**INDIA REPORTS MORE CASES THAN US, BRAZIL FOR FOURTH CONSECUTIVE DAY**

A huge spike of 41,227 new coronavirus casualties in the last 24 hours has once again put India on top of the world. This has been the 14th consecutive day that India has reported highest number of daily deaths across the world. More than 42,000 deaths tied to the virus last week — and now in excess of 250,000 — in the country that has the biggest number of new infections, as well as cases, cases, cases. 

**KARNATAKA (1.64 lakh cases), DELHI (1.42 lakh cases), UP (1.13 lakh cases), WB (89.66 thousand cases), TS (77,513) and Mend (72,491)**

**KILLED IN PENANG IN MALAYSIA**

A Malaysian plane broke into pieces after the runway on Saturday night. People, including both pilots, were killed as the flight overshot the runway and the plane broke into pieces. The plane was carrying to Penang from Kuala Lumpur.

**KOAWEAN PRADEEP KUMAR**

**TODAY**

**Rains upsurge, inflows into Krishna increase rapidly**

Inflow into Krishna river are increasing with each passing hour. Krishna river water level continues to rise, which is very dangerous. The water level soars up to 35 feet in the river and soon it will touch the embankment. The embankment is in dangers. People are scared of the embankment collapse. People are starting to evacuate and shifting to safer places.

**PM MODI HYDERABAD**

The Prime Minister, Shri Narendra Modi has taken note of the heavy rainfall in the state of Telangana, which is at loggerheads over river water sharing among 6 states and one Union Territory. The government of Telangana, which has already invoked the Sardar Sarovar project to increase water levels is set to intensify efforts to release more water. The Center for Water Resources Development and Management (CWDM) has been directed to monitor the situation closely.

**GADKARI TO BOOST EXPORTS**

A grand beginning ‘deed don’t be afraid’: Gadkari to boost exports, infrastructure. The union minister for road transport and highways, Nitin Gadkari, has said that the government is committed to boosting exports. 

**PM LAUNCHES WEEK-LONG CAMPAIGN TO ‘FREE THE COUNTRY OF GARBAGE’**

The Andhra Pradesh government on Saturday set a Special Leave Petition in the Supreme Court against HC order on Amaravati. The state government has not yet commented on the HC order directing it to shift the capital of Amaravati to the capital city of the state. The Andhra Pradesh government on August 4 directed the State government to maintain status quo for 18 days on the delimiting of government offices. A division bench comprising Justice Alokda Vikranta Joshi and Justice Sharrat Anurag Mathur directed the Andhra Pradesh government to file a counter to the petition to the courts on August 18. The government has now filed a counter affidavit.

**Naidu continues to seek special status for Amaravati**

Andhra Pradesh continued to seek a stage-by-stage designation of Amaravati as a capital city. The state government had earlier won an absolute majority in the elections. The state government will move the Supreme Court on Saturday to oppose the order of the High Court. The state government has already moved the Centre to shift the administration from Amaravati to Visakhapatnam.

**PM Launches Mission Oxygen**

Oxygen cylinders last month, the Centre had already washed off its hands on the issue of oxygen supply. Vizag from Amaravati by making a special flight. The Centre had also already shifted the infrastructure to Visakhapatnam.

**ARRESTS EMBRACE BACHCHAN TESTS NEGATIVE FOR CORONA, DISCHARGED**

A Bollywood actor Abhishek Bachchan has tested negative for corona and discharged from hospital. Abhishek Bachchan had also tested positive but was asymptomatic and discharged on Sunday. The actor is now set to follow the lead of his father, veteran Amitabh Bachchan.

**RAJSTHAN COURT**

The Rajasthan court has rejected the petition of the People’s Front of India seeking the suspension of the High Court order on the划分 of capital among the three states – Rajasthan, Madhya Pradesh, and Chambal Valley.

**APPLICATIONS TO CHALLENGE HC ORDER ON AMARAVATI RECEIVED**

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**Gadkari to boost exports, infrastructure.**

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**West Bengal**

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Viral foci are common with the onset of monsoon but people are worried due to the ongoing Covid-19 pandemic. "The situation demands bringing various health challenges amidst these conditions. It is our responsibility to contain and control the spread of the virus. This pandemic has forced us to get affected with other common diseases, both in rural and urban bodies, thus making one conscious to fight at all costs," said Dr. A Kiranmayi, Chief Minister for Health and Family Welfare.

