India wins case against 2 Italian marines

They were accused of shooting down an Indian naval helicopter in Kerala in 2012

India has won against the two Italian marines who killed two Indian naval personnel in Kerala in 2012. In a unanimous decision of the International Court of Justice, the ICJ ruled that the two Italians, Vincenzo Gozzi and Andrea Cerone, were acting in self-defense and that India should compensate them for the deaths.

The case was filed by India in 2015, seeking damages for the deaths of the two Italian marines in the incident. The Italian marines were on a使命 in the Arabian Sea when the helicopter incident occurred. The ICJ determined that the marines acted in self-defense, leading to the decision that India should compensate them.

The decision marks a significant victory for the Indian government, who had sought compensation for the deaths of the two marines and the Indian naval personnel.

Ticket fares in these trains will be competitive with airlines

Pvt trains likely valid from April 2023

T in the Indian Railways has announced operation of 2,100 select trains by the end 2023, which will be competitive with airlines. The move comes in response to increased competition from private train operators.

In an interview with Financial Express, the Railway Board Chairman Vineet Venkatesh said that the new trains will be competitive with airlines in terms of price and convenience.

"We will be offering competitive fares in these trains," he said. "They will be similar to the fares offered by airlines, with additional amenities like sleeper berths, AC classes, and food services on board.

The move is part of a larger strategy by the Indian Railways to increase competition and offer more options to passengers. It is expected to benefit passengers and stimulate growth in the rail sector.

US Air Force B-2 Spirit visits India

US Secretary of Defense Lloyd Austin has arrived in India on a two-day official visit to strengthen defense ties and discuss regional security.

The visit comes in the backdrop of tensions between India and China over their last face-off in the Galwan Valley in June 2020.

Austin is expected to hold talks with his Indian counterpart Defence Minister Rajnath Singh on Wednesday.

"We are facing a common enemy in the form of the COVID-19 pandemic, and both our countries have been at the forefront of containing it," Austin said at a press conference on Tuesday.

"We look forward to further deepening our cooperation in the areas of counter-terrorism and other shared threats," he added.

India and the US have been close partners in the Indo-Pacific region, and the visit is seen as a signal of the countries' commitment to regional security.
China supplying weapons to Arakan Army to weaken India, Myanmar: Report

**ADVICE IN SUPPLY TO MYANMAR**

China is supplying weapons and equipment to the Arakan Army, a military group in Myanmar, to weaken India and Myanmar’s security, a report claims.

India and Myanmar have been under pressure from China, which is providing military aid to the Arakan Army, a group that has been involved in violence in Arakan state, according to The Hindu.

The report states that China has been providing the Arakan Army with arms, ammunition, and training since the beginning of the year.

**PM Modi discusses bilateral ties in post-Covid world with Vladimir Putin**

Prime Minister Narendra Modi discussed bilateral ties in the post-Covid world with Russian President Vladimir Putin.

The meeting, which was held on the sidelines of the G7 summit, focused on strengthening ties between the two countries.

**Taj Mahal in Agra to open to tourists in a phased manner**

The Taj Mahal in Agra, India, is set to reopen to tourists in a phased manner.

The monument, which was closed due to the coronavirus pandemic, will reopen on October 25, with limited visitors allowed.

**India's first daily bank opens in Delhi**

India's first daily bank, the Bharat Bank, has opened in Delhi.

The bank, which operates on a 24-hour basis, offers a variety of services, including mobile banking and doorstep banking.

**UNESCO Director-General condemns killing of journalist in Uttar Pradesh**

The United Nations Educational, Scientific and Cultural Organization (UNESCO) has condemned the killing of a journalist in Uttar Pradesh, India.

The organization expressed its deep concern over the incident and called for a thorough investigation into the killing.

**Is coronavirus or周恩来? When will you vaccinate for coronavirus in India, netizens ask?**

Indian netizens have been asking when the country will start vaccinating people against the coronavirus.

The questions come as India struggles to contain the spread of the virus, which has claimed thousands of lives.

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In India, a study by Pratiksha Foundation, part of the South Asia Foundation, showed that about 10 per cent of women have been victims of domestic violence. "The study found that 10.4 per cent of women in India have experienced violence at home, with the highest prevalence being among the 15-34 age group," said the report. "In some cases, the violence was so severe that women were left with physical injuries." The study also found that women in rural areas were more likely to be victimized than those in urban areas. However, the data from urban areas was not as extensive and could not be compared. The study concluded that there was a need for increased awareness and education on the issue of domestic violence.

On June 28, the apex court had directed the Union Government to set up a panel of experts to study the issue of domestic violence and to suggest measures to prevent and control it. The panel was also asked to submit its report within three months.

