MODI REVIEWS CORONAVIRUS SITUATION WITH CMs, STATES TO GET MORE LEAVERS

Delhi to announce latitude on May

The Delhi Government is likely to announce some measures to bring back stranded migrant workers while sticking to its lockdown schedule. This is the indication of Prime Minister Narendra Modi who reviewed the situation on Sunday with Chief Ministers of various states. The Centre on Monday planned to bring back thousands of migrants stranded in States, the Centre on Sunday had decided to bring back migrating workers by bus and trains. The Chief Minister of Jharkhand, Hemant Soren, has written to the Centre over the weekend stating that the lockdown should be extended but with some relaxation, sources said.

The Centre plans to bring back stranded migrant workers in a phased manner. Sources said that before the lockdown is lifted, the Centre plans to bring back migrant workers in States, the Centre on Sunday had decided to bring back thousands of migrant workers. The Centre also plans to extend the lockdown in States.

It is understood that the Centre will announce the details about the lockdown schedule on May 3. Sources said that the Centre will announce some measures to bring back stranded migrant workers while sticking to its lockdown schedule. The Centre is likely to announce some measures to bring back stranded migrant workers while sticking to its lockdown schedule. The Centre is also planning to bring back migrant workers in States, the Centre on Sunday had decided to bring back thousands of migrant workers.

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SER producing reusable face masks & hand sanitisers

In order to prevent the spread of novel coronavirus (COVID-19), Jharkhand Government’s Department of Consumer Affairs and Food Safety has made available face masks and hand sanitisers to the public at a subsidised price. The department has developed an app, Jharkhand Bazar, for the purpose.

**Administration to issue 2-hours ‘mpass’ for buying essentials**

The Jharkhand government has issued two-hour ‘mpasses’ for buying essentials through a mobile app, Jharkhand Bazar, to ensure social distancing in the state, it was informed here on Thursday.

**Hands free sanitisation facility in BGH**

BGH, Ranchi, has been identified as a designated hospital for COVID-19 patients in Jharkhand. A team of doctors and hospital staff has been trained to provide medical care for COVID-19 patients.

**Govt taking illegal steps to charm minorities: BJP**

BJP has accused the state government of taking illegal steps to ‘charm’ minorities. The party has also written to the Chief Minister demanding an end to the practice.

**Covid-19: All shops to register through security stores**

In a bid to ensure that only essential commodities are sold in the market, the Government of Jharkhand has decided to issue a registration card to all shops.

**Palamu reads for coronavirus battle, 3 sent to Covid-19 hospital**

In a bid to control the spread of coronavirus, three persons have been admitted to the Palamu district hospital in Jharkhand.

**5 held for running illegal activities at Hotel**

Two men were arrested for running illegal activities at a hotel in Ranchi. The police have registered cases against them.

**g63/g61/g66/g15/g99/g87/g97/g94/g100/g86/g87/g15/g98/g84/g82/g100/g97/g88/g99/g104/g15/g98/g99/g94/g15/g97/g84/g86/g88/g98/g99/g84/g97
**Admin seals new containment zones**

As the coronavirus pandemic spreads across states, the government has intensified efforts to curb the spread of the virus within the country. Containment zones have been declared in various areas as a way to suppress the transmission of the virus.

The Ranchi Municipal commissioner recently sealed three new areas, which include Hayatpur, Gariahat, and Madhuban, as a precautionary measure to contain the spread of COVID-19. The decision was taken based on the advice of health officials and in consultation with the district administration.

The sealing of these areas will help in the organized distribution of resources and the implementation of lockdown rules. The residents in these areas have been advised to stay indoors and follow all the guidelines issued by the health department.

**Govt allocates funds to municipal bodies for purchase of PPE kits**

The government has decided to allocate Rs. 5,21,95,000 to all the municipal bodies for purchase of PPE kits. The decision was announced by the municipal commissioner during a recent meeting. The funds will be used to purchase the necessary equipment for the safety of people in these areas.

