

## IN BRIEF

### Tourism Minister inaugurates paddy purchase centre

Rajahmundry, April 5 (UNI) : Minister for Tourism Kandula Durgesh inaugurated a paddy purchase centre at Morta village of Undrajavaram mandal on Saturday. Speaking on the occasion, the Minister said that paddy purchasing centres were opened in 216 Rythu Seva Kendras across East Godavari district to purchase rabi paddy from the farmers. Steps were taken to purchase two lakh metric tonnes of paddy as per the set target in the district. Kandula Durgesh revealed that as per the Centre Government directive, paddy is being purchased from the farmers at the Minimum Support Price. Steps were also taken to procure paddy from the agriculture fields themselves from the farmers.

A quintal normal variety of paddy is purchased at Rs 2,300 while ‘A’ Grade variety is purchased at Rs 2,320, he revealed. Paddy was cultivated across the district during the rabi in 58,586 hectares, he stated.

Joint Collector S Chinna Ramudu and RDO Rani Sushmita were among those who took part in the programme.

### CJI Sanjiv Khanna offers prayers at Tiruchanoor temple

Tirupati, April 5 (UNI) : Chief Justice of India (CJI) Justice Sanjiv Khanna, during his maiden visit to Tiruchanoor, offered prayers at Goddess Padmavati Ammavari temple, near here, on Saturday evening. On his arrival at the temple, the CJI was welcomed by TTD Executive Officer J Syamala Rao.

Later, the CJI offered prayers to the presiding deity and was offered with Thirtha Prasadam after Vedasirvachanam by Vedic Pundits. Later, he reached Sri Padmavati Rest House in Tirumala, where he was accorded warm welcome by the TTD Additional EO Ch Venkaiah Chowdary. The CJI will offer prayers in the Tirumala temple on Sunday.

## CM Naidu's call for 'P4' programme receives overwhelming response

(Standard Post Bureau) Vijayawada, April 5 : The ‘P4’ programme (Public-Private-People-Partnership), launched by Andhra Pradesh Chief Minister Chandrababu Naidu, for the uplift of the poorest is receiving overwhelming response from the people.

On receiving the call given by Chandrababu Naidu, the rich are coming forward to become active partners in the ‘P4’ programme to provide assistance to the poor.

Several industrialists have already turned Margadarsi (who leads the way) and are standing by the poor families. In this context, an industrialist from Guntur district has come forward to construct a lift irrigation project with his own funds.

The farmers of Kakumanu mandal in Guntur district have been facing acute water scarcity for irrigation purposes for a long time. Though water is being supplied from Kommamuru canal, the tail-end areas are not getting water. If a lift irrigation project is built the



hardships of farmers in this area can be alleviated.

Following a call given by the Chief Minister on P4, the head of the Prasad Seeds, Karumanchi Prasad, has come forward to resolve the issue. The Chief Minister instructed the Water Resources officials to prepare the detailed project report (DPR) for the lift irrigation project in Kommamuru area as suggested by Karumanchi Prasad and sanction the necessary permissions at

the earliest possible. He also said that by maintaining close coordination among the officials, the lift irrigation project be taken up with the financial assistance being extended by Prasad.

CM Chandrababu Naidu appreciated Prasad for coming forward generously for the benefit of the farmers in his native village. The Chief Minister expressed deep satisfaction that people from different walks of life are coming forward after properly understanding the

idea behind the P4 policy.

Karumanchi Prasad, who is from Prathipadu Assembly segment in Guntur district, has been into seeds business for the past four decades. Since 1995 he has been extending a helping hand for the developmental activities being taken up in his areas. For completing the Lift Irrigation scheme in Pedanandipadu in 1995 he extended financial assistance.

Official sources said that land for 10 km long in the tail-end area in the 43-km-long Kommamuru canal have not been cultivated for a long time due to lack of irrigation water facility. Lift irrigation scheme needs to be built near the Kommamuru canal at Kakumanu to resolve this and once the project is complete irrigation water can be supplied to 5,315 acres in this area. This will also meet the drinking water needs of the people in Kakumanu mandal. The State Government too, on its part will release the necessary funds for the project.

## India, Sri Lanka ink MoU on defence cooperation as PM Modi, President Dissanayaka hold talks



In this image released by PMO, Prime Minister Narendra Modi and Sri Lankan President Anura Kumara Dissanayake before delegation level talks at the Presidential Secretariat, in Colombo, Sri Lanka on Saturday.

Colombo/New Delhi, April 5 (UNI) : India and Sri Lanka inked their first MoU on defence cooperation and a trilateral cooperation with the UAE on development of Trincomalee into an energy hub, as Prime Minister Narendra Modi held talks

with Sri Lankan President Anura Kumara Dissanayake. Prime Minister Modi was also conferred Sri Lanka's highest honour – the Sri Lanka Mitra Vibhushana, in recognition of his significant contribution to strengthening the bilateral

ties and fostering goodwill between the two nations.

PM Modi, accepting the award said: “This award does not only honour me, but also honours 140 crore Indians. It is a tribute to the historic ties and deep friendship between the people of India and Sri Lanka.” The Sri Lankan President in his speech gave an assurance that “we will not allow our land to be used in any way that is detrimental to the interest of India. The cooperation with India will certainly flourish and I want to reassure our continued support to India.”

The two leaders held detailed discussions in restricted and delegation level format and reviewed cooperation in the fields of connectivity, development cooperation, economic ties, defence relations, reconciliation and fishermen issues. PM Modi, in his address, said: “I am happy to see Sri Lanka back on the path of progress. India is proud to have fulfilled its

duties as a true friendly neighbour. Whether it was the terrorist attack of 2019, the COVID pandemic, or the recent economic crisis, we have stood firmly with the people of Sri Lanka during every difficulty.” “President Dissanayaka chose India for his first foreign visit after becoming President, and I have had the privilege of becoming his first foreign guest. This is a symbol of the depth of our special relations,” the PM said. He said that Sri Lanka has a special place in India's Neighbourhood First Policy and Vision ‘MAHASAGAR’, and that both sides have made significant progress in their cooperation since President Dissanayaka's visit to India.

The Sampur Solar Power Plant, being constructed by India, which the two leaders inaugurated virtually jointly, will help Sri Lanka achieve energy security.

He said the agreement reached to build a multi- (Contd on page 3)

### Eleven devotees injured in road accident in Nashik

Nashik, April 5 (UNI) : At least 11 people were injured, three of them critically, after a mini bus they were travelling in collided head-on with a dumper near Sakur Phata on the Nashik-Sinnar highway in the district on Saturday.

According to sources in the Wadivarhe police, a mini bus carrying devotees was proceeding to temple town of Shirdi from Ghatkopar in Mumbai when it collided head-on with a dumper coming from the opposite direction near Sakur Phata. After this collision, the residents of the area immediately rushed to the accident spot and initiated the rescue operation. Also, upon receiving information of the incident, a Wadivarhe police team also rushed to the spot and started the rescue operation. All the injured persons were taken out with the help of local citizens and immediately admitted to SMBT Hospital for medical treatment.

## ‘Waqf bill attacks Muslims, sets precedent to target other communities in future’

New Delhi, Apr 5 (PTI) : Leader of Opposition in Lok Sabha Rahul Gandhi on Saturday alleged the “Waqf Bill attacks Muslims” and “sets a precedent to target other communities in future”.

In a post on microblogging site X, Gandhi shared an article which claimed that the Rashtriya Swayamsevak

Sangh (RSS) has now shifted focus to Catholic Church land after the passage of Waqf Bill.

“I had said that the Waqf Bill attacks Muslims now but sets a precedent to target other communities in the future,” he wrote on X.

“It didn't take long for the RSS to turn its attention to Christians,” the Congress leader wrote referring to the

### Babu Jagjivan Ram's life immortal and inspiring: Scholars

Tirupati, April 5 (UNI) : The life of Babu Jagjivan Ram, one of the great personalities in Indian national movement and rendered special services as a Union Minister post independence, is inspiring to many, said Dr. Ram Prasad, Principal, College of Law, Osmania University, Hyderabad here on Saturday.

Speaking at the 118th birth anniversary celebrations of Babu Jagjivan Ram held at the Mahathi Auditorium here, Ram Prasad described Babu Jagjivan Ram, who was born in Chandwa village in Bihar in the year 1908, as a great humanitarian.

He said that he endeavoured the uplift the downtrodden communities and studied hard to become a social reformer and politician.

He also said that Babu Jagjivan Ram had effectively managed the Labor, Agriculture and Defense departments at the Center and had rendered invaluable services to the country as the Deputy Prime Minister. He advised the employees to learn about the good deeds done by such leaders through the Jayanti Sabhas and get inspiration to follow that path.

Another keynote speaker, Dr. Venkatasubbaiah, Assistant Professor of Badvelu SBVR College, delivered a speech and urged to constantly get inspired by the lifestyle of Sri Babu Jagjivan Ram.

Later, former Minister Parasaratnam said that Jagjivanram was an unsung hero who had rendered special service to everyone without any discrimination in his 52-year political career.

He said that he has held many ministerial posts in his political career, and when he was the Union Agriculture Minister he brought about the Green Revolution in the country and increased the yield.

DLO Varaprasada Rao said that Jagjivan Ram worked hard to achieve reservations for Dalits. He said that he worked hard for the advancement of women.

Earlier, TTD officials and employees performed pujas to the portrait of Srivaru and paid floral tributes to the portrait of Babu Jagjivan Ram.



### Sift wins gold, Chain bags bronze at ISSF World Cup 2025

Asian Games champion Sift Kaur Samra bagged India's first gold medal at the ISSF World Cup 2025 here, clinching victory in the women's 50metre rifle 3 positions event on Saturday. Despite a slow start, with a score of 147.2 after the kneeling round, Sift made a remarkable recovery. Her score stood at 304.1 after the prone event. However, a strong performance in the standing and elimination rounds saw her leap to the top of the podium with a final score of 458.6, marking her first individual gold at an ISSF World Cup. Sift, a world-record holder in this event, previously set the record with a score of 469.6, which helped her secure gold at the 2023 Asian Games. (See on page 7)

### Kunal Kamra fails to appear before Mumbai police 3rd time



Stand-up comedian Kunal Kamra, currently facing backlash over his alleged controversial comments about Maharashtra Deputy Chief Minister Eknath Shinde, on Saturday failed to appear third time before city police who want to question him in multiple cases registered against him in connection with his controversial statement against Shinde. (See on page 2)

### US reciprocal tariff: Cong asks govt to prioritise trade deals ....



Expressing concern over the reciprocal tariffs imposed by US President Donald Trump, the Congress on Saturday asked the government to prioritise trade agreements with European Union, UK, West Asia, China, Japan, Latin America and African Union, while also continuing discussions with the US on the issue. (See on page 4)

### Trump starts tariff talks with ....



US President Donald Trump held talks with representatives of Vietnam, India and Israel regarding the recently imposed tariffs on imported goods, CNN reported. Trump is in touch with the countries' representatives to negotiate individual trade deals that could soften the proposed tariffs before next week's deadline, the report said, citing a source. (See on page 5)



## Eknath Shinde visits Shri Sant Balumama temple in Kolhapur

Kolhapur, April 5 (UNI) :Deputy Chief Minister and Shiv Sena chief Eknath Shinde on Saturday visited Shri Sant Balumama at Shri Kshetra Adamapur, one of the important religious places in the district, and offered his prayers to Sant Balumama.

