# 盉 The Researchers 



[^0] him over purportedly because he wasn't wearing a
seatbelt. The officers returned fire, shooting 96 times in seatbel. He officers returned fire, shooting 96 times in
41 seconds, according to the office. Reed was
pronounced dead at hospital, and his death was
classified as a classified as a homicide. Reed was struck ive times on
his legs, four times in the buttocks, wive in the chest
and hit on the back and shoulder, according to the Cook County medical examiner's autopsy report. A
toxicology screen also releared Thursday showed his psychoactive ingredient.Police marijuana's offer main
deewails about the shooting, which left one officer details about the shooting, which left one officer
injured. The officers were placed on 30 -day

## "It's Hell": 5 Years On, 2019 Boeing Crash Victims Demand Justice



## Chinese military on PM Modi's border remarks: 'Situation generally stable'



US Supreme Court justices in Trump case lean toward some level of immunity

| hington.The Supreme Court's nservative justices signalled support | arguments probing presidential powers. | precarious position" if they are vulnerable to vindictive prosecution |
| :---: | :---: | :---: |
| Thursday for US presidents having | Trump, seeking this year to regain | by the next presidential |
| 咗 | House, appealed after | administration."Will th |
| ce | courts rejected his request to | into a cycle that destabilises the |
| it tackled Donald Trump's claim of | shielded from four election-related criminal charges on the erounds that he | functioning of our country as a democracy?" Alito asked Michael |
| ando his 2020 election loss. | as serving as president when he took | Dreeben, the lawyer representing |
| uring about 2.5 hours of | he actions that led to the | Sn |
|  | special Counsel | find countries where we have seen |
|  | preme Court's even | this process where the loser gets |
|  |  | thrown in jail, "Alito adde |
| lut | counsel's allegations against Trump, | Conservative Chief Justice |
| sser | parts of the | nalled concern about abusive |
|  |  | prosecutions of presidents, absent |
|  |  | immunity. |
|  | trial, however, if the Supreme Court | "You know how easy it is in many cases |
| ssination.But the | d |  |
|  |  |  |
| ed | view of immunity. Smith attend the arguments. | good faith of the prosecutor may |
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US sanctions over dozen firms, including 3 from India for ties with Iran

## ByteDance prefers TikTok shutdown in US instead of selling it: Report



## "If We're Told To Break Encryption, WhatsApp Goes": Platform's Big Warning

| Advocate Tejas |
| :--- |
| Karia, appearing |
| for WhatsApp, |
| said people use the |
| platform because |
| of the privacy |
| assured by it and |
| because messages |
| on it are end-to- |
| end encrypted. |




The Court called for a balance to be struck
and adjourned the matter to August 14. It
said these two matters said these two matters will be heard with a batch of cases that were transferred
High Courtby yhe Sureme Court. Opposing the petition by WhatsApp, Ministry of Electronics and Information
Technology has said WhatsA
mp pass aterd
 by denying them any dispute resolution
rightsin the country. rights in the country. 2021 are not implemented, law enforcement agencies will have difficulty
in tracing the origin of fake messages and such messages will percolate in other
platforms, thereby disturbing peace and harmony in the society. Earlier, WhatsApp had said in a statement,
"Requiring messaging apps to 'trace' chats is the equivalent of asking us to keep a
fingerprint of every single message sent on WhatsApp, which would break end-to-end
encryption and fundamentally undermines
cin
Banka, Kishanganj, Katihar and Purnia, which will vote
in the second phase of the Lok Sabhe election in the second phase of the Losults are expected to be declared on June 4 . Earlier, there was speculation that Neha Sharma, who had
made her Bollywood debut in 2010 , would join politics and contest the Lok Sabha elections.However, Ajit
Sharma put an end to all rumours surrounding her daughters posshao
buss with her shoting commitments.
Supreme Court Dismisses Requests Seeking 100\% Verification Of Votes

"He Was In Hospital, Got Him Discharged": Sudha Murty As Narayana Murthy Votes

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UP man posing as Singapore Airlines pilot caught at Delhi airport


A 24-year-old man, posing as a Singapore Airlines Indira Gandhi International Airport on Thursday. New Delh

 reached the hotel. . e stayed in the rom and and asked
the staff to wake him up at 6 am.When the safft



Lok Sabha polls: India votes in Phase 2, battle of big guns in Kerala
New Delhi. Voting has started in the second phase of the Lates. Prime Minister Narendra Modi has urged citizens, especially the young and women voters, Several people have cast their votes, including BJP veteran and former Rajasthan Chief Minister Murty and her husband and Infosys founder Narayana Murthy, actor Prakash Raj, Team India
coach Rahul Dravid, and Union Finance Minister Nirmala Sitharaman, among others. Meanwhile, violence broke out outside a polling station in
Bengal's Balurghat. The second phase is seeing a big battle in Kerala where many high-profile candidates are in the fray,
such as Rahul Gandhi from Wayanad, and Shashi Tharoor against Union Minister Rajeev
Chandrasekhar in Thiruvananthapuram. BJP leader Hema Malini is also in the run in this phase
from Uttar Pradesh's Mathura.

## Shashi Tharoor vs Rajeev Chandrasekhar, Rahul Gandhi's Wayanad test in Kerala

Kerala Lok Sabha Election 2024: seats. While Rahul Gandhi is seeking a

# PM Modi's 'do shehzade' jab at Rahul Gandhi, Akhilesh Yadav at UP rally 

Prime Minister Narendra Modi launched a veiled attack on Congress leader Rahul Gandhi and Samajwadi Party chief Akhilesh Yadav and alleged that "two princes" came together for politics of appeasement.


alleged that the leaders of the Congress shed tears on the death of terrorists. He appealed to the voters "to send a strong
message with your vote to those with message with your anti-national mindset" anti-national mindset
The biggest leader of the Congress party shed tears on the death of terrorists. Can
such people be given power in the such people be given power in the
country?" he said. He went on to allege country?" he said.He went on to allege
that the SP searched every kind of legal that the SP searched every kind of legal
way to bring the jailed terrorists way to bring the jailed terrorists
out.Expressing confidence that he will out.Expressing confidence that he will
form the government again for the third form the government again for the third
time, the prime minister said, "Modi will time, the prime minister said, "Modi will
hold the corrupt accountable after forming hold the corrupt accountable after forming
government with your blessings after June government with your blessings after June said, "Shahjahanpur and this entire region said, "Shahjahanpur and this entire region pariyojna' (everything stalled project). The
electricity arrangement was stalled $h$ alth services were stalled and law and order wa stalled. This project was stopped by Yog Adityanath and his team."He recounted the development projects being underta the region under the BJP government. The prime minister said he sought votes after giving an account of the development in the
country and accused the SP country and accused the S
Congress of not doing the same. Attacking the law and order situation in th previous governments, PM Modi ask previous governments, PM Modi asked, stay away from unknown objects was displayed at the railway stations and on radio and TV because there was a fear that the object might be a bomb. Have you ever heard such a message after Modi came to power in 2014? Is there any fear of a power in 2014? Is
invited the Congress leaders at th consecration ceremony but they refused it "They refused the invitation of the consecration ceremony and called the Ram bhakts' (devotees) 'pakhandi' (hypocrites). Do such people even have the right of eve a single vote? Should they not be weede out. hodi asad the party mabout the Congres Modi said the party makes noises about th Constitution and democracy when the want to do a major misdeed, but the
implemented Emergency in the 70s. "Th implemented Emergency in the 70s. "The Congress has released its flop film again. It has two dialogues. The first is that dictatorship will come if Modi comes power. Do you agree with this?" he saic The second is that reservation will b
removed if Modi comes to power. But once the people put the trailer of their film in the people put the trailer of their film
their manifesto, the country got the inkling their manifesto, the country got the
of their hidden agenda," he added.

## "You Are Real Changemakers": M Kharge To First Time Voters In Phase 2

Lok Sabha polls in 2024: Voting is currently underway in as many as 88 constituencies across 13 states and union territories.

button. Do not forget that this is not an ordinary election. It is an election to protect Democracy citizens, from 89 Constituencies. in 13 States and UTs, do not get swayed by any diversionary tactics and lies. Always make your vote count.'
Reminding people of the party's salient promises in its manifesto or 'Nyay Patra', the Congress national
record numbers and exercise their democratic right.
For it may change the lives of 140 Crore Indians by bringing the paradigm of YUVA NYAY NAAR HISSEDARI NYAY Imagine Justice, Freedom, Equality and Liberty Justice, Freedom, Equality and Liberty are
guaranteed. A future where rapid inclusive growth guaranteed. A future where rapid inclusive growth
and transformative policies are guaranteed. My and transformative policies are guaranteed. My
dear first-time voters, cut the clutter and distance the din, for you are the real changemakers and welcome each one of you in this movement for
Democracy. Everyone, please come out and VOTE in large numbers. BADLEGA BHARAT JEETEGAINDIA," Mr Kharge posted on X. Voting began at 7 am on Friday. The Lok Sabha election is being held in seven phases till June 1 and votes will be counted on June 4. According to the Election Commission of India, 88 constituencies
across 13 states and union territories across 13 states and union territories are voting fo
the second phase of the Lok Sabha polls in 2024 .
"Blatant Lie": Karnataka Did Not Change Backward Class Quota, Says Siddaramaiah
In a statement, Mr Siddaramaiah said that Muslims have been part of the backward class reservation since the L.G. Havanur Commission Report in 1974.

