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Nine Candidates, One Winner

New York City Democratic Mayoral Primary Debate: Former New York Governor Andrew Cuomo has a strong chance of winning the New York mayor primary, latest betting odds show.



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Too Much Trauma on TV



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The Future Of Wars: Armies And Algorithms

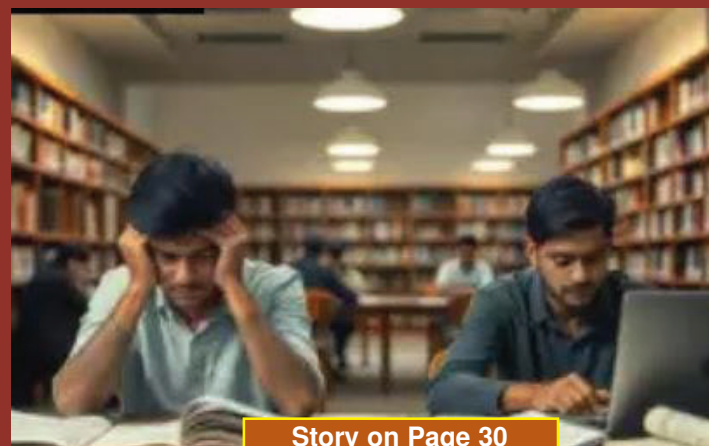


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Indian students Deportation fears, Rejections, Quitting Jobs



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An Acute Water Crisis

'For Sale Signs all over Sambhar town in Rajasthan



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'Could've Been Avoided...': Wife Of Indian Man Hit By Australian Cops Reveals What Happened

(By our staff reporter)-An Indian-origin man is battling for his life at a hospital in Australia's Adelaide as he slipped into a coma after his brain and nerves in his neck suffered damage from hitting his head on the road during a violent arrest by the local police, according to reports.

The incident was recorded by 42-year-old victim, Gaurav Kundi's wife, Amritpal Kaur, who protested his arrest. "I've done nothing wrong," Kundi shouted at the police, while his wife was calling the arrest unfair.

However, she stopped filming the incident as one of the police officers drove his knee into Kundi's neck. "Just 19 seconds video because I got panicked and I just sit on the ground with Gaurav," she told 9News.

How Did The Incident Take Place Against The Indian-Origin Man?

She recalled that Kundi's head was slammed against the police vehicle and the road during the police' arrest, after which he became unconscious.

"I was keep saying he's not well, he's not well, please don't do this, just call the ambulance," Kaur told 9News, recalling



the incident.

After the wife's protest, Kundi was admitted to Royal Adelaide Hospital, where he remains on life support.

"Doctors are saying his brain is totally damaged. Maybe he will wake up if brain works, or maybe he will not," Kaur said.

His Wife Narrates Entire Incident

What unfolded on the Payneham Road in the Australian city was a sheer horror for a wife who saw her husband lose consciousness due to alleged police

brutality on Thursday morning.

Kaur said that Kundi was drunk before he left home and started walking along the Payneham Road, according to the report.

"I just go out and follow him. What are you doing here? Let's get back home. You are drunk. You are not well. We will go home," she told 9News, to have told her husband.

"He just pushed me a little bit. You get aside, I can walk," she quoted her husband as tell her.

The wife believes this may have been presumed by the passing patrol of a case of domestic violence.

"The policeman think he's assaulting me and doing domestic violence on the road but policeman is wrong. He is just drunk and that's why he is loud, nothing else," she said.

She said that the situation could have been avoided if the cops had asked what had happened.

"They needed to ask first what we were doing," Kaur said on Sunday night. "(The police) can't do this s**t with someone's life," she added. The police, however, claimed that Kundi violently resisted the officers. Kundi suffered head injuries when he was slammed into the police car and the road. A police official also kned in his neck when he was on the ground. "His brain is damaged because policeman hit very badly on the road. On the car, his head. And his neck nerve," Kaur said.

Aakash Prakash Makwana, tried to get US Green Card through marriage scam, got caught



(By our staff reporter)-A 29-year-old Indian national living unlawfully in the US has pleaded guilty to marriage fraud aimed at fraudulently obtaining a Green Card, a patch to American citizenship. He overstayed his visa and falsified documents to support a fraudulent marriage. When the plan failed, he falsely claimed domestic abuse to remain in the US. The US Attorney's Office has announced that Aakash Prakash Makwana pleaded guilty to aggravated identity theft. Makwana was unlawfully living in Roncverte, West Virginia. The 29-year-old admitted that he committed the offence as part of a scheme to marry a US citizen to evade US immigration laws, US Citizenship and Immigration Services said in a statement. Makwana initially entered the US on a J-1 non-immigrant visa,

intended for work in the hospitality and culinary fields. Since the visa was only valid for one year, he collaborated with others in a scheme to marry a US citizen in order to stay in the country illegally. The J-1 visa is a non-immigrant visa that lets foreign nationals come to the US to participate in educational, cultural, or professional exchange programmes for a short duration. MAKWANA CONSPIRED TO MARRY US CITIZEN TO GET A GREEN CARD According to court documents and statements made in court, Makwana arrived in the US on a J-1 nonimmigrant visa on November 23, 2019. As part of his guilty plea, Makwana admitted that he knew the J-1 visa was valid for one year and that he remained in the US after the visa was not extended and expired on November 24, 2020.

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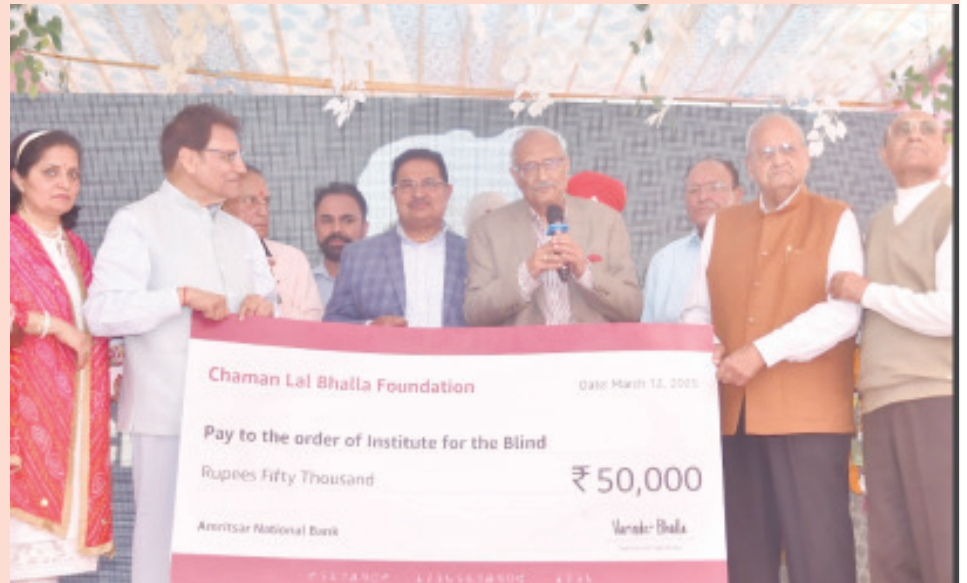
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American & Indian Officials Unite to show their presence and pride



(By Sharanjit Singh Thind) New York: In a heartfelt tribute to the late Chaman Lal Bhalla and his philanthropic legacy, a street in Amritsar has been named in his honor. The inauguration ceremony brought together dignitaries, family, and friends from India and the United States to celebrate a man whose life was dedicated to serving the underprivileged, particularly the children of the Amritsar Institute for the Blind. U.S. Congressman Tom Suozzi, New York Senator Jack Martins, and Assemblyman Charles Lavine addressed the gathering via video messages, acknowledging Chaman Lal Bhalla's lifelong commitment to humanitarian efforts. The event saw an overwhelming turnout, with hundreds of family members and friends, including many who traveled from across India and the U.S.

The Chief Guest for the occasion was former Deputy Chief Minister of Punjab, Om Parkash Soni, while Councilor Vikas Soni served as Guest of Honor. Other distinguished attendees included former MLA Sunil Datti, Amritsar Congress Chief Ashwini Kumar, Assistant Commissioner Vishal Wadhawan, Councilor Sunita Sharma, Chheharta Merchants Association President Kawaljit Singh, renowned community leader Satish Devgan, and



Amritsar community. The inauguration began with a grand procession led by a traditional band of bagpipers, setting a solemn yet celebratory tone. Hundreds of attendees marched in unison behind the music, forming a sea of supporters moving through the narrow street where Chaman Lal Bhalla once lived. As the group reached the freshly installed milestone bearing the name - Chaman Lal Bhalla Lane - a drone rose silently above the gathering and gently sprinkled them with rose petals, which drifted like whispers from the heavens, blanketing the crowd in a silent benediction. Chief Guest Soni cut the ceremonial ribbon, unveiling the engraved stone as applause erupted from the crowd, many of whom stood with folded hands in reverence. It was a powerful moment that captured the deep

SPECIAL FEATURE

holds for Bhalla's enduring legacy. In recognition of Chaman Lal Bhalla's legacy, a Citation from the U.S. House of Representatives was presented to his son, Satish Bhalla, while New York State Senate citations were awarded to Chander Mohan Bhalla, Subhash Bhalla, and Suraj Bhalla. As a tribute to Bhalla's unwavering support for the visually impaired, a cheque for ₹50,000 was presented to the Amritsar Institute for the Blind, along with a commitment for continued support. His legacy also lives on through the Chaman Lal Bhalla Eye Camp, which provides free eye exams and eyeglasses to those in need. The Eye Camp, inaugurated by Member of Parliament Gurjeet Singh Aujla on the 50th anniversary of Bhalla's

passing, has already delivered over 1,200 eyeglasses to the needy people of Amritsar.

Varinder Bhalla, the former Commissioner of Nassau County, New York, traveled from New York to witness the naming of the street where he grew up before moving abroad. He was accompanied by his wife, Ratna Bhalla, the former Deputy Commissioner of Nassau County, who played a crucial role in establishing the eye camps in Amritsar. "My father was the inspiration behind everything I did", says Varinder Bhalla, who recently received a congressional award for his charitable endeavors in India and community service in the United States. The AWB Food Bank, which he founded in Delhi in 1991, has distributed over 15 million meals to needy people and supported CLB Eye Camps in Amritsar. "This street now carries not just my father's name, but the spirit of his life," he said. "May it stand as a reminder to serve the forgotten, lift the fallen, and care for those without a voice." As dusk approached and the final rose petals were swept gently by the breeze, Chaman Lal Bhalla Lane stood as a living symbol - a street where compassion once walked, and where his legacy will forever lead the way.

(AIA) NY Chapter Annual Benefit Gala Organized

- Nassau County Executive Bruce Blakeman was the Chief Guest of the evening.
- Dr. Karthik Gujja *Navneet Sikka * Dr. Hetal Gor *Dr. Devendra Shrivastava *Ramesh C. Gupta Honored for outstanding achievements and excellence in their respective domains.
- Binaya S. Pradhan Consulate General Of India *Dr. Christine Mannino, President of Queensborough Community College *Ashok Lavasa, retired IAS officer were recognized for their outstanding contributions.



(By Sharanjit Singh Thind) New York: (AIA) is the oldest national association of Asian Indians in America, founded in 1967. AIA's mission is rooted in promoting the interests of Asian Indians, fostering community engagement, and celebrating our cultural diversity. In a remarkable evening that blended grace, celebration, and community pride, (AIA), NY Chapter, held its Annual Benefit Gala on June 1st, 2025 at the elegant Pearl Banquet Hall. The event drew over 350 guests, including dignitaries, The Consulate General of India in New York and elected officials included Nassau County executive, community leaders, medical and healthcare industry, and other professionals, all gathered to honor five exceptional individuals for their outstanding contributions to the community. AIA-NY honored five exceptional individuals, each hailing from different industries, regions of India, and fields of expertise. Their outstanding achievements and excellence in their respective domains made them truly deserving of recognition. We proudly referred to them as the 'Five Ratnas' (jewels) of our gala, symbolizing their invaluable contributions to their fields and the community.



Dr. Karthik Gujja, M.D., M.P.H. A Visionary in Cardiovascular and Endovascular Care We proudly recognize Dr. Karthik Gujja, M.D., M.P.H., for his exceptional leadership and pioneering contributions in the fields of cardiovascular and endovascular medicine.

Navneet Sikka, Youth Ambassador, honoring a Visionary Leader, recognizing exceptional achievements in business, entrepreneurship, and social activism,

SPECIAL FEATURE

Distinguished Businesswoman and a Dedicated Social Activist

Hetal Gor, MD, FACOG - Excellence in OBGYN, Recognizing outstanding contributions in the field of Obstetrics and Gynecology, Medical Director, Women's OBGYN, CEO, Health Media

Dr Hetal Gor is board certified Obgyn, practicing in Englewood, New Jersey.

Devendra Shrivastava, MD, Honoring a Distinguished Medical Leader,

Recognizing a respected figure in the medical community for outstanding contributions and dedication to excellence in Medical Director of Dialysis Services.

Ramesh C. Gupta, Ph.D. Synthetic Organic Chemistry Expert President, Chem-Master International, Inc. Driving Value through Research and Innovation in New York Founder, R&S Chemicals Pioneering Advances in Organic and Medicinal Chemistry, North Carolina.

The Gala proudly recognized three distinguished individuals for their outstanding contributions:

Distinguished honor of the evening was bestowed upon our Chief Guest, The **Honorable Binaya S. Pradhan** Consulate General Of India.

Leadership Award in the education field to **Dr. Christine Mannino**, President of Queensborough Community College.

The Excellence Tribute in Public Service award was conferred upon **Mr. Ashok Lavasa**, a retired IAS officer from India, in recognition of his remarkable achievements. The honor of the evening was bestowed upon our Chief Guest, **Nassau County Executive Bruce Blakeman** and The Honorable Binaya S. Pradhan Consulate General Of India.





President Beena Kothari extended her sincerest appreciation to all attendees, including distinguished dignitaries, elected officials, special guests, and esteemed honorees. President Beena Kothari congratulated the honorees and expressed her heartfelt gratitude to the AIA team for making the event a resounding success. The President extended her heartfelt gratitude to Mr. Gobind Munjal, National President of AIA, as well as all past National Presidents and NY Chapter Presidents, for graciously attending the Benefit Gala and for their unwavering support. Ambassador Binay S Pradhan Consulate General of India, in New York, Hon. Bruce Blakeman – Nassau County Executive, Hon. Thomas P. DiNapoli – New York State Comptroller and Hon. John C. Liu – New York State Senator Graced the Gala with their presence. Hon. Edward P. Romaine – Suffolk, County Executive and Hon. Rosemary Walker – Nassau County sent their wishes and congratulations. Messages of best wishes and congratulatory messages were read from Senator Charles Schumer's Office, (By Tandeep Singh) and Congressman Tom Suozzi's Office. (Compiled from a Press Release sent by organizers)



Pakistan Still Shows Junagadh On Its Map Despite Losing 1948 Vote; Here's The Nawab's Condition Now

For the past 72 years, Pakistan has continued to depict not just Jammu & Kashmir and Ladakh, but also two significant regions of Gujarat—Junagadh and Manavadar—in its official maps. In its latest edition, the country has once again included these areas, reaffirming its long-standing and controversial territorial claims.

Every political map issued by Pakistan involves direct involvement from the government, not just the Survey Department, making it a deliberate and persistent move that dates back to the time of Partition.

Despite Junagadh and Manavadar being an integral part of India, Pakistan has never accepted their merger. In fact, Junagadh was one of the princely states where Pakistan faced a decisive setback.

Pakistan engages in several symbolic actions concerning Junagadh. For instance, it reportedly issues a limited number of vehicle licenses each year using Junagadh registration plates. It has also been reported that in a show of defiance, Pakistan also refuses to recognize Daman and Diu—regions adjacent to Junagadh—as part of India. Instead, its official maps depict them as Portuguese territory, even though India integrated Daman



and Diu from Portugal in 1961. According to Patrick French's book *Liberty and Death*, Pakistan is fully aware that Junagadh is an integral part of India, yet it persistently includes the region in its official maps.

The Nawab of Junagadh, one of the Kathiawar princely states, signed a merger agreement with Pakistan on August 15, 1947. Although the ruler, Nawab Muhammad Mahabat Khan, was Muslim, the majority population in Junagadh was Hindu. Both the Nawab and his Diwan, Shahnawaz Bhutto, were inclined towards Pakistan, influenced by the promises made by Mohammad Ali Jinnah. However, V.P. Menon wrote to the Pakistani High Commissioner on August 21, pointing out that Junagadh was not geographically connected to Pakistan and had a predominantly Hindu population, and thus called for a referendum

to determine its future.

No Reply From Pakistan

According to Ashok Pandey's book *Kashmirnama*, when Pakistan did not respond to the initial letter, it was sent again, but there was still no reply. On September 12, Prime Minister Nehru, through Mountbatten's Chief of Staff Lord Ismay, conveyed that India was willing to accept the outcome of any plebiscite.

The very next day, Pakistan declared that Junagadh had merged with it. This announcement enraged the people of Junagadh, sparking a mass movement that soon gained support from neighbouring states. Pressure mounted on India to take action. However, Nehru and Patel were aware that any war at that moment would likely lead the international community to blame India.

The Nawab of Junagadh

refused to meet VP Menon, citing illness as the reason. In response, India adopted a different approach by deploying the armies of neighbouring states along Junagadh's borders. Menon was sent to Junagadh to persuade the Nawab to hold a referendum once again, but the Nawab declined to meet him. Meanwhile, Junagadh also laid claim to the territories of Babariawad and Mangrol.

On October 1, 1947, the Nawab of Junagadh occupied Mangrol.

In response, India wrote to the Prime Minister of Pakistan, urging the Nawab to vacate the territory. Pakistan, however, demanded a legal investigation into the merger of Mangrol and Babariawad, despite both regions having already signed merger agreements with India.

Nawab Of Junagadh Flees

In response, India promptly handed over the administration of Mangrol and Babariawad to the Indian Civil Service and imposed economic sanctions on Junagadh. The Nawab had already fled to Karachi with the state's treasury, and Junagadh's situation worsened steadily.

