



# Home remedies for Bleeding Gums



**There's no denying that a bright and shining smile can instantly pep up the dull moment.**

But, if your gums bleed when you brush your teeth, you are probably suffering from a slightly mild case of gingivitis. Gum bleeding is very common and many



people suffer from it. The best advice always is to see your dentist who will diagnose your gums problem correctly and advise the best step to take. Thankfully there are certain home remedies that can prevent the bleeding and inflammation of gums and can work effectively.

**1. Clove Oil:** Considered to be one of the best home remedies, clove oil helps to reduce the

inflammation of gums and stops the gums from bleeding to a larger extent. Take a little clove oil and rub it on your gums or chew one or two cloves. You may feel a slight burning sensation, but it will reduce the inflammation to a greater extent.

**2. Use Aloevera:** Aloevera has many medicinal properties and one of the properties is to reduce gum inflammation, making bleeding less likely.

Take a small amount of aloevera pulp and massage it on your gums, Let the pulp settle on your gums before rinsing your mouth. Mild gum diseases can be taken care by consuming liquids that have natural aloevera in it.

**3. Brushing and flossing:**

Prevention has always been better than cure. So if you don't want to wait till the time you get a gum inflammation to take care of your gums start brushing twice daily along with flossing. Not only will it enable you to get a pearly white smile it will also help you to keep several gum and teeth related problems at bay.

**4. Fresh fruits and**

**vegetables:**

Fresh and raw vegetable and fruits not only are good for overall health they are also equally important for healthy gums as well. Fruits and vegetables are rich in vitamins, minerals and low in calories. Chewing raw vegetables help to improve blood circulation in gums, thus helping to reduce the bleeding of gums.



**5. Salt gargling:**

One of the most easiest and simplest home remedies is to gargle with salt water. Take some lukewarm water and add a bit of salt and gargle with it thrice a day. Make sure the water is not hot as it may lead to scalding.

## Decoding type 3 Diabetes

Though type 3 diabetes is not as well researched as type 1 and type 2 diabetes, Dr. S V Madhu, Secretary, RSSDI (Research Society for the Study of Diabetes in India) to helps us decode the basis of type 3 diabetes and the causes of this type of diabetes.

**What is type 3 diabetes?**

Type 1 diabetes is hereditary and type 2 diabetes is due to lifestyle changes, type 3 diabetes is linked to the brain. This is what Dr. S V Madhu

has to say, "Certain parts of the body secrete insulin within the body. When the brain is resistant to the body generated insulin than it is termed as Type 3 Diabetes."

**Causes of type 3 diabetes**

Unfortunately we are still not sure, what are the causes of type 3 diabetes. "No one is very clear

about the cause of type 3 diabetes," says the doctor.

**Symptoms of type 3 diabetes**

"The symptoms of type 3 diabetes are common like other diabetes. But when we see the brain dysfunction coupled with memory loss than it is type 3 diabetes," explains Dr. S V Madhu. If diabetics experience memory loss, it is important to consult a doctor immediately.

**Treatment for type 3 diabetes**

Type 3 diabetes treatment is not different from treating other types of diabetes. "The patient of type 3 diabetes will be treated like any other diabetes patient," says Dr. S V Madhu, Secretary, RSSDI.

**Risk factors for type 3 diabetes**

Obesity is one of the causes of diabetes, and it is also linked to type 3 diabetes. Dr. S V Madhu informs, "We can say that those who are obese or predisposed to type 2 diabetes are likely to develop type 3."



## Herbal remedies for headache

The most likely solution for a headache in this new generation of chemicals, is popping a pill, but for people with more frequent headaches and for those who would rather not put unnecessary toxins in your body, herbs is the way to go. There are various causes for a headache and an equal number of remedies, so before going through the long list of probable cures you should first start by finding the source of your headache. For some, a strong scent could be enough to get them flinching while for others long days of work are the cause of their agony.

**Willow Bark:** The most ordinary treatment for a regular headache is the ingredient that aspirin is made of, the willow bark. A mixture of peppermint, chamomile and willow bark tea is excellent for a more severe headache.

**Peppermint:** Peppermint works like a charm for migraines. It has been used as a headache remedy for hundreds of years. From tea to extracts, there are lots of ways to enjoy it.

**Primrose:** If you are one those workaholics with a 9 to 9 job, maybe a daily evening primrose supplement is the way to go for you. High on phenylalanine, a pain relieving compound, primrose, also has various other constituents that help with a number of problems. But for those with chronic migraines there are two herbs that completely steal the show, bay and feverfew. A tea made from both these ingredients are the best to ail a throbbing head and just for a bit more taste you can add a dash of peppermint.

**Other herbs:** A number of other herbs can be included in your daily diet just to make sure that the headache monster doesn't get you next. Herbs like garlic, ginger, red pepper, thyme, parsley, cherries, lavender and sunflower seeds are a few easily available remedies that you could use. So next time you want to heal a hurting head, make your way to the kitchen instead of reaching to the medicine cabinet.



