

## Jaya Jayahe Telangana ! Janani Jayaketanam !!



### HAPPY TELANGANA FORMATION DAY

Giving a new lease of life to  
sidelined aspirations of Telangana...  
Rebuilding the future of the state...

Honouring the services of Poets

Rs. 1 crore cash award for the poets from Telangana

🕒 | Date: 2nd June, 2025, Time: 9:00 AM

📍 | Venue: Parade Grounds, Secunderabad

All are Invited



Fine rice for ration card holders | SC categorisation for the first time | 4.5 lakh Indiramma houses  
Rs. 21,666 crores Farmers' loan waiver | 42% reservation for BCs | Bhu Bharathi Act | Rs.500 bonus for fine rice  
Crop Loss Compensation | Raithu Bharosa | Indiramma Athmiya Bharosa | Indira Mahila Shakti | Young India Integrated Residential Schools  
200 units of free electricity | Caste Census | Free bus travel for women | GAS cylinder at Rs. 500 | Free healthcare up to Rs. 10 lakh  
59,000 government jobs in one year | Regional Ring Road | Warangal Airport | Metro Phase-II | Hydraa for protection of lakes  
Rs. 3 lakh crore Investment's | Bharat Future City | New ration cards | Young India Skills University | Young India Sports University  
Change from TS to TG | Rythu Nestham | Jaya Jaya He...Telangana state anthem | Unveiling of Telangana Talli statue

PEOPLE'S GOVERNMENT: PATH TO PROGRESS AND WELFARE FOR ALL



# Chhatrapati Shivaji Maharaj Heritage tour Train

5% discount for 1st 100 bookings



**IRCTC’s special tour offering to cover Raigad Fort, Pune (Lal Mahal, Kasba Ganapati and Shivrushti), Shivneri Fort, Bhimashankar Jyotirlinga, Pratapgarh Fort, and Kolhapur (Mahalakshmi Temple and Panhala Fort).**

(Standard Post Bureau)

Mumbai, June 1 : The 06 days itinerary will commence its journey from Chhatrapati Shivaji Maharaj Terminus (CSMT.) On Day 1 for Mangaon Railway station on the Konkan Railway network, the closest railway link for Raigad fort. The first destination is Raigad, known for the eponymous hill fort where Chhatrapati Shivaji Maharaj’s coronation or Rajyabhishek had taken place and was later his capital from where he ruled. On completion of the sightseeing, the tourists would return back to the train as it proceeds for the next destination, Pune wherein the tourists will be having dinner followed by overnight stay at hotel at Pune.

On Day 2 of the tour, the prominent sites that the tourists would be covering at Pune are Lal Mahal, Kasba Ganapati and Shivrushti. Lal Mahal as the name suggests is a red-colored palace constructed by Chhatrapati Shivaji’s father Shahaji Bhosale for his wife Jijabai and son in 1630 CE. The present-day structure was rebuilt in 1984 on a part of the land where Lal Mahal stood and houses a vast collection of oil paintings that depicts significant life events of Chhatrapati Shivaji Maharaj. The temple of Kasba Ganapati, the presiding deity of Pune dates back to the 1893 and is believed to have been earmarked by Jijabai, Chhatrapati Shivaji Maharaj’s mother. Since then, the city is known as the city of Ganesha. Later in the day, the tourists shall be visiting Shivrushti– the largest historical theme park showcasing the legend of Chhatrapati Shivaji

Maharaj. Tourists will watch the life story of the Maratha ruler in 3D and will enjoy other interactive sessions.

**After a night’s rest at Pune.**

On Day 3, the guests will be travelling to Shivneri, situated at a distance of 95 kms from Pune city. The Shivneri Fort is situated on a hilltop overlooking the Junnar City. It is the birthplace of Chhatrapati Shivaji Maharaj and a symbol of Maratha pride and resistance against Muslim rule. Post lunch, the tourists will be visiting Bhimashankar Jyotirlinga temple, one of the 12 Jyotirlinga temples before returning back to Pune for night halt.

On Day 4 of the itinerary, the tourists will be boarding the train for onward journey to Satara. The key site to be covered from this station is Pratapgarh Fort which is of immense historical importance because of the Battle of Pratapgad that took place in 1659 between Chatrapati Shivaji Maharaj and Bijapur Sultanate general Afzal Khan. This battle had set the stage for the establishment of the Maratha Empire. Post visit, the tourists will take lunch at a suitable place and start back for the train as it proceeds for the last destination of this tour, Kolhapur. “On Day 5, the train will arrive at Chhatrapati Shahu Maharaj Terminus Kolhapur Railway Station early morning. Post wash & change and breakfast at a hotel, the tourists will proceed for Mahalakshmi Temple popularly known as Ambabai followed by the Panhala Fort. Sitting atop the Sahyadri range, the hill

fort bears a testament to many battles and is closely connected with Chhatrapati Shivaji Maharaj who spent over 500 days as where he was held captive and later escaped. The Panhala Fort – also called as the ‘Fort of Snakes’ since it is zigzag in shape. The Fort is associated with the life history of Chhatrapati Shivaji Maharaj and Shambhaji Maharaj. It is remembered for the heroic valour shown by Baji Prabhu Deshpande, the commander of Chhatrapati Shivaji Maharaj during the fight in capturing the Fort. In the late evening, the train starts back on its return journey for Mumbai and reaches early morning in Mumbai on Day 6. “The package has been attractively priced at Rs. 13,155/- per person in Economy (Sleeper Class), Rs 19,840/- per person in Comfort (3AC) & Rs. 27,365/- per person for Superior (2AC). 5% discount will be given for 1st 100 bookings done directly. The all-inclusive price in all categories will cover train journey in respective classes, night stay at comfortable hotels, all meals (vegetarian only), all transfer & sight-seeing in buses, travel insurance, services of tour escort etc. All necessary efforts will be made by IRCTC to provide a safe and memorable experience to the guests.

For more details, you can visit the IRCTC website: <https://www.irctctourism.com/bharatgaaurav>, and bookings are available online on a first-come, first-serve basis on the web portal. For more information, you can contact IRCTC at 8287931886.

## Australian DPM and Defence Minister Richard Marles visiting India this week

Melbourne/New Delhi, June 1 (UNI) Australian Deputy Prime Minister and Minister for Defence Richard Marles will be visiting India this week during which he will meet with his counterpart and other top officials.

Marles is travelling to South and Southeast Asia from June 2-5 for high-level meetings.

The Australian Deputy Prime Minister will meet leaders and counterparts in the Maldives, Sri Lanka, India and Indonesia as part of the Government’s commitment to deepening diplomatic and defence partnerships in the Indo-Pacific, a statement said.

The visit to India coincides with the fifth anniversary of Australia and India’s Comprehensive Strategic Partnership, which underpins our relationship and shared vision for the Indian Ocean, he said.

Marles said: “Australia values our relationships with neighbours in the Indo-Pacific. Our deepening cooperation is at the heart of Australia’s approach to ensure the Indo-Pacific remains open, inclusive and resilient.”

“I look forward to meeting leaders and welcome productive discussions on how we can work together to shape a peaceful, secure, and prosperous region that is respectful of sovereignty.”

On May 23, Defence Minister Rajnath Singh had extended congratulations to Richard Marles on his reappointment as the Deputy Prime Minister and Minister of Defence of Australia.

# Safety Week begins with enthusiasm through marathon in Kalyan Circle



(Standard Post Bureau)

Kalyan, June 1 : On the occasion of the 20th anniversary of Mahavitaran, an electricity safety week has been organized across the state from 1st to 6th June with the concept of ‘Zero Accident Mahavitaran, Zero Accident Maharashtra’. Accordingly, the safety week was inaugurated in the Kalyan Circle on Sunday (01st June) morning in the enthusiastic atmosphere of a marathon. With the motto ‘We are the architects of safety, we will achieve the goal of Mahavitaran with zero accidents’, the marathon of

employees and officers who set out to create awareness about electricity safety was led by Chandramani Mishra, Chief Engineer of Kalyan Circle.

The 20th anniversary of Mahavitaran is being celebrated on 6th June. Various activities have been organized in the electricity safety week organized on this occasion, giving top priority to electricity safety. The marathon, organized by the employees and officers, started from the premises of the Kalyan Divisional Office at 8 am on Sunday. Carrying placards and giving slogans regarding

electricity safety, the marathon reached Prem Auto Chowk. The marathon, which started with the slogan ‘Run for Safety’ to raise awareness about electricity safety, concluded in the premises of the Divisional Office.

Superintendent Engineer Deepak Patil of Vashi Divisional Office, Superintendent Engineer Nitin Kale of the Distribution Department at the headquarters, Superintendent Engineer Vijay Funde of Kalyan Division II, Deputy Chief Public Relations Officer Ajit Egatpurikar, Deputy Chief Industrial Relations Officer

Ramgopal Ahir, Executive Engineers Kaumudi Pardeshi, Debashish Dutta, Milind Chaudhary, Jagdish Bodkhe, Manish Dhakre, Senior Manager Yogesh Amritkar along with a large number of sub-divisional, branch engineers, employees and officers were present in this marathon.

