Pakistan apex court adjourns hearing by a day on rejection of no-confidence vote.

P M

Pakistan’s apex court on Monday adjourned hearing of a no-confidence motion against Prime Minister Imran Khan, adjourning ongoing political crisis, after the Pakistan Information and Media Minister and PTI Governor Sindh, Wangi Mumen, moved an application for adjournment of the case. The Peshawar High Court had earlier adjourned the case to August 6 after the petitioner had sought a three-day adjournment.

The court was hearing an application filed by PML-N, PPP, PTI, and other parties against Prime Minister Khan’s motion to dissolve the National Assembly, which was moved in the Peshawar High Court (PHC) on July 22. The application sought adjournment of the case to August 31.

The court said the matter would be heard on August 6, without adjournment, and inquired about the legal opinion on the urgent application. The court adjourned the case till August 6 and reserved judgment on the urgent application.

Imran Khan, who is the leader of the opposition in the National Assembly, had moved the application against the dissolution of the lower house of parliament.

Lankan Opp rejects Pre invt to join Govt

Colombo (C)batch

On Friday, in a major setback to the government, Sri Lanka’s Parliament passed a no-confidence motion against Prime Minister Ranil Wickremesinghe, increasing the likelihood of a snap election.

The motion, which was tabled by the United National Party (UNP) and its allies, was passed by 135 votes in favor, 84 against and 2 abstentions. Wickremesinghe and his cabinet members have until Monday to resign, or face impeachment.

The vote came after weeks of political uncertainty in the country, with Wickremesinghe having lost the support of his key allies in the Sri Lanka People’s Front (SLFP) and the Janatha Vimukthi Peramuna (JVP).

Shah allays Opp fear over Criminal Procedure Bill

Law will ensure cops remain 2 steps ahead of law-breakers

Home Minister P M

Prime Minister Shah declined to take a stand on the proposed amendments to the Criminal Procedure Bill, saying the country’s police had not failed.

In a press briefing in the National Assembly, Shah said that the amendments were introduced to ensure that police and investigators remain two steps ahead of law-breakers.

SDF, CPG visit shrine, review security measures

A day after militants vandalised over 40 shrines in Jammu and Kashmir, the security forces carried out a joint visit to review the security measures at the shrines.

The SDF and CPG visited the shrines in Srinagar, Budgam, Pulwama, Anantnag and Shopian to review the security measures.

Shramrandir Chauhan vandalisation: Police plaint lodged

The police on Friday lodged a case against an unknown person for vandalising shrines in Jammu and Kashmir.

Bikaner: Ap’s new map adds 28 villages of Kota region

The High Court in Bikaner has approved the new map of the Kota region, which includes 28 new villages.

The new map was approved by the High Court in a hearing held to consider the petition filed by the Kota Region Development Authority.

The new map includes 28 villages in the Kota region, which were previously under the Bikaner district. The map is expected to bring better governance to the region.

In Kapurthala:

The Kapurthala district administration has approved the new map of the Kapurthala region, which includes 28 new villages.

The new map was approved by the Kapurthala District Development Authority (KDDA) during a meeting held on Thursday.

The new map includes 28 new villages in the Kapurthala region, which were previously under the Kapurthala district. The map is expected to bring better governance to the region.

According to the new map, the Kapurthala region will now have 28 new villages, bringing the total number of villages in the region to 112.

AP’s new map adds 28 villages of Kota region

The High Court in Bikaner has approved the new map of the Kota region, which includes 28 new villages.

The new map was approved by the High Court in a hearing held to consider the petition filed by the Kota Region Development Authority.

The new map includes 28 villages in the Kota region, which were previously under the Bikaner district. The map is expected to bring better governance to the region.

The new map will also help in the development of the region, as it includes important facilities such as schools, hospitals, and roads.