# If PM Modi comes to power again, country will go back by 200 years: Stalin

Tamil Nadu Chief Minister MK Stalin said that if Prime Minister Narendra Modi comes back to power again, the country will "go back by 200 years" and history will be rewritten.

Chennai: Tamil Nadu Chief Minister and DMK leader MK Stalin said on Tuesday that if Prime Minister Narendra Modi comes to power again, the country would "go back by 200 years". Addressing a rally in Sriperumbudur in the state in support of DMK candidate TR Baalu, he said, "If PM Modi comes to power again, the country will go back by 200 years, history will be rewritten. Similarly, science will be pushed back, and superstitious stories will be given prominence.

Dr BR Ambedkar's constitution will be replaced by the RSS rules. "A vote for the BJP is a vote for the enemy of Tamil Nadu, a vote for the AIADMK is a vote for the betrayers of the state," he said. Hitting out at the AIADMK, Stalin said that voting for the AIADMK was equivalent to voting for the BJP. "The AIADMK and the BJP were called natural allies, but are now acting as if they are separated. When being asked if the party would support the BJP in case they need majority, Edappadi K Palaniswami did not say that the AIADMK would not support the BJP. 'Wait and see' was his answer," he



said. "The AIADMK can never go against the BJP. A vote for the AIADMK is equivalent to a vote for the BJP," the Chief Minister said. Responding to former chief minister and AIADMK general secretary

Palaniswami's claim that he had got several awards from the centre, Stalin said that Palaniswami had got the awards for "being the best of slaves". "While we are carefully implementing schemes for the development

- Stalin says India will 'go back by 200 years' if PM Modi is re-elected
- Stalin says voting for BJP is voting for 'enemy of Tamil Nadu'
- Says someone "cheated" PM Modi by saying that BJP will win in Tamil Nadu

of Tamil Nadu, Palaniswami claims that he has got awards from the Centre. You got the award for being the best of slaves, but we got the award from the people and we will get another award on June 4," he said. He further said that someone is "cheating PM Modi" by saying that the BJP will win in Tamil Nadu. "In yesterday's interview, PM Modi said that there is an anti-DMK wave in Tamil

Nadu. The BJP can never grow in Tamil Nadu, no matter how many years it tries. Tamil people didn't vote for you in 2014 and 2019. Why would they vote for you now? While you are cheating people, someone is cheating you that the BJP will win in Tamil Nadu," Stalin said. "People believe that the nation's safety is in the hands of the INDIA bloc," he added.

## Probe Agency Arrests 4 More In Money Laundering Case Against Hemant Soren

Those taken into custody under the provisions of the Prevention of Money Laundering Act (PMLA) have been identified as Antu Tirkey, Priya Ranjan Sahay, Bipin Singh and Irshad, they said.



Sahay, Bipin Singh and Irshad, they said. The ED had on Tuesday conducted searches at the premises of Tirkey and some others here.

With these arrests, the total number of people taken into custody in this case has risen to eight. Soren, 48, was arrested by the ED in January shortly after he

resigned as the chief minister. He is currently lodged in Birsa Munda jail at Hotwar here under judicial custody. Prime accused and former revenue department sub-inspector Bhanu Pratap Prasad, Mohammed Saddam Hussian and Afshar Ali have also been arrested. The probe against Soren pertains to an 8.86-acre plot of land in Ranchi that the ED has alleged was illegally acquired by him. The agency had filed a charge sheet against Soren, Prasad and Soren's alleged "frontmen" - Raj Kumar Pahan and Hilariyas Kachhap -- and alleged associate of the former CM Binod Singh before a special PMLA court here on March 30.

The ED has also attached the Ranchi land and requested the court for confiscation of the plot. The money laundering investigation stems from multiple FIRs registered by Jharkhand Police in land "scam" cases against several people, including state government officials.

## KCR Gets Poll Body Notice Over 'Derogatory' Remark Against Congress



New Delhi: The Election Commission of India on Wednesday issued a notice to Bharat Rashtra Samiti President and former Telangana Chief Minister K Chandrababhan Naidu over his "derogatory" remarks for the Congress Party in a press conference. Acting on the complaint of Congress leader G Niranjan, the Election Commission noted that KCR had violated the Model Code of Conduct in his press meeting in Sircilla on April 5 while criticising the Congress party. The Commission also noted that KCR was issued several advisories and instructions even earlier regarding his speech.

"The commission has received a complaint dated April 6 from G. Niranjan, Sr. Vice President, Telangana Pradesh Congress Committee, wherein it has been alleged that K. Chandrababhan Naidu in his press meet in Sircilla, made vulgar, derogatory and objectionable allegations against the Congress party," the notice said. The Election Commission has asked KCR to explain his stand in respect to his remarks by 11 am on April 18.

The poll body also stated that in the event of no response from him within the stipulated time, the Election Commission will take appropriate action. Meanwhile, the Election Commission of India (EC) on Tuesday listed actions taken by the poll body since enforcement of the Model Code of Conduct (MCC) from March 16, 2024, with the announcement of the general elections to the Lok Sabha.

