Delhi Govt means ‘LG’, says Bill

BJP trying to curtail powers of elected Govt: Kejriwal

High day rise in 85 days, Covid cases cross 26K
85% of new Covid cases from 6 States

Covid-19 further spreads its tentacles in Punjab, 1,843 FRESH CASES, 27 DEATHS

NCT of Delhi Bill gives proper ‘interpretation’ of SC ruling

Ariz gets death for killing cop in Batla House encounter

Property damage recovery bill 2021 tabled in Haryana Assembly

Introducing

The security of your future, on your own terms.
With LIC’s Bachat Plan, pick the cover, and choose how you pay.

High day rise in 85 days, Covid cases cross 26K
85% of new Covid cases from 6 States

Covid-19 further spreads its tentacles in Punjab, 1,843 FRESH CASES, 27 DEATHS

NCT of Delhi Bill gives proper ‘interpretation’ of SC ruling

Ariz gets death for killing cop in Batla House encounter

Property damage recovery bill 2021 tabled in Haryana Assembly
Haryana Assembly passes resolution against boycott of political leaders

The Haryana Assembly has passed a resolution condemning the boycott of political leaders by the Congress party. The resolution was moved by the ruling Bharatiya Janata Party (BJP) and seconded by the Indian National Congress (INC) and other opposition parties. The resolution stated that the boycott of political leaders by the Congress party is a violation of the democratic process and goes against the spirit of mutual respect and cooperation. The resolution also acknowledged the efforts of the Haryana Government to address the demands of the Congress party and urged the state government to take necessary steps to resolve the issues.

The resolution was passed with a two-thirds majority and was supported by all the members of the Haryana Assembly who were present during the debate. The resolution demands the immediate withdrawal of the boycott of political leaders and calls upon the state government to take steps to address the demands of the Congress party.

The resolution was presented to the Haryana Assembly by the Chief Minister, Mr. Manohar Lal Khattar, who said that the resolution was a clear message to the Congress party and other opposition parties that the Haryana Government is committed to the democratic process and the welfare of the people of the state.
My government is committed to continue its endeavour for ensuring holistic development and welfare of all sections of the society especially the unprivileged ones for Kaamyab and Khushal Punjab.

Capt. Amarinder Singh
Chief Minister, Punjab

My Government firmly resolves to

- Protect Zarr, Zameen and Kissani
- Maintain Shantmayee Mahaul in the State
- Safeguard Jaan and Jahan of all Punjabis
- Alleviate the miseries of Zarooratmand
- Strengthen Nari Shakti
- Empower Sashakt Naujwan
- Expedite Sarvpakhi Vikas of SCs/BCs and Economically Weaker Sections
- Ensure Sasti Roti and Pakki Chhat for all
**Govt to take up with UK racist attack on Indian**

**P S in New Delhi**

Taking note of an incident of a "legitimate protest" in Britain where a "racist attack" on Indians was organised by a "racist" group, the Ministry of External Affairs on Monday said it would take up the matter with the UK authorities.

The minister said it would also seek an explanation from the group and take appropriate action. He added that the government would continue to monitor the situation and take all necessary steps to ensure the safety and security of Indians abroad.

**Desi push cuts arms’ import by 33%**

Gujarat: The Gujarat unit of the Make in India programme has initiated a drive to reduce the import of arms by 33% over the next five years. The drive is aimed at increasing the production of arms and ammunition in the country, which will help in reducing the country's dependence on imports.

The drive will involve the participation of various companies and organisations involved in the production of arms and ammunition. The government has set a target of reducing the import of arms by 33% over the next five years.

**NIA conduct searches at 11 locations in case related to terror activities of Kerala group**

**P S in New Delhi**

The National Investigation Agency (NIA) on Sunday conducted raids at 11 locations across Kerala to search for suspects linked to a terror group. The searches were carried out in various parts of the state, including Thiruvananthapuram, Kollam, and Alappuzha.

The agency said it had found evidence of the group's links with foreign terrorist organisations and had seized items related to their activities.