Bengaluru. Karnataka Chief Minister
Siddaramaiah on Thursday said that the Congress government led by him in the state has not made any changes to the backward class reservations while term
the matter a "blatant lie"
a statement, Mr Siddaramaiah said that Muslims have been part of the backward class Report in 1974.
The current Karnataka government has not made any changes to the backward class reservations. The previous government had taken away the 4
per cent $B C$ (backward class) reservation under category 2B to Muslims and the matter has been pending in the Supreme Court with the previous
BJP government headed by Bsavaraj Bommai giving an undertaking that it will not implement th changes during the pendency of the case in th

thus, the National Commission for Backward Classes (NCBC) in a politically motivated move, has issued a press note on an issue that does not
governments have the power to determine
their own list of castes and communities to be categorised as Backward Classes. The NCBC has no role in it," CM Siddaramaiah said.He further said "the NCBC press note is motivated to create confusion in the state
when it is going for election". when it is going for electio
It gives the impression that the Congres government of Karnataka has given a new
reservation to Muslims. This is a blatant lie reservation to Muslims. This is a blatant lie,
The fact remains that the backward class reservation of Muslims has been in existence since 1977 (04.03.1977) and it has Successive Backward Class Commissions, namely, Havanur, Venkataswamy,
Chinnappa Reddy, Prof Ravi Verma Kumar Chinnappa Reddy, Prof Ravi Verma Kumar Commissions have recognised Muslims subject to
income ceiling as Backward Class. This has bee

BJP's Arun Govil on outsider tag: 'Was born and brought up in Meerut'
BJP's Lok Sabha candidate from Meerut Arun Govil, who played the role of Lord Ram in the iconic television serial "Ramayan" in the 1980s, on Friday said it was not
$\checkmark$ BJP's Arun Govil says not an outsider in Meerut constituency

- He is pitted against Samajwadi Party's Dalit candidate Sunita Verma
- Polling underway in eight parliamentary constituencies of Uttar Pradesh
New Delhi. BJP's Lok Sabha candidate from Meerut Arun Govil, who
played the role of Lord Ram in the iconic television serial "Ramayan" in
the 1980s, on Friday said it was not true that he was an outsider in the the 1980s, on


## constituency.

Don't know who you call an outsider, I don't understand.... There are many people here whose children leave for America after Class 10 and
then never come back. Then, will they be called outsiders. They don't call them outsiders. I was born and brought up here. I have even done my
comer call them outsiders. I was born and brought up here. I have even done my
studies here. Then, how am I
 an outsider?," Arun Govil,
who will be making his electoral debut, said in response to questions from a journalist. "I want to ask everyone to cast their votes.
Voting percentage should always remain high. It is our responsibility towards the
nation and also a right nation and also a right
towards self. We should towards self. We should
exercise our rights... We will definitely cross
he further added.
Polling in eight parliamentary constituencies of Uttar Pradesh, including Meerut, began at 7 am on Friday in the second phase of the Lok Sabha Sunita Verma in Meerut, most interesting battle to watch out for Arun Govil (66), who was among the 111 people named in the BJP's fifth list of candidates, replaces three-time MP Rajendra Agarwal who has been holding the Meerut seat since 2004. The veteran actor joined the changing th and praised PM M

## BJP hits back with Manmohan Singh video after Congress chief writes to PM



## New Delhi. A day after Congress chief

 Mallikarjun Kharge's open letter toPrime Minister Narendra Modi Prime Minister Narendra Modi
seeking to enlighten him about the party's manifesto, the BJP has clapped back by digging up a video of former PM Manmohan Singh and entitled to preferential treatment entitled to preferential treatment. According to the BJP, in a video from
April 2009, then Prime Minister April 2009, then Prime Minister
Manmohan Singh said, "Minorities, Manmohan Singh said, "Minorities, they are poor, have prior claim to the resources of the nation."
Latching on to Singh's remark, the BJP used it as fresh ammunition against the Congress amid the ongoing row over its alleged "wealth redistribution plan". PM Modi had touched off the controversy when he said at a poll rally that the Congress had promised to snatch away the people's hardearned money and redistribute it
"infiltrators" and those "who have
many children".
"In the run up to Lok Sabha election, Dr Manmohan Singh statement that minorities, especially poor Muslims, should get priority when it comes to the nation's resources. He categorically stated
that he stood by his earlier assertion that he stood by his earlier assertion that Muslims should have first right
when it comes to resources," the BJP when it comes to resources," the BJP
said in a caption to the video The saffron party stated that Manmohan Singh's past remarks bolster its claims that the Congress has a policy of giving preferential treatment to the Muslim community. This unequivocal assertion by Dr Manmohan Singh demolishes the Congress' canards and clarifications on his previous statement...This is further proof of the Congress mindset further proof of the Congress mindset
to give preference to Muslims in
everything from reservation to
 Mallikarjun Kharge wrote to PM In his two-page letter, Kharge sought Modi, claiming that he was being time from the Prime Minister to meet

Patra so that as the Prime Minister you don't make statements that ar false". PM Modi had alleged that when the Congress was in power under Manmohan Singh, it said Muslims have the first right to the country's
wealth.
wealth.
"This me
"This means that they will gather this property and distribute it among
people who have more children, people who have more children,
among infiltrators. Will your hardamong infiltrators. Will your hard-
earned money be given to infiltrators? Do you accept this? The Congress manifesto is saying this," Congress manifesto The Congress has denied these allegations and said their manifesto had no such promise. Its manifesto says that if elected, the
party will conduct a nationwide socio-economic and caste census. The Prime Minister, however, has doubled down, repeating his charge in rally after rally.

## Hostilities in West Asia can hit buoyant economy

THE crisis in West Asia is posing a serious risk to
economic stability in fast-growing economies economic stability in fast-growing economies
like India. The extent of the impact will take a while to be gauged, but it appears that external
headwinds will again be the biggest threat to headwinds will again be the biggest threat to
growth during this financial year. The
geopolitical turbulence that was witnessed in geopolitical turbulence that was witnessed in
2022 with the onset of the Ukraine-Russia war is now again likely to roil both global and
domestic economies. Finance Minister Nirmala domestic economies. Finance Minister Nirmala
Sitharaman expressed fears in a recent interview about the mounsting challenges due to these
developments, unless the situation gets defused developments, unless the situation gets defused
quickly.For India, which is in the midst of the quickly.For India, which is in the midst of the
General Election, it will be a long, hot summer marked by intense monitoring of the situation in
West Asia. Sitharaman has highlighted the fact that uncertainties will arise, referring to the
inevitable supply chain disruptions and the The finance minister is rightly worried about the prospect of hurdles in the parth of economic
recovery. The confrontation between Iran and recovery. The confrontation between Iran and
Israel comes at a time when India's GDP growth is expected to be higher than of any other major economy in the world. The government is
upbeat about the growth rate touching 7 per cent
in the current fiscal, while global financial in the current fiscal, while global financial
agencies have been upwardly revising their projections recently. The latest to revise its
forecast has been the International Monetary Fund, which has raised it from 6.5 to 6.8 per cent
for 2024-25. The World Bank had earlier enhanced it from 6.4 to 6.6 per cent, while $\mathrm{S} \& \mathrm{P}$ Global had pushed its prediction up from 6.4 percent.
6.8 pent derailed in case international tensions reach a flashpoint in the coming weeks. Several
potentially threatening scenarios could become potentially threatening scenarios could become
a reality.First, Iran could block oil and natural gas movement through the Strait of Hormuz, a
narrow waterway that connects the Persian Gulf and the Gulf of Oman. It has been described as the world's most important oil choke point by
the US Energy Information Agency. Over 80 per cent of the oil shipped from the Persian Gulf has to move through the strait as pipeline
availability is limited.For India, which relies on most of its oil and natural gas imports from this strait could have dire implications. Though over 30 per cent of crude imports are now from
Russia, the bulk is still from traditional longterm suppliers in West Asia, such as Saud the Strait of Hormuz. These imports come via Second, there is the prospect of the Suez Canal
route getting blocked in case the war spills over. Sea and the entrance to this area is through Sea and sea channel known as Bab el-Mandeb. It
natren is here that the Yemen-based Houthi rebels are attacking merchant shipping in their efforts to
support the Hamas in the war against Israel. Some international trade has already been
diverted via the Cape of Good Hope, raising costs and lenthening transport time
tremendously. n case the situation worsens, India will find it difficult to move export goods to the lucrative
European markets. Trade flows will be impacted in a big way at a time when exports are
plateauing due to geopolitical tensions.The third potential impe prices. These have already broken out of the lower range of $\$ 75-80$ per barrel for
the benchmark Brent crude since last month and are hovering around $\$ 87-89$. So far, the outbreak of hostilities between Iran and Israel has not had a huge impact on prices, but an escalation of the
conflict would certainly lead to an upswing.

