WORLD 5

ERDOGAN TAKES OATH OF

OFFICE FOR 3RD TERM

MONEY 6
'RBI-MPC MAY LOWER INFLATION

FORECAST MARGINALLY'



*Late City Vol. 12 Issue 151

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Crash toll 288 & counting...

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803 hurt in India's worst trains pile-up in Balasore

PNS KOLKATA

The death toll from the triple train accident at Bahanaga Bazar in Balasore, Odisha, on Friday has now risen to 288 Preliminary investigations suggest that a signal was initially given for the Coromandel Express to enter the main line but was later taken off, causing the train to enter the loop line where it collided with a parked goods train.

In the aftermath of the tragedy, efforts to remove the mangled coaches and repair the tracks at the site have begun in full swing, according to a railway official. The accident involved three trains: The 12841 Shalimar-Chennai Central Coromandel Express, the 12864 Bengaluru-Howrah Superfast Express, and a goods train. It stands as one of the worst railway disasters in the country's history

As per reports available until late Saturday afternoon, the accident claimed the lives of 288 people, while 803 individuals sustained injuries, including 56 with severe injuries. The two express trains were carrying over 2,200 passengers with reserved tickets, along with many others travel-

ing in unreserved coaches.

The railways revealed that



the Coromandel Express, while passing through the up main line, collided with a stationary goods train in the loop line at Bahanaga Bazar station, locat-ed approximately 280 kilome-tres from Howrah and 171 kilometres from Bhubaneswar.

A loop line is a railway track connected at both ends to a main line, allowing trains to be diverted to accommodate

The impact of the collision caused 21 coaches of the Coromandel Express to derail, with three coaches falling onto a neighbouring track where the Bengaluru-Howrah Express was simultaneously passing in the opposite direc-

Consequently, the Bengaluru-Howrah train collided with the fallen coaches, causing its rear two coaches to derail. The number of pas-

sengers with reserved tickets on the Coromandel Express was around 1,257, while the Bengaluru-Howrah Superfast Express had 1,039 passengers with reservations.

railways announced an ex-gratia relief of ₹10 lakh to the next of kin of those who died, ₹2 lakh to the seriously injured, and ₹50,000 for passengers with minor injuries.

Investigations are currently underway to determine any human error, signal failure, or other potential causes

behind the tragic accident.

A preliminary inquiry report has been submitted, and a high-level probe, led by the commissioner of railway safety, South Eastern Circle, has been initiated by the

Kavach could have saved lives, anti-collision system missing

The tragic collision of three trains in Balasore on Friday night, resulting in the loss of over 288 lives and injuring 803 people, has raised questions about the absence of the Kavach system developed by the Indian Railways to prevent such accidents caused by driver error or other factors.

According to Indian Railways spokesperson Amitabh Sharma, the rescue operation has been completed, and restoration work is now commencing.

However, he acknowledged that the Kavach system was not available on the tracks in Balasore where the collision

Kavach is an automatic train protection (ATP) system developed by the Research Design and Standards Organisation in collaboration with three Indian firms.

Its purpose is to assist locomotive drivers in avoiding missing danger signals and controlling speeding, ensuring safe train operations even in low-visibility conditions.

Railway Minister Ashwini Vaishnaw personally tested the "Kavach" system and had previously expressed its success.

In a tweet from March last year, he mentioned the system's ability to automatically stop a locomotive before reaching another locomotive at a dis-



Resucue work underway after an accident involving Coromandel Express Bengaluru-Howrah Express and a goods train, in Balasore district on Saturday PTI

tance of 380 metres during rear-end collision testing.

Kavach functions by controlling train speed and automatically applying the brakes if the driver fails to do so in a timely manner. However, the absence of this crucial safety system on the tracks in Balasore raises concerns about the potential impact on acci-

dent

mitigation. As investigations into the tragic incident continue, the Indian Railways and relevant authorities will likely examine the reasons behind the unavail ability of the Kavach system in Balasore and take necessary measures to ensure the safety of train operations in the future.

Guilty won't be spared: |300 NDRF rescuers on job

PNS BALASORE

Prime Minister Narendra Modi on Saturday Modi on Saturday expressed his deep anguish over the train crash in Odisha that claimed the lives of 288 people and assured that strong action would be taken against those responsible.

Speaking to reporters after visiting the accident site and meeting the injured at a hospital in Balasore district, Modi conveyed his heartfelt sorrow and emphasized that the government is taking the incident

very seriously.
"The government is deeply saddened by the incident. We will not spare anyone found guilty, and they will face strong consequences for this tragedy," he stated. He further assured that instructions have been issued to ensure a thorough and swift investigation into the mishap.



Prime Minister Narendra Modi interacts with rescuers as he takes stock of the situation at the site of the accident involving Coromandel Express, Bengaluru-Howrah Express and a goods train, in Balasore district on Saturday

while it is impossible to bring back the lives lost, the with the affected families,

Modi acknowledged that offering unwavering support. "We will leave no stone unturned in providing all Government stands firmly necessary medical assistance to the injured," he added.

Modi at accident site with cutters, canine squads

PNS NEW DELHI

The Director General of the ■ National Disaster Response Force (NDRF), Atul Karwal, said on Saturday that over 300 NDRF rescuers equipped with large metal cutters, canine squads, and heavy-lift equipment are working at the train accident site in Odisha.

Karwal stated that the NDRF is expected to conclude the search operation by Saturday evening.
Since the first NDRF team

arrived at the accident site around 8.30 pm on Friday, the force has rescued 44 survivors and recovered 71 bodies from the wrecked railway coaches in Balasore district. The NDRF is a federal

contingency force operating under the Union Home Ministry.
"We have more than 300

rescuers divided into nine

dent site. Our goal is to complete the search operation by this evening," Karwal said at the NDRF headquarters in

New Delhi. The initial NDRF team reached the site from its regional response center in

teams working at the acci- Balasore approximately one hour and fifteen minutes after the accident, which occurred around 7-7.10 pm

on Friday. The remaining NDRF teams were deployed from Mundali in Cuttack district and Kolkata, accord-

Screams of help still ring in **survivors**'

rain passengers, who sur-■ vived the triple train crash on Friday, recounted horror. Recalling the incident, Anubhav Das, a passenger of the Coromandel Express which rammed into a goods train in Odisha's Balasore, said there was the sound of screeching brakes and then a loud crash-

ing of metal. Though he came out of the accident unhurt, the screams of help of those stuck in derailed mangled coaches still ring in his ears. "It was a horrific sight. There were people injured, some crawling from under the train's debris," he posted on Twitter. Later, he said, he came to know that not just his train but another express train was involved in the accident.

Initially, in a series of

India lost 1 tiger every

tweets. Das described how he thought the accident unfold-

Later, speaking with PTI, Das recalled in shock how he stepped out of his coach unaware that he had survived an accident involving three trains. At least 288 people were killed and more than 1,100 injured in the accident.

"I was at the very end of my train. Around 6.30 pm, we heard a very long thud and then jerks which seemed like the emergency brakes. At that moment, we realised some accident had occurred and we had to deboard from the coach to be safe.

So when we were about to disembark from our coach and opened the doors, we saw that there were three other coaches that had derailed opposite our train on the other

line," he said.

CAPSULE

'INDIA INFRA ALONG LAC MATCHES UP WITH CHINA' Pahalgam: India is matching up its infrastructure to China's projects at the Line of Actual Control (LAC) and there is no need for concern, Border Roads Organisation (BRO) chief Lieutenant General Raiiv Chaudhry said on Saturday

GOVT BANS 14 FIXED DOSE COMBO DRUGS New Delhi: The Government has banned 14 fixed dose

combination drugs including Nimesulide and Paracetamol dispersible tablets and Chlopheniramine Maleate and Codeine syrup

PUNJAB: OVER 14 KG HEROIN SEIZED, 2 HELD **Chandigarh:** Security forces on Saturday recovered more than 14 kilograms of heroin in two separate operations in Amritsar and Fazilka districts of Punjab

SC stays HC order to decide if rape victim is 'manglik'

PNS NEW DELHI

 $T^{\text{he Supreme Court intervened on Saturday, issuing}}$ a stay order on a peculiar rul-ing by the Allahabad High Court which had instructed the head of the astrology department at Lucknow University to determine whether an alleged rape victim woman was 'manglik' (an astrological condition)

Conducting a special session on Saturday, the apex court took suo motu cognisance of the matter and



'astrology report" during a

bail application hearing.

The order by the High
Court was issued on May 23 while considering the bail plea of the accused individual, who was alleged to have raped the woman after falseexpressed its confusion ly promising to marry her.

59 MPs write to German envoy for early return of baby Ariha

PNS ■ NEW DELHI

 $\mathbf{F}^{ ext{ifty-nine}}$ Members of Parliament from nineteen political parties have collectively written a letter to the German Ambassador, urging the early repatriation of baby Ariha Shah, who has been placed in forced foster care in Germany for over twenty months. The German authorities took cus-

tody of Ariha Shah on September 23, 2021, when she was just seven months old, citing alleged harassment by her parents. Among the signatories of the letter are MPs Jaya Bachchan (SP), Hema Malini (BJP), Shashi Tharoor (Congress), Mahua Moitra (TMC), Dr. Faroog Abdullah (NC), Priyanka Chaturvedi (SS-Udhav), and others. The letter, addressed to the

cases have been filed against the parents, the child should be repatriated to

NDRF personnel carry out rescue work after an accident involving Coromandel

Express, Bengaluru-Howrah Express and a goods train, in Balasore district on

"Baby Ariha was taken away from her parents in September 2021 when she was seven months old. The German Child Services took custody of the baby after she had suffered an accident and was hospitalised," the letter states."An initial investigation was conducted into allegations of child sexual abuse, but it was found to be baseless, and no charges were filed against the parents. Following this, the child was placed in special child care and then moved to foster care.
"As Members of Parliament, we

have a special responsibility for the welfare of our citizens. We request you to take all necessary steps to bring the German Ambassador Dr Phillip child back to India," the letter, signed Ackerman, emphasises that while they by Rajya Sabha MP Dr John Brittas on respect German laws, as no criminal behalf of the other 58 MPs, asserts.

alternate day this year ARCHANA JYOTI ■ NEW DELHI

On an average, every alternate day one big cat has died in the country since January till May end. In the first five months, India has already lost 76 tigers against 56 last year during the same period.

These included 11 cubs and 25 female big cats. Besides natural deaths and territorial fights between the felines, officials in the Union Environment Ministry have attributed some mortalities to the harsh heat waves as well that the country is witnessing this time, stating that some felines could not cope with the dehydration.

An analysis of the data available from the website of the National Tiger Conservation Authority (NTCA) shows that almost half of the deaths of the total tigers occurred inside the tiger habitat with as many being reported from the



Madhya Pradesh which is present-

grappling with the death of imported Cheetahs and their cubs at the Kuno Palpur Sanctuary has topped the list of tiger mortalities at 22 big cats in the last five months.

Maharashtra reported 16 deaths while Uttarakhand has witnessed ten tiger deaths. Karnataka reported five

SOCIETY WILL EVOLVE AS MORE AND MORE LIVE A SPIRITUAL LIFE: SWAMI CHIDANANDA GIRI

wami Chidananda Giri, president and spiritual head of Yogoda Satsanga Society of India/Self-Realization Fellowship (YSS/SRF), recently visited India and gave inspirational talks on the Kriya Yoga teachings of Sri Sri Paramahansa Yogananda (author of the Autobiography of a Yogi and founder-Guru of YSS/SRF). During his stay in India. Chidanandaji was interviewed on matters of import affecting different strata of society and the Here are some excerpts: Q: "The simplest way to

know God is the way of love," says Yoganandaji. How is the path of meditation "the way of love?" Can yoga lead us to the experience of and expression

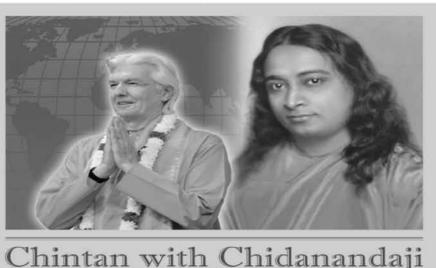
Swami Chidanandaji: "Yes! Yes! and Yes! Meditation makes us ultimately of all beings, because we feel the presence of God in ourselves, and then as that consciousness expands, we also become aware, first on a subconscious or subtle level and later on a more overt and conscious level, of that presence of God in other people. God is the most lovable being in the universe. If only everybody knew what God was... God is beauty, and joy, and happiness, and service-fullness, and all of those wonderful qualities that automatically command our respect and affection. So, the key to experiencing that love in oneself is to go to the source of love as Daya Mataji said over and over again. That was her whole life theme.

to experience the love that was not flawed by human imperfections." She said, "I made up my mind early on that I was going to go to God to find that love." And how does one go to God? By meditation! Her whole book, Only Love, is about this.

Q: Swamiji, how can we counter sectarian violence

Swami Well, number one is to model and exemplify the kind of universality and understanding, and respect for other religious traditions that we find in our Guru's (Yoganandaji's) traditions and in our Guru's teach-

"It is a little bit of an ambitious project for individual devotees to feel that they're going to all of a sud-



Chintan with Chidanandaji

PART 8 OF 10 PARTS INTERVIEW SERIES

on their own. This is an evolutionary thing. But each of us can contribute to that by - number one, modeling the type of respect and understanding and sharing with as many people as possible the different writings or books of our Guru that really focus on the underlying commonality among religions. For example, Guruji's book: Science of Religion, certain chapters in Man's Eternal Quest or other books like that so that more and more of these ideas filter out into society. And then, of course, when one finds himself or herself in a situation where somebody is speaking in a degrading or derogatory way about followers of another path, and if there is an opportunity to respectful-

ly and gently pushback, then just say that there's enough hate in this world, and if it is really going to help to add even more to it. It is not like we have to become correctors and or disciplinarians of other people, but you can push back when somebody is behaving in that way around you. But most of all, the answer to that question is really a matter of more and more devotees living the life and living the universal outlook that we learn in the YSS Lessons. And you know, over time there'll be an evolutionary change in society. But I wouldn't encourage individual devotees to feel like they have to go out and directly confront sectarian violence, unless they have the means to do. Further info.:

In-house development of Anti **Collision Detection System for RMHP**



R SHARMA: BOKARO

A nti Collision Detection System for RMHP Stacker was inaugurated by B K Tiwari, Head & ED (Works), BSL. Stacker machines are used at RMHP to create material bed, but due to uneven material dumping the top layer of the bed becomes uneven due to which the boom of the stacker needs to be steered carefully to avoid hitting the pile of raw material. Sometimes inadvertently

due to failure of boom adjustment, the stacker structure collides with the pile of raw material causing the stacker boom to break and get dam-

It is noteworthy that Anticipating and preventing collisions between moving plant objects, such as stackers and material stacks, is a difficult task. Concomitant collisions can result in damage to equipment as well as production. Conventional methods of collision detection are based

or infrared/radar distance detection systems. Linear transducers are prone to 'slip' and the maintenance of these systems is also high. For operation infrared/radar system needs to be kept spotlessly clean at all times which is very difficult to ensure in yards with fine powder materials like sinter, dolomite, iron ore, etc. The team from EL&TC and RMHP departments took up the challenge of preventing the collision between the boom and the raw material stack. The team designed the anti-collision system based on laser technology in-house and installed it on Stacker 4.

A successful live demonstration of the system was shown at the end of the programme. BK Tiwari congratulated the team for the inhouse design of this system. Notably this is the first Anti Collision Detection System based on laser technology which has been implemented at SAIL-Bokaro Steel Plant.

Steel City adorns a new look with artistic street art, murals & sculptures



The sylvan industrial township of SAIL, Rourkela Steel Plant (RSP) is adorning a new look with artistic street art, murals and sculptures giving pleasant and memorable experience to the visitors as well as Rourkelites. They are well complemented with artistic illumination and fountains. All the important road intersections, public places and strategic junctions along the Ring Road have got artistic

transformation with the new makeover campaign to give the city a unique look initiated by the Town Engineering Department under the guidance of Atanu Bhowmick, Director In-Charge, RSP. The sculptures splendidly placed on platforms portray the rich tribal heritage of the region and the biodiversity to spread the message of sustainability. Similarly the beautifully painted murals display the cultural richness of the state and the

Chas Municipal to organize 'Swanidhi Se Samridhi' awareness camp from June 5-10

A dditional Commissioner Municipal Commissioner Anil Kumar Singh in the office of Chas Municipal Corporation on Thursday held a review meeting on Prime Minister SVANidhi scheme. In the same context decision taken in the meeting of the monitoring committee constituted at the district level to organize a camp from June 05, 2023 to June 10, 2023 pertaining to the programme "Swanidhi se Samridhi" under the PM SVANIdhi scheme at two locations from 11:00 AM to 04:00 PM at Durga Mandir opposite V2 Mall located at Check Post vegetable market and at Ramrudra CM School of Excellence Chas, Bokaro.

Additional Municipal Commissioner Anil Kumar Singh gave information about the above awareness camp. AMC further said that registration under Pradhan Mantri Jan Dhan Yojana, Pradhan Mantri Jeevan Jyoti Yojana,



Pradhan Mantri Suraksha Bima Yojana, Building and other construction workers scheme, Pradhan Mantri Shram Maandhan Yojana, One Nation One Ration Card, Janani Suraksha Yojana, Mantri Pradhan Matru Vandana Yojana will be done and taking step ahead Street vendors will be linked to the

scheme. At the same time, AMC further requested the residents of the city to participate in the said camp in maximum numbers and take advantage of the above schemes and also inform all their friends and well-wishers so that they too can participate and take advantage of this scheme.

NIT advocates for Eco-Friendly Transportation

PNS: JAMSHEDPUR

On the occasion of World Cycle Day declared by the Nations General United Assembly, students, teachers and staff join hands to pedal for a cause. On the occasion of World Bicycle Day, a large number of employees of the institute gathered in front of the administrative building of the institute with their bicycles at six in the morning. The cycle rally was inaugurated by Dr. Goutam Sutradhar, director of the institute by showing green flag and while addressing on the occasion said that we all



should use cycle in our daily Appealing to activities. spread awareness about the benefits of using cycles to health and environment, he said that not only do we keep ourselves fit and healthy by cycling, but also you participate in nation building.

Dr. Sutradhar said that every year we use crores of dollars of petrol and diesel in our vehicles, if we use cycles in our daily work, then the country can save crores of dollars from the use of diesel

he Medinirai medical col-

petrol and that rupee The use can be spent on the country's infrastructure and other development works, as well as diesel and petrol wells and can protect the environment, trees, plants and human health by reducing carbon importance of using a bicycle, he said that after an age there is a problem of knee pain, so cycling strengthens the knee and the possibility of pain can be avoided to a great

emissions. Underlining the

In the program, Colonel (Dr.) Nishith Kumar Rai, the registrar of the institute, also boosted everyone's morale and told that by cycling daily, your body's immune system is good and your mind is more active, so everyone should ride a bicycle for at least 30 minutes daily. He said that cycling is not only the best exercise but also

helps in saving money.

The participants of the cycle rally cycled from the front of the administrative building of the institute to all the hostels, residential premises and the main gate with great enthusiasm and came back in front of the adminis-

trative building and concluded the cycle rally. On this occasion, Dr. Jainendra Kumar, the coordinator of the program, welcomed all the participants by giving them face masks and cold drinks. Public relations officer of the institute, Sunil Kumar Bhagat was present on the occasion.

Two arrested while trying to break HDFC ATM PNS : JAMSHEDPUR According to eyewitnesses,

In a daring incident, two individuals were apprehended by the local police while attempting to break into an HDFC ATM in Adityapur.

A patrolling party nabbed two of the three criminals while the latter were trying to break into an ATM along the Adityapur-Kandra four-lane under Adityapur police station area in the wee hours on Saturday. The ATM belonged to HDFC Bank and was housed at the Shivranjanjani residential complex.

