

INDIAN CHRONICLE

RTA conducts special drives against errant school buses

Hyderabad: With the schools reopening for the academic year, the Regional Transport Authority (RTA) and the Hyderabad Traffic Police have initiated special drives to ensure the safety and compliance of school buses and other vehicles transporting students. These drives started in the early morning at various places including at Secunderabad, Punjagutta, Rajendranagar with special focus on checking vehicle fitness, driver licences, and adherence to traffic rules, including preventing overloading and underage driving.

Demand for fair wages for MGNREGA workers

Mahabubnagar: The Telangana Agricultural Labor Union has demanded to resolve the various problems faced by the MGNREGA workers across Palamuru region and the state. Demanding redressal of their various problems, recently the Association leaders along with many MGNREGA workers from erstwhile Mahabubnagar, visited Hyderabad and met the State Rural Development Panchayat Raj Minister Seethakka and gave a list of demands to the minister and urged her to resolve the problems of the wage workers working under the MGNREGA schemes in the rural areas.

Indians among those killed in Kuwait apartment blaze, toll rises to 41

GNS News Agency, June 12

Dubai: Several Indians were feared to be among 41 people killed on Wednesday in a major fire at a building in Kuwait housing workers, according to reports emanating from the Gulf nation.

The fire started in a kitchen in the six-storey building in Mangaf area in Kuwait's southern Ahmadi Governorate in the early hours of Wednesday, officials said. The building reportedly had nearly 160 people living in it, who are workers of the same company. Many workers staying there were reportedly Indians. "In connection with the tragic fire-accident involving Indian workers today, Embassy has put in place an emergency helpline number: +965-65505246. All concerned are requested to connect over this helpline for updates. Embassy remains committed to render all possible assistance," the Indian Embassy in Kuwait said in a post on X. In connection with the tragic fire-accident involving Indian workers today, Embassy has put in place an emergency helpline number: +965-65505246.

All concerned are requested to connect over this helpline for updates. Embassy remains committed to render all possible assistance. <https://t.co/RiXrv2o0e0> Indians constitute 21 per cent (1 million) of the total population of Kuwait and 30 per cent of its workforce (approximately 9 lakhs). "Deeply shocked by the news of the fire incident in Kuwait City. There are reportedly over 40 deaths and

over 50 have been hospitalized. Our Ambassador has gone to the camp. We are awaiting further information," External Affairs Minister S Jaishankar said in a post on X. Deeply shocked by the news of the fire incident in Kuwait city.

There are reportedly over 40 deaths and over 50 have been hospitalized. Our Ambassador has gone to the camp. We are awaiting further information. "Deepest condolences to the families of those who tragically lost their lives. Wish early and full recovery to those who have been injured. Our Embassy will render the fullest assistance to all concerned in this regard," he added. Kuwait's Interior Minister Sheikh Fahad Al-Yousuf Al-Sabah ordered police to apprehend the owner of the Mangaf building where the fatal blaze occurred Wednesday, the building's janitor, as well as the owner of the company responsible for the workers pending the end of the criminal evidence personnel's examination of the scene, the Kuwait Times reported. "What happened today is a result of the greed of the company and building owners," the minister said in a statement as he visited the fire scene.

He said that he gave orders to Kuwait Municipality and the Public Authority for Manpower to launch immediate action to address similar violations where large numbers of workers are crammed into one residential building, and make sure that all safety requirements are in place in order to prevent similar incidents in the future.

Chief Minister
A Revanth Reddy
released TG TET-2024
results on Wednesday.



GNS News Agency, June 12

85,996 candidates appeared for Paper-1 exam. 57,725 candidates have been qualified. As many as 1,50,491 candidates appeared for the Paper-2 exam. 51,443 candidates are qualified. 67.13 per cent qualified in Paper-1. 34.18 per cent qualified in Paper-2. Results are available at <https://schooledu.telangana.gov.in> website. Pass percentage in Paper -1 increased by 30.24 per cent when compared to 2023. Pass percentage in Paper -2 increased by 18.88 per cent as compared to 2023. The Election Commission has not accepted the government decision to reduce the TET application fee due to the enforcement of election code at the time of receiving TET applications. In this context, the state government took decision to provide relief to the applicants. The applicants who are not qualified in TET-2024 can apply for next TET exam without paying the fee. The government also announced the waiver of fee to the candidates, who qualified in TET-2024, to apply for the DSC exam for once, officials said.

Supreme Court raps Delhi Government over tanker mafia, water wastage



GNS News Agency, June 12

The Supreme Court on June 12 came down heavily on the Delhi Government over the prevalence of tanker mafia and water wastage in the city, and asked what measures it has taken against them. A vacation Bench of Justices Prashant Kumar Mishra and Prasanna B. Varale told the Delhi Government that if it can't deal with tanker mafia, it will ask the Delhi Police to take action in the matter.

"Why were false statements made before this court? Water is coming from Himachal Pradesh then where is the water going in Delhi? There is so much spillage, tanker mafias etc.. what measures have you taken in this regard. "People are suffering, we are seeing visuals on every news channel. What measures have you taken to control water wastage if water scarcity is a recurring problem in summers," the Bench observed orally. Advocate Shadan Farasat, appearing for the Delhi Government, said there is action, including massive disconnection of water supplies, so that excess water wastage is stopped. The top court asked the Delhi Government to file a report stating the action taken for the loss of water. The matter will be taken up on Thursday. The top court is hearing a plea filed by the Delhi Government seeking a direction to Haryana to release the surplus water provided by Himachal Pradesh to the national capital to mitigate its water crisis.

Senior IAS officer Muddada Ravichandra Appointed as Secretary to AP CM

GNS News Agency, June 12

In a significant development, senior IAS officer Muddada Ravichandra has been appointed as the Secretary to Andhra Pradesh Chief Minister Nara Chandrababu Naidu by the state government. The order was issued by Neerabh Kumar Prasad, the Chief Secretary of the State Government, directing Ravichandra to take up the responsibilities of his new role with immediate effect. Ravichandra, who has a wealth of experience in the administrative field, is expected to bring his expertise to the role and work towards the development and progress of the state. His appointment comes at a crucial time for Andhra Pradesh, as it continues to navigate through various challenges and opportunities.



Chandrababu Naidu sworn in as Andhra Pradesh Chief Minister

GNS News Agency, June 12

The Telugu Desam Party (TDP) national president N. Chandrababu Naidu was sworn in as Chief Minister of residual Andhra Pradesh for the second time. Governor S. Abdul Nazeer administered the oath of office to Mr. Naidu on June 12 at Kesarapalle close to Gannavaram near Vijayawada. This is the fourth time that Mr. Naidu will be serving as Chief Minister in his more than four decades of political career. He served as Chief Minister of combined Andhra Pradesh twice, and this is the second time in residual Andhra Pradesh.

Prime Minister Narendra Modi, former Vice President M. Venkaiah Naidu, Union Home Minister Amit Shah, Medical and Health Minister and the BJP National president JP Nadda, Union Ministers G. Kishan Reddy and Bandi Sanjay, former Chief Justice of India N.V. Ramana, matinee idols Rajinikanth and Chiranjeevi, and a host of VVIPs attended the ceremony. The Jana Sena Party (JSP) Chief Pawan Kalyan, and 24 other MLAs from the TDP, Bharatiya Janata Party (BJP), and the JSP also took oath as Cabinet ministers of Andhra Pradesh. The total strength of the cabinet including Mr. Naidu is 25, as of now.

The TDP, JSP and BJP - partners of the National Democratic Alliance



(NDA), fought the Assembly elections 2024 against YSRCP. Except for 11 Assembly seats won by the ruling YSR Congress Party (YSRCP), the NDA bagged the remaining seats out of the total 175 Assembly seats won by the ruling YSR Congress Party (YSRCP). While the TDP won from 135 Assembly constituencies, the JSP and the BJP won from 21 and 8 Assembly constituencies respectively. Mr. Naidu allocated three berths to the JSP and one to the BJP going by their numbers in the State Assembly. Mr. Naidu adopted a formula to ensure that the National Democratic Alliance (NDA) partners will get their due share in the Cabinet. He selected a minister for each 7 MLAs won by the alliance partner. As the JSP won 21 seats, it got three berths, while the BJP which won from 8 Assembly constituencies got one ministerial

berth. The remaining were earmarked to the TDP. The Chief Minister will allocate the portfolios to his cabinet colleagues shortly. It is widely discussed in political circles that Mr. Kalyan will be made Deputy Chief Minister with a key portfolio. The cine actor turned politician played a key role in stitching an alliance between the TDP and the BJP. Mr. Kalyan continued his efforts to convince the BJP leaders on alliance with the TDP though he received a cold-shouldered response. He, finally, was successful in allying with TDP, JSP and BJP. It helped in a debacle of the YSRCP. Kolu Parthasarathy, who switched loyalties from the YSR Congress Party (YSRCP) to the TDP just before the elections, was taken into the Cabinet.

