# 食 The Researchers' 

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| Crews rescue 28 people trapped upside down high on Oregon amusement park ride in US <br>  <br>  $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ and en $\qquad$ $\qquad$ |  |
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## South Africa's Cyril Ramaphosa re-elected as President after alliance deal

The African National Congress lost its majority for the first time in an election on May 29 and spent two weeks in talks with other parties that went down to the wire on Friday morning as the new parliament was convening in Cape Town.

| Cape Town,UPDATED. The African | May 29 and spent two weeks in talks with |
| :---: | :---: |
| the white-led, pro-business Den Alliance, agreed on Friday to |  |
| in South Africa's new | Today isa hisoric chy |
| ereat |  |
|  | sinerest |



Family of 6, including 3 children, shot dead at home in south Mexico
This incident is a latest in a string of
mass killings in Mexico
Two warring militia groups, likely backed
by drug cartels, are battling for control
of the town
Chiapas and Guanaijuato, both hit by
bloody gang turf battles, border
Guatemala

New China rules allow detention of foreigners in South China Sea


South Florida at risk of 'lifethreatening' floods as torrential rain continues

$\qquad$
$\qquad$
$\qquad$ sedia reports and social media posts showed
staleede cars and people trying to wade in streets
covered in hip-deepe water, or paddling in small
boats and kayaks. In some areas, water has
swamped lawns and pushedu to swamped lawns and pushed up to the front doors
of houses and other buildings. Parts of Interstate 95, a main north-south route
along the East Coast, were closed due to flooding
on Wednestay.".he problem is that there no
place for the the rain to go", said oravec. The
ground is so saturated. In some places, water is ground is so saturath. In some places, water is
rising up from the sewers".In nearby Fort
Lauderale, Mayor Dean Trantais declared a
city-wide emergency due to flooding. He said the city-wide emergency due to flooding. He said the
Florida Fish and Wildife Commission was
sending boats and high-water vehicles to assist Irantalis urged people to stay off roadways. "It's
crucial to never attempt to drive through high
water", he warned in a message on the X social

## PM meets Zelenskyy at G7, assures support for peaceful solution to Ukraine conflict

| Bari, UPDATED. Prime Minister | Ministry of External Affairs will lead the Indian delegation at the Peace Summit, | Black Sea export corridor functioning," Zelenskyy said on ' $X^{\prime}$.c"We explored the |  |
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| umn | kegardind hit onging | \%in an atcmpt to chart roat | in untraine and the upe |
| Ukranian president thanked the priie | centic appraach and believes thal |  |  |
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|  |  | (etatiostip and exchanged views on | doin within its means io |
|  |  |  | thanked President Zelensky for |
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India, Italy to collaborate on biofuels, critical minerals:
PM Modi following talks with Italian PM Meloni
RNS I New Delhi: Prime
Minister Narendra Modi
held bilateral talks with his
Italian counterpart, Gior-
gia Meloni, on Friday. The
discussions focused on
strensthening ties between
India and Italy, covering
areas such as commerce,
energy, defense, and tel-
ecommunications.
PM Modi expressed his
gratitude to PM Meloni
for inviting him to the G7
Summit, where India par-
ticipated as an Outreach
country. He was warmly
welcomed by Meloni upon
his arrival in Italy.
Highe key
pointshting of their discussions,
PM Modi stated, "Our na-
tions will work together
in futuristic areas like
biofuels, food processing,
and critical minerals." He
shared this update in a


During an address at an annology reach all sec-
tions of society, to real-
Outreach session of the G7
summit in Italy's Apulia resummit in Italy's Apulia re-
gion, Prime Minister Modi emphasized the impact of inequalities, and expand global uncertainties and
human powers instead of
tensions on the countries tensions on the countries limiting them. This should
of the Global South. He of the Global South. He
called for collective efforts called for collective efforts
to ensure technology bento ensure technology ben-
efits all sections of society, efits all sections of society, technology into mass us-
aiming to remove social aiming to remove social
inequalities and expand human capabilities.

## First Monsoon Rain Brings Relief

 from Humid Heat in Dhanbad|  |
| :---: |
| Shanbad: The arrival of the monsoon has brought muchneeded relief to the residents f Tharkhand, as the first rain of the season hit the Dhanbad district on Saturday, providing a welcome break from the persisent humid heat. <br> The monsoon rains varied across the district, with some reas experiencing heavy downpours and others receivng lighter showers. The sight of rain brought joy to many, s people were seen savoring he refreshing weather change. Children played outside, and dults took leisurely strolls, asking in the cool, wet condiions that had eluded them for weeks. <br> Despite the mornings rain, he weather took a turn by afternoon as the sun emerged, reintroducing a wave of humidity. The fluctuating weather onditions were evident, with louds gathering again later in he day, hinting at the possibily of more showers. This mix of un and rain created a dynamic tmosphere, reflecting the typial unpredictability of the monoon season. |


$\begin{array}{ll}\text { vided a clear picture of this } & \text { providing a cool respite and lift- } \\ \text { transition. The maximum tem- } & \text { ing the spirits of the residents. }\end{array}$ $\begin{array}{ll}\text { transition. The maximum tem- } & \text { ing the spirits of the residents. } \\ \text { perature reached } 45 \text { degrees } & \text { The entry of the monsoon into } \\ \text { Celsius, a slight dip from the } & \text { Tharkhand siggifies more than }\end{array}$ $\begin{array}{ll}\text { Celsius, a slight dip from the } & \text { Tharkhand signifies more than } \\ \text { previous days's scorching highs. } & \text { just a change in weather; it her- } \\ \text { The minimum temperature } & \text { alds the start of a season that re- }\end{array}$ The minimum temperature alds the start of a season that re-
hovered around 32 degrees Cel-

juvenates the landscape, replen\begin{tabular}{ll}
$\begin{array}{l}\text { sius. This marked a significant } \\
\text { change from earlier in the week }\end{array}$ \& $\begin{array}{l}\text { ishes water sources, and brings } \\
\text { hope to farmers anticipating }\end{array}$ <br>
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$\begin{array}{l}\text { change from earlier in the week } \\
\text { when the mercury soared to } 44\end{array}$ \& $\begin{array}{l}\text { hope to farmers anticipating a } \\
\text { good harvest. While the initial }\end{array}$ <br>
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\end{tabular} $\begin{array}{ll}\text { degrees Celsius, indicating the } & \text { good harvest. While the initial } \\ \text { cooling influence of the mon- } \\ \text { relief, the comered a glimpse of }\end{array}$ $\begin{array}{ll}\text { cooling influence of the mon- } & \begin{array}{l}\text { relief, the community remains } \\ \text { soon. } \\ \text { sopeful for consistent monsoon }\end{array} \\ \text { As the day progressed, the clear } & \text { showers to sustain this pleasant }\end{array}$



PM Modi Meets Pope Francis at G7 Summit, Extends Invitation


RNS: Prime Minister Nar-
endra Modi met Pope Franendra Modi met Pope Fran-
cis with a warm embrace at cis with a warm embrace at
the Outreach session of the G7 Summit in the Apulia region of southern Italy. region of southern Italy.
Pope Francis, along with Pope Francis, along with
other world leaders, discussed pressing global issues at the summit.
PM Modi engaged in a
light-hearted exchange
light-hearted exchange
with the 87 -year-old head
with the 87 -year-old head

CCL Gandhinagar Hospital to Host Free Cardiac Clinic
Renowned Cardiologist Dr. Rajiv Rathi to Offer
Consultations at Heart Disease Camp


RNS I Ranchi: The CCL Central Hospital in Gandhinagar, Kanke Road, is organizing a free heart disease medica Camp on Friday, June 21, 2024, starting at 9 am.
Dr. Rajiv Rathi, a Senior Interventional Cardiologist fron Max Super Specialty Hospital, New Delhi, will offer conheart conditions.
Residents of Jharkhand are encouraged to utilize this op
portunity for free medical advice. Patients should bring any previous medical rep
treatments.
Under the leadership of CMD Nilendu Kumar Singh, CCL is committed to providing medical services not only to it
employees and stakeholders but also to the broader com-
munity.
CCL regularly invites renowned specialist doctors from across the country to conduct health camps for various dis
eases. These initiatives aim to provide eases. These initiatives aim to provide modern treatment
facilities for serious illnesses close to home, benefiting a many people as possible.

Awareness in Society Crucial for Cervical Cancer Elimination: Dr. Bharti Kashyap


RNS f Gua: Dr. Bharti Kashyap emphasized the critica
need for public education in the fight against cervical cance Under the leadership of Principal Usha Rai, Dr. Bharti Kashyap, representing the Women Doctors Wing of the IMA Jharkhand, engaged with the faculty to discuss the iming cervical cancer.
Dr. Kashyap highlighted that testing for Human Papillom Virus (HPV) infection is a key strategy in eradicating cervifial symptoms, including abnormal sensations or paralysi in the hands and feet, pain in the hands, and issues with bladder and bowel function due to acute compression. Sh ges the spinal cord could result in complete paralysis of the limbs.
The event saw full participation from the teachers of DAY
Public School, Gua As a gesture of appreciation, Dr, Bhart Public School, Gua. As a gesture of appreciation, Dr. Bhart Kashyap
flowers.

