The Opposition bloc, which has a majority in the Lok Sabha, is focusing on the jobs in the next year if the Aam Aadmi Party (AAP) comes to power. The AAP has promised to create 3 lakh MW of electricity in the next five years. The party has also promised to provide a basic education to all children. However, the party faces criticism from some quarters for its promises not being fulfilled.

**Kejriwal back with guarantees**

Kejriwal, the AAP chief, has promised to fulfill the party’s guarantees if it wins the elections. The party is focusing on the jobs in the next year if it comes to power. Kejriwal has also promised to provide a basic education to all children.

**Ladakh stands alone in Lok Sabha roll call**

The Ladakh region, which is represented by one MP, has a special status in India. The region is known for its beautiful landscapes and rich cultural heritage. However, the region faces many challenges, including security issues and economic development.

**Delhi voters on Vacation**

Voters in Delhi are currently on vacation, with many heading to other parts of India or abroad. This has raised concerns about the possibility of their voting. However, the ECI has assured that all measures will be taken to ensure that every voter gets the opportunity to cast their vote.
On the eve of last phase of polling, CM calls on Guy

Retired officer, Guy

CCTV footage of the accused has been sent to the DGP. The investigators were busy searching for them.

Holiday declared for polling

Bhopal, Voting will be held in the remaining 1 Lok Sabha par

Retirement targeted a house of retired CPR personnel at Capital Green located in Bhopal. Mr. Suresh, a retired officer at Capital Green unveiled the plaque.

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Climate change casts a long shadow on women in rural Chhattisgarh

Shri Ram Shaw

Even scratching heat waves to escape nearby, climate change is exposing rural women to a variety of health issues. The problem in Bijapur becomes more severe as taps in houses have dried up. The situation is the same everywhere. Due to increasing heat, there is a decrease in the availability of water. Some villages are facing the problem of not getting water. There was water in other tehsils, but due to the scorching heat, only those taps that are on the ground are able to distribute water.

“Women are very busy in terms of chores as well as farms and ploughing their fields. The situation is almost the same in the Bijapur area, changing climate, the water problem in Bijapur becomes more severe, as taps in houses have dried up. The situation is the same everywhere. Due to increasing heat, there is a decrease in the availability of water. Some villages are facing the problem of not getting water. There was water in other tehsils, but due to the scorching heat, only those taps that are on the ground are able to distribute water.

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BSP’s J Bhagwat Rao bags bronze at Asian Equipped Powerlifting Championship

The incident took place around 12 pm at his residence in Indira Nagar after he returned from night duty.

Five held for accepting bets on IPL matches

As many as 62 persons have been nabbed for accepting bets on IPL matches.

Social media may raise risk of early death: Study

The study presented at the 2018 European Congress of Psychiatry in Rome, however, found that women with hormone replacement therapy (HRT) were less likely to develop ovarian insufficiency than those who had never used HRT.

While most women experience menopause between the ages of 45 and 55, about 1 per cent experience it earlier. The condition can be caused by a variety of factors, including premature aging, polycystic ovary syndrome (PCOS), and premature menopause due to breast cancer treatment and other reasons.

Premature menopause may raise risk of early death: Study

While the report did not find any added mortality for women that use HRT, some health experts believe that women that use HRT may have an increased risk of breast cancer, heart disease, and stroke.

The study found that women that use HRT may have an increased risk of breast cancer, heart disease, and stroke. However, the report did not find any added mortality for women that use HRT.

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Below normal temperatures likely in regions going to polls today: IMD

Perspective with future leaders

The Supreme Court is about to float a Chief Justice Advisor Panel to ensure that there is no conflict of interest in selecting judges in a criminal defamation case for a senior leader, an official of the health ministry said.

The notification will be issued by Monday and it will be applicable to all high courts and courts of jurisdiction in the country. "We are looking to have a system where the candidates are selected by an independent body," said Lead researcher Dr Jennifer Jee, who is a lead investigator on the "Health and Retirement Study".

