmark, traded 1.44 per cent lower at USD 87.09 per barrel."Crude oil prices extended their decline as optimism over renewed talks with Iran eased concerns about potential supply disruptions," Ponmudi R, CEO of Enrich Money, an online trading and wealth-tech firm, said.Foreign Institutional Investors (FIIs) offloaded equities worth Rs 1,688.23 crore on Monday, according to exchange data.n Asian markets, South Korea's KOSPI tanked 9.34 per cent. Japan's Nikkei 225 index, Shanghai's SSE

Johnson & Johnson to pay \$5.5 billion to settle baby powder cancer lawsuits

New Delhi. (Agency)

Johnson & Johnson (J&J) has agreed to pay an estimated \$5.5 billion to settle tens of thousands of lawsuits claiming that its baby powder and other talc-based products caused ovarian cancer, potentially bringing to a close one of the biggest and longest-running product liability cases in corporate history, reported news agency Reuters.The proposed settlement covers about 76,000 existing claims filed in federal and state courts across the United States, representing nearly all of the remaining ovarian cancer lawsuits against the healthcare giant. The agreement will become effective only if at least 95% of the claimants agree to the deal.The settlement marks

a major shift in a legal battle that has stretched on for more than a decade and survived multiple courtroom trials, appeals and even three unsuccessful bankruptcy attempts by the company to resolve the claims.

WHY IS J&J SETTling NOW?

Johnson & Johnson has consistently maintained that its talc-based products are safe and do not contain asbestos, and has repeatedly denied that they cause ovarian cancer.The company says it is settling not because it believes the claims have merit, but because it wants to finally put years of costly litigation behind it."While we are confident the company would have ultimately prevailed with further litigation, as it has in the vast majority of cases tried to date, this resolution



allows the company to put this matter behind it and remain focused on its mission to develop medicines and devices that save lives," Erik Haas, J&J's Vice President of Litigation, said as quoted by Reuters.The company expects to pay around \$3 billion in 2027, with the remaining payments scheduled for 2028.However, the final settlement amount is not fixed.Chris Seeger, one of the lead lawyers

representing thousands of plaintiffs, told Reuters that J&J's eventual payout could exceed \$7 billion depending on how many eligible claimants decide to participate.

WHAT WERE THE ALLEGATIONS?

The lawsuits alleged that women developed ovarian cancer after years of using Johnson & Johnson's baby powder and other talc-based products.Many plainiffs also claimed the talc contained asbestos, a known cancer-causing substance.Johnson & Johnson has consistently rejected both allegations, insisting that decades of scientific evidence support the safety of its products.The company stopped selling talc-based Johnson's Baby Powder in the United States in 2020 and replaced.

Explained: Why Coforge shares rose 9% today despite market being in red

Kolkata. (Agency)

Coforge shares surged nearly 10% on Tuesday, significantly outperforming the broader market as investors cheered the company's strong quarterly earnings while also piling into Indian IT stocks amid a global selloff in AI-linked technology companies.The stock climbed as much as 9.5% during the early morning session to Rs 1,673.30, making it the top gainer on the Nifty IT index, which itself was up more than 3.5% as of 10:10 amOther IT heavyweights also traded firmly in the green, with TCS rising over 4%, Persistent Systems gaining more than 4%, LTIMindtree advancing nearly 4%, while Infosys, Tech Mahindra and HCLTech added

around 3% each.

STRONG Q1 RESULTS BOOST COFORGE

Unlike most IT peers, Coforge's



rally was driven not just by sector-wide optimism but also by company-specific factors..The company recently reported a robust June quarter, with revenue rising 49% year-on-year and net profit

jumping 110%. Operating margins also improved sharply, while management highlighted strong execution across key verticals.

More importantly, Coforge's executable order book for the next 12 months rose to \$2.23 billion, up 44% from a year ago and 27% sequentially, giving investors confidence about the company's growth visibility.Management struck an optimistic tone for the current financial year, saying FY27 is shaping up to be an exceptional year, supported by a strong deal pipeline and growing demand for digital transformation services.

IT STOCKS BUCK GLOBAL TECH SELLOFF

Coforge's gains also came against the backdrop of a sharp rally in

Sensex, Nifty trade higher after flat open as IT stocks shine; TCS up 3%

New Delhi. (Agency)

Benchmark indices opened on a subdued note on Tuesday but soon turned higher, supported by a rally in IT stocks, lower crude oil prices and a stronger rupee. Investors also remained optimistic amid improving quarterly earnings and easing concerns over global inflation after the recent decline in oil prices.The BSE Sensex was up 145.31 points, or 0.19%, at 76,981.09 in early trade, while the NSE Nifty50 gained 23.95 points, or 0.10%, to 24,019.90, holding above the key 24,000 mark as of 9:25 am.

IT STOCKS POWER THE RALLY

Technology stocks emerged as the biggest drivers of the market's gains.The Nifty IT index surged 2.69%, making it the top-performing sector in early trade, while Nifty MidSmall IT & Telecom climbed 1.69%.Among the Sensex constituents, TCS led the rally with a gain of 3.23%, followed by Tech Mahindra (2.78%), Infosys (2.58%) and HCLTech (1.77%). Eternal added 0.88%, while Hindustan Unilever, Larsen & Toubro, Titan, Cement and InterGlobe Aviation (IndiGo) also traded in positive territory.However, gains were capped by weakness in a few heavyweight stocks. BEL was the biggest loser, falling 2.73%, followed by NTPC (-0.71%), Power Grid (-0.66%), Reliance Industries (-0.32%), Bharti Airtel (-0.30%), Trent (-0.30%), SBI (-0.29%) and Adani Ports (-0.23%).

REALTY, FMCG IN GREEN; BANKS LAG
Apart from IT, buying was visible in a few domestic-focused sectors.The Nifty Realty index rose 0.52%, followed by FMCG (0.45%) and Media (0.20%). Healthcare and Pharma also traded marginally higher.On the other hand, PSU Bank stocks declined 0.26%, while Auto fell 0.20%, Metal slipped 0.18% and Oil & Gas eased 0.14%, reflecting a mixed trend across sectorsBROADER MARKETS MIXED

The broader market witnessed a mixed performance.The Nifty Midcap 50 gained 0.08%, while the Nifty 100, Nifty 200 and Nifty 500 traded marginally in the green.

