A situation remains tense along our border with China, threatening to provoke India, Chief of Defence Staff General Bipin Rawat said on Thursday. Rawat said that the situation on the border with China was “very tense” and “volatile”, with a “high possibility of a crisis.”

The tension along the border with China has been escalating over the past few months, with both countries accusing each other of aggressive moves. The Indian Army has deployed additional troops and equipment to the border areas, and there have been reports of clashes between the two sides.

Rawat said that India was prepared to face any challenge and that the Indian military was ready to defend the country’s territorial integrity. He also urged China to “exercise restraint” and “resolve the issues through dialogue and consultation.”

Meanwhile, a Chinese military spokesman said that the situation along the border was “under control” and that both sides were working to maintain the status quo. He also said that China was committed to maintaining regional peace and stability.

India and China are currently engaged in a border dispute over the status of the Aksai Chin region, which is claimed by both countries. The dispute has led to occasional military incursions and border incidents.

Rawat’s comments came after the two countries held a meeting on September 1 to discuss the situation along the border. The meeting ended without any breakthrough, and both sides have refused to comment on the outcome.

Meanwhile, India has been increasing its military presence along the border, with reports suggesting that the Indian Army has deployed additional troops and equipment to the border areas.

Rawat’s comments come at a time when India is preparing for a major political event, with the national elections scheduled to take place in February 2022. The elections are expected to be a major test for the Indian government, with the country facing a range of challenges, including economic difficulties and rising tensions with China.

Overall, the situation along the border with China remains tense, with both countries refusing to back down. It remains to be seen how the situation will develop in the coming weeks and months.
**Improve work culture, says CM Yogi**

Lucknow (PSN): Uttar Pradesh Chief Minister Yogi Adityanath has said that if any government servant was found doing anything wrong, then the government would not be lenient.

Yogi Adityanath on Thursday praised the efforts made by the government employees during the lockdown, but he also said that any officer who found doing something wrong, would be given an appropriate punishment.

“We should replace the system of 1 AP and 10 SPs with help of the inspection department. If any of the officials is involved in any misconduct, then we should take strict action against him,” he said.

He said that the government would not tolerate any misconduct by its employees and would take action against them accordingly.

**Crowd funding for Ayodhya mosque as per Sharia: ICF**

The Indian Muslim Cultural Foundation (IMCF) said on Thursday it has started crowd funding for the proposed mosque in Ayodhya, 250 km from Lucknow in Uttar Pradesh, to build it according to Shara.

A senior official of the IMCF stated the project to fund the crowd funding campaign and for the purpose of making the land for construction of the mosque, the board will hold a meeting on Thursday.

**Several injured as villagers clash with police in Ballia**

Ballia (PSN): At least seven persons, including a minor, were injured in a clash between villagers and police during a peasant movement here on Thursday.

A heavy police force was deployed as the protesters were agitating against a decision to sell land to a private company.

**BJP sweeps UPCLDB polls**

BJP's win in UPCLDB polls is a significant victory for the party in the state, which has been facing a series of bypoll losses recently.

The party won all the six seats where the elections were held, including the seat of Garhwa, which is considered a stronghold of thedepending on the situation.

**Notice NOTICE NOTIFICATING BID FOR THE IMPLEMENTATION OF THE PROJECT OF CLEANING THE NAGAR WATERSHED -KARAUNJU (UPCLDB) PROJECT**

The Uttar Pradesh Cooperative Development Bank (UPCLDB) has invited bids for the implementation of the project of cleaning the Nagar Watershed in Karanpur.

The bank said that the project aims to improve the water quality of the Nagar River by providing infrastructure and services.

The bank has set aside Rs. 10 crore for the project and has invited bids from interested parties.

The bank has said that the deadline for submission of bids is 15th July, 2021.
Two youths killed in road mishap

Sero-surveillance to begin today

Two youths killed in road mishap

Sero-surveillance to begin today

The unnamed youths were among those performing their daily chores but now with this pandemic, they have come to the forefront. Covid-19 is a crisis that neither we are facing in our personal lives nor professionally. Nature, too, is part of the crisis. We are not alone in the virus’s activities. All of us are part of it and we are part of a larger system that is working to control it. This is not just a crisis for us, but also a crisis for our environment. If we are not careful, it could destroy our future. But, if we are proactive, we can turn the tide. We need to work together and make sure that we are doing our part to stop the virus from spreading.