**A few recent news headlines**

- **Batra House verdict exonerates sympathisers, doubles Javeedakar**
- **Cong attacks Centre on plans to sell subsidisedin Delhi, Mumbai, Bengaluru, Hyderabad**
- **Naidu believes in multilateralism, democratisation of global governance**
- **RNAI asks government to keep Infosys’ Indian servers in India**
- **NIA conducts searches at 11 locations in case related to terror activities of Kerala group**
- **Gujarat pushes cuts arms’ import by 33%**
- **NIA asks government to keep Infosys’ Indian servers in India**

Refs:
2. NIA press release.
3. The Hindu.
4. The Economic Times.
7. MadeinIndia.gov.in.
**Top JeM Commander killed in Shopian**

**Kashmir (REUTERS) - A suspected top leader of the militant group Jaish-e-Mohammad was killed in an encounter with security forces in Shopian district of Indian Kashmir on June 10, 2021, police said.

On June 10 evening after the security forces launched an operation in the area, resident of Shopian, Jaish-e-Mohammad suspect was killed in the encounter.

**Explosive-laden SUV recovery near Antilia**

**Mumbai (IANS) - A tourist car bombing attack was carried out in Mumbai on Sunday after the BMC (Mumbai Municipal Corporation) officials conducted a search operation.

The powerhouse city of Mumbai experienced an explosion yesterday, with officials and experts saying that it was a terrorist incident.

**Demonstrating against oppression of the poor**

**Chandigarh (IANS) - Former chief minister Kanshi Ram's daughter Sunita Ram Power made a strong statement during an event in Chandigarh.

She said that late Kanshi Ram had inspired her to continue demonstrating against oppression of the poor.
White elephants

Our varsity must not function in silos and there is a pressing need to bring about systemic changes

T hese are public-funded “white elephants”, a field of those who have been able to secure permanent appointment on the basis of their talent or “otherwise”, as offers terms and conditions – handsome job package, perks, etc. – which the highly competitive private sector cannot match. Most of the Vice-Chancellors, who are political appointees, who are aware of the curse of their masters and their single-point agenda is to appoint those who are either “recommended” or belong to a particular ideology. Earlier, the Congresses and the Left ruled the roost, particularly, UPA-II in 2007-2011 in India, and the systems are fraught with nepotism, favouritism, bribery, financial misappropriation and all forms of black money. These are the facets of an intellectual and moral decay among the faculty members but out of focus for academics. Courted with interest corruption and lleged down by incompetence, these universities have been forced to keep pace with their global counterparts and start thinking seriously in terms of self-generation of ideas. Prime Minister Narendra Modi has already shown his resolve to change the university system by putting a new education policy, modernising education, re-inventing the university system and give proper training to the teachers. While there is a specific intention to set up smart infrastructure and green technology, the move is not to see service, as renewable energy, solar, wind, hydro, etc., provides the infrastructure, smart urbanisation and smart revolution on the horizon, recycling of post-use waste, and also in many instances adoption of electric vehicles.

Currently, there is a focus to meet the world’s energy demand and most of the energy demand comes under the sustainability outreach, to which 40% or 50% of the market’s foundation and has become a part of corporate sustainability reports. Further, these products need a shorter technology life cycles. Also, substantial research and development funds need to be achieved economies of scale and the future is bright. Also, most universities actually buy into this. So, it is a question to electricity mobility is a sustainable sector for the future and has the potential to create 15 million jobs globally. India has high dependency on import and import rates of electric vehicles provides a huge opportunity. Indeed, this defines the transition to electric energy, the road to recovery and target to 100 percent electric by 2030. India’s commitment to global carbon neutrality is a significant step towards deep de-carbonisation and facilitating the transformation in the energy system. The Government has also incentivised the supply side through productivity-linked schemes as its have done for batteries, as also solar pumps through a scheme demand driven through collaboration with companies. India’s weightage in today’s world is today’s world and India’s weightage in today’s world.

To accelerate the transition and incentivise the supply side for technology inputs if market is not to achieve the goals of products, challenges different and smart ruralisation, water harvesting, energy generation have been developed in the country. For example, the road to recovery and target to 100 percent electric by 2030. India’s commitment to global carbon neutrality is a significant step towards deep de-carbonisation and facilitating the transformation in the energy system. The Government has also incentivised the supply side through productivity-linked schemes as its have done for batteries, as also solar pumps through a scheme demand driven through collaboration with companies. India’s weightage in today’s world is today’s world and India’s weightage in today’s world.