Rupee rises 35 paise to 95.64 against US dollar in early trade

MUMBAI. (Agency)

The rupee extended its upward momentum, rising 35 paise to 95.64 against the US dollar in early trade on Tuesday, driven by lower crude oil prices amid easing geopolitical tensions.Forex traders said a weak US dollar index and positive equity market sentiment further boosted the Indian currency.At the interbank foreign exchange, the rupee opened at 95.75 and gained further to trade at 95.64 against the greenback, up 35 paise from its previous closing level.The rupee appreciated sharply by 54 paise to close at 95.99



against the US dollar on Monday, after rising 20 paise in the preceding session on Friday.Meanwhile, the dollar index, which gauges the greenback's strength against a basket of six currencies, was trading down 0.06 per cent at

101.31.Brent crude, the global oil benchmark, was trading 1.43 per cent lower at USD 87.10 per barrel in futures trade.Analysts said oil prices eased as the US and Iran refrained from attacking each other's targets for the third consecutive day and mediators achieved progress in getting both sides back to negotiations.US President Donald Trump said Iran had asked for more discussions, reaching out directly "because we've been hitting them very hard." Iran has said there are no direct talks underway.

Can you really file your ITR in just 10 minutes? Here's who can, and who shouldn't

Can you really wrap up your ITR filing in just 10 minutes? The answer depends on how simple or complicated your financial situation is.

New Delhi. (Agency)

If you've been putting off filing your Income Tax Return (ITR), you've probably seen claims that the entire process can be completed in just 10 minutes. It sounds tempting, especially with the filing deadline approaching. But is it really that simple?While that may be possible for some, it certainly doesn't apply to everyone.If your income is straightforward and all your details are already available in the pre-filled return, filing your ITR can indeed be

quick. However, for many taxpayers, rushing through the process without checking the details could lead to mistakes, tax notices or even an invalid return.

WHO CAN ACTUALLY FILE AN ITR IN 10 MINUTES?

According to Nishant Shanker, Tax & Investments Expert at Navraj Global Advisors, the 10-minute claim is realistic only for people with simple tax situations."A salaried taxpayer with a single employer, no capital gains, no foreign income, limited deductions and whose pre-filled return matches their records can often complete the filing in about 10 minutes," he says.However, he adds that taxpayers with more complex financial affairs should spend more time reviewing every detail before filing.

KEEP THESE DOCUMENTS READY FIRST

A little preparation can save a lot of time.Before you log in to file your



return, make sure you have all the important documents with you. These include Form 16, PAN, Aadhaar, Form 26AS, the Annual Information Statement (AIS),

Taxpayer Information Summary (TIS), bank statements, interest certificates, investment proofs and details of any additional income such as dividends, rental income or capital gains.Shanker says having these documents ready before starting the filing process makes it much easier to complete the return without interruptions.

DON'T TRUST THE PRE-FILLED RETURN BLINDLY

Many taxpayers assume that a pre-filled return means everything has already been checked. That is not always true."The pre-filled return is nly a starting point and should never be accepted without verification," says Shanker.He advises taxpayers to carefully check their personal details, bank account information, salary income, TDS, interest income,

Social media friendship turns into POCSO case; Amravati man booked for assaulting minor

Amravati.(Agency)

A 20-year-old man from Amravati city in Maharashtra has been booked for allegedly sexually assaulting a 15-year-old girl after befriending her on social media and allegedly luring her with a promise of marriage, police said on Tuesday.

The case has been registered at Gadgenagar Police Station under relevant provisions of the Protection of Children from Sexual Offences (POCSO) Act and the Bharatiya Nyaya Sanhita (BNS).According to police, the accused allegedly established contact with the Class X student through social media, gained her trust and sexually assaulted her on the pretext of marriage.

The incident came to light after the victim's family approached the police and lodged a complaint. Police said an FIR has been registered and the accused is being questioned. Investigators are examining his mobile phone, social media chats and call records as part of the probe.

The identity of the minor survivor has been withheld in accordance with legal provisions. Further investigation is in progress, police added.

UP govt on alert regarding JE-AES; clean drinking water to reach every affected village

Lucknow.(Agency)

Further accelerating the commitment to provide clean drinking water to every household in the state, the Uttar Pradesh government has prepared a mission-based plan to ensure water supply in villages affected by Japanese Encephalitis (JE) and Acute Encephalitis Syndrome (AES). In this regard, State Jal Shakti Minister Swatantra Dev Singh directed officials to complete work in three shifts within 24 hours to ensure safe drinking water in affected villages where tap water supply has not yet been established.

He stated that the government's priority is to ensure safe drinking water reaches every affected village, thereby preventing waterborne diseases and improving the quality of life of the villagers.

During a review meeting of the Jal Jeevan Mission at the State Drinking Water and Sanitation Mission office, the Jal Shakti minister directed that all projects be completed within the stipulated timeframe with high quality.

He told officials that negligence at any level would not be tolerated. Immediate action would be taken against those found guilty.

Karnataka HC issues notice on plea against footpath encroachments in Bengaluru

BENGALURU.(Agency)

The High Court of Karnataka on Monday issued notice to the state government, commissioner of Bengaluru North City Corporation, National Highways Authority of India, and Bengaluru Metro Rail Corporation on a public interest litigation filed by T Dasarahalli NH-4 Citizens and Residents' Welfare Association seeking its directions to take action against unauthorised street vendors on the footpaths of Tumakuru-Bengaluru service road from T Dasarahalli to Jalahalli Cross in the city.

A division bench of Chief Justice Vibhu Bakhru and Justice KS Hemalekha passed the order after hearing the petition which alleged that pedestrians face inconvenience because of the encroachment of footpaths on the stretch. The pedestrians also face inconvenience because of traffic jams there. The petitioners alleged that school buses, ambulances and other vehicles get stuck in traffic jams because of blocking of parts of the service road by street vendors.