Nutrient Deficiency of Nutrition and Vitamin Deficiencies

Nutrients are essential for the normal functioning of the body. Deficiencies in certain nutrients can lead to various health problems. It is important to ensure a balanced diet to meet the body’s nutrient requirements.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Deficiency</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Weak eyesight, fatigue, dry skin and frequently falling sick</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Can cause muscle weakness, pain in joints and muscles, gum bleeding</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Help regulating calcium and phosphate in the body</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Useful antioxidant and help in stabilizing cell membrane</td>
<td></td>
</tr>
<tr>
<td>Vitamin K</td>
<td>Vitamin K is beneficial for blood circulation</td>
<td></td>
</tr>
<tr>
<td>Vitamin B1</td>
<td>Vitamin B1 converts food to energy. Its deficiency can cause diabetes, anxiety, and depression</td>
<td></td>
</tr>
<tr>
<td>Vitamin B2</td>
<td>Vitamin B2 is important to increase immunity. Its deficiency can cause nervous disease, anaemia and problems related to the heart</td>
<td></td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>Deficiency of Vitamin B12 can affect the brain, nervous system and blood pressure. It helps in building red blood cells in the body</td>
<td></td>
</tr>
</tbody>
</table>

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Road mishaps: 45,000 died in State in 10 yrs

Crash investigation training programme

PNS BHUBANESWAR

Road accidents are a serious cause of concern for all. In his last decade of his 21 years of tenure as Chief Minister, he has been trying to reduce this number. He has already deployed 108 Emergency Vehicles during the training programme. He wants to make the State a Model State in this regard. He also says that the training programme will help the police and Transport Department officials in making the process of obtaining driving licence easy and reduce. Talking about the training programme, he said that the training programme will provide important insights to both enforcement and regulatory agencies in improving road safety awareness. He also said that the Transport Department, Bhubaneswar (S) and Bhubaneswar (I) will house all 5000 people who are killed in accidents. He also said that the training programme will help in reducing the number of road accidents. He added that: “The training programme will be held every year and the number of accidents will be reduced.

Interview of the week

Senior officials becoming inaccessible to people

Buyer Kamal Patnaik

As an alumni of the Odisha University, Patnaik rose to the top echelons of Government. He has translated your vision into a reality by setting up a new university in the State of his choice.

Anupam Sarangi

Agriculture is the mainstay of Odisha’s economy. But to achieve this, the State has to be transformed into a self-reliant, sustainable and robust.”

The Pioneer

In an interview to The Pioneer, he said, “We have to take a quantum jump. Health care facilities should be within the reach of the common man. Education and technological advancement should be free. Infrastructure, good education at university levels at affordable price should be the motto for the State.”

Tiked again: Petrol costs Rs 116.96 in BBSR

The Pioneer

The petrol prices have started to increase. The petrol prices are now Rs 114.77 per litre. The petrol prices in other states like Telangana, Andhra Pradesh and Tamil Nadu are Rs 110.96, 112.85 and 113.20 per litre respectively.

The state government has announced the petrol prices at Rs 116.96 per litre. The state government has said that the petrol prices will be increased in line with the petrol prices in other states.

Only 5 new Caves discovered

PNS BHUBANESWAR

The State reported only five Cave-Monuments in five years. The State has now discovered five more Cave-Monuments. The five new Cave-Monuments have been discovered in the Ganjam district.

Mahanadi now ‘dry’ at Odisha entry point

State Govt appears to forget!

As 26% water flow reduced from CG in 4 past monsoon seasons

The water flow from the CG is now reduced to 26% of its previous flow. The State Government has also reduced the water flow to the Mahanadi river. The water flow from the Mahanadi is now reduced to 26% of its previous flow. The State Government has also reduced the water flow to the Mahanadi river. The water flow from the Mahanadi is now reduced to 26% of its previous flow. The State Government has also reduced the water flow to the Mahanadi river. The water flow from the Mahanadi is now reduced to 26% of its previous flow.
**BHUBANESWAR** l TUESDAY l APRIL 05, 2022

**OMFA** office bearers sworn in

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1000+ join in cultural function after poll victory
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**BHUBANESWAR** l TUESDAY l APRIL 05, 2022

A youth was killed by, kedis of Kotita village when he had allegedly entered the house of a resident with the motive to commit theft but was traced out by the miscreants of his own family on Sunday.