Public anger grew stronger, and on October 27, Diwan Bhutto, realising no help would come from Pakistan, requested India to take over the administration.

Subsequently, on November 5, a State Council assumed control of the state's affairs.

Pakistan Got Only 92 Votes In Junagadh

According to V.P. Menon's book *Integration of the Indian States*, Diwan Bhutto broke down under the mounting pressure. In this situation, Indian forces entered Junagadh on November 9, and Nehru formally informed Pakistan's Prime Minister Liaquat Ali Khan about the move.

On February 20, 1948, a referendum was held in Junagadh. Of the total 201,457 registered voters, 190,870 cast their votes, with only 91 in favor of Pakistan. Consequently, Junagadh officially became part of India.

According to Geocurrents, when Indian forces entered Junagadh, Nehru sent a telegram to Liaquat Ali Khan stating that Indian forces had entered to hold a plebiscite there.

Pakistan Sent Another Message Liaquat Ali Khan responded with a telegram stating that Junagadh was Pakistan's territory and only the Pakistan government had the authority to take action there. He accused India of violating international law and breaching established norms by deploying its forces in what he claimed was Pakistani territory.

Bengal Woman Kills Nephew After Blackmail Over Affair, Hides Dismembered Body In Cement Wall

(News Agency)- A woman in West Bengal's Malda district has been arrested for allegedly murdering her nephew-in-law and concealing his dismembered body in a cement wall.

The victim, Saddam Nadab, a labour contractor by profession, was reported missing on 18 May after he left home on his scooter and never returned. He had been living with his aunt by marriage, Moumita Hasan Nadab, in Malda. According to police, the two worked together and were also allegedly in a romantic relationship. Following his disappearance, police began



an investigation and took father's residence in the Tapan area of neighbouring Dinajpur district, India Today reported. Moumita Nadab further told the police that she was being blackmailed by Saddam with explicit photos, which she

claimed drove her to commit the murder. However, the police believe the real motive may have been financial, as Saddam was reportedly carrying several lakhs of rupees. They suspect the killing may have stemmed from a dispute over the money. Meanwhile, in a similar incident in Delhi, a 38-year-old man allegedly killed his wife at their home in the outer north Bawana area, suspecting her of having an affair with his younger brother.

The husband, Beerpal, was arrested on June 1 after he allegedly murdered his wife, Phoolwati, 32, by strangling

her with a black scarf at their residence. "A black scarf was found tightly tied around the woman's neck. There were no external injury marks visible," police said, adding that the body was identified by the couple's daughter. During questioning, Beerpal confessed that the motive behind the murder was Phoolwati's alleged extramarital relationship with his younger brother Amit. Beerpal, who works in a factory in Sector-1 DSIIDC Bawana, was arrested and a case under Section 103(1) (punishment of murder) BNS was registered.

Houses damaged, farms submerged as floods batter Manipur, over 1.6 lakh affected

Manipur authorities reported that 643 localities across the state have been submerged, and 35,143 houses have sustained damage. Agricultural loss has also been significant, with 82.79 hectares of farmland currently underwater.

The flood situation in Manipur worsened on Tuesday as the number of people affected surged to over 1.64 lakh following days of relentless rainfall that caused multiple rivers to overflow and breach embankments across the state. Authorities reported that 643 localities across the state have been submerged, and 35,143 houses have sustained damage. Agricultural loss has also been significant, with 82.79 hectares of farmland currently underwater.

According to official sources, at least 1,64,879 people have been impacted by the disaster, marking a steep increase from the 56,000 affected as of Monday.

Officials confirmed that at least



3,917 people have been evacuated in the ongoing rescue efforts and 77 relief camps have been set up to accommodate displaced residents.

On Tuesday, the body of a 57-year-old man who was swept away by floodwaters was

recovered in Imphal West district by rescue volunteers, confirming the first death amid the ongoing crisis.

Although rainfall in the state was recorded as "light to moderate" on Tuesday, floodwaters continued to

inundate several parts of Imphal East district for the fourth consecutive day. The flood has also triggered 102 landslides across various regions of the state over the past four days.

The situation has severely disrupted public utilities,

particularly in Imphal East, where power supply remains cut off in many areas. The Kongba sub-power station has been placed under emergency shutdown due to flooding, leading to widespread outages. Additionally, residents are grappling with an acute shortage of drinking water.

Government offices, including the office of the Deputy Commissioner and the Imphal East Police Station, have also been impacted by the floods, further complicating coordination efforts.

Relief and rescue teams, including local volunteers and state disaster management forces, continue to work round the clock as authorities monitor the situation closely.

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Not satisfied with marks, NEET aspirant shoots himself with father's gun, dies

According to preliminary investigation, the deceased, Nikhil, had checked his NEET answer key sheet and upon finding his performance unsatisfactory, shot himself with his father's licensed pistol.

(News Agency)- An 18-year-old NEET aspirant from Gwalior allegedly shot himself with his father's gun following low performance in the NEET 2025 answer key sheet on Tuesday. The results of the exam are yet to be declared. The student, Nikhil Pratap Rathore was reportedly devastated by his performance.

According to preliminary investigation, Nikhil had checked his NEET answer key sheet earlier that evening. When his parents inquired about his expected score, Nikhil matched his answer sheet with the answer keys. He became disaapointed upon realizing that his result was not as expected and he had scored much less. The disappointment reportedly triggered intense emotional distress in him and a short while later, Nikhil went into a room, took his father's licenced pistol, and shot himself.

The sound of the gunshot sent the family rushing to the room, where they found him critically injured. He was



immediately taken to a nearby hospital, but doctors declared him dead on arrival. Maharajpura Police have seized the weapon and launched a full investigation

into the case.

Speaking to India Today, CSP Nagendra Singh confirmed that the incident took place late Tuesday evening.

"We received information about a suicide by gunshot. A case has been registered, and the body was sent for post-mortem examination," he said. Singh further stated that no suicide note was recovered from the scene. "The family told us that Nikhil was a bright and dedicated student. He had recently passed Class 12 with excellent marks. However, he was under immense stress after the NEET answer key sheet result did not meet his expectations, which may have driven him to take this extreme step."

"The gun has been seized, and we are thoroughly investigating the matter from all possible angles," CSP Singh added. According to family members, Nikhil was a focused and dedicated student who took his studies seriously. His father personally accompanied him to coaching classes, and the entire family supported his academic aspirations. Nikhil's elder brother is currently pursuing a BTech degree.

No Relief For Sharmistha Panoli, Calcutta HC Directs State To Submit Case Diary

(News Agency)-The Calcutta High Court on Tuesday denied interim relief to Sharmistha Panoli, a 22-year-old law student from Pune and a social media influencer. However, the court ordered to stay all FIRs outside the Garden Reach police station area. The court has requested



for the submission of the case diary from the case, with a decision on her bail scheduled for June 5.

Panoli was arrested last month. She was detained by Kolkata Police in Gurugram for allegedly posting a video on social media site X (formerly Twitter) containing derogatory remarks about Islam and the Prophet Muhammad, which sparked widespread backlash.

Despite deleting the video and issuing a public apology, multiple FIRs were filed

against her under sections of the Bharatiya Nyaya Sanhita related to promoting enmity and inciting public unrest. During the hearing, Justice Partha Sarathi Chatterjee emphasized the need for caution in public comments, stating, "In our country, people of various religions live together. Therefore, it is important to be especially cautious before making any comment through any medium, to ensure that no one is hurt."

Under the court's directions, the FIR filed at Garden Reach will be treated as the primary case. The state has been instructed to take no further action regarding the other FIRs for now and to refrain from registering any new FIRs based on the complaint. The court said that the case diary must be submitted to it on June 5, after which the court will decide on the remaining FIRs. The hearing will continue in the courtroom of Justice Raja Basu Choudhury on the same day. Panoli's legal team contended that her arrest was unlawful as the FIR contained non-cognisable offences, and she had not been served a notice before her arrest, as mandated under the BNSS.

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Delhi riots conspiracy case to be heard afresh after Judge's transfer

The case, registered under the Unlawful Activities (Prevention) Act (UAPA), will now be taken up for hearing by Additional Sessions Judge (ASJ) Lalit Kumar of the Karkardooma court.

(News Agency)- The Delhi riots larger conspiracy case will be heard afresh after a recent judicial transfers resulting in the transfer of the judge who had been hearing the matter.

The case will be heard again on June 6, 2025.

The case, registered under the Unlawful Activities (Prevention) Act (UAPA), will now be taken up for hearing by Additional Sessions Judge (ASJ) Lalit Kumar of the Karkardooma court.



Previously, the case was being heard by ASJ Sameer Bajpai, after the transfer of ASJ Amitabh Rawat, the original judge overseeing the trial.

ASJ Rawat had presided over the hearings in the matter before being transferred. His successor, ASJ Bajpai, carried on hearing the arguments starting last year.

According to court proceedings held on June 2, the prosecution had already completed its submissions, and five of the accused had also concluded their arguments on the point of charge.

Since the Judge has been transferred, the prosecution, the accused people and their

counsel sought some time to consult with each other regarding the timeframe to address the arguments.

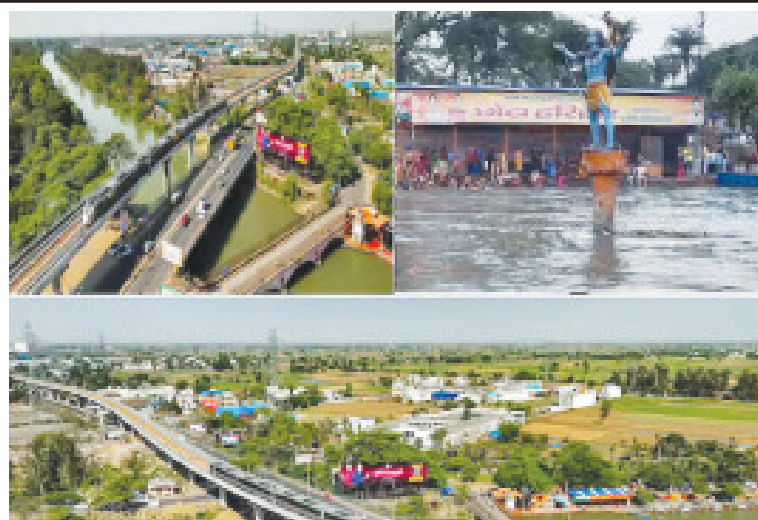
Both the Special Public Prosecutors (SPPs) and defence counsel were directed to furnish their schedule regarding the timeframe and the manner in which they would address the arguments, particularly the time to be taken by them. Both parties have also been asked by the court to provide each other with the schedule of the arguments.

Bomb threat to Mangaluru hospital triggers evacuation, later declared hoax

A bomb threat call to Kanachur Medical College Hospital in Karnataka's Mangaluru on Wednesday led to an evacuation and a search by bomb squads. No explosives were found, leading the investigators to declare it a hoax.

A bomb threat call made to a private medical college in Karnataka's Mangaluru on Wednesday led to the evacuation of the facility. The police launched a full-scale search operation with bomb disposal teams deployed. The threat was later declared a hoax.

According to the police, an unidentified caller phoned Kanachur Medical College Hospital, located in Deralakatte in Ullal taluk, claiming that a bomb had been planted on the premises. The hospital falls under the Konaje police station



limits. Following the call, authorities evacuated patients, staff, and visitors, and called in the bomb detection and disposal squad (BDDS). Teams, including

sniffer dogs and local police personnel, conducted a thorough search of the premises but found no explosives.

A case has been registered, and police are working to trace the caller. Preliminary investigation suggests the call was made from a mobile phone, and technical teams are now analysing call records.

Officials said strict action will be taken against those responsible. They also noted that bomb hoaxes are a serious offence and can cause unnecessary panic and

disruption, especially in healthcare settings.

In April 2025, several educational institutions across Bengaluru were thrown into panic after receiving bomb threat emails, prompting swift evacuations and a large-scale police response. Among the institutions that received the threats were the RV College of Engineering and the Karnataka Chitrakala Parishath.

After extensive searches, preliminary investigations confirmed that the emails were hoax threats and no explosive devices were found.

Parliamentophobia: Derek O'Brien says government dodging Op Sindoor debate

After the dates for the Monsoon Session of Parliament were announced, Trinamool Congress Rajya Sabha MP Derek O'Brien on Wednesday claimed that the Narendra Modi government is suffering from "Parliamentophobia."

In an apparent dig at the Centre, O'Brien was referring to the Opposition's repeated calls to hold a joint session of both houses to discuss the Pahalgam terror attack and Operation Sindoor.

As the Centre overlooked repeated calls from the Opposition to convene a joint sitting of both Houses, O'Brien took to X and wrote, "Parliamentophobia (noun). My word for the acute condition of a (Modi) government who have a morbid fear of facing Parliament. Running away from a Special Session."



A few days back, Congress Chief Mallikarjun Kharge also reiterated the Opposition's demand for a joint parliamentary session over Operation Sindoor and wrote on X: "We, the leaders of INDIA, reiterate our collective and urgent request to convene a special

session of Parliament to discuss the developments following the terror attack in Pahalgam on April 22, 2025." Meanwhile, Parliamentary Affairs Minister Kiren Rijiju today announced that the Monsoon Session will be held between July 21 and August 12. Amid the growing clamour for holding a joint parliamentary session in the wake of India's Operation Sindoor, Rijiju said, "Every session is a special session for us." He further stated that "all important matters" will be discussed in the upcoming Monsoon Session. Earlier, sources revealed to India Today TV that the Centre is willing to take up discussions on Operation Sindoor and the Pahalgam terror attack, provided the debates are held in accordance with the rules and regulations of the Parliament.

Terrorist State Pakistan At The Helm Of Global Counter-Terrorism?

It's a bitter farce that played out in New York on June 4, 2025. Pakistan—a country notorious for nurturing global jihadist networks—is now leading the UN Security Council's Taliban Sanctions Committee and serving as vice-chair of the Counter-Terrorism Committee. This isn't irony—it's an indictment of the global system's moral collapse.

India has repeatedly warned the world that no other nation shelters more UN-designated terrorists than Pakistan. Lashkar-e-Taiba, Jaish-e-Mohammed, the Taliban—these aren't rogue actors but state-sponsored proxies of Pakistan's military establishment in Rawalpindi. Even Osama bin Laden was found hiding in a military town. The world looked away then, and now it hands Pakistan a seat at the high table of counter-terrorism.

Terrorism in Pakistan isn't a bug—it's a feature. A strategic tool of its military and intelligence elite used to exert influence abroad and maintain control at home. The Pakistan Army is no longer just a national force; it operates like a transnational criminal syndicate, cloaked in uniform.

The real disgrace lies with the UN itself. Institutions meant to uphold peace are now enabling its destroyers. When Pakistan chairs counter-terror panels, the message is loud and clear: global justice is broken—

and hypocrisy rules.

Pakistan's Sinister Money Laundering A sinister pattern has taken root in South Asia. Whenever international aid flows into Pakistan, whether for disaster relief, economic recovery, or development, a predictable aftermath follows: a spike in terror activity orchestrated by Pakistan's military-protected proxy groups. Lashkar-e-Taiba, Jaish-e-Mohammed, and others under newer, welfare-like aliases resurface with renewed vigour. This is not an accident. It is a direct consequence of systemic financial laundering by Pakistan's military establishment, a process that diverts aid and investments into the bloodstream of jihad.

From Khaki to Kalashnikovs: A State-Run Laundromat

The evidence is overwhelming. Pakistan's military controls a massive share of the country's economy—from real estate and banking to logistics and telecom. Entities like the Fauji Foundation, Army Welfare Trust, and Shaheen Foundation run vast commercial empires patronising terror under the pretence of "welfare." These enterprises are tax-exempt, unaudited, and legally protected—yet operate like mafia fronts that channel resources into terror financing and elite enrichment.

By : Lt Gen AB Shivane (Retd)

Bengaluru stampede, the price fans pay for manufactured loyalty

What has Royal Challengers Bengaluru (RCB) got to do with Bengaluru? It is a motley crew of mercenary cricketers, hired from around the world, with few, if any, local players, except three this year (Devdutt Padikkal, Manoj Bhandage and Mayank Agarwal). In fact, this is one of the rare seasons where RCB have had this many local players. Three. That's almost a crowd, by their standards.

On paper, it is led by an Indore native, in spirit by a Punjabi from Delhi. The loyalty of its players is transient, available to the highest bidder. After 17 seasons without an IPL title, this squad of global freelancers wins a cricket league, not a World Cup or even a minor international trophy. Yet, in a tragic twist of irony, Bengaluru erupted in manic celebrations that led to a deadly stampede. The city administration must be held accountable for inadequate crowd control measures, such as insufficient policing or barriers. But the catastrophe was also fuelled by pride in a team lacking strong local ties, a frenzy exploited by corporate greed.

Greed and Fear

The IPL, like most city-based leagues in the world, is a cunning exploitation of

regional pride. Named after cities and states, it demands loyalty with the cheap gimmick of association by tokenism. In practice, almost every team comprises players drawn from outside, sometimes pitting a native player against his home crowd. Consider the irony when Kolkata Knight Riders, owned by a Mumbai film star without any key player from the city, takes on Delhi Capitals, whose director is the Bengali icon Sourav Ganguly. Or, when RCB fans cheer against Rajasthan Royals, coached by Kannadiga hero Rahul Dravid. Loyalty to city franchises is so convoluted it feels farcical.

Unlike the national team, most teams operate as pure business ventures. Owners of these franchises are business tycoons, not city or state admins. The teams are marketed as brands, and their earnings are added to corporate balance sheets. Yet, the biggest investors are fans, who spend money on tickets and emotions on their teams, sometimes with tragic consequences.

Why are fans driven to such a frenzy? Many factors like human psychology, social anxiety, and marketing converge to create the mania around city-based franchises.

By Sandipan Sharma

Europe To Africa, Why Pakistan's Terror Exports Aren't India's Problem Alone

It is now more than official. Terrorist groups are not just supported by the Pakistani state, but they receive public encouragement and quite literally rub shoulders with the country's top army men and police officers. But as our diplomatic system gets into top gear to spread this message, it is important to also point out that this is certainly not merely an India-Pakistan issue.

