

## IN BRIEF

### Three militants nabbed in Manipur

Imphal, June 3 (UNI) : Manipur Police and security forces nabbed three militants in three separate operations during the last 24 hours. Police said on Tuesday that a militant was nabbed from Wangjing S K Leikai under Thoubal PS, in Thoubal District. Manipur Police also arrested a militant from Kakching Phousupat Leikai area under Kakching-PS, Kakching District. In yet another operation, Manipur Police arrested a militant from the Chingtham Pukhri Achouba area under Khongjom PS,in Thoubal District.

In an operation, three IEDs, four Crude Grenades were recovered along the track of Yangoubung to Lalim Lok River under Moreh-PS, in Tengenoupal District .

In another operation, one INSAS Rifle without magazine, DBBL,three SBBL, two grenades without detonators, and three 51 mm Mortar bombs with cover were recovered from Wangoo Naral Samtak Hill areas under Wangoo-PS in Kakching District.

### Indian Army conducts civic outreach in Ziro under Operation Sadbhavna

Itanagar, June 3 (UNI) The Indian Army's Spear Corps carried out a major civic outreach initiative under Operation Sadbhavna in Arunachal Pradesh's picturesque Ziro Valley, reaffirming its commitment to holistic development, community welfare, and nation-building.

The programme featured a series of impactful activities aimed at improving education, hygiene, and public health infrastructure.

The event was attended by several dignitaries, including former MLA Tage Taki, Lower Subansiri Deputy Commissioner Vivek HP, Zilla Parishad Chairperson Pura Dollo, and District Agriculture Officer Tasso Butung, among others.As part of the initiative, essential stationery items were distributed to schoolchildren of Ziro Valley Primary School, aiming to support education and inspire young minds.

## Chandrababu Naidu reviews arrangements for Yoga Day celebrations at Visakhapatnam



(Standard Post Bureau) Amaravati, June 3 : Chief Minister N. Chandrababu Naidu on Tuesday reviewed arrangements for the largest-ever Yoga session scheduled in Visakhapatnam on International Yoga Day with the participation of 5 lakh people.

He reiterated the government's goal to set the Guinness World Record. He stressed that meticulous arrangements must be made for the June 21 event.

With Prime Minister Narendra Modi expected to attend the International

Yoga Day celebrations, the CM instructed that traffic restrictions be managed without causing inconvenience to the public. He underscored the importance of clear guidance on routes and designated participation zones for people arriving from different regions.

“There should be zero confusion or discomfort. Everyone must reach their allotted area without any hindrance,” a statement from the Chief Minister's Office (CMO) quoted him as saying.He expressed satisfaction over the

overwhelming public response to the June 21 event. He noted that registrations and public participation in Yoga sessions held across districts so far have been impressive.To build momentum for the Visakhapatnam programme, the CM called for two massive pre-events.

On June 7, Yoga awareness rallies will be held in every village and locality across the state, while on June 14, Yoga practice sessions will take place in one lakh locations, including all educational

institutions and available public spaces.

These initiatives aim to mentally and physically prepare the public and ensure enthusiastic participation on Yoga Day.

Ministers Nara Lokesh, Kandula Durgesh, Vangalapudi Anitha, Dola Balaveeranjanyaswamy, Satya Kumar, Chief Secretary Vijay Anand, and DGP Harish Kumar Gupta attended the review meeting.Officials briefed the CM on programmes held under 'Yoga Month' and the various measures being taken for a successful Yoga

Day event. Daily themed Yoga events involving different sections of society have been receiving positive feedback, the CM was told.

Officials also informed the Chief Minister that German hangars are being arranged as backup venues in case of rain on June 21 in Visakhapatnam.

Special Chief Secretary Krishna Babu stated that registrations are being received from every village, with numbers exceeding expectations. Certificates are being issued to those who participate in Yoga for three consecutive days, and even an app is available to generate digital certificates.

Students, women, SHG members, and the general public are actively registering. The estimated total participation is 2 crore people across the state. Out of this target, 1.77 crore registrations have already been completed.

While the goal was to train 2,600 master trainers, 5,353 have already been identified, who in turn have trained 1.48 lakh Yoga practitioners, surpassing the original target of 1.25 lakh.

### Modi 'surrendered' after Trump phone call: Rahul Gandhi

Bhopal, June 3 (UNI) Congress leader and Leader of the Opposition in Lok Sabha Rahul Gandhi on Wednesday launched a scathing attack on Prime Minister Narendra Modi, accusing him of "surrendering" in the context of Operation Sindoor after a phone call by US President Donald Trump.

"I know the BJP and RSS people well. They are the type who surrender when put under pressure," Gandhi said while addressing District and Block Congress presidents and party leaders at Ravindra Bhavan here. Referring to the ceasefire announced by India on May 10 after four days of military confrontation with Pakistan under Operation Sindoor, he alleged that Modi ended fighting after Trump made a phone call to him."Trump made a call and said, 'Modi ji, what are you doing? Narendra surrender.'And, with 'Ji Huzoor' (Ok sir), Narendra Modi ji followed Trump's hint," Gandhi alleged.He drew a contrast between the attitudes of the Congress party and those of the BJP-RSS and cited the example of former Prime Minister Indira Gandhi's firm stance during the 1971 war with Pakistan.

Rahul Gandhi underlined that his Congress party will not surrender and is willing to fight for its principles. He reiterated his party's demand for a caste-based census, saying it should be conducted as per the Telangana model, where extensive consultations were held with people.



### FS Misri, UK Permanent Under Secretary Robbins co-chair Foreign Office Consultations

Foreign Secretary Vikram Misri and UK Permanent Under Secretary Oliver Robbins today co-chaired the 17th India-UK Foreign Office Consultations and 1st Strategic Exports and Technology Cooperation Dialogue during which they focused on further deepening and diversifying the India-UK Comprehensive Strategic Partnership.The MEA spokesperson in a post on X said that Foreign Secretary Miri thanked the UK Government for their expression of solidarity and support to India in the fight against terrorism.

(See on page 2)

### Trump contradicts US negotiating team's nuclear .....



US President Donald Trump publicly contradicted his own administration's nuclear proposal to Iran on Monday, saying that he would not allow any uranium enrichment just hours after reports revealed his negotiators had offered Tehran limited enrichment rights.

( See on page 5)

### Sabalenka into Paris semi-finals



World number one Aryna Sabalenka edged a tight encounter against Olympic champion Zheng Qinwen to reach the French Open semi-finals on Tuesday. Sabalenka, bidding for a first Paris title, won 7-6 (7-3) 6-3 against China's Zheng on a blustery Court Phillippe Chatrier.

(See on page 7)

### Assam CM demolishes Pak narrative on Brahmaputra river



After the nuclear blackmail during Operation Sindoor, Pakistan has resorted to a new threat asking what if China Stops Brahmaputra water to India. The narrative was, however, demolished by Assam Chief Minister Himanta Biswa Sarma before it could gain currency.I

(See on page 8)

## Govt. committed to making women financially self-reliant: Durgesh

(Standard Post Bureau) Rajahmundry, June 3 :Minister for Tourism reiterated the Government's commitment to making women financially self-reliant and appealed to them to avail the opportunities being provided by them.

The Tourism Minister distributed sewing machines to 540 women at a programme held in the MPP office here on Tuesday. The sewing machines were distributed with the help of the BC Finance Corporation and the EWS Department. Later the Minister inaugurated the centre to

train women in tailoring. Speaking on the occasion, the Minister highlighted the government's objective of extending financial support to poor women and making them financially self-reliant. The sewing machines were distributed to the women to uphold their self-respect and empower them financially, he noted. He acknowledged that the training centre imparts training in tailoring to the women for 90 days and appealed to the women to attend the training classes and learn tailoring.He wished that all the women

who were being trained in tailoring, would get adequate work and earn money. The women who have creativity could earn more money in tailoring, he opined and assured of extending all cooperation and support from the Government side.

He asserted that Chief Minister N Chandrababu Naidu and Deputy Chief Minister K Pawan Kalyan have launched many programmes to support women financially and appealed to them to utilise the opportunities properly. Women need to earn money

on their own without depending on others, he observed and advised the women to become entrepreneurs.

“The Government intended to set up the Ratan Tata Innovation Hub to make entrepreneurs in every household. The people should understand the programmes of the Government and make use of them to get benefits,” he told the women.

Nidadavole municipal chairman Bhupati Adinara-yana, ZPTC K Surya Rao and a slew of officials and leaders attended the programme.

## INDIA bloc writes to PM Modi demanding special session of Parliament

New Delhi, June 3 (UNI) : Leaders of the INDI Alliance met here on Tuesday to press for a special session of Parliament to discuss a “sequence of events” — from the “Pahalgam incident to Operation Sindoor and the ceasefire”.

Leaders from 16 Opposition parties attended the meeting, including senior Congress leaders Jairam Ramesh, Deepender Singh Hooda, Trinamool Congress leader Derek O'Brien, Ramgopal Yadav of the Samajwadi Party and Shiv Sena (UBT) leader Sanjay Raut.Later briefing the media, DereK O'Brien said the 16 parties have written a letter to the Prime Minister seeking a special session of Parliament.

“The letter basically talks about Poonch, Uri, Rajouri and having a free discussion in the Parliament,” the TMC leader said.He further added, “The government is responsible to Parliament, Parliament is responsible to the people so it natural for all these parties, since the government is answerable to Parliament, that is why the session to the Parliament is responsible to the people”.

On Aam Aadmi Party (AAP) not being a party of the meeting, the TMC leader said, “Our understanding is that the AAP is writing directly to the PM tomorrow”.

Samajwadi Party leader Ram Gopal Yadav said that there are several issues which are "worrisome".

Samajwadi Party leader Ram Gopal Yadav said, "On the diplomatic front, the Prime Minister has been visiting numerous countries and meeting many leaders over the past several years. However, his so-called friend, Mr Trump, announced the ceasefire, which is a matter of concern."

He further added, "India, being the world's largest democracy, must not appear to be forced into taking such actions. This warrants a discussion in Parliament, and we are demanding a special session to address it."

"Deepender Singh Hooda said that a special session of Parliament must be called so that from Pahalgam to Operation

Sindoor to America's announcement of the ceasefire could be discussed.Meanwhile, Shiv Sena (UBT) leader Sanjay Raut stated, "The letter sent to the Prime Minister is not an ordinary one. We represent the main Opposition and are the voice of the people. Considering the recent development, a special session of Parliament should be convened. It will uphold the country's dignity and ensure transparency for the public."Raut further questioned, "If a ceasefire can be declared at the behest of President Trump, then why can't a special session of Parliament be called at the request of the Opposition? Do we need to approach President Trump for that as well?"



# Broadcasting the message of environmental conservation in Nerul division through Green Marathon



**(Standard Post Bureau)**  
Navi Mumbai, June 3 : On the occasion of World Environment Day, Navi Mumbai Municipal Corporation participated in the 'Green Marathon: Run for the Planet' eco-friendly initiative organized by D.Y.Patil Climate Action Lab and made this initiative a success. On behalf of the Municipal Corporation, under the guidance of Municipal Commissioner Dr. Kailash Shinde, the Environment Week is being celebrated in line with the theme of this year's World Environment Day, 'Eliminate Plastic Waste at the Global Level'. Various activities are being organized under this and emphasis is being placed on public participation. Similarly, the Municipal Corporation is also participating in eco-

friendly initiatives organized by various organizations. Today, under the guidance of Dr. D. Y. Patil Group President Shri. Vijay Patil, a large number of young men and women participated in the 5 km. Green Marathon, which started from Dr. D. Y. Patil Stadium and ended near the stadium on a fixed route in Nerul East area, under the guidance of Dr. Y. Patil Climate Action Lab. On behalf of the Municipal Corporation, Deputy Commissioner of the Parks Department Shri. Kisanrao Palande, Deputy Commissioner of the Solid Waste Management Department Dr. Ajay Gade, Deputy Commissioner of the Sports and Cultural Affairs Department Shri. Abhilasha Mhatre, Corporate Relations

Manager of Vijay Patil School of Management Dr. Vidya Srinivas inaugurated the Green Marathon by showing the flag. Sixth Commissioner of Nerul Division Shri. Jayant Javadekar participated in the Green Marathon. More than 200 citizens participated in this Green Marathon, holding placards with slogans like 'Reject environmentally harmful plastic and accept cloth bags', 'Say no to plastic', 'Avoid the use of plastic - save the environment'. The number of young men and women was significant. The winners of this Green Marathon were honored with medals and certificates. Through this, a successful run was taken for sustainable environmental development.