Shinde, who is on brief visit to the district, visited the shrine and inspected various development works in the temple area and interacted with the board of trustees of the temple.

Shinde praised the work of Sant Balu Mama and assured that the state government would extend all possible cooperation for the development of this religious place.

Later, addressing a rally at Sarvade village in Radhanagari tehsil of the

district, the Shiv Sena chief appealed the party workers to get ready for local body elections in the state, as the local body elections are the foundation of the power.

The Deputy CM affirmed that the popular 'Ladki Bahin' yojana would continue and would not be discontinued at any cost.

He assured that they would try to further increase aid amount to Rs 2,100, as promised by Mahayuti during state assembly elections, after the financial condition of the state improves in future.

Shinde claimed that people voted for the Mahayuti candidates in assembly elections due to many development projects he implemented during his two and half years regime.

## Court dismisses minister Munde's appeal against interim maintenance order

Mumbai, April 5 (UNI) :A sessions court here on Saturday dismissed an appeal filed by a former Maharashtra minister and NCP (AP) leader Dhananjay Munde against an interim order by a magistrate court directing him to pay monthly maintenance of Rs two lakh to his estranged partner and daughter.

Munde has filed an appeal before the sessions court denying marrying a woman, who identified herself as Karuna Munde, and claimed to be his first wife and challenging the local court order directing him to pay maintenance to her.The NCP leader in his appeal contended that the local court "didn't apply his mind and passed an arbitrary order giving interim maintenance."

He is aggrieved by the order primarily on the ground that the local court erroneously passed it on the basis that the appellant (Dhananjay Munde) and the respondent number 1 (woman) are married to each other and thus there is domestic relationship between them.The court had said while the minister denied a marital relationship with the woman, there is prima faciedocumentary evidence, including his election affidavit, which mentions their two children as his dependents.The sessions court too considered these documents while dismissing the plea.

## Medicover Hospital launches MISSO technology-based robotic surgery here

Chhatrapati Sambhajanagar, April 5 (UNI):Medicover Hospital in Chhatrapati Sambhajanagar has now found a painless solution to knee and hip pain by launching an advanced MISSO technology- based robotic surgery.

With the help of cutting-edge technology, robotic knee and hip replacement surgery will now be performed at the new Medicover Hospital in Chhatrapati Sambhajanagar. Since the surgery can be done painlessly with the help of a robot, patients do not feel much pain.

Medicover Hospital formally launched the Robotic surgery technology on Saturday in a function held at the hospital in presence of District Guardian and social justice minister Sanjay Shirsat and State other backward minister Atul Save.

Speaking to the media on the occasion, Orthopedic Doctor of Medicover Hospital Dr. Kishor Munde revealed that knee replacement surgery was performed on a 68-year-old woman patient here with the help

of a robot. This woman was suffering from knee arthritis. After the successful completion of the surgery, the woman started walking on her own without taking any help, Dr. Kishore Munde claimed.

r Munde highlighted that to perform the surgery on the woman, doctors took the help of a robot that performs surgeries on patients with the help of MISSO high-tech. With the help of the MISSO robotic system, it has now become even easier to perform precise surgeries on patients."Since the surgery can be done painlessly with the help of a robot, the patient recovers quickly and can even walk within a few days," Dr Munde observed.

Doctors at Medicover Hospital in Chhatrapati Sambhajanagar have now decided to adopt the MISSO technological system to perform surgeries on patients with the help of robots in a simple way, Dr Munde observed.

“Approximately 70 percent of people experience knee pain at some point in their lives. Out of these, 10-20 percent of patients have to undergo



Police personnel carry the mortal remains of veteran actor-filmmaker Manoj Kumar during his last rites, in Mumbai. Kumar, popularly known as 'Bharat Kumar' for his portrayal of patriotic heroes in films such as "Upkar" and "Kranti", was cremated with full state honours and a three-gun salute.

### Kunal Kamra fails to appear before Mumbai police 3rd time

Mumbai, April 5 (UNI) : Stand-up comedian Kunal Kamra, currently facing backlash over his alleged controversial comments about Maharashtra Deputy Chief Minister Eknath Shinde, on Saturday failed to appear third time before city police who want to question him in multiple cases registered against him in connection with his controversial statement against Shinde.

According to police, Kamra, who lives in Puducherry, was asked to remain present before the Khar police by 11 am today on April five.

The Khar police booked Kamra on a complaint by Shiv Sena MLA Murji Patel. Kamra secured an interim anticipatory bail in the matter till April seven from Madras High Court but was expected to join the inquiry earlier this week.

As he did not show up, the Khar police served a third summons to him, asking him to join the probe by April five.

## Muslim organisations welcome Uddhav Thackeray’s move on Waqf Bill

Mumbai, April 5 (UNI) : Days after the Waqf (Amendment) Bill was passed in Parliament and is set to become a law, various Muslim organisations, led by All India Ulema Board, has raised serious concerns even as they welcomed the stand taken by Shiv Sena (UBT) chief and former Maharashtra chief minister Uddhav Thackeray in opposing it.

All India Ulema Board's National General

Secretary Allam Bonai Naeem Hasni and representatives of several other Muslim organisations, leaders, scholars addressed a press conference here on Saturday to flag various issues.“The Bill was first tabled in parliament in August last year but was sent to a joint parliamentary committee (JPC) after the Opposition parties flagged issues. The version that has been passed incorporates

several changes suggested by the sharply divided committees. Now, it has been passed in the Parliament,” he said, pointing out that once the President gives assent, it would become a law.

The Waqf properties include mosques, madrassas, shelter homes and thousands of acres of land donated by Muslims and are managed by boards.According to him, Thackeray has taken the right stance in opposing it

as the land under the control of Waqf authorities now can be released for other purposes.

“The objective of this Bill is to weaken the institution of Waqf and make it ineffective,” the leaders said in the press conference.The Waqf Bill—now renamed as Unified Waqf Management Empowerment, Efficiency and Development (UMEED) Bill, will not

serve any purpose.

Imamul Hind Foundation (IHF) President Maulana Naushad Siddiqui and others addressed the media on various aspects of the new law.

They specially lauded Thackeray’s recent statements that the lands under the control of different Waqf authorities could now be released for other purposes, including handing them over to big industrialists and builders.

### Waqf Bill protects the interests of Muslim brothers: IAC president

Pune, April 5 (UNI): The Waqf Bill, which will become a law after the President's signature, gives "new hope" to the Muslim brothers of India and protects their rights, said Hemant Patil, National President of India Against Corruption and OBC leader on Saturday.

The main objective of the government is to empower Muslim women and protect the rights of the entire Muslim community. The opponents have misrepresented this bill as anti-Muslim, said Patil.

Patil said this bill paves and facilitates the development path of poor, backward Muslim brothers and their families.

He said the Unified Waqf Management Empowerment Efficiency and Development Act, like 'Umaid' is a symbol of the vision of the Prime Minister Narendra Modi-led government, which is committed to the development of Muslim brothers.The Waqf Board, which is a scientific institution, must be secular. Despite this, the Central government has limited the number of non-Muslims on the board, he added.

Patil alleged that the opposition has done the job of "scaring the Muslim brothers" by spreading misleading information about the bill.Muslim brothers must have faith and love in the leadership of Prime Minister Narendra Modi, Patil said, and appealed to them not to fall prey to misinformation.

Mumbai, April 5 (UNI) : The long-awaited verdict in the woman police inspector Ashwini Bidre murder case, a sessions court in Panvel town of neighbouring Navi Mumbai on Saturday found prime accused dismissed senior police inspector Abhay Kurundkar guilty of multiple charges, including abduction, murder and destruction of evidence.

Meanwhile, another accused Raju Patil has been acquitted due to lack of evidence.Additional Sessions Judge K G Paldewar in his order said that there was no proof of his involvement in the

conspiracy, leading to his release.

However, hearing on the quantum of sentence, is scheduled for April 11 at 3 PM.Prime accused Kurundkar allegedly murdered Ashwini Bidre at his residence in Mira Road. He was reportedly assisted in the crime by another accused Rajesh Patil, Kundan Bhandari and Mahesh Phalnikar.

Special Public Prosecutor Advocate Pradeep Gharat represented the prosecution, while the defence was led by Adv Vishal Bhanushali and Adv Prasad Patil.

The final arguments in

murder case of slain cop Ahwini Bidre got over in the last week of November 2024 after six long years of trial, with around submission of around 23 pages of final argument being submitted by special public prosecutor Pradeep Gharat.

Posted with Protection of Civil Rights Unit in Konkan Bhavan, Belapur, woman PI Bidre, a resident of Roadpali in Kalamboli, was missing since April 15, 2016, and a missing case was registered on July 14, 2016.

According to the prosecution counsel, accused Kurundkar and

Ashwini in Mira Road. He then allegedly dismembered her body using a power hacksaw and stored the body parts in a freezer.

Next day, the body parts were placed in a sack and dumped into the Vasai creek. After Bidre went missing, a missing person complaint was filed at the Kalamboli Police Station on July 14, 2017. When it was revealed that Kurundkar was involved in her disappearance, a kidnapping case was filed on January 31, 2017. Following this, Kurundkar and other accused were arrested, and a trial was commenced against them

## Loans sanctioned under Stand-Up India grows to Rs 61K crore

New Delhi, April 5 (UNI) : The loans sanctioned under the government's Stand-Up India scheme grew more than fourfold to Rs 61,020.41 crore by March 17, 2025, from Rs 14,431.14 crore as of October 2018, highlighting the scheme’s expanding impact in empowering entrepreneurs across the country, the Finance Ministry said on Saturday.

"Since its launch on 5th April 2016, the Stand-Up India Scheme has been on a mission to empower SC (scheduled castes), ST (scheduled tribes), and women entrepreneurs. It aimed to break barriers by providing bank loans to help them start new businesses. Over the past 9 years, the scheme has not just funded businesses—it has nurtured dreams, created livelihoods, and

driven inclusive growth across India," the Ministry said in a release.

The Stand-Up India scheme is designed to address the challenges faced by SC, ST and women entrepreneurs in setting up enterprises, obtaining loans and other support needed from time to time for succeeding in business. The scheme aims to encourage all bank branches in extending loans to borrowers from SC, ST and women in setting up their own greenfield enterprises.The official release said that the scheme has reflected significant financial empowerment for the SC, ST communities and women entrepreneurs (from November 2018 to November 2024).