Despite withdrawal assurance, Mumbai Police keep summoning CJP protesters

Mumbai.(Agency)

Even after the Cockroach Janta Party (CJP) said it had secured an assurance from the Centre that cases against peaceful protesters would be withdrawn, Mumbai Police on Monday continued issuing notices and recording statements of those named in FIRs related to last week's demonstrations, saying they had received no instructions to halt the investigation.

Several students and young professionals said they received notices or calls from the police asking them to appear at police stations, leaving many uncertain whether the promised withdrawal had actually begun. Police maintained there was no contradiction. Senior officers said investigations cannot be stopped midway and that, under existing procedure, cases arising out of political and social protests can be withdrawn only after chargesheets

are filed. Notices continued to be served on Monday. One person named in an FIR registered after a protest in Chembur was called to the police station to record his statement and questioned on whether slogans had been raised during the demonstration.

“Police officials are continuing with their probe, including issuing notices to those named and recording statements. We were told they are proceeding with the case as no instructions have been given to stop the process. We request the senior police authorities and the state government to at least issue interim directions to halt proceedings until a formal order is passed to withdraw the cases,” said advocate Vikrant Khare, who is representing several students and protesters along with a group of Bombay High Court lawyers.

A senior police officer said some of those named as accused may continue to receive summons since the investigation is still underway. “The procedure for withdrawal of cases begins only after a chargesheet is filed.

Until then, we will continue with the investigation, which includes recording statements of accused and witnesses, preparing panchnamas and completing other legal formalities,” the officer said, adding that once chargesheets are filed, cases go before a scrutiny committee that recommends withdrawals.



2 get life imprisonment for raping 18-yr-old girl

According to Government Railway Police (GRP), Pune, the victim had arrived at Talegaon railway station after travelling from Baramati on January 25, 2016, when two persons approached her.

Pune.(Agency)

A court in Pune awarded life imprisonment to two men for the rape of an 18-year-old girl after luring her from Talegaon Railway Station in 2016. Additional district and sessions judge S M Tapkire passed the order in this regard on Monday.

The convicts were identified as Sharad Murlidhar Salve (30) of Chatrapati Sambhajnagar and Ankitsingh Bista alias Kancha (30) of Ravet in Pune. According to Government Railway Police (GRP), Pune, the victim had arrived at Talegaon railway station after travelling from Baramati on January 25, 2016, when two persons approached her.

The girl was hungry. So the duo lured her in the pretext of giving her food. They took her to a tin shed in the parking area of Talegaon railway station and raped her repeatedly. An accused also took her obscene photos on his cell phone before leaving the spot, police said. A woman sweeper at the railway station saw the girl crying and took her to the police. A first



on clues obtained during the investigation, the police arrested the accused, Sharad Salve and Kancha, in this case. A team led by police sub inspector Shamsuddin Shaikh investigated the case and submitted a chargesheet against the accused on April 30, 2016.

As per a press release issued on Monday by the GRP, special public prosecutor S A Kshirsagar examined 12 witnesses to establish the sequence of events during the commission of crime during the trial.

The court held the two accused guilty under sections 376(2)(n) (committing rape repeatedly on the same woman) and 34 of the Indian Penal Code and sentenced them to rigorous imprisonment for life and fine of Rs 25,000 each.

5-year-old boy wet his pants, UP teacher 'brands his private parts' as punishment

Lucknow.(Agency)

A teacher at a private school in Varanasi allegedly branded a five-year-old boy's private parts with a heated knife as punishment for urinating in his school uniform, after he was denied permission to use the restroom, police said on Monday.

Police have booked the teacher, principal and manager based on a complaint lodged by the boy's father, a lawyer.

Police said the matter came to light after the child returned home on July 24 and complained of pain and discomfort in his private parts. The boy's father claimed he attempted to raise the issue with the teacher allegedly responsible for the act, as well as with the principal and manager, but they weren't willing to

take the complaint seriously. The Station House Officer of the police station concerned said the medical examination confirmed a blister on the victim's private parts, and that police were in the process of recording statements from doctors and other persons connected to the case. No arrests have been made so far, he said. The father did not respond to calls seeking comment.

According to police, the father said the incident occurred on July 24 when his son asked his teacher, Preeti Kushwaha, for permission to use the bathroom.

The father, as per police, said the teacher allegedly refused and his child ended up urinating in his trousers. This, the father alleged, enraged the teacher. She took the boy to another room, heated a knife over a flame, and allegedly used it to burn his private parts. She also allegedly beat him and threatened that if he repeated the “mistake”, she would deal with him even more severely, the father alleged.

Police said the father learnt of the incident only after returning home from work that evening, when his son narrated the entire ordeal to him. He alleged that he tried calling the teacher but she did not respond to his calls.



Jharkhand: ED raids over 25 locations linked to coal traders in Dhanbad

Dhanbad .(Agency)

The Enforcement Directorate (ED) on Tuesday conducted simultaneous searches at more than 25 locations linked to coal traders, their associates and relatives in Jharkhand's Dhanbad district as part of an ongoing investigation into suspected financial irregularities. Official sources said the searches were carried out at multiple premises in Jharia, Kendua, Loyabad and other parts of the district. Teams examined banking transactions, property records, business documents and other financial records during the operation.

Searches were also conducted at premises linked to the Yadav brothers in Jharia, the Mandal brothers in Kendua and the Chauhan brothers in Loyabad, sources said.

At one location in Loyabad, a group of local women protested when the ED team arrived, briefly delaying the operation. The officials later entered the premises and resumed the search amid security arrangements.

At another location, officials reportedly used a ladder to enter a house after the occupants allegedly did not open the door.

Azam Khan's UP university gets interim relief from bulldozer action

Lucknow.(Agency)

Granting interim relief to Mohammad Ali Jauhar University, the Moradabad Divisional Commissioner on Monday stayed the demolition order issued by the Rampur Development Authority (RDA) until further orders.

The RDA had on July 15 directed the demolition of 38 of 40 buildings of the university that has jailed former UP minister Azam Khan as the chairman of its governing trust.