Pakistani elements have been stoking terrorism everywhere from Africa and Europe to the United States. In short, our delegations should be talking not just about Operation Sindoor, but must also bring up the truth about dangerous activities by terrorist elements elsewhere.

Partying With The Lashkar

First, there's the explosive video that emerged of a Pakistani politician claiming that the prominent Lashkar-designated terrorist, Hafiz Saeed, was his "second team" and virtually a brother. Looking on in the video are his son, Talha Saeed, also a designated terrorist, and Saifullah Kasuri, who has a number of aliases. Only days before, Kasuri had – after denying that he had anything to do with the Pahalgam attack – addressed crowds, threatening India in his speech. Also on 'parade' at different times, were a number of other top Lashkar leaders – so far careful to keep themselves out of public gaze – who were openly exhorting the crowd towards jihad.

All this points to a clear army hand in letting loose terrorists in an act of defiance.

Second is the reality that Pakistani politicians need these people to win votes. Prominent politicians, including close cronies of Prime Minister Shahbaz Sharif, food minister Malik Rasheed Ahmad Khan, and Punjab Assembly Speaker Malik

Muhammad Ahmad Khan, were at the aforementioned rally. Malik Ahmed Khan, for instance, comes from a political family and has been elected from Kasur, the focus and centre of the worst blasphemy fabrications and a hunting ground for jihadis of all hues. His declaration, that India should provide proof of the involvement of Saifullah in the terrorist attack, is audacious. His own chief of police could give him an entire dossier. Besides, Saifullah's entire history is well known to both US intel and India. He is hardly a shy flower in the terrorist world.

... And In Nigeria

Meanwhile, another story has surfaced. The Nigerian army recently arrested four Pakistanis for allegedly training Boko Haram and the Islamic State West Africa Province (ISWAP). Boko Haram had once sworn allegiance to the Islamic State but later parted ways. Nonetheless, the two outfits remain bloody as ever.

Boko Haram had first made headlines in 2014, when it kidnapped over 200 schoolchildren, mostly girls, in the town of Chibok in Nigeria. ISWAP, on the other hand, is a Salafist group that believes in indiscriminate executions of non-believers. Those are some nice friends to have for Pakistan.

In any case, Nigeria is looking for intel cooperation, and Delhi must oblige.

Europe Gets a Jolt Too

Just months ago, the Spanish police had arrested some 30-plus Pakistanis in a three-year-long operation in Spain, which had subsequently led to another 11 11 arrests in Barcelona. The operation had targeted a number of cells, including women, which were purportedly radicalising the youth using encrypted channels for communication and a strong hierarchical structure.

By Tara Kartha



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An Appeal Against Primetime Poison

By Manoj K. Jha

This is not an opinion piece but an appeal to the participants, organisers, and sponsors of the great Indian television debates that have created multiple primetime slots. In many ways, it can also be seen as a piece of unsolicited advice from someone who has seen it all and done it all. Let us agree that all of us are confronting the concern about whether we, as a nation and as a people, can survive these highly toxic and polarising TV debates, which have normalised the vilest of abuses and obscene expressions. The recent one being just one of the cases where the spokesperson of the ruling party hurled the filthiest of abuse at the representative of the main opposition party. The current reality across most of the platforms has degenerated into loud, abusive, and polarised shouting matches that prioritise sensationalism over substance and promote partisan narratives, resulting in an "us vs them" atmosphere which easily travels from the studio to the streets. We have chosen to forget that this kind of toxicity shuts dialogue, whereas respectful, constructive arguments move everyone forward—even when agreement is not reached.

A Vile Turn

It just requires all the stakeholders in these kinds of programmes to go back



to primary school textbooks to realise that Indian democracy, the world's largest, has long been celebrated for its vibrant diversity, forceful debates, and constitutional commitment to liberty and equality. However, in recent years, the tone and tenor of public discourse—particularly in political and digital spaces—have taken a poisonous and abusive turn. This shift threatens the very foundation of democratic functioning. While India faces many challenges, from economic inequality to institutional corruption, one of the most insidious and dangerous threats is the degeneration of public discourse into a space dominated by hate, abuse, misinformation, and polarization.

A healthy democracy relies on informed, rational, and respectful debate. The public square—whether on television, social media, or parliamentary floors—should be a platform for discussing policies, exchanging ideas, and resolving disagreements through dialogue. However, when discourse becomes toxic, it replaces thoughtful argument with personal attacks, slander, and emotional manipulation. Rather than addressing real issues such as unemployment, education, or healthcare, debates often devolve into shouting matches and ideological mudslinging. This undermines the very essence of democratic deliberation, and the TV newsroom debates are leading

this trend.

Demonising The 'Other'

Toxic discourses organised, advertised, and promoted by the TV platforms have a polarising effect on society, as several studies have shown. Politicians and party spokespersons frequently use inflammatory language targeting religious, caste-based, or regional identities, deepening existing social divides. Social media further amplifies this division by creating echo chambers where people are exposed only to like-minded views, reinforcing prejudice and demonising the "other". The result is a growing atmosphere of hostility and intolerance. In several cases, this has led to real-world violence, such as mob lynchings or communal riots, threatening the fabric of Indian pluralism.

The media house owners, TV anchors, reporters, as well as spokespersons, must not forget that a thriving democracy allows space for dissent, protest, and critique. However, when public discourse turns abusive, it often targets those who question or criticise power—be they journalists, students, artists, or activists. Online harassment campaigns, legal intimidation, and even threats to personal safety are increasingly common in the times we live in.

Democratic party leaders just met for the first time in months. When will they take real action?

By Norman Solomon

People with the power to change the direction of the Democratic party – the executive committee of the Democratic National Committee (DNC) – met last Friday for the first time in five months. They took no action.

The party's bylaws make the executive committee "responsible for the conduct of the affairs of the Democratic party" between the meetings of the full committee, which isn't scheduled to gather until late August. But taking responsibility wasn't on the agenda. Instead, committee members and staff kept praising each other and committee leaders. Many talked about improving the party's infrastructure and vowed to defeat Republicans. Deliberation, proposals and debate were completely absent. So was a sense of urgency.

After so many months without a meeting, you might think that the executive committee would have a lot to talk about. But it was scheduled to meet for only three hours, which turned out to be more than adequate for what anyone had to



say. The committee adjourned after an hour and a half.

If obscurity was a goal for the national meeting, held in Little Rock, Arkansas, it was a success. The DNC's website didn't mention the meeting. Media coverage was close to nonexistent.

The committee leadership remains largely within a bubble insulated from the anger and disgust – toward the party – that is widespread among countless

Democrats and other Americans. They want the Democratic party to really put up a fight, while its leaders mainly talk about putting up a fight. The Trump regime is setting basic structures of democracy on fire, while Democratic leaders don't seem to be doing much more than wielding squirt guns.

A week ago, the new chair, Ken Martin, received a petition calling for an emergency meeting of the full 448-

member committee. The petition, co-sponsored by Progressive Democrats of America and RootsAction (where I'm national director), includes more than 1,500 individual comments. They're often filled with anguish and rage.

The California representative Ro Khanna has joined in the call for an emergency committee meeting. "I've supported it, I've spoken directly to our chair, Ken Martin, about it," Khanna said last week. "Look, what's going on is chilling ... They're banning all international students from coming to Harvard. I mean, think about that – all foreign students banned. They could do this in other universities. They have fired, or let go of, seven of the 18 directors at the NIH, totally dismantling future medical research in our country. They have dismantled the FDA, firing people who approve new drugs. They are systematically firing people at the FAA ... They're openly talking about defying United States supreme court orders, [JD] Vance has said just defy the orders. They're calling universities 'the enemy'.

India's Strike On Pakistan Alters Global View Of Military Power

By Minhaz Merchant

The two interviews Chief of Defence Staff (CDS) General Anil Chauhan granted to Bloomberg and Reuters at the Shangri-La Dialogue in Singapore revealed how global media shapes, and distorts, narratives.

Both interviews focused on General Chauhan's confirmation of an unspecified but small loss of Indian fighter jets. They did not focus on his confirmation of the unprecedented devastation Indian fighter jets and cruise missiles inflicted on military airbases and terrorist sites deep inside Pakistan. General Chauhan added that India penetrated and disabled Pakistan's Chinese-made air defence systems "with impunity". The global reaction to the four-day conflict also shows the deep anxiety in the West and China at India's growing military power — and its willingness to use it against a nuclear-armed enemy state. India's retaliatory attack on Pakistan's military airfields and terrorist headquarters has transformed its global image from a soft power into a hard power.

Consider the reaction of the United States and China as well as countries allied to the two superpowers. US foreign policy has historically leant towards Pakistan. Through the Cold War from 1950-91, Pakistan was America's loyal henchman.

Washington rewarded Islamabad by conferring on Pakistan the status of a non-NATO ally and plying it with F-16 fighter jets as well as generous financial aid. In return, as Pakistan's foreign minister Ishaq Dar confessed on television last month: "We did the West's dirty work for over 30 years." That included breeding "good" and "bad" terrorists.

India has now signalled to the world — friend and foe — that the old rules of military engagement no longer apply. The failure of Pakistan's Chinese-made air defence systems to thwart India's multiple missile attacks has been noted in Beijing and Western capitals around the world.

Significantly, China did not move a muscle to open up a second front on the LAC. It knew that 60,000 Indian troops, backed by one of India's three S-400 air defence systems, stood on alert at the India-China border. Two other S-400 systems remain deployed on the western front. They shot down multiple Chinese and Turkish drones and missiles fired by Pakistan during



the May 7-10 clash.

Embroiled in a bitter trade war with the US, Beijing's reaction to the India-Pakistan conflict has been relatively muted. It cannot cut ties with India which has the potential to compensate for some of the trade lost due to US tariffs on Chinese imports. Chinese investments in India's mobile phone and consumer markets are growing at a steady pace.

Yet China is quietly enhancing delivery of advanced weaponry to Pakistan. A tripartite deal with Islamabad and Kabul is aimed at reviving the Belt and Road Initiative (BRI) which has become a white elephant for most debt-ridden countries. For China the Pakistan-Afghanistan route is crucial to extend the BRI across Eurasia.

The reaction of the two superpowers to the four-day India-Pakistan conflict offers a study in contrasts. Under President Donald Trump the US has become an unpredictable power, ruled by Trump's changing moods. Washington continues to regard Pakistan as a nuisance, but a necessary nuisance, in south-central Asia.

TRIANGLE OF CONVENIENCE

The US-Pakistan-China triangle of convenience is based on expediency. Pakistan plays broker to the two superpower rivals, trying to get back into Washington's good books while remaining China's economic handmaiden.

Under transactional Trump, the arrangement works. Pakistan is well-versed in the dark arts of playing one

country against another. As long as he can gain commercially from Pakistan's corrupt military and political leadership, especially its new crypto ventures, Trump is willing to look the other way at Islamabad's growing dependence on China even though Beijing is America's single biggest geopolitical threat.

Double-dealing comes naturally to Pakistan. So does being subservient to both the US and China and doing their bidding. India's autonomous foreign policy in contrast has long annoyed the big powers. Europe reacted with patronising fury in 2022 when India refused to condemn Russia's invasion of Ukraine and continued trading with Moscow.

Former European colonial powers were not used to a former European colony defying sanctions that the US and Europe had slapped on Russia even though the Russia-Ukraine war was Europe's war, not India's. It took firm schooling by External Affairs Minister Dr. S. Jaishankar to put Europe in its place.

Putting the US in its place was next. India made it clear that Washington had no role to play in the ceasefire on May 10. The point was driven home clinically, frequently, and with undiplomatic candour by the Indian leadership.

China has watched India's new assertive policy with interest and concern. While Europe and the US became rich and powerful by exploiting other countries through colonialism and slavery, China like

India has been a victim of Western colonialism as well.

The West for long saw India as an upstart former European colony that needed to be lectured on democracy, freedom and governance. No former colony of the West, impoverished by European colonialism, had ever before risen to economic, military and geopolitical power in the manner India has.

Though still poor, India is now among the world's top three nations across key domains: third largest passenger vehicles manufacturer, second largest steel producer, largest milk producer, largest software services exporter, second largest consumer market, and second largest mobile phone market. Dealing with India requires a reset in Western and Chinese thinking. Both know they stand shamed by India's progress. The West because India has risen without invading, colonising, shipping African slaves across an ocean, and settling on indigenous peoples' land. These taint Western civilisation.

China for its part has historically regarded India as a weak, disunited nation that succumbed to British colonialism which China resisted except for ceding Hong Kong to Britain. But Chinese think tanks have recently concluded that India will by 2050 be a major global economic, military and technological power. Its consumer markets will be larger than China's, its population younger and more stable at 1.40 billion, while China's population shrinks and ages.

Inside The Bear's Den: Ukraine's Deep Strike And The Echoes Of UVB-76

By :Group Capt MJ Augustine Vinod VSM (Retd)

In a move that rattled Kremlin corridors and pierced the illusion of homeland invulnerability, Ukraine pulled off what few imagined possible: a precise, coordinated strike deep within Russian territory, targeting strategic bomber bases. The reverberations weren't just physical. As the mysterious radio station UVB-76 crackled to life, seasoned watchers recognised the ominous signal: Russia's nuclear doctrine may have stirred from its icy slumber.

A Strike That Rewrote the Rules of the War

When the conflict between Ukraine and Russia began, few would have wagered that Kyiv could one day reach into Russia's airbases with the kind of precision that recalls the Iranian-backed Houthi strikes on Saudi Arabia's Aramco facilities in 2019. Yet, here we are.

Russian bombers – the very platforms launching cruise missiles into Ukrainian cities – were hit. Not near the border. Not on contested land. But inside the Russian heartland. This is not just escalation; it's evolution.

Ukraine's attack on Engels and other airbases was no fluke. It was planned, timed, and executed with precision. Whether drones were launched from Ukraine or within Russian territory by infiltrated saboteurs remains to be fully confirmed, but the strategic implications are seismic. This wasn't just a blow to hardware; it was a psychological strike against Russia's sense of internal security.

Parallels to Aramco: Disrupting from Within

In 2019, Houthi rebels in Yemen launched a surprise attack using drones and cruise missiles against Saudi Arabia's prized Aramco oil processing facilities in Abqaiq and Khurais. Despite being a technologically inferior force, the Houthis used agility, asymmetry, and innovative targeting to cause billions in losses and embarrass a top-tier military state. Ukraine is now borrowing from the same playbook.

Small, Disruptive Units vs. Massive Installations: Just like the Houthis, Ukraine's small drone teams (possibly using locally made or repurposed commercial drones) struck high-value strategic sites. The key lies in the cost-to-impact ratio – a few thousand dollars of drone technology damaging billion-dollar platforms.

Element of Surprise: These attacks arrived in places where Russia didn't expect a threat. Much like Aramco, which assumed the airspace south of its defences was secure, Russia believed its internal bomber bases to be untouchable.



High Psychological Value: Damaging oil infrastructure struck at the economic heart of Saudi Arabia. Hitting Russia's bomber fleet strikes at its long-range power projection capability and pride.

Global Message: Both attacks weren't just local military moves. They were meant to show the world – and allies – that the playing field isn't as one-sided as it seems.

Strategic Precision, Tactical Simplicity: A GPS-guided drone swarm launched from the right point, with enough flight time and range, can bypass complex air defence layers – especially those configured for traditional aircraft, not slow, low-RCS drones.

UVB-76: Russia's Ominous Voice in the Static

UVB-76, known colloquially as "The Buzzer", has broadcast on the 4625 kHz frequency since the Cold War. Usually emitting a monotonous buzzing tone 24/7, its occasional voice transmissions – usually strings of seemingly random numbers and names – signal serious military readiness. So when voices replace buzzes, people tune in. Analysts track these broadcasts closely, and their resurgence around moments of geopolitical tension is no coincidence.

Legacy Command-and-Control System: UVB-76 may serve as a backup or fail-safe command channel for Russia's nuclear forces. A relic of the Cold War, it is still very much operational.

Part of the "Dead Hand" System?: The so-called "Perimeter" system – Russia's automatic nuclear retaliation network – is designed to launch if leadership is decapitated. UVB-76's activity could be a signal to activate elements of that structure.

War-Time Activation: Historically, the buzzer becomes active with voice messages during major military shifts or nuclear readiness moves. Its sudden transmission post-airbase attack suggests heightened alertness.

Symbolic Deterrence: Broadcasting voice messages may be as much a signal to NATO and Ukraine as it is a real command. It says: "We're watching. And we're ready."

Understanding Russia's Nuclear Doctrine

Russia's official military doctrine outlines four main conditions under which nuclear weapons might be used:

In Response to Nuclear/Other WMD Attacks: A straightforward clause – if Russia is attacked with nuclear weapons or WMDs, it will retaliate.

Attack on Strategic Infrastructure That Undermines Deterrence: This is where Ukraine's move becomes sensitive. Bombers form the backbone of Russia's nuclear triad (land-based missiles, submarines, bombers). Damaging them could, in theory, be interpreted as undermining deterrence capability.

Conventional War That Threatens State Existence: If the Russian Federation perceives it is losing a conventional war and the state's existence is in danger, it may resort to nuclear weapons.

Incoming Missiles of Unknown Type: Even if the warhead isn't nuclear, an incoming missile that could potentially be nuclear might prompt a pre-emptive or retaliatory strike.

Ukraine's strike, while not nuclear in nature, is seen by Russia as a breach of invulnerability. The logic behind activating UVB-76 may be rooted in Russia preparing for an escalation

ladder – to signal that it might respond disproportionately to further such attacks.

Strategic Implications for Russia and the World

1. Psychological Warfare and Civilian Panic

For the first time, Russian civilians far from the Ukrainian border are hearing sirens, witnessing explosions, and seeing burnt aircraft at home bases. The psychological wall between "frontline war" and "safe rear" is broken. Families of bomber pilots, ground crew, and air defence personnel are no longer insulated. This internal panic leads to: Pressure on the Russian military to bolster internal air defence.

Declining morale among troops.

Increased fear-based loyalty instead of ideological belief.

2. NATO's Dilemma: Silent Applause or Visible Restraint?

Ukraine's attack serves NATO's interest by bleeding Russia's strategic power, but also risks uncontrollable escalation. Hence:

NATO may support Ukraine quietly with ISR (Intelligence, Surveillance, Reconnaissance).