Only two former ministers, K. Atchannaaidu (TDP

AP president) and P. Narayana, in 2014-19 cabinet got a chance in the present cabinet. N. Md Farooq, a senior minority politician who was with the TDP since the formation and had served as a minister with various portfolios earlier, is the lone minority face in the cabinet. The lone minister from BJP is Satya Kumar Yadav, who won from Dharmavaram Assembly constituency. He is a close aide of former Vice President M Venkaiah Naidu and works as National Secretary of the BJP. Mr. Naidu did not induct the senior leaders and MLAs such as Gorantla Buchaiah Chowdary and Dhulipala Narendra. Even former ministers like Somireddy Chandramohan Reddy, Nimmakayala Chinna Rajappa, Kaluva Srinivasulu, Kala Venkat Rao, Ayyanna Patrudu and others were not accommodated.

Merged 5 panchayats with AP

GNS News Agency, June 12

As a part of this, a gazette was published including Kannaigudem, Picchukulpadu, Yetapaka, Gundala and Purushottam Patnam panchayats which were not flooded in Andhra Pradesh. With the decision of the then Central government, along with the residents of Bhadrachalam, the people of the villages of the five panchayats merged with Andhra are also facing serious difficulties. Bhadrachalam town does not even have a place to dump garbage, so garbage is being dumped near the embankment on the banks of the Godavari. Also, the people of the five panchayats merged with Andhra have to travel hundreds of kilometres to go to the district government offices. These five panchayats are far away from Alluri Seetaram Raju district centre in Andhra Pradesh and are not seeing any development. The people of these five

panchayats are also demanding that their panchayats should be merged with Bhadrachalam. The people of the holy town also desire to see these panchayats back with them. For ten years this matter has been an election issue for all parties. It became a slogan, but there is no record of anyone trying hard. The then Telangana minister Tummala Nageswara Rao discussed the matter with AP CM Chandrababu Naidu. Naidu responded positively but did not take a step forward. In the recent parliamentary elections, candidates from all political parties chose the issue of merger of five panchayats as their agenda. The Congress party also highlighted this in their manifesto and said that if they win, they would get five panchayats in Bhadrachalam. Now again with the formation of Chandrababu Naidu's coalition government in Andhra, hopes have revived among the people.

Reforms to boost growth and stability will continue, asserts Nirmala Sitharaman after assuming charge as Finance Minister



GNS News Agency, June 12

The NDA government will continue to push the reforms drive initiated after 2014 with an eye on bolstering India's macroeconomic stability and growth, Nirmala Sitharaman asserted on June 12 after taking over the reins of the Ministries of Finance and Corporate Affairs again. After assuming office in the morning, Ms. Sitharaman was briefed by top officials from the two Ministries on ongoing policy issues that need resolution. She said the government is fully committed to ensuring 'ease of living' for citizens and will continue to take steps in this direction, and projected a positive outlook for the economy. "She urged the departments to advance the NDA government's development agenda with renewed vigour and ensure responsive policymaking to achieve the Prime Minister's vision of a 'Viksit Bharat'," the Finance Ministry said in a statement. Ms. Sitharaman thanked Prime Minister Modi for giving her the opportunity to serve the people again under his guidance, and acknowledged the strong leadership and development-oriented governance in the last 10 years, which have driven transformative changes across various sectors and created a robust and resilient economy. "The reforms undertaken since 2014 will continue, which will further provide macroeconomic stability and growth for India," she

Telangana Chief Minister Revanth Reddy and CM-elect of AP Chandrababu Naidu have good rapport, and people believe that they would do their best for the merger of the five panchayats with Bhadrachalam. Ram Temple In Telangana, about 889 acres of Ram Temple lands remained in the Purushotha Patnam Gram Panchayat which merged with Andhra. If development work is to be carried out in those lands, people and public representatives are blocking it. On one occasion, the officials of the Ram temple were also attacked. On behalf of Telangana State government, Chief Minister Revanth Reddy and Minister Tummala Nageswara Rao spoke to Andhra Chief Minister Chandrababu Babu and the people of Bhadrachalam town and the people of the five panchayats merged in Andhra also want to merge the five panchayats back into Bhadrachalam.

'Old is gold': Dilip Ghosh's cryptic message amid disgruntlement in Bengal BJP



GNS News Agency, June 12

Dilip Ghosh, Dilip ghosh interview, Sandeshkhali issue, false rape cases against TMC leaders, 2019 Lok Sabha elections, Bengal Govt change, indian express news, BJP candidate from Bardhaman -Durgapur constituency Dilip Ghosh during an interview with Indian Express in Burdwan town on May 09, 2024.

After questioning the rationale behind relocating established leaders like him from winnable constituencies to challenging electoral battlegrounds, senior BJP leader Dilip Ghosh on Saturday put out a social media post, sparking speculations of 'old versus new' debate in

the party's West Bengal unit. In a cryptic message, Ghosh posted on X, "Old is Gold." Ghosh had earlier said that it was mistake by the party to sideline old guards and the poll debacle was waiting to happen as newcomers and inexperienced leaders were calling the shots. BJP's Lok Sabha tally in the state dipped to 12 in this election from 18 in 2019, when Ghosh was the BJP state president. The saffron party had targeted to win 30 of the 42 seats this time.

Ghosh was defeated at the hands of TMC's Kirti Azad by nearly 1.38 lakh votes in the Bardhaman-Durgapur seat. Ghosh had earlier said that it was now established that sending him to contest from his old constituency of Medinipur to a fresh one "was a mistake". He was relocated from his winning seat of Medinipur to Bardhaman-Durgapur, a seat where the battle against the TMC was perceptively tough. Ghosh replaced sitting MP SS Ahluwalia in Bardhaman-Durgapur. Ahluwalia, in turn, was moved to Asansol. The party's sitting MLA from Asansol Dakshin seat, Agnimitra Paul, replaced Ghosh in Medinipur. All the three BJP candidates were trounced by their TMC counterparts in the recently concluded elections. On Friday, Ghosh questioned the choices made by the state BJP leadership, particularly in relocating experienced leaders like him and former Union MoS Debasree Choudhury from their constituencies to unfamiliar ones.

Afghani charas worth Rs 16 crore recovered from Dwarka coast

GNS News Agency, June 12

The Gujarat Police on Friday recovered high-quality Afghani charas (produced from live cannabis grown in Afghanistan) worth Rs 16 crore lying abandoned on the coastal area of Devbhumi Dwarka district. The police have intensified patrolling in the 50-kilometre coastal area covering over 10 to 12 villages to find more packets.

According to officials, the Sagar Suraksha Dal team, while patrolling the coastal area of Varala village, found three plastic bags containing 30 packets of some drug, each weighing nearly 1 kilogram. The forensic officials, on examining the packets, found it to be the contraband of high quality weighing 32.05 kg. In April, the Dwarka police had recovered one kilogram of charas worth Rs 52 lakh from the coastal area in Varala village. "We have registered an offence under different sections of the NDPS act against unknown persons and have started a probe," said Deputy Superintendent of Police Hardik Prajapati.

Prajapati said that after the recovery of the first



packet, the police have become active and intensified patrolling for drugs in the coastal villages up to 50 kilometres covering around 10 to 12 villages in association with Sagar Suraksha Dal teams. "Our teams will also carry out checks in the coastal areas and gather information of suspects involved in such illegal activities. We are also using drone cameras during our surveillance," he said.

Himachal Pradesh govt increases prize money for winners of international sporting events



GNS News Agency, June 12

Himachal sports, Himachal Pradesh, Himachal government, Himachal Pradesh sports prize money, Himachal Pradesh prize money increased, Himachal Pradesh Chief Minister Sukhwinder Singh Sukhu expressed confidence that this initiative will not only boost the morale of athletes but also provide more opportunities for talented players to achieve excellence in sports. (Express Archives) The Himachal Pradesh government on Saturday increased the prize money up to Rs 5 crore for medal winners in various international competitions, including Olympics, Winter Olympics, Paralympics Games, Asian Games and Commonwealth Games. A notification in this regard was issued from the office of Chief Minister Sukhwinder Singh Sukhu.

He said, "The state government has significantly increased the prize money for medal winners in various international competitions. The prize money for gold

medal winners in the Olympics, Winter Olympics, and Paralympic Games has been increased from Rs 3 crore to Rs 5 crore. Similarly, silver medal winners will now receive Rs 3 crore instead of Rs 2 crore, and bronze medal winners will receive Rs 2 crore instead of Rs 1 crore." He further said, "The prize money for gold medal winners in the Asian Games and Para Asian Games has been increased from Rs 50 lakh to Rs 4 crore. Silver medal winners will now receive Rs 2.50 crore instead of Rs 30 lakh, and bronze medal winners will receive Rs 1.50 crore instead of Rs 20 lakh. Additionally, athletes who achieve glory in the Commonwealth Games and Para Commonwealth Games will also benefit from the revised prize scheme. In showcasing the state government's commitment to promoting sports activities, the prize money for gold medal winners has been increased from Rs 50 lakh to Rs 3 crore, silver medal winners from Rs 30 lakh to Rs 2 crore, and bronze medal winners from Rs 20 lakh to Rs 1 crore." Sources said, "The state government decided to increase the prize money for sportspersons bringing medals in international events during the budget passed in March this year. The decision's notification was pending which was issued today. The objective of the state government's new sports policy is to promote and encourage sports excellence. This increase in prize money reflects the state government's commitment to promote sports and recognise the hard work of athletes representing the state at the international level." CM Sukhu expressed confidence that this initiative will not only boost the morale of athletes but also provide more opportunities for talented players to achieve excellence in sports, contributing to the overall development of sports in the state.