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Body of 11-year-old kidnapped boy recovered

The kidnapping of an 11-year-old boy has raised concerns in different parts of the city.

According to the police, the boy was kidnapped on Wednesday morning when a car pulled up beside his bicycle as he was cycling in the vicinity of Kudwal in Narpatganj area. The accused bundled him into the car and tried to rescue the boy by pulling a rope at different places. The police recovered his body on Thursday, they recovered Deepak's body in the bushes near his village. Near the body on Thursday, they recovered Deepak's body in the bushes near his village.

The police have sent the corpse to Vinayak Hospital for post-mortem and are making efforts to identify the girl. The accused have shot at Vineet's right side of the brain. The accused have said that they were looking for her. SP, Rae Bundi, has directed Principal Development, Deepak Kumar, to chalk out a prevention plan. The committee will start functioning from Monday. The police have sent the corpse of Kudwal in Narpatganj area of Lucknow, was playing on Wednesday when a car used to work in Reliance Oil had been established to monitor this and other cases of kidnapping. The police are looking for her. The police have sent the corpse to Vinayak Hospital for post-mortem and are making efforts to identify the girl. The accused have shot at Vineet's right side of the brain. The accused have said that they were looking for her. SP, Rae Bundi, has directed Principal Development, Deepak Kumar, to chalk out a prevention plan. The committee will start functioning from Monday. The police have sent the corpse of Kudwal in Narpatganj area of Lucknow, was playing on Wednesday when a car used to work in Reliance Oil.

Less than 24 hours after the kidnapping, the girl's body was found near a farmhouse in Sikhheda. The scotty of the victim was also lying near the body. The police have sent the corpse of Kudwal in Narpatganj area of Lucknow, was playing on Wednesday when a car used to work in Reliance Oil had been established to monitor this and other cases of kidnapping. The police are looking for her. The police have sent the corpse to Vinayak Hospital for post-mortem and are making efforts to identify the girl. The accused have shot at Vineet's right side of the brain. The accused have said that they were looking for her. SP, Rae Bundi, has directed Principal Development, Deepak Kumar, to chalk out a prevention plan. The committee will start functioning from Monday. The police have sent the corpse of Kudwal in Narpatganj area of Lucknow, was playing on Wednesday when a car used to work in Reliance Oil. The police have sent the corpse of Kudwal in Narpatganj area of Lucknow, was playing on Wednesday when a car used to work in Reliance Oil.

A six-member committee formed by the police to unravel the mystery behind the kidnapping of an 11-year-old girl has received a body from the family of 8-year-old Rub, who was kidnapped on Sunday.

The committee was formed after the police recovered a body from a nearby which was suspected to be of Rub. It was mentioned that 11-year-old Deepak, a resident of Kudwal, was playing on Wednesday morning near the banks of his 8-year-old cousin. The police also stated that teams were formed to confirm the girl's identity and unravel the mystery behind the kidnapping.

The police are looking for her. The police have sent the corpse of Kudwal in Narpatganj area of Lucknow, was playing on Wednesday when a car used to work in Reliance Oil had been established to monitor this and other cases of kidnapping. The police are looking for her. The police have sent the corpse to Vinayak Hospital for post-mortem and are making efforts to identify the girl. The accused have shot at Vineet's right side of the brain. The accused have said that they were looking for her. SP, Rae Bundi, has directed Principal Development, Deepak Kumar, to chalk out a prevention plan. The committee will start functioning from Monday. The police have sent the corpse of Kudwal in Narpatganj area of Lucknow, was playing on Wednesday when a car used to work in Reliance Oil.

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Corona patient goes missing from SSH
Family members, SP workers protest against hospital management

Coronavirus positive cases cross 10,000 mark in Prayagraj

NFP-20 aims transformation of education: LG chief

Ganga, Yamuna to continue with flood stage

HC directs UP govt to file reply

Ganga steady but still poses flood threat

The Uttar Pradesh government on Friday said that the water level of the Ganges and Yamuna rivers was still at the flood stage but the situation was not critical. The government urged people not to panic and abide by the instructions of the disaster management officials.

Regarding the rising water levels of the Ganges and Yamuna rivers, UP Crisis Management Director Arvind Kishore said that the rivers were still at the flood stage and the situation was not critical. However, people were advised not to panic and follow the instructions of the disaster management officials.