It is advised to eat seasonal vegetables rich in Vitamin C and fibre. Avoid fried foods, pickles, fruit juices like Papaya, tamarind, pineapples, apricots, and guava. Thus, in order to prevent viral infections, "There is a usage of garlic in curries that will also help prevent common cold. It is advised to consume more of milk, fruits, and vegetables and ensure garlic in every meal," the minister said.

"In a statement here on Saturday, the TDP leader said the double talk of the Chief Minister has ended after they changed their chant of "I am from the Ram Mandir's TV jingles," he added, while focusing all his time and energies on Ayodhya.

The forty-minute-long speech of Prime Minister Narendra Modi at Ayodhya was decidedly crafted for the development projects and out, while maintaining their faith and beliefs. Many of these poor communities in the region had no representation in the state. Instead of making them part of the prosperity of the people, the Chief Minister was focusing all his time and energies on Ayodhya till he ended his tenure.

From the date of the receipt of the idol-installation ceremony, the officials of the Ram Mandir office in Ayodhya were not in touch with his office. The idol-installation ceremony was forgotten and it yielded political dividends only. The government for the rising demand of the people in the state. It would have been in order. Its publication in the newspapers is very essential, he said.

The researchers hypothesised that the researchers were testing the potential of decontamination in the electro-dehydrating light. Then, they tested the potential of decontamination in the electro-dehydrating light. Then, they tested the potential of decontamination in the electro-dehydrating light. Then, they tested the potential of decontamination in the electro-dehydrating light.
A fire broke out in a fishing boat in the Visakhapatnam port on Saturday evening. The fire started in the fishing harbor at Visakhapatnam. It appeared to be a boat accident due to technical fault. No one was injured in the incident.

A total of 25 boats were operational at the time of the incident.

As per initial reports that fishing boats were caught fire and the catch wassent to the police station.
A deadly combination of a slip- pery runway, the rain and bad weather conditions, and the pilot’s decision to land on a close runway could have resulted in the air crash at Kozhikode airport, a senior aviation expert said.

As for the ‘failure of the air craft’s landing gear’ and ‘skidding of the ill-fated Air India Express flight’ flying in from Dubai skidded off the runway, there may be the factor of aircraft not having any earthed ground (EGPWS) or Proximity Warning System (PWPS) installed. The PWPS systems have proven to be an effective safety feature in aircraft to warn crews about obstacles on the ground,” the pilot said.

John A. Prabhu, a state civil aviation official, said in a statement on Friday that the IMA had petitioned the administration to set up a committee of doctors and health experts to understand the mental health condition. He also said that the IMA had requested the ministry of health and family welfare to take appropriate steps to prevent and control the deficiency of drugs in most of the states.

The Central Bureau of Investigation (CBI), which took over the Bollywood actress’ air crash case from the Bengaluru police on July 9, said on Friday that the report has been sent to the CBI.

The court has ordered the NIA to proceed with the investigation and has directed the agency to file a charge sheet within six weeks. The NIA has already started the investigation and has seized evidence, including mobile phones and electronic devices.

The CBI, which is in charge of the investigation, has already recorded statements from several witnesses and has seized evidence, including mobile phones and electronic devices.

The CBI will also focus on the investigation of the air crash, which resulted in the deaths of 18 people and several injuries. The CBI has already recorded statements from several witnesses and has seized evidence, including mobile phones and electronic devices.

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Aviation expert raised concerns about airport runway in 2011

CAPT SATHI had planned to pay surprise visit on mother’s b’day

Capt Sathe had planned to pay surprise visit on his mother’s birthday on August 8. His plane hit a mountain and crashed on August 8 at Kozhikode airport, killing 18 people and injuring 48 others.

The communication came after the backdrop of an Air India Express flight crash-landing at Mangalore airport in 2010. As the communication was directed at the airport, the communication was forwarded to the concerned authorities.

The communication was sent on August 28, 2010, noting that during the training exercise, the aircraft encountered turbulence at a height of approximately 30,000 feet.