# MoS Defence announces expansion of NCC by three lakh cadets

New Delhi, June 3 (UNI) Minister of State for Defence Sanjay Seth on Tuesday announced the planned expansion of National Cadet Corps (NCC) by three lakh cadets across the country. The Minister said this during the inauguration of the Special Joint State Representatives and Additional/Deputy Directors General (JS R&A/D) Conference of the National Cadet Corps (NCC) in Bhopal, a Defence Ministry statement

said. Several states have already agreed and committed to fast-track the necessary training infrastructure for the planned expansion. Addressing the gathering, Sanjay Seth reaffirmed the NCC's role in nation-building and youth development. He highlighted recent initiatives including the inclusion of ex-servicemen as NCC instructors, providing new employment avenues for veterans and

lauded the NCC's active involvement in national campaigns such as the Swachh Bharat Abhiyan, Naya Savera Scheme, and Nasha Mukti Abhiyan. He also congratulated the NCC Mount Everest Expedition team for their successful summit on May 18, describing it as a powerful example of cadet courage and resilience. Calling for continued centre-state collaboration, Seth urged states to fulfil their commitments towards

manpower, infrastructure, and funding to support this historic expansion, reinforcing NCC's integral role in shaping the youth and securing the nation's future. Director General NCC Lt Gen Gurbirpal Singh outlined the Corps' achievements and roadmap ahead, with a focus on establishing robust training and camping infrastructure nationwide. He emphasised the goal of fostering greater youth participation and improving cadet performance.

# High Court of Manipur initiates Suo-Motu PIL on Flood and Landslide

Imphal, June 3 (UNI) The High Court of Manipur has taken suo-motu cognizance of the severe flood and landslide situation affecting large parts of the State of Manipur since late May 2025. The High Court took action on a detailed note submitted by the Registrar General, High Court of Manipur, based on inputs provided by the Member Secretary, Manipur State Legal Services Authority. The Division Bench, comprising Chief Justice K. Somashekar and Justice A. Bimol Singh, has registered the matter as a Public Interest Litigation. A notice has been issued to 43 respondents, including the State of Manipur represented by the Chief Secretary, and the Union of India represented by the Secretary, Ministry of Home Affairs. The PIL seeks the establishment of a comprehensive monitoring mechanism to oversee the efforts of all concerned stakeholders involved in managing the humanitarian crisis. The Court emphasized the need for coordinated, timely, and effective measures aimed at protecting the life and liberty of citizens affected by floods and landslides. The relief and rehabilitation efforts must address critical needs such as food, shelter, clothing, medical aid, alternate accommodation, compensation, and reconstruction packages for victims.

# Congress flays Manjhi and Chirag

Patna, June 3 (UNI) Congress on Tuesday flayed Union Ministers Chirag Paswan and Jeetan Ram Manjhi for their silence on death of a minor Dalit girl after her rape and negligence in treatment. President of Bihar Pradesh Congress Committee (BPCC) Rajesh Ram told media persons here that Manjhi and Chirag claimed to be leaders of the Dalit community. Both the leaders were pursuing their political career on Dalit votes, and on their strength, they were Ministers in the Narendra Modi government, he added. "It is shameful to note that neither Chirag nor Manjhi not even expressed their words of solace for the family members of victims", Ram said adding that Congress continued its struggle to ensure treatment of the rape victim but due to negligence of the government, she died

during treatment in Patna Medical College and Hospital (PMCH) in Patna on Sunday. "Double engine government of NDA has utterly failed in providing justice to people of Bihar particularly those from oppressed and deprived sections of the society", Congress leader said adding that rape victim Dalit girl was not given proper treatment in Sri Krishna Medical College and Hospital in Muzaffarpur, nor in Patna Medical College and Hospital (PMCH) in Patna. Ruling parties' leaders had lost their emotions and sentiments for the people of the state, he lamented. A nine year old Dalit girl was raped at Kurhni in Muzaffarpur district of Bihar on May 26 and she was attacked with sharp edged weapon by the culprit causing injuries on twenty spots of her body.

# FS Misri, UK Permanent Under Secretary Robbins co-chair Foreign Office Consultations

New Delhi, June 3 (UNI) : Foreign Secretary Vikram Misri and UK Permanent Under Secretary Oliver Robbins today co-chaired the 17th India-UK Foreign Office Consultations and 1st Strategic Exports and Technology Cooperation Dialogue during which they focused on further deepening and diversifying the India-UK Comprehensive Strategic Partnership. The MEA spokesperson in a post on X said that Foreign Secretary Miri thanked the UK Government for their expression of solidarity and support to India in the fight against terrorism. "17th India-UK Foreign Office Consultations and 1st Strategic Exports and Technology Cooperation Dialogue co-chaired by Foreign Secretary @VikramMisri and Permanent Under Secretary @OllYRObbins were held in New Delhi. "Wide ranging discussions on entire gamut of bilateral relations focusing on further deepening & diversifying India-UK Comprehensive Strategic Partnership in areas of Trade & Economy, Technology, Science, Innovation, Defence & Security, Education, Health & Climate & People-to-People exchanges took

place. They also discussed the regional & global issues of topical significance. "Foreign Secretary thanked UK Government for expression of solidarity and support to India in fight against terrorism." The UK, in a readout, said the two sides "welcomed the significant breakthroughs achieved across the full breadth of the partnership since consultations in London last year, including the announcement of the historic trade deal. Economic growth is the number one mission of the UK Government. Both agreed to work towards implementing the shared vision of the two prime ministers for an ambitious partnership between the UK and India over the next decade." This year's consultations included the inaugural Strategic Exports and Technology Cooperation Dialogue, aimed at building mutual understanding of systems and agreeing on areas for future cooperation on key sectors such as technology and defence, the UK High Commission said in a statement.

# TN moves SC against Madras High Court stay on Vice-Chancellor appointment amendments

New Delhi, June 3 (UNI) : The Tamil Nadu government has approached the Supreme Court, challenging the Madras High Court's interim stay on the state's recent amendments that curtailed the Governor's powers in appointing Vice-Chancellors (VCs) of state universities. The Madras High Court, through a Division Bench led by Justice G.R. Swaminathan, had granted the stay, ruling that the University Grants Commission (UGC) Regulations, 2018 particularly Regulation 7.3 prevail over state legislation under the constitutional principle of repugnancy. In its petition to the apex court, the Tamil Nadu government has argued that the interim stay granted by the High Court effectively amounts to granting final relief, which is legally unsustainable. The state further contended that the High Court failed to take into account its request to transfer the case to the Supreme Court, which had already been communicated earlier. The High Court's stay blocks the

operation of amendments made to the Tamil Nadu Universities Laws, which aimed to transfer the power of appointing Vice-Chancellors from the Governor (as Chancellor) to the state government. The amendments were passed by the Tamil Nadu Assembly in 2022 and 2023, and had become a key point of constitutional friction between the Governor and the elected state government. While the UGC Regulations, 2018 were partially adopted by the Tamil Nadu government, they had expressly excluded Regulation 7.3, which stipulates the composition of the search committee and the procedure for appointing VCs. Despite this, the High Court held that the exclusion of Regulation 7.3 was impermissible, asserting that central law (UGC Regulations) overrides state law when the two are in conflict, as per Article 254 of the Constitution. The Tamil Nadu government, however, maintains that

education is a subject in the Concurrent List, and that states have legislative competence to enact laws governing universities, particularly when the UGC Act does not expressly override the field. It further accused the High Court of bypassing constitutional norms, arguing that interim relief should not exceed the contours of final adjudication. Citing two key Supreme Court judgments, the High Court had, on May 22 and 23, 2025, quashed appointments of Vice-Chancellors in separate instances for violating Regulation 7.3, and warned of the dangers of "lack of transparency or malpractice" in appointments if statutory procedures were not followed. The Supreme Court has agreed to hear the transfer petition, signalling that the matter will now be judicially examined at the highest level, potentially setting a precedent on the limits of state autonomy versus central regulations in the field of higher education.

# Launch of special poetic video by "Hindi Vivek" on birth centenary of Rashtriya Swayamsevak Sangh



**(Standard Post Bureau)**  
Mumbai, June 3 : On the occasion of the birth centenary year of India's leading cultural and social organization "Rashtriya Swayamsevak Sangh", which keeps the strong consciousness of Sanatan culture alive through its powerful style, a special poetic video based on the newly created special poetic composition "May the power of the Sangh always win, victory to Mother India..!" was launched on Monday, 2nd June 2025 by the country's leading cultural and literary

magazine "Hindi Vivek" in Mumbai, the capital of Maharashtra. Giving this information, Amol Pednekar, Chief Executive Officer of "Hindi Vivek", told that his team has decided to implement various creative initiatives to commemorate the centenary year of the Rashtriya Swayamsevak Sangh. As the first part of this series, a newly created special poetic video was launched and to make it reach the international platform, it has been uploaded on the YouTube channel of "Hindi Vivek", which is getting a very good response from various sections of the society. The creator of this special poetic video is Mumbai's well-known lyricist, stage director and media consultant Gajanan Mahatpurkar, who has previously also written "Shri Ram Mangalgaan",

"Dharahar" and "Duniya Ko Pehchaan Le Beta..!" He has written various popular songs including these, which are making waves on YouTube. In the same sequence, now this special Jaigaan song with the main lines "Sangh Shakti Ki Sada Vijay Ho, Jai Ho Bharat Ma Ki Jai Ho..!" has beautifully weaved the various activities and aspects ensured by the Rashtriya Swayamsevak Sangh from its inception to the last 100 years. In accordance with the emotions and words expressed in these lines, the combination of various pictures related to the glorious journey of the Sangh has also been ensured in an elegant manner in the video, which is being widely appreciated. In the video, this dignified poetic composition has been voiced by senior writer and Executive Editor of "Hindi Vivek" Ms.

Pallavi Anvekar and the production and direction of the video has been ensured by the Chief Executive Officer of "Hindi Vivek" Mr. Amol Pednekar. Shri Pednekar informed that as the next major initiative in the centenary year of Rashtriya Swayamsevak Sangh, a special book named "Deepastambh" is under publication by "Hindi Vivek" magazine, which will be launched in a dignified ceremony on 10th July, 2025 on the occasion of the upcoming Guru Purnima. Apart from detailed information on various aspects of the historical and glorious journey of Rashtriya Swayamsevak Sangh, elegant interviews, special articles and other important material are being included in this book. The YouTube link of the newly created special poetic video on the birth centenary of the Sangh has been shared below.

# IPROCH celebrates legacy of saint-poet Jayadeva with grand cultural festival

New Delhi, June 3 (UNI) The Institute for Promotion and Research on Odisha Culture and Heritage (IPROCH) hosted a vibrant two-day cultural festival, here dedicated to the life, works, and enduring influence of 12th-century saint-poet Bhakta Kavi Jayadeva. Themed around Jayadeva's timeless magnum opus Geeta Govinda, the festival from May 31 to June 1, offered a rich tapestry of classical performances, music, film, and scholarship. Artists, scholars, and spiritual thinkers from across India converged to honour Jayadeva's contribution to Indian devotional literature and the Bhakti movement. The day one began with Shabd Kirtan written on Jaidev were recited on the occasion along with Bhakta Jayadeva's influence on Sikh Gurus and his reference in Guru Granth Sahib. A major emotional highlight of the event was the Odissi dance drama Manini Radhika, choreographed and directed by renowned artist Guru Sharon Lowen. Featuring Vishwanath Mangaraj and Nisha Nanda in lead roles, the performance vividly brought to life Radha's divine emotions through Jayadeva's poetic

lens. Celebrated dancers such as Reet Rajguru, Kavita Dwibedi, Purvadhanashree, and Vidha Lal captivated audiences with performances that highlighted the universal appeal of Geeta Govinda and its intersections with Sufi mysticism — exploring the soul's longing for the divine. The festival concluded with a special screening of the 1987 Odia classic Jayadeva, offering a cinematic tribute to the poet's life, spiritual philosophy, and cultural legacy. Adding a permanent cultural marker to the event, a seven-foot fiberglass sculpture of Nabagunjara — a unique form of Krishna drawn from the Odia Sarala Mahabharata — was unveiled. Created by noted sculptor Chuguli Kumar Sahoo, the installation symbolizes Krishna's universal form and reflects Odisha's deep-rooted Jagannatha tradition. The festival stood as a vibrant reminder of Jayadeva's pan-Indian influence and Odisha's rich spiritual heritage, successfully blending artistic expression with devotional fervour.



# Yoga Practice – A Divine Medicine for Good Health

## Daily Yoga Can Keep Health Issues at Bay :District Collector Chadalaavada Nagarani

(Standard Post Bureau)

Penugonda, June 3: Practising yoga as part of daily life can help keep health issues at bay, said West Godavari District Collector Chadalaavada Nagarani. She stated that each yoga posture works like a specific medicine for the body. She was speaking at a large-scale yoga session held on Tuesday morning at the historic Vasavi Kanyaka Parameswari Temple premises in Penugonda Mandal. This event, conducted under the Yoga Andhra–2025 campaign, witnessed the participation of over 2,000 individuals. The programme saw the presence of Aachanta MLA Pitani Satyanarayana, District Superintendent of Police Adnan Nayeem Asmi, and Joint Collector T. Rahul Kumar Reddy, who joined Collector Nagarani in the yoga session.

Collector Nagarani said that, as per the directions of the state government, the Yoga Andhra–2025 campaign is being organized from May 21 to June 21 across villages, mandals, and districts. As part of the campaign, a major event was held at Valandharevu Beach, a tourist spot on the banks of the Vashishta Godavari, on May 27.