**Deforestation in four zones**

The administration has decided to allocate Rs. 5,21,95,000 to all the municipal bodies for purchase of PPE kits. The decision was announced by the municipal commissioner during a recent meeting. The funds will be used to purchase the necessary equipment for the safety of people in these areas.

**4 CCL hospitals ready to deal with Covid cases**

Four hospitals of Central Coalfields Limited (CCL) are ready to deal with both suspected and confirmed cases of Coronavirus. These hospitals have been equipped with an adequate number of beds and medical staff to handle the growing number of cases.

**RMC intensifies waste management efforts in affected areas**

With the number of cases rapidly increasing in several areas, the Ranchi Municipal Corporation (RMC) has intensified its waste management efforts. The body has already declared three new containment zones to contain the spread of the virus. The decisions were taken after consultation with other local bodies, including the district administration.

In these areas, the government has sealed the waste collection centers to prevent the spread of the virus. The residents have been advised to dispose of their waste at the designated centers only. The local bodies have also been asked to increase the frequency of waste collection and ensure that the waste is disposed of in a hygienic manner.

**CRPF to be deployed**

The Ranchi Municipal commissioner has decided to deploy the CRPF in these areas due to the observed spike in cases. The deployment is being done to ensure law and order and to ensure that the lockdown rules are followed.

**Cntt. Oraon insists on relief measures in several areas**

General Oraon has recently written to the State Chief Minister and the Prime Minister requesting relief measures for the people of Jharkhand. The letter highlighted the requirement for essential services, such as electricity and water, during this challenging time.

**Cong putting efforts in to bring back students: Oraon**

The president of the Jharkhand Congress party has emphasized the need for efforts to bring back students who have left the state for various reasons. He has requested the state government to take appropriate steps to ensure the safety and well-being of these students.

**District administration under sealed areas after review meeting**

The administration recently held a review meeting to assess the situation in the sealed areas. The decision to seal these areas was taken after a detailed review of the situation in the affected areas.

**PM Modi to visit New Delhi today**

Prime Minister Narendra Modi is scheduled to visit New Delhi today. The visit is expected to focus on reviewing the management of COVID-19 pandemic in the country.

**The administration has also decided to allocate Rs. 5,21,95,000 to all the municipal bodies for purchase of PPE kits against coronavirus.**

**Special courts to try law cases**

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**CCL's N煤tal Medical College inaugurated in Dhanbad**

The Central Coalfields Limited (CCL) has recently inaugurated its N煤tal Medical College in Dhanbad. The college is expected to provide quality medical education to the people of the region.

**Jharkhand's tourism sector hard hit**

The tourism sector in Jharkhand has been hit hard by the COVID-19 pandemic. The lockdown measures have led to a significant decrease in footfall, and many establishments have been forced to close.

**COVID-19: Ranchi has seen a significant rise in the number of cases**

The number of COVID-19 cases in Ranchi has been on the rise, with several new containment zones being declared. The authorities have been working hard to contain the spread of the virus.

**Chhattisgarh disaster management minister flood update**

Chhattisgarh’s Disaster Management Minister has recently updated the flood situation in the state. The minister has been closely monitoring the situation and providing updates to the people.
India jumps to top 3 global defence spending
With $71.1 billion spent in 2019, country follows US, China

But SIPRI noted the economic crisis due to COVID-19 is disrupting global military spending

India is one of the top three spenders on defence out of 150 countries: SIPRI

The SIPRI report, which is published annually, reveals a global military spending peak in 2018, but a decline amid economic challenges and the crisis due to COVID-19. India is among the top three spenders on defence out of 150 countries globally, according to the Stockholm International Peace Research Institute (SIPRI). The report released on Friday revealed that the world's top military spenders in 2019 were the US, China and India, with expenditure of $71.1 billion, $630 billion and $71.1 billion respectively.

In India, the Ministry of Defence is said to have planned to release Rs 25,000 crore to the border police for purchasing Sukhoi aircrafts. HRD Minister Ramesh Pokhriyal Nishank has appreciated the initiative.

On Friday, the Ministry of Defence released Rs 25,000 crore to the Border Police to purchase Sukhoi aircrafts. HRD Minister Nishank Nishank, who is also a Union Minister for the Safety of Person and the Defence of India, appreciated the initiative.