The EC shared that among the total complaints, 51 were from the Bharatiya Janata Party, out of which action was taken in 38 cases; 59 were from the Congress, out of which action was taken in 51 cases. The complaints received from other parties were 90, out of which action has been taken in 80 cases. EC listed out some "exemplary decisions" that they took during the last month of the Model Code of Conduct to maintain a level playing field among the political parties. The poll body said that they have taken a firm stand to uphold the dignity and honour of women by issuing notices to the leaders of parties who made derogatory and offensive remarks against women.

## BJP's K Surendran, fielded against Rahul Gandhi, tops list of criminal cases in second phase | Full list

Of these 1,192 candidates, 21 per cent or 250 candidates are named in criminal cases, with 14 per cent or 167 candidates facing serious criminal charges, according to the analysis.

New Delhi: The Association for Democratic Reforms (ADR) and the National Election Watch issued fresh report on data of Lok Sabha elections phase-2 candidates who have criminal cases against them. A total of 250 candidates in the fray for the second phase of the Lok Sabha election have criminal cases against them, with three facing murder charges. 21 per cent candidates have criminal cases in the second phase of polling, the report said. The report quoted an analysis of self-sworn affidavits of the contestants by the Association for Democratic Reforms and the National Election Watch. The analysis was carried out on 1,192 of the 1,198 candidates contesting in the second phase of the election.

Three candidates have murder cases Three candidates have murder cases lodged against them, while 24 are implicated in attempt to murder cases, it showed.

One candidate faces rape charge



Twenty-five candidates have declared cases related to crimes against women and one of them faces rape charges under section 376 of the Indian Penal Code (IPC). Congress leader Ramchandra Choudhary, who is contesting from Rajasthan's Ajmer is facing a rape charge under IPC Sections - 376. An FIR with case no - 488/2019 was filed

with police station Ramganj Ajmer in 2019. Twenty-one candidates are linked to cases of hate speech, the analysis showed. It also showed that 52 per cent of the 87 seats scheduled to go to polls in the second of the seven-phase elections are 'red alert' constituencies. 'Red alert' constituencies are those where three or more candidates have declared criminal cases in their affidavits. The analysis showed that among major parties, there are criminal cases against 31 out of the 69 candidates from the BJP, 35 out of the 68 candidates from the Congress, all five candidates from the CPI, all four candidates from the SP, two out of three candidates from the Shiv Sena, two out of four candidates from the Shiv Sena (Uddhav Balasaheb Thackeray) and two out of five candidates from the JD(U). In tandem with the revelations on criminal backgrounds, the ADR said the analysis also highlights wealth disparities among candidates.

## "INDIA Alliance Will Wipe Out BJP From Ghaziabad To Ghazipur": Akhilesh Yadav

**Akhilesh Yadav said every promise made by the BJP turned out false and that the "wind from the West" would change the country in the first phase of elections.**

Lucknow: The BJP will be wiped out from Ghaziabad to Ghazipur, declared Samajwadi Party chief Akhilesh Yadav on Wednesday, just two days before the national elections are set to begin across the country. Mr Yadav, with Congress leader Rahul Gandhi by his side, said every promise made by the BJP turned out false and that the "wind from the West" would change the country in the first phase of elections. "Today, we are in Ghaziabad and this time INDIA alliance will wipe out BJP from Ghaziabad to Ghazipur. Today, farmers are upset as all the promises of BJP turned out to be fake," said Mr Yadav. Ghaziabad on Uttar Pradesh's western periphery votes on April 26 while voting in Ghazipur in eastern UP will be held on June 1.

The Pichde-Dalits-Alpasankhyaks (backward classes, Dalits, and minorities) combine will defeat the BJP-led National Democratic Alliance, he asserted at a joint press



conference. "INDIA alliance is the new hope in the elections. As Rahul ji said that there are many things in his manifesto that can eradicate poverty. All political parties, especially the partners of the INDIA alliance, are

saying that they will give MSP guarantee...the day the Indian government increases the income of the farmers, poverty will go away," said Mr Yadav. Mr Yadav, who also extended wishes for Ram Navami,

also said that the BJP has become the warehouse of the corrupt. "Electoral bond exposed them. BJP has become the warehouse of corruption. They are not only taking corrupts (in their party) but also keeping the money earned by

them," he added. Mr Gandhi also targeted the BJP in his remarks, accusing the ruling party and its ideological mentor RSS of trying to destroy democracy. He also raised the issues of unemployment and poverty.

## Aam Aadmi Party Launches 'AAP Ka RamRajya' Website Ahead Of 2024 Elections

New Delhi: Aam Aadmi Party today launched its "AAP Ka RamRajya" website to showcase the party's concept of "Ram Rajya", saying Delhi Chief Minister Arvind Kejriwal tried to realise the ideals of Lord Ram in the national capital. The website launch came ahead of the Lok Sabha elections, the first phase of which will be held on Friday, and coincided with the Ram Navami festival being celebrated across the country. During a joint press

conference, Rajya Sabha MP Sanjay Singh said the website will showcase AAP's concept of "Ram Rajya" as well as the work done by the party's governments. "Chief Minister Kejriwal accomplished wonderful things - good schools, mohalla clinics, free water and electricity and free bus rides for women - in the last 10 years for realising 'Ram Rajya'," Mr Singh said. This is the first time that Arvind Kejriwal.