She expressed satisfaction with the success of the Penugonda event and emphasized that incorporating just 30 minutes of yoga into one’s



daily routine can help reduce stress and improve concentration. She highlighted that regular yoga practice helps in preventing various ailments, with each posture acting like a natural remedy. Breathing exercises like pranayama and bhrumari

yield immediate results, while others show their effects within a few days. She also noted that yoga builds concentration, promotes mental calmness, and instills discipline in one’s lifestyle. The district currently has 5,800 trained yoga instructors.“

Superintendent of Police Adnan Nayeem Asmi welcomed the state government’s initiative and said the campaign is helping people understand the importance of yoga. He also encouraged healthy lifestyle habits such as exposure to sunlight for vitamin D, eating vegetables, and breathing fresh air. MLA Pitani Satyanarayana said that yoga is an integral part of Indian culture and that the state government is promoting it through the month-long Yoga Andhra campaign. The goal is to engage 2 crore people across Andhra Pradesh in yoga activities on June 21,

International Yoga Day. He recalled that the United Nations declared June 21 as International Yoga Day in 2014, following India’s proposal and with the support of 170 countries. Joint Collector T. Rahul Kumar Reddy urged people to make yoga part of their

daily lives. He said that around 7.84 lakh people have registered for the campaign in the district so far. A total of 128 master trainers have trained 5,800 yoga instructors, who are now helping spread awareness and conducting sessions at the grassroots level. Special “Yoga Streets” are being designated in mandal and town centers to support daily practice. He shared details of the upcoming campaign events: June 9 at Alluri Sitarama Raju Smriti Vanam in Bhimavaram, June 16 at Perupalem Beach, and a major event with 5,000 participants on June 19. He urged people to prepare for the Bhimavaram event on June 9 and participate actively.

Other officials who took part included RDO Dasiraju, DSP Dr. Sree Veda, District Tourism Officer A.V. Apparao, District Education Officer E. Narayana, Tahsildar G. Anita Kumari, MPDO T. Suryanarayana Murthy, village Sarpanch Nakka Shyamala Soni, and various government employees, public representatives, and local residents. International athlete and yoga master trainer B. Sirisha, along with AYUSH yoga instructors Badugu Chandrasekhar and Padala Ramachandra Reddy, explained the benefits of various asanas. Participants listened attentively and followed the postures with interest.

# TDP govt misusing police to implement its ‘Red Book’ constitution in AP, says Jagan



(Standard Post Bureau)

Guntur, June 3 : Former Andhra Pradesh Chief Minister and YSR Congress Party (YSRCP) President, Y.S. Jagan Mohan Reddy on Tuesday alleged that ‘Red Book’ constitution in Andhra Pradesh has gone out of control.

Jagan was referring to the ‘Red Book’ of state minister Nara Lokesh in which the latter has written names of all the officials and others who allegedly harassed TDP leaders and cadres when the YSRCP was in power.

Jagan Mohan Reddy accused the TDP-led coalition government of misusing the police force to implement its ‘Red Book’ constitution and to target those questioning the government.

## LG chairs preparatory meeting ahead of Modi’s Jammu visit

Srinagar, June 3 (UNI) Ahead of Prime Minister Narendra Modi’s visit on June 6 to inaugurate the Chenab Bridge — the world’s highest railway bridge — and flag off the Vande Bharat train service connecting Kashmir to Kanyakumari, Lieutenant Governor Manoj Sinha chaired a high-level preparatory meeting with senior administrative and police officials at the Raj Bhawan in Srinagar.

An official spokesman said the Lieutenant Governor discussed various aspects of preparations and appealed to the people to participate in large numbers and make the launch event a memorable one

Udhampur-Srinagar-Baramulla Rail Link, a 272-km mega project is India’s most ambitious project connecting Kashmir valley with Kanyakumari. The Rail Link will ensure Year-round connectivity to the Valley.

The meeting was attended by Atal Dulloo, Chief Secretary; Nalin Prabhat, DGP J&K; Anand Jain, ADGP Armed; Ramesh Kumar, Divisional Commissioner Jammu; Bhim Sen Tuti, IGP Jammu; Vivek Gupta, IGP Railways; M. Suleman Choudhary, IGP Traffic; Deputy Commissioners and SSPs of Jammu, Kathua, Samba, Reasi and Udhampur, and senior officials of civil and police administration.

## Andhra Pradesh to establish Logistics Corporation soon

Amaravati, June 3 (IANS) : The Andhra Pradesh government plans to establish the Andhra Pradesh Logistics Corporation soon to drive infrastructure growth across roads, ports, airports, and fishing harbours. Chief Minister N. Chandrababu Naidu on Tuesday directed officials to complete Phase-1 works of Machilipatnam, Ramayapatnam, and Mulapeta ports as well as the Kakinada Gateway Port by December next year. He also instructed the completion of Phase-1 construction for the Juvvaladinne, Nizampatnam, Machilipatnam, and Uppada fishing harbours within the same timeframe.

Chairing a review meeting at his camp office in Undavalli, he emphasised that ports and fishing harbours are valuable economic assets for Andhra Pradesh. He stressed the urgency of completing these projects and bringing them into operational use swiftly. Discussions also included port operations and maintenance.

The Chief Minister stated that ports, airports, and harbours will drive the state’s economic surge. He called for the transformation of ports and fishing harbours into economic assets.

He urged officials to explore the possibility of upgrading fishing harbours

into minor ports without causing inconvenience to local fishing communities, thereby enhancing regional incomes.

The Chief Minister directed the immediate initiation of Phase-1 works for new airports in Kuppam, Dagadarthi, Amaravati, and Srikakulam (Palasa). He emphasised the goal of developing at least 20 ports and 14 airports across the state.

He also instructed moves for the expansion of state roads in accordance with traffic needs, integrating them with national highways through the Public-Private Partnership (PPP) mode.

He also instructed

completion of Phase-1 works of Machilipatnam, Ramayapatnam, and Mulapeta ports as well as the Kakinada Gateway Port by December next year. He also instructed

completion of Phase-1 construction for the Juvvaladinne, Nizampatnam, Machilipatnam, and Uppada fishing harbours within the same timeframe. CM Naidu urged

## Railway bags prestigious ISO 9001:2025 QMSC

(Standard Post Bureau)

Vijayawada, June 3 : The Vijayawada Railway Division bagged the prestigious ISO 9001:2015 Quality Management System Certification.

Vijayawada Divisional Railway Manager Narendra A Patil announced that the Traction Distribution (TRD) Department of Vijayawada Division, South Central Railway, has been awarded the ISO 9001:2015 Quality Management System Certification.

This prestigious certification covers 22 strategic locations — including TRD Depots, TRD Offices, and the TRD Store — and recognises the quality maintenance of Overhead Equipment (OHE) and power supply

installations crucial for the safe and efficient movement of electric locomotives.

The certification has been issued by QRO Certifications, a reputed certification body, through Harsha Technologies, Hyderabad, after a series of rigorous and comprehensive audits assessing the quality and consistency of service delivery. With this milestone, Vijayawada Division becomes the first division in Indian Railways to receive ISO 9001:2015 certification for its entire TRD Department — a testament to its commitment to safety, reliability, and excellence in railway operations. Speaking on the occasion, Narendra A. Patil, extended heartfelt

congratulations to Ch Dinesh Reddy, Senior Divisional Electrical Engineer (Sr. DEE/TRD/ BZA), and the entire team of the Traction Distribution Department for their exemplary dedication and sustained efforts in elevating service standards. “This certification is not just a recognition— it’s a responsibility to maintain the highest quality and safety standards for uninterrupted passenger services across the Division,” added the DRM.

This achievement adds a proud feather to the cap of the Vijayawada Division, South Central Railway, and reaffirms its leadership in quality-driven railway infrastructure and operations.

## Officials asked to complete Phase-1 work of ports to boost Infrastructure: CM Naidu

Vijayawada, June 3 (UNI) : Chief Minister N Chandrababu Naidu has announced establishing the Andhra Pradesh Logistics Corporation soon to drive infrastructure growth across roads, ports, airports, and fishing harbours. He also asked officials to prepare a plan for setting up heliports in agency areas to promote tourism in tribal regions.

Chairing a review meeting at his camp office in Undavalli near here on Tuesday, the CM emphasised that ports and fishing harbours are valuable economic assets for Andhra Pradesh. He stressed the

urgency of completing these projects and bringing them into operational use swiftly. Discussions also included port operations and maintenance.

The Chief Minister directed officials to complete Phase-1 works of Machilipatnam, Ramayapatnam, and Mulapeta ports as well as the Kakinada Gateway Port by December next year.

He also instructed completion of Phase-1 construction for the Juvvaladinne, Nizampatnam, Machilipatnam, and Uppada fishing harbours within the same timeframe. CM Naidu urged

officials to explore the possibility of upgrading fishing harbours into minor ports without causing inconvenience to local fishing communities, thereby enhancing regional incomes. The Chief Minister directed the immediate initiation of Phase-1 works for new airports in Kuppam, Dagadarthi, Amaravati, and Srikakulam (Palasa). He emphasised the goal of developing at least 20 ports and 14 airports across the state.

Chandrababu Naidu also instructed the expansion of state roads in accordance with traffic needs, integrating them with national highways

through Public-Private Partnership (PPP) mode.

Officials informed the Chief Minister that construction of Machilipatnam Port has reached 43.25% completion and is scheduled for full completion by November next year. Phase-1 of Ramayapatnam Port stands at 63.89% completion, Mulapeta Port at 46.59%, and Kakinada Gateway Port at 29.92%.

Regarding fishing harbours, Juvvaladinne is at 97.72% completion, Nizampatnam at 81.17%, Machilipatnam at 69.20%, and Uppada at 78.94%, as per updates shared with the Chief Minister.

				<b>EAST COAST RAILWAY</b>	
				<b>AUCTION NOTICE</b>	
No.WCG/WAT/Claims/Parcel-Misc./25,				Dt.: 30.05.2025	
Auction of connected and undelivered articles lying at Visakhapatnam Railway Station is proposed. The following are the details :					
SL.NO.	PLACE OF AUCTION	DATE & TIME OF AUCTION		EMD AMOUNT	
1.	PARCEL OFFICE, VISAKHAPATNAM RAILWAY STATION	ON 1030 HRS. OF 27.06.2025 (THIRD FRIDAY)		₹ 500/-	
No Auction will be conducted on Public Holidays.					
<p>The details of the articles to be sold by Public Auction are with Chief Parcel Supervisor of the Visakhapatnam Railway Station. EMD is refundable to the unsuccessful bidders. Sealed tenders can also be submitted with DD in favour of FA &amp; CAO, East Coast Railway, Bhubaneswar as earnest money equivalent to 20% of the bid amount duly quoting the lot numbers. For successful bidders, the EMD will be adjusted against the bid amount. The sealed Tenders may be addressed to the Station Director, East Coast Railway, Visakhapatnam as the case may be. Railways will not undertake any responsibility for non-delivery, delayed delivery of the sealed Tenders sent by Post.</p> <p>The Auction Notice will also be available in the Website at <a href="http://www.eastcoastrail.indianrailways.gov.in">www.eastcoastrail.indianrailways.gov.in</a></p> <p>The Railway reserves the right to cancel the Auction or withdraw any or all the consignments without assigning any reasons whatsoever.</p>					
PR-198/Q/25-26		Divisional Railway Manager (Commercial)/ Waltair			

SOUTH WESTERN RAILWAY		
E-(IREPS) Tender Notice No. 08 UBL 2025-26 Dated: 29-05-2025		
The undersigned, on behalf of the President of India, Invites E-Tenders (IREPS) for the following works:		
Sl.No	Name of Work	Approx. Value
1	Hubballi Division: Improvement to LHS approach Road, Drain, Painting, Retaining Wall, Grouting etc under jurisdiction of Assistant Divisional Engineer/Belagavi Section.	Rs. 1,00,58,459.00
2	Hubballi Division-Sub Work-I:Proposed construction of type-II 12 units staff Quarters at Castle Rock Station Sub Work-II: Proposed construction of additional (02) Two Suits at Castle Rock ORH.	Rs. 3,26,95,605.00
3	Hubballi Division-Sub Work-I:Proposed construction of type-II 12 units staff quarters at Kulem Station. Sub Work-II: Proposed construction of type-II Six (6) units at Sonailium Station.	Rs. 4,36,78,911.00
4	Hubballi Division: Sub Work-I:Dharwad-Alnawar (DWR- LWR) Section: Provision of W Beam crash barrier fencing for total length of 5.3 RKM between Dharwad-Alnawar (DWR-LWR) Section. Sub Work-II: Dharwad-Alnawar (DWR-LWR) Section: Proposed improvements Mugad ballast depot.	Rs. 3,53,68,386.00
5	Hubballi Division: Provision of new lift 01-No (Civil work) at Railway Central Hospital Hubballi.	Rs. 33,11,326.00
6	Hubballi Division: Improvements to doors and windows by retrofitting with UPVC systems in Railway central Hospital at Hubballi.	Rs. 2,35,56,732.08
Last date for submission of bids:Upto 11:00 Hrs. on 27-06-2025		
For details log on: <a href="http://www.ireps.gov.in">www.ireps.gov.in</a>		
PUB/158/AFR/PB/SW/R/2025-26		
South Western Railway - SWR		
Download the UTS Mobile App from Google Play Store for ease of booking of unreserved tickets		
South Western Railway - SWR   SWRRLY   SWRRLY		



STANDARD POST

Lokesh-Jagan spat over errors in evaluation of SSC answer sheets

Gross errors in the evaluation of 10th class Public Examination answer scripts in Andhra Pradesh have triggered a bitter war of words between former Chief Minister Y. S. Jagan Mohan Reddy and Education Minister Nara Lokesh.