Challenging the demolition order issued by the RDA, the Mohammad Ali Jauhar Trust – which runs the university – filed an appeal before the court of Moradabad Divisional Commissioner Anjaneya Kumar Singh, who also serves as the

chairman of the RDA. The appeal was listed for hearing on Tuesday.

However, owing to court proceedings being affected by a condolence reference following the death of an advocate, the Trust moved an urgent application seeking interim relief. A source said the Trust had apprehensions that the RDA might proceed with the demolition before the appeal could be heard.

Hearing the application, Commissioner Singh directed that the demolition order passed by the Vice-Chairman of the RDA shall remain in abeyance until further orders. The 38 buildings facing demolition include those housing the Faculties of Islamic Studies, Law, Agriculture, Engineering, Humanities and Science, the Department of

Pharmacy, as well as students' hostels, the Ravindra Nath Tagore Auditorium, the Mumtaz Central Library, a gym, and also “mosque-like structures”. The university is believed to have spent crores

on the buildings, taking inspiration for their architecture from famous structures across the world, including apparently the White House and Taj



Mahal. Last week, students had launched an indefinite sit-in outside the university's main gate, demanding that the demolition order be withdrawn and the counselling centre established by the district administration outside the campus be removed.

A senior official of the Maulana Mohd Ali Jauhar Trust puts its student strength at about 2,400, enrolled in about 40 courses and diplomas, across 14 faculties such as science, law, humanities, commerce, Islamic studies, education, agriculture science, pharmacy. Most of the students are enrolled in professional courses such as paramedics and pharmacy. About one-third are women; a substantial number are Hindus.

NEWS BOX

Pride of Chhattisgarh: CM Vishnu Deo congratulates Gyaneshwari on CWG medal

New Delhi. (Agency)

Chhattisgarh Chief Minister Vishnu Deo Sai congratulated weightlifter Gyaneshwari Yadav after she won the silver medal in the women's 53kg event at the 2026 Commonwealth Games in Glasgow. The Chief Minister said Yadav's achievement had made both Chhattisgarh and the country proud and would encourage more youngsters to take up sports. The 23-year-old from Rajnandgaon delivered the best performance of her career to finish second with a total lift of 199kg. In a statement issued on Monday night, Sai praised Yadav's determination and said her success reflected the sporting



talent emerging from the state. The daughter of Rajnandgaon has proved that talent, when backed by dedication, discipline and relentless hard work, can achieve success even on the international stage," Sai said. "It is not merely a personal achievement for Gyaneshwari Yadav but an honour to the talent, hard work and determination of the people of Chhattisgarh. Our objective is to create an environment where the youth of Chhattisgarh can excel in national and international competitions and bring laurels to the state and the country," he added. Sai also wished Yadav success in the competitions ahead and said he was confident she would continue to bring glory to India and Chhattisgarh. Deputy Chief Minister Arun Sao, who also holds the sports and youth welfare portfolio, congratulated the weightlifter in a social media post, calling her silver medal a proud moment for both the state and the nation.

Tejaswin Shankar pulls out of Glasgow high jump after knee injury

Glasgow. (Agency)

India's Tejaswin Shankar broke down in tears while speaking to the press in Glasgow. Tejaswin could not hold back as he explained why he was not able to participate in the men's high jump event, where he was one of the favourites to win a medal. The Birmingham 2022 bronze medallist came into the tournament in the form of his life. He had arrived in Glasgow believing he could win gold, or at the very least, add another Commonwealth Games medal to his collection. TEJASWIN SHANKAR GETS INJURED

On Monday, Tejaswin's knee buckled even before the competition started, and he was forced to stay away from the high jump event. Despite being listed as DNS (Did Not Start), Shankar had walked out for that solitary attempt in the final, hoping that he could somehow get through it.

He could not.

There was something particularly cruel about the sight. Tejaswin had come to Glasgow as one of India's medal hopes in



the high jump. Now, he was sitting beside the pit, watching an event he had hoped to dominate unfold without him. "Every jumper manages some or the other injury. But it is one of those days. There are 365 days in a year, and this is the one day you do not want it (the injury) to flare up. And this is the day it stirred up," Tejaswin said.

Film star Tiger Shroff named in Durand Cup squad, likely to make professional debut

Tiger Shroff could be set to make his professional football debut at the Durand Cup. The actor has been named in Mumbai FC's squad for the tournament.

New Delhi. (Agency)

Tiger Shroff is set to trade the silver screen for the football pitch, with the Bollywood actor named in Mumbai FC's squad for the Durand Cup and potentially in line to make his professional debut in the tournament. Shroff has been registered with the club and is currently training with the team, according to co-owner Zoheb Amrani. The actor could travel with the squad for at least one of their group-stage matches in Shillong. He's registered with the squad,

and we are trying our best to arrange everything. A person like Tiger, we'll need a lot of security in tier-2, tier-3 cities. People can gather around, and it could be chaotic," Zoheb told Sportstar.

"And since social media is so ruthless, things can actually escalate. Keeping that in mind, we've got a date from him. If everything goes well, he will definitely travel for one of the games. He's training with the team at the moment," he added. Shroff has been associated with Mumbai FC since its inception in 2024 and has regularly featured for the side in the Mumbai District League. His involvement, however, goes beyond simply being a celebrity face attached to the club. Zoheb first got a look at Tiger Shroff's abilities in an influencers league game in 2023, which featured the likes of Ranbir Kapoor and Mahendra Singh Dhoni as well. "It was during an influencers league with personalities and

former sportspersons in 2023 that I realised that Tiger can play; he has that technical understanding of the game," Zoheb recalled. When he founded the



club, Zoheb asked Shroff to come and join them for practice sessions.

"He likes that slide tackle, those dribbling 1v1 moments," he said.

And soon, Tiger wanted to play the game professionally. Zoheb initially believed that the actor was joking. However, he

followed through. "I got his CRS (Centralised Registration System) registration done. I explained to him that this is not some ordinary tournament that you just go and play. There's proper registration, there's a proper ID card, there's a proper referee who checks everything. I must say he was very professional," Zoheb said of Shroff's involvement in the Mumbai District League. Now, that journey could take Shroff to one of the oldest football tournaments in the world.

