

## IN BRIEF

**Govt to launch 'Save Environment, Beautify Earth' initiative on World Environment Day**

Mumbai, April 20 (UNI) : In order to preserve and protect environment, the Environment and Climate Change Department will implement the 'Save the Environment, Decorate the Environment' (Pariyavaran Bachao Vasundhara Sajao) initiative in the state from World Environment Day on April 22 to Maharashtra Day on May one.

Maharashtra Environment and Climate Change Minister Pankaja Munde has appealed to everyone to participate in this initiative.

Under this initiative, Ms Munde will participate in a cleanliness drive at Powai Lake in Mumbai on April 22.

She has appealed all citizens to participate in this initiative, a release said here on Sunday.

**Rape accused commits suicide in Amroha**

Amroha (UP), April 20 (UNI) : A youth accused of sexually assaulting a female teacher died during treatment on Sunday after consuming poisonous substance in Amroha district here in Uttar Pradesh, a police officer said here.

Circle Officer (CO) Avadh Bhan Bhadoria said that a case of raping a female teacher was pending in the court against the deceased Faisal (27), a resident of Naugawan Sadat police station area.

"On Saturday, the victim had given a complaint in the police station in which she had accused Fiasal of entering the college, pointing a gun and threatening to kill her in a bid to withdraw the rape case. The entire incident was captured in the CCTV camera of the college," he said.

He said that it was alleged that Faisal had threatened to kill the victim several times before this through social media."It is alleged that Faisal used to continuously pressurise the victim every day to withdraw the case," he said. The CO said that on the basis of the victim's complaint, the police had registered a case of attempted murder against the accused Faisal on Saturday.

## CM, Fadnavis distributes Pink e-rickshaws to 50 eligible women beneficiaries in Nagpur



(Standard Post Bureau)

Nagpur, April 20 : Chief Minister Devendra Fadnavis on Sunday distributed Pink e-rickshaws to 50 eligible women beneficiaries of the district under the Pink e-rickshaw scheme of the Women & Child Development Department.

He further stated that

## BJP govt grabbing land under pretext of Waqf law: Akhilesh

Prayagraj, April 20 (UNI) : Samajwadi Party (SP) president Akhilesh Yadav on Sunday accused the Bharatiya Janata Party (BJP) government of grabbing land under the pretext of the Waqf Amendment Act.

While talking to reporters in Civil Lines before attending a private event, he claimed that the BJP government is trying to grab land like a mafia.

"The BJP is grabbing land under the pretext of the Waqf Amendment Act. It is occupying vacant lands like the land mafia," he alleged.

He said that the BJP government is crushing the public as much as it can. "Be it demonetisation, GST or the matter of reducing the rights of reservation," he said.

Regarding mismanagement in the Maha Kumbh, the SP chief said that if the SP government is formed in the state, it will definitely be investigated.

In response to a question, he said that the Backward, Dalit and Minority (PDA) will show the way to the BJP government by ousting it from power in the 2027 elections. He stressed that the INDI alliance is and will remain.

Akhilesh claimed that the ruling government of the state did not reveal the correct number of people killed in the stampede at Maha Kumbh and pressure was exerted to declare the cause of death as normal. He said that the role of drones and CCTV cameras was zero during the stampede.

## Three dead, property damaged, NH blocked in cloudburst, landslide hit Ramban district

Jammu, April 20 (UNI) : Three people have died in the cloudburst, while loss of property for some families due to hailstorm and flash floods, and the Jammu-Srinagar national highway is shut after a landslide triggered due to heavy rains in Ramban district of Jammu and Kashmir.

Officials here on Sunday said that the National Highway was blocked for vehicular traffic at Panthyal, Seri, and other areas of Ramban district, following heavy rainfall that triggered landslides, flash floods at

at the Planning Building here. Speaking after the Pink E-Rickshaw Distribution Programme, he talked about the Maharashtra government's various decisions taken towards women empowerment and its effective implementation.

an important step has been taken towards women empowerment and their safety through the Pink e-rickshaw scheme of the Women & Child Development Department.

The Women & Child Development Department has provided employment to needy women through

the ambitious scheme of Pink e-rickshaw, the Chief Minister pointed. Also, this scheme has guaranteed safe travel for working women in these women-run autorickshaws, he expressed and added that 2,000 women in the district will be provided employment by distributing e-rickshaws.

## SEC dismisses suspended PSI's allegations

Beed, April 20 (UNI) : The State Election Commission (SEC), Maharashtra said on Sunday that allegations made by controversial and suspended police sub-inspector Ranjit Kasle in connection with the Parli assembly elections are 'false' and 'misleading the public'.

Kasle was not given duty in the Parli constituency during the entire election process, including the strong room security, EVM (electronic voting machine) security or the counting process, the Election office said.

The SEC has officially announced a self-evident disclosure that he was assigned to the Beed Cyber Department. An official

clarification issued by the SEC on Sunday stated that PSI Kasle had made a false allegation on social media by circulating a video that he was given Rs 10 lakh to tamper with the EVM in the strong room during the election process.

Taking a serious note of this, the SEC had directed the Beed district administration to submit a report. When the Beed district collector sought a report on Kasle through the superintendent of police, the report clearly stated that Kasle was posted at the Beed Cyber Department at that time and he was not posted on duty anywhere during the election process in the Parli assembly constituency, stated the SEC release.

## Mumbai Youth Congress chief arrested, remanded to police custody for protesting outside ED office

Mumbai, April 20 (UNI) : Youth Congress president Akhilesh Yadav was arrested and remanded to one-day police custody on Sunday for allegedly locking the Enforcement Directorate (ED)'s office located at Ballard Pier Estate in south Mumbai during a protest.

Yadav was arrested late on Saturday night from Andheri by MRA Marg Police Station, following a protest by Youth Congress workers outside the ED office, which was closed due to a public holiday.

He was produced before a local holiday court on Sunday, which remanded him in jail. On Saturday, Youth Congress activists had staged a protest demonstration in opposition to a chargesheet filed by ED against senior Congress leaders, Rahul Gandhi and Sonia Gandhi.

According to Mumbai Police, 15-20 Youth Congress workers gathered outside ED office, raised slogans against the central government and the agency, and recorded a video of the incident, which later went viral on social media.

According to Deputy Commissioner of Police Pravin Mundhe (Zone 1), the ED office gate was locked with a chain by a security guard at the time of the protest. Despite this, demonstrators assembled and carried out the protest.

## IAF joins multinational air combat exercise Desert Flag-10 in UAE

New Delhi, April 20 (UNI) : A contingent of the Indian Air Force (IAF) arrived at the Al Dhafra Air Base in the United Arab Emirates to participate in the multinational air combat exercise 'Desert Flag-10'. The IAF has deployed MiG-29 and Jaguar aircraft in the exercise, a Defence Ministry statement said here on Sunday.

Exercise Desert Flag is a multinational exercise being hosted by the UAE Air Force, with participating contingents from the Air Forces of Australia, Bahrain, France, Germany, Qatar, Saudi Arabia, Republic of Korea, Turkey, UAE, United Kingdom and the United States, in addition to the Indian Air Force. The exercise is scheduled to take place from April 21 to May eight. The aim of the exercise is to undertake complex and diverse fighter engagements, with exchange of operational knowledge and best practices with some of the most capable Air Forces in the world.



## Modi-Amit Shah trying to scare Rahul, Priyanka: Cong President

Congress president Mallikarjun Kharge on Sunday accused Prime Minister Narendra Modi and Union Home Minister Amit Shah of trying to scare Congress leaders Rahul Gandhi and Priyanka Gandhi by misusing the Enforcement Directorate (ED). While addressing a rally 'Jai Babu, Jai Bhim, Jai Samvidhan' organised by his party at the Dalsagar stadium in Buxar, he referred to the recent chargesheet filed by the ED against Sonia Gandhi, Rahul Gandhi in the National Herald case and alleged that that Modi-Shah were trying to scare Rahul Gandhi and Priyanka Gandhi. The chargesheet has been filed to target Congress, but the party leaders cannot be scared, he asserted.

(See on page 3)

## BJP spreading confusion, propagating lies: Akhilesh



Samajwadi Party (SP) president Akhilesh Yadav on Sunday accused the ruling Bharatiya Janata Party (BJP) of spreading confusion and hiding the truth. While talking to reporters in Civil Lines before attending a private event, Akhilesh said that the BJP has mastered the art of hiding the truth and propagating lies

( See on page 4)

## Virat Kohli first with 67 fifty-plus Indian Premier League scores



Virat Kohli continued to etch new chapters in the Indian Premier League (IPL) history books, becoming the first batsman to record 67 fifty-plus scores in the tournament, surpassing David Warner (66), Shikhar Dhawan (53), and Rohit Sharma (45).

(See on page 7)

## Bengal CM Mamata & Sajjan Jindal to lay foundation ....



West Bengal Chief Minister Mamata Banerjee, along with JSW Group of Companies C&MD Sajjan Jindal, is scheduled to lay the foundation stone of the 1600 MW thermal power plant (800x2) to be developed by JSW Energy Ltd at Salboni in West Medinipur on Monday.

(See on page 8)



# Home & Garden



## Be creative while renovating your kitchen



Planning to renovate your kitchen? But this should not cost you a fortune or be beyond the reach of your modest budget. Just be creative, make simple changes and bring life into your kitchen. All of these ideas will cost you must less. So, what are you waiting for? Bring in that whole new look in your kitchen. Paint: The cheapest way to change a space for a newer and better look, is to paint it. Change the colour and bring in some elements of spark. If you are happy with bright colours then you can go and change the 'all white' look of your kitchen. You can also paint your tiles and give your kitchen a whole new look.

**Cabinets:** All that you need is to change the look. If your cabinet bases are in reasonably good shape, paint the cabinets. Or you can put some posters on the cabinets to give a new funky look.

**Accessorise it:** If you stick to neutral colours then you can add accessories. Put some cool poster in the kitchen. You can also frame artworks done by your kids in the kitchen. If you have a collection of books on food and different cuisines or recipes, you can put them in your kitchen. Another great way to add life and vibrancy is to have potted indoor plants in your kitchen.



## 5 appliances every cook must have



Planning to cook? Then there is a list of appliances that you must have in your kitchen. Take a look at some of them...

