

## IN BRIEF

### Five Kuki militants killed in factional gunfight in Manipur

Imphal, July 22 (UNI) : A deadly clash between two Kuki militant outfits left five cadres dead in Deiveijang village, located in Manipur's Tamenglong district today.

The incident has triggered fresh security concerns in the already volatile region.

According to security sources, the gun battle broke out between members of two Kuki militant groups. The groups involved have not signed any Suspension of Operations (Soo) with the government. Security sources said the Kuki militant groups operate in Myanmar and Manipur.

### Very heavy to extremely heavy rain likely in Telangana in next 24 hours: IMD

Hyderabad, July 22 (UNI): The Meteorological Centre, Hyderabad, has issued a red alert forecasting very heavy to extremely heavy rainfall at isolated places in Komaram Bheem Asifabad, Mancherial, Nirmal, and Peddapalli districts of Telangana over the next 24 hours.

In its daily weather report issued on Tuesday, the Centre also sounded an orange alert, predicting heavy to very heavy rainfall at isolated locations in Adilabad, Nizamabad, Jagtial, Jayashankar Bhupalpally, Mulugu, and Bhadradi Kothagudem districts during the same period.

Similar weather conditions are expected to continue on Wednesday in isolated areas of Adilabad, Komaram Bheem Asifabad, Mancherial, Jayashankar Bhupalpally, Mulugu, and Bhadradi Kothagudem districts.

The report further stated that heavy rainfall is likely at isolated places across Telangana for the next four days. Light to moderate rain or thundershowers are expected to occur at most places, many places, or a few places across the state over the next seven days.

Additionally, thunderstorms accompanied by lightning and gusty winds with speeds of 30-40 kmph are likely to occur at isolated places in all districts over the next five days.



LoP in the Lok Sabha and Congress leader Rahul Gandhi with Samajwadi Party MP Akhilesh Yadav, RJD MP Misa Bharti, DMK MP Kanimozhi Karunanidhi and other INDIA bloc MPs stages a protest against the ongoing Special Intensive Revision (SIR) in Bihar, during the Monsoon session of Parliament, in New Delhi on Tuesday.

## Rahul leads INDIA bloc protest in Parliament against Bihar SIR drive

New Delhi, July 22 : Leader of Opposition in Lok Sabha Rahul Gandhi today held a protest in the Parliament complex along with INDI Alliance party leaders against the Special Intensive Revision (SIR) of electoral rolls in Bihar.

The Opposition members of both the Houses

held protest with slogans "SIR: Stealing Indian Rights" written on placards. Meanwhile, Rahul Gandhi on social media said, "Joined the protest today in the Parliament complex along with INDIA alliance partners against the vote theft happening in Bihar under the guise of SIR".

"Voting is the right of every citizen, and we will not allow it to be taken away at any cost.

We will fight unitedly against the anti-constitutional forces," he added.

Wayanad MP and Congress general secretary Priyanka Gandhi Vadra told

media, "SIR process is a murder of democracy, that's why we keep saying again and again that it is completely wrong.

"Those who participated in the protest included Priyanka Gandhi Vadra, KC Venugopal, Misa Bharti, Akhilesh Yadav and Kanimozhi.

## CM to brief Cong high command on caste survey

Hyderabad, July 22 (IANS) : Chief Minister A. Revanth Reddy will lead a high-level delegation to New Delhi later this week to brief the Congress central leadership on the implementation and outcomes of the state's caste survey.

The initiative, aimed at promoting social justice through data-driven policymaking, is now drawing national attention. Deputy Chief Minister Mallu Bhatti Vikramarka, addressing the media, said the delegation - comprising senior ministers, including himself - will meet the party leadership on Thursday.

The team will also engage with MPs across party lines to seek broader support for proposed legislation enabling the inclusion of caste data in the national census.

Highlighting the state's commitment to equitable development, Vikramarka said Telangana has adopted a transparent and scientific approach in conducting the caste-based socio-economic survey.

"The Telangana Model is being recognised nationally for its inclusivity and data-driven execution," he noted.

The Deputy CM credited Congress leader Rahul Gandhi for conceptualising the survey, stating, "It was Rahul ji's vision that laid the foundation for this exercise. Today, the impact of this initiative is visible at the national level, with

the Union Government now considering the inclusion of caste data in the upcoming national census."

Vikramarka criticised the BJP for initially opposing the idea of a caste census. "It was only after pressure from Telangana and Rahul Gandhi's persistent demand that Prime Minister Narendra Modi announced that caste data will be included in the national population census," he said. He also spoke about the Telangana government's recent decision to increase reservations for Backward Classes (BCs) to 42 per cent in education, employment, and local bodies. Based on the empirical findings from the caste survey, two Bills were passed in the State Legislature to effect this change and sent to the Centre through the Governor for Presidential assent.

The state government is now working to build parliamentary support for these Bills. "Parties that supported the legislation in the State Assembly should also back it in Parliament," Vikramarka urged.

He further stated that once the Governor clears the ordinance enabling 42 per cent BC reservation in local body elections, the state will move ahead with its implementation. The government, he said, is fully prepared to address any legal hurdles that may arise.

## Govt to celebrate 200 cr free rides under Mahalaxmi Scheme today across RTC depots

(Standard Post Bureau) Hyderabad, July 22 : In a landmark achievement for Telangana's flagship Mahalaxmi free travel scheme, Transport Minister Ponnab Prabhakar has announced state-wide celebrations on Wednesday to mark 200 crore free bus journeys made by women in the state-run RTC buses.

The celebrations will be held at 97 RTC depots and 341 bus stations across Telangana.

Special programs and public meetings will highlight the success of the scheme and its impact on women's mobility and empowerment, an official statement said on Tuesday.

Launched on December 9, 2023, under the Praja

Palana government led by Chief Minister A Revanth Reddy, the Mahalaxmi scheme provides free RTC bus travel for women. So far, journeys worth Rs 6,700 crore have been covered under the scheme, with the government reimbursing the Telangana State Road Transport Corporation (TGSRTC) regularly.

Minister Ponnab Prabhakar commended RTC drivers, conductors, and staff for ensuring smooth implementation of the scheme while also expanding the fleet by procuring new buses.

He emphasised that protecting the RTC organisation, ensuring passenger safety, and safeguarding employee

welfare remain top priorities.

"This scheme has become a lifeline for many women, especially from remote areas, who now travel to cities regularly for jobs, healthcare, and education," the minister said.

"On average, each woman saves Rs 4,000-Rs 5,000 per month thanks to the free travel."

As part of the celebrations, banners will be displayed at all bus depots and stations. Public meetings will feature speeches from local MPs, MLAs, ministers, and women passengers — including vegetable vendors, businesswomen, students, and patients traveling for

treatment — sharing their experiences.

Selected women passengers will be felicitated with shawls and gifts.

Essay writing, rangoli, and painting competitions will be held in schools and colleges on themes such as women empowerment and the Mahalaxmi scheme.

Five winners at each location will receive prizes like books, pen sets, and water bottles.

In recognition of their service, five best drivers, five conductors, and supporting traffic/security staff from each depot will be honored for their contributions to the success of the initiative, the statement added.

## Telangana TET results released, 33.98 pc candidates clear exam

Hyderabad, July 22 (UNI) The Telangana government today released the results of the State Teacher Eligibility Test (TET), revealing that only 33.98 per cent of the candidates have qualified.

Education Principal Secretary Yogita Rana officially declared the results at the state Secretariat. The exam, conducted in online mode for the first time, was held between June 18 and 30 in sixteen sessions as a Computer Based Test (CBT).

Out of the 1,83,653 candidates who applied for the exam, 1,37,429 appeared; however, only 30,649 candidates managed to qualify.

The TET comprised two papers. Paper I, held in six sessions and conducted in seven languages — Telugu, Hindi, Urdu, Kannada, Marathi, Tamil, and Bengali — saw 47,224 candidates appear, with 29,043 qualifying, marking a 61.50 per cent pass rate.

Paper II, conducted in ten sessions and offered in Telugu, Hindi, Urdu, Kannada, Marathi, Tamil, and Sanskrit, was divided into two subject specialisations — Mathematics and Science, and Social Studies.

## KTR distributes KCR kits to 5,000 mothers, slams Revanth gov't for halting welfare scheme

Hyderabad, July 22 (UNI) : BRS working president KT Rama Rao (KTR) on Tuesday launched a symbolic welfare gesture by distributing KCR kits to 5,000 mothers in Hyderabad as part of his birthday celebrations on July 24, under the Gift a Smile initiative.

The event took place at Telangana Bhavan, where KTR hit out at the Congress-led Revanth Reddy government for discontinuing the popular maternal health scheme.

KTR alleged that the Revanth government deliberately stalled the distribution of KCR kits to avoid giving political credit to former chief minister K Chandrashekar Rao (KCR).

He pointed out that the kits had played a vital role in reducing maternal and infant mortality and significantly increased institutional deliveries in government hospitals during the BRS regime.

"Many poor mothers are suffering because these life-saving kits have not been distributed for the past 20 months. It's unfortunate that a successful health initiative is being ignored due to political vendetta," KTR said, adding that he personally took the initiative to distribute kits to 5,000 mothers in Sircilla as a birthday gesture.



## TB, malaria, kala-azar show sharp decline; national ...

India has recorded significant progress in the control and elimination of major communicable diseases such as tuberculosis, malaria, kala-azar, and HIV among others between 2015 and 2024, the Government informed the Rajya Sabha today. The country has met or exceeded several targets under the Sustainable Development Goals (SDGs), reflecting a strengthened and integrated public health response, Union Minister of State for Health and Family Welfare Anupriya Patel said in a written reply, citing official data from the Ministry. She said, a 17.7% reduction in TB incidence has been reported, with the case rate falling from 237 per lakh population in 2015 to 195 per lakh in 2023.

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## SC ashamed over rising crimes against women; Seeks ...



Expressing deep anguish over the rising incidents of brutal violence against women, the Supreme Court today remarked that it feels "ashamed" to hear frequent cases of assaults, including recent incidents where women were burnt alive.

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## Trump says US will carry out new strikes on Iranian sites if ...



US President Donald Trump has said that the United States will carry out new strikes on Iranian nuclear facilities "if necessary." "Iran's Foreign Minister, Abbas Araghchi, on the Iran Nuclear Sites: 'Damages are very severe, they are destroyed.' Of course they are, just like I said, and we will do it again, if necessary! ...

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## Zheng Qinwen withdraws from US Open following elbow ...



China's Olympic champion Zheng Qinwen has pulled out of this year's US Open tournament following an elbow surgery, the event's organisers announced today. The sixth-ranked Zheng, two-time US Open quarterfinalist, said in a social media post last Saturday that she has undergone successful surgery on her right elbow and is now recovering

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## Commissioner Dr Kailash Shinde took a close review of the functioning of various depts



(Standard Post Bureau)

Navi Mumbai, July 22 : The ranking of Navi Mumbai Municipal Corporation in the 'Super Swachh League' of the best clean cities in the country in the 'Swachh Survekshan 2024' is the result of the combined efforts and hard work of all of us, including citizens and sanitation workers, and congratulating everyone for it, Municipal Commissioner Dr. Kailash Shinde stated in the review meeting of the heads of departments that the responsibility of maintaining its ranking in the 'Super Swachh League' in the future and towards that end, making more progress in city cleanliness and implementing

innovative projects and activities has increased. On this occasion, Additional Commissioners Mr. Sunil Pawar and Dr. Rahul Gethe, Deputy Commissioner of Administration Department Mr. Sharad Pawar, City Engineer Mr. Shirish Aardwad and other department heads, department officers, executive engineers were present.

The Commissioner directed that an action plan for the planned sanitation activities should be prepared now and a time-bound implementation program should also be decided in view of the upcoming 'Swachh Survekshan 2025'.

The online examination process conducted at 28

centers in 12 districts under Navi Mumbai Municipal Corporation's Saral Seva Bharti-2025 was conducted in a smooth manner, for which the Commissioner also congratulated the appointed Coordination Officers and Center Inspectors who went to the districts and performed well, as well as all the related units including the Administration Department. He also suggested that plans should be made to provide training in office work to the newly recruited employees.

On this occasion, the Commissioner closely reviewed the work planned to be done under the urban planning reforms of the Central Government, department-wise. He also

directed that each department should strictly take action related to it for the effective implementation of the 150-day action plan program envisaged by the Hon'ble Chief Minister.

While giving instructions to create more awareness among the citizens to pay various taxes of the Municipal Corporation online, the Commissioner also reviewed the work related to the upcoming Municipal Elections. The dashboards that provide daily details of the work of all departments should be updated and the heads of departments should regularly review the detailed information on it and make corresponding improvements in the working methods.

## Indian Army receives first batch of three Apache helicopters

New Delhi, July 22 (UNI) : The Indian Army today received the first batch of three state-of-the-art Apache combat helicopters from the US.

The helicopters landed at the Hindon Air Base, on the outskirts of Delhi.

In a post on X, the Indian Army said, "Milestone moment for Indian Army as the first batch of Apache helicopters for Army Aviation arrive today in India. These state-of-the-art platforms will bolster the operational capabilities of the Indian Army significantly".

Meanwhile, Defence Minister Rajnath Singh on X said that the arrival of the first batch of Apache helicopters is a significant step towards strengthening India's defence capabilities.

"The arrival of the first batch of Apache helicopters for the Indian Army is a significant step towards strengthening India's defence capabilities. These advanced helicopters will enhance the Army Aviation wing's operational effectiveness, specially in challenging terrains. A proud moment reflecting our commitment to modernising the Armed Forces," Rajnath Singh said.

The delivery is part of a contract between the Ministry of Defence and Boeing, one of the world's major aerospace companies, for the purchase of six AH-64E Apache helicopters.

The delivery was originally scheduled to begin last year but was delayed by a year. These helicopters are expected to be deployed in Jodhpur.

