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Marginal tax cuts not enough to spur robust economic growth

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The Researchers'

NEWS BOX

18 dead in Nigeria as suspected female bombers target wedding, funeral, hospital

World. At least 18 people were killed and 30 injured in a series of attacks by suspected female suicide bombers in Nigeria's northeastern Borno state on Saturday (local time), according to the head of the state's emergency management agency. The attacks, targeting a wedding, funeral, and hospital in the town of Gwoza, come amidst a long-running Islamist insurgency in the region. Borno has been the epicentre of this 15-year conflict, which has claimed thousands of lives and displaced millions. While the Nigerian military has weakened the militant groups, they continue to carry out deadly attacks on civilians and security forces.

Barkindo Saidu, head of the Borno State Emergency Management Agency, confirmed the deaths, which included children, adults, and pregnant women. He also detailed the severity of the injuries, ranging from internal organ damage to skull and limb fractures.

No group has yet claimed responsibility for the attacks. Authorities are investigating. Borno state has long been a stronghold for Boko Haram and its splinter group, Islamic State West Africa Province (ISWAP). These militant groups remain active across the vast

Rishi Sunak opens up about his Hindu faith at London temple: 'Dharma guides me'

World British Prime Minister Rishi Sunak opened up about his Hindu faith, calling it a source of "inspiration and comfort" during a visit to a London temple on Saturday, accompanied by his wife, Akshata Murty.

On a stopover at the BAPS Shri Swaminarayan Mandir with days to go to the high-stakes UK elections, Sunak addressed worshippers and talked about the concept of Dharma as a guiding principle in his approach to public service. "Now, I am a Hindu. And like all of you, I draw inspiration and comfort from my faith. I was proud to be sworn in as a member of parliament on the Bhagavad Gita," Sunak said. A self-proclaimed "proud Hindu", he further said, "Our faith teaches us to do our duty and not fret about the outcome as long as one does it faithfully. That is what I was brought up to believe by my wonderful and loving parents, and that is how I try and live my life. And that is what I want to pass on to my daughters as they grow up. It is Dharma which guides me in my approach to public service. The UK Prime Minister also engaged in lighthearted moments with the gathering, especially after a priest remarked upon how he had "raised the bar" for children in the Hindu community as it was "no longer enough to become just a doctor, a lawyer, an accountant". "If my parents were here and you asked them, they would probably tell you that they would have preferred it if I had become a doctor or a lawyer or an accountant," Sunak quipped, drawing laughter from the congregation.

Afghan women's rights an internal issue, says Taliban government before UN-led talks

Kabul. Taliban authorities said on Saturday that demands over women's rights were "Afghanistan's issues" to solve, ahead of United Nations-led engagement talks where the exclusion of Afghan women has sparked outcry.

The Taliban government, which has imposed restrictions on women since seizing power in 2021 that the UN has described as "gender apartheid", will send its first delegation to the third round of talks starting in Qatar on Sunday. Civil society representatives, including from women's rights groups, will attend meetings with the international envoys and UN officials on Tuesday, after the official talks. Rights groups have condemned the exclusion of Afghan women from the main meetings and the lack of human rights issues on the agenda.

The Taliban authorities "acknowledge the issues about women", government spokesman Zabihullah Mujahid told a news conference in Kabul on the eve of the latest talks. "But these issues are Afghanistan's issues," said Mujahid, who will lead the delegation.



"We are working to find a logical path toward solutions inside Afghanistan so that, God forbid, our country doesn't again fall into conflict and discord."

He said the Taliban government would represent all of Afghanistan at the meetings and, given their authority, should be the only Afghans at the table. "If Afghans participate through several channels, it means we are still scattered, our nation is still not unified," he said.

The talks were launched by the UN in May 2023 and aim to increase international coordination on engagement with the Taliban authorities, who ousted a Western-backed government when they swept to power.

The Taliban government has not been officially recognised by any state and the international community has wrestled with its approach to Afghanistan's new rulers, with women's rights issues a sticking point for many countries. Taliban authorities were not invited to the first talks in Doha last year and refused to attend the second conference, demanding that they be the sole Afghan representatives to the exclusion of invited civil society groups. That condition has been met for the third round.

Caribbean islands brace for Hurricane Beryl, to become dangerous major storm

Puerto Rico. Beryl strengthened into a hurricane Saturday as it churned toward the southeastern Caribbean, with forecasters warning it was expected to become a dangerous major storm before reaching Barbados late Sunday or early Monday.

A major hurricane is considered Category 3 or higher, with winds of at least 178 kph. On Saturday night, Beryl was a Category 1 hurricane, marking the farthest east that a hurricane formed in the tropical Atlantic in June, breaking a record set in 1933, according to Philip Klotzbach, Colorado State University hurricane researcher. A hurricane warning was issued for Barbados, St. Lucia, Grenada, and St. Vincent and the Grenadines. A tropical storm warning was posted for Martinique and Tobago and a tropical storm watch for Dominica. "It's astonishing to see a forecast for a major (Category 3+) hurricane in June anywhere in the Atlantic, let alone this far east in the deep tropics. #Beryl organising in a hurry over the warmest waters ever recorded for late June," Florida-based hurricane expert Michael Lowry posted on X.

Beryl's centre was forecast to pass about 45 kilometres south of Barbados, said Sabu Best, director of the island's meteorological service. Forecasters then expect the storm to cross the Caribbean on a path toward Jamaica and eventually Mexico. On Saturday night, Beryl was centred about 1,060 kilometres east-southeast of Barbados, with maximum sustained winds of 130 kph. It was moving west at 35 kph. Rapid strengthening is now forecast," the Miami-based US National Hurricane Centre said. Atmospheric science researcher Tomer Burg noted that Beryl was just a tropical depression with 56.3 kph winds on Friday. "This means that according to preliminary data, Beryl already met rapid intensification criteria before even becoming a hurricane," he wrote on the social media platform X.

Warm waters were fuelling Beryl, with ocean heat content in the deep Atlantic the highest on record for this time of year, according to Brian McNoldy, University of Miami tropical meteorology researcher. Beryl also is the strongest June tropical storm on record that far east in the tropical



Atlantic, according to Klotzbach. "We remain absolutely vigilant and need to take every precaution that is possible for ourselves, for our family and for our neighbours," Barbadian Prime Minister Mia Mottley said in a public address Saturday night, asking that all businesses close by Sunday evening. "We do not want to put anybody's life at risk."

She noted that thousands of people are in Barbados for the Twenty20 World Cup cricket final, with India beating South Africa on Saturday in the capital of Bridgetown. It is considered cricket's biggest event. Some fans, like Shashank Musku, a 33-year-old physician who lives in Pittsburgh, were rushing to change

their flights to leave before the storm. Rapid strengthening is now forecast," the Miami-based US National Hurricane Centre said. Atmospheric science researcher Tomer Burg noted that Beryl was just a tropical depression with 56.3 kph winds on Friday. "This means that according to preliminary data, Beryl already met rapid intensification criteria before even becoming a hurricane," he wrote on the social media platform X.

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Gaza ceasefire talks stall as Israel not ready to end war, says Hamas

Cairo. A senior official of the militant Islamist group Hamas, Osama Hamdan, said on Saturday there has been no progress in ceasefire talks with Israel over the Gaza war. The Palestinian group is still ready to "deal positively" with any ceasefire proposal that ends the war, Hamdan told a news conference in Beirut. Arab mediators' efforts, backed by the United States, have so far failed to conclude a ceasefire, with both sides blaming each other for the impasse. Hamas says any deal must end the war and bring full Israeli withdrawal from Gaza, while Israel says it will accept only temporary pauses in fighting until Hamas, which has ruled Gaza since 2007, is eradicated. Hamdan also blamed the United States for applying pressure on Hamas to accept Israel's conditions. "Once again, Hamas is ready to deal positively with any proposal that secures a permanent ceasefire, a comprehensive withdrawal from Gaza Strip and a serious swap deal," said Hamdan, referring to a potential swap of hostages held in Gaza for Palestinians in Israeli prisons.

When Hamas-led militants stormed into southern Israel on Oct. 7 they killed around 1,200 people and seized more

than 250 hostages, according to Israeli tallies. The Israeli offensive in retaliation has so far killed nearly 38,000 people, according to the Gaza health ministry, and has left the heavily built-up coastal enclave in ruins.

The Gaza health ministry does not distinguish between combatants and non-combatants but officials say most of the dead are civilians. Israel has lost more than 300 soldiers in Gaza and says at least a third of the Palestinian dead are fighters. Palestinian health officials said Israeli military strikes against the enclave had so far killed at least 35 people and wounded others on Saturday. The Israeli military on Saturday announced the death of two soldiers killed in combat in northern Gaza, as Israeli forces pressed on with an offensive in the Shejaia neighbourhood in Gaza City. Residents said tanks advanced deeper into several districts including the area around the local market and there was heavy fire from the air and the ground.

The armed wing of Hamas and the allied Islamic Jihad reported fierce fighting, saying fighters fired anti-tank rockets and mortar bombs against the forces operating there. The Israeli military said dozens of Palestinian gunmen

were killed over the past two days in close quarters combat and airstrikes in Shejaia, after forces encircled what it described as a civilian area converted by Hamas into a militant compound.

"In the area, the troops located observation posts, weapons, enemy drones and a long-range rocket launcher near the schools," the military said in a statement. Hamas has denied assertions that it operates in civilian areas such as schools and hospitals. ore than eight months into Israel's air and ground war in Gaza, militants continued to stage attacks on Israeli forces, operating in areas that the Israeli army said it had gained control over months ago. Israeli leaders have said in the past week that the intense phase of the war is approaching its end, and that the next stage of the offensive will mainly be smaller-scale operations meant to stop Hamas from reassembling. Meanwhile Israeli forces operating in several districts in Rafah, in the southern Gaza Strip, killed several Palestinians and forced families living in the far western edge of the city along the coastal areas to head northwards, according to Palestinian medical officials and residents.

France to vote in historic snap polls, far-right likely to replace Macron

Paris. However, the electoral system can make it hard to estimate the precise distribution of seats in the 577-seat National Assembly, and the final outcome will not be known until the end of voting on July 7. "We are going to win an absolute majority," said Le Pen in a newspaper interview on Wednesday, predicting that her protégé, 28-year-old Jordan Bardella would be prime minister. Her party has a high-spending economic programme and seeks to reduce immigration. If the RN does win an absolute majority, French diplomacy could be headed for an unprecedented period of turbulence: with Macron - who has said he will continue his presidency until the end of his term in 2027 - and Bardella jostling for the right to speak for France. France has had three periods of "cohabitation" - when the president and government are from opposite political camps - in



its post-war history, but none with such radically divergent world views competing at the top of the state.

Bardella has already indicated he would challenge Macron on global issues. France could lurch from being a pillar of the EU to a thorn in its side, demanding a rebate of the French contribution to the EU budget, clashing with Brussels over European Commission jobs and reversing Macron's calls for greater EU unity and

assertiveness on defence. A clear RN victory would also bring uncertainty as to where France stands on the Russia-Ukraine war. Le Pen has a history of pro-Russian sentiment and while the party now says it would help Ukraine defend itself against Russian invaders, it has also set out red lines, such as refusing to provide long-range missiles.

'SPLIT VOTE FAVOURS RN' Opinion polls have suggested the RN has a comfortable lead of 33-36% of the popular vote, with a hastily assembled left-wing coalition, the New Popular Front, in second place on 28-31% and Macron's centrist alliance in third on 20-23%. The New Popular Front includes a wide range of parties, from the moderate centre-left to the hard-left, eurosceptic, anti-NATO party France Unbowed.