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To boost 'self-reliant' India endeavours, Union minister for Railways, Communications, and Railways, Piyush Goyal, said the sectors heavily reliant on imports, such as pharmaceuticals, and look beyond metropolitan and developed cities to lay a net of work and industries and untied for 70-80% of the year which will not gain traction.

The Centre has said the company has been registered at the DRT in Delhi and has been ₦1.92 million in interest, and no tax was paid as of August 22. The Ahmedabad Municipal Corporation asked the company to pay ₦1.92 million in interest and ₦1.92 million in tax, totaling ₦3.84 million. The company was also asked to pay a penalty of ₦1.92 million.

Identify sectors to boost exports, make India ‘self-reliant’ - Gadkari

The government has constituted a three-member committee for determining the export ceiling rates under a scheme for exports worth ₹12.79 trillion. The committee is headed by Secretary (retd) G Y Parande (retd). The other two members are Y G Parande (retd) and K Pillai. The other two members are Y G Parande (retd) and K Pillai. The committee has been vested with the power to replace with indigenous production of the goods paid to the court, besides ensuring better management of the liquidation process.

The Union cabinet in September 2018, approved the resolution plan of IL&FS group under the corporate insolvency and bankruptcy code (CIBC). The plan has been approved by the haircut on the creditors in the class to 50 per cent. The other three insolvency professionals are Y G Parande (retd), G Y Parande (retd), and K Pillai. The other two members are Y G Parande (retd) and K Pillai. The committee has been vested with the power to replace with indigenous production of the goods paid to the court, besides ensuring better management of the liquidation process.

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T he list of young achievers is impressive. Ronnie Tiwari, a student of VidyaGyan, Balbarda with 96 per cent in Class XII Boards was another one to make it to the list of the country's best in Qatar. However, this is not the first time Ronnie is going to study abroad. His last study trip, also his first one was in the US in 2017 as part of a student exchange programme. “It is like having a good teacher and having a good chance to go to Georgetown University,” he recalled.

Ronnie’s family was not very excited about his plan. “My father is a farmer and mother is a housewife. They were not able to give us good education. I used to watch other children go to fancy schools,” he told Times of India. “I was unable to give them quality education.”

When he was preparing his admission to various top universities, he was facing a lot of difficulties. “I was studying in Hindi. I thought that it would be very difficult for me to adjust in the US. When I saw other children conversing in fluent English, I thought that I wouldn’t be able to do that. I had no one to face with my seniors, I knew that they all have some extra English background and I was at risk. This gave me a lot of confidence and with time I got used to the US,” he tells you.

Ronnie’s teachers were also happy with his efforts. “I was a good student in all subjects. Ronnie is very focused and dedicated to his work. Ronnie is a leader among his seniors. He is preparing for top institutions of the US,” said his classmate.

Ronnie has been a breakthrough, “Tiwari has a message for those of you who think they can’t excel in academics, “he tells you. “I have developed a lot of confidence and with time I got used to it. This has made me a better person. Ronnie has a nice communication skills, he is able to talk to people. He is able to express himself clearly and he is a good listener. Ronnie is always ready to help children who seek help.”

Ronnie has a message for other students who want to go abroad. “Never stop dreaming as you can achieve it,” he tells you.

EXTRAORDINARY JOURNEYS

We all dream, but only a handful are able to make them come true. MUSBA HASHMI catches up with young guns who have made it from a village to top global universities, all because of talent, a hunger to learn and their fierce determination.

View more on: EXTRAORDINARY JOURNEYS

‘Make every opportunity count however small’

A nother bright student of VidyaGyan has made it to Cornell University, US after scoring 98.2 per cent in Class XII Boards in an 18-year-old Tiwari, a student of Parasang Village in Sitapur, Uttar Pradesh, had been a bright student, he had studied underprivileged, has earned her admission to the prestigious Georgetown University in Qatar all efforts and hard work.

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ARIIES March 21-April 19
This week there is much happening to assist the many in your personal goals. You may have to make some important decisions which could have long term implications or affect important aspects of your life. You may have to make some important choices or decisions which could have lasting consequences. You may also have to make some important changes or adjustments to your daily routine or lifestyle. This week you will have to be careful about your health, as you may be prone to accidents or mishaps. You may also have to be careful about your finances, as you may be prone to overspending or extravagance.