## UK F35 fighter jet, grounded since June 14 at Thiruvananthapuram airport, departs after repairs

New Delhi, July 22 (UNI) A UK F-35B fighter jet, which had been grounded at Thiruvananthapuram airport since June 14, departed today after a British engineering team completed the repairs and safety checks, a statement said. The UK thanked India for the cooperation extended during the entire process.

A spokesperson of the British High Commission said: "A UK F-35B aircraft, which landed following an emergency diversion on June 14, departed today from Thiruvananthapuram International Airport. A UK engineering team, deployed since July 06 completed the repairs and safety checks, allowing the aircraft to

resume active service.

"The UK remains very grateful for the support and collaboration of the Indian authorities and airport teams throughout the repair and recovery process. "We look forward to continuing to strengthen our defence partnership with India."

The aircraft is part of the HMS Prince of Wales Carrier Strike Group of the UK's Royal Navy.

The UK F-35 aircraft was unable to return to HMS Prince of Wales due to adverse weather conditions. The aircraft was diverted to Thiruvananthapuram International Airport in India, where it landed safely. The aircraft

subsequently developed an engineering issue whilst on the ground which delayed its return to the Carrier Strike Group.

Engineers from HMS Prince of Wales assessed the aircraft and it was decided that the support of a UK based engineering team was needed.

The UK had accepted India's offer to move the aircraft in the Maintenance Repair and Overhaul (MRO) facility. To ensure minimal disruption to regular airport operations, it was decided to move the aircraft once UK engineering teams arrive with specialist equipment. The UK has complied with all standard requirements for commercial airports, it said.

## Govt ambulance stolen from hospital in Chhattisgarh

Raipur, July 22 (UNI) A government-run ambulance was stolen from the premises of the Ambikapur Medical College Hospital in Chhattisgarh, raising serious questions about the adequacy of security protocols at one of the region's key healthcare facilities.

What has particularly alarmed authorities is that the theft of the Sanjeevani 108 emergency vehicle went unnoticed for several days, prompting concerns over administrative oversight and surveillance failure. The stolen ambulance, part of the state's emergency response fleet, had been parked within the hospital compound, an area presumed to be under round-the-clock security surveillance. Despite the presence of 24-hour guards and a network of CCTV cameras, no alarm was raised until days later. The hospital authorities eventually filed a formal complaint with the police after which an investigation was initiated. Additional Superintendent of Police Amolak Singh Dhillon said, "We have registered a case, and CCTV footage from the premises is being thoroughly examined."

The Sanjeevani 108 ambulance service, vital for emergency healthcare transport in remote areas, has previously been lauded for its quick response during crisis situations. A senior citizen from Ambikapur, who is currently admitted to the hospital for treatment and spoke on condition of anonymity, described the incident as "unprecedented" and urged swift action.

## SC ashamed over rising crimes against women; Seeks concrete solutions beyond symbolism

New Delhi, July 22 (UNI) : Expressing deep anguish over the rising incidents of brutal violence against women, the Supreme Court today remarked that it feels "ashamed" to hear frequent cases of assaults, including recent incidents where women were burnt alive.

A bench comprising Justice Surya Kant and Justice Joyimalya Bagchi was hearing a writ petition filed by the Supreme Court Women Lawyers Association seeking Pan-India Safety Guidelines to protect women, alongside reforms including mandatory chemical castration of sexual offenders upon arrest, immediate polygraph tests, life imprisonment, and permanent castration in cases of heinous rape and murder.

The petition also demanded setting up a National Sex Offenders Registry accessible to all

women. During the hearing, Senior Advocate Mahalakshmi Pavani highlighted that only two days ago, a girl was burnt alive. Justice Kant responded, "We are equally concerned... so many voiceless people in remote areas suffer. Wide publicity may not work out for them. Let's accept these ground realities."

The Court, however, adjourned the matter to Thursday after noting that the Union Government's counter-affidavit was not on record. It urged Additional Solicitor General Aishwarya Bhati to treat the issue not as adversarial litigation but as a collective challenge requiring both long-term and short-term solutions.

Justice Kant observed, "Just examine possible solutions... comprehensive directions that can create real impact. Only when tragedy strikes do we wake

up. This is what is inherently wrong in the system." He suggested appointing educated villagers as paralegal workers to bridge justice accessibility gaps, especially when ASG Bhati informed the Court about existing One Stop Centres in every district.

Justice Kant proposed that women elected as sarpanch under Panchayat reservation could also be empowered to act as paralegal workers. The petition invoked the doctrine of parens patriae for the Court to safeguard the fundamental rights of women, children, and the third gender. It stated that despite stringent laws after the JS Verma Committee recommendations in 2013, heinous cases like Unnao, Kathua, and Hathras continue to occur due to police and administrative apathy, corruption, and lack of implementation.

## Naveen expresses concern over exclusion of Paika rebellion from NCERT textbook

Bhubaneswar, July 22 (UNI) Former Odisha Chief Minister Naveen Patnaik today expressed concern over the National Council of Educational Research and Training's (NCERT) decision to drop Odisha's historic Paika rebellion from its school textbook.

Taking to his social media handle 'X', the BJD chief and leader of Opposition in the Odisha

Assembly urged Chief Minister Mohan Charan Majhi and Union Education Minister Dharmendra Pradhan to ensure justice is done to the Paika rebellion, popularly known as Paika Bidroha, and to Odisha's rich legacy. The longest serving Chief Minister of Odisha described the Paika rebellion as a "watershed movement" in Odisha's history, stating that the

brave Paikas fought with extraordinary courage against the British oppression as early as 1817.

Patnaik noted that he had repeatedly urged the Central government to officially recognize the Paika rebellion as the First War of Independence. "The Paikas united to fight the tyranny of foreign colonial rule with unparalleled bravery," Patnaik wrote.

## LS adjourned for second day amid continued ruckus by Opposition

New Delhi, July 22 (UNI) : The Lok Sabha was adjourned for the second consecutive day today without any proceedings, following persistent disruptions by Opposition parties. As soon as the House re-assembled at 2 pm, Opposition members trooped into the well of the House, holding placards and shouting slogans.

Presiding officer Dilip Saikia urged the agitating members to go back to their seats and let the House function. But the sloganeering by the protesting members continued. Parliamentary Affairs Minister Kiren Rijiju while condemning the action of the Opposition said, "It was decided in the

meeting that 'Operation Sindoor' would be discussed first, and a specific time has been allotted for it. How can all issues be addressed simultaneously?"

He further said that the members protesting with placards is not acceptable. "In the Business Advisory Committee we have said that the government is ready to discuss. But they (Opposition) don't want to run the House." "You waste crores of tax payers' money by disrupting the House," Rijiju slammed the Opposition. But the Opposition ruckus continued and the Chair adjourned the House till 11 AM on Wednesday. Earlier, the zero hour was

disrupted, leading to the adjournment of the House until 2 pm. When the proceedings resumed at 12 noon following the first adjournment, Opposition members entered the well of the House, shouting slogans and causing an uproar. After the papers were laid on the table, presiding officer Jagdambika called for the zero hour. Opposition members raised slogan, demanding discussion on SIR (Special Intensive Review) and other issues and trooped into the well of the House. Pal informed the members that, based on their demand, the Business Advisory Committee has agreed to discuss Operation Sindoor for 16

hours. Therefore, members of all parties should remain seated and participate in the House proceedings. He said that the government is willing to discuss any issue raised by the Opposition, but they did not listen to him and continued to create ruckus.

Meanwhile, Union Minister Arjun Ram Meghwal assured the members that the government is ready to hold discussions on all issues. Jagdambika Pal also stated that instead of displaying placards and shouting slogans, members should cooperate in the smooth functioning of the House. As the uproar intensified, he adjourned the proceedings of the House until 2 pm.

## Police nabs 3 in alleged gang rape case of a minor girl

Itanagar, July 22 (UNI) : In a swift and coordinated operation, Diyun Police in Arunachal Pradesh's Changlang district has arrested three individuals accused of the alleged gang rape of a minor girl near Manabum Nala on the night of July 18 last.

The incident came to light after a relative, accompanied by the survivor, filed a complaint at Diyun

Police Station. Acting promptly on the survivor's inputs, a police team led by Inspector Ongsa Ronrang, assisted by Inspector Bobby Sumnyan and other staff, launched an overnight search operation across scattered locations, including Shillong Pahar, Manabum, and Kamakhyapur.

During the raids, three accused persons were arrested. They

were identified as Chugolo Chakma (31), a resident of Shillong Pahar; Amar Chakma (20), meat vendor from Manabum; and Som Kumar Chakma alias Shanti Jivon (30) from Kamakhyapur, a senior police officer said today.

The case has been registered as Diyun Police Station Case No. 19/2025, under relevant sections of the Bharatiya Nyaya

Sanhita, 2023 and the Protection of Children from Sexual Offences (POCSO) Act, 2012.

The minor survivor has undergone medical examination and has been placed in a Child Care Institute for counselling, rehabilitation, and protection.

All three accused have been remanded to judicial custody, and further investigation is underway, the officer added.

## Dy CM Bhatti: Ready to face legal hurdles for 42 pc BC reservations

Hyderabad, July 22 (UNI) : Deputy Chief Minister Bhatti Vikramarka Mallu today emphasised that the state government is fully prepared to face any legal challenges that may arise in implementing 42% reservations for Backward Classes (BCs).

Speaking to the media at the Secretariat, Bhatti said the decision to extend 42% reservations to BCs was based on the findings of the caste census conducted by the state government. "We are committed to this decision, even if legal complications emerge. We will not back down," he declared. Bhatti hit out at the BJP, recalling how the party had initially dismissed the need for a caste census.

"Under pressure from Telangana and Congress leader Rahul Gandhi, even Prime Minister Narendra Modi had to announce that the caste census would be included in the national census," he said.

He informed that the 42% reservation proposal has already been passed by the Telangana Cabinet and the Legislative Assembly. "The Bill is currently pending with the

President. Once the Governor approves the ordinance, we will proceed with implementation," he stated in a statement, adding that efforts are underway to gather cross-party support in Parliament to ensure its passage.

Taking a swipe at Telangana BJP chief N. Ramachandra Rao, Bhatti said, "It seems he holds a low opinion of BCs. I know how to deal with the legal notices he sends."

He further accused the BJP of maintaining double standards and failing to support the reservation demand sincerely.

Bhatti also took aim at the Bharat Rashtra Samithi (BRS), accusing the party of misleading the people on the issue. "We conducted the caste census transparently and scientifically. The BRS only tries to provoke and confuse the public," he said. Emphasising the government's determination, Bhatti stated that the fight for BC rights will continue both in the Assembly and in Parliament, urging all parties that supported the move in the state to show the same unity at the national level.



Kerala Governor Rajendra Vishwanath Arlekar pays tribute to former chief minister and veteran CPI(M) leader late V S Achuthanandan, at the state secretariat in Thiruvananthapuram. Achuthanandan breathed his last at the age of 101 on Monday.

## "A Century of Hope": NIMS urology team achieves 100 kidney transplants in just 6 Months

Hyderabad, July 22 (UNI) : In a remarkable medical milestone, the Department of Urology at the Institute of Medical Sciences (NIMS) has successfully completed 100 kidney transplants in just six months, under the leadership of Senior Professor and Head of Department Dr C Ram Reddy.

The achievement marks a new chapter in the institute's legacy and places NIMS among the top three renal transplant

centres in the country, a NIMS statement here said on Tuesday.

Renowned for its high-volume surgical workload and cutting-edge expertise, NIMS has been a trusted centre for renal transplants since its inception in 1989. The department has witnessed exponential growth over the past decade, especially after Dr Ram Reddy took over the reins in 2015. Along with Senior Professor Dr Rahul Devraj and a dedicated team of

specialists, the department has performed over 1,000 kidney transplants in the last 10 years. "We've been consistently performing more than 100 kidney transplants every year for the past decade," said Dr Ram Reddy. "But this year is truly special — reaching the 100-transplant mark within just six months is a proud moment. With the momentum we've gained, we're confident of achieving many more in

the coming months. The recent addition of robotic surgical systems has taken our capabilities to the next level, and we've already completed four robotic renal transplants."

Dr Rahul Devraj added that the same team handles over 1,000 urological procedures every month, totalling more than 12,000 procedures annually, and has successfully conducted over 350 robotic surgeries in less than two years.

## Global study offers new genetic insights into obesity in South Asians

Hyderabad, July 22 (UNI) : A groundbreaking international study has offered fresh insights into the genetic basis of obesity, particularly in South Asian populations, with vital contributions from researchers in Hyderabad.

Scientists from the CSIR-Centre for Cellular and Molecular Biology (CSIR-CCMB), led by Dr Giriraj Ratan Chandak, played a pivotal role in shaping the understanding of how genetic factors influence obesity in Indians — a population that exhibits a distinct pattern of abdominal or central obesity compared to Europeans.

The study, published in

the journal Nature Medicine, involved 600 scientists across 500 institutions worldwide, working with genetic data from over five million individuals, including Indian samples. The team developed a polygenic risk score (PRS) — a genetic test that can predict a person's risk of obesity as early as five years of age, offering the potential for timely preventive lifestyle interventions.

"This score gives us a powerful tool to identify children at high genetic risk of adult obesity, well before conventional risk factors emerge," said Assistant Professor Roelof Smit from the NNF Center for Basic

Metabolic Research, University of Copenhagen, and lead author of the study.

Obesity in South Asians, including Indians, is a growing health crisis tied to higher risks of diabetes, cardiovascular diseases, and hypertension. Dr Chandak and his team at CCMB have long emphasised that genetic risk factors in Indians differ significantly from those in Europeans, underlining the importance of developing ancestry-specific models. The Indian cohort used in the study includes individuals with and without diabetes who have been tracked for nearly two decades — a rare

longitudinal resource in genomics research.