BSL innovates with Sludge Bricks as an alternative to scrap in steel production


## Against 'Modi Govt by Mistake' Jibe: 'In a Fool's Paradise' Jab

## CCL hosts workshop on POSH Act



## CREATIVE INTERIORS

Uttarakhand: 10 Dead, Several Injured As Tempo Traveller Falls $\sin 0$ Gorse Near Badrinath Highway


New Delhi: As many as ten people were killed and Rudraprayag district. Local administration and SDR into a deep gorge near the Rishikesh-Badrinath teams are engaged in relief and rescue operations. The

Rudraprayag. The accident too place near the Alakananda Rive on the highway.
the vehic 23 passengers aboard the vehicle. Rescue operations are
underway, said the State Disaster underway, said the State Disaster
ResponseForce Uttarakhand Chief Minister Pushkar Singh Dhami said that Pushkar Singh Dhami said tha
the injured have been sent to th

## Uttarakhand Chief

 Minister Pushkar Singh Dhami said that the injured have been sent to the nearest medical centre for treatment magistrate has been ordered nvestigate the incident," the Chie Minister posted on h1s platform X, Union Home Ministe shared, "My condolences are with he families of those who lost their administration and SDRF teams are engaged in relief and rescue work engaged in relief and rescue workand all possible help is being treatment.Expressing Dhami said the distric
investigate the matte

Portal for state rural job scheme: Bengal minister launches Karmashree's website

A source said chief minister Mamata Banerjee had given special focus to compensating for the loss of poor rural workers through her brainchild scheme, Karmashree, before the 2026 Assembly elections
Calcutta. The state panchayats and rural development department on Friday launched an online portal for Karmashree -a flagship scheme parallel to MGNREGA
to provide at least 50 days of work to over two crore job holders as the Narendra Modi government froze funds for the rural employment guarantee scheme in December 2021 source said chief minister Mamata Banerjee had given workers through her brainchild scheme, Karmashree, befor the 2026Assembly elections.
On Friday, the state panchayat and rural development minister Pradip Mazumdar, launched the online portal and WhatsApp chatbot service, which allows anyone to get in touch with developmental works under the department.In conference at Dhano Dhanye auditorium here, block (DIAs) from across Bengal were trained to upload (DIAs) from across Bengal were trained to upload
comprehensive job creation data through different state government departments.
 Now the state government will ensure a 50 -day work guarantee under the state-funded scheme," said a senior state government official.
After the Centre froze funds to Bengal under schemes like MGNREGA in December 2021, citing irregularities, the


Banerjee, launched a massive movement against the Narendra Mod government in Calcutta and Delhi.In Delhi,
several TMC MPs were detained when they went to meet the several TMC MPs were detained when they went to meet the
Minister of State for Rural Development, Sadhvi Niranjan Minister of State for Rural Development, Sadhvi Niranjan
Jyoti, in her office at Krishi Bhavan in October 2023 In Jyoti, in her office at Krishi Bhavan in October 2023. In
February this year, the Bengal government released ?2,800 February this year, the Bengal government released ? 2,800
crore from its coffers to pay 59 lakh MGNREGA job card holders.A senior TMC leader said providing due wages to the holders.A senior TMC leader said providing due wages to the MGNREGA workers and the campaign on the Centre's
deprivation helped the party reap political dividends in the recently concluded Lok Sabha polls by bagging out of 42 recently conclude
seats in the state.

Notice to Sunita Kejriwal to take down Arvind Kejriwal's court video
New Delhi:The Delhi High Court on Saturday
issued a notice to Arvind Kejriwal's wife
Sunita Kejriwal, asking her to take down the
video recording of court proceedings when the
Delhi Chief Minister addressed the court in
person following his arrest in the liquor policy
case.A Division Bench of Justices Neena
Bansal Krishna and Amit Sharma further
directed social media platforms X, Facebook,
Instagram, and YouTube to take down similar
content when it comes to their notice.
The court further directed a host of other social
media handles to take down the video as
well.The court passed the order while hearing a
public interest litigation (PIL) faviled by advocate
before the court for the second time following his
arrest by the Enforcement Directorate.Advocate
Vaibhav Singh.The video pertains to March 28,
Vaibhav singh argued that after Kejriwal
offorges.He said that posspiracy hatched by Arvind Kejriwal
and the AAP.

being involved in the killing of Khalistani separatist Hardeep Singh Nijar in Canada last year. Indian denied these ald'
On the sidelines of the G7 summit in Italy's Apulia region, Modi also had a separate meeting with region, Modi also had a separate meeting with
US President Joe Biden. This conversation occurred nearly seven months after Washington

# Sikn separatist Gurpatwant Sing 

 Pannun in New York. In his address, Biden named India and other as essential partners in thefield of minerals. Following his meeting with Mr. Zelenskyy, Prime Minister Modi described it as productive and expressed India's eagerness to strengthen bilateral relations with Ukraine. Regarding the conflict with Russia, Modi emphasized India's belief in a human-centric
approach and asserted that peace can be approach and asserted that peace can be
achieved through dialogue and diplomacy.On the first day of the summit, discussions were dominated by the Russia-Ukraine conflict. Leaders agreed on a US proposal to support a $\$ 50$-billion loan to Kyiv using frozen Russian assets. US President Joe Biden described this decission as a to Russignificant President Vladimir Putin message to Russian President Vladimir Putin. Ministry of External Affairs (MEA) Spokesperson Randhir Jaiswal detailed about PM's meeting
with Macron, he posted on X: "Taking Strategic with Macron, he posted on X: "Taking Strategic
Partnership to new levels! PM @narendramodi Partnership to new levels! PM @ narendramodi
met President @EmmanuelMacron of France on the sidelines of the 50th G7 Summit in Apulia,

Nitish Kumar brought shame when he touched PM Modi's feet: Prashant Kishor
New Delhi:Bihar Chief Minister Nitish Kumar brought shame to the state when he touched the feet of Modi, political strategist turned Friday Pishant Kishor aleged at a public meeng in Bhagalpur on in power Kishor's remark came in reference to Nitish Kumar bowing to touch Prime Minister Narendra Modi's feet during the meeting of the NDA Parliamentary Party, ahead of the Prime Minister's oath eople ask me with him in the past. He was a different man back then. His conscience had not been put up for sale," said Kishor, who had formally joined the party two years later."The leader of a state is the

pride of its people. But Nitish Kumar brought shame to Bihar when he touched the feet of Modi," he alleged, referring to the NDA meeting in Delhi last week.
Kumar's JD (U) won 12 seats in Lok Sabha polls to emerge as the second largest ally of the BJP, which failed to get a majority on its own. return to much talk about Nitish Kumar playing a key role in Mod's position? He is not using his clout to ensure benefits for the state. He is touching feet to ensure that he remains in power, with BJP support,
even after 2025 assembly polls," Kishor said.Notably, Kishor first even after 2025 assembly polls," Kishor said.Notably, Kishor first
shot into fame in 2014 for handling the spectacularly successful Lok Sabha poll campaign of Modi.y the time he gave up political consultancy in 2021, Kishor had worked for several high-profile politicians, including Mamata Banerjee, Arvind Kejriwal and Jagan Mohan Reddy

## Is Congress seeing a revival? Direct answer in direct fights

[^0]announcing that the party was dead. The
Lok Sabha election results show the party is alive and kicking," says author and political commentator Rasheed Kidwai. The sense of elation within the party could be becaus the Congress was fighting from a position of weakness. For the first time in its history, the Congress fielded less than 330 candidates in a general election. To bleed the BJP, it made sacrifices for its INDIA partners.
o, what do the numbers suggest?
The arithmetic shows a Congress revival,
but revival is a continuous process. The but revival is a continuous process. The
answer lies somewhere in between," political analyst Amitabh Tiwari tells India Today.In.It is crucial to understand that answer lying in between, because, as Tyrion Lannister (played by Peter Dinklage) warned, "It's easy to confuse 'what is' with what ought to be', especially whe 'what is'
 Himachal Pradesh, three states where the Congress is in power."In Karnataka, the Celangress has lome months in a way. They swept Telangana some months back, but there it general ed just $50 \%$ of the seats in the it has been ion, and in Himachal Pradesh, Kishor, popularknown as PK e says that there are two states, Rajasthan and Maharashtre are two states, Rajasthan
performance has been praiseworthy.In Rajasthan, where the BJP registered a clean sweep in the last two elections, the
Congress snatched eight seats from the Congress snatched eight seats from the saffron party. Even in Haryana, the
the author of multiple books Kidwai,
Congress, including 24 Akbar on the the results in Haryana 24 Akbar Road, says
arty Congress costra is a good example of hree, and comeback. It was at number harty" so no it has become the No. Kishor says Kidwai.However, Prashan performances do not show a pan-India revival. "If it would have been a pal India revival of the Congress, the party would have done better in its
strongholds," he argued.To get a fair idea if this is the revival of the Congress, look at the direct match-ups with the BJP WHAT DO CONGRESS-BJP DIRECT ELECTION FIGHTS SUGGEST? olitical analyst Amitabh Tiwari says,
amongst other things, the answer if it's the moment of revival for the Grand Old Party can be found in a comparison of BJP Congress direct fights.