IIT Kharagpur ranked nation's 4th best higher educational institute

GNS News Agency, June 12

IIT Kharagpur | IIT Kharagpur performed well in parameters such as international research network, sustainability, and citations per faculty, a statement by QS World University Rankings 2025 said. The Indian Institute of Technology, Kharagpur, has been ranked the fourth best higher educational institutes in India, according to the latest QS World University Rankings 2025, a surge of 49 places from last year.

IIT Kharagpur has secured 222nd position globally and is now the third best Indian Institute of Technology in the country. IIT Kharagpur performed well in parameters such as international research network, sustainability, and citations per faculty, a statement by QS World University Rankings 2025 said. Regarding the incredible achievement, IIT Kharagpur director Prof V K Tewari said, "The institute has upheld the nation's resolve to excel in standards of globalisation with artificial intelligence, advanced manufacturing systems and transportation, 5G network, safety engineering and analytics, quality and reliability, affordable healthcare, precision agriculture, food nutrition, and smart infrastructure to contribute towards an 'Atmanirbhar Bharat'." IIT Bombay and IIT Delhi also figured among the top 150 higher educational institutes in



the world, while the Massachusetts Institute of Technology (MIT) retained the top rank globally for the 13th time.

While IIT Bombay climbed from 149th spot last year to 118, up by 31 ranks, IIT Delhi improved its rank by 47 points to bag the 150th position. The QS World University Rankings 2025 by Quacquarelli Symonds (QS) featured 1,503 universities from around the world and evaluated a total of 5,663 institutions. The rankings aim to project university performance for the next academic year, hence they are named for the following year.

Among victims of Uttarakhand trek tragedy, a Google UX researcher, an environmentalist and a social worker from Bengaluru



GNS News Agency, June 12

The nine Bengaluru trekkers who died due to harsh climatic conditions during their Sahastra Tal trek in Uttarakhand on June 4 had several interests apart from trekking and mountaineering. From Covid-19 relief activities to sustainable waste management solutions, the trekkers who were associated with the Karnataka Mountaineering Association (KMA) were known in Bengaluru for various social impact initiatives. Asha Sudhakar was one of Karnataka's oldest women trekkers and a member of the KMA for over three decades. Asha's husband S Sudhakar, the joint secretary of KMA, was the programme coordinator for the fateful Sahastra Tal trek in Uttarakhand. Sudhakar survived the trek.

A former SBI deputy manager, Asha had participated in 12 climbing expeditions in the Himalayas, including Mt Black Peak, Mt Gangotri and Mt Shivling, and Mt Kilimanjaro in South Africa in 2020. She had also completed around 27 high-altitude trekking expeditions in Himachal Pradesh, Leh-Ladakh, Nepal, Bhutan, and Uttarakhand. "She is an epitome of courage, will power and hope who embraced a life of adventure," mountaineer, trekker and ultrarunner Ritu Bhatia Gupta said in an Instagram post. "Asha maam was my mentor, my 'go to' person on mountaineering ever since I had the good fortune of trekking with her in Sikkim Goechala Trek in 2021," she added. Asha was conferred with the Dasara Award in 1986 by the Government of Karnataka for her feats in the field of mountaineering. She was also presented the Kalasha Award by the Inner Wheel Club of Bangalore West in 2006. Senior trekker Anita Rangappa was also an active member of the KMA. People in the trekking community recall Rangappa to be an avid trekker with vast experience. "Both Anita maam and Asha maam were avid trekkers. They have done many treks. Age was just a number for them. They were fit and fine, warm and kind people," Ritu Bhatia Gupta said.

Venkatesh Prasad was synonymous with adventure, especially trekking. A computer science engineer from Siddaganga Institute of Technology, Tumkur, he worked as director-delivery assurance at Impelsys in Bengaluru. Prasad also headed the pan-India operations for Samarathanam Trust, an NGO working in the area of empowering people with disabilities. "He was active in trekking for many years and definitely not an amateur. He not only went on solo treks he also used to motivate his friends and colleagues to trek. He has organised outbound treks and activities, including a recent Bannerghatta Park peripheral trek for his work colleagues," his colleague Pravir Bagrodia recalled. Prasad was an amiable person, a diligent planner and an avid walker with a target of walking 100 km every month this year. "His notable trait was attention to detail. He used to plan meticulously, including giving written instructions to the participants ahead of the

Mumbai teenager apprehended for raping 11-year-old girl, sent to juvenile home

GNS News Agency, June 12

The police said the minor accused fled after committing the crime and he was only recently apprehended by the police. Thereafter, he was sent to a juvenile home. The police said the minor accused fled after committing the crime and he was only recently apprehended by the police. Thereafter, he was sent to a juvenile home. A 17-year-old boy was detained for allegedly sexually assaulting an eleven-year-old girl in south Mumbai, police said Saturday. The juvenile accused, who was detained last week, has been lodged in the Dongri Children's Home. According to police, the incident took place on May 23, when the girl was going to a shop after playing at a friend's place. An officer said, "The accused is an elder brother of the girl's friend. On May 23, at around 3.30pm, the juvenile was standing near his house when he saw the 11-year-old girl was heading out. When she told him that she was going to a shop, the juvenile gave her a Rs 20 note and asked her to get a cigarette for him." When the girl refused to get him a cigarette and handed him the money back, the accused grabbed her hand and pulled her inside his house, police said adding that he allegedly sexually assaulted the girl. The girl, who was traumatized by the incident, initially went to her sister and informed her about it. An officer said, "Instead of going home, the two sisters then went to their eldest sister's home. The girl then revealed the ordeal to her eldest sister," an in-



vestigator said. The police said that the 24-year-old woman then brought her eleven-year-old sister to the police station and lodged a complaint.

The minor was initially sent for medical examination after which a case of rape under relevant sections of the Indian Penal Code and Protection of Children from Sexual Offences Act 2012 was registered. The primary medical reports confirmed that she was sexually assaulted. The juvenile, who had escaped after the incident, was located near his house later following which a police team detained him. "The juvenile has been lodged in the Dongri Children's Home," said an officer adding, "The victim is currently not in Mumbai and as soon as she comes we will record her statement in front of the magistrate."

Punjab bank employee murdered in broad daylight on her way to office, man arrested

GNS News Agency, June 12

A woman employed in a private bank was murdered in broad daylight during the busy office hours on Saturday morning in Punjab's Mohali, the police said, indicating that it as a crime of passion. The police have arrested the accused who has not been identified till the filing of this report.

The deceased, identified as Baljinder Kaur, 31, resident of Fatehpur Jattan village, near Morinda town, had been working in the bank in Phase-V for the past nine years, the police said. As per preliminary investigation, Baljinder Kaur had come to the office in the morning in an autorickshaw and was walking towards her office when the accused, who was already present there, attacked her multiple times with a sword, injuring her critically. Though the assault took place in a busy area nobody came for the rescue of the woman who was later declared dead at the civil hospital.



The deceased, identified as Baljinder Kaur, 31, resident of Fatehpur Jattan village, near Morinda town, had been working in the bank in Phase-V for the past nine years, the police said.

Israel rescues 4 nationals held hostage by Hamas in central Gaza operation



the same area. It was not immediately clear if the hostage rescue and the Israeli air assault were part of the same operation.

The rescued hostages, identified as Noa Argamani (25), Almog Meir Jan (21), Andrey Kozlov (27), and Shlomi Ziv (40), were abducted by Hamas terrorists on October 7, 2023 from the Supernova music festival near the southern community of Re'im, The Times of Israel reported.

All the four hostages are said to be in good condition and have been transferred to the 'Sheba' Tel-HaShomer Medical Center for further medical examinations. "Noa Argamani (25), Almog Meir Jan (21), Andrey Kozlov (27), and Shlomi Ziv (40) were rescued in a special operation by the IDF, ISA and Israel Police from 2 separate locations in the heart of Nuseirat after being kidnapped by Hamas from the Nova music festival," IDF said in a post of X. The Israeli army also vowed to continue with its efforts to "bring the hostages home". An Israeli special forces commander was killed during the operation, a police statement said. According to the report, special forces rescued the hostages after they simultaneously raided two Hamas sites in central Gaza's Nuseirat. At one location, Argamani was rescued, while Meir Jan, Kozlov, and Ziv were at the second location. Argamani, a 25-year-old Chinese-born Israeli citizen, was also abducted from the festival. A video footage, as confirmed by her father Yaakov Argamani on Israel's Channel 12, which went viral on social media, shows her being taken away on a motorbike while she screams, "Don't kill me". Fresh footage shows Argamani reunited with her father, smiling and embracing him aboard a vehicle. This scene was broadcast shortly after news of the rescue operation on Saturday. As the Israel-Hamas war entered its ninth month, the IDF on Friday conducted a strike on a UN-run school in Gaza, killing at least 33 people, news agency AFP reported. The Israeli military said its fighter jets killed nine 'terrorists' in three classrooms where about 30 militants from Hamas and Islamic Jihad had been hiding, the report stated.