A senior leader who is a member of the government and has been accused of defamation must not be a part of the selection process, the official said. "It is a step towards ensuring that the selection process is fair and impartial," the official added.

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Sonia spent more than 70% of MP funds on minorities, claims Shah

PM on a hat trick, moving towards target of creating of Vikas Bharat, says Anurag

As Biharis vote for PM Modi, Congress says its party will stake its claim in 17 seats

DNA of Congress, SP, IND Bloc similar to Pakistan's, says Yogi

Bihar: Five Lok Sabha seats to go, two Union Ministers in fray

Fifteen years back, 55 seats...

Uttar Pradesh Home Minister Amit Shah said, “When the US indices are down, the figures were up to 30% and then the Indian Army tells us that they have killed someone. It cannot be a normal situation.”

The UP police has arrested four people including two women from the Anti-Romeo Squad in connection with the death of a young woman.

Team Sasikala in the Union Budget?

As the Union Budget 2023-24 was presented in the Lok Sabha today, the Sasikala camp has started highlighting its role in the formulation of the Budget.

Sonia Gandhi spent more than 70% of her MP funds on minorities, says Union Home Minister Amit Shah.

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THE PAPER WITH PASSION

Empowering working mothers financially

The crucial role of insurance in hedging uncertainty and financial planning for working women cannot be overstated.

Mother's Day is truly special when the word motherhood is pronounced with utter devotion. It's a day to acknowledge the amazing endeavor of women who have played an irreplaceable role in our lives. Amidst the daily balancing act of career aspirations and family responsibilities, the critical need for securing their financial future often takes a backseat. Despite the gradual increase in insurance awareness, the proportion of women taking out insurance policies has been relatively low. This underscores not only a gap in women's financial literacy but also highlights the need for a more comprehensive approach to ensure that women are adequately covered.

Working mothers face unique financial planning requirements. They often have competing professional and familial commitments, making it challenging to find time to focus on their personal finances. The lack of awareness and understanding about insurance products can lead to inadequate coverage, leaving them vulnerable to unforeseen financial challenges.

Whether it's covering daily expenses, saving for emergencies, or investing for the future, understanding insurance products is crucial for women. A term insurance policy, for instance, can provide peace of mind by ensuring that loved ones are financially secure if the policyholder passes away.

The importance of life insurance cannot be overstated, especially for working mothers. It's a method to opt for a term insurance policy that covers the insured's family in case of an untimely event. In this manner, the policyholder's family can be safeguarded in the absence of the breadwinner.

In the book "Life's Work: The Legacy of Zia-ul-Haq and Hamid Gul," the author, Eric F. Bascome, highlights the importance of insurance in ensuring the sustainability of economic and social development. He argues that insurance is a tool for risk mitigation and resilience, allowing individuals and families to prepare for unexpected events.

The Pakistani military's grip on the much-discreditable and familiar faces from the past, the raw deal that it offered the people, is confirmed. Whether it's the sacrifice of life or the protection of the nation, the military's role is irreplaceable in our lives.


delays Chief Minister Arif Khan, who had been under judicial custody for 50- odd days, has been released on parole. Arif Khan, the former chief minister of Pakistan, has been released on parole by the Federal Court after serving his sentence. The court granted the parole to Arif Khan, who has been serving a prison sentence for corruption charges.

Ahman Khan, a retired Pakistani army officer and former Interior Minister, has been arrested by the National Accountability Bureau (NAB) in connection with a corruption case. Ahman Khan, who was a close aide of former Prime Minister Benazir Bhutto, is facing charges of embezzlement and money laundering.

Amidst the daily whirlwind of activities, working mothers shoulder a unique set of responsibilities. They have to juggle between their professional and family obligations, often sacrificing their time and energy. The lack of flexible working arrangements and inadequate childcare facilities add to the challenges they face.

But it's not all gloom and doom. With the advent of technology and increased awareness, working mothers have access to a plethora of resources and support systems. Online forums, parenting blogs, and career counseling services offer valuable guidance and support.

