

IN BRIEF

TTD Chairman displeased over improper maintenance of Palamaner Goshala

Tirupati, May 21 (UNI) : Tirumala Tirupati Devasthanam (TTD) Chairman B.R. Naidu on Wednesday expressed displeasure over improper maintenance and unhygienic surroundings at TTD Goshala located in Palamaner near here.

Naidu, who conducted a surprise inspection at the Goshala, instructed officials to submit a detailed report on the daily operations of the Goshala within a week.

Spread across 450 acres, the TTD-run Swadeshi Go Samvardhana Trust currently houses around 500 cows.During his visit, the Chairman personally offered fodder to the cows and inquired with the staff about the availability and quality of feed, drinking water, and veterinary care being provided to the cattle.

AP to hold awareness programmes on Yoga for one month

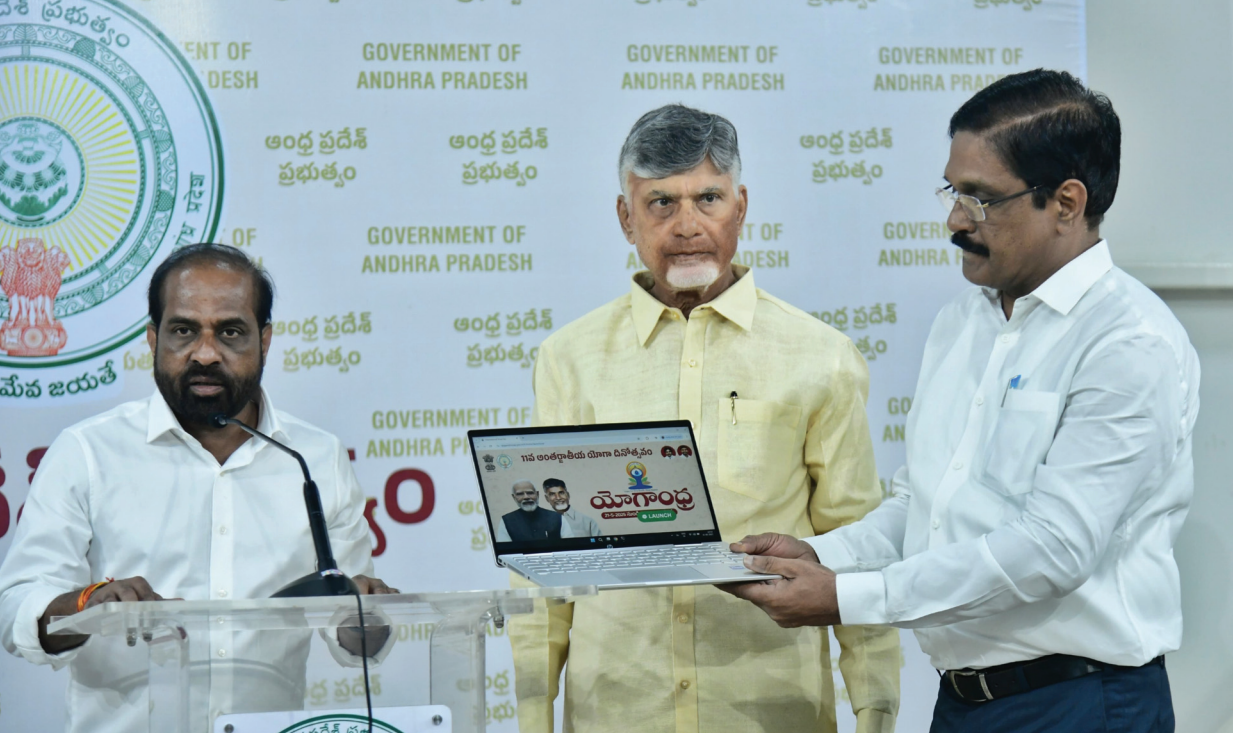
Rajahmundry, May 21 (UNI) : Government will organize awareness programmes in a big way from May 21 to June 21 on Yoga.

Minister for Tourism Kandula Durgesh inaugurated a massive Yoga event at Gowthami ghat here on Wednesday.

Speaking on the occasion, the Minister said that the AP Government is organising the International Yoga Day grandly in Visakhapatnam on June 21 in which Prime Minister Narendra Modi would participate.

He said that awareness programmes in various forms would be organized across the State on Yoga from village level to the district level with the theme of ‘Yogendra 2025’.He said over five lakh people would practice Yoga on June 21 international Yoga day programme over two crore people would also practice yoga across the state on the day.The Tourism Minister revealed that prominent personalities including film stars would participate in the programmes. Chief Minister N Chandrababu Naidu, Deputy Chief Minister K Pawan Kalyan and Minister for IT Nara Lokesh would also participate in various awareness programmes on Yoga at various places, the Minister asserted.

Aim is to involve 2 crore people in Yoga across Andhra Pradesh: CM



(Standard Post Bureau) Vijayawada, May 21 : Chief Minister N Chandrababu Naidu has said that a special campaign titled ‘YogAndhra-2025’ will be held for one month starting May 21 across the State and on June 21, a mega event involving 5 lakh people will take place in Visakhapatnam in which Prime Minister Narendra Modi will participate.

Addressing a press conference at his camp office at Undavalli near here, the Chief Minister said that AP would conduct YogAndhra-2025 for a full month, not as a photo-op or symbolic event, but as a genuine mass movement to promote awareness and practice of

yoga.“The main event on June 21 will see 5 lakh people practicing yoga from 7 AM to 8 AM along the coast from RK Beach to Bhogapuram. Simultaneously, arrangements are being made to ensure the participation of at least ‘two crore’ people across the state. We aim to train 10 lakh individuals in yoga and issue them certificates. Organising such a large-scale yoga session by the sea is a rare opportunity. This picturesque event, set in the lap of nature, will be etched in public memory,” Chandrababu Naidu revealed.

As Prime Minister Narendra Modi is attending the ‘Yoga Day’ celebrations,

a team of Ministers led by Minister Nara Lokesh will oversee the preparations. Volunteers from universities, public and private organizations, women, the elderly, police personnel, and employees would all be encouraged to participate, and certificates would also be issued to them, he asserted

“We are rolling out yoga training programs from cities to villages. Andhra Pradesh has 21 temples generating more than Rs 5 crore in annual revenue. Yoga awareness programs will be conducted in over 100 tourism and spiritual destinations, including Amaravati Buddha Stupa, Lepakshi, Gandikota, Araku,

Lambasingi, Konaseema, and the Akhanda Godavari region,” Naidu mentioned.

AP would partner with the Morarji Desai National Institute of Yoga to train 2,000 yoga instructors, including 2,000 school teachers, Naidu said, adding that Yoga-related content will be incorporated into school syllabi, and students will receive daily one-hour yoga training once schools reopen. Volunteers who successfully spread awareness about yoga will get the opportunity to attend the PM’s event on June 21, he added.

Earlier, Chief Minister Chandrababu Naidu launched the official ‘YogAndhra Website’ on the occasion.

Fire breaks out in Finance Department office

Vijayawada, May 21 (UNI) : Fire broke out in the Finance Department head office, Nidhi Bhavan, located in Mangalagiri near here on Wednesday.

Sources said that a fire broke out in the morning on the second floor of the Finance Department head office, Nidhi Bhavan. The fire erupted in the Director’s chamber and spread all over the office, causing panic among over three hundred employees who were working there at the time.

The fire tenders rushed there and extinguished the flames. According to the sources, some important files and computers were damaged in the fire, which are crucial to paying the salaries of employees and other bills. Finance Minister Payyavula Keshav visited the Finance Department office and inquired with the officials on the reason for the fire.Talking to the media, the Finance Minister made it clear that no damage occurred to the files and computers. He said that a fire broke out due to the burning of the compressor in a refrigerator in the Pay and Accounts Director Padmaja’s chamber.

Fire officer Srinivasa Reddy told the media that since the fire safety equipment did not work, the flames and smoke spread all over, and the exact loss is yet to be ascertained.



Sanjay Jha-led delegation leaves for 5-nation tour

As part of India’s global outreach, a parliamentary delegation headed by JDU’s Sanjay Jha left for a five-nation tour to convey India’s resolve for zero tolerance against terrorism and contours of Operation Sindoor in which nine terrorist camps were destroyed in Pakistan and Pakistan-Occupied Jammu and Kashmir. Before leaving, the delegation was briefed by foreign secretary Vikram Misri on government’s position on terrorism and commitment to eliminate not only terrorists but also their sponsors. (See on page 2)

India rejects Pakistan's allegations over Balochistan ...



New Delhi on Wednesday rejected Pakistan’s allegations regarding Indian involvement in the terror attack on a school bus in the restive Balochistan province and said it was intended to divert attention from Islamabad’s reputation as the “global epicentre of terrorism”. (See on page 4)

Gwalior to host Madhya Pradesh League from June 12



The Madhya Pradesh League (MPL) is set to return for its latest season, commencing June 12 with matches being held in Shrimant Madhavrao Scindia Cricket Stadium in Shankarpur, here. The Madhya Pradesh League has been relocated from Indore to Gwalior in view of the advancing monsoon in Indore and delay in the conclusion of the Indian Premier League (IPL). (See on page 7)

Supreme Court grants interim bail to Ashoka University



The Supreme Court on Wednesday granted interim bail to Ali Khan Mahmudabad, an Associate Professor at Ashoka University, in a case related to his Facebook post on Operation Sindoor, India’s military response to the Pahalgam terror attack. (See on page 8)

26 Naxalites killed in Chhattisgarh's ongoing operation

Raipur, May 21 (UNI) :At least 26 Naxalites have been killed and many others injured in an ongoing operation involving security forces and left-wing extremists at hilly areas of Abujmad in Narayanpur district of Chhattisgarh, security sources said on Wednesday.

Sources said forces have surrounded many senior commanders of the extremists, adding these top Naxalites include Rupesh and Vikalp who have been under the security scanner for sometime.

Forces which are a part of the ongoing encounter include teams drawn from District Reserve Guard (DRG) from Narayanpur,

Dantewara, Bijapur, Kodangaon and North Bastar’s Kanker district. CoBRA commandos and STF jawans are also a part of the operation.

The objective of the security forces’ action is to get the areas known to be the hotbeds of Naxalites vacated and establish permanent patrols of the forces, according to Chhattisgarh Home Minister Vijay Sharma.

He said the ongoing operation is based on intelligence inputs. “The operation has been successful,” he said.

One jawan has been martyred while another has received injuries, sources added.

Officials directed to promote, encourage horticulture crops

(Standard Post Bureau) Vijayawada, May 21 :Agriculture and Fisheries Minister Kinjarapu Atchannaidu on Wednesday instructed the officials concerned to promote the cultivation of quality paddy as well as horticultural crops in the state.The Agriculture Minister held a video conference with the officials from the Secretariat at Amaravati near here. Speaking on the occasion, the Minister said the farmers should be made aware so that their attention is diverted not only towards the cultivation of some traditional crops but also towards the cultivation of many horticultural and commercial crops.