The panel was set up after a petition filed by a woman in Delhi claimed that she was being subjected to domestic violence by her husband. The woman had filed a complaint with the police, but the police had not taken any action. The woman had also approached the Delhi High Court, but the court had directed the police to take action.

The apex court had expressed concern over the lack of action by the police and had directed the Union Government to set up a panel of experts to study the issue of domestic violence and to suggest measures to prevent and control it.
CB-CID files fresh FIR against Inspector, 4 others

KUMAR CHHELLARP IN KOCHI

The CB-CID wing of Tamil Nadu police on Thursday filed the FIR against the Inspector of Police and four others who had picked up Jayaraj and Bennicks on June 19, allegedly for attempting to murder them, and for torturing them for nine days by pressing his legs and throwing stones at the car they were driving.

Thursday was the 21st day in the Government of Tamil Nadu Lockdown.

A senior police official, speaking on conditions of the two men, said: “A case was registered yesterday under Section 302 of the IPC for the death of the two men, and the other charges under Section 307 of the IPC, and Section 323 of the IPC. The charges were based on the report of the medical examination conducted on the two persons who died in the case.”

The investigation was carried out by the special investigators of the CID, who were trained in the investigation of human rights violations cases.

The investigation was under the supervision of the Special Investigation Officer (SIO) of the CID, who is also the investigating officer of the case.

The FIR was registered under Section 302 of the IPC, which deals with murder, and under Section 305 of the IPC, which deals with attempted murder.

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Now, a telecom war

There are alternative vendors but costs would go up. We must encourage equipment manufacture with innovation and now. A single telecom company would be doing much of our product supply chains, from virus to cost. We are in a deep debate of what to do.

Swaraj KUMAR

Damp squib

Size does matter

In the Indian car market, the smaller you are, the better your sales. Last month has been much better for the auto sector in the Indian car and bike industry. However, a recent report on the number of new cars sold indicates that sales, things have improved. On the whole, for most automobiles, in sales figures, are down from what they were a year ago. The automotive sector has been hit hard by the pandemic, leading to a fall in demand for both new and used vehicles.

The government has been working on several initiatives to boost the auto sector, including incentives for electric vehicles and schemes to revive the sector. However, the industry is still grappling with challenges, including the ongoing COVID-19 pandemic and the need for stronger domestic production capabilities.

In the face of these challenges, it is crucial for the government to support the auto sector by implementing policies that promote innovation, reduce costs, and create a level playing field for domestic manufacturers. It is essential to encourage the development of new technologies and products to stay competitive in the global market.

Bharat scheme on a

BIEP

I will say, the one thing I can say with some certainty is that there is no shortage of substitutes. No market is infinitely elastic. I would say that if we talk about the market in E-commerce, probably we could come up with hundreds of other things that are substitutes.

Nadu incident but there are thousands of

Sir Robert Mark met the waiter and narrated an episode that stayed with him throughout his career as an officer. As part of the secret service, he had a considerable amount of contact with criminals and it became almost a game to him to outsmart them.

This is indeed a shocking number

It is clear that there is a need for a transparent and effective system of accountability and justice in India. The police has a crucial role to play in enforcing the law and protecting the rights of all citizens. The government must ensure that the police force is adequately trained, equipped, and supported to carry out its duties.

The accountability, however, is not limited to the police. The judiciary, too, plays a vital role in ensuring justice and upholding the rule of law. There is a need for judicial reforms to ensure fair and impartial trials for all.

In conclusion, it is essential to hold all those responsible for crimes accountable. This must be done through a transparent and effective system of justice, which ensures that the rights of all citizens are protected. The government must take decisive action to address the issue of crime and violence in India and create a safer and more just society for all.

Debts: Mumbai, Chennai, Kolkata, Bhopal, and Guwahati.

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Further action needed

This refers to the editorial “Bihar: The new Congress” (July 11). The Araria incident is not isolated. The shocking arrest of the Chief Minister in this case highlights the concentration of power in the hands of a few. The Bihar Police have been known to use excessive force and violate human rights.

We, as a nation, must strive to create a society where everyone is treated equally and fairly. The police force must be held accountable for their actions, and the government must work towards creating a transparent and fair system of justice.

In conclusion, it is essential to hold all those responsible for crimes accountable. This must be done through a transparent and effective system of justice, which ensures that the rights of all citizens are protected. The government must take decisive action to address the issue of crime and violence in India and create a safer and more just society for all.

Debts: Mumbai, Chennai, Kolkata, Bhopal, and Guwahati.
An eco-friendly innovation
Bhavnath serves the purpose of retaining the Earth’s moisture, protecting plant roots and preventing soil erosion during a heavy downpour.

POINTCOUNTERPOINT

If anyone dreams of uniting the Prime Minister (of Nepal) for publishing the map and including it in the constitution, don’t even think of it. ( Nepali Prime Minister)

KPS BHUKAL

It’s not that elementary
Not being able to establish the source of a disease is not surprising, especially in a country where people are divided by gender and socio-economic classes.