On June 2, awareness will be created about electricity safety in residential areas in all the subdivisions of the circle. On June 3 and 4, an essay/painting competition on electricity safety has been organized for the children and families of employees as well as school students.

# 'Lokmata Ahilyabai Holkar's birth anniversary not historical event, but philosophy of life for all': Vice President

Agra (UP), Jun 1 (UNI) : Vice President Jagdeep Dhankhar said on Sunday that the birth anniversary of Lokmata Ahilyabai Holkar is not a date or a historical event, but a philosophy of life for everyone.

Addressing a seminar organised under the Tercentenary Year Smriti Abhiyan-2025 of Maharani Ahilyabai Holkar, organised at GIC Ground, Pachkuiyan, the Vice President said, "We will have to take a pledge that we will follow her ideals. Lokmata was the representative of India's great tradition in difficult times, where religion-culture and governance flow in the same stream. So many temples including Somnath Gujarat, Kashi V i s h w a n a t h ,

M a h a k a l e s h w a r , Omkareshwar, Badrinath, Kedarnath, Bhimashankar, Rameshwaram Gokarna were revived by her hands. Veerangana Ahilyabai Holkar is an inspiration for us."He said that creation and preservation of culture is very important. "When invader Aurangzeb brutally attacked Kashi Vishwanath, 100 years later Ahilyabai Holkar showed foresight and built a temple of Kashi Vishwanath," he said.

Discussing the current scenario, Dhankhar said that the entire country is overwhelmed by the miraculous change that has come there. "One feels happy to see the picturesque ghats there. This work has been done by Chief Minister Yogi Adityanath under the leadership of PM Modi," he

said.

He said that Yogi Adityanath is a visionary and believes in work. "In December 2021, he unveiled the statue of Adi Shankaracharya and Lokmata Ahilyabai Holkar at Kashi Vishwanath. The work done by Lokmata Ahilyabai Holkar was done by Yogi Adityanath. He transformed UP," he said.

He said, "After Kashi Vishwanath and Ayodhya, work will also be done in Mathura. The coming generations will remember the work of Yogi in the same way as we remember Lokmata today.

The Vice President said, "let us take a pledge that like Lokmata Ahilyabai, we will also consider duty as religion and will advance rights through service. Like the creation of law,

Ahilyabai's thinking has also come in Yogi Adityanath," he said.

Recalling the valour of the Indian Army, he said that on April 22, the enemies showed cowardice in Pahalgam, they were answered.

Congratulating the Indian Army for the success of Operation Sindoor, the Vice President said that due to the valour of the army, the enemy had to chew iron grams. "The army gave a message to the world that India has changed. India will end terrorism, we will completely destroy anyone who tries to harm us," he said.

Addressing CM Yogi, he said, "how great the military production on your land is, it will keep echoing in the ears of the enemy.

"The Brahmos manufactured here destroyed them by entering the hideouts of Jaish-e-Mohammed, Lashkar-e-Taiba," he said.

Dhankar said that Yogi Adityanath has completely changed the image of UP during his tenure. "Today UP means good governance and rule of law. Development is not possible without the rule of law. UP has now become Uttam Pradesh," he said.

He further said, "we are Indians, Indianness is our identity and nationalism is our religion. Nation is supreme. Whatever we do for the nation is less," he said.

The Vice President said, "My head is held high with pride because Ahilyabai Holkar also belonged to a farmer family.

# Air Marshal Jasvir Singh Mann takes over as Sr Air Staff Officer, Western Air Command

New Delhi, June 1 (UNI) : Air Marshal Jasvir Singh Mann took over as Senior Air Staff Officer of Western Air Command, Indian Air Force on Sunday. An alumni of the National Defence Academy, the Air Marshal was commissioned as a fighter pilot in the Indian Air Force on 16 December 1989. He has flown over 3000 hours primarily on various types of fighter aircraft, a Defence Ministry statement said. He is a pilot Attack Instructor and in his operational career, he has commanded a fighter squadron, been Chief Operations Officer of a forward base and Air Officer Commanding of a premium fighter base. He has also held various important appointments at Air

Headquarters and Command Headquarters. The Air Officer has directed Joint Military Training exercises with Republic of Singapore Air Force in 2017 and the USAF in 2018. The Air Officer tenanted the appointments of Senior Officer-in-Charge Administration and Air Defence Commander of Central Air Command. The Air Marshal is also an alumni of the prestigious Defence Services Staff College and Royal College of Defence Studies, London (UK). Prior to taking over as Senior Air Staff Officer, Western Air Command, Indian Air Force, he was Director General (Weapon Systems) at Air Headquarters. The Air Officer is a recipient of Presidential awards ‘Ati Vishist Seva Medal’ and ‘Vayu Sena Medal’.

# Congress burn effigies of Nitish Kumar to protest death of rape victim

Patna, June 1 (UNI) : Congress on Sunday burnt effigies of Bihar Chief Minister Nitish Kumar and Health Minister Mangal Pandey to protest against death of a rape victim due to negligence during treatment in Patna Medical College and Hospital.

A large number of workers and senior

Congress leaders including president of Bihar Pradesh Congress Committee (BPCC) Rajesh Ram were present near Income Tax round-about in Patna when effigies of Chief Minister Kumar and Health Minister Pandey were burnt to protest against death of a minor rape victim during treatment

in Patna Medical College and Hospital (PMCH) in Patna.

Rajesh Ram told media persons on the occasion that a nine year old girl was raped in Kurhni in Muzaffarpur district of Bihar on May 26. An attack was also made on girl causing grievous injuries to more than 20 spots of her

body, he added.

"Victim was being treated in a local hospital despite her serious condition, and she was rushed to Patna after intervention of Congress", he said, adding that she was neither admitted to All India Institute of Medical Sciences (AIIMS) in Patna nor PMCH.



## IN BRIEF

### Rs 20 lakh stolen in ATM heist in Huzurnagar

Suryapet, June 1 (UNI) : A major robbery occurred at a State Bank of India (SBI) ATM in Huzurnagar, Suryapet district, around midnight on Saturday.

According to police, unidentified miscreants broke into the ATM located on Lingagiri Road using gas cutters and looted Rs 20 lakh in cash. After the theft, the assailants set the ATM on fire, destroying it.

Upon receiving information, police rushed to the spot and conducted a preliminary investigation.

A case has been registered, and further investigation is underway, officials said.

### NPRD to intensify movement for separate disabled welfare department in Telangana

Hyderabad, June 1 (UNI) : The National Platform for the Rights of the Disabled (NPRD) will intensify its movement demanding the continuation of the Disabled Welfare Department as a separate entity and implementation of promises made to persons with disabilities during the Assembly elections, said NPRD Telangana State General Secretary Y Adivaiah.

Speaking at the State Committee meeting held in Chikkadapalli under the chairmanship of State President K. Venkat on Sunday, Adivaiah criticised both the Centre and the State for neglecting the rights and welfare of the disabled.

He alleged that the Centre is weakening key disability laws and failing to fill backlog vacancies, while the Telangana government has not increased pensions or provided promised travel benefits.

He also announced that a state-wide survey on disability issues will be conducted from June 5 to 30, followed by phased protests. A state-level cultural festival will be held on June 27 to commemorate Helen Keller's 145th birth anniversary.

Senior leaders, including State Honorary President T Vamma and several committee members, participated in the meeting, a statement said.

## Hyderabad gears up for grand Telangana Formation Day celebrations

Hyderabad, June 1 (UNI) Telangana is set to witness grand celebrations across the state on Monday in honour of Telangana Formation Day, with large-scale official events planned at Nampally Gun Park and the Secunderabad Parade Grounds.

Elaborate arrangements are underway to mark the occasion with pomp and pride.

As part of the festivities, a Japanese delegation led by Kitakyushu City Mayor Kazuhisa Takechi and Miss World 2025 winner Opal Suchata from Thailand will attend the celebrations at Parade Grounds as special guests.

The Japanese delegation arrived in Hyderabad on Sunday and is scheduled to participate in the official programme alongside Chief Minister A Revanth Reddy, official sources said.

Following the ceremony, Telangana and Kitakyushu City are expected to sign a mutual cooperation agreement. The Chief Minister had extended the invitation to the Kitakyushu Mayor during his recent official visit to Japan. Kitakyushu, once one of the most polluted cities in Japan, has transformed into a global model for environmental protection, making it a significant partner for Telangana in its efforts towards sustainable development.

Officials hinted that key Memorandum of Understanding (MoUs) focused on pollution control and environmental sustainability may be signed as part of the partnership, paving the way for knowledge sharing and joint initiatives between Hyderabad and Kitakyushu.