As per the official data, SC accounts grew from 9,399 to 46,248 with loan

amounts rising from Rs 1,826.21 crore in November 2018 to Rs 9,747.11 crore in November 2024. ST accounts increased from 2,841 to 15,228 with sanctioned loans jumping from Rs. 574.65 crore to Rs. 3,244.07 crore during the period under review. Women entrepreneurs accounts

grew from 55,644 to 1,90,844, with sanctioned amounts rising from Rs 12,452.37 crore to Rs. 43,984.10 crore during this period."With significant achievements in loan sanctions and disbursements, the scheme continues to foster inclusive growth," the press release said.

### PM to inaugurate chanting of 'Navkar Mahamantra'

Kolhapur, April 5 (UNI) : The Jain International Trade Organization (JITO) is organising a 'Navkar Mahamantra' day on April 9 at 6,000 places across the country and in 108 countries of the world, on the occasion of 'Bhagwan Mahavir Jayanti' for world peace. The event will be inaugurated by Prime Minister Narendra Modi in Delhi on April 9 morning.In a press conference here, Pruthivraj Kothari, president of JITO Apex institution, said that amid the backdrop of increasing wars, conflicts, terrorism, misdeeds and violence all over the world, JITO has decided to organise a 'Navkar Mahamantra' day at 6,000 places in the country, including at 12 tehsil places of this district, and 108 countries, for world peace. A total of one crore and eight lakh people will participate in the event, he said.







STANDARD POST

A testament to PM Modi's leadership in infrastructure development

A historic infrastructure project, the new Pamban Bridge, connecting Rameswaram to the Indian mainland, has not only enhanced the transportation network but has also bolstered the cultural and spiritual significance of the region. The bridge, which will be inaugurated by Prime Minister Narendra Modi on Sunday, coinciding with Ram Navami festival, is poised to transform Rameswaram into a major hub for both pilgrims and tourists.

This will also strengthen the economy and provide new job opportunities for residents.

The new Pamban Bridge is a marvel of modern engineering, stretching over 2.078 km with 100 spans and a vertical lift span of 72.5 metres. This makes it taller than the old bridge by three metres, allowing for smoother passage of larger vessels.

With 333 piles used in its substructure and advanced anti-corrosion technologies such as polysiloxane paint, stainless steel, and fibre-reinforced plastic, the bridge is designed for endurance for decades, ensuring safe and sustainable railway and marine operations.

The bridge was initiated in 2019 and has been completed within five years, far ahead of the typical timeline for such complex projects.

This swift completion is a result of the Prime Minister's clear vision to expedite large-scale infrastructure projects and ensure their timely delivery.

"When the Prime Minister lays the foundation stone for a project, he ensures its completion. This bridge is a perfect example of his leadership and commitment to national development," said Executive Director of Information & Publicity, Railway Board, Dilip Kumar.

"Rameswaram is a sacred land with a deep connection to the Ramayana period. When Lord Rama came here in search of Mata Sita, it was decided that a bridge would be built between Rameswaram and Lanka, which would allow Lord Rama's army to cross over and invade Lanka. Before embarking on this journey, Lord Rama performed a prayer to Lord Shiva on the holy land of Rameswaram. After this prayer, the temple that was built there is known as the Ramanathswamy Temple, which holds immense spiritual significance for millions of Indians.

"Every Indian wishes to visit the Rameswaram Dham, one of the four sacred pilgrimage sites in India, during their lifetime. And when railway connectivity is established, it brings immense convenience to the common people. This is why the construction of the new bridge was felt to be essential," he added.

"The old bridge, which had not been in use for over two decades, was closed for operation due to safety concerns. Now, the new bridge is ready, and Prime Minister Narendra Modi will visit to dedicate it to the nation," Kumar told.

"This bridge is 2.078 km long, with 100 spans and approximately 300 piles. With all these technical features, it is designed to be three meters higher than the old bridge. The bridge also has a vertical lifting span that is 72.5 metres long, which can be raised up to a height of 17 meters, allowing clearance for large ships to pass under it," he said.

Dilip Kumar further said: "This bridge holds importance for all of us. Whenever a major project is undertaken, it comes with a variety of challenges. However, our technicians, architects, and engineers have overcome all these challenges and completed the construction of this bridge within the stipulated time. They truly deserve congratulations. This bridge is a matter of pride. Every individual should travel across this bridge and experience the wonderful work our country is capable of achieving."

The bridge will not only facilitate the easy movement of pilgrims but will also spur economic growth in the region.

With improved connectivity, the tourism sector will flourish, and there will be an increase in local business activities. In addition to this, the employment opportunities for the people of Rameswaram will see a significant boost.

New Pamban Bridge: Uniting Bharat Through Progress, Devotion, and Development

(Standard Post Bureau)

Bharat, a sacred land of the divine, is enriched with 52 Shaktipeeths, 12 Jyotirlings, and the revered ChaarDhams, deeply reflecting the roots of Hindu culture. Among these, one significant Dham, which is both one of the four Dhams and one of the 12 Jyotirlings, is located on the holy island of Rameswaram. It is believed that before embarking on his battle against Ravana of Lanka, Lord Shri Ram worshipped and consecrated Bhagwan Shri R a m a n a t h a s w a m y Jithere.From Kashmir to Kanniyakumari, India stands as a vast nation deeply rooted in traditions and culture. Connecting such a country to its spiritual and cultural heritage is a monumental task—one that Indian Railways has been fulfilling for years, bridging people with their sacred destinations.

One such remarkable step is the construction of the 'New Pamban Bridge', undertaken under the visionary leadership of Prime Minister Narendra Modi. This Ram Navami, on the sacred land of Rameswaram, where B h a g w a n Ramanathaswamy showers his blessings upon all devotees, a new chapter in



Tamil Nadu's progress unfolds with its grand inauguration. The Pamban Bridge, originally built by the British, had become outdated, but the new state-of-the-art bridge represents a fusion of modern engineering and

India's rich heritage. Constructed with a vision of New India, this bridge stands as a symbol of progress, innovation, and unwavering commitment to development.

This bridge is not just an infrastructural marvel—

it is a symbol of national unity and progress, connecting people beyond language and politics. Under Modi's leadership, Bharat is moving towards inclusive growth, where development triumphs over division. This bridge will be

US reciprocal tariff: Cong asks govt to prioritise trade deals with EU, UK, China

New Delhi, April 5 (UNI) : Expressing concern over the reciprocal tariffs imposed by US President Donald Trump, the Congress on Saturday asked the government to prioritise trade agreements with European Union, UK, West Asia, China, Japan, Latin America and African Union, while also continuing discussions with the US on the issue.

Addressing a press conference here, senior Congress leader Anand Sharma said the government should convene a meeting with the Opposition leaders and tell them about their next strategy. "Whatever agreement is reached, it must be balanced and respectful," he added.

He said, "Imposition of unilateral decision by America is a big challenge for India and the world. This is not limited to economics and business. Countries are directly affected by this, whether they are rich or poor."

The Rajya Sabha MP said that the term "reciprocal tariff has been used for the first time by the President of a big country."

"Reciprocal Tariff will also affect India. There is no information available yet on the country's strategy on this matter. We believe that whatever reaction is made on this, national interest should be kept in mind," Sharma said. The former Minister said, "There are indications that some terms and references are being prepared by the government for bilateral trade.

NEO Institute Students Achieve Hat-Trick with Over 70% FMGE Pass Rate



(Standard Post Bureau)

The prestigious graduation ceremony for 150 Indian students who successfully completed their MBBS in Uzbekistan was celebrated with grandeur at AIG Hospital in Hyderabad. Organized by the NEO Institute of Medical Sciences and Technology, this marks the third consecutive year that NEO students' graduation has been hosted at AIG, solidifying its reputation for producing highly skilled medical graduates. These Medical students were moved from Ukraine to Uzbekistan after the war broke between Russia and Ukraine. A significant highlight of the ceremony was the impressive success rate of NEO students in the Foreign Medical Graduate Examination (FMGE). Out of the 150 students who completed their MBBS in Uzbekistan, 114 students—an outstanding 76 percent—cleared the FMGE in their first attempt. Padma Vibhushan awardee and Chairman of AIG Hospitals, Dr. D. Nageshwar Reddy, commended this remarkable achievement, acknowledging the

dedication of the students and the support provided by NEO Institute. He emphasized that medical professionals must uphold the sanctity of the profession and continue striving for excellence.

In recognition of outstanding academic performances, several students were honored during the ceremony. Dr. J. Tarunam received the gold medal, Dr. P. Yashwanth was awarded the silver medal, and Dr. S. Nitesh secured the bronze medal for their exceptional achievements.

The event also witnessed the conferring of prestigious honorary titles. The Uzbekistan Ministry of Health honored Dr. Nageshwar Reddy with the Avicenna Award and an Honorary Professorship, acknowledging his contributions to global medical education and healthcare. Additionally, Minister Komatireddy Venkat Reddy and former RTI Commissioner Vijay Babu were awarded Honorary Doctorates, while Dr. Sandeep was conferred an Honorary Professorship.

Dr. Ganni Bhaskar Rao, Chairman of GSL Medical College & Hospitals, noted that Uzbekistan is emerging as a key destination for Indian students pursuing MBBS, alongside countries like Germany and Russia. He expressed immense satisfaction at seeing such a high FMGE success rate among NEO students, reinforcing Uzbekistan's growing reputation as a hub for quality medical education. Dr. Divya Raj Reddy, Managing Director of NEO Institute, highlighted that achieving a hat-trick of successful graduations is a proud moment that will inspire current and future students. She reaffirmed NEO's commitment to promoting quality medical education and ensuring that aspiring doctors receive the best possible training and guidance.

Professor Shukhrat Teshayev, Rector of Bukhara State Medical Institute in Uzbekistan, described the event as a historic milestone in Indo-Uzbek educational and cultural relations.

a game-changer for travel and tourism, making it easier for more devotees to visit Rameswaram and seek the divine darshan of Bhagwan Ramanathaswamy. With improved connectivity, pilgrims from across Bharat will be able to experience the spiritual grandeur of this Beyond religious tourism, the bridge will also boost trade and commerce, allowing more vessels to navigate the waters with ease. It will serve as the lifeline track of R a m e s w a r a m , strengthening the region's economy and enhancing its role as a key hub of growth and development

Running over a stretch of approximately 2 kilometers, with a vertical lift span of 72.5 meters, this engineering marvel is India's first vertical lift rail bridge, built over the vast Indian Ocean. Amidst the fierce waters and the relentless waves crashing against the shore, this bridge stands as a testament to India's technological prowess and unwavering determination. Beyond just connectivity, it will serve as a lifeline for economic growth, boosting trade, tourism, and regional development. As this bridge opens new pathways, it will not only

strengthen Tamil Nadu's progress but also honor the spiritual and cultural legacy of Rameswaram.