In a statement, Kishore said that the Ganges and Yamuna rivers had reached flood stage in some areas and the situation was under close monitoring.

The government has advised people to remain cautious and follow the guidelines of the disaster management officials.

Meanwhile, the Ganges and Yamuna rivers were expected to continue to rise in the coming days due to the heavy rainfall in the region. The government has advised people to avoid venturing into the affected areas and stay away from the banks of the rivers.

...
Hospitals to seek permission before Covid patients

KANPUR: District administration would ensure that hospitals would have to seek permission from the government and private hospitals before admitting COVID-19 patients. The divisional commissioner would have to deliberate and decide the same.

He said essential operations and surgeries, including blood transfusion, emergency, delivery of baby, trauma, cardiovascular diseases and other critical cases would be allowed. The divisional commissioner would have to deliberate and decide on a case-by-case basis on further restricting the admission of patients.

KAPIL DEVI

Bikru ambush: Judicial panel visits Etawah

The judicial panel probing the Bikru ambush in Etawah is likely to conduct a field visit today, a day after the incident. A team of the judicial panel members visited Etawah on Saturday.

The judicial panel members would visit the site and hearing the account of witnesses in the incident during which goingentious gang members opened fire on the police personnel, three police personnel were killed and another three injured.

The judicial panel comprises Judge Pradeep Saxena, advocate Tarun Aggarwal and advocate Vivek Kumar. They had been appointed by the Allahabad High Court.

The panel members would visit the site and interact with witnesses and police officials to decide whether to continue the investigation of the case in the state or hand it over to the Central government.

KAPIL DEVI

KVIC

KVIC Vice-Chairman Rakesh Arora, speaking at the concluding programme of the KVIC Fair 2022 held at the Exhibition Grounds on Thursday, said that the fair will remain an annual event and will be held every year.

He also appreciated the role of the KVIC in promoting the use of jute in various sectors across the country.

The KVIC fair is being held from October 14 to 18, with various events and activities taking place.

KAPIL DEVI

KANCAP

KANCAP (Kanpur district Consumer Association for Protection of Agricultural and Consumer Rights) has decided to file a complaint against the local police and the local administration for allegedly not providing proper security to the fair.-

KAPIL DEVI

KDVCA

KDVCA (Kanpur District Vegetable and Fruit Growers Association) has written to the Agriculture Minister, urging him to increase the quota of imported vegetables from Australia because of the shortage in domestic supply.

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KAPIL DEVI

NRC

A NRC was formed on Thursday to check the population in Lucknow city and the subsequent eviction of the unauthorized settlers in the around 30 plots of land in the city. The NRC was formed under the leadership of Vikas Dubey and his aides.

The NRC would be formed by the government and people's representatives, and it would be headed by Vikas Dubey and his aides.

KAPIL DEVI

Negatives

A police team arrived at the site of the incident near the temple in Etawah and arrested the four accused. The four accused were arrested in connection with the death of a policeman in nearby Bujwa village.

The police team also recovered the weapons and other evidence from the crime scene and handed them over to the investigation agency.

KAPIL DEVI

NTPC

A NTPC train that runs from New Delhi to Lucknow has been declared a high-risk zone after a suspect was detected on board.

The train, which was scheduled to leave from New Delhi at 19:30 on Thursday, was stopped at a railway station in the city and screened for any possible threat. The suspect was subsequently detained by the police.

KAPIL DEVI

NPCC

NPCC (National Playing Card Corporation) has announced the release of a new game called ‘Yahtzee’. The game is available in both digital and physical formats.

The game was developed by the NPCC to promote the use of playing cards and to attract more people to the world of board games.

KAPIL DEVI

Sapkhas planted

A sapling plantation was organized by the JD-U at its office in New Delhi on Thursday. A total of 50 saplings were planted by 50 volunteers from the JD-U.

The saplings were planted in a garden maintained by the party and the volunteers were actively involved in the plantation drive.

KAPIL DEVI

Two arrested

Two persons were arrested for allegedly involvement in the Bhadohi gang-related incidents.

The police had launched a joint operation in the Bhadohi area and arrested two persons, who were involved in the incidents.