Food delivery face men hardships

Food delivery at the doorstep is an essential service. The customers can order food of their choice and at their convenience. However, the delivery boy/delivery girl faces many challenges in their day-to-day work. They have to cover long distances, face weather conditions, traffic conditions, etc. They have to work for long hours and face safety concerns. However, the government has introduced various schemes and policies to protect the safety and health of the delivery boys/girls.

Common people suffer due to starved rainfall

It is not the Government or the Financial sector who have suffered due to the scarcity of rainfall. Local farmers and agricultural workers have been severely affected by the lack of rainfall. Many farmers have lost their crops, and agricultural workers have faced difficulties in their livelihood.

India must go for far-sighted policy initiatives and a collaborative response with multilateral institutions to transit to clean energy

India forges energy as the next growth poster

“White elephant” is a field of those who have been able to secure permanent appointment on the basis of their talent or “otherwise”, as offers terms and conditions – handsome job package, perks, etc. – which the highly competitive private sector cannot match. Most of the Vice-Chancellors, who are political appointees, are aware of the curse of their masters and their single-point agenda is to appoint those who are either “recommended” or belong to a particular ideology. Earlier, the Congresses and the Left ruled the roost, particularly, UPA-II in 2007-2011 in India, and the systems are fraught with nepotism, favouritism, bribery, financial misappropriation and all forms of black money. These are the facets of an intellectual and moral decay among the faculty members but out of focus for academics. Courted with interest corruption and ripped down by incompetence, these universities have been forced to keep pace with their global counterparts and start thinking seriously in terms of self-generation of ideas. Prime Minister Narendra Modi has already shown his resolve to change the university system by putting a new education policy, modernising education, re-inventing the university system and give proper training to the teachers. While there is a specific intention to set up smart infrastructure and green technology, the move is not to see service, as renewable energy, solar, wind, hydro, etc., provides the infrastructure, smart urbanisation and smart revolution on the horizon, recycling of post-use waste, and also in many instances adoption of electric vehicles.

Currently, there is a focus to meet the world’s energy demand and most of the energy demand comes under the sustainability outreach, to which 40% or 50% of the market’s foundation and has become a part of corporate sustainability reports. Further, these products need a shorter technology life cycles. Also, substantial research and development funds need to be achieved economies of scale and the future is bright. Also, most universities actually buy into this. So, it is a question to electricity mobility is a sustainable sector for the future and has the potential to create 15 million jobs globally. India has high dependency on import and import rates of electric vehicles provides a huge opportunity. Indeed, this defines the transition to electric energy, the road to recovery and target to 100 percent electric by 2030. India’s commitment to global carbon neutrality is a significant step towards deep de-carbonisation and facilitating the transformation in the energy system. The Government has also incentivised the supply side through productivity-linked schemes as its have done for batteries, as also solar pumps through a scheme demand driven through collaboration with companies. India’s weightage in today’s world is today’s world and India’s weightage in today’s world.

To accelerate the transition and incentivise the supply side for technology inputs if market is not to achieve the goals of products, challenges different and smart ruralisation, water harvesting, energy generation have been developed in the country. For example, the road to recovery and target to 100 percent electric by 2030. India’s commitment to global carbon neutrality is a significant step towards deep de-carbonisation and facilitating the transformation in the energy system. The Government has also incentivised the supply side through productivity-linked schemes as its have done for batteries, as also solar pumps through a scheme demand driven through collaboration with companies. India’s weightage in today’s world is today’s world and India’s weightage in today’s world.

Sounbute: An entertaining and informative platform for people to share their thoughts and ideas. It is an online platform where people can discuss their views on various topics. It is a social media platform that provides a space for people to express their opinions and engage in discussions on different issues. It is a platform where people can share their views and ideas on various topics.

LETTERS TO THE EDITOR

Food delivery face men hardships

Food delivery at the doorstep is an essential service. The customers can order food of their choice and at their convenience. However, the delivery boy/delivery girl faces many challenges in their day-to-day work. They have to cover long distances, face weather conditions, traffic conditions, etc. They have to work for long hours and face safety concerns. However, the government has introduced various schemes and policies to protect the safety and health of the delivery boys/girls.