Direct applause is avoided to not provoke Russian escalation.

3. Ukraine's Indigenous Capability Grows

This attack was not enabled solely by Western technology. Ukrainian drone production, likely with local payload systems, AI-based navigation, and stealth profiles, is maturing. With each such strike:

Kyiv becomes less dependent on foreign platforms.

The world sees Ukraine as a military innovator.

4. Russia's Myth of Strategic Depth Crumbles

One of Russia's greatest traditional advantages is its geographic depth. Napoleon failed. Hitler failed. But drone warfare cares little about swamps, tundras, or distance. Ukraine, using \$10,000 drones, just made the vastness of Russia irrelevant.

5. UVB-76 Hints at Escalation Readiness When the Buzzer changes its tone, it's not just shortwave enthusiasts who get nervous. It means contingency plans are no longer theoretical.

Where Does This Lead? A Game of Nerves and Narratives

We're entering a new era in this war. One where precision strikes, strategic signalling, and psychological operations are more important than tank divisions. What Ukraine just did is more than a military success. It's a lesson in 21st-century warfare:

Directionless drift: Why Congress struggles to lead Opposition

The Congress has lost three national elections in a row. And if one saw some shadow of a recovery in 2024, it was despite the party and not because of it.



Sandeep Shastri

Every time the Congress party takes a decisive step forward, it subsequently appears plagued by indecisiveness. And this is often coupled with infighting, overconfidence, and needless bravado. What makes the situation more complex for the party is being out of power at the Centre for over a decade and unable to retain power in states. Further compounding this already complicated situation is the ruling Bharatiya Janata Party, which never loses an opportunity to launch a sustained attack on the Congress, which is often met with an unplanned, half-hearted, and strategically inadequate response.

The Congress has lost three national elections in a row. And if one saw some shadow of a recovery in 2024, it was despite the party and not because of it. The BJP fumbled in the 2024 Lok Sabha polls. Yet, it seamlessly shifted the narrative from an anticipated 400+ victory to a clear National Democratic Alliance majority. There was precious little done by the Congress party to alter this narrative.

The BJP was quick to review and course correct when it came to Haryana. On the other hand, the Congress demonstrated overconfidence and did not check infighting. This resulted in it snatching defeat from the jaws of victory. In Maharashtra, the Maha Vikas Aghadi was a leaderless alliance while the BJP manoeuvred to set the agenda for the

Mahayuti and contest a majority of the seats. Alleging voter list manipulation after the results reflects the Congress party's organisational weakness. It failed to raise the issue before voting, when there was scope to fix it.



It is therefore worth looking at both the party's organisational challenges and its inability to drive the political narrative in its favour. The former is plainly visible, becoming more apparent as it starts getting used to being out of power at the national level. The devastating defeat of the party in 2014 and limited recovery in 2019 were an indication of its directionless drift.

Its inability to reach triple digits in the 2024 elections, despite the BJP's electoral retreat, mirrored the organisational ineffectiveness that it

faced on the ground. At the national level, the transfer of the party presidency from Sonia Gandhi to Rahul Gandhi did little to galvanise the party. Rahul Gandhi's resignation after the 2019 defeat saw a moment for a searching

second look at organisational reform. After inordinate delays and phases of indecisiveness, the party went on to elect a leader from outside the Gandhi family. The election of Mallikarjun Kharge as the party president had its share of political drama.

Initially, it appeared as if the new party president was bringing a consensus style to decision-making. But the sustained role of the Gandhi family in this process continues to be a matter of intense debate. There was often a lack of clarity on the role of Rahul Gandhi in the party.

His Bharat Jodo Yatra and Bharat Jodi Nyay Yatra did shore up his political capital, but questions about his consistent and continuous involvement in party matters remained. After the 2024 polls, Rahul Gandhi becoming the Leader of the Opposition and his sister Priyanka winning the Wayanad seat he vacated, saw a categorical return of the Gandhi family to the political centre stage.

Sitting in the Opposition for over a decade has done little to boost the vigour and enthusiasm of the party organisation. The legendary High Command did not appear to be fully in command. And open rebellion against the party leadership became commonplace. The Hemanta Biswa Sarma episode, the departure of Jyotiraditya Scindia and Ghulam Nabi Azad, the rebellion by Ashok Gehlot, and most recently, Shashi Tharoor's stand are all reflections of this trend. On another level, infighting in the state units of the party has become more frequent and even when in power in a particular state, the party finds it difficult to keep its flock united. Sitting in the Opposition, the party has been unable to drive the political narrative. In fits and starts, it takes the initiative, only to soon fall silent and let the BJP steal the spotlight. The latest examples are the caste census and the all-party delegation of leaders sent abroad to explain India's position and present the broader context of Operation Sindoor. Its inability to build on the momentum created by the INDIA coalition during the 2024 Lok Sabha polls is yet another case of not being able to lead and set the agenda. The fact that questions about the continued relevance of the INDIA coalition are being raised — not merely by the coalition partners but by Congress leaders themselves — is a reflection of this trend. This has made it easy for the BJP to continue its efforts to isolate the Congress within the Opposition and lead a sustained attack against it.

At the end of the day, the Congress crisis is a lack of clarity on the way forward. Its organisational ineffectiveness has been capitalised on by its principal opponent. It is fast conceding its role as the principal Opposition to the BJP to other parties. Responding to the political narratives set by others has become the norm. This directionless drift needs to be stemmed if the party wants any kind of future.

Namde to Namdu: Virat's 18-year quest turns Bengaluru's cheat code into IPL glory

From a 90s kid in Bihar watching black-and-white TV to becoming a loyal RCB fan in his karmabhoomi Bengaluru, the journey mirrors the city's own underdog spirit and slow but steady rise. In 2025, after 18 years of heartbreak, Virat Kohli and RCB finally lifted the IPL trophy, changing not just a war-cry, but the emotional script of a generation.

It was the early 90s. We had a Weston B&W TV with no remote control, given we just had one channel to watch, we didn't really need it. For other menial functions, like switching off the TV or turning up the volume, parents produced 2nd or the 3rd kid, eventually to be used as a TV remote. I was one such kid, who, upon being instructed, would turn up the volume during the 8:30 pm news. That's where I found out about the chaar mahanagaro ke taapmaan — Delhi, Mumbai, Kolkata and Chennai. All four had conveniently allotted STD codes — 11, 22, 33, 44.

Bangalore didn't feature in those chaar mahanagars. For a North Indian kid like me in Bihar, who had never ventured south of Ranchi, this city was a part of the monolith called Madras. Going by our Social science book, it was a beautiful city of gardens which had Kemp Fort and good dosas. But we were completely unaware that all the exams we were slogging for, all that hard work at school was to somehow make it to this very city.

Eventually, most engineers, including me, managed to spend some part of their life in Bengaluru. Other than the amazing weather, the key facets of living in this city were paying 6-month rent in advance, the silk board traffic and sympathy towards an RCB fan.

People like me, who came from lands which were too poor to have an IPL team, automatically assumed the identity of an RCB guy "Afterall it's my karmabhoomi", Funnily the first Kannada words I learnt were not "Hey, how come you are charging me 1.5x of regular auto fare", but those golden words were actually "ee sala cup namade" (This year the cup will be ours). Now this was a cheat-code. Once you utter it, you somehow earn a Hindi-pass for 30-60 business days. You didn't need to learn any other Kannada words. This was enough to show you care. Fortunately, the cheat-code didn't change. You never needed to upgrade. Each time you come back to Bangalore, even in different decades, it was the same: "This year the cup will be ours" because the team never won.

Vijay Mallya kept throwing free beer parties, attracting the best cricketing and cheerleading talent from across the world, yet the result was the same. Mallya escaped abroad to keep track of



banking holidays. New owners came in. New players joined, yet the result was the same. We invested in our biggest cricketer after Sachin in this franchise, the son of a criminal lawyer, Virat Kohli, who spent half of his mortal life here. Yet the result was the same.

Imagine investing 2 months every year to face jokes, face defeat and feel humiliation for 18 long years. Yet, he stayed put, never switched. The franchise, having won nothing, still made 222 crores in profit last financial year. All due to one guy's persistence. Yet, the result was the same.

Finally in 2025, the gorilla is off his back, the cheat-code has changed. Now it's "ee sala cup namdu" (This year the cup is ours). Bangaloreans are out on the streets, chanting, burning crackers, emerging from their sunroofs, waving flags. We needed this. IPL needed this. I meet enough people who swear by saying they have barely watched any IPL matches this time. "Wo maza nahi raha" as their favourite players retire (or not retire and cling on), the celeb-hungry public loses interest. They need to see their stars play, they want to see more super-overs. They forever yearn for dramatic scripted fun from an unscripted event. But with RCB, a virginal team winning, it keeps the core fandom alive and stems fan-attrition to scripted 10-sec reels. The unscripted must win over scripted stuff for the general interest in sports to stay alive. The only thing that can keep fan interest alive, even if there are no super overs, is fierce team loyalties. RCB just charged the batteries of its fandom.

It was a huge moment. Virat puts it right up there with any World Cup victories

timeframe, he got married, had kids, and turned spiritual. Was stripped of the captaincy, almost forced to retire from Test Cricket, to leave him with just one format. Even bank holidays are more frequent than bilateral ODIs these days.

Post the win, the RCB alumni were present, and Virat very humbly shared the credit with them. But none of them won a title. This victory is not cumulative. You have to start from scratch every year. Virat was there when it happened. He was robbed of a great Test farewell, but I guess having personally changed Namde to Namdu in the city's favourite war-cry, will compensate somewhat. The man deserved it. The city deserved it. The mahanagar which gave so much to the country to defend itself in May (DRDO, HAL, GTRE, BEL, ISRO) deserves a gift in June. :)

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Why we see a red apple red. Is colour in our eyes or in the mind's eye?

Colour isn't just a physical property; it's how our brains interpret light reflected from objects. Different creatures perceive colours differently, so colour might be more about perception than reality. Philosophers debate whether colour is real, mental, or a mix of both. Simply put: colour is partly in the world and partly in the mind.

By Prakash Pathak

Apples are red, the sky is blue and the grass is green. Would you object to any of these assertions? Of course not. It's obvious. Everyone can see apples and tomatoes are red.

Hold on. Not everyone. Your beloved dog and the aristocratic owner of your house, Mr Cat see things differently. No matter how loyal your dog is, he will not back your claim that apple is red. Why? Because dogs are dichromatic—hence they cannot see red. They primarily see blues and yellows.

And that brings us to a troubling question. Is the apple really red? If yes, then why is it red? Does redness exist out there in universe just like your dog? Or a deeper question: what on earth is COLOR?

Your kindergarten teacher who helped you in remembering the name of colors never bothered you with these questions, but philosophers have been pondering about this question way before it was cool. Think about it, what if the colors are just in your head and the reality is colourless and dull. Philosophy of color ponders upon these questions by linking science, perception, language and metaphysics in a vivid spectrum of enquiry.

Before you blame philosophers for doing idle thinking and introducing these weird questions, in our defence I want to tell you that people from sciences are equally to blame. Descartes and Locke were not the only people who pondered upon this question, Newton and Galileo are also to be blamed. Since scientific revolution the intuitive view about color has been challenged time and time again by thinkers. Physicists such as Galileo, Newton, and even Maxwell just like philosophers such as Locke, Hume and Descartes began to paint different picture about color(did you notice the pun?).

Basic science tells us that objects interact with light in complex ways. If we take the example of our apple, it absorbs most wavelengths of light but reflects wavelengths that our eyes and brain interpret as red. But here is the catch, physics describes objects in terms of atoms, molecules, in this case the surface structure that reflects light, but it cannot describe the redness we experience.

Philosopher David Hume suggested that “sounds, colors, heat and cold... are not



qualities in objects, but perceptions in the mind.” Many modern scientists echo what Hume stated. Psychologist Stephen Palmer puts it more bluntly and suggests that our common belief that the color of an object is just as we experience, is fundamentally flawed. He argues that color is a “psychological property of our visual experiences,” not a physical property of objects themselves. In simpler terms redness is not a physical property of the apple but a psychological property of our visual experience.

Stephen Palmer’s position is interesting because he is combining two challenging ideas :

Eliminativism : Apple isn’t actually red even though we perceive it to be.

Subjectivism : The redness of an apple is part of our mind, not the external world. Colors are purely mental subjective qualities.

Philosophical positions like these feel deeply counter-intuitive to not just an average person but philosophers as well. Think about it, if color is not out there in the world and is subjective since it is a mental construct, then how come there exists a consensus about color in society. When I say tomatoes are red nobody argues “you are wrong they are Magenta”. If colors were not real properties of objects just like shape and size then there would have been absolute chaos in society. It seems nonsensical to even propose that color does not exist let alone digesting it.

The resistance we have in giving up on the idea that color is real is because of two reasons.

Our Language Works: There is no chaos in common communication about colors with people around us. We teach children at an early age that apple is red

and since then our language seems to work perfectly.

Colors seem Objective : When we look at colors, they seem to be on the surface of things, just like shape and size. Unlike pain or sadness colors don’t feel like feelings and sensations in our head.

Philosophers such as Descartes and Locke tried to tackle this tension. They suggested that even though colors are not physical properties of an object, objects do possess something called a “secondary property”. These secondary properties cause the color experiences. So, an apple isn’t “red” in the phenomenal sense, but it has a physical structure (a power) that makes normal observers see it as red under normal light. This was an attempt to respect our ordinary talk while aligning with science, but it still implies our naive view is mistaken. Among all these tensions philosophers have proposed various theories about nature of color. Color Primitivism : Our intuition is right. Color is real and not imaginary or a mental construction. This means an apple is actually red. This redness is a simple basic quality of the apple itself just like its shape and size.

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- ☒ Donate to organizations, campaigns and initiatives who are committed to racial justice.



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The Transactional Superpower: What Donald Trump Left Behind

By :Aditya Sinha

There was a time when American foreign policy came dressed in moral rhetoric. Democracy, human rights, and international order were the standard justifications, even when interventions were driven by power politics. Trump's foreign policy rips off this mask. It is openly transactional. In Riyadh, Doha, and Abu Dhabi, he did not speak of liberty or reform. He spoke the language of deals.

The doctrine, such as it is, prioritises economic gain and immediate strategic alignment over any notion of value-based diplomacy. In doing so, it ends decades of moral posturing. America no longer sermonises about what others should be; it simply asks what they can offer. One exception would be Trump's recent antics during his meeting with South African President. He played videos alleging white 'genocide' in South Africa. To that extent, there is a certain brutal honesty in this approach. Unlike past presidents who cloaked oil deals in the language of freedom or sold arms while decrying authoritarianism, Trump makes no such claims. His is a stripped-down realism, what Gerard Baker aptly calls "materialism", that foregrounds national



interest over idealism. From a purely realist perspective, it is coherent. Foreign policy, as Morgenthau would argue, is not about morality but about power and survival. Trump's doctrine takes that logic to its extreme: if an autocrat can deliver contracts, align on a geopolitical axis, or support a U.S. agenda, they are welcome, no questions asked.

But this pragmatism veers dangerously into ethical abdication. Consider the "gift" from Qatar, a Boeing 747 handed over to the Pentagon. While framed as a strategic gesture from a partner in the Gulf, it reeks of impropriety. Is it a gift, or

a quiet payoff for favourable political treatment? The line blurs. Or take the warm embrace of Syria's Ahmed al Sharaa.

Just a few years ago, this was a regime seen as an active enabler of anti-American insurgents in Iraq and a participant in crimes against its own people. Today, it is welcomed back into the fold because Riyadh prefers it. Then there's the soft-pedaling of Chinese influence, alternating between tariff wars and coying up for "win-win" deals, driven not by strategy but market whims. If values don't matter, anything

becomes negotiable.

One can argue that nowhere is the incoherence of this doctrine more evident than in Trump's approach to China. On one hand, he promises economic decoupling and paints Beijing as America's foremost strategic rival. On the other, he oscillates between tariff escalation and trade truce, driven less by long-term vision and more by momentary political calculus.

One month it's an all-out economic war; the next, it's about "beautiful deals." This back-and-forth has not only confused allies and markets, but also undermined America's strategic leverage. Beijing, by contrast, has pursued a methodical, economically-rooted global expansion, securing ports, data infrastructure, and rare earths. Trump's erraticism has done little to contain China's rise; instead, it has highlighted Washington's own drift, where grandstanding replaces strategy and trade is wielded not as statecraft but as campaign fodder. The Trump Doctrine does more than just merely reject idealism. It dismantles the moral architecture of American power without offering a stable alternative.

Erdogan's Gamble: Why Siding With Pakistan Is A Losing Bet Against Modi's India

By : Sohil Sinha

The geopolitical landscape is witnessing increasing strain between India and Turkey, driven by Ankara's persistent alignment with Pakistan. While historical ties once facilitated cooperation, Turkey's vocal support for Islamabad, coupled with the use of Turkish drones by Pakistan in cross-border attacks, has severely deteriorated bilateral relations.

Ankara's strategy, aimed at bolstering its influence in the Islamic world, is an ill-advised gamble. Continued economic engagement with India would be far more advantageous than its current political posturing. However, Recep Tayyip Erdogan seems bent on destroying ties, especially those hard-won and easily lost. Ankara's aligned stance and military complicity

Erdogan has unequivocally sided with Pakistan, particularly after India's counter-terror action, Operation Sindoor.



Ankara openly condemned New Delhi's military actions, labelling them provocative and a potential trigger for wider conflict.

This stance is not new; Turkey has consistently supported Pakistan's position on Kashmir, with Erdogan affirming solidarity with the "Kashmiri brothers" in February 2025 and seeking to raise the issue globally.

Such diplomatic assertiveness has emboldened Pakistan, allowing it to circumvent international scrutiny of its

terror-sponsoring activities. Turkey's support has also led Pakistan to raise the Kashmir issue unnecessarily in forums such as the Organisation of Islamic Cooperation, albeit unsuccessfully.

Furthermore, this support has a military dimension. Turkish C-130 Hercules transport planes deliver military cargo to Pakistan, alongside the docking of Turkish naval vessels in Karachi. More critically, preliminary findings identified Turkish-manufactured Asisguard Songar models, or similar Turkish-origin drones,

as those used by Pakistan in cross-border strikes during heightened tensions.