## Siliguri Corridor vulnerable to Chinese machinations <br> The corridor cannot be permitted to become the soft underbelly of India's strategic northern frontiers.

N his 1996 book Insurgent Crossfire, Subir Bhaumik
wrote: "Two decades after the break-up of Pakistan into two countries and the relative stability achieved by the Indian politico-military effort in the North East,
Pakistani talk of entrusting the security of East Pakistani talk of entrusting the security of East
Pakistan to the 'China factor' might, in retrospect, seem to have been without substance. But, to an Indian decision-maker in New Delhi in the late 1960s, the threat raised India's worst fears of a Chinese sweep through the region, and an eventual link-up with
Pakistani forces in East Pakistan... This could have led Pakistani forces in East Pakistan... This,
to the secession of the entire North East."
Though the pincer threat is no longer present, there are
some issues that plague the region which shares some issues hat plague the region, which shares
borders with Butan and other nations. Geography has compelled Bhutan to lean on India not only for its
security but also for most of its commercial needs security, but also for most of its commercial needs,
Nevertheless recent times have seen Beiijng reaching out to the Himalayan kingdom. The 'Three-Step Roadmap' signed by Bhutan and China is an irritant for India. It is as if Bhutan has betrayed its friend India. However, PM Modi's visit to Thimphu last month and the conferment of Bhutan's highest civilian award, the
Order of the Druk Gyalpo, on him indicate that the Himalayan kingdom's heart is in the rest place Therefore, it is apparent that Thimphu would have
consulted New Delhi before it entered into negotiations with China on the 'Three-Step Roadmap' Rather, India would have encouraged Bhutan to speed
up boundary negotiations with China. It is vital for India's national secouritity sinterests. An iron-clad
Int ind
boundary between Butan and China would have boundary between Bhutan and China would have ensured that there is a veritable strategic buffer
between China and India by way of Bhutan, and between China and India by way of Bhutan, and
China's border with India would, as a ressult, not be a contiguous one. PM Modi recently stated that "for New perin, ties with Beijing are important and urgently", Is he trying to recast the India-ChinaBhutan relationship in a new mould.
The Doklam incident of 2017 had caused concern. The
Chinese People's Liberation Army (PLA) occupied the plateau and developed military infrastructure right up plateau and developed military infrastructure right up
to the base of the Jampheri Ridge, which overlooks the Siliguri Corridor. The Chinese even constructed a Xiaokang (well-off) village, Pangda, in the area. And,
there was apprehension that the Chinese would cross there ewas apprehension trat the Chinese woolt cross
the Torsa Nullah and intrude into Indian territory. But the Torsa Nulah and intrude into Indian territory. But in such an event, the Indian Army,
leading, to a full-scale war.In this age of informatation
warfare, one does not quite need to physically dominate the heights in order to conduct surveillance.
Satellites can be launched from PLA bases in the Tibe


Autonomous Region and even from Chengdu, the
headquarters of the PLA's Western The headquarters of the PLA's Western Theatre hours and these are far advanced than the Indian ones. These can monitor Indian Army movement in the Siliguri Corridor and thereabouts with greater clarity Therefore, China's reasons for attempting to occupy the Jampheri Ridge are two-fold. One is to occupy high
ground (elevated positions) throughout the $3,488-\mathrm{km}$ long India-China boundary, after which it would fortify the border with the land border laws that it enacted on January 1, 2022, and the second is to
maintain a posture that would keep the Indian Army perpetually deployed and on its toes. dian strategists must also comprehend the need to build new axes to and from the North East via demanding an affair, given the present affable IndiaBangladesh relationship. Moreover, it would call the Chinese bluff with regard to the corridor, the severan nother important aspect that needs to be flagged wit reference to the corridor is the threat of radicalisation. Astudy conducted a few years ago found that there was

Nepal's Terai region, including areas in Jhapa and is, which are close to the corridor is being said that it's a matter of time before these
radicalised groups invade this region. The loyalties of these elements are being controlled by anti-India these elements are being controlled by anti-India
forces. A radical group, the Islamic Sangh Nepal (ISN), has emerged as the premier Nepali Muslim outtit; it is said to be under the control of both the ISIS and
Pakistan's ISI. Anti-India subterfuge is being planned Pakistan's ISI. Anti-India subterfuge is being planned
by utilising the ISN. The ISN is the primary vehicle for the spread of Salafi Islam in the region.
There are five key mazhabs or schools in Islam: Hanafi, Shafei, Maliki, Hanbali and Zafariya (which is chiefly Shia). The Muslims of India are predominantly from
Islam's Hanafi sect, which is a moderate lot. But the transformative moment that Islam But the transformative moment that Islam is passing
through has witnessed the entry of the Hanbali or the Salafists into the region, and there is a possibility of north Bengal turning out to be the epicentre of this radical strain. The Tablighi Jamaat is also reportedly active in this region.It has been reported that the
Chinese are attempting to manoeuvre their way inside Nepal, especially among the Muslim population. For those who had written off the Islamic State, the March

## Gukesh's triumph



Gukesh pitomises the high stature of Indian chess on ene wair stagectruming humility
and delemination te chand and determination, the champion says that
he is driven no thy the pussuit of recorsts, but
 augurs well for him as hat prepapesestos take on
China 1 Ding Liren for the World China's Ding Liren for the World
Championship titel laterthis year. Championshi, itil later his year
Volathl, this vear marks a milestone for India as a record five players qualified for the
Candidates tounmanmen. Three of them Gukesh, Pragenananndhana and $R$ Vaishali

 | celebrates their feats. it it isimperative that we |
| :--- |
| seize the moment to propel the game to |


 marks the daw
Indian chess.
of another glorious era of

## Our planet's sustainability at stake

## Existential problem caused by climate change can't be solved by the paradigm of capitalist economics

N its recent verdict in the case of the Great Indian
Bustard, the Surreme Court has recognised the Bustard, the Supreme Court has recognised the
fundamental right of humans to be free from the fundamental right of humans to be free from the
adverse impact of climate change. The ruling has
dismayed policymakers and builders of renewable dismayed policymakers and builders of renewable energy infrastructure. They say the judges are setting
aside the advice of scientific experts and delaying the construction of infrastructure for reversing climate
change. The court admits that change. The court admits that climate change has
brought jurisprudence into unchartered territory. Solutions cannot be found with the same way of
thinking that has caused the problem. The existential Solutions cannot be found with the same way of
thining that has caused the proble.. The existential
problem caused by climate change cannot be understood and solved by the prevalent taradigms of capitalist economics and unsystemic science.In capitalisteconomies, natural capital is the property of
its owner. Kings and landlords owned the land, water and forests, and all the fish and animals within their private estates. They also owned the produce of all humans who lived and worked on their land as their serfs or slaves. Owners who stayed on their land and
interacted with the people on it could see their forests and watch their crops grow, and their workers sweat, and sense how the system worked. Absentee
landlords did not care. They wanted their profits regardless of the damage to their land by droughts
and floods, besides the sufferings fatheir and floods, besides the sufferings of their workers. The development of commodity markets, in which
animals, farm produce, timber and minerals could be bought and sold with money and prices determined capital. Financial capitalists, even further removed from reality than absentee landlords, who gauge the condition of the
world from charts of how prices move in commodity exchanges and stock markets. When labour went off