According to police, while patrolling the four-lane, the police sensed doubt at the HDFC Bank ATM located in the Shivranjanjani residential complex. Soon after, the patrolling party rushed to the ATM where three criminals were busy dismantling it.

At the sight of the police, one of the criminals managed to escape, but two others were caught. Those arrested were identified as Ranjit Jha and Paramjeet Singh.

the two suspects were seen trying to force their way into the ATM using tools and equipment commonly used in such criminal activities. Their attempts to tamper with the ATM's security systems were foiled due to the prompt response of the security guard and the subsequent arrival of law enforcement authorities.

Upon their arrest, the police found the suspects in possession of burglary tools and other incriminating materials. The authorities suspect that the duo may be involved in similar crimes in the area, and investigations are underway to determine their involvement in any previous ATM break-ins.

An official stated, "We acted swiftly upon receiving the alert and were able to apprehend the suspects before they could carry out their illegal activities. We are now working to gather more evidence and establish their connection, if any, to other ATM burglaries in the region.

RU VC assumes charge as interim VC of VBU

SHAILESH SHARMA: HAZARIBAG

Dr. Ajit Kumar Sinha, Vice Chancellor of Ranchi University has assumed charge as interim vice chancellor of Vinoba Bhave University, Hazaribag. He was welcomed and received by the officials and other senior teachers at the gate of the Administrative building. He first went to the statue of Vinoba Bhave and garlanded the statue. After joining the duty he said to



the journalists that the education activities and research will be my first priority. After COVID the educational activities in the maximum institutions were on a halt. Now this is the basic duty of the teachers and officers of the university to speed up education activities under the present atmosphere of National Education Policy. He further said that on the ratio of students and teachers, the appointment of the teachers will be done after having the permission of the Human Resource Department and Raj Bhavan. He said that with the help of teachers we will try our best to increase the research work in the post graduate departments of different subjects.

On this occasion the registrar of the university Kaushlendra Kumar, proctor Mithlesh Kumar Singh, Birendra Kumar Gupta, former registrar, PRO Pramod Kumar, Principal Bimal Mishra and teachers were present.

Science for Society takes out DDC, ASP inspect MMCH at cycle rally on World Cycle Day night looking for 'patient lifters' VINOD PRASAD



On the occa-sion of Cycle World Day, courtesy of Science Society Lohardaga and Aggarwal Cycle,

the rally from MLA Mahila Mahavidyalaya Barwatoli on Saturday was organized jointly by Lohardaga DTO Manish Kumar, Society and Indian Medical Association President Dr. ics or nursing homes. Ganesh Prasad and Society's advisory member Sanjay Burman. It passed through New Road, Subhash Chowk, Somwar Bazar, Thana Chowk, Shastri Chowk and ended at Guiri Bazar. In the rally, environment and cycle lovers were appealing to people to ride and adopt cycles by shouting slogans and slogans on the placards. If you want to save the environment, then you have to ride a bicycle. If you want to get rid of jam, then you have to ride a bicycle. If you want to be healthy then you have to ride a bicvcle. If you want to save fuel then ride a bicycle. If you want to drive away pollution, then you have to ride a bicycle and adopt a bicycle. On the occasion, IMA President Dr. Ganesh Prasad said that cycling has many benefits at once. In which there is protection of the environment, at the same time you remain healthy and there is no cost in this In the rally, District Transport Officer Manish Kumar, Sanjay

Burman, Women's College Principal Sneh Kumar, Red Cross Society Secretary Arun Ram, Science for Society Secretary Rahul Kumar, Advocate Vivek Kumar, Aggarwal Cycle Proprietor Kamal Aggarwal, Jagatpal Kesari, Manish Aggarwal, Praveen Kumar, Dharmendra Soni, Praveen Patel, Rajesh Sahu, Pawan Agar, Alok Kumar, Sandeep Sahu, Shankar Sahu, Shambhu Agar, Avinash Agar, Basant Mahto, Mohammad Kalim Khan, Pintu Mahto, Anil Kumar, Krish Raj Mittal, Harshit Raj, Nandan Agar, Ujjwal Agarwal, Manish Gupta, Nithlesh Kanskar, Rajesh Soni, Vijay Das, Ashish Agarwal, Aryan, Divyanshu etc participated.

The Medimirai medical lege hospital premise in Daltonganj is the bed of marijuana smokers, drug peddlers and patients lifters. Sources said it is the patient lifters that are most dangerous. The patients are lured to move to some private clin-Engaged in this organised racket are drivers of the private ambulances, ward boys and hospital's trolley men. Without the connivance of the hospital personnel, patients can't move out said sources. As night advances these dark faced middlemen including drivers of the private ambulances tempt and lure poor patients to leave this hospital to private clinics or nursing homes. They get commission for such ferrying of patients from the government hospital to private clin-

ics or nursing homes. On Friday night DDC Palamu Ravi Anand and assistant superintendent of police and SDPO Rishabha

Garg visited the hospital. DDC Ravi Anand said "We were complained about drivers of the private ambulances



An entry to emergency service in the MMCH Daltonganj. PNS

parked there indulging in such activities luring patients to move on to private clinics or nursing homes where it is everybody's knowledge the cost of treatment is exorbitantly high." Parking of private ambulances on the premises of the Medinirai medical college hospital in Daltonganj is not allowed but it is flouted more than followed. Rishabh Garg said four drivers of the private ambulances were guizzed by the police and were let off only after furnishing bonds. He said the bonds furnished by them would make them

accountable and liable to law if they are found breaching it anymore. The Special Branch of Jharkhand had alerted the civil and police administration about how middlemen are tempting poor patients to some private clinics or nursing homes for their ulterior gains.

Medical superintendent of the Medinirai medical college hospital in Daltonganj Dr Dilip Kumar Singh said the hospital has always been asking the drivers of the private ambulances not to park private ambulances in the premise of the hospital but they are

Singh said these lot of drivers even build pressure on the hospital management. Hospital manager Sunit

hardly bothering for it. Dr

Srivastav said the premise of our hospital is dotted at night by dubious people and despite all efforts these dubious people run their writ. DDC Palamu Ravi Anand

said our last night exercise is

a warning for all such people who play with the poor patients, misguide them by frightful tales of our hospital's negative things all to ferry them from the hospital to private clinics or nursing homes. Garg said any resident of Palamu must have complained about the penetration of the middlemen in the hospital here to the state Special Branch as a result taking cognisance of it the Special Branch sent us communication. Sources said the last night visit of the DDC and ASP here in the Medinirai medical college hospital in Daltonganj has sent strong signals but past experiences prove such pre midnight or post midnight exercise by senior officials be not just once a blue moon exercise but it ought to be a periodic exercise.

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Social media sometimes distorts facts, says CM

STAFF REPORTER RAIPUR

Chhattisgarh Minister Bhupesh Baghel on Saturday said that social media sometimes had a destructive role and easily

distorts one's image. Citing a campaign in the social media against Congress leaders of the past, Baghel said one had to study history before coming to a

A perception should be formed only after studying contribution legendary leaders and learning the truth, he said.



Emphasizing that active consistently on social political leader had to be media, he said one had to **Emphasizing that** a political leader had to be active consistently on social media, he said one had to cautious over negative campaigns

cautious over negative

3 Maoists surrender in Sukma



STAFF REPORTER **SUKMA**

Three Maoists surrendered to security police said on Saturday.

Paraski Hidma, Podiyam Soma and Vetti Sukka turned themselves in on Friday, citing disappointment with the Maoist ideology, Sukma Superintendent of Police Kiran Chavhan said.

They were militia members in the outlawed Maoist organization.









Glimpses from the concluding day on Saturday of the three-day Ramayan Festival at Ramleela ground in Chhattisgarh's Raigarh.

Lord Ram showed Four Maoists injured path of knowledge in gunfight in Sukma to society: Vishwas

STAFF REPORTER RAIGARH

Noted poet Kumar Vishwas on Saturday said Lord Ram showed the path of knowledge to the world and it was Mata Shabri, a forest dweller of Chhattisgarh, who guided him on this path. Vishwas, who was in

Raigarh for the National Ramayan Festival, said Shabri advised Lord Ram to visit the Pampa Sarovar and meet Sugriva.

He emphasized that Lord Ram embodies the paramount ideals of universal well-being, prosperity and



harmonious governance. hailed Chhattisgarh government's

"Lord Ram embodies the paramount ideals of universal wellbeing, prosperity and harmonious governance"

Tourism Circuit and thanked Chief Minister Bhupesh Baghel for organizing this



STAFF REPORTER SUKMA

At least four Maoists were injured in a gun battle with security personnel in Sukma district of Chhattisgarh on Saturday, but their colleagues dragged them away into a forest, an official said.

The encounter took place near Regadgatta village when a District Reserve Guard (DRG) team of the police was on an anti-Naxalite pperation, Sukma Superintendent of Police Kiran Chavhan said.

The operation was launched based on inputs about the presence of Naxalite commander Mangdu and his team, he said.

The Naxalites opened fire on the patrol, following which the gunbattle

Man linked to online betting killed, two held



STAFF REPORTER DURG

Chhattisgarh Police on Saturday held two persons for abducting and killing a 41-year-old man, who was linked with online

betting in Durg district.

Ashish Tiwari (34) and one more person have been detained for questioning in

connection with the murder of Om Prakash Sahu, the police said in a statement.

Efforts are on to nab other criminals soon.

FIR against unauthorized opening of anicut gates

RAJNANDGAON

Water Resources Department on Saturday filed an FIR against unidentified miscreants for unauthorized opening of five gates of the Mohara Anicut in Chhattisgarh's Rajnandgaon district on May 31. An official communication

said show-cause notices were also issued to a timekeeper of the department and a watchman of the municipal corporation for dereliction in duty. The Mohara Anicut contains

74 percent of the water of its capacity, which is deemed satisfactory for water supply in Rajnandgaon city, it said.

Prior to the incident, the anicut had 1.26 million cubic meters of water. After the gates were opened, water gushed out for 4-5



hours, with an estimated loss of 90,000 cubic meters of water. As soon as the Water

Resources Department was notified, immediate action was taken to close the gates.

Engineering graduates to get chance in urban development

STAFF REPORTER RAIPUR

 $E_{\rm Chhattisgarh\ will\ get\ an}^{\rm ngineering\ graduates\ in}$ opportunity to receive training in solid waste management, sanitation and used water through the "Swachh Tulip

Internship".

The Urban Administration and Development Department has initiated the process for 416 youths to undergo training in all urban bodies in the state.

The candidates having completed their Bachelor of Engineering or Bachelor of Technology or general qualification can apply online by June 16, an official communication said on Friday.



The officials said the management was approved

under the All India Council for The urban bodies on

Technical Education (AICTE).

cessful completion of the internship period of 10 weeks will provide a stipend of Rs 4,000.

The candidates can apply online on website http://www.internship.aicteindia.org The candidates can select an urban area of internship. The candidates will be shortlisted by the body after interview or synopsis or testing of both as per requirement.

The selected candidates will be given an online offer letter by "Clean Tulip Internship" is organized jointly by the All India Council for Technical Education (AICTE), Union Ministry of Housing and Urban Affairs and the Urban Administration Development Department, Chhattisgarh.

ODISHA TRIPLE TRAIN CRASH

Express entered loop line, hit goods train: Probe

Signal goof-up

PTI ■ NEW DELHI

Preliminary investigations have revealed that the Coromandel Express train involved in a horrific rail tragedy in Odisha on Friday entered the loop line and crashed into a goods train parked there instead of the main line just ahead of the Bahanagar Bazar station, a

The coaches of Bengaluru-Howrah Superfast Express capsized after crashing into the coaches of Coromandel Express that had scattered on the adjacent track.

While Coromandel Express was at a speed of 128 kmph, Bengaluru-Howrah Superfast Express was running at a speed of 116 kmph. The report has been submitted to the Railway Board, sources

The loop lines of the Indian Railways are constructed in a station area -- in this case, the Bahanagar Bazar station -- to accommodate more trains to ease out the operations. The loop lines are generally 750 metres in length to accommodate full-length goods train with multiple engines.

The two trains were carrying around 2,000 passengers. At least 288 people have been killed in the accident and near-



An eyewitness to the incident, Anubhav Das, also told PTI that local authorities and railway officials had initially indicated that the train he was travelling on — Coromandel Express — had rammed into the goods train.

However, none of these

accounts was officially confirmed by the railways.

While a thorough probe is underway, none of the authorities has so far talked about any possibility of a sabotage.

The national transporter has initiated a high-level probe

into the train crash in Odisha's Balasore, which will be headed by the commissioner of railway safety, South Eastern Circle, officials said.

The commissioner of rail-

way safety works under the Ministry of Civil Aviation and investigates all such accidents. "A M Chowdhary, CRS, SE

Circle, will inquire into the accident," a spokesperson of the Indian Railways said. The national transporter has also said anti-train collision

system "Kavach" was not available on the route. The crash involved Bengaluru-Howrah Superfast Express, Shalimar-Chennai

Central Coromandel Express and a goods train. "The rescue operation has been completed. Now, we are starting the restoration work. Kavach was not available on this route," Indian Railways

Spokesperson Amitabh Sharma The railways is in the

process of installing "Kavach", an anti-train collision system, across its network.

Kavach alerts when a loco pilot jumps a signal (Signal Passed at Danger -- SPAD), which is the leading cause of train collisions. The system can alert the loco pilot, take control of the brakes and bring the train to a halt automatically when it notices another train on the same line within a prescribed distance.

While sources had earlier said a signalling failure could be the reason behind the crash, railway officials said it is not yet clear if Coromandel Express entered the loop line and hit the stationary goods train or it first derailed and then hit the parked train after entering the

Survivors recount tales of horror

PTI ■ KOI KATA

Returning home to their fam-ilies after several months of working in south India, passengers aboard the 12864 Bengaluru-Howrah Superfast Express suddenly heard a loud thud, following which they fell off their berths and lights went off. They were just five hours away from their destination in Howrah when the train they were travelling got involved in a triple train accident at Bahanaga Bazar station in Odisha's Balasore district.

The train, which was running a little over three hours late from its schedule, was moving towards its next stop Balasore, some 20 km away, when the accident took place around 7 pm on Friday.

Mizan Ul Haq, a resident of Bardhaman, was in one of the coaches at the rear of the train. The train was running at a high speed. Around 7 pm, a loud sound was heard and everything started moving in all directions and I fell down on the floor from the upper berth as the lights went off inside the compartment," Haq, who was returning home from work in



Karnataka on a holiday, said. He said that somehow, he managed to come out of the damaged coach and then to

'It was ghastly, many people with grave injuries were lying around beside mangled coaches," Haq, who was lucky to have escaped with minor injuries, told PTI at Howrah station, where medical aid, food and other assistance were

provided by the railway authorities to the surviving passengers.

The unaffected 17 coaches of the 12864 Bengaluru-Howrah Superfast Express reached Howrah at 1 pm on Saturday with 635 passengers, of whom 40 to 50 people were administered medical treatment on arrival, North Howrah

Anupam Singh said.

He said that five of them were sent to hospital for further treatment, while others left for their destinations.

Rekha, a Bengaluru resident coming to Kolkata for a visit, said that she was in a coach ahead of the wagons that got derailed.

"It was total chaos initially. We got off our compartment out of fear and sat in the near-by fields in the darkness till our train finally started for Howrah in the wee hours," she said.

Another Bardhaman resident, a carpenter who works in Bengaluru, said he was injured in the chest, feet and head when the coach in which he was travelling turned turtle.

Efforts on to identify victims says TN Govt



Three survivors of the train accident in Balasore in Odisha have returned to Chennai, even as the Tamil Nadu government is engaged in efforts to identify victims of the mishap but no official report on the injuries or toll pertaining to the state has been received from the Odisha government, Additional chief secretary of the revenue department Kumar Jayant said on Saturday.
Chief Minister M K Stalin

reviewed the state of preparedness of the official machinery, especially the medical team, in coping with the situation in pro-viding treatment to the injured

when they arrive on June 4.

"About 250 people have moved from Bhadrak towards the south, particularly Chennai, through a special train today. So anybody who is able to travel has moved. We have not got any report on the death of passengers from Tamil Nadu," Jayant



900 others suffered injuries in the accident that involved the Bengaluru-Howrah Superfast Express, the Shalimar-Chennai Central Coromandel Express, and a goods train

Envoys of several countries offer condolences PTI ■ NEW DELHI

Envoys and missions of several countries condoled the loss of lives in the tragic train accident in Odisha and expressed solidarity with India.
The accident involving

three trains in Odisha's Balasore district killed at least 288 people and injured 803, in one of the worst railway tragedies in the country.

In a tweet, US Ambassador to India Eric Garcetti said, "On behalf of the US Mission in India, I extend our deepest those who lost their lives in the tragic train accident in

"We stand with India and the people of Odisha in this time of grief," he said.

Many questions to ask of PM, **Railway Minister, says Cong**

PTI ■ NEW DELHI

The Congress on Saturday said the "horrendous" train accident in Odisha reinforces why safety should always be the foremost priority and asserted that there are many questions to ask of Prime Minister Narendra Modi and Railway Minister Ashwini Vaishnaw but "those can wait" as the immediate task is of rescue and

Congress chief Mallikarjun Kharge has deputed the party's leader in the Lok Sabha Adhir Ranjan Chowdhury and AICC Odisha in-charge A Chella Kumar to site to take stock of the situation and oversee the relief efforts being undertaken by its workers and frontal organisations, AICC general secretary (organisation) K C Venugopal



In a statement, Kharge said, "At this moment of grave national tragedy on account of the terrible train disaster in Odisha, I have instructed the entire Congress party organisation to extend all possible

A number of Congress leaders from different states will soon reach Balasore, he said, and extended heartfelt condolences to the bereaved "We have many questions to ask of the prime minister and the railway minthe immediate task is of rescue and relief," Kharge said. In a video statement,

Kharge said it was the time to stay united and pointed out that several state governments have come forward to help out with the rescue efforts in Odisha, including the Siddaramaiah-led Karnataka government.

"I want to ask the PM and the Railway Minister that it should be found out how did this happen and who is responsible. We always talk about safety but still such an incident happened which had not happened in the history of railways. later as now it is the time to be united and support the central government and for all leaders to come together to help the people and share their grief," he

Saw my brother lying in pool of blood, mother shielding him from mob: Manipur violence survivor



important documents and

decided to go there," Gangte

bers -- her mother, brother, sis-

ter-in-law, cousin and aunt

with her one-year-old baby --

left in a car. Some of her

cousins were travelling in

the roads were empty for some

time. Around half-a-kilometre

from the camp, our car was

surrounded by a mob. Some people opened the doors and

pulled us out of the car. They

poured kerosene on the car

and set it on fire," Gangte

said. "The mob started beating

my brother and we were trying

to protect him. Then a man

made us sit on a bench and

started questioning us about

our ethnicity. We told them

that we were Mizo and they

almost let us go but some of

them doubted us and stopped

travelling in the other car

Gangte's relatives who were

us," she said.

"We left around 10 am and

She and her family mem-

told PTI.

Soon after ethnic clashes broke out in Manipur last 20-year-old Jamngaihkim Gangte and six of her family members left their home in Imphal to get to a nearby CRPF relief camp. However, only four of them made it after hours of dodging murderous mobs and being cooped up in a car boot. While two of them were

killed by a mob, one of them was separated from the family and found days later. The family managed to

reach Delhi and is among more than 60 living in two relief camps set up in Dwarka for those affected by the Manipur violence, which claimed at least 98 lives.

As violence broke out in Manipur on May 3, Gangte and her family moved to a relative's house in Imphal and returned home the next morn-

"When we returned home, we found out that there was a CRPF relief camp nearby. So,

Brij Bhushan seems to be quite valuable to BJP: Moily

PTI ■ NEW DELHI

Senior Congress leader M Veerappa Moily took a dig at the government over the alleged "inaction" against Wrestling Federation of India chief Brij Bhushan Sharan Singh, saying he seems to be quite valuable in the BJP's

scheme of things.
The former Union minister said it is quite disturbing to note that the wrestlers are protesting and losing patience after having put up a fight for justice for a long time.