MUMBAI FC'S DURAND CUP FIXTURES

Mumbai FC will play its Durand Cup group-stage fixtures at the Jawaharlal Nehru Stadium in Shillong. The club opens its campaign against Langsning SC on August 3, before facing 2024 semi-finalists Shillong Lajong on August 8 and Nongkseh SS & CC on August 11.

No Nitish, Harshit as injury-marred India name Test squad for Sri Lanka series

New Delhi. (Agency)

An injury-marred India have named their squad for the two-match Test series against Sri Lanka, with several regulars unavailable and the fitness of key players still under a cloud. Shubman Gill will lead the side, with KL Rahul named his deputy, while the squad includes a mix of established names and players looking to make their mark in Test cricket. India will, however, be without a couple of their recent regulars due to injuries. Nitish Reddy was not available for selection after being ruled out of the tour of the UK with a thigh injury, while Harshit Rana was ruled out just days after returning from a four-month injury layoff. There is also uncertainty surrounding the



availability of Sai Sudharsan and Jasprit Bumrah. Both players have been picked in the squad, but their participation will be subject to fitness clearance from the BCCI Centre of Excellence (COE). Washington Sundar, meanwhile, was not available for selection for the first Test.

WHAT HAPPENED TO JASPRIT BUMRAH?

Jasprit Bumrah recently returned to action in the ODI series against England. The fast bowler was given an extended rest after the Indian Premier League and did not feature in the home series against Afghanistan or, for that matter, T20Is against Ireland and England.

I want to apologise on behalf of Gurindervir: Coach says sorry after CWG horror show

CHENNAI. (Agency)

Star Indian sprinter Gurindervir Singh was disappointed in the Commonwealth Games 2026. India's fastest man ran his 100m heat in 10.39 seconds, far below his best timing, finishing 28th out of 76 athletes. The result meant that Gurindervir was knocked out of the competition in the very first round itself, failing to make it to the semi-finals of the event. The sprinter's first coach, Happy Singh, apologised to the country and sprinting fans for his performance and called Gurindervir's showing far below expectations. "The country hopes that when an athlete runs for the country, they will do well. I apologise to the nation as Gurindervir's first coach. He could not deliver close to what the

people had hoped from him," Happy Singh said on NNIS after the event.

"Either a person wins or learns, but that process of learning becomes too drawn out if the competition comes once in



four years. If a person goes to these events only to learn, they take on a lot of pressure on them. But what is done is done, we cannot do anything about it. All we can do now is to support him," he added. 'GURINDERVIR HAD

Justin Greaves destroys Pakistan with 5 successive wicket maidens in Trinidad Test

WI vs PAK, 1st Test: Justin Greaves produced a historic spell against Pakistan, becoming the first bowler in Test cricket history to take wickets in five successive maiden overs and finishing with career-best figures of 5 for 27.

New Delhi. (Agency)

Justin Greaves produced one of the greatest bowling spells in Test cricket history on Day 3 of the opening Test against Pakistan in Tarouba, Trinidad, becoming the first bowler ever to take



wickets in five successive maiden overs. The West Indies all-rounder's extraordinary burst turned the match on its head, triggering a dramatic Pakistan collapse and etching his name into the record books. "Pakistan resumed Day 3 in a commanding position before Greaves changed the complexion of the contest with relentless accuracy and movement.

Bowling unchanged, the right-arm seamer removed a batter in each of his next five maiden overs, achieving a feat never before witnessed in the 148-year history of Test cricket. He finished with career-best figures of 11-6-27-5, helping dismiss Pakistan for 282 after the visitors appeared well placed to build a substantial first-innings lead.

The spell eclipsed a decade-old record held by former England pacer Stuart Broad, who claimed wickets in four successive maiden overs against South Africa in Johannesburg in 2016. Greaves' precision dismantled Pakistan's lower middle order and tail, ensuring West Indies secured a slender 29-run first-innings lead after posting 311.

Who is Saransh Jain, the 33-year-old who finally earned an India Test call-up?

From barefoot runners and handmade spikes to Olympic gold and data-driven high performance, Indian athletics has travelled a remarkable distance. But has all that progress made today's generation greater than the athletes who came before them?

New Delhi. (Agency)

India's squad for the two-Test series against Sri Lanka featured one fresh face on Tuesday, with 33-year-old Saransh Jain earning his maiden Test call-up after years of consistent performances in domestic cricket. The Madhya Pradesh all-rounder finally received his long-

awaited reward as the selectors announced a 15-member squad led by Shubman Gill. For followers of the domestic game, Jain's inclusion is far from a surprise. The off-spinner has quietly built one of the strongest red-ball records among India's all-rounders, delivering season after season with both bat and ball without ever breaking into the senior side. His call-up also comes at an important time. While Washington Sundar has been included in the squad, his availability remains subject to fitness as he continues to recover from a hamstring injury. With uncertainty surrounding Sundar and India looking for a specialist right-arm finger spinner to complement Ravindra Jadeja, Kuldeep Yadav and Manav Suthar, the selectors turned to Jain, who also offers

valuable lower-order batting. The timing of the selection is no coincidence either.



Only weeks ago, Jain impressed on the India A tour of Sri Lanka, claiming six wickets across two matches while scoring an unbeaten 70. Those performances, in conditions similar to the upcoming Test series, strengthened his case for a place in the senior squad.

WHO IS SARANSH JAIN?

Born in Indore, Jain made his first-class debut for Madhya Pradesh during the 2014-15 season and has since become one of the team's most dependable performers. Across 54 First-Class matches, the right-arm off-spinner has scored more than 2,000 runs at an average of 31.

75 while claiming 188 wickets at 27.30, establishing himself as a genuine all-rounder. Cricket runs in the family, with his father Subodh Jain having represented

Madhya Pradesh in the Ranji Trophy. Early in Saransh's career, however, the family endured a difficult phase when his father underwent cancer surgery while he was away on a cricket tour in Australia.