Direct military support, along with diplomatic backing, demonstrates the depth of this partnership. Consequently, Turkey has become Pakistan's second-largest arms supplier after China, marked by collaborative military projects and joint exercises.

India's strategic recalibration and countermeasures India has not remained passive. New Delhi has embarked on a strategic recalibration, deepening ties with countries that are either Ankara's regional rivals or those with which it has strained relations. This includes strengthening defence and intelligence-sharing mechanisms with nations like Greece, Cyprus, Israel, and France.

Its proactive policy in West Asia, seeking robust strategic ties with key Gulf Cooperation Council (GCC) players such as

Saudi Arabia and the UAE, also serves as a counterbalance to Turkish expansionism and its aspirations for leadership in the Islamic world.

Furthermore, India views the Turkey-Pakistan axis not merely as a military threat but also as a challenge in narrative warfare and diplomatic influence. Both Ankara and Islamabad are investing in state-backed media outlets and social media campaigns to internationalise issues that India considers internal, specifically Kashmir.

In response, India is enhancing its indigenous defence capabilities under the Atmanirbhar Bharat initiative, aiming for strategic autonomy and reducing vulnerabilities to shifting geopolitical allegiances. The growing call within India for a boycott of Turkish goods and tourism reflects public anger and provides a direct economic lever against Turkey's perceived support for terrorism.

India First: What Owaisi's Diplomatic Role Means For Indian Muslims

By Zahack Tanvir

There are moments in politics when actions speak louder than a thousand speeches. The recent participation of Hyderabad Member of Parliament Asaduddin Owaisi in the Government of India's international outreach delegation is one such moment. Owaisi — often portrayed as the sharpest critic of the BJP, a staunch opponent of Prime Minister Narendra Modi — was seen representing India's national interests on foreign soil. He wasn't there to settle scores or raise domestic grievances. He was there to speak as an Indian, for India. That alone deserves attention, not for its political optics, but for the deeper lesson it offers to every citizen, especially the youth and those caught in ideological bubbles.

From Parliament To The Gulf

The Modi government selected a group of MPs for diplomatic engagement in the Middle East and North Africa (MENA) — Saudi Arabia, Bahrain, Kuwait, and Algeria. Alongside BJP MPs Dr. Nishikant Dubey and Baijayant Jay Panda was Asaduddin Owaisi, representing not just his constituency but India's pluralist democracy.

This isn't just a PR stunt. It's a strategic move that shows maturity from both sides. The government chose someone who doesn't toe its line, and Owaisi



agreed to stand with them, not against them, on the world stage. And what better stage than the Gulf, where misinformation about India's internal politics often circulates unchecked, and where extremist voices backed by foreign lobbies seek to shape global perceptions?

By joining hands with the government delegation, Owaisi has communicated — without compromising his ideological beliefs — that when it comes to the image and security of the Indian state, national unity matters more than party rivalries.

Moreover, the delegation proves the farsightedness of BJP and Prime Minister Modi. Despite ideological

differences with Owaisi, the BJP leadership offered him a position to represent India abroad.

Owaisi's Critique Of Pakistan And Turkey

This isn't the first time Owaisi has chosen national interest over sectarian narratives. He has been vocal against Pakistan's double standards for years. During a diplomatic outreach visit to Kuwait this week, Owaisi launched a scathing critique of Pakistan's leadership.

Taking the stage abroad, Owaisi took direct aim at Prime Minister Shehbaz Sharif and Army Chief Asim Munir, calling them "stupid jokers" for circulating a doctored image from a Chinese military

drill and falsely claiming it as a Pakistani victory over India.

"I am telling you a fact," he said. "Yesterday (May 26), Pakistan's army chief gifted a photo to PM Sharif. The President of Pakistan, the Speaker of the National Assembly were all there. These stupid jokers want to compete with India. They gave a 2019 Chinese army drill photo, claiming it was a Pakistani victory over India. They can't even produce a proper photograph."

Switching into Urdu for effect, Owaisi mocked the apparent lack of intelligence behind the stunt, "Nakal karne ke liye akal bhi chahiye. In naalayakon ko akal bhi nahin hai." ("You need brains to copy. These fools don't even have that.")

It was a bold stand — and it broke the false image that Owaisi blindly supports the so-called Ummah narrative pushed by Pakistan's deep state. He reminded us that being a proud Indian Muslim does not mean aligning with Islamabad's propaganda. That a critique of domestic policies does not equal sympathy for anti-India forces.

His sharp critique wasn't just limited to Pakistan. Owaisi used to refer to Turkish President Tayyip Erdogan as "Mard-e-Mujahid" (Courageous Warrior) during his political rallies. However, when Turkey's President Erdogan backed Pakistan during Operation Sindoor,

A Baloch reproach: How Pakistan lies about India and Balochistan

Hakeem Baloch

On May 23, Ahmed Sharif Chaudhry, the Director General of Inter-Services Public Relations (ISPR), the media wing of the Pakistan Armed Forces, held a press briefing alongside Interior Secretary Khurram Muhammad Agha in Islamabad. There, Chaudhry spoke about how the Pakistani military was a responsible force, how it was accountable to the people of the country, the freedom of expression the media allegedly enjoyed in Pakistan, and how the country respected the rights of religious minorities. He also claimed that Pakistan was a democratic state.

These remarks were aimed at convincing the public that Pakistan is better than its neighbour, India. As Chaudhry said, India controls its media, detains journalists, targets activists, and denies religious freedom to minorities. Lies galore

These statements are not only far from the truth but can easily be debunked by simply searching for "how minorities are treated in Pakistan" on the internet. Pakistan has a sordid history of persecuting Ahmadis, burning down their places of worship, denying them dignity, and casting them out of society.

Christians are treated even worse. The only jobs available to them often involve manual labour, such as cleaning gutters or working as toilet attendants. They are not seen as equals and are often not even regarded as human. Many are forced to live in small huts on the outskirts of cities, unable to live among the Muslim majority.

The country is also notorious for abducting and forcibly marrying underage Hindu girls, forcing them to convert to Islam. Those responsible for such crimes are often protected by the state. If the victims' families speak out, they are punished for allegedly tarnishing Pakistan's image. The killings of Shias and Hazaras are yet more examples of how the Pakistani state treats religious minorities within its borders.

The sweeping claims about freedom of expression and the press in Pakistan compared to India are not only false but also an attempt by the Pakistani military to create a false narrative and distract from its crimes and acts of terrorism. In Pakistan, the media is only free when it serves the interests of the military and the ruling elite.



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Pakistan Admits To Wider Damage From India's Operation Sindoor, Dossier Reveals 8 More Targets

Pakistan has admitted it suffered more damage than it earlier acknowledged, during India's 'Operation Sindoor' on the intervening night of May 6 and 7.

(By our staff reporter)-According to a confidential Pakistani dossier on its internal military Operation 'Bunyan un Marsoos', at least eight more of its locations suffered damage in the Indian strikes. A map in the dossier shows Indian strikes in Pakistan damaged structures in Peshawar, Jhang, Hyderabad in Sindh, Gujrat in Punjab, Gujranwala, Bhawalnagar, Attock, and Chor, on the intervening night of May 9 and 10. The mentioned eight locations were not mentioned by the Indian Armed Forces during the press briefings held after the May 7 counteroffensive.

Another map revealed locations struck by India on the intervening night of May 7 and 8.

On May 10, nearly three days after India launched 'Operation Sindoor' against terror targets in Pakistan and Pakistan-Occupied Kashmir (PoK), the Shehbaz Sharif-led country extended a call for a



ceasefire to India.

A couple of days after the ceasefire between India and Pakistan, satellite images captured by Maxar Technologies revealed significant damage to four air bases in Pakistan – Nur Khan Air Base in Rawalpindi, PAF Base Mushaf in

Sargodha, Bholari Air Base, and PAF Base Shahbaz in Jacobabad.

Other satellite images had provided stark visual evidence of the destroyed terror infrastructure in Pakistan's Bahawalpur and Muridke.

Before-and-after satellite images of the

Jamia Masjid Subhan Allah in Bahawalpur, the operational headquarters of Jaish-e-Mohammed (JeM), also showed significant damage.

OPERATION SINDOOR

'Operation Sindoor', launched by India against Pakistan, targeted and destroyed multiple terror targets in Pakistan and PoK.

More than 100 terrorists, taking shelter in Pakistan, were also killed in the Indian operation.

The operation was launched to avenge the April 22 Pahalgam terror attack, which was later claimed by The Resistance Front (TRF), an offshoot of Lashkar-e-Taiba.

The attack resulted in the killing of 26 tourists.

Survivors later said the terrorists had asked them about their faith, and shot dead those who said they were non-Muslims.

Hearts Behind Bars: Rethinking How We Protect And Punish Under POCSO

(By our staff reporter)- The Protection of Children from Sexual Offences (POCSO) Act, 2012 was enacted with the clear and commendable objective of safeguarding children from sexual abuse. However, more than a decade since its introduction, the law is increasingly facing scrutiny for its unintended consequences – particularly its impact on consensual romantic relationships between adolescents. In its current form, the POCSO Act does not distinguish between exploitative abuse and consensual intimacy among teenagers. As a result, many young people find themselves caught in the criminal justice system for relationships that are neither harmful nor predatory.

Where the Law and Reality Diverge POCSO defines any individual under 18 as a child, thereby criminalising all sexual activity involving minors, regardless of consent. While this framework aims to create a clear standard for protection, it also leads to situations where mutual adolescent relationships are treated on par with serious offences such as child molestation or assault.

For example, a consensual relationship between a 17-year-old girl and a 19-year-old boy falls within the purview of statutory rape under POCSO. Such cases—often reported by disapproving families—have led to young boys being



prosecuted as criminals, and young girls being labelled as victims even when they have voluntarily participated in the relationship.

Judicial Concern and a Shift in Perspective

Recognising the need for a more balanced approach, the Supreme Court of India, on May 24, 2025, directed the Union government to consider decriminalising consensual relationships among adolescents. A bench comprising Justices Abhay S. Oka and Ujjal Bhuyan also stressed the importance of introducing a comprehensive sexual and reproductive health education policy.

The Court further recommended the formation of an expert committee to

study the issue and submit its report by July 25, 2025. This directive came in light of a case where a man was convicted for a relationship that began when he was an adult but the girl was still a minor. The judgment noted that the emotional attachment and current life circumstances of the individuals involved must be taken into account when dispensing justice.

Echoing this sentiment, several High Courts, including those in Delhi, Madras, and Kerala, have expressed concern over the criminalisation of consensual adolescent relationships. In one such observation, Justice Jasmeet Singh of the Delhi High Court remarked, "Love is a fundamental human experience, and

adolescents have the right to form emotional connections. The law should evolve to acknowledge and respect these relationships, as long as they are consensual and free from coercion."

Data Shows the Extent of the Issue

Recent data reinforces the need to revisit the current legal approach. Studies conducted by the Centre for Child and the Law (NLSIU) and organisations such as Enfold Proactive Health Trust and UNICEF India reveal that:

Between 20 per cent to 25 per cent of POCSO cases in states like Delhi, Maharashtra, Andhra Pradesh, and Assam involved consensual romantic relationships.

In Delhi, 144 out of 667 cases (21.58 per cent) reviewed under POCSO were found to involve mutual consent.

West Bengal, Assam, and Maharashtra reported that 1 in every 4 cases was classified as a "romantic case," often stemming from family disapproval over inter-caste, inter-religious, or runaway marriages. As of May 2024, there were nearly 3 lakh pending POCSO cases, with over 1.6 lakh disposed of since 2019. The judicial burden is significant and growing. Further, the NCRB 2017 report found that the majority of POCSO victims (8,266 cases) were aged between 16–18 years—a group most likely to engage in consensual romantic relationships.

Tyranny Unmasked: General Asim Munir's Assault On Imran Khan & Pakistan's Democracy

(By our staff reporter)- In the sweltering confines of Adiala Jail, former prime minister Imran Khan endures a torment that is not just physical but a calculated assault on Pakistan's democratic soul. General Asim Munir, the unelected arbiter of the nation's fate, has unleashed a mercenary cartel that thrives on fear, manipulation, and the systematic dismantling of dissent. Through unprecedented tactics—demanding a polygraph test, enforcing a cruel ban on family contact, and wielding Bushra Bibi as both bait and potential puppet—Munir's regime reveals a chilling playbook designed to crush Khan and the hopes of millions who see him as Pakistan's last bastion of resistance. But at what cost to the nation's future?

A Polygraph to Silence Truth

Why would a former prime minister, a figure of global stature, be subjected to a polygraph test, a measure unprecedented in Pakistan's legal and military history? The demand, tied to the May 9, 2023, riots, is not about justice but about humiliation. Khan's refusal to comply exposes the test for what it is: a theatrical ploy to paint him



as a criminal, orchestrated by a military desperate to justify his incarceration. What does this say about a regime that resorts to such extra-legal measures to silence a political rival? Is this the rule of law or the rule of a junta cloaked in constitutional garb?

A Family Torn Apart

Khan's isolation in Adiala Jail is not just a punishment but a psychological weapon. A complete ban on meetings with his sisters and phone calls with his sons—despite court orders—strips him of basic human dignity. For six months, he was allowed only three calls with his children, confined to a dark

cell for weeks without sunlight or electricity. Why must a man who led a nation be cut off from those who sustain his spirit? Is Munir's goal to break Khan's resolve, or to ensure his voice cannot rally the masses? This deliberate cruelty, echoes what Israeli generals are being accused of perpetrating in Gaza against innocent Palestinians. In the Muslim world, two tyrants come to mind, Yazeed and Pharaoh.

Bushra Bibi: Pawn or Player?

Bushra Bibi's role in this saga is as troubling as it is enigmatic. Her impassioned call to protesters at D-

Chowk on November 26, 2024, promised unwavering resolve: "I will never leave you." Yet, as the Islamabad Massacre unfolded, leaving unarmed citizens bloodied under Munir's brutal crackdown, she was nowhere to be found. Eyewitnesses place her in a bulletproof SUV, far from the frontline, before she vanished with Khyber Pakhtunkhwa Chief Minister Ali Amin Gandapur. Why did she abandon the very people she vowed to lead? Her 10-day silence after the tragedy, coupled with unverified claims of abduction and gunfire, only deepens the mystery. Is she a victim of military coercion, a reluctant leader thrust into a role she cannot fulfill, or something more calculated—a potential successor should Khan be eliminated? Her sister Maryam Watoo's tweets, pleading for sympathy while Khan languishes in a C-class cell, ring hollow to loyalists who question her motives. What explains Bushra's failure to contact Khan since her bail on October 24, 2024? Is she a pawn in Munir's game, or a player whose actions betray the cause?

Pakistani TikToker Sana Yousaf Shot Dead At Islamabad Home, Honour Killing Suspected



(By our staff reporter)- Sana Yousaf Murder: Sana Yousaf, a 17-year-old TikTok star in Pakistan, was shot dead at her home in Islamabad, in a suspected case of honour killing.

The incident happened on Monday, and according to a report with The Express Tribune, Sana was shot at close range by an unidentified assailant.

The gunman reportedly entered her home and opened fire before fleeing the scene.

Sana, who hailed from Chitral in Pakistan's Khyber Pakhtunkhwa province, had gained popularity through her TikTok videos.

She had more than five lakh followers on Instagram.

Other local media reports suggested

that the suspect in the case may have been a guest at Sana's residence.

"Sana Yousuf, who hailed from Upper Chitral and resided in Sector G-13 of Islamabad, was fatally shot by a guest who had come to visit her at her residence. The assailant fled the scene immediately after the incident, and police have launched a manhunt to apprehend the suspect," police officials were quoted as saying.

Her body was later shifted to the Pakistan Institute of Medical Sciences (PIMS) for a post-mortem examination. Meanwhile, the police were investigating the case and were yet to arrest the accused.

The motive behind the murder remains unclear.

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What Is Dhaka's 'Mini Pakistan'? Home To Bangladesh's Stranded Pakistanis



(News Agency) Tucked away in Dhaka's Mohammadpur area is a densely packed settlement known locally as 'Mini Pakistan'. It is a reference to the Geneva Camp, home to thousands of Urdu-speaking Muslims and Muhajir or Bihari Muslim settlements.

A video of the camp shot by influencer RK Sohan went viral bringing attention to the deplorable conditions of the camp.

The camp consists of many Urdu-speaking Muslims from Bihar and other parts of India moved to East Pakistan (now Bangladesh). They are referred to as "Stranded Pakistanis" or 'Biharis' by Bangladesh government.

A recent report by Bangladesh's Daily Star reported that the settlement now sees regular clashes between armed gangs. These gangs have reportedly stolen guns from police during the recent

regime change and clashes that erupted across the country between protesters and police. The protests which led to the regime change was partly hijacked by Islamists who continue to take advantage of the fragile law and order situation of the country.

Why Is Geneva Camp Called Mini Pakistan?

During the 1971 Bangladesh Liberation War, most Biharis supported West

Pakistan. This made them targets of hostility during and after the war.

When Bangladesh became independent, these communities were left stateless and were rejected by both Pakistan and Bangladesh.

The Geneva Camp was established by the Red Cross after the war to house these displaced people. It remains one of the most densely populated and underdeveloped urban slums in the city. Locals and outsiders colloquially call it "Mini Pakistan" because of the population's cultural affinity to Pakistan, especially language (Urdu), food and dress, and due to their historical loyalty to Pakistan.

What Is The Legal Status Of Its Residents?

For decades, the residents were stateless. In 2008, the Bangladesh High Court ruled that those born in the country after 1971 are Bangladeshi citizens and can vote.

Despite this, many still live in limbo as they lack proper documentation, economic opportunities and social integration. The term "Mini Pakistan" is sometimes used derogatorily, especially by Bangladeshi nationalists. Residents of Geneva Camp often feel marginalized and excluded, though a new generation identifies more with Bangladesh.

Pakistan has been largely reluctant to take them back, despite initial promises post-1971.