### A paring knife

This is the basic one, needed to cut small vegetables and fruits. You can easily slice fruits with it, cut the peels of potatoes and other thick skins, devein shrimp, de-seed and section fruits, etc. Always look for one with a comfortable handle.

### Measuring cup

It's not always possible to cook saying, 'take a handful of this or that'. Every kitchen must have a measuring cup or jar to measure liquids like milk or stick or even dry ingredients like sugar, before cooking. It's better to get a transparent plastic one that allows you to see what you are measuring.

### Blender

A blender and hand blender are must-have appliances in the kitchen. The electric blender is used to mix foods and liquids like summer mocktails and soups and is available in different sizes. Blenders with a jug make it more convenient.

### Vegetable peeler

Vegetable peelers or potato peelers are a most utilised appliance. They can get the skin off carrots and apples quickly and make the cooking process effortless. There are several designs available, like the Y or straight type. You can also use the peeler to cut slices of cheese or make thin



ribbons of chocolate.

### Garlic press

This nifty little gadget is most useful as we Indians use a lot of garlic in cooking. The press pushes the cloves through holes to get the peels. So you need not mince the garlic with a knife anymore, if you have this.



## 4 new decor ideas for your home

Product and interior designer Krsna Mehta of the Indiacircus tells us about the four new collections to do up your home this year

### Neo Nawab:

Neo-Nawab resurrects India's golden dynasty- the Mughals, to bring to you a enigmatic collection replete with strong Indian motifs. The collection references various emblems of the Mughal era, such as its world renowned intricate architecture, as well its unapologetic opulence. The collection's bright and vibrant luxury is tamed by its regal and sophisticated Mughal etiquette.

### Jalebi:

The Jalebi Collection maintains its composure across a tight-wire between fun and frivolity. This colourful collection features various icons of the Indian cityscape, from bicycles and rickshaws, to grandiose monuments of bygone dynasties. Jalebi captures quintessential emblems of life in India, and transcribes this loud and colorful experience into a sophisticated style for a contemporary lifestyle.

### Tamara:

Tamara references India's extremely rich and diverse visual treasure of flora and

foliage. Inspired by nature, the collection offers a bright and contemporary take on the Indian landscape. With various visually stimulating designs that lead the eye over its intricate details and patterns, Tamara has bountiful ornamentation for you, and your home!



### Kuheli:

Kuheli pays homage to various traditional Indian arts and crafts. The designs feature graceful peacocks from the forest, as well mesmerizingly abstract visuals. Kuheli is dynamic in its colour palette and detailed in its intricate referentiality, wherein lies the collection's individuality. The designs appeal to those seeking rich visuals that have a delicate history behind them.

## Help your kids design a fairy Summer garden

*Are your kids in love with tiny little Tinkerbell and her world of fairies and pixies? Then a fairy garden would be the perfect summer gift for the little ones.*

A fair(l)y new trend in container gardening, it is all about creating realistic landscapes — complete with cute little houses, cobblestone paths, fences and forests — in terracotta pots, wicker baskets, wide plastic bowls, wooden boxes, tubs et al.

Usually, these miniature gardens are created in such a way that they are visible from all sides. And it's completely up to you to create the ambience using small fences, tiny chairs or benches, random toys and whatever you fancy. Once your landscaping is done, create a small snaking path through your forest using coloured pebbles. Done? Now, let the fairies drop in! What's more, a fairy garden is the perfect way to initiate your kids into learning more about plants during their summer vacations! So, let your imagination run riot! Get, set, go...

- Put potting mix in the container.

- You can experiment with various interesting arrangements by placing all the items for decoration

- toy furniture, rocks, ornamental mushrooms, pebbles, twigs, seashells etc



## Do up your pad with bronze decor

There's nothing that adds more style to your home than bronze decor items. While handicrafts and other decor items in crystal, wood and brass adds a classic touch to your house, bronze is another metal that makes your house look classy and elegant. However, there are different ways you can work this look out so that your home does not look cluttered.

### Picture frames to adorn your living area

To make your living area look well-spaced out, use picture frames in bold bronze designs. You can use carved and detailed frames for paintings and photographs. If you wish to make a collage of many photographs, you can probably use a smaller picture frame in bronze to make it look interesting.

### Bronze sculptures in your dining or living area

Bronze sculptures in different sizes and shapes looks very interesting. You can have Italian figures, Buddha sculpture or a bronze abstract sculpture placed in your living area. But make sure that you do not clutter the area. Choose one piece that will stand out and make your room look interesting.

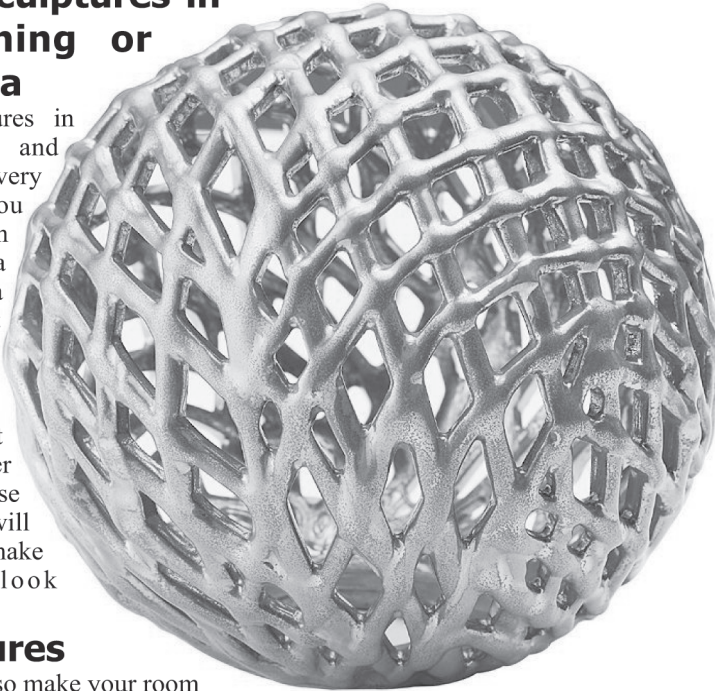
### Wall fixtures

Wall fixtures also make your room

look interesting. You can try having one in your bedroom as a bookshelf so just as a showpiece where you can place other decor items.

### Large mirrors

Wall mirrors placed in your living area or bedroom can make your house look elegant. You can place it either in your hallway or near your dining area so that it does not clash with other decor items in your house.





# Police detain teenager who damages BEST bus and other vehicle

Mumbai, April 20 (UNI) : A 16-year-old boy damaged a BEST bus, several autorickshaws, and a water tanker with a sword in the Bhandup West area of the city suburb and was later detained by the police on a complaint filed by a bus driver official here on Sunday. Police further said that the minor is known to be a history-sheeter, and three crimes, including one for attempted murder, were reportedly registered against him last year at the same police station.

At the time of the attack,

## Five militants nabbed in Manipur

Imphal, April 20 (UNI) : Manipur Police and security forces arrested five persons allegedly members of three different Manipur based outfits in three separate operations during the last 24 hours.

Police said two militants were held from Napetpalli Andra Road near Nongdam village under Lamlai-PS, Imphal East District. They were involved in extortion activities for raising their party fund from every vehicle playing at Napetpalli Andro Road.

Manipur police arrested two militants who were nabbed from Salam Mamang Leikai Ketuki Lampak under Patsoi-PS, Imphal West District. The arrested persons were involved in extortion activities. In another operation security forces arrested one militant from Imphal East District.

Operations were conducted at Thoubal and Imphal West districts. During the operation at Khongnangpokpi area under Sekmai-PS, Imphal West District one .303 Rifle, three Pompei Gun were recovered. In another operation at Lilong Chaobok Khuman area under Lilong-PS, Thoubal District live round, Local made 12 Bore Rifle and other materials were recovered.

## Body of youth found in trolley bag in Deoria

Deoria (UP), April 20 (UNI) : The body of a 30-year-old unidentified youth was recovered from a trolley bag in Tarkulwa area of the district on Sunday, a senior officer said here.

Superintendent of Police (SP) Vikrant Vir said that the body of an unidentified youth was found in the trolley bag in Pakri Chhapar Patkhauli village of Tarkulwa area. He said that when the police reached the field after finding the trolley bag, they opened the bag and found the body of a 30-year-old youth in it. He said that there were injury marks on the body as well. He said that he himself inspected the crime scene. Forensic team, dog squad and surveillance team have also inspected the crime scene.

Police said that in absence of any proof of identity card with the deceased, his identity could not be ascertained as yet. "The police have sought information about missing people from nearby districts and police stations so that the body can be identified," they added.

passengers were present inside the bus. Reportedly, the boy committed the act in a fit of rage after being scolded by his uncle.

Based on a complaint filed by the bus driver, the Bhandup police registered a case against the minor under sections 109(1) (Attempt to murder), 324(5) (Mischief causing loss of one lakh rupees or more), 126(2) (Wrongful restraint), 351(3) (Criminal intimidation), and 352 (Intentional insult with intent to provoke breach of peace) of the Bharatiya

# Modi-Amit Shah trying to scare Rahul, Priyanka: Cong President

Buxar, April 20 (UNI) : Congress president Mallikarjun Kharge on Sunday accused Prime Minister Narendra Modi and Union Home Minister Amit Shah of trying to scare Congress leaders Rahul Gandhi and Priyanka Gandhi by misusing the Enforcement Directorate (ED). While addressing a rally 'Jai Babu, Jai Bhim, Jai Samvidhan' organised by his party at the Dalsagar stadium in Buxar, he referred to the recent chargesheet filed by the ED against Sonia Gandhi, Rahul Gandhi in the National Herald case and alleged that that Modi-Shah were trying to scare Rahul Gandhi and Priyanka Gandhi. The chargesheet has been filed to target Congress, but the party leaders cannot be scared,

# Engineer commits suicide after being harassed by wife, video goes viral

Etawah (UP), April 20 (UNI) : An Engineer hanged himself and committed suicide in a hotel in the Civil Line area of Etawah district in Uttar Pradesh, allegedly after being tortured by his wife and her family members, a senior police officer said here on Sunday. Senior Superintendent of Police (SSP) Sanjay Kumar said that a video has also been recovered before the suicide, in which the Engineer blamed his wife and many people from her family for his suicide.