The criminal investigation particularly on the chief of the WFI is "brazenly partisan and biased," Moily said

"The law of the land is quite clear that there should be zero tolerance on sexual harassment. As the author of the world's best and ideal law of POCSO, after the Nirbhaya tragedy, I do not understand how the accused, including BJP MP Brij Bushan Singh, were not arrested even after registration of a second FIR," he said in a statement.

The president of the WFI seems to be quite valuable in the BJP's scheme of things. While it is proved that no one can be punished without due process of investigation and trial but the question involved is of probity which should have the highest standard," he

PC slams law commission backing sedition law

PTI ■ NEW DELHI

With the law commission backing the sedition law, senior Congress leader P Chidambaram on Saturday said the panel's recommendation is a case of the "doctor prescribing a cure that is worse than the disease".

The former home minister said a draconian law in the statute book is an invitation to the rulers to misuse it and this hypothesis has been proved many times over.

Chidambaram's assertion comes after the law commission backed the penal provision for the offence of sedition, saying repealing it altogether can have serious adverse ramifications for the country's security and integrity.

The commission has recommended enhancing the jail term in sedition cases from a minimum of three years to seven years, contending that it would allow the courts greater room to award punishment in accordance with the scale and gravity of the act committed.

In a tweet, Chidambaram said the recommendation of the Law Commission that examined the validity and relevance of section 124A (sedition) of the Indian Penal Code (IPC) is a "case of the doctor prescribing a cure that is worse than the disease".

Conference on connectivity investments to NE States held



PIONEER NEWS SERVICE ■

Atwo-day conference to explore connectivity investments and identify concrete projects in north-eastern states was held in Meghalaya from Thursday. The meet included the Ministry of External Affairs(MEA), the European Union(EU)Delegation to India.

Saturday, the MEA said the conference also explored possibilities for projects with India's neighbours (Nepal, Bhutan and Bangladesh), for implementation under the India - EU Connectivity Partnership, which was launched during the India - EU leaders Meet in May 2021. The Conference was inaugurated by Meghalaya Chief Minister Conrad Kongkal Sangma and Minister of State for External Affairs Rajkumar

Ranjan Singh. He stressed the importance placed by the central government on Connectivity initiatives, both within the country, and as part of India's Development Partnership abroad. He also highlighted the tremendous opportunities for India — EU Triangular Development Cooperation in South Asia and the Indo —

Chief Minister Sangma emphasized the importance of interstate and cross border connectivity for the North East region as a whole, and for Meghalaya in particular. In that regard, Sangma referred to India's 'Act East' Policy, within which Meghalaya has an 'Act South' Policy focussing on the need to improve connectivity between Meghalaya and Giving details here on Bangladesh. He suggested a 'Zonal Approach' to connectivity, involving neighbouring states that caters to the needs of

each state. The second day of the Conference saw technical sessions on the themes; Digital Connectivity, Energy Connectivity, Transport Connectivity and Connectivity and Beyond focusing on projects linking the Northeast with India's neighbourhood, as part of the 'Act East' and 'Neighbourhood First' policies.

The sessions saw participation from senior officials of the central government, the EU Commission, Government(s) of the North Eastern States of India, North Eastern Council stakeholders from Nepal, Bangladesh and executives from private sector with presence in

14 common FDC drugs banned

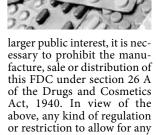
ommonly available overthe-counter (OTC) drugs Nimesulide, Chlopheniramine Maleate and Codeine syrup besides Paracetamol used for treatment of common infections, cough, and fever are among the 14 fixed dose combination (FDC) drugs that have been banned by the Government. It said that there is "no therapeutic justification" for these medicines and that they may involve "risk" to individuals. The Union Health Ministry issued a notification

in this regard recently. The banned drugs included those used for treating common infections, cough and fever - combinations such as Nimesulide + Paracetamol dispersible tablets, Chlopheniramine Maleate + Codeine Syrup, Pholcodine +Promethazine, Amoxicillin + Bromhexine Bromhexine and Dextromethorphan

Ammonium Chloride Menthol, Paracetamol + Bromhexine+ Phenylephrine Chlorpheniramine Guaiphenesin and Salbutamol

+ Bromhexine The move comes following recommendations by an

expert committee. The expert committee said that there is "no therapeutic justification for this FDC (fixed dose combination) and the FDC may involve risk to human beings. Hence, in the



use in patients is not justifi-

"And whereas, on the basis of the recommendations of the Expert Committee and the Drugs Technical Advisory Board, the Government is satisfied that it is necessary and expedient in public interest to regulate by way of prohibition the manufacture for sale, sale and distribution for human use of the said drug in the country," the notification stated.

FDC drugs are those which contain a combination of two or more active pharmaceutical ingredients (APIs) in a fixed ratio.

In 2016, the government had announced the ban on the manufacture, sale and distribution of 344 drug combinations after an expert panel, set up at the behest of the Supreme Court had stated they were being sold to patients without scientific data and the order was challenged by the manufacturers in court.

Turkiye's Erdogan takes oath of Key step toward landmark office, ushering in his third term treaty to end plastic waste

¬urkiye's longtime leader, Recep Tayyip Erdogan, took the oath of office on Saturday, ushering in his third presidential term that followed three stints as prime minister.

Erdogan, 69, won a new five-year term in a runoff presidential race last week that could stretch his 20-year rule in the key NATO country that straddles Europe and Asia into a quarter-century.

The country of 85 million controls NATO's second-largest army, hosts millions of refugees and played a crucial role in brokering a deal that allowed the shipment of Ukraine grain, averting a global food crisis.

Erdogan was sworn in during a session in parliament before an inauguration ceremony at his sprawling palace complex. Supporters waited outside parliament despite the heavy rain, covering his car with red carnations as he arrived.

All eyes are on the announcement of his new Cabinet later on Saturday. Its lineup should indicate whether there will be a continuation of unorthodox economic policies

tional ones amid a cost-of-living crisis.

Dozens of foreign dignitaries are travelling to attend the ceremony, including NATO Secretary General Jens Stoltenberg and Carl Bildt, a high-profile former Swedish prime minister. They are expected to press Erdogan to lift his country's objections to Sweden's membership in the military alliance — which requires unanimous approval by all allies.

Turkiye accuses Sweden of being too soft on Kurdish militants and other groups that Turkiye considers to be terror-

NATO wants to bring Sweden into the alliance by the time allied leaders meet in Lithuania on July 11-12, but Turkiye and Hungary have yet to endorse the bid. Hungarian Prime Minister Viktor Örban will also be attending the cer-According to state-run

Anadolu Agency, other leaders attendance include Azerbaijan's Ilham Aliyev, Venezuela's Nicolas Maduro, South Africa's Cyril Ramaphosa, Armenia's Nikol



Pashinyan, Pakistan's Shahbaz Sharif, and Libya's Abdul Hamid Dbeibah.

Erdogan was sworn in amid a host of domestic challenges ahead, including a battered economy, pressure for the repatriation of millions of yrian refugees and the need to rébuild after a devastating earthquake in February that killed 50,000 and levelled entire cities in the south of the coun-

Turkiye is grappling with a cost-of-living crisis fuelled by inflation that peaked at a staggering 85 per cent in October before easing to 44 per cent last month. The Turkish currency has lost more than 10 per cent

since the start of the year.

Critics blame the turmoil on Erdogan's policy of lowering interest rates to promote growth, which runs contrary to conventional economic thinking that calls for raising rates to combat inflation

Unconfirmed media reports say Erdogan plans to reappoint Mehmet Simsek, a respected former finance minister and deputy prime minister, to the helm of the economy. The move would signify a return by the country — which is the world's 19th largest economy according to the World Bank — to more orthodox economic policies.

In power as prime minister and then as president since 2003, Erdogan is already Turkiye's longest-serving leader.

He has solidified his rule

through constitutional changes that transformed Turkiye's presidency from a largely ceremonial role to a powerful office. Critics say his second decade in office was marred by sharp democratic backsliding including the erosion of institutions such as the media and judiciary and the jailing of opponents

Global negotiators have agreed to craft an initial draft treaty to end plastic pollution, a preliminary but crucial step toward tackling one of the most lasting sources of human waste.

Environmental advocates cautiously welcomed the outcome of five days of UN talks in Paris on plastic pollution, but expressed concern that the petroleum industry and some governments would water down the eventual treaty. Most plastic is made from fossil

Delegates Intergovernmental Negotiating Committee for Plastics agreed on Friday evening to produce an initial draft before their next meeting in Kenya in November, participants said.

The committee is charged with developing the first international, legally binding treaty on plastic pollution, on land and at sea.

A coalition of "high-ambition" governments led by Norway and Rwanda, along with environmental groups, want to end plastic pollution altogether by 2040 by slashing



production and limiting some chemicals used in making plas-

"Projections suggest that a child born today will see plastic production double by the time they turn 18, but we know that the consequences of increasing plastic production will be disastrous for our health, the planet, and the climate," said Dr Tadesse Amera, who led the International Pollutants Elimination Network's delegation at the

we are optimistic by the growgates of the need for global con-

Countries with big petroleum industries like the US, China and Saudi Arabia are focusing instead on plastic recycling, and want countryby-country rules instead of across-the-board limits.

Stew Harris, senior director for global plastics policy at the American Chemistry Council, argued for allowing each government to "use the 'The stakes are high, but right tools based on their

In a statement to The Associated Press as the talks wrapped up, he said that circularity — or reusing plastics — was "at the forefront of the negotiations as a means to tackle pollution and be more sustainable in producing and consuming plastics. We agree that's the best path."

Humanity produces more than 430 million tons of plastic annually, two-thirds of which are short-lived products that soon become waste, filling the ocean and, often, working their way into the human food chain, the UN.

Environment Program said in an April report. Plastic waste produced globally is set to almost triple by 2060, with about half ending up in landfill and under a fifth recycled, according to the Organisation for Economic Cooperation and Development.

Over 2,000 participants from nearly 200 countries, including governments and observers, took part in this week's talks. Waste pickers and some

advocacy groups said they were initially denied access to the

Debt deal frustrates many

AP ■ WASHINGTON

 $D_{
m flicted}^{
m emocrats}$ are deeply conflicted about the food aid requirements that President Joe Biden negotiated as part of the debt ceiling deal, fearing damage has been done to safety net programmes that will be difficult to unravel in the years ahead as Republicans demand further cuts Bargaining over toughen-

ing work requirements for the Supplemental Nutrition Assistance Programme, commonly known as food stamps, became the focal point for the White House and House Speaker Kevin McCarthy, R-Calif., up until the end.

Negotiators from both sides made clear, publicly and privately, that it was the biggest area of disagreement and almost led to the talks breaking down several times.

In the end, Democrats warily accepted new requirements for some able-bodied recipients in exchange for food aid.

Republicans agreed to drop some work requirements for

The result of the tense back-and-forth was a deal that played to both sides, but one that many Democrats agonised over as they weighed whether to vote for the package this past

Many struggled to square cutting access to food for marginalised communities with an outcome that allowed the United States to avoid defaulting on its debt. "In order for this country

to not default on its bills, we then turned and made our most vulnerable communities default," said Rep. Cori Bush, D-Mo. Years before she came to Congress, Bush lived in a car with her then-husband and two young children after the family had been evicted from their rental home.

The federal aid programme provides monthly funds sometimes as little as \$6 a day to allow low-income individuals and families to buy gro-

in the country focused on way," Rep. Mike Johnson of

people using benefits last year alone to purchase food, according to the Department of Agriculture's Food and Nutrition Service, which administers the program.

By 2025, new requirements will apply to able-bodied adults from age 49 to 54 without dependents — an increase of five years. Those individuals will be required to work or attend training programs for at least 80 hours a month if they want to receive more than three months of SNAP benefits within a threeyear period.

Republicans have tried for decades to expand work requirements for these government assistance programmes, arguing they result in more people returning to the workforce, despite several studies that have found they have little impact on employment.

We're going to return these programs to being a life vest, not a lifestyle. A hand up, not a handout and that has It is the largest programme always been the American House Republican conference, told reporters. The White House coun-

tered that Republican proposition by getting GOP lawmakers to waive the work requirements for new groups - veterans, individuals who are homeless or facing housing instability and youth aging out of foster care — to balance out the number of people who would now be facing these new restrictions. The end result could be

more people receiving SNAP benefits overall. An estimate from the nonpartisan Congressional Budget Office released Tuesday said that the changes in the debt ceiling package would add almost 80,000 people to the rolls of SNAP in an average month.

But the trade-off of seemingly helping some groups while hurting others still left the left flank of the Democratic Party — lawmakers who have supported Biden and helped pass his agenda for the first two vears of his term — frustrated by the outcome.

case as advocates, including the nonpartisan National Alliance to End Homelessness, warned of a disturbing trend across the country of an increase in the number of older adults who are becoming homeless, some for

"What we should not be playing is oppression Olympics," Bush said. "Like which one gets to hurt today? Which one gets to get to that finish line to hurt today? That's not where we should be as a

Bush, a member of the Congressional Progressive Caucus, voted "no" on the debt limit deal on Wednesday night after she spent days hearing from advocate groups and constituents on the issue. "I think it's important that

(Biden) understands that it's good for us to have a strong, no vote because this isn't a deal that he would have made if we hadn't been held hostage," Democratic Rep. Pramila Jayapal of Washington state, chair of the Progressive Caucus, told The Associated Press this

Dar: Pak not to

commitments

Speaking to a delegation of

Commerce and Industry

(KCCI), which called on him

budget 2023-24, Dar also said

that there is not a single day's

delay in Pakistan's sovereign

default on

sovereign

PTI ■ ISLAMABAD

term reforms.

'US won't stand for coercion and bullying from China'

AP ■ SINGAPORE

American Secretary of Defence Lloyd Austin vowed Saturday that Washington would not stand for any "coercion and bullying" of its allies and partners by China, while assuring Beijing that the United States remains committed to maintaining the status quo on Taiwan and would prefer dialogue over conflict. Speaking at the so-called

Shangri-La Dialogue, an annual forum bringing together top defense officials, diplomats and leaders, Austin lobbied for support for Washington's vision of a "free, open, and secure Indo-Pacific within a world of rules and rights" as the best course to counter increasing Chinese assertiveness in the region.

The US has been expanding its own activities around the Indo-Pacific to counter sweeping territorial claims from China, including regularly sailing through and flying over the

"We are committed to ensuring that every country can fly, sail and operate wherever international law allows," he said. "And every country, large or small, must remain free to conduct lawful maritime activ-Austin noted that the US

had provided millions of doses of the COVID-19 vaccine during the height of the pandemic and is regularly involved in disaster relief and humanitarian assistance efforts in the region. He said it is working to combat climate change, illegal fishing and ensure that supply chains do not suffer disruptions — ticking off many issues of importance to Asian-Pacific nations. "We're doubling down on our alliances and partnerships," he said.

He said the US is also committed to deterring North Korea's missile threat and China's claims on Taiwan, a self-governing island democracy that Beijing says is its territory, and

ping up defense planning, coordination and training with partner nations in the region.

To be clear, we do not seek conflict or confrontation," he said. "But we will not flinch in the face of bullying or coercion." Austin assured that the US

remained "deeply committed" to the longstanding one-China policy, which recognizes Beijing as the government of China but allows informal relations with Taiwan, and continues to "categorically oppose unilateral changes to the status quo from either side."

He added that Russia's invasion of Ukraine had served to underline how dangerous the world would be if big countries were able to "just invade their peaceful neighbors with impuni-

"Conflict is neither imminent nor inevitable," Austin said. "Deterrence is strong today and it's our job to keep it that way. The whole world has a stake in maintaining peace and sta-

2 injured in shootout on Israel-Egypt border

PTI ■ JERUSALEM

Tsraeli troops were engaged in La shootout in southern Israel along the Egyptian border, the military said Saturday.

It gave few details in a short statement, but said two people were wounded. Israel and Egypt signed a peace agreement in 1979 and maintain close security ties. Fighting along their shared border is

The exchange of fire reportedly took place around the Nitzana border crossing between Israel and Egypt. The crossing is located about 40 kilometres (25 miles) southeast of the point where Israel's border with Egypt and the Gaza Strip

Lanka Prez urges party unity to handle economic crisis

PTI ■ COLOMBO

President Wickremesinghe has called for joint action by all parties for Sri Lanka to emerge from the unprecedented economic crisis.

Wickremesinghe, who made the remarks while addressing a legal conference held at the Central Resort of Nuwara Eliya on Friday, said that none of the political parties in Parliament currently possess a 50 per cent voter base.

The economic challenges faced by the country ten months ago as an "unprecedented situation in history," Wickremesinghe, also the debtridden island nation's finance minister said.

"It has been 10-11 months since our country faced a state

managed to establish law and order, political stability, and economic stability in our nation. Yet, we are aware that this stability is only temporary, and we still have a long road ahead to overcome the challenges we face," the president stressed.

"Therefore the need is for unity among the parties, not solely for the purpose of elections, but to steer the country towards recovery from the ongoing economic crisis," he

Wickremesinghe stressed that while the re-establishment of law and order and political and economic stability is crucial, it does not imply that Sri Lanka has wholly overcome the

Sri Lanka was hit by an of failure. However, we have unprecedented financial crisis

in 2022, the worst since its independence from Britain in 1948, due to a severe paucity of foreign exchange reserves, sparking a major political and humanitarian crisis in the island nation.

The debt-ridden country was marred with protests leading to the ouster of the powerful Rajapaksa family from politics. Wickremesinghe took charge as the country's president following the resignation of Gotabaya Rajapaksa on July 9 last year.

Wickremesinghe has spearheaded the economic recovery since then obtaining an IMF bailout while implementing strict reforms.

His repeated calls for crossparty support to handle the crisis came to be rejected by

'Pakistan would not default and overcome the current economic problems Rishi Sunak planning London-based

commitments.

Dar warned people against speaking ill of the nation's economy.

dates that Pakistan will default on so and so date. They should be ashamed. They should be well-wishers and be loyal to their soil," he said.

Dar said that Pakistan was a sovereign country with assets worth trillions of dollars while its external debts were USD 100 billion, adding that only one asset relating to gas infrastructure was about 50 per cent of the total

Pak govt hints at holding general elections this year

PTI ■ ISLAMABAD

Prime Minister Shehbaz Sharif-led Pakistan's coalition Debt-ridden Pakistan's Finance Minister Ishaq government has decided to throw open its coffers for massive public spending during the Dar on Saturday said that his next financial year, finally giving country would not default on the strongest signal to hold the any sovereign commitments general elections on time this and overcome the current economic problems through longyear, according to a media report on Saturday.

The evidence has been the Karachi Chamber of gleaned from the 31 per cent hike in the next fiscal year's federal development budget to Rs 950 billion, reported the Express here ahead of the finalisation of Tribune newspaper. The decision to increase

the Public Sector Development Programme (PSDP) from the earlier proposed Rs 700 billion to Rs 950 billion was taken by Prime Minister Sharif, minutes before the scheduled meeting of the Annual Plan Coordination Committee (APCC) on Friday.

the confusion was apparent as the Ministry of Planning had distributed the APCC working paper among all stakeholders based on the Rs 700 billion PSDP size. But Planning Minister Ahsan Iqbal told the media that the size of the PSDP will be Rs 950 billion. The budget 2023-24 is

August, elections are expected by early October. The paper reported that

It is rumoured that as provided in the Constitution, the parliament under extraordinary circumstances may increase its term by one year, but the size of the PSDP shows that the government is entering into election mode, the report added.

The current parliament will

complete its term by mid-

The ousted prime minister and the chief of the Pakistan Tehreek-e-Insaf party, Imran Khan, has been demanding early elections in the cashstrapped country. The Sharif-led government has rejected Khan's demand.