While Jagan held Lokesh responsible for the chaos surrounding Secondary School Certificate (SSC) exams, the latter hit back at YSR Congress Party president, saying he "failed" in both public and private life.

Launching a bitter attack on the former chief minister, Lokesh said that the present government need no lessons on values from Jagan, who had stolen SSC exam papers during his student days.

Alleging that the education system was damaged during YSRCP rule, Lokesh claimed that the coalition government is trying to rectify it. The Education Minister, in an open letter, alleged that the previous government brought politics into schools, such as using party colour in uniforms and giving programmes personal names. He also alleged that during the YSRCP rule, students lost access to midday meals and free textbooks while school enrollments dropped.

Earlier, Jagan launched an attack on Lokesh, holding him responsible for the chaos in the evaluation of SSC answer sheets.

He accused the Telugu Desam-led coalition of pushing lakhs of students and their families into distress through administrative failure and lack of accountability.

Jagan, in a social media post, told Chief Minister N. Chandrababu Naidu that he and his son Lokesh have "failed" to conduct the 10th class exam.

"Over 6.14 lakh students toiled hard for these exams, but the government couldn't even ensure proper evaluation and transparent declaration of results.

The mismanagement has eroded students' trust, with many now raising doubts about the accuracy of their marks," he said.

The former chief minister pointed out that the ongoing fiasco is already costing students valuable opportunities in IITs, Gurukula Junior Colleges, and other institutions. He also recalled how the government's inefficiency was evident from the beginning, with question paper leaks and no corrective steps taken thereafter, exposing its lack of competence.

Jagan accused the TDP regime of systematically dismantling the educational reforms introduced by the previous YSRCP government.

"Be it Nadu-Nedu, Gorumudda, English medium education, TOEFL classes from Class 3, tabs for Class 8 students, or subject-wise teaching, all visionary reforms were halted. The Amma Vodi scheme, which empowered mothers to educate their children, was also cancelled," Jagan noted.

The Directorate of Government Examinations on Saturday suspended five evaluators for gross errors in the evaluation of SSC exam answer scripts.

Out of the total 6,14,459 students who appeared for the examination, 34,709 students applied for re-checking. A total of 66,363 scripts were received for re-checking. Of them, 64,251 were for reverification and 2,112 for recounting.

According to the Directorate, out of corrected cases, 8,863 scripts had minor mark changes between 1 and 5 only, and 3,119 scripts had changes of more than 5 marks.

The Department announced that the applications will be disposed of by the first week of June. Many students who aspire for admissions in the IITs run by the Rajiv Gandhi University of Knowledge Technologies (RGUKT), Andhra Pradesh.

Meanwhile, state Congress president Y. S. Sharmila has said that arguments between Jagan and Lokesh are like devils reading the scriptures.

"During YSRCP rule, every year 20 per cent of the failed students passed with higher marks in recounting and now under TDP-JSP-BJP rule 11,000 out of 30,000 applicants passed with first-class marks. This clearly shows how much sincerity there is in the evaluation of answer scripts," she said.

Alleging that there is no transparency in the results, she said the education system has been corrupted.

"In fact, it is not the students who have failed. It is the YSRCP and coalition governments that have failed in the state for the last 10 years. They are playing with the lives of students," she said.

Stating that Lokesh failed as the Education Minister, she demanded a thorough probe into the entire episode.

Sharmila also demanded that the re-evaluation of answer sheets be done free of cost.

Mixopathy: A Threat to the Integrity of Healthcare in India



Dr. Vinay Aggarwal  
Past National President - Indian Medical Association  
Former Chairman Action Committee – Indian Medical Association  
Recipient of Dr BC Roy National Award

(Standard Post Bureau) The recent announcement of India's first integrated MBBS and Ayurveda course at JIPMER, Pondicherry, has sparked intense debate within the medical fraternity. Marketed as a visionary step towards "One Nation, One Health System," this move by the Government of India to mix allopathy and AYUSH systems under one educational umbrella is not only scientifically flawed but also structurally dangerous for India's healthcare future.

As a medical professional who has served this country through modern medicine and witnessed the transformative power of evidence-based care, I must unequivocally state: mixing medical systems like allopathy, Ayurveda, homeopathy, Siddha, and Unani is not an innovation; it is a dilution — one that may severely compromise patient safety and the sanctity of every individual system of medicine.

Science Cannot Be Mixed With Sentiment

Modern medicine or allopathy is rooted in decades of research, clinical trials, pharmacovigilance,

and peer-reviewed scientific validation. Similarly, Ayurveda and other traditional systems have their distinct philosophical foundations and therapeutic approaches. Each system has its strengths and should be preserved and practiced in its original form. To combine these vastly different streams — without scientific compatibility or clinical synchronization — is akin to merging chemistry with astrology in the name of integration.

The proposal to produce "hybrid doctors" through integrative education is unscientific, unrealistic, and unworkable. It risks creating confusion over diagnosis, treatment protocols, patient safety responsibilities, and medical jurisprudence. For instance, if a patient experiences adverse effects or death under mixed treatment, who will be held accountable — the modern medicine practitioner, the AYUSH doctor, or the "integrated" graduate? Will the Medical Council or the AYUSH Council register such practitioners? These are not just rhetorical questions — they are real legal and ethical challenges.

India Is a Global Leader in Modern Medicine

The rise in India's life expectancy — from 32 years in 1947 to over 70 years today — is a testament to the success of modern medicine. Diseases such as smallpox, polio and neonatal tetanus were eradicated through vaccines. The introduction of antibiotics revolutionized the treatment of life-threatening infections. Advanced interventions in cardiac care, cancer treatment, diabetes

management, and maternal-child health services have been game changers.

We must not forget that Indian doctors form the backbone of medical services globally — from the NHS in the UK to hospitals across the United States. We have 779 medical colleges and produce over 136,000 MBBS graduates each year. The infrastructure, training, and expertise available in India rival that of many developed nations. There is simply no need to fix a system that has served millions effectively, especially by forcing it to fuse with alternative medicine systems that function on completely different scientific principles.

Lessons From China: A Failed Experiment

The proponents of mixopathy often cite China's efforts to integrate Traditional Chinese Medicine (TCM) with modern healthcare. But they conveniently ignore the fact that this has largely failed — not only did it result in poor health outcomes, but it also contributed to the erosion of traditional practices. India should learn from China's mistakes, not emulate them.

Moreover, healthcare is not a domain where emotional nationalism should override empirical science. The goal must always be to provide the best, safest, and most effective treatment to the patient — not to push ideological experiments in the name of integration.

A False Promise of Accessibility

Some suggest that mixopathy would help expand healthcare access and reduce costs. While well-intentioned, this assumption is both

dangerous and misleading. It essentially uses under-qualified or differently-trained practitioners to fill gaps in rural or underserved areas. Is this the value we assign to the lives of our citizens? Should affordability come at the cost of quality and safety?

Instead of mixopathy, the government should focus on strengthening parallel systems — increasing AYUSH infrastructure, improving the quality of education within each stream, and encouraging cross-referral networks where necessary. Patient choice must be preserved. Forcing a unified system removes that choice and turns doctors into generalists with diluted competencies.

As the Past National President of Indian Medical Association (IMA), I have consistently opposed this policy and is committed to taking every legitimate and democratic means to reverse it. We do not stand against Ayurveda or any traditional system — on the contrary, we respect and honor their heritage. But we firmly believe that each system must flourish independently, maintaining its purity and professional standards.

We urge the Government to abandon this regressive proposal and instead collaborate with the medical fraternity to enhance quality, accessibility, and innovation in healthcare through evidence-based approaches.

Let us not gamble with the lives of future generations. Let us not create a generation of "qualified quacks." Instead, let us build a "Healthy India" through respectful coexistence of distinct medical streams, not chaotic convergence.

NBE moves SC, seeks August 3 date for NEET-PG 2025 exam in single shift

New Delhi, June 3 (UNI) The National Board of Examinations (NBE) has approached the Supreme Court with a fresh application, requesting permission to conduct the NEET-PG 2025 examination on August 3, in a single shift from 9 am to 12:30 pm.

The move comes after the Supreme Court, in an order dated May 30, criticised NBE's earlier decision to conduct the exam in two shifts, calling it unfair and unsuitable for a national-level medical entrance exam.

In light of this, the NBE postponed the previously scheduled exam date of June 15, and has now sought judicial approval for the revised schedule.

In its application, the NBE cited operational constraints and stated that August 3 is the earliest feasible date offered by its technology partner, Tata Consultancy Services (TCS), to administer the examination in a single shift across India.

TCS reportedly informed the NBE that the logistical turnaround time between May 30 and June 15 was too short to transition from a two-shift to a one-shift model.

This is primarily due to the need for a significantly larger number of test centres across more cities, as well as the challenge of sourcing adequate computer infrastructure and technical equipment.

The application notes that accommodating approximately 2.42 lakh candidates (with buffer) in a single sitting would necessitate securing over 1,000 centres nationwide, and would require a major overhaul of infrastructure and manpower, including, three-tier power backup systems, network infrastructure and surveillance software, anti-cheating mechanisms, trained invigilators, security personnel, and technical staff and multiple dry runs and mock exercises.

Furthermore, the NBE has requested to reopen the application window to allow candidates to reselect their preferred test cities, as a new allocation process would be necessary. This reallocation, followed by the issuance of city intimation slips and admit cards, would also need a minimum lead time of two weeks before the exam and four days before the final centre assignment.

The NBE underscored that NEET-PG is a high-stakes, sensitive examination, and any mismanagement could lead to malpractice. Therefore, they emphasised the need for robust coordination with law enforcement agencies to ensure security and integrity.

The Supreme Court is expected to take up the matter shortly for consideration.

Defence Ministry issues advisory on respecting privacy of senior armed forces personnel

New Delhi, June 3 (UNI)The Defence Ministry on Tuesday issued an advisory asking the media to refrain from excessive coverage of senior armed forces personnel and their families as this could pose security risk.

The Ministry of Defence in a statement appreciated "the continued interest and support of the media in covering the activities, achievements, and sacrifices of the Indian Armed Forces -the Army, Navy, and Air Force".

"Media engagement plays a critical role in informing the public and fostering a greater understanding of national security matters," the ministry noted,

It said in the light of ongoing operations like Operation Sindoor, senior officers from the Armed Forces have understandably gained public attention due to their leadership roles.

However, the Ministry also noted that the attention has started to go beyond professional reporting, encroaching into the personal lives of these officers and their families. It said "Media personnel have reportedly approached their residence, attempted to contact family members, and pursued personal coverage unrelated to their official duties".It said that that these actions are "highly inappropriate" and may "jeopardise the dignity, privacy, and safety of the officers and their families".

Although senior officers hold prominent public positions, their families are private individuals who deserve to be treated with respect and consideration, the ministry said in the advisory.

The Ministry has asked the media to refrain from visiting or attempting to contact the private residences or families of serving or retired Armed Forces personnel for personal stories or interviews, unless expressly invited or cleared through official channels.The advisory has also asked to avoid the publication or broadcast of personal details, including residential addresses, photographs of family members, or other nonoperational information that is not in the public interest.It said the media coverage should remain centred on the professional and operational dimensions of Armed Forces activities and leadership, avoiding any speculative or intrusive reporting into their personal lives. It is essential to uphold the boundaries of privacy and maintain operational confidentiality, especially during active missions or times of increased national security, the advisory said.

India visit was trip of our lifetime; my children just love PM Modi: Usha Vance

Washington/New Delhi, June 3 (UNI): US Second Lady Usha Vance described her visit to India in April with her husband and children as "the trip of a lifetime", and also that her three children have bonded closely with PM Modi, placing him in the "grandfather category".

In a chat with USISPF Chairman John Chambers on Monday in Washington at the 2025 US-India Strategic Partnership Forum, the US Second Lady, who is of Indian origin, was asked to describe their visit to India and meeting with PM Modi:

"It was the trip of our lifetime for us. My children had never been to India", due to the pandemic and JD Vance's entry into politics.

"They've grown up knowing so much about this country, the stories, the food, the relationships with

grandparents and friends," she said of their children, sons Vivek and Ewan, and daughter Mirabel.

"But they'd never actually seen it, so it was just mind-blowing from their perspective; but for me and JD, I think, it could not have been any more special."