The accused identified as Bhukal Parida, who had killed the victim in the Kotita village was tied to a tree by his kin and local people and paraded on the streets of Kotita village.

Getting a information, a team of the Mahakalpada police department reached the spot and arrested the accused.

MP S Shankar Pattnaik, who is the investigating officer in the case also visited the site and took a affirmative statement from the victim's father on Sunday, a day after the killing.

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1000+ join in cultural function after poll victory
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BHUBANESWAR l TUESDAY l APRIL 05, 2022

The Bhapur Community Health Centre (CHC) on Thursday opened a free dialysis facility for the Sabar tribal poor and socially ostracized people in the Bhapur block.

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1000+ join in cultural function after poll victory
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BHUBANESWAR l TUESDAY l APRIL 05, 2022

The newly-elected PRI body has formed the Bhapur Community Health Centre (CHC) and also coordinated the programme that was held on Thursday in the Bhapur block.

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Concerns raised over States’ unsustainable massive outflow of social media data

During the meeting, Pradhan said that the bureaucratic load of managing data and other aspects has increased over the years. The government is taking up major development projects and has adopted a more aggressive perspective, the minister said.

Citing and appropriating the remarks shared during the COVID-19 pandemic, Pradhan said, the PM’s vision of a New India under the leadership of Prime Minister Narendra Modi has in a meeting here with the Sri Lanka Prime Minister in Colombo, senior bureaucrats have reported 24 suicide cases during the first quarter of 2021, with nine cases each in Odisha, Jharkhand, Himachal, West Bengal, and Madhya Pradesh. All these cases were reported in the manufacturing sector, a seasonal contributor, said Pradhan.

Pampered with attractive dowry, with indifferent looks and going into wounds etc is this way of going into merits and de-escalation at the Line of Control in Ladakh and the Chinese minister to India since the early 1990s. Pradhan added that the IAF commanders will review the troops engaged and disengaged from the north and along the LAC with special reference to the Chinese minister to India since the early 1990s. The Supreme Court on Monday agreed to hear a review petition against its October 9, 2020 orders of the high court granting bail to RJD president Lalu Prasad in the fodder scam cases. The text book is part of the curriculum and is in a financially bad shape. It is extremely unfortunate that the high court overclocked all the issues to the point that the ill strategizing over the Line of Control (LoC) in Ladakh and the Line of Control (LoC) in Ladakh and the Chinese minister to India since the early 1990s. For example, in one of the major development projects, the Court has been hearing a bail matter, an order of the high court granting bail to Ashish Mishra.

Mention of ‘dowry merits’ in textbook creates massive outrage on social media

The Enforcement Directorate (ED) has registered a prosecution complaint against_rcalling_video_conferenceograms Beta, Baruist, Dia and, in conjunction with other foreign universities, it has taken major steps in the field of higher education. The 2019 SPSCA Plan coordinated by the Ministry of Education, Culture, Science and Technology, was a major step towards the all-India white paper reviewing the situation.

The Enforcement Directorate (ED) has registered a prosecution complaint against the manager of the University of California San Diego’s School of Medicine. The chargesheet against Baradar, Das, Kanodia for Remdesivir black marketing

When 24 cases of suicide in Central varsities in 5 yrs, maximum seen in UP

The Enforcement Directorate (ED) on Monday agreed to hear a review petition against its October 9, 2020 orders of the high court granting bail to RJD president Lalu Prasad in the fodder scam cases. The text book is part of the curriculum and is in a financially bad shape. It is extremely unfortunate that the high court overclocked all the issues to the point that the ill strategizing over the Line of Control (LoC) in Ladakh and the Line of Control (LoC) in Ladakh and the Chinese minister to India since the early 1990s. For example, in one of the major development projects, the Court has been hearing a bail matter, an order of the high court granting bail to Ashish Mishra.
The holy town of Ramzan is a target of targeted attacks. Over the past week, two bomb blasts have occurred in two different localities, leaving a total of six people injured. The first blast occurred at a local mosque in the town of Balarampur, where a bomb was set off during evening prayers. The second blast took place at a local market in the town of Balarampur, injuring four people.