<u>GURU NANAK DEV UNIVERSITY, AMRITSAR</u> (ESTABLISHED BY THE STATE LEGISLATURE ACT NO. 21 OF 1969)

expected to be presented before

the parliament on June 9 and

after a discussion, it would be

voted upon before the end of

Accredited "A++" with CGPA of 3.85 on four point scale (highest level) by NAAC and Conferred "University with Potential for Excellence" status by UGC **B.ED COMMON ENTRANCE TEST AND CENTRALISED COUNSELLING-2023** (STATE OF PUNJAB)

Joint B.Ed. Admissions - 2023 for Colleges of Education (Government, Government Aided Private Self-Financed Colleges) affiliated to Guru Nanak Dev University, Amritsar, Punjab University, Chandigarh and Punjabi University, Patiala and situated in the State of Punjab will be done through Common Entrance Test to be conducted by Guru Nanak Dev University Amritsar. Those who aspire to take admission in these colleges may apply/ register online w.e. 9th June, 2023 at https://punjabbedadmissions.gndu.ac.in. Registration on the admission portal is mandatory for all the students including Management Quota Seats.

The Notification in this regard has been issued by the Department of Higher Education. Government of Puniab which is uploaded on the website. The Colleges of Education which are notified by the Government are requested to submit duly filled and signed Mandatory proforma as pdf on email: pbbedadmissions2023gndu.ac.in and hard copy signed by Dean, College Development Council of the affiliating university to the Coordinator, B.Ed. Common Entrance Test & Centralized Counselling (2023-24), Room No. 1, Department of Education (Near UIT Building), Guru Nanak Dev University, Amritsar latest by 19th June, 2023. The students are requested to visit the admission portal regularly for updates on Prospectus, Subject Combinations availability in colleges, Counselling schedule etc.

> Prof. (Dr.) Amit Kauts **Head Coordinator** Department of Education **Guru Nanak Dev University**

NA/12/16829/2023/24678 Dated CHD :- 6/2/2023

London-based global artificial intelligence (AI) watchdog to oversee any threats posed by the fast-growing technology, according to a UK media report on Saturday. Sunak will discuss ways to cooperate on monitoring AI when he meets US President Joe Biden at the White House next week, according to 'The Times'.

 $B^{\text{ritish Prime Minister Rishi}}_{\text{Sunak is considering a}}$

PTI ■ LONDON

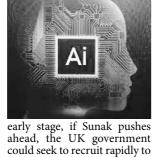
Among the ideas under consideration in Downing Street is setting up a global AI

authority in London, modelled on the Vienna-based International Atomic Energy Agency (IAEA).

global AI watchdog: Report

The IAEA, founded in 1957 with 176 countries including India as members, monitors the use of nuclear energy, promotes safe standards, and checks that it is not used for military purposes.

A British minister told the newspaper that the UK would be "the best place" in the world for any new body because many leading companies already have a strong presence here. Though plans are at an



get the authority up and run-

ning. "The Prime Minister is

very alive to the need for inter-

national alignment on the

ogy evolves to ensure we can benefit from the opportunities but manage the risks," a government source was quoted as saying by 'The Times'. The possibility of Sunak

approach to AI as the technol-

creating a regulator comes as the European Union (EU) is refining its Artificial Intelligence Act, which is expected to take a hard line on oversight of the sector.

The US is also considering how to regulate but is expected to be less severe, as the world grapples with concerns about the safety of AI technology.

through long-term reforms. The government's top priority was to ensure that there is not a single day's delay in Pakistan's sovereign commitments," said the minister.

"Some people like to give

debt. The minister assured that

the country would come out of the current challenges and would also create a sovereign

Indian girls jump on global coding bandwagon in ChatGPT era

¬or Aradhya Awasthi, a class or Aradnya Awasun, a ciass 6th student in Delhi-NCR, coding is being creative, having fun and learning to be innovative. For Tanmit Kaur, who is in class 9th, learning coding helps open new career avenues and create solutions to solve real-life problems.

As the demand for skilled coders and software developers skyrocket in a post-pandemic era, especially in the age of generative AI (aka ChatGPT) and other next-gen technologies, Indian girls are not far behind and are now learning the ropes to become world-class coders.

'I am fascinated by algorithm-based careers like in the world of finance. Coding has not only instilled confidence in me but has also given me a fresh career option which I may explore later in life to build innovative solutions to solve real-life problems,' Kaur, a student at . Noida-based Indraprastha Global School, told IANS.

Amid widespread tech layoffs, developers have emerged as the most sought-after role in India, especially those who can design, develop and maintain the front-end and back-end of a



web application, according to job portal Indeed.

Developers today make up five of the top 10 job roles. The job roles that have seen the highest growth since pre-pandemic are data engineer (353 per cent), site reliability engineer (260 per cent), assistant engineer (254 per cent), application developer (235 per cent) and cloud engineer (220 per cent).

There are 45,000 Artificial Intelligence (AI) job openings in India, with data scientists and Machine Learning (ML) engineers being among the

most sought-after careers, according to a latest report by TeamLease Digital, a tech staffing firm.

Parul Malhotra, a senior software development engineer with global leading web and mobile app development company GeekyAnts became a developer as she loved the idea of solving real-world issues through programming.

'I have built a few worldclass web apps in the last three vears and worked with people from across the globe. Coding has provided me a way to solve

nological advances and communicate with people from different countries and back-

grounds,' she told IANS. According to Apple CEO Tim Cook, coding is the only global language and he wishes that more Indian students, including girls, learn coding early in school days so that they can create world-class products and solve real-life problems as

they grow up.
Coding is the only global language. It is a way to express yourself and arguably, we need more of that in the world and bring the world closer, Cook, who has always emphasised that coding should be taught as early as elementary school, had told IANS in April during his India visit.

Indore's Asmi Jain, 20, has been selected among the win-ners of Apple's 'WWDC23 Swift Student Challenge', who created original apps using the Swift coding language.
At Medi-Caps University

in Indore, she found out her friend's uncle had to undergo brain surgery. As a result, he was left with eye misalignment and facial paralysis.

Jain sprung into action, designing her winning playground to track a user's eye movements as they try to follow a ball moving around the screen.

'It was important for me to create an app playground that could positively impact the lives of people like him, said

According to her, coding lets her create things that help her friends and the community. 'It gives me a sense of independence that is very empowering, she added.

According to Mohit Thukral, an alumnus of

Stanford University and Director, Indraprastha Global School, technology is going to be the mathematics of the 21st

'Every student is going to have to know a certain mini-mum level of knowledge of technology, coding, and others. Technology is an enabler and introduction of skill-based courses such as design thinking, robotics, coding and AI at our school is just the beginning, he told IANS.

Nikita Tomar Mann, the principal at the school, said that it is a fallacy that coding is a skill only required by those who choose the career of a coder or software programmer.

'For the future citizens of the new world order, Coding will be a vital 'Life Skill'. Creativity, critical thinking and problem-solving are touted as some of the skills of the 21st century, and one of the best ways to master these skills is to learn coding right from early schooling years, she emphasised.

According to Parul, coding should be a part of the curriculum for students as it can equip them with logical and algorithmic thinking skills.



RBI-MPC may lower inflation forecast marginally: Bank of Baroda Chief Economist

IANS CHENNAI

The Reserve Bank of 📘 India's (RBI) Monetary Policy Committee (MPC) may lower the inflation forecast marginally and will not change the repo rate at the upcoming meeting owing to inflation being down and increased liquidity, said a top economist in Bank of Baroda.

'The MPC will not change the repo rate. The inflation is less than five per cent and will be in the coming months,' Chief Economist Baroda told IANS.

The consumer price index (CPI) inflation moderated in April-23 to 4.70 per cent year-on-year (YoY) and remained within the RBI's target range (2-6 per cent) for the second consecutive month.

Adding further Sabnavis said the liquidity has increased and so the RBI-MPC's stance will also not change.

According to Sabnavis, the MPC may lower inflation forecast marginally.

Indian American Ajay Banga takes over as World **Bank President**

PTI WASHINGTON

Tndian American Ajay Banga Lon Friday took over as the President of the World Bank, making him the first person of colour to head either of the two global financial institutions, the World Bank and the International Monetary Fund.

On May 3, the Executive Directors of the World Bank selected Banga, 63, as the 14th President of the World Bank for a five-vear term.

In February, President Joe Biden announced that the US would nominate Banga to lead the World Bank.

'Join us in welcoming Ajay Banga as the new President of the World Bank Group. We are committed to creating a world free from poverty on a livable planet, the World Bank said in entering the bank headquarters

'I wish Ajay Banga all the best as he takes up his new role as President of the World Bank today. I look forward to continuing the deep partnership between our institutions to do good and help those most in need, IMF managing director Kristalina Georgieva said in a tweet.

Banga has become the first-ever Indian-American to head the World Bank. He replaces David Malpass, who announced his decision to step down in February.

Banga most recently served as Vice Chairman at General Atlantic. Previously, he was President and CEO of Mastercard, a global organization with nearly 24,000 employees.

Under his leadership, MasterCard launched the Center for Inclusive Growth, which advances equitable and sustainable economic growth and financial inclusion around the world. He was the Honorary Chairman of the International Chamber of Commerce, serving as Chairman from 2020-2022.

He became an advisor to General Atlantic's climatefocused fund, BeyondNetZero, at its inception in 2021. Banga served as Co-Chair of the Partnership for Central America, a coalition of private organizations that works to advance economic opportunity across underserved populations in El Salvador, Guatemala, and Honduras. He was previously on the Boards of the American Red Cross, Kraft Foods, and Dow

Banga is a co-founder of The Cyber Readiness Institute and was Vice Chair of the Economic Club of New York. He was awarded the Foreign Policy Association Medal in 2012, the Padma Shri Award by the President of India in 2016, the Ellis Island Medal of Honor and other awards.

Not merger but only transfer of policyholder related assets, liabilities of Sahara Life: SBI Life

IANS NEW DELHI

BI Life, a subsidiary of country's biggest lender State Bank of India (SBI), has said it is not a merger between the two companies but only a transfer of the policyholder related assets and liabilities of Sahara Life Insurance.

On Friday regulator Irdai directed SBI Life Insurance to takeover the policy liabilities of around two lakh policies along with assets of stressed Sahara India Life Insurance Co Ltd The decision was taken at

the meeting of the Insurance Regulatory and Development Authority of India (Irdai) in

view of deteriorating financial health of the SILIC.

Following the Irdai order, SBI Life assured two lakh policyholders of 'high levels' of service and commitment as is accorded to our customers. We have started and we are

expeditiously working on the process of integrating all these policyholders in our systems. While the full integration may take some time, we request these policyholders to reach out to us on our helpline number 1800 267 9090 or email us at saharalife@sbilife.Co.In; it

SBI Life will shortly reach out to these policyholders and intimate them about various



touch points and manner of servicing for a smooth transition,

Sahara Life Insurance was also not allowed to underwrite new business. Thereafter, further insurer to meet the regulatory

Despite being provided ample opportunities and sufficient time to ensure compliances, SILIC has failed to comply with directions of the authority and take any affirmative steps to protect the interests of its policyholders, the regulator had said

Further, the policy data of SILIC reveals that the company's portfolio is showing run-off trend. The financial position has been deteriorating with rising losses and higher percentage of claims to total premium.

'If the trend is allowed to continue, the situation will worsen and lead to erosion of capital and SILIC may not be able to discharge its liabilities towards policyholders, thereby endangering the interest of its policyholders,' Irdai had said.

It said the action against SILIC has been taken after due consideration of all the facts and circumstances. The authority added in its

meeting held on June 2, 2023 that the action was warranted to protect the interest of the policyholders of SILIC.

Further, Irdai said it will continue to monitor the situation and also issue necessary directions as required in the interest of the policyholders of



economic crisis

PTI COLOMBO

President PWickremesinghe has called for joint action by all parties for Sri Lanka to emerge from the unprecedented economic crisis. Wickremesinghe, who made the remarks while addressing a legal conference held at the Central Resort of Nuwara Eliya on Friday, said that none of the political parties in Parliament currently possess a 50 per cent

The economic challenges faced by the country ten months ago as an 'unprecedented situation in history, Wickremesinghe, also the debt-ridden island nation's finance minister said.

'It has been 10-11 months since our country faced a state of failure. However, we have managed to establish law and order, political stability, and economic stability in our nation. Yet, we are aware that this stability is only temporary, and we still have a long road ahead to overcome the challenges we

face, the president stressed. 'Therefore the need is for unity among the parties, not solely for the purpose of elections, but to steer the country towards recovery from the ongoing economic crisis, he said Wickremesinghe stressed that while the re-establishment of law and order and political and economic stability is crucial, it does not imply that Sri Lanka

has wholly overcome the crisis. Sri Lanka was hit by an unprecedented financial crisis in

2022, the worst since its independence from Britain in 1948, due to a severe paucity of foreign exchange reserves, sparking a major political and humanitarian crisis in the island nation.

Share of flex space in corporates' real estate portfolio rises to 10-12% from 5-8% pre-Covid: Colliers

PTI ■ NEW DELHI

Indian corporates are fast Lembracing flexible workspace which now accounts for 10-12 per cent of their real estate portfolio compared to 5-8 per cent pre-COVID pandemic, according to Colliers. Real estate consultant

Colliers has recently released a report 'Global Occupier Outlook 2023' that revealed that many corporates in Asia Pacific are deferring decisions on taking office space on lease as they are grappling with the complexities of the hybrid work model.

'The lack of clarity and macroeconomic uncertainty are posing challenges for businesses in projecting their space requirements, it added.

According to Colliers' experts, companies are facing the dilemma of striking a balance between providing employees with desired flexibility and realigning their portfolios for the next evolution of the workplace.

However, Colliers said that Indian office space occupiers have been quick to adopt flex spaces, attracted by the flexi-

The most-awaited fashion carnival of the year, Myntra's

End of Reason Sale (EORS-18),

is live with more than 20 lakh

enthrall shoppers with exciting

new launches unique to Myntra.

Here's a sneak peek into what

unmatched prices: Myntra as

one of the leading platforms for

international brands to con-

nect with fashion forward cus-

tomers in India, has popular

brands from across the globe,

International Brands at

IANS BENGALURU

D2C brands.

awaits you:



bility, agility, and cost-effec-

'Flex spaces are becoming an integral part of occupiers portfolio, with its share in occupiers' total portfolio rising to 10-12 per cent in 2023, from 5-8 per cent before the pandemic in 2019, as per interactions with industry experts,' the consultant said.

Going forward, Colliers said that flex spaces will continue to see strong growth.

Flexible workspace continue to support occupiers in realigning their portfolios and space considerations to suit a

hybrid working style. Peush Jain, Managing Director, Office Services, India, said, 'Flex spaces have emerged as a core strategy for occupiers to adopt a decentralised workspace model, serving as a promising alternative to the traditional paradigm.'

As compared to shorter lease tenures of 1-2 years prepandemic, occupiers are now going for longer commitments of 3-5 years with flex space operators as they look to integrate flex space as a long-term

During 2022, leasing of office space by flex space operators touched record 7 million

square feet across top 6 cities. Across the APAC region, Colliers said that occupiers are keen on realigning their office portfolios to meet business needs while providing the flexibility employees desire. The right real estate port-

folio is key to keeping culture intact, attracting and retaining best talent, and controlling operational costs, it added.

FPIs invest ₹ 43,838 crore in India in May

IANS NEW DELHI

 $F^{\text{oreign portfolio investors}}_{\text{(FPI) invested Rs}} \ _{\text{43,838}}$ crore in the Indian stock markets in May. VK Vijayakumar, Chief Investment Strategist at Geojit Financial Services, said the FPIs were aggressive buyers in the market in May having invested Rs 43,838 crore through the stock market and primary market put together.

A survey among foreign portfolio investors showed that India is now the consensus overweight among all emerging markets. In May, India attracted the largest investment among all emerging markets, and FPIs were sellers in China, he added. FPIs are likely to continue

their investment in India in June too since the latest GDP data and high frequency indicators reflect a robust economy gaining further strength. Financials, automobiles,

telecom and construction are attracting big investments, he Nifty racing to the all-time high of 18887 and breaking the record are highly possible in the next few trading days. IANS SAN FRANCISCO $E^{lectric\ car-maker\ Tesla\ has}_{announced\ that\ every\ new}$

All new Model 3 cars qualify for

\$7,500 EV tax credit in US: Tesla

Model 3 vehicle now qualifies for \$7,500 EV tax credit in the With this, the starting price of a Tesla Model 3 -- after federal tax credits -- may once

Tesla's website claimed every new Model 3 is eligible for the full \$7,500 federal tax credit in the US.

again be below the \$35,000

The EV tax credits were mandated by the US Congress last year as part of the Inflation Reduction Act. The aims to cut dependency on China for bat-

Tesla CEO Elon Musk retweeted a screenshot of the

electric car-maker produced over 4,40,000 vehicles. 'We continued to transition towards a more even

regional mix of vehicle builds,

including Model S/X vehicles

in transit to EMEA and APAC,

In the first quarter, the

credits available for each vehicle.

4,22,875 electric vehicles in the

first quarter of 2023, beating

the Wall Street estimates.

Tesla delivered a record

it said in a statement. In the fourth quarter of 2022, Tesla delivered 4,05,278 and produced 4,39,701 units.

According to reports, a large percentage of deliveries came from vehicles produced

in Shanghai gigafactory. Tesla has adjusted the pricing for its electric vehicle in the US several times in the recent

OnePlus, known for its cuttingedge innovations, offers the

Myntra's 18th edition of EORS live: Grab irresistible offers by top brands across 20L products your perfect ensemble for any

including the likes of NEXT, LC fashion, beauty and lifestyle products from over 6,000 lead-Waikiki Man, Terranova, Urban Revivo, Bravesoul, DKNY, and ing international, domestic and many more. This edition promises to

'This EORS, enjoy offers on some of the leading international brands, ranging from 25 per cent on MRP to a whopping 40 per cent off on MRP, making it the perfect opportunity to upgrade your wardrobe with global fashion trends, according to the

Casual, Ethnic, and Western Wear with up to 50 per cent off on MRP: From



gories, brands like FCUK, saris, kurtas, stylish jackets Kalki Fashion and others are among others, Myntra has you covered. To cater to the heightofferingA up to 50 per cent off ened demand across casual, on MRP, ensuring you find

Beauty and Personal Care: Enhance your beauty routine with Myntra's wide range of beauty and personal care products available on Myntra. From luxurious multinational brands like Prada, Ralph Lauren, Diesel, and Sebastian Professional to local favourites like Perfora and Hammer, discover your favourite products are up for grabs at min per cent off on MRP.

Sports Footwear: Step up your game with top-notch sports

footwear, Myntra brings you renowned brands like Nike, Salomon, Pret-e-tuer, and more, offering attractive deals between 50-80 per cent off on MRP to fuel your active lifestyle. Whether you're into trekking, cycling, jogging, or any adventure activity, find your perfect pair and enjoy unprecedented

Watches and Wearables: Embrace the fusion of fashion and technology with stylish watches and smart wearables and create a style statement.

OnePlus 2R model a special price of just Rs 8,999. Don't miss this opportunity to sport a trendy and functional accessory, at unmatched offers. This year's EORS holds a lot of promise, with a wide range of products and exciting offers.

Keep an eye out for Myntra-specials and ÉORS-specific product lines, ensuring you find something special for yourself, your family, or your friends. With deals across every product category, Myntra's

EORS-18 is your one-stop shop for unforgettable shopping experiences. Get ready to embark on a shopping extravaganza like no other! Happy shopping!