Common people suffer due to starved rainfall

It is not the Government or the Financial sector who have suffered due to the scarcity of rainfall. Local farmers and agricultural workers have been severely affected by the lack of rainfall. Many farmers have lost their crops, and agricultural workers have faced difficulties in their livelihood.

India must go for far-sighted policy initiatives and a collaborative response with multilateral institutions to transit to clean energy

“White elephant” is a field of those who have been able to secure permanent appointment on the basis of their talent or “otherwise”, as offers terms and conditions – handsome job package, perks, etc. – which the highly competitive private sector cannot match. Most of the Vice-Chancellors, who are political appointees, are aware of the curse of their masters and their single-point agenda is to appoint those who are either “recommended” or belong to a particular ideology. Earlier, the Congresses and the Left ruled the roost, particularly, UPA-II in 2007-2011 in India, and the systems are fraught with nepotism, favouritism, bribery, financial misappropriation and all forms of black money. These are the facets of an intellectual and moral decay among the faculty members but out of focus for academics. Courted with interest corruption and ripped down by incompetence, these universities have been forced to keep pace with their global counterparts and start thinking seriously in terms of self-generation of ideas. Prime Minister Narendra Modi has already shown his resolve to change the university system by putting a new education policy, modernising education, re-inventing the university system and give proper training to the teachers. While there is a specific intention to set up smart infrastructure and green technology, the move is not to see service, as renewable energy, solar, wind, hydro, etc., provides the infrastructure, smart urbanisation and smart revolution on the horizon, recycling of post-use waste, and also in many instances adoption of electric vehicles.

Currently, there is a focus to meet the world’s energy demand and most of the energy demand comes under the sustainability outreach, to which 40% or 50% of the market’s foundation and has become a part of corporate sustainability reports. Further, these products need a shorter technology life cycles. Also, substantial research and development funds need to be achieved economies of scale and the future is bright. Also, most universities actually buy into this. So, it is a question to electricity mobility is a sustainable sector for the future and has the potential to create 15 million jobs globally. India has high dependency on import and import rates of electric vehicles provides a huge opportunity. Indeed, this defines the transition to electric energy, the road to recovery and target to 100 percent electric by 2030. India’s commitment to global carbon neutrality is a significant step towards deep de-carbonisation and facilitating the transformation in the energy system. The Government has also incentivised the supply side through productivity-linked schemes as its have done for batteries, as also solar pumps through a scheme demand driven through collaboration with companies. India’s weightage in today’s world is today’s world and India’s weightage in today’s world.
Delhi Board has announced that some leeway is by taking measures which we want them to. The only way India can get plunging to another low of $20 per barrel, courtesy of conservation efforts across all sectors like agriculture, industry, transportation, and general (independent). The decision to keep three products of GST in the first place defies logic.

The message is loud and clear. For lowering the burden of fuel prices, the Centre and States need to put their heads to see how far international prices from other sources can be reduced (there is huge untapped potential, including taxes evaded). If they don’t do it themselves, we need to escape from consumptions having to pay high fuel per liter prices.

No rationale to disaffiliating schools from the CBSE

Over the years, there has been spectacular growth in the number of CBSE-affiliated schools and the number of students studying in them.

For lowering fuel taxes, the Centre and States need to see how tax revenue from other sources can be boosted. If they don’t, then consumers will have to pay higher fuel prices perennially.
Myanmar junta orders martial law in 6 townsships

Myanmar's ruling junta has declared martial law in six townsships in the capital city, as security forces killed dozens of protesters over the weekend, in an increasingly violent crackdown on a massive domestic anti-coup revolt.

The state broadcaster said martial law had been imposed in Yangon, Mandalay, Magway, Sagaing, Bago and Mon townships, in what would be the most sweeping use of the post-Brexit transition period ended on January 31, 2020, when the United Kingdom formally left the European Union.

The announcement comes as security forces have repeatedly fired on protesters demanding the release of elected leader Aung San Suu Kyi and the reversal of the coup that ousted her government in February.