## CM congratulates Suchata for winning Miss World 2025 Crown



Hyderabad, June 1 (UNI) : Chief Minister A Revanth Reddy has extended congratulations to Miss Thailand, Opal Suchata Chuangsri, who was crowned the 72nd Miss World at the grand finale held here on Saturday night .

On 'X', Revanth said, 'The evening had the best of #Hyderabad & stars from all over India congregate to celebrate purpose, intelligence, values, commitment and beauty come together.'

'I congratulate the winners, but I also feel every single one of them

## Govt to roll out slot booking system, AI chatbot for property registrations from June 2

Hyderabad, Jun 1 (UNI) : In a major step towards streamlining property registration services, Telangana will implement a slot booking system across all sub-registrar offices in the state starting June 2, announced State Revenue, Housing, and Information Public Relations Minister Ponguleti Srinivas Reddy on Sunday.

The initiative was earlier piloted in 47 out of 144 sub-registrar offices in two phases. Starting tomorrow, the remaining 97 sub-registrar offices will adopt the slot booking system. Minister Reddy stated that this move aims to provide transparent, efficient, and corruption-free services to citizens.

During a review meeting with officials from the Stamps & Registration Department, the Minister shared data indicating high public satisfaction with the new system. "Since April 10, 45,191 documents have been registered under the slot system, with 94 per cent

of users expressing satisfaction," he noted. He added that the system has facilitated 3,000 additional registrations, indicating its effectiveness.

To further improve accessibility and service quality, an AI-powered WhatsApp chatbot named "Medha" has been launched. Citizens can interact with the chatbot via WhatsApp at 82476 23578 to get instant information on registration office locations, available time slots, charges for various types of deeds, market prices, and more.

In a bid to prevent fraudulent registrations, the government is also set to launch a Developer Registration Module, which will display registered plots in red and help track completed and pending registrations—thus curbing the risk of double registrations in layouts.

Recognising the increased workload in high-demand areas, the

government has appointed additional sub-registrars and staff at nine key locations: Patancheru, Yadagirigutta, Gandipet, Ibrahimpatnam, Suryapet, Jadcherla, Mahabubnagar, Wanaparthy, and Gadwal.

Each sub-registrar office will book 48 registration slots daily from 1030 hours to 1700 hours, excluding lunch hours. Additionally, five emergency walk-in registrations will be allowed between 1700 hours and 1730 hours without prior booking. The Minister also announced the trial implementation of Aadhaar e-signatures in Armur (Nizamabad district) and Kusumanchi (Khammam district) as part of efforts to further digitise and accelerate the registration process statewide.

Minister Reddy emphasised that the government's reforms are guided by public feedback and aimed at delivering people-centric, accountable governance, an official statement said.

### BRS MLC Kavitha urges CM to scrap GHMC monsoon tenders

Hyderabad, Jun 2 (UNI) : BRS MLC K. Kavitha on Sunday wrote an open letter to Telangana Chief Minister A Revanth Reddy demanding the cancellation of tenders related to monsoon emergency and instant repair teams in Greater Hyderabad, alleging bias and irregularities in the process.

She claimed that GHMC engineering officials are favouring a foreign vehicle company, sidelining Telangana-based BC contractors.

According to her, the tender norms unfairly mandate the use of vehicles from a firm with only two showrooms in Hyderabad, whose managers are reportedly unwilling to collaborate with local contractors. Even those who secured MoUs from Karnataka dealers are being pressured to submit hard copies in an unreasonably short time. Kavitha criticised the shift from ward-level tenders (previously 150 wards) to zonal tenders (now only nine), which she said is causing significant losses to local contractors. She added that the specified vehicles are inadequate for material transport and alleged that the tender changes would impose an additional annual burden of Rs 5.85 crore. Calling the move unjust and contractor-unfriendly, she urged the government to cancel the current tenders and return to the earlier ward-wise tendering system, enabling participation from 150 local contractors



### birth anniversary not.....

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### Lavender gave Bhaderwah national identity, role in ....



Lauding the Agri-Startup model of Lavender farming as a transformative force that has rewritten the narrative of entrepreneurship in remote and hilly terrains, Union Minister Dr Jitendra Singh on Sunday said that Lavender has given the small town Bhaderwah in Dida district of Jammu and Kashmir—a national identity and also a national role in India's growth story. ( See on page 4)

### Commerce Minister Piyush Goyal on three-day visit to ...



Union Commerce Minister Piyush Goyal is on a three-day visit to France during which he will hold bilateral meetings with the French Ministers of Economy and Trade to strengthen the economic partnership. (See on page 5)

### PSG thrash Inter 5-0 to win maiden UCL title



Paris Saint-Germain became European champions for the first time in their history, delivering a record-breaking 5-0 thrashing of Inter Milan in the UEFA Champions League final at the Allianz Arena on Sunday IST. (See on page 8)



STANDARD POST

RBI MPC, PMI data, FII activity, global economic indicators to drive stock market next week

The coming week is expected to be a crucial one for the Indian stock markets, with key domestic and global factors set to influence market sentiment.

These include the Reserve Bank of India’s (RBI) Monetary Policy Committee (MPC) meeting, the Purchasing Managers’ Index (PMI) data, Foreign Institutional Investors (FII) activity, and important global economic indicators.

On the domestic front, the S&P Global Manufacturing PMI data for India, which will offer insights into the health of the country's manufacturing sector, is scheduled to be released on June 2.

The RBI's three-day MPC meeting will begin on June 4, with the outcome to be announced by the RBI Governor on June 6.

The committee’s decision on interest rates will be a major trigger for the markets. According to research by Bajaj Broking, globally, the US is also expected to release its PMI data on June 2.

Additionally, key data on non-farm payrolls and unemployment figures for May are expected from the US government on June 6, which could impact global investor sentiment.

In the trading week from May 26 to May 30, Indian markets witnessed a consolidation. The Nifty and Sensex dropped by around 0.40 per cent, ending at 24,750 and 81,451, respectively.

Despite the decline in benchmark indices, the Nifty Bank index managed to close 0.63 per cent higher, led by a strong performance in PSU bank stocks, which rose nearly 4 per cent.

On the other hand, FMCG stocks faced selling pressure, causing the Nifty FMCG index to fall by about 2 per cent. Foreign institutional investors (FIIs) were net sellers in the cash segment last week, offloading stocks worth approximately Rs 418 crore.

In contrast, domestic institutional investors (DIIs) invested over Rs 33,000 crore during the same period.

Puneet Singhania, Director at Master Trust Group, noted that the Nifty ended in the red for the second consecutive week and has now dropped below the 25,000 mark. However, the index remains above its 21-day moving average.He added that 24,500 remains a strong support level for the Nifty. A breach below this could take the index down to around 24,200. On the upside, 25,000 will act as a significant resistance level.

Women must maintain their weight to keep a multitude of diseases at bay

(Standard Post Bureau)

In today’s fast-paced and demanding world, women are multitaskers, effortlessly juggling professional commitments, family responsibilities, and social obligations. While they excel in these roles, their own health and well-being often take a backseat. However, prioritizing fitness and health is not a luxury but a fundamental requirement for a fulfilling and balanced life.

Women’s health is influenced by unique physiological and hormonal factors, making it even more essential to adopt a proactive approach to wellness. Maintaining a healthy body weight and staying physically active can protect against a range of preventable diseases while enhancing energy levels, mental clarity, and overall confidence.

Despite these benefits, many women struggle to integrate healthy habits into their daily lives, often due to time constraints or a lack of awareness. This article explores why maintaining a healthy weight is crucial and offers practical, sustainable tips to help women prioritize their health in every stage of life.

Why Maintaining a Healthy Body Weight Matters

Healthy body weight is more than just a number on the scale; it is a cornerstone of overall well-being. Excess weight can lead to a cascade of health issues that affect every aspect of life, from physical health to emotional and psychological well-being.



Dr Geeta Shroff, Director, NuBella Centre for Women’s Health

Studies consistently show that obesity or being overweight increases the risk of several chronic conditions, including:

Cardiovascular Diseases: Women with excess body weight are more susceptible to hypertension, high cholesterol, and heart diseases.

Type 2 Diabetes: Excess weight affects how the body processes sugar, leading to insulin resistance and diabetes.

Polycystic Ovary Syndrome (PCOS): A common hormonal disorder linked to obesity that can cause infertility and metabolic complications.

Osteoarthritis: Increased weight puts pressure on joints, leading to degenerative joint diseases.

Mental Health Issues: High body weight can contribute to low self-esteem, depression, and anxiety.

These health challenges underscore the importance of maintaining a healthy weight through consistent lifestyle choices.

Practical Tips for Women to Stay Fit and

HealthyBalanced Nutrition – Nutrition forms the foundation of good health. Women should focus on a diet rich in whole foods, including vegetables, fruits, lean proteins, whole grains, and healthy fats. Portion control and mindful eating help in maintaining a healthy weight. Avoid processed and sugary foods, which are high in empty calories.