## A saga of bravery, discipline & sacrifice

A quarter century has passed since Pakistan's attempt to intrude across the Line of Control (LoC) to avenge its successive defeats at the hands of the Indian armed forces. The war in Kargil, fought in May-July 1999, was another effort by Pakistan to regain its honour after its humiliating defeat in 1971, which led to the dismemberment of that country, and was followed in 1984 by our occupation of the Siachen Glacier. In the late 1990s, Pakistan's strategy of inflicting 'a thousand cuts' on India was not producing the desired results. The situation in the Kashmir valley had stabilised. The Army had brought insurgency under reasonable control for the Central Government to hold elections in Jammu and Kashmir in 1996 and instal an elected government. In this backdrop, Pakistan launched its operations by intruding into the Mushkoh-Drass-Kargil-Batalik sectors, over a frontage of approximately 130 km, in areas where both sides traditionally used to vacate their posts during the winter months and reoccupy them once the snow melted. While Pakistan's political aim was to bring back the Kashmir issue on the world stage, its military aim was to isolate Ladakh and secure maximum territory with a view to changing the alignment of the LoC. I had the honour and privilege of commanding the 8 Mountain Division in the Valley and on the outbreak of hostilities in the Drass-Mushkoh sector. In early May, the battalion in Batalik received information from a local grazer of suspicious movement in the sector, which perhaps was not given the attention it deserved. As the local formation sent out patrols, it gradually became evident that a number of places had been intruded into by the enemy; yet, there was no clarity on the identity of the intruders and it was apparent that the undetected intruders were an intelligence failure. However, the ferocity and speed with which the Army responded surprised Pakistan and disrupted its plans of consolidating the initial gains.

I was ordered to assume operational responsibility of the Drass-Mushkoh sector on June 1 and immediately set into motion preparations for our first attack. As the battalions got inducted from the Valley, they were given time to reorient their battle drills and procedures from counter-insurgency operations to conventional warfare, carry out advanced stages of acclimatisation and a recon of their nominated objectives. Meanwhile, the artillery, both integral and reinforced, was getting inducted and preparations for their gun positions and dumping of ammunition were in full swing. Having considered our pace of buildup and level of preparation, I decided to launch the first attack on Tololing on the night of June 12/13 with 2 Rajputana Rifles, with two companies of 18 Grenadiers providing the firm base, while the balance of the battalion was employed as reserve.

As one crosses Zoji La, one is awestruck by the terrain which tactically favours the defender and puts the attacker at serious disadvantage. The conduct of military operations demands proper acclimatisation, clothing to survive in the extreme cold climates and high levels of physical fitness. For a well-planned attack, the approaches are narrow, restricted and arduous, the going is uphill and the attacking troops, as a consequence, are likely to suffer heavy casualties. The momentum of the attack is slow and the high altitude and rarefied atmosphere add to the toll on troops and equipment. The limitation of movement along only one available major road axis also creates several tactical and logistic problems. The induction of troops as reinforcements or reserves, the availability of limited areas for the deployment of guns and their movement, and constraints on logistics are some of the major issues which need to be factored in while evolving any operational plan. As scheduled, 2 Rajputana Rifles commenced its attack at 8:30 pm with massive artillery support, and since this was the first coordinated attack by the division, the atmosphere was extremely tense. The attack progressed satisfactorily, and by the first light, we had the better part of Tololing in control, except the top, which was holding out. The commanding officer, Col MB Ravindranath, an intrepid leader, saw a weakness in the enemy's defences, and in a daylight assault, cleared the remnants, to our immense joy. With our victory at Tololing, the battle of the ridges.

## National security perception and the China conundrum

There is a case for evolving a narrative template in relation to the Galwan incident. The CCS would be the appropriate forum for the purpose.



Discourse and narrative are critical elements in the shaping of the national security perception and related policy. Governments, whether liberal democracies or authoritarian regimes, accord considerable attention to these two strands in the evolution of national posture and policies. Both the US and China are examples of this practice. China remains abiding and heightened security and strategic challenge for India after the 2020 Galwan 'shock' administered by the PLA (People's Liberation Army). It is instructive how this issue is being packaged in India in the run-up to the General Election.

In a recent interview with a US news magazine, Newsweek, PM Modi made a cautiously worded response to a question about the India-China border standoff. He noted: "For India, the relationship with China is important and significant. It is my belief that we need to urgently address the prolonged situation on our borders so that the abnormality in our bilateral interactions can be put behind us. Stable and peaceful relations between India and China are important for not just our two countries but the entire region and the world. I hope and believe that through positive and constructive bilateral engagement at the diplomatic and military levels, we will be able to restore and sustain peace and tranquillity in our borders." The operative phrases here are the reference to 'abnormality' in bilateral relations and the need to "urgently address the prolonged situation on our borders". This response by the PM did not go into any operational detail, and the conciliatory tenor may be seen as a signal for what could be a more definitive China policy during PM Modi's potential third term. When the Galwan incident took place in the summer of 2020 and