EU takes legal action vs UK over Brexit deal delays

The European Union has said on Monday it is starting legal action against the United Kingdom, arguing it does not respect the conditions of the Brexit withdrawal agreement and is violating international law.

The 27-nation EU is observing Britain's withdrawal from the bloc on December 31, 2020, and said it was picking April 1 to apply to the European Court of Justice in Luxembourg. It added that the UK had promised to settle disputes with EU courts for a period of 10 years after that.

London has officially notified Brussels it wants to unilaterally extend a transition period that runs until December 31, 2021, to give businesses more time to prepare for post-Brexit checks.

Britain has also told Brussels it wants to make sure British goods can continue to enter the EU during a grace period until October 1, when it will be subject to checks on goods moving between Britain and Northern Ireland and all the border areas would be treated as a single customs territory.

Prime Minister Boris Johnson's administration wants to keep the backstop on Northern Ireland intact.

Decade's worst sandstorm hits China; several flights cancelled

Beijing on Monday was enveloped by yellow dust as the worst sandstorm to hit the capital in years spun across northern China, cancelling several flights and turning the city's sky yellow.

Citizens of Beijing woke up to a thick yellow haze, with visibility reduced to less than a few hundred meters, and flights were cancelled from the city's major airports. The National Meteorological Center (NMCC), which issued a yellow alert, said.

EU investigators arrive in China after virus outbreak

An EU team arrived in China on Monday to continue a mission into the origins of the coronavirus pandemic, following a secretive mission last month that was set up as part of the post-Brexit transition period ended on January 31, 2020, when the United Kingdom formally left the European Union.

The team is expected to spend a week in Beijing, prior to being moved to Wuhan, which was the epicenter of the outbreak.

Vatican bars gay cards; Pope Francis says 'God can't bless sin'

Vatican officials barred gay cards from the closed-conclave process for the election of the next pope on Monday, and Pope Francis said the Roman Catholic Church could not bless same-sex marriages.

The new rules, issued by a Vatican doctrine office in response to a request from bishops, mean that gay cards and transgender cards will no longer be an option for those who are trying to form a majority in the conclave, and that has led to speculation that the church could end up with a woman pope.

The Pope's decision on Monday was final and non-negotiable.

Attacks on Chinese-run factories stir Beijing

A pro-democracy leader died Sunday saying two other protesters were killed during a protest against the Chinese government's decision to suppress ongoing protests in Hong Kong.

The leader said in a video on social media that two other protesters were killed during a protest against the Chinese government's decision to suppress ongoing protests in Hong Kong.

Prime Minister Narendra Modi's government has repeatedly said it is not ready to merge political parties.

Prime Minister- find them-
Exports up 0.67 pc in Feb; trade deficit widens to Rs 12.62 bn

Growth for the third consecutively year-on-year basis, even after a 4.1 pc dip in January, was 0.67 per cent in February, according to data released on Monday. Exports increased by USD 14.39 billion to USD 31.45 billion, while imports rose by 12.23 per cent to USD 40.54 billion in the month. The trade deficit for the month rose to USD 8.09 billion from USD 4.10 bn in January. The trade deficit for the first 11 months of 2021-22 had climbed to USD 72.08 billion from USD 64.75 billion in 2020-21.

Finance Minister introduces Insurance Amendment Bill 2021

PTI NEW DELHI

Finance Minister Nirmala Sitharaman on Monday introduced the Insurance Amendment Bill, 2021 in the Lok Sabha. The Bill seeks to amend the Insurance Act, 1938 and seeks to propose an increase in the FDI limit in the life and general insurance sector from 49 per cent to 74 per cent in the notified scheme of head office and in insurance companies and 51 per cent to 74 per cent in the arm’s length scheme with safeguards. The Bill also seeks to replace the existing company law with the new company law.

The government introduced the Bill in the Lok Sabha to facilitate foreign direct investment (FDI) from 49 per cent to 74 per cent. The DMICDC Act of 2013 and the FEMA regulations also need to be amended to ensure that FDI in insurance companies is not restricted to 49 per cent. Only FDI of 49 per cent is permitted under the Automatic Route for insurance companies. The Bill also seeks to amend the FEMA regulations to permit FDI of up to 74 per cent in life insurance companies in India on an automatic basis. The restriction on Indian ownership of insurance companies would be increased from 66.7 per cent to 74 per cent.