The authorities have launched a massive manhunt to trace the perpetrators of these acts. The police have also appealed to the public to remain vigilant and report any suspicious activity.

The local police have intensified their security measures in the area. The local mosque has been closed for worship, and the local market has been closed for the time being. The police have also increased the deployment of police personnel in the area.

Meanwhile, the state government has announced an increase in the reward money for information leading to the arrest of the perpetrators of these acts. The state government has also urged the public to remain calm and not resort to any form of violence.

The state government has also announced that it will conduct a thorough investigation into these acts and bring the perpetrators to justice.

The state government has also appealed to the local community to remain united and stand together in the face of such acts.

Meanwhile, the Centre has also announced an increase in the reward money for information leading to the arrest of the perpetrators of these acts. The Centre has also urged the state government to conduct a thorough investigation into these acts and bring the perpetrators to justice.

Meanwhile, the local community has also appealed to the authorities to conduct a thorough investigation into these acts and bring the perpetrators to justice.

The local community has also appealed to the authorities to conduct a thorough investigation into these acts and bring the perpetrators to justice.
**The pivot?**

Pawar has given the Congress a leg up by underlining its importance in Oppan space.

It has been a challenge for the Nationalist-BJP front to maintain its dominance, but the Congress, with the help of the UPA, has been making gains in recent times. The party has been able to attract a number of defectors from the ruling coalition, which has weakened the position of the BJP. The Congress has also been able to gain in terms of popularity, which has led to an increase in the number of seats it has won in recent elections. The party has also been able to attract a number of new leaders, which has helped it to gain in terms of strength.
The Sri Lanka crisis and economic crisis. It has 10-hour workday now as opposed to four to five hours in the past. Collapse or the 2008 meltdown. In just six months, it has even crossed the 100 mark, while, gross GST collections have been remarkably in GST collection. During 2021-22, net tax receipts by the Centre over the budget estimate (BE) of FY 2021-22 will have the unique distinction of being around 252,000 crore by February 2. For the whole of current February, the Centre has cross-marked 140,000 crore against BE of 2021-22 implying a shortfall of 112,000 crore. The collection is even higher if you consider the last six months. During 2021-22, ONGC, an upstream oil and gas company, has already reported a net loss of 60,000 crore. And there is no certainty that it will reverse its losses any time soon. Most of the sectors are facing losses and there is no sign of improvement. While, these efforts should be continued, there is a need to focus on the core issue of inflation. Efforts to boost tax revenue will come to nought if the happened. The Government is repeatedly expressing its determination to keep inflation in check. But the recent rise in inflation, especially of food items, is a matter of concern. The Government is aware of the problem and is taking steps to address it. However, the challenge is to balance the need for inflation control with the need for growth. The Government is forced to tread cautiously. The idea of expensive toll highways, such as those under China’s Belt and Road Initiative, has been a source of controversy. The government has decided to Assam has witnessed a significant rise in imports. The government has decided to increase the import duty on a range of goods to curb this trend.
Ukraine has been adapting its health protocols to control the spread of the highly contagious omicron variant, which has been difficult to manage due to its inherent challenges. The country has been witnessing a rapid increase in cases, prompting authorities to implement strict measures to prevent the spread of the virus and protect its population. Amidst the escalating situation, Ukraine has been implementing mass testing, contact tracing, and isolation procedures, ensuring that everyone who tests positive is isolated. Additionally, the country has been working on developing and distributing vaccines to combat the omicron variant, as well as launching campaigns to educate the public about the importance of vaccination. Despite these efforts, Ukraine's health system faces challenges in keeping up with the increasing demand for healthcare services, which could have serious implications for the country's overall health outcomes. Ukraine continues to be proactive in its approach to controlling the virus and ensuring the safety of its citizens.
**Fin Min: India needs to retain ‘highest receiver of FDI’**

Uttam Finance Minister Nirmala Sitharaman on Monday praised the government of Australia for its decision to sign an agreement to give Indian investors “most favoured nation” status in the Pacific region.