India lost a colonel (the CO of the battalion) and 20 other personnel, the PM's initial assertion was that "no one has intruded into our territory". This statement was later clarified by the PMO in a less than transparent manner — and it was evident that the dominant narrative at the time was to obfuscate the issue. Both India and China have kept the details about what transpired at Galwan under wraps and much of what is deliberated upon is based largely on conjecture. On the Indian side, no substantive debate took place on this issue in Parliament. Over the past four years, Galwan has remained on the national back burner. Domain experts have been quoted on the subject and there is a guarded consensus that India has forfeited patrolling rights in certain areas of that part of the Ladakh region. In recent months, External Affairs Minister (EAM) S Jaishankar, to his credit, has placed the Galwan issue in an appropriate perspective. Speaking in late March to the Indian diaspora in Malaysia, the EAM noted: "The India-China relationship is difficult. For reasons which are still not clear to us, the boundary agreements were broken by China in 2020. We actually had violence and bloodshed." The onus for restoring normalcy at the LAC (Line of Actual Control) has been placed on China, even as numerous rounds of talks have not led to a resolution of the stalemate. Against this backdrop, Home Minister Amit Shah also weighed in on the China challenge in an election rally in Assam on April 9 and accused then PM Nehru of 'abandoning' Assam in October 1962. This kind of vitriol is par for the course in election rallies and the BJP has consistently pilloried the Congress for the China debacle. Shah also asserted that China could not

encroach upon a 'single inch' of Indian land during Modi's rule. While this may be seen as a case of projecting the Modi government as being more effective in safeguarding India's sovereignty and territorial integrity, this is counterfactual and also at variance with what PM Modi and the EAM have maintained regarding the Galwan disruption to normalcy in the India-China bilateral relationship.

Adherence to an appropriate narrative template regarding sensitive national security matters by top ministers is the normative practice, and this has been particularly relevant in relation to China and the nuclear issue since the days of then PM Indira Gandhi.

When India conducted the Shakti nuclear tests in May 1998 under PM Vajpayee's stewardship, some BJP leaders referred to this nascent nuclear weapon capability as a 'Hindu bomb'. This characterisation was counter-productive to the Vajpayee projection that the Indian nuclear capability was anchored in NFU (no first use) and the principles of pristine deterrence, and a religious tag was undesirable. This matter was relayed to then NSA Brajesh Mishra. Despite the enormity of dealing with the fallout of May 11, 1998, the PMO was able to issue a quiet directive to avoid religious terminology, and this was complied with by the principal actors at the time. Amid the current election campaigning, there is a compelling case for evolving a narrative template in relation to the Galwan incident. The CCS (Cabinet Committee on Security) would be the appropriate forum for the purpose. In the prevailing environment, Galwan has become a bitterly contested issue between the BJP and the Congress and many intemperate statements are being made in an acrimonious manner. This is undesirable and will vitiate an already tangled bilateral dispute.

China has identified media warfare as one of the Three Principles of Warfare in its composite security strategy and has accorded this element high priority in its domestic and external information campaigns. In June 2020, the Chinese information ecosystem exploited PM Modi's initial statement about 'no intrusion' to the hilt and sought to project the PLA as the victim of Indian perfidy in Galwan. Indian mandarins and China watchers are no strangers to Beijing's penchant for diplomatic duplicity and geopolitical intransigence. This goes back to the Nehru-Mao-Zhou Enlai era. There are many lessons from the Nehru-Krishna Menon handling of the information and narrative domain in the run-up to the October 1962 debacle that Modi's team can benefit from while addressing China in this bitterly animated poll season.

As Admiral Arun Prakash, former naval chief, has cautioned, "Sacrificing clarity and a cohesive approach in foreign policy on the altar of domestic politics could cost India dear."

## Iran vs Israel

World must act to avert another war in West Asia

IRAN launched a missile and drone attack on Israel on Saturday night, turning into reality the greatest fears that had gripped the world after the October 7 attack on Israel by Hamas, a close ally of Iran. Tehran's attack comes less than two weeks after Israel's April 1 bombing of the Iranian consulate in Damascus — which killed a top General of the Islamic Revolutionary Guard Corps and several military advisers — and one day after Iran seized an Israel-affiliated cargo vessel, which has 17 Indian nationals among its 25-member crew. Tel Aviv has claimed that Iran's attack has been 'foiled', with hundreds of missiles and drones being intercepted with the help of the US and other allies. It also said that the bombardment caused injuries to over 10 persons, including a seven-year-old girl, and 'minor damage' to an airbase.