Over 200 prisoners escape from high-security jail following quake in Pakistan

(News Agency) Karachi, Jun 3 (PTI) Over 200 prisoners have escaped from a high-security jail in Pakistan's port city of Karachi after chaos erupted following an earthquake, a minister said on Tuesday. Hundreds of prisoners broke down the doors of their cells after they felt tremors at Malir Jail in Karachi, which was hit by three low-intensity earthquakes on Monday, police said. Sindh Home Minister Zia-ul Hasan Lanjhar confirmed on Tuesday that 216 prisoners had escaped the jail. He added that 78 prisoners were re-captured in 24 hours. Lanjhar said that when the tremors occurred on the night of Monday night, prisoners panicked and started resorting to violence to come out of their cells. "Police officials tried to ensure their safety and brought them out of the cells after which some prisoners resorted to violence and escaped," he added. He said a dozen policemen and



prisoners were injured in the violence while a prisoner was shot dead while trying to escape.

The minister said if the prisoners returned voluntarily, the government would consider a reduction in their sentences. He warned that those caught by the police would be tried under anti-terrorism laws.

Malir Jail also houses over 100 Indian prisoners, most of them poor fishermen serving time for allegedly fishing illegally in Pakistan's waters.

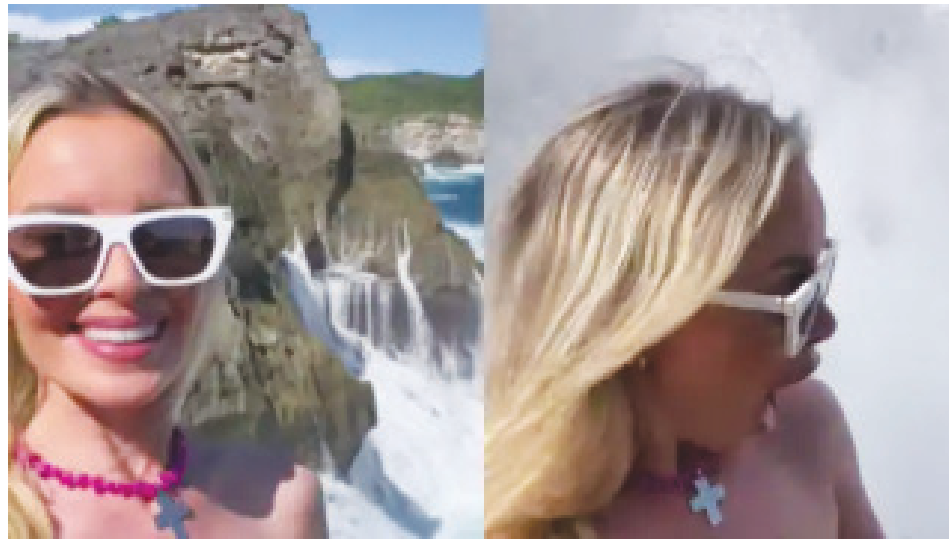
A police official said that they were kept in a separate barrack and they remained in their cells during the earthquake.

Earlier, Jail Superintendent Arshad Shah said over 600 prisoners were taken out from their barracks during the quake, Geo TV reported. Law enforcement authorities have launched a joint operation to track down the remaining escapees.

Giant Wave Hits Travel Vlogger Recording Video In Bali, Horrific Moment Caught On Cam

A travel content creator's Easter Sunday in Bali took a terrifying turn after she was nearly swept away by a massive wave at the scenic Angel's Billabong, a popular tourist site on Nusa Penida island.

(News Agency) In a now-viral video, creator Katy Johnson shared the harrowing moment, capturing the exact moment when a rogue wave crashed into her as she was recording a selfie on the rocks. The overlay on the video read: "The day in Bali I almost died." "Easter Sunday in Bali really said, 'You wanna meet Jesus today?' Because I almost did," Johnson wrote in her caption. "One rogue wave came crashing in at Angel's Billabong like it had a personal beef with me and nearly swept me right off the viewing platform and into the next life. Not the kind of baptism I signed up for." What began as a serene travel moment quickly descended into chaos as the wave aggressively surged over the rocks, drenching Johnson and knocking her



camera into the water. The video ends abruptly in a blur of motion and panic. Johnson reflected on the seriousness of the incident after initially laughing it off. "Learning that over a dozen tourists have actually died at this spot? That hit hard.

There were no warning signs, no security, and honestly, no reason to think the waves would even reach the deck."

She used the experience to urge fellow travellers to prioritise safety over content. "Your life is worth more than content. Responsible tourism means staying curious and cautious. Research your locations, be aware of your surroundings, and don't ignore your gut," she added. Angel's Billabong, while famed for its crystal-clear tide pools and stunning views, has repeatedly drawn criticism for its lack of safety infrastructure, with multiple reported fatalities in recent years.

Johnson's video has reignited debate around the need for better safety measures at such high-risk tourist spots.

Family Lunch Turns Deadly As Woman Murders Ex-Husband's Family With Mushroom Poison

(News Agency) In a case that draws eerie parallels to the infamous Jolly Joseph cyanide murders in India's southern state Kerala — where a woman allegedly killed six of her family members over 14 years — an Australian woman is now facing trial, accused of fatally poisoning three people and attempting to murder a fourth using a meal laced with deadly mushrooms.

Erin Patterson, 50, is at the centre of a high-profile case in Australia, where she is accused of deliberately serving a lunch that led to the deaths of three guests, including her former in-laws, in July 2023.



Patterson opened up about her strained relationship with her estranged husband, Simon. She described their bond in July 2023 as merely

"functional" and admitted feeling left out of family interactions. Her testimony painted a picture of someone grappling with deep-seated self-esteem issues, worsened by ageing and dissatisfaction with her appearance. "I had been in a long-standing battle with low self-esteem for most of my adult life," she said, noting she was even considering gastric bypass surgery around that time.

How Erin Met Simon

Under questioning by defence attorney Colin Mandy SC, Patterson recounted how she first met Simon in 2004 while working at Monash City Council in Victoria. Their friendship eventually blossomed into a romantic relationship,

Elise Stefanik, a potential candidate for governor, focuses on New York's local races

(News Agency) ALBANY, New York — Republican Elise Stefanik, who's considering a run for governor next year, is turning to races close to home.

The House Republican on Wednesday will announce the creation of a political action committee to raise cash on behalf of local Republican candidates in New York. She's expected to raise hundreds of thousands of dollars to start.

One check will go this week to Nassau County Executive Bruce Blakeman's campaign through an existing New York GOP account she oversees. Blakeman, like Stefanik, is a staunch ally of President Donald Trump. And like Stefanik, he also has not ruled out a gubernatorial campaign next year. "Candidates know that when they have the support of Team Elise — this is a highly professionalized team that knows how to turn out the vote and win, and we're going to do that across statewide," she told POLITICO in an interview.

Formation of the PAC — dubbed Save New York — is the

latest indication that Stefanik is moving toward a possible 2026 run for governor. Contributions to local-level candidates in otherwise low-profile elections for town supervisor, city council or county office will help strengthen her standing with Republican leaders who will be influential in determining their party's standard bearer against Democratic Gov. Kathy Hochul next year.

Stefanik indicated the money will be spread widely among Republicans, though there is no fundraising target for the PAC. Ideal candidates are "someone who is saving New York and they're a Republican on the ballot," she said.

Stefanik has raised millions of dollars over the years to Republican candidates around the country. Her record is mixed. A notable miss was her backing of controversial businessperson Carl Paladino in a House GOP primary over Rep. Nick Langworthy. She has since mended her relationship with Langworthy.

While Patterson has pleaded not guilty to all charges, prosecutors argue that she intentionally spiked a Beef Wellington dish with the poisonous mushrooms. They allege she found the mushrooms based on information posted on a publicly accessible website. Her defence team, however, maintains the deaths were a tragic accident, admitting she lied to police at times but insisting there was no murderous intent.

Troubled Relationship & Emotional Struggles

During court proceedings on Monday,

Belgian Embassy Staffer Puts Up Netanyahu 'Wanted' Poster In Delhi, MEA May Step In

The remarks by White House Press Secretary Karoline Leavitt come as the Donald Trump administration plans to cancel federal contracts with Harvard worth \$100 million.

(News Agency) India on Tuesday said it will raise the matter with the Belgian government after a staffer at its embassy in Delhi allegedly put up a poster of Israeli Prime Minister Benjamin Netanyahu with the word "Wanted" in the Chanakyapuri area of the national capital. The posters were seen on at least two electricity poles in the high-security diplomatic enclave. They featured a photo of Netanyahu with the word "Wanted" styled like a criminal notice. The incident happened last week. The foreign national suspected of putting up the posters is employed at the Belgian Embassy in Delhi. He is currently under investigation by the Delhi Police, who have not yet revealed details of his actions, and his identity remains confidential. The Ministry of External Affairs (MEA) said it is aware of the incident and will take up the issue

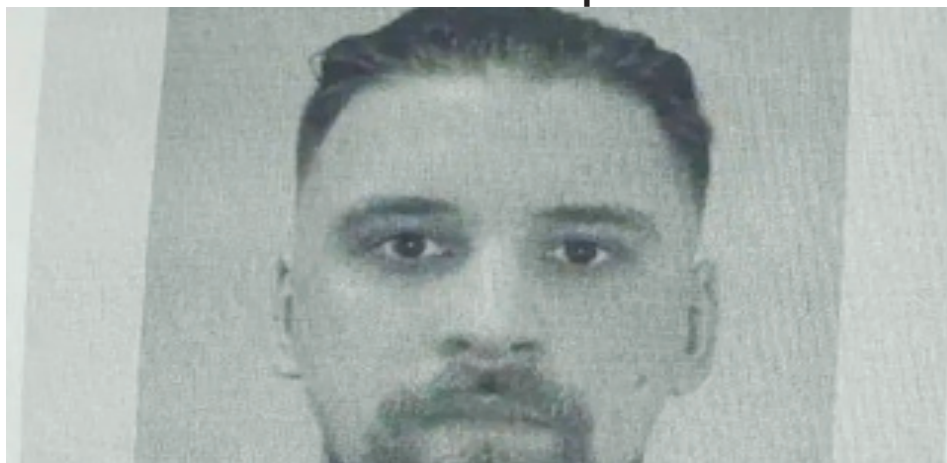


with Belgium through official diplomatic channels. This response came after the Union Home Ministry was alerted by the Delhi Police. To identify the person responsible for putting up the posters,

Delhi Police had reviewed footage from at least 50 CCTV cameras in the area. After reviewing the footage, police identified a man wearing a blue shirt and black trousers arriving by bicycle at

around 5.30 a.m. He was seen putting up one of the posters on an electricity pole. Additional CCTV footage showed him leaving from a flat on Sardar Patel Marg. Police then visited the residence and confirmed that the occupant is an embassy employee. Since the Delhi Police cannot legally file an FIR against the foreign national as the individual enjoys diplomatic immunity, they prepared a detailed report and submitted it to the Union Home Ministry, which coordinated with the Ministry of External Affairs (MEA). Meanwhile, Belgium on many occasions has openly condemned Israel's ongoing military operations in Gaza. It was among 121 countries that voted in favour of a United Nations General Assembly resolution calling for an immediate ceasefire in the Gaza conflict in 2023.

Who Is Artem Tymofieiev, The Mastermind Behind Ukraine's Drone Strikes Deep Inside Russia?



(News Agency) After Ukraine's massive drone strike on Russia shook the world, many are now asking how Kyiv — often seen as the underdog in its full-scale war with Moscow — managed to carry out one of the most daring attacks since the conflict began in 2022. A name now echoing through intelligence circles and Kremlin war rooms alike is Artem Tymofieiev. Once an unassuming "entrepreneur" living in Chelyabinsk, Russia, he is now at the center of a nationwide manhunt, suspected of orchestrating one of the most audacious military operations of the war, according to a report in DailyMail. Nicknamed the "mastermind" behind Ukraine's Operation Spider's Web, Tymofieiev is believed to have helped Kyiv strike deep within Russian territory — targeting four strategic air bases across three time zones using swarms of kamikaze drones. The operation, unprecedented in scope, reportedly

destroyed a significant portion of Russia's long-range bomber fleet — aircraft that have haunted Ukrainian skies since the war began in 2022. Tymofieiev's Quiet Life With A Hidden Mission

Tymofieiev's story reads like a Cold War thriller. According to Russian authorities, he was born in Zhytomyr, Ukraine, and later lived in Kyiv. At some point in the last few years, he relocated to Chelyabinsk, more than 1,000 miles east of Moscow and just 85 miles from the Kazakh border. Officially, he ran a small business. Unofficially, he may have been Ukraine's man behind enemy lines — a sleeper agent embedded in plain sight, as per the DailyMail report. Friends and neighbours, Russian sources claim, knew him as a quiet pro-Ukrainian figure but never suspected him of espionage.

20 people killed in simultaneous attacks on communities in Nigeria's Benue state



(News Agency) Abuja, Jun 3 (AP) At least 20 people have been killed during simultaneous attacks by unidentified gunmen on several communities in Nigeria's north-central Benue state, police said on Tuesday.

The attacks occurred late Sunday in communities within the Gwer West and Apa areas, said Udeme Edet, spokesperson for the Benue police. Edet said 12 people were killed in Apa and 10 in Gwer West, but local reports suggest the death toll may exceed 30.

Five people who survived the attacks are currently receiving medical treatment in a local hospital, she added.

Nigeria's police often provide lower death

tolls than local authorities and witnesses when reporting on attacks.

Paul Biam, chief of staff to Benue Gov. Hyacinth Alia, visited the communities Monday and said the administration is doing all it can to prevent attacks in the state. The Gwer West and Apa areas of Benue state have witnessed an uptick in attacks in recent months. Last week, gunmen killed at least 20 people in an attack on the village of Aondona, in Gwer West. While it remains unclear who was responsible for the killings, such attacks are common in Nigeria's northern region, where local herders and farmers often clash over limited access to land and water.

Kashmir Is Not Just a Destination, It Is A Responsibility

(News Agency) A few weeks ago, I had an opportunity to walk through the narrow lanes of Pahalgam. While walking, I saw a group of schoolgirls trying to cross the road. A long line of tourist vehicles had jammed the area, and even a small medical emergency would have struggled to pass. One of the girls smiled and said to me in Kashmiri, "Sahab, Yem visitor cha yor aemet saaney khatre keine beere karen?" (Sir, are these tourists here for us or just to crowd us?) That question stayed with me. Kashmir is healing. The scars of conflict still exist. Peace has begun to return to the Valley—not just in security reports. One finds it in the way people smile again, open their doors, and return to life.

But even healing requires balance.

Today, the Valley is facing a silent threat—the weight of over-tourism.

THE VALLEY OVERWHELMED

More than 2 crore tourists visited Jammu & Kashmir in 2023. In peak season, some areas in the Valley receive over 30,000 visitors a day. On the surface, this sounds like economic revival—and in many ways, it is. Families in tourism, transport, handicrafts, and hospitality have seen incomes rise. Young people in remote villages are now running homestays and travel apps. This is real—a welcome progress.

But I have also seen the other side.

In Sonamarg, I saw a woman carrying firewood forced to wait 20 minutes while an SUV convoy moved through.



In Gulmarg, the meadows that once echoed with birds now echo with honking. The chinar trees are still, but the air feels restless. The Valley is breathing faster than it should.

Kashmir is not an unlimited space. It is a living, breathing ecosystem—spiritual, emotional, and environmental. And like every sacred space, it must not be entered unthinkingly.

WHY A CAP IS NECESSARY

1. ENVIRONMENTAL STRESS: The Dal Lake—once the jewel of Srinagar—is now shrinking, its water thickened with pollutants. Every plastic bottle thrown by a careless tourist, a local passerby, a houseboat owner, or a staff member at a hotel is a wound on Kashmir's body. The trails in Yusmarg, Doodhpathri, and Bangus Valley are losing their green

cover. What tourists see is breathtaking—but what they leave behind could be suffocating.

2. SECURITY AND EMERGENCY CONCERNS: I still remember the Amarnath Yatra of 2000 when a sudden strike left thousands stranded. I was in Anantnag then. Even the army and medical teams took time to reach some locations. Now imagine such an unfortunate incident with ten times the number of tourists. Security management in a conflict-sensitive zone like Kashmir requires controlled variables, not chaos.

3. SOCIAL AND CULTURAL IMPACT: Kashmiriyat is about warmth, respect, and balance. But when locals feel they are pushed off the road, priced out of markets, or ignored, helplessness can

grow. Tourism must not make hosts feel like strangers in their own land.

4. PSYCHOLOGICAL WELL-BEING: Many of the children we care for in our homes at BWF have suffered trauma—losing parents to conflict or growing up in volatile environments. Overcrowded towns, traffic snarls, and loud urban behaviour make them anxious. There must be space for quiet, for children to heal, for people to walk, to breathe.

CONSCIOUS TOURISM: A NEW MODEL FOR KASHMIR

The solution is not to restrict visitors but to redefine the way we welcome them. Here's how:

Daily Visitor Cap: Introduce a permit system for entry into sensitive zones (e.g. Gulmarg, Sonamarg, Pahalgam) with a limited number of slots per day.

Seasonal Staggering: Promote off-season tourism (March-April, October-November) and alternative destinations like Lolab, Keran, Karnah, and Gurez, which are breathtaking yet under-visited.

Tourist Orientation: Just as Bhutan offers a national orientation for mindful tourism, Kashmir can initiate arrival briefings—explaining local customs, security sensitivity, and eco-dos and don'ts.

Local Stakeholder Involvement: Empower panchayats and civil society groups to co-manage tourist flow. Kashmiris are not just hosts—they are guardians of this heritage too.

Mehbooba Mufti Bats For Kashmiri Pandits' Return With 'Inclusive And Phased Roadmap'

(News Agency) Former Jammu and Kashmir chief minister Mehbooba Mufti has advocated the reservation of assembly seats and free land for Kashmiri Pandits to facilitate their dignified return to the Valley. Her remarks are being seen as a potential thaw in her relations with the BJP-led central government.

Mehbooba called on lieutenant governor Manoj Sinha at the Raj Bhawan in her first one-on-one meeting with the L-G in about five years and submitted an "inclusive and phased roadmap" to facilitate "meaningful progress" on the front.