“New technology and

artificial intelligence should be used on a large scale in the agro-allied sectors to reduce the cost of cultivation, achieve higher quality yields and expand marketing facilities,”theAgriculture Minister asserted.

Minister Atchannaidu directed all the officials to work together with the aim of achieving a 15 percent growth rate in the agriculture and allied sectors in line with the vision of the State Chief Minister N Chandrababu Naidu.“Special attention should be paid to the issues of traceability, certification, volume and marketing. Strong arrangements should be made to ensure that farmers do not face any difficulties in Kharif crop cultivation. All types of seeds and fertilizers required

for Kharif cultivation should be made available to farmers on time,” the Minister ordered the officials.

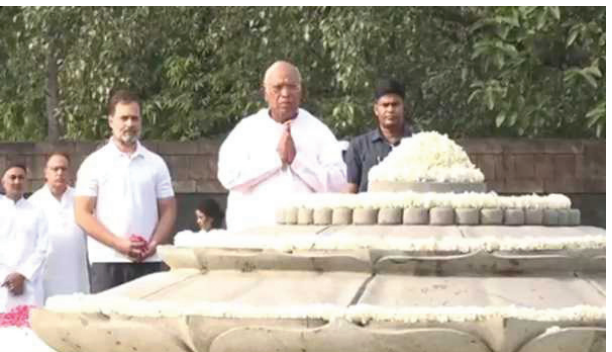
The authorities should be very vigilant to prevent the problem of fake seeds and fertilizers in the open market, he told them, adding that by reducing the use of fertilizers, natural farming and the cultivation of traditional crops have been gradually reduced and the cultivation of horticultural crops has been encouraged on a large scale.

The officials should take steps to provide CCRC cards to all tenant farmers and ensure that every tenant farmer gets a bank loan, he directed the officials. Agriculture Department Special Chief Secretary B Rajasekhar also spoke.

Kharge, Rahul pay tributes to Rajiv Gandhi on his death anniversary

New Delhi, May 21 (UNI) Congress president Mallikarjun Kharge and leader of Opposition in Lok Sabha Rahul Gandhi on Wednesday paid tributes to former Prime Minister Rajiv Gandhi on his death anniversary.

Calling Rajiv Gandhi, “a great son of India,” Kharge on his social media handle X said, “He inspired hope among millions of Indians. His visionary and



courageous interventions were instrumental in preparing India for the challenges and opportunities of the 21st Century.“These include lowering the voting age to 18, strengthening

panchayati raj, spearheading the telecom and IT revolution, implementing a computerisation programme, securing sustained peace accords, launching a universal immunisation programme, and introducing a new education policy focused on inclusive learning,” the Rajya Sabha leader of Opposition said.

“Our deepest respects to

the Former PM, Bharat Ratna, Rajiv Gandhi on his martyrdom day,” he added.Meanwhile, Rahul Gandhi in an emotional post on X, remembered his father and resolved to make all his “unfulfilled dreams come true”.

"Papa, your memories guide me at every step. My resolution is to make your unfulfilled dreams come true - and I will definitely fulfil them," he said.

KTR accuses Congress Govt of corruption and governance failures

Hyderabad, May 21 (UNI) : BRS Working President K T Rama Rao launched a scathing attack on the Congress government, accusing it of turning governance into a "commission-driven circus" and using notices to former Chief Minister K Chandrashekhar Rao as a diversionary tactic.

Speaking to the media in Nalgonda, KTR alleged that the Congress regime is steeped in corruption, with commissions of 20–30 per cent becoming routine.

“Even their own MLAs and ministers admit that no work happens without commissions,” he said, pointing to a recent protest by contractors at the Deputy CM’s office as evidence of widespread graft.

KTR claimed that the Congress-BJP alliance is conspiring to tarnish the Kaleshwaram Project and

that notices to KCR are part of this political agenda.

He asserted, “Truth and justice will prevail—we have full faith in the judiciary.”

H i g h l i g h t i n g governance lapses, KTR cited failures such as the collapse of the Sunkishala retaining wall, the submergence of the Vattem pump house, repeated damage to the Pedda Vagu project, and the government’s inaction in the SLBC tunnel tragedy, where bodies remain unrecovered months later.

He further accused the Congress of using inquiries and committees to avoid delivering on its six electoral guarantees.“We will not stop until every promise is fulfilled—from Rs 2,500 for women to pensions and gold for brides,” KTR declared, warning that continued failures could provoke public revolt.

Seethakka praises academic excellence of Tribal students

Hyderabad, May 21 (UNI) : The Academic Success Meet 2025 was held at Komaram Bheem Adivasi Bhavan in Banjara Hills under the aegis of the Tribal Welfare Department on Wednesday.

The event celebrated the academic achievements of tribal students from various educational institutions who excelled in the 10th standard, Intermediate, EAMCET, and JEE Mains examinations.

Panchayat Raj, Rural Development, Women and Child Welfare Minister Dr Dhanasari Anasuya Seethakka was the chief guest at the ceremony. She felicitated the high-performing students and congratulated the dedicated teaching staff for their unwavering support in helping tribal students outperform even their peers from private institutions.In her address, Minister Seethakka emphasised the transformative power of education. “For a long time, tribal communities were held back due to a lack of access to quality education. We were unfairly branded and pushed to the margins. But today, tribal students are standing shoulder to shoulder with others, proving their excellence,” she said.

She lauded the efforts of teachers who went the extra mile to ensure students achieved top marks, calling their dedication pivotal to this success. As a token of appreciation, students from the Tribal Gurukula Fine Arts College presented the Minister with a saree featuring traditional tribal artwork.

The event concluded with Minister Seethakka and other dignitaries sharing a festive lunch with the state rankers, marking a moment of pride and unity.

DGP Jitender felicitates 52 police personnel for outstanding performance

Hyderabad, May 21 (UNI) :Director General of Police (DGP) Dr Jitender felicitated 52 police personnel for their exceptional performance in crime investigation, detection, and other critical areas of policing.

The ceremony was held at the DGP Office on Wednesday, where the officers were presented with certificates of appreciation and cash rewards.

Speaking at the event, Dr Jitender noted that the Telangana Police has emerged as the top-performing police department in the country, as per the India Justice Report 2025.He also highlighted the Department’s leadership in mobile phone recovery, attributing these achievements to the

dedication and consistent efforts of police personnel across the state. He urged officers to continue striving for excellence, uphold integrity, and strengthen public trust through sincere service.

Director General of CID, Shikha Goel, elaborated that the 52 officers were chosen after a detailed review of their performance in 2024. The evaluation covered key areas such as grave crime detection, securing convictions, liquidation of undetected cases, execution of non-bailable warrants, timely disposal of POCSO cases, high performance in National Lok Adalats, recovery of funds in cybercrime cases, and detection of property offences.

In addition to individual recognitions,



Security personnel display the preparedness near the International Border, during a media tour, on the outskirts of Jammu on Wednesday.

Saraswati Pushkaram enters 7th day amid devotion and spiritual fervour in Kaleshwaram

Hyderabad, May 21 (UNI) : The sacred Saraswati Pushkaram has entered its seventh day in Kaleshwaram, a revered Trilinga Kshetra known for its spiritual, historical, and natural significance.

Thousands of devotees are continuing to throng the Triveni Sangam—the confluence of the Godavari, Pranahita, and Saraswati rivers—to take holy dips and offer prayers, with the Saraswati Aarti emerging as a key attraction.

The government has also made the divine ritual accessible through live-streaming.Kaleshwaram holds a unique place in

Indian spiritual geography. Here, the Saraswati River—revered as Brahmapatni—joins the Godavari and Pranahita rivers.According to mythology, this site witnessed the simultaneous manifestation of Yama and Shiva in the form of lingams on a single panavatta. The temple town thus symbolises both salvation and judgment, making it one of the most spiritually potent locations in the country.

The presence of Saraswati here is particularly significant. Although the river is believed to have

disappeared due to geological shifts centuries ago, legends state that it still flows underground in Kaleshwaram. This has made the town the only location in southern India where Saraswati Pushkarams are officially observed.It is also one of the few places in the country where Saraswati is worshipped in her form as Maha Saraswati, while her other forms, Gyana Saraswati and Bala Saraswati, are worshipped in Basara and Kashmir respectively.

Devotees, young and old, have been seen bathing in the sacred confluence with chants of

"Hara Hara Mahadeva" echoing across the ghats. The atmosphere has been filled with devotional fervour, as conch shells are blown and prayers are offered to the river goddess and Lord Shiva.

On the seventh day of the festival, tradition holds that charity and good deeds carry special merit. Elders have long maintained that bathing alone does not bring spiritual benefits unless coupled with acts of kindness and giving.

History and local beliefs suggest that donating food, clothing, bedding, or even symbolic homes on this day brings

immense blessings. While the ritual has evolved into a community sentiment over time, its original purpose—cultivating compassion and humanity—remains relevant.The natural landscape of Kaleshwaram enhances the spiritual experience. Unlike the upper reaches of the Godavari, which receive limited inflows, the region sees a significant volume of water due to the confluence with the Pranahita River.

This ensures a consistent water supply for the Pushkaram festivities and reduces the risk of waterborne

diseases. Though the river appears narrow due to wide sandbanks stretching over two to three kilometres, the volume and purity of water make Kaleshwaram an ideal location for such a holy event.With the Telangana state government’s official organisation of the Pushkarams, Kaleshwaram’s spiritual legacy is now receiving broader recognition. As pilgrims continue to flock to the site, Saraswati Pushkaram in Kaleshwaram remains a profound expression of faith, tradition, and community spirit.

BJP slams CM Revanth Reddy’s remarks on national security

Hyderabad, May 21 (UNI) : BJP Legislative Party leader Eleti Maheshwar Reddy strongly condemned Telangana Chief Minister Revanth Reddy’s remarks, alleging that the Modi-led central government yielded to pressure from former US President Donald Trump in its response to Pakistan.

In a media statement issued on Wednesday, Maheshwar Reddy described the comments as “ignorant, irresponsible,

and bordering on treason.”

He said that the Indian Army’s retaliatory strikes on terrorist camps in Pakistan following the Pulwama and Pahalgam attacks stand as evidence of the Modi government’s firm stance against Pakistan-sponsored terrorism.He accused CM Revanth Reddy of parroting a script written by Congress leader Rahul Gandhi, aimed at appeasing party leadership while undermining national security.Maheshwar Reddy

alleged that Congress leaders, including Rahul Gandhi and Mallikarjun Kharge, have repeatedly made statements in a “pro-Pakistan tone,” which he said reflects the party’s “bankrupt politics.”

He also criticised Congress’s historical handling of Kashmir, blaming leaders like Nehru and Indira Gandhi for past policy failures, and credited the Modi government for decisive actions like the abrogation of Article 370.

Panchayat Secretary caught red-handed while accepting a bribe

Hyderabad, May 21 (UNI) : In another case, the Anti-Corruption Bureau (ACB) on Wednesday caught a Panchayat Secretary from Gottumukkala Village in Nizamabad district red-handed while allegedly accepting a bribe of Rs 18,000.