India has been among the top three military spenders in the world since 2010. SIPRI's report for 2019, based on data from the Stockholm International Peace Research Institute (SIPRI), reveals that the US, China and India are the top three global military spenders in 2019.

The report said that India's military expenditure in 2019 was $71.1 billion, which is a 5.3% increase from the previous year. This amount is slightly lower than its expenditure in 2018, which was $75.9 billion. According to the report, India's military spending is expected to increase further in the years to come, with a projected growth of 2% per year until 2024.

The report also highlights that the US and China are the two countries with the highest military spending in the world, followed by India. The SIPRI report attributes this trend to the fact that all three countries are engaged in territorial disputes and other regional tensions.

The report notes that the US military expenditure in 2019 was $730 billion, a 1.4% increase from 2018. China's military expenditure in 2019 was $260 billion, a 2.6% increase from 2018.

In terms of the overall global military expenditure, the SIPRI report states that the world spent $1.82 trillion on military in 2019, a 0.6% decrease from 2018. This is the first time in six years that global military expenditure has declined.

The report also highlights that the trend towards increased military expenditure is driven by China, India and the US, followed by Russia and France.

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Kanpur has become the new hotspot of UP

March 23 when a 70-year-old city had been reported on area. There are 13 women who Monday, “The latest cases were Kanpur (Uttar Pradesh):

There have been reports of a coronavirus. There are 481 persons with coronavirus lived in Jammu & Kashmir. The division of positive cases to 546 in Jammu & Kashmir.

Kerala Chief Minister Pinarayi Vijayan, who earlier in the day visited the testing centers in the city, said the State had reported another 4,000 COVID-19 cases, among which 1,000 persons have been hospitalised.

Kerala has reported 11 new COVID-19 cases, bringing the total number of cases in the state to 90.

The Panchayat had reported 94 cases of coronavirus in the urban area of Thiruvananthapuram, the capital of the state.

The health officials said the condition of these patients is not serious and they have been put on isolation and are being treated in the hospital.

Addressing his daily press briefing, the Chief Minister said the state has so far reported 4,000 cases of coronavirus, among which 1,000 persons have been hospitalised.

There are 13 women who Monday, “The latest cases were Kanpur (Uttar Pradesh):

While seeking full disclosure of all documents related to big purchases on rapid testing kits in the state, the Congress on Monday demanded strict action against the manufacturer of the kits.

The new cases include 13 men and 1 woman, who were admitted to various hospitals after they tested positive.

The health officials said that the patients were admitted to Thiruvananthapuram Medical College and Hospital and other government hospitals.

Of the tested positive cases in the Thiruvananthapuram urban area, 50 were admitted to the hospital and 41 were treated at home.

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The patients’ family members were being contacted and the contact details were being traced.

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In times when the world is facing an existential crisis, the Western media must look closer home than build false narratives about India and its handling of the Corona pandemic.
A helping hand in the Covid war

The Indian IT industry is preparing business continuity to global clients and meeting deadlines of the nation.

As we get ready to deal with a changed world, while fighting the virus.

Look at the bigger picture

India and Indians must not lose the behaviour change gains accrued in the midst of one of the toughest battles for survival in the world's history.

Don’t expect a moon shot

The RBI has given a boost to the economy in these testing times. But India Inc. argues that this won’t be of help in the absence of demand. This is flawed thinking.

Life, livelihood, trade, business, knowledge, and most importantly regarding the COVID-19 pandemic are under constant worry. The battle is not only to win but also to survive, and the workforce is a primary reason. The workforce is resilient, and the workforce is the backbone of India Inc.

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**Nations, US states chart their own path on reopening**

**AP in London**

A working group of US government health officials is meeting Monday to decide whether to recommend approval for use of the Johnson & Johnson COVID-19 vaccine, according to people familiar with the discussions, a major step forward in the US fight against the raging pandemic. A final decision is expected next week.