Time to put S\&T policies back on track
N the past 10 years innovation was perhaps the
most unter buzword insecelhes of the Prime
Minister, Cabiner min tinisters and science bureaucrats in India. Several awards, missions
and schemes were announced to promote scienceand schemeswere announced to promote science-
based innovation in different sectors. It is,
however, surprising that all this was happening however, surprising that all this was happening
without a proper enabling environment. The
grand intentions of the Modi 2.0 government to
boost scientific research remained a 'work in boost scientific research remained a 'work in
progress' at a time when the global research
landscape is fast changing with the emergence of deep tech. Little progress was made on three
critical counts- science and technology (S\&T) policies, funding mechanisms and research
priorities and the new governments agenda
should be to prioritise them.An exercise to develop a new National Science, Technology and
Innovation (STI) policy was initiated during the Covid-19 pandemicin 2020 . Several drafts were
prepared, but the policy remains on paper and is prepared, but the policy remains on paper and is
yet to be finalised. The policy was to replace the
one ereleased in 2013 by the UPAgovernment.
first the first task of the new government on the science
and technology front, therefore, should be to
finalise the STI Policy and start its minalise the STI Policy and start its
implementation in earnest. If the new
dispensation finds that the draft is not nough, it should junk it and continue with the
enunciated in in 2013 framewaik. The poin unfulfilledeveven goals
after a policy was to por insition India among the top five
global scientific powers by 2020 and to increase the gross expenditure on R\&D (GERD) to 2 pe cent of the GDP. We have seen little progress on
the expenditure front. India has slipped on this
parameter The GERD in 2013 was 1 per cent of parameter. The GERD in 2013 was 1 per cent of
the GDP. It came down to 0.66 per cent and 0.64 per cent during 2019-20 and 2020-21,
respectively, according to the latest available data
from the Department of Science and Technolog The 2013 policy was unequivocal about the negy
to increase GERD and enhance public investme to increase GERD and enhance public investmen
in scientific research, but the 2020 STI draft is vague on this count. It talks of developing
'financial landscape of the STI ecosystem" which departments and ministries of the central,
state, and local governments as well as government and private companies will set up an
STI unit with 'a minimum earmarked budget to pursue STI activities.' On the face of it, it is a
outdated idea. It was first proposed in the 1980s. The technology development roadmap suggested in promote technology self-reliance an
indigenisation to achieve the larger goal o
Atmanirbhar Bharat. For this, a two-way Atmanirbhar Bharat. For this, a two-way
approach has been prescribed a indigenous
development of technology as well as technology indigenisation. At the same time, it says,
"international engagements will be facilititad to
a gain essential know-how towards creation and
development of indigenous technologies." Another grand idea of the Modi government was
the National Research Foundation (NRF) as a the National Research Foundation INRF) as a
supra-research funding agency. It was first
announced by Finance Minister Nirmala
Sithurama in NRF is still to see the light of day even after
Parliament passed a Bill for its formation in 2023 . The idea of a funding agency along the lines o
America's National Science Foundation was firs proposed by the Scientific Advisory Committee
to the Prime Minister, headed by Prof CNR Rao, in 2005. As a result, the Science and Engineering
Research Board (SERB) was established in 2008 to streamline funding for scientific research. The and dissolved rerb. Here has been no credible
justification from the government for replacing
SERB with a new body. The only intention seems regulate research. NRF's Governing Board also
be presided over by the Prime Minister and two ministe (he Vice-Presidents Eyen with SER will be the Vice-Presidents. Even with SERB,
researchers complained of bureaucratic delays,
one can imagine the fate of such a heavily one can imagine the fate of such a heavily
political governing structure for the NRF. In a centralised funding mechanism based in Nee
Delli or multiple channels of funding in differen
sectors?

## Focus on agriculture as the fulcrum of economic growth

## The need of the hour is to promote precision farming, which can give us more from less

THE new government is expected to spell out a fresh
policy to boost economic growth and improve
consumption as well as investment. In the past decade, consumption as well as investment. In the past decade,
absolute power enabled the BJP-led government to absolute power enabled the BJP-led government to
formulate and push policies of its choosing swiftly without any concern over political opposition. Now, it is
a different ballgame. The emphasis will be more on compromise and accommodation.
The chances are that economic growth will slow down a
bit. Hence, the challenge will be to devise innovative ways to arrest the slide. It is hoped that technology will help turn the tide.The government should focus
particularly on agriculture. Modi 3.0 has made a good start on this front by releasing the PM Kisan Nidhi instalment of Rs 20,000 crore to transfer Rs 6,000 each per year into the bank accounts of over nine crore
farmers.But there has to be a follow-up after the sop. agriculture forward. The government can take a cue from agriculture forward. The government can take a cue from
the success story which Madhya Pradesh crafted to transform agriculture. Perhaps fittingly, former CM
Shivraj Singh Chouhan, who did a good job in his home Union Agriculture and Rural Development Minister During the 10 -year period till 2022 -23, agriculture grew in
MP by 6.1 per cent on an average annually compared to MP by 6.1 per cent on an average annually compared to this was done was not by putting under the plough virgin land, the net sown area went up multiple times.
Other than effectively having more land, Madhya Pradesh was able to get more water. It did not build new canals but instead had concrete lining done for existing ones,
besides desilting, cleaning and fixing breaches. Thus, the state was able to get a lot of canal areas without having to any effort by the Centre to get the states to go in for all
this. There may be discord between states over this. There may be discord between states over
groundwater drawn by irrigation tubewells that run on groundwater drawn by irrigation tubewells that run on
subsidised power. The Centre needs to persuade the states to move away from his process The government also needs to spur agriculture by bringing
in new technology. The use of fertilisers, which helped usher in the Green Revolution, is becoming passe. New technology is needed to protect crops from pests,
pathogens and weeds.Mechanisation and agronomic intervention can be promoted. Tractors have practically replaced bullocks. Now, there are new ploughs that can
do deep tillage, mix pulverised soil and break hardpan layers.There is also new technology for irrigation -- drip irrigation and laser land levellers which place seeds and
ITAS a 'best of both worlds' situation for
Chandrababu Naidu. The Telugu Desam Party
(TDP) supremo has not only become the Chief
Minister of Andhra Pradesh for the fourth time,
he has also emerged as a key stakeholder in the
BJP-led government at the Centre. On
Wednesday, he took oath as CM in the presence
of Prime Minister Narendra Modi and other
senior BJP leaders. The alliance comprising the
TDP, the BJP and the Janasena Party recorded a
(low earth orbits), space technologies and cloud
computing are all bursting he basis for are available to get much more with very littl are availabe to get much more with
ut what stands in the way of this is the political economy Huge amounts of subsidy have been handed out by wa of free power, free water and urea with $80-90$ per cent
subsidy. The subsidies may have been good in the 1960 and 1970s to meet the country's food deficit, but this has been continuing. Farmers in the northwestern region are continuing to grow the same paddy, wheat and sugarcan with state subsidy.The initiative by the government to
enact new farming laws was negated by a long enact new farming laws was negated by a long, ensure limited use of natural resources. The irrational exploitation of nature's wealth must be severely curtailed, if not stopped eventually. This is what the new government must try to do. To be able to do this, th Centre will need to have a dialogue and reach a
agreement with the states. These are the new dynamic which the election outcome has handed down
arid land through drip irrigation and water-soluble liqui
fertilisers. When it com to ertilisers. When it comes to the new technologies fo is an overriding concern. The country needs to preserve land, water and air so that its citizens, who now numbe preserve themselves. They also need to be able to cop be evolved must make heads together so that biodiversity is preserved. The ever-growing number of people m
and thrive in a sustainable manner.
ut the good news from academics is that if farmers follow the right pr
some time better and more scientific evidence instead of going back to nature as Sri Lanka attempted to do by trying to do
away with fertilisers and Sikkim ventured to do as well. The need of the hour is to promote precision farming nformation gystem, artificial intelligence Geograph machin learning, which can use eno data to bring about

## Two good for Naidu

pped the ante against the PM, saying that he has failed to
fulfil the promise made in this regard in Tirupati is the loss of revenue attributed to the state's Telangana under the AP Reorganisation Act
February 2014. Another NDA-ruled state, Bihar, also demanding this status, with CM Nitish
Kumar's cabinet having passed a November 2023. The stability of the Modi 3.0 Nitish will go for the sake of their resp strangrtast, things are pretty simple and
ter the BPP in Odisha, where tribal party's first CM in that state. The saffron party long reign with an impressive win in the recent be to sustain the momentum of development tha
Odisha witnessed when Naveen was a the helm.