After the April 1 bombing, the Iranian leadership had vowed revenge, with Ayatollah Ali Khamenei declaring that Israel would be 'punished' for it. On Sunday, having demonstrated that it had the capability to hit deep inside



the Israeli territory, Iran declared through its Permanent Representative to the UN that its retaliation had 'concluded', and warned Israel not to respond. Apart from

the US, several Israel allies — including the UK and France — have reaffirmed their commitment to safeguarding Tel Aviv. More importantly, they must join forces to persuade Israeli PM Benjamin Netanyahu not to strike Iran, for that could plunge West Asia into a full-blown war. India, which has good relations with both countries, has been urging restraint; its immediate goal must be to rescue its nationals — including the ship crew and the labourers who migrated recently — from the region that may soon turn into a bigger war zone. The events since the October 7 attack, with Israel using disproportionate force that has caused thousands of civilian deaths and a humanitarian crisis in Gaza, have placed West Asia on a powder keg. Escalation may benefit the war industry of Europe, US and China, but the right-thinking people there and the rest of the world must do their utmost to bring peace to the region.

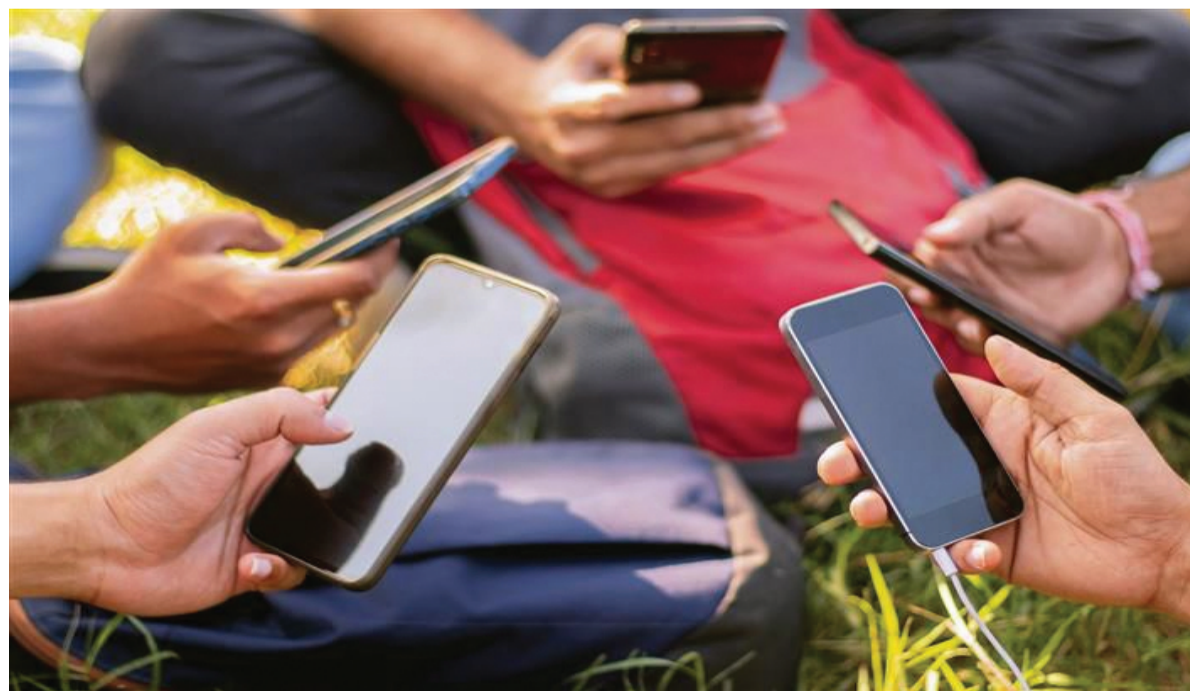
## Tackling misinformation in election season a big challenge

Both state and non-state foreign actors manipulate online information to influence voters and erode trust in the poll process.

REEK statesman and orator Demosthenes aptly captured the perils of misinformation in a democratic society with his timeless quote: "You yourselves, Athenians, should on no account be indifferent to these matters... for just as the body cannot be in health if it is full of bad humours, so a city cannot be well administered if it harbours misleading speeches."

Traditional media like television and newspapers is constrained by space and time. Social media offers more democratic and low-budget forms of campaigning. India has over 82 crore active Internet users, with rural areas accounting for more than half. The rise of social media platforms has revolutionised electoral campaigns, enabling maximum reach at an unprecedented speed. While this is a positive feature, the challenge lies in dealing with the abundance of shared, curated and created content. Contrasting results emerged in a UNESCO survey of 16 countries which are going to the polls this year. While the use of social media has surpassed that of traditional media, faith in the latter remains significantly higher. Contrary to popular belief, the majority (around 88 per cent) feel that the government should regulate social media content.

