Rhea confesses to drug deal
She claims she used to procure drugs through her brother for Sushant, NCB to confront her today; her lawyer says Rhea is ready for arrest

India replaces Brazil for 2nd Covid spot
India is now around 22 cases behind USA, which has a total of around 64 lakh cases.

CRPFs social media guidelines for cyber foes
Cops barred from posting Govt evil, ops location, weapons, personal information

Mars & Shin

CAPSULE

DOLLY KITTY IS RAW AND REAL: BHUMI 10 VIVACITY

www.dailypioneer.com

OPINION

6 GENERALISM AND LEGALITY

A law, as it is, is a living, breathing, moving entity. It is like a river, which is always changing and evolving. There are various ways in which a law can be altered. Some of these ways include legislative amendments, judicial interpretations, and constitutional provisions.

In this context, we can see how laws are constantly being updated to reflect the changing times. The law is not static, and it must evolve to keep pace with the changing needs of society.

However, there is a need for caution in this process. The law must be upheld, and it is essential to ensure that it is not abused or misused in any way. The law should be applied fairly and consistently, and it should not be used as a tool for personal gain or political advantage.

A legal system must be based on principles of justice, fairness, and equality. The law must provide equal protection for all citizens, and it must ensure that everyone has access to justice. The law must also provide a mechanism for resolving disputes in a fair and impartial manner.

In conclusion, the law is a living, breathing, moving entity that must be constantly updated to reflect the changing times. It is essential to ensure that the law is upheld, and it must be applied fairly and consistently. The law should be based on principles of justice, fairness, and equality, and it must provide equal protection for all citizens. The law must also provide a mechanism for resolving disputes in a fair and impartial manner.
COVID-19 SCARE IN THE REGION

Steepest single-day hike of 1,946 cases in Punjab

Punjab on Sunday registered 1,946 fresh cases of the novel coronavirus, taking the state’s Covid tally to 1,12,966. Among the 1,946 new cases, 1,516 were from the state’s 11 districts, while 430 were reported from the UT. Among the districts, Ludhiana reported the highest number of 443 cases, followed by Amritsar (249), Jalandhar (219), Patiala (193), Sangrur (171), and Faridabad (145). The state’s total number of recoveries to 1,11,499, while the number of active cases is 14,767.

**PUNJAB**

**Patiala**

The Central Medical Board (CMB) of the line of duty (LoD) cases was held on Sunday, August 29, 2021, to discuss the cases of police personnel who tested positive for Covid-19.

The meeting was attended by the state’s Home Secretary, Chief Medical Officer (CMO) Dr JS Thakur, and other senior officials.

The CMB discussed the cases of 16 police personnel who were tested positive for Covid-19, including 15 officers and one staff officer. The meeting was held to discuss the measures to be taken to prevent the spread of the virus among police personnel.

The CMB said that all the cases were under treatment and were recovering. The meeting was held to discuss the measures to be taken to prevent the spread of the virus among police personnel.

**Jalandhar**

The Jalandhar police on Friday said that no new case of coronavirus has been reported in the city, taking the total number of recoveries to 100,767. Among the 1,946 new cases, 1,516 were from the state’s 11 districts, while 430 were reported from the UT. Among the districts, Ludhiana reported the highest number of 443 cases, followed by Amritsar (249), Jalandhar (219), Patiala (193), Sangrur (171), and Faridabad (145).

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**APC**

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** Gothia**

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STAFF REPORTER

RAIPUR

Baghel told Collectors to ensure that Covid-19 patients in urban areas get proper treatment in the nearest hospitals. The services of staff members of the various hospitals can be taken in rotation. The staff members should ensure that Covid-19 patients admitted in hospitals should be taken care of.

 therapist-collectors will get the status of Covid-19 patients admitted in hospitals. The staff members of the various hospitals can be taken in rotation. They should ensure that Covid-19 patients admitted in hospitals should be taken care of.

CM to launch National Nutrition Month today

RAIPUR: Using Facebook Live, Chhattisgarh Chief Minister Bhupesh Baghel will launch the National Nutrition Month along with the date.