NEET 2024 Row: A Wake-up Call


The result of NEET 2004
with the scam of irregularities gives a awak-up call to look
what happens around: how he system works, how vestroubled water, and how stu dents become victim. The alleged irregularities in examirecurring phenomena every
year, irrespective of which year, irrespective of which
party forms the government. NEET 2024T is alleged to have irregularities due to
aper leakage, involvement paper leakage, involvement
of matia, contentious grace est in some centres, increase oppers from a centre. The last two allegations are trivial,
but their solution can have Placaing effict on the protes. ) with the help of the SC has addressed the e grace mark al-
of 1563 students whom grace
marks were awarded. The
Education Minister affirms of
non-receipt of any allegation
of question leakage. However,
there is no proper reply to
other allegations so far which
create suspicion in public and
among students. The court
has also remarked about the
loss of sanctirk in the conduct
of the test.
Petitions have been filed
seeking cancellation of the
result, conduct of re-test, and
CBI enquiry against the irreg-
ularities. Petitioners are a few
students, but concernedly,
there are teachers of coaching
centres. The allegations are
supported by other students,
probably who could not score
as expected, their parents,
some media houses, a section
of public, and vociferously
opposition politital parties.
The SC has fixed the date of
hearing on 8 July 2024. How-
ever, it did not cancel the re-
sult and counselling.
This has created uncertainty
and tension among the stu-
dents who, by dint of hard
work have scored desired
marks. The concern is about
the re-test for all in case the
court orders os. They are
afraid of it as a distress-test.

|  | and apprehension of different |
| :---: | :---: |
|  |  |
| sense | Undoubtedy , as |
| ter the result. I | through media, some can- |
| termath of hard la | didates have genuine griev- |
| one complacent, relaxed | ances. Could not these griev- |
| lethargic. The | ances be resolved on their |
| certainty | vidual merit? A |
| added negative stimulation | simile can justify the logic. |
| Further, short period for the | When a boil occurs on any |
|  |  |
| pers, finding impartial | body is no |
| setters and moderators | dency demands treatment |
|  | of the boil first, and then the |
| secret that many teac |  |
| directly or indirectly | of boils further. The SC has |
| ated w | bee |
|  |  |
| study materials. The difificuly | counseling, and address- |
| level of questions may | ing the grace mark allega- |
| objectively | tion. Evidently, the allega- |
| short time. Those | tions, like the boil have their |
|  |  |
| pulously have nothing to lose. | prits have to be punished, the |
| They will put blame on eve |  |
| fail | ture and at particular centres |
| est. But |  |
| good score by dint of | lab |
|  | warded. A culprit may escape |
| chologically depressed due to | law but an innoce |
| above factors. | be punished. |
| The apparent a | As has been mentioned, |
|  |  |
| need | why is so |
| of re-test ensure | hue and cry now? |
| ferm |  |
|  |  |
|  |  |
| of complacence, uncertain |  |


 eral crucial ramificictions sev de
mand manding critical present and future attention. Broadly, it concerns and a a neat image of the NEET. It heould be the
responsibility of the Ne responsibility of the NTA to
come out clean by instituting investigations into alle gat investigations into alle-
gaties in Proofs of intreatari- and Guiarata are ties in Binara and Guiarat are
pouring in. The system of
examination involves examination involves a net-
work of participation: NTA
 team, Courier and Examina-
tion Centres. There is every possibility of leakage at any
point by anybody, given the point by anybody, given the
examination mafias involvement and individual greed
for monex. Let the culprits be for mone. Let the culprisbe
punished. It is easy becuse
centres. with inrequalitites have been identified. The law authority can easily identify
culprits at the exy culprits at the examination
centress centres. staidents, Pirented. These
and
students should be rusticted students should be rusticated
from appearing NEET; parents should be booked un-
der criminal law, and other not be troubled. If questions
are distributed late it is a commonsense to extend the

## papers. The teachers and ex-

 amination superintendent of should ben did not do this should be punished and centres should be blacklisted. In our country, there is a high Realising this, the govern-
ment is increasing the ber of medical colleges. But colleges cannot be established
at a short notice to address present crisis. So, increase ing colleges is proposed. The government may bring an or-
dinance to increase medical seats for one year in exiting
colleges as a crisis-management measure. An increase in
five seats in ach of 783 colleges will give admission to an
additional 3915 candidates. This will take care of the al-
legation of cut-off marks, demand for re-test, and will not disturb the academic ses-
sion. For accountability sion. For accountability and
transparency, for the present
and future, the government and future, the government
should take strong action should take strong action
against the culprits and mafia. own)

जी. किशन टेड्डी ने कोया और खाज मंग्रालय की पहली समीश्ना बैठक की wix
नइ दिली। केंद्रीय कोयला और खान मंती जी. किशन रेड़ोने अपने प्रभार वाले दोनों मत्रालयो का दायित्व सभालने के बाद पहली समोक्षा बेठक
की है। इस बेठक में राज्य मंत्री सतीश चंद्र देबे भी मौज़द थे। बैठक के
 लाग करने जैसे म र्वार्म ओं पर ध्यान केंदित किया गया
स्टेनली लाइफस्टाइल्स का आईपीओ 21 जून को खुलेगा, मूल्य दायरा 351-369 रुपये प्रति शेयर मुंबई/नई दिल्खी। लग्जरी फर्नीचर ब्रांड कंपनी स्टेनली लाइफस्टाइल्स लिमिटेड का आरंभिक सार्वजनिक निर्गम (आईपीओ) 21 जून को
खुलेगा। आईपीओ का मूल्य दायरा (प्राइस बेंड) 351 रुपये से 369 रुपये खुलेगा। आईपीओ का मूल्य दायरा ( प्राइस बैड) 351 रुपदे
प्रति शेयर निर्धारित किया गया है। कपनी की योजना 5 जुटाने की है। कपंनी ने एक बयान में कहा कि उसका आईपीओ
को खलेगा और 25 जून को बंद होगा एकर यानी बड़े निवेशक को खुलगा और 25 जून को बंद होगा। एंकर यानी बड़े निवेशक 20 जून
को बोली लगा पाएंगे। आईपीओ का मूल्य दायरा $351-369$ रुपये प्रति शेयर तय किया गया है। इस आईपीओ में कपनी 200 करोड़ रुपये मूल्य के ताजा शेयर जारी करेग।। इसके अलावा 337 करोड रुपयें के 91.33
लाख इक्रिटी शेयर ऑफर फॉर सेल (ओएफएस) कें लिए है। स्टेनली लाख इक्षिटी शेयर ऑफर फॉर सेल (ओएफएस) के लिए है। स्टेनली
लाइफस्टाइल्स लिमिटेड इस पेशकश से 537 करोड़ रुपये जुटने की योजना बना रह है। कपनी का लक्ष्य बॉम्बे स्टॉक एक्सचेंज (बीएसई) और नेशनल स्टॉक एक्सचेंज (एनएसइ) प्लेटफॉम पर लिस्ट होना है। बिगलुरु
स्थित स्टेनी लाइफ्टाइल्स लिमिटेड एक लग्जरी फन्नीचर ब्रांड है। यह अपने कई ब्रांड के जरिए सुपर-प्रीमियम, लक्जरी और अल्ट्रि-लक्जरी
सहित विभिन्न मल्य श्रेणयों में काम करने वाली कछ भारतीय कपनियों में सहित विभन्न मूल्य श्रेणियों में काम करने वाली कुछ भारीबां
से एक है। इसकी बेंगुरु में दो निमाण सुविधाएं मौनूद हैं। एलआईसी के अध्यक सिद्धार्थ गोहंती ने वित उंग्री से मुलाकात की


बड़ी सरकारी जीवन बीमा कंपनी है। ये देश की सबसे बड़ी निवेशक कंपनी भी है, जो पूरी तरह से भारत सरकार के स्वामित्व में है। इसकी स्थापना
साल 1956 में हुक थी। नेशनल स्टॉक एकसचेंज के सीईओ आरीष चौहान ने वित्त मंत्री से मुलाकात की
नई दिल्री। नेशनल स्टॉक एक्सचेंज (एनएसई) के प्रवंध निदेशक
(एमडो) और मुख्य कार्यपालक अधिकारी (सीईओ) आशीष चौहनन ने केंद्रीय वित्त एवं कॉर्पोरटट मामलों की मंत्री निर्मला सीतारमण से मुलाकात

(वित्ता से मुलाकात की। हालांकि, इस मुलाकात की विस्तृत जानकारी नहीं दी गई है। उल्लेखनीय है कि नेशनल स्टॉक एक्सचेंज देश का सबसे बड़ा और तकनीकी रूप से अग्रणी स्टॉक एक्सचेंज है। इसकी स्थापना 1992 में हुई
थी जो देश की अर्थिक राजधानी मंबई में स्थित है। कारोार के लिहाज थी, जो देश की आर्थिक राजधानी मुंबई में स्थित है। का
से यह विश्व का तीसरा सबसे बड़ा स्टांक एक्सचेंज है।