Regular Physical Activity - Exercise is non-negotiable for a fit and healthy body. Women should aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous exercise per week, combined with strength training exercises. Activities like yoga, pilates, and Zumba are not only effective but also enjoyable.

Stay Hydrated –Drinking adequate water is essential for metabolism and overall health. Aim for 8-10 glasses of water a day and limit sugary drinks.

Stress Management - Chronic stress is a silent contributor to weight gain and other health problems. Practice relaxation techniques like meditation, deep breathing, or hobbies to manage stress effectively.

Adequate Sleep - Sleep is vital for physical and mental recovery. Women should aim for 7-9 hours of quality sleep each night to maintain hormonal balance and overall health.

Regular Health Checkups - Periodic checkups help in early detection and management of health issues. Women should prioritize screenings for blood pressure, cholesterol, blood sugar levels, and bone density, along with routine gynecological exams.

Fitness is not just about looking good; it is about feeling strong, energetic, and confident. For women, maintaining a healthy weight and lifestyle empowers them to take control of their health and enjoy a better quality of life.At Nubella Centre for Women’s Health, we understand that every woman’s health journey is unique. We aim to support women in achieving their fitness and health goals with personalized guidance and holistic care. Let us remember: staying fit is a lifelong commitment, and every small step counts.

Lethal Smog: How Pollution Surge Fuels Stroke Cases



Dr. Amit Shrivastav, Director and Head of Dept, Neurology,

(Standard Post Bureau)

Air pollution has long been recognized as a significant contributor to respiratory and cardiovascular diseases. However, growing evidence now highlights its alarming connection to stroke, one of the leading causes of death and disability worldwide. The recent surge in pollution levels across North India has underscored this link, with deteriorating air quality posing severe risks to public health, including an increased incidence of strokes.

How Pollution Contributes to Stroke

Stroke occurs when blood flow to the brain is interrupted due to a clot or bleeding, leading to brain cell damage. While lifestyle factors like poor diet and sedentary habits are well-established stroke risk factors, air pollution has emerged as a silent yet potent contributor.

Fine particulate matter, nitrogen dioxide, and other pollutants can infiltrate the bloodstream, causing inflammation and oxidative stress. These processes damage blood vessels, accelerate atherosclerosis (narrowing of arteries), and raise blood pressure, all of which heighten the risk of ischemic and haemorrhagic strokes. Studies suggest that even short-term exposure to high pollution levels can trigger strokes in vulnerable individuals, while prolonged exposure significantly increases the lifetime risk.

The Situation in North India

North India, particularly during the winter months, experiences hazardous pollution levels due to a combination of

factors such as stubble burning, vehicular emissions, and industrial discharge. Cities like New Delhi and its surrounding regions frequently record air quality indices (AQIs) in the "severe" category.

This toxic air is not only affecting the lungs but is also contributing to a marked rise in stroke cases. Neurology departments across hospitals in North India report a surge in stroke-related admissions during high pollution periods. Patients with pre-existing conditions, such as hypertension or diabetes, are particularly susceptible to pollution-induced strokes.

Vulnerable Groups and Immediate Impact

Children, the elderly, and individuals with pre-existing cardiovascular conditions are most vulnerable to the effects of pollution. Pregnant women exposed to high pollution levels may also face increased risks of complications that could affect both maternal and foetal health, including the likelihood of strokes.In urban areas with poor air quality, people are often unknowingly inhaling pollutants that compromise their cardiovascular systems over time. Short-term spikes in pollution levels, such as during festive seasons or crop residue burning, can act as immediate triggers for strokes, leading to emergency situations in hospitals.

Mitigating the Risks

Tackling the pollution-stroke connection requires both individual and collective action. At a policy level, stricter regulations on emissions, better public transport systems, and promoting cleaner energy sources are critical. On an individual level, people can minimize exposure by wearing masks, using air purifiers, and avoiding outdoor activities during high-pollution days.

Healthcare professionals emphasize the importance of regular health check-ups, especially for those in high-risk groups, to monitor blood pressure, cholesterol, and other stroke risk factors. Raising public awareness about the link between air pollution and strokes is equally vital to encourage proactive measures.

Lavender gave Bhaderwah national identity, role in India's growth story: Jitendra Singh

Jammu, June 1 (UNI) : Lauding the Agri-Startup model of Lavender farming as a transformative force that has rewritten the narrative of entrepreneurship in remote and hilly terrains, Union Minister Dr Jitendra Singh on Sunday said that Lavender has given the small town Bhaderwah in Dida district of Jammu and Kashmir--a national identity and also a national role in India's growth story.

Dr.Singh while inaugurating the two-day "Lavender festival 2025" organized by CSIR- IIIM at Bhaderwah, said, "This single mission has answered multiple challenges." Dr Jitendra Singh said, “It busted the myth that start-ups are limited to IT or require foreign degrees. Our youth in Jammu & Kashmir, in collaboration with CSIR-IIIM, have shown that passion, perseverance, and learning can build sustainable ventures rooted in agriculture.”

He proudly shared that young entrepreneurs in Bhaderwah are earning an average of Rs 65 lakhs annually through lavender cultivation and value-added products, motivating many others to leave conventional jobs and pursue farming as a lucrative business opportunity.

Dr. Singh credited Prime

UP government to organise yoga practice session at over 4K locations on Yoga Day

Lucknow, June 1 (UNI) : The Uttar Pradesh government will organise large-scale yoga practice sessions at more than 4,000 locations across the state on International Yoga Day on June 21, official sources said here on Sunday.

Sources said that leading up to this, a Yoga Week will be observed from June 15 to 21, during which various programmes will be conducted at the district, tehsil, block and village panchayat levels. "These include mass yoga sessions, seminars, workshops, symposiums, speech competitions, rangoli contests, essay writing, and slogan competitions to raise awareness and encourage public participation," they said.

Sources said that as part of the nationwide celebration, mass yoga demonstrations will take place at 1,00,000 locations across the country, with 4,075 in UP following the Common Yoga Protocol on June 21.

Principal Secretary AYUSH, Ranjan Kumar said that under the direction of Chief Minister Yogi Adityanath, 5,000 trained yoga instructors have been prepared to promote yoga across the state. "These trainers will lead yoga sessions in different parts of UP," he said.

He said that Principals and Managers of AYUSH

colleges have formed various committees to ensure the successful organisation of Yoga Week. "Through these committees, yoga-related programmes will also be held in medical, vocational and other educational institutions," he said.

On this occasion, a large-scale yoga demonstration will be held simultaneously across the entire state. To commemorate the completion of 10 years of International Yoga Day, a special 'Yoga Sangam' programme will also be organised, covering every district of the country.

In line with Prime Minister Narendra Modi's vision to promote yoga, 1,000 yoga parks will be set up across India through local bodies. Three parks have been identified in districts with divisional headquarters, and two each in other districts.

These parks will be developed with the help of the Urban Development Department. Local municipalities and panchayats will also support the initiative so that more people can benefit from practicing yoga.A new initiative is being started by connecting yoga with environmental protection. Along with yoga practice at natural locations, tree plantation and cleanliness drives will be carried out.

sustainable,” he remarked.

Another myth that Dr. Singh addressed was the misconception that Start-Ups are only for the young.

He shared that a special exhibition featuring 60+ age group entrepreneurs will be showcased in the next edition of the festival.

Drawing a broader economic context, Dr. Jitendra Singh said, “India has moved from the 5th largest to the 4th largest economy, and sectors like lavender cultivation will further fuel our rise. These unexplored areas, when empowered, will become pillars of value addition and employment generation.”

He also addressed skepticism around India's economic resilience amid aggressive defence postures.

“Despite challenging times and operations like Sindoor, India’s economy has not only remained buoyant but also grown. That is a fitting reply to skeptics,” he asserted.

Concluding his address, Dr. Singh praised Dr. Zabeer Ahmed and the CSIR-IIIM team for organizing an unprecedented event in Bhaderwah that drew visitors from all over India.

He invited everyone to visit the lavender fields over the next 10–15 days during peak bloom and hear directly from the entrepreneurs themselves.



# SWR General Manager Mukul Saran Mathur Inspects Ashokapuram Railway Workshop



**(Standard Post Bureau)**  
Mumbai, June 1 : Mr Mukul Saran Mathur, General Manager of South Western Railway, conducted a comprehensive inspection of the Ashokapuram Railway Workshop, Mysore today. He was accompanied by Mr Mudit Mittal, Divisional Railway Manager (DRM), Mysuru; Mr V.K. Chadha, Chief Workshop Manager; Shri Umesh Kumar, Chief Mechanical Engineer; along with other senior officers of South Western Railway. During the visit, Mr Mathur reviewed the ongoing works, assessed the progress of various projects, and discussed future development plans for the workshop. He interacted extensively with the employees, gathering insights into workshop performance, earnings, and staff strength. A highlight of the visit was the ceremonial flagging off of a newly introduced Train Bus, aimed at improving operational efficiency and connectivity. The event witnessed enthusiastic participation from employees and senior officials.