The Hyderabad team's work helped identify several obesity-linked genetic variants specific to Indian genomes, contributing to a customised PRS for South Asians, thereby creating a "virtual individual" to model obesity risk for the region.

However, the study also found that genetic predictions for obesity tend to be more accurate in people of European ancestry, highlighting the limitations of using Western genetic data to model health outcomes in non-European populations. This reinforces the need for

more population-specific genetic research.

Interestingly, the research also revealed that individuals with high genetic risk responded better to weight-loss interventions like diet and exercise but tended to regain weight faster once those interventions ended. This suggests that while genetics offers a predictive edge, lifestyle and environmental factors remain critical — especially for Indians.

Commenting on the broader implications, Dr Chandak noted, "Like what we observed in height studies, many gene variants linked to obesity in Europeans don't translate

the same way in Indians. It seems clear that diet, nutrition, and lifestyle play a bigger role in India, even in the presence of genetic risk. Tailored interventions based on this understanding could yield far better outcomes."

With India projected to see rising obesity rates in coming decades, such studies offer hope that early detection combined with targeted lifestyle measures can help curb the epidemic.

The study marks a significant stride in precision health for South Asians, and underscores the importance of Indian representation in global genetic research.

## TSCPCR chairperson meets Telangana Governor, highlights progress on child rights

Hyderabad, July 22 (UNI) A delegation from the Telangana State Commission for Protection of Child Rights (TSCPCR) led by Chairperson Kothakota Seetha Dayakar Reddy called on the Governor of Telangana at Raj Bhavan today to discuss the progress and ongoing efforts in safeguarding child rights across the state.

The Chairperson was accompanied by Commission members B Vachan Kumar, Premalatha Agarwal, Saritha Gogula, Vandana Goud, Marepally Chandana, and Aparna Naidu.

## Kavitha slams BJP, Congress over delay in BC reservations

Hyderabad, July 22 (UNI): BRS MLCK Kavitha came down heavily on both the BJP and the Congress over their alleged failure to ensure Backward Class (BC) reservations, accusing them of betraying the community's trust for political convenience.

Speaking to reporters in Hyderabad on Tuesday, Kavitha strongly criticised the BJP leadership, especially state president Ramachandra Rao and Union ministers, for what she termed as "painful and misleading" statements on the reservation issue.

She expressed frustration that the BC Reservation Bill, though already passed in the Telangana Assembly, continues to remain pending without being forwarded to the President for assent.

She alleged that the BJP is deliberately giving a communal colour to the issue to avoid passing the bill. "Everyone knows what kind of reservations were implemented in Gujarat. But when it comes to Telangana, the BJP is showing double standards," she remarked.

Kavitha further claimed that the BJP has allowed over 50 per cent reservations in several

northern states but is citing court restrictions when it comes to southern states like Telangana.

"This selective approach is nothing but an attempt to keep BC children away from their rightful opportunities," she charged. Turning her fire on Telangana Chief Minister Revanth Reddy, Kavitha sarcastically dubbed him a "flight mode CM," referring to his frequent visits to Delhi. She alleged that despite numerous trips, Revanth has failed to raise the BC reservation issue with Prime Minister Narendra Modi.

She also took aim at the Congress party's internal reservation promises, saying BCs don't want party-level tokenism but constitutionally backed and legally enforceable reservations. "If the government goes ahead with local body elections without ensuring proper BC representation, BC youth will not spare them," she warned. Kavitha demanded that the Chief Minister lead a delegation to Delhi and exert serious pressure on the Centre to clear the BC Reservation Bill, stating that mere political optics won't address the real concerns of backward communities.

## Ponnam Prabhakar demands resignation of BJP MPs over 42 pc BC reservation

Hyderabad, July 22 (UNI): Telangana Backward Classes Welfare Minister Ponnam Prabhakar today demanded the resignation of BJP MPs from Telangana to mount pressure on the BJP-led NDA government to include the state's 42 per cent BC reservation laws in the Ninth Schedule of the Constitution. Talking to media persons, Ponnam came down heavily on state BJP president N Ramchander Rao for reportedly stating that including 42 per cent BC reservation in the Ninth Schedule of the Constitution was not possible. The minister questioned how the laws passed by the Tamil Nadu Assembly to increase total reservation beyond 50 per cent were included in the Ninth Schedule. In March this year, the state Assembly passed two Bills for increasing BC reservation to 42 per cent in education, jobs and local bodies and sent the same to the Centre for Presidential assent. The Minister demanded that the Centre immediately take a decision on increasing the BC quota.

"If injustice is done to BCs, we will not remain silent," Ponnam cautioned. On Monday, BJP State President N Ramachander Rao accused the ruling Congress government of misleading the public and attempting to shift blame on to the centre over the issue of BC reservations. Talking to media persons in Delhi, he demanded an apology from the Telangana government

for what he described as a 'betrayal' of BC community.

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e-Tender Notice No. 02-Comm-HQ-SCR-OT Dt. 18.07.2025

For and behalf of President of India, the undersigned invites e-tender for the following work:

S.No.: 01 e-Tender No.: 02-Comm-HQ-SCR-OT Name of the work: Selection of a consultant for "Conducting a comprehensive logistics freight marked study and submitting a detailed business plan for enhancing the rail co-efficient of freight traffic on "South Central Railway" aimed at expanding the freight business. Approx. Tender value (₹): 1,89,02,831.82 Bid Security in (₹): 2,44,500 Completion period in days : 180 Bid Closing Date: 25.08.2025 at 11:30

1. Tenderers should participate only through e-tendering and no manual offers will be considered

2. Tender conditions/other particulars are available in the Tender document on IREPS website at ireps.gov.in, which can be downloaded free of cost.

3. Any updates / modifications in the tender document will be uploaded in the IREPS portal. Potential bidders may visit this portal from time to time for any updates / modifications.

4. The Railway reserves the right to cancel the tender without assigning any reason thereto.

Dy. Chief Commercial Manager, FS, HQ, Secunderabad

Tender No. B-E29-TRD-TNDR-18-2025-26 Dt. 21.07.2025

Tender are invited in IREPS by the undersigned for the following works.

Tender No.: B-E29-TRD-TNDR-18-2025-26 Name of work: SW-I: Additions and alterations to OHE in connection with Shifting of IOLs or provision of High speed SIs with respect to stop signals in Tuni Sub-division of BZA division. SW-II: Additions and alterations to OHE in connection with Shifting of PTFEs in view of signal infringements in BZA division. Approx. Value (₹): 6,30,15,747.06 Bid Security (EMD) (₹): 4,65,100/- Completion period: 12 Months Date of closing: 11.08.2025 at 15.00 Hrs.

S.No.1 - Cost of Tender form (₹): Nil Sr. Divisional Electrical Engineer/ A1085 TRD/Vijayawada

For further tender conditions / details and for downloading the tender documents, Please visit website at https://www.ireps.gov.in or www.scr.indianrailways.gov.in

## Congress committed to women's empowerment, says Telangana IT and Industries Minister

Hyderabad, July 22 (UNI) : IT and Industries Minister Duddilla Sridhar Babu on Tuesday reaffirmed the Congress government's commitment to women's empowerment, stating that the "Indira Mahila Shakti" initiative aims to make one crore women millionaires in the next five years.

He was speaking as the chief guest at the "Indira Mahila Shakti Sambaralu" held at Red Rose Palace Function Hall in Shadnagar, Rangareddy district. The event was also attended by Shadnagar MLA Veerapalli Shankar, Rangareddy District Collector Narayana Reddy and other officials.

Addressing the gathering, Sridhar Babu said the public government led by Chief Minister Revanth Reddy is giving utmost priority to the dignity and self-respect of women in Telangana.

He said the government is sincerely implementing several schemes to ensure women rise in society economically, politically and socially. He said the "Indira Mahila Shakti Sambaralu" was being organised with the aim of empowering women economically, strengthening their leadership, building strong women's organisations and achieving the goal of creating one crore women millionaires in the next five years. The Minister noted that while the government is working to fix the economy that was mismanaged earlier, it is equally focused on fulfilling every promise made to the people.

He urged people not to believe the false propaganda of BRS and BJP leaders and reiterated that the Congress party would never break its word. Sridhar Babu said the government had set a target

of disbursing Rs 20,000 crore in interest-free loans to women's self-help groups every year, and has already crossed Rs 21,000 crore in the first year itself.

He said the state government is supporting 17 types of businesses to promote women entrepreneurs under the Indira Mahila Shakti Policy. He added that 4.5 lakh Indiramma houses have been sanctioned, many of them in the names of daughters to ensure their future security. He assured that all eligible people who did not receive houses will be covered in the coming days. He highlighted that on average, 14 lakh women travel free in RTC buses every day, and the scheme has benefitted over 200 crore women so far. Going a step further, women's groups have already purchased 150 RTC buses and given them on rent to

the state-run corporation, and plans are underway to increase this number to a thousand in phases.

Sridhar Babu revealed that in the first phase, a 1,000 megawatt solar power plant is being set up under the leadership of women's collectives. He said the government has started efforts to establish petrol stations in all 31 districts under women's associations, with the first petrol station already inaugurated in Narayanpet.

In addition, the government is constructing Indira Mahila Shakti headquarters for 22 district women's associations, allocating Rs 5 crore for each, totalling Rs 110 crore.

The Minister said the government has entrusted the responsibility of managing government schools to women through Amma Adarsh Committees.

The task of sewing school uniforms has also been handed over to women's groups, helping them earn Rs 80 crore annually. He said the government is targeting to increase membership in women's associations to one crore by 2028 and is taking steps to establish rice mills and godowns in every mandal under the purview of these groups. He also stated that the Congress government has taken the initiative to issue new ration cards and include additional eligible members in existing ones — an issue that was neglected by the previous government. Sridhar Babu appealed to the girls and women of Telangana to stand by the government which is working for their welfare. "This is your government — a government that works for you. Your blessings and trust are our greatest strength," he said.

## STANDARD POST

## VS: The unrelenting warrior of Kerala, a personification of probity

A relentless fighter for justice, V.S. Achuthanandan - fondly known as VS - was a towering figure in Kerala politics, as well as a founding leader of the Communist Party of India (Marxist), who served as the state chief minister between 2006 and 2011. The veteran leader, who passed away today, led a political life marked by landmark struggles for land rights, anti-corruption crusades, environmental protection, and the upliftment of marginalised communities.

In connection with the Punnappra-Vayalar uprising in 1946, he was arrested, tortured, and imprisoned at the age of 23 for participating in a militant revolt against the policies of C.P. Ramaswami Iyer, the Diwan of the princely state of Travancore. He remained in jail even after India's independence on August 15, 1947.

He led the Alappuzha Land Reform Agitations from 1970 onwards, advocating for the full implementation of the 1967 Land Reforms Act and demanding equitable land distribution for farmers.

In 1996-97, he spearheaded a protest with the KSKTU against the conversion of paddy fields. Though controversial due to crop damage, the agitation sparked a vital debate on food security in the state.

Achuthanandan was at the forefront of the protest against the Coca-Cola plant in Plachimada, opposing the company's over-extraction of groundwater.

In 2003, he visited Muthanga to express solidarity with tribal communities demanding land rights and vocally condemned the police firing that occurred during the protest.

Achuthanandan extended support to the anti-nuclear movement at Koodankulam in 2012, before aligning with the party's official position.

As Chief Minister, he launched strong campaigns against illicit lottery networks and film piracy.

He actively pursued justice in the Ice-Cream Parlour sex scandal (2011), filing petitions against P.K. Kunhalikutty. He also fought legal battles against prominent political figures, including R. Balakrishna Pillai and Oommen Chandy, over corruption allegations.

VS was known for his maverick spirit — often taking positions that challenged his party leadership. During the 1962-64 Sino-Indian War, he defied the CPI's neutral stance and volunteered to donate blood for Indian soldiers, a move that led to his demotion.

His firm criticism of Pinarayi Vijayan's alleged involvement in the SNC-Lavalin case caused significant friction within the CPI(M), leading to multiple suspensions from the Politburo. Born on October 20, 1923, in Punnappra, Alappuzha, to Sankaran and Accamma, VS lost both parents early in life. He dropped out of school after the 7th standard and began working — first at his brother's tailoring shop and later at a coir factory. He entered public life through trade union activities, joining the State Congress in 1938 and becoming a member of the Communist Party of India (CPI) in 1940. He was a key figure in the formation of the CPI(M) in 1964, as one of the historic 32 members who split from the CPI. He served as CPI(M) Kerala State Secretary from 1980 to 1992 and was elected to the Politburo in 1985, holding the post until 2009. He lived the longest among the original CPI(M) founders.

In 2006, at the age of 82, VS became the oldest serving Chief Minister of Kerala, after leading the Left Democratic Front (LDF) to a resounding victory. His tenure (2006-2011) was marked by historic anti-encroachment drives in Munnar and Kochi (MG Road) to reclaim illegally occupied land, crackdowns on lottery scams, film piracy and political corruption.

He consistently advocated tribal rights, environmental protection, and justice for Adivasi communities. He played a key role in implementing public projects such as the expansion of Technopark, groundwork for the Vallarpadam terminal, and the early stages of the Kochi Metro. He also promoted free software, particularly in the state's public education system. VS served as Leader of the Opposition for 15 years — the longest in Kerala's legislative history — and was a key force behind the LDF's resurgence after electoral setbacks in 2009 and 2010.

Though denied a ticket for the 2011 Assembly elections, widespread public protests and internal party intervention enabled him to contest from Malampuzha, where he won by over 25,000 votes.

In May 2013, three of VS's staff members were expelled by the CPI(M) for allegedly leaking information to the media. This incident marked a symbolic victory for his intra-party rival, Pinarayi Vijayan. Though there were attempts to remove him from the post of Leader of the Opposition, the move was ultimately shelved.