The Peoples Democratic Party chief also submitted copies of the proposal to union home minister Amit Shah and chief minister Omar Abdullah. Quoting data from the Relief Office established by the government of Jammu and Kashmir in 1990, Mehbooba said 44,167 migrant families were officially registered as having fled the Valley due to security reasons in the



1990s. Of these, about 90 per cent (39,782) families were of Kashmiri Pandits. By 2020, the ministry of home Affairs said that the number of displaced Kashmiri Pandit families had risen to 64,951.

In her proposal, Mehbooba said every displaced Kashmiri Pandit family should be allotted half a kanal (one kanal is 505.87 sq mt)

of state land in their district of origin, contingent upon their willingness to return.

"This issue goes beyond politics and touches the very core of our collective conscience. It is a moral imperative and a societal responsibility to ensure that our Pandit brothers and sisters, who were tragically displaced from their

homeland, are provided with the opportunity to return in a manner that is dignified, secure and sustainable," she said in the letter. Mehbooba said every political party in the union territory, irrespective of ideology, has consistently supported the idea of their return.

"The shared pain of their displacement and the yearning for reconciliation bind us all in the belief that Kashmir can once again be a place where communities coexist peacefully. To facilitate meaningful progress on this front, an inclusive and phased roadmap has been attached for your consideration," she said.

Mehbooba said such gestures would cleanse the majority Muslim community of the taint that they had not tried hard enough to prevent the Pandits' forced migration in the 1990s. Most of the Pandit exodus took place while her father, Mufti Mohammad Sayeed, was union home minister.

'Opposition's Special Parliament Session Demand Not Justified': Govt Sources

(News Agency) Amid growing Opposition's demand for a special session of Parliament to discuss Operation Sindoor, sources said on Tuesday that the government is not considering this call as the regular Monsoon Session is already scheduled for July.

According to government sources, the demand for a special session "is not justified" since the next Parliament session is around the corner. This comes after the Congress-led Opposition raised its voice to call for a special session of Parliament to discuss Operation Sindoor and the recent statement by Chief of Defence Staff General Anil Chauhan, who recently commented on jets being downed, without specifying the details, during Operation Sindoor.

Govt May Consider Holding Discussion On Op Sindoor In Parliament

According to the sources, the government may consider holding a discussion on Operation Sindoor in the Parliament, where Defence Minister Rajnath Singh may make a statement in the Monsoon



session.

They also refuted the buzz that there would be a special session to mark the 50th anniversary of the 'Emergency' on June 25-26.

"On buzz that there is a special session for the Emergency 50th anniversary. No truth in that- it's a figment of imagination of some leaders," sources said.

Several Congress leaders, including

Rahul Gandhi, intensified attacks on the government after extending initial support to the Centre during Operation Sindoor. Rahul asked how many jets India lost during the four-day military confrontation with Pakistan between May 7 and 10.

The government has also sent its seven all-party delegations to different parts of the world to expose Pakistan and its backing of terrorism, and India's stance

against terror. After their return to India, Prime Minister Narendra Modi is likely to meet the members of all delegations, sources said. The meeting is expected to take place in the national capital around June 9 or 10.

Storm Over CDS Anil Chauhan's Remarks- In an interview with Bloomberg TV at the Shangri-La Dialogue in Singapore last week, CDS Chauhan said, "What is important is not the jet being down, but why they were down. The good part is that we are able to understand the tactical mistake which we made, remedy it, rectify it, and then implement it again after two days and flew all our jets again, targeting at long range." After his remarks, Congress president and Leader of Opposition in Rajya Sabha, Mallikarjun Kharge, alleged that the government misled the nation and called for a special session of Parliament.

Over 200 Opposition MPs in Lok Sabha have signed a letter to the Prime Minister, demanding a special session.

India May Be Barking Up The Wrong Tree As It Takes On Pakistan In IMF

By Aishwaria Sonavane, Anisree Suresh

On May 9, the International Monetary Fund (IMF) approved the disbursement of another \$1 billion to Pakistan under its latest Extended Fund Facility (EFF), reinstating Pakistan's dependence on international bailouts. As a country with a high dependence on imported oil, whenever oil prices hike or international borrowing declines, Islamabad's reserves take a further hit. Since 1958, whenever this occurs, Pakistan has approached the International Monetary Fund (IMF) for a bailout approximately every three years, seeking to save its economy under the condition of improving macroeconomic indicators. While the role of the IMF has been minimal in reforming Pakistan's governance, its fund facilities have stabilised the economy from falling into the pit grave. However, the key question remains: have IMF bailouts inadvertently enabled an environment to facilitate terror financing? If so, should India try to block IMF funds to Pakistan?

India Needs An Accountable Pakistan Contrary to popular imagination, the IMF's role is distinct, and its programmes impose strict conditions that compel Islamabad to demonstrate some accountability in governance and economic management. And India needs



an accountable Pakistan.

While the IMF can serve as a platform for India to signal its displeasure and apply international diplomatic pressure following the Pahalgam attack on April 22 by alleged Pakistan-backed terrorists, a more effective route to achieving strategic objectives would be to target terror financing networks and financial opacity through the Financial Action Task Force (FATF), the global watchdog on money laundering and terror financing, where reports suggest India is already preparing to build a robust case against Pakistan.

A History Of Bailouts

Persistent macroeconomic imbalances have led to a state of massive public

debt, with the country facing massive external debt repayment dues. The Pakistani economy has structural weaknesses, from a narrow tax base to low productivity. Islamabad is also extremely dependent on imported energy, with energy imports accounting for 20 to 40 % of total imports. Of the previous 25 IMF programmes, 15 were sought during times of oil crisis, caused due to energy import dependence.

A worsening balance of payment crisis and periodic foreign exchange shortages have also emerged over time. For instance, in 2021-2023, foreign exchange reserves plummeted as low as about two weeks' worth of imports,

and inflation jumped to 38%.

Pakistan's performance in development indicators is also severely lacking. It ranks 109th out of 127 countries in the 2024 Global Hunger Index, with 40% of the population in poverty and public expenditure on health and education below 3% of the GDP in 2023.

All these factors have led to Pakistan approaching the IMF 25 times since 1958, with the latest fund arrangement approved on September 25, 2024.

Recovery, But Modest

Corrective policies adopted under the IMF programmes have stabilised some economic conditions to a limited extent. Pakistan, with seven decades of cyclical debt accumulation with the IMF, was able to bring a modest recovery under these programmes. The economic growth rebounded to 2.4% from 0.6% in 2023, and inflation was brought to single digits from double-digit levels in 2025. In the latest 37-month Extended Fund Facility (EFF) arrangement, which commenced in 2024, the key conditionalities of the IMF programme include implementing sound macroeconomic policies, such as rebuilding international reserve buffers, broadening the tax base, enhancing productivity and competitiveness, and reforming State-Owned Enterprises (SOEs).

The Future Of Wars: Armies And Algorithms

(Our Staff Reporter) The recent military flare-up between India and Pakistan has evoked familiar images: jets scrambling, radar systems on alert, and missile arsenals primed. Yet, a deeper transformation is quietly reshaping the nature of conflict. Today, AI-powered drones are already deployed on battlefields worldwide. When I was invited to judge the India qualifying rounds of the International Criminal Court moot court competition earlier this year, the proposition included a unique aspect: deploying automated border security systems to halt unlawful migration. Such exposures, whether real or hypothetical, pique my curiosity. Perhaps, in the near future, war may not commence with the roar of engines or missile launches, but with a few lines of code. AI is fundamentally changing warfare, subtly yet profoundly. Unlike conventional weapons, AI is accessible, decentralised, and increasingly deployable. A machine-learning model developed for one purpose can be readily repurposed for surveillance, misinformation, or even targeted attacks. The military monopoly once exclusive to nation-states is eroding. Power, once concentrated in institutions, is diffusing into data centres and cloud servers.

From Border Tensions to Information Warfare

AI tools are manipulating digital spaces with real-world consequences. Deepfake videos can incite unrest. Social media

bots can inflame communal tensions. Facial recognition models can become targeting systems. Cyberattacks powered by machine intelligence can cripple vital infrastructure – electric grids, banking networks, even hospital systems – without physical border crossings. Consequently, conflict transcends conventional geography. The battlefield now encompasses our information systems, public discourse, and civilian infrastructure. The greatest threat may no longer be a missile launched across a border, but an algorithm subtly embedded in everyday digital platforms. Even more concerning is the blurring line between peace and conflict. Traditional warfare followed a predictable pattern: soldiers, borders, and defined battlefields. Today, conflicts can emerge in less visible, more insidious ways.

A Legal and Security Vacuum This rapid transformation raises challenging questions about accountability and regulation. If an autonomous drone mistakenly targets civilians due to faulty AI input, who bears responsibility? The deploying commander? The code's developer? Or the machine itself? I often, during speaking engagements or lectures, emphasise how the core issues concerning any AI system remain consistent when assessed from a regulatory or accountability standpoint. International humanitarian law is

ill-equipped to address these complexities. The Geneva Conventions were drafted for a world of soldiers and battlefields, not algorithms and cloud servers. Even domestic laws in India and elsewhere have yet to adapt to AI's dual-use nature – where the same technology can power medical breakthroughs or military strikes. Furthermore, internal threats now rival external ones. A politically motivated group operating domestically can weaponise AI to disrupt elections, sow discord, or cripple digital infrastructure without possessing any physical weaponry. This accessibility makes AI not just a strategic tool, but a potential force multiplier for both democratic destabilisation and state repression.

AI and the 'Uneasy' Question of Power

It is crucial to consider how AI impacts power itself.

While currently dominated by large corporations and governments, AI possesses qualities that challenge traditional capitalist logic. It can generate outputs – text, images, decisions – at near-zero marginal cost, without human labour. Theoretically, this could undermine capitalism's reliance on labour exploitation and scarcity. Moreover, open-source AI movements, where powerful tools are publicly available, undermine the monopolistic control typical of capitalist

systems.

However, this potential does not guarantee positive outcomes. The same tools challenging capitalism's foundations can also reinforce them. Surveillance capitalism thrives on AI. So does gig economy exploitation. In warfare, AI could further concentrate power in the hands of tech-military elites unless democratically regulated.

Therefore, AI is a double-edged sword. It can decentralise power yet also concentrate it more effectively. It can democratise innovation yet also militarise public life. Whether it becomes anti-capitalist, hyper-capitalist, or something else entirely depends on the legal and political frameworks we establish now.

India Must Lead in Responsible AI

India, with its robust IT sector, strategic geopolitical position, and strong democratic tradition, must lead in shaping global AI norms. This includes banning fully autonomous lethal weapons, establishing clear lines of accountability, and strengthening cyber-resilience in critical sectors. Just as India championed nuclear disarmament and non-alignment, it must now advocate for ethical AI use in international forums. This requires urgently updating domestic laws concerning AI, data governance, and algorithmic transparency to meet the challenge's scale. Readers may refer to my earlier opinion piece on why India must strive for AI sovereignty.

It is equally crucial for our armed forces to cultivate a deep, practical understanding of complex AI systems. As military operations increasingly rely on algorithmic decision-making, whether for autonomous drones, predictive surveillance, or battlefield logistics, simply procuring advanced technologies is insufficient. Strategic advantage will hinge on how well military personnel understand, interpret, and critically evaluate these systems, including their limitations, biases, and vulnerabilities. Without this competence, there is a genuine risk of over-reliance on opaque 'black box' technologies, susceptible to malfunction or adversarial manipulation.

A technologically literate military leadership, supported by interdisciplinary expertise in law, ethics, and computer science, is essential to ensure AI tools serve national security without compromising democratic accountability or operational integrity. The next war may not commence with a siren but a software update. Its battlefield may not be in the mountains or skies, but in servers, platforms, and minds. To preserve peace, national sovereignty, and democratic integrity, we must prepare not only our armies but also our laws, policies, and public understanding.

We are not merely building machines; we are building futures. The question is: who controls them, and to what end?

Why 'For Sale' Signs Have Popped Up All Over This Rajasthan Town

(Our Staff Reporter) Hari Kishan Parikh wants to sell his house. So does Manju Sharma and several others. Posters announcing the same dot the streets of this Rajasthan town. The reason: an acute water crisis.

Sambhar town, famous for its salt pans and migratory birds that visit it each year, faces a huge water crisis that is forcing its residents to move out.

"All the houses on this street are up for sale due to a severe water crisis," reads a poster strung across one of the streets.

Another plastered at Hari Kishan Parikh's house reads: "This house is for sale. There is a severe water crisis and we are

compelled to sell our home and move out."

Sambhar town is barely 70 kilometres from the capital city of Jaipur.

In wards 22 and 23, around the Charbhuja Mandir, posters like these can be seen on several homes, some of these houses have been around for over 200 years. "For the past 7 years now, we have no dedicated water tank that will supply water to our homes via pipelines. About 200 people from this ward have got together and said it's better to migrate from here. If there will be no water, then what is the point of living here. The water works department is not worried,

we have put up posters on every street and these have come up at 150 homes. In the last two years, people have been moving out but this water crisis has come to a head this summer," said Gautam Singhanian, local BJP councillor from the area who represents ward 23.

There were about 3,500 people here, but that number now stands at 1700, said the councillor, adding that even those left behind plan to move out soon.

"We will move out of this area to a rented home on the outskirts of the town. We have moved half our belongings and are

moving the other half out now," said Manju Sharma, a resident. Vidhyadhar Chaudhary, Congress MLA from the area, said the problem is that his constituency is getting only half the water allotted to them from the Bisalpur dam.

Of the 18 Megaliters per Day (MLD) water due to Phulera only 9 MLD is being supplied which has led to a drinking water crisis. The crisis is not limited to Sambhar, it has spread to Naraina, Phulera Sambhar, Renwal and 163 rural villages where people have to fall back on water tanks to meet their daily needs. Similar poster are coming up there as well. The

MLA said he had raised this issue in the Vidhan Sabha on January 31st.

"In a written reply, Minister Kanhiya Lal Chaudhry agreed that only half the water due to us is being supplied but it's due to old pipelines that cannot take the pressure. The pipeline to carry the Bisalpur water will have to be relaid and the minister said in the house to my question that the work to lay a transmission pipeline from Surajpura to Sambhar is underway and it will only be completed by 15.06.2025, after which the assembly constituency of Phulera will get water once in 24 hours or once in 48 hours," said Vidhyadhar Chaudhary.

Too Much Trauma on TV



(Our Staff Reporter) A few weeks ago, a friend suggested that I watch *Dope Thief* on Apple TV+. Like everyone else, I too enjoy a good movie or TV series that can be classified as a thriller. It is usually good entertainment in the evening, and more so when, after a day in the office, you are not in the mood to ponder over love and life in a Woody Allen movie. So, last week I fired up *Dope Thief*. The first episode went well enough. The second one wilted a little. The third was down in the dumps. And by the fourth one, I found the *Dope Thief* crashing and shattering into thousands of little pieces all over my TV screen.

Interestingly, this was a well-received show among critics. Usually, I tend to vibe well with stuff that has lots of red on Rotten Tomatoes. But of late, I am also finding many of these highly-rated shows unwatchable. *Dope Thief* is one. *Wheel of Time* season 3 is another recent one. I loved *Bad Sisters* season 1 but couldn't watch season 2 beyond three episodes. *Zero Day*, despite Robert De Niro, was terrible. *Adolescence*, a darling of critics and a topic of conversation on a dinner table, was barely tolerable for me. Even superhero and gaming stuff — *The Penguin*, *The Daredevil Returns*, and *The Last of Us* — was missing a verve

and felt sluggish in the thrills it offered.

The Penguin Lessons and *The Friend*, two movies with a big tender heart in their centre, too turned out to be somewhat less wholesome for me. There are many examples. This made me ponder: either there is something wrong with how I am approaching these movies and TV shows, or there is something subtly broken with the entertainment we are getting nowadays on our TVs.

I don't have an answer yet as to which is which and what is what. But I have a hunch. I am finding this stuff on TV unbearable because there is too much trauma in it. By that, I don't mean to say that watching them is traumatic — although something like *The Eternaut* can give most people a chill. I mean, there is too much trauma in the plot, and often this trauma comes to the screen in flashbacks that not only break the narrative flow but also try to explain the world and everything else in a therapy-speak that is heavy-handed. Actually, it is as if they are shoving the narrative down our throats.

Dope Thief, for example, does it with these quick and very short — less than a minute — trauma bursts that take over the vision and thoughts of Ray Driscoll, its lead character. It is the same in almost everything that is

coming to screens nowadays. The plot is driven by some trauma or other, the characters act or don't act in rational or irrational manner because — you guessed it — this trauma or that. What happened 15 years ago to a character is the thread that runs through their life-story now. What happened to them yesterday takes over the thoughts of the lead characters today. They move through the plot dazed and compelled, without any human agency that can make them accountable for their own life. Everything is explained. And trauma is used to explain it all. Increasingly, watching a TV series or a movie is akin to tuning into a psychoanalysis lecture. It is like watching Sigmund Freud unravel each character in all their ugliness. It gives no joy. If the character gulped a glass full of whisky, it is probably because they are nursing a trauma from yesterday. If they are mean to their neighbour's cat, they are mean because of some childhood trauma, and this trauma is laid bare by the show for its viewers. Most movies and TV series nowadays, in one way or another, have plots driven by the past. It is as if the world has stopped living in the present collectively. That is infuriating because it means we are always watching things "explained" instead of things "unfolding." At least, that is the

impression I get. Explanation makes things banal, it strips the moments and acts of their mystery. This is the reason why Samuel Beckett, in a thinly veiled attack at viewers, wrote in his play *Endgame*: "Ah, the creatures, the creatures, everything has to be explained to them."