# V. Somanna, Minister of State for Railways Lays Foundation Stones for Goods Shed



**(Standard Post Bureau)**  
Hyderabad, June 1 : V. Somanna, Minister of State for Railways and Jal Shakti, Government of India laid the foundation stones for construction of goods shed at Khanapur Jn. Railway station and Road Under Bridge (in lieu of level crossing no. 71 between Bhalki and Kalgupur Railway stations) today at Khanapur Jn. Railway Station. Mr Rahim Khan, Minister for Municipal Administration & Haj, Govt. of Karnataka; Shri Sagar Eshwar Khandre, Hon'ble Member of Parliament, Bidar; Hon'ble Members of Legislative Assembly – Dr. Shailendra K. Beldale, Dr. Sidhhlingappa N. Patil, Prabhu B. Chauhan, Sharanu Salagar and Dr. M.G Muley, Hon'ble Member of Legislative Council & other dignitaries also graced the occasion. Shri Arun Kumar Jain, General Manager, SCR; Shri Neeraj Agrawal, Additional General Manager, SCR; Shri Bhartesh Kumar Jain, Divisional Railway

# 257 students appear for entrance exam of RIMC-Dehradun

Chandigarh, Jun 1 (UNI) Around 257 aspirants from Haryana appeared for the entrance examination for the term commencing in January 2026 at Rashtriya Indian Military College (RIMC), Dehradun, which was conducted by the Haryana Sainik and Ardh Sainik Welfare Department at Government P G College for Women, Panchkula on Sunday. The exam was conducted in a fair, smooth and transparent manner. The RIMC, Dehradun was established in 1922 with the primary aim of providing all-round quality education to Indian boys and girls so that RIMC could provide more officers for the armed forces. The college provides public school education to young boys in the age group of 11 to 18 years, specially selected through an all-India competitive examination.

# Commerce Minister Piyush Goyal on three-day visit to France, to strengthen economic ties

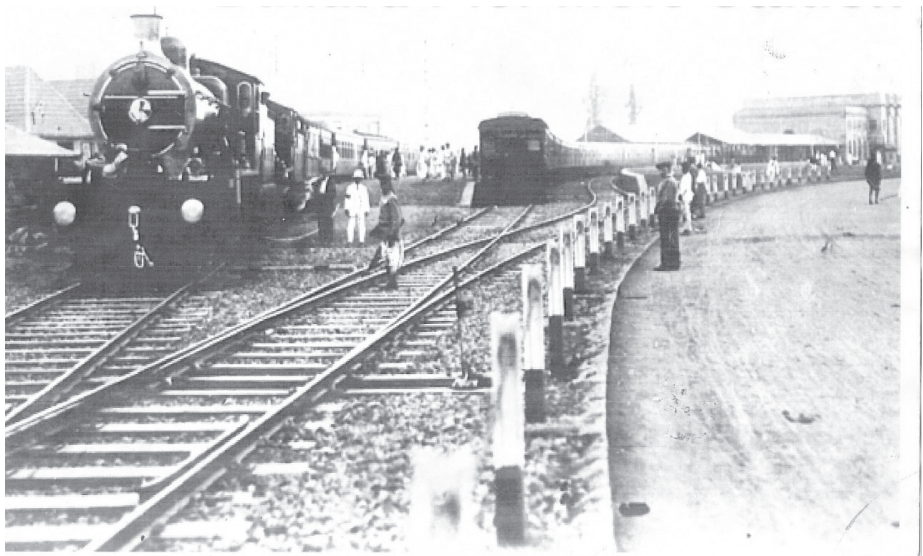
New Delhi, June 1 (UNI) Union Commerce Minister Piyush Goyal is on a three-day visit to France during which he will hold bilateral meetings with the French Ministers of Economy and Trade to strengthen the economic partnership. While in France, he will also engage in informal WTO Ministers' gathering on the margins of the OECD Ministerial Council Meeting, and will also hold bilateral engagements with trade ministers of the UK, Singapore, Saudi Arabia, Israel, Nigeria and Brazil. The Commerce Minister is on a visit to France and to Italy from June 1-5, as part of India's commitment to deepening strategic and economic ties with key European partners and advancing a shared vision for resilient and inclusive global growth.

During his engagements in France, Goyal is to hold bilateral meetings with French Ministers, including Eric Lombard, Minister of Economy, and Laurent Saint-Martin, French Trade Minister. The discussions will focus on strengthening the Indo-French economic partnership and exploring new avenues for enhancing trade and investment cooperation, a statement said. As part of the high-level visit to France, a comprehensive agenda of strategic business meetings and engagements has been scheduled - with top leadership of major French companies such as Vicat, Total Energies, L'Oréal, Renault, Valeo, EDF and ATR, the visit will feature the India-France Business Round Table and the India-France CEO Forum, fostering dialogue between leading industry stakeholders from both countries. During his stay, the Minister will also participate in the informal gathering of WTO Ministers on the margins of the OECD Ministerial Council Meeting.

# Punjab Mail enters its glorious 114th year of Service

**(Standard Post Bureau)**  
Mumbai, June 1 : The Punjab Mail, one of the earliest trains in Indian Railways, which continues to cater people, will enter its glorious 114th year on 1st June 2025. It will complete 113 years of service to its esteemed passengers.

- The Journey**
- The Punjab Mail first steamed out on 1st June 1912 from the Ballard Pier Mole station, which at the time was a hub for GIPR (Great Indian Peninsula Railway) services.
  - The train used to run on fixed mail days from Bombay's Ballard Pier Mole station all the way to Peshawar, covering a distance of 2,496 km in approximately 47 hours.
  - The train's route ran predominantly over the GIPR track and passed through major cities like Itarsi, Agra, Delhi, and Lahore before terminating at Peshawar Cantonment.
  - In 1914, the service shifted to originate and terminate at Bombay VT (now Chhatrapati Shivaji Maharaj Terminus, Mumbai) and became a daily service covering the 1,541 km, Bombay-Delhi GIPR route in 29 hours and 30 minutes.
  - By the early 1920s, this transit time was reduced further to 27 hours and 10 minutes.
  - However in 1972, the travel time was extended back to 29 hours with added stoppages.
  - Today, the Punjab



- Mail covers a distance of 1,928 km between Mumbai and Firozpur Cantonment in 33 hours and 35 minutes halting at 52 stations enroute.
- Coaches & Traction over the years**
- The train originally consisted of six coaches: three for passengers and three for postal goods and mail. The three passenger coaches carried approximately 288 passengers.
  - In the mid-1930s, IIIrd class coaches were introduced.
  - In 1945, air-conditioned coaches were introduced.
  - In 1968, the train was dieselized up to Jhansi and later extended from Jhansi to New Delhi by 1976, and finally to Firozpur.
  - By the late 1970s/early 1980s, dual-current locomotives (WCAM/1) were used to run the train on electric traction up to Igatpuri with a traction changeover for its further journey.
  - The conventional coaches of Punjab Mail were replaced with LHB coaches and the train started running with LHB coaches from 1st December, 2020 onwards.
  - The train is now electric-hauled and its restaurant car has been replaced by a pantry car.
  - Currently, the train runs with an occupancy of more than 250% and includes: "1 AC First Class cum AC-2 Tier, 2 AC-2 Tier, 6 AC-3 Tier, 6 Sleeper Class, 4 General second class coaches, 1 Generator van and 1 SLR (Second Luggage and Guard van)

# Deccan Queen enters its glorious 96th year of Service



**(Standard Post Bureau)**  
Mumbai, June 1 : The "Deccan Queen" one of Central Railway's most prestigious and popular train will enter its glorious 96th year of service on 1st June 2025. It will complete 95 years of service to its esteemed passengers.

The train, introduced between Mumbai and Pune, the two premier cities of Maharashtra on 1st June 1930 was a major landmark in the history of the Great Indian Peninsula Railway, the forerunner of the Central Railway. This was the first deluxe train introduced on the railway to serve 2 important cities of the region and was aptly named as "Deccan Queen" or "Dakkan ki Rani"

**Journey till now**

- The "Deccan Queen" was initially introduced with 2 rakes of 7 coaches each, one of which was painted in silver with scarlet mouldings and the other with royal blue with gold lines.
- The under frames of the coaches of the original rakes were built in England while the coach bodies were built at



Matunga Workshop of the GIP Railway.

- The coaches of the original rakes were replaced in 1966 by anti-telescopic steel bodied integral coaches built by Integral Coach Factory, Perambur. "The number of coaches were increased from 7 to 12
- The old rakes were replaced with new air brake rakes in 1995
- The Mumbai-Pune Deccan Queen was attached with a Vistadome coach with effect from 15.8.2021. This provided passengers a golden opportunity to have a wonderful view of the breathtaking scenery as the train traversed through the Western Ghats.