Bhumi Pednekkar

Joins Rishab Shetty Starrer The Pride Of Bharat: Chhatrapati Shivaji Maharaj; Deets Inside



Bhumi Pednekkar has joined the cast of The Pride of Bharat: Chhatrapati Shivaji Maharaj. The actress is all set to play Belawadi Mallamma, the warrior queen of Karnataka, in the historical drama starring Rishab Shetty, who will portray Chhatrapati Shivaji Maharaj. Sharing her excitement about the project, Bhumi said she feels honoured to be part of a film based on the life and legacy of the legendary Maratha king. She added that playing Belawadi Mallamma is a privilege and she looks forward to bringing the brave warrior queen's story to the screen.

Bhumi Pednekkar On Playing Belawadi Mallamma In Rishab Shetty Starrer

Times Of India quoted the actress saying, "I'm honoured to be part of a film on the life and legacy of the great Maratha warrior-king, Chhatrapati Shivaji Maharaj. It's a privilege for me to play Karnataka's brave warrior queen, Belawadi Mallamma, and bring her to life on screen. I am a huge Kantara fan, and Rishab Shetty's stunning performance blew me away. So, the moment Sandeep narrated the film, the actor in me instantly said yes. This is unlike anything I've done before, and I'm grateful to the makers for seeing me in a completely new light."

Directed and produced by Sandeep Singh, The Pride of Bharat: Chhatrapati Shivaji Maharaj will be released as a two-part historical saga. The film also features Arjun Rampal and Vivek Oberoi in key roles and is expected to begin production later this year.

The film's music will be composed by Amit Trivedi. The makers brought him on board after Pritam decided to take a break from mainstream music.

Meanwhile, last year several reports claimed that Vivek Oberoi will play Mughal emperor Aurangzeb in Sandeep Singh's historical drama The Pride of Bharat: Chhatrapati Shivaji Maharaj. Though an official announcement from the makers is still awaited, the project has already generated significant buzz. The film is said to chronicle the journey of Chhatrapati Shivaji Maharaj, his valour, strategic brilliance, and devotion that laid the foundation of Swarajya.

Badshah-Isha Rikhi Divorce Rumours Grow After She Says 'There Are Battles That Leave No Visible Scars'



Actor Isha Rikhi, who married rapper Badshah earlier this year, has shared a deeply personal note on Instagram, days after her social media activity sparked concern among fans. Without revealing specific details, Isha wrote about fear, silence and the emotional weight of feeling overpowered in a marriage. She said she had stayed quiet for a long time because she believed it was the safest option available to her.

Isha Rikhi Says She Is Choosing Courage Over Fear

In the note shared on Monday evening, Isha spoke about struggles that may not always be visible from the outside. "There are battles that leave no visible scars. For a long time, I remained silent because I was afraid," she wrote.

Isha went on to say that she felt overwhelmed by what she described as her husband's "influence, power, and resources". According to her, that fear convinced her to keep things to herself.

"I felt overwhelmed by the influence, power, and resources I believed my husband had, and I convinced myself that staying quiet was the safest thing to do," she wrote. She clarified that her silence should not be mistaken for consent or acceptance.

"Silence was never acceptance. It was survival," the actor added. Isha concluded the post by saying she was finally ready to stop presenting an image that everything was fine, even though she was not yet prepared to share the full account of what had happened. "Today, I'm choosing courage over fear. I may not be ready to tell the whole story, but I'm finally ready to stop pretending that everything was okay," she wrote.

Kumar Sanu Reveals He Was Scared While Performing For Underworld Don In Dubai: 'Darr Toh Laga Tha'



Veteran playback singer Kumar Sanu has spoken about one of the most unsettling experiences of his career, revealing that he once had to perform at a private party hosted by an underworld don in Dubai. Looking back at the period when organised crime allegedly had a strong influence over the Hindi film industry, the singer admitted that the situation left him fearing for his safety. Speaking on Subhojit Ghosh's podcast, Sanu recalled that there was little room to refuse such requests during that time.

'I Was Scared,' Says Kumar Sanu

Opening up about the incident, Kumar Sanu said the atmosphere in the industry was vastly different during those years. "Darr toh laga tha. Kyunki us samay kuch chal raha tha — aisa ek system tha," he said, admitting that he genuinely felt frightened. The host pointed out that the period was marked by several shocking incidents, including the murder of music baron Gulshan Kumar. Responding to this, Sanu said he had witnessed enough to understand the risks involved and chose not to resist when asked to perform at certain events. According to the singer, agreeing to such requests often felt like the only practical option.

How He Dealt With The Situation

Sanu shared that over time, some of these influential figures developed a friendly equation with him and even offered to protect him if he ever faced trouble. However, the singer maintained that he never encouraged such involvement. Recalling his response, he said he would tell them, "Mujhe dekhne ki zaroorat nahi hai, main khud ka dekh lunga," making it clear that he preferred handling his own affairs instead of relying on anyone from the underworld.

Singer Seeks Legal Protection For His Identity

Apart from reflecting on his past, Kumar Sanu has also been in the news over his legal battle concerning his personality and publicity rights.

Last year, the singer approached the Delhi High Court seeking protection over the commercial use of his name, voice and distinctive singing style. His plea also covers his photographs, likeness, caricatures, signature, vocal arrangements and performance mannerisms.

Niharika NM

Reveals 'Intimacy Clause' Once Cost Her A Film: 'Actor Didn't Want Body Double'

After carving a niche for herself as a content creator, Niharika NM marked her international entertainment debut with a guest voice role in the American sitcom Big Mouth season 7 in 2023. Last year, she made her acting debut with the Tamil film Perusu and followed it up with Mithra Mandali and Idhayam Murali. Now, she's gearing up for the release of her first Bollywood film on July 30.

Titled Bhai Tera Star Hai, the comedy film stars Raghav Juyal and Niharika will be seen playing his love interest in it. Speaking exclusively to News18, she opens up on her transition to films and says, "When I had moved to Bombay three-four years ago, I spent three years training under a production house. I had gone to film school and I've a background in theatre."