देश का विदेशी मुद्रा भंडार 655.8 अरब डॉलर की रिकॉर्ड ऊचाई पर


देश की दूसरी सबसे बड़ी ऑटोमोबाइल कंपनी बनी महिंद्रा, टाटा मोटर्स को पछाड़ा

## घरेलू शेयर बाजार की कामयाबी, भारत दुनिया का चौथा सबसे बड़ा शेयर बाजार बना

| एजेंसी नई दिल्ली। | कैपिटलाइजेशन के मामले में हांगकांग को पीछे छोड़ दिया था। | लिस्टेड कंपनियों के मार्केट कैपिटलाइजेशन से अधिक हो गया | 56.49 ट्रिलियन डॉलर के माकेकेट कैपिटलाइजेशन के साथ दुनिया का | माकेट कैपिटलाइजेशन के साथ चीन ने दूसरे सबसे बड़े शेयर बाजार होने | दोबारा जोरदार छलांग लगाई और फिलहाल रिकॉर्ड स्तर पर पहुंच कर |
| :---: | :---: | :---: | :---: | :---: | :---: |
| फिर मार्केट कैपिटलाइजेशन के | उसके बाद बाजार में आई गिरावट |  |  | हासिल कर रखा है। चीन | कारोबार कर रहा है। |
| मामले में दुनिया का चौथा सबसे | की वजह से बीएसई का माकेेट |  |  | जापान 6.30 ट्रिलयन डॉलर | में आई तेजी के कारण |
| बड़ा शेयर बाजार बन गया है। भारत | कैपिटलाइजेशन हांगकांग की तुलना |  |  | ( ${ }^{\text {cैपिटलाइडेशन के साथ }}$ | बीएसई में लिस्टेड कंपनियों का कुल |
| ने हांगकांग को पछाड़ कर इस स्थान | में कम हो गया था, जिसके कारण |  |  | तीसरे स्थान पर बना हुआ है। जहां | मार्केट कैपिटलाइजेशन पिछले करीब |
| पर पहुंचने में सफलता हासिल की | कुछ ही दिनों में हांगकांग ने भारत |  |  | भारतीय बाजार की बात है, तो | एक हप्ते के दौरान 32 लाख करोड़ |
| बॉम्बे स्टॉक एक्सचेंज | को पीछे धकेल कर वापस चौथा |  |  | छुले हम्ते चुनाव के नतीजे आने | रुपये की उछाल के साथ अभी तक |
| (बीएसई) में लिस्टेड कंपनियों की | स्थान हासिल कर लिया था। इस |  |  | के बाद बाजार में काफी उतार-चढ़ाव | के सर्वोच्च स्तर 434.86 लाख |
| कुल मारेंट वैल्यू 5.18 ट्रिलियन | महीने एक दिन की बड़ी गिरावट के |  |  | की स्थिति बनी थी। | करोड़ रुपये यानी लगभग 5.18 |
| डॉलर हो गई है, जबकि हांगकांग के | अलावा घरेलू शेयर बाजार में |  |  | चुनाव परिणाम वाले दिन | ट्रिलयन डॉलर के स्तर पर पहुंच गया |
| स्टॉक मार्केट का कैपिटलाइजेशन | आमतौर पर तेजी का माहौल बना |  |  | बीजेपी की सीटों में आई गिरावट के | है। जानकारों का मानना है कि अगर |
| 5.17 ट्रिलययन डॉलर है। | रहा है, जिसकी वजह से बीएसई में |  |  | रण शेयर बाजार 5.70 प्रतिशत से | कोई बड़ा उलट फेर नहीं हुआ तो नई |
| ब्लूमबर्ग के आंकड़ों के | लिस्टेड कंपनियों का मार्केट |  |  | भी ज्यादा टूट गया था। उसके बाद | सरकार के बजट पेश करने के पहले |
| मुताबिक इसके पहले इसी साल 23 | कैपिटलाइजेशन एक बार फिर | है। मार्केट कैपिटलाइजेशन के मामले | 就 शेयर बाजार है। अमेरिका | केंद्र में एनडीए सरकार की वापसी | तक घरेलू शेयर बाजार में लगातार |
| जनवरी को बीएसई ने मार्केट | हांगकांग के स्टॉक एक्सचेंज में | में इस समय अमेरिकी शेयर | 8.84 ट्रिलयन डॉलर | तय हो जाने के कारण शेयर बाजार ने | तेजी जारी रह सकती है। |

## थोक महंगाई दर मई में के उच्चतम स्तर 2.61 फीसदी पर <br> देश का निर्यात मई में 9 फीसदी बढ़कर 38.13 अरब डॉलर पर



एजेंसी
नई दिल्ले। आर्थिक र्मोचे पर अच्छी खबर है। देश का वस्तु निर्यात मई में नौ फीसदी बढ़कर 38.13
अर डॉलर हो गया है जो एक साल अर डॉलर हो गया है, जो एक साल
पहले की समान अवधि में 34.95 पहले की समान अवधि में 34.95
अरब डॉलर रहा था। इससे पिछले अर डॉलर रहा था। इससे पिछले
महीने अप्रेल, 2024 में निर्यात एक फीसदी बढ़कर 35 अरब अमेरिकी डॉलर रहा था। वाणिज्य एवं उदयोग मंत्रालय ने
जारी एक बयान में बताया कि वस्त् जारी एक बयान में बताया कि वस्तु
निर्यात मई में नौ फीसदी बढ़कर निर्यात मई में नौ फीसदी बढ़कर
38.13 अरब डॉलर हो गया हैं, जो एक साल पहले समान अवधि में 4.95 अरब डॉलर रहा था। आयात 7.7 फीसदी बढ़कर 61.91 अरब
अमेरिकी डॉलर हो गया, जो म अमेरिको डोलर हो गया, जो मइ
2023 में 57.48 अरब अमेरिकी डॉलर रहा था। इस दौरान व्यापार
घाटा (आयात और नियात के बीच घाटा (आयात और निर्यात के बीच
का अंतर) 23.78 अरब अमेरिकी का अंतर 23.78 अरब अमेरिकी
डॉलर रहा। आंकड़ों के मताबिक डॉलर रहा। आंकड़ों के मुताबिक
चाल वित्त वर्ष 2024-25 अप्रूल-मई के दौरान निर्यात


फीसदी बढ़कर 73.12 अरब और सेवाएं संयक्त) 68.29 अरब
अमेरिकी डोलर हो गया। आयात भी अमेरेकी डोलर होने का अनान है



अमेरिकी डॉलर रहा। वाणिज्य फीसदी की सकारात्मक वृद्धि दर्शात सचिव सुनील बर्थवाल ने कहा कि है। मई 2024 के लिए कुल आयात नियात की दूष्टि से मई महीना उत्कृष्ट (वस्तुएं और सेवाएं संयक्त)
रहा है। उन्होंने कहा कि मुझे उम्मीद है 79.20 अर अमेरिकी डॉलर होने कि यह प्रवृत्ति आगे जारी रहेगी। का अनुमान है, जो मई 2023 की लिए भारत का कुल निर्यात (वस्तुएं सकारात्मक वृद्धि दर्शाता है।

## सर्राफा बाजार की तेजी पर ब्रेक, सोना और चांदी की घटी कीमत

 लखनऊ के सर्राफा बाजार में
24 कैरेट सोना आज 72,300 रुपये 24 केरटट सोना आज 72,300 रुपये
प्रति 10 ग्राम के स्तर पर और 22
केरेट सोना 66 , इसके 9 अगस्त तक चलने की संभावना है। प्रधानमंत्री नरेन्द्र मोदी की अगुवाई
वाली राष्टीय जनतांत्रिक गठबंधन (एनडीए) 3.0 सरकार का पहला वित्त वर्ष

काटोबाीी गौता अदाणी ने अदाणी एंटप्राइजेज में बढ़ाई हिस्टेवाी़; दो किशतों में खरीदे शेयर


एजेसी दिल्ली। अरबपति गतौम अदाणी से ज़ड़ी एक खबर सामने आई है। कारोबारी अदाणी ने अप्पैल-जून तिमाही के द़राना खुले बाजार से अदाणी एंटप्राइजेज लिमिटेड में अपनी हिस्स्सेदरी बढ़ाई। स्टांक एक्सचेंजों को दिए गए एक बयान से इसकी जानकारी मिली है। ख़ले बाजार की खरीदारी प्रमोटर
या प्रमोटर समह से संबंधित संस्थाओं द्वारा की गई थी। इस तिमाही के दौरान या प्रमोटर समूह से संबंधित संस्थाओं द्वारा की गई थी। इस तिमाही के दौरान, अदाणी ने दो किस्तों में समूह की प्रमुख कंपनी में हिस्सेदारी खरीदी। उन्होंने 10 मई से 14 मई, 2024 के बीच केम्पास ट्रेड एंड इन्वेस्टमेंट के माध्यम से कंपनी में अतिरिक्त 0.42 प्रतिशत ( $48,25,000$ शेयर) हिस्सेदारी इमर्जिंग माकेकेट इन्वेस्टमेंट डीएमसीसी के माध्यम से फर्म में 0.92 प्रतिशत

मस्क के भारी-भरकम वेतन पैकेज को टेस्ला बोर्ड की मंजूरी; हर घंटे मिलने हैं करीब 53 करोड़ रुपये

[^1]
# ऑनलाइन डेटिंग कैसे रहें 

अगर ऑनलाइन साथी की तलाश कर रहे हैं तो उम्मीद करता है कि अगला व्यक्ति अपनी बेस्ट

अक्सर ही ऑनलाइन डेटिंग के जरिये पहले दोस्ती और फिर धोखे की खबरें भी सुर्खियां बनती हैं. इस क्षेत्र में सुरक्षित रहने के लिए कुछ बातों पर दें विशेष ध्यान