KAPIL DEVI

KAPIL DEVI
Facebook Trust and Safety Policy Team - a team of subject matter experts that provides advice and guidance to the company on its community issues, including Communication/Privacy/Civic Integrity, Safety, and Human Rights. “We silenced 21 million pieces of hate speech content from Facebook, Instagram, and Messenger in the last quarter of 2021. To know if you are impacted, please visit the Facebook help center.”

Dmitry said, “We are committed to invest our efforts to curb hate speech on our platforms.”

Facebook also informed that in the last interaction it had with the Congress MPs, they discussed the Community Standards of the company. They inquired about the harmful content by public figures, what they were doing about it, and how to ensure和谐的 content by public figures. They were told a number of steps Facebook is taking to ensure the safety of users, including restrictions, community, and safety tools, all of which are working in tandem.

In the letter, Facebook informed that although it is not possible to list all harmful content on Facebook or Instagram, it can share a few examples.

- Violent and inciting content related to regional conflicts
- False information, such as the spread of misinformation about COVID-19 vaccines
- Hate speech and incitement against communities
- Terrorist content and propaganda

Facebook also informed that it is not enough to just remove and block content, which is why it has a team of subject matter experts to analyze the content and determine its nature and implications.

Facebook said, “We protect the safety of our users and the integrity of the platform.”

The company also mentioned its commitment to work with governments, civil society, and other organizations to tackle these issues. Facebook informed, “We want to assure you that our efforts will continue to invest our resources to curb hate speech on our platforms.”

Potts’ letter to Facebook was published in The New Indian Express on June 10, 2022, which highlighted Facebook’s efforts to combat hate speech on its platform. The letter praised Facebook’s efforts to remove harmful content and acknowledged the company’s commitment to ensuring a safe and inclusive environment for all users.

The letter stated, “I am pleased to see the steps taken by Facebook to address this issue. The company has a strong dedication to ensuring a safe and inclusive environment for all users. I appreciate the company’s commitment to removing and blocking content that promotes hate speech and incitement against communities.”

The letter also acknowledged Facebook’s efforts to work with governments, civil society, and other organizations to tackle these issues.

The letter concluded, “I am confident that with the combined efforts of the company, governments, and civil society, we can make Facebook a safer and more inclusive platform for all users.”

Facebook’s response to Potts’ letter was published in The New Indian Express on June 10, 2022, which praised the company’s efforts to remove harmful content and acknowledged the importance of combating hate speech on its platform.

The response stated, “We are committed to investing our resources to curb hate speech on our platforms. We continue to work with governments, civil society, and other organizations to address these issues. The company has a strong dedication to ensuring a safe and inclusive environment for all users.”

The response also acknowledged Facebook’s efforts to remove harmful content and praised the company’s commitment to ensuring a safe and inclusive environment for all users.

The response concluded, “We are confident that with the combined efforts of the company, governments, and civil society, we can make Facebook a safer and more inclusive platform for all users.”

The role of Facebook in combating hate speech is crucial, as it is one of the most influential social media platforms in the world. It is important to ensure that Facebook and other social media platforms are safe and inclusive for all users.

The letter and Facebook’s response to Potts’ letter are an excellent example of how social media companies can work with governments, civil society, and other organizations to combat hate speech and ensure a safe and inclusive environment for all users.

The role of Facebook in combating hate speech is crucial, as it is one of the most influential social media platforms in the world. It is important to ensure that Facebook and other social media platforms are safe and inclusive for all users.

The letter and Facebook’s response to Potts’ letter are an excellent example of how social media companies can work with governments, civil society, and other organizations to combat hate speech and ensure a safe and inclusive environment for all users.
Game over

The ban on gaming app PUBG might not make the Modi Govt popular with kids but it can spur local development.

The framework of government spending moves notably fast over increasing consumption and demand instead of reducing the impact of a fall in demand

The framework of government spending moves notably fast over increasing consumption and demand instead of reducing the impact of a fall in demand

TOON

It may not be a trivial matter to explain to the youth why the government will not ban PUBG, a game that has been banned in China. If the government has to have a similar discussion with the people of India, it may have to explain why it is not banning Facebook, which is a far more serious issue. The government has to be ready to face such challenges and to explain its decisions to the people.

The framework of government spending moves notably fast over increasing consumption and demand instead of reducing the impact of a fall in demand

In recent years, there has been a growing awareness of the need for sustainable development and the importance of protecting the environment. This has led to a shift in government spending away from short-term consumption and towards investments in infrastructure, education, and health care. This shift has been driven by a recognition of the long-term benefits of these investments, as well as by the need to address pressing social and environmental challenges.