He said that Mohit Yadav (33), the Engineer had committed suicide by hanging himself in room number 101 of the Jolly Hotel in the Civil Line area. "A video has surfaced regarding his suicide, in which the Engineer is blaming his wife and many members of her family for this. The police are conducting a thorough investigation into the incident," he said.

In a 1.57-minute video, which has gone viral on social media, Engineer Mohit could be seen saying, "By the time you people get this video, I will have left this world. If only there were a law for boys, then perhaps I would not have taken this wrong step. I could not tolerate the mental torture of my wife and her family." He said, "After my wife Priya Yadav got selected as a teacher in Samastipur district of Bihar, her mother got my child aborted and kept all the jewellery with herself. She had no right over it. My wife

Nyaya Sanhita, along with relevant sections of the Prevention of Damage to Public Property Act and the Indian Arms Act. The incident took place on April 19.

According to the police, the incident occurred between 3:10 PM and 3:25 PM at Miniland Society, Tank Road, Bhandup West. The 16-year-old was playing nearby when his uncle arrived and scolded him over an undisclosed matter.

In a fit of rage, the boy went away, returned with a

he asserted.

Kharge further said, "three papers including National Herald were started by Pandit Jawaharlal Nehru to convey the voice of Indians to the British."

A case has been filed against its current chairman, he said and pointed that neither Sonia, Rahul or Priyanka Gandhi can sell the property of that company. But the Modi government was filing case against the Congress top brass even after being aware that no one can usurp its money, he noted.

The Congress president asserted that no Congress leader will be scared of any such move.

Dubbing the central agencies action against Sonia-Rahul Gandhi in National Herald case as vindictive, Kharge

sword, and reached the road where a BEST bus was passing. He threatened the bus driver, prevented him from driving, and hit the vehicle's windows with the sword while verbally abusing him.

The damage to the bus was estimated at Rs 70,000. The boy then proceeded to damage several autorickshaws parked nearby and a water tanker. The bus driver, Dhyaneswar Rathor, filed a complaint with the Bhandup police, after which the case was registered.

described action of the central agencies against Sonia-Rahul Gandhi in the National Herald case as 'politically motivated'.

Congress will never succumb to any pressure, Kharge boasted, adding that the party would foil BJP's attempts of destroying Congress.

Speaking on the Waqf (Amendment) Bill recently passed by Parliament as 'conspiracy of the BJP and the RSS' to create division among communities, the Congress leader iterated that they believe in dividing society based on caste and religion. He stated that both the RSS and the BJP were not in favour of the welfare of weaker sections of society, as they were against the section and cannot think for the betterment of society.

## Rehabilitation of Dhamani project victims within stipulated time frame: minister

Kolhapur, April 20 (UNI) : Maharashtra and district guardian minister, Prakash Abitkar, assured on Sunday that the rehabilitation of the Dhamani project victims will be done by the state government within the planned time.

Speaking after inauguration and dedication ceremony of civic facilities for the rehabilitated village in Padsali, Rai, Rai-1 and Rai-2 colonies under the Dhamani medium irrigation project, he said that this project has been completed on time with full cooperation of citizens, water resources and other departments.

## Police arrest woman in connection with neurologist's suicide in Solapur

Solapur, April 20 (UNI) : Solapur Police on Sunday arrested a female employee of the city-based hospital in connection with alleged suicide of renowned neurologist Dr Shirish Valsangkar (70) here.

Police said the woman concerned was accused of financial irregularities and threatened Dr Valsangkar many times. Police investigation is underway on the allegation that he committed suicide after getting fed up with it. Police arrested the woman based on the complaint filed by Dr Valsangkar's son, neurologist Dr Ashwin Valsangkar. The woman was working at Dr Shirish Valsangkar's SP Institute of Neuroscience Hospital and was allegedly involved in financial irregularities in the hospital. Even after this, Dr Ashwin Valsangkar cooperated with her from time to time. But still, she was threatening Dr Shirish Valsangkar that she would commit suicide if he took action against her, said the complaint.

# CM, Fadnavis unveils logo of Nagpur Municipal Corporation



(Standard Post Bureau)

Nagpur, April 20 : Chief Minister Devendra Fadnavis on Sunday unveiled the logo created for the Amrit Mahotsav year of Nagpur Municipal Corporation (NMC) at the Chief Minister's Secretariat at Hyderabad House here.

The emblem will be used in all the correspondence of the Municipal Corporation and other administrative works of the Municipal Corporation. The Nagpur Municipal Corporation was established on March 2, 1951. The Amrit Mahotsav year of the Municipal

Corporation has started from March 2, 2025.

On occasion of the Amrit Mahotsav year, the Municipal Corporation has planned to implement various activities.

Fadnavis has had held the post of Mayor of Nagpur City twice.

# SC to hear petition of Jameel Merchant in Waqf case

Mumbai, April 20 (UNI) : A Mumbai-based social activist Mohammad Jameel Merchant, known to take up public causes, is among the five petitioners, who would be heard in the Supreme Court, which is hearing a legal challenge to the recently passed and enacted Waqf (Amendment) Act.

The five petitions that would be heard by the Supreme Court are: Maulana Arshad Madani v. Union of India, Mohammad Jameel Merchant v. Union of India, Mohammed Fazlurrahim & Anr. v. Union of India & Ors - Fazlurrahim is the General Secretary of All India Muslim Personal Law Board, Sheikh Noorul Hassan v. The Union of India & Ors. - Manipur National People's Party MLA and Asaduddin Owaisi v. Union of India.

Madani is an Islamic scholar and the President of Jamiatul ulama Hind an apex body of the muslim community. Merchant is a social worker. Fazlurrahim is the General Secretary of All India Muslim Personal Law Board. Hassan is Manipur National People's Party MLA. Owaisi, a veteran Parliamentarian, is the President of All India Majlis-e-Ittehadul Muslimeen (AIMIM) and Lok Sabha Member representing Hyderabad. Incidentally,

Marchant is the only petitioner from Maharashtra.

"I am the lucky and honoured as I will represent Indian Muslims in the Supreme Court among other important personalities of the community which include Owaisi and others," he said reacting to the development. Merchant has earlier filed pleas against Maharashtra Minister and BJP leader Nitish Rane for his hate speech and against Ram Giri Maharaj for his derogatory remarks about Prophet Mohamed. The Waqf (Amendment) Act, 2025 has replaced the Waqf Act, 1995 as the Unified Waqf Management, Empowerment, Efficiency, and Development Act, 1995. "The new Act introduces representation of non-Muslim people in the Waqf boards. The bill also says that any government property identified as waqf will cease to be so. The bill removes the provision empowering the Waqf Board to inquire and determine if a property is waqf. The Act also allows the central government to make rules regarding registration, publication of accounts of waqf, and publication of proceedings of waqf boards. The Centre can also order an audit of the accounts of waqfs by the CAG or a designated officer," he said.

# Fadnavis accepts 626 applications in CM's Janata Darbar

Nagpur, April 20 (UNI) : Chief Minister Devendra Fadnavis accepted a total of 626 representations from people in the Janata Darbar


organised at the Chief Minister's Secretariat here on Sunday and forwarded them to various departments for appropriate action to resolve them. Around 2,000 citizens participated in this Janata Darbar between 12 noon and 3 pm and 626

submissions were received.


In the representations to Fadnavis, the disabled, women, various social organisations, students and senior citizens stated their problems. After listening to them, the Chief Minister assured him of solving their problems.



**BUREAU OF INDIAN STANDARDS**  
(Department of Consumer Affairs)  
Ministry of Consumer Affairs, Food & Public Distribution, Govt of India  
Manak Bhawan, 9 Bahadur Shah Zafar Marg, New Delhi - 110002



**INDICATIVE ADVERTISEMENT**  
Advertisement No. 01 (Consultant) /2025/HRD  
  
Bureau of Indian Standards (BIS), a statutory body under the administrative control of Ministry of Consumer Affairs Food and Public Distribution. Govt. of India, is the National Standards Body of India and is responsible for activities in the field of Standardization, Product and System Certification, Hallmarking of Gold/Silver Jewellery. Laboratory Testing etc., in the country. BIS is also responsible for Standardization and Certification at the International level.  
  
2. Bureau of Indian Standards (BIS) invites online applications from willing and eligible candidates for engaging Consultants for Standardization Activities in BIS on contract basis for one year. Persons with requisite qualification and experience may apply online. The summary is as follows:  
  
a) Total No. of Posts - 160  
b) Upper age Limit - 65 years  
c) Remuneration per month - 275,000/- (fixed)  
d) Experience & Educational Qualification - Kindly see the detailed advertisement  
  
3. The Detailed Advertisement is available on the BIS website: www.bis.gov.in. The candidates are required to apply ONLINE from I 9-04-2025 onwards till 09-0-2025 (last date) through BIS website. No other means/mode of submission of applications will be accepted under any circumstances.  
  
4. Application Fee: Nil.  
  
BIS reserves the right to Revise/Reschedule/Cancel/Suspend the process without assigning any reasons. The decision of BIS shall be final and no appeal shall be entertained in this regard.  
  
Date: 19-04-2025  
Place: New Delhi  
  
Head (HRD)  
Bureau of Indian Standards  
  
**CBC 08103/12/0001/2425**



**GREATER MUMBAI MUNICIPAL CORPORATION**

**Advertisement for Expression of Interest**  
  
Subject:- Regarding filling up of vacant posts in category "D" under Public Health Department through NGO on contract basis.  
  
Fill vacant posts in category "D" through Dr. Babasaheb Ambedkar Maternity Home, Tagore Nagar, (East). Department in S ward through Voluntary organization (excluding savings group) the purpose of establishing institutions is to provide employment to their members. Pf/Esic registration is compulsory of firm.  
  
We are requesting the applicant to prepare his application and apply for selection. Sample of application is given at the Dr. Babasaheb Ambedkar Maternity Home, Tagore Nagar, (East). Office 21.04.2025 to 29.04.2025 between 10.30 AM to 03.00 PM. Last date is 29.04.2025 (upto 03.00 PM). Applications submitted after the mentioned office hours will not be considered.  
  