As Chief Minister, he stood firmly against the Centre's policy of allowing 51% FDI in the retail sector, championing the cause of local traders.

Even after retiring from active politics, Achuthanandan remained a moral compass for the Left, deeply respected for his simplicity, integrity, and lifelong dedication to social justice. VS was married to K. Vasumathy and is survived by their two children: daughter V.V. Asha and son V.A. Arun Kumar. In December 2007, at the age of 84, he became the first Communist Chief Minister to trek to Sabarimala, rejecting any physical support during the arduous pilgrimage.

# ISRO-NASA joint satellite mission NISAR launch on July 30

(By United News of India)

The Indian Space Agency today evening announced that NASA-ISRO Synthetic Aperture Radar (NISAR), the first joint satellite mission of ISRO and US-based NASA, will be launched on July 30 at 1740 hrs from the spaceport of Sriharikota.

The NISAR satellite will be launched by ISRO's GSLV-F16 from the Second Launch Pad at Satish Dhawan Space Centre (SDSC SHAR), Sriharikota.

The GSLV-F16 will inject the NISAR satellite into a 743 km Sun-synchronous orbit with an inclination of 98.40 deg.

NISAR, weighing 2392 kg, is a unique earth observation satellite and the first satellite to observe the earth with a dual frequency Synthetic Aperture Radar (NASA's L-band and ISRO's S-band) both using NASA's 12m unfurlable mesh reflector antenna, integrated to ISRO's modified I3K satellite bus.

NISAR will observe earth with a swath of 242 km and high spatial resolution, using SweepSAR technology for the first time.

The satellite will scan the entire globe and provide all weather, day and night data at 12-day interval and enable a wide range of applications.

NISAR can detect even small changes in the Earth's surface such as ground deformation, ice sheet movement and vegetation dynamics.

Further applications include sea ice classification, ship detection, shoreline monitoring, storm characterization, changes in soil moisture, mapping & monitoring of surface water resources and disaster response. The NISAR launch is the result of

strong technical cooperation between ISRO & NASA/Jet Propulsion Laboratory technical teams for more than a decade.

NASA said the NISAR Earth-observing satellite, a first-of-its-kind collaboration between NASA and ISRO, carries an advanced radar system that will help provide communities by providing a dynamic, three-dimensional view of Earth in unprecedented detail and detecting the movement of land and ice surfaces down to the centimeter.

With its two radar instruments — an S-band system provided by ISRO and an L-band system provided by NASA — NISAR will use a technique known as synthetic aperture radar (SAR) to scan nearly all the planet's land and ice surfaces twice every 12 days. Each system's signal is sensitive to different sizes of features on Earth's surface, and each specializes in measuring different attributes, such as moisture content, surface roughness, and motion.

These capabilities will help scientists better understand processes involved in natural hazards and catastrophic events, such as earthquakes, volcanic eruptions, land subsidence, and landslides.

Additionally, NISAR's cloud penetrating ability will aid urgent responses to communities during weather disasters such as hurricanes, storm surge, and flooding. The detailed maps the mission creates also will provide information on both gradual and sudden changes occurring on Earth's land and ice surfaces. Managed by Caltech for NASA, JPL leads the U.S. component of the NISAR project and



provided the L-band SAR. NASA JPL also provided the radar reflector antenna, the deployable boom, a high-rate communication subsystem for science data, GPS receivers, a solid-state recorder, and payload data subsystem.

NASA's Goddard Space Flight Center in Greenbelt, Maryland, manages the Near Space Network, which will receive NISAR's L-band data.

Multiple ISRO centers have contributed to NISAR. The Space Applications Centre is providing the mission's S-band SAR.

The U R Rao Satellite Centre provided the spacecraft bus.

The rocket is from Vikram Sarabhai Space Centre, launch services are through Satish Dhawan Space Centre, and satellite mission operations are by the ISRO Telemetry Tracking and Command Network. The National Remote Sensing Centre is responsible for S-band data reception, operational products generation, and dissemination.

NISAR is a Low Earth Orbit (LEO) observatory and will map the entire globe in 12 days and provide spatially and temporally consistent data for understanding changes in Earth's ecosystems, ice mass, vegetation biomass, sea level rise, ground water and natural hazards including earthquakes, tsunamis, volcanoes and landslides. NISAR carries L

and S dual band Synthetic Aperture Radar (SAR), which operates with Sweep SAR technique to achieve large swath with high resolution data.

The SAR payloads mounted on Integrated Radar Instrument Structure (IRIS) and the spacecraft bus are together called an observatory.

Jet Propulsion Laboratories and ISRO are realizing the observatory which shall not only meet the respective national needs but also will feed the science community with data encouraging studies related to surface deformation measurements through repeat-pass InSAR technique.

The launch sequence encompasses the time interval that takes the observatory from the ground, encapsulated in the launch vehicle fairing, to after separation, and ends with the completion of solar array deployment and the observatory in an Earth-pointed attitude and in two-way communication with the ground. The launch sequence is a critical event. The first 90 days after launch will be dedicated to commissioning, or in-orbit checkout (IOC), the objective of which is to prepare the observatory for science operations.

Commissioning is divided into sub-phases of initial checkout (ISRO engineering systems and JPL engineering payload checkout), spacecraft checkout and instrument

checkout. Philosophically, the sub-phases are designed as a step-by-step build up in capability to full observatory operations, beginning with the physical deployment of all deployable parts (notably the boom and radar antenna, but not including the solar arrays which are deployed during launch phase), checking out the engineering systems, turning on the radars and testing them independently and then conducting joint tests with both radars operating.

The science operations phase begins at the end of commissioning and extends for three years and contains all data collection required to achieve the L1 science objectives.

During this phase, the science orbit will be maintained via regular maneuvers, scheduled to avoid or minimize conflicts with science observations.

Extensive calibration and validation (CalVal) activities will take place throughout the first 5 months, with yearly updates of 1-month duration. The observation plan for both L- and S-band instruments, along with engineering activities (e.g., maneuvers, parameter updates, etc.), will be generated pre-launch via frequent coordination between JPL and ISRO.

This plan is called the reference mission; the science observations alone within that reference mission is called the reference observation plan (ROP).

The schedule of science observations will be driven by a variety of inputs, including L- and S-band target maps, radar mode tables, and spacecraft and ground-station constraints and capabilities. This schedule will be determined by JPL's

mission planning team, and the project will endeavour to ?y the reference mission, which includes these science observations exactly as planned pre-launch (accommodating for small timing changes based on the actual orbit). NISAR is the first satellite mission to collect radar data in two microwave bandwidth regions, called the L-band and the S-band, to measure changes in our planet's surface less than a centimeter across.

This allows the mission to observe a wide range of Earth processes, from the flow rates of glaciers and ice sheets to the dynamics of earthquakes and volcanoes.

NISAR uses a sophisticated information-processing technique known as Synthetic Aperture Radar (SAR) to produce extremely high resolution images.

The Radar penetrates clouds and darkness, enabling NISAR to collect data day and night in any weather. The instrument's imaging swath — the width of the strip of data collected along the length of the orbit track — is greater than 150 miles (240 kilometers), which allows it to image the entire Earth in 12 days.

Over the course of multiple orbits, the radar images will allow users to track changes in croplands and hazard sites, as well as to monitor ongoing crises such as volcanic eruptions.

The images will be detailed enough to show local changes and broad enough to measure regional trends. As the mission continues for years, the data will allow for better understanding of the causes and consequences of land surface changes, increasing our ability to manage resources and prepare for and cope with global change.

## TRAI convenes Joint Committee of Regulators on issues of Spam and CyberFraud

(Standard Post Bureau)

The Telecom Regulatory Authority of India (TRAI) today hosted a meeting of the Joint Committee of Regulators (JCOR) in New Delhi to advance coordinated measures against spam, fraud, and misuse of telecom infrastructure.

Representatives from RBI, SEBI, IRDAI, PFRDA and MeitY convened at TRAI headquarters, joined by officials from the Department of Telecommunications (DoT), Ministry of Home Affairs (MHA), and the National Payments Corporation of India (NPCI).

The forum focused on rolling out collaborative regulatory measures, especially in light of rising digital payment-linked frauds.

Key Outcomes:

1. **Urgent Transition to 1600-Series for Commercial Calls**

Regulators discussed setting up timelines for migration to the dedicated 1600-number series for transactional and service calls in the banking,

financial services, and insurance (BFSI) sectors. Considering different scales of operation of entities, it was agreed that migration may be made in a phased manner based on the inputs provided by the sectoral regulators to TRAI.

2. **Pilot on Digital Consent Acquisition (DCA) launched**

A major pilot project is underway to enhance consumer control over commercial communications by replacing unverifiable, offline consents for commercial communication with a secure digital consent framework. The new mechanism will enable the consumers to digitally register, review, and revoke consents through a simple, unified and tamper-proof interface. Coordinated by TRAI and RBI, the pilot includes telecom service providers (TSPs) and major banks such as SBI, PNB, ICICI, HDFC, Axis Bank, Canara Bank, and Kotak Mahindra Bank. Four dedicated working groups will oversee technical,

operational, and awareness-building aspects of the pilot.

Prior to the meeting of the JCOR, a day-long workshop was conducted on 21<sup>st</sup> July, 2025, jointly by the TRAI and RBI, on the DCA pilot in which 8 telecom service providers and 7 banks viz SBI, PNB, ICICI, HDFC, Axis Bank, Canara Bank, and Kotak Mahindra Bank participated. Various issues related to digital consent acquisition were deliberated and all the participant agreed to work together in a sustained manner to move forward.

3. **New Enforcement Tools Against Telecom-Based Fraud**

The committee discussed the requirement of automated exchange of spam and cyber fraud data between Indian Cyber Crime Coordination Centre (I4C), Digital Intelligence Platform of the Department of Telecommunications (DoT) and DLT platform maintained by the access providers. This will enable swift action against

the telecom resources of the fraudsters — such as number disconnection — so as to prevent them to carry out further frauds.

4. **Curbing Misuse of Enterprise Lines**

The Committee flagged the misuse of SIP and PRI telecom lines for bulk spam. Options under discussion include issuing these lines from a designated number range and imposing additional safeguards to ensure responsible use.

5. **Revamped Portal for information on SMS headers**

TRAI has revamped its SMS header portal viz. smsheader.traigov.in, to empower customers to get the information about the entities sending commercial messages using a particular SMS header.

6. **NPCI Joins as Strategic Stakeholder**

With financial fraud increasingly linked to mobile transactions and UPI platforms, the inclusion of NPCI as a special invitee adds a critical payments dimension to the JCOR's mandate.

## BJP doesn't want people to vote, claims SP President Akhilesh Yadav

Lucknow, July 22 (UNI) : Samajwadi Party President Akhilesh Yadav today said the BJP does not want to let anyone vote as the action that is going on in Bihar indicates.

Yadav claimed that votes were also deleted in the last Uttar Pradesh assembly polls.

"Many of the people who had voted in the 2019 Lok Sabha elections, their votes were deleted in the 2022 elections in UP," he said in a statement.

The SP President claimed when his party raised its voice, the Election Commission shut them down.

"Samajwadi Party and our workers worked hard in the entire state and identified more than 18,000 such people who had voted earlier, but their votes were deleted in the next election. We took

their affidavits and sent them to the Election Commission. But the Election Commission did not take any action against any officer and employee," he alleged.

The SP president said his party wanted the matter of the Pahalgam attack to be discussed in the Lok Sabha, adding that when the discussion does take place, the Prime Minister should be there, because there is no use of any discussion and statement without the Prime Minister.

"What mistake was made and what omission was made in the case of Pahalgam attack? Was there any intelligence failure? Such an incident did not happen once. It happened in Pahalgam, it happened in Pulwama too. During the BJP government, Parliament House was also attacked," he asserted.

## Trump says US will carry out new strikes on Iranian sites if need comes

Washington, July 22 (UNI) US President Donald Trump has said that the United States will carry out new strikes on Iranian nuclear facilities "if necessary."

"Iran's Foreign Minister, Abbas Araghchi, on the Iran Nuclear Sites: 'Damages are very severe, they are destroyed.' Of course they are, just like I said, and we will do it again, if necessary! ..."

"Fake News CNN should immediately fire their phony 'reporter' and apologise to me and the great pilots who 'OBLITERATED' Iran's nuclear sites." Trump said on social media platform Truth Social yesterday.

On June 13, Israel launched a military operation against Iran after accusing it of secretly pursuing a nuclear weapon.

Airstrikes targeted nuclear facilities, military leadership as well as air bases and killed several military commanders and nuclear scientists.

Iran rejected the allegations and retaliated. The United States conducted a one-time attack on Iranian nuclear sites on June 22. Tehran struck the US Al Udeid Air Base in Qatar in response but said it had "no intention of further escalation." Trump suggested Iran had "let off steam" by attacking the Qatari base, opening a potential path to peace in the Middle East. He announced that Israel and Iran had agreed to a ceasefire that formally ended the "12-day war" on June 24.

## Actor Malcolm-Jamal Warner dies in drowning accident while on family vacation

Los Angeles, July 22 (UNI) : Actor Malcolm-Jamal Warner, who gained fame as Theodore Huxtable on "The Cosby Show," has died at the age of 54.

He died in a drowning accident in Costa Rica, where he was on holiday with his family, a source close to the actor told CNN.

Warner was pulled deeper by a strong current while swimming at Playa Grande near the town of Cahuita in the province of Limón on the Caribbean coast of Costa Rica around 2:30 pm local time on Sunday, as per the syndicated news story of Associated Press.

Costa Rica's Judicial Investigation Police told CNN yesterday that people who were on the beach tried to help Warner, but he was declared dead by the Red Cross. A native of New Jersey, Warner started acting at age of nine, making appearances in shows like "Fame." He was a young teen when he was cast as the only son of Bill Cosby and Phylicia Rashad's characters, Heathcliff and Claire Huxtable, in "The Cosby Show," which ran from 1984 to 1992.