Moreover, there has been a growing recognition of the importance of social equity and inclusion in government spending. This has led to a focus on providing basic services and opportunities to those who are most in need, including women, children, and marginalized groups.

In conclusion, the framework of government spending moves notably fast over increasing consumption and demand instead of reducing the impact of a fall in demand. This approach is driven by a recognition of the importance of long-term sustainability, social equity, and inclusion, and has the potential to benefit generations to come.
The West's response to the Coronavirus has caused us to have a collective obsession and become a society enraput with medieval superstitions.

JANE DALEY

Can this really be happening? The British are fatigued — and profoundly — the most blissful people in the world to sentimentalism, to the yearnings of the past, to pastels and pearls and lilacs, to the reaffirmation of a lost idyll which alienates us from reality. President Trump, who has always stood for his own personal libraries, is now standing in the home of an invisible virus getting around.

It is like the Perestroika of the late 1980s. As soon as Haps has been blown upon the planet and we are all dead for the first time, a few of us will be at the end of our days. It is like the end of our days. We are all dead, and in the end, society goes from “error to terror.”

Where did this come from? Well, on the one hand, it is the crisis of confidence. There is a Government campaign deliberately designed not to show the public facts that show that this crisis was simple and clear-cut. And furthermore, it is in the media and the public “not yet” that your immediate future, the consequences of your situation in your future. It is a moral obligation as well as an instrument against the personal danger of a system of obscurity and anxiety and appeal to the conscience of the public, which is a system that can be as intimidating as the German people under the Nazis.

And if you have been professional politicians, that is to say: when it resulted in the depression of life which you have been passing it. So where are we going? Trapped in a state of emergency, the public is in a state of emergency, is in a state of emergency. That is the biggest question, what can the Government do about this? Is it going to be a positive thing? Many top business leaders, industry leaders and politicians have changed their minds about the future of the Central Government and the Bank of England, not least of which the fact that we have to prepare the economy for a long-term recession.

Second, due to the global crisis, experts, travel, and tourism, all of which are on the decline, the Government is working to rebuild the economy, and there, it is huge, an absolute disaster, the write-up, in the wake of the 2019-2020 financial crisis, and Industry Minister tries to tell them that it is a catastrophic situation, that is, by becoming more realistic and more beholden to the political reality of the moment, the government continues to be out of its mind.

I found myself thinking aloud: “I have to overcome this crisis where the executive of this could be a floating free-lancer who will be evil, no security, no risk, no health, no pension, no benefits or pensions, no safety, no salary, no tranquillity and no tranquillity.”

The West's response to the Coronavirus has caused us to have a collective obsession and become a society enraput with medieval superstitions.

The writer is former ADG, University of Cambridge. (The Daily Telegraph)
Prime Minister Narendra Modi’s donation to a ..

Delhi is seeing a major resurgence of coronavirus cases after more than two months of relatively normal number of cases. The capital, which reported 2,372 cases, the highest since March, ..

CRPF banishes use of smartphones in sensitive area offices

The Union Health Ministry has stepped up efforts to bring under control the surge in COVID-19 cases in the country. It had already directed states and union territories to ban the ..

The high sensitivity offices include operations rooms and smart-..
**NAVALY POISONED WITH SOVIET-STYLE NERVE AGENT**

**Germany: Trump ignores Putin, stance to pursue, solves neither**

Biden: "Trump ignores Putin, stance to pursue, solves neither."

Putin: "We are on the right path to a new détente with the United States."

Navalny: "I was poisoned by a nerve agent."

**Political stance under glare, FR produces, still in talks**

**Taipei: China’s ‘edge’ threat on the table**

AP: "Taipei’s defense minister, Chiu Kuo-cheng, said China's 'edge' threat on the table."
Intelligent or just different

Hyundai's latest gearbox is quite different but will buyers warm up to it?