Online media platforms, unlike newspapers or TV, act as middlemen for information. But their rules often lead to specific outcomes, with implications for democracy. For instance, algorithms use Internet history to decide what you see in searches or ads. So, these platforms are not neutral. They act like editors, influencing how people make decisions. Algorithms on social media platforms facilitate what is known as 'selective exposure' or 'elective affinity', connecting like-minded individuals, reinforcing shared views and values, creating echo chambers, limiting exposure to diverse perspectives and potentially hindering democratic ideals. A wide range of online platforms — end-to-end encrypted ones, image hosting platforms, news



aggregators, blogs, photo- and video-sharing services, wikis, online gaming platforms and cyber lockers — can potentially affect elections by serving as repositories for propaganda that may influence public opinion or dent electoral integrity. During elections, specific techniques are employed. Software algorithms can manipulate what appears in one's news feed, potentially influencing the individual's opinions. During a US presidential election and the Brexit referendum, software algorithms manipulated what

people saw in their news feeds, swaying voter preferences. Cambridge Analytica used Facebook data to target voters with personalised political messages, which raised concerns about data privacy and manipulation. The main areas of social media that can be problematic during an election season are the virality or speed of information, filter bubbles that occur when websites and social media platforms use algorithms to show content tailored to users' preferences, insensitivity to extreme or offensive content, micro-

targeting of voters, manipulation of search engine results or the trending of topics through Google or Twitter bombs. These tactics involve coordination to make a specific word or phrase appear prominently by using it in posts or linking it to a certain website. Hidden or uncertain identities on these platforms can aggravate these issues. Social media platforms are also exploited for disseminating misinformation and disinformation.

Observations show that both state and non-state foreign actors manipulate online information to influence voter choices, sow confusion among citizens and erode trust in the electoral process. If there is concern about foreign interference in elections, establishing a link with the security service becomes essential.

Regulation is commonly associated with restricting undesirable activities of campaigners and controlling finances. Traditional platforms like newspapers generally have more room for fixing responsibility and accountability internally compared to online platforms. Social media platforms have a responsibility to remove illegal content when notified, but they are not obligated to actively search for it themselves. This grants them immunity from liability for harmful or illegal content hosted on their platforms. While there is a well-established consensus on the type of regulation to apply — or not apply — to traditional media during elections, there is no consensus across the stakeholder spectrum when it comes to regulating content on social media. To address the problem, rapport needs to be established prior to the election between social media companies and election regulators. This would involve discussions to review the concerns that may arise during the election and charting a middle way for how social media companies can respond to such issues while respecting the rights of citizens.









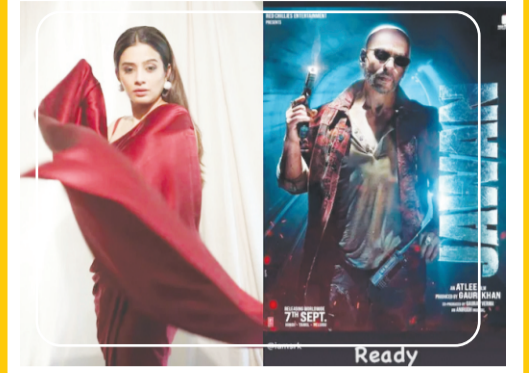
# Tamannaah Bhatia

Raashii Khanna Sizzle In Aranmanai 4 Song 'Achacho'



The makers of pan India star Tamannaah Bhatia and versatile powerhouse actress Raashii Khanna's upcoming film 'Aranmanai 4' recently released the promotional video song titled 'Achacho'. The actresses are seen performing some sensual moves to the foot-tapping, upbeat number. Tamannaah, who gained the moniker of 'Indian Shakira' after her 'Kaavaalaa' song from 'Jailer', elevates 'Achacho' with her oomph factor, adding a new level of sizzle to this infectious track. On the other hand, Raashii shines in the number as she adds grace to the song. 'Achacho' also gives fans a sneak peek into the film, and what they can expect from this horror-comedy entertainer. The soon-to-be chartbuster 'Achacho' is composed by Hiphop Tamizha, with vocals by the talented Kharesma Ravichandran. The song is penned by Vignesh Srikanth and choreographed by Brindha Master. Raashii also posted a behind-the-scenes video from the filming of the song, thanking the team for their support and making sure everyone was well taken care of during the vigorous dance sequences. She penned, "Here's some BTS moments of the sweat and sparkle behind the #achacho song that has just been released... Me and Tam were only praying for our stamina to not give up! But, the beats were fire and that kept us going so we danced till we dropped! Thank you to the team for making sure we stay hydrated and don't faint! Special thank you to @brinda\_gopal Mam for being a pillar of support and giving us some amazing dance moves! Here's hoping you all like it. #Aranmanai4FromApril26." Apart from Tamannaah and Raashii, 'Aranmanai 4' stars Sundar C, Yogi Babu, VTV Ganesh, Delhi Ganesh and Kovai Sarala in pivotal roles. On the career front, Tamannaah has Nikkhil Advani's 'Vedaa' and Neeraj Pandey's next in Hindi and Odela 2 in Telugu in the pipeline. While Raashii who just won audiences with her performance in 'Yodha', will be seen with Vikrant Massey in 'The Sabarmati Report' and 'TME' in Hindi respectively, while she also has Telugu film 'Telusu Kada' in the pipeline.

**Priyamani Reveals How Shah Rukh Khan Provided Bodyguards For His 'Jawan' Girls: 'He Actually Had A Car...'**



Priyamani, who was seen with Shah Rukh Khan in Jawan, recently shared an anecdote about Shah Rukh Khan's kind gesture towards her and fellow actresses. The South Indian actress revealed an incident where Shah Rukh Khan ensured the safety of the female cast members and arranged a car of bodyguards who follow them to the hotel. In an interview with Galatta Plus, Priya Mani said, "It was Atlee sir's birthday in Chennai, so all of us were there for the birthday party. So I think this was at about 3 or 4 in the morning. We girls were going back to the hotel. He came and saw us off individually. He came to the car. And he actually had a car of bodyguards follow us up till the hotel because there was a good distance of about 45 minutes to about an hour. So he made the car follow us. We said, "You can go." They said, "No, these are special instructions given by Sir. We have to see you off."