TAURUS April 20-May 20
This week you may feel restricted and confined, as you may not be able to move freely. You may have to follow some rules and regulations, which may not suit your personal preferences. You may also have to follow some guidelines or procedures, which may not be as effective or efficient as you would like. This week you may also have to focus on your personal relationships, as you may have to deal with some conflicts or disputes. You may also have to focus on your health, as you may be prone to some health issues.

GEMINI May 21-June 20
This is an exciting time as you think about what you’re doing and what you might do to enhance your health. It might mean more exercise or more rest, more time alone or more time with others. It might mean changing your current lifestyle. You will need to be more disciplined and organized, but at the end of the day you will feel more satisfied and peaceful. On the career front, some limitations have been lifted, which might be making your life easier. Informing about your job will no be so difficult. Specializes in what you are good at and find that you can earn more than others. Your career is growing and success will come to you. This week you will have to decide on a project.

CANCER June 21-July 22
This week there may be some turning points in your personal life. You may have to make some important changes to your lifestyle, or you may have to adjust your expectations. You may also have to make some important decisions, which could have long term implications or affect important aspects of your life. You may also have to make some important changes or adjustments to your daily routine or lifestyle.

SCORPIO October 23-Nov 21
This week you are likely to have your mood and energy in sync with the upcoming week. Your energy levels are likely to remain high, which could help you in achieving your goals. You are likely to have more confidence and self-assurance, which could help you in making important decisions. You are likely to have more focus and determination, which could help you in completing your tasks.

LEO July 23-Aug 22
This week health is your priority. You might have other things that you have to do, but you will have to take care of your health. You may have to make some important decisions, which could have long term implications or affect important aspects of your life. You may also have to make some important changes or adjustments to your daily routine or lifestyle.

VIRGO Aug 23-Sep 22
Health needs immediate attention. Try to cut down on stress, and insist on proper rest. Start with the simplest. Make one change at a time. Start with the simplest. Make one change at a time. Try to make your life easier. This week there will be a need to take a step back, to reassess your priorities.

LIBRA Sept 23-Oct 22
You will feel good and popular yourself in the coming week. Some people may appreciate your company. You may have an emotional boost at some time in your career. Your emotional boost at some time in your career. Your emotional boost at some time in your career. Your emotional boost at some time in your career. Your emotional boost at some time in your career.

CANCER June 21-July 22
This week you may have to make some important changes or adjustments to your daily routine or lifestyle. You may also have to make some important decisions, which could have long term implications or affect important aspects of your life. You may also have to make some important changes or adjustments to your personal relationships. You may also have to make some important changes or adjustments to your finances.

PISCES Feb 19-March 20
This week you can achieve your goals. Your life may turn for the better and you may find yourself in a better position. You will have the power to change your circumstances. You will have the power to change your circumstances. You will have the power to change your circumstances.

SAGITTARIUS Nov 22-Dec 21
This week you need to focus on your education. This may not be the best time for you to have much success. You will need to put a lot of hard work and dedication into your studies. This week you will need to put a lot of hard work and dedication into your studies. This week you will need to put a lot of hard work and dedication into your studies.

CAPRICORN Dec 22-Jan 19
This week your health needs attention. This week your health needs attention. This week your health needs attention. This week your health needs attention. This week your health needs attention.

ARIES March 21-April 19
This week you may face some challenges or obstacles. You may also have to make some important decisions or choices, which could have long term implications or affect important aspects of your life. You may also have to make some important changes or adjustments to your personal relationships. You may also have to make some important changes or adjustments to your finances.

AQUARIUS Jan 20-Feb 18
This week you may feel stressed and anxious. You may also have to face some challenges or obstacles, which could make you feel overwhelmed or frustrated. You may also have to make some important decisions or choices, which could have long term implications or affect important aspects of your life. You may also have to make some important changes or adjustments to your personal relationships. You may also have to make some important changes or adjustments to your finances.
As globetrotting has been brought to a grinding halt, the restless millennial's gaze has turned towards buying a home, writes SUSH CLAYS, as she offers a luxury realtor's perspective into the current scenario.
Several factors contribute to the varying socio-economic conditions and political power of its residents, making it a microcosm of the complexities that abound in India, which make planning and implementing ambitious programs during a pandemic a steep climb. But the results will be indicative of the spread within specific communities.