Iran to hold runoff election after historic low turnout in presidential polls

Dubai. Iran will hold a runoff presidential election pitting a little-known reformist candidate against a hard-line former nuclear negotiator after results released Saturday showed the lowest-ever poll turnout in the Islamic Republic's history. More than 60 per cent of voters cast no ballot in the race that saw reformist Masoud Pezeshkian best Saeed Jalili, who competed alongside two other hard-liners. With Jalili now alone in facing the cardiac surgeon, Pezeshkian's campaign would need to draw voters to the July 5 runoff in an election they've otherwise not taken part in as public anger hardens following years of Iran facing economic hardships and mass protests under its Shiite theocracy. "Let's look at it as a protest in its own right: A very widespread choice to reject what's on offer - both the candidates and the system," said Sanam Vakili, the director of Chatham House's Middle East and North Africa program. "That tells us a lot about public opinion and apathy, frustration. It sort of brings it all together." Of the 24.5 million votes cast in Friday's election, Pezeshkian got 10.4 million while Jalili received 9.4 million, election spokesman Mohsen Eslami announced. Parliament speaker Mohammad Bagher Qalibaf got 3.3 million, while Shiite cleric Mostafa

Pourmohammadi had over 206,000 votes. Iranian law requires that a winner gets more than 50 per cent of all votes cast. If not, the race's top two candidates advance to a runoff a week later. There's been only one other runoff presidential election in Iran's history: in 2005, when hard-liner Mahmoud Ahmadinejad bested former President Akbar Hashemi Rafsanjani. As has been the case since the 1979 Islamic Revolution, women and those calling for radical change have been barred from running, while the vote itself will have no oversight from internationally recognised monitors. There were signs of the wider disenchantment of the public with the vote. More than 1 million votes were voided, according to the results, typically a sign of people feeling obligated to cast a ballot but not wanting to select any of the candidates. The overall turnout was 39.9 per cent, according to the results. The 2021 presidential election that elected Raisi saw a 48.8 per cent turnout, while the March parliamentary election saw a 40.6 per cent turnout. There had been calls for a boycott, including from imprisoned Nobel Peace Prize laureate Narges Mohammadi. Mir Hossein Mousavi, one of the leaders of the 2009 Green Movement protests who remains under



house arrest, has also refused to vote along with his wife, his daughter said. There's also been criticism that Pezeshkian represents just another government-approved candidate. In a documentary on the reformist candidate aired by state TV, one woman said her generation was "moving toward the same level" of animosity with the government that Pezeshkian's generation had in the 1979 revolution. Jalili, once described by CIA director Bill Burns as "stupefyingly opaque" in negotiations, likely would have won outright had the three hard-liners not split Friday's vote. Jalili is known as the "Living Martyr" after losing a leg in the 1980s Iran-Iraq war and is famous among Western diplomats for his haranguing lectures and hard-line stances. Qalibaf, a former general in Iran's

paramilitary Revolutionary Guard and head of Iran's police, had been thought to have a wider power base, despite being plagued by corruption allegations and his role in past violent crackdowns. He quickly endorsed Jalili in conceding the result and criticised Pezeshkian for allying himself with President Hassan Rouhani and his former foreign minister, Mohammad Javad Zarif. The two reached Iran's 2015 nuclear deal with world powers, which later collapsed after then-President Donald Trump unilaterally withdrew from the accord. "The road is not over yet, and despite the fact that I respect Mr. Dr. Pezeshkian personally, ... I ask all the revolutionary forces and my supporters to help stop the wave that is causing an important part of our economic and political problems today," Qalibaf said in a statement. Now the question becomes whether Pezeshkian will be able to draw voters into his campaign. On Election Day, he offered comments on outreach to the West after voting seemingly aimed at drumming up turnout for his campaign - even after being targeted by a veiled warning from Supreme Leader Ayatollah Ali Khamenei.

New Criminal Laws to Come into Force Today: Bharatiya Nyaya Sanhita, 2023 & Others

RNS I New Delhi: Starting July 1st, 2024, India will witness the implementation of three new significant criminal laws: Bharatiya Nyaya Sanhita, 2023, Bharatiya Nagarik Suraksha Sanhita, 2023, and Bharatiya Sakshya Adhiniyam, 2023.



These laws, passed during last year's winter session of Parliament, mark a pivotal moment in India's legal framework, aiming to enhance citizen empowerment and streamline judicial processes.

for online incident reporting, the ability to file First Information Reports (FIR) at any police station, and free access to FIR copies for victims. Notably, individuals under arrest now have the right to inform a chosen person about their situation.

proceedings and reduce paperwork. In anticipation of these changes, extensive training programs have been conducted for police and investigative authorities to facilitate a smooth transition.

Preparations for the rollout have been meticulous, with the government conducting extensive consultations with states and union territories to bolster technological infrastructure, capacity building, and public awareness.

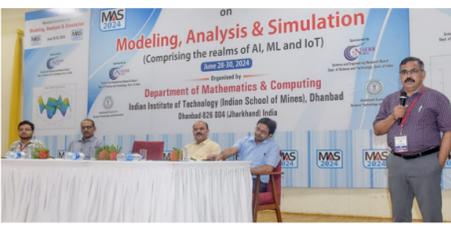
Moreover, the laws mandate expedited investigations into offenses against women and children, requiring completion within two months of case initiation. Forensic experts must now visit crime scenes for serious offenses to ensure thorough evidence collection, while summons can be served electronically to expedite legal

Government efforts to raise public awareness have included news bulletins, discussions on Doordarshan and Akashvani, social media campaigns, interactive programs, and informational websites. Educational institutions at all levels are also contributing, with curriculum modules focused on the new laws and activities scheduled nationwide to educate students and the public.

Key provisions of the new legislation include provisions

National Conference on Modeling, Analysis & Simulation concludes at IIT-ISM

RNS I Dhanbad: The Department of Mathematics & Computing at IIT (ISM) Dhanbad successfully concluded a three-day National Conference on Modeling, Analysis and Simulation today.



The valedictory function, held at the Golden Jubilee Lecture Theatre of the institute, featured insights from distinguished experts urging participants to overcome their hesitations and actively engage with experts to broaden their knowledge and skills.

across domains. Highlighting the changing dynamics in mathematical research, Professor Rajasekhar remarked, "The role of mathematicians is expanding across various disciplines, not confined to traditional domains.

need for continuous innovation and transformation in academic practices to excel in today's competitive environment. Meanwhile, Professor Sanjeev Anand Sahu, Convener of the conference, presented the conference report, noting the presentation of 81 research papers by participants including scholars and faculty members from esteemed institutions such as NIT Raipur, NIT Andhra Pradesh, IIT Guwahati, and IIT Delhi.

The event saw Professor GP Rajasekhar, eminent mathematician, grace the occasion as Chief Guest, alongside Professor MK Singh, Dean (Academic), who presided over the function.

With significant funding initiatives like the National Mission for Interdisciplinary Cyber Physical Systems and the National Quantum Mission, there are ample opportunities for mathematicians from diverse fields."

The conference also saw participation from 16 distinguished experts who enriched the discussions with their insights. The conference concluded on a high note, setting a benchmark for academic discourse and collaborative research in the field of mathematical sciences.

Addressing the gathering, Professor Rajasekhar emphasized the importance of shedding fear and inhibition in asking questions and interacting with experts. He underscored the evolving landscape of education, particularly in alignment with the National Education Policy (NEP), advocating for interdisciplinary collaboration

Poet Buddhinath Jha receives acclaim for reciting war episode from Om Mahabharata

by Arun Pathak

Bokaro: Bokaro: Sahityalok, renowned for its literary endeavors, hosted its monthly symposium on Saturday evening at Anjani Apartment in Chira Chas, the residence of senior literary figure Buddhinath Jha. The symposium, conducted in Maithili under Buddhinath Jha's chairmanship and facilitated by Aman Kumar Jha, convener of Sahityalok, featured discussions by prominent figures including Arun Pathak, Rajeev Kanth, Shambhu Jha, Shailaja Jha, and Vishwanath Jha on various themes such as human sensitivity, religious devotion, customs, and behavior.



The event commenced with a prayer led by Omkar Shankar Jha, Himanshu Shankar Jha, and Aaradhya. Poetess Shailaja Jha captivated the audience with her Maithili compositions, while Rajiv Kanth and Shambhu Jha shared their insightful writings.

Aman Kumar Jha recited his stories, and Arun Pathak garnered acclaim with his Hindi poem 'Journalism'.

pride in having such a distinguished figure in Bokaro, noting Jha's monumental work in Maithili literature. Poetess Shailaja Jha echoed these sentiments, emphasizing Jha's significance not just for Bokaro but for all of Mithila.

However, the highlight of the evening was Buddhinath Jha's recitation from his epic 'Om Mahabharat', focusing on the war episode involving characters like Ashwatthama and Dronacharya, which earned him widespread praise.

The symposium concluded with renewed appreciation for literature and a celebration of Buddhinath Jha's literary legacy.

TMC Pushes for SP's Awadhesh Prasad as Deputy Speaker in Lok Sabha



RNS I New Delhi: The Trinamool Congress has urged the Centre to appoint Samajwadi Party's Faizabad MP Awadhesh Prasad as the Deputy Speaker of the Lok Sabha, as reported by India Today. Awadhesh Prasad emerged victorious in the Lok Sabha elections from the Faizabad constituency, which encompasses Ayodhya.

er, secured the Faizabad seat, a general constituency, defeating BJP's Lallu Singh by a margin exceeding 50,000 votes, garnering widespread attention. Critics from the opposition have lambasted the BJP for its failure to retain the seat despite the inauguration of the Ram Temple in Ayodhya.

As of now, the Centre has not yet announced the schedule for the election of the Deputy Speaker, a position that remained vacant during the 17th Lok Sabha. The opposition has nominated a candidate with significant political and symbolic significance. Awadhesh Prasad, a Dalit leader,

holds equivalent legislative authority as the Speaker and assumes administrative duties in the Speaker's absence due to death, illness, or other circumstances. Traditionally, the Deputy Speaker is elected from a party other than the ruling party, ensuring a balanced and accountable democratic parliament.

SAIL Management Bids Farewell to Six Retired Employees



by Siddharth Pandey

Chaibasa: The management of SAIL's Kiriburu iron ore mine organized a heartfelt farewell function at the HRDC Center at Hilltop to honor six retiring employees. Led by Kiriburu General Manager Sudip Das, the event was a token of appreciation for their dedicated service.

The retirees, namely Prakash Khatri, Benudhar Apat, Markanda Munda, Padmalochan Dehuri, Purna Chandra Karuwa, and Madhusudan Das, were celebrated with well-wishes for a healthy and happy post-retirement life. General Manager Sudip Das presented them with gifts including certificates and dinner sets, adhering to SAIL's protocol.

Assistant General Manager Ramesh Sinha, Praveen Kumar, Senior Manager Rohit Toppo, Vijay Gupta, and several other officers and employees attended the ceremony to bid farewell and express gratitude for the retirees' contributions.

Murder Mystery Unfolds: Woman Found with Throat Slit in Gaya

RNS I Gaya: A 50-year-old woman, identified as Manju Devi, was found murdered in her rented house near Nai Godam TOP police station. The assailants, who remain unidentified, slit her throat with a sharp weapon and fled with her gold chain. The victim, Manju Devi, was alone at home during the incident and was known to be a polio patient. Police sources reported that the crime occurred late afternoon without any witnesses from the neighborhood or other tenants noticing any suspicious activity.

Expansion for Guwa Range Office Beautification Undertaken

Chaibasa: In a bid to enhance the aesthetic appeal of the Guwa Range Office, a 500-meter cemented road has been constructed within its premises. This initiative, aimed at facilitating easier access for villagers, builds upon earlier efforts initiated by former Guwa Ranger Ramanand Ram. Presently, Ranger Parmanand Rajak is overseeing the beautification efforts, which include the preparation of a main gate for villagers' convenience and the installation of a new boundary wall to safeguard trees and plants within the office compound.

Speaking on the occasion, Ranger Parmanand Rajak emphasized the significance of trees not only for their environmental benefits but also for their innate beauty and vital role in sustaining human life. Underlining the importance of environmental conservation, Rajak highlighted ongoing tree plantation drives and awareness campaigns conducted in the Guwa area, aligning with the objectives of Environment Day to promote a sustainable environment.