"We had the opportunity to see some of the greatest sights in north India," she said of their visit to the Taj Mahal and to Rajasthan. She added that they will visit southern India, and especially Andhra Pradesh where her family comes from, during her next visit.

She described the food and sights as "just incredible". "It was just one head after another, just incredible food, the peacocks that we got to see, we saw the Taj Mahal in the morning, just when the sun was coming up."

"And of course,

meeting the prime minister -- that was very, very special."

"We'd actually the chance to meet him before," she said, referring to their meeting in Paris in

February, when PM Modi had given the children presents, especially Vivek who had his birthday then.

Describing the meeting between PM Modi and the children, she said:

"And it's funny, my kids saw him and they were sort of sleep-deprived in Paris, and they saw an Indian man with a white beard and white hair, and they just put him in the grandfather category immediately.

"They are very into him, they just love him."

"And he has really cemented his status by giving fabulous presents to them.""And so, when we were visiting his home, they sort of just ran up to him

and were hugging him."

"He was just incredibly kind and generous to them," she added."I think it was a very productive conversation with the Indian PM of course, but I think it was a real opportunity for us to snap up a personal relationship at that," she added.

The PM had organised a puppet show at his Lok Nayak official residence for the US Vice President and his family, during their April 21 visit.

Asked about it, Usha Vance said: "There was a puppet show, that was a particular highlight where puppeteers from all over the country, including Andhra Pradesh where my family is from", presented a show.

The US Second Couple and family were on a four-day visit to India. In Delhi they had visited the S w a m i n a r a y a n Akshardham Temple.



### 3 killed, 8 injured in twin traffic accidents in N Afghanistan

Kabul, June 3 (UNI) At least three people lost their lives and eight others were injured in two separate road accidents in northern Afghanistan's Baghlan province, according to a local police official on Tuesday.

In the first incident, a bus and a private vehicle collided head-on late Monday in the Gazan area of Khenjan district. Provincial police spokesman Shir Ahmad Burhani confirmed that three women were killed and three others, including children, sustained injuries.

The second accident took place the same day on the outskirts of Doshi district, where a car veered off the road and overturned, injuring five passengers, said Burhani.The official blamed reckless driving for the incidents, saying all the injured passengers were taken to health centers for treatment.

### Trump congratulates Poland's Nawrocki on winning presidential election

Washington, June 3 (UNI) : US President Donald Trump on Tuesday congratulated Polish opposition candidate Karol Nawrocki on winning the presidential election in Poland, calling him his "ally."

"TRUMP ALLY WINS IN POLAND, SHOCKING ALL IN EUROPE. Congratulations Poland, you picked a WINNER!" the US president said on Truth Social.

US Secretary of State Marco Rubio also extended congratulations to Nawrocki, emphasizing the potential for strengthening the US-Poland relations.

"Congratulations to President-elect Karol Nawrocki on a hard-earned victory as a new chapter begins in Poland. Together, the United States and Poland will forge the most ambitious alliance in our shared history on defense, energy, and commerce," Rubio said on X.

According to data from the Polish election commission, Nawrocki won 50.89% of the vote in the second round of the presidential election held on Sunday, defeating the ruling coalition's Rafal Trzaskowski, who garnered 49.11%.

### Iran rejects US N-deal, says there will be no change in uranium enrichment plans

Tehran/Washington, June 3 (UNI) Iran has rejected the US’ nuclear deal calling it ‘worthless’, as it bars Tehran from uranium enrichment, which Iran had time and again made clear is an unacceptable proposal, as it does not align with the country’s national interests.

An Iranian diplomat, talking about the proposed deal, said “In this proposal, the US stance on enrichment on Iranian soil remains unchanged, and there is no clear explanation regarding the lifting of sanctions. Iran is preparing a negative response, which can be interpreted as a rejection of the US proposal,” reports Mezha net.

However, the Trump administration reportedly had agreed to a limited low-level enrichment of uranium by authorities for an as-of-yet undetermined duration, the Axios news portal reported on Monday citing sources, according to Sputnik.

On May 31, Oman’s Foreign Minister Said Badr Al-Busaidi, during his visit to Tehran, offered Muscat’s help in mediating between Iran and the United States.

However, even after five rounds of talks between the Iranian Foreign Minister Abbas Araghchi and US President Donald Trump’s representative Steve Witkoff, the parties have been unable to break the lingering deadlock, citing significant differences.

Earlier, White House Press Secretary Caroline Leavitt stated that President Trump’s special envoy Steve Witkoff “sent the Iranian regime a detailed and acceptable proposal, and it is in their interest to accept it.” Leavitt did not provide details but emphasized that President Trump “has made it clear that Iran will never be allowed to obtain a nuclear bomb.”

Iran has repeatedly emphasised that no deal can be made, unless Washington changes its stance on uranium enrichment on Iranian territory. Additionally, it has also refused to export its already accumulated supply of highly enriched uranium abroad.

The US, on the other hand, has made the complete halt of uranium enrichment, the centrepiece of its deal, believing that these materials could be used to develop nuclear weapons, though Iran has rebuked the accusations, insisting that its nuclear programme is solely for peaceful purposes.

### Turkish authorities seize USD 142.9 mn worth methamphetamine in anti-smuggling operation

Ankara, June 3 (UNI) Turkish authorities have seized 1,870 kg of methamphetamine worth 5.6 billion Turkish lira (about 142.9 million U.S. dollars) during an anti-smuggling operation at the eastern border crossing in Agri Province, the trade ministry said Tuesday.

The ministry has reported a sharp increase in narcotics seizures in 2025. As of June, a total of 17.1 tons of drugs valued at 19.9 billion Turkish lira (about 507.5 million dollars) have been confiscated, a 234 percent rise compared to the same period last year.

Straddling the crossroads of Asia and Europe, Türkiye remains a key transit route for drug smuggling, and as such is frequently used by drug cartels to smuggle large quantities of drugs into both West Asia and Eastern Europe, due to several viable routes. Despite increased security and monitoring by Ankara, drug smuggling remains a significant issue.

### At least 40 people killed, 208 injured in Gaza strip over past 24 hrs: Health Ministry

Gaza City, June 3 (UNI) Forty people have been killed and over 200 injured during fighting in the Gaza Strip over the past 24 hours, the Gaza Health Ministry said on Tuesday.

"Over the past 24 hours, 40 dead, one of which died under the rubble, and 208 injured have been admitted to hospitals in the Gaza Strip," the ministry said in a statement on Telegram.

According to estimates by the Gaza authorities, the total number of Palestinians who have been killed since October 7, 2023, have risen to 54,510, with 124,901 injured. Since March 18, 4,240 people have been killed, with 12,860 injured.

Israel resumed strikes on the Gaza Strip on March 18, citing Hamas' refusal to accept the US plan to extend the ceasefire, which expired on March 1.

### Over one third of Australian men report using intimate partner violence

Canberra, June 3 (UNI) ; More than one-third of Australian men have used intimate partner violence (IPV) in their lifetime, a landmark government report has found.

The report, which was published by the Australian Institute of Family Studies (AIFS) on Tuesday, found that 35 percent of Australian men aged 18-65 had used IPV as of 2022, up from 24 percent in 2014.The data was collected by the AIFS Longitudinal Study on Male Health, which has tracked a group of 16,000 males since 2013. An additional 10,000 males were added to the study in 2024-25.The participants in the study, which is the largest of its kind in the world, are asked about issues such as gambling, mental health, family violence, alcohol and drug use and social connection.

According to Tuesday's report, an estimated 120,000 Australian men start using IPV for the first time each year.The World Health Organization defines IPV as behavior within an intimate relationship that causes physical, sexual or psychological harm.

Emotional-type abuse was found by the AIFS to be the most common form of IPV in Australia, with 32 percent of study participants reporting in 2022 that they had ever made a partner feel frightened or anxious. Nine percent reported ever physically abusing a partner.The study found that men who felt strongly that they had a quality relationship with a father or father figure during childhood were 48 percent less likely to report ever having used IPV and those with high levels of social support all the time were 26 percent less likely to report using IPV.

Men with moderate or severe depressive symptoms were 62 percent more likely to have used IPV as of 2022 than men without any depressive symptoms.



Relics of Lord Buddha return to India after a successful exhibition in Vietnam, which drew over 1.78 crore visitors, marking a significant cultural event.

## Trump contradicts US negotiating team's nuclear proposal to Iran

Sacramento, June 3 (UNI) : US President Donald Trump publicly contradicted his own administration's nuclear proposal to Iran on Monday, saying that he would not allow any uranium enrichment just hours after reports revealed his negotiators had offered Tehran limited enrichment rights."Under our potential Agreement -- WE WILL NOT ALLOW ANY ENRICHMENT OF URANIUM!" Trump wrote on his social media platform Truth Social Monday evening.The statement directly undercut Axios' Monday report, confirmed by two US5 officials, that a detailed proposal delivered Saturday by US Special Envoy to the Middle East Steve Witkoff to Iranian officials via Omani intermediaries would allow Iran to maintain low-level uranium enrichment for civilian purposes, including nuclear medicine and commercial power generation.Following Trump's latest remarks, Axios updated its report, saying the story on Witkoff's proposal "sparked immediate alarm among Iran hawks in Washington and in Israel,

before Trump himself weighed in.""The question is whether Trump will stick to that red line or show more flexibility to secure a deal than his statement suggests," it said.

White House Press Secretary Karoline Leavitt defended the proposal on Monday as "very tough" but refused to clarify the discrepancy.////////

US Secretary of State Marco Rubio and other senior officials had repeatedly said that any nuclear agreement would require Iran to dismantle its enrichment capabilities completely.Iran has consistently said it won't sign any deal that doesn't allow enrichment for civilian purposes.

Iranian Foreign Ministry Spokesman Esmaeil Baghaei said on Monday that Tehran would not respond positively to a US draft nuclear proposal containing "radical and maximum" demands.

He made the remarks during a weekly press conference in Tehran while commenting on a US proposal for a potential nuclear deal, which was presented to Iran on Saturday by Omani Foreign Minister Sayyid Badr bin

Hamad bin Hamood Albusaidi.Baghaei said both Iran and the United States were aware of each other's red lines, noting that Iran insists on continuing its uranium enrichment and securing the effective removal of what it calls "cruel" sanctions -- two issues he said must be included in any potential agreement with Washington.

He noted that the United States had not provided clarification on the removal of the sanctions, adding that Iran needed a clear understanding of the mechanisms for lifting them and assurances it would see tangible effects, particularly in sectors such as foreign trade, economy and banking.Trump and Witkoff "have repeatedly offered inconsistent public messages about whether Iran would be allowed to retain the capacity to enrich uranium to lower levels for civilian purposes," AP News reported. Since April, Iran and the United States have held five rounds of Omani-mediated indirect talks, three in the Omani capital Muscat and two in Rome, over Tehran's nuclear program and the possible lifting of US sanctions.

## Zelenskyy's office chief Yermak en route to US : Reports

Moscow, June 3 (UNI) Ukrainian President Volodymyr Zelenskyy's chief of staff, Andriy Yermak, is headed to the United States, the RBC-Ukraine news website reported on Tuesday, citing unnamed sources.

"Yermak is flying to the United States," a source was quoted as saying, without providing the reason for the Ukrainian official's visit.

Flight tracking data from FlightAware shows the UR-ABA plane linked to Zelenskyy currently in the airspace of the United States. It remains unclear whether Zelenskyy himself is on board.

Yermak is accompanied by Ukrainian First Deputy Prime Minister and

Economy Minister Yulia Svyrydenko, Reuters reported, citing a Ukrainian source. They are expected to visit Washington as part of an official trip.

On February 28, US President Donald Trump sharply criticized Zelenskyy during a White House meeting intended to finalize an agreement on joint development of Ukrainian mineral resources.

Trump demanded that Zelenskyy agree to a ceasefire and refrain from criticizing Russian President Vladimir Putin. When Zelenskyy defended his stance, blaming Russia and warning that the conflict's effects could reach the United States despite the Atlantic Ocean between

them, US Vice President JD Vance labeled him an ungrateful campaigner for the Democrats. The Ukrainian delegation was asked to leave, and the agreement went unsigned. Zelenskyy later expressed regret for the incident and signaled openness to negotiations as soon as possible.The US Treasury Department said that the authorities in Washington and Kiev signed a deal on Ukraine's natural resources on April 30.

Svyrydenko said that the fund created by the US and Ukraine will invest in projects for the extraction of minerals, oil and gas, infrastructure or processing, while Washington will participate in the selection of specific projects.

## US withdraws 500 troops from Syria in line with new Middle East policy, post Assad ouster

Washington/Damascus, June 3 (UNI): The United States has withdrawn approximately 500 troops from Syria in recent weeks in line with the US's new Middle East policy, following ouster of the Assad regime.