IN THE NEWS

The need for research through a systematic approach
Trishna Thapa

Bihinath serves the purpose of retaining the Earth’s moisture, protecting plant roots and preventing soil erosion during a heavy downpour.

FARMERS AND WORK MIGRATION

The need for research through a systematic approach
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Since the workers are the foundation of the industry, we understand the need for serious research that cannot go without the government’s intervention.
London, United Kingdom: China threatens retaliation against UK

London's decision to extend a ban on four key Chinese telecom firms will trigger retaliatory measures from Beijing, sources said, as the row between the two countries deepens.

Britain's offer comes after China described new US restrictions on Huawei and ZTE as a "reasonable" response to an "unreasonable" move by the United States.

Beijing has already slammed the US decision to extend the ban on Huawei and ZTE, saying it is "obviously unreasonable".

The Chinese embassy in London said on Thursday that "all reasonable measures will be taken to protect legitimate rights and interests of Chinese enterprises and individuals in the UK".

Britain has been in talks with China on the issue since August, with the two countries agreement to seek a path forward.

The US sanctions against Huawei and ZTE have already triggered a series of retaliatory measures from China, including a ban on US firms and a tax on US imports.

However, a US official said on Thursday that China had not taken any specific action to retaliate against the US sanctions.

According to the UK's National Security Advisory Council, the ban on Huawei and ZTE is "not justified" and "unwarranted".

A UK official said on Thursday that the ban was "unnecessary" and "not justifiable".

However, a Chinese official said on Thursday that the ban was "disproportionate" and "unreasonable".

Britain's decision comes as the two countries are looking to work together on a number of issues, including climate change and cyber security.

China has also threatened to retaliate against the US sanctions with measures that could include a ban on US firms and a tax on US imports.

The Chinese government has said it will "take all necessary measures" to counteract any US actions that "harm the legitimate interests of Chinese firms and individuals".

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India needs $50-60 lakh cr foreign investments to bolster coronavirus-hit economy: Gadkari

New Delhi: India needs foreign direct investments worth $50-60 lakh crore to map quickly and turn around the coronavirus-hit economy, said Union Road Transport, Highways and Shipping Minister Nitin Gadkari.

"India needs foreign investment worth $50-60 lakh crore to map quickly and turn around the coronavirus-hit economy," Gadkari said in an address on the third day of the virtual annual conference of the Automotive Industry Development Council (AIDC)

Gadkari said the government has already announced the support for MSME, through the MSMEs Fund of $15 billion, which is the single largest stimulus for MSMEs.

"Out of the announced support, $15 billion MSSE Fund, $1 billion for long-term loans and $1.3 billion for short-term loans has been disbursed," Gadkari said.

Gadkari said the government has also announced the support for MSMEs through the MSMEs Fund of $15 billion, which is the single largest stimulus for MSMEs.

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Dubai, Davos, IIMC, G20, FTSE 100, Nikkei 225, Dahej-Vijaipur, Vijaipur-Dadri

The exchange moved in the red, with the Sensex tumbling 459 points or 1.01% to settle at 45,456.84 at the end of trading on Wednesday.

The Rupee surged by 62 paise to close at Rs 75.30 against the US dollar, after the RBI today cut the key interest rate by 0.15 percentage point to 4%.

On the domestic front, the Sensex plunged 676 points to close at 46,009.56.

"The RBI's decision to lower the repo rate will be a big shot in the arm for the Indian economy," said Rajeev Shukla, the Union Minister of State for Finance.

"The decision will help in lowering the cost of borrowing and provide a boost to the real economy," Shukla said.

In the battle against the coronavirus pandemic, the government has announced a multi-pronged strategy, including a stimulus package worth Rs 20 lakh crore.

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Do you know what happens to your body when you don’t get enough sleep? From your ability to focus and think clearly, to your immune system and your metabolism, the lack of sleep can have a dramatic impact on your overall health. In this article, we will explore the science behind sleep and the importance of getting enough rest.

The Impact of Sleep on Your Body

Sleep is not just a state of rest; it is a crucial process that allows your body to heal and repair itself. During sleep, your body’s systems work to keep you healthy and strong. Here are some of the ways sleep affects your body:

1. **Emotional Health**: Sleep is essential for emotional well-being. It helps regulate mood and reduce the risk of depression and anxiety.

2. **Memory and Learning**: Sleep plays a crucial role in memory consolidation and learning. It helps solidify memories and improve learning abilities.

3. **Cognitive Function**: Sleep supports your cognitive function, including attention, concentration, and problem-solving abilities.

4. **Physical Health**: Sleep is vital for physical health, including immune function, weight management, and heart health.