The accused officer, Katkam Ganga Mohan, was apprehended around 12 pm when he allegedly demanded and accepted the bribe from a complainant in return for improperly allotting a house number and assessment number to an open plot, bypassing due procedures necessary for further registration.

Initially, the officer had demanded Rs 20,000, which was later negotiated down to Rs 18,000. The tainted amount was recovered from his possession during the trap operation, based on information provided by the complainant.

A chemical test confirmed the presence of the bribe traces on both of the officer’s hands and the left pocket flap of his trousers, which had come into contact with the money. The ACB stated that the officer had acted dishonestly and in violation of his official duties to secure an undue advantage.

The complainant’s identity has been withheld for security reasons.The accused officer was being arrested and produced before the II Additional Special Judge for SPE & ACB Cases, Nampally, Hyderabad.

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Modi Govt committed to total eradication of terrorism: Union Minister Bandi Sanjay

Karimnagar, May 21 (UNI) : Union Minister of State for Home Affairs Bandi Sanjay Kumar on Wednesday said that the Narendra Modi-led central government is firmly committed to eradicating terrorism in all its forms.

He was speaking at an Anti-Terrorism Day rally organised by the Karimnagar District Cricket Association.

Launching the rally by waving the national flag, the Union Minister said the mindset of the people across the country has changed significantly after the Pahalgam incident, with citizens now expressing readiness to support the fight against terrorism alongside the armed forces.

He lauded the Indian Army’s swift and precise

action in crossing into Pakistani territory to destroy terrorist camps without harming civilians.

"The credit for these successful operations goes entirely to our brave soldiers. Their use of advanced technology and strategic precision has ensured the safety of our borders," he stated.

Highlighting Pakistan’s continued support for terrorism, Kumar said, “That country has become a safe haven for terrorists, providing both shelter and financial assistance.The Modi government recognised this threat and took decisive steps to dismantle terrorist infrastructure across the border.”Referring to previous terror attacks such as the Mumbai blasts, Lumbini Park, Gokul Chat,

and Mecca Masjid incidents, he noted that these tragic events had awakened a strong sense of unity and patriotism among citizens."It is heartening to see that people, NGOs, and state governments are standing firmly behind our armed forces," he added.

Kumar emphasised the need for collective action against terrorism, urging every citizen—regardless of age or background, to participate in the fight. “There should be no ambiguity in our resolve. Terrorism in any form must be completely eradicated.”

He also commended the Karimnagar District Cricket Association for organising the rally and raising awareness about national security on the occasion of Anti-Terrorism Day.

Rainbow Children’s Hospital completes eighth gene therapy for Spinal Muscular Atrophy

Hyderabad, May 21 (UNI) : Rainbow Children’s Hospital (RCH) on Wednesday said it has successfully administered ‘gene therapy’ to a child diagnosed with Spinal Muscular Atrophy (SMA), marking the eighth such treatment carried out at the hospital, a significant milestone in paediatric healthcare.The therapy was administered under the supervision of Dr. Ramesh Konanki, Consultant Pediatric Neurologist, Rainbow Children’s Hospital, Secunderabad, the hospital said in a release here.As part of the treatment

protocol, the child received Zolgensma, a one-time gene therapy specifically developed to treat Spinal Muscular Atrophy (SMA) by replacing the defective SMN1 gene responsible for the condition.

Administered through an adeno-associated viral vector, the therapy enables the production of the SMN protein, which is essential for survival of motor neurons and thus the muscle function.With a cost of around Rs 14 crore per dose, Zolgensma is considered one of the most expensive therapies currently available worldwide.

KTR facilitates release of six youth from Malaysian jail

Hyderabad, May 21 (UNI) : BRS Working President K T Rama Rao (KTR) facilitated the release of six men from Telangana who were jailed in Malaysia under arms-related charges.

The men, from Lingapur and Munyal villages in Nizamabad district, had travelled abroad in search of employment but were arrested due to a lack of awareness of local laws.

Acting on KTR’s directive, Khanapur in-charge Bhukya Johnson Naik personally visited Malaysia twice, arranged legal aid, paid court fines, and ensured the safe

return of the men to India. The rescued individuals — Rachakonda Naresh, Talari Bhaskar, Gurujala Shankar, Gurijala Rajeshwar, Gunda Srinivas, and Yamunoori Ravinder — met KTR in Hyderabad today and expressed their heartfelt gratitude.

KTR expressed concern over the lack of support from the Indian Embassy and Telangana government officials, calling it a failure to provide even basic legal assistance. He praised Johnson Naik for his dedication and selfless service, a statement said on Wednesday.

Amrit Stations of VIKSIT BHARAT



Inauguration of
Redeveloped **103** Amrit Stations
Across India

3 Including
Amrit Stations in
Telangana



BEGUMPET



WARANGAL



KARIMNAGAR

Benefits

- Stations are developed as City Centres with provision of amenities like roof plaza, retiring room, spacious circulating area etc.
- Virasat bhi Vikas bhi - designs of station buildings inspired by local architecture
- Provision of segregated entry & exit gates, better parking, lift, escalator, executive lounge, waiting area, travelator and Divyangjan friendly facilities
- With the integration of multi-modal connectivity these stations will become the centre of socio-economic activities of the region
- Energy efficiency and green measures used to mitigate environmental impact

by
Narendra Modi
Prime Minister
(Through Video Conferencing)

Thursday 22nd May, 2025 at 10:30 hrs

In the August presence of

Jishnu Dev Verma
Governor, Telangana

Anumula Revanth Reddy
Chief Minister, Telangana

Ashwini Vaishnaw
Union Minister of Railways, Information & Broadcasting
and Electronics and Information Technology

Arjun Ram Meghwal
Union Minister of State for Law & Justice
(Independent Charge) and Parliamentary Affairs



INDIAN RAILWAYS

STANDARD POST

Study shows ageing can reduce effectiveness of CAR-T cell cancer therapy

Age-related decline in the immune system can have a measurable impact on CAR-T cell therapy -- one of the most advanced forms of cancer immunotherapy, according to a study.

CAR-T therapy works by engineering a patient's T cells to recognise and destroy cancer cells.

The study led by Swiss researchers found that CAR-T cells from aged mice had poor mitochondrial function, lower "stemness," and reduced antitumour activity.

It was due to a drop in levels of nicotinamide adenine dinucleotide (NAD) -- a molecule essential for cellular energy and metabolism of mitochondria, said the team from the University of Lausanne (UNIL), the Lausanne University Hospital (CHUV), the Geneva University Hospitals (HUG) and the Ecole Polytechnique Fédérale de Lausanne (EPFL).

"CAR-T cells from older individuals are metabolically impaired and significantly less effective. What's exciting is that we were able to rejuvenate these aged cells by restoring their NAD levels -- reviving their antitumour function in preclinical models," said Dr. Helen Carrasco Hope.

"Our findings strengthen the growing recognition that ageing fundamentally reshapes immune cell function and metabolism.

"They highlight the urgent need to model age more accurately in preclinical studies so that therapies are developed with the real-world cancer population in mind -- where most patients are older adults," Hope said. For the study, published in the journal Nature Cancer, the team used NAD-boosting compounds currently under clinical investigation for other conditions, demonstrating that this approach is translatable and potentially applicable in humans.

"This is a major step toward personalised and age-conscious immunotherapy," said senior author Dr. Nicola Vannini. "By correcting age-related metabolic defects, we could improve outcomes for a large segment of cancer patients."

The study adds to a growing body of work showing that age is not just a chronological number, but a biological factor that can shape therapy response. The researchers called for age to be systematically considered in the development and evaluation of cell-based immunotherapies.

Free Medical Services for Thalassemia Patients at Kamineni Hospitals



(Standard Post Bureau)

If either parent is a carrier of Thalassemia Minor, there is a high chance that their children may inherit Thalassemia Major. This is a serious condition that can become life threatening if neglected. However, if diagnosed in time, children can be managed effectively through regular blood transfusions and medications.

To raise awareness among parents and conduct Thalassemia-related tests for children, Kamineni Hospitals, Hyderabad, is

organizing a free hematology camp. The camp will be held daily from 9:00 AM to 4:00 PM, where pediatricians, hematologists, and genetic specialists will conduct various diagnostic tests for children. Those interested in availing the free tests can contact 8985450534 for more details and registration.

On this occasion, Dr. S. Narasimha Rao, Head of Pediatrics and Senior Consultant Pediatrician, stated as "If children often appear tired or weak, have pale or yellowish skin, show

delayed growth, an unusually large abdomen, abnormal facial bone structure, frequent fevers or infections, or dark-colored urine — these could be signs of Thalassemia. Parents should immediately seek medical advice and get their children tested. Early detection and timely treatment can help save lives."

Also present at the event were Consultant Pediatrician Dr. Kanchan S. Channawar, Consultant Medical Oncologist Dr. S. Jayanti, Consultant Medical Oncologist and

Hematologist Dr. M. Srinivas, Head of Genetics and Molecular Medicine and Senior Consultant Dr. Annie Q. Hasan, Genetics Counsellor Dr. Sreelatha Komandur, Head of Immunohematology and Transfusion Medicine and Senior Consultant Dr. N. Vivekananda, and Consultant in Immunohematology and Transfusion Medicine Dr. Anne Puneet Babu, who participated in the camp and are conducting free Hemoglobin and Hemoglobinopathy Screening (HPLC tests) for children.

UNIX Launches the Drake Tower Speaker for Home Entertainment

(Standard Post Bureau)

UNIX, a leading homegrown tech brand in India, has unveiled its latest audio innovation – the Drake Tower Speaker. With an emphasis on immersive sound, bold design, and unbeatable value, this new speaker is set to transform home entertainment for music enthusiasts across the country. The product is now available on the UNIX India website and at leading retail stores across India.

The Drake Tower Speaker stands out both in performance and aesthetics. With a powerful 60W RMS output, driven by a 5.25-inch subwoofer, this speaker is engineered to deliver rich, room-filling sound, whether you're hosting a lively party, enjoying a movie night, or



simply listening to your favourite tracks. The speaker promises a dynamic listening experience with deep bass, crisp highs, and balanced mids, catering to all musical genres. Measuring 24 x 10 x 5 inches, the speaker's

sleek, floor-standing design is enhanced by vibrant, dynamic LED lighting that creates an immersive atmosphere. Its True Wireless Stereo (TWS) functionality allows users to wirelessly pair two Drake units, creating a powerful stereo soundstage ideal for larger spaces or gatherings.

The Drake Tower Speaker offers versatile connectivity options, including Bluetooth 5.0, USB, AUX, and a Mic Socket, making it easy to connect with various devices. Additionally, the included wireless microphone makes it perfect for karaoke sessions. For those who prefer to customise their sound, the speaker features built-in bass and treble controls, allowing users to

fine-tune their listening experience.