GNS News Agency, June 12

The rescued hostages were abducted by Hamas terrorists on October 7, 2023 from the Supernova music festival near the southern community of Re'im. Four Israeli nationals, held in captivity by Hamas, were rescued by Israel Defence Forces on Saturday from the central Gaza Strip following a special operation, the country's military said. Meanwhile, Hamas officials have claimed that 200 Palestinians were killed in Israeli airstrikes in

Israel rescues four hostages in Gaza; Hamas says 210 Palestinians killed in Israeli assault

GNS News Agency, June 12

JERUSALEM/CAIRO, Israeli forces rescued four hostages held by Hamas since October in a raid in Gaza on Saturday while over 200 Palestinians were killed in airstrikes in the same area, according to Hamas officials, in one of the bloodiest Israeli assaults of the war. It was not immediately clear if the hostage rescue and the Israeli air assault were part of the same operation but both took place in central Gaza's al-Nuseirat, a densely built-up and often embattled area in the eight-month-old war between Israel and Hamas, the Palestinian territory's ruling Islamist group.

An Israeli military spokesperson said the hostage rescue operation unfolded under fire in the heart of a residential neighbourhood, where he said Hamas had been hiding captives among Gaza civilians under guard by armed militants. Israeli forces returned fire, including with airstrikes, added the spokesperson, Rear Admiral Daniel Hagari. An Israeli special forces commander was killed during the operation, a police statement said. Israel named the rescued hostages as Noa Argamani, 26, Almog Meir Jan, 22, Andrey Kozlov, 27, and Shlomi Ziv, 41. They were taken to hospital for medical checks and were in good health, the military said. They were all kidnapped from the Nova music festival during the deadly raid by Hamas-led Palestinian militants on Israeli towns and villages near Gaza on Oct. 7, which precipitated the devastating war in the Hamas-run enclave. Hamas' raid killed some 1,200 people, according to Israeli authorities, and Israel's subsequent bombardment and invasion of Gaza has killed at least 36,801 Palestinians, according to an updated tally by the territory's health ministry on Saturday. Gunmen took around 250 hostages back to Gaza on Oct. 7. There are 116 now left in the coastal enclave, according to Israeli tallies, including at least 40 whom Israeli authorities have declared dead in absentia.

Israeli News 12 broadcast footage of Argamani reunited with her father, smiling and embracing him. Video of Argamani's kidnapping, showing her shouting "Don't kill me!" as she was driven into Gaza on a motorbike, circulated soon after she was taken on Oct. 7. A smiling Argamani was shown speaking by phone to Israeli President Isaac Herzog from hospital surrounded by family and friends, in footage released by the president's office.

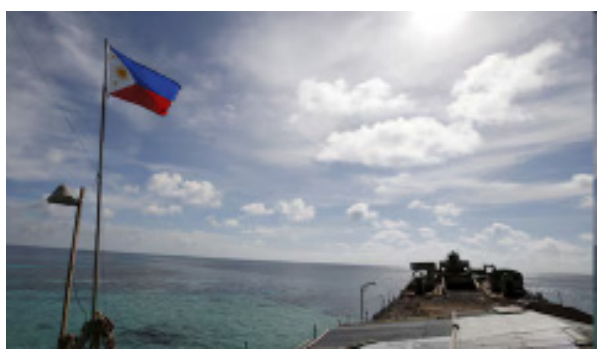
"Thank you for everything, thank you for this moment," she said. "I am so excited to hear your voice, it brings tears to my eyes ... Welcome home," Herzog said. Poland praised the rescue of the hostages and said that one is a dual Israeli-Polish citizen.

A different picture unfolded back in Gaza, where Palestinian health ministry officials and local medics said that an Israeli military assault in Nuseirat had killed scores of people including women and children. The ministry did not say how many of the fatalities were combatants. The Hamas-run government media office in Gaza said later the death toll had risen to at least 210 Palestinians with



many more wounded, after medics and health officials gave earlier tolls of up to 100 dead. There was no immediate confirmation of the highest figure from Gaza's health ministry. Social media footage that Reuters could not immediately verify showed bodies spilling entrails onto bloodstained streets. "It was like a horror movie but this was a real massacre. Israeli drones and warplanes fired all night randomly at people's houses and at people who tried to flee the area," said Ziad, 45, a paramedic and resident of Nuseirat, who gave only his first name. The bombardment focused on a local marketplace and the al-Awda mosque, he told Reuters via a messaging app. "To free four people, Israel killed dozens of innocent civilians," he said.

Emergency response teams sought to ferry the dead and wounded to hospital in the nearby city of Deir al-Balah but many bodies were still lying in the streets, including around the market district, Ziad and other residents said. Nuseirat, a historic Palestinian refugee camp, has been subjected to heavy Israeli bombing during the war and there has also been fierce ground fighting in its eastern areas. The Gaza war shows no signs of slowing even as Israel's chief ally the United States presses for a ceasefire and a deal that would free the remaining hostages held by Hamas in exchange for releases of Palestinians imprisoned in Israel. The war has destabilised the wider Middle East, drawing in Hamas's main backer Iran and its heavily armed Lebanese ally Hezbollah, which Israeli officials are threatening to go to war with on Israel's northern border. Get the latest news and expert analysis about the state of the global economy with Econ World. Sign up here. Reporting by Maayan Lubell and Ari Rabinovitch in Jerusalem, Nidal al-Mughrabi in Cairo and Nayera Abdallah in Dubai, Karol Bahodal in Warsaw; writing by John Davison; editing by Tomasz Janowski, Alex Richardson and Mark Heinrich. A senior correspondent with nearly 25 years' experience covering the Palestinian-Israeli conflict including several wars and the signing of the first historic peace accord between the two sides.



Philippines remains open to dialogue and peaceful negotiations to resolve disputes in the entire South China Sea, the council said. The Philippine coastguard on Friday accused its Chinese counterpart of blocking efforts to evacuate a sick member of its armed forces in the South China Sea. It was the latest dispute in a longstanding territorial spat with China, which claims almost all of the South China Sea,

GNS News Agency, June 12

MANILA, The Philippines will continue to maintain and supply its outposts in the South China Sea without seeking permission from any other country, the country's national security adviser said. The Philippines national security council said on Saturday it reaffirmed its commitment to uphold its sovereign rights and jurisdiction over the Second Thomas Shoal. "Our operations are conducted within our own territorial waters and exclusive economic zone, and we will not be deterred by foreign interference or intimidation," said National Security Adviser Secretary Eduardo Ano. The Philippine agency issued a statement in response to China's suggestion that the Philippines must first notify Beijing over access.

China's foreign ministry said on Friday it will allow the Philippines to deliver supplies and evacuate personnel if Manila notifies Beijing in advance. Ano described such suggestions as "absurd, nonsense and unacceptable". He added: "We do not and will never need China's approval for any of our activities therein. "But the

Benny Gantz delays statement after hostage rescue



JERUSALEM, GNS News Agency, June 12- Israel's centrist war cabinet minister Benny Gantz has delayed a statement he was due to give later on Saturday in which he was widely expected to announce his resignation from Prime Minister Benjamin Netanyahu's emergency government. Last month, Gantz presented the conservative prime minister with a June 8 deadline to come up with a clear day-after strategy for Gaza, where Israel has been pressing a devastating military offensive against the ruling Palestinian militant group Hamas.

But following news that Israeli forces had rescued four Israeli hostages alive from Gaza, the minister's spokesperson said his statement would be postponed. They did not give a new time for the address, in which

political commentators in leading Israeli newspapers said he was expected to announce his resignation. The departure of Gantz's centrist party would not pose an immediate threat to Netanyahu's governing coalition, which controls 64 of parliament's 120 seats, but it could have a serious impact nonetheless.

With Gantz gone, Netanyahu would lose the backing of a centrist bloc that has helped broaden support for the government in Israel and abroad, at a time of increasing diplomatic and domestic pressure eight months into the Gaza war. Netanyahu would have to rely more heavily on the political backing of ultra-nationalist parties, whose leaders angered Washington even before the war and who have since called for a return to a complete Israeli occupation of Gaza.