Just as the Ram-Ravan Sangram began with the shapna of Bhagwan Ramanathaswamy at Rameswaram, the Vikas Yatra of Bharat will also flourish and advance with the inauguration of this monumental bridge on the same sacred land. This bridge is more than just an infrastructure project—it is a symbol of progress, a testament to India's engineering excellence, and a tribute to the divine legacy of Shri Ram. As it stands tall over the mighty Indian Ocean, it marks the beginning of a new era of growth, connectivity, and prosperity for Tamil Nadu and Bharat.

At a time when debates over the Tamil-Hindi language divide are ongoing in the state, this historic bridge will serve as a unifying force, bringing Indians closer regardless of linguistic differences. While the Tamil Nadu state government has always indulged in divisive politics over development, Prime Minister Narendra Modi's vision of 'One India' is driving forward ambitious projects that strengthen the nation.



75-Year-Old Man Successfully Treated with Advanced PAE Procedure

(Standard Post Bureau)

A 75-year-old man from Hindupur, suffering from an enlarged prostate, has been successfully treated at KIMS Saveera Hospital, Anantapur, without the need for surgery. The patient, who was already dealing with hypertension and diabetes, had a severely weakened heart due to ischemic cardiomyopathy. Normally, the heart's pumping efficiency should range between 55-70%, but in his case, it had dropped to just 25%. His prostate, which is typically 20-25 cubic centimeters (cc), had grown to a massive 130 cc. Given his underlying health conditions, traditional surgical intervention was deemed too risky.

He was brought to KIMS Saveera Hospital, where a team of experts led by Dr. Moode Sandeep, Senior Consultant Interventional Cardiologist, opted for an advanced, minimally invasive procedure known as Prostatic Artery Embolization (PAE) to treat his condition effectively.

"An enlarged prostate can cause difficulties in urination, frequent urges, and other discomforts. This condition affects approximately 50% of men aged 51-60, 70% of those between 70-79, and 80% of men over 80. Due to this patient's age and multiple health concerns, surgery was not a viable option. We decided to proceed with Prostatic Artery Embolization (PAE), a highly specialized and rare procedure beneficial for patients whose prostate size exceeds 100 cc, those who cannot tolerate anesthesia, or individuals with heart complications. This procedure involves injecting tiny particles into the arteries supplying blood to the prostate, reducing blood flow and gradually shrinking the prostate, alleviating symptoms," explained Dr. Moode Sandeep.

The PAE procedure was performed as an outpatient treatment in the cath lab, making it a safe, effective, and minimally invasive alternative to conventional prostate surgery. The technique eliminates the risks associated with traditional surgery, such as excessive bleeding, post-operative pain, and prolonged recovery time.



Indian national stabbed to death in Canada, IHC in close contact with kin

Ottawa/New Delhi, April 5 (UNI) : An Indian national was stabbed to death in Rockland, near Ottawa. The Indian High Commission has expressed sadness over the incident and said they are in close contact with the local community association to provide all assistance.

The Indian High Commission said:“We are deeply saddened by the tragic death of an Indian national in Rockland near Ottawa, due to stabbing. Police has stated a suspect has been taken into custody.“We are in close contact through a local community association to provide all possible assistance to the bereaved kin.”

According to reports, one person was killed in an incident at a residence on Lalonde Street in Rockland, Canada on Friday, April 4.

The incident occurred in the afternoon on Lalonde Street. However police have not released further details about the nature of the incident.Authorities confirmed that one individual has been taken into custody in connection with the incident.Rockland is part of the City of Clarence-Rockland, situated east of Ottawa.

Trump starts tariff talks with three countries: Reports

Washington, April 5 (UNI) : US President Donald Trump held talks with representatives of Vietnam, India and Israel regarding the recently imposed tariffs on imported goods, CNN reported.

Trump is in touch with the countries' representatives to negotiate individual trade deals that could soften the proposed tariffs before next week's deadline, the report said, citing a source.

On Wednesday, US President Donald Trump signed an executive order imposing a 10% base tariff on all imports to the United States starting April 5, while higher, reciprocal tariffs on countries and territories with which the US has the largest trade deficits will take effect on April 9. Some countries have already announced their intentions to retaliate against the tariff increases. China, for example, said it would impose a 34% tariff on all imports from the United States starting April 10.The US stock market lost \$6.6 trillion in two days, the biggest drop in history.

INS Sahyadri arrives at Colombo Port

Colombo, April 5 (UNI) : The Indian Naval Ship (INS) Sahyadri arrived at the Port of Colombo for a formal visit on April 4 and was warmly welcomed by the Sri Lankan Navy in compliance with naval traditions, media reports said on Saturday.

INS Sahyadri is a 143m long frigate manned by a crew of 320, and the ship is commanded by Captain Rajat Kumar, the Daily Mirror reported.

According to reports, INS Sahyadri crew will participate in events hosted by the Sri Lankan Navy to enhance bilateral ties during their visit.

They will also visit several tourist hotspots across the country, the report said.

Concluding the visit, INS Sahyadri is scheduled to set sail from Colombo on April 7.

Suspected gunmen attacks kill 52 in Nigeria

Abuja, April 5 (UNI) : At least 52 people were killed and others injured during the week by suspected gunmen in central Nigeria, local authorities said Friday.

The attacks since Wednesday night have caused panic across communities in the Bokkos Local Government Area of Plateau State. The assailants fired indiscriminately at locals and set homes ablaze, Farmasum Fuddang, head of the Bokkos Cultural Development Council Vanguard, told reporters in the state capital of Jos.Fuddang has been leading other volunteers in combing nearby bushes for bodies. "At least 31 people were given a mass burial on Thursday," he said.Also on Thursday, the bodies of five young victims in the village of Hurti were found, Fuddang said, adding that 16 other bodies were found during the search across several villages in the Bokkos area.

The motive for the latest bloodshed is unknown. Bokkos is one of the most frequently attacked areas in Nigeria's Plateau State, which is in the country's central belt between the Muslim-dominated north and the Christian-majority south.In a statement, the Plateau State government condemned the attacks, saying security agencies had already arrested some suspects concerning the "unfortunate development."

Armed attacks have been a primary security threat in Nigeria's northern and central regions, leading to deaths and kidnappings in recent months.

Iran denies reports of casualties in US airstrike on Yemen

Tehran, April 5 (UNI) : No Iranian personnel were killed in a recent US airstrike on Yemen, according to Iran's Tasnim news agency, which is known to have close ties to the Islamic Revolution Guards Corps (IRGC).The statement came in response to a claim made by Yemen's Minister of Information, Moammar al-Eryani, who posted on social media platform X on Friday that 70 members of the Houthi group -- including senior field commanders and Iranian experts from the IRGC -- were killed in a US strike on Tuesday. The attack reportedly targeted a Houthi gathering in Al-Fazah, a coastal area in the Red Sea port city of Hodeidah. Tasnim dismissed the report as false, stating: "The released report about the martyrdom of Iranian forces in Yemen is not correct. Follow-ups by Tasnim's reporter indicate that the claim is false, and no Iranian has been martyred in Yemen."

US military burns \$1 bn in three weeks in attacks against Houthis; strikes achieve limited success

Washington/Aden, April 5 (UNI) : Amid a series of tactical military strikes by the Trump administration against the Houthi forces in Yemen to disrupt their ammunition supply and destroy their fortified bunkers, the US has spent over \$1 billion in just three weeks, with the attacks themselves having limited success.While the attacks aimed at disrupting the ammunition supply of the Iran-backed group has had some success, it is a far from the victory the Pentagon had hoped for, according to CNN.The military offensive, which was launched on March 15, has already used hundreds of millions of dollars' worth of munitions for strikes against the group, including JASSM long-range cruise missiles, JSOWs, which are GPS-guided glide bombs, and Tomahawk missiles, the sources told CNN.The US has even deployed its B-2 Spirit stealth bombers from its Diego Garcia base in the Indian Ocean which have targeted fortified underground weapon caches controlled by the Houthis.While the

Pentagon's aim was to downgrade the outfit's capabilities to end the disruption caused by them in the Red Sea, even the use of the American military's most sophisticated weapons has had little effect.One of CNN's sources said that the Pentagon will likely need to request supplemental funding from Congress to continue the operation, but may not receive it — with the offensive having already received criticism from both Democrats and Republicans, with even Vice President JD Vance calling the operation “a mistake” in a Signal chat published by The Atlantic last week.

The Pentagon has not publicly disclosed what impact the daily US military strikes have actually had on the Houthis. Officials from the Pentagon's Joint Staff, US Central Command, US Indo Pacific Command, Office of the Undersecretary of Defence for Policy, and the State Department told Congress in recent days that the strikes have eliminated several members of the Houthi leadership and destroyed some Houthi

military sites.They nonetheless acknowledged that the terror group has reinforced many of their bunkers and other targeted sites, including their underground weapons and munitions caches. Talking about the American assault, a defence official said: “They’ve taken out some sites, but that hasn’t affected the Houthis’ ability to continue shooting at ships in the Red Sea or shooting down US drones.”He added: “Meanwhile, we are burning through readiness—munitions, fuel, deployment time.”

As the conflict escalates, civilian casualties have also increased. The Houthi-run Health Ministry reported at least 61 civilian deaths and 139 injuries from US airstrikes since the campaign began.

Since President Donald Trump took office on January 20, the operational tempo of strikes has increased substantially, allowing military commanders greater autonomy to conduct missions without higher-level approvals, a shift from the Biden administration's more passive and

bureaucratic approach. This change has resulted in a more aggressive strategy and some military successes, with reports indicating that the strikes could continue for up to six months.

One of the biggest American victories has been the significant disruption in the communication abilities of the Houthis, causing them to reduce their missile attacks on Israel due to the relentless bombing by American troops. Another tactical victory has been the killing of several high-level Houthi commanders, causing dents in the outfit's chain of command.

However, despite the heavy bombardment, the Houthis have shown an ability to adapt, reinforcing their positions and continuing missile attacks against commercial vessels in the Red Sea.

The US military's reliance on advanced munitions, while effective in achieving precision strikes, raises concerns about the long-term sustainability of such operations, particularly in light of the limited results thus far.

U.S. concludes first human spaceflight mission to Earth's polar regions



Los Angeles, Apr 5 (UNI) The four-member crew of the world's first human spaceflight mission over the Earth's polar regions completed their mission on Friday and returned to Earth.

After nearly four days in orbit, the crew of the "Fram2" mission aboard a SpaceX Dragon spacecraft safely splashed down at 9:19 a.m. Pacific time (1719 GMT) off the coast of Oceanside, California, marking the completion of the first-ever human spaceflight mission to explore Earth from a polar orbit and fly over the Earth's polar regions.