Speaking on the launch, Sandeep Bafna, Co-Founder of UNIX, said, "The Drake Tower Speaker is designed to make a statement, whether it's in the sound, the design, or the experience. We wanted to bring the power of professional-grade audio into everyday homes, making high-quality sound accessible without the premium price tag."

UNIX proudly supports the 'Made in India' initiative, further strengthening its presence in the Indian market. With millions of products sold across the country, UNIX continues to be a trusted name in consumer electronics, offering reliable and affordable tech solutions.

AINU Visakhapatnam Performs AP First UroLift Procedure Revolutionizing Urological Care for High-Risk Elderly Patients

(Standard Post Bureau)

In a groundbreaking achievement, the Asian Institute of Nephrology and Urology (AINU), Visakhapatnam, has successfully performed Andhra Pradesh's first UroLift® procedure, offering new hope to elderly patients with complex medical conditions.

The patient, a 72-year-old gentleman with a history of heart issues, chronic obstructive pulmonary disease (COPD) and long-term catheter dependence due to benign prostatic hyperplasia (BPH), had undergone multiple unsuccessful attempts at catheter removal. Considering the patient's high cardiac and anesthetic risk, Dr. G. Ravindra Varma, Managing Director and Senior Consultant Urologist, opted for the UroLift® System — a minimally



invasive procedure that he safely performed under local anesthesia.

He was joined by Dr. Amit Saple, Executive Director and Senior Consultant Urologist, and

Dr. P. Sridhar, Consultant Urologist, in executing this successful intervention.

The UroLift® System uses tiny implants to lift and hold the enlarged prostate tissue away from the

urethra, thereby restoring normal urine flow without cutting or removing tissue.

Following the procedure, the patient was able to void spontaneously and is now catheter-free,

India rejects Pakistan's allegations over Balochistan bus attack

New Delhi, May 21 (UNI) New Delhi on Wednesday rejected Pakistan's allegations regarding Indian involvement in the terror attack on a school bus in the restive Balochistan province and said it was intended to divert attention from Islamabad's reputation as the "global epicentre of terrorism".

Responding to media queries, the official spokesperson of India's Ministry of External Affairs, Randhir Jaiswal, said it has become "second nature for Pakistan to blame India for all its internal issues," but this attempt to "hoodwink the world is doomed to fail".

Five people, including three students, were killed and several others injured when terrorists attacked a school bus in Khuzdar district of southwestern Pakistan's Balochistan province earlier in the day. Jaiswal said India consoles the loss of lives in all such incidents. "India rejects the baseless allegations made by Pakistan regarding Indian involvement with the incident in Khuzdar earlier today. India condoles the loss of lives in all such incidents." However, in order to divert attention from its reputation as the global epicenter of terrorism and to hide its own gross failings, it has become second nature for Pakistan to blame India for all its internal issues. This attempt to hoodwink the world is doomed to fail," Jaiswal added.

Cong to hold Jai Hind meetings nationwide from May 24-31

New Delhi, May 21 (UNI) The Congress on Wednesday announced that the party will organise Jai Hind meetings across the country from May 24 to 31, to salute the valour of the Armed Forces during Operation Sindoor.

Addressing a press conference here, Congress leaders Col Rohit Chaudhry along with Wing Commander Anuma Acharya (Retd) asked the government to tell the people of the country as to how the Pahalgam terror attack happened and how India launched Operation Sindoor.

Giving information about the Jai Hind meeting, Col Rohit said, "In the first phase, 16 cities have been selected where 'Jai Hind' meetings will be held. In these meetings, we will salute the bravery of our soldiers".

"The country has been going through a very difficult phase for almost a

month. From April 22 itself, the Congress party has given full support to the government and we have told the government that we will stand firmly with you in every strong action taken against Pakistan," he said.

He emphasised that the grand old party fully supported Operation Sindoor launched by the government.

He praised the armed forces for destroying several terror hubs in Pakistan and Pakistan-Occupied Jammu and Kashmir.

Raising question on the announcement of ceasefire, the Army veteran said, "We were winning, our army was foiling Pakistan's drones, missiles and all other types of attacks...It was the fourth day of the battle, but suddenly in the evening a ceasefire was announced".

Alleging that the ceasefire was announced from American soil, which was a matter of shame for all, Col Rohit said, "The country was united in this entire situation, but the government imposed a ceasefire on us".

He said, "In my career, I have never seen terrorists kill people one by one, find a safe route to escape and then escape".

He alleged that it was "a huge failure of security, a failure of the Home Ministry".

Moreover, Anuma Acharya slammed Prime Minister Narendra Modi for calling a meeting of NDA Chief Ministers on May 25.

"Regarding PM Modi's meeting with NDA Chief Ministers on 25th, we want to ask what crimes did the Opposition Chief Ministers commit, why were they not called in this meeting? Our demand is that all the Chief Ministers of the country should be included in this meeting," she said.

She also questioned the absence of the Prime Minister in both the All-party meeting.

Stalin to attend Niti Aayog meet in Delhi, slams EPS for attributing motives

Chennai, May 21 (UNI) : After boycotting the last meeting citing neglect of the State by the Centre, Tamil Nadu Chief Minister will be visiting Delhi to take part in the Niti Aayog meeting on May 24, even as he slammed Opposition AIADMK leader Edappadi K Palaniswami attributing motives to the visit.

In a statement here on Wednesday, Mr Stalin said he was going to Delhi to secure the state's rights.

Stating that he stood firm in his principles, Mr Stalin asserted that he would fight and secure the due funds for the state from the Centre.

He said the State government has filed a petition in the Supreme Court to secure the state's rights and against the Centre's refusal to release Rs 2,152 crore due funds to TN under the SSA scheme for the school education sector as the state rejected the NEP-2020, which envisaged implementation of the three-language formula and imposition of Hindi, as against the long followed two-language policy in the State.

Taking a dig at Mr

Palaniswami for attributing motives to his Delhi visit, Mr Stalin said he would remain ideologically firm and fight for the rights of the state.

Seeking to know why his visit to Delhi pains Mr Palaniswami, who is also the AIADMK General Secretary and the Leader of the Opposition in the State Assembly, the Chief Minister said "from Sasikala to Amit Shah, the person may change, but his (Palaniswami) habit of crawling and prostrating under the table has never changed."

"Even before the saliva on the tongue that declared that there was no alliance with the BJP, could dry, Mr Palaniswami, who had transformed into 'Pulikesi' (a comic Tamil movie character) after a single raid and rushed to wave the white flag, has no shame in accusing me of surrendering", Mr Stalin, said, strongly reacting to his criticisms.

"This hand of Stalin is one that holds the red-black flag of the DMK. The hand lifted by Perarignar (DMK stalwart and late CM C N Annadurai). The hand

that walked holding Kalaignar's (DMK Leader and late CM Karunanidhi's) hand. I will always hold the flag for rights. I will never crawl," he said.

"Even today, I have filed a case in the Supreme Court for the rights of Tamil Nadu," Stalin said and asserted that "I will stand firm in my principles. I will fight and secure Tamil Nadu's rightful share of funds".

Mr Palaniswami has criticised Mr Stalin's decision to attend the NITI Aayog meeting in Delhi and alleged that it was intended for personal gain rather than for the larger welfare of Tamil Nadu.

He questioned the sudden change in his stance and recalled that Mr Stalin had earlier boycotted the NITI Aayog meetings in protest against the Union Government's alleged neglect of Tamil Nadu.

Hinting at the recent Enforcement Directorate raids which had unearthed Rs 1,000 crore irregularities in the state-owned TASMAC, the Opposition leader questioned the timing of the CM's visit to the National Capital.

Youth Cong files FIR against Amit Malviya, Arnab Goswami

New Delhi, May 21 (UNI) : The Indian Youth Congress (IYC) on Wednesday said it has lodged an FIR against BJP leader Amit Malviya and journalist Arnab Goswami under non-bailable sections for allegedly defaming leader of Opposition in Lok Sabha Rahul Gandhi and "conspiring" to link the Congress to Turkiye.

Youth Congress national spokesperson Varun Pandey said that the FIR was lodged on the instructions of the organisation's in-charge Krishna Allavaru, Youth Congress president Uday Bhanu Chib and legal department national chairman Rupesh Bhadoria.

After the registration of the FIR, Chib and Bhadoria alleged malicious attempt to defame the Congress."This FIR sends a clear message that any attempt to spread fake news against the party or its leadership will be met with a strong legal and political response," he said.The FIR charges the two with spreading fake news, inciting hatred and endangering national security.

Five killed, six hurt in bus-tempo van smash

Chennai, May 21 (UNI) : Five people were killed and six others were injured when the tempo van in which they were travelling collided with a Tamil Nadu State Express Transport Corporation (TNSETC) bus at Chengipatti village in Thanjavur district of Tamil Nadu on Wednesday night.

Police said the accident occurred at an overbridge on the Thanjavur- Trichy National Highway. While four people were killed on the spot, another person died on way to the hospital, where the injured were admitted for treatment.The tempo, which was completely damaged in the accident, was coming from Karnataka and was heading towards Thanjavur, while the TNSETC bus was proceeding to Trichy when the mishap occurred.

SC steps in to ensure protection for domestic violence victims

New Delhi, May 21 (UNI) In a landmark move aimed at strengthening the enforcement of the Protection of Women from Domestic Violence Act, 2005, the Supreme Court on Tuesday (May 20) issued a slew of directions to the Central Government, States and Union Territories to ensure full and effective implementation of the law.

A bench, comprising Justices B V Nagarathna and Satish Chandra Sharma, passed the order while hearing a plea filed by the NGO, We the Women of India.The Court expressed serious concern over the continued gaps in implementing the DV Act and said that it was time the law be translated into "real and accessible support" for aggrieved women.

Among the key directives the court said, mandatory appointment of



Delhi Chief Minister Rekha Gupta and state Minister Ashish Sood flag off 'Khalsa Tiranga Yatra', in New Delhi.

Apollo Spectra Hosp launches advanced Rafaelo procedure for treating haemorrhoids

Chennai May 21 (UNI) : The Chennai-based Apollo Spectra Hospital on Wednesday announced the launch of revolutionary Rafaelo Procedure (Radiofrequency Ablation of Haemorrhoids under Local Anaesthesia) for treating piles.

It is a cutting-edge, minimally invasive radiofrequency therapy for haemorrhoids that offers precise delivery and quick recovery.

Hospital Senior Consultant GI - Minimally Invasive & Robotic Surgery Dr. Vani Vijay is one of the few experts in the country pioneering this advanced minimally invasive surgical technique, performed as a daycare procedure, offering

patients faster recovery, reduced pain, significantly fewer risks, and best-in-class outcomes.

Apollo Spectra Hospitals, part of the Apollo Hospitals Group, specialises in planned daycare surgeries across key specialities, with a strong focus on Proctology care, especially haemorrhoids, or commonly known as piles.

The condition affects around 40 million people in India, with a million new cases yearly, most common between the ages of 45 and 65. Many avoid treatment due to stigma or fear of surgery, according to a press release.