This would likely increase strains already apparent in relations with the United States and intensify public pressure at home, with the months-long military campaign still not achieving its stated goals - the destruction of Hamas and the return of 120 remaining hostages held in Gaza. Gantz's exit might also indicate limited prospects of success in the latest ceasefire efforts, according to political analysts, who say he would have been more likely to stay on if a deal appeared more probable. Polls have shown Gantz, a former army commander and defence minister, to be the most formidable political rival to Netanyahu, whose image as a security hawk was shattered by the Oct. 7 attack by Hamas on Israel. He joined a unity government soon after Oct. 7, saying he was putting aside political considerations in the national interest.

Biden, Macron to discuss Israel and Ukraine in pomp-filled state visit

PARIS, GNS News Agency, June 12- Fresh from commemorating the 80th anniversary of D-Day, French President Emmanuel Macron welcomed U.S. President Joe Biden in Paris on Saturday for a state visit marked by pomp as well as talks on trade, Israel and Ukraine. The visit began with a ceremony at the iconic Arc de Triomphe, where the leaders paid their respects at the Tomb of the Unknown Soldier while a massive French flag hung from the arch fluttered in the breeze above their heads.

Accompanied by their wives, Biden and Macron greeted army veterans who joined senior officials from both countries. Escorted by French guards on horseback, the leaders then drove down the capital's renowned Avenue des Champs-Élysées, en route to the Elysee presidential palace where they will discuss policy issues and attend a dinner.

The two men share a warm relationship despite past tensions over a submarine deal with Australia. Biden hosted Macron for a state visit at the White House in 2022. "France is ... our oldest and one of our deepest allies. And this will be an important moment to affirm that alliance and also look to the future and what we have to accomplish together," U.S. national security adviser Jake Sullivan told reporters earlier this week. Sullivan said talks between the two men would touch on Russia's war with Ukraine, Israel's war with Hamas in Gaza, cooperation in the Indo-Pacific, and policy issues ranging from climate change to artificial intelligence to supply chains. White House spokesperson John Kirby said the countries would announce a plan to work together on maritime law enforcement and the U.S. Coast Guard and French navy would discuss increased cooperation. Biden and Macron are also expected to discuss strengthening NATO, and both have pledged their countries' support for Ukraine, though they have not agreed yet on a plan to use frozen Russian assets to help Kiev. A U.S. Treasury official said on Tuesday the United States and its G7 partners were making progress on that. Biden met with Ukraine President Volodymyr Zelenskiy in Paris on Friday, apologizing for a months-long delay by the U.S. Congress in approving the latest package of aid, and Zelenskiy ad-



ressed France's National Assembly. During a speech at the American Cemetery in Normandy (Sp) on Thursday, the anniversary of the allied assault against Nazi German occupiers on French beaches in World War Two, Biden called on Western powers to stay the course with Ukraine. Macron and Biden will also confer on the situation in the Middle East.

Biden has been a staunch supporter of Israel, which is pursuing Hamas after it attacked the country in October, but tens of thousands of Palestinian deaths have soured Biden's left-leaning political base on Israel, hurting him as he runs against Republican Donald Trump for re-election in November. Beyond Ukraine, trade issues between the two sides of the Atlantic are likely to loom large. The U.S. Inflation Reduction Act, which Biden signed into law in August 2022, has incensed European officials; they see it as a protectionist move that siphons off investments from EU companies. Macron said during his state visit to Washington in 2022 that the package of subsidies could "fragment the West" and weaken the post-COVID European recovery at a time Washington is seeking allies against China and both sides confront Russia. He and European allies have won little concessions from Washington since, however, and French officials say their aim for this visit is still to try to "re-synchronise" the U.S. and EU economic agendas.

Scandals and missteps slow momentum of Germany's far right

GNS News Agency, June 12

Not long ago, the party, known as AfD, was polling nationally near 25%. With elections approaching for the European Parliament and in three eastern states — its traditional stronghold — the party looked set to achieve its chief goal of moving from the margins to the mainstream. Suddenly, the party's future seems murkier. It is still riding relatively high — the second-most popular party in the country. But recently, as members have been caught up in influence-peddling and spying scandals, secret discussions about deporting immigrants and controversies over ever-extreme statements, the AfD has faced a stiffening backlash, threatening the inroads it had made into the mainstream.

The steady drumbeat of missteps and scandal has forced the party, already officially labeled a "suspected" extremist group by German authorities, to cast aside even some important members and caused fellow far-right parties abroad to shun it. "This week that is behind us was not a good week," Alice Weidel, one of the two leaders of the party, said at a campaign stop on May 25. The AfD is feeling the repercussions. Local elections in the eastern state of Thuringia last weekend did not produce the resounding mandate it had hoped for, though it still finished strong. Now, a week before elections begin for the European Parliament, the party's prospects look a bit shakier. Yet it is still likely to win more seats in both the European Parliament and state elections than before, polls suggest. "Some of the people who had already switched to the AfD have had second thoughts," said Manfred Güllner, the head of the Forsa Institute, a political polling agency. "But the radical right-wing core is not going away."

In perhaps a sign that the AfD camel can carry only so many straws, the party censured its own, pushing its two top candidates for the European Parliament elections from the campaign trail, while not removing them from contention. One, Maximilian Krah, gave a recent interview with The Financial Times and the Italian daily La Repubblica, in which he expressed a belief that not all members of the SS, the Nazi paramilitary force, were necessarily criminals. The other, Petr Bystron, is being investigated for receiving money from Russia.



Krah declined to comment for this article. Bystron did not respond to a request for comment. Even in a party known for roughish members who refuse to fall in line, recent months have been a lot. Before his comments, Krah had already spent weeks in the headlines after his assistant was arrested on suspicion of spying for China, and his own offices were searched, a searing reevaluation for a party that presents itself as anticorruption and hypernationalist.

In May, the AfD leader in the state of Thuringia, Björn Höcke, was fined 13,000 euros (about \$14,000) for using a forbidden Nazi slogan in a 2021 speech. But perhaps the most consequential airing of the party's laundry came in January, after it was revealed that AfD members had joined a meeting where the mass deportation of immigrants — including naturalized citizens — was discussed.

The news touched off months of mass protests by millions against the AfD countrywide. Current polls suggest that support for the party nationally has slipped, hovering from 14% to 17%, by some estimates, from a peak of about 23% in December.

In hopes of recapturing momentum, the party faces something of a strategic tightrope, said Benjamin Höhne, a professor at Chemnitz University of Technology. It must appease an extremist core while broadening its appeal among center-right voters if it is ever to extend its reach beyond its regional strongholds and into real power. "This is a normalization strategy," Höhne said.

RBI fines SBI, Canara Bank for breach of rules



Mumbai: The Reserve Bank of India (RBI) announced on Monday that it has imposed penalties on the State Bank of India (SBI) and Canara Bank for non-compliance with banking regulations and RBI directions. The RBI in an order dated February 26 slapped a penalty of Rs 2 crore on State Bank of India for contravention of provisions of the Banking Regulation Act and not complying with the Depositor Education Awareness Fund Scheme.

The RBI said that an examination of the Risk Assessment Report/Inspection Report revealed, inter alia, that SBI held shares as pledgee of an amount exceeding 30 per cent of paid-up share capital of certain companies and also failed to credit eligible amount to the Depositor Education and Awareness Fund within the period prescribed in the BR Act. Similarly, the RBI has imposed a penalty of Rs 32.30 lakh on Canara Bank for non-compliance with certain directions issued by the central bank on 'Data Format for Furnishing of Credit Information to Credit Information Companies and other Regulatory Measures'.

The RBI said that an examination of the Risk Assessment Report/Inspection Report and all related correspondences in the case of Canara Bank revealed, inter alia, non-compliance with the aforesaid directions by the bank, to the extent it (i) failed to rectify the rejected data and upload the same with the Credit Information Companies (CICs) within seven days of receipt of such rejection report from the CICs, and (ii) restructured certain accounts which were not standard assets as on March 31, 2021 under the extant directions.

However, RBI also said this action is based on the deficiencies in regulatory compliance of the two banks and is not intended to pro-

Oil regulator for opening ATF pipelines at airports

Currently, ATF is transported by road and rail network and only a limited number of airports are linked with pipelines. Even where pipelines are there, they are not on an open access basis which means only the company that has laid it can supply jet fuel to airlines. The Petroleum and Natural Gas Regulatory Board (PNGRB) has invited comments from the public and various stakeholders including oil marketing companies (OMCs), airport operators, and airlines operators for development of aviation turbine fuel (ATF) pipelines connecting various greenfield and brownfield existing and upcoming airports in India. "Pipelines are the cheapest mode of transport of liquid fuels with road transport being quite costly. And looking at the high share of ATF price in airline costs, provision of the pipeline could bring down the cost of air travel," the regulator said in a notice inviting comments.

While the fuel market is open in the airport premises, in the absence of a common carrier pipeline the objective of this open market cannot be achieved. "There are a few other ATF pipelines which are being operated by the OMCs, which also need to be declared as common/contract carriers," the regulator said. "This move will enable other OMCs to utilize these pipelines for transporting their products, fostering competitiveness within the industry".