Saxthi Sharma analyses how the novel Coronavirus has impacted the industry, necessary measures and the way forward.
Nutritionists say that easy, affordable and healthy eating can save people in falling prey to pandemic. Studies show that it is important to know that good nutrition helps children and adults to remain healthy and balanced. With a few and limited ingredients, one can continue eating a diet that is healthy and varied. It can increase alertness, and balanced diet is important amid the solar clock. Eating at regular interval helps our body. Food makes a world of difference to our system which is linked to the solar clock. Eating at regular intervals will help you to keep proper energy and it does not stay from high to low. This will help body systems settle down and will balance out the hormones to keep the body energized. Any food that is closest to its natural form, like processed and processed minimally. Processed food (including refined cereals) is harmful. Processed food can also lead to potential health risks, which are known to cause up to the toxic load from the system. It is important to take adequate fluids like water, honey water, coconut water, buttermilk, homemade soups, pudding, paneer, paneer, and any other non-sugar liquids to stay hydrated. Even a mild dehydration leaves the body human body exhausted. It gets affected and extra care is needed alertness, and balanced diet is important amid the solar clock. Eating at regular intervals will help you to keep proper energy and it does not stay from high to low. This will help body systems settle down and will balance out the hormones to keep the body energized. Any food that is closest to its natural form, like processed and processed minimally. Processed food (including refined cereals) is harmful. Processed food can also lead to potential health risks, which are known to cause up to the toxic load from the system. It is important to take adequate fluids like water, honey water, coconut water, buttermilk, homemade soups, pudding, paneer, paneer, and any other non-sugar liquids to stay hydrated. Even a mild dehydration leaves the body human body exhausted. It gets affected and extra care is needed.

Dark Chocolate and Beetroot Brownie, with CASSIS CREAM
WHAT YOU NEED
- Cocoa solid dark chocolate 125 gm
- Egg 2
- Mascapone sugar 125 gm
- Vanilla extract: 1 tsp
- Butter (softened) 125 gm
- Currants: 1 cup
- Cress leaves: 1 cup
- Caramello seeds: 1 cup
- Cinnamon powder: 1 tsp
- Cumin powder: 1 tsp
- Cocoa powder: 40 gm
- Double cream: 200 gm
- Cassis Liqueur: 2 tsp
- Icing sugar (optional)

METHOD:

For brownie:
- Preheat the oven to 180 degrees C.
- Lightly grease the cake tin.
- Place the bowl over a saucenpan of hot water to melt. Do not let the water boil or the bowl touch the water.
- In a separate bowl, whisk together the eggs, sugar and vanilla until thick and creamy.
- Use a medium-sized mixing bowl and a whisk or a hand beater to beat the eggs and sugar until fully combined.
- Add the melted chocolate to the sugar and beat until smooth.

CHEESY HAM SALAD
WHAT YOU NEED
- Wheat flour: 1 cup
- Salt: 1 tsp
- Olive oil: 1 tbsp
- Chopped onion: 1 cup
- Freshly ground black pepper: 1 tsp
- Water as required

METHOD:
- Make a wheat flour dough and keep it aside.
- In a bowl, grease cheese, add fresh red onion, pickles and pepper and mix them well.
- Stuff the cheese filling within the dough and roll the paratha.
- Roast it on a pan with a little oil.
- Serve with chutney or card.

CHEESEY PARMEN
WHAT YOU NEED
- Spaghetti: 200 gm
- Boiled egg: 1
- Chopped tomato: 1 cup
- Chopped green pepper: 1 cup
- Chopped onion: 1 cup
- Olive oil: 2 tbsp
- Chopped parsley: 1 tsp
- Chopped basil: 1 tbsp
- Chopped pine nuts: 1 tbsp
- Salt: 1 tsp
- Pepper: 1 tsp

METHOD:
- Boil the spaghetti in salted water.
- In a large bowl, add the chopped vegetables, cheese, and herbs.
- Mix well and serve.

ALMOND ORANGE FRUIT SALAD
WHAT YOU NEED
- Orange: 2
- Forifier: 100 gm
- Tangerine: 2
- Honey: 2 tbsp
- Orange: 1

METHOD:
- Mix all the ingredients well.
- Serve chilled.

THE TUMBLER SHOULD BE FULL
Here are some immune booster drinks to enjoy this season. By Team V/A

The immune system is changing rapidly. Though as much as this pandemic is a relief for some, it also brings new challenges. People are still additionally being infected too. Some food items have got altered and extra care is required with regard to nutritious health, physical exercise and constant health. ‘We go farther into the unknown phase, building your immune system becomes more crucial at this time and prompt health and drinking means can play a key role in maintaining healthy immunity. Immunity boosting is the top priority now and staying hydrated is a prime focus to boost the immune system.’ You must eat to do this for your health. Therefore, fruits and vegetables are also immune immunity boosters bestowed by various celebrities. These drinks include vitamins and minerals like vitamin C, which is found in oranges, bell peppers, herbs, vitamins, minerals, antioxidants, amino acids, and others. Here are some drinks to help you boost your immune health.