The Rafaelo Procedure offers a minimally invasive,

daycare solution using radiofrequency ablation. Performed under regional anaesthesia, it causes minimal discomfort and enables a quicker return to normal activities.

The Rafaelo Procedure is carried out by utilising a specialised probe to deliver controlled radiofrequency energy to haemorrhoidal tissue. This causes coagulation, dehydration, and contraction of the haemorrhoidal cushions, symptomatically treating without annihilating intervening healthy tissue.

The treatment is around 30 minutes and is suited to same-day discharge. Compared to conventional hemorrhoidectomy, wherein a surgical excision is done

with spinal or general anaesthesia involving overnight stay with a 2–3-week recovery time, the Rafaelo Procedure is simpler and less invasive.

Since this procedure does not involve tissue incision, it preserves the surrounding anatomy, minimising trauma, and greatly accelerates healing. Dr. Vani Vijay said, "The Rafaelo Procedure marks a significant advancement in the treatment of haemorrhoids.

With its minimally invasive radiofrequency technology, patients experience faster recovery, minimal discomfort, and excellent recovery with minimal or no chances of relapse.

Pak High Commission official in New Delhi declared personal non grata

New Delhi, May 21 (UNI) India on Wednesday declared a Pakistani High Commission official here as "persona non grata" for indulging in activities not in keeping with his official status.In a media release, the Ministry of External Affairs said the official has been asked to leave India within 24 hours.

"The Government of India has declared a Pakistani official, working at the Pakistan High Commission in New Delhi, persona non grata for indulging in activities not in keeping with his official status in India. The official has been asked to leave India within 24 hours," the media release said.India also issued a demarche to the Charge d' Affaires of the Pakistan High Commission here asking him to "strictly ensure that none of the Pakistani diplomats

or officials in India misuse their privileges and status in any manner".The latest development in the already embittered relations between the two neighbouring countries comes around a week after they declared one official of each other "persona non grata".

On May 13 night, an official in the Pakistani High Commission in New Delhi was declared "persona non grata by India after being found involved in spying activities.

The official was ordered to leave India within 24 hours. A little later, Pakistan, in a tit-for-tat move, did the same with regard to an official of the Indian High Commission in Islamabad, accusing him of engaging in activities incompatible with his privileged status. The official was directed to leave Pakistan within 24 hours.

Three children drowns in river, TN CM announces solatium

Chennai, May 21 (UNI) : Three children were drowned in a river while having a bath at Arasur village in Villupuram district of Tamil Nadu on Wednesday evening.

Police said the deceased were identified as Sivasankari (18), her younger sister Abhinaya (14) and Rajesh (13).

While Sivasankar and Abhinaya were

daughters of Palani, Rajesh was the son of Rajendran.

All the three hailed from Arasur village. Chief Minister M K Stalin expressed deep anguish and grief over their deaths and announced a solatium of Rs three each to their parents from the Chief Minister's Public Relief Fund.

Justice Oka gets emotional farewell from SC lawyers

New Delhi, May 21 (UNI) The Supreme Court Advocates-on-Record Association (SCAORA) held a farewell ceremony for Justice Abhay S. Oka, who is set to retire on May 24, 2025, after a tenure marked by integrity, legal brilliance, and deep commitment to constitutional values.

SCAORA president Vipin Nair drew a powerful metaphor: "From being a passionate lawyer to an exemplary jurist, Justice Oka has stood like an unshakable rock. We must not forget the oak tree is the strongest in the wild."

Recalling anecdotes from the courtroom, he mentioned how Justice Oka once recreated lost draft judgments when a stenographer misplaced them, highlighting his extraordinary memory and discipline.

SCAORA secretary Nikhil Jain praised Justice Oka's impact, saying, "His judgments resonated across the fabric of civil society. His deep legal acumen and humaneness set him apart. His reasoning was always grounded yet far-reaching."

Vice president Amit Sharma called him "the most dignified and respected jurist of our time," adding that the bar was "bidding farewell to a legacy of integrity and courage."

Chief Justice of India BR Gavai, who shares a

four-decade friendship with Justice Oka dating back to their student days at Government Law College, Mumbai, noted, "He is a workaholic. Even post-retirement, he will never be idle. He's already committed to consultations; such is his devotion to the law."

CJI Gavai also addressed the recent administrative changes: "Soon after my swearing-in, we judges sat together and resolved to allow letter circulation and publish the hearing sequence in the evenings. Justice Oka contributed to that transparency."

In his emotionally resonant address, Justice Oka said, "I hate the word retirement. That's why from January, I kept taking up matters I wanted to avoid thinking about this day. Even today, I asked for adjournment. I'll say what I must tomorrow." He mentioned that his wife often asks him, "How many judgments are still pending?" a testament to his tireless dedication.

Justice Oka strongly advocated for judges working on their final day, challenging long-held ceremonial traditions. "I told the Chief Justice I disagree with the notion that judges must stop working on their last day. I will sit on a regular bench and

pronounce judgments. The guard of honour at lunch should be replaced, judges should be allowed to work till 4 pm."

Addressing young advocates, Justice Oka remarked, "Young Advocates-on-Record need more training. The National Judicial Academy can be a valuable tool to prepare them better."

Reflecting on the evolution of the Court, he added, "The previous Chief Justice gave the Supreme Court a new direction. This Chief Justice is carrying that journey of transparency forward. I will never forget the support extended to me by the AoRs."

As the event concluded with a standing ovation, it marked the end of Justice Oka's six-month tenure in the Supreme Court Collegium, which he joined in November 2024 after Justice D.Y. Chandrachud's retirement. He was part of the appointment of two judges.

Following his departure, Justice B.V. Nagarathna will enter the Collegium, joining CJI Gavai and Justices Surya Kant, Vikram Nath.

Justice Oka leaves behind not just landmark judgments but a legacy of unwavering principle and judicial grace etched in the memory of the Court and the nation./

‘I follow cleansing, toning and moisturising regime’

Says Radhika Mandan as she talks about her beauty routine and personal style choices

Radhika Mandan is popularly known as Ishani for her role in the successful television series called Meri Aashiqui Tum Se Hi, and is currently busy shooting for Jhalak Dikhlaja. In a candid chat with Likhita Udyawar, Radhika shares about her fashion choices, style icons and favourite brands.

What is your personal style statement?
I am a very simple person and you will find me in casuals most of the time as I believe style comes from being comfortable in what

What kind of fabrics and colours do you opt for and why?
I prefer wearing soft fabrics and feminine colours like aqua blue, pink, white, red, fuchsia pink etc.

When you are out for shopping what do you look out for?
I am a complete shopaholic, I end up buying lots of stuff like shorts, t-shirts, ganjis, bandanas, summer dresses, hats, flip-flops, sling bags, cool eye shades in aqua blue, green or pink.

Favourite fashion label?

I like the collection at Forever 21 for casual wear and Louis Vuitton, Gucci, Cartier Christian, Dior for my dresses and evening wear.

How do you prefer to dress usually?
Funky & cool clothing which lets me be myself.

What will you wear if you go on a date?
My Attitude

Who’s your style icon?
I adore Victoria Beckham’s dressing style for formals and casuals I am best being myself.

Who do you think is the best

dressed in Bollywood and why?
In Bollywood I like Kareena Kapoor Khan’s sense of style and I am a huge Kareena fan.

One item of clothing you are currently wearing most?
Currently I am rehearsing for Jhalak. So most of the time I am in my ganji, shorts and a cap. I feel comfortable in these clothes and its best while rehearsing.

What do your beauty essentials include?
I follow cleansing, toning and moisturising regime. My lip balm and sunscreen by bobby brown are a part of my essentials.

What is the best style advice you ever got?
That I should be more experimental with my dressing as a girl because I am a tom boy by heart.

What is the most treasured item in your closet?
My first Louis Vuitton handbag gifted by my mom for scoring great marks in my 10th boards.

In Bollywood I like Kareena Kapoor Khan’s sense of style and I am a huge Kareena fan.

Radhika Mandan



FASHIONPOLICE



BETTER LUCK NEXT TIME!

Jacqueline Fernandez was spotted at a product launch event recently in the city. The Sri lankan beauty was seen wearing a floral printed crop top and high waisted pants combo by Sailex. She usually manages to steal the show but this was not one of her best looks. The golden earrings she wore were a complete mismatch; even her make-up looked kind of patchy and uneven. We hope to see her in a better avatar next time!



Kriti Sanon with Sunil Agrawal; (inset) models showcasing the latest jewellery collection

The beauriful Kriti Sanon rocked the stunning show-stopper piece for Jaipur-based Sunil Jeweller's Collection 'Ethnica -Fusion of Jaipur Jadau and Polki' at the India International Jewellery

Week 2015. The collection boasts traditional styles and bold craftsmanship. Sunil Jewellers are experts at Kundan meena and “Jaipur Jadau”. This work is a heritage old art using enamel and polki's and

An ethnic fusion

Kriti Sanon looked gorgeous as she walked the ramp for Jaipur based Jeweller’s Collection

belongs to Jaipur since centuries. Polki referred here is a natural uncut flat Diamond which gives a unique look & feel.

Kriti Sanon feels “The stunning jewellery pieces have so much of originality and finesse, mesmerising and charming. Sunil Jewellers design line is so elegant and suave... I especially loved the piece designed for me - it's spectacular, unlike anything I have ever seen.”

Sunil Agrawal owner of the brand mentions, “The philosophy that we have adopted in this collection is very unique; yet on par with the current trends with the contemporary models that will

compliment any Indian and western attires. It has been designed with the aspiration to make one feel empowered of possessions handmade with love.”

The ensembles for the show were designed by Mumbai designer OHM by Neena & Astha.

The collection is a stunner as it flaunts antique gold work “chitrai”, the technique of gold engraving with traditional Rajasthani motif & designs. It just does not get any better!

The collection gave clear picture as to how the designer admires and visualize today's women.



A MATTER OF TASTE

Green tea can help you lose fat, especially the harmful abdominal fat. Here are a few refreshing green tea recipes that will taste good and also help you lose extra calories

No matter where you are or what you're eating, there's nothing quite like a refreshing pitcher of iced tea. Homemade green iced tea is quick and instantly refreshing, and you can easily customise it by adding fresh mint or juicy fruit to taste.

Sheela Krishnaswamy, Diet, Nutrition & Wellness Consultant says “Green tea is

a zero calorie beverage and can be used daily in a weight loss meal plan.”

Arina Suchde - Chef, Mixologist, Consultant & Trainer discover new ways to enjoy your favorite beverage as she whips up a storm in her kitchen! Here are some of the best iced (and the traditional hot) tea concoctions you can try right away.



FLAVOUR 1: LIPTON PURE & LIGHT GREEN TEA

LIPTON TEA BERRY SMOOTHIE

PREPARATION TIME: 5-7 minutes

NUMBER OF SERVINGS: 2 servings

INGREDIENTS:

► 1 cup of Lipton Pure & Light Green Tea (prepared as per instructions on pack & cooled)

► ¼ cup Low fat Yogurt

► ¼ cup Mixed frozen berries(raspberries, blueberries, mulberry, blackberry)

METHOD:

Blend all ingredients in a blender till smooth. Serve in a short glass with a straw and a few chopped berries.