It was also the first time

UNFPA appeals for humanitarian support in South Sudan

Juba, April 5 (UNI) : The United Nations Population Fund (UNFPA) has called upon all political leaders in South Sudan to prioritize peace, stability and the well-being of the people in need of humanitarian support amid rising political tensions in the country. The ongoing instability threatens to derail humanitarian response, making it even more difficult to deliver critical services to those in need, the UNFPA said in a statement issued in Juba, the capital of South Sudan, on Friday evening."Over two-thirds of the population now depends on humanitarian aid, while funding for essential services is drying up," the UN agency said.

The statement came amid rising political tensions in the country after South Sudan's First Vice-President Riek Machar was placed under house arrest and detention of his allies.The government has accused Machar, who signed the 2018 peace agreement with President Salva Kiir that ended a five-year civil war, of planning rebellion, a claim Machar's allies have denied.

The UNFPA said it is gravely concerned about the heightened risks of

gender-based violence, including sexual violence and forced early marriage; conflict-related sexual violence; and the disruption of essential sexual and reproductive health services."The escalating tensions further exacerbate an already dire humanitarian crisis in South Sudan, where communities are grappling with limited or no access to essential health services including maternal, sexual and reproductive healthcare; as well as widespread food insecurity and mass displacement," it said.

With more than 9.3 million people in need of humanitarian assistance, including 2.4 million women of reproductive age, the lives, health and dignity of women and girls hang in the balance, the UNFPA said.It called on all actors to facilitate unhindered humanitarian access, allowing partners to provide much-needed assistance. "The international community must also step up its support to South Sudan, reinforcing humanitarian efforts and ensuring that resources reach the most vulnerable populations," the UNFPA added.

Differences surface between Muslim League & People's party over sharing of Sindh's waters

Islamabad, April 5 (UNI) : Differences between ruling Muslim League and its ally People's party widened over sharing of Sindh water, as Bilawal Bhutto warned the government not to take any irresponsible decision on water distribution.

The Punjab government's decision to construct several canals for irrigation and drinking purposes to various parts of the province. Using Sindh water has resulted in major protests in Sindh. The provincial government claims that they are utilising its own share of water for distribution to remote areas and denied stealing Sindh's share.Addressing a huge gathering at Garhi Khuda Bakhsh on the occasion of 46th death anniversary of Zulfikar Ali Bhutto, Bilawal Bhutto urged the Prime Minister to roll back the controversial canals project. He made it clear to the government that his party will stand with the people and not the government.

There is a need to stand united and for that the government must cancel the project, he said.He stated that the government should adopt pragmatic approach on this contentious project for the unity of the country. But it has been observed that its approach is one sided and that is why even joint parliamentary session rejected it.He demanded review of Indus River System Authority report on water shortage. The People's party leader also blasted former prime minister Imran Khan, stating that when his government initiated canal projects, his party resisted it while others remained silent.

Ukrainians mistakenly told to deport the US in accidental email by DHS

Washington, April 5 (UNI) : In a communication error, the Trump administration accidentally told Ukrainian refugees living in the US to leave the country as their legal status had been revoked. The email, mistakenly sent by the Department of Homeland Security, asked them to self-parole.

According to CBS News, the notice sent on April 3 read "DHS is now exercising its discretion to terminate your parole," referring to the temporary parole status granted to Ukrainian refugees under the Joe Biden administration. The notice further read "Unless it expires sooner, your parole will terminate seven days from the date of this notice."

It is unclear how many Ukrainians received the message, though it ended up causing hysteria and panic among those who got the notification, baffling them why their temporary legal status had been suddenly revoked.

As of now, 240,000 Ukrainian refugees reside

in the United States, having fled their country during its war with Russia, with their temporary parole status giving them work permits and deportation protection.

If recipients failed to leave the US, the message read, they would "be subject to potential law enforcement actions that will result in your removal from the United States," unless they have received another immigration status.

With the Trump administration clarifying that the parole status was not revoked, the DHS told CBS News, “A message was sent in error to some Ukrainians under the U4U program," adding that "The U4U parole program has not been terminated."

The agency also took the step of retracting the email Friday, writing to recipients in a second email: "(Y)ou may have received an email notification titled 'Notice of Termination of Parole.'

The Department of Homeland Security (DHS) sent this email to you in error. No action will be taken with respect to your parole."

Senior BNP leader expresses optimism over bilateral talks of PM Modi and CA Yunus

Dhaka, April 5 (UNI) : Mirza Fakhru'l Islam Alamgir, the Secretary General of the Bangladesh Nationalist Party (BNP), has expressed optimism over the bilateral talks held between Indian Prime Minister Narendra Modi and Bangladesh's Chief Advisor Mohammed Yunus, saying that it will prove positive for both countries.

The bilateral meeting

between the two leaders held in Bangkok, Thailand, on the sidelines of the BIMSTEC summit on Friday was viewed with great interest, and has been described as productive and mutually beneficial by the Bangladesh Interim Government.

“This will undoubtedly benefit the people of Bangladesh and the people of India,” Fakhru'l said while replying to a question from

reporters at BNP chairperson's Gulshan office on Friday evening, according to Dhaka Tribune.

As diplomatic relations between India and Bangladesh have soured since the formation of the Yunus-led Interim Government in August last year, the BNP leader said: “The meeting has created the possibility that the bitterness won't escalate

further or it may subside.”

During the meeting, PM Modi had raised the issue of the targeting of the Hindu community and other minorities in Bangladesh, the anti-India rhetoric emanating from the interim government, and border security.

The CA in turn had raised the issues of border killings, former PM Sheikh Hasina's extradition, and water sharing.

a Dragon spacecraft carrying astronauts splashed down in the Pacific Ocean.

The "Fram2" mission crew consisted of Mission Commander Chun Wang, Vehicle Commander Jannicke Mikkelsen, Mission Pilot Rabea Rogge, and Mission Specialist and Medical Officer Eric Philips.

The crew embarked on their journey on March 31 from NASA's Kennedy Space Centre in the state of Florida.

Throughout their multi-day mission, the crew conducted 22 research studies designed to help advance humanity's capabilities for long-

Ukrainian drones strike industrial site

Moscow, April 5 (UNI) : Ukrainian drones struck an industrial facility in the city of Chapayevsk in Russia's Samara Oblast early Saturday morning, said a local official.No casualties were reported, said Governor Vyacheslav Fedorishchev in a statement on social media.

Emergency response teams, including specialists from the Ministry of Emergency Situations, are on-site working to extinguish the fire, he said,





# Monsoon Food

We need to be very careful about the food we eat and the water we drink during monsoon as our digestion gets weakened and the dosha, which is most likely to go out of balance is Vaata. Vaata aggravation leads to gas formation and indigestion, which most of us unknowingly experience during monsoon. The rains will tempt you to gorge on bhajiyas, sweets, and large helpings of steamy hot food at mealtimes. But temper that hearty appetite with a dose of caution – the monsoon is the time when diseases, particularly of the digestive system, are rampant. Poor digestion leads to a form of ‘cellular starvation’ which in turn lowers your metabolism and increases fat storage. Monsoon reduces the immunity of our body and makes us susceptible to many diseases which are commonly associated with this season. Hence, it is time for us to keep our body

resistant against diseases by boosting our immunity and taking precautions against these diseases. While you must take regular precautions like boiling water and scrupulously avoiding street food or food prepared in bulk, here are a few specific guidelines about eating during the rains.

**Food to be carried by office goers:**

The most important thing that the entire office going community should realize is the need of carrying food from home. Roadside food like chaats, fast foods, sandwiches, fruit juices may tempt one at lunch or snack time, but it is ideal that we refrain from eating any of these in monsoon. Avoid juices, golas, kulfis etc from street vendors. These food stalls are the biggest sources of infections and diseases due to their unhygienic practices of food preparation. Office goers should preferably carry their food from home or choose to eat cooked food in restaurant

which practice good hygiene.

Avoid eating a lot of raw foods during this season, like raw vegetable salads. Instead one can carry stir-fried veggies or the normal sabzi preparations that are usually an integral part of an Indian diet.

Wash all fruits and vegetables thoroughly, particularly leafy ones and cauliflower, which not only contain larvae and worms but also collect dirt from the streets.

Eat moderate quantities of food as the body finds it harder to digest food during the monsoon.

Drink warm beverages; add mint or ginger or dry ginger powder to tea.

Include naturally sour food (not fermented) like tamarind, tomato, lime, thin buttermilk and kokum in your diet, in soups, saars, dals and vegetables.

Moong dal is easy to digest, especially watery dal

Garlic, pepper, ginger, asafoetida, sonth, turmeric, coriander and jeera enhance your body's digestive power and improve immunity.

Vegetables recommended during the rains: bhindi, dudhi, parwal,

suran, roasted baingan and karela.

Pomegranates, chikoos, bananas and strawberries are ideal for the monsoon. Eat a couple of dates every day for your iron and energy requirements.

Non-vegetarians should go in for lighter meat preparations like soups and stews rather than heavy curries.

Overall, astringent, mildly bitter and mildly pungent foods work best in the monsoon

Drink only boiled and filtered water. Drink plenty of water, even if you don't feel thirsty. Surprisingly, dehydration is a high possibility during the monsoon.

Well cooked sprouts, pulses, dals etc can be carried for lunch.

Avoid raw seafood, shellfish or any kind of raw meat preparations.

Eat moderate quantities of food as the body finds it harder to digest food during the monsoon.

Today we have more knowledge of health than ever before, yet we continue to suffer from serious diseases that are largely preventable by making wise food choices. A monsoon diet mainly involves eating safe. Eat a balanced meal and try to carry wholesome foods with you for the day. Discard rotten, smelling, decayed foods immediately. Wash your hands at all times before eating and handling food in any form. Hygiene and sanitation at every step will help combat all food and water borne diseases in monsoon.

Thus precautions coupled with care really help you to enjoy monsoons. Have a healthy and safe monsoon.

with inputs from healthtotal.com

# Healthy and delicious

Detox waters or infused waters are a fun and tasty way to drink more water and get some vitamins while you're at it. Some of these waters promise to flush fat, help with weight loss and curb cravings

Detox water is more fun and helpful than just plain water. It is not only hydrating but helps clear skin, lose weight, reduce bloat and more! Listing a few of them, so happy drinking.

## Strawberry Spa Water



This spa water have ellagic acid, a compound which exist in strawberry. It has the ability to cause cell death in cancer cells in laboratory studies. Ellagic acid was claimed to aid the liver break down or remove some cancer-causing compounds from the blood. This spa water is perfect for brunches or baby showers, or just to get some extra antioxidants. Whip up a pitcher when strawberries go on sale!

**Ingredients**

- 1lb strawberries, hulled and sliced
- pitcher filtered water
- Ice

**Instructions**

- Put strawberries and water to pitcher. For at least 6 hours, cover and refrigerate

ate it for a night. Don't forget to add ice before serving.