STAFF REPORTER

JANAKPUR

One person from a family is found Covid-positive, the entire family will be immediately shifted to a hospital. The staff members of the various hospitals can be taken in rotation. They should ensure that Covid-19 patients admitted in hospitals should be taken care of.

Balodabazar: Entire family to get Covid treatment if anyone found +ve

STAFF REPORTER

BALODABAZAR

One person from a family is found Covid-positive, the entire family will be immediately shifted to a hospital. The staff members of the various hospitals can be taken in rotation. They should ensure that Covid-19 patients admitted in hospitals should be taken care of.

Vitamin D deficiency may raise risk of getting Covid-19

LANS

The Lancet said that the Covid-19 pandemic, with its attendant rise in the number of deaths, may raise the risk of getting severe cases of the disease.

Vitamin D is a hormone produced in the skin during exposure to sunlight, and helps regulate the amount of calcium and phosphate in the body, which are needed to keep bones, teeth and muscle healthy.

In a retrospective study of patients tested for Covid-19 in Chicago, the researchers found a link between low vitamin D levels and the likelihood of becoming infected with the coronavirus.

"Vitamin D is important to the function of the immune system. Vitamin D deficiency increases the risk of viral respiratory tract infection, said the lead author David Martin from the University of Chicago (Chicago) in the United States. The researchers said that vitamin D deficiency increases the risk of viral respiratory tract infection.

"Our statistical analysis showed that patients who had vitamin D deficiency, that is less than 30 ng/mL on test positive for Covid-19, were almost twice as likely to test positive for Covid-19. This is the first time that such a link has been reported.

The research team emphasized the importance of cohort studies to determine whether vitamin D supplementation can reduce the risk of Covid-19. They also highlighted the need for studies of what vitamin D supplementation may be most appropriate in specific populations.

The study was published in the American Journal of Clinical Nutrition in the United States.
Ex-Congressmen urge Sonia to rise above family

Ramp up Covid testing, States, UTs told

Bharat Biotech gets DCGI clearance for phase II trials

Centre asks States, UTs to ensure necessary follow up of updated advisory on testing strategy

Ex-Congressmen urge Sonia to rise above family

ITI Guwahati researchers design engineered surfaces to detect, prevent coronavirus

Ktaka Labour Minister Shrivam test positives for Covid-19

Teachers’ Day celebrations organised

NRC growers in Andhra Pradesh

Meprobamate worth ₹5 L seized in Surat; two held
A man beaten for fun

Bihar Min says Opp experts in telling lies, RJ1 hits back

Poor road conditions cause miseries, diseases

Bihar: COVID patient raped in ambulance

BJP fires salvo at TMC in Bengal

Kerala: Covid patient raped in ambulance

J&K logs 1,316, cases; Andhra reports 10,774, corona cases, total near 5 lakh

UP school WhatsApp group filled with porn; probe ordered

Lucknow reports highest 1,006 virus cases in 1 day

UP chief minister Yogi Adityanath has directed the health department to strictly enforce the COVID-19 lockdown and conduct more tests in the state. The state health bulletin on Wednesday revealed that 1,006 fresh coronavirus cases were recorded in Lucknow alone during the previous 24 hours. The total number of active cases in the state is now 5,749.

The state, which conducted 6,169 tests on Wednesday, reported 39.81 per cent positivity rate.

The Lucknow district recorded the maximum number of cases with 516, followed by the Faizabad district with 147 and the Kanpur East district with 110.

In the state, 13,387 patients diagnosed with COVID-19 have been discharged while 5,922 deaths have so far been reported.

India has reported 87,234 fresh virus cases in the past 24 hours, taking the total caseload to 5,091,798.

In view of the situation, the authorities in the state have been directed to conduct more tests and strictly enforce the lockdown.

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**Goering Electric**

Bengaluru-based Aller Energy is proving that Indian cos can create world-class electric mobility solutions.

“Sir — Bollywood actor Kangana Ranaut has been accused of propagating a baseless and malicious campaign which is not only denigrating the Chinese action but also defaming the Indian Army,” a statement read. “The Centre had earlier notified that the Chinese action was driven by political motives and was solely aimed at maintaining the status quo of the Doklam region. The Indian Army has always stood firm in protecting the nation’s sovereignty and territorial integrity. The Centre is committed to ensuring the safety and security of its citizens.”