## they spent in factories and what they produced during that time. Their skills and labour became commodities purchasable for a price by owners of

 enterprises.roperty righ
and jurisprudence. Human rights were recongnised
and and jurisprudence. Human rights were recognised
much later with political movements, often violent, to abolish slavery, and to pay fair wages and provide
safe working conditions for workers. Gig work is the safe working conditions for workers. Gig work is the
2 sts-century way to convert labour into a commodity 21 st-century way to convert labour into a commodity
again: workers on demand, payment only for the work done, and no social security
businessowners, but bad for the people.
Garrett Hardin's theory of the 'Tragedy of the Commons' underlies the ideology of privatisation.
The theory is that property which belongs to The theory is that property which belongs to
everybody is cared for by nobody. Therefore, the everybody is cared for by nobody. Therefore, the
commons must be parcelled out to private owners to manage their own pieces efficiently, motivated by a drive to make more profit for themselves. Damage to the global environment, which belongs to everybody,
has become a global-scale tragedy of the commons. It has become a global-scale tragedy of the commons. It
cannot be solved by further privatisation of property. cannot be solved by further privatisation of property.
A new theory of governance is required to obtain the new theory of governance is req,
'Promise of the Global Commons'
Francis Bacon boasted at the birth of the European Enlightenment in the 17 th century that science would give humans the power to control unruly nature. Scientific discoveries in physiss, chemistry and
biology have produced powerful tools for exploiting biology have produced powerful tools for exploiting
the earth to improve humanity's material wellbeing the earth to improve humanity's material wellbeing,
and technologically advanced nations are envied for the material wellbeing of their citizens.
Overexploitation has harmed the health of the earth. Thus, with technological hubris, humans have

harmony among people
odern science has broken the complexity of systems into small components. Separate sciences are
advanced by experts who know more and more about advanced by experts who onow more and more about
less and less. They are like the blind men around the proverbial elephant. None sees the whole reality. Modern medicine has developed marvellous drugs
nd surgeries to repair various organs of the body and surgeries to repair various organs of the body.
The side effects of the treatment of a diseased organ The side effects of the treatment of a diseased organ
make the patients' condition worse by harming other organs. Better health requires more generalists who understand the person's body and mind
conomics broke away from other social sciences in he last century, with all going into their specialised
silos. Economics focused on the productivity of silos. Economics focused on the productivity of
natural and human resources to increase the GDP. Economists know how to increase the material size of an economy, but not how to improve equity in the along with growth
and
relationships among various forces within a
system, presuming all are unidirectional. The
modern scientific approach cannot understand modern scientific approach cannot understand
forces that mutually arise and have circular forces that mutually arise and have circular
relationships of cause and effect with each other. Economists who advocate for higher
GDP first to grow more resources to improve GDP first to grow more resources to improve
the HDI (human development index) and later the HDI (human development index) and later
for environmental sustainability fail to see that for environmental sustainability fail to see that
human development and sustainable natural human development and sustainable natural
resources are prerequisites for economic growth and will always be its
foundations.Humans are part of nature's complex system, along with the soil, water
systems and diverse species of plants, animals systems and diverse species of plants, animals
and insects. The wellbeing of all must be rotected or sus and system and advocate for more trees, or for the
protection of one species like the tiger, are not taking a systemic view of the whole system. And those who want poor people to be cleared out of the commons to also an integral part of the system. Such scientific also an integral part of the system. Such s.
solutions for sustainability can be inhumane. omplex systems can be understood only by listening
to multiple points of view. The rule of law and speedy justice make countries attractive for financial investors and citizens. However, investors and
citizens have different needs, and therefore different interpretations of law Good governance and justice for all require those who govern to continuously
listen to the people. Courts and experts within their narrow specialisations cannot create a consensus among citizens. Citizens with diverse needs must listen to each other to come to a consensus about the

पेट्रोल-डीजल की कीमत स्थिए, कच्चा तेल 90 डॉलर प्रति बैरल के करीब

सीबीडीटी ने फॉर्न 10ए/10एबी दाखिल करने की तियि 30 जून तक बढ़ाई



एनंमी
बोर्ड (सीबीडडीटी) न्रेय प्रत्यक्ष कर
अधिनियम अधिनियम, 1961 के तहत फॉर्म
100 एवं फॉर्म 10 एबी दाखिल करने की अंतिम तिथि 30 जुन, 2024
तक बढ़ा दी है। सीबीडोटी ने परिपत्र तक बढ़ा दी है। सीबीडोटी ने परिपत्र
संख्या $07 / 2024$ जारी कर यह संख्या $07 / 20$
जानकारी दी है। वित्त मंत्रालय ने जारी एक बयान में बताया कि सीबोडीटी ने आयक्र अधिनियम, 1961 के तहत फॉर्म
10 एवं फॉर्म 10 एवी दाखिल करने की अंतिम तिथि को 30 जुन, 2024 तक के लिए बढ़ा दिया है। सीबीडीटी ने इससे पहले करदाताओं की
कठिनाइयों को कम करने के लिए कठिनाइयों को कम करने का लिए
ट्रिट्टों, संस्थानों और फंडों द्वारा फॉर्म 10 ए और फॉर्म 100 बबी दाखिल
करने की अंतिम तिथि को परिपत्र संख्या $06 / 2023$ द्वारा 30 सितंबर

## सरकाट ने देश के तीज बंदरगाहों से सफेद प्याज के निर्यात की अनुमति दी



 बंब


## जाते

बं
 न्हावा शेवा/जेएमपीटी बंदराह से

ईसीआईएल ने सरकार को दिया
40 करोड़ रुपये का लाभांश
वाणिज्य मंत्रालय की एक इकाई है।
यह आयात और निर्यात से संबंधित मानदंडों को तय करती है। उल्लेखनीय है कि राजनीतिक रूप से
संवेदनशील वस्त प्याज की कीमतों संवदनशील वस्तु प्याज की कीमतों
को नियंत्रण करने के लिए इसके निर्यात पर फिलहाल प्रतिबंध लागू
है। हालांकि सरकार ने मित्र राष्टों है। हालांकि, सरकार ने मित्र राष्षों को उनके अनुरोध पर निर्दिष्ट मात्रा
में निर्यां की अनमति दी है। पिकले में निर्यात की अनुमति दी है। पिछ्ले
साल आठ दिसंबर को सरकार ने साल आठ दसंबर को सरकार ने
घरेलू उपलब्धता बढ़ाने और घरेल उपलब्धता बढ़ाने और
कीमतों को नियंत्रण में रखने के लिए प्याज के निर्यात पर प्रतिबंध लगया था, जिसे हाल ही में
बढ़ाकर अगले आदेश तक के लिए लेकर गुजरात सरकार के बागवानी
आयुक्त से प्रमाण पत्र प्राप् करना क्रिप्टो करेंटी नार्केट में 2023 तक बढ़ाया था। सीबोडोटी ने आवेदन किया
स्प्ष किया हैं कि विस्तारित तिथि
प्राप्त किया है।


प्राप्त किया है। अब फॉर्म 10 ममी समेंड ये ट्रस्ट जबन तक फॉर्म 10 ए भरकर मौज़ ट्रस्ट, संस्था या फंड के रूप में
आकलन वर्ष आकलन वर्ष 2022-23 के लिए
पंजीकरण के लिए आवेदन कर पजीकरण के लिए आवेदन कर
सकते हैं। सीबीडटी ने कहा कि वे ट्रस्ट, संस्थान या फंड जिनके रिन्युअल के आवेदन कवल देर से
दाखिल करने या गलत सेक्शन कोड दाखिल करने या गलत सेक्शन कोड
के तहत दाखिल करने के आधार पर के तहत दाखिल करने के आधार पर
खारिज कर दिए गए थे, वे भी 30 विस्तारित नियत तिथि के भीतर सकते हैं। बता दें कि फॉर्म
आकलन वर्ष फॉर्म 100 दाखिल करने में विफ्ल आवेदन आयकर विभाग के हु रहा और बाद में एक नई इकाई के फाइलनंग पोर्टल के माध्यम से

जर्मन कंपनी ऑडीज जृन से वाहनों की कीमतों में दो फीसदी का करेगी इजाएा


एजेंसी
नई दिली। जर्मन वाहन निर्माता कंपनी ऑडी ने कार की कीमतों में बढ़ातरो करने का ऐलान किया है। कपनी कच्चे माल की बढ़ती कीमत के
प्रभाव को कम करने के लिए एक जन से भारत में अपने विभित्र मॉडल की भीव को कम करन के लिए एक जून से भारत में अपने विभिन्र मॉडल की
कीमों में दो फीसदी तक का इजाफा करेगी। कपनी के इंडिया प्रमख बलबी कीमतों में दो फीसदी तक का इजाफा करेगी। कपनी क ड़िडा प्रमुख बलबी
सिंह ढिल्लों ने जारी बयान में कहा कि एक जून से कीमतों में बढ़ीतरी का उद्देय ऑटोमेकर और उसके डीलरों के लिए सतत विकास सुनिश्चित करने के साथ ही ग्राहकों पर प्रभाव को कम करना है। कच्चे माल की बढ़ती लागत हमे कीमतों में दो फीसदी तक की बढ़ोतरी करने के लिए मजबूर कर रही है। ढिल्लों ने कहा कि ऑडी इंडिया की खुदरा बिक्री बीते वित्त वर्ष 2023-24 में सालाना धार 33 फीसदी की वृद्धि के साथ 7,027 इकाई रही