**UN: Breaking law in fighting Covid-19 may lead to ‘human rights disasters’**

The UN’s top rights expert warned Monday that countries flouting the rule of law in the battle against the infectious disease are putting at risk a “human rights revolution” sparked by a “united people’s action.”

**AP in Geneva**

US President Joe Biden on Monday denounced efforts by about a dozen countries, including China and Russia, to undermine the international coronavirus response by seeking to have the virus declared “endemic” and withdrawing from the pandemic’s international body.

**AP in Washington**

Trump, who was impeached last year for allegedly seeking to pressure Ukraine to investigate US rival Joe Biden and his son, predicted he would win in all 14 battleground states.

**AP in Seoul**

The US military’s top general in South Korea said Monday that the US and South Korea would reject North Korea’s proposal for autumn military talks, saying the goal of denuclearisation should come before discussions on normalising ties with the rival.

**AP in Tokyo**

The enforcement of the new rules means the Japanese government has to ensure that the measures are clearly communicated and publicly monitored, and that the public has a clear understanding of the rules and of the consequences of their violation.

**AP in Beijing**

As the number of cases in China continues to decrease, the government is now focusing on a more targeted approach to control the virus, particularly in areas with local outbreaks.
The Reserve Bank of India (RBI) on Monday moved to ease liquidity pressures in the economy by announcing a special liquidity facility to meet the funds needs of mutual funds (MFs) of up to ₹50,000 crore.

The facility, guaranteeing the highest amount of support, will last until August 31, 2020. It will be in addition to the existing debt schemes with assets of up to ₹2.5 trillion. The move comes after mutual funds, which have seen a surge in inflows in recent years, have been hit hard by the fall in stock market values since the outbreak of the coronavirus pandemic. The RBI, in its April monetary policy, had asked it to drastically up the funds needs of MFs to ₹75,000 crore, up from ₹25,000 crore.

In a statement, the central bank said heightened volatility in capital markets in reaction to the coronavirus pandemic has led to stressed mutual funds of the notified amount on any one day.

In a statement, the central bank said heightened volatility in capital markets in reaction to the coronavirus pandemic has led to stressed mutual funds.

The reserve bank of India (RBI) had hinted on May 26 that it could take emergency steps to meet the liquidity needs of mutual funds and other financial institutions in the wake of the coronavirus pandemic.

RBI’s Liquidity Facility
The RBI had already announced a special liquidity facility for mutual funds of up to ₹2.5 trillion on May 26, 2020.

The Reserve Bank also said it would provide up to ₹1 trillion for stressed bonds.

The RBI’s Liquidity Facility for Mutual Funds (RBI-LF) would be opened to mutual funds whose operating liabilities are up to ₹2.5 trillion.

The RBI said that mutual funds whose operating liabilities are up to ₹2.5 trillion and whose operating liabilities are up to ₹10 trillion would be eligible for the facility.

The RBI-LF would provide up to ₹2.5 trillion to mutual funds, which are eligible under the facility, for a period of up to 30 days.

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**Heart to Heart**

Researchers have revealed the minerals that heart healthy in men are totally different, as compared to women. This discovery could impact the detection of certain diseases and treatments, if you’re wondering how the minerals affect health differently for men and women. **Dietary guidelines**

- Increased consumption of calcium and magnesium is essential for heart health for both males and females. However, the optimal dietary intake of these minerals varies depending on the sex.

**Self-care is important**

Pampering your skin and hair is just as important. **DINI WEDETA DADU**

Tips that one can follow at home

- **Foot care:**
  - Regularly wash and dry your feet daily. Use a gentle soap and a soft towel to avoid irritating your skin.
  - Apply a moisturizer to your feet after washing to keep your skin soft and supple.

- **Hair care:**
  - Use a gentle shampoo and conditioner to avoid stripping your scalp of its natural oils.
  - Avoid using hot water for washing your hair to prevent damage to the scalp.

**Keep a check on eyes**

Staying at home means increased screen time. **PAMMI JAMMI PULIRA SHIRES**

- **Ensure your eyes are safe:**
  - **Blink often:** Blinking helps to keep the eyes moist and healthy.
  - **Use artificial tears:** Use artificial tears to lubricate the eyes if you find them dry.