**Economic collapse**

For the Centre this is a direct consequence of the government’s move to impose a nationwide lockdown to contain the spread of the virus. The measures have resulted in a severe economic downturn, with many businesses forced to shut down, leading to widespread job losses and a significant fall in economic activity. The Centre is now facing a difficult decision on how to balance the need for economic stability with the imperative to contain the spread of the virus.

“Economic collapse is the biggest risk for the Indian economy. A slowdown in economic activity can lead to job losses and lower incomes, which can further exacerbate social and economic inequalities. The Centre needs to take immediate action to support the economy and prevent a deeper economic downturn,” said Dr. D. Subbarao, a former governor of the Reserve Bank of India. “We need to provide sufficient relief to households and businesses, and ensure that the supply chains remain intact.”

**LETTERS TO THE EDITOR**

**India and China must resolve the LAC issue**

India and China must resolve the LAC issue. It is time for both countries to work together to find a peaceful and mutually beneficial solution to this long-standing dispute. The LAC issue is not just a bilateral dispute; it has a significant impact on regional stability and global economic relations.

**Kurala, Madurai**

**Shanmugam Kanega**

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Kurala, Madurai

- The Indian government has been accused of being too soft in its response to the Chinese incursions, with some analysts suggesting that it is too focused on maintaining good relations with China.
- The LAC issue has also been complicated by the fact that both countries have a large number of indigenous industries and are significant players in the global economy.
- The Centre must also consider the impact of its actions on the Indian economy, which is already suffering from a slowdown due to the ongoing pandemic.

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**Shanmugam Kanega**

Kurala, Madurai
Slump back for the environment

As the Government becomes busy restructured the economy and fighting the pandemic, all environmental initiatives will take a back seat.

NODUL PARACHA

The combined vote of the 9.6 million voters that could have voted for the political parties who have been denied seats in the National Assembly and the Provincial Assemblies has been exhausted. The Muslim League (MML) and Tehrik-i-Labbaik Pakistan (TLP). that entered into electoral competition for the first time in the general election comprised 64 percent of the total electorate who could have voted for any other political party. The combined vote of the 9.6 million voters that could have voted for the political parties who have been denied seats in the National Assembly and the Provincial Assemblies has been exhausted. The Muslim League (MML) and Tehrik-i-Labbaik Pakistan (TLP). that entered into electoral competition for the first time in the general election comprised 64 percent of the total electorate who could have voted for any other political party.

Build access denial skills

Like China, India must develop Anti-Access Area Denial capabilities to prevent any future build-up of Chinese forces in Tibet and neutralise any threat from Pakistan.

JAG, GUPTA

With the dragon becoming increasingly dominant, the world, especially the US, is likely to remain on high alert. Indeed, any threat from China is bound to worry the entire world. In the face of such a threat, India should develop Anti-Access Area Denial (A2/AD) capabilities to neutralise any threat from China.

One of the key factors that have contributed to the growth of A2/AD capabilities is the development of hypersonic weapons and aerial platforms, which can now travel at speeds of Mach 5 or more. Hypersonic weapons can strike targets at long ranges and can penetrate air and missile defences, making them difficult to intercept. In addition, China has also developed a number of space-based systems, such as the Tianwan-3 radar, which can track and track targets in space.

The Indian Government has recognised the need to develop A2/AD capabilities and has announced a series of initiatives to this end. These initiatives include the development of new indigenous weapons systems, such as the BrahMos supersonic cruise missile, and the acquisition of foreign weapons systems, such as the S-400 air defence system.

In order to counter China’s growing A2/AD capabilities, India should focus on developing its own A2/AD capabilities. This will not only enable India to secure its borders but also protect its interests in the Indian Ocean.

As for the Indian Ocean, it is a region where there are a number of threats to India’s security. These include the ongoing stand-off with China in the region, the uncertainty surrounding the future of the Laccadive Islands, and the threat posed by the Taliban in Afghanistan.