According to Fox News, the US troops have vacated their three bases in Syria, with some, like Mission Support Site Euphrates, being handed over to the Syrian Democratic Forces (SDF), while another one, such as Mission Support Site Green Village, has been closed down.In April, the Pentagon announced its plans to decrease its military presence in Syria in the coming months from 2,000 to under 1,000 troops as part of efforts to consolidate US forces to select locations in the country.“The consolidation of US forces in Syria is safe, deliberate, and conditions-based,” a US defense official told Al Arabiya English. Officials further said that a number of troops had been deployed elsewhere and that the bases were shut down or handed over the course of last month.

Elaborating on the Pentagon's April stance on consolidation of troops, Chief Pentagon Spokesman Sean Parnell said the US would consolidate its troops in

Syria under the Combined Joint Task Force – Operation Inherent Resolve to select locations in the country, bringing down the US footprint in Syria to less than 1,000.“As this consolidation takes place, consistent with President Trump’s commitment to peace through strength, US Central Command will remain poised to continue strikes against the remnants of ISIS in Syria,” Parnell said at the time.

Despite its reduction of troops in Damascus and lifting sanctions , Washington has its doubts over the new interim regime of Ahmed al-Sharaa - who was a former Al Qaeda member.

While Sharaa had defected from the terror group years ago, and his status as an international terrorist was also stripped, his new regime includes several former terrorists, all of whom are hardline Islamists, casting much doubt over the future of Syria.

Syria's armed opposition captured Damascus on December 8, 2024. Bashar Assad stepped down as Syrian president and left the country. Armed opposition leader Ahmed al-Sharaa was declared transitional president in January, and the new cabinet was formed in March.

## Australian scientists use underwater robots to explore remote reefs in South Pacific expedition

Sydney, June 3 (UNI) Australian scientists are using cutting-edge underwater robots to explore remote and largely uncharted reef systems in the South Pacific, the University of Sydney said on Tuesday.

As part of a major international expedition, Australian scientists are mapping deep-sea habitats and biodiversity near Norfolk Island, an isolated Australian territory 1,600 km northeast of Sydney, one of the South Pacific's most ecologically important regions, according to a university press release.

Its location and mix of tropical and temperate ecosystems make it key to tracking species shifts and climate change impacts, the release said.

Equipped with high-resolution cameras and sensors, the Autonomous Underwater Vehicles are capturing thousands of images to create 3D maps of the seafloor and document marine life in unprecedented

detail, it said, adding underwater robots serve as the eyes and hands of scientists, safely exploring deep-sea areas beyond the reach of human divers.

"It's the first time that parts of the seabed in the Norfolk Ridge will be imaged in this detail," said Stefan Williams from the University of Sydney's Australian Center for Robotics.The expedition unites scientists from Australia and New Zealand to map the seafloor and collect marine specimens such as fish, corals, molluscs and algae to enhance knowledge of regional biodiversity, the researchers said.

"Norfolk Island is a key oceanic stepping stone for species between tropical New Caledonia and temperate New Zealand," said Shane Ah Yong, acting chief scientist at the Australian Museum Research Institute, leading the second phase of the Norfolk Island scientific expedition.



Foods



1. Egg shells:

The story goes that as per superstition if you do not crush the egg shells after having the egg they will be gathered by a witch who will then use the shells to make a boat for herself. Thus if you crushed the shells, they would be of no use to her.

2. Hanging up garlic:

Garlic used in food and medicine since ancient times also has a strong superstition attached to it. The legend has it that the way to repel an evil eye is by carrying a piece of garlic with you. Garlic was supposed to be a powerful deterrent against werewolves and vampires.

3. Salt:

Spilling salt is considered unlucky. The only way out to turn back the bad luck is to throw some salt with your right hand over your left shoulder. It is also considered to be bad luck if you pass salt to another person. Folks believe that if you throw some salt on

the windows and threshold of a new house, you can protect it from the evil eye.

4. Hollow and crossed bread:

According to the legend, if you came across a hole in a loaf of bread that you cut, it stands for a coffin and means that someone will die soon. Now, that's a strange one considering most loaves of baked bread have holes in them. The other superstition says that all loaves of bread must be marked with a sign of

the cross before baking. The intention was to thwart the devil from sitting on the loaf and spoiling the bread.

5. Make a wish:

One of the most common notions when it comes to the world of superstitions is about pulling a wishbone of the turkey. As per tradition, one must use only their 'pinky' finger to break the wishbone and the one who wins the longest piece gets good luck. That's a nice tug of war you can indulge in at any time, isn't it?

6. Drinking tea:

The ritual of sipping on tea has its own ramifications. It is said to be bad luck if two people pour tea from the same pot. The other story says that if one lifts the lid from the teapot while making tea, it means that a stranger will pay a visit to the home soon.

7. Christmas luck:

There are numerous superstitions associated with a



Christmas cake. One of them is that all members of a family should stir the Christmas cake mixture so as to prevent bad luck on them. For young spinsters, doing so was supposed to be good - or else they would remain unmarried for a whole year.

8. Breaking coffee bubbles:

When you see bubbles in your cup of coffee, try to get them into your spoon and eat them before they burst. If you succeed, you might receive money from an unexpected source.

9. Not roses, but oranges:

If you love someone and you really want that person to reciprocate your feeling, you should give them an orange, which is supposed to bring about love.

10. Watch the cake:

You also have to watch how you serve guests, for tipping over a slice of cake while serving them is said to bring about bad luck.

That's part of the many food superstitions that folks believe in.

While it's considered lucky to break the shells of an egg, one should also throw some salt to avoid bad luck.

Read on to know more...

Things you didn't know about Cheese

Clifton Fadiman once said, "A cheese may disappoint. It may be dull, it may be naive, it may be over sophisticated. Yet it remains cheese, milk's leap toward immortality." Well, we surely think so, too.

-Some cheeses, like Mature Cheddar, are stored for one year or longer before they are ready to eat. They are kept in special rooms and sometimes even caves!

-Cheddar is named after the Cheddar Gorge caves in Somerset where the cheese used to be stored to ripen. Cheddar is one of the most widely made cheeses in the world. King Henry II declared Cheddar Cheese to be the best in Britain!

-Cornish Yarg came from a recipe found in a book in a farmer's attic

-His name was Mr Gray (Yarg spelt backwards!)

-A small matchbox-sized piece of Cheddar contains as much calcium as a third of a pint of milk.

-Egypt brings us the earliest archeological evidence of cheesemaking, found in tomb murals that date back to 2000 BC.

-Although most cheese is produced from cow, sheep,

or goat's milk, it can and has been made from a plethora of milk-producing animals. A farm in Bjurholm, Sweden actually makes moose cheese.

-In sixteenth century Denmark, cheese was often used as currency.

-Some ancient Roman houses had a special kitchen, called a careale, just for making cheese.

Make cheese at home

You can make your own cheese in as little as 20 minutes at home with just a few ingredients. While this homemade cheese won't melt like a rennet-curdled cheese, as the protein structure is too fragile. However, you can use it for salads, or even use it on pizza, as part of a lasagna, drizzled with honey and served with soft fruits.

For the starter

You can substitute rennet with yoghurt. Fresh cheese can be brought to life using a little yoghurt as a bacterial starter and vinegar as an acid. These form curds in the milk. Transfer these curds into a muslin cloth, tie and hang so as to allow the curds to drain excess water.

Timing matters

It's the length of draining time that determines how crumbly or firm the cheese will be.

Texture treat

Play with the fat content of your milk - adding cream if you want a more spreadable version. Or press it further to make a sliceable, fryable paneer.

Did you know that in the 16th century Denmark, cheese was used as currency? Read on to know more fun facts



Drinks Recipe Margarita Mania

*Two absolutely amazing margaritas that are perfect for a hot summer afternoon at the pool side or kitty party.*

Mango Margarita

Ingredients:

- 1 cup ice
- 1 lime wedge
- 3 ounces silver tequila
- 1 large small mango, peeled
- 1 1/2 ounces fresh lime juice
- 1 tbsp chili powder
- 2 ounces orange liqueur
- 3 ounces grapefruit sod

Method:

- Spread the chili powder in a dish. Moisten the rim of a margarita glass with the lime wedge and dip the rim in the chili powder to coat.

- In a blender, puree the mango then add the remaining ingredients and blend until smooth. Pour into the glass and serve.

Pear Margarita

Ingredients:

- Ice
- 1 ounce reposado tequila
- 1 ounce pear nectar or juice
- 1/2 ounce fresh lime juice
- 1 1/2 teaspoons fresh lemon juice

Method:

Fill a cocktail shaker with ice. Add all of the ingredients and shake well. Pour into a chilled margarita glass and serve.



that will keep your breath fresh and your bowel movements in control!

Salad

Salads are always a good option to order. They are fresh, healthy, convenient to eat and have a vibrant presentation. Since salads are a good source of fiber, it will not give you the uncomfortable bloating feeling after you are done munching on it. It's even better if you opt for fig salads. Figs are an aphrodisiac food as they are full of vitamins that are important for sexual health.

Clear soups

You surely do not want a bulging belly after your

Ordering some food items can actually ruin your romantic experience, playing foul by giving you bad breath right before your first kiss. So we bring you the 'Perfect date food'.

We suggest you foods

perfect evening. Known as the comfort food round the world, clear soups will be the perfect choice.

Risotto

As risotto is cooked slowly, you can utilise that time in engaging your date in a nice conversation. The simple carbs present in Arborio rice

Planning your first romantic date with that special someone? You have decided what to wear, what time to meet, where to eat but are you missing out on one of the most important elements? Food.

Perfect 'Date' food!

provide quick energy for the body when converted into glucose. So, you got the point!

Dark chocolate

It is sumptuous and has the potential to make any dessert look sexy. Not only that, the caffeine content will keep your energies uplifted. And if your date makes you lose the grip of your heart, worry not. Dark chocolate will come to your rescue as it reduces risk of heart attack!

M i n t  
d r i n k s /  
F r e s h f r u i t  
s o u f f l e s /  
L e m o n  
d r i n k s

Always go for drinks that have mint, lemon or fruits. This will keep you spiced up and fresh. Also, when you are planning your next move, it will help you keep your breath fresh!





# RCB end 18-year wait, win maiden IPL title

Ahmedabad, June 3 (UNI) : After an agonising 18-year wait, Royal Challengers Bengaluru (RCB) finally clinched their maiden IPL title with a thrilling six-run win over Punjab Kings (PBKS) in the final at the Narendra Modi Stadium here on Tuesday.

The final moments were a rollercoaster of emotions as Josh Hazlewood bowled to Shashank Singh, who smashed a six that hardly mattered for PBKS’s cause. The fans erupted, knowing RCB were champions for the very first time in their history — a moment decades in the making.

Virat Kohli, donning the number 18 jersey in his 18th IPL season, broke down in tears. The seasoned star, who had chased this elusive crown for years, was finally rewarded. Cameras lingered on Kohli and AB de Villiers, the latter finishing his IPL journey without a title, while Kohli stood triumphant.

Earlier in the innings, Shashank Singh had kept Punjab Kings fighting with a flurry of boundaries and sixes — including a majestic loft over long-on off Bhuvneshwar Kumar, and a powerful six off Hazlewood’s slower deliveries. But despite his valiant efforts, it was "too little, too late" for Punjab.



RCB’s bowlers, led by Bhuvneshwar and Yash Dayal, picked crucial wickets at key moments. Dayal’s slower ball claimed Azmatullah Omarzai’s wicket with a smart catch from the substitute fielder Manoj Bhandage, sparking celebrations from the RCB camp. The decisive blow came when Krunal Pandya trapped Josh Inglis with a stunning catch at long-on, breaking the momentum of PBKS’s chase.

Krunal was outstanding with both ball and in the field, his clever variations and sharp catching turning the tide. Nehal Wadhwa and Marcus Stoinis found some rhythm with massive sixes, but wickets kept falling — Nehal Wadhwa

caught by Pandya, Stoinis by Dayal — underlining RCB’s clinical finish.

The battle had high points for PBKS too, like Priyansh Arya’s fearless stroke play, scoring 24 off 19 balls with some aggressive boundaries. But Hazlewood’s key wickets, including Arya’s dismissal caught by Phil Salt, tilted the scales.

As the clock ticked, the final six from Shashank Singh was a mere consolation. RCB players and fans celebrated long and loud, reveling in the joy of finally ending their IPL title drought.

The final scoreboard reflected a hard-fought match, but the story belonged to Kohli and RCB

— champions at last.

RCB posted a competitive 190 for 9 in their 20 overs against Punjab Kings, anchored by Kohli’s fluent 43 and supported by a series of valuable cameos.

Phil Salt started aggressively, launching Arshdeep Singh for a six and a four in the opening over.

However, Kyle Jamieson quickly shifted the momentum by dismissing Salt, who top-edged a slog and was caught brilliantly by Shreyas Iyer at mid-on.

Mayank Agarwal and Kohli steadied the innings, with Kohli playing some exquisite flicks and slog sweeps. Rajat Patidar joined the attack with two

towering sixes but fell to a clever slower ball from Jamieson as the innings approached the halfway mark.

Liam Livingstone injected acceleration, scoring a quick 25 off 15 balls, including a brutal six over midwicket and a sweep over long-off. Yet, he was dismissed LBW in the 17th over after missing a low full toss.