## Trump administration releases files on Martin Luther King Jr

Washington DC, July 22 (UNI) : US President Donald Trump's administration has released a collection of records on the assassination of Martin Luther King Jr, including FBI surveillance files on the civil rights leader. A court-imposed order had kept the FBI documents, totalling 230,000 pages, blocked from public view since 1977. Many members of King's family had opposed the release, with his two living children condemning "any attempts to misuse these documents in ways intended to undermine our father's legacy" in a statement. King, a Baptist minister, was shot in Memphis on April four, 1968, at age 39.

James Earl Ray, a career criminal, pleaded guilty to the killing, but later renounced his plea, reports BBC.

In a related development, the Office of the Director of National Intelligence (DNI) said in a press release yesterday: "The documents include "internal FBI memos" and "never-before-seen CIA records" behind the hunt for King's assassin, the DNI said.

The release was co-ordinated with the FBI, Department of Justice, National Archives and CIA.

"The American people deserve answers decades after the horrific assassination of one of our nation's great leaders," US Attorney General Pamela Bondi said.

## ASEAN emergency disaster response exercise kicks off in Cambodia

Phnom Penh, July 22 (UNI) : The ASEAN Regional Disaster Emergency Response Simulation Exercise 2025 (ARDEX-25) kicked off in the Cambodian capital city of Phnom Penh.

Held at the Special Force Command 911, the three-day exercise brought together some 650 participants from ASEAN member states, Timor-Leste, and ASEAN dialogue partners, among others.

It was organised by the National Committee for Disaster Management (NCDM) in collaboration with the ASEAN Coordinating Center for Humanitarian Assistance on Disaster Management (AHA Center).

Cambodian Senior Minister Kun Kim, first vice-president of the NCDM, said ARDEX-25 is a full-scale exercise held biennially to test and evaluate ASEAN's disaster preparedness and emergency response mechanisms.

"This includes preparation processes, search and rescue operations, impact assessment, and national-level immediate response strategies linked to ASEAN, with the aim of saving the lives of disaster victims through search and rescue, healthcare services, temporary shelter, food provision, sanitation and hygiene, among others," he said at the opening ceremony of the exercise.

Kim said the exercise was also to test the ASEAN Standard Operating Procedure for Regional Standby Arrangements and Coordination of Joint Disaster Relief and Emergency Response Operations. He added that the ARDEX-25 comprises table-top exercises, command post exercises, and field training exercises.

## No date set for new Russia-Ukraine talks in Istanbul : Turkish Source

Ankara, July 21 (UNI) : Turkey has not received any proposals regarding the date of the third round of talks between Russia and Ukraine in Istanbul, a Turkish diplomatic source told Sputnik on Monday.

Earlier in the day, the Independent Turkish newspaper reported, citing diplomatic sources, that talks between Russian and Ukrainian delegations could take place in Istanbul by the end of the week, provisionally on July 23 or July 24. "There are no specific signals yet," the source said in a comment on the tentative date of the negotiations.

On Saturday, Ukrainian President Volodymyr Zelenskyy said that National Security Council Secretary Rustem Umerov had proposed to Russia to hold another round of negotiations this week. A source in the Russian negotiation team confirmed this to Sputnik. Russia and Ukraine have held two rounds of face-to-face talks in Istanbul, which resulted in a prisoner exchange. Moscow also returned the bodies of deceased Ukrainian military servicemen to Kiev. Both sides exchanged draft memoranda on conflict resolution.

## UK, 27 other nations condemn Israel over 'inhumane killing' of Gaza civilians seeking aid

London, July 22 (UNI) : The UK and 27 other countries have called for an immediate end to the war in Gaza, where they say the suffering of civilians has "reached new depths".

A joint statement says Israel's aid delivery model is dangerous and condemns what it calls the "drip feeding of aid and the inhumane killing of civilians" seeking food and water.

Gaza's Hamas-run health ministry said more than 100 Palestinians were killed by Israeli fire while waiting for food over the weekend and that 19 others died as a result of malnutrition, reports BBC.

However, Israel's foreign ministry rejected the countries' statement, saying it was "disconnected from reality and sends the wrong message to Hamas".

The ministry accused the armed group of spreading lies and undermining aid distribution, rather than agreeing to a new ceasefire and hostage release deal.

Unlike many international statements condemning Israel's tactics in Gaza during the past 21 months of its war with Hamas, this declaration is notable for its candour.

The signatories are the foreign ministers of the UK and 27 other nations, including Australia, Canada, France, Italy, Japan, New Zealand and Switzerland.

# Philippines braces for more rains, severe flooding

Manila, July 22 (IANS) : The Philippines has been bracing for heavy rainfall as two low-pressure areas may develop into tropical depressions within the next 24 hours, the state-run weather bureau said on Tuesday. Weather bureau PAGASA warned that the prevailing southwest monsoon will continue to bring torrential rains and thunderstorms to various areas, which would cause more flooding, landslides, and other weather-related hazards.

On Tuesday, Metro Manila and its adjoining areas remain under a "red" rainfall warning, PAGASA's highest alert level for rainfall, which indicates "serious" flooding is expected in some areas.

Due to the downpour of rain, the country's Executive Secretary Lucas Bersamin ordered the suspension of work in government offices and classes at all levels on Tuesday in Metro Manila and several other



provinces. In Metro Manila, knee-deep floodwaters led commuters to wade through streets in search of rides, while motorists navigated submerged roads to return home. Government vehicles have been deployed to assist stranded individuals.

Social media has been inundated with images and footage of evacuations late Monday, showing trash floating through inundated communities. The inclement weather has already had fatal consequences. In a

situational report issued on Tuesday morning, the National Disaster Risk Reduction and Management Council (NDRRMC) reported that a total of 362,465 families, or 1,266,322 people, were affected nationwide by the southwest monsoon and Typhoon Wipha.

Wipha exited the Philippines on Saturday, but its aftermath and the intensified monsoon have caused floods and landslides in various regions, resulting in six

deaths, five injuries, and six missing people, said the NDRRMC. So far, more than 1,500 houses have been damaged, and 173 road sections and 11 bridges have been affected across the archipelago, Xinhua news agency reported. Estimated agricultural losses have surpassed 54 million pesos (about \$947,000), the NDRRMC said. According to Philippine authorities, three Filipinos were dead and over 300,000 individuals had been affected by Typhoon Wipha.

## Dhaka plane crash: Death toll rises to 27, including 25 children

Dhakar, July 22 (UNI) : The death toll from yesterday's Bangladesh Air Force fighter jet crash at Milestone School and College in Dhaka has risen to 27, with 25 of the victims confirmed to be children, many of them under the age of 12. At least 78 people are currently receiving treatment at various hospitals, with five in critical condition, according to Professor Md Sayedur Rahman, special assistant to the chief adviser for health and family welfare. He briefed the media today morning at the National Institute of Burn and Plastic Surgery.

"Among the deceased, 25 are children with severe burn injuries. The remaining

two include the pilot of the aircraft and a female schoolteacher," Rahman stated. So far, 20 bodies have been identified and handed over to their families. The devastating incident occurred when a Bangladesh Air Force training jet crashed into a school building during operational exercises yesterday. Witnesses described scenes of chaos as parents rushed to the site and emergency services worked frantically to rescue the injured.

Hospital authorities confirmed that army personnel have now been deployed at the National Institute of Burn and Plastic Surgery to enhance security and manage the

large influx of relatives and onlookers. "We are doing everything possible to save lives. However, the condition of some patients remains extremely critical," Prof. Rahman added.

The country's interim leader, Mohammed Yunus, expressed "deep grief and sorrow" over the incident in a post on X (formerly Twitter). "The loss suffered by the Air Force, the students, parents, teachers, and staff of Milestone School and College, as well as others affected by this accident, is irreparable," he said. "This is a moment of profound pain for the nation." Yunus's office also released a list of emergency phone numbers and helplines for affected families.

# Iran, China, Russia, to hold trilateral meet to discuss Tehran's nuclear programme

Tehran / Beijing / Moscow, July 22 (UNI): Iran, China and Russia are set to hold a trilateral meeting in Tehran today to discuss the country's nuclear programme, Iranian Foreign Ministry spokesperson Esmail Baghaei announced yesterday.

While the Iranian Foreign Ministry has not named the participants, the trilateral discussion in Tehran is expected to take

place below the ministerial level, reports Russian state media TASS.

The trilateral meet come ahead of a meeting in Istanbul between Iran and France, Germany and the United Kingdom, or the E3 nations, on July 25.

The E3 nations, China and Russia are the remaining nations involved in the 2015 Joint Comprehensive Plan of Action, the nuclear deal that lifted sanctions on Iran

in return for restrictions on its nuclear program.

On June 13, Israel launched a military operation against Iran after accusing it of secretly pursuing a nuclear weapons program, after detecting signs of highly enriched uranium, way above what was needed for civil use.

The IDF strikes targeted nuclear facilities, military leadership as well as air bases and killed several

members of Tehran's top brass, including the military commanders of the Iranian Army and the IRGC, and key nuclear scientists.

Iran rejected the allegations and retaliated, launching drones into Israeli airspace. The United States conducted a one-time attack on three of Iran's nuclear sites in Natanz, Isfahan, and Fordo, on June 22. Tehran struck the US Al Udeid Air Base in Qatar in response but said it had "no

## Chinese researchers discover long thought-extinct orchid species in Yunnan province

Kunming, July 22 (UNI) : A Chinese orchid species declared extinct has been rediscovered in the wild in Yunnan Province, southwest China, marking a landmark breakthrough in biodiversity conservation, according to scientists.

Researchers from the Yunnan Academy of Forestry and Grassland Sciences identified a population of approximately 50 Eulophia monantha plants during a field survey in Xinning County. The discovery is the first confirmed sighting of the rare orchid since its initial documentation 112 years ago.

British botanist George Forrest originally collected the species near Yunnan's Dali in 1913. Having vanished for over 100 years without further records, the plant was officially classified as extinct in China's 2013 Biodiversity Red List.

## UK calls for end to violence in Syria's Suwayda : Foreign Minister

London, July 22 (UNI) : The United Kingdom is "horrified" by the upsurge in violence in Syria's Suwayda province and is calling for an end to the fighting, UK Foreign Secretary David Lammy said.

"We have been horrified by the recent violence in the south, including civilian deaths ... As I have said directly to Foreign Minister al-Shaibani, we want to see the fighting ended, civilians protected, and the rights of all Syrians upheld. The violence in Suwayda must be investigated, and those responsible must be held accountable," Lammy said in the parliament on Monday.

Earlier in July, armed Bedouin groups attacked several Druze settlements in Suwayda, clashing with Druze self-defense forces. The Syrian Defense Ministry said that over 30 people had been killed and 100 others wounded in the clashes, including 20 troops loyal to the Syrian transitional government. Last week, the Syrian Defense Ministry said that the army and interior ministry deployed troops to Suwayda to clear the city of illegal armed factions. Later, they began withdrawing heavy military equipment from Suwayda toward Damascus, transferring residential areas under the control of internal security forces.

intention of further escalation."

Both Tehran and Jerusalem are currently holding an uneasy and fragile ceasefire, with both countries keeping their militaries battle ready and weapon systems operational. Adding further urgency, the Tehran meeting precedes renewed nuclear talks with France, Germany, and the UK scheduled for July 25 in Istanbul.

working on presumed metal ship components on an outdoor grid lattice staging area adjacent to a large indoor construction hall where the first Choe Hyon-class destroyer was built.

During the June launch of the second destroyer, Kim reiterated the DPRK's intent on modernising its navy, and said that it "will continue to build two destroyers every year of the same or higher class and commission them into the Navy."

## DPRK announces work on its third destroyer as part of naval upgrade

Pyeongyang, July 22 (UNI) : The Democratic Republic of North Korea has officially begun working on the development of its third Choe Hyon-class destroyer as per state media, with supreme leader Kim Jong Un claiming that the vehicle will be complete by October 10, 2026, marking the next year anniversary of the Workers Party of Korea.

Laying strong emphasis on boosting North Korea's military capabilities, the

General Secretary of the WPK has been focusing strengthening the country's naval capabilities, overseeing the April launch of the Choe Hyon, North Korea's first 5,000-ton destroyer.

A second destroyer, the Kang Kon, suffered a failed launch in May but was repaired and set afloat in June.

The North will now construct the "Choe Hyon-class Destroyer No. 3" which it described as "a

powerful warship of our own type".

The Nampho dockyard manager urged workers to meet the construction deadline to uphold the party's "plan for building a powerful army" and "to firmly defend the inviolable maritime sovereignty and national interests," KCNA said. Kim reportedly "visited the Nampho Shipyard 10 times in a little more than a year and gave precious instructions on the building of the warship

and inexhaustible wisdom and strength for working miracles," according to a NK News report.

The report included several more references to factory manager Yun Chi Gol and workers worshipping Kim for his "miracle" work — they are only capable of building ships "when they do as instructed by Kim Jong Un" — and pledging loyalty to him. DPRK state media KCNA also showed photos of workers arranging and

# Healthy, wealthy and wise!



Fit, successful and beautiful! Are you worth the effort it takes to achieve it? Of course you are

## Believe in the power of laughter

Having a good giggle lowers stress levels, inducing a feel-good factor no drugs could ever supply. Adults with a sense of humor live longer than those who don't get the joke. When you're feeling down, slot a comedy into your DVD player, curl up with a funny book or get in touch with the perpetual joker among your family and friends.

## Believe in the power of regular exercise

Make exercise a regular feature of your health regime. Exercise releases "happy endorphins" in our brains, which boost our mood; it keeps sickness at bay generally and increases our concentration.

## Make time to breathe and meditate

Meditation may not allow you to do "that thing gurus do when they levitate" but studies have shown that it will allow you to decrease your insomnia by 42% and loosen you up with just three deep breaths whenever stress threatens to spoil your day. Meditation is also known to reduce gray matter in the amygdala, the part of our body where anxiety and emotions are regulated.