Further, to ensure security of supply there may be desirability of more than one pipeline supply to major airports. Additionally, existing pipelines need to be declared as common carriers especially due to historical domination of government owned ATF marketing companies so as to allow private marketers get access, it said. This will cater to rising fuel demand of the aviation sector.

Domestic air passenger traffic rose by compounded

annual growth rate of 8.9 per cent between 2012-13 and 2022-23. International passenger traffic grew by a slower 3.1 per cent over the same period. During fiscal year 2022-23 (April 2022 to March 2023), India saw a 47.1 per cent surge in ATF consumption, correlating with heightened air traffic. The previous year was marred by the pandemic that shut businesses. Transporting ATF by any other means than pipeline, results in logistical inefficiencies, increased expenses, and disruptions in the supply chain, PNGRB said. "The absence of an ATF pipeline exacerbates these issues, hindering the sector's competitiveness and sustainability." PNGRB said it is seeking comments from stakeholders to gather insights for effective development of ATF pipelines across the aviation infrastructure in the country. It asked stakeholders to identify key airports requiring ATF pipeline connectivity, assess potential demand over the next 30 years, identify ATF supply source, evaluate potential routes for pipeline construction and assess the need for single or multiple common/contract carrier ATF pipelines to ensure redundancy and operational reliability. "The views and suggestions received will help PNGRB in initiating suo moto bidding processes or assisting entities in identifying potential projects," the notice said. In recent times, PNGRB has authorized two new ATF pipelines for connecting upcoming greenfield international airports -- one from IndianOil's JNPT terminal to Navi Mumbai international airport and the second from Bharat Petroleum's Piyala terminal to Noida International Airport, Jewar as common/contract carrier pipeline through bidding process. In the past, PNGRB has also declared IndianOil's existing Devangonthi to Devanahalli ATF pipeline for connecting Bangalore airport as a common/contract carrier. Another ATF pipeline from Malkapur to Hyderabad Airport is under bidding process.

Economy another victim of war in impoverished Sudan

Before the Sudanese army and paramilitary fighters turned their guns on each other last year, Ahmed used to sell one of Sudan's main exports: gum arabic, a vital ingredient for global industry. Now he's out of business, and his story encapsulates the broader economic collapse of Sudan during 10 months of war. Since combat between two rival generals began on April 15, Ahmed has been at the fighters' mercy.

"When the war began, I had a stock of gum arabic in a warehouse south of Khartoum that was intended for export," Ahmed told AFP, asking to use only his first name for fear of retaliation. "To get it out I had to pay huge sums to the Rapid Support Forces," the paramilitaries commanded by Mohamed Hamdan Daglo who are at war with the Sudanese Armed Forces led by Abdel Fattah al-Burhan.

"I had to pay multiple times in areas under their control, before my cargo got to areas controlled by the government," Ahmed said. But the government — loyal to the army — "then demanded I pay taxes" on the product, an emulsifying agent used in everything from soft drinks to chewing gum. When the trucks finally made it to Port Sudan for export on the Red Sea, "authorities again asked for new taxes, and I had to pay storage fees six times more than before the war", Ahmed said. His gum arabic — like many other Sudanese products — never made it onto a ship. According to Sudan's port authorities, international trade fell 23% last year. The finance ministry, which didn't set a national budget for 2023 or 2024 and

has foregone quarterly reports, recently raised the exchange rate for imports and exports from 650 Sudanese pounds to 950. But that is still far below the currency's real value. With most banks out of service, the only exchange rate that matters to ordinary Sudanese is on the black market, where the dollar currently goes for around 1,200 Sudanese pounds. "It's a sign of the destruction of the Sudanese economy," former Sudanese Chamber of Commerce head al-Sadiq Jalal told AFP. To make matters worse, a communications blackout since early February has hampered online transactions — which Sudanese relied on to survive. The war has led industries to cease production. Others were destroyed. Businesses and food stocks have been looted.

The World Bank in September said "widespread destruction of Sudan's economic foundations has set the country's development back by several decades".

The International Monetary Fund has predicted that even after the fighting ends, "years of reconstruction" await the northeast African country. Sudan suffered under a crippled economy for decades and was already one of the world's poorest countries before the war. Under the Islamist-backed regime of strongman Omar al-Bashir, international sanctions throttled development, corruption was rampant, and South Sudan split in 2011 with most of the country's oil production. Bashir's ouster by the military in 2019 following mass protests led to a fragile transition to civilian rule accompanied by signs of economic renewal and international acceptance.

Foreign portfolio investors sell Rs 28,242 cr of equities so far in May

Foreign portfolio investors (FPIs) sold Rs 28,242 crore, or \$3.38 billion of Indian equities so far in May, making it the highest sell off since January 2023. Heavy selling by overseas investors in May so far is due to the uncertainties related to the ongoing general elections and as FPIs are withdrawing their funds from the Indian market and investing in the Chinese market for valuation comfort. In January last year, FPIs offloaded Rs 28,852 crore of domestic shares, according to data provided by National Securities Depository Ltd (NSDL). In the calendar year 2024 (up to May 17) FPIs sold Rs 26,020 crore worth of local shares.

In the cash market, foreign investors sold Rs 35,532 crore through May 17, which was almost matched by DII (domestic institutional investors) buying of Rs 33,973 crore during this period. "The main trigger for the FII selling has been the outperformance of the Hong Kong in-

dex Hang Seng which shot up by 19.33 per cent during the last one month. FIIs are moving money from expensive markets like India to cheap markets like Hong Kong where the PE is around 10 compared to around 20 PE in India," said V K Vijayakumar, Chief Investment Strategist, Geojit Financial Services. Uncertainty surrounding the election outcome also has contributed to heightened volatility in the Indian market. The recent spike in the fear gauge VIX indicates a high level of uncertainty in the market, he said. "This shift in FPIs' behavior is not a random occurrence. It is a direct response to the ongoing geopolitical crisis in the Middle East, relative valuation discomfort, and the strength of US bond yields," said Vipul Bhowar, Director, Listed Investments, Waterfield Advisors. According to Vijayakumar, going forward, there is likely to be a dramatic change in FPI equity flows in response to election results. Political stability will attract huge inflows.

Obsessing over the weighing scale? 5 things you should worry less about on your weight loss journey



Embarking on a weight loss journey can often feel like navigating a maze of conflicting advice, societal pressures, and personal expectations. Amidst this complexity, there are certain aspects that warrant less worry and more focus on sustainable, holistic approaches to fitness. Here are 5 things you should worry less about on your weight loss journey, according to Simran Khosla, a nutritionist and fitness coach.

1. Your scale weight

While the scale can provide a quantifiable measure of progress, it doesn't reflect overall health or body composition. Fluctuations in weight are natural and can be influenced by various factors such as water retention, muscle gain, and hormonal changes. Khosla emphasised that scale weight is just a number, and not your worth. "Focus more on your energy level, strength, muscle mass, nutritional quality, sleep quality and performance," she

recommended.

2. Complex nutrition advice

Rather than worrying about the complex and extreme nutrition messaging on social media, Khosla advised to keep it simple and listen to your body. "The basics — boring information is most useful," she highlighted.

3. Daily weight fluctuations

The day-to-day weight fluctuations, as per Khosla are normal and don't define your progress. It's more important to focus on the average weight change per week she said.

4. Slip-ups

Khosla said that 'failing the plan' or 'slipping up' is part of the process. "Learn and move forward," she noted, adding that paying attention to what you do majority of the time is essential.

5. Comparisons

Comparing your progress to that of others can be demotivating and counterproductive. Each individual's journey is distinct, influenced by factors such as genetics, metabolism, and lifestyle. "Someone else's journey," said Khosla, is not to be worried about. "Your journey is unique, so focus on your own path," she added. By worrying less about arbitrary numbers, extreme measures, and comparison to others, and instead prioritising balanced nutrition, enjoyable exercise, and self-compassion, you can cultivate a sustainable and fulfilling journey towards a healthier lifestyle. "Stay positive and trust the process," the nutritionist concluded.

Fuel your Fitness: Almonds aid in post-exercise recovery and boost performance



New Delhi: A new study found that eating almond reduces feeling of muscle soreness during exercise recovery which translates to improved muscle performance during a vertical jump challenge. These results expand on prior research which looked at how almonds affect muscle recovery after exercise.

In the new research study, published in Frontiers in Nutrition and funded by the Almond Board of California, 25 mildly overweight middle-aged men and women performed a 30-minute downhill treadmill run test after eight weeks of consuming 57g (two ounces) of whole raw almonds daily. The control group ate a calorie-matched (86 g/three ounces) snack of unsalted pretzels. The treadmill test was designed to cause muscle damage to see how almonds affected muscle recovery.