## Apple Cinnamon Detox Water



Your liver loves apples! The bile ducts were opened by malic acid which contained in this juice. The malic acid can soften the liver and promote stones to release. By the aid of apple cinnamon detox water recipe, it may assist us in gaining clean body system. The process of cutting water weight can be speed up by drinking this apple cinnamon.

**Ingredient**

- A large pitcher
- Apples
- Cinnamon sticks (powdered works too, I used about one teaspoon)
- Ice
- Water

**Instructions**

- Slice and toss an apple into the pitcher accompanied with the cinnamon stick. Cover it with ice. Subsequently, fill the pitcher with water and allow it to set in the fridge for 15 minutes before drinking.

## Iced Green Tea Mojito

Combination of green tea and mojito give a great effect to our body. Instead

of good for digestion, it can also keep us hydrated on hot day.Plus, it is believed that all of the ingredients have weight loss elements. Presence of green tea can help to overcome high insulin spikes.

**Ingredient**

- 1 pitcher of unsweetened iced green tea (use 12 teabags or 4 tablespoons of loose leaf tea per 8 cups of water for a pitcher. Never let the water come to a boil for green tea – it will make it taste bitter. Also only steep for 3 minutes – any longer will extract bitter elements from the tea)
- Per serving:**
- 3 mint leaves
- 2 slices cucumber
- ½ lime, juiced
- ½ – 1 teaspoon pure raw honey
- Ice

**Optional:** extra lime slices and mint leaves for garnish

To make an alcoholic version, add 1 ounce of rum.

**Instructions**

- Squeeze the lime juice into a glass.
- Add the mint leaves and the cucumber slices to the glass. Then, muddle them until the leaves are slightly bruised.
- Fill the glass with ice and add your iced green tea.
- Add sweetener for better taste.
- Stir well and garnish with additional mint leaves and lime slices and enjoy!

with inputs from allwomenstalk



## CELEBRITYBAWARCHI

Zareen Khan, Actor

# ‘I can’t eat the same thing everyday’

The first thing I have in the morning: A big cup of green tea with lemon

**My breakfast is**  
Egg white omelette with a multigrain toast n orange juice

**The secret to my good health**  
A balanced diet , regular exercise and sleeping well

**To safeguard my throat I avoid**  
Ice

**My favourite food**  
Quinoa

**My lunch**  
it keeps changing as I can't eat the same thing everyday

**An accompaniment I must have with my meals**  
I don't like mixing my food with anything. The only accompaniment I must have is water

**My Sunday lunch**  
Depends on my mood

**My evening snack**  
Fruit protein smoothie



**My dinner**  
Grilled chicken or fish with veggies or sometimes just a salad

**I can cook**  
Scrambled eggs

**My favourite dessert**  
Bread pudding

**My favourite fruit**  
Pineapple

**My favourite beverage**  
Fresh lime water

**A childhood memory associated with food**  
was completely into junk food - burgers, pizza, etc

**My comfort food**  
Nutella

**My favourite spice**  
Chillies

**My favourite kitchen appliance**  
The microwave oven

(As told to Ruchita Mishra)

Mashed potato recipes are pretty abundant. so you'll never have a shortage of fun and delicious new ideas to make dinner exciting. Mashed potatoes are super easy to make and are full of potassium and other nutrients you need. They make a great side dish for any number of meals, including chicken, steak, fish and pork chops. You can't go wrong! Try out these new mashed potato recipes and your average meal will be that much better.

## Creamy garlic mashed potatoes

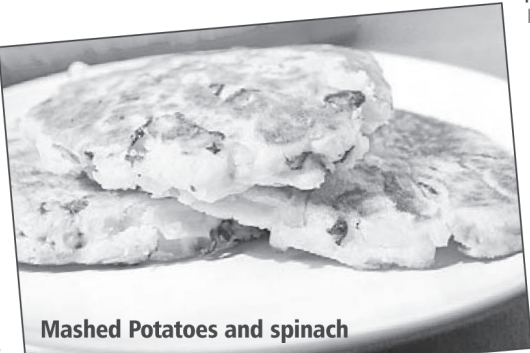
Sounds yummy, right? This recipe produces a flavor-packed pan of potatoes that are creamy and delicious. If you need mashed potato recipes for a party, this is one of the best. Serve it for a fancy occasion, or just whip up a batch anytime you need a comfort food for dinner.

**Ingredients**

- 3 ½ pounds russet potatoes
- 2 tablespoons kosher salt
- 16 ounces half-and-half
- 6 cloves garlic, crushed
- 6 ounces grated Parmesan

**Directions:**

Peel and chop the potatoes into uniformly-sized pieces. Put the potatoes into a large saucepan, add the salt and bring to a boil. Cook until the potatoes crumble when pierced with a fork. Place the half-and-half and garlic in a small saucepan and heat over medium until they simmer. Remove from heat and set aside. Drain the potatoes, mash them and add the half-and-half mixture and Parmesan cheese. Stir to combine and let stand for about 5 minutes



Mashed Potatoes and spinach

## Mashed potato with fried mushroom and onion

There's nothing in this recipe that isn't absolutely delicious. Make a double batch of this one and eat the leftovers for lunch the next day.

**Ingredients**

- 6 Big sized potatoes, peeled and quartered
- 1 tablespoon vegetable oil
- 6 medium mushrooms, sliced
- 1 medium onion, sliced
- 2 tablespoons butter
- 2 tablespoons ranch dressing

**Directions:**

Put the potatoes into a large pot and cover with water. Boil for about 20 minutes, or until the potatoes are soft. Cook the bacon in a skillet over medium heat until crisp. Drain on paper towels. Wipe skillet and add the vegetable oil. Add the mushrooms and onions and cook until the onion is soft. Drain the potatoes and put them into a large

bowl. Mash with the butter and ranch dressing until smooth. Add the mushrooms and onions.

## Mashed potatoes and spinach

What better way to make your next bowl of mashed potatoes ultra healthy than to add spinach to them? I love cooked spinach and it's loaded with lots of important vitamins and minerals. It also gives mashed potatoes a fun

new flavor and presentation.

**Ingredients**

- 5 pounds of potatoes, peeled and quartered
- 2 cups heavy cream
- 2 tablespoons butter
- 5 garlic cloves, halved
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 (7-ounce) package baby spinach

**Directions:**

Cover the potatoes with salted water in a large saucepot. Bring to a boil and cook the potatoes, uncovered, for about 15 minutes. Drain. Meanwhile, combine the cream, butter and garlic in another small pot. Simmer over low for 20 minutes, then remove the garlic and keep the sauce warm. Mash the potatoes, then add 1 cup of the cream mixture. Add the spinach to the remaining cream and stir well to coat. Incorporate the spinach into the potatoes and serve.

with inputs from allwomenstalk



Mashed potatoes with fried mushroom and onions



# Samson surpasses Warne for most wins as RR captain

Chandigarh, April 5 (UNI) : Rajasthan Royals (RR) skipper Sanju Samson on Saturday etched his name in IPL history by securing the most wins as captain for the franchise.

With a remarkable 32 victories in 62 matches, Samson has surpassed the legendary Shane Warne, who led RR to 31 wins in 55 matches.Samson achieved this milestone in the today's IPL match against Punjab Kings at Maharaja Yadavindra Singh International Cricket Stadium here.

Other notable captains in the list include Rahul Dravid with 18 wins from 34 matches, Steven Smith with 15 wins from 27 matches, and Ajinkya Rahane, who managed 9 wins from 24 matches.

In a related statistic, Gautam Gambhir holds the record for the most consecutive wins as an IPL captain, with a streak of 10 wins during the 2014-15 seasons. This was followed by Shane Warne (8 wins in

2008) and Shreyas Iyer, whose eight consecutive victories in the 2024-25 season came to an end today. M S Dhoni follows with a 7-match streak in 2013.Leadership in T20Is has also witnessed some remarkable captains who have led their teams with distinction. In international cricket, similar records for most wins as captain have emerged, showcasing the prominence of a strong leader in the shortest format of the game.

The record for the most T20I wins as captain belongs to Rohit Sharma of India, who has led his team to 49 victories in 62 matches, achieving a win percentage of 79.03 percent. Rohit has set a new benchmark for consistency and has been instrumental in India's T20I successes.

Meanwhile, Sarfraz Ahmed, the former Pakistan captain, is second on the list with 29 wins from 37 matches, followed by Eoin Morgan of England, who guided his team to 26

victories in 39 matches.

In terms of consecutive victories, Rohit also tops this category, leading India to 14 straight wins in 2022, a record that stands as a testament to his tactical leadership in the shortest format.Similarly,MS Dhoni, India's former captain, holds the record for most consecutive T20I wins by a captain, with 9 consecutive victories between 2016 and 2017, during which he led India to a successful run in major tournaments.

Faf du Plessis of South Africa captained his team to 10 consecutive wins in 2017-18, setting a remarkable record for the Proteas. Aaron Finch, Australia's captain, led his team to seven consecutive wins during the 2021 T20 World Cup, where they eventually went on to win the title.

Kane Williamson, New Zealand's captain, led his side to six consecutive wins in 2020, a key period in their rise in the T20I format.

## Hyderabad District Handball Association election on April 13

Hyderabad, April 5 : This is to inform you that General Body cum E.C meeting was held on 9/03/2025 for conducting elections for Hyderabad District Handball Association for the period of 2025-2029.In this regard Mr.Devender Reddy has been appointed as a Election officer on 13/04/2025 as per bye-laws.

## Jamwal storms into final at World Boxing Cup Brazil

Foz Do Iguaçu, April 5 (UNI) : India's Abhinash Jamwal delivered a near-flawless performance to storm into the men's 65kg final at the World Boxing Cup Brazil 2025, defeating Italy's Gianluigi Malanga with a unanimous 5 -0 verdict here on Saturday.

The 22-year-old showcased tactical brilliance and agility, using his height advantage to stay out of Malanga's striking range while landing clean counters. Four of the five judges scored a perfect 30 for the Indian, with all five unanimously awarding him the first and third rounds.Malanga was pushed onto the back foot early on, facing a standing count in the opening round, a moment that decisively tilted the bout in Jamwal's favour.Jamwal will now face local favourite and Pan American Games bronze medallist, Yuri Reis, in the title clash.Earlier on Thursday, Hitesh created history by becoming the first Indian to reach the final at the ongoing edition of the tournament, defeating French Olympian Makan Traore in the 70kg category. He is set to face England's Odel Kamara in the final.

# Jaiswal, Archer and Parag shine as RR beat PBKS



Chandigarh, April 5 (UNI) : Yashasvi Jaiswal's fiery 67, Jofra Archer's lethal bowling performance and Riyan Parag's blistering finish led Rajasthan Royals to a comprehensive 50-run win over Punjab Kings in the 18th match of IPL 2025 at Maharaja Yadavindra Singh International Cricket Stadium, here, on Saturday.