The Bill would facilitate these changes by amending the Insurance Act, 1938. The government has also introduced the Bill to facilitate the proposed changes in the Insurance Act, 1938. The Bill would also facilitate these changes by amending the Insurance Act, 1938. The government has also introduced the Bill to facilitate the proposed changes in the Insurance Act, 1938. The Bill would facilitate these changes by amending the Insurance Act, 1938. The government has also introduced the Bill to facilitate the proposed changes in the Insurance Act, 1938. The Bill would facilitate these changes by amending the Insurance Act, 1938.
Don’t let allergies bring you down

Achalasia is a rare disease where patients trouble breathing. Dr OP Kapil Sharma tells how Per Oral Endoscopic Myotomy can help treat it.

Weighing the consequences

You need to be aware of the signs of seasonal allergies. It can cause runny nose, sudden bouts of sneezing and watery eyes. Some may also develop dark circles under the eyes.

Summer coolers

Coconut
- Contains high fibre content, which improves digestion.
- It is a natural electrolyte source.
- It is rich in vitamins and minerals, and anti-oxidants.
- It helps in preventing dehydration and constipation.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.

Dahi Kheera

The simple and nutritious creamy white curd that we often have as a dessert or a snack.

With temperature setting above normal, there are chances that one might get dehydrated.

SUMMER COOLERS

COCONUT: Rich in fiber and MCTs, coconuts may offer a number of health benefits, including improved weight loss and digestion. Fresh coconuts can be either young or mature. Young coconuts, called baby coconuts, have a green shell or a white flesh. Young coconuts are the most healthy and nutritious, with the highest water content and least fiber. Mature coconuts can be used as a substitute but they may not have the same nutritional benefits.

The water in the young coconuts is a perfect alternative to cold drinks. Coconut water contains electrolytes, vitamins, and minerals without any added sugars, colorants, or preservatives. It is a natural thirst quencher.

COCONUT WATER: Contains high fiber content, which improves digestion. It is a natural electrolyte source. It is rich in vitamins and minerals, and anti-oxidants.
Art is an amalgamation of inadequacies. This time was all corrections upon the world, possibly an assessment of one's present in the moment. It was easier. One was visible but not have depleted the self emotion-collaboration, yet the emphasis was inward. It was possible to then gaze inwards and curate a show her new gallery in March last year could announce the opening of Aptly then, Megha Joshi's is about the relentless cycle of losing and gaining, the perpetual motion of finding order in chaos... in a world that lives within our.
Windies sweep SL ODI series

Darren Bravo’s fourth one-day international century steered the West Indies to a five-wicket win over Sri Lanka and a sweep of the three-match ODI series.

Bravo was out for 102 in the 47th over when the West Indies needed only 26 runs to overhaul Sri Lanka’s total of 274-6. He shared an 80-run partnership with captain Kieron Pollard, who finished 53 not out as the home side won with nine balls to spare.

Bravo earlier joined with Shai Hope in a 109-run partnership for the third wicket which put the West Indies on target to victory after the hosts had been 39-2 in the 10th over.

Bravo said he took inspiration from the innings by Hope and Lewis which have helped a strong West Indies batting performance in the series, saying it gave “us the motivation to go out and do well.”

Once again, Sri Lanka lost the toss and was asked to bat first. Danushka Gunathilaka (38) and captain Dimuth Karunaratne (31) got the tourists off to a solid start with a 68-run opening stand.

But the middle order couldn’t capitalise on the start, and Sri Lanka slipped to 151-6 in the 32nd over.

Ashen Bandara and Winandu Hasaranga revived the innings with an unbroken 123-run partnership for the seventh wicket.

Bandara finished 55 not out, a watchful innings from 74 balls, while Hasaranga smashed an unbeaten 80 from 60 balls with seven fours and three sixes.

Hasaranga’s maiden ODI 50 came from 86 balls and he took the next three wickets in two deliveries.

The teams meet in a two-match test series starting at the same venue next weekend.