“India is the highest net-recipient of FDI in the world and that continues very much now, especially after the coronavirus and subsequently also, she said. ‘It’s a fact that we have to stay involved in this country, we have to have our pros for us, not for FDI’s and FPI’s, she said.

After Sitharaman put question to Hassenfeld, who rose to answer to him after his speech and both the ministers took a part in a question and answer session.

The minister Finance Minister also said Indian retail investors have created capacity to absorb a lot more investments from home and foreign countries because of shock absorbing capacity that Indian retail investors have brought into the country,” she said. Tharoor had also mentioned that the investor who has invested a lot of confidence in India today in said. Tharoor had also said that the Minister had pulled out over 114 billion from Indian market so far and said that the government measure government was taking to revise the FDI and FPIs obviously going to be very much present in the next coming and going and going. What he likely to look at FDI and FPIs to invest in India and the抱

**India’s trade deficit up by 88% in FY22: Govt data**

India’s trade deficit rose by 87% to $170.35 billion in 2021-22 against $90.35 billion in the previous year, the government data showed on Monday. While total exports during last fiscal grew by 34.7% to $712.52 billion, total imports increased by 54.7% to $882.87 billion.

India’s trade deficit in April 2022-March 2023 stood at $97.44 billion, an increase of 43.5% over the same period last year when it was $68.24 billion.

India’s merchandise imports in April 2022-March 2023 increased by 54.7% to $879.48 billion from $568.76 billion in April 2021-March 2022, said a release by ministry of commerce and Industry.

The ministry also said that India and Australia have accepted a bilateral free trade agreement that will provide a powerful and inclusive Indo-Pacific region where countries are expected to become each other’s trading partners, which will be overlooked in Indian investment in the critical minerals, as well as offer new and advanced opportunities to Indian businesses.

The Indian government is working on a new agreement with Australia to create an ‘Indian Ocean’ that will enable India to regain its maritime domain and help in improving living standards, particularly in the Indian Ocean region, to New Delhi Barry O’Farrell, the Minister for Foreign Affairs and Trade.

He also appreciated India’s stance on the issue of climate change. “We need to do more on this front because we have to look after our mother nature. We need to put together India-Pakistan and China-Pakistan to combat climate issues.”

While speaking on India-Pakistan, he also said Asia and Australia have accepted a bilateral free trade agreement that will provide a powerful and inclusive Indo-Pacific region where countries are expected to become each other’s trading partners.

He added that India and Australia have accepted a bilateral free trade agreement that will provide a powerful and inclusive Indo-Pacific region where countries are expected to become each other’s trading partners, which will be overlooked in Indian investment in the critical minerals, as well as offer new and advanced opportunities to Indian businesses.

**Rupees trades in narrow range against US dollar in early session**

The rupee started the financial session at 75.70 against the US dollar on Friday and traded in a narrow range against US dollar in early session.

The rupee started the financial session at 75.70 against the US dollar on Friday and traded in a narrow range against US dollar in early session.

The rupee opened at 75.70, down 75 basis points against US dollar in early session.

At the interbank foreign exchange market, the rupee was at 75.75, up 36 paise over its previous close of 75.79 in the previous session.

**Pact inked between India, Australia for cooperation in disaster sector**

A pact was signed between the governments of India and Australia for cooperation in disaster management.

“A MoU was signed between the Department of Disaster Management of the Government of India and the Australian government,” said India’s Minister of State for Development of North Eastern Region and Independent Charge for the Ministry of Home Affairs, and Minister of State for Defence, Dayaram Singh.

The MoU which aims at increasing coordination and cooperation in the field of disaster management between the two countries was signed by Singh and his Australian counterpart Dr. Victor Galama.

Singh said it was a step forward in fulfilling the goal of shared prosperity and friendship between the two countries, which have beencooperate in areas including education, culture, community, tourism, film, small industry, building and promoting trade between the two countries.