- All the Conventional coaches of Deccan Queen Express were replaced with LHB coaches in June 2022, under Project Utkrisht. These coaches have modern facilities like LED lights, Bio toilets, Braille Signages etc.
- The train now runs with revised composition of 16 Coaches viz. Three AC Chair Car, 9 Second Class Chair Car, One Vista dome coach, One Dining Car, One General Second class cum Guard's brake van and Generator Car.
- **First time in India** Deccan Queen has the distinction of having many Firsts to its credit.
- Coaches with roller bearings introduced

for the 1st time

- End on generation coaches replaced with self-generating coaches with 110 volts system for the 1st time
- First and Second class Chair Cars introduced for the 1st time

**Unique Feature- The only train with a Dining Car**

The Deccan Queen is the only running train with facility of a Dining Car, which offers table service and has modern pantry facilities such as microwave oven, deep freezer and toaster. The dining car is also tastefully furnished with cushioned chairs and carpet.

The history of Deccan Queen (Dakkan ki Rani) is literally a tale of two cities. The public of both the cities are happy with the impeccable record of "right time start" and "arrival" of Deccan Queen. Over the last 95 years of its colourful history, the train has grown from a mere medium of transportation between two cities into an institution binding generation of intensely loyal passengers.



**Sd/-**  
**E.E. (S.I.P.S.) B.C.,**



Svitolina  
knocks out 4th  
seed Paolini

Paris, June 1 (UNI) : In a display of resilience and determination, Ukraine's Elina Svitolina overcame three match points to defeat fourth seed Jasmine Paolini 4-6, 7-6(6), 6-1, advancing to her fifth French Open quarterfinal and 13th Grand Slam quarterfinal overall.

The match, lasting 2 hours and 24 minutes on Court Philippe-Chatrier, saw Svitolina rally from a set down and a 3-1 deficit in the second set. She saved two match points at 4-5 and another in the tiebreak before dominating the final set. Reflecting on her victory, Svitolina said, "I still can't believe this match finished my way. Here I am in the next round."

Svitolina's win comes amid her ongoing efforts to support Ukraine during challenging times. She has raised over US 1 million Dollars for relief efforts since 2022, drawing inspiration from her country's resilience.

Next, Svitolina will face defending champion Iga Swiatek, who overcame Elena Rybakina in a three-set battle earlier in the day.

Raj Kundra to  
reveal financial  
irregularities  
in RR

Mumbai, June 1 (UNI) : In a move that could send shockwaves through the Indian Premier League (IPL) fraternity, Raj Kundra, investor and former co-owner of the Rajasthan Royals, has announced plans to unveil detailed evidence exposing alleged serious financial irregularities linked to a key promoter of the franchise.

In a statement posted on Instagram, Kundra announced a press conference scheduled for Monday, with the venue to be disclosed by his PR team on the morning of the event.

The seasoned entrepreneur, known for his extensive experience across trading, media, gaming, and technology sectors, claimed the expose will reveal deliberate suppression of co-promoter rights and entitlements, pointing to unfair and potentially unlawful treatment within the franchise's management.

Kundra further alleged a consistent pattern of deceit and manipulation in shareholder dealings, accompanied by serious financial misconduct including possible money laundering through offshore structures and concealed transactions. He said the forthcoming evidence would speak for itself, shedding light on practices that have remained hidden until now.

Backed by investment giants such as Blenheim Chalcot and RedBird Capital Partners, the Rajasthan Royals franchise now faces the prospect of intense scrutiny following these revelations.

This latest development adds a new dimension to the ongoing saga of ownership and governance issues within the IPL, raising pressing questions about transparency, accountability, and ethical conduct in franchise operations.



Tenzin Pema, the first Tibetan professional Mixed Martial Arts (MMA) fighter, during a workout session, in Jaipur.

PBG Pune Jaguars comeback  
to beat rivals U Mumba TT 9-6

Ahmedabad, June 1 (IANS) : Indian stalwarts Reeth Rishya Tennison and Anirban Ghosh starred as PBG Pune Jaguars came from behind to defeat Maharashtra rivals U Mumba TT 9-6 in the Ultimate Table Tennis (UTT) Season 6 on Sunday.

Staged under the aegis of the Table Tennis Federation of India (TTFI), UTT continues to grow as a premier professional league. All 23 ties, over 16 action-packed days, will take place at Ahmedabad's EKA Arena.

International stars Lilian Bardet and Bernadette Szocs kicked things off positively for U Mumba with wins in their respective matches, helping their team into an early 4-2 lead.

Bardet took little time to secure an 11-1 victory in Game 1 of the first match against IndianOil UTT favourite Alvaro Robles, before dominating Game 2 with an 11-4 win. However, Robles crucially pulled one back for PBG Pune Jaguars, keeping them within touching distance of their opponents in a league where every game counts.

Meanwhile, Szocs extended her perfect head-to-head record across all competitions against Season 6 debutant Dina Meshref, staging a dramatic comeback by saving three match points in Game 2 before going on to win the match 2-1.

But the momentum shifted dramatically when Anirban stepped up for

Pune. First, he partnered with Meshref to win a nervy mixed doubles battle 2-1, clinching it with the Golden Point. Then, he edged Akash Pal 2-1 in a gritty singles contest to level the tie at 6-6. In the decider, the experienced Reeth dominated against Swastika Ghosh 3-0, sealing a memorable 9-6 win for Pune.

Reeth was named Indian Player of the Tie, while Szocs earned Foreign Player of the Tie. Akash took home the Shot of the Tie prize.

Earlier at the Dream UTT Juniors, Dempo Goa Challengers edged Stanley's Chennai Lions 5-4, powered by a flawless 3-0 win from Sahil Rawat and a crucial mixed doubles

win. In the second tie, Jaipur Patriots sealed a 6-3 victory over Ahmedabad SG Pipers, with Shreya Dhar starring in both singles and doubles alongside Trishal Surapureddy.

Final Scores  
PBG Pune Jaguars 9-6 U Mumba TT  
Alvaro Robles lost to Lilian Bardet 1-2 (1-11, 4-11, 11-8)  
Dina Meshref lost to Bernadette Szocs 1-2 (11-5, 10-11, 9-11)  
Anirban Ghosh/Dina Meshref bt. Akash Pal/Bernadette Szocs 2-1 (7-11, 11-7, 11-10)  
Anirban Ghosh bt. Akash Pal 2-1 (11-6, 10-11, 11-8)  
Reeth Rishya Tennison bt. Swastika Ghosh 3-0 (11-9, 11-10, 11-6)

Record 10 players  
breach Rs 1 crore

Mumbai, June 1 (UNI) : Pro Kabaddi League (PKL) witnessed a landmark moment on Saturday as a record ten players breached the ₹1 crore mark on Day 1 of the Season 12 Player Auction, doubling the number of crorepatitis from Season 10 and underlining the league's growing stature.

Iranian all-rounder and two-time PKL champion Mohammadreza Shadloui became the first player in the league's history to command over Rs 2 crore in three consecutive seasons.

He was snapped up by Gujarat Giants for a staggering Rs 2.23 crore in the opening bid, setting the tone for a frenetic evening of high-value signings.

Joining Shadloui in the Rs 2 crore club was Devank Dalal, the Best Raider of PKL 11, who was acquired by Bengal Warriorz for Rs 2.205 crore — the fifth-highest auction price in PKL history.

The newly introduced Final Bid Match (FBM) rule — which allows franchises to retain released players by matching their final bid — played a decisive role in shaping squad strategies. Dabang Delhi K.C. used the FBM provision to re-sign their star raider Ashu Malik for Rs 1.90 crore for two seasons, while Patna Pirates exercised the same for Ankit Jaglan at Rs 1.573 crore for one season.

Category A produced five crorepatitis, with Tamil

Thalaivas signing Arjun Deshwal for ₹1.405 crore and Bengaluru Bulls securing Yogesh Dahiya for Rs 1.125 crore.

Category B matched the intensity with five more players breaching the crore mark.

Haryana Steelers shelled out Rs 1.20 crore for Naveen Kumar, while UP Yodhdhas signed Guman Singh for Rs 1.073 crore.

Rounding off the list of crorepatitis were Sachin Tanwar, picked by Puneri Paltan for Rs 1.058 crore, and Nitin Kumar, who was bought by Jaipur Pink Panthers for Rs 1.002 crore.

Commenting on the milestone event, Anupam Goswami, Business Head of Mashal Sports and League Commissioner, Pro Kabaddi League, said, "Day 1 of the PKL Season 12 Player Auction was a landmark moment, with a record-breaking 10 players crossing the Rs 1 crore mark across Categories A and B — reflecting the continued growth in player value and the league's evolution over the past decade."

"The introduction of the two-season Final Bid Match (FBM) rule also had an impact, with two teams choosing to retain players for a longer duration — highlighting our commitment to building continuity within squads. We now look forward to Day 2, as the franchisees build their squads for the upcoming season."