"I definitely wanted to give acting a shot. I didn't know how far it would go or what I exactly wanted to do. All I knew was that I was passionate about it and I enjoyed it," she adds. However, she soon decided to stop trying her luck in Bollywood and began auditioning in the south film industries, attributing it to Hindi cinema's unrealistic beauty standards.

"I tried in Hindi films first but I didn't enjoy the standards that were set for women — how they should look or how their skin tone should be. I thought that it's not the space I should fight in. It was also a very crowded space," Niharika says. Then she went on to sign a three-film contract with Karthik Subbaraj's production house, Stone Bench Films.

"But midway through my training process with them, I turned down really good south films which did wonders at the box office. I couldn't believe it! I was bound by contract. That will remain one of my biggest regrets. But I'm happy for whoever did it. And once the contract ended, there was no stopping me. Then I phelo-ed like raita across films of different languages," Niharika shares. This



journey, however, was no a cakewalk for her. "There were so many reasons why I got rejected from films. It all sounds hilarious at this point," she exclaims. Recalling an episode, she says, "There was one particular film I was supposed to do. It was being made by this great director. I grew up watching him. He handpicked me. I had auditioned for the part. The look test was done."

"The contract was sent to my house and I had signed it. There was this intimacy clause in it and I had told them that I'm not comfortable doing onscreen intimacy."



NEWS BOX

New round of Israel-Lebanon talks set August 4: US official

WASHINGTON.(Agency)

The US State Department confirmed Monday that the next round of talks between Israel and Lebanon will be held in Rome on August 4 through 6, as Israel prepares to withdraw from two "pilot zones" in southern Lebanon.

Italian Foreign Minister Antonio Tajani first announced the next round of US-mediated talks last week, with a State Department official detailing the talks to AFP on the condition of anonymity. "In Rome, technical groups will focus on advancing the full implementation of the framework agreement," the official told AFP, adding that the planned discussion "includes expanding the pilot zone process, resolving all outstanding border issues, and working on a comprehensive peace and security agreement."

The Israel-Lebanon framework deal emerged after war broke out between Israel and Iran-backed militant group Hezbollah on March 2, against the backdrop of the wider West Asia war.

It calls for an end to the war in Lebanon, disarmament of the Lebanese movement, the deployment of Lebanese troops in the south and for Israeli forces to steadily withdraw from the country in two "pilot zones." "The experience of the initial zones will help us perfect pilot-zone implementation so it can expand in a phased manner," the US official added. Lebanon's army on Sunday condemned Israel's ongoing military operations in the south of the country, arguing it was preventing its full deployment under the framework deal. Beirut has reported intermittent Israeli strikes and artillery shelling on the south despite the lull in fighting.

Trump defends his sweeping tariffs and watches 'America First' drag races during Michigan stop

MILFORD.(Agency)

President Donald Trump came to Michigan on Monday and argued that his economic policies have revived the auto industry and American manufacturing, even as some businesses contend that the sweeping tariffs he's imposed have actually hurt the state.

Trump visited a sprawling General Motors facility in the Detroit suburb of Milford that is a testing ground for its vehicles. He pumped a fist after watching a trio of drag races that involved muscle cars and luxury vehicles like the Corvette Z06, Cadillac Escalade V, and EV Hummer — events the announcer promised were "all America First power." "It was the kind of thundering speed the president is expecting at an IndyCar race in Washington next month, which is part of America's 250th birthday celebrations."

In a subsequent speech inside a design facility, the president cheered GM's plans to expand production domestically in coming years and declared himself a president who was standing up for auto workers "at long last." "I've done more for you than your parents, OK?" he joked.

How South Korea Is Using AI Cameras To Prevent Suicides

world.(Agency)

When AI-powered cameras on bridges over Seoul's Han River raise the alarm that someone may be about to jump, acting quickly is vital.

The waterway is a landmark of the glittering South Korean capital, but also a frequent scene of despair in a country with one of the world's highest suicide rates. The artificial intelligence-driven surveillance system alerts first responders if someone lingers in certain locations, enters an area deemed unsafe or picks up one of the bridges' dedicated suicide-prevention phones. It has been strikingly effective, said Kim Jun-young, chief of the Hangang Bridge CCTV Integrated Control Center, with the rescue rate over the river rising to more than 99 percent from 56 percent in 2012. Her approval ratings remain high compared to past administrations so it's not as if Takaichi's political grounding is shaking," said Kenji Yamamoto, chief market economist at Daiwa Securities. Emergency crews can reach most bridges within five minutes -- the critical window to intervene and save a life, he said. "We see our role as giving them one more chance to think it over, because it may not be the decision you want," Kim told AFP. From a height of about 30 metres (100 feet), striking the water is akin to crashing a car at 60 kilometres per hour (37 miles per hour), he said. Persuading people who have made up their minds is not easy, Kim said, as they often struggle with rescuers or sprint away "as if running a 100-metre race". Others can make a final, split-second decision when they hear approaching sirens, before help arrives.

Ukraine to buy up to 20 Gripen jet fighters, Sweden to donate 16

Sweden in 2024 suspended plans to send Gripen jets to Ukraine after partner countries requested that priority be given to providing US F-16 fighters.

STOCKHOLM.(Agency)

Ukraine plans to buy up to 20 latest-model Gripen fighter jets and Sweden will donate 16 older models to boost its air defence, the two countries said Thursday during a surprise visit to Sweden by the Ukrainian president. Ukraine plans to allocate 2.5 billion

euros (\$2.9 billion) from an EU loan for the new aircraft, the Swedish government said in a statement.