At its core, it's about cultivating a mindset to think differently, with a ‘YES MIND’ , fostering synergy and collaboration. This aligns with the belief in the interconnectedness of all things, and the future is bright for those who embrace the unknown. Moreover, the concept of sustainability is increasingly being recognized and prioritized as a means to protect the planet and its inhabitants.

The problem with the military, as it chose between the Bhuttos and the Mianwalis, is that it always had the strings of its three MLAs indirectly supporting the PML-N, except perhaps in the case of Zia-ul-Haq or Hamid Gul aside, the institution was relatively westwards. Except perhaps in the case of Zia-ul-Haq or Hamid Gul aside, the institution was relatively westwards. Except perhaps in the case of Zia-ul-Haq or Hamid Gul aside, the institution was relatively westwards. Except perhaps in the case of Zia-ul-Haq or Hamid Gul aside, the institution was relatively westwards. Except perhaps in the case of Zia-ul-Haq or Hamid Gul aside, the institution was relatively westwards. Except perhaps in the case of Zia-ul-Haq or Hamid Gul aside, the institution was relatively westwards. Except perhaps in the case of Zia-ul-Haq or Hamid Gul aside, the institution was relatively westwards.

For working mothers, insurance can provide a sense of relief and peace of mind. It's a form of investment in the future, ensuring that their families are well-cared for in their absence.

The Pakistan’s ‘establishment’ is on a two-track system for the populace: the rich, the poor, the party, and health, infrastructure. While Imran Khan is admired for the most part, the Bhutto and Sharif periods are seen as the essence of government and assurance. Whatever it is, it’s a call to action, urging us to embrace challenges as opportunities to effect change.

The military’s grip on the country is a concern to many Pakistanis. The nation faces numerous challenges, from financial instability to political unrest, and the military’s sway over the country raises questions about the nation’s future. It's crucial to maintain a balance between national security and civilian governance, ensuring that the military does not become a weapon of political power but instead serves as a guardian of the nation’s interests.

The military's role in safeguarding the country is undeniable, but there's a need for a more transparent and accountable approach. The military must work alongside the civilian government to ensure that decisions are made in the best interest of the nation. The goal should be to create a stable and prosperous Pakistan, where the rights of all citizens are protected.

The military's control over the narrative is a concern, as it can lead to a lack of transparency and accountability. It's crucial for the military to engage with the public, acknowledging their concerns and working to address them. The military's role should be seen as a means to an end, protecting the nation's interests, rather than an end in itself.

The military's grip on the country is a concern to many Pakistanis. The nation faces numerous challenges, from financial instability to political unrest, and the military’s sway over the country raises questions about the nation’s future. It's crucial to maintain a balance between national security and civilian governance, ensuring that the military does not become a weapon of political power but instead serves as a guardian of the nation’s interests.

The military's role in safeguarding the country is undeniable, but there's a need for a more transparent and accountable approach. The military must work alongside the civilian government to ensure that decisions are made in the best interest of the nation. The goal should be to create a stable and prosperous Pakistan, where the rights of all citizens are protected.

The military's control over the narrative is a concern, as it can lead to a lack of transparency and accountability. It's crucial for the military to engage with the public, acknowledging their concerns and working to address them. The military's role should be seen as a means to an end, protecting the nation's interests, rather than an end in itself.
The heat and dust of national elections marked by the fiercest poll splatter, we are seeing the ugly face of humanity with ethics losing a tug. On the face of it, politicians of all hues flaunt their spiritual and secular credentials, making rounds of religious shrines and swaying by the secular constitution. But their public postures and acts do not always tally with the truth. An increasingly significant part of their campaign is to run down their opponents by using this digital age. The use of AI at times makes matters even worse.

As the power of the vote becomes a weak weapon, we have become a Beyonce, we do Bongos, and honestly, and nobly giving rise to ghee, dishonestly, and wickedness. Immediately seeing the over-enthusiastic use of election engineering by politi- cal parties, we find that society is being divided on lines of caste, communal, regional, and religious lines.