Ruud rallies to beat Zhang

ast year's finalist Casper Ruud rallied to beat Lang Zhizhen in the third round of the French Open on Saturday, ending a strong run by the Chinese player. The fourth-seeded Ruud,

who lost to Rafael Nadal in last year's final, won 4-6, 6-4, 6-1,

Zhang was the first Chinese man to reach the third round at Roland Garros since Kho Sin-Khie in 1937. Kho also reached the fourth round in 1936 but that proved a step too far for Zhang, despite a lightning start on Court Suzanne

Meanwhile, American Coco Gauff rallied from a tough opening set to beat Mirra Andreeva of Russia in an allteen showdown in the third

Experience eventually told as the 19-year-old Gauff, who was the runner-up at Roland Garros last year, prevailed 6-7(5), 6-1, 6-1, sealing the result with a cross-court backhand

That ended an impressive Grand Slam debut for the 16year-old Andreeva, who earlier this week became the the youngest player to win a match in the women's main draw at the French Open since 2005.

Zhang broke Ruud in the opening game and went on to take the set as the Norwegian



Matters grew worse for Ruud as he found himself 0-40 down on his serve early in the second set but he collected his emotions and — after a topsyturvy set — went on to level the

match at his first opportunity. Ruud then improved in the last two sets and sealed the match with a forehand down

player grew more and more the line on the first of two match points.

The match will be followed by an intriguing thirdround encounter involving two teenagers: American Čoco Gauff, who is 19, and Russian Mirra Andreeva, who is 16.

However, reigning Wimbledon champion Elena Rybakina pulled out of the French Open before her thirdround match on Saturday because she is sick.

RYBAKINA PULLS OUT

Reigning Wimbledon champion Elena Rybakina pulled out of the French Open before her third-round match on

Saturday because she is sick.

"I just wanted to give 100%, and obviously I'm far from being 100%," Rybakina said. "If

I cannot breathe, there is no chance I can even run and try to compete.

The No 4-seeded Rybakina was supposed to face 132ndranked Sara Sorribes Tormo in the day's opening contest on Court Philippe Chatrier.

They were scheduled to begin playing at 11:45 a.m. local time, but instead, at that very moment, Rybakina sat down

news conference to explain why she was withdrawing from the year's second Grand Slam tournament.

Sounding stuffed up, Rybakina explained that she has been running a fever, didn't sleep well the past two nights and had difficulty breathing during a warmup session Saturday ahead of her match. She said a doctor told her there is a virus going around "here in

Rybakina, who won each of her first two matches this week in straight sets, was considered among the top contenders for the championship at Roland Garros. She has won her past 10 matches, including a tuneup title on red clay at the Italian Open last month.

She plays a power-built game based in part on one of the best serves on the WTA Tour, which she leads in aces this sea-

Last July, Rybakina won her first major trophy, defeating Ons Jabeur in the final at Wimbledon.

Rybakina is a 23-year-old who was born in Moscow and has represented Kazakhstan since 2018, when that country offered her funding to support her tennis career. The switch was a topic of conversation during Wimbledon, because the All England Club barred athletes who represent Russia or Belarus from entering the tournament in 2022 due to the war in Ukraine.

Djokovic laments fans for booing

AP ■ PARIS

Novak Djokovic makes no secret of the way he loves to feed off negativity during a tennis match. Doesn't really matter whether he's ahead or behind on the scoreboard. The guy simply finds motivation and inspiration from all manner of slights, real and perceived.

Maybe it's how a chair umpire is officiating that particular day ... or the way Djokovic's entourage is sitting in place in the stands instead of rising to encourage him ... or the criticism he receives for wading into a political issue all of which already have happened during this French

Open. Or maybe it's how he's treated by the spectators who, as they did on Friday during Djokovic's 7-6 (4), 7-6 (5), 6-2 victory over 29th-seeded Alejandro Davidovich Fokina in the third round at Roland Garros, get on his case and jeer

him for seemingly no good reason at all.

Which is what happened at Court Philippe Chatrier during the longest three-set Grand Slam match of the 22time major champion Djokovic's long and distinguished career, clocking in at 3 hours, 36 minutes. He wasn't thrilled at how difficult things had been in the match, didn't love double-faulting three times in a single game, and really didn't like the feedback coming from a portion

"A majority of the people comes to enjoy tennis or support one or the other player. But they are individuals. There are people — there are groups or whatever — that love to boo every single thing you do. That's something that I find disrespectful and I frankly don't understand that,' Djokovic said later at his news conference. "But it's their right. They paid the ticket. They can

do whatever they want.

Nadal undergoes hip surgery

 $R^{\text{afael Nadal had arthroscop-}}_{\text{ic surgery on Friday night}}$ for the injured left hip flexor that forced him to sit out the French Open for the first time since he won the first of his record 14 titles there in his 2005 tournament debut.

Nadal's spokesman, Benito Perez-Barbadillo, said three doctors were involved in the procedure, which was taking place in Barcelona

Perez-Barbadillo said he expected to be able to pass along information about the operation on Saturday, which is Nadal's 37th birthday.

The Spaniard hasn't competed anywhere since he lost to Mackenzie McDonald in the Open on Jan. 18. Nadal's movement clearly was restricted for much of that match and he ended up with his earliest exit at any Grand Slam tournament since 2016

An MRI exam the next day revealed the extent of the injury, and Perez-Barbadillo said at the time that Nadal was expected to need up to two months to fully recover. He initially aimed



to enter the Monte Carlo Masters in March on his beloved red clay, but he wasn't able to play there, then subsequently sat out tournament after tournament, decreasing the likelihood that he would be ready for the French Open.

Nadal announced during a academy in Manacor, Spain, on May 18 that he would need to miss this year's trip to compete in Paris. He said he would need to take an indefinite break from tennis - no matches and not even any practices.

And he added that he was not sure when — or, truly, if he'll be able to return to the tour, but figures that next season will be his last before retirement.

Indian pole vaulters' participation in doubt as poles stuck at airport

PTI ■ NEW DELHI

The participation of two Indian pole vaulters in the Asian U-20 \Athletics Championship in Yecheon, South Korea, beginning on Sunday was rendered doubtful after their equipment was not permitted in a South Korean as well as an Air India aircraft due to "technical issues" related to length of the poles.

Dev Kumar Meena (men's pole vault) and Sunil Kumar decathlon, of which pole vault is one of the 10 events) were to compete in their respective events on Sunday but they left for Seoul in a South Korean flight on Friday, which is in alliance with Air India, without

Even Air India refused to carry the poles in its 12:05am flight on Friday, according to an official of the Athletics Federation of India.

The AFI official said that Air India refused to carry three poles measuring 5m each to be used by the two athletes, on the ground of some "technical issues" concerning prescribed length of the items.



Delhi airport. Air India said they cannot allow the 5m-long poles under the current rules. It is strange that our athletes had gone to Busan (South Korea) with the same kind of poles only last year," the AFI official told PTI

"We have been running here and there since yesterday afternoon but Air India is not relenting. We are now trying,

"The two athletes have through our travel agent, to already reached South Korea send the poles to Korea by later today. Let's see," the offi-

In fact, all the 55-member Indian contingent was to leave for South Korea from the Indira Gandhi International Airport here at 6:30pm Friday on Ŝeoul-based Asiana Airlines flight, but the Indian coaches were told that they would not be allowed to take the three poles as well as the javelins.

The AFI had booked the let in the poles and javelins as tickets through Air India with the help of a travel agency.

'All the paperwork relating to bookings and luggage were done by Air India as they have a tie-up with Asiana Airlines. On May 26, a mail was sent to Air India informing about the number of poles and javelins we will be taking to Korea, along with their size specifica-"But when the contingent

reached IGI vesterday to board the flight, Asiana Airlines said Air India has not informed them about it and so the poles and javelins could not be allowed inside the aircraft," the AFI official said. All the members of the

es left for South Korea boarding the Asiana Airlines. The two coaches were held back to accompany the poles and javelins in an Air India flight to Seoul at 12:05am Friday.

"What was surprising was that Air India itself refused to carry the poles because of its length and some technical issues. We even went to the Air India cargo office at the IGI to cargo, but to no avail. The javelins were finally

allowed and the two coaches, initially held back, also boarded the Air India flight," the AFI official said. 'The two athletes had

brought the poles in a domestic flight from Bengaluru and there was no problem then, don't know why it is different in this case." Even if the three poles do

not reach South Korea on time, the two athletes may still compete on Sunday by using equipment of other competitors or those provided by the organisers but that will affect their performance. 'They may still participate

on time. But normally the length of the pole depends on the height of the pole vaulter, so they may compete if they get poles of their size, otherwise they may not do their best."

The 55-member Indian contingent for the June 4-7 championships has 45 athletes, including 19 women, and 10

In men's pistol, Abhinav

Chaudhary came close to the top eights with a qualification

round score of 570, placing him ninth. Shubham Bisla, the

third Indian contender, was



junior Asia **PTI** ■ KAKAMIGHARA

Annu slammed a double hat-trick as India started their campaign in the women's Junior Asia Cup on an emphatic note with a 22-0 thrashing of a lowly Uzbekistan, here on

Annu (13th, 29th, 30th, 38th, 43th, 51st) was the star performer for India, while Vaishnavi Vitthal Phalke (3rd, 56th); Mumtaz Khan (6th, 44th, 47th, 60th); Sunelita Toppo (17th, 17th); Manju Chorsiya (26th), Deepika Soreng (18th, 25th), Deepika (32nd, 44th, 46th, 57th), and Neelam (47th) were the others

on target. India began attacking the Uzbekistan citadel from the onset and took an early lead when as Vaishnavi (3rd) con-

verted a penalty corner. Mumtaz doubled India's lead three minutes later with a field strike.

Annu added to the team's tally by netting a goal as the opening quarter ended with

India enjoying a 3-0 lead. The second quarter was no different as India continued to

dominate the proceedings and scored goals at will through Sunelita, Manju, Deepika and Anu, thus enjoying a commanding 10-0 lead at the half-

The script was the same after the change of ends as Deepika netted one through penalty corner while Annu struck two more to help India take 13-0 lead.

Panjab regain KIUG champions crown

 $P_{\text{Chandigarh}}^{\text{anjab}} U_{\text{Chandigarh}}^{\text{U}}$ University, **C**handigarh (PUC), regained their overall champions crown after a gap of one edition as despite a clean sweep in fencing, Guru Nanak Dev University (GNDU), Amritsar, fell short on the final day of competitions at the Khelo Indian University Games

National Games champion Yash Ghangas was the other star attraction on the final day, thrilling all at the BBD University grounds in Lucknow, to pick up the gold for Chaudhary Bansi Lal University (CBLU) in the men's

100+kg category in judo. The other four golds on the final day went to Mumbai University (judo women's 78+kg), Savitribai Phule Pune University (SPPU) who won the men's group traditional yogasana gold at the SAC hall of the Indian Institute of Technology-Banaras Hindu University (IIT-BHU) campus in Varanasi and Chandigarh University (CU) and Maharshi Dayanand University (MDU), Rohtak, who picked up the two golds in weightlifting at the G.B. University in Greater

PUC therefore finished



with an overall tally of 69 medals including 26 gold, 17 silver and 26 bronze medals. GNDU amassed 24 gold, 27 silver and 17 bronze medals to finish second and in the top three for the first time.

Jain University, Karnataka, last time's champions, were third with 16 gold, 10 silver and six bronze medals.

Jain, however, will have the solace of having the most successful male and female athletes of the KIUG 2022 UP. Both of them belong to swimming where Siva Sridhar topped the men's section with a total of 11 medals including eight golds while Shrungi Bandekar won nine medals in the women's section including

As many as 131 of the 203 universities who finally participated, medalled at the Games, where at least 11 new records were created over 12 competi-

Sainyam gives India golden start

Chandigarh youngster Sainyam gave India a golden start to the ISSF Junior World Cup Junior here on Saturday by finishing atop the podium in the women's 10m air pistol competition.

Sainyam shot 238 in the final to leave Korean Kim Minseo behind in second place. The Korean shot 236.0 for silver while the bronze went to Chinese Taipei's Liu Heng Yu, who bowed after the 22nd shot of the 24-shot final, with a score of 216.9, 0.2 behind the Korean at that

In other results, India's Suruchi Inder Singh also reached the women's pistol final, finishing sixth with a score of 154.1.

Amit Sharma in the junior men's 10m air pistol was the lone Indian finalist in the event and finished fourth to miss out on a medal. Italian Luca Arrighi won gold in the

Among other Indians in the fray, Urva Chaudhary finished 26th in women's air pistol with a qualification round score of 560. Sainyam had qualified third with 571 while Suruchi was fifth in qualifying with 571.

13th having shot a score of The junior men's and women's skeet qualification rounds also began on Saturday. Ritu Raj Bundela, Abhay Singh Sekhon and Munek Battula are in

contention in men's skeet while Raiza Dhillon, Mufaddal Zara Deesawala and Sanjan Sood are carrying Indian hopes in women's

Cannot speak about Asian Cup target before Dec: Stimac

PTI ■ BHUBANESWAR

t 38, Sunil Chhetri Aremains a prized asset in the final third and among the fittest in the Indian football team, but his much younger colleagues in defence "dancing around balls" is a cause for concern for head coach, Igor

Alongside brain, Stimac indicated he would do with a slice of brawn in his defenders. Four weeks of preparation time was on Saturday described as ideal by Stimac

for the Asian Cup, for which the Croat said he will not be point of view. abe to set a realistic target before December.

The continental showpiece scheduled to be held in January-February next year in Oatar, where India has been clubbed alongside heavyweights Australia, Syria and Uzbekistan.

There is no realistic target. It's more about real chances for us. We can speak in December when we find out how much time we're going to get for the operation, then I "I cannot tell you about

stages... For the Asian Cup, India never was placed better than the bottom of the group. So whatever we achieved, that we will be achievement, I would say," Stimac said during a virtual press conference.

India were knocked out in the group stage in their last two appearances in the tournament in 2011 and 2019 respectively.

When discussions turned to his veteran striker and captain Sunil Chhetri, Stimac said he



remains one of the fittest players in his squad after nearly two decades of top-flight football.

"Sunil has always been a role model and a leader in every sense for the boys and girls. But he's not only talking, he's showing that with his test results once

"In this camp, he was in topfive positions in all the tests we executed. So that's the best way of leading the team and showing them how much it can be done. Never mind the age, never mind the month or the year, so let alone what he speaks what he

does on the pitch and how he works. That's what is the most important thing."

There are still eight months left for the Asian Cup and Stimac said in this period the team is looking to improve its finishing, passing, pattern in the final third, and also the build-up.

"Before the Asian Cup, India will pay some tournaments --Merdeka Cup, Intercontinental

Cup. "There is the U-23, then there is the Merdeka Cup in October, then we are starting the World Cup qualifiers. Asian

December preparations because things are changing on a daily basis. It depends on who are in form, who are in best position in December, they (players) are coming after a long domestic season behind. They need to stay in form and enter the Asian Cup on a positive note."

Cup prospects will depend on

India are set to play Mongolia (June 9), Vanuatu (June 12), and Lebanon (June 15) in the Intercontinental Cup in Bhubaneswar, with the final slated to take place on

I want to bat with same intent that I showed in IPL and Ranji Trophy: Rahane

Back in India colours after nearly 18 months, senior batter Ajinkya Rahane doesn't want to have any "regrets" for the time lost and would like to bat in the upcoming World Test Championship final against Australia with the same "intent" like he did in the just-concluded IPL.

"Coming back after 18-19 months, whatever has happened, good or bad, I don't want to think about my past. I just want to start afresh and keep doing whatever I have been doing, Rahane told BCCI.TV on the sidelines of India's training ses-"Personally enjoyed playing

for CSK as I have been batting well throughout the season, even before IPL. I had a very good domestic season and I felt good. So this comeback was a bit emotional for me." Rahane, who was a part of

CSK's fifth IPL title-winning side, has already received a lot of praise for his attacking batting and improved strike-rate in T20 cricket, and especially the 27-ball 61 against Mumbai Indians showed a shift in his intent.

"I want to bat with the same mindset and show same intent that I showed before coming here in IPL and Ranji



think about format whether it is T20 or Tests. The way I am batting now, I don't want to complicate things and the more I keep it simple, better it is for me," the veteran of 82 Tests and

Trophy. I would not like to 4,931 runs said. The man, who led India to the most talkedabout series triumph in Australia, back in 2021, also praised Rohit Sharma for leading the team admirably for the better part of this WTC cycle.

"I thought culture in team now is really good. Rohit is handling the team really well and I am sure Rahul bhai is also handling the team really well. That helps as well and atmosphere is really good. Whatever I am seeing right now is that everyone is enjoying each other's company," he said. Rahane thanked his family and friends for the support he got during his time away from the national team.

"It was (an) emotional

moment for me. When I got dropped, the support I got from my family was massive and dream was to play for India and that was massive. Playing for India matters a lot for me and I worked hard on my fitness and went back to domestic cricket."

'Thanks to BCCI and selectors and when I went back to domestic cricket, the goal was to play for India — be it Ranji Trophy and Syed Mushtaq Ali Trophy or practice session, for me, every day that I was waking up, it was all about thinking that I can play for India again.

What made my comeback possible was enjoying each and every moment, be it success or failure, and having no regrets. Learning from every individual in Mumbai Ranji team. You have to grow as a cricketer every single day, learning process should-nt stop," he said.

Playing in England is challenging, feels Rahane, who had scored a match-winning hun-dred in a Test match at Lord's back in 2014.

"It's all about mindset and reading the situation well, staying in (the) moment and playing it session by session. In England, you just don't look at the pitch but also keep an eye on the weather. In England, you never feel that you are in even if you are batting on 70," he said.

Team India using multi-coloured balls in fielding drills

PTI ■ PORTSMOUTH

 $T^{ ext{he Indian team's training}}$ sessions over the years have had their share of innovations and it is now using multi-coloured rubber balls for catching practice in order to adjust to last-minute deviations which could cost the side dear.

One of the Indian team's fielding drills at the Arundel ground here saw rising star Shubman Gill taking catches with the colour of the ball being green.

There were also yellow coloured balls but not the lawn tennis balls one usually gets to see when keepers and close-in fielders take powerfully hit reflex catches.

"These are specially made rubber balls, not the ones we are used to seeing in gully cricket. This is made for fielding drills. These balls are named 'reaction balls' and it is used for fielding drills only in some specific countries, mainly England or New Zealand where breeze and colder conditions become a factor," a renowned fielding coach, who has worked at NCA and at

national camps, told PTI. Asked if there was any significance for the green coloured balls that was used to give catching practice to Gill,

he said: "I don't think there is any specific scientific or crick-eting reason for any specific colour. But certainly there is a reason for using that kind of rubber balls for catching practice — especially for slip field-

ers and keepers."

"In England, due to underlying moisture and the lush green outer area (beyond 22 yards) means that the ball will vobble a lot more than usual.

"England is the only country and to some extent in New Zealand, you will find that deliveries that beat the batter's outside edge is deviating wickedly, making it difficult to gather or catch the ball. The Dukes in England in fact wobbles even more," the coach added.

He then explained why these rubber "reaction balls" are being used for training.

"These balls are lighter in weight and hence it would wobble and also swing or deviate more. The idea is to get adjusted to this changing tra-jectory or line of the ball.

"Now coming to the colour the various colours are used because it is a human tendency to lose the sight of ball at last second. Various colours help you to judge the line of deviation till the last moment while catching the ball," he

Warner is looking good for WTC final: Khawaja

Australian batting stalwart Usman Khawaja believes fellow opener David Warner is probably at his best as he prepares for the tough English summer, which includes the World Test Championship final against India and the Ashes.

Warner, 36, had endured a difficult tour of India earlier this year, and even though the Delhi Capitals skipper showed attacking intent while amassing 516 runs from 14 matches in the IPL, he will have his task cut out in the seaming English conditions. However, Warner, likely on

his final tour of England, received a big endorsement from Khawaja, who said the stalwart was "looking good" for the challenges ahead.

"I have seen him (Warner) bat in the last couple of days and, I don't want to jinx him, but he looking good, quoted as saying by ICC.

While Warner was included in Australia's squad for the WTC final and the first two Ashes Tests, the selectors have also picked Marcus Harris and Matt Renshaw as options, but Khawaja believes if the veteran cricketer is in the playing XI, he will give it his best shot.