**Sd/-**  
**PRO/153/ADV/2025- 26 Medical Officer, (I/C)**  
**Dr Babasaheb Ambedkar Maternity Home**  
  
**Let's together and make Mumbai Malaria free.**



## STANDARD POST

## Q4 results, PMI and FII data key triggers for next week

The market outlook for next week will be guided by several domestic and global factors such as Q4 results, minutes of RBI's Monetary Policy Committee meeting, Purchasing Managers Index (PMI) and Foreign Institutional Investors (FII) data, which could steer market direction and influence investor sentiment.

During April 21-25, Tata Investment Corporation, HCL Tech, Tata Communications, Bajaj Housing Finance, Axis Bank, Hindustan Unilever and RBL Bank will release their Q4 FY25 results. Bajaj Broking Research said, "In India, April 23 will see the release of the S&P Global Manufacturing and Services PMI data, providing a real-time gauge of business activity across the industrial and service sectors. Alongside these, the RBI Monetary Policy Committee (MPC) meeting minutes will be published, giving markets deeper insight into the central bank's policy stance and inflation outlook."

On the global front, the same day - April 23 - will feature the S&P Global Manufacturing and Services PMIs, reflecting the health of the American economy's key sectors. This will be followed by the Initial Jobless Claims report on April 24, a critical indicator for the labour market.

"Altogether, this data-heavy week could add to market volatility and shape monetary policy expectations going forward," the broking firm added.

Despite the two-day holiday, the stock market surged over 4 per cent last week. Nifty rose 1,023 points or 4.48 per cent to close at 23,851 and Sensex rose 3,395 points or 4.52 per cent to close at 78,553.

Banking stocks led the rally in the market. Nifty Bank closed at 54,290 with a gain of 3,287 points or 6.45 per cent. The announcement of a temporary pause on tariffs by the US and prospects of negotiations with other countries have also contributed to this relief rally. Furthermore, the RBI's 25 bps rate cut on April 9, which brought the repo rate down to 6 per cent, along with a shift in its stance from "neutral" to "accommodative", added fresh momentum to the equity markets as investors priced in further monetary easing. Over the last three trading sessions, foreign portfolio investors have purchased over \$1 billion worth of Indian equities after a prolonged selling streak. Vishnu Kant Upadhyay, AVP - Research & Advisory, Master Capital Services, said, "The market is now approaching a key resistance zone between 23,800 and 24,000. A breakout above this level could propel the index towards 24,800." "Buying on declines remains a viable strategy as long as the index stays above its key moving averages," he added.

## IVF Over the Age of 35 Still Offers Hope for Motherhood

(Standard Post Bureau)

In today's world, more women are choosing to have children later in life. Whether it's due to career priorities, financial planning, late marriages, or personal reasons, the average age of starting a family is steadily rising, especially in urban India. But as the age increases, so do the concerns about fertility. One of the most common questions women over 35 ask is: "Will IVF work for me?" Unfortunately, this question is often surrounded by confusion, myths, and fear.

Understanding IVF and Age

After 30, the number and quality of a woman's eggs start to reduce, and the drop becomes more noticeable after 35. By the time a woman crosses 40, natural conception becomes significantly more difficult.

This is where assisted reproductive technologies like IVF (In-Vitro Fertilization) become relevant.

But here's the good news, IVF can still be highly successful in women over 35. With the right medical care and timely intervention, thousands of Indian women in their late 30s and early 40s have gone on to have healthy pregnancies and babies



Dr. Neelam Banerjee, Senior Consultant and Head of Department - IVF, Yatharth Hospital, Greater Noida

through IVF.

**Busting the Myths**  
Many people believe IVF doesn't work after 35, but that's simply not true. While it's a fact that success rates are higher for younger women, many women in their late 30s and even 40s have conceived successfully with IVF. The outcome depends on several factors like the woman's egg reserve, hormone levels, overall health, and the experience of the fertility clinic. Starting the process early and following medical guidance can make a big difference.

Another common myth is that women over 35 always need donor eggs.

While donor eggs can be an option for women with very low egg quality, it's not the rule. Many women in this age group are still able to conceive using their own eggs. Tests like AMH and ultrasound help doctors evaluate the chances and suggest the right path forward.

It's also important to understand that IVF is not a magic solution. It increases your chances of getting pregnant but does not guarantee a baby. Sometimes, it takes more than one cycle to succeed. Success depends on many things – the woman's age, the health of the sperm, how well the embryo develops, and the condition of the

uterus. Thankfully, advances in IVF technology have helped improve success rates, especially for older women.

**IVF in India**

India has seen a sharp rise in the number of couples seeking IVF treatment in the past decade. A study by the Indian Society of Assisted Reproduction, shows that over 25% of IVF patients are now above the age of 35, with urban areas seeing higher demand. The awareness is slowly increasing, but more needs to be done to educate women that fertility is not something to be taken for granted.

**Taking the Right Steps**

If you are over 35 and trying to conceive for more than 6–12 months without success, don't delay seeking help. A simple fertility workup, including AMH test, ultrasound, and hormone levels can give a clear picture of where you stand.

IVF after 35 is not a dead-end, it's a carefully managed medical path that has helped countless women become mothers. While age is a factor, it is not the only one.

With growing awareness, access to better medical care, and open conversations, more women can make informed choices about their fertility.

## Parkinson's Tremors Can Now Be Treated in Just a Few Hours!

(Standard Post Bureau)

Uncontrollable shaking of hands and legs, and loss of motor control — Parkinson's disease is a debilitating condition that affects a person both physically and emotionally. Until about a year ago, the only treatment available was a surgical procedure called Deep Brain Stimulation (DBS). But thanks to medical advancements, there is now a revolutionary new non-surgical treatment available — MR-guided Focused Ultrasound (MRgFUS).

Doctors at KIMS Hospitals report that this technology can eliminate tremors completely within just 3 to 4 hours. The hospital's Movement Disorders team, including Dr. Manas, Dr. Jayasree, and Dr. Gopal, recently organized an awareness program to educate patients and their families about Parkinson's, its symptoms, and new treatment options. Around 150 people participated and had their queries addressed.

Dr. Manas Kumar Panigrahi, Chief Neurosurgeon and Head of Neurosurgery, KIMS Hospital explained,



"Parkinson's is a progressive disorder that not only causes physical issues but also leads to severe emotional distress. Until now, medications and surgeries like DBS were the only options. But with MRgFUS, no incision is needed. We use a focused ultrasound device alongside an MRI scanner to treat the affected area. The best part is that the patient walks out with significantly reduced or completely eliminated tremors — all in just a few hours. We monitor improvement in real-time

during the procedure, and only complete it once the tremors subside. The cost is comparable to traditional surgeries, and it can be used for both early-stage and advanced cases."

This advanced treatment—MRgFUS—into accessible for everyone.

In one remarkable case, a 28-year-old man—unmarried and aspiring to become a teacher—had been struggling due to his condition and couldn't get a job. After undergoing this treatment, he is now working happily as a

teacher and helping many others. It is this kind of quality life we wish to offer to everyone.

The Neurology team at KIMS is providing exceptional care, and I extend my heartfelt congratulations to them for their outstanding service," said Dr. B. Bhaskar Rao, CMD of KIMS Hospitals.

Dr. M. Jayasree, Consultant Neurologist and Movement Disorder Specialist, who served as the program coordinator, added, "MRgFUS is a state-of-the-art treatment. We've already treated eight

## BJP spreading confusion, propagating lies: Akhilesh

Prayagraj, April 20 (UNI) : Samajwadi Party (SP) president Akhilesh Yadav on Sunday accused the ruling Bharatiya Janata Party (BJP) of spreading confusion and hiding the truth.

While talking to reporters in Civil Lines before attending a private event, Akhilesh said that the BJP has mastered the art of hiding the truth and propagating lies.

"The Maha Kumbh is a living proof of this. To reach the Maha Kumbh, the truth was hidden from the devotees and false propaganda of better arrangements was done," he said. He claimed that earlier in any government, a minister used to do propaganda, but here the entire BJP government is running on propaganda. He noted that this was not the Maha Kumbh of devotees, it was completely a political Kumbh.

The SP chief said that the Chief Minister had claimed that arrangements for 100 crore people have been made in the Maha Kumbh, which proved to be a complete flop.

"There was less arrangement and more propaganda in the Maha Kumbh. The tragic incident that happened on the Mauni Amavasya bathing festival of the world's largest spiritual and cultural fair Maha Kumbh could have been prevented but this government is so egoistic that even suggestions and apprehensions are considered criticism," he said. He said that the SP government had organised the Kumbh in 2013. He was giving suggestions to the BJP on the basis of that experience but if it had been taken seriously and positively, then the tragic incident that happened on the biggest royal bathing festival of Maha Kumbh Mauni Amavasya could have been avoided.

In response to a question, Akhilesh said that the CM wants to make every event a BJP event. "This entire mismanagement has been done, such a big blot has been put on Maha Kumbh, you people are locals and know the truth better than us. Many things do not reach us," he said. He accused the government of hiding the figures in the tragic accident that happened at Sangam Nose. "The figures are being hidden so that compensation does not have to be given. Shivraj Gupta of Jharkhand died that night at Sangam Nose. His nephew is present here," he claimed. The SP chief said that his nephew told him that his uncle's body number was six and he has all the papers, then why is the government not giving compensation.

He alleged that instead of giving compensation that the government had promised, why is pressure being exerted, he asked.

He said that there are many families whose members have still not reached their homes. "The truth is that the government wants to hide every figure," he charged.

The results are instant."

Other speakers at the event included Dr. S. Mohan Das (Chief Consultant Neurologist), Dr. Seetha Jayalakshmi, Dr. E.A. Varalakshmi, Dr. Praveen Kumar Yada, Dr. Subhash Kaul, Dr. Sambit Sahu (Medical Director), and Dr. Gopalakrishna (Consultant Neurosurgeon). They explained that Parkinson's has both motor and non-motor symptoms.

Motor symptoms include tremors, rigidity, slowed movement, and difficulty walking.

Patients may struggle with basic tasks, and facial expressions reduce. Non-motor symptoms include sleep disturbances, urinary issues, constipation, depression, loss of smell, and balance problems, leading to frequent falls. These issues often isolate patients socially and emotionally, preventing them from attending social gatherings or family events. This breakthrough treatment offers new hope to Parkinson's patients seeking a better quality of life without invasive surgery.

patients at KIMS with excellent outcomes.