FLAVOUR 2: LIPTON HONEY LEMON GREEN TEA

LIPTON HOT TEA CIDER:

PREPARATION TIME: 5 minutes

NUMBER OF SERVINGS: 2 servings

INGREDIENTS:

► 1 cup Water

► 1 cup Apple juice

► 1 Cinnamon stick

► 2 Star anise

► 2 Cloves

► 2 Lipton Honey Lemon Green Tea Bags

► 2 Lemon slices

METHOD:

Add water, apple juice, cinnamon stick, star aniseand cloves to a sauce pan and bring to a boil. Steep the Lipton green tea bags in the mixture for 2 minutes. Serve warm in tea cups and garnish with lemon slices.



FLAVOUR 3: LIPTON MINT BURST GREEN TEA

LIPTON TEA MOJITO:

PREPARATION TIME: 5 minutes

NUMBER OF SERVINGS: 1 serving

INGREDIENTS:

► ½ teaspoon honey

► ¼ Cucumber (small dice)

► 1 lemon (cut into 4 wedges)

► 4-5 Fresh Mint leaves

► Crushed Ice

► 1 cup of Lipton Mint Burst Green Tea (prepared as per instructions on pack & cooled)

Soda to top

METHOD:

In a tall glass, add honey, cucumber, lemon and mint. Fill the glass half way with crushed ice and pour the cooled Lipton green tea over it. Top with chilled soda. Serve with a straw.

FLAVOUR 5: LIPTON PURE GREEN TEA LIPTON FRUITEA POPSICLES

PREPARATION TIME: 10 minutes plus freezing time

NUMBER OF SERVINGS: 1 serving

INGREDIENTS:

► 1 cup of Lipton Pure Green Tea (prepared as per instructions on pack & cooled)

► 30 ml Orange juice

► 30 ml Pineapple juice

► 10 ml Lemon juice

► ¼ cup of chopped assorted seasonal fruits (grapes, plum, orange, mango, kiwi, strawberry)

METHOD:

Mix all ingredi-



ents and pour into popsicle moulds and freeze for a few hours. (Depends on the size of the mould available). Alternatively it can just be served in a tall glass with ice as a drink.



FLAVOUR 6: LIPTON TULSI NATURA GREEN TEA LIPTON POMEGRANATE MAR'TEA'NI:

PREPARATION TIME: 5 minutes

NUMBER OF SERVINGS: 2 servings

INGREDIENTS:

► 2 tablespoons fresh pomegranate seeds

► 10 ml lemon juice

► 5-6 ginger juliennes

► Ice cubes

► 1 cup of Lipton TulsiNatura Green Tea (prepared as per instructions on pack & cooled)

► 60 ml pomegranate juice

► 1 sprig of tulsi for garnish.



FLAVOUR 4: LIPTON LEMON ZEST

GREEN TEA

LIPTON LEMON AND RAW MANGO GRANITA:

PREPARATION TIME: 15 minutes

NUMBER OF SERVINGS: 2 servings

INGREDIENTS:

► 1 large or 2 medium raw mangoes

► 2 cups of Lipton Lemon Zest Green Tea (prepared as per instructions on pack & cooled)

► ½ tsp roasted cumin powder

► A few drops of Tabasco

► 1 Cup Crushed ice

METHOD:

Boil the raw mango in water till soft (about 10 minutes); remove skin and keep aside to cool. Once cooled, the mango is de-seeded, cut into chunks and the pit is discarded. Add all ingredients to blender and blend till smooth. Serve in a margarita glass and garnish with a slice of raw mango on the rim.

Indian Junior Women’s Hockey Team Leaves for Four Nations Tournament in Argentina



Bengaluru, May 21 (UNI) The Indian Junior Women’s Hockey Team left from Kempegowda International Airport, here, in the early hours of Wednesday for the Four Nations Tournament in Rosario, Argentina.

The friendly tournament, part of the team’s preparation for the

Man City's Rodri returns after 8 months out

London, May 21 (UNI) : Manchester City midfielder Rodri made his return after eight months out with a knee injury.

Rodri received a standing ovation as he came on to replace Erling Haaland in the 83rd minute of City's 3-1 win against Bournemouth at Etihad Stadium on Tuesday.

It is the first time the 28-year-old has played since rupturing his anterior cruciate ligament (ACL) in a 2-2 draw with Arsenal in September.

When Rodri sustained the injury, City were top of the Premier league but their season unravelled and they were forced to surrender their title to Liverpool, who won the league with four games to spare, the BBC reported.

Pep Guardiola's side currently sit third heading into their final game of the season against Fulham.

FIH Hockey Junior Women’s World Cup in December, will feature Argentina, Uruguay, and Chile alongside India, as the teams battle it out for top honours.

Scheduled from May 25 to June 2 (IST), the Four Nations Tournament will see the Indian team play two matches against

Gwalior to host Madhya Pradesh League from June 12

Gwalior, May 21 (UNI) : The Madhya Pradesh League (MPL) is set to return for its latest season, commencing June 12 with matches being held in Shrimant Madhavrao Scindia Cricket Stadium in Shankarpur, here.

The Madhya Pradesh League has been relocated from Indore to Gwalior in view of the advancing monsoon in Indore and delay in the conclusion of the Indian Premier League (IPL).

Interestingly, Gwalior also hosted the inaugural edition of MPL last year, making it a familiar venue for players and organizers alike. Originally, the league was set to commence on May 27 in Indore, aligning with the IPL’s earlier scheduled conclusion on May 25.

Organised by Gwalior Division Cricket

each of the participating nations. The tournament aims to help the team evaluate their performance, test combinations, and refine strategies ahead of the World Cup.

The Indian squad, coached by Tushar Khandker, will be led by goalkeeper Nidhi as

Association (GDCA) under the aegis of MP Cricket Association, the men’s competition, which featured five teams last season, has been expanded to seven, with the inclusion of teams from the Bundelkhand and Chambal regions.

Speaking about the Madhya Pradesh League, Chairman Mahanaaryaman Scindia said, "Gwalior holds a special place in the hearts of our players and fans, and we are thrilled to return here. With two new men’s teams and the introduction of our inaugural Women’s League, we’re proud to expand opportunities for talent across Madhya Pradesh.

Speaking about the date and tournament, Madhya Pradesh League (MPL) CEO Ravi Patankar said, "We are pleased to confirm that all logistical preparations for the venue shift have been

Captain, while forward Hina Bano will serve as Vice-Captain.

India will open their campaign against Chile on May 25, followed by a match against Uruguay on May 26. On May 28, India will face hosts Argentina, completing the first round of fixtures.

Speaking before the team’s departure, Captain Nidhi said, “The Indian Junior Women’s Hockey Team is excited about the upcoming Four Nations Tournament in Argentina. We have been working hard in training, and we hope our efforts reflect in the matches. Playing against stronger opponents will only help us improve. We are confident in our abilities and look forward to the upcoming games.”

successfully completed. With the new start date firmly in place, we look forward to delivering an exciting and seamless tournament for players and fans alike.”

The jersey unveiling ceremony will also take place in Gwalior on May 27. This season will witness the launch of a Women’s Cricket League, which will be held alongside the men’s matches. The women’s competition will feature three teams, including one representing the capital city of Bhopal.

Men’s teams: Gwalior Cheetahs, Bhopal Leopards, Jabalpur Royal Lions, Rewa Jaguars, Indore Pink Panthers, Chambal Ghariyals, Bundelkhand Bulls
Women’s teams: Chambal Ghariyals, Bhopal Wolves, Bundelkhand Bulls.

Djokovic couldn't get more out of Murray partnership

Geneva, May 21 (UNI) Novak Djokovic said he "couldn't get more" out of his partnership with Andy Murray but is in no rush to find a new coach.

The Serb, who turns 38 on Thursday, parted company with former rival Murray earlier in May after six months working together.

Djokovic has taken a wildcard into the Geneva Open - one of the final tournaments before the French Open - as he looks to find more rhythm on the court, the BBC reported.

The French Open starts on Sunday, with Djokovic seeking a standalone record 25th Grand Slam title.

On his time working with Murray, Djokovic said, "We felt like we couldn't get more out of that partnership on the court, and that's all there is to it.

"My respect towards Andy remains the same, even more actually, I got to know him as a person.

"I think he has a brilliant tennis IQ, he has a very rare mind of a champion that obviously has achieved what he has achieved, and he sees the game incredibly well."Djokovic has yet to win a match on clay this year, having suffered early exits in Monte Carlo and Madrid before skipping the Italian Open.Lifting the title in Geneva would make Djokovic just the third man in the Open era to win 100 ATP singles titles - as well as be a welcome boost before Roland Garros.

Djokovic is joined in Geneva by Dusan Vemic, who was previously part of his team, and assistant coach and analyst Boris Bosnjakovic.

"At the moment, I'm not in need of a coach," Djokovic said. "I don't need to rush in any context. I feel comfortable with the people around me.

Mumbai Indians crush DC to seal playoff spot

Mumbai, May 21 (UNI) Riding on a Suryakumar Yadav masterclass and a clinical bowling performance led by Mitchell Santner and Jasprit Bumrah, Mumbai Indians stormed into the IPL 2025 playoffs with a comprehensive 59-run victory over Delhi Capitals at the Wankhede Stadium on Wednesday, .

Chasing 181 for victory, Delhi never really got going and were bundled out for 121 in 18.2 overs. The final blow came from Bumrah, whose inch-perfect yorker uprooted Mustafizur Rahman's middle stump to seal the game and MI’s place in the playoffs. It was a fitting end to a ruthless bowling display.

Earlier, Suryakumar's sublime unbeaten 73 off 43 balls and a blistering late cameo by Naman Dhir (24* off 8) powered Mumbai to 180 for 5 after being sent in to bat. MI recovered from early setbacks — Rohit Sharma fell cheaply, and after promising starts from Ryan Rickelton (25) and Will Jacks (21), the innings was anchored by Suryakumar's class and innovation. His knock was studded with 7 fours and 4 sixes, highlighted by a lofted six over extra cover to bring up his fifty.

Dhir provided the late fireworks in the 19th over,

slapping Mukesh Kumar over extra cover and launching a towering six over midwicket, pushing MI to a defendable total.

In reply, Delhi's innings never gained traction. They lost wickets in a heap, with both openers KL Rahul and Faf du Plessis dismissed inside three overs — Rahul caught behind off Trent Boult for 11 and du Plessis mistiming a lofted shot off Deepak Chahar for 6. Abishek Porel was bamboozled by Will Jacks' drift and turn, stumped for 6.Vipraj Nigam (20 off 11) briefly lifted hopes with a flurry of boundaries, including a six over cover and a deft third-man touch, but was undone by Santner’s variations, caught and bowled attempting a backfoot punch. Santner, who bowled beautifully throughout, also dismissed Sameer Rizvi (39), Ashutosh Sharma (18) and stifled DC’s middle order with remarkable control.