Multi-Crore bridge collapse in Giridih; plunges into river Arga



RNS: Giridih: A bridge under construction spanning the Arga River in Deori block of Giridih district, Jharkhand, has collapsed, sending shockwaves through the local community. The incident occurred at Kariphari village along the Fatehpur-Bhelwaghati road, where the structure's girder broke under unexpected circumstances.

lapse has sparked concerns about safety and construction standards. Despite the monsoon season not yet officially beginning, heavy rains triggered a surge in the river's water level, leading to the catastrophic failure on Saturday evening. Eyewitnesses described a loud noise as one of the bridge's supporting pillars succumbed to the force of the river, causing the girder to plunge into the water below. Another pillar also suffered significant damage during the downpour around 8 pm local time.

Authorities, including local administration teams, promptly responded to the scene to assess the extent of the damage and provide necessary assistance. The collapse has prompted immediate investigations into the construction methods and safety protocols employed during the project. Officials are currently conducting inquiries to determine the exact cause of the collapse, emphasizing the need for stringent measures in future construction endeavors to prevent such incidents from recurring.

JBKSS Mahila Morcha Strengthens for Sindri Assembly Elections

RNS I Sindri: In a significant development aimed at the upcoming Sindri Assembly elections, the Jharkhandi Bhasha Khatian Sangharsh Samiti (JBKSS) has intensified its organizational efforts under the leadership of Central General Secretary of Mahila Morcha, Usha Mahato.



This initiative was carried out in Bada Pichhari Panchayat, Kurmidih village, under the Govindpur Block Barwaadda Zone of Dhanbad district.

regarding the Mahila Morcha's organizational expansion.

Today, amidst an enthusiastic gathering of approximately two hundred women, the Mahila Morcha Organization Expansion Booth Committee was bolstered as per the directives of the JBKSS Central Committee. The presence of Central General Secretary Usha Mahato galvanized the atmosphere, sparking optimism among the residents of Bada Pichhari Panchayat and the broader Barwaadda Zone

jak, and other prominent leaders affirmed their commitment to propagate the ideologies of JBKSS and its Central President, Tiger Jairam Mahato.

Ranjit Kumar Mahato, the Dhanbad District Media Incharge of JBKSS, highlighted the momentous occasion, emphasizing the preparations for what is anticipated to be a transformative electoral contest in Sindri Assembly. Central figures such as Youth Revolutionary Ranjit Kumar Mahato, Barwaadda Zone President Harendra Rajak, Central Secretary of Youth Front Pappu Pahari Mahato, Central Vice President of Youth Front Chhotu Ra-

The event underscored a collective resolve to propel the JBKSS and the Jharkhand Democratic Revolutionary Front's Women's Front into prominence, aiming to secure a historic victory in the upcoming assembly elections. Central General Secretary of Women's Front, Usha Mahato, along with a host of other leaders and attendees, pledged their dedication towards this mission.

KVS wraps up Induction Program for Primary Teachers



Ranchi: The Kendriya Vidyalaya Sangathan (KVS), Ranchi Division, successfully concluded a comprehensive five-day Induction Program aimed at newly recruited primary teachers. Held at K.V. No. 1, HEC Ranchi, the program focused on acquainting educators with key facets of the New Education Policy 2020 and child-centric educational methodologies, incorporating innovative teaching tools such as the magical pen.

Throughout the training sessions, participating teachers actively immersed themselves in discussions centered on educational innovation and the pivotal role teachers play in shaping the academic journey and future prospects of students. The culminating event of the program featured an enlightening lecture delivered by Principal Pankaj Vats, who addressed the evolving educational landscape and the attendant challenges.

The Induction Program not only provided a platform for knowledge exchange and skill enhancement but also underscored the commitment of KVS Ranchi Division towards fostering a dynamic and supportive environment for its teaching fraternity.

Advertisement for dengue prevention: Ways to protect yourself from Dengue. Includes icons for removing mosquito habitats, using mosquito repellent, keeping home clean, and using netting for windows and gaps.

Advertisement for O My Dog pet supplies: Deals in Aquarium, Dog Food, Accessories, Bird Cage & All Pet Items. Contact number 9334239331. Location: GG-16, City Centre, Sector-4, Behind Sai Hospital, Bokaro.

Advertisement for CREATIVE INTERIORS: Architecture & Interior. Contact number +91-9939109311. Location: 8th Lane Netaji Nagar, Kantatoli, Ranchi - 834001.

PM Modi dials 'Men in Blue', congratulates Team India on T20 World Cup victory

Prime Minister Narendra Modi congratulated Team India over the phone for their victory over South Africa in the final of the ICC T20 World Cup. He praised the valuable contributions of players, including Rohit Sharma and Virat Kohli.

New Delhi: Prime Minister Narendra Modi on Sunday spoke to the members of the Indian cricket team over the phone and congratulated them on their seven-run victory over South Africa in the final of the ICC T20 World Cup. In a tweet, PM Modi praised the players for showing their excellent skill and spirit throughout the tournament and said their commitment is very motivating. "Spoke to the Indian team and congratulated them on their exemplary success at the T20 World Cup. They have shown excellent skill and spirit throughout the tournament. Each player's commitment is very motivating," he tweeted.

During the conversation, the Prime Minister praised Rohit Sharma for his splendid captaincy and appreciated his T20I career. PM Modi had a special

mention for Virat Kohli, who scored a valuable 76, and his immense contributions to Indian cricket. He also



thanked Rahul Dravid, who stepped down as the head coach following India's win, for his contributions to Indian cricket.

The Prime Minister appreciated Hardik Pandya for his last-over heroics and Suryakumar Yadav for the game-

changing catch to dismiss South African batter David Miller. He also spoke highly of Jasprit Bumrah's contributions to the T20 World Cup and Indian cricket. On Saturday, PM Modi released a video message and congratulated the 'Men in Blue' for their victory over South Africa in the see-saw final of the T20 World Cup at Kensington Oval in Barbados's Bridgetown.

"CHAMPIONS! Our team brings the T20 World Cup home in STYLE! We are proud of the Indian cricket team. This match was HISTORIC," he tweeted, along with a congratulatory video message for the team.

This was India's second T20 World Cup win in 17 years after they emerged victorious in the maiden edition in 2007. It was also after 11 years that Team India won a major ICC title, the last being the Champions Trophy in 2013.

Expected 85 marks out of 100, got 75: Shah on LS poll result

New Delhi: Union Home Minister Amit Shah Saturday lashed out at the Congress and accused it of trying to hide its defeat in the Lok Sabha polls by spreading confusion among people. "We expected 85 marks out of 100 but got 75 and Congressmen are calling us 'failed'. They got just 25 marks and are calling themselves 'pass'. They (Congress) are calling themselves 'pass' even after failing (in formation of the government at the Centre). The BJP alone got as many seats as of the entire INDIA bloc," Shah said.

Shah said the party will contest the upcoming Haryana Assembly elections alone under the leadership of incumbent Chief Minister Nayab Singh Saini and exuded confidence that the party will come back to power in the state for its third consecutive term.

Shah said they should have no doubts that the BJP will have no tie-up with any party for the state polls, which are due before October this year. The party does not need any crutches, party sources quoted Shah as having said in the meeting. Saini, 54, an OBC



leader, was made Chief Minister in March this year replacing Manohar Lal Khattar after the BJP snapped ties with the Jannayak Janta Party (JJP) of Dushyant Chautala. He Union Home Minister said "tara, sitara" will no longer work in Haryana

as he took a dig at the Congress leaders Rahul Gandhi and Deepender Singh Hooda. "Sonia ka aakhon ka taara" (Rahul Gandhi), and (Bhupinder) 'Hooda saab ka Sitara' (Deepender Hooda). Ab Haryana mein Tara Sitara nahin chalega," he said.

Lalu Yadav's 'Indira Gandhi never abused us' remark on Emergency draws BJP's ire

New Delhi: Rashtriya Janata Dal (RJD) supremo and former Bihar chief minister Lalu Prasad Yadav's remark on the dark days of Emergency seem to have drawn a sharp criticism by the BJP. In an article titled 'The Sangh Silence in 1975', the RJD patriarch had said that former Prime Minister Indira Gandhi imprisoned several political leaders but "never abused" them. Sharing an excerpt from the article on X, the RJD chief said that despite 1975 being a stain on the nation's democracy, let's not forget who doesn't respect the opposition in 2024. "I was the convener of the steering committee that Jayaprakash Narayan had constituted to carry forward the movement against the excesses of emergency imposed by the then PM Indira Gandhi. I was in jail under the Maintenance of Security Act (MISA) for over 15 months. My colleagues and I did not know many of the BJP ministers speaking about the emergency today. We hadn't heard of Modi, JP Nadda, and some of



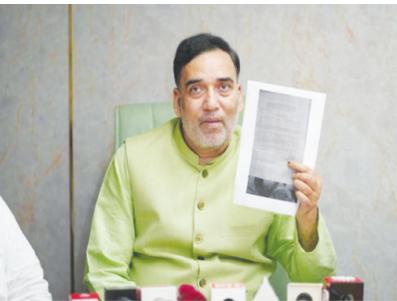
the PM's other ministerial colleagues who today lectured us on the value of freedom," he wrote on X.

"Indira Gandhi put many of us behind bars, but she never abused us. Neither she nor her ministers called us 'anti-national' or 'unpatriotic.' She never enabled vandals to defile the memory of Babasaheb Ambedkar, the architect of our Constitution. 1975 is a stain on our democracy, but let's not forget who doesn't respect the

opposition in 2024," the RJD leader added. Calling the RJD chief's remark "petty" politics, BJP leader Nikhil Anand said, "The departed souls of Jayaprakash Narayan and Rammanohar Lohiya must be in great pain after listening to the new interpretation of the Emergency Era by Lalu Prasad Yadav. The political life of Lalu Prasad Yadav has almost ended, and now he wants to ensure the safety and security of his family and his son. That is why he has resorted to such a petty level." VIDEO | "The departed souls of Jayaprakash Narayan and Rammanohar Lohiya must be in great pain after listening to the new interpretation of Emergency era by Lalu Prasad Yadav. The political life of Lalu Prasad Yadav has almost ended and now he wants to ensure the safety and security of his family and his son. That is why he has resorted to such a petty level." VIDEO | "The departed souls of Jayaprakash Narayan and Rammanohar Lohiya must be in great pain after listening to the new interpretation of Emergency era by Lalu Prasad Yadav. The political life of Lalu Prasad Yadav has almost ended and now he wants to ensure the safety and security of his family and his son. That is why he has resorted to such a petty level." VIDEO | pic.twitter.com/eACQILPht — Press Trust of India (@PTI_News) June 29, 2024 A 21-month state of emergency was imposed in India on June 25, 1975 by then Prime Minister Indira Gandhi.

Kejriwal government forms committee to investigate illegal tree felling by DDA

New Delhi: In response to the illegal felling of 1,100 trees by the Delhi Development Authority (DDA) in South Delhi's Reserve Forest Area, the Kejriwal government convened a cabinet meeting on Saturday. Despite health issues, Cabinet Minister Atishi participated online. In the meeting, all the ministers unanimously decided to constitute a three-minister Fact-Finding Committee, comprising ministers Saurabh Bharadwaj, Atishi, and Imran Hussain, to investigate the orders behind the tree cutting. The Supreme Court is currently addressing this case, demanding accountability. Communications between some DDA engineers suggest that the trees were cut on verbal orders from the Lieutenant Governor (LG) after he visited the Ridge area. The government has repeatedly sought a status report from the Forest Department, but it remains unreceived. In a press conference with cabinet ministers Saurabh Bharadwaj and Imran Hussain, Environment Minister Gopal Rai said that the Kejriwal government is very serious about protecting the people of Delhi from pollution and natural calamities like heat waves. For this, continuous



work is being done to increase the green belt in Delhi. The Delhi Environment Minister continued, stating, that in the last assembly elections, CM Arvind Kejriwal had given 10 guarantees to Delhiites. One of these guarantees was that the green area in Delhi will be increased by planting 2 crore saplings within 5 years. We are happy that in collaboration with all the agencies working in Delhi, we have achieved the target of planting 2 crore saplings in just 4 years. People's concern has further increased after the

heat wave this year. In view of this, the government has decided to plant 64 lakh saplings in the next financial year in collaboration with all agencies.