विभिन्न सर्च इंजन की सहायता लें. साथ ही, ऑनलाइन फेंड से रीयल लाइफ में मिलने का निर्णय लेते हैं तो यह सुनिश्चित कर लें कि वह जगह पब्लिक प्लेस हो, अगर आप इंटरनेट के जरिए
अपने प्यार की तलाश कर रहे हैं, तो कुछ बातों का ध्यान रखें...
क्या आप ऑनलाइन डेटिंग के बारे में सोच रहे हैं? अगर हां, तो जरा संभल के. इसमें थोड़ी सी लापरवाही आपके लिए खतरा भी बन सकती है ऑनलाइन डेटिंग मैगजीन के अनुसार, बीस प्रतिशत अमेरिकी ऐसे व्यक्ति के साथ डेटिंग पर बाहर जाते हैं जिनसे वे ऑनलाइन मिले होते हैं,
जबकि हर साल ऑनलाइन मिलने वाले लोगों में से जबकि हर साल ऑनलाइन मिलने वाले लोगों में से हालांकि ये आंकड़े विदेश के हैं लेकिन हमारे देश में भी ऑनलाइन डेटिंग का क्रेज कम नहीं है. भले ही ऑनलाइन डेटिंग के जरिये मनचाहा साथी मिल जाता हो लेकिन इस आभासी दुनिया में छल करने वालों की भी कमी नहीं है.
साइट्स की पहचान
कुछ साइट्स हैं जो यह निर्णय करती हैं कि आप किससे मिलें, जबकि कछ साइटस आपको आवश्यक डेट के बारे में सलाह देती हैं. सबसे जरूरी बात आप इन साइटस की कीमत को जरूर जांच लें. छोटे और क्षेत्रीय साइट्स को भी नजरअंदाज न करें.
ईमानदारी से बनायें प्रोफाइल ऑनलाइन प्रोफाइल बनाते समय अपनी उम्र, बैकग्राउंड या आदतों के बारे में झूठे बयान देने से बचें. लेकिन अपने बारे में बहुत अधिक जानकारी देने से बचें, चाहे आप अगले व्यक्ति को पहचानते ही क्यों न हों. अच्छी लेकिन अप-टू-डेट फोटो पोस्ट करें, किसी भी तरह की अश्लीलता से बचें. थोड़ी बेईमानी की उम्मीद विशेषज्ञ मानते हैं कि ऑनलाइन डेटिंग रिलेशन बनाने का बजाय एक तरह से विज्ञापन होता है. यह और झूठ से भरा होता है. दोस्ती करने वाला उनसे

फोटो अपलोड करेगा जबकि वह अपनी कम उम्रकी फोटो के साथ ही अपने वजन का भी कई किलो
छिपा जाता है छिपा जाता है.
फॉड से बचें
किसी भी नई तकनीक के समान ही ऑनलाइन डेटिंग के भी कुछ नकारात्मक पहलू हैं. इनमें से सबसे बड़ी बात फॉड की है. बड़ी संख्या में
अंतरराष्टीय सहायता संघ अंतरराष्टीय सहायता संघ भी वजूद में हैं जो
ऑनलाइन डेटिंग साइट पर भी मौज़द हैं और ऑनलाइन डेटिंग साइट पर भी मौजूद हैं और
अक्सर इस तरह के मैसेज भेज कर दावा करते हैं कि कुछ लोग हैं जो मुसीबत में हैं और उनके पास पैसे नहीं हैं. अगर कोई ऐसी बात करे, खासकर किसी दूसरे देश का व्यक्ति, तो तुरंत उससे नाता तोड़ लें.
तहकीकात करें
परिवार या दोस्त कभी भी आपके संभावित ऑनलाइन डेटिंग की जांच नहीं कर सकते. इसलिए आपको थोड़ा सा जासूसी वाला काम भी करना पड़ेगा. जिससे ऑनलाइन मिले हैं और फिर उस व्याक्ति से वास्तव में मिलने जा रहे हैं तो उनके बारे में थोड़ी जांच-पड़ताल भी करें.
मल्टीपल सर्च इंजन का सहारा लें. आपराधिक बैकग्राउंड की भी जांच करें. इस बात को सुनिश्चित कर लें कि उसके अनुसार जो वह है, वह
सच है सार्वजनिक स्थल पर मिलें वास्तव में, ऑनलाइन फेंड के साथ मिलने की स्थिति आने पर किसी सार्वजनिक स्थल पर भी मिलने का प्रयास करें. साथ ही, आप कहां जा
रहे हैं और किससे मिलने जा रहे हैं और कब वापस आएंगे, अगर इसकी सूचना परिवार और मित्रों को देकर जाएंगे तो बेहतर होगा. अपना फोन हाथ में रखें. अगर डेट पर किसी भी


## यूं सजाएं अपना आशियाना

यदि आप घर को नेचुरल लुक से संवारना चाहती हैं तो उसके लिए फूलों का प्रयोग करें. फूल यदि प्राकृतिक ले सकें तो ठीक, वरना बाजार में मिलने वाले आर्टिफिशल फूलों का प्रयोग करें. कोशिश करें कि एक कमरे में एक से ज्यादा फूलदान ना

## घट छोटा हो या बड़ा, चाहत सिपर्फ इतनी रहती है कि अपना घर सबसे अलण और सुंदट नजए आए. सूझबूझ से आप भी घट को स्युंदर बना सकती हैं.

 ड्राइंग रूम का फर्नीचर सदैव आकर्षक रखें. इसका डिजाइन परंपरागत हो या आधुनिक लुभावना होना चाहिए. दीवार पर हाथ से सुंद मोटिफ, बेल या फूल बनाएं. इस सजावट के बाद और सबसे आखिरी में बड़े साइज वाला फूलदान रखें. घर सजाने के लिए केंडल का प्रयोग भी कर सकती हैं.
फूलों से सजाएं
कैंडल सजाते समय इस बात का ध्यान अवश्य रखें कि वे विषम संख्या में हों. ड्राइंग रूम बड़ा हो तो चारों कोनों में चार नहीं भी लगा सकें तो कम से कम दो कोनों में हैंगिंग लैंप लगाएं हालांकि, ड्राइंग रूम में
वयूव लेडट से परहेज टटूूब लाइट से परहेज करना बहतर होता है
डाइंग रूम में अगर खिड़कियों के बीच लंबा गगप हो तो वहां लंबी तस्वीरों की जगह चौड़ी तस्वीरों का प्रयोग करें ऐसा करने से कमरा
खाली-खाली नहीं लगेगा. आकर्षक फर्नीचर

हों यदि रखने दी हों तो सबसे पहले सबसे छोटा


आमतोर पर मीनोपॉज से पूर्व महिलाएं हॉट फ्लेश का शामिल करें. ऐसा इसलिए क्योंकि शरीर के ब्लड शुगर सामना करती हैं, जो सामान्य बात है. डॉक्टरों के को मेंटन रखने के लिए रेशों से भरपर खाद्य पदार्थ अनुसार, हॉट पलेश मीनोपॉज का संकेत देने वाला उपयोगी होते हैं. इसलिए यह हॉट पलेशेज को कम मुख्य लक्षण है. मीनोपॉजज से पहले हॉट पलेश का करने में सहायक होता है .हाई फाइबर खाद्य पदार्थों में अनुभव करना इसलिए भी बहुत सामान्य बात है क्योंकि इस दोरान शरीर का हार्मोनल स्तर फ्लक्कुऐट यानी ऊपर-नीचे होता रहता है.
अव्सर यही फ्लक्कुएशन हॉट प्लेशेज का कारण बनता है. हॉट फलैशेज में अचानक ही कुछ सेकंडस के लिए बहुत तेज गर्मी का अहसास होता है. हालांकि यह सच है कि मीनोपॉज के निकट पहुंच चुकी महिलाओं के लिए हॉट फलेशेज सामान्य बात है लेकिन इसे हेल्दी डाइट के जरिये नियंत्रित भी किया जा सकता है. कुछ प्राकृतिक खाद्य पदार्थ हैं जिनसे हॉट फलेश की गर्मी से काफी हद तक बच सकती हैं.
हाई फाइबर हाई फाइबर फू्स की जरूरत
रेशों से भरपूर खाद्य पदार्थ हॉट
पलेशेज से बनाे से बचने का बेहतर
उपाय है कि अाप उपाय है कि आप
अपनी डाइट में हाई अपनी डाइट में हाई
फाइबर फू्स्स को

साबुत अनाज, ब्रोकली, सेब, अमरूद, गाजर आदि शामिल होते हैं. फलियों में आप बीन्स, मसूर और मटर को चुन सकती है. रेशेदार भोजन न केवल हॉट फलेशेज की समस्या को कम करता है बल्कि इस तरह का भोजन वजन को नियंत्रित रखने के साथ ही पाचन क्रिया को भी मजबूत बनाता है
फ्लैक्सीड ( अलसी के बीज)
हॉट फ्लैशेज से बचने के लिए फ्लेक्सीड के साथ ही फ्लैक्सीड ऑयल को भोजन में शामिल करना बेहतर होगा. फल्लैक्सीड में महत्वपर्ण तत्व जै से आइसो फल वोनेस, फाइडोएस्ट्रोजन्स आदि पाये जाते हैं जो महिलाओं के हार्मोन्ट के प्लक्षशशन को रिस्टोर करते हैं जिससे यह हॉट फलैशेज और दूसरी समस्याओं के होने की संभावना को कम करता है.
फ्लैक्सीड से कई अन्य फायदे भी होते हैं जैसे इसके सेवन से वजन कम होता है. साथ ही, यह हदयय रोग