This is probably the best I have seen him look in the nets for a while. That doesn't always correlate to runs, but if we are any chance of Davey Warner scoring runs this could be it. He always plays his best when his back is against the wall too," added Khawaja.



Warner aims to end Test career on a high

Star Australian opener David said.
Warner on Saturday reveacareer with a swansong Test at his home ground at the SCG against Pakistan in January.

Talking ahead of Australia's training session here, Warner, who is preparing for next week's World Test Championship (WTC) final against India, said he hopes the Sydney Test against Pakistan would be his

However, given his recent struggle in the longest format of the game, the southpaw isn't guaranteed a spot in the Australian Test side and he is well aware of it.

"You've got to score runs. I've always said the (2024) T20 World Cup would probably be my final game," Warner

"I probably owe it to myself runs here and continue to play back in Australia - I can definitely say I won't be playing that West Indies series.

"If I can get through this (WTC final and ensuing Ashes campaign) and make the Pakistan series I will definitely finish up then," he added.

After the WTC final, Australia are scheduled to play a five-match Ashes series against England.

Warner is a part of Australia's squad for the WTC final as well as the first two Ashes Tests. But the selectors have also picked Marcus Harris and Matt Renshaw as options.

Warner, apart from a magnificent double hundred against South Africa last December, has struggled for runs in recent assignments, managing a mere 26 runs in three Test innings in the recent tour of India before returning home injured.

He had also endured a forgettable campaign during the last Ashes, returning with an average of 9.50, the worst ever by an opener playing in 10 innings with England quick Broad dominating the 36-year-old.

'We saw when he scored a double century in his 100th game when everyone was writing him off and telling him he was done and it was his last game and he went out and gets 200. "You never write off a great player, so I am expecting runs," said Khawaja.

Warner indicated he would likely stick to his task during the Tests than get involved in any cricketers, especially Broad who restricted the Australian to just 95 runs at an average less than 10 during the last Ashes in

"It (banter) just sells papers and clickbait, so I won't be getting involved in any of that stuff. I will leave it to themselves," said Warner of the Ashes series which will commence in Edgbaston on June 16. "Today, there is no real banter in the field. It is just about playing quality cricket and trying to get the upper edge on each other. It is a lot more connected these days than before which I think is great for the game," he added.

Long county stint will help me in WTC final: Labuschagne

PTI LONDON

eading Australian Test batter Marnus Labuschagne feels his long stint with English county side Glamorgan has helped him get fully prepared for the challenges in the run-up to the World Test Championship final against India, starting June 7.

Even as leading Australian cricketers, who are a part of the squad for the two assignments, including Ashes, were busy playing in the Indian Premier League, Labuschagne, the No.1-ranked Test batter in the world, was gearing up for the WTC final and the Ashes for the last to months playing county cricket.

The 28-year-old scored two centuries and a total of 504 runs in eight innings, and is confident of a good showing in the oneoff game for Test supremacy against india, scheduled to begin at The Oval on June 7.

"I have been coming back (to country cricket) for five years now," Labuschagne was as saying by ICC.



my normal routine of coming here. I love coming here, I love playing county cricket, I love the team at Glamorgan, I enjoy it so much otherwise I wouldn't be coming back," said Labuschagne. The No.3 batter's decision to spend more

than two months in England could have been driven by the fact that he scored only one half-century during the recent Border-Gavaskar Trophy, which India won 2-1 at

"It just helps that this year is a Test

very helpful for leading into the series," he

Labuschagne added that batting at No.3 brought with it the responsibility of giving solidity to the innings by playing responsible innings. "Naturally, anyone that is batting No.3

for Australia is going to have responsibility," Labuschagne said. "Even in 2019 (the last time in England

for Ashes) it was my responsibility, it was my job to score runs and if I didn't score runs they (Australia team management) would find someone else to do my job and I don't think that changes," he said.

"It is about finding ways to score runs and contribute to the side in as many games

During the 2019 Ashes series, a lot of focus was on Labuschagne as David Warner, Steve Smith and Cameron Bancroft were returning for their first Test tour since the ban imposed on them following the 2018

PCB refuses to play ODI series in Lanka

he Pakistan Cricket Board **▲** (PCB) is upset at Sri Lankan board expressing its desire to host the entire Asia Cup and has declined the latter's offer to play an ODI bilateral series in the island nation.

According to sources in the PCB, relations between the PCB and Sri Lanka Cricket (SLC) have turned sour after its offer of hosting the entire Asia Cup

instead of four games being held in Pakistan as per the 'Hybrid Model' proposed by Najam

"An example of the increasingly strained relations between the two boards emerged after the PCB turned down a proposal by the Lankans to play a few One-Day International matches next month in Sri Lanka," PCB source

Tests of the next ICC World Test

stated.

Pakistan is scheduled to visit Sri Lanka in July to play two Championship cycle and apparently the SLC had suggested that Pakistan also play a few ODIs as they are optimistic their team will book a spot from the World Cup qualifiers in Zimbabwe and would need more exposure before the main event in October.

firmed that the PCB after initially saying they would consider the proposal had turned it down

But a reliable source con-

now.

"It is a clear indication that the PCB is not happy

with the Sri Lankan board stepping in to offer to host the Asia Cup in September when it is Pakistan's turn to host the regional event at home," the source said.

He said in fact PCB chairman Sethi is also not happy with the response of the Bangladesh and Afghanistan boards over the Asia Cup issue.

Athletes left heartbroken by deadly train mishap

ormer India captain Virat Former mana capana medallist Abhinav Bindra, among several other sportspersons, expressed their anguish over the devastating train accident in Odisha's Balasore district, that has killed at least 238 people and injured more than 900.

The train crash on Friday, involving the Bengaluru-Howrah Superfast Express, the Shalimar-Chennai Central Coromandel Express and a goods train, is one of the deadliest such accidents since independence.

Officials in Bhubaneswar said 200 ambulances, 50 buses and 45 mobile health units were working at the accident site, besides 1,200 personnel. The bodies were being taken to the hospitals in all kinds of vehicles, including tractors.

Kohli, who is in England with the India team for the

"Saddened to hear about the tragic train accident in Odisha. My thoughts and prayers go out to the families who lost their loved ones and wishing a speedy recovery to the injured," tweet-India's first individual Olympic gold medallist, rifle

shooter Abhinav Bindra, he had

been left heartbroken by the news of the accident. "Heartbreaking news from Odisha about the devastating train accident. My heart goes out to all those affected and their loved ones during this incredibly difficult time. Please, let's all extend our support and prayers to them. May the injured recov-

er swiftly," tweeted Bindra, the

2008 Beijing Olympics gold

medallist in 10m air rifle.

The train crash, the fourth deadliest in India according to available records, happened near the Bahanaga Baazar station in Balasore district, about 250km south of Kolkata and 170km north of Bhubaneswar, around 7 pm on Friday, prompting the Railway Ministry to order a

Pandya best allrounder in world cricket: Klusener PTI ■ KOLKATA

 $R^{\text{ating Hardik Pandya as one}} \\ \text{ Rof the best fast-bowling all-}$ rounders, former South African great Lance Klusener on Saturday believes the Indian possibly gave up on Test cricket a bit too easily to manage his

Plagued by injuries, Pandya, who last played Tests for India in September 2018, has limited himself to only playing white-ball cricket and ruled himself out of the upcoming World Test Championship final against Australia.

cricketer, and if he can stay fit and continues to bowl 135+ kmph, he will always be challenging... as one of the best allrounders in the world," Klusener told reporters in a media interaction at the Calcutta Sports Journalists' Club. Pandya had ruled himself

out saying it would not be "ethical" to take someone's place without even contributing one per cent in India's journey to the WTC final. Asked if Pandya gave up on

Test cricket a bit too easily,

Klusener said, "Yes, possibly. Test

cricket (is) always the pinnacle

have moved on as well."

bowling allrounder is not a "dibbly-dobbler" but someone who can clock 135kph consistently. "Fast bowling allrounders need to be bowling 135+. I don't think there would be some dib-

bly-dobblers that we used to see in England, I don't think all that (is) effective anymore.
"I honestly believe that a guy like Ben Stokes who bowls 135+, those people are still gold in any form of the game," said Klusener, a member of the 1999 ODI World Cup team that had a heartbreak loss to Australia in

the semi-final. But managing the

three formats in today's era has contributed to the decline of fastbowling allrounder. However, Klusener believes their time will come again.

rounders... then we kind of saw the allrounders bowling spin. "Certainly at this point in

time, I don't see as many fastbowling allrounders, I just think it's a cycle. We might just see in the next five years those kinds of cricketers coming through again. If we manage the workloads correctly there is a lot of cricket, there's still a place for them in any team."

Klusener believes India are well equipped to field a pace or spin-heavy lineup and it will be horses for courses for them in the WTC final against Australia beginning at The Oval from

strength traditionally. They have the attack that can play on any surface," he said, when asked whether India should go for two spinners or one pace-bowling allrounder in Shardul Thakur.

finals, that's why they are one of the best Test sides in the world. 'Teams in the past would

Asked about his favourite team to win the WTC final, he said, "It's a tough call. The battle will be between Australia's bowlers and India's batters, the team that wins that battle will come out on top," he said.

who had another fruitful IPL season finishing second on the run-getters' list behind Shubman

Rohit, Surya among probables for Mumbai's off-season camp

The newly-formed Mumbai ■ selection committee, led by former India cricketer Raju Kulkarni, on Friday named 35 probable players, including big names like Rohit Sharma and Suryakumar Yadav for an offseason training camp scheduled to be held here next week.

Besides, India captain Rohit and Suryakumar, the list also includes Ajinkya Rahane and Shardul Thakur.

But their participation in the camp is unlikely as they are currently in England for the World Test Championship final against Australia starting June 7 at The

back injury and is currently recovering after undergoing a surgery in mid April, has also been named for the camp.

> Stadium. The upcoming cricket season was discussed during the

World Test Championship final against Australia at The Oval from June 7, wished for the speedy recovery of the injured.

"He (Pandya) is a fantastic

cricketer, and testing yourselves. "Test cricket hasn't really changed much from way back but I also understand that times Klusener further said a fast-

of testing where you are as a

"I always think it goes in cycles. When I played, there were a lot of fast-bowling all-

"Spin has been India's

The way the Indian seamers have developed in the last couple of years - a reason why they play in successive WTĆ

prepare green tops so India won't be able to compete, but that's not the case anymore. I think they are now well equipped, whatever the conditions, they will be able to pick the team that will be competitive."

Klusener was also all praise for countryman Faf du Plessis,

Shreyas Iyer, who missed the entire IPL due to a lower

The BCCI had informed in a release that Iyer, who will also miss the WTC final, was slated to report to the National Cricket Academy for rehabilitation in

include senior fast bowler Dhawal Kulkarni, all-rounder

Shivan Dube, who had a terrific IPL for champions Chennai Super Kings, batting mainstay Sarfaraz Khan and Prithvi Shaw. Right-arm fast bowler Siddharth Raut, who played a couple of matches for the 41time champions in the Ranji

Trophy last season, has been

two weeks' time post his surgery.

Mumbai selection committee

The list released by the

dropped.
The Mumbai Cricket Association (MCA) president Amol Kale, vice-president Sanjay Naik, secretary Ajinkya Naik, joint-secretary Deepak Patil and members of the apex council on Thursday night hosted the advisory for cricketing matters, which was also attended by former player Milind Rege, Cricket Improvement Committee (CIC) chairman Lalchand Rajput

among others at the Wankhede

June 4, 2023

the pioneer

"I love having every right to be as outspoken as I am, as any man would be"





Sheetal, born without hands, is being feted as the world's first para female archer who shoots using her feet. She has been labelled as a perfect role model for youngsters as she displayed raw courage and faced all her challenges in life with a determined resolve to succeed, writes MOHIT KANDHARI

t first sight it is very difficult to spot Sheetal Devi in a gathering of fellow players assembled at an archery range for regular practice sessions. A girl with less than five feet, Sheetal may come across as a small town girl, but in reality, she is not an ordinary athlete.

Hailing from a remote village of Lohi Dhar in Mughal Maidan area of Kishtwar district in Jammu & Kashmir, this 16year-old girl has come a long way and is already making waves in the sporting world. At present she is being looked upon as India's next big medal hope in the upcoming para-archery world championships and 2024 Paralympics in Paris.

Born without hands (phocomelia), a condition where both her hands were underdeveloped, Sheetal is being feted as the world's first para female archer who shoots using her feet. Before winning her place of honour in the world of sports, Sheetal had left everyone spell bound with her ace performances and firm

resolve to succeed. Last week, when I visited the Archery range located in the Shri Mata Vaishno Devi Shrine board sports complex in Katra, several players greeted me with a big cheer.

While I acknowledged their greetings one by one, I shook hands with one of the seniors and paralympian Rakesh Kumar. Before meeting others, I asked him whether Sheetal was also around. It was then she also greeted me from an adjacent bench in a feeble voice.

After registering her presence, I too heaved a sigh of relief as I had travelled all the way from Jammu to meet her. I congratulated her for winning three medals --- one Gold, Silver and Bronze in the Para Archery World Ranking Tournament held in the Czech Republic between May 13 and May 21. She acknowledged with her sparkling eyes and mesmerising smile.

The Indian team secured nine medals out of which five medals were contributed by the archers from the Shrine board training academy.

Rakesh, a paralympian, and Sheetal won gold in Compound open mixed team and Compound men open doubles. Besides, Sheetal and Jyoti clinched silver in compound women open and bronze in compound women doubles. The Shrine archers contributed five medals for India in the total tally by which the country secured 2nd position in the

Lt Governor Manoj Sinha, who is also the Chairman of Shri Mata Vaishno Devi Shrine Board, congratulated both the sports persons for their performances. He tweeted that "the entire nation is proud of their achievement and their feat will inspire millions of our

Chief Executive Officer of the Shri Mata Vaishno Devi Shrine Board Anshul Garg said the archers being trained at the Shrine Board's Sports Complex will also

win medals in the forthcoming events of the archery at the international levels, thereby bringing laurels to the country, the UT of Jammu & Kashmir and the Shrine Board.

TRAINING HARD FOR 2024 PARA-LYMPICS BERTH

A day after returning from the Czech Republic, Sheetal was back in the training academy without taking a single day break. Speaking to The Sunday Pioneer, Sheetal said, "I feel very happy after winning three medals in a recent event. I am upbeat and very optimistic. My josh is very high. My coaching and hardwork is showing positive results and now I am determined to secure my berth in the 2024 Paralympics and win a medal for my country."

Referring to her training schedule, Sheetal said, "Each day we come to the academy and practice for about four hours between 8 and 12 pm before breaking for a two hour lunch break.'

During the training session Sheetal is assisted by her fellow players as and when required. The players also crack jokes and play mischief with each other. The second session starts at 2pm and the players call it a day after attending an hour long physical training session between 5pm and 6 pm.'

Her coach Kuldeep Vedwan told The Sunday Pioneer we have already started training for the next big event lined up in the month of July and September 2023.

Sheetal, along with other players, are focusing her energies on World Archery Para Championship scheduled in Pilsen, Czech Republic in the month of July and Para Asian Games in China between September 23 and October 8 to reserve their berth for the 2024 Paralympics scheduled to take place in Paris.

Talking about Sheetal's journey, Kuldeep Vedwan told The Sunday Pioneer, "11 months ago Sheetal first arrived here at the Archery range. She was introduced to me by one of the volunteers working for a famous NGO. Before inducting her in the academy I interacted with her and tried my best to motivate her over a ZOOM meeting. Initially, I spent two long months carefully trying to understand her needs and how I could make her play archery and hit a bull's eye. Before starting her training schedule, I again counselled her. Since then, she has not looked back," Vedwan said, feeling elated over her recent per-

Vedwan said it's amazing that in such a short span of time she has really proved her mettle. By winning three medals in the recently concluded Para Archery World Ranking Tournament she has already secured her place in the upcoming Para Archery world championship scheduled to be organised in Pilsen, Czech Republic and para Asian Games. I am hopeful Sheetal will secure her berth in the Paralympics and win us a medal in the 2024 Paralympics in Paris.







RAKESH, A PARALYMPIAN, AND SHEETAL WON GOLD IN COMPOUND OPEN MIXED TEAM AND **COMPOUND MEN** OPEN DOUBLES. BESIDES, SHEETAL AND JYOTI CLINCHED SILVER IN COMPOUND WOMEN OPEN AND BRONZE IN COMPOUND WOMEN

DOUBLES

SHEETAL'S JOURNEY

A native of Lohi Dhar village of Mughal Maidan area in Kishtwar, Sheetal's initial phase of life was full of struggle. She was born without hands and it is with great difficulty that her parents, Man Singh, a farmer by profession and mother Shakti Devi, a home maker looked after her basic needs.

Tucked in the hills she received no other medical help in her formative years. As she grew up, she started using her feet to feed herself. As Sheetal was keen on pursuing her normal school studies so she gradually started using her feet for writing as well. She has passed her class 10th examination and is studying in class XI.

No one in the family discouraged her. Remembering her school days, Sheetal said, "I used to attend regular classes with other children in my village. I was never discouraged by any one. My teachers and my friends helped me a lot and supported me. I used to play with them like a normal child."

Life took a sudden turn when she was spotted by a senior army officer at a local fair in Kishtwar district. The local army authorities approached her family and volunteered to support her. At that time Sheetal was nurturing her childhood

dream of becoming a school teacher. Fulfilling her desire Sheetal has been adopted by the Indian Army for her education since September 2019. Later with the help of reputed NGOs, the Indian Army had facilitated her travel and arranged other

viding her with a prosthetic arm. Sheetal's parents accompanied her to Bangalore where she was first treated and later provided with the prosthetic arm. At present she is not using the same while undergoing training. After she won three medals she received lots of good wishes and blessings from netizens who rallied behind her and wished her luck for all her

logistics to explore the possibility of pro-

future championships. She was labeled as a perfect role model for youngsters as she displayed raw courage and faced all her challenges in life with a determined resolve to succeed.

A BIG MOTIVATION

Practicing in the company of other players Sheetal feels motivated. To attend her regular practice sessions Sheetal reaches archery academy, wearing sleepers. During her day long training she prefers staying barefoot in the archery

range in order to hit a bull's eye. On an average she is spending 6-7 hours under the guidance of her coach Kuldeep Vedwan at the archery range.

Before focusing on her target, she gently picks an arrow and adjusts it on the bow string. Using her feet, she adjusts the arrow against her shoulder and then triggers the shot with jaw and back muscles before hitting a bullseye.

"During training we interact with each other and discuss our performances. Fellow players in the academy are very helpful. They walk with me in the archery range and pull out the arrows after check-

ing my score". "Óur coach sir also evaluates our performance and wherever we need his guidance he chips in and does course cor-

rection". In Katra, Sheetal is staying with her mother and younger sister Shivani. Her mother Shakti sometimes visits the academy and spends time with her. Sheetal says, When she was home her sister Shivani used to look after her basic needs. She is

my dear friend." Commenting on the quality of training facilities Sheetal said we have been provided with excellent training facilities by Shri Mata Vaishno Devi Shrine Board authorities to ensure better performance

Apart from routine training sessions we attend physical training modules, perform yoga and meditation to maintain our calm and enhance our abilities to focus on

A former Olympian from Katra Rakesh Kumar, who participated in the Tokyo Olympics, said Sheetal is a very promising athlete and is training hard in the academy to realise her goal of winning a gold medal in the world championships and paralympics.

Rakesh Kumar is the senior most pla er in the academy. He is also working hard and setting high benchmarks for younger players to achieve their goals.

Rakesh told The Sunday Pioneer, "I started my journey six years ago after coming in contact with the coach Kuldeep Vedwan in 2017. He said, I met with a deadly accident in 2009. I was in a very bad condition but then I decided to keep myself busy and opened a mobile recharge shop in Katra. In 2017 I met my coach Kuldeep

"When I met Rakesh, I motivated him and asked him to try archery at the academy." He made a sincere effort and went on to become a para-Olympian

Kuldeep Vedwan also highlighted the role of Sports Authority of India, and the Archery Association of Indian for their support, and stressed the importance of psychologists and dietitians in sports.