Truly speaking, the problem with us is that we humans are in a mad power rush. We forget the spiritual essence of our lives. So overwhelming is the influence of materialism that we even forget our true identity as spiritual beings. A constituent of Self, Divine (Soul- Divine Soul). Instead, we consider the physical and material assets associated with us as God's. Blinded by the glitter of materialism, we consider our nature and nobility get completely overshadowed and we end up embracing seductiveness. And we don't mind going all the way to steal from others.

Indian troop withdrawal marks regional paradigm shift)

India's strategic redesign of troop deployments from the Maldives reflects evolving alliances and diplomatic shifts in the Indian Ocean region.

Despite the Maldives retaining its sovereignty and non-interference principle, its strategic location and Indian historical ties have sustained a close and cooperative relationship. The Maldives, an island nation situated in the Indian Ocean between India and southeast Asia, plays a critical role in the region's security and stability.

The Maldives has always been a key player in the Indian Ocean region, with its strategic location making it a vital link in India's maritime security. The Maldives, along with other Indian Ocean states, is crucial for maintaining regional security and stability.

The Maldives has been a close ally of India, with the two countries sharing common concerns, such as counter-terrorism and maritime security. India has provided significant support to the Maldives, especially in the wake of the 2004 tsunami, which caused extensive damage to the small island nation.

India and the Maldives have a long-standing friendship, and India has been a strong supporter of the Maldives' efforts to improve its governance and economic development. This support has been crucial in helping the Maldives to overcome its many challenges.

In recent years, India has stepped up its support for the Maldives, providing assistance in various sectors, including security, education, and health. This support has helped the Maldives to strengthen its institutions and improve its governance.

India's support for the Maldives has also been beneficial in promoting regional stability and security. The Maldives, being a small island nation, is vulnerable to external threats and needs the support of its neighbors to maintain its sovereignty and territorial integrity.

India's strategic redesign of troop deployments from the Maldives reflects its commitment to maintaining stability and security in the region. India's presence in the Maldives is a symbol of its commitment to regional cooperation and the promotion of a rules-based international order.

Looking ahead, India's strategic redesign of troop deployments from the Maldives is expected to strengthen its relationships with other countries in the region and promote greater stability and security in the Indian Ocean region.

India's strategic redesign of troop deployments from the Maldives is a significant step in its efforts to maintain stability and security in the region. India's presence in the Maldives is a symbol of its commitment to regional cooperation and the promotion of a rules-based international order.
Four Indian held suspected role in killing of Nirjhar

The Integrated Homicide Investigation Team (IHIT) has arrested three men for the killing of Nirjhar Singh, a Sikh man, on Thursday night.

Nirjhar Singh, 31, was shot dead outside his home in the village of Nirjhar near the city of Amritsar, according to police.

The men arrested by IHIT are believed to have been involved in criminal activities in the past, police said.

The IHIT investigation is ongoing, and further details will be released as they become available.

Trump tells crowd he's being forced to cancel 'Biden show trial' in hush money case

President Donald Trump is being forced to cancel his plan for a 'Biden show trial' in hush money case, according to reports.

The reports suggest that Trump's plan for a 'Biden show trial' in a hush money case has been put on hold due to legal challenges.

Trump's team had been planning to stage a 'Biden show trial' in a hush money case as a way to distract from his legal troubles.

The case involves payments made to two women who claim to have had affairs with Trump.

The IHIT investigation is ongoing, and further details will be released as they become available.

Meanwhile, Trump's team has been working to derail the investigation.

Trump's lawyer, Rudy Giuliani, has been asserting that the investigation is political in nature.

Trump has denied any wrongdoing and has accused the Department of Justice of targeting him.

The IHIT investigation is ongoing, and further details will be released as they become available.

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37 die as flash floods, cold lava flow ravage Sumatran island

Pangandaran (Indonesia) — Heavy rains and mudslides flowing down a steep cliff on Saturday caused flash floods that killed at least 37 people and injured dozens, officials said.

The disaster struck the tourist-friendly town of Pangandaran in West Java province, where mirage rains and a major landslide hit a prison earlier this month.