आपको वॉल पेपर की जरूरत नहीं पड़ेगी. इन दिनों बाजार में सोफा कवर के लिए फ्लोरल फैब्रिक का अधिक चलन है. यह घर को मॉडर्न लुक देता है. कर्लड ग्लासेस और स्टोन का प्रयोग भी कमरे की खूबसूरती बढ़ाने के लिए कर सकती हें. जगह बचाने के लिए कम जगह घेरने वाले फर्नीचर का प्रयोग करें. इसके अलावा आप जैपनीज स्टाइल के बेड का इस्तेमाल भी कर सकती हैं.
कुशंस से सजाकर नया लुक अगर जगह कम हो तो ड्राइंग रूम में कॉम्पेक्ट स्टूल बेड या चेयर बेड का इस्तेमाल करें. इन दिनों सोफा कम बेड कई शेप में आ रहे हैं. अपने बजट और आवश्यकता के हिसाब से इनका चयन करें साधारण सोफा सेट को कलरफफल कशंस से सजाकर नया लक दिया जा सकता है मॉडन्न और ओल्ड वर्जन का ज्याजन करने में संकोच न करें. इसके लिए पुराने जमाने के टेलीफोन या ग्रामोफोन भी सजावट के तौर पर इस्तेमाल कर सकती हैं. गिंग लाइटस या फ्लोर स्टैंडिंग, स्टैंडड लैंप जैसी डेकोरेटिव लाइटस के प्रयोग घर छोटा हो या बड़ा, चाहत सिर्फ इतनी रहती है कि अपना घर सबसे अलग और सुंदर नजर आए सूझबूझ से आप भी घर को सुंदर बना सकती हैं. घर को स्टाइलिश लुक देने के लिए अपने बजट के अनुसार हल्की-फुल्की एक्से सरीज खरीदें, जैसे-ग्लास पीसेस फ्लावर पॉट वगैरह. पर्दों के लिए सिल्क के कपड़ों में स्ट्राइट्ड या वर्टीकल स्ट्राइप डिजाइन किए गए फैब्रिक का प्रयोग बेहतर होगा. कमरे को बड़ा लुक देन के लिए छोटे पैटर्न और डिजाइन वाले कालीन का प्रयोग करें. घर के फर्नीचर से लेकर कमरे के साज-सामान तक के लिए गहरी लाइन वाले फैब्रिक चुनें. इस तरह थोड़ी-सी समझदारी और सूझबूझ से आप कम बजट मे

हॉॅट पलैల मीनोपॉंज का संकेत देने वाला मुख्य लथण है. इसे हेल्दी डाइट के जनिये नियचत्रित मी किया जा सकता है.

## और कैंसर होने से बचाता है. इसके बेहतर परिणाम के

 लिए इस सुपर फूड का $2 / 3$ कप अपनी डाइट प्लान में शामिल करें. हालांकि सुरक्षित रहने के लिए इस खाद्य पदार्थ को अपने भोजन में शामिल करने से पहले डॉक्टर से सलाह भी ले सकती हैं
## सोयाबीन

मीनोपॉज की उम्र में पहुंच चुकी महिलाओं को अपने भोजन में सोया शामिल करना बहुत जरूरी है ऐसा इसलिए क्योंकि सोया में ऐसा तत्व पाया जाता है जो एस्ट्रोजन हार्मोन सरीखा काम करता है
सोया खाने से आप हॉट फ्लैशेज और मीनोपॉज से जुड़ी अन्य समस्याओं से राहत पा सकती हैं. विशेषज्ञों के अनुसार, यदि प्रतिदिन के भोजन में 25 ग्राम सोया से भरपुर आहार शामिल किया जाए तो मीनोपॉजल लक्षण को कम किया जा सकता है खासतौर से हॉट फ्लेशेज तो तीस प्रतिशत तक कम हो सकता है

## मछली/मीट/अंडे

जीवन के इस दौर में प्रोटीन से भरपुर खाद्य पदार्थ जैसे मछली, अंडे या मीट से भरपुर डाइट हार्मोन्स का संतुलन बनाए रखने में अत्यधिक मददगार साबित होते हैं अगर आप वेजीटेरियन हैं तो प्लांट बेस्ड प्रोटीन से भरपूर खाद्य पदार्थों का सेवन कर सकती हैं. इनमें मेवे दही और फलियां शामिल हैं

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Austraia are going to be the king-maker in
Group Bas they play Sootand in their final
 to their name (hiphest in Group B), and din case Austraia winh Scotand will the with
England on points -5. . England have the
the

 NRR caluluations after the team's win
against Namibia. Hazlewood cheokily mentioned that Australa would love for
England to get Kot Kocked out from the T20

Aiden Markram wants South Africa to learn after narrow win vs Nepal: Not near our best far from their best when they faced Nepal in a thrilling Group D encounter in the T20 Rohit Paudel's team by 1 wn the beat Vale Ground in Kingstown, St Vincent. After being asked to bat first, South Africa scored 115 for the loss of 7 wickets on the
back of Reeza Hendricks' 43 -run knock in challenging conditions. Nepal were in the hunt for the most part of the Shamsi finished with figures of 4-0-19-4 and helped his team snatch victory from the said that his team will be looking to said that his team will be looking to get
better after somehow getting over the finish


T20 World Cup Highlights Very grateful to have got the win, we were
not near our best tonight. Reflecting back on the game over the next few days, there
will be a lot of learnings for us. We have a good pace attack and you want to back that. It thought if we got the ball in the right areas,
it would be challenging for the batters. In hindsight, we should have picked another spinner," Markram said in the post-match presentation ceremony.Markram also had words of praise for Nepal, who fell short of securing their maiden win over a Test-
playing nation in the history of the T20 playing natio
World Cup.
First and foremost, the way [Nepal] bowled
it made it really tough for us. They put us under a lot of pressure. And maybe there, was not enough conviction in our plans," finished on top of the table in their group finished on top of the table in their group
with 8 points and a net run rate of +0.470 thanks to wins in all 4 of their matches.

## T20 World Cup: Tabraiz Shamsi stars as South Africa edge past resilient Nepal <br> the ongeing turnament, ound not maki



Wasim Akram takes dig at Pakistan after T20 World Cup exit: EK 601 to Dubai, then home
New Delhi. Scotland batter Michael Leask
looked confident ahead of their must-win
encounter against Australia as he
described it as a
opone hell of of an
opportunity." Scotland would look to
script history as they stand a chase to
qualify for the Super 8 stage of the T20
World Cup 2024. Australia, who have
already advanced to the next stage, will
face Scotland at the Darren Sammy
National Cricket Stadium, St Lucia on
June 16, Sunday. If Scotland manage to
beat Australia, they will make it to Super 8.
Their win would a also mean that the
defending champions England will also be
knocked out of the tournament.
The Group B will witness England up
against the already eliminated Namibia on
June 15. A win for England will keep them
afloat in the tournament. However, after
England's emphatic win against Oman,
they boosted their net-run-rate to +3.081,
which is superior to Scotland's +2.164 . If
England win, they will equal Scotland's
point tally of 5. If Scotland lose, England
will make it to the next stage, owing to a
better net-run-rate.Leask realised the

think we knew coming into this game it would be. We expect England to play well they've done. Look, England had two
tough games to play and they've played the first one very well. We always knew this

One hell of an opportunity: Michael Leask as Scotland eye Super 8 spot was going to be a must-win game for $u$
and look, it's a hell of an opportunity for $u$ to go and play really good cricket and take
on one of the best in the world." Leask said Scotland have been brilliant in the tournament so far. After their washout
game against England, they went onto defeat Oman as well as Namibia. Leask felt that it would be a huge moment if Scotland make it to the Super 8 stage. He
exuded confidence and said that Scotland exuded confidence and said that Scotland
would bring their best game against the I think it'd be an incredibly proud moment for Scottish cricket if we did progress to
the Super 8s. And look, let's not beat the Super 8s. And look, let's not beat
around the bush. It would be the tough
way. We know we're going to have to beat Australia. So, I think that would make it extra special for us, knowing that we've
played an incredibly good game of cricket taking on the best in the world, beat the come, we're going to have to bring our


Germany boss Julian Nagelsmann happy with 'first step,' wary of Hungary threat


## Will Australia make major changes for Scotland clash Vice-captain Matthew Wade reacts

Matthew Wade has hinted that Australia could make a few changes to their lineup for the game against Scotland on June 16. Wade feels they could give the chance to players who could be important in the remainder of the campaign.

ustralia vice-captain Matthew Wade has said
hat they could make a few chat lineup for the clash against Scotland on June , Sunday. The Aussies have already ooked their spot in the Super 8s, but the
natch still has a lot of importance in the context of Group B. Both Scotland and
England are chasing the final spot in the
 position before, so I'm sure it'll be
games into the guys that potentially mig
play down the road Green and Agar those guys may play a role as the tournament goe
on so yeah, I'm sure to be spoken about
whether or not the guys pull the trigger an
far and claimed that they're focussed
on the process. The Aussie vice on the process. The Aussie vice-
captain said it has been pleasing to
see the team playing the way they want."Yeah, we're having a good
time. We're like, this environment team, we're more about the proces and going away, going about it the way that we want to play in big
tournaments and that's what we're
doing, that's the pleasing thing Yeah, the results are great and it's pleasing that we're going out, we're