Jawan, directed by Atlee, also marks the Bollywood debut of Nayanthara. It narrates the gripping tale of a prison warden who teams up with inmates to expose corruption and injustice through daring crimes, leading to an unexpected reunion. In the film, SRK portrayed dual roles as Captain Vikram Rathore, an ex-commando, and Azad, the jailer of a women's prison who is also Vikram's son. Apart from SRK, the film boasts a stellar cast including Nayanthara and Vijay Sethupathi in pivotal roles. Joining them are acclaimed actors Deepika Padukone, Sanjay Dutt, Sanya Malhotra, Girija Oak, Lehar Khan, Sunil Grover, Ridhi Dogra, and many more. Well, Priya Mani is currently seen in Maidaan opposite Ajay Devgn. The sports drama was released April 11. Earlier, Priyamani delivered a notable performance in Yami Gautam's Article 370, released earlier this year. The film performed well on both critical and commercial parameters. Next, Priyamani will entertain the masses in the third season of The Family Man, starring Manoj Bajpayee, Sharib Hashmi and Sharad Kelkar in the lead roles.

**Actress Manasi Naik To Tie The Knot For Second Time? What We Know**



Actress Manasi Naik is one of the most popular faces in the Marathi entertainment industry. She made her acting debut in 2007 with the science fiction film Zabardast. Since then, the diva has never looked back. However, apart from her outstanding acting skills, she also often stays in the limelight for her personal life. Manasi first tied the knot with Pradeep Kharera in January 2021. The former couple had been living together for a while before finally deciding to get married. But they decided to split after a year and a half of marriage in 2022. However, according to the latest reports, the actress is all set to get married for the second time. Manasi, who is quite active on social media, recently added an Instagram story that is currently garnering everyone's attention. In the photo, she is seen enjoying her Paris vacation with rumoured boyfriend Rahul Khismaturo. In the photograph, Manasi is seen hugging Rahul. Both are twinning in black puffer jackets. The actress chose glam makeup, including perfectly drawn eyebrows, perfectly contoured cheeks, and bold red lips. She left her traces open and completed her look with a pair of silver hoops. In the snap, Rahul is seen clicking the selfie, and in the background, the Eiffel Tower is seen. Sharing the photo, she wrote, "Capturing my heart, all in one frame." Now this picture has become the talk of the town. As per reports, Rahul is an astronaut and does not live in India. After marriage, Manasi will reportedly settle in Germany with her husband. Talking about the same, Mansi said, "Some people get into a relationship with someone just to get fame and money. They are good as long as they get money and fame; they take as much as they can get. Something similar happened to me." She added that she often gets asked how she did not know of this particular trait of Pradeep before marriage, but she maintains that while they were living together during the pandemic-induced lockdown, he treated her well then. After almost two years of legal process, Manasi announced in February this year that she was officially divorced.

# Honey Rose's

Traditional Avatar For Vishu

People in Kerala and other southern states of India have recently observed the celebration of Vishu. It is a significant Hindu festival, observed on the first day of the Malayalam month of Medam. On a celebratory day, when all the Malayalees get dressed up and prepare several traditional foods, actress Honey Rose Verghese has garnered major attention. On the occasion of Vishu, the Boyy Friend fame Honey Rose shared a series of pictures on her official Instagram handle. In the shared pictures, the actress is seen wearing a simple white saree with frills and golden borders. She is seen accessorising her look with a heavy choker and earring, bangles, and ring. While complimenting the traditional look, Honey Rose is seen wearing a golden bindi, and jasmine flowers on her long-braided hairstyle.



The post shared by the actress amassed numerous eyes on the social media platform. It garnered as many as 145,000 likes and thousands of comments in it. Among several wishing comments, one of the Instagram users wrote, "So Beautiful." Honey Rose is a Malayalam actress who has also worked in Tamil, Kannada, and Telugu films. She made her acting debut with director Vinayan's film Boyy Friend, released in 2005. Later in 2007, Honey appeared in the Tamil film Mudhal Kanave alongside Vikranth.

Apart from the films in different South Indian regional industries, the actress has also appeared in television as well. It includes Flowers Oru Kodi as a

participant, Comedy Festival as a Judge, and Thakarppan Comedy as a Mentor. Earlier in 2023, the actress was seen in Veera Simha Reddy alongside Nandamuri Balakrishna, Shruti Hasaan, and Varalaxmi Sarathkumar among others. Apart from this, Honey Rose also appeared in Pookkalam and Rani: The Real Story. According to the reports, Honey Rose will be next seen in Anandhini Bala-helmed film Rachel, starring Jaffer Idukki, Salim Kumar, and Baburaj in crucial roles.