- **Computer vision syndrome:**
  - **Break away from the screen:** Take regular breaks to stare at a distant object.
  - **Adjust the screen:** Position the screen at eye level to reduce eye strain.

- **Regular eye check-ups:**
  - Schedule regular eye check-ups to detect any vision problems early.

**Summer Coolers**

**PRUNES**

Also called dried plums, prunes are not the kind of dry fruit that one would want to eat. But one you know the benefits of prunes, you might just want to include it in your diet. Prunes are fiber-rich fruits, which are not only delicious but also packed with nutrients.

- **Aids digestion:** Prunes are rich in dietary fiber, particularly soluble fiber, which helps to regulate bowel movements and prevent constipation.
- **Improves heart health:** Prunes are a good source of potassium, which is essential for maintaining healthy blood pressure.
- **Boosts bone health:** Prunes are a good source of calcium, which is essential for strong bones.

**KEEP A CHECK ON EYES**

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**Summer Coolers**

**PRAWNS**

Also known as shrimp, prawns are a delicious seafood that is known for its health benefits. They are rich in protein, vitamins, and minerals.

- **High in protein:** Prawns are a good source of high-quality protein, which is essential for muscle growth and repair.
- **Rich in omega-3 fatty acids:** Prawns are a good source of omega-3 fatty acids, which are beneficial for heart health.
- **Low in calories:** Prawns are low in calories, making them a healthy choice for those watching their weight.

**Vitamin D**

**What is Vitamin D and why is it important?**

Vitamin D is a fat-soluble vitamin that is important for various bodily functions, including bone health, immune function, and the regulation of blood sugar. It is produced in the skin when exposed to sunlight or can be obtained through diet.

- **Bone health:** Vitamin D is essential for the absorption of calcium, which is necessary for the development and maintenance of healthy bones.
- **Immune function:** Vitamin D plays a role in the immune system and helps to prevent infections.
- **Mood and mental health:** Vitamin D deficiency has been linked to mood disorders, such as depression and anxiety.

**Dietary sources of Vitamin D**

- **Fish and seafood:** Fish, such as salmon, tuna, and mackerel, are rich in Vitamin D.
- **Egg yolks:** Egg yolks are also a good source of Vitamin D.
- **Fortified foods:** Fortified foods, such as milk and cereals, are also sources of Vitamin D.

**Deficiency symptoms**

- **Bone and muscle weakness:** Vitamin D deficiency can lead to osteopenia and osteoporosis, which are conditions characterized by weak bones.
- **Fatigue and depression:** Vitamin D deficiency has been linked to fatigue and depression.
- **Rickets and osteomalacia:** In children, Vitamin D deficiency can lead to rickets, a condition characterized by bone deformities, and in adults, it can lead to osteomalacia, a condition characterized by weak bones.

**Recommended daily intake**

The recommended daily intake of Vitamin D varies depending on age and other factors, such as skin color and lifestyle. The recommended daily intake for adults is 600-800 IU (International Units).

**Sun exposure**

Sun exposure in the skin is the best source of Vitamin D. However, it is important to be mindful of sun exposure, as prolonged exposure can lead to skin damage and increase the risk of skin cancer.

- **The ideal time for sun exposure is between 10 am and 4 pm.**
- **Limit sun exposure:** Limit sun exposure to avoid skin damage.
- **Use sun protection:** Use sun protection, such as sunscreen and protective clothing, when spending time outdoors.

**Vitamin D deficiency**

- **Weak bones:** Bone density decreases when Vitamin D levels are low, leading to weak bones.
- **Fatigue and depression:** Vitamin D deficiency can lead to fatigue and depression.
- **Rickets and osteomalacia:** In children, Vitamin D deficiency can lead to rickets, a condition characterized by bone deformities, and in adults, it can lead to osteomalacia, a condition characterized by weak bones.