Rizvi's dismissal marked the beginning of the end — a tossed-up delivery that dipped and turned, bowling him through the sweep shot. Ashutosh was next, lured out by flight and stumped. Madhav Tiwari and Kuldeep Yadav followed quickly, both bowled — one by a Jasprit Bumrah special that dipped

sharply, and the other caught trying to hit Karn Sharma out of trouble.

Tristan Stubbs fell lbw to Bumrah, wasting a review, and with wickets tumbling regularly, the result was inevitable.

Boult (4-0-29-1), Santner (4-0-11-3), and Bumrah (3.2-0-12-3) were exceptional, while Karn Sharma chipped in with one wicket. The fielding was equally sharp, with substitute Raj Bawa taking a fine catch at long-on.For Delhi, the loss ended their playoff hopes. Only Sameer Rizvi showed resistance, but lacked support from the rest of the batting order. Mukesh Kumar (2/48) and Kuldeep Yadav (1/22) were the only bowlers who made some impact.

Mumbai Indians’ emphatic victory not only propelled them into the final four but sent a strong warning to their rivals. With form and momentum on their side, the five-time champions appear to have peaked at the right time.

Brief scores:
MI 180/5 in 20 overs (Suryakumar Yadav 73*, Naman Dhir 24*; Mukesh Kumar 2/48, Kuldeep Yadav 1/22)
DC 121 all out in 18.2 overs (Sameer Rizvi 39; Santner 3/11, Bumrah 3/12)
Result: Mumbai Indians won by 59 runs

Path now clear for Nepal to chase T20 World Cup dream

Kathmandu, May 21 (UNI) Nepal captain Indu Barma is excited about what lies ahead after her side won through to the ICC Women's T20 World Cup Global Qualifier for the first time.

Nepal finished second at the recent ICC Women's T20 World Cup Asia Qualifier and are now just one step away from featuring at next year's ICC Women's T20 World Cup in England.The Asian side will now take part in the Global Qualifier tournament later this year or in early 2026, with the top four teams from that event winning a spot at the 20-over showcase in England in the middle of next year.

Nepal will have their work cut out to progress from the Global Qualifier, with higher-ranked teams Bangladesh, Scotland and Thailand and up-and-coming nation USA their opponents that are already confirmed and a further five countries still yet to join them in a 10-team event that will finalise the makeup of the next edition of the Women's T20 World Cup.

But Nepal have already upset the odds by defeating a higher-ranked team in the UAE at the Asian Qualifier to ensure they progressed to the Global Qualifier and Barma believes the recent showing in Thailand displays what her side are capable of, an

ICC report said.“Global Qualifier is a historic achievement that has also opened doors for other opportunities,” Barma said in a video published by Hamrokhelkud.com.

“We are in a happy mood. The win has inspired us. It has shown that women’s cricket in Nepal deserves more investment and support from the agencies concerned,” she said.

Nepal's efforts in Thailand at the Asian Qualifier won praise from a host of sources, with Prime Minister KP Sharma Oli passing on his congratulations shortly after the achievement.

“A historic achievement for Nepal in women’s cricket... This is a moment of pride for Nepal,” Oli wrote on social media.

“Congratulations and best wishes.” Former Nepal men's skipper Paras Khadka also showed his appreciation of the side's efforts and in particular those of Barma following her Player of the Match performance in the decisive Super Three fixture against the UAE.

"Wow. Skipper leading from the front," Khadka wrote."Amazing commitment from our women's cricket team to make to the World Cup qualifiers."Congratulations girls. You have made Nepal proud."

Baramulla Police destroys huge quantity of seized contraband

Srinagar, May 21 (UNI) : Baramulla Police on Wednesday destroyed huge quantity of seized contraband substance worth crores and drugs in presence of magistrate.

Police said the district level Drug Disposal Committee Baramulla destroyed huge quantity of

seized drugs and psychotropic substances under section 52A of NDPS Act.

The seized contraband substances of 33 cases of Police Station Uri, Kreeri, Sheeri, Baramulla, Boniyar and Pattan were destroyed, police said.

The substances destroyed included 1.270 Kgs of Heroin, 1.703 kg of Charas,13 Kgs of Poppy Straw,20.121, Kgs of Ganja, Alprazolam 0.5 mg

340 tabs, Spasmoproxyon plus 68 caps, , Corex 54 Bottles, Corn Cob 112 gms, Tusklit-T Codine five bottles, Spasmed 10 Strip 240 Cap. worth crores.

Champions Trophy 2025 sets new broadcast records

Dubai, May 21 (UNI) : The ICC Men’s Champions Trophy 2025 was the most viewed Champions Trophy ever, recording a growth over the 2017 edition.

The 2025 edition, played in Pakistan and the United Arab Emirates, saw 368 billion global viewing minutes, a remarkable 19 percent increase from the previous tournament held in England and Wales in 2017.

The premium event that saw participation from eight international teams drew 308 million global viewing minutes per over, the most ever for an ICC event.

Under the captaincy of Rohit Sharma, India won the trophy on the back of an unbeaten run

throughout the tournament.

They beat the ICC Men’s Cricket World Cup champions Australia in the semi-final before defeating New Zealand in the grand finale.

The final against the Black Caps on March 9 was the most-watched Champions Trophy fixture ever, with 65.3 billion live viewing minutes globally, overtaking the record set during the 2017 final by a whopping 52.1 percent, an ICC report said.

It was also the third-most watched game in any ICC event globally by live watch time. In India too, it was the third-most watched ICC game ever, sitting behind the 2023 Cricket

World Cup semi-final and final, both of which featured India.ICC Chair Jay Shah regarded the Champions Trophy’s success as a marker of the game’s global growth.

“We are delighted to share that the ICC Champions Trophy 2025 has achieved record-breaking global viewership,” Shah said.

“Making it the most-watched edition of the tournament to date," he said.“These remarkable numbers reflect the growing global appeal of the game and the strength of our partnerships,” Shah added.

The tournament also broke broadcast records in prominent cricketing

territories, including Australia, India and Pakistan, and also made waves in up-and-coming markets.“We are especially grateful for the continued innovation and investment by the JioStar network in India which delivered live coverage across 29 unique broadcast feeds in nine languages, an effort that played a significant role in reaching new audiences and deepening fan engagement,” Shah said regarding the coverage in India.

With the return of the award-winning Indian Sign Language feed and Audio Descriptive Commentary, coverage in India across the JioStar network featured a

range of inclusive innovations designed to ensure all fans could enjoy the unrivalled drama of the Champions Trophy, culminating in it becoming the most watched Champions Trophy ever in the country.

The tournament became the most watched Champions Trophy in Australia too, with the overall viewing hours going up by 65 percent compared to the previous edition.With enhanced coverage featuring the introduction of a Hindi language feed, Amazon Prime Video witnessed the highest viewership of any ICC event shown exclusively on the platform.

reaching the semi-finals of the Taipei Open earlier this month.

However, it was a disappointing outing in mixed doubles for Indian pairs. Ashith Surya-Amrutha Pramuthesh were ousted by top seeds Jiang Zhenbang-Wei Yaxin of China 12-21, 10-21, while Rohan Kapoor-Ruthvika Gadde lost 10-21, 14-21 to fourth seeds Guo Xinwa-Chen Fanghui.

The biggest upset of the day came courtesy of Sathish Karunakaran, who beat third seed and world championships bronze medalist Chou Tien-chen of Chinese Taipei 21-13, 21-14 in a commanding display.

Youngster Ayush Shetty added to India’s success with a 20-22, 21-10, 21-8 win over Canada’s Brian Yang. Shetty had recently made headlines by

India Open in January.

In contrast, Indian men’s singles players enjoyed a successful day.

World No. 35 HS Prannoy came from behind to stun fifth seed Kenta Nishimoto of Japan 19-21, 21-17, 21-16, while former world No. 1 Kidambi Srikanth (WR 65) defeated sixth seed Lu Guangzu of China 23-21, 13-21, 21-11 to book his place in the second round.

PV Sindhu crashes out of Malaysia Masters

Bukit Jalil (Malaysia), May 21 (UNI) : India's star shuttler and two-time Olympic medallist PV Sindhu suffered an early exit from the Malaysia Masters 2025 badminton tournament after a first-round defeat to Vietnam’s Nguy?n Thùy Linh at the Axiata Arena, KL Sports City, here on Wednesday.

Sindhu, currently ranked world No. 16, went down 11-21, 21-14, 15-21 in

a match lasting 63 minutes. Despite a fighting comeback in the second game, the Indian ace failed to maintain momentum in the decider. This was Nguy?n Thùy Linh’s second victory over Sindhu in four meetings.

Sindhu’s early elimination adds to a string of disappointing performances this season, with her best result being a quarterfinal finish at the

PM to inaugurate 103 redeveloped Amrit Stations in 86 districts across 18 States and Union Territories

(Standard Post Bureau)
Mumbai, May 21 : Prime Minister Mr Narendra Modi will visit Rajasthan on 22nd May. He will travel to Bikaner and at around 10:30 AM, he will undertake darshan at Karni Mata temple in Deshnoke.

Further at around 11:00 AM, Prime Minister will inaugurate the redeveloped Deshnoke Station under the Amrit Bharat Station Scheme and flag-off Bikaner-Mumbai express train. Thereafter, he will lay the foundation stone, inaugurate and dedicate to the nation multiple development projects worth over Rs 26,000 crore and also address a public function in Palana.

In line with his commitment to constantly improve and enhance the rail infrastructure in the country, Prime Minister will inaugurate 103 redeveloped Amrit Stations in 86 districts across 18 States and Union Territories of India developed at a cost of over Rs 1,100 crore. Over 1,300 stations are being redeveloped with modern facilities, designed to reflect regional architecture and enhance passenger amenities under the Amrit Bharat Station Scheme. Deshnoke railway station, serving pilgrims and tourists visiting the Karni Mata Temple among others, is inspired with temple



architecture and arch and column theme. Begumpet railway station in Telangana is inspired by the architecture of the Kakatiya empire. Thawe station in Bihar incorporates various murals and art works representing Maa Thawewali, one of the 52 Shakti Peethas and depicting Madhubani paintings. Dakor station in Gujarat is inspired by Ranchhodrai Ji Maharaj. The redeveloped Amrit stations across India integrate modern infrastructure with cultural heritage, passenger-centric amenities including those for Divyangjan and sustainable practices to enhance the travel experience.

Indian Railway is marching towards 100% electrification of its network, making railway

operations more efficient and environment friendly. In line with this, Prime Minister will lay the foundation stone of Churu-Sadulpur rail line (58 km) and dedicate to the Nation Suratgarh-Phalodi (336 km); Phulera-Degana (109 km); Udaipur-Himmatnagar (210 km); Phalodi-Jaisalmer (157 km) and Samdari-Barmer (129 km) rail line electrification.