Para Archer Rakesh said, "Archery is a mind-game. When we are participating in a championship we are bound to feel pressure. Our training gives us an edge. So, just like the coach is essential for us, psychologists are equally important."

Highlighting another important aspect Rakesh said para-athletes face difficulties while moving from one place to another. "They spend maximum time in a wheelchair, we may not eat much, but digestion becomes a problem and so a good dietit-

ian is very important." At present over two dozen budding archers from Tamil Nadu, Haryana, New Delhi and from different districts of Jammu & Kashmir are receiving training at the academy.

Manisha Bhadana, from Faridabad in Haryana has recently joined the training academy and is witnessing improvement in her game. She told The Sunday Pioneer that the atmosphere at the academy is very very competitive. "I feel motivated while receiving training in the presence of International players such as Para-Olympian Rakesh Kumar and young archer Sheetal.

Pravin, an upcoming archer from Tamil Nadu said, he is training at the academy for more than six years and aiming to perform better in the coming championships. Amit Thakur from Reasi said, "We are focusing on Khelo India games and National Championships to perform better and earn medals."

(The writer is Senior Correspondent of The Pioneer)

June 4, 2023

THAT SWELLING IN YOUR LIMBS COULD BE SERIOUS

Lymphedema, a chronic and debilitating condition, is becoming a major health issue in India where it primarily stems from two major causes: A parasitic infection known as filariasis and cancer-related surgeries. Another reasons can be genetic and poor lifestyle. A team of doctors from AIIMS Delhi's Dept of Surgical Disciplines led by DR SUNIL CHUMBER shares with ARCHANA JYOTI, the panorama of the disease and bats for its integration into the healthcare system for better management, given spike in the cancer cases in India.



DR PIYUSH RANJAN

What is Lymphedema and is it a problem in India?



ymphedema is collection of the fluid in the tissue ⊿that is usually carried back by the lymphatics. It can cause severe swelling, discomfort, and a heightened risk of infections, significantly impacting the quality of life for those affected. In India, lymphedema primarily stems from two major causes: filariasis and cancer-related surgeries. Filariasis, a parasitic infection transmitted through mosquito bites, affects an estimated 120 million people in the country. It damages the lymphatic system and is a leading cause of lymphedema in India.

Surgery as an option

play a crucial role in managing the symptoms, surgical interventions have emerged as a ray of hope for those with severe cases of lymphedema in recent years. Surgical options for lymphedema primarily focus on restoring lymphatic flow and reducing swelling. One such procedure is lymphaticovenous anastomosis (LVA), which involves creating connections between lymphatic vessels and nearby veins. This allows the rerouting of lymphatic fluid and reduces swelling. LVA has shown promising results in improving symptoms and quality of life for patients. Another surgical technique, known as vascularized lymph node transfer (VLNŤ), involves transfer-

lymphedema. Patients considering sur-

gical interventions should consult with experienced lymphedema specialists who can assess their suitability and provide comprehensive

Additionally, the rising incidence of cancer-related surgeries, including breast cancer treatment, often involves the removal of lymph nodes, increasing the risk of

The incidence of lym-

phedema in India is alarming.

developing lymphedema.

According to recent studies, approximately 15-20% of breast cancer survivors devellymphedema. Furthermore, in filariasisendemic areas, the prevalence of lymphedema is estimated to be as high as 5-15%. Lymphedema in India is often underdiagnosed and under treated due to limited healthcare knowledge, resources, and societal stigma.
To tackle this issue, com-

prehensive awareness campaigns, education for healthcare professionals and the public, improved access to specialized care, and integration of lymphedema management into the healthcare system are crucial.

While conservative treatments like compression ring healthy lymph nodes from one part of the body to

planted lymph nodes restore the lymphatic function, aiding in fluid drainage and reducing swelling. Procedures like silastic tube insertion in the edematous tissue are being tried and may offer some relief. Debulking surgeries may be considered in grossly enlarged lymphedema cases however they can have high morbidity post procedure. While surgical interventions offer potential benefits, it is essential to note that they are not suitable for all cases of





Understanding the triggers



To better understand lymphedema, it's important to explore its underlying causes. Various factors can contribute to the development of this condition, and recognizing these causes is crucial for its prevention and management.

Primary lymphedema is

genetic. It happens when there are faults in the genes responsible for the development of the lymphatic system, meaning that it cannot drain fluid as it should. The main risk factor for primary lymphedema is having close family members with the con-

occurs when damage or disruption to the lymphatic system is caused by external factors. Common causes include surgery, radiation therapy, cancer, infection, trauma, or other medical conditions. These facmedical conditions. These factors can impair the flow of lymph fluid, leading to the development of lymphedema. Certain infections, such as filariasis, a parasitic infection transmitted through mosquito bites, can cause lymphedema. These infections can damage the lymphatic system, hindering its ability to properly drain fluid from the affected area.

Obesity and a sedentary lifestyle can increase the risk of developing lymphedema. Excess weight puts additional pressure on the lymphatic system, making it harder for it to function properly.

Symptoms: Recognizing the symptoms of lymphedema is important for early detection and effective management of the condition. One of the primary symptoms of lymphedema is swelling in a specific body part, such as an arm or leg. The swelling may be persistent and can range from

Secondary lymphedema mild to severe. It may also cause a feeling of heaviness or tightness in the affected area. Lymphedema can cause stiffness and limited movement in the affected limb or body part. You may find it challenging to perform certain activities or experience difficulty bending or straightening the affected joint. The skin over the swollen area may appear tight, thick-ened, or hardened. It may feel warmer to the touch and become more prone to infections. This discomfort may worsen with prolonged periods of standing or physical activity. Due to the compromised lymphatic system, individuals with lymphedema are at a higher risk of developing infections in the affected area. These infections may include cellulitis, which can cause redness, warmth, swelling, and pain.

Treatment: It often involves a combination of therapies, including compression garments, exercise, skincare, and manual lymphatic drainage. Remember, seeking medical advice and support is essential for effective management and minimizing the impact of lymphedema on your daily life.

Elastic stockings in treatment and prevention of lymphedema

The stockings work by exert-Ing the greatest degree of compression at the ankle, with the level of compression gradually decreasing up the gar-ment. The pressure gradient ensures that blood flows upward toward the heart instead of refluxing downward to the foot or laterally into the superficial veins. The application of adequate graduated compression reduces the diameter of major veins, which increases the velocity and volume of blood flow and improve

Types of compression

stockings: Graduated or medical

lymphatic drainage.

compression stockings-They are designed for ambulatory patients and are manufactured under strict medical and technical specifications, including consistency and durability, to provide a specific level of ankle pressure and graduation of compression

• Antiembolism stockings Used to reduce the risk of deep vein thrombosis and designed for bedridden patients



DR BRAHMA KUMAR RATH

and do not meet the technical specifications for use by ambulatory patients, have different levels of compression.

Nonmedical support hosiery

The compression is less uniform and not graduated. They can often be bought over the counter without a prescription

Accurate measurement of the limb diameter that conforms to the stocking manufacturer's guidelines should be performed by a trained health care professional. The stockings are contraindicated in the following cases i.e. Suspected or proven peripheral arterial disease, Severe peripheral neuropathy, Allergy to stocking material, Limb gangrene, oozing dermatitis and severe cellulitis, Extreme deformity of limb preventing correct fit.

Tips to keep lymphedema at bay

There is no guaranteed way to prevent lymphedema, there are steps you can take to minimize the risk and manage the condition effectively. By adopting a few healthy habits, you can help support your lymphatic system and reduce the likelihood of developing lymphedema.

■ Maintain a Healthy Weight: Maintaining a healthy weight is crucial for minimizing the strain on your lymphatic system. Excess weight can impede lymph flow, phedema. Follow a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Consult a healthcare professional for personalized guidance.

■ Exercise Regularly: Engaging in regular physical activity helps promote lymphatic flow and overall circulation. Incorporate exercises that involve rhythmic movements, such as walking, swimming, or cycling. Start gradually and listen to your body, avoiding activities that strain or excessively stress the affected

Protect Against Infections: Infections can exacerbate lymphedema symptoms, so it's essential to take precautions. Practice moisturized, and avoid cuts, burns, or insect bites. Use sunscreen to protect against sunburns and avoid prolonged exposure to extreme temperatures.

Avoid Constrictive Clothing: Wearing tight clothing or accessories, such as tight bands or jewellery, can restrict lymph flow. Opt for loose-fitting, comfortable clothing that allows for unrestricted movement. Avoid constrictive items that may create unnecessary pressure on the affected areas.

Graduated Compression Garments: If you are at a high risk of developing lymphedema or have already been diagnosed, your healthcare provider may pression garments. These specially designed garments apply gentle pres-sure, aiding in lymphatic flow and

External compression and massage



DR VIKRAM SAINI



Every 4 to 6 months, the dress-

The restriction of lymphatic I flow results in lymphedema. The condition can be improved with massage therapy. This ailment benefits from massage therapy that directs excess lymphatic fluid from the swollen area to functioning regions of the body where it can be effectively managed by the circulatory system. External compression plays a vital role in this condition. For mild swelling, a simple compression dressing can help whereas the use of multi-layered compression dressing is advised for moderate to severe swelling. The entire area is covered by the

ing needs to be changed as it gets loosen with time. Patients are usually advised to wear the compression garments during the day and remove it off at night, unless indicated. One can wear as early as

Lymphedema after treatment for cancer

As the incidence of cancer is increasing, lymphedema is likely to become common in the coming years.

Lymphedema after cancer occurs due to the treatment offered for the cancer rather than the cancer itself. This is particularly seen among individuals, who have had lymph node surgery or received radiation therapy as part of their cancer management.

It is due to the disruption or damage caused to the lymphatic system during cancer

treatment, which impairs the normal flow of lymphatic fluid and leads to the accumulation of lymph in the affected tissues. Common examples include upper limb lymphedema after treatment for breast cancer and lower limb lymphedema after treatment for ovarian can-

The impact of cancer-associated lymphedema extends beyond the physical symptoms. The functional impairments resulting from reduced mobility and range of motion



can interfere with daily activities, occupational tasks, and overall independence.

Managing cancer-associated lymphedema requires a comprehensive and multidisciplinary approach. Lymphedema therapists, healthcare providers with expertise in lymphedema management, play a critical role in developing individualized treatment plans.

These plans often include a combination of strategies such as manual lymphatic drainage, compression therapy, exercise and rehabilitation, skin care, and patient education.

possible in the morning and continue while doing any form of work or mild exercises. Patients are advised to apply coconut oil on skin and to take care of limbs for any external injury. Skin care is recommended to prevent skin infections. Recent advances like automatic pneumatic compression devices can serve as viable self-management options for severe lymphedema patients.

VAST EXPERIENCE OF MASS VACCINATION

ndia has had vast experience of running mass vac-Lination campaigns in the past. Apart from the eradication of smallpox and polio through mass vaccination drives under its UIP, India has administered 390 million vaccines annually to pregnant women and children. India also had a trained workforce of 2.5 million health workersand 50,000 cold chain technicians (CCTs) to handle its UIP. An extensive countrywide coldchain network was available for routine immunization as well. However, could India's success in routine immunization guarantee the same victory in its massive Covid-19 vaccination

A MISSION FRAUGHT WITH FORMIDABLE CHALLENGES

India's COVID-19 vaccination campaign was unique in terms of its scale of operations, delivery timelines, infrastructural requirements and the large number of people needing immunization. While talking to me, Chesta Yadav, the

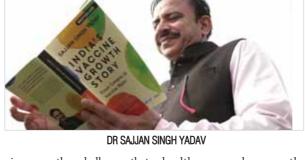
A tale of India's Vaccine Growth

Dr Sajjan Singh Yadav, Additional Secretary, Department of Expenditure in the Union Finance Ministry in his book 'India's Vaccine Growth Story - From Cowpox to Vaccine Maitri' traces India's ancient history of inoculation and vaccination--which happened much before British physician and scientist Edward Jenner developed the first jab against smallpox ---to current status of being frontrunner in vaccine production and supply for the world. Excerpts from the book:

District Magistrate of Delhi's cold chain and other logistics, North-West district, admitted that 'the scale of Covid vaccination was huge in contrast to the target population for routine immunization. While the UIP was confined mostly to government health facilities, the scale of Covid-19 vaccinations required vaccination centres to operate in other public and private spaces as well, she told me. In addition, the campaign necessitated large-scale adult immunization, hitherto not usual in India. Another daunting challenge was the rapid pace of vaccination to cover 1.4 billion people within the span of months needed to see the back of the pandemic. Apart from availability of vaccines, rapid expansion of

mobilization of human resources and their training were critical. Transporting vaccines at the right temperature was a gigantic task. 'This was especially daunting in the remote and hilly areas of the country,' said Dr Devansh Yadav, Deputy Commissioner, Changlang district of Arunachal Pradesh during interactions. The hilly district, with a dense forest cover, a tiger reserve, and numerous rivers and streams, is spread over 4,500 square kilometres. Prioritization of target

cines are other challenges that groups, dealing with vaccine hesitancy and eagerness, preventing misinformation, building community ownership and generating a demand for vac-



needed to be tackled. Dr A Muthamma, Health Secretary of Dadra and Nagar Haveli and Daman and Diu, rated 'the apprehensions of citizens regarding the safety and efficacy of the vaccine' as the most formidable challenge. 'Uploading data about

healthcare workers on the CoWIN portal in the initial phase was a huge challenge in a large part of Arunachal Pradesh due to the lack of a stable internet connection, Dr P Parthiban, Health Secretary of the State told me. This was reiterated by Akhil Arora, Principle Secretary,

Rajasthan. 'People in rural areas have limited accessibility and understanding of the portal, he

SO HOW DID INDIA OVER-COME THESE CHALLENGES? Effective Coordination And Fast-Tracking Decisions

According to India's Health Secretary, Rajesh Bhushan, 'excellent cooperation and coordination with all stakeholders, including various ministries of the union government, state governments, development partners, non-governmental organizations and civil society organizations, was a critical factor'. To make the drive a success, the Government of India adopted a whole-governmentand whole-society approach for the vaccination drive, he told me. A robust governance mechanism was designed for effective coordination and swift decisionmaking.

compression dressing, which is neither too tight nor too loose.

At the national level, theNational Expert Group on Vaccine Administration for Covid-19 (NEGVAC) provided regulatory guidance on vaccine trials, planning of vaccine administration, inter-sectoral coordination, financing, procurement and distribution, prioritization of population groups, supply chain infrastructure, vaccine safety surveillance, community engagement and awareness generation.

In the states, a state-level steering committee headed by the Chief Secretary was assigned the policy guidance, coordination and oversight functions. A state-level task force was made responsible for planning and mapping vaccination sessions, strengthening cold chain infrastructure, identifying manpower, training and managing biomedical waste, developing a media plan to allay fears and misinformation, attracting people to vaccination centres and monitoring their progress. A District Task Force functions under the District Magistrate in every district. Similar task forces were also set up at the block and municipal levels. 'Island-level Monitoring Committees were constituted under the chairmanship of the Deputy Collector', Amit Satija, Health Secretary of Lakshadweep, informed. Lakshadweep is a federally administered territory of India comprising 36 small islands, many of which are uninhabited. (The book has been published

in English by Penguin Random House. Now it is all set to be published in 20 Indian Languages to help spread the story of India's global vaccine supremacy acrosss the country.)



China creating another Xinjiang

 $P^{\text{resident Xi Jinping is all out}}_{\text{to prevent the Islamic rad}}$ icals across China. The first was the western-most province of Xinjiang wherein he has been undertaking full-scale measures to shield the Uyghur Muslims to stay away from Muslim extremists. Even global governance institutions like the UN had complained against the Xi regime that the ethnic Uyghurs and other minorities are being targeted simply in the name of preventing Islamic terror in the

A report published by the UN accused China of serious violations of human rights against the Uyghur Muslims that may be termed as "crime against humanity". The reality is that as per various international media sources and leaked videos from Uyghur detainees, Beijing is creating large concentration camps in the guise of training camps. And Chinese authorities are calling these camps as "Re-education Camps" or "vocational training centres". The Human Rights Watch and other global rights agencies say that China is committing genocide in Xinjiang which the Communists completely deny.

Currently, the Hui Muslims in Yunnan are under threat from Beijing. To them, China is trying to create "Another Xinjiang" in Yunnan which they say they won't allow it to happen. It's a province that borders Burma, Laos and Vietnam. It's again clamping down on religious freedoms of the Muslims and demolition of the mosques in these areas by the local authorities.

This month, thousands of ethnic Muslims came out in this Southwestern Province defying public orders to stop police from removing its dome and minarets. It took place in Najiaying Village of the province where the locals fought with the authorities in a last-ditch attempt to save their sanctum sanctorum.

It is widely believed that all these measures are an integral part of what President Xi calls as an attempt to "sinicize" reli-

The Huis have a rich historical background. History says they are distant descen-Imperial China in the past. They are a group of nearly 11 million strong Muslim com-



pockets from northwest to coastal belts of China. But Ningxia is an officially designated Autonomous Region for the Hui ethnic minority where

Unlike the other ethnic minorities in China, they are widely assimilated with the majority Han community and their rich cultural traditions. Most of them speak Mandarin and live side by side with the powerful Hans. In recent years, they also have acquired more freedoms to practise their religious ceremonies than any other ethnic groups in China.

This is not the first time Beijing is trying to restrict Huis in Yunnan. Five years back, in 2018, the Hui community engaged in a tense standoff with the authorities ish a newly constructed mosque. Thousands of Huis dants of Arab and Persian came out to stop government mosque in Ningxia, in the

munity living in scattered had replaced the domes and minarets of the mosque with indigenous Chinese style pagodas. So, the Hui Muslims are now quite familiar with the evil designs of the Communists of Beijing who have been making sustained efforts to pushing their long held religious and cultural traditions and symbols

all these years. Interestingly, a court order in 2020 ruled that recent additions to the mosque that includes a domed roof and minaret are not legal. So these could be removed or demolished as per law. It is believed that the administration is rightly acting under the directions of the court. Last week, the local security agencies warned the protesters to maintain law and order.

Sadly, the mosque that the when the latter came to demol- local officials wanted to dismantle belonged to 14th century. It's an ancient place of worship and largely revered by town of Nagu wherein the

home and a rich cultural hub of the Hui people in Yunnan Province.

The "sinicization policy" aims to purge external or foreign religious beliefs. It strongly urges the ethnic minorities to align more closely with Chinese culture and more specifically with the standard codes of the official and the most powerful Communist Party of China (CPC), which follows an atheist line of thinking. So, the problem originates from here itself for the largely devoted and faithful Hui Muslims in this part of China.

Now, how have the Chinese people and officials reacted to this saga of violence against the ethnic Hui Muslims? Normally, officials stay tight-lipped in China. Whereas China has a huge social media called Weibo like the Twitter through which people express their views and at times criticise the most powerful CPC. But this But later, the Government week is considered as a historic removed all the anti-govern-

ment comments and views in regard to the mosque demolition in Nagu.

he is working hard and fast to

spread the message to his peo-

ple, making China strong

demands uniting under the

precisely a gateway into the

vanguard of the Chinese elite

forever. For him, the Party is

the only future. And thus, once

he echoed: "The Party-

Forces, society and academia;

east, west, south, north and

centre; the Party leads every-

thing." If this is what he fore-

sees and expects compatriots to

do, he will not allow Hui

Muslims to preserve their age-

old traditions and unique

lifestyle strongly imbued with

West is abetting, but in China

it is on the rise. But punching

down the ethnic Huis and

Uyghurs will not offer any

readymade solution to the

Communists. When the coun

resourceful and powerful in the

global stage, it needs to be

Today, Islamophobia in the

religiosity.

And joining the Party is

And in fact, one message supporting the Govt said national policy to handle such unrest is fine. The State should not allow any "wolfish extremists" to impact the law-andorder situation in the country.