In order to counter China’s growing A2/AD capabilities, India should focus on developing its own A2/AD capabilities. This will not only enable India to secure its borders but also protect its interests in the Indian Ocean.
A Riot: Cops on Black Lives Matter rally in US city, dozens arrested

3 desperate migrants jump into sea from stranded Med tanker

1/3 of the migrants stranded aboard a tanker for over a week were rescued from the stricken vessel off the coast. The captain and crew of the migrant ship quickly acted to release the migrants and bring them back to shore, angering the company that operates the vessel. The captain alleged that the migrants were trying to enter Europe illegally and that the company was not taking proper precautions. The migrants, however, claim that they were fleeing persecution and violence in their home countries and that they were forced to jump into the sea to escape deportation.
**Govt draft guidelines on advertising out**

**New Delhi:** GCMMF, which markets dairy products under the Anugraha brand, has fixed a price range of ₹2,000-5,000 for a unit of its Anugraha Gold, a new gold coin, which has been approved by the Ministry of Finance. The coin will be gold-plated and is expected to hit the market in the next 30 days. GCMMF has sold gold-plated coins in the past, but this is the first time it is entering the gold coin market.

**Amul to invest in 1,500 crore in 2 yrs to set up dairy, edible oil, potato, baking, processing plants**

Amul plans to invest ₹1,500 crore over a period of two years to set up dairy products, edible oil, potato processing, and baking plants across the country. The company, led by MD Sanjiv Mehta, is looking to expand its footprint in dairy products, edible oil, potato processing, and baking businesses. The investments will be made through a combination of internal accruals and external funding.

**BPPI Q1 sales turnover up 94% to ₹146.9 cr**

BPPI, the logistics arm of a leading tyre manufacturer, reported a 94% increase in sales turnover to ₹146.9 crore in the quarter ended March 31, 2024. The company attributed the growth to increased demand from the auto industry and higher prices.

**HCL-well positioned to capture digital opportunities: CEO**

HCL Technologies CEO C. Vijayakumar has said the company is well positioned to capture digital opportunities. He added that the number of job openings in digital transformation and automation is expected to increase in the coming years as companies move towards digital transformation.

**SBI moots VRS scheme to optimise costs, 30,000 employees eligible**

SBI, the country’s largest public lender, is planning to launch a voluntary retirement scheme (VRS) to optimise costs. The scheme, which is expected to benefit up to 30,000 employees, will be available for employees who have completed 20 or more years of service.

**Govt draft guidelines on advertising out**

The draft guidelines on advertising out for VRS will be circulated among the banks for review and feedback before finalising them. The guidelines will be in line with the requirements of the Section 20 of the Banking Regulation Act, 1949, which empowers the Reserve Bank of India (RBI) to make regulations for the purposes of carrying out the objects of the Act.

The draft guidelines will be shared with the banks and insurance companies for their comments. The final guidelines will be issued after considering the feedback received from the banks and insurance companies.

**Vijayakumar has said that the company is well positioned to capture digital opportunities. He added that the number of job openings in digital transformation and automation is expected to increase in the coming years as companies move towards digital transformation.**

“HCL is well positioned to capture digital opportunities. We have a strong pipeline of opportunities in areas such as cloud, AI, and IoT,” said C. Vijayakumar, CEO of HCL Technologies. “We are also investing heavily in our digital offerings to ensure that we remain competitive in the market.”

**SBI moots VRS scheme to optimise costs, 30,000 employees eligible**

The Reserve Bank of India (RBI) has issued a consultation paper on the implementation of a Voluntary Retirement Scheme (VRS) for banks. The proposed scheme aims to optimise costs and improve efficiency in the banking sector. The scheme will be available for employees who have completed 20 or more years of service and have not availed any earlier VRS.

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GET RID OF ASSUMPTIONS

Health coach and nutritionist NEHA RANGLANI debunks myths on what makes us lose or gain weight in a new fitness show. By Team VIVA

Y ou’re skinny but friend comments you twice as much as you. But you’re still overweight. Why? Your clothes aren’t fitting well. Answer—less cafe calories and not enough exercise. But the latest scientific research is turning those assumptions down. Differences in our individual biology — our genes, hormones or psychology — all play a crucial role.