Minister Gopal Rai mentioned, "A shocking incident has come to light from Chhatrapur, Satbari in Delhi that in February, the DDA violated all the rules and cut 1,100 trees without permission from any agency or government. The hearing of this case is going on in the Supreme Court. The court is repeatedly asking the Vice Chairperson of DDA on whose orders 1,100 trees were cut illegally in the capital Delhi." "The Apex court is asking whether this order was given by the LG because the communication of some DDA engineers shows that the LG had visited the forest reserve area of Chhatrapur and these trees were cut on his verbal orders. The Supreme Court wants to know the truth behind this. The court has asked the Vice Chairman of DDA to file his reply by the next hearing. Also, in the hearing of June 26, the Supreme Court had asked the Forest Department to file its status report," he stated.

Guv poser for Hemant's return, Champai Soren likely to continue as CM till Jharkhand Assembly polls

Jamshedpur: A day after Hemant Soren's release from jail on bail, loyalist Champai Soren continues to remain Jharkhand chief minister with speculation mounting on what is preventing his predecessor from reclaiming his throne. Officially, Jharkhand Mukti Morcha sources said Champai had offered to step down on Friday evening itself but was dissuaded by Hemant, who is "likely to decide next week" whether to take over from Champai or let him continue till the Assembly elections later this year. Off the record, the sources said Hemant may be apprehensive about effecting a change of chief ministers now and thereby bringing into play a Raj Bhavan with which the JMM government has a trust deficit. Ranchi-based political columnist Faisal Anurag, who has had a close association with Hemant and his father and party patriarch Shibu Soren, spelled out the reason why he believes Hemant might allow Champai to remain chief minister till the polls.

"As far as my political understanding goes, I don't see Hemant becoming chief minister in July," he said. Anurag cited how Hemant had on Saturday morning suggested the BJP-led Centre might advance the Jharkhand Assembly polls, due in December, to hold it simultaneously with elections in Haryana and Maharashtra, expected in October-November. "If the Jharkhand elections are held early in October-November, the Model Code of Conduct (MCC) would likely be enforced from September," Anurag said. "There will be barely two months (July and August) left for proper government functioning (or launching welfare schemes). Hemant, aware of the present stance of the governors in the country, would not risk allowing Champai to resign and staking claim himself," he added. "Because, there will always be the prospect of the governor delaying the process (of Hemant being sworn in) without citing reasons, which might keep the government in limbo in the run-up to the elections."

Under the rules, Champai has to tender his resignation to governor C.P. Radhakrishnan, and Hemant has to furnish a letter to the governor showing the support of enough MLAs and staking claim to become chief minister. The JMM, however, has history with the governor on this count.



Union Minister Smells 'Conspiracy' In Bihar Bridge Collapse, Says After Lok Sabha Polls...

Union Minister Jitan Ram Manjhi has responded to the bridge collapsing issue in Bihar by raising the possibility of a conspiracy behind the incidents.

New Delhi: As the frequent reports of bridge collapses in Bihar are raising concerns among residents about the quality of development work in the state, now, Union Minister Jitan Ram Manjhi, also former Bihar Chief Minister, has responded to the issue by raising the possibility of a conspiracy behind the incidents. In the past nine days, five bridges in Araria, Siwan, East Champaran, Kishanganj, and Madhubani districts of have collapsed in Bihar. Reflecting on the matter, Minister of Micro, Small and Medium Enterprises, Manjhi on Saturday asserted that poor-quality materials might have been used but why these collapses did not occur earlier, asking if there could be a conspiracy behind the recent incidents. "It is a matter of concern that bridges are collapsing (in Bihar). It looks as if poor-quality material might have been used. But why were the bridges not collapsing before 15 days or a month ago? Why are they collapsing now? Is there a conspiracy behind



it?" Manjhi said while addressing the media. The MSME minister was talking to media when he suggested that the repeated bridge collapses could be a deliberate effort to discredit and tarnish the reputation of the government. Claiming there to be a motive behind these events, he said, "These things

are being done on purpose to tarnish the image of the government. Bridges are collapsing continuously, I think there is intention behind this." The Union Minister affirmed that the government is implementing stringent actions against the contractors and engineers accountable for the

bridge collapses. **Chronological Order Of Recent Bridge Collapses In Bihar**

The series of bridge collapses began on June 18 in Araria, where a newly constructed bridge over the Bakra River collapsed before its inauguration. Subsequently, another collapse occurred on June 22 over the Gandak River in Siwan, a bridge that had been standing for approximately 40-45 years. The incidents continued with a collapse on June 23 of a bridge under construction in East Champaran, where locals attributed the failure to the use of inferior materials. On the following day, another bridge fell in Kishanganj. The most recent collapse took place in Madhubani, occurring just a day after the Kishanganj incident. Notably, last year in June, a temporary bridge on the River Ganga in Vaishali suffered partial collapse due to strong winds, connecting Raghapur to the Vaishali District Headquarters.

Indian Muslims on shaky ground

I am an ardent admirer of Harsh Mander, a former IAS officer who resigned in 2002 in protest against the Gujarat government's failure to do its Raj Dharma of curbing the massacre of innocent Muslims. I do not have the courage Harsh has. I never had that level of courage. He recently informed his myriad admirers that his new article was on the subject of "the political demonisation, erasure and abandonment of Indian Muslims in recent elections". He aptly called it "the crisis of not-belonging". An incident that occurred on polling day in Uttar Pradesh last month caught my attention. An educated Muslim girl arrived at a polling booth along with her sister. The officials on duty went through the voter list and informed the girls that their names were not on it.

The girl who reported this incident had earlier gone to the centre concerned for checking the voter list. Her name and that of her sister were there. She demanded a re-check, which the officials did. Their names were on the list. The girls voted, as was their right and their duty. They were educated girls, confident of their own capabilities.

On emerging from the polling station, she found groups of burqa-clad women who had been told that they could not vote as their names were not on the list. They were not smart like our girl to call their bluff. The BJP knew that minority votes would go against them. It was rumoured that it used different means to ensure victory. Yet, in BJP-ruled UP, it failed.

The Election Commission of India (ECI) should have acted on the courageous girl's complaint and investigated such electoral misdemeanours. The ECI wields sole authority over officials of any government department on election duty. It should have identified the culprits and put them on the mat. It should also have published details of the action taken against them. I agree with Harsh that Indian Muslims are on shaky ground after the BJP-led NDA government assumed office. The BJP's propaganda team may deny this so that the party's back is covered and the Western powers with whom we now seem to be aligned think kindly of our government. But there is much that the community itself can do to change its own image. Indian Muslims are not the target of only the Modi-Shah government but also the victims of its own narrow-minded religious establishment. It is really sad to see that innumerable Muslim women are kept deliberately backward and treated as possessions in India. I am talking specifically of uneducated women in families living in penury. I have many Muslim friends, but they belong to the privileged, well-heeled category who will think like I do and approach life as I would. Presently, I am watching a Turkish serial called Black Money Love. Women in that Islamic country are totally liberated following the reforms introduced by Mustafa Kemal Atatürk. In India, the community needs to start internal reforms. First and foremost, it should ensure that all its women become literate. It should also ensure that they are well educated and able to think for themselves. Kerala has achieved 100 per cent literacy. It has thereby succeeded in controlling the reproduction rate.

The BJP's main accusation against the Congress was, and still is, that the community was pampered by the party for votes. In what aspects of their life were Muslims pampered? It was only the religious dispensation that was pampered, ensuring that obscurantist practices were perpetuated. The Shah Bano judgment overturned by an ill-advised Prime Minister spelt the end of Congress primacy in India. It shocked the conscience of citizens like me, who nurtured no biases. Poor Muslims, both men and women, remain as helpless and deprived today as they were then. Strong leaders should emerge in the community to challenge the fatwas of the mullahs. Like the mullah who ordered the wife of a soldier missing in action for seven years — who re-married and became a mother in his absence — to return to her previous husband when the Pakistanis released him from captivity. The woman was not consulted! She was a mere possession.

Marginal tax cuts not enough to spur robust economic growth

Economists do not feel that there is any policy objective among decision-makers to reduce economic inequality.

THE Union Government is considering what it has not done for over half a dozen years now. In the full Budget for 2024-25 due in late July, it may end up cutting taxes amounting to Rs 50,000 crore so that those not so well-off can get to pay less by way of taxes and consequently spend more by way of raising consumption.

One way of doing this is introducing a new beneficial income tax slab. Another step can be raising grants for small farmers as well as allocating more government funds for the rural employment programme, which will help both male and female rural workers. The overall picture is that even as the GDP has been doing well over the last few years, private consumption has not kept pace. After the Covid-19 pandemic subsided, the GDP growth rate hovered at around 8 per cent till 2023-24. But private consumption, after growing through state largesse at the rate of over 10 per cent in 2021-22, slumped to around half that figure in 2023-24. But for the Budget as a whole, the government needs to do much more than just lower a few taxes. According to an expert, around 20 million more jobs will be needed. The Budget can help take things forward in four ways. As there are fewer jobs available in rural areas, there will have to be well-planned, sustainable cities with enough jobs to absorb the people coming in from villages in search of work. The Budget will also have to help boost large-scale manufacturing. The key will be more funds by way of the production-linked incentive scheme, which encourages global companies to bring in manufacturing plants that both create more skilled jobs and use the higher production for domestic consumption as well as exports. Additionally, information technology companies will create new jobs for engineers and fetch services exports. These engineers will spend and contribute to indirect taxes. Some of these points have been raised by business representatives in their meeting with the Finance Minister while offering ideas on putting together the forthcoming Budget. A somewhat new proposal will be to raise capital expenditure in rural areas so that there is more irrigation, warehousing and cold chains. This will raise agricultural output and bring down inflation, thus allowing the economy to go further through greater government expenditure without pushing up inflation.

As much as the corporate leaders have their focus on their own businesses, they have also shared ideas with the government to focus on micro, small and medium enterprises (MSMEs). These will feed into the larger businesses and help them grow further.

Though the government has had some good ideas (cutting a bit of taxes) and the corporates have passed on a few more, it needs to focus on a cardinal reality that is yet to be addressed — the stark economic inequality in the country. Even though India's stock markets remain one



of the costliest in the world, the government finds that it needs to keep delivering free foodgrains to 800 million of the 1.4 billion people in the country to keep hunger at bay. According to a survey by Reuters, economists feel that the youth, who are already suffering from unemployment, are not optimistic about things getting any better in the next five years.

Economists do not feel that there is any policy objective among decision-makers to reduce economic inequality. And a critical point for some of them is that inequality will not go away on its own through overall rapid economic growth, which is happening right now.

However, some experts feel that inequality in itself is not a cause for concern. What is important is that those at the bottom of the pyramid should fare better economically. Those at the top doing much better is not an issue.

The sharp differences among economists is highlighted by certain contradictions. India has the second-highest number of billionaires in Asia, while tens of millions of people scrape by with a daily wage of around Rs 400 earned through digging wells and country roads, making money 100 days a year. Some economists, with the upcoming Budget in mind, feel that the key concern should not be to visualise the country becoming a developed economy by 2047 or in around a quarter century. What is more important is for workers to have better skills so that they have more jobs and become a part of an overall inclusive growth. Ninety per cent of the

economists polled felt that unemployment would remain the biggest problem for the next five years. The way to solve this would be to move from farm to factory. But what stands in the way is the failure to invest adequately in education. The country spends 3 per cent of the GDP on public education, even though the National Education Policy recommends 6 per cent.

In view of all this, it is perhaps necessary for both the government and business leaders to move away from issues regarding marginal changes in taxes and investments. Instead, it is imperative to focus on what matters so that the country has workers who are able to run more modern factories. The share of manufacturing in the GDP has remained in the range of 15-17 per cent for about 30 years. If there is a saving grace, it is the rise in services delivering information technology, led by top software companies. The key policy that made it possible was the creation of software technology parks in the early 1990s and the waiver of income tax on IT export earnings. Right now, the US is the leading enabler of Indian exports, led by the delivery of services. The government will be shortsighted if it tries to overcome the setback in the recent elections by looking at standalone decisions like reducing a bit of tax here or there. The 2024-25 Budget needs to have a broad goal, which the government of the early 1990s did. The way to begin today is to reform the public education system, aided by greater government spending.