PSG thrash Inter 5-0 to  
win maiden UCL title

Munich, June 1 (UNI) : Paris Saint-Germain became European champions for the first time in their history, delivering a record-breaking 5-0 thrashing of Inter Milan in the UEFA Champions League final at the Allianz Arena on Sunday IST.

With this emphatic win, PSG became the 24th club to lift the prestigious European Cup, setting the record for the biggest margin of victory ever in a final. Achraf Hakimi (12), Desire Doue (20', 63'), Khvicha Kvaratskhelia (73') and Senny Mayulu (87') were on target for the French champions, who outclassed the Italian side in every department to seal a famous triumph.

The Parisian club struck early through Hakimi, who turned in Doue's intelligent square pass after a precise through-ball from Vitinha. Just eight minutes later, Doue scored his first of the night, chesting down Ousmane Dembele's cutback and firing in via a deflection off Federico Dimarco. Inter, who had conceded just twice in the knockout stage en route to the final, appeared shell-shocked and could only muster a couple of wayward headers from Francesco Acerbi and Marcus Thuram before the interval.

The second half followed a similar script, as Paris continued to press with precision and poise. On 63 minutes, Doue completed his brace after a slick one-two with Dembele, drilling a low shot into the far corner.

Kvaratskhelia, who was a menace down the left, got his reward with a well-taken finish after another assist

from Dembele in the 73rd minute.

With Inter already resigned to defeat, 19-year-old Senny Mayulu capped the night with a thunderous strike in the 87th minute, his goal not only sealing the rout but also setting a new record for the largest winning margin in a European Cup final.

Gianluigi Donnarumma made a crucial save late on to deny Thuram and preserve the clean sheet. At the other end, Paris were in full flow, orchestrated by a tactical masterclass from coach Luis Enrique, who became only the seventh manager to win the European Cup with two different clubs.

"This club had never lifted the Champions League. It's a historic moment," said Enrique, who previously led Barcelona to the title in 2015. Player of the Match Doue, just 19 years old, said: "I have no words. That was just incredible for me, simply incredible." A visibly emotional Simone Inzaghi acknowledged Paris' superiority, saying, "Paris deserved to win this game and the trophy. We're disappointed, but I'm proud of how far we came."

Midfielder Nicolo Barella added, "They had more energy and quality. Sometimes in football, you must accept defeat."

Fittingly, this was the fourth European Cup final held in Munich—and the fourth to see a club crowned champions for the first time. For Paris, it was a night when dreams became reality, as tears of frustration from past campaigns gave way to unbridled joy and historic glory.

Key for South Africa is to  
focus on executing plans in  
WTC final, says Maharaj

New Delhi, June 1 (IANS) : South Africa's left-arm spinner Keshav Maharaj believes the key for his team in the upcoming ICC World Test Championship final against Australia will be the focus on executing their plans in the one-off title clash, starting on June 11 at Lord's.

"We know that it is a crucial, once-off Test match. We also know that we have a great record at Lord's as a country, and the key for us is to focus on executing our plans. When I think of the character of this team, our never-say-die attitude stands out."

"There are only three of us who have played over 50 Tests, but we never back down from a challenge. Regardless of the place or the opponent, we believe in each other, and that's what really matters."

"What Shuks and Temba have done deserves a lot of credit. They have encouraged us, and to see this team come together and get to where we are, it really is special," said Maharaj in a Cricket South Africa (CSA) statement on Sunday.

Maharaj is also on the cusp of achieving a rare landmark, becoming the first-ever South African spinner to achieve 200 Test

wickets. As of now, he stands at 198 wickets in the longer format, a journey which began with his debut against Australia in 2012.

"I guess I have become someone to provide a shoulder to those who need it. I like to give advice where I can. I never really thought about it."

For me, it has always been about doing my job for the team. The personal accolades don't really matter, as long as the team is winning."

"Hopefully, I can add 200 more before I am done! As long as I can keep getting in the team, I just want to keep improving, trusting my skill set and contributing for the country," he added.

Maharaj played a big role in South Africa's journey to entering their first-ever WTC final, by picking 40 wickets from

eight games in this cycle of the competition. He signed off by saying that having a two-month break will keep him fresh in aiming to help the Proteas win the ultimate prize in Test cricket.

"Having had the break, I am excited to get back together with the boys. Guys have been playing all over, in different competitions, but now we have some time to really get close and focus. I have been working hard on my bowling and conditioning, and I think we needed a mental break."

"But you don't need any motivation to play a final against Australia. We know what is in front of us, because Australia is a great team, who play a great brand of cricket, and they have been the dominant force for a long time and conquered all three formats," he concluded.

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# Beauty

We all know how spices like haldi and dhania can rev up a dish, but the culinary benefits apart, did you know spices can also work wonders for the skin and hair?

What your grandmother said has come true, with more people realizing the benefits of Indian spices in fighting acne, clearing clogged pores and enhancing the complexion.

**Benefits galore**

Several spices can add value to the skin. Says Dr Rashmi Shetty, Mumbai based cosmetologist and anti-ageing expert, "Some of our spices like cardamom, cinnamon, garlic etc are great immune boosters. They have some or the other property which increase metabolic rate and enhance the immune system. When we prepare Indian detox drinks and diets, spices are always used in them, so consuming them orally is also very good for the skin and body. And when it comes to using spices in beauty treatments I find two ingredients to be very useful, coriander and turmeric."

**Cinnamon**

People are not very aware of it, but cinnamon has some great benefits. It has very good anti-



bacterial properties, it improves blood circulation. It can be used for pimples. Just make a paste of it and apply it on the affected areas on the skin. When applied overall on the face, it will help in skin rejuvenation as it improves blood circulation.

**Turmeric**

"Turmeric has wonderful anti ageing, antibiotic and antiseptic properties. As a beauty product, it is often used in skin creams also. Every other product touts 'haldi' as an ingredient. It also has good skin lightening properties. It can be used as a facepack along with honey for wonderful results on skin," reveals Dr Shetty. Dermatologist, Dr Madhuri Agarwal, shares a few more:

**Coriander seeds**

These are very cooling and soothing. If you soak them overnight and use the water as eyes drops, it clears your eye, gives a wonderful cooling effect and makes the eyes look more bright, shiny and more white.

**Black pepper**

## How Indian spices enhance your beauty Treatment

Black pepper is very good for exfoliation. If you make a powder of it and apply a paste on your acne marks and blemishes, it will help exfoliate the affected skin and give it a clearer appearance. It can also help in clearing pimples. A little curd can also be added to black pepper powder and applied for beauty benefits.

**Ginger**

Ginger can aid in skin rejuvenation and it improves the skin colour and texture. It can be applied as a paste on the skin and left for some time. It will improve skin tone. It is said to reduce blemishes.

**Red masoor dal**

Though it is not among the spices, this still a great beauty product. It can be used in face packs and has anti-tanning properties. Use it as a body scrub, especially for dry skin. To gain its benefits, make a dry paste of it and add chandan (sandalwood) and haldi (turmeric) and apply this on the skin. Grind masoor dal and store it in an airtight jar for further use in your face packs and pastes.

**Be careful**

Things to be kept in mind when using these spices:

- 1. Apply the paste or other mixture correctly. It should not go into the eye. To be safer, avoid the eye and eyebrow area completely.
- 2. Also, ensure it does not touch the hair as certain spices can bleach the hair.
- 3. Do a patch test by applying the mixture on the inside of the elbow first, to avoid any redness.

**Secrets to make your**

## Fragrance last long

Layer your smell and moisturize your skin to make your fragrance last all day, says an expert.



Ashokkumar, CEO and director of perfume house All Good Scents, shares how:

\* Start with a warm shower. Use a shower gel, body wash or a scented soap all over your body and then spray the fragrance once your body becomes dry. When you take warm shower, it causes your pores to

open which when you apply the fragrance will soak up the scent better and the fragrance will stay longer as it gets layered on top of a line extension toiletry wash.

\* After you have a shower, moisturize your skin with a generous amount of fragrance-free lotion or a body lotion with the same fragrance you use. Moisturized skin blends well with the perfume ensuring long lasting fragrance. On dry skin, the fragrance will dissipate faster.

\* Perfumes tend to react with fluctuating body temperature throughout the day and emit scent accordingly. To maximize the smell of your perfume, apply it on your pulse points as they tend to react with warmth of your blood and emit the fragrance accordingly. Wear the perfume on wrist, inside of your elbows, the nape of your neck and on your cleavage. Also, never rub the area where perfume is applied as it breaks down and diminishes the fragrance.

\* Depending on the fragrance and the season, it is advisable to spray a little on your clothes too, particularly in winters on your sweaters or pullovers for a longer lasting smell. Thumb rule for spraying - always spray the perfume approximately 15 to 20 cms away from your body. Spraying an even amount of fragrance over a large area will have longer effect than concentrating it over smaller spot on skin.