## Consume enough water

Staying rehydrated energizes our bodies, flushes out toxins and helps our bodies to perform at their best.

Drink at least 2 litres of water or liquid a day, restricting coffee, soda and tea consumption to 3 cups per day. If you feel your brain is foggy and tired at work, that's because you haven't had enough water.

## Fuel up with food

Food is fuel for our bodies. Treat your body like a temple and consume only whole, clean and natural food stuffs. Eat at least five portions of fruit and vegetables a day and keep red meat consumption to a minimum. Develop a healthy attitude to eating and food in general.

## Don't avoid entire food groups

Avoid food fads, diets that tell you to cut out whole food groups and eat only protein or carbs or drink nothing but cabbage soup. Only a balanced diet will keep your body working at maximum potential.

## Work with your body, not against it

All those disgustingly healthy people you've met so far have one thing in common: they listen when their body tells them something important. They don't work against their

bodies, but with them. Put aside your knife and fork, when you're full; say "no" to colleagues or boss, when you're inundated with work already; take the pain in your legs or back or arms seriously when you're in the gym and stop pushing yourself too hard.

## Go out and get some fresh air

Don't be a hermit and stay indoors all the time. Go out for a brisk walk at lunchtime, soak up sunshine, and breathe in fresh air. You'll be amazed how much better you'll be able to perform whatever task lies ahead, including weekend fun and socializing.

## Get enough sleep

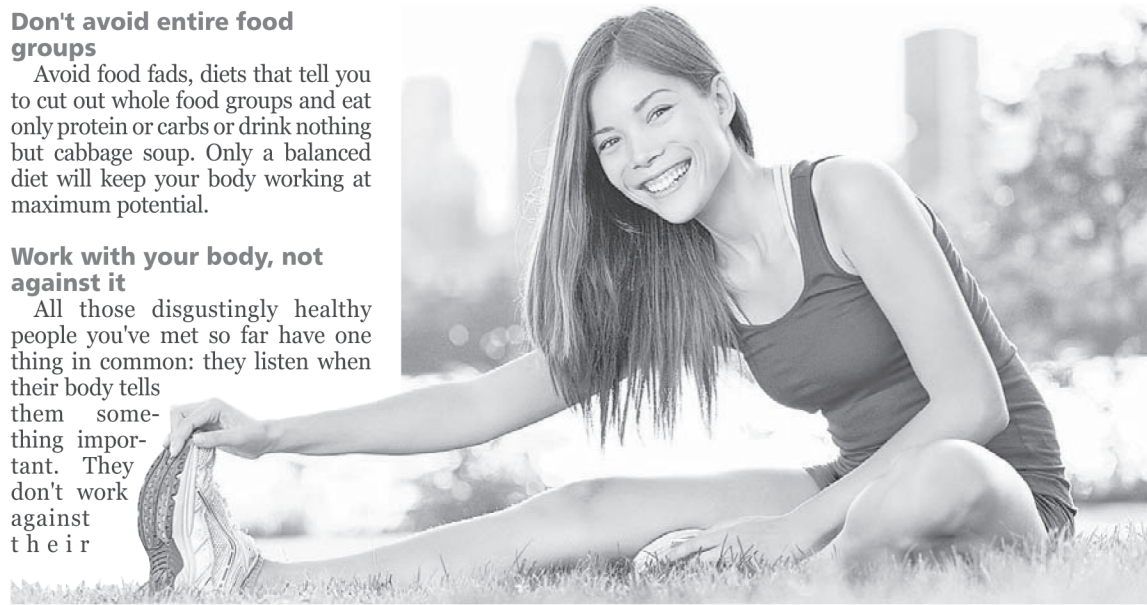
Insufficient sleep can raise our blood pressure, cause memory loss

and lack of concentration. And there's the whole issue of unsightly bags under your eyes. To stay healthy you'll need a minimum of 7 hours sleep every night.

## Strive for a 80/20 balance

Any health regime that requires 100% commitment, 100% of the time will get boring and irritating over time. Follow the 80/20 principle and you'll be able to sustain a healthy lifestyle that has the occasional treat built in. Meaning 80% of the time you're eating clean, healthy food as recommended by your doctor, and 20% of the time you can stuff your face with whatever takes you're fancy. As long as it's an occasional indulgence, you won't come to any harm.

(With inputs from Lauren Chadwick for allwomenstalk)



Feel like hogging on sweets day and night? Energy tends to slump without it? Well, listed here are few ways you can adopt to resist the lure once and for all

## Stop eating so many sweets

What? How is that going to help? This might surprise you, but research shows that eating sweet foods drives the craving for more of them. When you cut back on the number of sweets you eat, you'll begin to crave them less. This isn't easy and will take a bit of willpower

## Eat a tablespoon of coconut oil

Here's something that may stop a craving instantly. Eating a bit of coconut oil can make a sugar craving disappear. Add a bit of raw cacao powder to give it an appealing taste. Coconut oil contains a certain type of fatty acids that your body converts to energy quickly, much like sugar.

## Have a piece of fresh fruit

Really? The last thing any one would want when there are brownies is an apple. However, nibbling on a piece of fruit easily satisfies a sweets craving with far fewer calories and no fat. Try berries, grapes or anything your heart desires. Go ahead and splurge on dessert now and then, but for everyday sugar cravings, beat them with fresh fruits.

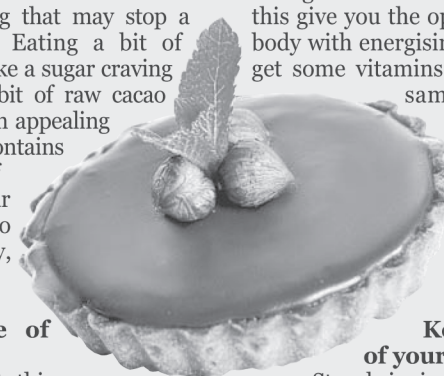
## Stop eating diet sweets

You might feel like you're doing something virtuous for your body by choosing sugar-free treats like diet soda or candy.

However, what happens when you eat them is that your body expects sugar and when it doesn't get what it thinks is coming, you start to crave more sweet stuff. Skip the diet foods.

## Try a real meal instead

Next time you get an intense sugar craving; make yourself a meal instead of eating the cheesecakes. Not only does this give you the opportunity to fill your body with energising foods, but you also get some vitamins and minerals at the same time. Eat something with a healthy mix of protein, carbs and fat and you may find that you don't want the sugary junk anymore.



## Keep the sugar out of your house and office

Stop bringing home sugary things and you'll be more likely to get through a sugar craving without giving in. Keep junk out of your office too. When one has to go to the store to get the sugar fixed makes it a whole lot less appealing.

## Do something to distract yourself

When you find yourself dying for a slice of cake or a can of soft drink, do something else to keep your mind off the craving.

# Theme it the food way!

Do you love experimenting, hogging on new delicacies everyday? Or perhaps you are a chef or a cook who just really loves delicious, fresh food; if any of these details describe you, a foodie themed wedding is the perfect fit for you and your spouse-to-be!

## Foodie themed wedding invitation

Not only is this invitation suite perfect for your foodie themed wedding, but it would also be perfect for your fall apple decor wedding. If you are serving farm fresh ingredients, or just love food, this adorable collection will show your guests the charming details of what's to be expected on your wedding day.



## Foodie themed wedding decor

How cute is this wagon display idea for your foodie themed wedding. Perhaps you grew up on a farm, met each other at a farmer's market, or you started to grow your own little garden full of carrots, tomatoes, eggplant, and more; couldn't you just picture foodie themed decor like this at your big day.

## Foodie themed wedding centerpiece

Is that asparagus I see being used in the centerpiece? Why yes it is! What a creative idea to take a stalk vegetable and tie it around a votive candle for a foodie themed wedding centerpiece, it's simple yet it makes such a big statement to really show your love for fresh food.



## Foodie themed escort cards

What's a foodie themed wedding without a barbecue sauce escort card to send your guests home with! Of course this has to be a homemade barbecue sauce since you are a foodie after all. The printed tags and the little barbecue grill stamped on them, the bag included with the escort card tag is a homemade spice rub. Won't your guests just fall in love with you all over again when they get to use this sauce and rub at home, tell them not to forget to invite the new bride

and groom over for dinner!

## Foodie themed wedding bar

Are you celebrating a small brunch wedding with just a few close family members and friends? Well why not set up a pancake bar full of fresh fruit and fresh orange juice for your foodie themed wedding brunch that everyone will drool over, especially

when you offer them fresh coffee as well! Pancakes are such a wonderful comfort food that just about everyone loves, so bring that warm, cozy feeling to your foodie big day and watch your guests go home with hearts and stomachs full of happiness!

## Foodie themed wedding table

When think of a foodie

themed wedding and a bride and groom who love food, picture a family style set up for the reception tables. A family style dinner is when the food is brought out in big bowls and serving platters and everyone passes it along to be shared. It's a great way to really appreciate not only the food, but the loved ones you are enjoying the meal with.

You don't have to be a chef to have a foodie themed wedding or even be someone who is an expert cook. A foodie themed wedding can be for any couple, who loves these foodie ideas, loves fresh food and ingredients, loves travelling and experiencing new foods, and loves creating fun recipes for their friends and family to try. A foodie themed wedding can be centered on a farmer's market, a backyard barbecue, a brunch full of fresh fruits and pancakes, or anything about food that you love.

# Oh! He is unKNOWN!



Our moms always told us not to talk to strangers when we were kids and of course, it was a good advice for reasons best known to all, but sometimes talking to the unfamiliar can actually put you in good stead

## Time flies faster

Having to wait in line or commuting to work can be a real bore. Sparking up a conversation with a person near you can make the time fly faster. It's like having real-life Facebook updates! And don't worry! You aren't committed to ever speaking to that person again, so if the conversation goes poorly, no biggie! At least you'll have a fun story to tell your friends.

## A great way to

## improve your social skills

Talking to strangers is a great opportunity to perfect two essential social skills-asking questions and being a good listener. When interacting with someone, many of us end up too focussed speaking ourselves, pretty much ignoring what the other has to say.

## You never know who you might meet

The person next to you

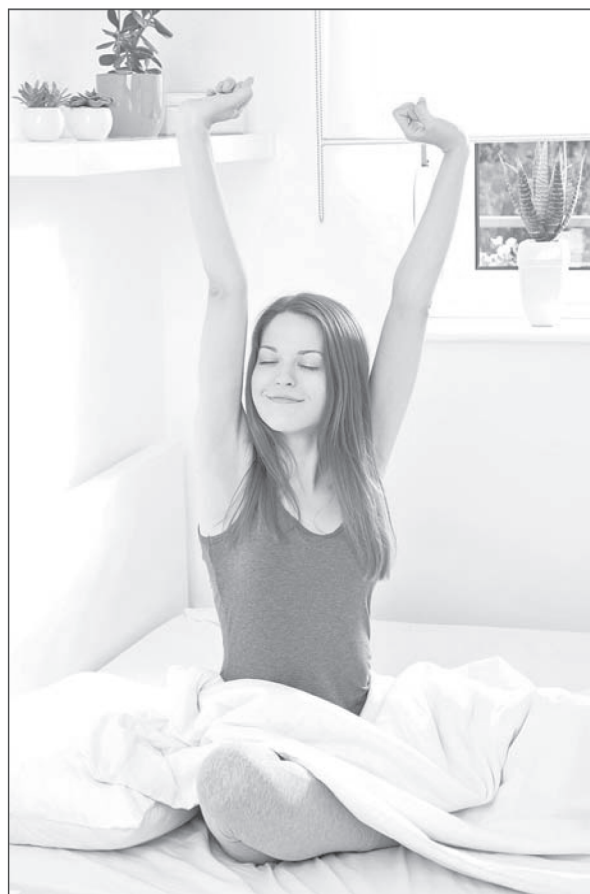
on the bus or the one you start a conversation with when walking your dog might one day become your best friend or spouse. Or they may be the one to finally offer you the job of your dreams. In today's world, who you know is often what matters, not what you know - so the random stranger you talk to on your way to work could become your greatest asset.

## New perspectives

There is always someone

out there who'll know more about a topic than you do, and listening to their perspective can completely change your views on that subject, expanding your horizons.

Taking a chance and interacting with people you don't know can really change your life - and theirs - for the better.



# Wake up healthy!

Who wants to feel groggy and tired all day? Here are few ways that will give a lively start to your day

**Drink water as soon as you wake up:** It will not only make you feel great on the outside it will make you feel great on the inside! It will prepare your digestive system and hydrate you!

**Eat a healthy breakfast:** Eating breakfast in the morning is great for your health. By filling your tummy with some eggs or some fruit or even oat meal with yogurt it will give you energy that is badly needed to start the day.

**Drink warm water with lemon:** This is a great alternative if you are a coffee or tea lover in the mornings. This drink will boost your metabolism making you burn more calories throughout the day, give you energy.

**Do yoga:** Doing yoga is a great thing to do in the morn-

ing. It will stretch muscles and make you feel great! Accomplishing something like a yoga class or stretches will make you feel on top of the world!

**Be exposed to morning sunlight:** Being exposed to sunlight in the morning will remind your body that it's time to wake up. It will brighten your room and it will make you feel calm and ready to start the day! So at night why don't you just leave your curtains open a crack?

**Exercise:** Exercising will boost your metabolism and give you heaps of energy! Who doesn't want that!?

## Not proud of it, but England's time wasting tactics were not in the spirit of the game: Gill

Manchester, July 22 (IANS) :India skipper Shubman Gill cleared the air on the incident between him and England openers Zak Crawley and Ben Duckett, claiming their tactics to ensure only one over was bowled at the end of Day 3, was not in the spirit of the game.