Minority report

US criticism of India can have repercussions

US Secretary of State Antony Blinken has flagged a 'concerning increase' in anti-conversion laws, hate speech and demolition of homes and places of worship of members of minority communities in India. In his remarks at the release of the US State Department's 2023 Report on International Religious Freedom, Blinken said Christian groups in India had reported attacks by mobs, allegedly in league with the police, over accusations of 'conversion activities'. The report claims that Christians and Muslims were arrested under laws banning forced religious conversion. The unusually scathing criticism comes weeks after the Prime Minister Narendra Modi-led NDA government began its third successive term. It is bound to cast a shadow on India-US ties, which have made rapid strides in the strategic and defence domains in recent years. Blinken had also mentioned India in his remarks during the release of the 2021 Report on International Religious Freedom two years ago, expressing concern



over rising attacks on people and places of worship in the country. However, his comments this time may be seen through the prism of the US presidential elections,

which are scheduled for November. With Christians accounting for two-thirds of the American population, highlighting alleged atrocities against them in countries such as India could be construed as a vote-catching tactic. While talking about the minorities in the US, Blinken has confined himself to the observation that reports of hate crimes and other incidents targeting Muslims and Jews have gone up dramatically. America seems more keen to 'advance religious freedom across the globe' than to set its own house in order. The Indian government does need to do course correction on the minority front, but it won't appreciate the US playing the Big Brother. Antagonising a close ally will have repercussions for Washington, especially when the Gurpatwant Singh Pannun case is already testing the strength and maturity of the bilateral relations.

Military stranglehold taking its toll on Pakistan

The public of Pakistan needs to realise that the India-centric approach of the army has only hastened the country's slide.

SINCE 1947, India and Pakistan have fought four wars, including the one in 1971, when East Pakistan broke away with Indian assistance and became Bangladesh. They have opposed each other at every international forum, acquired nuclear weapons to gain strategic superiority and joined alliances to seek territorial and diplomatic advantage. To make up for its smaller size, Pakistan has not hesitated from using the communal card in a bid to destabilise India time and again and "bleed India with a thousand cuts" with its proxy war in J&K since 1989. Members of terrorist groups such as Lashkar-e-Taiba, Harkat-ul-Ansar and Hizbul Mujahideen continue to be trained and infiltrated into India for carrying out terrorist activities and creating destabilisation. As things stand, this situation is unlikely to change anytime soon.

During this entire period, through the shrill cacophony of revenge, there have been sane voices from both sides suggesting better relations between the two and progressing together in peaceful co-existence. Why these efforts have not produced the desired results, thus prolonging the status quo, needs to be analysed. In the current geopolitical environment, a continuing hostile stance between the two is likely to prove harmful to both, more so to Pakistan, due to its vulnerabilities.

Unlike in India, where a democratically elected government conducts foreign policy with all countries, including Pakistan, the civilian government in Pakistan must go by the wishes of the army while dealing with India. This creates a dichotomous situation wherein a clandestine hand seems to be controlling the outcome of direct talks. The Pakistan army has ruled the country directly or indirectly for the past 77 years. Not having been popular while ruling the country directly, the army has conveniently indulged in back-seat driving by making the 'selected' government do its bidding. This ensures that it gets credit for all the good deeds, while unpopular decisions are attributed to the civilian government.



The army has maintained its position within the polity by branding India as Pakistan's enemy No.1 in people's minds while projecting itself as the saviour of the nation. It is not uncommon to find that for most things going wrong in Pakistan, India is generally the whipping boy. The army is adept at orchestrating an anti-India agenda from the background. The only negative aspect of such a game plan is that it cannot be played perpetually, thus exposing the perpetrators. Punjabis have invariably dominated the government and all its important wings, even at the expense of depriving others of their fair share of government jobs. Thus, there is a strong undercurrent of resentment and alienation among Sindhis, Baluchis and Pakhtoons, giving a fillip to divisiveness. With the passage of time, this faultline is becoming more prominent. The army has gradually expanded its overall

control to almost all institutions in the country. The Fauji Foundation has been activated to control some of the economic activities. Recent reports of pressurising and threatening the judiciary to get favourable decisions for the 'establishment' have pointed to the subversion of judicial processes. Manipulation of the religious discourse to suit the aspirations of the military has resulted in creation of a suspicious and untrustworthy environment wherein the friction between the Shias and Sunnis has increased manifold. In fact, the minority Shias have been targeted more frequently by the Sunnis lately, thus heightening the discord.

There is also a feeling of alienation in the lower and middle ranks of the Pakistan army, especially since most spoils of power are being shared at the higher levels. It is this disenchantment that Imran Khan tried to exploit while

taking on the army when he was the Prime Minister. His failure, of course, does not change the ground reality.

On the Indian side, the foreign policy of the country is the responsibility of the democratically elected government of India. Principally, it would be happy to have cordial neighbourly relations with Pakistan. Several past prime ministers of India have repeatedly shown their positive intent on this account. Negotiations have broken down either because of the last-minute pressure from the Pak army on their government or because of Pakistan going back on the agreed upon agreements. The Simla Agreement of 1972 is a glaring example.

The solution lies in weakening of the stranglehold of the army on the foreign policy of Pakistan vis-à-vis India. The public of the country needs to realise that the India-centric approach propagated and followed by the army has only hastened Pakistan's slide. It is the inherent contradictions within the Pakistan polity, propped up and manipulated by the army, that are leading the country towards disintegration.

The moot question that arises is whether the military can be forced to jettison its prime position to stop Pakistan's abysmal march to doomsday. There are murmurs of discontentment and unhappiness within Pakistan, especially since most aspects are weighed in comparison with India. The high-handed way the 'establishment' deals with all other institutions of the state is becoming clearer. Ultimately, it is the public in Pakistan that can bring about an end to the army's domination. Nurturing and encouraging this thought process would help build a case for the long-term wellbeing of Pakistan as well as better relations with India.

Friendliness between India and Pakistan is possible only once acts inimical to each other are stopped. Pakistan needs to stop supporting the proxy war in J&K and terrorist activities in other parts of India. Resolution of other issues, including J&K, can happen as trust and confidence between the two builds up. In the long term, good neighbourly relations would benefit both countries.



मुंह के छालों से राहत पाने के लिए अपनाएं ये 4 नुस्खें

आजकल मुंह में छाले होना एक आम समस्या हो गई है। पुरुषों के मुकाबले यह समस्या ज्यादातर महिलाओं में अधिक होती है। इसका मुख्य कारण उनके हार्मोन्स में अधिक उतार-चढ़ाव आना है। यह छाले अपने आप ही कुछ दिनों में ठीक हो जाते हैं। इनके निकलने के कई कारण हो सकते हैं।

पेट के साफ न होने और खाना खाने समय अचानक दांतों से मुंह के अंदर की झिल्ली के कट जाने से छाले हो जाते हैं। मासिक धर्म या मेनापॉज के समय हार्मोन्स में बदलाव तथा वायरस, बैक्टीरिया या फंगस संक्रमण से निकल सकते हैं। इसके अन्य कारणों में शरीर की रोग-प्रतिरोधक क्षमता कम होना, एलर्जी होना भोजन में विटामिन सी और बी 12 की कमी होना आदि शामिल हैं। कुछ दवाओं के साइड इफेक्ट के रूप में भी मुंह में छाले निकल सकते हैं।

बचाव के उपाय

- खाना धीरे-धीरे चबा-चबा कर खाएं। खाने समय बात न करें, ताकि दांतों से मुंह के अंदर की परत को नुकसान न पहुंचे।
- नींबू को आधा काटें, इससे छाले पर लगाएं, इससे थोड़ी जलन तो होगी, परंतु यह सुन्न हो जाएगा, जो अच्छा है। आखिर में थोड़ा शहद छाले पर लगाएं।
- शरीर की सफाई, संतुलित भोजन और पीने के साफ पानी पर भी विशेष ध्यान देना जरूरी है।
- कुछ दिनों तक लगातार विटामिन सी और विटामिन बी 12 की गोतियां खाएं।
- माउथवाश का प्रयोग करें-कई बार कुल्ला करने से यह आपके मुख में बढने वाले जीवाणुओं को साफ करता है और इसके साथ-साथ कई मामलों में छाले में दर्द से राहत देता है। किसी बिना नुस्खा घोल का उपयोग करें, कोई भी माउथवाश इस प्रयोजन के लिए कार्यकारी है। सुबह और शाम कुल्ला करें और हो सके तो दिन के खाने के बाद भी कुल्ला करें।



स्टेरोयड इन्हेलर्स का उपयोग रोकने से अस्थमा के बिगड़ने का खतरा

मौजूदा महामारी में सेहत व स्वास्थ्य को महत्व देना होगा। यह खासकर तब बहुत जरूरी है, जब आपकी प्रतिरक्षा प्रणाली कमजोर है या फिर आपको किसी बीमारी का इतिहास है। अस्थमा इन्हीं में से एक है। अस्थमा बिगड़ने का मुख्य कारण धांस की नली में वायरल संक्रमण होना है। अस्थमा के जोखिम वाले लोगों या फिर मौजूदा अस्थमा पीड़ितों के लिए सांस की नली में वायरल संक्रमण बहुत घातक हो सकते हैं। एक अनुमान के अनुसार सामान्य या फिर गंभीर अस्थमा के मरीजों को बीमारी के और ज्यादा गंभीर होने का खतरा ज्यादा होता है। भारत में लगभग 93 करोड़ लोग सांस की क्रोनिक समस्या से पीड़ित हैं। इनमें से लगभग 37 करोड़ एस्थमेटिक हैं। अस्थमा के वैश्विक भार में भारत का हिस्सा केवल 1.1 प्रतिशत है, जबकि विश्व में अस्थमा से होने वाली मौतों में भारत का हिस्सा 4.2 प्रतिशत है, जिस वजह से भारत दुनिया की अस्थमा कैपिटल बन गया है। अस्थमा पर सांस के वायरस के प्रभाव के चलते यह बहुत आवश्यक हो गया है कि मौजूदा समय में अस्थमा पीड़ित बहुत ज्यादा सावधानी बरतें। वायरस निर्मित समस्याओं की रोकथाम के लिए अस्थमा को अच्छी तरह से नियंत्रित करना बहुत आवश्यक है। 'मौजूदा समय में किसी बीमारी के उपचार के लिए आपातकालीन विभाग या अत्यावश्यक इलाज के लिए जाना पड़ता है, जहां पर मरीज को किसी संक्रमित व्यक्ति के संपर्क में आने का जोखिम भी ज्यादा होता है। अस्थमा पीड़ितों को कभी भी अपने

काँटिकोस्टेरोयड इन्हेलर तब तक लेना बंद नहीं करना चाहिए, जब तक कोई मेडिकल प्रोफेशनल उनसे ऐसा करने को न कहे। स्टेरोयड इन्हेलर का प्रयोग बंद करने से मरीज को संक्रमण का ज्यादा खतरा हो जाएगा क्योंकि इससे अस्थमा का नियंत्रण खराब हो जाता है। 'यदि अस्थमा नियंत्रण में है, तो हॉस्पिटल के क्लिनिकल जाने से बचें। आप टेलीफोन पर अपने डॉक्टर से संपर्क कर सकते हैं और उन्हें अपनी प्रगति के बारे में बता सकते हैं। एस्थमेटिक मरीजों को बिना योजना के क्लिनिक नहीं जाना चाहिए। सामान्य से गंभीर अस्थमा से पीड़ित लोगों को वायरल संक्रमण से बहुत ज्यादा बीमारी पड़ने का खतरा रहता है। ये संक्रमण आपकी सांस की नली (नाक, गला, फेफड़ों) को प्रभावित करते हैं, अस्थमा का अटक लाते हैं और इनकी वजह से निमोनिया या एक्वेट रेंस्पिरेटरी डिजीज हो सकती है। एक्वेट लक्षणों से आराम के लिए स्पेसर के साथ एमडीआई का उपयोग किया जा सकता है। नेबुलाइजर्स का उपयोग करने से बचें क्योंकि उनमें वायरल संक्रमण फैलने का खतरा बहुत ज्यादा होता है। नेबुलाइजर्स एयरोसॉल्स बनाते हैं, जो संक्रमित ड्रॉपलेट्स को कई मीटर तक फैला सकते हैं। आपका डॉक्टर आपको इन विधियों के बारे में परामर्श देगा। सुनिश्चित करें कि आपके पास नॉन-प्रेसक्रिप्शन दवाइयों एवं सप्लाई का 30 दिनों का स्टॉक हो, ताकि यदि लंबे समय तक आपको घर में रहने की जरूरत पड़े, तो आपको कोई परेशानी न हो।