> In Bigg Boss 0TT 3? Kundali Bhagya Star CONFIRMED For Anil Kapoor's Show

Television actress Anjum Fakih has confirmed her participation in the
upcoming season upcoming season of Bigg Boss OTT. News18 Showsha has exclusively learnt that the actress, who is known for her role in
Kundali Bhagya, is all set to participate in Anil Kapoor's show. A source close to the actress told us that she has signed the project and will be entering the Bigg Boss OTT 3 house on June 21.However, neither Anjum nor the Bigg Boss OTT 3 team, have issued any official statement confirming her participation as of now.
Anujm Fakih is known for playing the role of Srishti Arora Luthra in Kundali Bhagya, which also starred Shraddha Arya in the lead.
However, she left the popular show in 2023 when she decided to towever, she left the popular show il 223 when she decided to participation in the stunt-based reality show, the 33-year-old actress previously told us that Rohit Shetty's show helped her become a stronger person.
When I used to watch Khatron Ke Khiladi in India, I used to feel all pumped up. But after I performed my first stunt,
my confidence hit rock bottom. I was like, 'How will I do it?' I know that I six feet tall but I am very sensitive. But here, I have performed so many stunts already. I think I have
performed the maximum number of stunts. I have become stronger now. I will walk forward with a 'Khiladi wala attitude' now. The battle scars
from the stunts will be in from the stunts will be in
my memories. It shows that if I can do this, I can do anything in life," she


Meanwhile, Bigg Boss OTT 3 will premiere on June 21, 2024. This year, the show will be hosted by Anil Kapoor. Among others, Mika Singh, Tanushree Dutta, Mithun Chakraborty's son Ushmey Chakraborty, Hema Malini's daughter Ahana Deol and Sanjay Dutt's daughter Trishala Dutt have also been reportedly approached for Bigg Boss OTT 3. Reportedly, Taarak Mehta Ka Ooltah Chashmah fame Bhavya Gandhi is actor Sai Ketan Rao has been finalised for the upcoming actor Sai Ketan Rao has been finalised for the upcomin

## Samantha Ruth Prabhu Gearing Up For Her Malayalam Debut? What We Know

## 1



Mahesh Babu is a very in the film industry. He is someone who has starred in some of the biggest, Buthere films in the Telugu film fan of, which he has watched almost 100 times fan of, which he has watched almost 100 times. in a promotional actor was recently involved upcoming release titled Harom Hara. During upcoming release titled Harom Hara. During actor had mastered the art of handling guns. To this, Mahesh Babu took the superstar and his father Krishna's name and revealed that he has watched the 1971 film Mosagallaku Mosagadu 100 times. He said, "It is undoubtedly Superstar Krishna Garu. I would have watched Mosagallaki Mosagadu for more than 100 among my dad's film. There is no ther among my d
in my mind.
eleased in 1971, Mosagallaku Mosagadu wa made under the direction of KSR Das while Aarudra was the writer. The film starred names like Krishna, Vijaya Nirmala, Nagabhushanam, Gummadi, Kaikala Satyanarayana, M Prabhakar Reddy, Dhulipala and Jyoth Lakshmi.G Adiseshagiri Rao produced the film Adinarayana Rao composed the music. The film was the first Telugu language cowboy release. It was heavily inspired by Western classics like For a Few Dollars More and The Good the Bad and the Ugly. It reportedly collected Rs 50 lakh at the box office on a budget of Rs 8 lakh. The film was also released in English dub with the title Treasure Hunt while a Tamil version was released as vorsion was called Gunfighter Johnyy At the moment, Mahesh Babu is preparing for his upcoming project with SS Rajamouli tentatively being called SSMB29. The film is currently under pre-production and is expected to start filming this year. It is reportedly an
adventure-drama which is being written by adventure-drama which is being written by
Vijayendra Prasad while the producer is K L Vijayendra Prasad while the producer is $K$
Triptii Dimri Looks Stunning As She Shares Climpse Of Her Vacation In Italy, Fans React

ptii Dimri enjoys a huge fan following, Italy and shared a glimpse of her social handie. She is looking stunning in the video and soon seen sharing screen to The actress will be soon seen sharing screen space with Kartik
Aaryan in Bhool Bhulaiyaa 3. Taking to her Instagram handle, Triptii shared a video in which we can see roaming around the city and enjoying the view. Many fans called her national crush. Recently, she grabbed headines after she was seen in Ranoir Kapoor
starrer Animal. The actress is fondly calle National Crush. Recently, she also announce her next with Vicky Kaushal and Ammy Virk. Well, amid this Triptii was spotted with her rumoured boyfriend, Sam Merchant in the city The lovebirds stepped out amid heavy rains, giggles and laughter inside a car. A video shared by Filmygyan has gone viral on social media.
Earlier this month, Triptii Dimri was spotted Merchant at an undisclosed location. Triptii, whose intimate scenes in Ranbir Kapoo starrer Animal became the talk of the town and Skyrocketed her popularity on Instagram from
888 k followers to 5.1 million followers in just 888 k followers to 5.1 million followers in just a few months, has been dating Sam for a while,
according to multiple unconfirmed media reports.he actress took to her Instagram story and reposted Sam's story featuring a beautiful view of sunset. In her second story, Triptii also added a blue heart emoji over the photo of the sunset. The rumours about Tripti1 and Sali
dating began when the latter shared a selfie with the actress from a wedding they were attending. While fans still believe that they could be dating, a source had told Zoom TV December that Triptii was single. "Triptii-Sam
rumour is plain hogwash. Triptii is very much rumour is plain hogwash. Iriptii tis very much
single," the insider claimed.On the work front Triptii is all set to work with Vicky Kausha and Ammy Virk on Karan Johar's production, Bad Newz. The film will hit the theatres in July. Apart Aaryan's Bhool Bhulaiyaa 3. The film is


[^0]:    Congress. A kind of confidence that was missing of late in the party, which has seen both the high of 414 seats and the low of 47 in the Lok Sabha. Did the 2024 Lok Sabha election herald a revival of the Congress, which has been given a black eye and a few broken ribs by the BJP?
    The question is not just about a party but about the democratic and political system of the country. In the true sense, it is just the
    BJP and the Congress that are national BJP and the Congress that are national
    parties, and the strength of one is vital in parties, and the strength of one is vital in counterbalancing and checking the
    brashness of the other.In the 2024 Lok Sabha election, the Congress won 99 seats, almost double its 2019 tally of 52 . Notably, dozens of seats came from states where it contested the polls in alliance with stronger regional parties. So, do the results signify a Congress revival?"The BJP was talking

[^1]:    $\qquad$ एजेसी दिल्ली। एलन मस्क के भारी-भरकम सैलरी पैकेज को टेस्ला के शेयरधारों ने अपनी मंजूरी दी है। इलेक्ट्रिक वाहन निर्माता के सीईओ का $4,67,880$ करोड़ा रुपये का है। अगर यह वेतन बन्हें दिया जाता है तो उन्हें हर गंटे के लिए करीब 53 करोड़ रुपये का भुगतान किया जाएगा। इस मंज़्री को इलेक्ट्रिक वाहन निर्माता कंपनी की बोर्ड के ओर से मस्क

    इंतजार करना पडेगा।
    अदालती दिक्कतों के कारण अभी मस्क को करना होगा इंतजार
    आशंका है कि पैकेज संववतः हमनों तक डेलावेयर चांसरी कों और
    सुप्रीम कोर्ट में काननी कार्यवाही में उलझा रहेगा टेस्लय डेलावेयर न्यायाधीश की ओर से इस पैकेज के खिलाफ दिए गए आदेश को बदलवाने की कोशिश

    जनवरी में इस वेतन पैकेज पर उठे विवाद के बाद मस्क ने टेस्ला के साथ अपने भविष्य पर संदेह व्यक्त किया था। उन्होंने अपने सोशल मीडिया प्लेटफॉर्म एक्स पर पोस्ट किया था कि एआई डेललपमेंट को कहों और ले जाने से रोकने के लिए उन्होंने कंपनी में 25 न हिस्सेदारी मांगी है। मस्क के अनुसार, एआई उपयोग को नियंत्रित करने के लिए उन्हें ये भार-भरकम पैकेज

    में आयोजित टेस्ला की वार्षिक बैठक के दौरान मस्क ने शेयरधारकों को
    आश्वस्त किया कि वह कंपनी के साथ रहने की योजना बना रहे हैं और पांच साल तक मुआवजे पैकेज के तहत मिलने वाला कोई स्टांक नहीं बेचेंगे। उन्होंने कहा, 'यह वास्तव में नकदी नहीं है, और मैं इसे बेचकर भाग नहीं सकता।।' जनवरी में मस्क ने कहा था कि अगर वे पर्यात्त वोटिंग राइट्स हासिल करने में विफल रहे तो न्हें टेस्ल्ला से अलग होकर एआई और रोबोटिक्स उत्पदों का निर्माण करना पड़गा। ऐसा ना हो इसके लिए उन्हें अनिवार्य रूप से