One of the biggest skill sets that’ll determine the altitude of your career isn’t just about designations or pay packets, but the ability to innovate and hang in there one way or another. So you need to start thinking about the things that’ll be most richly rewarded will be code and in sync with the times. You might have a taste of your interests and goals. They have to be dynamic without being too fussy about the role and designation.

The writer is the CEO of Sustain Labs and Affiliated Institutes. His previous works have appeared in The Hindu and The Hindu BusinessLine. The writer is a former India Today journalist and has been named among the 100 most influential Indians in the field of communications by the Economic Times. He has written columns and articles for various newspapers and magazines.
The monsoon season is possibly every Indians favourite season! Well it is certainly infamous for one’s cravings for all-things-fried, along with a plethora of diseases and infections that are highest during this time of the year. However, this year due to the external situation, disease and virus is not just limited to water-borne or monsoon specific illnesses, the deadly pandemic continues to cause global havoc. With extra caution, we have not only become mindful of our surroundings while outdoors but are also watchful of the food consumed. Immune boosting foods have been emphasised to tackle monsoon woes, and also to build the body’s resistance in the long run. While there is no such thing as a monsoon diet, prepare a fully stocked pantry with these common ingredients to secure good health in the coming months. Nutritionist Sheryl Salis suggests:

CORN

Virgin coconut oil has been a staple in many households; it is a superfood with health benefits such as weight management, helps improve immunity and boosts energy. The important MCTs present in Coconut Oil are lauric acid, caprylic acid and capric acid. The function of monolaurin also found in coconut oil in an antiviral that kills the virus by dissolving the protective lipids surrounding it. Malini VCOO an excellent superfood that helps improve the immune system. It can be used in cooking, baking vegan desserts at home or even as a salad dressing or sautéing basic vegetables. It is also recommended to consume 2 teaspoons of virgin coconut oil every day for a healthy and energetic start to the day.

GROUNDNUTS/ MONKEY NUTS

These deliciously crunchy nuts have several health benefits that are often lesser known. A rich source of minerals like copper, manganese, iron etc. it boasts of healthy fat, protein and is low in carbohydrates it has saturated which is present in vain, which not only provides protection to the heart but also prevents Alzheimer’s. Shock up some monkey nuts and boil them for a quick evening snack. Don’t shun thinking they are high in calories, rather have them in moderation for a much-required energy boost. Stock your pantry with these monsoon essentials and bring back sweet memories of the rainy days. While you’re at it, you’ll be gifting yourself the nutritional benefits to stay healthy too. Lastly, do not forget to maintain hygiene by washing hands regularly and keeping your surroundings clean.

MONSOON PANTRY

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TIPS TO MAINTAIN ORAL HYGIENE

Food crumbs can be a very embarrassing, putting one in an uncomfortable position. With a little bit of care, this common condition can easily be prevented.

The roots of dental issues are not just aesthetic; oral cavities, gums aliment, bad dental hygiene and coated tongue are amongst the most common issues today. Gum disease is a major contributor to loss of teeth, which is preventable by maintaining oral hygiene. A good dental hygiene regime includes:

Efficient brushing technique:

It is recommended to brush your teeth twice a day, preferably after meals. Brush all teeth surfaces, including the gum line and internal portion of the enamel situated in proximity to the tongue. To totally avoid bad breath, you need to remove food particles from the tooth’s enamel after brushing.

Daily flossing: Flossing will help in removing the food fragments that tend to get stuck in between the spaces that a toothbrush possibly cannot reach out to.

Stimulating saliva production:

Saliva plays a very important role in maintaining the oral health. Your saliva keeps food particles away from your teeth, tongue, and gums that can lead to bad breath.

Avoid sugary and sweet foods: Sugar-free chewing gum can help in stimulating saliva to help you slay bad breath.

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A 2008 batch IAS officer, A Sri Devasena has accomplished much both personally and professionally in her life. A trained Carnatic singer, brilliant cook and inspirational mother, Devasena makes sure she excels at everything she takes up. In a free-flowing conversation with The Pioneer, the Director of School Education opens up to Namrata Srivastava about her childhood, singing, inclination towards spiritualism and much more.

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