एँ
পেটিশনাধীকারীরা, যারা গণতাখ্রিক সংস্কার बनर ₹धिजग रा विना ₹ंजित मर बनी
 করেছ্, তাদের মতে দেশের ৯৭ কোটি নিব-
ধ্ধিত ভোটারদের একটি আরও স্পষ্ট নির্বাচনী প্রণালীর অধিকার রয়েছে।

इंडिया लिमिटेड (इसीआईएल) से केंद्र सरकार को लाभांश किश्त के रूप में


## 4 प्रतिशत से ज्यादा लुढ़का



तीन दिज की गिरावट के बाद उछला सोना, चांदी में गिरावट जाटी


नेस्ले इंडिया का चौथी तिमाही में मुनाफा 27 फीसदी बढ़कर 934 करोड़ रुपये

## नई दिल्ली। फास्ट मूविंग कंज्युमर गुडस को 737 करोड़ रुपये का शुद्ध लाभ हुआ था। नेस्ले ने शेयर रुपये प्रति इइक्तिटी का फाइनल डिविडेंड देने की सिफारिश

 $2023-24$ की चौथी तिमाही (जनवरी-मार्च) के समात वित्वर्षं $2023-24$ की चौौी तिमाही में नेस्ले ने बताया कि कंपनी का परिचालन आय बढ़कर 5,267
नतीजे का ऐलान कर दिया है। 31 मार्च, 2024 को इंडिया का मुनाफा 27 फीसदी उछलकर 934 करोड़ रुपये करोड़ रुपये हो गई गै, जो वित वर्ष $2022-23$ की चौथी
 फीसदी की वृद्धि के साथ 934 करोड़ रुपये रहा। इससे तिमाही में कपपनी को 737 करोड़ रुपये का शु़द्ध लाभ हुआ मुमाबिक उसका ऑपेशेन से रेवेन्यू भी 9 फीसदी

शेयर बाजार ने लगाया मजबूती का पंच, सेंसेक्स

## इंट्रा-डे में 1,015 अंक उछला

नई दिल्ली। घेलू शेयर बाजार लगातार पांचवें कारोबारी
दिन मजबबती के साथ बंद होने में
सफल रहा। आज के कारोबार की
 का मार्केट कैपिटलाइडेेशन आज के कारोबार के बाद उछल कर (अस्थाई) के स्तर पर पर्डुंच रुपये पिछले कारोबारी दिन यानी बुधवार को इनका मार्केट कैपिटलाइनेशन
401.37 लाख करोड रुपये था। 401.37 लाख करोड़ रुपये था।
इस तरह निवेशकों को आज के कारोबार से करीब 2.97 लाख
करोड़ रुपये का मनाफा हो गया। आज दिन भर के कारोबार में बीएसई में 3,934 शेयरों में एक्टव ट्रेडंग हुई। इनमें 2,079 जबर बढ़ित के साथ बंद हुए,
जबकि 1,716 शेययों में ीिवे का रुख रहा वहों 139 में गिरावट किसी उतार चढ़ाव के बंद हुए।
$\begin{array}{ll}\text { एक्टिव ट्रेडिंग हुई। इनमें से } 1,204 & \text { गिर कर } 22,305.25 \text { अंक के } \\ \text { शेयर मनाफा कमा कर हरे निशान } & \text { स्तर पर पहुंच गया। लेकिन इसके }\end{array}$
शेयर मुनाफा कमा कर होर निशान स्तर पर पहुंच गया। लेकिन इसके
में और 1,009 शेयर नकसान उठा बाद तेजड़ये बाजार पर हावी हो में और 1,009 शेयर नुकसान उठा बाद तेजड़िये बाजार पर हावी हो $\begin{array}{ll}\text { कर लाल निशान में बंद हुए। इसी } & \text { गए और चौतरफा खरीदारी शुरू } \\ \text { तरह सेंसेक्स में शामिल } 30 \text { शेयोों } & \text { कर दी। बाजार में लगातार हो रही }\end{array}$
 $\begin{array}{ll}7 \text { शेयर गिरावर के साथ बंद हुए। } & \text { आज का कारोबार खत्म होन क } 1 \\ \text { निफ्टी में शामिल शेयरों में से } 40 & \text { घंटा पहल निचले स्तर से } \\ \text { शेयर हरे निशान में और } 10 \text { शेयर } & 320.70 \text { अंक की छलांग लगा कर }\end{array}$ शेयर हो निशान में और 10 शेयर 320.70 अंक की छलांग लगा का
लाल निशान में बंद हुए। बीएसई
223.55 अंक की तेजी के साथ का सेंसेक्स आज 280.60 अंक की कमजोरी के साथ पहुंच
$73,572.34$ अंक के स्तर पर माम
खला। कारोबार की शुरुआत होते वजा पहुंच गया। हालांकि इसके बाद ख़ला। कारोबार की शुरूत होते वजह से निफ्टी ने ऊपरी स्तर से
ही बिकवाली के दाव की वजह करीब $73,556.15$ अंक तक पहुंच साथ $22,570.35$ अंक के स्तर
गया। लेक्न इसके बाद बाजार में खरीदार पूरी तरह से हावी हो ग गए, किया। आज दिन भर के कारोबार जिसकी वजह से इस सूचकांक की के दौरान स्टॉक मार्केट के दिग्गज
चाल में तेजी आ गई लगातार हो शेयोों में चाल में तेजो आ गई। लगातार हो शेयरों में से एक्सिस बैंक 6
रही खरीदरी के सपोर्ट से दोपहर 2 प्रतिशत, स्टेट बैंक ऑफ इंडिया बजे के बाद ये सोचकी दोपहर 2 $\qquad$ 5.12 प्रतिशत, डॉक्टर रेड्डीज लेबोरटट्रीज 4.50 प्रतिशत,
जेएसब्ल्यू स्टोल 2.62 प्रतिशत
और नेम्ले कर 718.31 अंक की मजबती के जेएसडब्ल्य स्टील 2.62 प्रतिशत
साथ $74,571.25$ अंक के स्तर और नेस्ल 2.50 प्रतिशत की तक पहुंच गया। पूरे दिन हुई खरीद मजबीती के साथ आज के टॉप 5
बिक्री के बाद सेंसक्स 486.50 गेनसं की सची में शामिल हुए। अंक की तेजी के साथ द्वसरी ओर, कोटक महिंदा 10.87
$74,339.44$ अंक के स्तर पर बंद प्रतिशत, एलटी माइंडट्री 1.95 हुआ। सेंसेक्स की तरह ही एनएसई प्रतिशत, हिंदुस्तान युनिलीवर
के निफ्टी ने आज 85.50 अंक 1.30 प्रतिशत, टाइटन कंपनी फिसल कर $22,316.90$ के स्तर 1.30 प्रतिशत, ट्राइटन कपनी से काराबार की शुरुआत की। लाइफ इंश्योरंस 1.07 प्रतिशत
बाजार खुलते ही बिकवाली के कमजोरी के साथ आज के ॉॉप बाजार ख़लते ही बिकवाली के
 बाद संसेक्स 0.66 प्रतिशत और के साथ बंद हुए आज के कारोबार के दैरान फार्मास्यूटिकल और ऑटोमोनाइल सेक्टर के शेयरों में लगातार खरीदारी होती रही। इसी तरह एंड गैस और एफएमसीजी इंडेक्स ड्यूरेबल इंड़ेक्स बिंद हुए। काल्यी के दबाव की वजह से गिरावट के साथ बंद हुआ। ब्रॉडर मार्केट में भी आज लगातार खरादारी होती रही, जिसके
कारण बीएसर्ई का मिडके करण बाएसई का मिडकेप इडेक्स साथ बंद हों मजबूती स्मॉलकैप इंडेक्स ने 0.54 प्रतिशत

## आज का इतिहास

1904 : अमेरिका के बाट्टमोरे में उबदस्त आए लाने से 1500 इमारें जल कर खाक।
1940 : बिंटन में रेतवे का ार्प्रीयकण हुआ।
1944 :जममनी ने इटली कें एंजियों इलाके में जववी हमले किये।
 चरण पर चर्वां की।

- 1947 : अख और यदृद्यों ने फिलीसीतीन को विभाजित करने के बिटेन के प्रसाव को खरिज किया।
- 1959 : फिदेल कास्रो ने वयूबत के नये सेविधान की घोषणण की