In a major boost to road infrastructure in the state, Prime Minister will lay the foundation stone for construction of 3 Vehicle Underpasses, widening and strengthening of National highways. He will also dedicate 7 roadways projects in Rajasthan. The roadways projects, worth over Rs 4850 crore, will facilitate smoother movement of goods and people. The highways extend up to the Indo-Pak

border, enhancing accessibility for security forces and strengthening India's defence infrastructure.

Furthering the vision of electricity for all and green and clean energy, Prime Minister will lay the foundation stone of power projects including Solar projects at Bikaner and Nawa in Didwana Kuchaman, and Transmission Systems for Evacuation of Power Part B PowerGrid Sirohi Transmission Ltd and Part E PowerGrid Mewar Transmission Ltd. He will also inaugurate power projects including Solar project at Bikaner, Transmission system for Evacuation of PowerGrid Neemuch and from Bikaner Complex, Augmentation of transformation capacity at Fatehgarh-II Power Station which will provide clean

energy and reduce carbon emission.

Prime Minister will also lay the foundation stone, inaugurate and dedicate 25 important state government projects across Rajasthan to enhance infrastructure, connectivity, power supply, health services, and water availability in the state. These include laying of foundation stone and dedication to the nation of projects for upgrading and maintaining 12 State Highways covering a total length of over 750 km worth over Rs 3,240 crore; further expansion under the program includes an additional 900 km of new highways. Prime Minister will inaugurate power projects at Bikaner and Udaipur. He will also inaugurate Nursing Colleges in Rajsamand, Pratapgarh, Bhilwara, Dholpur which will play a key role in enhancing health infrastructure in the state.

He will also lay the foundation stone and dedicate to the nation various water infrastructure projects in the region including Rural Water Supply and Fluorosis Mitigation Project in Jhunjhunu District, Restructuring of Urban Water Supply Schemes in 7 Towns of Pali District under AMRUT 2.0, among others.

ECoR, DRM inspects Divisional Railway Hospital, Waltair



(Standard Post Bureau)
Visakhapatnam, May 21 : Mr Lalit Bohra, Divisional Railway Manager of Waltair Division, accompanied by Dr. Sarat Babu, Chief Medical Superintendent, conducted a detailed inspection of the Divisional Railway Hospital, Waltair Division, Visakhapatnam today.

During the inspection, DRM Shri Lalit Bohra reviewed various facilities including the Dialysis Unit, Outpatient Departments (OPDs),

Operation Theatres (OTs), Medical and Surgical Stores, and patient wards. He interacted with the patients and on-duty staff to obtain firsthand feedback on the quality of healthcare services being provided.

Expressing appreciation for the hospital's performance and the dedication of the medical staff, the DRM offered constructive suggestions for further enhancing patient care. He commended the efforts of the staff and healthcare

workers, advised them to continue providing seamless, patient-friendly services and to ensure timely response to medical needs. The inspection was also attended by Dr. Charumathi, ACMS and Dr. Laxman Rao ACMS ; Shri Jusuf Kabir Ansari, Senior Divisional Personnel Officer; Shri Jagadish, Senior Divisional Engineer (Headquarters); along with other senior officials of the hospital and representatives from the railway unions.

Few WR trains affected due to block at Valsad and Navsari over Virar - Surat Section

(Standard Post Bureau)
Mumbai, May 21 : A Block of 2 hrs will be undertaken on Monday & Tuesday i.e. on 26th & 27th May, 2025 for launching of composite girder for construction of Road Over Bridge (ROB) between Atul - Valsad stations and de launching of old Foot Over Bridge (FOB) at North end at Navsari station of Mumbai Central Division. The blocks will be undertaken on UP & down Main Lines, due to which a few Western Railway trains will be affected.

According to a press release issued by Chief Public Relations Officer of Western Railway, Mr Vineet Abhishek, the details of the trains which will be affected due to the block are as under:-

Trains Cancelled on 26th & 27th May, 2025:

- Train No 69153 Umbergam Road - Valsad MEMU will remain cancelled.
- Train No 69154 Valsad - Umbergam Road MEMU will remain cancelled.

Regulation of Trains

- Train No. 19015 Dadar - Porbandar Saurashtra Express journey commencing on 27th May, 2025 will be regulated by 25 minutes.
- Train No. 09003 Mumbai

on 26th May, 2025:

- Train No. 19015 Dadar - Porbandar Express journey commencing on 26th May, 2025 will be regulated by 20 minutes.
- Train No. 12926 Amritsar - Mumbai Central Paschim Express journey commencing on 25th May, 2025 will be regulated by 01 hour 50 minutes.
- Train No. 22954 Ahmedabad - Mumbai Central Gujarat Superfast Express journey commencing on 26th May, 2025 will be regulated by 01 hour 30 minutes.
- Train No. 22195 Virangana Laxmibai Jhansi - Bandra Terminus Superfast Express journey commencing on 25th May, 2025 will be regulated by 25 minutes

Central - Delhi AC Superfast Special journey commencing on 27th May, 2025 will be regulated by 30 minutes.

- Train No. 19567 Tuticorin - Okha Express journey commencing on 25th May, 2025 will be regulated by 01 hour 50 minutes
- Train No. 12926 Amritsar - Mumbai Central Paschim Express journey commencing on 26th May, 2025 will be regulated by 01 hour 50 minutes.
- Train No. 19028 Jammu Tavi - Bandra Terminus Express journey commencing on 26th May, 2025 will be regulated by 01 hour 30 minutes.
- Train No. 22954 Ahmedabad - Mumbai Central Gujarat Superfast Express journey commencing on 27th May, 2025 will be regulated by 01 hours 30 minutes.
- Train No. 22195 Virangana Lakshmbai Jhansi - Bandra Terminus Superfast Express journey commencing on 26th May, 2025 will be regulated by 30 minutes.

Supreme Court grants interim bail to Ashoka University Prof Ali Khan Mahmudabad

New Delhi, May 21 (UNI) : The Supreme Court on Wednesday granted interim bail to Ali Khan Mahmudabad, an Associate Professor at Ashoka University, in a case related to his Facebook post on Operation Sindoor, India's military response to the Pahalgam terror attack.

A Bench comprising Justice Surya Kant and Justice N. Kotiswar Singh passed the order while hearing Mahmudabad's plea challenging his arrest and custody.

Although the Court refused to stay the ongoing investigations or the two FIRs filed by Haryana Police, it directed his release on interim bail.

"We direct that the petitioner be released on interim bail subject to furnishing of bail bonds to the satisfaction of the Chief Judicial Magistrate (CJM), Sonapat. There shall be only one set of bail bonds for both FIRs," the Bench ordered.

The Court, however, imposed strict restrictions on Mahmudabad during the bail period directing that he must not publish any online articles, posts, or deliver speeches on the issues related to this case.

He is restrained from making any comment on India's recent security crisis or the counter-terror operations and he is required to surrender his passport.

Significantly, the Court also replaced the Haryana Police with a Special

Investigation Team (SIT) to conduct the probe. The SIT will be headed by an Inspector General of Police and must include three IPS officers, none of whom shall be from Haryana or Delhi. One member of the SIT must be a woman officer.

"Having regard to the contents of the two alleged online posts, we are not inclined to stay the investigation at this stage. However, to ensure an impartial probe, we direct the DGP, Haryana to constitute a SIT of officers outside Haryana and Delhi," the Court stated.

During the hearing, the Bench took serious note of the language used in Mahmudabad's Facebook post, observing that it could carry dual meanings and potentially be interpreted as insensitive during a national crisis.

"It is unfortunate when free speech is used in a manner that may humiliate or cause discomfort to others. Choice of words matters," Justice Kant observed.

The Court questioned whether the post sought cheap popularity at a time of national distress, even as Senior Advocate Kapil Sibal, representing Mahmudabad, defended it as a patriotic and anti-war message, concluding with "Jai Hind." "Everyone has the right to free speech, but also a duty to use it

responsibly. Rights cannot exist in a vacuum devoid of duties," Justice Kant remarked, characterizing some portions of the post as "dog-whistling."

Mahmudabad was arrested by Haryana Police on May 18 in Delhi and remanded to two days of police custody. The action stemmed from two FIRs filed over his Facebook remarks on Operation Sindoor, in which he criticized Pakistan-sponsored terrorism, denounced war, and urged right-wing supporters to also speak out against mob lynching and property demolitions in India.

One of the FIRs was based on a complaint by Yogesh Jatheri, and includes charges under the Bharatiya Nyaya Sanhita (BNS), including, Section 196 (promoting hatred), Section 197 (assertions prejudicial to national integration), Section 152 (endangering the sovereignty and integrity of India), and Section 299 (culpable homicide).

The second FIR followed a complaint by Haryana Women's Commission Chairperson Renu Bhatia, alleging the post was insulting to women officers in the Armed Forces. Charges include, Section 353 (public mischief), Section 79 (insult to modesty), Section 152 (again).

The Commission had also issued a show-cause notice, accusing Mahmudabad of promoting communal disharmony and disrespecting women officers like Colonel Sofiya Qureshi, who led India's media briefing on Operation Sindoor.

Mahmudabad, in response, stated that the Women's Commission had misconstrued his remarks, which, in his view, praised the officers but also demanded that the empowerment of women reflect in ground realities and institutional practices.

The Court pressed the Additional Solicitor General S.V. Raju, representing the State of Haryana, to identify specific content where Mahmudabad allegedly insulted women officers.

"The FIR claims insult to women army officers. Where is the line that crosses the threshold? Show us," the Bench insisted.

Raju acknowledged that the content needed to be examined more closely and agreed to place relevant material before the Court. With the SIT now in charge of the probe and Mahmudabad out on interim bail, the matter will continue before the Supreme Court, which will assess whether the charges merit further legal action, or whether Mahmudabad's statements fall within the ambit of protected free speech.

MANUU to host UNICEF Media Consultation on Road Safety

(Standard Post Bureau)
Hyderabad, May 21 : The Department of Mass Communication and Journalism (MCJ), Maulana Azad National Urdu University (MANUU) in collaboration with UNICEF India is hosting the UNICEF National Media Consultation on Road Safety and Systems Strengthening on 22 May 2025.

According to Prof. Mohammad Fariyad, Dean and Head, Department of MCJ, Padma Shri awardee, Prof. Syed Ainul Hasan will preside over the program and will deliver the Keynote Address. The notable speakers and dignitaries including Ms Zafirn Chowdhury, Chief of Communication, Advocacy and Partnerships, UNICEF India; Mr Roman Chesha, Chief Executive Officer, ISADAK (An Abertis Company); Dr Zelalem Taffesse, Chief, UNICEF Hyderabad Field Office; Mr P Shiv Shankar, Regional Officer, NHAI Hyderabad; and Shri Surendra Mohan, IAS, Commissioner, Transport Department, Government of Telangana, will be the Guests of Honour.

Dr Syed Hubbe Ali, Health Specialist from UNICEF India Country Office, will deliver a detailed presentation on child and adolescent road safety interventions. A panel discussion and Ideation session will also be held during the program.