5. **Mood Regulation**: Sleep helps regulate mood, reducing the risk of mood disorders such as depression and anxiety.

The Importance of Adequate Sleep

Adequate sleep is crucial for maintaining good health. The amount of sleep you need can vary depending on your age, lifestyle, and overall health. However, most adults need between 7 to 9 hours of sleep per night.

Getting Enough Sleep

Here are some tips for getting enough sleep:

1. **Establish a Consistent Sleep Schedule**: Go to bed and wake up at the same time every day, even on weekends.

2. **Create a Relaxing Bedroom Environment**: Keep your bedroom cool, dark, and quiet.

3. **Limit Screen Time Before Bed**: Avoid using electronic devices for at least an hour before bedtime.

4. **Exercise Regularly**: Physical activity can help improve the quality of your sleep.

5. **Avoid Caffeine and Alcohol**: These substances can disrupt sleep quality.

The Bottom Line

Sleep is a fundamental need for good health. By prioritizing sleep, you can improve your overall well-being and reduce the risk of chronic diseases. Remember, a good night’s sleep is essential for a healthy and happy life.
Old traditions don’t die easy. Author Srishti Chaundry’s new book, Lalian Sweets, presents this very idea through food, humour, family strife and a take on Indian history. An extract:

“There is 1995. Tara Taneja lives in the small town of Shyamkhal, running the Lallan Sweets shop, his famous sweet shop. The laddoos that he makes using a family recipe contain a magic ingredient known only to Lalaji.

When Lalaji chooses to retire, he decides that Lallan Sweets will not be inherited but sold. He hands over the shop to Tara Taneja, his granddaughter. Tara Taneja is not very happy with the news. ‘Some things helped us, but I am not sure why Lalaji had decided to do this,’ she thinks to herself.

There were hardly a few families living here, and the shokar (the cook in the shop) who was a Siyaka. ‘It was not too bad, mind you,’ he tells Tara. ‘I think the government was not so corrupt; we did well.’

‘You’ll have to find out the magic ingredient, exactly will we have to do to earn it?’ Lalaji asks Tara.

The time has come to settle the estate, to find out what the laddoos were actually. ’This is the labour of love of not one generation, and among those were we too. Lalaji worked very hard to buy one of those shops and he finally managed to do so. We owned a small shop and the laddoos were a hit. Two years later, however, we had to lose it all. It was the most devastating moment of our lives.

We made that journey in complete shock, not knowing what would happen, not knowing who we would deal with, camping one place, then another. We finally reached Ludhiana and stared them for some time. I was shocked and I broke down crying. I was alone and I had to cont vi... X

The laddoos are the pride of Lallan Sweets. The kadai in drops, frying up to be little and brown and I kept mixing it all into the batter. The sugar is 1/4 cup.

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Yarmolenko’s last minute counter strike dash Chelsea’s top-four hopes; Aubecky makes Gunners history

INTER HITS 6

Sanchez takes centre stage in Netarazz’s rout of Brescia

Alex Sanchez scored a double in Inter Milan’s 3-0 Serie A win over Brescia, his first goal in over 300 days in a competitive match. The Chile international netted in the 57th and 76th minutes to lift Inter to a nine-point lead in the table.

Sanchez had lofty ambitions in the build-up to the Serie A clash, his first since losing the derby with AC Milan last August. But he and his new team-mates fell behind when Brescia’s Matteo D’Ippolito levelled in the fourth minute of the game.

Inter went ahead in the 57th minute when Sanchez found Rodriguez, who squared to the Chilean who poked past Brescia goalkeeper Daniele Baselli.

Sanchez then played a key role in Inter’s second goal, as Rodriguez’s shot was saved by Baselli but the ball was allowed to run down to Sanchez who slotted home.

Suresh Raina, Ambati Rayudu, and everyone involved is priority, “ the Indias head coach said during a conference call.

Sanchez took 180th minute to equalise as his strike made it 2-2

Promising victory against Qatar will be suicidal: Stall

Inter Milan coach Antonio Conte believes his team can win the Serie A title if they keep up their current form.

“I’m not happy with any of the three games we’ve played in the last three days. The first thing we need to do is improve our performance,” Conte said.

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IPL 13 likely overseas, toss-up b/w UAE & Lanka

New Delhi: The Board of Control for Cricket in India (BCCI) has sought experts’ opinion over hosting the Indian Premier League (IPL) 2020 overseas in light of the COVID-19 pandemic.

“We have taken the decision to host the tournament overseas in light of the current situation,” BCCI chief Sourav Ganguly said.

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“IPL is the biggest platform for the BCCI and the Indian cricket team. It is the biggest platform for the BCCI and the Indian cricket team.”

The BCCI’s decision comes after the Indian cricket board announced that the tournament will be held in Abu Dhabi from October 15-22, with the final on October 24.

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