Another way is to spray the fragrance in air and slowly walk into the mist. This will evenly distribute the fragrance across your body and will last longer too.

## Budget friendly beauty tips

We are all constantly looking for beauty tips which are easy on the pocket, after all what's better than looking good and not spending much while you are at it.

Here are a few budget-friendly beauty tips you can follow  
Stay hydrated: Drinking the mandatory eight glasses a day can do wonders to your skin and body. Staying hydrated is a simple yet important step in ensuring a healthy, supple skin. You can consume other liquids as well.



Make up remover: Make sure you remove your make up before you sleep, and you don't need expensive products to do the same. Olive oil and baby oil can help as well.

Sleep well: Getting sufficient sleep will keep you healthy and active throughout the day. It is important for day-to-day functioning and can rejuvenate you to start the new day afresh. Not getting proper sleep can give you dark circles and puffy eyes and keep you irritable throughout the day.

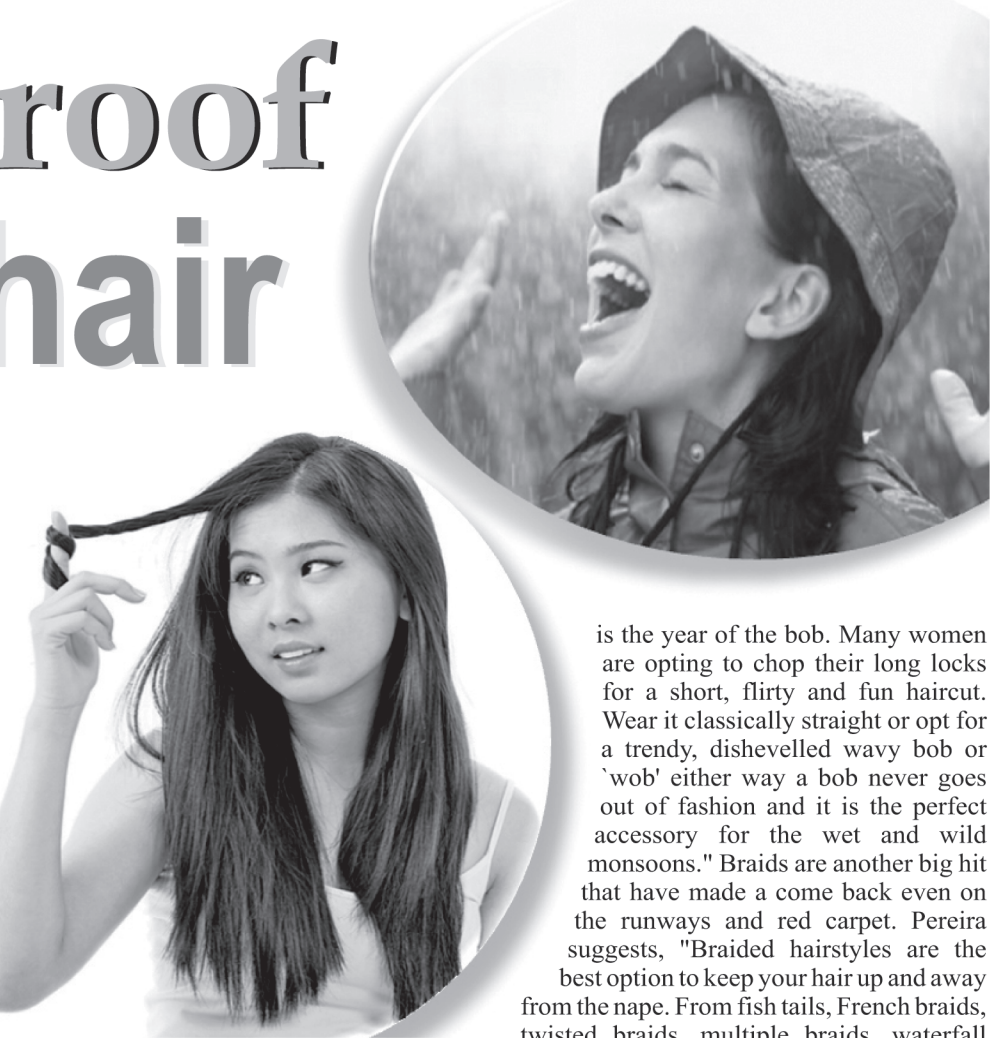
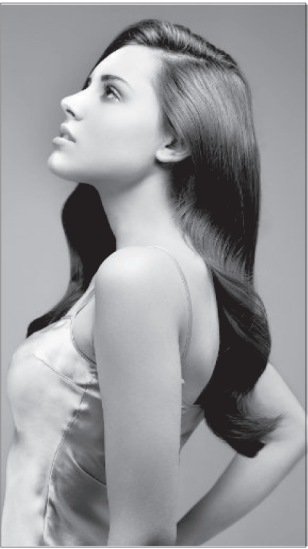
Green vegetables and fruits: If you binge on fast foods and sugary delights often, its time to stop. Fruits and vegetables are rich in antioxidants and can do wonders for the skin and overall nourishment of your body.

## Rainproof Your hair

With the heavy downpour and thick monsoon winds blowing our way, you can feel the moisture seeping into your luscious locks. Ever wondered, what excess moisture could do to your hair? For starters, the humid air during the monsoons can leave your hair feeling wet and sticky, notwithstanding the blow dry session you've just been through. If that's not bad enough, getting wet in the rains with inadequate hair care can leave you with an itchy, flaky scalp that is prone to dandruff, bacterial and fungal infections. "Exposure to extreme and contrasting climatic conditions--extreme heat in the summers to the damp monsoons--can take a toll on your hair, ultimately leaving it frizzy and unmanageable. The extreme variations in weather often strip off the outermost layer of your hair, making it brittle, rough and dry," informs celebrity hairstylist Adhuna Akhtar. Here are some expert tips to battles hair woes in the monsoons.

**Fight that frizz**

For those used to light, airy tresses, a rough and unpredictable monsoon can surely strike havoc. However, it takes only a slight change in your regular hair care routine to ensure beautiful, stylish hair all-year-round. Oiling your hair regularly is one such trick. If you thought hair oiling was a grandmother's myth to healthy hair, here's what hairstylist-to-the-stars Savio John Pereira says, "Go in for deep oil massages to condition your hair and scalp during monsoon. Use a hair mask after your shampoo to moisturise hair. Identify your hair type and then use the right shampoo and conditioner for good results. Hair tends to break easily when wet in the rains or even otherwise. So avoid brushing wet hair, instead use a wide toothed comb. Make sure you towel dry your hair thoroughly or semi-dry it with a dryer to remove all the excess moisture in the hair." Getting wet and soaked in the showers is a



From the scorching heat to the refreshing, cool showers of monsoon, are your tresses ready for the climate change? Celebrity hairstylists tell you how to look after those locks and keep them feeling healthy and beautiful.

pleasure that few can resist, but think again. Pereira reiterates, "Air pollutants dissolved in rainwater may spell doom for your tresses and make hair bonds weak, thus making your hair dull and frizzy." So avoid wetting your hair this monsoon. And yes, never ever tie wet hair. You knew that, right?

**Monsoon styles**

Don't let the monsoon dampen your spirit. While there are umpteen styles to try your hand at, read about the top two styles to sport during this season. Akhtar mentions, "We're lucky this

is the year of the bob. Many women are opting to chop their long locks for a short, flirty and fun haircut. Wear it classically straight or opt for a trendy, dishevelled wavy bob or 'wob' either way a bob never goes out of fashion and it is the perfect accessory for the wet and wild monsoons." Braids are another big hit that have made a come back even on the runways and red carpet. Pereira suggests, "Braided hairstyles are the best option to keep your hair up and away from the nape. From fish tails, French braids, twisted braids, multiple braids, waterfall braids, etc, try any for a fun twist. It can be worn the classic way, which is at the back or to the side depending on the occasion."

So go out there and get cracking on your monsoon coiffure now! RAINPROOF your hair Annabel Dsouza ? ? From the scorching heat to the refreshing, cool showers of monsoon, are your tresses ready for the climate change? Celebrity hairstylists tell you how to look after those locks and keep them feeling healthy and beautiful With the heavy downpour and thick mon soon winds blowing our way, you can feel the moisture seeping into your luscious locks. Ever wondered, what excess moisture could do to your hair? For starters, the humid air during the monsoons can leave your hair feeling wet and sticky, notwithstanding the blow dry session you've just been through. If that's not bad enough, getting wet in the rains with inadequate hair care can leave you with an itchy, flaky scalp that is prone to dandruff, bacterial and fungal infections. "Exposure to extreme and contrasting climatic conditions--extreme heat in the summers to the damp monsoons--can take a toll on your hair, ultimately leaving it frizzy and unmanageable. The extreme variations in weather often strip off the outermost layer of your hair, making it brittle, rough and dry," informs celebrity hairstylist Adhuna Akhtar. Here are some expert tips to battles hair woes in the monsoons.