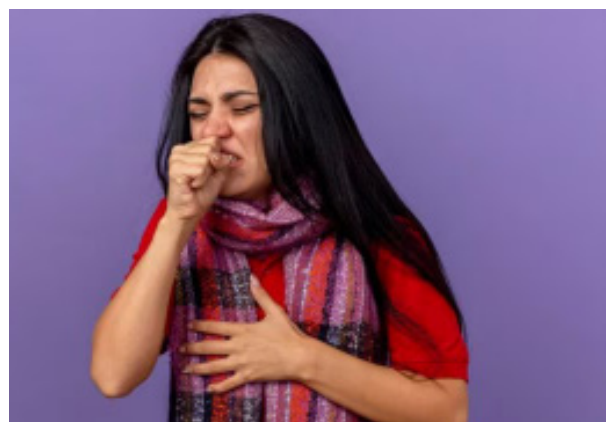
Researchers measured participants' muscle function; blood markers of muscle damage and inflammation;

and perceived muscle soreness using a visual scale, before, during, and at three time points after the treadmill test. They also measured markers of cardiometabolic health, body composition, and psycho-social assessments of mood, appetite, and well-being at baseline and after eight weeks of almond snacking.

Participants who ate almonds experienced an almost 25 percent reduction in muscle soreness when performing an explosive power exercise (a vertical jump challenge) over the cumulative 72-hour exercise recovery period. The perceived reduction in soreness translated to better muscle performance during the vertical jump challenge in the almond group versus the control. No significant differences were observed in measures of cardiometabolic health, muscle damage/inflammation, mood state, or appetite for the almond group or the control group.

The study included non-smoking participants who were mildly overweight and occasionally physically active but were not trained athletes. A limitation of this study is that the results are not generalizable to populations with other demographic and health characteristics. "Our study suggests that snacking on almonds can be recommended to occasional exercisers as a go-to food to help fitness recovery after strenuous exercise," said Dr. Oliver C. Witard, Senior Lecturer in Exercise Metabolism and Nutrition at Kings College London. "Almonds are naturally nutritious with protein, good fats and the antioxidant vitamin E. They can be considered an ideal food for fitness." • One serving of almonds (28 g) has 4 g of plant protein, 13 g of good unsaturated fat and only 1 g of saturated fat.

Would you swallow a live fish to cure your asthma? Hyderabad's famous 'fish prasadam' event makes a return this year



Hyderabad's famous fish prasadam, a unique traditional remedy administered annually to thousands of people, is set to make a comeback this year on June 8.

This ancient practice, introduced by the Goud family headed by Bathini Harinath Goud (who passed away last year), claims to provide relief from asthma and other respiratory ailments. The tradition of distributing 'fish prasadam' has been going on for the last 178 years. The Goud family told indianexpress.com earlier, administering a live snakehead murrel fish infused with a herbal paste down the throat of anyone suffering from respiratory ailments, on the day of 'Mrigasira Karthi', for three consecutive years, brings permanent relief. The full recipe for the prasadam is a closely guarded family secret, according to the report, handed down through generations. The family obtained the formula from a sage in 1845, with the understanding that it would be used to benefit society.

Despite its popularity and the hope it offers to many sufferers, the efficacy and safety of fish prasadam remain topics of debate within the medical community. Dr Shivakumar K, MD Respiratory Medicine and senior consultant Pulmonology at Birds Clinic, Bengaluru stresses, "Today, we are in the era of evidence-based medicine. Without proper evidence, it is not advisable to recommend or prescribe such practices. Any claimed treatment should undergo extensive laboratory studies and clinical trials to establish its safety and efficacy before it can be recommended for widespread use." According to Dr Shivakumar, there is no scientific evidence or clinical research that supports the efficacy of fish prasadam in treating or alleviating asthma symptoms. "Asthma is a chronic



respiratory condition characterised by inflammation and narrowing of the airways, and its treatment usually involves inhalers, corticosteroids, and other medications that reduce inflammation and open up the airways," he explains. Several risks and potential side effects are associated with the ingestion of fish prasadam, particularly for asthma patients, Dr Shivakumar states. These are: Allergic Reactions: Some asthma patients may have allergies to seafood, which can trigger severe allergic reactions and exacerbate asthma symptoms. Infection Risk: The method of administering fish prasadam, which involves swallowing a live fish, raises hygiene concerns. The practice of not using gloves and other sanitary measures can lead to the transmission of infections. Gastrointestinal Hazards: Swallowing live fish could potentially cause harm to the gastrointestinal tract, leading to complications such as choking or gastrointestinal distress. Advice for asthma patients considering alternative treatments: "As a pulmonologist, I strongly advise asthma patients to adhere to evidence-based medical treatments and to consult with their healthcare providers before considering any alternative remedies," asserts Dr Shivakumar. Here are some key points he suggests one should consider instead: Consult Your Doctor: Always discuss any alternative treatments with your healthcare provider to ensure they are safe and will not interfere with your prescribed asthma treatment. Maintain Your Medication: Do not stop using your prescribed asthma medications in favour of unproven treatments. Discontinuing your medication can lead to worsening of your condition and potentially severe asthma attacks. Evaluate Evidence: Seek out treatments that have been scientifically tested and proven to be effective.

Taha Shah Badussha says he skipped meals at Cannes to focus on networking; recalls bribing watchmen with juice to get meeting with filmmakers



Actor Taha Shah Badussha, who shot to fame with Sanjay Leela Bhansali's debut Netflix series Heeramandi, says hustling in the film industry has helped him, and continuing the same hard work even after his breakthrough success is his aim. The actor said that he has been told by many people that he should ease it on the hustle now that he has tasted success, but he doesn't look at it that way.

Taha Shah said that if Heeramandi has taught him anything, it is to keep knocking on every door available and never get complacent with fame. Post the success of the show, Taha had also gone to Cannes. Talking about his experience in the film gala, Taha told Zoom that he was interacting with many people at Cannes, some who didn't know him at all. "When they would find out I had done Heeramandi, they'd say, 'Ye itna bada kaam karke aaya hai, yaha pe kyu ghum raha hai?' Because they think if you become a star, people should come to you. I

don't believe that, bro. Why should I cut away the things I did which brought me here?"

"I hustle. If you don't say hello to me, I will come and do that. If 100 people know you, 95 will assume that you would have attitude after becoming successful, so they will never approach me with a script. So if you don't find me, I will. I tell my team I want to meet everyone, build my own personal relationship." The actor revealed at Cannes, he was "distributing (his) card like a newcomer." Taha recalled telling people, "Please call me, get in touch, I was going to all the stalls, meeting every film commissioner. It is not like they will help me get work tomorrow morning, but you never know. I don't mind missing my sleep or food when it comes to work. When I was at Cannes, I didn't eat. If you have to go for food, you have to take out one and a half to two hours, go out, order a meal, finish and come back. I either eat food or make contacts, I chose the latter. Food I can have later also."

Taha Shah said his style of hustling hard hasn't shifted, and revealed how there was a time he would bribe watchmen of important personalities he wanted to meet. "Earlier, when I would meet people, they would say, 'He is desperate, he doesn't leave you, he is obsessed.' But now, I will do it a thousand times over, because I know what I am doing is right. When I didn't have work, I'd meet the watchmen and say, 'Whenever sir comes, please call me'. I'd buy him a juice, drink or food, I'd pay him back a certain way but request him to please let me know so that I quickly meet people. So why should I stop that? If I want to meet someone, I will try. Of course, now it has become easier to have a meeting, but I have no ego," he added.

Celebrity photographer tried to sneak into Anant Ambani's fortress-like pre-wedding venue in Jamnagar, says paps incur losses covering outstation events

The paparazzi incurs losses when they cover celebrity weddings and other functions outside Mumbai, said photographer Varinder Chawla. Citing the example of the recent pre-wedding festivities of Anant Ambani and Radhika Merchant in the town of Jamnagar in Gujarat, he said that his team found it incredibly difficult to find accommodation and transport, but couldn't ignore covering the event because of its high-profile nature.

In an interview with the YouTube channel Hindi Rush, he said that while there is money to be made in the paparazzi business, numbers have been massively inflated online. He did, however, admit that he and his team don't make money when they cover events outside Mumbai. "It wasn't like we were invited to Jamnagar recently. We cover it because we know the entire film industry is going to be there. I went myself, but we couldn't find a single hotel room; the entire town was booked out. Somehow, we managed to get one room and three of us squeezed in together."

He said that they took turns to stake out the local airport, because they knew that's where they'd get the best content. "Local drivers were charging three or four times the normal rate to transport us around the town. At the airport, they gave us badges and had created a special area for the media. But it's not like they invited us inside the venue to cover the wedding. I tried to see if I



could get in, but it was like a fortress," he said with a laugh. He also recalled the challenge actor Aamir Khan had once thrown to the paparazzi community to get pictures from his wedding to Kiran Rao. "It was somewhere around Lonavla, and I remember going out there with some other photographers. We were there for four days, and we wanted to live up to the challenge. But he really had made incredible arrangements to safeguard his privacy.

They'd increased the height of the resort's walls. I tried to convince a waiter to click photos from the wedding, and I remember giving him a cheap Kodak camera. I promised I'd give him Rs 5,000, but it couldn't happen," he recalled.