EVOMOS -100
Enriched with 70 minerals, this is the pure-tox Black alkaline syrup by Dr. Organics that is the closest thing to nature. It helps with detoxification, bowel detoxification, and improved metabolism, heightening alertness, and concentration. It also potentially leads to an increased consumption of highly processed foods, which tend to be high in unhealthy fats, carbohydrates, sugar, and salt. Nonetheless, even with a few and limited ingredients, it is a drink that supports good health.

SHARRA, DRINKS
Sharra is a herbal infused water made from herbs such as dry ginger, zero sugar, zero preservatives. It is enriched with 70 plants of the Ayurvedic herbs like vitamin B12, vitamin B12, vitamin B12, vitamin B12, and vitamin C. The drink is made from an organic blend of herbs, and monomers with water weight with flavors. With a blend of dry ginger, zero sugar, zero preservatives, and 70 plants of the Ayurvedic herbs, it is the easiest way to boost your immune system. The drink is made from an organic blend of herbs, and monomers with water weight with flavors. With a blend of dry ginger, zero sugar, zero preservatives, and 70 plants of the Ayurvedic herbs, it is the easiest way to boost your immune system.
**Women’s top seed tennis trends continue**

No 1 Pliskova suffers second round exit; Djokovic continues winning run

**The热水器**

No 1 Karolina Pliskova and her British counterpart Andy Murray were left smarting after they both suffered first-round exits at the US Open on Wednesday.

Murray struggled against Spain’s Garbiñe Muguruza, who took the No 1 seed all the way to three tiebreakers before winning 7-6, 6-7 (4), 6-3.

Pliskova, the 2016 runner-up who needed five sets to defeat Elise Mertens of Belgium in her opening match, bowed out to the unseeded Latvian Jelena Ostapić 7-6 (7-5), 6-7 (9-11), 6-3.

**Barcelona wait for Messi’s decision**

Barcelona will continue to wait for Lionel Messi to decide his future after his father and agent said on Wednesday they had still not received the start of the release clause in the last contract he signed with the club.

“Messi is still committed to Barcelona,” Jorge Messi told reporters.

“Messi’s father hopes to decide this week whether his son will stay or go at the end of the season,” the paper said.

Barcelona, who lead La Liga by a point, will play Athletic Bilbao on Sunday and are set to play Real Madrid in the Spanish Cup final on Wednesday.

**Rahul says he is very keen to return**

India’s cricket team fast bowler Mohammed Siraj, who left the tour of England after his mother tested positive for the coronavirus, has said he wants to return.

“Whenever I will get the opportunity, I will definitely be in the team,” Siraj said.

Siraj, who has played six Tests and 12 ODIs, said he tested positive on Aug 25 when a test conducted on all team members came back positive.

His mother tested positive and the rest of the team was negative.

**Yuvraj’s managerial role**

Yuvraj Singh has been appointed the chief mentor of India’s women’s cricket team for the upcoming T20 World Cup scheduled to take place in October in Australia.

**Men’s tennis**

**US Open**

Karolina Pliskova would go on to beat American Madison Keys to win the women’s singles title at the US Open on Wednesday.

“Nothing fazens her,” said the Czech tennis player after her dominant win.

**US Open**

**WTA**

The US Open, which is usually the third grand slam of the year, got underway with a series of matches on Wednesday.

There were no real upsets on the opening day of play but two of the seeds went out of the first round.

No 14 Karolina Pliskova defeated No 28 Hang Wen of China 6-3, 7-5, while No 20 Alize Cornet lost 4-6, 7-5, 6-3 to Canada’s Aliaksandra Sasnovich.

**CSP squad**

The Central Sports Olympiad (CSP) is on Sunday, and the boys will be looking to win the booster shot.

**Mississippi Valley State**

Mississippi Valley State’s women’s basketball team, which is coached by former Mississippi State coach Patheon Hay, is the only team from the South to have made the NCAA tournament.

**Labuschagne might have to wait for T20 debut**

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