University of Melbourne is an Australian public research university located in the state of Victoria, and it is the oldest and one of the most respected universities in Australia. Its main campus is located in the city of Melbourne, Australia's cultural and economic hub.

The University of Melbourne is one of the top-ranked universities in the world, consistently ranking high in various international university rankings. It is renowned for its high-quality education and research programs, and it has a strong focus on interdisciplinary research and collaboration. It is home to several world-class research institutes and centers, contributing to significant advancements in various fields of study. Melbourne is also known for its vibrant cultural scene, with a rich history of arts and sciences. The city is a hub of creativity, innovation, and intellectual pursuits. University of Melbourne is one of the top-ranked universities in the world, consistently ranking high in various international university rankings. It is renowned for its high-quality education and research programs, and it has a strong focus on interdisciplinary research and collaboration. It is home to several world-class research institutes and centers, contributing to significant advancements in various fields of study.
**Not just a night problem**

Diabetes has become more prevalent in the past few years, with most people adopting a sedentary lifestyle and a diet that is high in processed foods, says DR SURENDRA K CHIKARA

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**HEALTHCARE MADE EASY**

Sева at Home is a remote healthcare service provider offering quality care to people who live far away from home. SUPRIYA RAMESH speaks to GAUDI AL TUNDIL about how it works.

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**NIBRF - Rare cancer surgery gives new life**

One of the rarely performed surgeries in the country, the 24/7 teleconsultation for special cases, is now available in the country.

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**Ayushman Bharat: Model for the world**

We believe medicine is a humanistic, modern and holistic approach to healthcare and society, and babies are the key to a healthy individual and a healthy future for us all, says KRISTA DONALDSON

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**How to improve sleep quality**

Sleep is important for overall health and well-being. Here are some ways to improve sleep quality:

1. **Establish a consistent sleep schedule**: Go to bed and wake up at the same time every day, even on weekends.
2. **Create a conducive sleep environment**: Make sure your bedroom is cool, dark, and quiet.
3. **Limit exposure to screens before bedtime**: Avoid using electronic devices for at least an hour before bed.
4. **Exercise regularly**: Regular physical activity can improve sleep quality.
5. **Limit caffeine and alcohol**: These can disrupt sleep at night.
6. **Meal timing**: Avoid large meals close to bedtime.
7. **Relaxation techniques**: Techniques such as deep breathing, meditation, or yoga can help relax the mind and body.

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**Doctor's corner: Diet Wise**

Diet is an important component of healthcare. A healthy diet can help prevent and manage various health conditions. Here are some tips for a healthy diet:

1. **Diverse food intake**: Include a variety of foods in your diet to ensure you get all essential nutrients.
2. **Portion control**: Be mindful of portion sizes to avoid overeating.
3. **Hydration**: Drink plenty of water throughout the day.
4. **Fruits and vegetables**: Include at least five servings of fruits and vegetables daily.
5. **Whole grains**: Choose whole grains over refined grains.
6. **Reduced sodium intake**: Limit salt intake to reduce blood pressure.
7. **Reduced saturated fats intake**: Limit intake of saturated fats to reduce cholesterol levels.
8. **Healthy fats**: Consume healthy fats such as omega-3 fatty acids from fish, nuts, and seeds.
9. **Limited intake of sugar and refined sugars**: Reduce intake of sugary drinks and foods.
10. **Water intake**: Drink at least eight glasses of water daily.

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**Doctor's corner: Eye Health**

Eye health is crucial for overall well-being. Here are some tips for maintaining good eye health:

1. **Regular check-ups**: Get your eyes examined regularly by an eye doctor.
2. **Protective glasses**: Use protective glasses to prevent eye injuries.
3. **Healthy diet**: Include foods rich in vitamins A, C, and D in your diet.
4. **Lifestyle changes**: Avoid smoking and limit alcohol intake.
5. **Computer vision syndrome**: Adjust your computer monitor and take breaks.
6. **Eye exercises**: Perform eye exercises to strengthen your eye muscles.
7. **Physical activity**: Regular physical activity helps in maintaining good eye health.
8. **Screen time**: Limit screen time to reduce eye strain.
9. **Sleep**: Ensure adequate sleep to reduce eye strain.
10. **Sunscreen**: Use sunscreen to protect your eyes from UV radiation.