Shah Rukh Khan's oldest lookalike had no money for food during the pandemic, Salman Khan sent Rs 2,500 plus ration



Rizwan Khan, who has made a name for himself on social media as a lookalike of Shah Rukh Khan, opened up about life as a celebrity impersonator, and recalled the many times that he has worked with SRK himself. Rizwan said that he has played SRK's body double in a handful of films, as he recalled the difficulties that he has experienced because of the gig economy. Appearing on the web show Dumb Biryani, hosted by Arhaan Khan, Rizwan said that none other than Arhaan's uncle, Salman Khan, helped him and several other celebrity lookalikes when things became difficult financially during the pandemic.

He said, "During the pandemic, things became so bad that I had to sell off some of my belongings because I didn't have money for food. My wife was pregnant at the time, and there was no work. We have a union for celebrity lookalikes, through which Salman Khan sent Rs 2,500 to each member, along with ration. I'd like to really thank him for that gesture. And now, by the grace of God, I have a 2 BHK house, and everything that I had to sell during the pandemic I have bought again."

Rizwan, who hails from Kalyan, said that he used work at roadside stalls at one point, but became a full-time celebrity lookalike after moving to Mumbai. He found work as Shah Rukh's body double on films such as Mohabbatein and Chak De! India, and has also worked with the star on commercials. He said that he has also met SRK once, and that his heart nearly stopped when he got the call late at night. "I was terrified to meet him. I got the call at 2 am and they told me that I have a shoot with Shah Rukh sir. I was stunned... He knows me by name, I've done a lot of ads with him, every member of

his staff knows me."

Recalling an anecdote about playing SRK's body double in Chak De, Rizwan said, "Some shots where he's teaching hockey, that's me, we shot at the Kurla sports club. I remember being called for the job, and it was Ramadan time, so Shah Rukh sir was supposed to arrive a little late. I'd reached earlier in the day, so they told me to get to work. As I went towards the set, all the bodyguards followed me because they mistook me for Shah Rukh sir! I made them all take rounds with me."

Rizwan said that even though there are several lookalikes of Shah Rukh, he was the first one on the block. He is also the only lookalike to have actually worked with SRK himself, he said. "We don't meet each other," he admitted, acknowledging that they'd have nothing to do were it not for Shah Rukh and his stardom. "What does the future hold for somebody in this line of work? We don't know. We take each day as it comes," he said.

Mallika Sherawat accused Ashmit Patel of choking her on the set of Murder, complaint was made to Mahesh Bhatt: 'She knew how to play the game'

Actor Ashmit Patel said that Mallika Sherawat smartly stole the limelight away from both himself and Emraan Hashmi during the promotions of their film Murder. He said that she was keenly aware of how to play the 'PR game', and had a personal publicist years before the concept became commonplace in Bollywood. She also knew exactly what to say, while both he and Emraan were sidelined during the publicity tour.

In an interview with Siddharth Kannan, Ashmit said that he got an inkling of what was going on, and expressed his feelings to producer Mahesh Bhatt. But, he discovered that Bhatt was involved in projecting Mallika as the face of the film. He also recalled an incident on set, when Mallika apparently accused him of choking her during a scene. He said that Bhatt was called, and that he was told to apologise to Mallika. But he said that she was lying, and demanded that the shot be reviewed on the monitor.

Rani Mukerji threatened to sue, Ranbir Kapoor-Alia Bhatt invited paparazzi home to request privacy for Raha: Celeb photographer reveals different tactics



Celebrity photographer Varinder Chawla opened up about the different approaches that Bollywood stars have taken in the past to convince the paparazzi community from not taking pictures of their children. He said that while Ranbir Kapoor and Alia Bhatt invited them to their home and made a personal request, Rani Mukerji threatened to sue them if they ever stepped out of line. In an interview on the YouTube channel Hindi Rush, he said that the paparazzi community is aware that taking pictures of young children against their will is ethically murky, which is why they've started to avoid doing so. He said that the trend began when the earliest pictures of Saif Ali Khan and Kareena Kapoor Khan's son, Taimur, went viral. But in recent years, celebrities have been making requests to photographers to not step over certain lines.

He said, "Rani Mukerji requested us; in fact, she threatened to sue us. Then there's Anushka and Virat, who sweetly asked us not to photograph their daughter; they also sent us gift packages to express their gratitude... Look, we know it's not right. We're careful, out of respect, but also because we're scared of repercussions." Narrating how Ranbir and Alia chose to handle a breach of privacy, and then the birth of their daughter Raha, he



said, "They called us home; over 100 of us from the media, after that picture was taken of her from the roof of a nearby building." He continued, "It wasn't the doing of our community. It was some news photographer, we revealed his name as well to them. But they called us home and requested us to be careful. They said that they would share photos themselves when they feel the time is right, because the baby is too young... They have their reasons, and we respect that. They stayed true to their word, and posed with Raha on Christmas." Ranbir and Alia revealed Raha's face to the world at the Kapoors' annual Christmas party last year.

They have since allowed her photographs to be taken on several occasions. Rani and her husband, Aditya Chopra, remain steadfast in protecting the privacy of her daughter, Adira. Appearing on Koffee with Karan, Rani spoke about maintaining Adira's privacy, and said, "I told them 'Please, baby ka photo mat lijiye (don't take the baby's photo) and from that day, they respected that. To this day, they wait until Adira goes into the airport and then they take my pictures," she said. Rani also joked that when she first told the photographers to not take Adira's photos, they got "scared." "They look at my eyes and they get scared," she said with a laugh.

Years after claiming Kangana Ranaut slapped him, Adhyayan Suman condemns assault on BJP MP-elect: 'Should not have happened'

Actor Adhyayan Suman, who was in a relationship with actor and BJP MP-elect Kangana Ranaut several years ago, has come out in her support after she was allegedly slapped at the Chandigarh airport by a CISF constable. Adhyayan, who had a public fallout with Kangana, commented on the incident at an event in Mumbai. Recently seen in Sanjay Leela Bhansali's Heeramandi, Adhyayan said that taking the law into one's hands, no matter how triggered one is, is not the solution. According to Hindustan Times, the actor's father, Shekhar Suman, also condemned the attack. Shekhar said, "Yeh galat hai. It was very wrong and unfortunate. This shouldn't happen with anyone. No one has the right to do this. This is illegal what she has done. She should get punished for this. I understand that she might have some anger or protest in her mind, but the way it was expressed was very wrong. It could also have been said in a decent manner... You can't raise your hand on anyone like this." The now-suspended CISF constable was caught on cam-



era after the incident, making it known that she was triggered by incendiary comments that Kangana had made about the farmers' protests some years ago. Reacting to this father's statement, Adhyayan added, "I completely agree with him. Even if you have a personal grudge, it is very wrong to take it out publicly. This should not have happened." Interestingly, Adhyayan Suman had previously publicly accused Kangana of slapping him at Hrithik Roshan's birthday party. In a revealing interview to DNA, Adhyayan had claimed in 2016 how Kangana had gotten "violent" with him. "One moment

she made me feel loved and then in the next, it was like I was a nobody in her life! I was standing at the bar alone when Kangana walked up to me said some actor at the party was trying to grab her a**." I felt protective towards her, but I was at someone's house, and creating a scene would be rude, so I told her, 'Let's go.' She went back to doing her thing. Later, she came and told me let's go right now. I was walking down the stairs with her, when she turned around and slapped me! She said, 'Motherf***! You are f**** jealous of my success!' The intensity of the slap was so hard I was almost crying.

That was the first time she got violent," Adhyayan had revealed. The Punjab Police on Friday booked and suspended the CISF constable Kulwinder Kaur, a day after she allegedly assaulted Kangana at the Chandigarh airport. While many came out voicing their displeasure over the incident, Kangana took to social media to slam those celebrating the attack. Based on a complaint lodged by the CISF, the Mohali police had registered an FIR against Kulwinder Kaur under Sections 323 (voluntarily causing hurt) and 341 (wrongful restraint) of the Indian Penal Code.

He said, "Our characters were in a marriage of convenience. I tried to do some method acting, and tried to keep some distance from Mallika's character. So, when she tried a couple of times to break the ice with me on set, I was a little bit distant. I wasn't trying to be cold, but I wasn't trying to be friendly so that I could keep that tension between us personally, so that it would translate on camera. Maybe she didn't understand that, or maybe I should've told her, or Anurag Basu, the director, to convey this to her..." Recalling the incident, Ashmit said, "There was one scene where I had to choke her. I'd asked Naseeruddin Shah once what the correct way to choke someone on camera is, and he'd shared a technique with me where it would look like you're putting in all your power, but not actually harming your co-star. But after the shot was cut, she made a little bit of an issue out of it. Bhatt saab came to speak to me and told me to apologise



to her. I said, 'But I didn't do anything. Let's go watch the monitor, and if you feel I choked her, I'll apologise. But if not, then she must apologise to me'. I didn't get an apology..."