नारियल तेल के इस्तेमाल के कई फायदे हैं। कई गुणों से भरपूर यह तेल स्वास्थ्यपरक फायदों के लिए पीढियों से इस्तेमाल में लाया जा रहा है।

- नारियल तेल त्वचा के लिए नेचुरल मॉइश्चराइजर का काम करता है, यह मृत त्वचा को हटाकर रंग निखारता है, चूंकि इसका कोई साइड इफेक्ट नहीं है, तो इसका इस्तेमाल त्वचा रोग, डर्मेटाइटिस, एक्जिमा और रिस्कन बर्न में किया जा सकता है। नारियल तेल स्ट्रेच मार्क्स हटाने में भी मदद करता है और हॉट को फटने से बचाने के लिए भी इसे नियमित रूप से हॉट पर लगाया जा सकता है।
- नारियल तेल बालों को घना, लंबा और चमकदार बनाने में काफी मददगार साबित होता है। सिर का मसाज सिर्फ पांच मिनट नारियल

कई गुणों से भरपूर है नारियल तेल

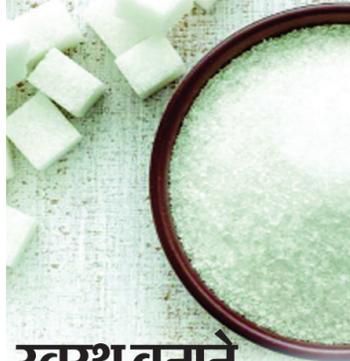
तेल से करने से न सिर्फ रक्त संचार में वृद्धि होती है, बल्कि खो चुके पोषक तत्वों की भी भरपाई करता है, नियमित रूप से नारियल तेल से मसाज करने से बालों में रूसी नहीं होता है। नारियल तेल को मुंह में करीब 20 मिनट तक रखने के बाद थूक देने से मुंह के कीटाणु और मसूड़ों की समस्याएं दूर होती हैं। स्वस्थ मसूड़ों के लिए सप्ताह में कम से कम तीन बार ऐसा करें। आयुर्वेद में पित्त वृद्धि के कारण नारियल तेल का इस्तेमाल गठिया, जोड़ों के दर्द को कम करने के लिए किया जाता है। यह हड्डियों में कैल्शियम और मैग्नीशियम अवशोषित करने की क्षमता में सुधार करता है। नारियल तेल के इस्तेमाल से वजन भी कम किया जा सकता है। ताजे नारियल से निकाले गए तेल में

अन्य नारियल तेलों की अपेक्षा ज्यादा मीडियम चेन फैटी एसिड्स (70-85 प्रतिशत) होता है। मीडियम चेन फैटी एसिड्स आसानी से ऑक्सीडाइज्ड लिपिड्स होते हैं और एडीपोज ऊतक में संग्रहित नहीं होते हैं। इस प्रकार, मुख्य रूप से मीडियम चेन फैटी एसिड युक्त नारियल तेल वजन घटाने में मददगार साबित होता है। नारियल तेल लॉरिक एसिड और कैप्रिक एसिड की तरह एंटीमाइक्रोबियल लिपिड का एक समृद्ध स्रोत होता है, जो एंटीफंगल और जीवाणुरोधी होते हैं। खाना पकाने में नारियल का तेल ज्यादा अच्छा रहता है। इसका तेल ऑक्सीकरण के प्रति कम असुरक्षित होता है, जो इसे खाना पकाने के लिए सबसे सुरक्षित बनाता है।



औषधीय गुणों से भरपूर है लहसुन

औषधीय गुणों से भरपूर लहसुन सिर्फ खाने में स्वाद ही नहीं बढ़ाता बल्कि आपके स्वास्थ्य के लिए बहुत फायदेमंद है और वैसे भी भारतीय रसोईघर में लहसुन से मिल जायेगा। इसमें विटामिन, प्रोटीन, खनिज, लवण और फॉस्फोरस, आयरन व विटामिन ए, बी व सी भरपूर मात्रा में पाए जाते हैं। तो आज लहसुन के कुछ स्वास्थ्य संबंधी गुणों के बारे में जानते हैं। लहसुन बैक्टीरिअल और वायरल संक्रमण को रोकने में बहुत कारगर साबित होता है। यह फंगस, यीस्ट और कीड़ा से इन्फेक्शन को रोकने में मदद करता है। लहसुन कानों में दर्द हो, तो लहसुन के तेल को गर्म करके दो बूंदें रोजाना दो बार 5 दिनों तक कानों में डालें। लहसुन में मौजूद जर्मेनियम, सेलेनियम और सल्फर तत्व दर्द उत्पन्न करने वाले बैक्टीरिया को खत्म करने में सक्षम हैं। लहसुन का तेल तैयार करने के लिए लहसुन की 3 कलियों को कूटकर आधा कप ऑलिव ऑयल तेल में मिलाकर धीमी आंच पर 2 मिनट के लिए पकाएं। छानकर 2 हफ्तों तक फ्रिज में रखे इस्तेमाल में लाने से पहले हल्का-सा गर्म कर लें। लहसुन खाने से जुकाम नहीं होता है। साथ ही इसमें एन्टीबैक्टीरिअल गुण गले के दर्द से राहत दिलाता है। अगर आप अपने बर्तने मोटापे से परेशान हैं तो अपनाएं ये लहसुन की दो कलियों को अच्छे से भून लें और फिर उसमें जीरा सैंधा नमक मिलाकर चूर्ण बना लें। इसको आप रोजाना खाली पेट गर्म पानी से लें। कुछ ही दिनों में मोटापा कम हो जाएगा।



स्वस्थ बनाने के साथ सुंदरता भी बढ़ाती है चीनी

इस माग-दौड़ मरी जिन्दगी में हर किसी के कंधों पर काम की जिम्मेदारी इतनी अधिक हो जाती है। कि यह टेंशन कभी-कभी डिप्रेशन का विक्रम रूप धारण कर लेती है जिससे व्यक्ति के सोचने समझने की शक्ति खत्म हो जाती है। लेकिन अब परेशान होने की जरूरत नहीं है और ना ही डिप्रेशन से बचने के लिए ढेर सारी दवाइयाँ खाने की जरूरत है। आपको जानकर ताज्जुब हो कि सिर्फ चीनी खाने से ही आपको डिप्रेशन से राहत मिल सकती है।

चीनी का प्रयोग फिकेपन को दूर करने को किया जाता है। जब भी आपको शरीर में थकावट या तो महसूस हो तो शुगर से बने पदार्थों का सेवन करें। यह शरीर में शुगर के लेवल को ठीक कर नई ऊर्जा देता है। जैसे फूरड कस्टर्ड, जूस का एक ग्लास, कैक का एक टुकड़ा वगैरह खा कर आप पहले से ज्यादा तरोताजा फील कर सकते हैं।

ब्यूटी बेनेफिट्स

चीनी और नींबू : अगर आप फेस पर कील-मुहांसों से परेशान हैं तो चीनी में नींबू की कुछ बूंदें मिला लें और इससे अपने चेहरे पर हल्के हाथों से स्क्रब करें। अगर आपकी त्वचा धूप की कारण त्वचा काली पड़ गई है तो 2 चम्मच कॉफी में 1 चम्मच चीनी मिला कर थोड़ा सा पानी मिलाएँ फिर इस पेस्ट को अपने चेहरे को लगाएँ। यकीन मानिये इससे आपको चेहरा साफ और ग्लोइंग हो जाएगा। सन टैनिंग से परेशान हैं तो आप चीनी के साथ दही का पेस्ट बना लें फिर इसी पेस्ट से अपने चेहरे को स्क्रब करें, कुछ ही दिनों में सन टैनिंग से राहत मिलेगी।



बारिश के मौसम में न करें इन फूड्स का सेवन

बारिश के मौसम में कई बीमारियों का खतरा बढ़ जाता है और इसीलिए इस दौरान हमें खाने-पीने से जुड़ी हुई चीजों पर भी ज्यादा ध्यान देना चाहिए। यहां पर आपको कुछ ऐसे ही फूड्स के बारे में बताया जा रहा है जिनका बारिश के दौरान सेवन करने से बचना चाहिए।

बारिश के मौसम में न करें इन 5 फूड्स का सेवन होगा, नहीं तो पड़ जाएंगे बीमार बारिश के मौसम में हमें कई प्रकार के खाद्य पदार्थों का सेवन करने के दौरान विशेष सावधानी बरतनी पड़ती है। इसमें जरा-सी की गई लापरवाही हमारी सेहत के लिए कई समस्याएं भी खड़ी कर देती है। बारिश के मौसम में ज्यादातर लोगों को बीमार पड़ते हुए देखा जाता है क्योंकि गर्मी का मौसम खत्म होने के बाद से तापमान नीचे जाता है और तरह-तरह की स्वास्थ्य समस्याएं शुरू हो जाती हैं। बारिश के मौसम में सबसे ज्यादा नुकसान खाद्य पदार्थों से पहुंचता है और कई प्रकार के फूड्स का सेवन करना बीमारी का प्रमुख वजह भी बन जाता है। इसीलिए यहां पर कुछ ऐसे फूड्स के बारे में बताया जा रहा है जिनका सेवन बारिश के दौरान या फिर सावन के मौसम में आप नहीं करेंगे तो यह आपको बीमारियों से बचाए रखेगा। आपको इसका कारण भी बताया जाएगा कि क्यों इन फूड्स का सेवन नहीं करना चाहिए।

तले-भुने और स्ट्रीट फूड से करें परहेज तली भुनी हुई चीजों और खासकर स्ट्रीट फूड का सेवन बारिश के दिनों में नहीं करना चाहिए। इनसे भी संक्रमण का खतरा ज्यादा रहता है। स्ट्रीट फूड का सेवन करने के कारण आप विभिन्न प्रकार की परेशानियां से जूझ सकते हैं। खासकर यदि आप पानीपुरी का सेवन करते हैं तो पानीपुरी का दूधित पानी डायरिया या फिर लूज मोशन की समस्या खड़ी सकता है। इसलिए बारिश के दिनों में खाने पीने की चीजों में विशेष सावधानी जरूर बरतें।

मांस और मछली मांस और मछली मुख्य रूप से बारिश के दिनों में नहीं खाना चाहिए। सावन के महीने में खासकर इसका सेवन न करने की सलाह दी जाती है और इसका वैज्ञानिक कारण भी है। इस दौरान हवा में भी कई ऐसे हानिकारक बैक्टीरिया मौजूद रहते हैं जो मांस और मछलियों को दूधित कर देते हैं। इससे अलावा बारिश के दिनों में मछलियों के अंडे देने का वकत होता है। अंडा एक विशेष प्रकार की फूड एलर्जी का भी गुण रखता है जो गले में इन्फेक्शन हो सकता है। इसलिए बारिश का सीजन खत्म होने तक नॉनवेज फूड का सेवन करने से बचें।



जाते हैं। यह कीड़े पेट दर्द और पेट से जुड़ी कई प्रकार की समस्याओं का प्रमुख कारण भी बन सकते हैं। यही वजह है कि सावन के मौसम में खासकर बैंगन का सेवन करने से बचना चाहिए।

दूध दूध सेहत के लिए बेहतरीन फायदे पहुंचता है और हम कई प्रकार की गंभीर स्वास्थ्य समस्याओं से भी बचे रहते हैं। बारिश के दिनों में दूध का सेवन न करने की सलाह देने के अलावा-अलग कारण