After India matched England's first-innings total of 387, they hoped to sneak in two quick overs in the final six minutes of the day. But those plans were thwarted as Zak Crawley took his time by pulling out of two deliveries during Jasprit Bumrah's run-up and calling the physio for a hand injury, leading to a fiery confrontation between Gill and the two openers.

"Let me clear the air. We had seven minutes of play left, the English batters were 90 seconds late to bat. Not 10,20 but 90. Yes, we would have also liked to bat less in the same situation but there is a manner to do it. I feel what happened was not in the spirit of the game.

"It's not something that I am proud of, we had no intention of doing that but there was a build-up to it," said Gill in the pre-game



conference.

The young Indian skipper also confirmed his deputy, Rishabh Pant will be keeping the wickets in the 4th Test, after an injury injury saw Dhruv Jurel replace the left-handed batter in the field at Lords.

With India now trailing 1-2, many are wondering whether Karun Nair's fairytale has come to an end. In what has been his first series since 2017, the right-hand batter has only amassed 131 runs across six innings with a high

score of 40. With both Sai Sudharsan and Abhimanyu Easwaran itching to go, Gill confirmed he is hopeful that Nair will turn around his form and help the team.

"We have had conversations, we think Karun is batting well. He did not play at his number in the first game. It is difficult to make a comeback in a series like this. It is about getting that click, you score a 50 and then can go on to make a big score. We are hopeful he will turn it around," he added.

## CID urges media to refrain from casting aspersions without verifying facts over HCA elections

Hyderabad, July 22 (UNI) : The Crime Investigation Department (CID), which is investigating the misappropriation of HCA funds, on Tuesday said that reports on HCA (Hyderabad Cricket Association) elections in certain electronic and print media are fueling speculation without factual basis.

This is a case of forgery of the documents for the purpose of cheating and misappropriation of funds with criminal breach of trust by HCA office bearers (accused), the CID said in a release here.

"We request the media to refrain from casting aspersions without verifying facts" and the CID will release updates on the investigation as necessary.

Speculation about IAS and IPS officers' voting rights in HCA elections, without understanding the organizational

privileges tied to club affiliation, is unwarranted, the release said.

No officer has the right to vote in his personal capacity, the release added.

In the first week of this month, the CID arrested five people including three of the senior most office bearers of the HCA in a case of forgery and misappropriation of funds.

Among the arrested are President A Jagan Mohan Rao, Treasurer CJ Srinivas and CEO Suneel Kante.

Some media houses reported that the CID has revealed large-scale irregularities in the Hyderabad Cricket Association (HCA) elections held on October 20, 2023.

Among the most serious findings: 23 illegal institutional votes, allegedly cast by IAS and IPS officers, played a decisive role in the election of Jagan Mohan Rao as HCA President, the reports added.

## Polish volleyball coach impressed by Chinese players' dedication

Warsaw, July 22 (UNI) : Polish coach Pawel Woicki, head coach of China's men's volleyball U-21 team, has spoken highly of the dedication and mentality of Chinese players.

In a recent interview with Polish media, Woicki expressed deep admiration for Chinese players' relentless work ethic and discipline.

Woicki took charge of the Chinese U-21 team in March, on recommendation of China's men's national team head coach Vital Heynen.

After spending several months working in China, the 42-year-old says he has no regrets about his decision. "From day one, I've been impressed by the work ethic here. Chinese people are taught to work hard from an early age - and under any conditions," Woicki told Polish outlet Sportowe Fakty.

He continued to describe the players' dedication: "Here, you often have to hold them back - they want to push themselves to the absolute limit. I've never seen this level of commitment anywhere else." "There's a huge gap in training intensity between China and Europe," Woicki concluded. "And that's exactly why I'm convinced that China [men's team] will soon break into the world's top 15 - maybe even the top 10."

## Mentored by Aditi Chauhan, Warriorz FC set for a grand relaunch in Mumbai Women's League

Mumbai, July 22 (IANS) : In what is a big boost to women's football in Mumbai and Maharashtra, Warriorz FC is set for relaunch as a competitive force in the city's sports ecosystem and are hoping to move up to the national level by qualifying for the Indian Women's League (IWL) 1.

Currently competing in Mumbai's top-tier league - the MFA Women's Premier League, the Warriorz FC will be mentored by former India captain and legend Aditi Chauhan. The club finished runners-up in the MFA Women's Premier League last season.

Previously known as Rudra FC, the team was acquired by Capri Sports and joins the Warriorz clan, as they look to up the ante. First up on the agenda for the Warriorz FC will be to try and claim the coveted MFA Women's Premier League title, and then eventually earn the right to consistently compete in the Indian Women's League 1 - the top tier of domestic competition for women's football in India.

Warriorz FC represents Capri Sports' first foray into the world of football, wherein the aim is to help elevate the profile of women's football in Mumbai.

On this journey, the spotlight will be on elite-level player training and development, and access to some of the best coaches and sports science professionals.

Speaking on the

occasion, Team Mentor, Aditi Chauhan said, "It is great to see big corporates like Capri Sports investing in women's football and taking ownership to create a better system for the players. I'm looking forward to sharing my experience and knowledge not just with the players but also the management, wherein we work towards the holistic growth of everyone involved. Not just producing champions but also leaders of tomorrow." "Warriorz FC represents far more than just a football team for Capri Sports - it is a strategic opportunity to create meaningful, long-term impact on the women's football ecosystem in India. Driving that change begins at the grassroots, where foundational interventions are most critical. With Aditi Chauhan bringing her invaluable experience and expertise to the project, we believe we have all the right elements in place to build something truly transformative," said Apurv Gupta, Director - Contact Sports, Capri Sports.

"With Warriorz FC, our vision is to build a club that not only competes at the highest level but also contributes meaningfully to the rise of Indian women's football. We're thrilled to welcome Aditi Chauhan on board; her leadership and global experience will be invaluable as we grow this team and this movement," said Jinisha Sharma, Director - Capri Sports.

## Zheng Qinwen withdraws from US Open following elbow surgery

Washington, July 22 (UNI) : China's Olympic champion Zheng Qinwen has pulled out of this year's US Open tournament following an elbow surgery, the event's organisers announced today.

The sixth-ranked Zheng, two-time US Open quarterfinalist, said in a social media post last Saturday that she has undergone successful

surgery on her right elbow and is now recovering.

"During recent training sessions and competitions, I have been consistently bothered by pain in my right elbow," Zheng wrote.

"Although I persisted through interventions, the impact of the pain persisted. After diagnosis by elbow specialists, they recommended to me and my team to complete minimally

invasive arthroscopic surgery on the right elbow as soon as possible to thoroughly resolve the issue." "After careful discussion with my team, in order to return to the court in the best possible state as soon as possible, we decided that surgery was the best course. I completed the surgery yesterday, it went very smoothly, and I am in

recovery," she added. A consistent presence in the latter stages of the Grand Slam event in New York, Zheng reached the women's singles quarterfinals in 2023 and 2024.

The 2025 US Open is scheduled to take place from August 24 to September 7. Looking ahead, Zheng expressed her commitment to a full

recovery." "In the coming period, I will focus my efforts on rehabilitation training, striving to return to the court at 100 percent as soon as possible. This brief adjustment is for a stronger comeback in the future. Thanks, everyone, for your support and patience. Please wait for me to return to full strength, we will meet on the court," she said.

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## Karun Nair returns to Karnataka for 2025-26 season

Bengaluru, Jul 22 (UNI) : Indian cricketer Karun Nair is set to return to Karnataka for the 2025-26 domestic season, marking a homecoming after a successful two-year stint with Vidarbha.

The 33-year-old top-order batsman, who had moved to Vidarbha in 2022, made the announcement today, expressing heartfelt gratitude to the Vidarbha Cricket Association (VCA) for their support and care during his tenure.

"I'd like to thank VCA for everything they've done for me in the last two years. Whatever I've achieved in the last two years is credit to how they

managed me and took care of me like I was their own. Grateful to the VCA, and all the players and support staff," Nair said in a statement. Reflecting on his time with the team, the India Test batsman added, "As a team, we achieved special things. The atmosphere was so positive. The opportunity to lead such an amazing bunch during the Vijay Hazare and achieving success in the Ranji Trophy is something I will look back on very fondly."

Nair, who became only the second Indian to score a triple century in Test cricket during a match against England in 2016, now re-joins his home state

side with hopes of rejuvenating his international career. His inclusion is expected to bring both stability and leadership to Karnataka's batting lineup, which is already brimming with emerging talent.

During his spell with Vidarbha, Nair scored 863 runs in 16 innings at a solid average of 53.93, including a crucial century in the Ranji Trophy final against Kerala. His form in the domestic circuit has been encouraging, though he has struggled to replicate it on the international stage, managing scores of 0, 20, 31, 26, 40, and 14 in the ongoing England Test series.

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## National Sports Governance Bill 2025 to be tabled in Parliament

New Delhi, July 22 (UNI) : The much awaited National Sports Governance Bill 2025 will be tabled in Parliament tomorrow. A source in the sports ministry told UNI that once passed, all Sports Federations, and boards will be regulated by the bill.

In an apparent reference to the Board of Control of Cricket in India (BCCI), the source said that even those Sports bodies that don't take financial assistance from the government will be under its purview. The source said that through the bill government aims to ensure that it does not control sports but act more like a facilitator as National Sports federations will be autonomous bodies. The bill is in alignment with the Olympic charter, and will provide for a sports Tribunal to settle disputes.

"Like other countries the tribunal will have dedicated sports lawyers to work on the cases, earlier the problem was that sports related institute high courts, and often two different High court would give contradictory judgements, now a centralised tribunal will decide on these cases" said the source.

Earlier in the day, the United Arab Emirates notched their second victory of the tournament with a dominant seven-wicket win over Nigeria.

Nigeria were bowled out for just 58 runs in 13.3 overs, with Isaac Danladi top-scoring with 17.

## LuLu Forex, LuLu Finserv tie with Argentine Football Association

Thiruvananthapuram, July 22 (UNI) : LuLu Forex, a trusted name in foreign exchange and outward remittance services with a strong pan-India presence, and LuLu Finserv, a fast-growing microlending and financial services provider, have announced a partnership with the Argentine Football Association (AFA), signing on as their Regional Fintech Partners.

This sponsorship is part of a larger global agreement through which the various entities under LuLu Financial Holdings, across 10 countries, will become official AFA partners within their respective regions.

In India, LuLu Forex and LuLu Finserv will together represent the brand as official partners, while other group entities such as LuLu Exchange and LuLu Money will take on the partnership role in the GCC countries, Malaysia, the Philippines, and Singapore.

The partnership, which initially runs through mid-2026, was officially unveiled at an event held in Dubai on Tuesday, in the presence of Argentina's World Cup-winning coach Lionel Scaloni, senior LuLu Financial Holdings leadership, and AFA

executives. The agreement spans a key period in global football, culminating in the 2026 FIFA World Cup in the USA, Canada, and Mexico, where the reigning champions will defend their crown. Over the next twelve months, customers of LuLu Forex and LuLu Finserv can look forward to a range of exciting campaigns and fan-centric activations through the customer engagement centers.

These will include contests and promotions offering exclusive prizes such as match tickets, official AFA merchandise, and even opportunities for meet-and-greet experiences with players.

"For countless fans, the Argentine team represents more than football - it symbolizes hope, resilience, and joy," said Adeb Ahmed, Founder and Managing Director of LuLu Financial Holdings.

"These are the same emotions that shape the everyday journeys of our customers, who use our services to care for their families and build better futures. This partnership is a celebration of that shared spirit."

Claudio Tapia, President of the AFA, said: "We are delighted to have the

LuLuFin family as new regional sponsor of the Argentine Football Association for the Middle East, APAC and India. AFA's international expansion continues to grow, incorporating prestigious groups in important territories for our national team."

"We celebrate this new agreement, which has a strong bond with the Indian community, printing such affection for our team. We share the same values and the importance of teamwork. Today we welcome the LuLuFin family as new regional sponsors of the Argentine national team."

Leandro Petersen, Commercial and Marketing Director of AFA, said "This new regional sponsorship with LuLu Financial

Holdings, through its flagship brands in strategic territories such as India, APAC and the Middle East, marks a new step in the global expansion of the AFA brand." "Since we arrived in the Middle East and India, we have seen strong support for the Argentine National Team. We are proud to continue positioning the team as a benchmark in the sports industry and generate close identification with the Indian community by each of our commercial agreements." "We are pleased that LuLu Financial Holdings has chosen the Argentine Champions as its brand image for this renewed World Cup period. We are very excited and confident that this agreement will be a great success in the market."

Leandro Petersen, Commercial and Marketing Director of AFA, said "This new regional sponsorship with LuLu Financial

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## Konkan railway's 'Car on Train' service for Goa to begin from August 23

(Standard Post Bureau) Ratnagiri, July 22 : A 'Car on Train' (Ro-Ro) facility is being launched for passengers on the Konkan Railway route. With this facility, cars will now be taken directly to Konkan or Goa by the railway.

A press release issued

by the Konkan Railway said the reservation process for this much-awaited service started during the day.

The service will start August 23 from Kolad (Maharashtra), while from August 24 it will commence from Verna (Goa). The Ro-Ro

service, which is carried on railway wagons, has been successful.

On similar lines, this facility has been made available for private four-wheelers, which will save car owners from the hassle of driving a car for long distances.

## Secretary, MoES inaugurates state-of-the-art Atmospheric Chemistry Laboratory



(By PIB, Mumbai/ Standard Post Bureau)

Mumbai, July 22 : The Secretary, Union Ministry of Earth Sciences, Dr. M Ravichandran ceremonially inaugurated the state-of-the-art Atmospheric Chemistry Laboratory and launched the website of MoES ECR-Hub, which stands for 'Early Career Researchers' Hub' for Earth Sciences, at Indian Institute of Tropical Meteorology (IITM), Pune today. MoES ECR-Hub is a dedicated platform for the next generation of scientists tackling the planet's most pressing challenges.