Regarding the latest model Gripen E jets, "the aim is to quickly conclude a final agreement with deliveries as of 2030", Prime Minister Ulf Kristersson said at a joint press conference with President Volodymyr Zelensky at an air base in Uppsala, 70 kilometres (45 miles) north of Stockholm. The 16 donated aircraft will be delivered in early 2027, Kristersson said. "This is a historic decision for Sweden, but it also strengthens Ukraine's air defence significantly," he added. The two countries signed a letter of intent in October on Kyiv's purchase of 100 to 150 Gripen E aircraft. Zelensky said

Ukraine, battling Russia's invasion since 2022, hoped to buy all 150 planes. "We hope we will be able to



secure financing for all of them," he said. Sweden in 2024 suspended plans to send Gripen jets to Ukraine after partner countries requested that priority be given to providing US F-16 fighters. Thursday's announcement

was part of Sweden's 22nd military aid package to Ukraine, worth a total of 25.2 billion kronor, the Swedish government said. The Scandinavian country is a strong supporter of Ukraine, providing military aid worth more than 128 billion kronor (\$13.7 billion) since the start of the Russian invasion. Zelensky meanwhile said Kyiv was awaiting a formal response from the United States to its request for more ammunition for its Patriot air defence systems to counter Russian ballistic missiles. Ukraine is largely reliant on its Western allies to down Russian missile barrages, despite having pioneered a system for intercepting long-range drones that is the envy of some of the world's most advanced militaries.

Trump administration urges Supreme Court to allow order targeting mail-in voting before midterms

WASHINGTON.(Agency)

The Trump administration asked the Supreme Court on Monday to clear the way for an executive order from President Donald Trump that could dramatically change mail-in voting ahead of November's midterm elections. The Justice Department asked the justices to halt for now lower court decisions blocking the sweeping changes in nearly half the country.

The request comes shortly after Trump delivered a primetime address elevating his yearslong push to raise doubts about the legitimacy of elections, and could be one of several voting-related challenges before the court ahead of the high-stakes midterm contest. Trump ordered the government in March to create a "state citizenship list" of eligible voters and deliver

mail ballots only to people on that list. Democratic officials in 23 states and the District of Columbia sued, saying the Constitution gives states and Congress the authority to set



election rules, not the president. Their attorneys have said Trump's proposed changes are ripe for abuse and could cause chaos. A judge in Massachusetts blocked the executive order for the plaintiff states, and a divided 1st U.S. Circuit Court of Appeals panel left her

ruling in place over the weekend.

The executive order calls for U.S. Citizenship and Immigration Services and the commissioner of the Social Security Administration to send state officials federal citizenship lists to determine eligible voters. It tells the U.S. Postal Service to deliver mail ballots only to people on the lists. The order also calls for ballots to have secure envelopes with unique barcodes for tracking. Federal funding could be withheld from states and localities that don't comply. The appeal argues that

Trump's order lays out "general policy guidance" and doesn't directly dictate how states run their elections. Solicitor General D. John Sauer asked the high court to freeze the judge's order as lawsuits play out, calling it indefensible.

Netanyahu heads to US for first Trump meeting since Iran war

JERUSALEM.(Agency)

Israeli Prime Minister Benjamin Netanyahu will meet US President Donald Trump at the White House on Tuesday for the first time since the start of the Iran war, over which they have publicly disagreed.

Relations between Netanyahu and Trump have occasionally appeared strained in recent months, but both have sought to tone things down. Tuesday's meeting is expected to be dominated by the war, which began with US-Israeli strikes on Iran in late February, as Washington says it wants to give negotiations a chance. Israel has not taken part in

the latest round of hostilities between the United States and Iran, which flared earlier this month after an April ceasefire collapsed.

Tuesday's meeting will be the eighth between the leaders since Trump's return to office last year, as well as their first in-person talks since the war began. "This is a great privilege, but it is also a great responsibility," Netanyahu said before departing Israel on Monday. "We will discuss all the issues on the agenda, first and foremost Iran. Naturally, our goal is to safeguard our security and also to expand the circle of peace around us," he added. Relations

between the two leaders reached a low point in April during negotiations on the ceasefire, with Trump unleashing profanity-laced tirades against his Israeli ally. Trump later described Netanyahu in an interview as a "very difficult guy". Netanyahu downplayed the exchanges as "tactical disagreements", saying they were aligned on the goals of the war. On Tuesday, the leaders are expected to discuss the implementation of a US-sponsored framework deal signed by Israel and Lebanon last month, whose application on the ground has been challenging.

Burnham meets Zelensky, pledges new 'Stone Cloak' for Ukrainian drones

SEATTLE.(Agency)

British Prime Minister Andy Burnham held his first meeting with Ukrainian President Volodymyr Zelensky at a UK naval base on Monday, pledging new "Stone Cloak" jamming technology to help safeguard Ukraine's drones on the battlefield. The meeting on the dockside and on board an aircraft carrier in the southern city of Portsmouth was Burnham's first bilateral with a foreign leader and comes ahead of a visit by Zelensky to Washington on Tuesday aimed at ending the four-year war with Russia. "We are with Ukraine 100 percent. I am personally with you 100 percent, Mr President," Burnham assured Zelensky after the two men, both wearing similar dark casual

clothes, shook hands on the dockside. Zelensky thanked Burnham for an "important signal of support" and said he had invited Burnham to visit Ukraine, after the leaders spoke by phone within hours of the new prime minister taking office.

Vowing to "honour every commitment this country has made to Ukraine," Burnham said Britain was "going further" and was "providing new, home-grown jamming technology to protect Ukrainian drones" as both Moscow and Kyiv intensify drone and missile strikes. "It will help them to hit their targets and help save Ukrainian lives. It also shows the kind of innovation our industries can deliver together," Burnham said. Afterwards, Zelensky wrote on X he was "grateful" to

Britain for "today's decision to provide Ukraine with electronic warfare technologies" that would "certainly be useful on the battlefield". The leaders



met on board Britain's flagship aircraft carrier HMS Queen Elizabeth and spoke to armed forces personnel involved in training Ukrainian service members. "Britain stands with Ukraine, shoulder

to shoulder, and our support remains unwavering," Burnham said in a statement. "Russia should be in no doubt of our resolve, and we will not back down until we achieve long-lasting and just peace for Ukraine." London announced it will share with Kyiv information on a new battle-tested electronic jamming capability dubbed "Stone Cloak". When attached to drones, the tablet-sized, military-grade jammers can hinder Russian air defence systems from tracking and targeting such weapons in-flight, Downing Street said.

Thousands of the jammers, developed under a 100-year partnership pact between the countries, have already been gifted to Kyiv, according to London.