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**Cure not just a night problem**

Diabetes, a disease that affects millions of people worldwide, is often referred to as a “cure not just a night problem.” This is because diabetes is a chronic condition that requires lifelong management and control. Here are some tips for managing diabetes:

1. **Lifestyle changes**: Make healthy lifestyle choices such as regular exercise, a balanced diet, and stress management.
2. **Regular check-ups**: Get your blood sugar levels checked regularly.
3. **Medications**: Follow your doctor’s instructions for medications.
4. **Blood glucose monitoring**: Regularly monitor your blood glucose levels.
5. **Diabetes education**: Stay informed about diabetes and its management.
6. **Support system**: Build a support system of friends, family, and support groups.

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**Doctor's corner: Cardiovascular Health**

Cardiovascular health is crucial for overall health. Here are some tips for maintaining good cardiovascular health:

1. **Healthy diet**: Include foods rich in vitamins A, C, and D in your diet.
2. **Regular exercise**: Engage in regular physical activity to maintain heart health.
3. **Smoking cessation**: Quit smoking to reduce cardiovascular risk.
4. **Cholesterol control**: Monitor and manage cholesterol levels.
5. **Blood pressure control**: Keep your blood pressure within normal limits.
6. **Heart-healthy lifestyle**: Maintain a healthy lifestyle with a balanced diet, regular exercise, and stress management.
7. **Screen time**: Limit screen time to reduce eye strain.
8. **Sleep**: Ensure adequate sleep to reduce eye strain.
9. **Sunscreen**: Use sunscreen to protect your eyes from UV radiation.
10. **Regular check-ups**: Get your eyes examined regularly by an eye doctor.

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**Doctor's corner: Respiratory Health**

Respiratory health is crucial for overall well-being. Here are some tips for maintaining good respiratory health:

1. **Healthy diet**: Include foods rich in vitamins A, C, and D in your diet.
2. **Regular exercise**: Engage in regular physical activity to maintain heart health.
3. **Smoking cessation**: Quit smoking to reduce cardiovascular risk.
4. **Cholesterol control**: Monitor and manage cholesterol levels.
5. **Blood pressure control**: Keep your blood pressure within normal limits.
6. **Heart-healthy lifestyle**: Maintain a healthy lifestyle with a balanced diet, regular exercise, and stress management.
7. **Screen time**: Limit screen time to reduce eye strain.
8. **Sleep**: Ensure adequate sleep to reduce eye strain.
9. **Sunscreen**: Use sunscreen to protect your eyes from UV radiation.
10. **Regular check-ups**: Get your eyes examined regularly by an eye doctor.
Pedri masterclass sees off Sevilla

A wonder goal from Pedri proved telling during his first game for Sevilla on Sunday as a 1-0 win over Sevilla sent Xavi Hernandez's side into the La Liga for the first time this sea- son. The 19-year-old Pedri was the man of the match for a wonder performance against his old club. The 4-0 thrash- ing of Sevilla on Sunday as a 1-0 win over Sevilla sent Shapath Bharadwaj won the Bronze medal as the India women's hockey team clinched third place in the Tokyo Olympics. The team had finished fourth in the group stage, before winning two matches in the quarter-finals to reach the semi-finals. In the semi-finals, the Indian team faced Australia and the match was a thriller. India won the match 2-1 to qualify for the final of the tournament. The final was against the Netherlands and India won the match 3-2 to win the Bronze medal.

Gimenez misses Atletico's trip to Manchester City

Atletico Madrid defender Jose Gimenez will miss his side's Champions League quarter-final tie against Manchester City. The Uruguayan defender was ruled out of the La Liga game against Real Sociedad on Tuesday due to injury, the club confirmed in a statement.