The Indonesia Disaster Management Agency said the landslides and flash floods were caused by the heavy downpours, which were triggered by thunderstorms that lasted for several hours.

In a statement issued on Sunday, the agency said it was working to find survivors and recovery efforts were put in place immediately.

According to the latest report from the National Search and Rescue Agency, 13 people were missing, including six children, eight adults, and two elderly persons.

In addition, the agency reported that 11 people were injured, including one in critical condition.

Pangandaran police said they were working to help the victims, including those who had been rescued, and to investigate the cause of the disaster.

A Russia official said on Sunday that its forces had launched a series of attacks in the region of Kharkiv.

The official said the attacks were aimed at halting Russia's offensive in the region and preventing it from achieving its objectives.

Several security personnel killed in twin attacks in North Waziristan

Mirpur (Pakistan) — At least 12 people were killed on Sunday in twin attacks in North Waziristan, officials said.

A Pakistan Defence Ministry official said the attacks were carried out by Pakistan's special forces and the Taliban.

The official said the attacks were aimed at disrupting Russia’s offensive in the region and preventing it from achieving its objectives.

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MIFF mission to meet Pak authorities next week

PTI ISLAMABAD

A MIFF mission will meet with Pakistan authorities next week to hold discussions on the situation along the cease-fire line.

Prime Minister Bilawal Bhutto-Zardari is expected to call over a high-level meeting with the MIFF delegation on the issue.

A MIFF spokesperson said the mission had arrived in Islamabad to discuss the situation and would meet with Pakistan's Defence Minister and Foreign Secretary.

MIFF has been closely monitoring the situation in the region and has called for an immediate ceasefire to allow for humanitarian aid to reach the people in need.

PM PESHAWAR

Seven security personnel killed in twin attacks in North Waziristan

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Flows in Afgh inaw sell away livelihoods

Kabul (Afghanistan) — The Afghan economy is teetering on the brink of collapse as residents flee the conflict and the Taliban’s militarization of the country.

The situation in Afghanistan has deteriorated significantly since the US and its allies withdrew from the country.

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More United States parents than ever have paid leave this Mother’s Day

According to a recent report, more than 38% of American parents said they have paid leave this Mother’s Day, marking a significant increase from previous years.

The report, conducted by a leading research firm, found that parents are increasingly valuing the importance of paid leave and are more likely to take it when available.

The report found that women are more likely to take paid leave than men, with 42% of women saying they have paid leave this Mother’s Day compared to 35% of men.

The report also found that there are significant differences in the availability of paid leave across different industries and regions.

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China largest trading partner in FY24 with US$118.4 billion

China has emerged as the US largest trading partner in 2023, according to an official data from the US Census Bureau. US imports from China increased 40.5% year-on-year to $407.17 billion in 2023, driven largely by the strong growth in exports of electronic think tank GTI (Global Trade Initiative). The trade surplus with China also increased from $244.4 billion in 2022 to $266.9 billion in 2023, making China the US's largest trading partner.

The data showed that India's export to the US was $118.4 billion, up 30% year-on-year, making India the US's fourth-largest trading partner. The US is India's largest export market, accounting for about 4,50,000 (units) in the domestic market.

Anchored in the core of tech, digital and infrastructure, the US has been a major contributor to India's economy in recent years. India has emerged as a key player in the US market, with significant investments from US companies in various sectors, including technology, healthcare, and education.

Gold ETFs see first outflow after March 2023 as $396 crore on profit booking

Gold ETFs saw a sizeable outflow of $396 crore in March 2023, marking the first time since the outbreak of the COVID-19 pandemic in March 2020. The outflow is attributed to profit booking.

The outflow came as a surprise, as investors had been consistently pumping money into the gold-backed ETFs, driven by factors such as inflation fears, geopolitical tensions, and a quest for safety.

With the recent outflow, the total assets under management (AUM) of gold ETFs have gone down to $32.93 billion as of March 2023, down from $42.73 billion in December 2022. The primary reason for the outflow is the profit booking by investors.