**Signs and symptoms of Vitamin D deficiency**

- **Fatigue and depression:** Vitamin D deficiency can lead to fatigue and depression.
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**Treatment for Vitamin D deficiency**

- **Vitamin D supplements:** Vitamin D supplements are a common treatment for Vitamin D deficiency.
- **Sun exposure:** Sun exposure is the best source of Vitamin D. However, it is important to be mindful of sun exposure, as prolonged exposure can lead to skin damage and increase the risk of skin cancer.
- **Healthy lifestyle changes:** A healthy lifestyle, such as a balanced diet and exercise, can also help to improve Vitamin D levels.

**Vitamin D overdose**

- **Mild symptoms:** Mild symptoms of Vitamin D overdose include nausea, vomiting, and diarrhea.
- **Severe symptoms:** Severe symptoms of Vitamin D overdose include kidney damage, bone and muscle pain, and muscle weakness.

**Vitamin D toxicity**

- **Symptoms:** Symptoms of Vitamin D toxicity include high blood pressure, high cholesterol, and high blood sugar.
- **Treatment:** Treatment for Vitamin D toxicity includes reducing the intake of Vitamin D and, in severe cases, may require hospitalization.

**Conclusion**

Vitamin D plays a crucial role in maintaining a healthy body. It is essential to ensure that you are getting enough Vitamin D through your diet, sun exposure, or supplements to support various bodily functions.
T he tips of the therapist are passed as she holds one end of the thread in her left hand and shapes the eyebrows. Did that seem to read a short book and made you want to put it in the library where the majority of them are located? What caused the release of the book? The main reason is that people need to know this. Bhumik Shah, chairperson and managing director of The Bhumika Group of Companies, says, “We had to move quickly after a service, and before any other service, will be mandatory. We will have to achieve and maintain hygiene in beauty services. Disposable, like cotton wool and tissues might replace towels. The service sector would be equipped with protective gloves, and you’ll be asked to wash your hands before entering.”

A change in the way the therapist and the salon owners is concerned about the safety of the clients. “We have ensured that all salon staff are in contact with our employees and make sure they are safe and healthy. Usually the lock-down will last but when the lockdown is relaxed and we return normal life, we will have to ensure that the usual procedures are followed. We will be more cautious when we say, ‘You know how long the COVID-19 crisis is going to last but even before entering the salon. While salons, like salons, will have to take extra precautions and train our staff along with clients. We will have to bring in all the new hygiene measures to protect clients and employees. We will tell our employees not to open the door to anyone unless they are well protected with masks and gloves.”

Bhumik Shah, founder and chairperson, Blossom Keelings Group Of Companies, adds, “We have ensured that every time when first face-to-face of people in different treatments. We have ensured that all salon staff are in contact with our employees and make sure they are safe and healthy. Usually the lock-down will last but even before entering the salon. While salons, like salons, will have to take extra precautions and train our staff along with clients. We will have to bring in all the new hygiene measures to protect clients and employees. We will tell our employees not to open the door to anyone unless they are well protected with masks and gloves.”

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Holding finds no logic in legalising ball-tampering

PTI | MUKHTAR

Michael Holding finds no logic in the prospect of legalising ball-tampering in cricket, saying the issue should be handled by the International Cricket Council (ICC) and not by governments.

The former West Indies fast bowler said the recent statements from ICC chief executive officer (CEO) Tom Moody about legalising ball-tampering in cricket were not in line with the ICC’s ethics.

Mr. Holding was speaking to The Express Tribune on the backdrop of the ICC’s statement that there was a need to explore the legalisation of ball-tampering in the contact sports to improve the sport’s image and maintain a level playing field.

Mr. Holding said that he had spoken to ICC CEO Tom Moody on the issue and he had told him that there was no logic in bringing the matter to the attention of governments.

“This is not a matter for governments to decide. It is a matter for the ICC to decide. If the ICC says yes, then it will be up to the governments to implement it,” he said. He added that the ICC’s decision to explore the legalisation of ball-tampering was not in line with the spirit of the sport and the ICC’s ethics.

Mr. Holding commended the ICC for committing itself to improve the sport’s image. He said the ICC’s decision to explore the legalisation of ball-tampering was not in line with the spirit of the sport and the ICC’s ethics.

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