Men's trap team wins Bronze to open India's account at Shotgun WC

India's men's trap team won a Bronze medal at the Shotgun World Championship in Tokyo, Japan, on Tuesday. The team, comprising Saurabh Chaudhary, Abhishek Verma, and Ravi Kumar Dahiya, shot a combined score of 122, which was enough to secure the Bronze medal. The team had qualified for the final round with a total score of 404 in the preliminaries. Chaudhary, who is the world number one in the men's trap event, shot a perfect 125 in the final to help India clinch the Bronze medal. The team was also supported by Saurabh Chaudhary's consistent performances in the qualifying rounds.

ITF has promoted Davis Cup tie in Asia to challenge with Asiad

ITF has added an additional Davis Cup tie in Asia to challenge with the Asian Games. The tie will be held in August and will feature the top teams from Asia. The ITF has partnered with the Asian Games to promote tennis in the region and to provide a platform for the Asian teams to compete against each other.

Sindhu, Sen to lead Indian challenge in Korean Open

India's most successful badminton player Saina Nehwal and Olympic champion PV Sindhu will lead the Indian challenge at the Korea Open on Tuesday. The tournament is the third major Super 1000 event of the season and is part of the BWF World Tour. Sindhu, who is the world number one in women's singles, and Sen, who is the world number two in women's doubles, will be looking to add to their tournament hauls.

Calhanoglu from scoring on the rebound, hadaned the ball into the area where Mbappe was available. Mbappe, who battled against multiple injuries, scored the winning goal in the 90th minute to complete a complete round of fixtures. The Frenchman was in fine form and his goal was well deserved. The match was a battle of two titans as Mbappe and Messi faced each other in a crucial encounter. Mbappe's goal gave Paris St-Germain a lead that they held onto until the final whistle. The match was a classic and Mbappe's performance was the highlight of the game.
Royal battle

Rahul, Hooda lift LSG to 169/7

Shivam Naik

Wicket kept by KL Rahul and Deepak Hooda played a patient 56-ball 56 and 37 respectively, with a stand of 94 and 87 respectively. The opening pair played a 94-ball stand for the first wicket and 87-ball stand for the second wicket.

Shivam Naik was the first batsman to score a half-century, which came off 56 balls. He led the LSG innings from the front with a mature knock, scoring 56 runs off 56 balls.

Next, Deepak Hooda joined in and played a patient innings, scoring 37 runs off 37 balls.

The second pair went on to build on their promising start and take the game away from the opposition.

The duo continued to build on their promising start and take the game away from the opposition.

Point table

| Team | M | W | L | NR | No. of pts
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SA win 1st Test by 220 runs

4 Aussies in ICC's Most Valuable Team of WC

NZ whitewash Netherlands as Taylor bids goodbye

Ishant Sharma

For the second straight day, the pacer was left untroubled by the Windies batting line-up and made a valuable contribution with the ball. His 4 for 42 at Durban was his best figures in the series and helped the visitors win the Test by an innings and 127 runs.

Ishant finished the series with 34 wickets at an average of 32.85, the best among the three fast bowlers in the series.

Jhyoti wins 100 hurling medals but misses Nrk

For the second straight day, the player found himself in the headlines as he became the first Indian to win a medal in the senior national championship.

Jhyoti's performance followed a similar pattern in the previous two tournaments, where he finished among the top five in both the men's and women's categories.

OFFICE OF THE ENGINEER-IN-CHIEF (CIVIL), ODHSA

Dr. Prem Kumar Mishra, Engineer-In-Chief, Odisha Public Works Department, Bhubaneswar, has issued a notification regarding the appointment of Jhyoti Suku, a resident of Odisha, as the new Engineer- in-Chief (Civil) in the state.

The notification was issued on the orders of the government of Odisha, which has appointed Jhyoti Suku as the new Engineer-In-Chief (Civil) in the state.

Further details can be seen from the source provided by the company. For more information, contact the sender of the mail at the email provided.