Dr. Ravichandran also visited the SAFAR (System of Air Quality and Weather Forecasting And Research) and WiFEX (Winter Fog Experiment) Control-room in the IITM premises. He interacted with the IITM scientists and researchers and was also briefed about the Metropolitan Air Quality and Weather Forecasting Services (MAQWS) in course of the visit.

While launching the MoES ECR-Hub (<https://ecrhub.github.io/>), Dr. Ravichandran urged all that this Hub is a source of connection, growth and

discovery for young scientists and early career researchers in their scientific journey. He said that their curiosity, passion and innovation are the keys to building a resilient and sustainable future. He also said that this initiative reflects the firm belief of the Government that the future of our nation and the planet lies in the hands of a strong, inspired and well-supported scientific community.

Briefing the mediapersons on the strong foundation of WiFEX, Dr. Ravichandran said, "What began at IGIA — India's busiest and most fog-affected airport — has grown into a robust observational network now reaching Jewar Airport, Noida, and Hisar, Haryana, covering key aviation corridors across North India". Dr. Ravichandran informed that this model can reliably predict when fog will begin, how dense it will be, how long it will last, and when it will clear — achieving more than 85% accuracy for very dense fog (visibility below 200 meters). For airlines, pilots, air traffic controllers, and passengers, this means fewer costly diversions,

fewer delays, safer runways, and more informed travel during the challenging winter fog season, informed the Secretary, MoES.

The Winter Fog Experiment (WiFEX), which was launched in the winter of 2015 at Indira Gandhi International Airport (IGIA), New Delhi, has completed a remarkable milestone of ten successful years of dedicated research into North India's dense winter fog and its impact on daily life and aviation safety. Led by the Indian Institute of Tropical Meteorology (IITM) under the Ministry of Earth Sciences (MoES), with support from the India Meteorological Department (IMD) and the National Centre for Medium Range Weather Forecasting (NCMRWF), WiFEX is one of the world's few long-term open-field experiments focused solely on fog — an elusive winter hazard that regularly disrupts air, rail, and road transport across the Indo-Gangetic Plain. WiFEX is stepping into its next phase — WiFEX-II — which will extend localized, runway-specific fog predictions to more airports in North India.

## Closure of South Staircase of 2nd Southmost FoB at Platform No.1 of Mira Road Station : WR

(Standard Post Bureau)

Mumbai, July 22 : As a part of station improvement work at Mira Road station, the south-side staircase of the second southernmost Foot Over Bridge (FOB) at Platform No. 1 requires dismantling.

In view of the above, the said staircase will remain closed for commuters from the night of 25th July, 2025. Commuters can use the existing staircases, escalators, and elevators connected to the Middle FOB, North FOB, and South FOB at Platform No. 1 of Mira Road station.

Inconvenience to the passengers is highly regretted.

## Unauthorized Travel in Goods Train Wagons Legal Action Initiated by RPF

(Standard Post Bureau)

Mumbai, July 22 : A video has recently gone viral on social media platform Instagram, showing individuals unlawfully traveling in the wagons of a goods train between Dudhsagar and Kulem stations. Taking the matter seriously, the Railway Protection Force (RPF) of South Western Railway has registered cases against those who filmed and circulated the video.

During the investigation, it was revealed that despite restriction to Dudhsagar Falls, tourists had unlawfully boarded goods wagons from Dudhsagar to Kulem through local agents and recorded videos. This act is both unauthorized and dangerous, as traveling in goods train wagons is strictly prohibited and punishable by law. Such illegal actions put the lives of tourists at serious risk and are considered criminal offenses. The railway administration is taking this issue very seriously and is initiating strict legal action.

Public and tourists are hereby requested not to travel in goods train wagons, as it is completely prohibited and punishable under the Railway Act. Avoid attempting to access restricted areas.

## Regulation of trains services : ECoR

(Standard Post Bureau) Visakhapatnam, July 22 : In view of remodeling work at Arakkonam Yard for the 3rd and 4th line from 00.45 hrs to 02.15 hrs from 19.07.2025 to 28.09.2025, the following will be the changes in the pattern of train services in the first phase of 56 days of the yard remodelling work from 19th July, 2025 to 12th September, 2025 :-

Regulation of Train Services:

Train No.. 13351 Dhanbad - Alappuzha Express will be delayed/regulated enroute before Arakkonam for about 90 mins o-n all days from 19th July, 2025 to 12th September, 2025

CANCELLATION/ DIVERSION OF TRAINS DUE TO NO-N-INTERLOCKING WORKS OVER VIJAYAWADA DIVISION

Due to No-n-Interlocking works for commissioning of 3rd line between Vijayawada - Gudur section over Vijayawada Division, the following trains are cancelled/partially cancelled / diverted / rescheduled as detailed below:-

Cancellation of Train Services:

1. Train No.. 22707 Visakhapatnam - Tirupati

Double Decker leaving Visakhapatnam on 14.08.25, 16.08.25, and 18.08.25 will be cancelled.

2. The Train No. 22708 Tirupati -Visakhapatnam Double Decker leaving Tirupati on 13.08.25, 15.08.25, and 17.08.25 will be cancelled.

Diversion of Trains: 1. Train No. 22825 Shalimar -Chennai, leaving Shalimar on 22.07.25, will be diverted from the route Krishna Canal-Duggirala-Tenali to Krishna Canal-New Guntur-Tenali.

2. Train No. 22878 Ernakulam-Howrah, leaving Ernakulam on 28.07.25, will be diverted from Tenali-Duggirala-Krishna Canal to Tenali-New Guntur-Krishna Canal.

3. Train No. 12805 Visakhapatnam - Lingampalli, leaving Visakhapatnam from 09.08.25 to 19.08.25, will be diverted from Krishna Canal-Duggirala-Tenali-Guntur to Krishna Canal-Mangalagiri-Guntur, and Tenali stoppage will be eliminated.

4. Train No. 12806 Lingampalli - Visakhapatnam, leaving Lingampalli 09.08.25 to 19.08.25, will be diverted from Guntur-Tenali-Duggirala-Krishna Canal to Guntur-Mangalagiri-

Krishna Canal, and the Tenali stoppage will be eliminated.

Regulation of Trains: 1. Train No. 12663 Howrah -Tiruchirappalli, on 10.08.25 and 14.08.25, will be regulated by 150 minutes.

2. Train No. 12665 Howrah -Kanniyakumari, on 11.08.25, will be regulated by 15 minutes.

3. Train No. 15930 - New Tinsukia -Tambaram, on 11.08.25, will be regulated by 120 minutes.

4. Train No. 17479 Puri -Tirupati, on 08.08.25, 10.08.25, 13.08.25, 14.08.25, 15.08.25, and 18.08.25, will be regulated by 40 minutes.

5. Train No. 17481 Bilaspur -Tirupati, on 12.08.25, will be regulated by 30 minutes.

6. Train No. 18567 Visakhapatnam -Kollam, on 14.08.25, will be regulated by 50 minutes.

7. Train No. 22807 Santragachi -Chennai, on 08.08.25, 12.08.25, and 15.08.25, will be regulated by 100 minutes.

8. Train No. 22817 Howrah -Mysore, on 08.08.25 and 15.08.25, will be regulated by 180 minutes.

Rescheduling of Trains: 1. Train No. 22643 Ernakulam -Patna, on 18.08.25, will be rescheduled by 180 minutes.

## Special trains between Ernakulam and Patna : ECoR

(Standard Post Bureau)

Visakhapatnam, July 22 : Indian Railways will operate the following Special trains to clear extra rush of passengers as given below:

1. Train No. 06085 Ernakulam Jn - Patna Special will leave Ernakulam Jn at 23.00 hrs o-n 25th July, 01st, 08th, 15th August, 2025 on Fridays which will reach Duvvada on the next day at 23.05hrs and departure at 23.07hrs and reach Patna at 03.30 hrs, the fourth day (4 Services)

2. In return direction Train No. 06086 Patna - Ernakulam Jn Special will leave Patna at 23.45 hrs o-n 28th July, 04th, 11th, 18th August, 2025 (Wednesdays) which will reach Duvvada on Wednesday early hours at 01.05hrs and departure at 01.07hrs and reach Ernakulam Jn at 10.30 hrs, the fourth day (4 Services)

Coach Composition: 1- AC Two Tier Coach, 2- AC Three Tier Coaches, 13- Sleeper Class Coaches, 4- General Second Class Coaches, 2- Second Class Coaches (Divyangjan Friendly)

Stoppages: Aluva, Thrissur, Palakkad, Coimbatore, Tiruppur, Erode, Salem, Jolarpettai, Katpadi, Arakkonam, Perambur, Gudur, Nellore, Ongole, Bapatla, Tenali, Vijayawada, Eluru, Tadepalligudem, Rajamahendravaram, Duvvada, Pendurthi, Kottavalasa, Vizianagaram, Chipurupalle, Srikakulam Road, Palasa, Sompeta, Ichchapuram, Brahmapur, Balugana, Khurda Road, Bhubaneswar, Cuttack, Jajpur Keonjhar Road, Bhadrak, Balasore, Kharagpur, Andul, Dankuni, Barddhaman, Durgapur, Asansol, Chittaranjan, Jamtara, Madhupur, Jasideh, Jhajha, Kiul, Mokameh, Bakhtiyarpur, Patna Saheb City, Rajendra Nagar Terminal between Ernakulam Junction, Patna.

## MANUU to launch MBA programme in Distance Mode

The first university in the country to receive UGC's approval

(Standard Post Bureau)

Hyderabad, July 22 : Maulana Azad National Urdu University (MANUU) is going to start a four-year degree course under the New Education Policy along with MBA in distance mode.

According to Prof. Razaullah Khan, Director, Center for Distance and Online Education, MANUU is the only university in India that is starting a four-year degree program in both regular and distance learning mode. These courses are being launched in the

light of NEP 2020 and as per the guidelines issued by the University Grants Commission.

The launch of 4-year degree courses and MBA in distance mode is a revolutionary step in higher education and also MANUU's commitment to providing education in a convenient manner to Urdu-speaking and distant students across the country.

This program provides students with multiple entry and exit opportunities. Skills and vocational education have been made part of the

curriculum and the opportunity to obtain an Honors degree through research or internship in the fourth year has also been provided. The curriculum also adopts digital and blended learning methods so that quality education can easily reach every home, beyond the traditional classroom. MANUU is successfully running various undergraduate, postgraduate, diploma and certificate programs in distance learning mode. Notification for admission is going to be released soon.

## A Birthday Celebrated through Social Responsibility-Enthusiastic Blood Donation Camp Concludes Successfully in Khopoli



(By Rajesh Undi)

Khopoli, July 22 : On the occasion of Chief Minister Devendra Fadnavis's birthday, a record-setting blood donation camp was successfully organized in Khopoli with great enthusiasm and participation.

Held at Maharaja Mangal Karyalaya, the camp received an

overwhelming response from local citizens. Inspired by the theme "Patriotism through Blood Donation," numerous donors came forward, showcasing their sense of duty towards society.

The initiative was jointly organized by the Bharatiya Janata Party Khopoli City Unit and Sai

Blood Center, Panvel.

The event was spearheaded by entrepreneur Yashwant Sable, young entrepreneur Vikram Sable, and Municipal Corporator Avinash Tawde, along with active support from BJP workers. The event witnessed the presence of several dignitaries,

including former city president Indermal Khandelwal, current president Rahul Jadhav, Hemant Nande, Vikas Naik, and Jaykrishna Gore, among others. The program concluded with patriotic slogans, and attendees left inspired with renewed commitments toward future social initiatives.

## TB, malaria, kala-azar show sharp decline; national targets met ahead of global deadlines: Anupriya

New Delhi, July 22 (UNI) India has recorded significant progress in the control and elimination of major communicable diseases such as tuberculosis, malaria, kala-azar, and HIV among others between 2015 and 2024, the Government informed the Rajya Sabha today.

The country has met or exceeded several targets under the Sustainable Development Goals (SDGs), reflecting a strengthened and integrated public health response, Union Minister of State for Health and Family Welfare Anupriya Patel said in a written reply, citing official data from the Ministry.

She said, a 17.7% reduction in TB incidence

has been reported, with the case rate falling from 237 per lakh population in 2015 to 195 per lakh in 2023. TB-related mortality also saw a 21.4% decline, dropping from 28 to 22 deaths per lakh during the same period. This progress is attributed to improved case detection, digital surveillance mechanisms, and greater access to timely treatment.

On malaria, Patel said India achieved a 78.1% reduction in cases between 2015 and 2024, while malaria-related deaths declined by 77.6%. The Annual Parasite Incidence (API)—a key epidemiological indicator—fell from 0.92 to 0.18, signalling considerable headway in efforts towards elimination. India has also

surpassed the Kala-azar elimination target, defined as less than one case per 10,000 population, in 633 blocks across 54 districts. This milestone, initially set under the 2030 SDG framework, has been achieved ahead of schedule and the gains have been consistently maintained, the Minister noted.

On dengue, she highlighted that the Case Fatality Rate (CFR) has remained below 1% since 2008. In 2024, it stood at 0.13%, indicating improvements in early detection, diagnosis, and clinical management.

Coverage under Mass Drug Administration (MDA) for Lymphatic Filariasis has also improved

significantly, rising from 75% in 2014 to an estimated 85% in 2025, a development expected to accelerate elimination efforts in endemic districts.

In the area of HIV prevention, particularly mother-to-child transmission, Patel said, India has made notable strides. Between 2010 and 2024, such transmissions fell by 84%, with the overall transmission rate dropping by 74.5%—well above the global average reduction of 56.5%, she informed the House. Patel hailed these outcomes as evidence of India's robust disease control programmes, expanding healthcare infrastructure, and effective community-level interventions.