There is no need for any cuts — ultrasound waves are delivered via MRI guidance to the exact region of the brain causing the tremors.

First, we perform a temporary low-heat ablation to assess the response, and once confirmed, a higher-heat permanent ablation is carried out.

Most Parkinson's patients have one side of the body more affected, so we focus treatment on that side to maximize benefit.

## NMDC Two day National Seminar held in Bengaluru

(Standard Post Bureau)

Directorate General of Mines Safety, Ministry of Labour & Employment, Govt. of India organised two day National Seminar on 16<sup>th</sup> & 17<sup>th</sup> April 2025 at Bengaluru, on "Safety challenges in Bulk Material Handling Equipment of Mining (Coal and Non-coal) under the guidance of Shri Ujjwal Tah, DG, DGMS as Chief patron.

Shri D Bageshwar Naik,



DDG(Mech) as Chairman, Shri Ajay Singh, DDG(Elec), Shri R T Mandekar, DDG, NW Zone, as co convenor, Shri P.M.Prasad, CMD, CIL,

Shri Amitava Mukherjee, CMD, NMDC, Shri Uday A.Kaole, CMD, MCL, Shri N.Balram, CMD, SCCL are patrons to this seminar.

Dignitaries Shri Vinay Kumar, Director (Technical), NMDC, Shri S.K.Sinha, Director (Operations), HCL, Shri Nirbhay Sancheti, Director(SMS), Shri R.A.Meena, DDG(WZ), Shri Suprio Chakraborty, DDG(EZ), Shri Neeraj

Kumar, DDG (NZ), Shri Satyanarayana, Director, SCCL presided in the seminar.

Officials from Mining companies including CIL, NMDC, SCCL, HZL, HCL, MCL, Tata Steel, JSW, faculties from premier mining institutes, experts from global mining safety organization and research institutes and equipment manufacturers participated in the seminar.



4 lifestyle



Fake it till you make it



About 93 percent of our communication is nonverbal, making body language and facial expressions the majority of our communication. Learn how to master yours



Do you fidget when you talk to your boss or cross your arms when meeting new people? Or perhaps you greet everyone with a smile and open arms. We've all heard that body language often does the talking for us at work, at social events, and even in our romantic lives. So what does it take to become fluent in it?

of body language, we can convey openness, honesty, and confidence, which can build trust and co-operation in all parts of our lives. On the other hand, the wrong type can foster mistrust, misunderstanding, or even aggression.

Subtle signs

While we often focus on what we say, we very rarely are aware of what we communicate with our bodies. For example, if you had your hand on your neck while talking to your boss in a meeting this morning, she may think that you feel talking to her is a pain. On the other hand, smiling, nodding in agreement, and keeping your chin up suggest confidence and openness. Researchers think that simple

behaviours such as a head nod or a smile might also cause physiological changes that activate an entire trajectory of body, mind, and behavioural shifts-essentially altering the course of a person's day.

Making things right

While some people look like naturals at exuding confidence, building trust, and putting others at ease, others don't know where to start. There is good news, however: body language can be learned. Research has shown that holding simple power poses makes us feel more powerful and confident, even if we start off not feeling that way. Assuming a high power pose, such as hands above head, shoulders back, and keeping the limbs open for two minutes increases our testosterone, which is linked to power and self-esteem, and decreases our cortisol, which is linked to stress. That same research showed in a trial that job candidates who

assumed a high power pose before their interviews were 80 percent more likely to be hired than those who maintained low power positions, such as hunched shoulders and keeping their chin tucked down. Power and confidence in our daily lives goes beyond just landing the job; they also affect how well we do in our jobs. People who feel a lack of power perform worse in planning, goal achieving, and even memory. Researchers showed that people have the ability to "fake it till they make it," and over time, these minimal changes could improve a person's general health and well-being. This is particularly important for people who feel powerless because of lack of resources, low rank in an organization, or being part of a low-power social group.



Expert advice

"People-watching is a great way of studying how body language works. Find someone who is a great communicator and start watching how they use their body and trying on some just landing the job; they also affect how well we do in our jobs. People who feel a lack of power perform worse in planning, goal achieving, and even memory. Researchers showed that people have the ability to "fake it till they make it," and over time, these minimal changes could improve a person's general health and well-being. This is particularly important for people who feel powerless because of lack of resources, low rank in an organization, or being part of a low-power social group.

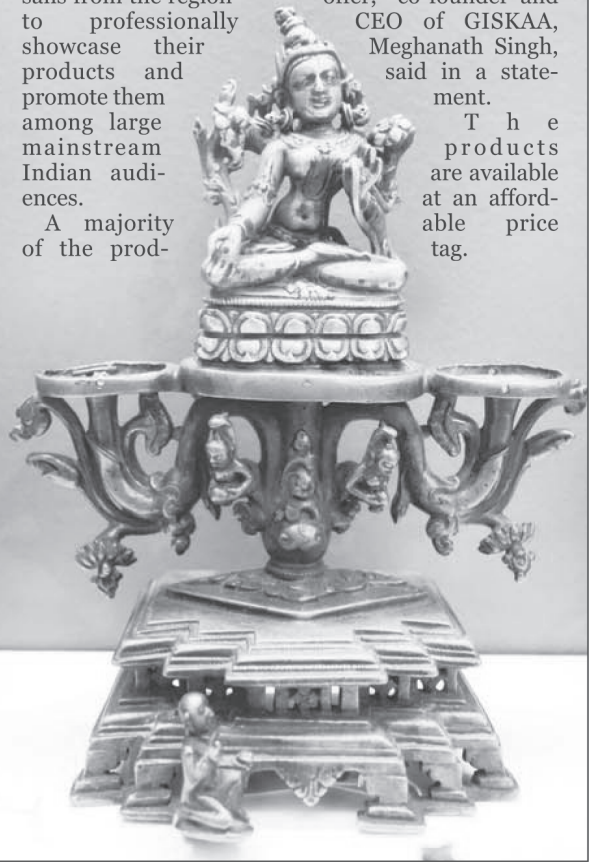
(With inputs from Sarka Halas for Alive)

Chasing taste

Giskaa, an online platform will now bring you products from all the eight states of north-east India

Fashion, food and artifacts from Northeast India aren't that far anymore. In a bid to bring the region closer to you, an online platform called giskaa.com has been launched where you can buy products from all the eight states - Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura. The website - www.giskaa.com - is an online marketplace for products sourced from the northeast. It is also a platform for artisans from the region to professionally showcase their products and promote them among large mainstream Indian audiences. A majority of the prod-

ucts are handmade and eco-friendly items related to fashion, home décor and office accessories. The online marketplace also includes a range of ethnic food and beverage items from the region including pickles, dry vegetables, herbs and spices. "It gives me immense pleasure to announce the launch of www.giskaa.com, through which the audience of the larger Indian diaspora will be able to connect and apprehend the rich and varied cultural and traditional heritage the northeast has to offer," co-founder and CEO of GISKAA, Meghanath Singh, said in a statement. The products are available at an affordable price tag.



Body language is important

Often too subtle to be fully aware of, about 93 percent of our communication is nonverbal, making body language and facial expressions the majority of our communication. We read and pick up on others' body language to make sense of even the most obvious of positive and negative emotions, such as winning and losing at sports. With the right kind



Get ripped in less time

If you're the type spending hours at the gym, find out how to get leaner and work out less all without a trainer

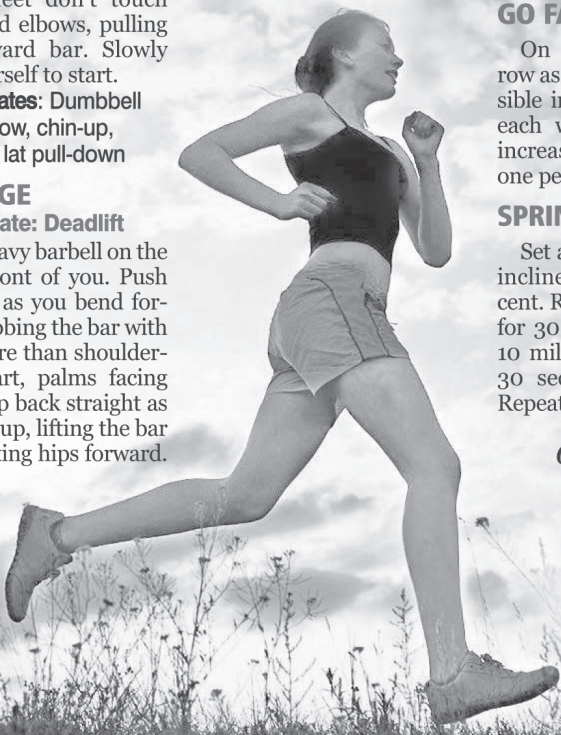
We're conditioned to believe that jaw-dropping, body-transforming results are achieved only by putting in the hours. But if you've been adhering to the muscle-isolating back-and-bi, chest-and-tri gospel, the truth is, you're doing it wrong. "Human evolution led to five basic movements, which encompass nearly all of our everyday motions." Meaning your workout needs just five exercises, one from each of these categories: push (pressing away from you), pull (tugging toward you), hip-hinge (bending from the middle), squat (flexing at the knee), and plank (stabilizing your core). It's the approach Davidson takes when drawing up the regimens of Peak's celebrity clients, including Gerard Butler, 50 Cent, and Jimmy Fallon. The time-crunched love it because it's an efficient and effective workout-more taxing on the muscles, leading to increased strength and a faster metabolism. Plus, you're not lost when your trainer isn't around. "If you know the basics, it's incredibly simple to build your own workout," Davidson says. Still-like martinis and porn-there can be too much of a good thing. "It's stressful to the entire body," says Jason Hartman, trainer to many US Olympic bobsled and skeleton athletes and the US Army Special Forces. "That means that if you overdo them, you'll just beat yourself up. Do this style of workout no more than three or four times a week." Mix and match the moves at right and feel okay

about taking the less-time-consuming way out. **HOW IT WORKS** Pick one move from each of these categories. Then do two sets of 12 reps. Change up the moves but repeat the plan three or four times a week. For cardio extra credit, see the add-ons below. **PUSH** **The Ultimate: Bench Press** Lie face-up on a bench, holding a heavy barbell at your sternum, hands shoulder-width apart, elbows bent into sides. Extend arms, pushing bar directly above chest. Pause, then lower barbell to start. **The Alternates:** Push-up, dumbbell shoulder press, single-arm kettlebell press, push press **PULL** **The Ultimate: Pull-up** Hang from a bar with palms facing away from you, arms straight, knees bent so feet don't touch floor. Bend elbows, pulling chest toward bar. Slowly lower yourself to start. **The Alternates:** Dumbbell row, TRX row, chin-up, cable row, lat pull-down **HIP-HINGE** **The Ultimate: Deadlift** Set a heavy barbell on the floor in front of you. Push hips back as you bend forward, grabbing the bar with hands more than shoulder-width apart, palms facing body. Keep back straight as you stand up, lifting the bar and thrusting hips forward.