1965 : अमेरिका ने उत्ती वियतनाम में तगतार हवाई हमले शुरु किये।
1983 :पशिच्म बंगाल की राजानी क्कक्ता (अब कोलकाता) में झस्स्न न्यूज एजेंी की स्थापना हुई। 1992 ...खखेश्र निर्मित

1999 : जॉर्ड क युवराज अद्धल्ला ने गद्दी रुभाली।

- 2001 : इजरायल के प्रथनममंत्री एुद बराक चुनव में पराजित, एरिएल शेरोन नये प्रथानमंग्री बने।
- 2009 : राष्प्रति प्रतिभा देवी पाटित को महाराप्क कराज्यपाल एससी जमीर ने डी लिट की उपाधि से नवाजा।


दुल्हन बनने जा रही है तो अपनाएं ये टिस्स हर लड़की चाहती है कि शादी वाले दिन वह सुंदर लगे। इस दिन पर सब की नजर उसी पर ही रहती है इसलिए खबसमूरत लगने के लिए वह कुछ दिन पहले से ही तैयारी करनी शुरू कर देती है। आजकल मार्किट में कई तरह के ब्यूट प्रॉडक्ट्स होने से लड़क्कां इस क्प्यूनन में रहती हैं कि कोन सा मेकअप करवाने से उसको नैचुल लुक मिलगा। अगर आप भी दुल्हन बनने वाली हैं तो आज हम आपको ब्राइडल मेकअप के कुछ टिप्स देंग। जिनको अपनाकर आप शादी वाले दिन खूबसूरत लग सकती हैं।
प प्राक़तिक सुंदसा पने के लिए इस दिन आप नैचुरत स्किन
 रूखेपन को खल्म करने में हहायक है। जब त्वृा में इननेस नहीं रहती तो चोहरा चमकने लगता है।
सरद्दोंां क मोरसम में श्रोंड़ं, ल्लीचिंग और अपर लिस करवाने क बाद मसाज करवाना बहु जरूरी होता है। म माज करवाने से शुक्ष मौरम में त्वा का नैरुरल ग्लो बना गहता है।

- रिकन मूइस्सराइज करवाने के लिए हमेशा घेलू चीजों का ही इसेमाल करें। आप चहंतो तोटमील का ऊपयोंग भी कर सकती है औटममील ममझइश्चरोइज कसे से मृत कीशिकाएं, डतनैस जैसी सम सर्याओं को खत्म करके त्वाा में एक नई जान डालता है।
रूखेपन और महीन रेखां को छिपाने के लिए मिनरल या सितिकॉन मेकअप अच्छ होता है, वयोंकि यह हर तरह की त्वचा के लिए उप्युक्त है। अगर आप समान्य तरीक से फाडंडेशन लगाने के बजाय एयर-ब्रश का इस्समाल कर रही हैं तो एर पर क्र में सिलिकान मेकЗप खें।
- आजकल सिलिकॅन एयर्रशश मेकअप बहूत चलन में भले ही इस तरह का मेकुप करवाने में बहुत पैसे लगते हैं पर इ इससे परफेकट तुळ मिलती है।
- शादी वाले द्नि होंठों को ख़्वसूस्त दिखना बहुत जरूरी होता है। इनको सुंदर दिखाने के लिए मेंहो और लंबं समय तक चलने वाले लिप कलर का इसेमाल करें। आखरी रमय में पेशेन होने से बेतहर है कि कछ दिन पहले ही अछ्बी लिपर्टीक का




## वर्किंग वुमन ऐसे रखें खुद का ख्याल

वर्किंग वुमन्स का घर और ऑफिस के बीच बिजी होने के कारण अपने विकल्प है। ये शैम्प स्रे के रूप में होता है जिसे बालों पर स्र्रे करने से

लिए टाइम निकालना मश्कल हो जाता है। इसके कारण वो रोजाना जल्दी- जल्दी तैयार हो कर अपने काम पर चली जाती है, जिससे कई बार उन्हें लोगों के सामने शर्मिदगी का सामना भी करना पड़ता। इससे उनका सामना भी करना पड़ता। इससे उनका
आत्मविध्थास भी कम होने लगता है। ऐसे में आत्मविधास भी कम होने लगता है। एसे में
आज हम आपको मेकअप के कछ ऐसे टिस आज हम आपका मेकअप के कुछ ऐसे टिस्स
देंगे, जिसके लिए आपको ज्यादा वत्त भी नहीं देंगे, जिसके लिए आपको ज्यादा वक्त भी नहीं
लगेगा और आपको खुबसुरत लुक भी मिल
जाएगा
बालों को सुखाना
गीले बालों न सूखने के कारण आप कोई हेयर स्टाइल भी नहीं बना पाती। ऐसे में बालों को सुखाने के लिए पहले उनको टॉवल से साफ करें और उसके बाद सूती कपडे से लपेट ले करें और उसक बाद सती क्पडडे से लपेट ते ऐसा करन से बालों की नमी निकल जाएगी। इससे बालों की ज्यादातर नमी निकल जाएग
और नैचुरल मूँश्रर बचा रहेगा। इससे आप
जैसे चाहंगे बाल वैसे मुड़ जाएंगे और अपनी मनपसंद हेयर स्टाइल आसानी से चुन पाएंगे। बालों में शाइन के लिए आप इस तरह से सुखाने के बाद सीरम का प्रयोग भी कर सकती हैं।

## ड्राक सर्कल

रात को देर से सोने के कारण आपकी नींद पूरी नहीं हो पाती जिससे आंखों के नीचे डार्क सर्कल पड़ जाते है।ऐसे में इन्हें छुपाने के लिए आप स्किन टोन या सफेद पेंसिल लगाएं और आईलाइनर भी जरूर लगाएं।
अगर शैम्पू के लिए टाइम नहीं है
अगर शैम्पू के लिए टाइम नहीं है तो आपके लिए ड्राई शैम्पू एक अच्छा

पाफे बालों की गंद्री राए हो जाती है। जसगे बालों कर स्रे करने ऑयल भी निकल जाता है और बालों शाइन करने लगते हैं। लेकिन ध्यान रखें कि इसके इस्तेमाल के बावज़द सप्ताह में कम से कम एक बार बालों को लिक्किड शैम्प से भी साएफ कर लें। लेकिन ध्यान रहें कि हप्ते में कम से कम 1 बारे बालों को लिक्विड शैम्प से जरूर धोएं। मैनीक्योर और पोडीक्योर
वर्किंग वुमन होने के कारण आपके पास इतना टाइम नहीं होती की आप आपने हथथों- पैरों की देखभाल कर पाएं। ऐसे में आप रात को सोने से पहले अपने हाथां और पैरां में पेट्रोलयम जेली लगए। इइसक बाद पैरों में जुराबे पहन ले और हाथीं को किसी कपड़े से ढक लें। इससे स्किन में नैचुरल नमी बनी रहेगी।

## नींद पृरीन होने की सिथित में

अगर ज्यादा व्यस्सता के कारण आपकी नींद पूरी नहीं हो पाती है या रात को किसी पार्टी से लौटने में देर हो जाती है और सुबह जल्दी ऑफिस निकलना होता है तो चेहरे पर एक अजीब तरहह की डलनेस आ जाती है, जो सबसे ज्यादा आपके आंखों की आसपास की त्वचा पर झलकता है। ऐसी स्थिति में आंखों के आसपास की स्किन का रंग गहरा हो जाता है और पलकें बोझिल लगती हैं इसकी वजह से आपका चेहरा भी बेजान दिखता है। लेकिन इस डलनेस को आप आसानी से छुपा सकती हैं। इसके लिए आंखों के निचले हिस्से में अपने स्सिन के कलर से मैच करता हुई या सफेद रंग की पेंसिल लगाएं और आंखों पर आई लाइनर लगा लें। इससे आंखं सुंदर दिखने लगेंगी। आइलैश को सुंदर बाने के लिए आइलैश(बरौनी) भी आपकी ख़बसरती को उभारते हैं। इसके लिए मस्कारा लगाने के बाद रुई के एक फाहे पर थोडा सा बेबी पाउडर डालकर इसे हल्क हाथों से एक फाहे पर थोड़ा सा बेबी पाउउर डालकर इसे हल्क हाथों से
आईलेश पर लगाएं और इसके बाद एक बार फिर से हल्फा सा मस्कारा लगा लें। इससे आपके आईलैश उभरे हुए दिखेंगे और आंखे बेहद खूबसूरत नजर आएगी।