बताए जाते हैं। मुख्य रूप से ध्यान देने वाली बात यह है कि बारिश के मौसम में जानवरों को खिलाया जाने वाला हरा चारा बैक्टीरिया और कीटाणुओं का घर बन जाता है। यह दूध की अच्छी क्वालिटी को भी प्रभावित करता है। इस कारण बारिश के दिनों में दूध का सेवन करने से पहले इसे खूब अच्छी तरह उबालना चाहिए। जितना कोशिश हो सके इस दौरान दूध का सेवन करने से बचे रहें और दूध से मिलने वाले पौष्टिक तत्वों की पूर्ति के लिए किसी अन्य फूड का सहारा लें।

बरतते हैं। यह वजह है कि सावन के मौसम में खासकर बैंगन का सेवन करने से बचना चाहिए।

बताए जाते हैं। मुख्य रूप से ध्यान देने वाली बात यह है कि बारिश के मौसम में जानवरों को खिलाया जाने वाला हरा चारा बैक्टीरिया और कीटाणुओं का घर बन जाता है। यह दूध की अच्छी क्वालिटी को भी प्रभावित करता है। इस कारण बारिश के दिनों में दूध का सेवन करने से पहले इसे खूब अच्छी तरह उबालना चाहिए। जितना कोशिश हो सके इस दौरान दूध का सेवन करने से बचे रहें और दूध से मिलने वाले पौष्टिक तत्वों की पूर्ति के लिए किसी अन्य फूड का सहारा लें।

बताए जाते हैं। मुख्य रूप से ध्यान देने वाली बात यह है कि बारिश के मौसम में खासकर बैंगन का सेवन करने से बचना चाहिए।

NEWS BOX

New York to Mumbai: Ecstatic fans celebrate India's historic T20 World Cup win

New Delhi. The Indian cricket fans all around the globe celebrated the team's incredible T20 World Cup win on June 29, Saturday in Barbados. India defeated South Africa by 7 runs to secure their 2nd T20 World Cup title and went undefeated throughout the tournament. Virat Kohli started with the bat as he scored 76 runs, while the bowlers pulled the game for the side. Jasprit Bumrah, Hardik Pandya and Arshdeep Singh sealed the win in the end and this kickstarted celebrations across the globe. Fans had gathered in the heart of New York city as they watched the game closely on the big screen. As soon as the final delivery was bowled, the fans erupted as the celebrations got underway. You can see the viral video below: The major cities in India also celebrated the win late into the night as fans in Mumbai, Delhi, Ahmedabad, Lucknow and Hyderabad couldn't contain their excitement. Fans in Hyderabad were seen carrying a big Indian flag on the road.

How did the T20 World Cup 2024 final unfold? Having won the toss India opted to bat first and got a strong start, but they were pegged back immediately. Kohli and Axar Patel then put together a strong partnership, which laid the foundation for a big push in the back end of the innings. India eventually reached 176 runs in 20 overs and the South African chase had a shaky start. They lost Reeza Hendricks and Aiden Markram early before Quinton de Kock and Trsitian Stubbs consolidated things for them. Heinrich Klaasen then played an incredible knock of 52 off 27 balls before Hardik Pandya dismissed him. This triggered a mighty collapse as South Africa fell short in the end and India emerged as the champions.

India will win many trophies in next 5-6 years: Rahul Dravid after happy ending as coach

New Delhi. Rahul Dravid backed India to win several trophies in the coming years. Dravid finished his career as the head coach on a high after the Men in Blue won the T20 World Cup 2024 title. On Saturday, June 29, India beat Aiden Markram's South Africa by 7 runs at the Kensington Oval in Bridgetown, Barbados and ended their 11-year-long wait to win an ICC title. Dravid took charge of the Indian team from November 2021 after Ravi Shastri stepped down. Under his tenure, India finished as the runners-up in the World Test Championship last year and the ODI World Cup. However, after a couple of disappointing finishes in 2023, Dravid and his men got their hands on the coveted T20 World Cup trophy. There is fantastic talent in the Indian cricket team. Their energy and confidence is on another level at this time. In the coming times, India will win so many trophies, in the next 5-6 years. This was a journey of 2 years. The construction of this team and the kind of skills we wanted, the players we wanted. The discussions started when I started in 2021 and this is not the work of just this World Cup. It feels like a journey of 2 years," Dravid said after the match.

'Been a great journey' Back in 2003, Dravid missed out on winning the World Cup after India lost to Australia in the final. 4 years later, in 2007, India failed to go beyond the league stage. In 2018, he won the U19 World Cup with the Indian team in New Zealand back in 2018. "As a player, I was not lucky enough to win a trophy but I gave my best...I was lucky enough to be given an opportunity to coach a team, I was lucky that this bunch of boys made it possible for me to be able to win this trophy. It is a great feeling, it is not like I was aiming for some redemption, it was the job I was doing...it has been a great journey," Dravid added.

IND vs SA: India have one final huddle after T20 World Cup celebrations in Barbados

NEW DELHI. The Indian team had one final huddle with Rahul Dravid and the rest of the support staff after their T20 World Cup 2024 celebrations came to an end in Barbados on June 29, Saturday. India won their 2nd T20 World Cup title on Saturday as they clinched a thrilling win over South Africa. The players were able to dig deep and get the victory from the jaws of defeat in Barbados. The celebrations started as soon as the final delivery was bowled by Hardik Pandya, and it extended all the way till the trophy presentation, when Rohit Sharma pulled off the iconic Ric Flair strut. Rahul Dravid also joined in as he was pumped up while lifting the trophy in an incredible moment and the departing coach was given a fine farewell as he was thrown up in the air by the players. After the celebrations were done and the crowd left the Kensington Oval, the team decided to have one final huddle along with the coaching staff and Dravid. It seemed to be a long session as the entire stadium had emptied out by then and the players were right in the middle of the ground.

End of cycle for Indian cricket The T20 World Cup 2024 final win marked the end of a cycle for Indian cricket. Apart from Dravid's departure as the coach, Virat Kohli and Rohit Sharma also decided to end their T20I career for the national team with the win. Rohit said he found it was the perfect time for him to call time on his career, while Kohli admitted it was now a chance for the younger talent to step up for the team and carry it forward. India will begin their new cycle with the tour of Zimbabwe in a 5-match T20I series, which will see Shubman Gill leading the team. There will also be a tour of South Africa later in the year as they will play 4 T20I matches.

Kapil Dev 1983, Suryakumar Yadav 2024: Two unforgettable World Cup final catches

New Delhi. The Indian cricket team began a new chapter in their cricketing history as they won the T20 World Cup 2024 on Saturday, June 29 at Kensington Oval, Bridgetown, Barbados. The Men in Blue beat South Africa by seven runs in the summit clash to clinch their second T20 World Cup trophy. The victory brought an end to their 11-year-long ICC Trophy drought as the Asian Giants last tasted glory in 2013 by winning the Champions Trophy. However, the dream once again seemed to be diminished as Heinrich Klaasen brought South Africa on the verge of the win by launching a 24-run assault against Axar Patel. Just when the match seemed to be running away from India, Hardik Pandya dismissed the dangerous Klaasen making him edge one to wicketkeeper Rishabh Pant. However, with David Miller at the crease, the Proteas still breathed easy, given his finishing prowess. The southpaw seemed determined to take the game away as he hit the first ball towards long off. With the ball travelling in the air, everybody had their hearts in their mouths but the calm head of Suryakumar Yadav at the long off boundary helped him take one of the greatest catches ever under pressure. The 33-year-old took hold of the ball and got rid



of it immediately with the momentum taking him over the fence. However, he quickly jumped back in and completed one of the greatest catches ever in the history of ICC events. Courtesy of his Herculean effort, India managed to pull things back and

registered one of the greatest come-from-behind victories in a World Cup final. Suryakumar Yadav's catch reminded people of Kapil Dev's historic take from the 1983 World Cup final. Kapil Dev's catch from 1983 World Cup

Notably, during the final, star West Indies batter Viv Richards was running away with the game with his quick-fire knock of 33 (27) chasing just 184. However, he ended up pulling Madan Lal towards deep mid-wicket where Kapil Dev completed a tremendous running catch running backwards and ushered India into a golden period in their cricketing history. The catch turned the game on its head as West Indies got bundled out for 140 and India clinched their first-ever World Cup in 1983. The story of Kapil's devils taking down the mighty West Indies is called one of the greatest underdog stories in sporting history as India beat the two-time World Champions. 41 years later, Suryakumar Yadav also turned India's fortunes with his game-changing catch in the final over. While Kapil's catch changed the face of Indian cricket forever, Suryakumar Yadav's brought an end to the 11-year-long agony of Indian cricket as the team tirelessly waited for an ICC Title. As Indian cricket starts another glorious chapter in their cricketing history, Kapil Dev and Suryakumar Yadav will be forever be remembered for turning the team's fortunes with their marvellous fielding.

Virat Kohli-Rohit Sharma lead the way as team India tosses Rahul Dravid in the air after win

New Delhi. Raw emotions unfurled after team India won the T20 World Cup 2024 trophy at the Kensington Oval, Barbados on June 29, Saturday. The celebrations were wild as the team got their hands on the ICC trophy after a wait of 11 years. Team India head coach Rahul Dravid had his last in the office at the helm of affairs, and he got a fairytale ending. Rohit Sharma and Virat Kohli led the way as the Indian team tossed Dravid in the air. In a video posted by the ICC on their official social media handle, Dravid seemed really emotional as he hugged Kohli. The celebrations were to bid a perfect farewell to Dravid with a champions medal around his neck. Dravid was at his animated best as he got his hands on the T20 World Cup 2024 trophy. After the historic win, Kohli and Rohit also announced their retirement from the T20Is

for India. The three legends of the game received a perfect ending for all that they have done for the Indian team over the

"This was a journey of 2 years, this T20 World Cup. The construction of this team and the kind of skills we wanted, the players we wanted. The discussions started when I started in 2021...this is not the work of just this World Cup...it feels like a journey of 2 years."



years. Fairytale ending for Dravid While speaking to the media, Dravid described the emotions and what this win meant to him and the entire team.

Dravid also expressed his gratitude for winning an ICC trophy as head coach, if not as a player. "As a player, I was not lucky enough to win a trophy but I gave my best...I was lucky enough to be given an opportunity to coach a team, I was lucky that this bunch of boys made it possible for me to be able to win this trophy. It is a great feeling, it is not like I was aiming for some redemption, it was the job I was doing...it has been a great journey," Dravid said.

Legendary: Conor McGregor reacts to Virat Kohli's touching T20 World Cup triumph post

NEW DELHI. Former UFC Champion and MMA star Conor McGregor commented on Virat Kohli's heartwarming post after the T20 World Cup 2024 final win over South Africa on June 29, Saturday in Barbados. Kohli was the star of the show as India defeated South Africa by 7 runs to lift their 2nd T20 World Cup crown in Barbados and end their ICC title drought. The star batter scored 76 off 59 balls as India posted 176 runs in their 20 overs.



The bowlers were able to get the job done in the end after a big scare from Heinrich Klaasen. After the win, Kohli announced that he would be retiring from T20Is for the Indian team and put up a lengthy post on his official Instagram account. The star batter said he couldn't have dreamt of a better day than this and thanked god for it. "Couldn't have dreamt of a better day than this. God is great and I bow my head in gratitude. We finally did it. jai hind," said Kohli. As

expected, a lot of fans commented on the post with McGregor and David Warner being standouts. McGregor called the post legendary, while Warner said that the win was well-deserved.

Brazil and Real Madrid forward Vinicius Jr. also commented on Kohli's post with 4 fire emojis. Why did Kohli decide to retire from

T20Is? Kohli announced during the post-match presentation that he wanted the next generation to take the T20 game forward.

"We wanted to lift that cup. Wanted to Yes I have, this was an open secret. Not something that I wasn't going to announce even if we had lost. Time for the next generation to take the T20 game forward. It's been a long wait for us, waiting to win an ICC tournament. You look at someone like Rohit, he's played 9 T20 World Cups and this is my sixth. He deserves it," Kohli said after winning the T20 World Cup 2024.