Jaiswal set the tone with a masterful 67 off 45 balls, anchoring Rajasthan's innings with elegance and power. His assault on Marco Jansen, including two towering sixes, was a highlight of RR's 205 for 4 in 20 overs, the highest total at the venue this season.

Jaiswal, who brought up his 50 with a stylish

boundary off Yuzvendra Chahal, was eventually dismissed by Lockie Ferguson, but his knock had already set the platform for a big total.

As Rajasthan's innings progressed, Riyan Parag took charge, hammering a quickfire 43\* off 25 balls. Parag, who was relieved on 32 by a dropped catch, capitalised on the lifeline with two consecutive sixes off Jansen in the 18th over, steering Rajasthan to their highest total of the season. Shimron Hetmyer (20 off 12) and Dhruv Jurel (13\* off 5) also provided crucial contributions in the final overs.In reply, Punjab Kings could only manage 155 for 9, with Archer

leading the way with the ball, claiming 3 wickets for 25 runs. The English pacer, along with Sandeep Sharma (2/21) and Maheesh Theekshana (2/26), kept the Punjab batsmen in check throughout the chase.

Despite a valiant effort from Nehal Wadhwa (62 off 41) and Glenn Maxwell (30 off 21), Punjab Kings fell short in their chase, and Rajasthan's all-round performance secured them a commanding victory.

Rajasthan will now look to build on this impressive display as they continue their IPL campaign, having earned four points from as many matches. On the other hand, Punjab suffered their first defeat of the season.

# Jay Clarke, Crawford set All-English final at SMK Open

Bengaluru, April 5 (UNI) : Top two seeds Jay Clarke and Oliver Crawford lived up to their billing as they progressed to the final of the SM Krishna Memorial Open at the SM Krishna Tennis Stadium here on Saturday.Clarke, the top seed, made light work of India's Chirag Duhan in the first semifinal, cruising to a 6-3, 6-3 victory.Clarke seized control of the match early, breaking Duhan in the fifth game of the first set.

Despite Duhan's efforts to recover, including a brief fightback to 40-15 in the fifth game, Clarke capitalised on his opponent's errors and broke again in the ninth game to seal the first set.

The second set followed a similar pattern, with Clarke breaking Duhan's serve in the fourth game and maintaining his advantage throughout. Although Duhan took a medical timeout and rallied briefly to make it 3-4, Clarke remained resolute and wrapped up the match in 89 minutes.

The final will be an all-English affair, as Clarke will face second-seed Oliver Crawford, who defeated Ryuki Matsuda in the second semifinal.Matsuda started

strong, saving five break points in the fourth game and breaking Crawford's serve to lead 3-2 in the first set. However, Crawford responded by breaking back in the eighth game and winning the set 6-4 after Matsuda faltered on serve.

The second set saw both players matching each other stroke for stroke, but Crawford's powerful serves proved decisive. He broke Matsuda in the 10th game to claim the second set 6-4, booking his place in the final.In doubles action, the American-Kazakh pairing of Nick Chappell and Grigoriy Lomakin claimed the doubles crown, defeating India's S D Prajwal Dev and Nitin Kumar Sinha in straight sets. Chappell and Lomakin dominated from the outset, breaking serve in the first game to establish an early 5-2 lead. They wrapped up the first set 6-3.

In the second set, the Indian duo fought back, forcing a tie-breaker after both sides held serve. However, the American-Kazakh pair triumphed in the tie-breaker, winning 7-5, to claim the doubles title.

# Manipur Governor inspects Sports University



Imphal, April 5 (UNI) : Manipur Governor Ajay Kumar Bhalla visited the National Sports University (NSU) campus at Koutruk in Imphal West on Saturday and inspected the overall progress of the University's construction.The Governor

also chaired a meeting, where he comprehensively reviewed several key challenges affecting the project, including power supply, water access, land acquisition, and roads.

During the meeting, representatives from NBCC

(India) Limited provided a detailed briefing on the current status of construction, outlining the project's timelines, upcoming phases, and future expansion plans. Joint Secretary – Ministry of Youth Affairs and

Sports, GOI; Secretary to Governor; Vice Chancellor of NSU; Commissioners; Secretaries; DC-IW and other senior officials related to the construction of the University attended the meeting.

The Governor directed all stakeholders involved in the construction of the University to ensure that the project is completed within the stipulated deadline.

Later, Governor held an interactive session with NSU students, where he engaged in an open dialogue on various academic, infrastructural, and career-related topics. As part of the visit, Governor also planted a Kusum tree on the university campus .

# Fleming gives little insight on Dhoni's retirement

Chennai, April 5 (UNI) : As speculation continues to swirl over M S Dhoni's potential retirement from the IPL, Chennai Super Kings (CSK) head coach Stephen Fleming has weighed in on the matter, offering little clarity.

"No, that's not my role to put an end to it. I have no idea. I'm just enjoying working with him still. He's still going strong. I don't even ask these days. You are the ones who ask," Fleming told reporters in post-match press conference here on Saturday.

The buzz around

Dhoni's IPL retirement has reached a fever pitch, particularly after his parents attended an IPL game for the first time, fuelling further speculation that the iconic cricketer could soon announce his departure from the sport. Fans are holding their breath, waiting for a sign as the 2025 IPL season continues.

Dhoni's recent batting performances have come under close scrutiny, especially during CSK's chase of 184 against Delhi Capitals today. The team needed 110 runs from just over nine overs when

Dhoni walked to the crease. However, his partnership with Vijay Shankar only yielded 84 runs from 56 balls.

While Shankar's steady knock of 69 off 54 balls remained unbeaten, Dhoni's contribution of 30 runs from 26 balls has been met with criticism. With a strike rate of just 115.38, fans had hoped for a vintage Dhoni performance, but it fell short of expectations, particularly in comparison to Shankar's strike rate of 127.78.

CSK's overall performance has also raised concerns, as they currently sit at the bottom

## J&K swimming contingent leaves for Mohali

Jammu, April 5 (UNI) : The five-member swimming contingent from Jammu and Kashmir on Saturday left for Mohali to take part in the Seventh Masters National Games.

Jammu and Kashmir Masters Games Association, president, Ranjit Singh said that the first Masters Swimmers group from Jammu departed on Saturday for Mohali under the guidance of David Sandhu to participate in the Masters National Games.

The Association here at a get together see off the squad and wished them ahead of their participation in the presence of other members namely Neete Kour Khlasa, Romesh Sharma, Vinay Saraf, Somraj Gupta, Mamta Bajaj, and Rameshwar Manhas. Meanwhile swimming team left for Mohali under different age groups are comprised of David Sandhu (above 46), Rudraksh Gupta (above 30), Rajesh Singh (above 36), Kulbhushan Jamwal (above 72) and Pragun Bhalwal (above 30).

# K L Rahul guides DC to win as CSK falter in 184-run chase

Chennai, April 5 (UNI) : K L Rahul announced his return to form in style with a masterful 77-run knock that laid the foundation for Delhi Capitals' 25-run win over Chennai Super Kings in the 17th match of the Indian Premier League (IPL) 2025 at the M A Chidambaram Stadium here on Saturday.

Opening the innings, Rahul weathered an early storm after the dismissal of Jake Fraser-McGurk in the first over, and went on to anchor the Delhi innings with poise and precision. His 51-ball effort, embellished with six boundaries and three towering sixes, was a blend of elegance and aggression, steering Delhi

to a competitive 183 for 6.

The right-hander found able support in Abishek Porel (33 off 20), with whom he stitched a crucial 54-run partnership to steady the innings. Rahul's innings gained momentum in the middle overs, particularly when he took on left-arm wrist-spinner Noor Ahmad in the 15th over, slog-sweeping him twice to the boundary.

Rahul brought up his 38th IPL 50 in the 14th over with a composed single off Pathirana, acknowledging the Chepauk spectators with a subdued raise of the bat. Just as he looked set to launch into the death overs, he was dismissed in the penultimate over, gloving a short delivery

from Matheesha Pathirana through to M S Dhoni. His departure, however, had already done the damage.

Tristan Stubbs then provided the late flourish, hammering an unbeaten 24 off 12 balls, which included a six and two boundaries, propelling Delhi past the 180-run mark. Sameer Rizvi (20) and skipper Axar Patel (21) chipped in with cameos, while CSK's Khaleel Ahmed was the standout bowler with figures of 2 for 25.

In response, Chennai faltered early in the chase. Rachin Ravindra (3) fell cheaply to Mukesh Kumar, and skipper Ruturaj Gaikwad was dismissed for 5 by Mitchell Starc. Devon Conway (13), Shivam Dube

(18), and Ravindra Jadeja (2) departed in quick succession, with Vipraj Nigam striking twice in the middle overs to peg CSK back.

Only Vijay Shankar showed real resistance, compiling a fighting 69 off 54 deliveries, but with little support at the other end, the required run-rate kept climbing. Dhoni, ever the crowd-puller, remained unbeaten on 30 off 26 balls, but even his presence couldn't bridge the gap as CSK finished on 158 for 5.

Delhi bowlers shared the spoils, with Mukesh, Vipraj, Starc, and Kuldeep Yadav all picking up wickets, backed by tight fielding and smart captaincy by Axar.

# Sift wins gold, Chain bags bronze at ISSF World Cup 2025

Buenos Aires, April 5 (UNI) : Asian Games champion Sift Kaur Samra bagged India's first gold medal at the ISSF World Cup 2025 here, clinching victory in the women's 50metre rifle 3 positions event on Saturday.

Despite a slow start, with a score of 147.2 after the kneeling round, Sift made a remarkable

recovery. Her score stood at 304.1 after the prone event. However, a strong performance in the standing and elimination rounds saw her leap to the top of the podium with a final score of 458.6, marking her first individual gold at an ISSF World Cup.

Sift, a world-record holder in this event,

previously set the record with a score of 469.6, which helped her secure gold at the 2023 Asian Games. In Buenos Aires, Germany's Anita Mangold claimed silver with 455.3, while Kazakhstan's Arina Altukhova secured bronze with 445.9.

Sift topped the qualification round with an impressive score of

590. However, at the Paris 2024 Olympics, she fell short, scoring 575 in the qualification round, failing to progress further.

In the men's event, Chain Singh gave India its first medal at the ISSF World Cup 2025, securing bronze in the men's 50m rifle 3 positions event. Chain, a bronze medalist at the 2014 Asian Games,

shot 443.7 in the final, finishing behind Hungary's Istvan Peni (461.0) and China's Tian Jiaming (458.8). Aishwary Pratap Singh Tomar placed fourth with 432.6, while Niraj Kumar finished seventh with 402.5.

Aishwary Pratap Singh was the top-placed shooter in the qualifying round, finishing second

with 589, followed by Chain Singh in third at 589, and Niraj Kumar in sixth with 587.

In other events, two-time Olympic bronze medallist Manu Bhaker shot 291 in the women's 25m pistol precision round and is currently placed fourth. The rapid round and final are scheduled for Saturday.