It's loud and clear that the majority of the Chinese people are either forced to live under the diktats of the Communists, especially under its authoritarian rule and rulers or they long for stability rather than unrest of any kind.

Xi's new China is typicalwhat he wants to be. The President forever is highly ambitious. With the falling western liberal order and rising global clout of China, Xi is fast mobilising the CPC, the Army, diplomacy, economy and finally his people into one central point that China will rise and rise. Xi is a combination of traders who had come to officials to safeguard the the Hui Muslims. Indeed, the Government and even the both power and paranoia. His try is aspiring to be rich, is a regime conspiring to crenorthwest part of the country. incident sparked violence this time, the government quickly ate imbalance in global governance, as many believe. For Xi, patient with cultural, regional, Geeta University, Panipat)

The Party must accept assimilation of various cultur-

differences.

ethnic and especially, religious

al and religious strands as the world is fast encircled by multiple waves of globalisation and post-globalisation. But then continued atrocities and persecution of Hui and . Uyghurs will certainly damage China's reputation on the global stage. Xi is completely an anti-thesis of Mao as the latter desired for continuous revolution. Whereas Xi called for peaceful China meaning total stability? And for managing this stability, he will not mind "re-educating" the Hui's the same way he and the Chinese statecraft has been doing for the Uyghurs so far in Xinjiang.

Finally, the liberal democracies and their leaders must be serious about China's massive "sinicisation" of Uyghurs and now a fresh attempt at Hui Muslims. Truly, this "sinicisation" is nothing but the curtailment of one of the edifices of basic freedoms that is the right to freedom of religion available in most of the modern nations.

Innocuous as it may seem, but this is the beginning of a new trend of religious persecution of minorities with Chinese characteristics under the leadership of President Xi.

It must be stopped, and the world leaders should voice their concerns in global governance institutions. China must behave responsibly and like a law-abiding nation. Before venturing out to capture the global stage and records, Beijing must set its own house in order. Huis and Uyghurs have the same basic rights the way it is enjoyed by the major-Government, the Armed ity Hans in China.

> By targeting the ethnic Muslims, China is simply inviting the wrath of the global jehadists. It would be prudent on China's part to stop atrocities on the Hui Muslims. Making Yunnan another Xinjiang would be fatal for China's stability in the long run.

Denying the freedom to practice and enjoy ethnic religious rights goes against all basic universal tenets of human rights. It's completely unfair to keep the Hui Muslims under a state of constant fear.

(The writer is currently the Head of the School of Humanities & Social Sciences,

Beijing must set its own house in order. Huis and **Uyghurs** have the same basic rights as those enjoyed by the majority Hans in China. By targeting the ethnic Muslims, China is simply inviting the wrath of the global jihadists. It would be prudent on China's part to stop atrocities on the Hui Muslims. Making Yunnan another Xinjiang would be fatal for China's stability



in the long run

MAKHAN SAIKIA

PERSPECTIVE

Climate change not a myth

The saddest part of the climate menace is that the poorest countries and island communities are the worst sufferers of climate change. Whereas they have not played any role in altering the environment



CHITRANGADA

Climate change is real. Not WMO indicates the continued rise of greenhouse gas emiselements are central to environmental disturbances. The fear is that humanity is in great danger. The situation today is escalating. We are advancing towards a catastro-Climate change is one of the most emerging problems and we humans are the main predators to such things. Now the question arises: how are we going to stop it? We may have many motives and initiatives in our mind but are we able to implement them in a useful way? We can't just see that we are the ones who have brought such destruction for the past 200 years. Fossil fuels and

everywhere. In 2021, the UN Secretary General Antonio Guterres unveiled the UN Report on Climate Change called 'State of the Global Climate 2020'. It is a report prepared by the World Meteorological Organization (WMO), a key agency of the UN. The State of the Global Climate 2022 released by the

greenhouse gases are the upris-

ing problems. The most aston-

ishing part is that the earth is

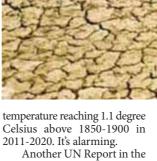
a system where everything is

connected. If an area is affect-

ed, then the change is seen

sions in the last year. It focuses on primary climate indicators like greenhouse gases, temperatures, sea level rise, ocean heat and acidification, sea ice and glaciers. The report seriously highlights climate change and extreme weather conditions. The Report states that drought, floods, and heatwaves are major parts of the globe, and the costs are rising for all. It is also reported that global mean temperature for the last 8 years has been recorded as the highest. Further, sea levels and ocean heat are at their record high. It is predicted that this trend will continue for centuries. The Report also says that sea ice in Antarctica falls to the lowest level. The continent of Europe has witnessed the breaking of The Climate Change

Synthesis Report 2023 released by the Intergovernmental Panel on Climate Change (IPCC) highlights the state of the knowledge of climate change, its widespread impact, and risks. It says that human activities principally through emission of greenhouse gases, have unequivocally caused global warming, with global surface



year 2021 highlighted that time is running out to tackle the climate crisis now. It was clearly said that even the deadly Covid-19 has failed to put a brake on relentless environmental change. Again, this WMO Report mentioned that because of the severe Covid-19 restrictions, the rich and advanced nations barely could help in assisting the climateaffected nations of the world. This pandemic has seriously delayed the delivery of climate finance and other protective measures to extremely vulnerable nations, especially the small island developing countries like Tuvalu, Madagascar, Sevchelles, Maldives, Fiji, Haiti, etc. The UN stressed that the year 2021 is the year of action for the protection of the people from the disastrous effects of climate disasters.

Besides other negative impacts of climate change, it is also preventing people from enjoying basic rights or human rights in many parts of the world. Last year, a group of young people filed a petition at the European Court of Human Rights. They complained to the Court that climate inaction is

a human rights violation. They all highlight a 1990s era treaty named 'Energy Charter Treaty' according to which governments are required to compensate energy companies and investors if public policies cut into their profits. And this refers to public policies that are made to fight environmental

We all must know that the UN Framework Convention on Climate Change (UNFCCC) 2021 for the first time tried to connect human rights and climate change to the table of the Conference of the Parties (COP). The aim of this move was to promote rights-based

climate actions and the integration of human rights in the historic Paris Agreement. Since then, the Office of the UN High Commissioner for Human Rights (OHCHR) has expanded its work on human rights and climate change all around the globe.

Under the existing international human rights law and the UN Declaration of Human Rights (UDHR) of 1948, all the states have the responsibility to protect its people from any foreseeable danger. These laws and conventions have the mandate to protect, respect and create conditions for fulfilling our human rights. The dangers heralded by climate disasters are ever present in our life today. It's largely hampering us from enjoying the basic rights of the people. Under the existing international human rights law, the states and the world bodies have the responsibility to take immediate steps to mitigate the impacts of greenhouse gas emissions. And it must ensure that all of us have the necessary means to adapt

to rapid climate changes. The saddest part of the climate menace is that the poorest countries and island communities are the worst sufferers of climate change. Whereas

they have not played any role in altering the environment. But it is also true that these countries are directly or indirectly enjoying the benefits of the massive industrialization and post industrialization era. The products of all polluting and extractive industries produced by advanced nations are used by all of us including the poor and vulnerable nations. In that way, we all are part of the damages done to the Planet Earth today. So we need to refrain from all such practices that may harm or destroy this planet not only today but also in future also.

I, being a youngster, am still confused about what will happen to Planet Earth. Like me, millions are in a state of shock. But no one has the right to steal our future. No one has the divine will to bring back our planet to the pre-industrial level. What we can do is to prevent further disasters. We can plan for active mitigation efforts. It's our home. Let's preserve it together. But do remember that 'Climate Abyss' is one of the starkest realities of the 21st century.

(The writer is a young climate thinker based in Delhi-NCR)







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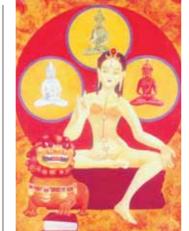




ARIES March 21-April 19

Any debt or loan that you have taken out must be paid off this week. You can provide whatever assistance or support is requested. It might be emotional or financial in nature. Some charitable action is also on the cards. Financial security broadens your view, and you want to experience life to the fullest. In the middle of the week, there are illusions and delusions. You want to enjoy everything: cuisine, clothing, jewellery, entertainment, outings, and so on. However, your thoughts are hazy. You select one but switch to the other. In that way, you can go haywire and lose your bliss. Be realistic about your life's ambitions. Health, wealth, and success at all levels are possible.

Lucky number 18 Lucky colour White Lucky day Wednesday



LEO July 23-Aug 22

You infuse your surroundings with energy, vigour, activities, and reactions. You are aware that having too much of something may lead to distances, disputes, and an unpleasant way of living. Co-workers may desire to avoid or confront you. There may be instances of verbal sparring or respect of viewpoints. You need to channel your enthusiasm into something constructive. God bestows to you excellent health, a good position, authority, and power. You are the winner in the rat race; still be cautious since a peaceful setting may add additional feathers to your crown. But there are few odds of that happening. You are powerful, and your established status, which you have acquired through a lengthy fight, may be jeopardised. May you channel your energies in the direction that the supreme power desires.

Lucky number 20 Lucky colour Green Lucky day Sunday



SAGITTARIUS Nov 22-Dec 21

The week foretells an accident or minor surgery that will keep you from working. You require medical treatment, care, and attention this week. However, you are lucky in that your spouse will be there to support you. This is an excellent time to connect with the divine. Spirituality and religious activities will strengthen you. Mantra practice will strengthen your trust and assist you in regaining your equilibrium. You entirely commit to God's mercy and discover an easy route, namely the path of love, humanity, and love for everyone. There will be a strong bond in the family, and you will share many of your views with your spouse. A healing retreat will be held throughout the week. You find peace at the end of the week and return to your usual life pattern.

Lucky number 14 Lucky colour Parrot Green Lucky day Saturday



TAURUS April 20-May 20

This week, you might appreciate your power and authority. This is not your physical strength, positional power, communication, or attitude and behaviour towards your co-workers. Your organisational and management abilities are also strong, and you are regarded as a leader in your field. There are certain people who may be dissatisfied with your working style. They may intend to bring you down or win you over. Any trade you have sanctioned or interview you have appeared in may slip into the hands of others due to the treachery or sick thoughts of your competitors. By the end of the week, you're exhausted and left to shoulder all the tasks on your own. You should learn to delegate your tasks.

Lucky number 13 Lucky colour Brown Lucky day Saturday



VIRGO Aug 23-Sep 22

This week gives you good fortune. There are financial and emotional gains. Money comes from a variety of sources, and you are safe. There is also happiness. By mid-week, you also want to meet your emotional goals. Good love messages, marriage proposals, or intimacy with your lover are also feasible during this time. However, you may soon experience bewilderment, instability, a lack of warmth and tenderness at all levels of your life. At the end of the week, you strive to restore harmony and cohesion back into your life with your new beliefs. You realise that as time passes, you must adapt to the changes. Sticking to old conventions and customs may be counterproductive. Adjust your lifestyle and way of thinking or be prepared to confront the world with conviction

Lucky number 17 Lucky colour Sky Blue Lucky day Tuesday



CAPRICORN Dec 22-Jan 19

This week makes you feel nostalgic and emotional. There will be many things that do not go as planned. You want to demonstrate your love and care, but circumstances are not in your favour, and you are concerned for your health. Ladies may suffer from menstruation disorders, thyroid issues, and other issues. Your money requires thoughtful decision-making as well. Midweek requires you to be wise and systematic in your approach to life. Health, money, and other aspects of life require your attention. A healthy diet and a disciplined lifestyle will aid you. Your career will flourish and grow towards the end of the week. Money will come from several sources, and there will be contentment, pleasure, enjoyment, affluence, and excellent health as well. Buying a property may become a reality during this time.

Lucky number 12 Lucky colour Grey Lucky day Wednesday



GEMINI May 21-June 20

You enjoyed the results of your hard work in the past week, but it is now time to be careful and prepared to confront some disagreements or arguments at work. Someone who believes they are superior to you might oppose you and make your life difficult. There is finger-pointing, backbiting, fierce competitiveness, and verbal arguments. Mid-week, you find yourself under the spell of a negative individual. You may be forced to engage in unethical behaviour that is both unhealthy and unacceptable. But congratulations! You are driven and confident in your stride. Finally, you will achieve success and be able to demonstrate your abilities. Your status has improved. There will be feelgood moments during this period.

Lucky number 5 Lucky colour Orange Lucky day Tuesday



LIBRA Sep 23-Oct 22

You are seated on a high platform where you may gain recognition, popularity, and enjoy life. You bask in your own brilliance. It is your own hard work and commitment, as well as God's blessings, that has brought you to this level. You are fair, unbiased, and kind. You truly possess leadership abilities. Your inner soul is pure and unselfish, and you move with the flow of time. Your concern and care for others win the hearts of those who follow you and listen to your counsel. Those who are close to you will appreciate your function as the head of family at home or at work. Be cautious since the end of the week indicates a type of financial loss or physical disease. Precaution is better than cure.

Lucky number 23 **Lucky colour** Turquoise Lucky day Monday



AQUARIUS Jan 20-Feb 18

You must make difficult judgements at the start of the week. Emotions have no place in this situation; you must be firm and fair in your judgement. Your decision may alter the course of your or someone else's life. There may be competition for a post in the workplace. The week's focus should be submissiveness. Mid-week, there's a risk you'll face lies or confront the wrath of your superior, leaving you demoralised. In such a scenario, you should engage in some yoga activities, meditation, and spiritual practices to build confidence and mental stability. Currently, it is necessary to be aware of your goals or to realise your objectives. By the end of the week, you will feel better since there will be a nice atmosphere around you. Things begin to improve gradually, and there will be proposals for love or marriage.

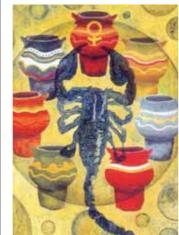
Lucky number 22 Lucky colour Yellow Lucky day Thursday



CANCER June 21-July 22

Known for your emotional depth and compassionate concerns the first three days of this week will be action-packed for you, devoid of sentimental influences. An opportunity in your work domain holds potential long-term benefits, but it requires your immediate action and honed skills. By improving your working style, achieving mental clarity, and expressing yourself effectively, you can reap substantial gains. Mid-week brings a flurry of financial transactions, emphasizing the importance of repaying any borrowed money promptly. Towards the end of the week, a promising partnership deal awaits your signature. Additionally, there is a possibility of deepening existing relationships or forming new emotional bonds. Love brings contentment, as singles may find compatible partners and freely express their emotions

Lucky number 15 Lucky colour Pinky Lucky day Friday



SCORPIO Oct 23-Nov 21

Your task requires your whole concentration, and you are giving it to it. This is the time to mend yourself-to renew and recover your vitality so that you can tackle the rest of life's problems. Exhaustion can cause emotional and mental instability, as well as irritability. Your health should be prioritised. Regular medical check-ups and rest are essential. There is a possibility of having disagreements with superiors at work. Controlling your emotions and revitalising yourself will be beneficial to you. Otherwise, you may face the wrath of your boss, father, or older brother. The time necessitates a shift in lifestyle from work to relaxation, from a hectic schedule to leisure.

Lucky number 8 Lucky colour Peach Lucky day Tuesday



PISCES Feb 19-March 20

You have childlike enthusiasm and a lot of work potential this week. However, without goals or clarity of mind, your results are useless. Your family needs your time and attention. Any health concern that is ignored may result in a significant financial loss. It is always best to be cautious. Some of you may experience separation and financial losses by midweek. Relationships may become strained. It is the fire of energy and mental power that may come to your aid. There will be opportunities and blessings by the end of the week. You get so preoccupied with yourself that you overlook these. Communication and travel will pique your curiosity in your quest for emotional well-being. Couples will find mutual understanding between them. Wealth will also come to you from various sources.

Lucky number 10 Lucky colour Indigo Lucky day Wednesday

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ASTROTURF BHARAT BHUSHAN PADMADEO

icking up threads from the previous issue, it comes out that invariably each one of us is keen to passionately pursue one's self-designated path, often crossing path with others. The world, thus, becomes natural breeding ground for arousal of conflict of thoughts and interests. Yet, we all wish to go about in life to one's asking and aspire to move unrestrained. Obviously, more often than not, one is unable to make it to one's dream destination unchallenged. We, thus, remain vulnerable to go through unpleasant twists and turns in life. The limitations up to this stage are elemental in nature.

Next in line comes individual-specific limitations of mind. They exemplify uniqueness of each being characterised by their varying mental-traits. It may not be out of place to mention here that Energy-Trinity - Sata, Rajasa, and Tamasa - the primal forces driving our lives - give rise to three types of attributes in psychological terms, with one or the other prominently displayed in each being. What particular element plays heavy in our mind defines our individual character, and that is reflection of our Karmic carryover from the past. This sets the premise for individualised

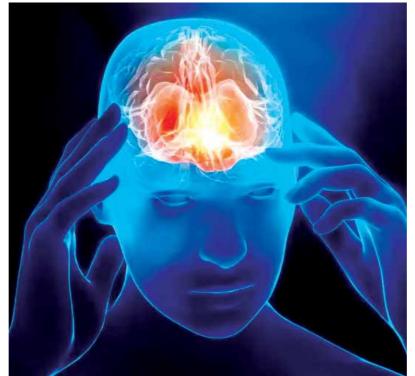
limitations of mind. Going by the 'the theory of Karma, mind acts as the carrier of Karmic imprints from the past, running in succession from one life to the other. They involuntarily define individual specific's beliefs, which condition our mind one way or the other.

On account of the above limitations, five broad categories of individual mind-trends are in evidence -Ignorant/Darkening; Scattering; Gathering up; One pointed; and Concentrated. A large majority fall under the category of darkening and scattering types.

Darkening types have ignorance at their root. Stuck to their ill-conceived beliefs and perceptions, they carry a narrow vision. Their hardened attitude does not allow much of a scope to explore beyond their predefined limits. So, they fail to expand their vision. Evidently, they lack clarity in vision and thought. Invariably, they do not have any clue to what life is truly about, what they should expect from life, and what is their calling.

Mind engaged in its likes and dislikes, prejudices and obsessions, wanton desires and temptations of life, pleasures and pains, continuously keep breeding

Each mind is unique



corresponding thoughts. Usually, a person attends to nothing less than sixty to seventy thousand thoughts every day, many of them self-conflicting, and even negative. Mind, randomly flirting with these thoughts, keeps wandering hither and thither, and thus, becoming restless. This is what is termed as 'scattering mind', which does not let us remain focused to our priority preferences, and evidently to our detriment.

Next in line is the 'gathering up' type. Those having realised that lack of focus makes them left behind in the run of time, make conscious efforts to remain centred to their desired destination. They wish to improve their focus in order to take the tasks in hand towards their logical end. But for which, they have so far failed to view things in the right perspective, and so could not make right choices. But it is easier said than done, as habits die hard. Habit tendencies keep pulling us back to their limits again and again. At times they get focused for a while, soon to get distracted once again. They again strive to regain their focus. This tug of war keeps going on.

The next higher level is one-pointed state, which again is gained through

conscious efforts. They are the ones who have become conscious about remaining alert to make wholesome use of the operational tools of mind, particularly its discriminating faculty. Obviously, to achieve that end, one tries to get over distracting influences, improve their focus and remain centred to their desired destination. Consequently, wherever they pay attention, single-pointedly they are able to successfully pursue the task in hand to its logical end. Those having attained this state, carry higher probability of tasting fruits of success with ease and comfort. They, however, still remain

relatively on a lower scale. Beyond the one-pointed state is the 'concentrated mind'. This is a stage when mind literally becomes free from unwanted thoughts. One is then in full control of mind, whereby one is able to use it as an instrument to one's asking rather than being carried away by its habit tendencies. Having arrived at this state of mind, one comes out with one's optimum best, as it gets tuned up well to the all-powerful and all-knowing, allpervading consciousness element - the cosmic mind

subject to pushes and pulls, of course