## वर्विगण तुमन अपनाएं यह डाइट-चार्ट

महिलाओं को अपने खान पान पर विशेष ध्यान देना चाहिए सेवन करें या कम तेल में बनी पनीर की भुजिया भी लंच में खाएं। इससे आपकी भूख भी मिट जाएगी और यह आपके क्योंकि उन्नें ऑफिस के साथ घर का काम भी संभालना होता है। कई बार महिलाएं सबका ख्याल रखने में अपना ध्यान रखना भूल जाती हैं। कामकाजी महिलाओं को आपने खाने में उन्हीं चीजों को शामिल करना चाहिए, जिससे उन्हें भरपर पोषण मिले। घर व बाहर का काम करते हुए अवसर महिलाएं जल्दीबाजी में अपनी सेहत का ख्याल नहीं खती है। जबकि कामकाजी महिलाओं का खान-पान आम महिलाओं की अपेक्षा और भी न्यूट्रीशियस और स्वास्थ्थवर्धक होना चाहिए। ऐसे में महिलाओं को कुछ ऐसा खाना चाहिए जिससे उन्हें ऊर्जा मिल सकें। कामकाजी महिलाओं को अपना एक डाइट चर्टर बनाना चाहिए और उसी के अनुसार चलना चाहिए। उनके खाने में
विटमिन जिंक प्रोटन और कैल्यियम की भरार मात्रा होनी चाहिए।
नाश्ताः कामकाजी महिलाओं को सुबह का नाश्ता नाशताा: कामकाजी महिलाओं को सुबह का नाश्ता
कभी नहीं छोड़ना चाहिए व्योंकि सबह के समय आपके शररिर को ऊर्जा की जरूरत होती है, ऐसे में नाशता बहुत शररा की ऊर्जा की जरूरत होती है, से में नेश्ता बहुत
जरुरी है। घर से निकलने से पहले नाश्ते में आप दूध, जरुरी है। घूर से निकलने से पहले नाश्ते में आप दूध,
दलिया, कॉर्नप्लेवस या सैंडविच खा सकती हैं। सुबह के दलिया, कॉर्नफलेकस या सैंडविच खा सकती हैं। सुबह के नाश्ते में विटामिन ए वाले फल जैसे सेब, पपीता व स्र्राबरी खाना काफी फायदेमंद होता है। समय की कमी के चलते अगर आप यह सब नहीं खा सकती हैं तो रिर्फ एक गिलास दूध और कोई फल भी ले सकती हैं। इसके अलावा थोड़े से ड्राईप्परूट्स अपने साथ रख लें समय मिलने पर खा लें। लंचः कामकाजी महिलाओं के लंच व नाश्ते में चार से पांच घंटे का ही अंतर होना चाहिए। लंच में स्वार्थ्यवर्धक आहार होना चाहिए जिससे आप चुस्त दुरुस्त रहें। अपने लंच में सब्जी, दाल, दही व चपाती को शामिल करें। हरी सब्जियां काफी फायदेमें होती हैं जैसे ब्रोकली. पालक अदि का

## मां की इन बातों के कारण जाराज हो जाती है बेटियां



मां -बेटी का सबसे प्यारा
रिश्ता होता है। रशश्ता होता है।
परिवार में मां ही बेटी परिवार में मां ही बेटी
की सबसे अच्छी दोस्त होती है। मां से ही बेटी दोस्त होती है। मां से ही बेटी अपनी पस्सनल बातें शेयर कर सकती है क्योंकि मां ही अपने बच्चों का बरो वक्त पर साथ देती है। कई बार मां की डांट
जरुर बुरी लग जाती है लेकि जरूर बुरी लग जाती है लेकिन इसका मतलब यह नहीं होता कि
वह आपसे प्यार नहीं करती। बल्कि वह कभी भी अपने बच्चों का बुरा नही चाहती। अगर मां कुछ ऐसी बातों को लेकर डांट भी देती है तो बेटियों को उनकी बात का बुरा मानने की बजाय उन्हें समझने की कोशिश करनी चाहिए और उनसे कुछ सीखें।

काम-काज के कारण
हर मां यही चाहती है कि मेरी बेटी को घर के सभी तुलना : अवस्सर पेरेंटस अपने बच्चों की तुलना काम-काज आए। उसे कभी भी अपने ससराल घर दूसरों के बच्चों से करने लग जाते हैं। जब मां में काम-काज की दिक्कत न आए। इसी कारण मां अपनी बेटी की तुलना दूसरों की बेटियों सो करने अपनी बेटी को घर के काम में हाथ बटाने को लग जाती है तो इस बात को लेकर मां-बेटी में कहती है, लेकिन बेटिययां अपनी मां की इस बात को इइगड़ा हो जाता है। बेटिययों को इस बात को हमेशा उमझझ नहीं सकती । इस बान को लेकर मां-बेटी में ध्यान रखाना चाहिए कि ति तना करना गभी मोंसमझ नही सकती। इस बात का लेकर मा-बटी में ध्यान रखना चाहएए कि तुलना करना सभी माबजाय अपनी मां की भावना को समझना चाहिए। बुरा नहीं मानना चाहिए।


मोबाइल फोन
सोशल मीडिया का जमाना होने के कारण अवसर बच्चे फेसबुक और ब्हाट्सएपप पर लगे रहते हैं। जिसे कोई भी मां अध्छा नहीं समझती। अगर मां मोबाईल फोन के कारण डांटती है तो उनकी बात पर ध्यान देना चहिए और बेटियों को अपने फोन पर लगे रहने की बजाय अपनी मां के साथ समय बिताना चाहिए।

लेट शादी के कारणः आजकल की लड़क़ियां जल्दी शादी कराना पसंद नहीं करती। लेकिन हर मां का यह सपना होता है कि उसकी बेटी की शादी सही समय पर अच्छे से लडके के साथ हो जाए और उनकी जिम्मेदारी खत्म हो जाएं। अकसर इस कारण भी मां-बेटी में नोक झोक हो जाती है।
जल्दी नजागने के कारण: बहत से बच्चों को सबह लेट उठने की आदत होती है। और मां-बाप हमेशा चाहते है कि उनके बच्चे सुवह सही समय पर उठें। जब आप गहरी
 में होती हैं और आपकी म सुबह उठाती हे तो आपको उन पर गुस्सा आने लग जाता है। इस कारण
सबह-सबह ही झगड़ा सुबह-सुपह ही जाता है।

| NEWS Box |
| :--- |
| Kavya Maran's Reaction |
| During SRH's Loss vs |
| RCB Sparks Meme Fest |



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percent More guys are scoring runs now
Firist half of the tounament onl y irat was
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"Aapki Kasam Fir Nahi Todunga": Rinku Singh Finally Gets Virat Kohli's second Bat

[^1]
## West Indies cricketers load luggage in small van in Nepal: Judgemental video slammed

West Indies A tour of Nepal: A viral video of touring West Indies cricketers loading thei own luggage in a small truck upon their arrival in Nepal went viral. Zimbabwe cricketer Sikandar Raza slammed the judgemental outlook of a few on social media about the reception given the touring side.
New Delhi. Zimbabwe cricketer Sikandar
Raza slammed a section of fans on social
media who were judgemental about the
reception that West Indies cricket players
received upon their arrival in Nepal for a 5- It
match T20 series. A video of the luggage of
West Indies players being loaded in a mini-


Feyenoord's Arne Slot confirms wish for Liverpool job: Would like to go

Pat Cummins defends SRH's 'high-risk, high-reward' approach despite loss to RCB New Delhi. Pat Cummins played down the
impact of SunRisers' 35 -run defeat to RCB,
saying it should be looked as just a blip in
their otherwise dominant campaign in IPL
2024. SRH's mighty batting unit failed on
Thursday as RCB successfully defended 206-
run total, handing the SunRisers their first
defeat at home in the season.Speaking to the
broadcasters after SunRisers folded for 171
for 8 in 20 overs, Pat Cummins said SRH
won't dwell too much into Thursday's loss
and look forward to returning to winning
ways. RCB won only their second match of
the tournament, ending a 6 -match losing
streak that spanned over a month. On the
other hand, SRH retained their 3rd spot on the
IPL 2024 points table despite the defeat as
they have 10 points from 8 matches.
"I think it's ours strong suit. It's not going to work
every game. In one or two games where it
hasn't gone our way at the start, we still
managed to get a good total. Still think this is
the way forward for our boys," Pat Cummins
After setting targets successfully, SRH need to focus on chasing: Daniel Vettori


RH demoralised opposition teams, scoring in matches. They had head into the contest at home against RCB after having smashed 266 against DC in Delhi and winning by 69 runs.
In fact, Travis Head and Abhishek Sharma tore into the DC bowling attack that they total in the powerplay in the history of the IPL.SRH were high on confidence as they
had hit 287 against RCB in their early-season meeting in Bengaluru, rewriting T20 records. DON'T DWELLON THIS TOO MUCH failed on Thursday as Travis Head and Heinrich Klaasen and Aiden Markram also got out cheaply to left-arm spinner Swapnil
Singh as SRH never really had momentum in he chase. SRH were reeling at 56 for 4 in the powerplay and then slipped to 85 for 6 . When asked how he would address the team in the
dressing room after the big loss, Pat Cummins joked that he leaves it to coach Daniel to do the job after losses.I speak after wins,
Dan speaks after losses. The boys have been going really well, it's T20 cricket, you are not too much," he added SH will face another test of their batting firepower on Sunday as they travel to
Chennai to face the Super Kings in their next game.