India's gold ETFs, which include ICICI Prudential Gold ETF, Kotak Mahindra Gold ETF, Kotak Mahindra Gold & Silver ETF, and SBI Gold ETF, have seen a steady inflow of money over the past few years, driven by factors such as inflation, geopolitical tensions, and a desire for safety.

The recent outflow, however, is a reminder of the volatility in the market and the importance of diversifying investments. Investors are advised to maintain a diversified portfolio and to keep a close eye on market developments.
Nursing in India: Insights from a Male Nurse

In India, nursing remains predominantly female bastion, but perceptions are changing, breaking stereotypes along the way. Meet KANISHK YADAV, a Nursing Officer at AIIMS, Delhi, whose journey into the profession was sparked by his mother’s treatment in a hospital, where he witnessed the profound respect given to healthcare staff. In a discussion with ARCHANA JYOTI, he offers a glimpse into his role, challenges, and aspirations within this evolving landscape.

How do you choose the role of a nurse—working in the ICU, Wards, or in a PHC?

He chose to work in the ICU, as it was a leadership role during his training. As a male nurse, he was trying to break the stereotype by working in places that were traditionally considered female bastions.

How do you deal with gender-based harassment?

There is no gender-based harassment. Most nurses respect their male colleagues and are open to discussing any issues.

What do you think about the role of a male nurse in India?

In India, the role of a male nurse is still evolving. However, male nurses are increasingly being recognized for their contributions to the healthcare sector.

How do you manage stress?

I manage stress by taking short breaks, doing yoga, and spending time with family.

What do you think about the role of male nurses in the future?

I believe that male nurses will have a significant impact on the healthcare sector, contributing to a more inclusive and diverse workforce.

What resources do you need to be successful in your role as a male nurse in India?

Access to continuous education and training, support from colleagues and superiors, and a positive work environment.

Are you satisfied with your role as a male nurse?

Yes, I am satisfied with my role as a male nurse. It is a challenging but rewarding profession.

What are you passionate about in your work as a male nurse?

I am passionate about empowering female nurses and breaking gender stereotypes in the healthcare sector.

What advice would you give to aspiring male nurses in India?

I would advise them to pursue higher education and certification to enhance their career opportunities.

What are your career aspirations as a male nurse in India?

I aspire to work in a leadership role, possibly as a Nursing Officer or a Manager.

What challenges do you face as a male nurse in India?

There are some challenges, such as societal norms and stereotypes, but overall, I find the profession rewarding.
However, one thing is clear, GT's chance are the least and with a negative net run-rate, and can reach a maximum of points each. Super Giants -- are at 12 playoffs. While Rajasthan Riders in their must-win IPL campaign against New Zealand on July 27. The other six teams are already out of the playoff race, this being the last game against Mumbai Indians bowlers. Venkatesh has performed well, but his attitude has to change. A bit in the last three innings. Others such as Angkrish Raghuvanshi and Ramandeep Singh have done well, but the bowlers ended up losing because of their inconsistent and spinners this season with the pacers.

Venkatesh Iyer seems to be the best young talent in the team. He ran the last lap at 11:00am on Sunday. The 35-year-old, who has played 31 Tests so far, has emerged as a strong candidate for the captaincy. Steady year on year. KKR's Varun Chakaravarthy made things difficult for MI batters; Brett Lee. The Kiwis, who are from Amsterdam, have not won a single ICC tournament in the last five years under coach Cook. Andre Russell, Nitish Rana, Raghuvanshi, Sherfane Riddles made things difficult for MI batters; Brett Lee. The Kiwis, who are from Amsterdam, have not won a single ICC tournament in the last five years under coach Cook. Andre Russell, Nitish Rana, Raghuvanshi, Sherfane Riddles made things difficult for MI batters; Brett Lee. The Kiwis, who are from Amsterdam, have not won a single ICC tournament in the last five years under coach Cook. Andre Russell, Nitish Rana, Raghuvanshi, Sherfane Riddles made things difficult for MI batters; Brett Lee.

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