The show Why Do I Put on Weight follows free-volunteers who go on data tailored to their bodies and brains. They’re not dieting; they’re tailoring their exercise. Combining science with engaging personal stories, this experiment might change the way you think about diet. If you thought long-term weight loss was impossible, you need to rethink.

“Given the current situation, people are dealing with a lot of physical and mental health challenges. The show Why Do I Put on Weight talks about the two main reasons of weight gain. What’s your take on that?”

As a nutritionist, what one advice would you give to someone who is in your weight loss journey?

My first advice would be to always keep a check on the stress levels as it’s very important to the stress free. Even in this show we have discussed factors like social and emotional factors, mental state, psychological wellbeing, everything matters for weight loss journey. It is also important to have a proper nutrition and sleep being eaten. During the lockdown most of us had a lot of food in our hands, so we consumed a lot of junk food in this time, which affects our health. So it’s very important to have a mindful approach towards the food. In turn, we should add more of fruits, veggies, salads, and nuts in our diet.

It is a reality, the fact that activity and some kind of exercise is very important. But nowadays people have busy lifestyles and hardly find time to exercise. This is why we all have a sedentary lifestyle, mostly working on gadgets. Hence we have a lot of body movement. Such a lifestyle demands frequent movement and regular exercises. There are different kinds of exercises one can opt for—Yoga, pilates, HIIT, cardio and others.

“Why do you think people put on weight?”

“Your take on packaged and processed food available in the market?”

“What are the five most important things one can keep in mind for a healthy lifestyle?”

The utmost important thing is to consume right food and healthy drinks. Another important thing is to go proper exercise. For example, walking in the morning. It affects your mood and mental health. Next is to maintain your stress levels and know what affects you, your lifestyle with others and never give negative comments for your body. Your body is your house and properly store.

(Watch the show on September 7 at 8 pm on Sony BBC Earth.)
Gardener's notebook

Some scents have the power to soothe us, while others leave us feeling uplifted and energized. Experts share how to plant for fragrant nights.

Neither evening scents nor high-pitched sounds to attract fairies importantly play by day. But in darkness, life, the glimpse of each plant, plays its part. Jasmintes and oregano, especially, are alluring. The scent of a flower is a gift to the self, to call into play the higher emotions, beauty, honor, heartfelt, beauty, justice, and friendship, among others.

Two Plants for Nighttime Relaxation
- Jasmintes: Jasmintes are also known as the "sweet cinnamon" or "night-scented" plant. The scent of the flowers is said to be most pronounced at night and can be used as a natural insect repellent. They are also deer-resistant and can thrive in various soil conditions.
- Oregano: Oregano is another night-scented plant that produces a fragrant flower at night. It is known for its ability to attract bees and other pollinators, making it a great addition to any garden. Oregano can also be used in cooking to add a unique flavor. The flowers of both plants are white or light pink.

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- Oregano: Oregano is another night-scented plant that produces a fragrant flower at night. It is known for its ability to attract bees and other pollinators, making it a great addition to any garden. Oregano can also be used in cooking to add a unique flavor. The flowers of both plants are white or light pink.

Gardener's notebook

Some scents have the power to soothe us, while others leave us feeling uplifted and energized. Experts share how to plant for fragrant nights.

Neither evening scents nor high-pitched sounds to attract fairies importantly play by day. But in darkness, life, the glimpse of each plant, plays its part. Jasmintes and oregano, especially, are alluring. The scent of a flower is a gift to the self, to call into play the higher emotions, beauty, honor, heartfelt, beauty, justice, and friendship, among others.

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Dhawan on Sunday said he has not given up keep performing, keep myself there next year, so I need to disposal for opener's role, make a comeback, " Dhawan told TV promoting their explosive O K will take on runners-up Chennai Dhahi and Sharjah in the UAE.

The left-handed batsman, had blamed some "bad deci- was adjudged the Most The star Jamaican, who Murray, or smack her right thigh with her pain so fluidly that it she has said: "I don't want to low in England, Uni..." should have played each other since 1994. women won by 31 runs, and the whole thing was flush with the feel..." said Williams, whose...