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On the sacred occasion of Ram Navami, celebrating the birth of Lord Ram, India unveils a transformative milestone with the inauguration of the New Pamban Bridge on April 06, 2025. As Prime Minister Shri Narendra Modi dedicates this historic project—the country’s first vertical lift railway sea bridge—to the nation, it showcases India’s unwavering commitment to progress, innovation, and connectivity. More than a structure, the New Pamban Bridge symbolizes a New Bharat, blending tradition with modernity to forge a future of promise.

For over a century, the original Pamban Bridge has connected mainland India to Rameswaram, a Tamil Nadu island steeped in religious and historical significance tied to the Ramayan. Revered as the site where Lord Ram built the Ram Setu to rescue Goddess Sita, Rameswaram has drawn pilgrims, travelers, and traders across this vital link. Built in 1914, Despite surviving a devastating 1964 cyclone through restoration efforts, its single-track design and aging infrastructure struggled to meet modern demands.

By 2014, the BJP-led government recognized the need for a more resilient successor, announcing the New Pamban Bridge project. Unlike its predecessor, this new bridge introduces a vertical lift mechanism—a first in India—allowing ships to pass beneath while ensuring seamless rail operations. This innovation marks a significant leap forward, addressing the limitations of the past and embracing the needs of the present.

A Technological Marvel

The New Pamban Bridge transcends its role as a replacement, emerging as a pinnacle of engineering advancement. Replacing the old bridge’s manual bascule system, its state-of-the-art vertical lift technology lifts the central span smoothly, balancing rail and maritime traffic effortlessly. Stretching 2.08 kilometres across the Palk Strait, it features 99 spans of 18.3 metres each and a pioneering 72.5-metre lift span that rises 17 metres for vessels. Supported by 333 deep-sea piles and 101 piers, its dual-track design prepares it for future rail growth.

Coated with polysiloxane paint and reinforced against the harsh marine environment, it promises decades of resilience. From the foundation stone laid by Prime Minister Modi in 2019 to its completion in 2024, this project reflects the Indian Railways’ dedication to enhancing connectivity. A marvel of modern engineering, it sets new benchmarks for infrastructure in India and beyond.

A Boost to Connectivity and Tourism

For Tamil Nadu’s residents and the millions of devotees visiting Rameswaram, the New Pamban Bridge is a lifeline of faith and progress.

New Pamban Bridge A LEGACY REBORN FOR A NEW BHARAT

Home to the Ramanathaswamy Temple—one of the twelve Jyotirlingas—and other Ramayan-linked sites, Rameswaram holds immense spiritual weight. The old bridge’s limitations often disrupted pilgrim travel, but the new structure ensures seamless access, easing their sacred journeys.

Beyond faith, the bridge drives economic vitality. By linking mainland India to Rameswaram more efficiently, it boosts trade in local goods like seafood and salt, invigorating the region’s economy. Its dual tracks and maritime compatibility support both rail and shipping, fostering balanced growth. Tourism, too, benefits as Rameswaram’s beaches, history, and spirituality attract more visitors. The bridge’s striking design may itself become an attraction, spurring local businesses—hotels, eateries, and artisans—creating jobs and uplifting communities.

A Vision for a New Bharat

Inaugurated on Ram Navami, the New Pamban Bridge carries profound symbolism. Just as Lord Ram bridged worlds with the Ram Setu, this modern marvel connects India’s past & future. It embodies the government’s vision of infrastructural excellence and sustainable development, aligning with initiatives like “Make in India” to position India as a global leader. The Indian Railways, the nation’s lifeline, shines through this achievement, modernizing infrastructure while honoring cultural roots.

As the world watches, the New Pamban Bridge stands as a proud moment for India—a testament to ingenuity, resilience, & unity. It connects not just land but the aspirations of a billion people, heralding an era of progress on this auspicious day.

A lifeline for a New Bharat, it is built to inspire and endure, reinforcing India’s place as a beacon of innovation in the 21st century.



“This stunning sea bridge is India’s first vertical lift railway bridge and is set to replace the iconic 105-year-old structure that served the region for generations.”

- Ashwini Vaishnaw, Railway Minister



Central Railway earns Rs.40.13 lakhs from film shoots at its locations during FY 2024-25

Apta & CSMT continue to be filmmakers’ most preferred film shooting locations



(Standard Post Bureau) Mumbai, April 5 : Central Railway has earned over Rs 40.13 lakhs by offering its various premises and rail coaches for film shootings during the financial year 2024-25. Around 7 shoots including 3 Netflix films, 2 Web series, 1 Regional film and 1 Ad film were carried out at different Central Railway locations by various filmmakers and major production houses like Dharmatic Productions. Central Railway earned the highest revenue amounting to Rs17.85 lakhs from the shoot of Katha

Pictures production “Gandhari” followed by an amount of Rs.8.12 lakhs from the shoot of Dharmatic Productions “ Aap Jaisa Koil”.” Both these films have been shot at Apta station which has been the location for iconic movies like Dilwale Dulhania Le Jayenge, Munna Michael and others in the past. Apta station with its scenic beauty remains one of Central Railway’s most preferred locations. A total of 3 shoots have been done at Apta during the FY 2024-25 earning a total revenue

of Rs.27.57 lakhs which is almost 68 % of the total earnings from Film shoots in 2024-25. Other films shot during FY 2024-25 include: • Netflix film Khakhi and Ad film T-20 World Cup at Chhatrapati Shivaji Maharaj Terminus, • Telugu Film Kuber at Cotton Green station, • Web Series Children of Freedom at Apta and • Web Series Dal Dal at Matunga. Many box office hit films have been shot over Central Railway like Slum

Dog Millionaire, Kaminey, Rab Ne Bana Di Jodi, Ratione, Raavan, Prem Ratan Dhan Payo, Dilwale Dulaniya Le Jayenge, Kuch Kuch Hota Hai, Dabangg, Darbaar, Rang de Basanti, Baaghi, Khaki, Prem Ratan Dhan Payo, and many others. The most preferred film shooting locations were Chhatrapati Shivaji Maharaj Terminus and other popular stations like Apta, Panvel, Lonavala, Khandala, Wathar, Satara and railway yards like Turbhe and Wadi bundar. The permission for the film shooting is granted by the Public Relations Department of Central Railway and to expedite the film shooting permission, a single window system has been introduced. This simplification of the procedure will enable the film companies to obtain permission after submission of the necessary documents along with the script and application.

Income of Waqf Board will facilitate making Muslim welfare schemes: Indresh Kumar

Kaithal, April 5 (UNI) : RSS national executive member Indresh Kumar said that the opinions of millions of people have been taken in the amendment of the Waqf Board bill. Perhaps this would be the first bill on which there was a lot of widespread churning and a long debate and it passed (parliament), he said. "There was no transparency in Waqf, there were no documents, it had become the hub of some religious and some political mafia. Due to this, Muslims were not getting the benefit of any welfare schemes and in so many years there was no work of any social interest. Therefore, the Waqf Board has been completely liberated from the mafia," Indresh Kumar told the media here today.

C Sasibala Appointed as Chairperson of Literary Wing of Adileela Foundation



(Standard Post Bureau) New Delhi, April 5 : Renowned writer and literary figure from Hyderabad, Chebrolu Sasibala, has been appointed as the Chairperson of the Literary Wing of Adileela Foundation. Sasibala is well

known for her novels, short stories, and devotional songs. She is also recognized as an excellent speaker and a personality development expert. In recognition of her significant contributions to literature, she was specially invited to the 23rd

anniversary celebrations of TANA in Pennsylvania, USA. In a special event held in New Delhi, the Founder and President of Adileela Foundation, Dr. S. Adinarayana, announced her appointment and officially handed over the responsibilities to her.

Summer Special Trains between Mysuru-Dharbanga stations : SWR

(Standard Post Bureau) Mumbai, April 5 : To clear the extra rush of passengers during the summer season, South Western Railway will operate summer special trains between Mysuru – Darbhanga for 10 trips. The details of the train services are as follows: Train Nos. 06211/06212 Mysuru – Darbhanga – Mysuru Express Special (10 trips each direction): Train No. 06211 will depart from Mysuru every Tuesday from April 8 to June 10, 2025, at 20:30 hrs and will reach Darbhanga on Friday at 10:00 hrs. In the return direction, Train No. 06212 will depart from Darbhanga every Saturday from April 12 to June 14, 2025

at 15:45 hrs and will arrive at Mysuru on Tuesday at 3:00 hrs. Enroute, the train will halt at Mandya, KSR Bengaluru, Yasvantpur, Tumakuru, Arsikere, Chikjajur, Davangere, SMM Haveri, SSS Hubballi, Dharwad, Londa, Belagavi, Gokak Road, Ghataprabha, Rayabag, Kudach, Miraj, Sangli, Karad, Satara, Pune, Daund Chord Line, Ahmednagar Junction, Manmad Junction, Bhusaval Junction, Itarsi Junction, Pipariya, Narsinghpur, Madan Mahal, Katni Junction, Maihar, Satna Junction, Manikpur Junction, Prayagraj Chheoki Junction, Mirzapur, Pandit Deen Dayal Upadhyaya Junction, Buxar, Ara Junction, Danapur, Patna Junction, Bakhtiyarpur Junction, Mokama, Barauni Junction, Samastipur Junction stations in both directions. It will have 21 Coaches.”

Central Railway Mega Block on Sunday

(Standard Post Bureau) Mumbai, April 5 : Central Railway, Mumbai Division will operate Mega Block on its suburban sections carrying out various engineering and maintenance works on 06.04.2025(Sunday) as under: Matunga-Mulund UP and DOWN slow lines from 11.05 am to 3.55 pm DOWN slow line services departing CSMT Mumbai from 10.14 am to 3.52 pm will be diverted on DOWN fast line between Matunga and Mulund stations halting at Sion, Kurla, Ghatkopar, Vikhroli, Bhandup and Mulund stations and further re-diverted on DOWN slow line at Mulund station and will arrive destination 15 minutes behind schedule. UP slow line services departing Thane from 11.07 am to 3.51 pm will be diverted on UP fast line at Mulund,

between Mulund and Matunga stations halting at Mulund, Bhandup, Vikhroli, Ghatkopar, Kurla and Sion and further re-diverted on UP slow line at Matunga station and will arrive destination 15 minutes behind schedule. All UP and DOWN locals leaving / arriving CSMT between 11.00 am to 05.00 pm will reach destination 15 minutes later than scheduled time. UP and DN Trans-Harbour Line between Thane and Vashi/Nerul stations from 11.10 am to 4.10 pm UP & DN Trans-Harbour line services will remain suspended between Vashi / Nerul and Thane stations during the block period. DN line services for Vashi / Nerul / Panvel leaving Thane from 10.35 am to 4.07 pm and UP line services for Thane leaving Panvel / Nerul / Vashi from 10.25 am to 4.09 pm will remain cancelled.