Jitesh Sharma continued the late surge with 24 off just 10 deliveries, featuring two sixes including a stunning scoop over fine leg, but was bowled by Vijaykumar Vyshak.

Romario Shepherd provided the final flourish with 17 off 9 balls, smacking a six and a four in the 19th over.

Despite conceding 37 runs in his first three overs, Arshdeep Singh bowled an exceptional final over, conceding just 3 runs while taking 3 crucial wickets, finishing with figures of 4-0-30-3. Kyle Jamieson also impressed with 3 for 48, while Azmatullah Omarzai, Yuzvendra Chahal, and Vyshak chipped in with a wicket each.

RCB were 167 for 4 at one point but lost five wickets for 23 runs in the final 21 balls, finishing with a challenging total of 190 for 9.

## British pair Skupski & Salisbury reach semi-finals

Paris, June 3 (UNI) : British pair Joe Salisbury and Neal Skupski secured their place in the French Open men's doubles semi-finals with a hard-fought victory over Matthew Ebden and John Peers here on Tuesday.The eighth seeds battled back to beat the Australian pair 6-7 (4-7) 6-4 6-4.It is the first time either Skupski or Salisbury, who paired up at the start of the season, have gone beyond the men's quarter-finals in Paris.They are bidding for a first Grand Slam title together, having reached finals on the clay in Qatar and Barcelona this year, the BBC reported.Meanwhile, Britain's Henry Patten and Finn Harri Heliovaara missed the opportunity to set up a last-four meeting with Skupski and Salisbury.Second seeds Patten and Heliovaara, the reigning Wimbledon and Australian Open champions, lost 6-3 6-4 to American ninth seeds Christian Harrison and Evan King.Skupski will feature in the mixed doubles quarter-finals later on Tuesday, when he and American partner Desirae Krawczyk face top seeds Ukraine's Lyudmyla Kichenok and Croatia's Mate Pavic.

# Indian Hockey players sign up for various educational courses with Amity University

New Delhi, June 3 (UNI) : More than 100 Indian hockey players have signed up for various educational courses with Amity University Online as they look to secure their future outside and be part of a holistic development programme.

Among the top names to have signed up are Indian Women's Hockey Team's goalkeeper Savita, the Indian Men's Hockey Team Captain Harmanpreet Singh, and Manpreet Singh.

Players from the India Junior Hockey Teams and the Indian Senior Hockey Teams have enrolled themselves in these educational courses.

Earlier in May, Hockey India and Amity University Online (AUO) had signed a Memorandum of Understanding (MoU), which is aimed at reshaping the future of Indian athletes by providing comprehensive educational opportunities to hockey players at the international, national, and state levels. The MoU was signed on May 20, celebrated nationwide as "Hockey Day" to commemorate a century of hockey excellence in India.

From the Indian Junior Women's Hockey Team, there have been 12 players who have registered themselves for the educational courses, with eight of them picking Bachelor of Arts courses while the remainder have gone in for Sports Psychology.

Within the Indian Women's Hockey Team squad, as many as 39 athletes have enrolled themselves in various courses. Whilst Goalkeeper

Savita has gone in for an MBA, forward Lalremsiami is the only one to have picked an MA in Psychology course, and young Beauty Dung Dung is hoping to earn her stripes in Sports Psychology.

Out of the 39 players, three have gone in for a Bachelor of Arts course, seven have picked a BBA course, and one has signed on for an MA in Psychology course. Meanwhile, Ishika Chaudhary is the only one to have gone in for an MA in Journalism and Mass Communication course.

However, among the most sought-after courses were the MBA and Sports Psychology degrees, with 13 and 14 players registering for them, respectively.The Indian Junior Men's Hockey Team have also responded enthusiastically to this initiative, with a grand total of 32 players signing up for further education. Whilst Mohammad Konain Dad is the only one to have gone in for a B.Com, seven others have picked a Bachelor of Arts degree, two more have signed on for a Master of Arts degree, and 22 are keen on delving into the world of Sports Psychology.Last but not the least, the Indian Men's Hockey Team to have good numbers in participation, as 36 players are keen on higher education. Whilst captain Harmanpreet Singh, Mandeep Singh, Manpreet Singh, and Hardik Singh are among 17 players who have picked an MBA course, six players are going to feature in Bachelor of Arts courses, and 13 more will be studying Sports Psychology.

## Australia's Nick Kyrgios to miss Wimbledon Open

Melbourne, June 3 (UNI) : Australian tennis star Nick Kyrgios on Tuesday announced a setback in his recovery, confirming he will miss the upcoming grass-court season, including Wimbledon.

In a statement shared on social media, Kyrgios said, "Just wanted to give everyone a quick update - I've hit a small setback in my recovery and unfortunately won't make it back for grass (Wimbledon) season this year. I know how much you've all been looking forward to seeing me out there, and I'm genuinely sorry to disappoint. This is just a bump in the road though, and I'm already working hard to get back."

Kyrgios has struggled with injuries over the last two-and-a-half years, which have severely disrupted his career. He played just one competitive men's singles match in 2023 and two in 2024 before exiting early at the Australian Open this year.

The former world No. 13 retired midway through an Indian Wells match against Botić van de Zandschulp. He recorded his first competitive singles win since 2022 by defeating Mackenzie McDonald at the Miami Open in March, but was heavily defeated by Karen Khachanov in the following round and has not competed since.

Fans and tennis followers will be hoping Kyrgios recovers swiftly as he targets a return later this season.

# FIH nominates Sport Group to supply LA 2028 hockey turf

Lausanne (Switzerland), June 3 (UNI) : The International Hockey Federation (FIH) on Tuesday announced that it has nominated Sport Group, represented by their brands AstroTurf and

Polytan, as the hockey turf sole supplier for the LA 2028 Olympic Games.

The Poligras hockey turf used for the competition will be manufactured and installed by AstroTurf. The agreement includes three hockey fields (one competition field, one warm-up field and one training field) and their shock pads.

AstroTurf, the original turf made in the USA, created the very first Olympic synthetic surface for hockey for the Montreal 1976 Games. Since then, Sport Group brands AstroTurf, Polytan and Poligras have been selected for 12 Olympic Games.

Sport Group has constantly innovated alongside the sport. The Paris 2024 hockey turf, Poligras

Paris GT zero, marked

the world's first carbon zero hockey turf, and each Olympic Games features new turf technology. Research and Development for the Poligras LA28 turf is well underway.

FIH President Tayyab Ikram said, "The next Olympics in Los Angeles in 2028 will offer another fantastic opportunity for our sport to showcase itself to the world. The most important protagonists of this promotion of hockey are the athletes. It is our duty to offer them the best conditions for them to express their amazing talent. I'm really grateful that our strong partnership with Sport Group, AstroTurf and Polytan will deliver a turf that will include both the competition and sustainability aspects, and leave a lasting legacy for hockey in the USA."

Melissa Twist, Director of Field Hockey, AstroTurf said, "AstroTurf started the hockey turf revolution in 1976 with the first turf at the Montreal Olympics. Since then, we have installed hockey turf in major stadiums, schools and

clubs around the world, including many Olympic Games and World Cups. AstroTurf is based in the USA, so providing the hockey turf for a home Olympic Games, 52 years after Montreal, is deeply rewarding and testament to our enduring love of the sport and respect for everyone involved in the game."Paul Kamphuis, Head of Hockey, Sport Group, added, "We are thrilled that Poligras has been chosen as the hockey turf for LA2028, this will be the 9th Olympic hockey tournament on Poligras. This record of Olympic excellence is something that we are very proud of. Sport Group, together with AstroTurf and Polytan are committed to hockey globally. From the London blue, to the carbon zero turf in Paris 2024, our turf innovations have helped the sport become more skillful, dynamic and thrilling for players and fans. We continue to invest in reducing water and carbon while ensuring that our hockey turf performs at Olympic levels."

# IPL final ceremony pays tribute to armed forces

Ahmedabad, June 3 (UNI) : The Narendra Modi Stadium here was awash with patriotic fervour on Tuesday evening as Indian singer and composer Shankar Mahadevan took centre stage during a spectacular IPL closing ceremony held in honour of the Indian Armed Forces.

As Mahadevan passionately raised his voice with a thunderous "Bharat Mata ki!", the packed stadium erupted in a roaring chorus of "Jai!", the call-and-response echoing like a mighty wave of national pride.The sea of fans, many draped in tricolour scarves and waving flags, surged with emotion, transforming the arena into a vibrant tribute to India's defenders.

The ceremony included stirring renditions of patriotic anthems such as "Teri Mitti Mein Mil Jawan" and "Desh

Mere Meri Jaan Hai Tu," each melody resonating deeply with the fans. The performances paid special homage to the valiant heroes of Operation Sindoor, a landmark mission showcasing the courage and sacrifice of the Indian Armed Forces in safeguarding the nation's security.

Set against the thrilling backdrop of the IPL title clash between Royal Challengers Bengaluru (RCB) and Punjab Kings (PBKS), the ceremony transcended sport, becoming a heartfelt homage that united cricket fans and patriots alike in gratitude and respect.

As night fell over the stadium, the brilliant lights and passionate cheers illuminated the evening sky, reminding all present of the unwavering spirit and dedication of Bharat Mata's brave soldiers.

# Indian women's team suffer second defeat at the hands of Uzbekistan

Bengaluru, June 3 (UNI) : The senior Indian women's national team suffered a second narrow defeat at the hands of Uzbekistan, going down 0-1 in the second of two FIFA Women's

International Friendlies at the Padukone-Dravid Centre for Sports Excellence here on Tuesday.

Despite an improved and spirited performance, the Blue Tigresses were undone by a moment of brilliance from Nilufar Kudratova early in the second half.

Tuesday's encounter, following the 0-1 loss in the first friendly, offered hope for redemption. And while India showed marked improvement — especially in their intensity and intent — the scoreline, unfortunately, remained the same.India approached the match with renewed determination and tactical discipline. Unlike the first fixture, where the team looked cautious and struggled in transition, the hosts played on the front foot, pressing higher up the pitch and trying to take the game to the visitors.

The defence, led by the tireless efforts of Thokchom Martina and her backline partners, worked hard to contain Uzbekistan's pacey attack. Their positioning and communication were much sharper, and when the backline was breached, goalkeeper Payal Basude stood tall. She made a string of crucial saves in the first half, most notably after

Nozimakhon Ergasheva rattled the crossbar with a thunderous strike in the 11th minute.

In midfield, India looked more cohesive, with players utilising the width of the pitch to stretch the Uzbek defence. Sangita Basfore helped build attacks from deep, while fullback Ranjana Chanu injected pace and creativity.

The best chance for India came in the 21st minute. Ranjana whipped in a dangerous cross from the right, which Pyari Xaxa met with a strong header at the far post. The Uzbekistan keeper managed a reflex save, and though the rebound fell kindly to Sangita, she failed to direct her shot on target.

That missed opportunity would come back to haunt India. Just four minutes into the second half, Uzbekistan struck. Kudratova picked up the ball on the edge of the box, skipped past two defenders with elegant footwork, and unleashed a fierce left-footed strike that flew past Payal Basude into the top corner. It was a goal worthy of winning any match.The setback seemed to momentarily unsettle the Blue Tigresses, but they regrouped and pushed forward again. Soumya Guguloth and Pyari Xaxa continued to test the Uzbekistan defence, while substitutes brought fresh energy. However, despite several promising moves, the final pass or shot often lacked the sharpness needed to level the score.

# Sabalenka into Paris semi-finals

Paris, June 3 (UNI) : World number one Aryna Sabalenka edged a tight encounter against Olympic champion Zheng Qinwen to reach the French Open semi-finals on Tuesday.

Sabalenka, bidding for a first Paris title, won 7-6 (7-3) 6-3 against China's Zheng on a blustery Court Philippe Chatrier.

The Belarusian - arguably the favourite for the title - had to come back from a break down in the first set but showed all her fighting quality to advance.

"That was a true battle - I have no idea how I was able to get back into that first set," Sabalenka said.

"I was ready to leave everything I have on court to win."

Sabalenka has yet to drop a set at Roland Garros, with her improved serve and movement reaping rewards, the BBC reported.

A potential mouth-watering meeting with three-time defending champion Iga Swiatek could await if the Pole beats Elina Svitolina in the second semi-final.

# Chelsea signs midfielder Essugo from Sporting CP

London, June 3 (UNI) : Chelsea has finalized the signing of Portuguese midfielder Dario Essugo from Sporting CP. The 20-year-old joins the newly crowned UEFA Conference League winners for a fee of 18 million pounds (24.3 million US dollars) and has signed a contract through June 2033.Essugo, known for his tough tackling, spent last season on loan at La Liga side Las Palmas, where he made 27 appearances and was a bright spot in an otherwise difficult campaign that ended in relegation.The Portugal under-21 international

made history as the youngest ever player to debut for Sporting's first team, breaking the record previously held by Luis Figo when he took the field at 16 years and six days old. He also spent the 2023-24 season on loan with Chaves, appearing in 14 matches.The deal was initially agreed upon in March but was completed with the reopening of the transfer window ahead of the FIFA Club World Cup. Essugo will join Chelsea's squad for the tournament, which kicks off with a match against Los Angeles Galaxy on June 16.