Slowly lower bar to start. **The Alternates:** Kettlebell swing, Romanian deadlift, trap-bar deadlift **SQUAT** **The Ultimate: Split Squat** Stand on your right leg, left foot resting on a bench or box behind you, and hold a heavy dumbbell in each hand. Bend right knee, lowering body until left knee hovers just above the ground. Straighten right leg, returning to start. Complete all the reps on one side before switching legs. **The Alternates:** Barbell squat, lunge, goblet squat, reverse lunge **PLANK** **The Ultimate: Farmer's Walk** Stand up straight holding a heavy dumbbell in each hand, palms facing body. Maintain your posture as you walk 20 meters. Turn, repeat, returning to start. **The Alternates:** Plank, bird

dog, side plank, suitcase carry. **FAT-BURNING FINISHERS** To check off cardio, too (and send your metabolism into even higher gear), add one of these five-minute bursts to your five-move session, suggests Davidson. "Make it the worst five minutes of your life," he says. **The results:** less fat, more definition. **DO MORE REPS** Load a barbell with a weight that's about 70 percent of what you can lift one time, then choose one of the five movements and perform as many reps as you can-without breaking form. **GO FARTHER** On a rowing machine, row as many meters as possible in five minutes. With each workout, attempt to increase that distance by one percent. **SPRINT UP A HILL** Set a treadmill to a slight incline, about three percent. Run as fast as you can for 30 seconds, aiming for 10 miles per hour. Jog for 30 seconds at five mph. Repeat for five minutes.

(With inputs from Michael Beck for Details)



Reconnecting with the Earth

We feel a sense of happiness and well-being when we're connected to our planet. Scientists are now wondering, why?

Our bodies are bioelectrical in nature. To simplify an extremely complex process, all of the functions of our cells, nervous system, and more are governed by electric power and pulses of energy. Medical doctors and scientists are building inventions that seem ripped straight out of a science fiction novel, such as computer chips that communicate with the human body's electrical systems. These are not futuristic proposals or the daydreams of a mad scientist-some of these inventions are already on the market.

Multiple health benefits

Multiple studies have dug into how earthing may help with various major health problems and have found benefits such as relief from chronic pain, reduced stress and anxiety, and improved sleep. That same study specifically noted that earthing affects blood glucose levels and concentrations of magnesium, iron, and other nutrients in our blood. This may play a role in managing or preventing chronic disease such as osteoporosis and diabetes.

A dose of vitamin N

Additional research needs to be done on earthing to learn more about how it works, but the general health benefits of being in nature and getting connected to the earth are undebatable. "Nature provides enormous possibilities to improve health because it can have many soothing and healthful effects," says Gillian Mandich, PhD(c), a health lecturer at Western University in London, Ontario. For her, the health perks of nature are so great that she nicknames it "vitamin N."

Plugging into the planet's power

"Any time outside is better than no time," says Mandich. "Even a five-minute break outside can be an energizing boost! The health benefits of getting outside are cumulative throughout the day, so finding a few times per day to log five to 10 minutes is very beneficial."

Earthing resources and accessories

The best way to experience earthing is with bare-skinned contact with the ground. That's not always feasible, espe-



cially for those of us who live and work in urban environments.

Earthing shoes

Using conductive inserts, the footwear mimics the conductive benefits of barefoot walking while still protecting your feet like traditional shoes.

Universal earthing pads

Used as either desk mats or floor mats, the pads plug into the grounded port in a grounded electrical outlet and help you get in touch with the earth even while at home or in the office.

Earthing sheets and mattresses

When plugged into the grounded port in your bedroom's electrical outlet, these sheets allow you to gain the benefits of grounding while you sleep. One woman told the

authors of Earthing that sleeping in an earthing sheet felt like lying there surrounded by nature.

Auto seat pads

With the goal of reducing road rage, these auto seat pads connect to your vehicle's metal frame to provide a semi-Earth grounding.

Digging into the benefits of gardening

If you have a backyard or access to an urban community garden, exercise your green thumb this summer! In one study, researchers found that just 30 minutes of gardening significantly reduced stress levels in study participants. Another study found that gardening could reduce depression.

Grounding ideas

Any contact between our bare skin and the planet's surface is what scientists theorize helps us to channel and plug into the earth's energy. Ground yourself two or three times per day if you can. The effects are cumulative. The more we do it, the better we'll feel.

(With inputs from Joshua Duvauchelle from Alive)







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Virat Kohli first with 67 fifty-plus IPL scores

Bengaluru, April 20 (UNI) : Virat Kohli continued to etch new chapters in the Indian Premier League (IPL) history books, becoming the first batsman to record 67 fifty-plus scores in the tournament, surpassing David Warner (66), Shikhar Dhawan (53), and Rohit Sharma (45).Kohli's tally includes 8 centuries, the most by any batsman, underlining his remarkable consistency and longevity in the T20 format. Among his closest challengers, Warner has 4 centuries, KL Rahul also has 4, while AB de Villiers follows with 43 fifty-plus scores, including 3 tons.

The 2025 season has seen Kohli thrive in run chases for Royal Challengers Bengaluru (RCB), anchoring the side with unbeaten knocks of 59 (36 balls) against Kolkata Knight Riders, 62 (45) against Rajasthan Royals, and 50 (43) versus Punjab Kings. His last five innings against Punjab Kings read: 59, 77, 92, 1, and 50 not out — a testament to his domination over the northern franchise.

Meanwhile, RCB's resurgence in away fixtures has mirrored Kohli's form. The 2025 season marks the third time RCB have won five or more matches away from home during the league stage, after similar feats in 2012 (8 games) and 2015 (7 games). With more fixtures yet to be played, the tally for 2025 could climb further.



Union Minister for Youth Affairs and Sports Mansukh Mandaviya takes part in 'Sundays On Cycling' event, at Bhayavadar in Porbandar, Gujarat on Sunday.

Kohli the chase master steers RCB to clinical win

Chandigarh, April 20 (UNI) : Virat Kohli stamped his authority yet again as the undisputed chase master, crafting an unbeaten 73 to steer Royal Challengers Bengaluru (RCB) to a comfortable 7-wicket win over Punjab Kings (PBKS) in their IPL 2025 clash at the Yadavindra Singh International Stadium here on Sunday.

Chasing 158, Kohli displayed his signature composure and class, anchoring the innings after the early dismissal of Phil Salt. He shared a 103-run stand with Devdutt Padikkal, who blazed his way to 61 off just 35 balls,

dismantling the PBKS bowling attack with a flurry of boundaries and a towering six to bring up his fifty. While Padikkal fell trying to take on Harpreet Brar, Kohli kept the chase firmly in RCB's grip. The former India captain reached his 59th IPL half-century with minimal fuss, unfurling a range of fluent strokes, including a lofted six over Yuzvendra Chahal and a whipped boundary through mid-wicket. He also survived a run-out scare in the 16th over during a mix-up with skipper Rajat Patidar.

Though Patidar departed for a cautious 12,

RCB were well on course. Jitesh Sharma, sent up the order, sealed the deal with a thumping six off Nehal Wadhwa in the 19th over, as Kohli remained unbeaten at the other end.

Earlier, Punjab struggled to capitalise on a decent start, finishing at 157 for 6. Krunal Pandya (2/25) and Suyash Sharma (2/26) dented the middle order, while Marco Jansen (25\* off 20) and Shashank Singh (31\* off 33) added valuable runs at the death.

Among the PBKS bowlers, Brar (1/27) and Chahal (1/36) managed breakthroughs, while Arshdeep Singh impressed

early on but lacked support as Kohli and Padikkal dominated the middle overs.

The win gives RCB much-needed momentum in their campaign, while PBKS are left ruining another inconsistent batting display and lacklustre middle-overs bowling.

Brief Scores: PBKS 157/6 (Prabhsimran 33, Jansen 25\*; Krunal 2/25, Suyash 2/26)

RCB 159/3 in 18.3 overs (Padikkal 61, Kohli 73\*; Brar 1/27, Chahal 1/36)

Result: Royal Challengers Bengaluru won by 7 wickets

Kalinga Super Cup 2025: Kerala Blasters knock out defending champs East Bengal in opener

Bhubaneswar, April 20 (IANS) : Defending champions East Bengal FC crashed out of the Kalinga Super Cup 2025 after Kerala Blasters FC defeated them 2-0 at the Kalinga Stadium on Sunday.

The winners, who led 1-0 at half time in the Round of 16 clash on day one of the tournament, scored through their Spanish striker Jesus Jimenez Nunez (40' penalty) and American Noah Wali Sadaoui (64').

Kerala Blasters' next stop in the quarter-finals is on April 26 against Mohun Bagan SG, who are in roaring form this season after bagging a Shield and Cup double in the recently-concluded Indian Super

League. Both Kerala Blasters and East Bengal had rather forgettable campaigns in the ISL 2024-25 and failed to make the top-six cut before finishing eighth and ninth, respectively.

Both teams began cautiously and remained more engaged in controlling the midfield than taking an aggressive posture. Yet the two teams had their fair share of chances that could have fetched goals, but erratic shooting forced the game to remain goalless for the majority of the first half.