Along with Kohli, Rohit Sharma also stepped away from T20Is. Kohli was adjudged as the Player Of The Match for his performance in the final.

You have got to take your hats off to a team like India for lifting trophy: Aiden Markram

New Delhi. South African captain Aiden Markram lauded the Indian team for finally crossing the final hurdle and lifting the trophy. Team India created history as they won the ICC T20 World Cup 2024 trophy at the Kensington Oval, Barbados on June 30, Saturday. It was a 'gut-wrenching' loss for South Africa, who fell short by just 7 runs to lift their maiden World Cup trophy. The Proteas had made it to their first-ever World Cup final.

South Africa were on the verge of shedding the 'chokers' tag, but the Indian bowlers staged one of the most dramatic comebacks in the history of the T20 World Cup final. South Africa were cruising in the chase as they needed just 30 runs in the last 30 balls. However, Hardik Pandya picked the wicket of Heinrich Klaasen and the equation came to 16 needed off the last over. India managed to defend the total of 176 runs and win the title. While addressing the post-match press-conference, Markram said that they came a step closer this time and will look to lift their first-ever title the next time.

"Hopefully it's one step closer. It's tournament cricket, it's tough cricket, it's not easy to win trophies and you've got to take your hats off to a team like India for lifting the trophy. A lot of hard work goes into it. But yeah, we'd like to think we're one step closer and hopefully moving forward we can get that first win and it can be a snowball effect of quite a few to come," Markram said.

India creates history The Proteas captain was 'gutted' with the loss and admitted that the total was chaseable. He was proud of the team for how they batted as well as bowled. "Gutted for the time being. It'll take some time for us to have a really good reflection on a really good campaign the group had. Obviously, for the time being, like I mentioned, it hurts quite a bit. Having said that, I'm incredibly proud of this group of players and everyone involved with the team. I feel they bowled well. Don't think there was a whole lot to work with regards to the pitch. Thought we did well to restrict them to what we thought was a chaseable total. Thought we batted really well as well, and it came down to the wire," Markram said in the post-match presentation.

Rohit Sharma thanks MS Dhoni for wishes after T20 World Cup win: He did a lot for us

T20 World Cup: Rohit Sharma thanked MS Dhoni for wishing the Indian men's team after their heist in the Caribbean and USA. Rohit also retired from T20Is, finishing as their leading run-scorer.

NEW DELHI. I Rohit Sharma thanked MS Dhoni after the Indian team won the Men's T20 World Cup 2024. On Saturday, India won the title in the Caribbean and the USA after beating South Africa by 7 runs in the final at the Kensington Oval in Barbados. The match went right down to the wire where India held their nerves to successfully defend 176.

IND vs SA, T20 World Cup Highlights | Scorecard

After the match, Dhoni dropped an emotional note on his Instagram handle. Dhoni talked about the roller-coaster of emotions that he went through during the course of the match.



Dhoni also thanked India for the "priceless birthday gift". On July 7, Dhoni will celebrate his 43rd birthday. Dhoni wrote, "WORLD CUP CHAMPIONS 2024. My heart rate was up, well done on being calm, having the self belief and doing what u guys

did. From all the Indians back home and everywhere in the world a big thank you for bringing the World Cup Home. CONGRATULATIONS. Arreeee thanks for the priceless birthday gift." Rohit acknowledged Dhoni for the wishes and

praised him for the laurels he has brought for India. Dhoni won the T20 World Cup in 2007, ODI World Cup in 2013 and the Champions Trophy in 2013.

"Dhoni used to be a fabulous player. He did a lot for us and the country. I felt good that he appreciated us," Rohit said after the match.

'Perfect situation for me' After India's triumph, Rohit also decided to retire from T20Is along with Virat Kohli, who won the Player of the Match award. Rohit said that he could not have expected for a better time to retire from T20Is.

"Whenever I feel inside what is right, I try and do that that has been my nature when I captained the team as well. What I feel inside is what I want to do. I don't think a lot about the past and future...I didn't think that I would retire from T20 but such a situation came and I thought it was the perfect situation for me. Nothing better than winning the cup and saying goodbye," Rohit added. Rohit retired from T20Is as India's all-time leading run-scorer. In 159 matches, he scored 4231 runs at an average of 32.05 and a strike-rate of 140.89.



Ariyana Glory

Shares Glimpses From Her Escapade Into The Wild

Bigg Boss Telugu 4 fame Ariyana Glory is one of internet's favourites. The influencer is known for her social media presence, where she frequently shares her stunning looks and glimpses of her personal life. In her recent post, the actress is seen relaxing amid nature. Ariyana shared a series of images on Instagram, from a place best described as an absolute heaven. In the first photo, she stands at the edge of a dark pool, half immersed, gazing at the stunning scene in front of her. The following photos show her in a thin strapped, pink bralette tailored with an elaborate neckline. It is paired with simple black pants. She takes a short swim in the heart-shaped pool, installed in front of a gorgeous foggy hill. She has captioned the post, "Nature and feels," with a heart emoticon.

Fans express their love towards Ariyana Glory in the comments. The first user wrote, "So sexy." A second user asked, "Where is this place? looks amazing." A third fan shared, "We are expecting more pics like this." Fans dropped heart and heart-eye emoticons to show their support.

The post has gained thousands of likes on the platform so far. Earlier in January, Ariyana Glory went viral for her breathtaking look, where she was flaunting her fit physique. She was seen in a black bralette, which was paired with a black, floral printed palazzo. Ariyana confidently posed for the camera, relaxing on the poolside or casually leaning on the railing. Ariyana Glory started her career through anchoring and eventually gained fame with the comedy show Kirak Comedy, which premiered on Gemini TV in 2017. In 2020, she gained notable fame from her participation in Bigg Boss Telugu season 4. In 2021, she appeared in the film Anubhavinchu Raja, which is directed and written by Sreenu Gavireddy. It starred Raj Tarun, Kasish Khan and Ajay as the leads. Supriya Yarlagadda is the producer.



Bad Newz Trailer: Vicky Kaushal, Triptii Dimri, and Ammy Virk Promise a Perfect Mix of Laughter and Emotion



Vicky Kaushal starrer Bad Newz' trailer just dropped and fans are excited to watch him on screen with Triptii Dimri and Ammy Virk for the first time. The film comes from the makers of Good Newwz – which featured Akshay Kumar, Kareena Kapoor Khan, Kiara Advani and Diljit Dosanjh – and promises the same fun and emotional journey. With Vicky Kaushal, Triptii Dimri and Ammy Virk in the mix, the film promises to be packed with comedy and even scenes that will leave you teary-eyed. Watch the trailer here:

The upcoming entertainer is being helmed by Bandish Bandits fame director Anand Tiwari. The film is a Dharma Productions venture. Last year, several photos of Vicky Kaushal and Triptii Dimri went viral when they were shooting in Croatia. In the pictures, Vicky Kaushal was seen holding Triptii close as they shot for a song. In one of the photos, the actor was also seen lifting the Animal star in his arms. The film will be released in theatres on July 19.

Meanwhile, Triptii Dimri is currently enjoying the success of Animal. Released in December 2023, the film also starred Ranbir Kapoor in the lead. Triptii's chemistry with Ranbir in the movie was widely loved by all.

Apart from Bad Newz, she will also be seen in Kartik Aaryan's Bhool Bhulaiyaa 3. Triptii has also shot for Vicky Aur Vidya Ka Voh Wala Video with Rajkumar Rao. She is likely to be seen in Aashiqui 3 with Kartik Aaryan. Vicky Kaushal on the other hand was last seen in Sam Bahadur. Apart from Bad Newz, he will also be seen in Chhava. The film is reported to be a period drama, where Kaushal will share the screen with Rashmika Mandanna. The film is expected to delve into Sambhaji Maharaj's bravery, sacrifice, and wartime strategies while incorporating an emotional love story between him and his wife.

Hina Khan Cancer Diagnosis: Ankita Lokhande Wishes Strength, Gauahar Khan Sends 'Duas'



Hina Khan recently opened up about her battle with breast cancer. The actress has been diagnosed with stage three breast cancer. On Friday, the actress took to her Instagram handle to share the heartbreaking news with her fans. She shared that her treatment has already begun and assured all that she is "doing well". Hina further mentioned that she would emerge strong as she also asked her fans to pray for her. Now, the actress has been receiving an outpouring of support from the industry. Celebs like Ankita Lokhande and Gauahar Khan have come forward to offer their heartfelt messages, wishing her strength and sending prayers. Ankita Lokhande wrote, "Hina u r stronger than this that's it girl!!! This shall too pass !! Sending love and lots of strength to you right away ?? God bless you." Jennifer Winget on the other hand wrote, "I truly believe in your ability to overcome this challenge. stay strong and keep believing in your resilience Hina..sending lots of love." Karishma Tanna on other hand wrote, "You are a strong girl. And you will come out stronger. I know it Sending you all the loves and luck and prayers??" Mouni Roy's comment read, "As unbelievable as this is, I know you ll fight it and come out stronger. You are one of the strongest person I know. Praying for your recovery earnestly. All my love ." Nupur Sanon on the other hand wrote, "Stay strong hina. You're a fighter and we've all seen that. You'll come out of this strongly and beautifully. Praying for your earliest recovery. Lots of love and strength your way??"

Hello Everyone, To address the recent rumour, I want to share some important news with all the Hinaholics and everyone who loves and cares for me. I have been diagnosed with stage three breast cancer. Despite this challenging diagnosis, I wish to reassure everyone that I am doing well. I am strong, determined and fully committed to overcoming this disease. My treatment has already begun and I am ready to do everything necessary to emerge from this even stronger," Hina wrote.

Kareena Kapoor

Clicks Perfect Italian Selfie During Her Europe Vacay With Saif Ali Khan

Kareena Kapoor has been on a roll recently with back-to-back social media posts highlighting her Europe vacation with hubby Saif Ali Khan and kids Taimur and Jeh. Her next destination after London seems to be Italy, as hinted by her latest post. Taking to her Instagram handle, Kareena Kapoor shared a mirror selfie in which she can be seen donning a funky white top which she paired with a white palazzo. In the backdrop there is a white sofa that complimented her outfit perfectly. Meanwhile, Kareena Kapoor can be seen smiling like a diva in black sunglasses. She wrote the caption, "The Italian Selfie(white heart emoji and eyes emoji)". Only yesterday, Kareena Kapoor took to her Instagram handle and shared a bunch of sun-kissed selfies from a sandy beach in London. The actress can be seen donning a blue outfit, along with black sunglasses. However, in one of the pictures, we can see a shirtless Saif Ali Khan, walking unbeknownst to Kareena's cellphone camera.



Kareena humorously wrote the caption, "For me, it's the one with the photobomber." Kareena Kapoor Khan is currently vacationing in London. She was joined by her husband Saif Ali Khan and their kids, Taimur and Jeh. The picture-perfect family and their vacation diaries have all of us hooked to our Instagram handles. Just recently, the Crew actress delighted her fans with a sneak peek of her day out with her adorable son, Taimur.

While enjoying a sunny day on a London beach, the dotting mother Kareena Kapoor Khan made sure to capture the precious moments. On her Instagram handle, she shared a picture of

Taimur as he indulged in some playful moments. Dressed in orange shorts, the elder son of Kareena and Saif looked too cute in the snapshot. Along with the picture, she wrote, "Run baby Run," followed by a red heart and a rainbow emoji. Work-wise, Kareena Kapoor Khan's last appearance was in Crew. Directed by Rajesh A Krishnan, the film also featured Tabu and Kriti Sanon in the lead roles. The heist comedy received rave reviews from the audience for its engaging storyline. Next, the actress is geared up to be seen in Rohit Shetty's highly-anticipated, Singham Again. The star-studded cast includes Ajay Devgn, Deepika Padukone, Ranveer Singh, Tiger Shroff, Arjun Kapoor, and Jackie Shroff in pivotal roles. Earlier, the film was expected to hit the theatres on Independence Day. Now, it has been postponed to release on Diwali later this year.