# Western Railway Intiates steps to combat plastic plloution campaign during the ongoing World Environment Day

(Standard Post Bureau)

Mumbai, June 3 : Western Railway (WR) is observing World Environment Day campaign from 22nd May to 5th June, 2025, with the central theme “Ending Plastic Pollution.” The initiative underscores WR’s ongoing commitment to environmental sustainability and reducing plastic waste across its operations.

According to a press release issued by Chief Public Relations Officer of Western Railway, Mr Vineet Abhishek, during this fortnight, several awareness Campaigns were conducted, encompassing extensive activities across various divisions and workshops. The campaign began on 22nd May with a public gathering and oath-taking ceremony, where officers and staff pledged to actively combat plastic pollution. Various activities are being conducted across Western Railway from 28th May to 2nd June, 2025

Mr Vineet informed that, A ‘Reduce Plastic Pollution campaign’ was observed across Western Railway during which a series of impactful activities were carried across all six divisions as well as Workshops. Passengers were educated and encouraged to make use of plastic bottle crushing machines to dispose off single use plastic bottles and reduce littering at stations. Food Stalls and water refill points were inspected to reduce single use plastic usage. Additionally, through public announcements at



Glimpses of various activities being carried out under World Environment Day campaign across Western Railway.

railway stations passengers were encouraged to refill water in their own bottles and limit the use of plastic bottles. Onboard catering services were also encouraged to adopt eco-friendly alternatives. Other initiatives included organizing Nukkad Natak to promote alternatives to single-use plastics and interactive awareness sessions were held with staff. Furthermore, food stall vendors and staff were sensitized about reducing

microplastic pollution, and cleanliness drives were continued across more locations.

Further, Mr Vineet stated that continuing in this initiative another campaign titled Sustainable Railway Operations was also observed during this period Western Railways has successfully conducted a series of initiatives. The initiatives were implemented across various stations, Railway colonies, Workshops etc. focusing on key areas such

as maintenance of Railway colonies, gardens and parks in Railway premises, waste management and community engagement.

During this campaign, Western Railway organized a range of activities, including a special drive to maintain parks around railway stations, greenery and park maintenance in railway colonies. Additionally, Nukkad Natak were organized to spread environmental awareness and community engagement clean-up drives were conducted at around stations, tracks, colonies and nearby areas.

Drawing, Essay and Quiz competitions were conducted on the theme of a ‘Sustainable Environment’. Other activities included training on sustainable practices and Waste Management as well as distribution of cloth/ jute bags among railway commuters. Furthermore, digital and paperless ticketing were promoted at various stations. Eco-friendly products like bamboo toothbrushes and neem combs were promoted for sale under the ‘One Station One Product’ scheme.

Western Railway continues to promote environmental consciousness through such initiatives, reinforcing its commitment to a cleaner, greener future.

The ongoing activities until 5th June, 2025, i.e., World Environment Day, aim to further strengthen the message of responsible plastic usage and environmental stewardship.

## Central Railway to run the following trains with revised composition

(Standard Post Bureau)

Mumbai, June 3 : Central Railway has decided to run the following trains with revised composition as below:

Revised composition of Train no 16340/16339 Nagarcoil Jn-CSMT (Mumbai)- Nagarcoil Jn Express and Train no 16352/16351 Nagarcoil Jn-CSMT (Mumbai)- Nagarcoil Jn Express are given below:-

One AC-2Tier, Five AC-3Tier, 07 Sleeper Class, 4 General Second Class, 1 Pantry Car 1 General Second Class cum Guard’s Brake Van and 1 Generator Van.Train no 16340/16339 Nagarcoil Jn -CSMT (Mumbai)- Nagarcoil Jn Express will run with revised composition Ex. Nagarcoil Jn from 04 August 2025 and from Ex. CSMT (Mumbai) from 05 August 2025. Train no 16352/16351 Nagarcoil Jn-CSMT (Mumbai)- Nagarcoil Jn Express will run with revised composition Ex. Nagarcoil Jn from 03 August 2025 and from Ex. CSMT (Mumbai) from 04 August 2025.

For detailed timings and halts of these trains, please visit [www.enquiry.indianrail.gov.in](http://www.enquiry.indianrail.gov.in) or download NTES App.

Passengers to please note the above changes

## Assam CM demolishes Pak narrative on Brahmaputra river

New Delhi, June 3 (UNI) After the nuclear blackmail during Operation Sindoor, Pakistan has resorted to a new threat asking what if China Stops Brahmaputra water to India. The narrative was, however, demolished by Assam Chief Minister Himanta Biswa Sarma before it could gain currency. In a response to Pakistan’s new scare narrative, the Assam Chief Minister tweeted ‘After India decisively moved away from the outdated Indus Waters Treaty, Pakistan is now spinning another manufactured threat; What if China stops the Brahmaputra’s water to India’ “Let’s dismantle this myth — not with fear, but with facts and national clarity,” the Chief Minister said. ‘Brahmaputra : A river that grows in India — not shrinks. China contributes only 30–35 percent of the Brahmaputra’s total flow, mostly through glacial melt and limited Tibetan rainfall. The remaining 65–70 percent is generated within India, thanks to torrential monsoon rainfall in Arunachal Pradesh, Assam, Nagaland and Meghalaya and major tributaries like Subansiri, Lohit, Kameng, Manas, Dhansiri, Jia-Bharali, Kopili,” he said.

He said additional inflows are from the Khasi, Garo, and Jaintia Hills via rivers such as Krishnai, Digaru, and Kulsi. The Chief Minister said the Brahmaputra is not a river India depends on upstream, it is a rain-fed Indian river system, strengthened after entering Indian territory.

## ECoR, Waltair Division continues clean Environment campaign



(Standard Post Bureau)

Visakhapatnam, June 3 : In a focused effort to promote sustainability, reduce plastic pollution, and engage the community, Indian Railways has launched a comprehensive clean environment campaign from May 22 to June 5, 2025, in observance of World Environment Day. The initiative involves passengers, NGOs, students, and the general public.

As part of the campaign,

Waltair Division has undertaken several initiatives to raise environmental awareness. Public drives at station premises are informing passengers about the ban on single-use plastics and encouraging the use of reusable steel bottles to curb plastic waste.

The Environment & Housekeeping Department of Waltair Division conducted special cleanliness and waste management drives at

various railway stations, railway establishments, and nearby areas, with active support from the railway staff and NGOs.

Additionally, in collaboration with the Pollution Control Board, an awareness drive was held at Vizianagaram railway station. Placards and slogan announcements during train arrivals highlighted the harmful effects of plastic and promoted sustainable practices among passengers.

## ECoR to augment 32 trains with additional coaches in June

(Standard Post Bureau)

Bhubaneswar, June 3 : The East Coast Railway (ECoR) has decided to temporarily augment 32 trains (16 pairs) with additional coaches during the month of June 2025, to meet the increased passenger demand during the summer season.

This move aims to ensure better convenience and a comfortable journey experience for passengers traveling across major routes within ECoR’s jurisdiction.

ECoR sources said that the following trains will be augmented with additional coaches during June:

12074/12073 Bhubaneswar–Howrah Jan Shatabdi Express  
22823/22824 & 22811/22812 Bhubaneswar–New Delhi Rajdhani Express  
20817/20818

Bhubaneswar–New Delhi Rajdhani (via Sambalpur City)

20837/20838 Bhubaneswar–Junagarh Road Express

12882/12881 Puri–Shalimar Garib Rath Express  
22883/22884 Puri–Yesvantpur Garib Rath Express

12892/12891 Puri–Bangiriposi Express  
Similarly, the following trains will also be augmented to cater to the passenger demand:

20809/20810 Sambalpur–Nanded Express

08311/08312 Sambalpur–Erode Special Express

58506/58505 Visakhapatnam–Gunupur Passenger

58501/58502 Visakhapatnam–Kirandul Passenger

08547/08548 Visakhapatnam–Tirupati Special

08579/08580 Visakhapatnam–Cherlapalli Special

ECoR sources clarified that these augmentations are temporary and are being implemented only for June 2025 to accommodate the increased demand during summer vacations.

The move will provide additional berths across various categories, including AC 2-Tier, AC 3-Tier, Sleeper Class, and Chair Car, covering key destinations such as New Delhi, Howrah, Yesvantpur, Patna, Tirupati, Bengaluru, and Kirandul. Passengers have been advised to check the official website or visit the nearest railway enquiry counter for updated coach positions and reservation availability, ECoR said.

## Be careful, avoid electrical accidents

(Standard Post Bureau)

Mumbai, June 3 :Electricity has become an integral part of our lives, just like any basic need. Just as we can benefit from electricity to make life comfortable, if proper care is not taken while using it, electrical accidents can occur and cause damage. These accidents can be avoided if everyone follows safety rules. On the occasion of the 20th anniversary of Mahavitaran, an Electrical Safety Week has been organized across the state from 1 to 6 June 2025 with the concept of ‘Zero Accident Mahavitaran, Zero Accident Maharashtra’. On the occasion...

Whether accidents due to short circuits or accidents while handling electricity, these happen due to lack of precautions. In view of the incidents of electrical accidents from cities to rural areas, it has now become a routine to use electricity with more awareness and



safety. For this, effective public awareness is needed.

**No excuse for mistakes:** ‘Electricity’ is something that is not visible to the eye, but if care is not taken while using it, the consequences cannot be avoided. There is no excuse for mistakes when handling electricity. Therefore, everyone should seriously consider what precautions should be taken while handling electrical appliances.

**Use of quality appliances:** Be it home, industry, office or agriculture, everyone should take care while using electricity. While taking power supply or from time to time, make sure

that the electrical cables, switches or other appliances are ‘ISI’ certified and of the right capacity. Do not put more load on the electrical circuit than the capacity. Electrification work should be done by certified contractors only. MCB (Miniature Circuit Breaker) of the right capacity should be used for wiring, so that there is no danger due to overload or short circuit. Only electrical appliances certified by the Quality Control Board should be used. For example, mixer, water heater, toaster, grinder, fridge, washing machine, etc.

**Proper earthing:** Earthing is a very important factor in the use of electricity. Many accidents have been proven to have occurred due to improper earthing. Therefore, it is essential to use copper plate or copper rod for wiring installation in an efficient manner for safety reasons.

**Use of insulated wire:** To avoid the risk of earth leakage, ELCB (Earth Leakage Circuit Breaker) should be used. In large apartments, there is a separate meter room of 20 to 50 meters. It is often ignored. The meter room should be clean, well-lit and ventilated. During the rainy season, water will not enter the meter room; at the same time, care should be taken that the walls do not get wet. The meter room

should not be used as a store room. Attention should also be paid to ensure that rats do not move in the meter room. Avoid keeping flammable materials there. Use insulated wire instead of bare wire for the neutral wire. Do not insert multiple plugs/wires in one circuit. This invites fire due to short circuit. **Use of main switch:** If a fire breaks out due to short circuit, first turn off the main switch. Use an electrical fire extinguisher. Do not use water. If the plug, pin, button, board is cracked, replace it immediately. When using fans, irons, coolers, they can get electrocuted. They should be handled with caution, keeping this in mind.

**Know the value of life:** Ignorance about electricity is as dangerous as it is, but carelessness and overconfidence despite knowledge are even more dangerous. In their excitement, even the most skilled people ignore small things like wearing rubber gloves, wearing safety boots, and turning off the power supply before starting work, and many incidents of loss of life have occurred. Workers, public servants, and wiremen who work in the electrical sector day and night should know the value of their lives and carry out electrification work, keeping in mind that they are also responsible for their families.

Printed, Published and Owned by  
Mohammed Shafi

Printed at Haritha Printers  
Plot No : 70, Opposite Petrol Pump, VUDA  
Colony, Gopalapatnam, Visakhapatnam-530 027.

Published from # 39-22-82/1/4,  
Near Vuda Quarters, Kalinga Nagar,  
Madhavadhara, Visakhapatnam - 530 007.

Editor: Mohammed Shafi  
R.N.I.No. : APENG/2013/52180

Cell : 9849881368, Tel : 040 - 23232705  
Email : [standardpostvizag@gmail.com](mailto:standardpostvizag@gmail.com)

## CM, Tamang thanks PM for support to rain-hit Sikkim

Gangtok, June 3 (UNI) Sikkim Chief Minister Prem Singh Tamang on Tuesday expressed his gratitude to Prime Minister Narendra Modi for his concern following disastrous rains and landslides affecting the life of the Sikkimese, particularly in

the terrainean north district.

"On behalf of the people of Sikkim, I extend my heartfelt gratitude for your kind concern and support regarding the landslide and flood situation in the state," the CM said after he received a call from the

PMO enquiring about the natural calamity.

"Our state administration remains fully committed to managing the situation and providing all necessary assistance to those affected. Thank you once again for your kind concern," Tamang said.