Jesus Jimenez could have put his team ahead in the very second minute as he had ample time at the rival goalmouth to beat

Prabhsukhan Singh Gill. But the Spanish striker was a trifle late in approaching the ball, which saved East Bengal from conceding an early goal.

For the Red and Gold, Richard Enrique Celis remained an active man up front and twice came close to scoring. In the eighth minute, Celis's left footer missed the target by a whisker, and the next time, his long-ranger off a corner kick narrowly missed the target.

After missing another easy chance, Jimenez put Kerala Blasters in the lead. Striker Noah Wali Sadaoui was brought down inside the box by defender Anwar Ali, and the referee had no

hesitation in immediately pointing to the dreaded spot.

After being handed the spot-kick responsibilities, Jimenez took a rather weak shot that was saved by Gill. But to East Bengal's dismay, their goalkeeper was pulled up for standing slightly ahead of the line, and a retake was ordered. Much to the relief of his teammates, Jimenez found the target with a low but accurate shot this time.

East Bengal's hopes of putting in a second successive strong campaign at the Kalinga Super Cup were further diminished in the 64th minute, when Kerala Blasters struck for the

second time. Sadaoui scored the goal in spectacular fashion when he dodged past two rival players before unleashing a left-footer from around 25 yards that crashed against the net over the goalkeeper.

The second goal virtually brought the curtain down on the game. While Kerala Blasters looked determined not to let the advantage go, holders East Bengal lacked plans in the rival area, though they made some good moves through the wings during the latter part of the game.

But the Kerala defence stood firm and left no option for East Bengal to create a positive opportunity.

Under-20 National Wrestling Championship begins in Kota

Kota, April 20 (IANS) : The Under-20 National Wrestling Championship is being organized by the Rajasthan State Wrestling Association under the aegis of the Wrestling Federation of India. The event is being held at the Raghurai Indoor Sports Complex in Kota from April 20 to 22, 2025. The championship was officially inaugurated by the Hon'ble Speaker of Lok Sabha, Shri Om Birla, during a grand opening ceremony attended by senior officials, coaches, athletes, and an enthusiastic crowd.

The first day of the competition witnessed intense matches across multiple weight categories. In the Free Style category,

Delhi emerged strong with Ankush and Sagar securing gold medals in the 57 Kg and 70 Kg categories respectively. Haryana's Sachin clinched gold in the 86 Kg category, while Jaspooran from Punjab topped the 125 Kg category. The silver and bronze medals were shared among wrestlers from states including Maharashtra, Madhya Pradesh, Karnataka, and the Services Sports Control Board (SSCB), reflecting a competitive and balanced field.

In Greco Roman Style, Haryana continued to dominate with Suraj and Akash winning gold in the 60 Kg and 72 Kg categories, respectively.

Trossard brace highlights Arsenal's 4-0 win over Ipswich Town

Ipswich, April 20 (IANS) : Arsenal wrapped up a fantastic week in style with a commanding 4-0 victory over Ipswich Town at Portman Road, marking their first league visit there in over 23 years.

The victory delay's Liverpool's title celebrations as they would have secured the title had the Gunners lost on the day, depending on their game against Leicester City. Fresh off a Champions League semi-final qualification, Mikel Arteta's side carried their momentum into domestic action with a dominant performance, highlighted by a brace from Leandro Trossard.

The Gunners took control early, and it didn't take long for Trossard to open the scoring. A swift counter-attack saw Martin

Odegaard and Bukayo Saka combine to set up the Belgian, who slotted in Arsenal's 100th goal of the season. Just 14 minutes later, Gabriel Martinelli doubled the lead with a tap-in at the far post, notching his 50th goal for the club following a clever flick from Mikel Merino.

Ipswich's hopes of a comeback were further dashed when Leif Davis received a straight red card for a reckless stamp on Saka.

Arsenal continued to press, and in the 68th minute, a short-corner routine saw Trossard bag his second, curling a precise shot past Palmer to make it 3-0.

The scoring was capped in the final minutes when 17-year-old Ethan Nwaneri struck a deflected

effort into the net after being set up by Odegaard, adding further gloss to the scoreline and sealing an emphatic victory.

With Trossard's brace, Martinelli's milestone, and another academy talent making his mark, Arsenal delivered a complete team performance.

The result extended Ipswich's winless run to 13 games and cemented Arsenal's place among the top teams in the Premier League, riding high on confidence from a memorable week of football.

Arsenal will be back in Premier League action on Wednesday when they face FA Cup semi-finalists Crystal Palace at Emirates Stadium, and will then play host against Paris Saint-Germain in the last four of the Champions League.

Barcelona loses Lewandowski at vital moment with muscle injury

Madrid, April 20 (UNI) : FC Barcelona could be without striker and top-scorer Robert Lewandowski for next weekend's Copa del Rey final and the semifinals of the Champions League, after the club confirmed on Sunday that he has suffered a muscle injury.

Lewandowski was forced to leave Barcelona's thrilling 4-3 win at home to Celta Vigo in the 77th minute, and on Sunday morning the club published a medical report stating, "tests carried out this Sunday have confirmed that first-team player Robert Lewandowski has an injury to the semitendinosus muscle in his left thigh."

The club did not give a possible return date, only stating: "return to team training will depend on how the injury progresses." However, it seems virtually impossible that he will be fit to play Real Madrid in the Copa del Rey final on April 26.

Lewandowski will also struggle to recover in time for the Champions League semifinals against Inter Milan, with the first leg in Barcelona on April 30 and the return in Milan on May 6. Lewandowski has been vital for Barcelona this season, with the 36-year-old scoring 25 goals in La Liga, 11 in the Champions League and three in the Copa del Rey. His absence means Ferran Torres is likely to start next week's Copa del Rey final, where Real Madrid's Kylian Mbappe is also a doubt with an ankle injury.

Kenyan runners dominate 2025 Beijing Half Marathon

Beijing, April 20 (UNI) : Kenyan runners Charles Mbatha Matata and Susy Chebet Chemaimek triumphed in the men's and women's races respectively at the 2025 Beijing Half Marathon on Sunday.

Matata finished first in one hour and 25 seconds, seven seconds ahead of his compatriot Wisley Kipkemoi Yego, while Ethiopia's Getachew Masresha Kidie took the third place.

"I really appreciate the opportunity to race in Beijing. The course here is good," Matata said after the race. "I was focusing on 59 minutes, which is my target time. The final result is not so bad and not so good."

Chemaimek broke the course record in the women's race with one hour, nine minutes, and seven seconds, followed by Rispa Cherop of Uganda and Ethiopia's Beriha Gebreyohanes Gebreslasie in second and third, respectively.

The Beijing Half Marathon has a profound history of nearly 70 years. This year's race spans from Tiananmen Square to the Beijing Olympic Park, attracting a record 169,879 runners signing up for the lottery of 20,000 spots.

Zverev downs Shelton to secure third Munich triumph

Munich, April 20 (IANS) : Alexander Zverev marked his 28th birthday with a flawless performance at the BMW Open in Munich, lifting his third title at the event and matching Philipp Kohlschreiber's tournament record. The German star dispatched second seed Ben Shelton 6-2, 6-4 in a dominant display that underlined his comfort on home soil.

Zverev didn't face a single break point across the 71-minute final, his serve proving impenetrable as he controlled the match from start to finish as per ATP Stats.

"It's extremely special, I always love winning tournaments in Germany. It's probably the most special thing I can do. It's definitely a great birthday present, let's put it that way."

"I definitely knew I had to play my best tennis today, Ben has been playing extremely well this week," added Zverev. "The conditions suit him extremely well, it's very hot and very fast. They suit me as well, to be fair. I enjoyed

my birthday so far," said Zverev. It was Zverev's first title of the 2025 season and his sixth overall in Germany, adding to a growing list of triumphs that includes victories in Hamburg and Vienna. After a mixed run since reaching the Australian Open final in January, the Munich title signaled a return to top form for the World No. 3.

Shelton, contesting his fourth ATP Tour final, struggled to find rhythm under pressure, notably double-faulting on break points in both sets. The American's powerful game couldn't match Zverev's precision, especially in the quick conditions.

With the win, Zverev collected his sixth ATP 500 crown and now sits poised to challenge Carlos Alcaraz for the No. 2 ranking. Backed by a raucous home crowd, the birthday celebrations in Munich were as fitting as they were emphatic.

"I feel really blessed to play in front of you all on Easter Sunday, it's really special for me," he added.

GI-PKL: Telugu Panthers, Marathi Vultures and Bhojpuri Leopards triumph on Sunday

Gurugram, April 20 (IANS) Telugu Panthers, Marathi Vultures and Bhojpuri Leopards registered wins on Sunday in the ongoing Global Indian Pravasi Kabaddi League (GI-PKL) here at the Gurugram University. After the high voltage opening matches of women's games, the men took the field on Sunday delivering mouth watering clashes.

The Global Indian Pravasi Kabaddi League (GI-PKL) had commenced with men's matches on Friday with the women's game beginning on Saturday. The League will run for 13 days with the final schedule for April 30 here at the Multipurpose hall of the Gurugram University.

The crowd was buzzing with excitement as girls turned up in large numbers for the men's matches, bringing extra energy to the arena. Their loud cheers and constant support added to the electric atmosphere, showing how the Global Indian Pravasi Kabaddi League (GI-PKL) is winning hearts across all age groups and genders

In the first match on Sunday, Telugu Panthers edged past Tamil Lions 33-27 in a thrilling encounter. With 16 raid points and a solid 13 tackle points, the Panthers held their ground. Despite Tamil Lions' strong raiding with 18 points, their lack of all-out points proved costly. Telugu's all-round performance sealed a well-earned win.

In the second game, Marathi Vultures outplayed Punjabi Tigers 55-44 in a high-octane clash. With 30 raid points, 20 tackle points, and four all-outs, the Vultures showcased a complete performance. Despite Punjabi Tigers matching in raids, their defense faltered. Marathi's strong tackling and three super tackles proved crucial in sealing the emphatic win.

In the third match of the day, Bhojpuri Leopards defeated Haryanvi Sharks 39-30 in a high-intensity clash. With 20 raid points, 13 tackle points, and 4 crucial all-out points, the Leopards displayed dominance. Despite a strong resistance from Haryanvi Sharks, Bhojpuri's all-round effort ensured a comprehensive win.