## PAK vs NZ, 4th T20I: Babar Azam fails as Pakistan lose thriller to New Zealand



## Flaunts Ample Cleavage, Asks If She's 'Medusa or Sedusa'



S
onali Raut set Instagram on fire with her recent sultry
video. The video. The actress took to Instagram and shared a ho
video in which she was seen having a ball at a party video in which she was seen having a ball at a party.
Sonali looked oh-so-sexy in the video. For the night out, Sonali handpicked a stylish black outfit. She wore a pair of
black pants which she styled with a shimmery bralette and showed off her ample curves. She completed the look with a black jacket.The diva was seen flirting with the camera as she struck numerous poses. She shared the video with the popular song 'Ep. 2 -Medusa Sedusa' by Agsy. She shared the video with the caption, "Guys, Caption this!
Medusa or Sedusa??".Fans took to the comments section and showered her wi," Medusa or Sedusa??," $F a n s$ took to the comments section and showered her with
praise. "Sonali you got the style. You rock," a comment read. "Beautiful ??, praise. "Sonali you got the style. You rock,"
added another. "Hottie," a third comment read.
With over 3.2 million followers on Instagram, Sonali often treats fans with sexy photos and videos. Earlier this week, Sonali shared a video in which she was seen showing off her yellow saree and her curves. Sonali looked super hot in the video.
Sonali became popular when she was featured in Kingfisher Calendar in 2010.
The actress was just 19 at the time. A few years later Sonali ventured into The actress was just 19 at the time. A few years later, Sonali ventured into Bollywood with the film, The Xpose. Released in 2014 , Sonali shared the
screen with with Himesh Reshammiya and Yo Yo Honey Singh. She also appeared in Great Grand Masti, and web series Dangerous, with Karan Singh Grover and Bipasha Basu. The series was directed by Bhushan Patel and produced by Mika Singh.On the small screen, Sonali appeared on Bigg Boss Season 8. She emerged as one of the finn
everyone's heart with her quirky and outspoken personality

# Divyanka Tripathi 

## Reveals What She Was Up To On The 'Iconic

 Fracture Day', Tells Fans 'I Will Be Back...'Television actress Divyanka Tripathi recently fractured both her forearms following which she Nideo revealing what was she up to on the 'iconic fracture day' The video featured a dropped a Dvyanka's workout session with her fitness trainer Kuldeep Rawat. The actress was seen performing a shoulder stand. "What I was up to on the 'Iconic fractures day'! I'll be back to it and much more...I promise!" she wrote in the caption. Check out the video here:
Last week, Divyanka Tripathi's team shared the news of her accident on their Instagram handle. Even many details, they revealed that the actress was "under medical care". Later, Divyanka's actor-husband Vivek Dahiya revealed that the actress fell from a height
due to which she broke both her forearms. due to which she broke both her forearms.
He also shared that the actress was advised an immediate surgery by doctors."Divyanka is on her road to
recovery. A mishap occurred last evening where she fell from a height due to which she broke both her forearm bones and was advised immediate surgery. "We
appreciate all the love and prayers being
bestowed upon us it means a
our fans and media friends thank you

for the immense love and concern," he wrote."While Divyanka is in pain but only to recover from it hereon we would love from her to do so in the privacy of her home and family," Vivek added.
was dischargenka also shared her health update via a video message and revealed that she was discharged from the hospital. "Hello, my surgery is done and I am getting discharged
from the hospital. Our science has progressed a lot. My doctor was very happy with the from the hospital. Our science has progressed a lot. My doctor was very happy with the
recovery that I'm having now. Honestly, Ihave already started with my physio as I want to bounce back," she said.Divyanka Tripathi made her television debut in 2006 with the drama Banoo Main Teri Dulhann. She is currently seen in 'Adrishyam' as Inspector


A rti Singh is super thrilled about her
wedding with Dipak Chauhan, businessman based in Navi Mumbai The actress is all set to tie the knot with he fiancé on April 25, 2024. The wedding and will be attended by Arti's brother and actor , Krushna Abhishek and wife Kashmera Shah, and her uncle, acto Govinda.Arti had earlier shared with Times解 Telly Talk India that she met Dipak Chauhan through his aunt, who acted as marchers Arer. Despite meeting many potential Dinak, Ani didn't connect with anyone unt Dipak came along and made a genuine effort. Navi Mumbai to Andheri. Dipak is successful entrepreneur and founder of an event management company. He's also the brand ambassador for Road Safety World Series. While Arti is well-known in the world of television, Dipak maintains a low profile with private Instagram account but a handsom 17,000. He's 38 ye
birthday on August 5
On Tuesday night, the family hosted a sange night for the bride and groom-to-be and stars like Ankita Lokhande and husband Vicky Jain, Bharti Singh and husband Haarsh, Karan Singh Grover and Kishwer Merchant were in attendance. Arti chose a pistachio lehengacholi for the sangeet night, whereas Dipak pted blue and sete corbe kur and hoti-style pants. The couple, all smiles, also ablack shirt-style kurta and pants. Earlier in a interview with HT, Kashmeera had said that Arti's mama, Govinda, is expected to attend the wedding and she's excited to meet her 'father-in-law'. Govinda and Krushna Abhishek have had a public feud for years. But according to Kashmera, the wedding will be a chance to nove past the bitterness and have a reunion us, but he is not angry at Arti. And it is not Krushna's wedding. If he was not coming for our wedding, we would have understood as he is upset with us. But it is Arti and she really wants him there. I would request him to come as

Harsh Guiral And Juhi Chawla Groove To Jaadu Teri Nazar


Harsh Guiral has established himself as
talented comedian, and his lateststint the show Madness Machayenge India Ko Hasayenge has raised him to prominence In the recent episode, viewers will see the
comedian sharing a fan moment with actress Juhi Chawla. Harsh and Juhi Chawl entertained viewers on the stage of the popular show by recreating the iconic song Jaadu Nazar.Harsh Gujral shared a reel on Instagran where he is seen romancing with Juhi Chawla The comedian lip-syncs to the iconic song
from the movie Darr. Juhi Chawla also follow his cue and dances along with him. In the caption, Harsh expressed, Just lucky I got chance to share stage with Juhi Chawla screen...thank u for coming on the show man it was a fan moment for all of us on th show...Aur ye mere man ki awaaz hai." His followers were amazed to see him showing off his dancing skills. One of them said, "this one is perfect bro.. u achieved!" while anoth
followers jokingly stated " $N$ hi sir aap comedian character me ache lagte ho apka toh romance dek kr bhi hasi arhi h. Many user also shared how they are big fans of Juh Chawla saying, "She is my favt
Guiral spok about his is with ETimes, Hars how he decided to make a career in this field He stated, "Your talent's true recognition lies in audience embrace and willingness to pay Without their validation, self-
acknowledgement lacks substance. It's like cooking for a wedding; validation comes from guests enjoying it. Simply telling yourself you're talented isn't enough without audience validation."Harsh Gujral was initially an engineering student who eventually decided to
make a name for himself in the comedy. However, initially, his family was not very supportive. In the interview, he shared that his family had no idea about his gigs or where he did it. Even when he posted his first video, the


[^0]:    arrived in an unmarked squad car.
    The office said Reed fired first tat the officers, who pulled
    him over purportedly because he wasn't wearing a

[^1]:    Knight Riders' star batter Rinku Singh
    eventuall managed to get Royal
    C
    Ehaliengers Bengaluru star Virat Kohli's bat.
    asking Kohli for his bat. While Kohli came to
    know the whereabouts of of the previous bat he
    not to give another willow to Rinku despite
    the junior pleading a lot for it. Rinku broke Khhli's bat while playing againsta a spinner,
    the star had revealed in the surfacee video. The interaction had taken PCB Kolkata Knight Riders had survived a late
    charge by Royal Challengers Bengaluru charge by Royal Challengers Bengaluru
    batsmen to register a narrow victory over the 21.However, RCB put an end to their sixmatch losing streak on Thursday with a 35 -
    run win over SunRisers Hyderabad at Raiiv run win over SunRisers Hyderabad at Rajiv
    Gandhi International Stadium.RCB posted
     Patidar and Cameron Green's 20 fom Rajat Patidar and Cameron Green's 20 -ball 37 not
    outto go past the 200 -mark in their 20 overs.