The action now shifts to the women's category with three thrilling fixtures lined up on Monday. Haryanvi Eagles will face Bhojpuri Leopardess, followed by Marathi Falcons locking horns with Tamil Lioness. The final match of the day will see Telugu Cheetahs go up against Punjabi Tigress.

The league stage will run until April 27, followed by the men's semi-finals on April 28, and the women's semi-finals on April 29. The grand finale for both men and women will be held on April 30.

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# Arun Kumar Jain, General Manager, South Central Railway Conducts Inspection of Secunderabad Railway Station



(Standard Post Bureau) Hyderabad, April 20 : Mr Arun Kumar Jain, General Manager, South Central Railway conducted a detailed inspection on ongoing redevelopment works of Secunderabad Railway Station today i.e., 19<sup>th</sup> April, 2025. He was accompanied by Shri Bartesh Kumar Jain, Divisional Railway Manager, Secunderabad Division and other senior Railway officials throughout the inspection. He conducted a detailed

expedite the works so as to complete the project at earliest. The General Manager also reviewed the passenger amenities at the station and instructed the officials to take extra precautions to avoid the traffic congestion in view of temporary closure of some platforms to facilitate platforms extension works. He also inspected the on-going works of upcoming station booking, parking and circulating areas etc.,

The General Manager made a detailed review of the redevelopment works of Secunderabad Railway Station, the comprehensive measures undertaken by the Secunderabad Division officials to ensure the smooth movement of passengers while maintaining the highest standards of safety and security.

He instructed the officials that in view of redevelopment work involving significant infrastructural modifications requires effective crowd management, security enhancements and passenger assistance initiatives. Implementation of several key measures including provision for proper signages to facilitate hassle-free travel for passengers.

# B Tech. (Civil Engineering) and PhD in Allied Health Sciences introduced in MANUU

(Standard Post Bureau) Hyderabad, April 20 : Maulana Azad National Urdu University (MANUU) is inviting applications for online admission in regular mode courses offered at its Main Campus at Hyderabad, Satellite Campuses, Colleges of Teacher Education (CTEs) and Polytechnics across the country for the academic year 2025-2026.

Total 120 programmes are being offered upto Ph.D. level under eight schools of studies and 19 different departments throughout the country in 11 different states.

For the academic year 2025-26 - 31 PhD; 33 PG; 19 UG, 08 Professional

Diploma, and various Diploma and Certificate courses are being offered.

Presently, around 5170 students are enrolled in various regular courses whereas 2,840 students have taken admissions in the last academic year. MANUU has around 370 regular faculty members. The teacher and student ratio is 1:14.

From this year onwards MANUU is introducing a PhD programme in Allied Health Sciences (MLT), Advance Diploma in Pashto and four Diploma programmes in Calligraphy, Telugu, Turkish and Urdu. The Bachelor of Technology (Civil Engineering) is also being

introduced through Self Financing Mode. The Master of Laws (LLM) programme is being introduced at CTE Darbhanga.

University is consistently growing with new courses every year, last academic year Phd in Language Teaching in Madrasa, PhD in Law, LLM, BA LLB (Hons) and LLB courses were introduced. Further, Unani courses are in Pipeline and the University is also planning to open a Medical College in collaboration with public and private partnership.

According to the notification released by Prof. Ishtiaque Ahmed, Registrar, the last date for

submission of online application for entrance based courses is May 13, 2025 whereas online applications for merit based courses can be submitted till June 04, 2025.

For details about entrance and merit based courses e-prospectus can be referred. For more details or any clarifications interested candidates can email to [admissionregular@manuu.edu.in](mailto:admissionregular@manuu.edu.in) and for general queries admission help desk can be contacted on 040- 23006612 EXTN- 1801. The e-prospectus and online application forms are available on admission portal <https://manuu.edu.in/Regular-Admissions>.

# Bengal CM Mamata & Sajjan Jindal to lay foundation stone of 1600 MW thermal power projects at Salboni

Kolkata, April 20 (UNI) : West Bengal Chief Minister Mamata Banerjee, along with JSW Group of Companies C&MD Sajjan Jindal, is scheduled to lay the foundation stone of the 1600 MW thermal power plant (800x2) to be developed by JSW Energy Ltd at Salboni in West Medinipur on Monday. The JSW Energy Ltd has signed a power purchase agreement with the West Bengal State Electricity Distribution Co Ltd for a green field 1600 MW, a super ultra supercritical thermal power plant for 25 years.

Besides Sajjan Jindal, his brother, son, and brand Ambassador

Sourav Ganguly are also expected to attend the foundation stone laying ceremony. Banerjee told reporters that besides laying the foundation stone for the 1600 MW supercritical coal-based thermal power plant, she would also inaugurate a Rs 757 crore 112.5 MW capacity solar power plant at Garbeta in West Midnapore on the following day. Nearly 80 percent of the cost of the project will be borne by a German agency, and the rest will be borne by the state, she added. The foreign agency also has sought permission for the expansion of this unit by another 100 MW, and the state has conceded.

She said " It is our commitment towards promoting clean and green energy," she told reporters at Nabanna recently. "The JSW Group will also come up with some industrial parks. The greenfield thermal power plant will be one of its kind in eastern India.

The Chief Minister said that the energy demand was increasing every passing day, with a significant increase in consumer base and industrial units. She said that once the AC and refrigerator were luxuries, now they are essential, and the government has to supply uninterrupted power to meet ever-increasing demand.

# Easter celebrated across Meghalaya

Shillong, April 20 (UNI) : Candlelight processions, baptism of newborns and colourful Easter eggs and buns were the hallmark of the day as Christians in Meghalaya on Sunday joined their brethren the world over in celebrating Easter.

Cathedrals and churches across this Christian-majority state were thronged by people for special mass and other celebratory events.

Easter marks the end of the period of Lent or suffering and it is believed that Jesus Christ was resurrected after his crucifixion on Good Friday.

Bishops led the services and delivered sermons in various

# Cancellation trains due to safety works in Chakradharpur Division : ECoR

(Standard Post Bureau) Visakhapatnam, April 20 : Due to Pre-Non-Interlock & Non-Interlock works in Chakradharpur Division the following train services will be cancelled: -

CANCELLATION OF TRAINS:

1. The train No. 18117 Rourkela-Gunupur Rajya Rani Express leaving Rourkela on 25.04.2025 will be cancelled
2. Hence in return direction. the train No. 18118 Gunupur -Rourkela Rajya Rani Express leaving Gunupur on 24.04.2025 will also be cancelled.

People are requested to note changes and act accordingly.

# Grand Kalashotsav ceremony of the 10th century Aryadi Shri Janardan Temple

(Standard Post Bureau) Mumbai, April 20 : The Aryadi Shri Janardan Temple, Pangala, Kapu, in Udupi (Karnataka) district, a temple dating back to the 10th century, is being renovated and its construction is nearing completion. Its grand Kalashotsav ceremony will be held from 16 to 20 May 2025 under the guidance of Vedomurti Shri Padigar Srinivasa Tantri. And Dr. P. Mohandas Bhat, P. Govind Shetty, Balkrishna T. Shetty and other dignitaries are working hard to complete this ceremony.

References to this temple are found in the Madhav Vijay Parva and in the Gurukul system of Dandathirtha. Devotees tell stories of many ailments being cured and peace of mind being achieved by touching the Janardan idol here. That is why a grand Kalashotsav ceremony will be organized on behalf of the devotees. Devotees and donors are urged to cooperate and for more information, contact 9448624230 or 7777059158.

# Surprise Inspection conducted by ECoR, DRM on Konark Express



(Standard Post Bureau) Visakhapatnam, April 20 : In an effort to obtain first-hand feedback on passenger facilities and onboard amenities, Divisional Railway Manager (DRM) Shri Lalit Bohra conducted a surprise inspection of the Bhubaneswar – CST Mumbai Konark Express today (20.04.2025).

During the inspection, Shri Bohra reviewed the On-Board Housekeeping Services (OBHS) and examined the quality of

linen provided to passengers. He was accompanied by senior railway officials during the inspection. DRM Shri Lalit Bohra also interacted directly with passengers to gather feedback on cleanliness in the coaches and toilets, as well as the general upkeep of onboard facilities. He further inspected the pantry car, reviewing food safety standards and various safety measures in place in the Pantry Car. During his interaction, Shri Lalit Bohra

urged passengers to refrain from trespassing on railway tracks, avoid littering and open defecation, and not to misuse emergency chain pulling. He also advised passengers to remain vigilant about their belongings and to be cautious of incidents like mobile phone theft and drugging by miscreants. He encouraged passengers to report any suspicious or unattended items found onboard to railway staff or by calling the universal railway helpline at 139.

# Mock Drill Conducted at Rail Nilayam, Secunderabad by Telangana Octopus Police : SCR



(Standard Post Bureau) Hyderabad, April 20 : A mock drill was conducted at Rail Nilayam, Secunderabad on 17/18.04.2025 under the supervision of ADG Octopus Telangana Organization for Counter-Terror Operations (Octopus Police). The aim of the drill was how to protect Railway Officials, Railway Employees, and Railway Property in the event of a future terrorist attack on a Rail Nilayam. The drill lasted for several hours, from 17.00 hrs to 01.00 hrs.

The mock drill was conducted under the permission of Shri Arun Kumar Jain, GM/SCR, Ms Aroma Singh Thakur, PCSO/SCR, Shri MD. Shadan Zeb Khan, DIG/SCR, and Shri. B. Satish Prabhu, ASC/Crimes. It



was organized under the leadership of the ADG/Octopus. Participants in the mock drill included retired Army Colonel Bharat Prasad, DSP trainer Shri Srinivasulu, Octopus team in-charge Mallikarjun Goud, RPF Inspectors Narayana Swami, Bhaskar, Civil Defence Inspector Sudheer, and others. As part of this exercise, the following teams participated in Mock Drill:

1. OCTOPUS Officials: 104
  2. Law & Order Tukaramgate: 07
  3. Traffic police Ramgopalpuram: 05
  4. CAR-HYD (CDG): 17
  5. CSW-HYD (BD): 04
  6. Fire Brigade Secunderabad: 07
  7. Ambulance: 02
  8. RPF personnel: 10
- Total: 156