Explanations make the narrative flat, which is what I find in most popular TV shows and movies. They are flat without layers, and the overuse of trauma strips them of irony, absurdity and satire. The effect, I believe, is the opposite of what they want to achieve. With all the explaining and use of trauma as a torch, they hope to reveal reality. Instead, by robbing plots and their characters of mystery, absurdity and irony, the TV shows and movies nowadays make them unreal and plasticky. It was different earlier. Why can't a character be evil because that is the way they are? Or why can't they be supremely kind because that is how they are? Why does it have to be explained? Some of the great characters I remember from movies and TV shows leave an impression because they exist without any explanations. Chigurh from *No Country For Old Men* is a great villain, and brilliantly psychotic, because he is what he is. No trauma required. Just a toss of a coin is sufficient for him. *Amelie*, yes that French girl, is made of light because she is what she is. Again, no trauma required. But TV shows and movies of late have become unnecessarily heavy and weighty. They have become too ponderous, even in genres where they don't need to be. That is probably the reason why even Marvel stuff has lost its floaty and fun aspect. That is a pity. Because weight is an ingredient that spoils anything that is art. Italo Calvino warned against this weight in his essays for the future. In his essays in 1985 - later published as *Six Memos For The Next Millennium* - he talked about weight. In an essay titled *Lightness*, Calvino argued against making art heavy. His idea was that the best art is light and has a quality that makes it effervescent. He wrote that after accumulating all the experience as a writer, his "method has (now) entailed, more often than not, the subtraction of weight." He gave a lot of credence to weight in the beginning, he wrote. But now he had realised that it was the lightness that we all should chase. I feel that somewhere in the last ten years, movies and TV shows have increasingly lost this quality of being light. They have become too heavy and that is because of all the trauma they pack nowadays.

Virtual Scars, Real Harm: India's Legal Shift on Child Abuse in the Digital Space



(Our Staff Reporter) A few weeks ago, the European Union's Europol made over 25 arrests during a crackdown on AI-generated Child Sexual Abuse Material (CSAM). The operation which spanned 35 countries led to 70 arrests, the rescue of 39 children, and the seizure of devices. The main accused, a Danish national, ran an online platform which allowed users access to AI-generated content depicting child abuse, after making a "symbolic online payment."

This is the brute reality of child sexual abuse in the digital era, a state-of-the-art borderless crime, amplified by anonymity, which is difficult to detect using traditional frameworks. AI-generated abusive content like deep-fake manipulation, chat-bots and other emerging forms like self-generated content, live-streaming of CSAM, online grooming, and Webcam Child Sex Tourism (WCST) are on the rise. Even though the artificially created content has no real victims, it raises serious concerns about the human tendency to derive gratification from simulated suffering inflicted upon children, eventually triggering demand for such content everywhere.

A Legal Turning Point: From Moral Denial to Legal Recognition

India accomplished a breakthrough in its legal journey on September 23, 2024, when the Supreme Court delivered a landmark Judgment in *Just Rights for Children Alliance v. S Harish*, addressing the legal governance and criminalisation of "CSEAM- Child Sexual Exploitation and Abuse Material", earlier known as

"Child Pornography".

The case arose from a Madras High Court judgment that quashed the criminal proceedings against an accused found in possession of CSEAM. It held that mere possession/storage or viewing of such material without an intent to transmit does not constitute an offence under the Information Technology Act, 2000 or Protection of Children from Sexual Offences Act, 2012 (POCSO Act).

The Supreme Court not only overturned the High Court's order of terming possession, storage and watching of CSEAM in private as a matter of "mere moral decay" but also criminalised the downloading, viewing, possession, and storage thereof, whether shared or not. The court also issued a sweeping set of directions, marking a watershed moment in India's jurisprudence on digital child protection. These directions inter-alia mandated legislative reforms by way of replacing the term "Child Pornography" with CSEAM to also cover the generative nature of content. "Child pornography" is misleading and trivialises the severity of the crime, as it implies consensual adult content while 'CSEAM' accurately reflects the exploitative nature of these materials, including AI-generated

depictions. **Statistics and Trends: Scale of the Problem** The judgment comes amidst an alarming surge in incidents in India. The National Centre for Missing and Exploited Children (NCMEC), USA, in its tip-line report 2023, reveals that India accounts for around 9 million of the

36.2 million suspected CSEAM reports worldwide.

A 2023 report, Entangled in the Web: Cybercrimes against Children in India by India Child Protection, stated that there was a five-fold increase in such cases from less than 3% in 2017 to 15% in 2021 in the country. Meanwhile, NCRB data revealed a staggering 2,561% increase in reported child pornography cases from 44 in 2018 to 1,171 in 2022.

Recognising the gravity of such cybercrimes, the Government of India implemented the Cyber Crime Prevention against Women and Children Scheme under Nirbhaya Fund. Moreover, a MoU has been signed between NCRB India, MHA and NCMEC for facilitating the tip-line reports on online child sexual explicit contents.

Impact of Judgment

However, the last couple of months have seen some direct and tangible impact of the judgment.

Within a week of the judgment, Punjab's Cybercrime Division arrested a man and identified 54 suspects for disseminating CSEAM via platforms like Instagram and Telegram. Similarly, in Hyderabad, three individuals were held for downloading and sharing CSEAM on social media platforms. These arrests were facilitated by cyber tip-line reports that provided crucial leads such as IP addresses and emails. In October 2024, in a major operation dubbed "Paedo Hunt," the Delhi Police raided 20 locations and booked 11 individuals for circulating CSEAM. State Governments, too, have sprung into urgent action. Odisha

Government announced the formation of a dedicated task force to coordinate with law enforcement for investigating and prosecuting CSEAM-related crimes, and committed to a zero-tolerance policy.

The Indian legislature has also taken steps to ensure the online safety of children. Clause 9[7] of the Digital Personal Data Protection Act, 2023, provides for "parental verification" for processing of children's data, thereby aiming to curb CSEAM by restricting the profiling, targeting, and behavioural advertising of children.

This judgment is not the end, but the beginning—one of many necessary interventions to dismantle this growing menace. We now need a revolutionary approach to pierce through technological warfare such as cryptocurrency, which is widely used by perpetrators due to its anonymity and decentralisation.

Global Practices and India

The global legal frameworks have evolved to deal with this complex cross-border crime, and while India has taken some gigantic strides, our regulatory response and enforcement must keep pace.

The United States criminalizes not only real child-abuse content, but also computer-generated, and AI CSEAM. It also mandates the platforms to report to NCMEC, while empowering a NCMEC-Tech Industry Consortium to protect children in digital spaces.

The laws in the United Kingdom not only cover all generative forms of CSEAM, but also prescribe strict penalties for failing to proactively detect or remove CSEAM. Its regulatory watchdog, 'Ofcom' holds digital platforms accountable on their legal responsibility to protect users, especially children, from online harm.

While India's legal framework has evolved significantly, it lacks stringent provisions and penalties targeting virtual or AI-generated CSEAM. Our laws do not explicitly cover all forms of non-real and AI-generated depictions. Resultantly, our mandatory reporting, enforcement and inter-agency coordination mechanisms require a complete overhaul given the transnational, anonymous, and rapidly evolving nature of these crimes.

Conclusion: Implementation and International Revolution

A borderless crime requires a borderless response. The Supreme Court's judgment is a jurisprudential innovation that aims to realign India's legal compass towards a child-centric justice system. It has been over eight months since the verdict was delivered. While the directions are open-ended, the top Court may form a judicial monitoring committee or amicus-curiae model to oversee implementation.

Ganga Dussehra 2025:

Ganga Flows Near Delhi Too, Reach In Just 20 Minutes With Namo Bharat



(Our Staff Reporter) Ganga Dussehra is one of the most sacred festivals in Hinduism, celebrated to mark the descent of the River Ganga to Earth. On this day, devotees across the country take a holy dip in the Ganga, as it is believed to wash away sins committed unknowingly and bring good fortune.

The festival is observed every year on the Dashami Tithi of Shukla Paksha in the month of Jyeshtha. This year, it will be celebrated on June 5. If you are in Delhi-NCR and think you need to go to Haridwar or Prayagraj to participate, you may be overlooking a significant nearby spot. Chhota Haridwar in Muradnagar is just 35 km away from Delhi's Anand Vihar. Located on the banks of the Ganga Canal, this religious spot in Muradnagar mirrors the spiritual ambiance of Haridwar. It has become a popular alternative for those unable to travel to Haridwar due to time or resource constraints.

India's first semi-high-speed Namo Bharat train has made travel quicker and more convenient for people across Delhi,

Ghaziabad, and Meerut. Travelling to Chhota Haridwar from the Delhi-NCR region is now faster than ever.

The Namo Bharat currently operates on a 55-km route between New Ashok Nagar in Delhi and Meerut South. Muradnagar Namo Bharat station lies along this route, and Chhota Haridwar is just a short walk away.

With Namo Bharat, the distance from Anand Vihar, Delhi to Chhota Haridwar can be covered in just 22–23 minutes. The fare for a standard coach from Anand Vihar to Muradnagar is Rs 80, while the premium coach costs Rs 95.

From Ghaziabad, which is only 18 km away, the journey to Muradnagar takes about 12 minutes, and the fare is just Rs 40 in standard class. Travelling from Meerut South (Bhudbaral) to Muradnagar, approximately 23 km, takes around 13–14 minutes with a fare of Rs 60.

Ideal For Devotees Ahead Of Ganga Dussehra
A large number of devotees visit Chhota

Haridwar to collect Gangajal, take a holy dip, and perform rituals. With Ganga Dussehra approaching, this spot offers a convenient option for spiritual seekers. The Namo Bharat train not only makes religious travel faster but also ensures a safe and comfortable journey. The train features air-conditioned coaches, cushioned seats, mobile charging points, clean interiors, and enhanced security, making it suitable for women, elderly passengers, and children.

Boost To Local Economy and Religious Tourism

The launch of the Namo Bharat train has given a significant boost to religious tourism and local businesses around Muradnagar. Small traders and shopkeepers are benefiting from the increased footfall of devotees and tourists.

Currently, Namo Bharat runs between 11 stations on its 55-km stretch from New Ashok Nagar to Meerut South. Metro services from Meerut South are expected to start soon, covering stations like

Partapur, Rithani, Shatabdi Nagar, Brahmapuri, Meerut Central, Bhaisali, Begumpul, MES Colony, Daurli, Meerut North, Modipuram, and Modipuram Depot. Notably, Meerut Central, Bhaisali, and Begumpul will be underground stations.

Namo Bharat will also run at a top speed of 160 km/h from four stations in Meerut: Meerut South, Shatabdi Nagar, Begumpul, and Modipuram.

All Namo Bharat stations offer free drinking water, toilets, and daily newspapers in both English and Hindi. Diaper-changing stations are available in washrooms for mothers travelling with infants. Service lanes below the stations allow cabs and private vehicles to drop passengers near the entry and exit points, reducing congestion and the risk of accidents. Each station is equipped with CCTV cameras, and additional surveillance is in place inside all train coaches to ensure passenger safety. These features will also be available at the upcoming Meerut Metro stations.

Deportation fears, rejections: How Indian students can stay ahead amid US visa jitters



(Our Staff Reporter) With the United States tightening visa scrutiny for international students, anxiety is mounting among Indian aspirants preparing for the fall semester. Amid fears of deportation over minor violations and rising rejection rates, here are some of the most frequently asked questions around the issue. Students are advised to maintain vigilance, academic discipline, a clean digital footprint, and a well-thought-out Plan B that includes Europe and the United Kingdom.

1. How can Indian students avoid triggering red flags during visa interviews and after arriving in the US?

Students must be self-aware and disciplined. Be honest in your visa interview, be clear about your academic goals, and avoid coaching that sounds rehearsed or inconsistent.

Once in the US, attend all classes, stay in touch with your Designated School Official, and never work without authorisation. Avoid activism that could be construed as political disruption.

You are going to the US to study — never forget that. If you wish to participate in violent protests or write controversial opinion pieces, you will most likely not be welcome there.

Maintain a clean digital footprint. Today, your social media is your second passport — it will be reviewed, and anything controversial can be grounds for concern.

2. What should students do if they're admitted to a US university but are unable to secure a visa in time?

This is a real possibility now, with consulate backlogs, heightened scrutiny, and delays in visa issuance. Students in this situation must act quickly — inform their university, request a deferral if needed, or explore whether they can begin studies online and transition to campus later.

Some universities offer hybrid start options or spring intake alternatives. At the same time, students should keep backup admissions in other countries ready. A US admission letter is not a ticket to guaranteed entry anymore; it's a part of a larger, more unpredictable process. Flexibility and planning are the new essentials.

That said, students must not panic. A smart move is to wait for a few weeks. If the situation doesn't improve, then move on to plan B.

3. What is the status of Indian students who are already enrolled for the upcoming session? Will the US government restrictions have any impact on them?

For now, students who already hold valid F-1 visas and are due to begin classes in the upcoming intake should not panic. Unless their university loses its Student and Exchange Visitor Programme certification, or they violate specific visa

terms, their status is largely secure.

However, students must be vigilant, ensuring full-time enrolment, academic progress, and regular attendance. Skipping classes, delaying enrolment, or any perceived deviation from the norm could trigger scrutiny. Universities themselves are on alert and may tighten internal monitoring, which makes it imperative for students to stay in constant touch with their international student offices.

4. For students who are denied admission to US universities, what options do they have in Europe or elsewhere for various courses?

Europe has become far more attractive in recent years, not only for Master's and MBA aspirants, but also for undergraduate students. Countries like Spain, Germany, the Netherlands, France, and Ireland now offer high-quality English-taught programmes across disciplines like business, engineering, design, psychology, and more.

Germany, for example, offers tuition-free education at public universities. The Netherlands is known for its career-oriented bachelor's programs with strong ties to industry. Scandinavian nations offer progressive education models and generous scholarships. Spain hosts international universities such as the IE University, the IESE, and ESADE.

Beyond Europe, countries like Australia, Singapore, and even the UAE have become viable options for globally ambitious students seeking academic quality without the visa anxiety. Given the current anxiety around the US visa process, as a backup, many students can apply to the UK, where most universities have rolling admissions and classes start later in the year.

5. Will the new visa restrictions apply to students already studying in US universities? The new norms say that action can be taken even for skipping classes or dropping out.

Yes. And this is where the real concern lies. The recent policy language from US authorities emphasises enforcement, not just at the point of entry but during the entire course of study. That means even minor violations — unauthorised work, extended leaves, or incomplete course loads — could be grounds for visa revocation or even deportation.

Students have to be very careful. Even minor traffic violations can result in a visa being revoked. Universities are being asked to report such violations promptly, placing more responsibility on both students and academic institutions.

The message is clear: the US is watching, and students must treat their visa status as a privilege that can be revoked, not a right that's guaranteed.

New York City Democratic mayoral primary debate: six key takeaways



(Our Staff Reporter) In the first debate of the New York City Democratic mayoral primary, nine candidates took the stage and fielded questions on housing, affordability, crime, policing, public safety, political regrets and how each candidate would handle the Trump administration if elected.

The candidates included former New York governor Andrew Cuomo; democratic socialist Zohran Mamdani; the New York City council speaker, Adrienne Adams; the current New York City comptroller, Brad Lander; former comptroller Scott Stringer; former Bronx assemblyman Michael Blake; state senators Zellnor Myrie and Jessica Ramos; and former hedge fund manager Whitney Tilson.

The current mayor, Eric Adams, was not present on Wednesday as he is running for re-election as an independent candidate, although he ran as a Democrat in 2021.

A few takeaways from the debate:

1. Andrew Cuomo faced a barrage of attacks and chiefly sparred with Zohran Mamdani

Throughout the debate, former New York governor Andrew Cuomo, the current frontrunner in the race, was grilled on his record by his Democratic rivals.

Cuomo spent much of the night sparring with progressive state assemblyman Zohran Mamdani, who is polling second. Mamdani accused Cuomo of being beholden to wealthy donors and corporate interests, saying Cuomo prioritized the “1%, the billionaires and the profitable corporations”, over “working-class New Yorkers”.

Cuomo dismissed the 33-year-old as inexperienced, calling Mamdani “very good on Twitter and with videos” but saying he was someone who “produces nothing”.

“He’s been in government 27 minutes, he passed three bills, that’s all he’s done,” Cuomo said. “He has no experience with Washington, no experience with New York City.”

2. The candidates all said they would stand up to Trump – but disagreed on how

Trump came up several times, as the candidates agreed the next mayor must be ready to stand up to his administration if elected mayor, though they differed on who was best equipped to do so.

“I know how to deal with Donald Trump because I’ve dealt with him before,” Cuomo said, citing his experience as New York governor.

Mamdani warned that “President Trump will target whomever is the next mayor of this city” and said that is “important that we have a mayor who will fight back and that is what I will do”.

“I am Donald Trump’s worst nightmare as a progressive Muslim immigrant who actually fights for the things that I believe in,” Mamdani added. “And the difference between myself and Andrew Cuomo is that my campaign is not funded by the very billionaires who put Donald Trump in DC.”

Cuomo fired back, saying that “Donald Trump would go through Mr Mamdani like a hot knife through butter”.

“He would be Trump’s delight,” Cuomo added.

Mamdani countered: “It’s true that I don’t have experience with corrupt Trump billionaires that are funding my campaign. I don’t have experience with party politics and insider consultants. I do have experience, however, with winning \$450m in debt relief for thousands of working-class taxi drivers and actually delivering for working-class people.”

Adrienne Adams, the speaker of the New York city council, said she would take legal action against Trump when necessary.

3. Similarly, they all pledged to fight Trump’s immigration crackdown – in different ways

Asked how they would respond if the Trump administration ordered city-run hospitals to stop providing care to undocumented patients or risk losing millions in federal funding, all candidates voiced strong opposition to Trump’s recent crackdown on immigration in general.

“You cannot give in to Mr Trump and his demands,” Cuomo said. “If you give in to him, he is a bully, I know him well, if you give in to him today, you will be giving him your lunch money for the rest of your life.”

“You have to fight him and the way you fight him is not by suing him,” the former governor said. “We need a national coalition, which we can put together of like-minded states and cities that will oppose these actions and then we’re going to have to eventually beat him politically in Congress.”

Whitney Tilson said that if Trump were to act “illegally to try and blackmail us, you have to sue to restore that funding”, adding that he was “appalled by what Trump is doing to terrorize immigrant communities” and would “fight him tooth and nail”.

Mamdani said that New York City was “under attack by an authoritarian Trump administration”.

“The way that we fight back is ensure that our local institutions continue to provide the services to each and every New Yorker,” he said. “We will tell those institutions that we will provide that funding and we will get that funding by taxing the 1% and the wealthiest corporations.”

4. Cuomo was grilled on a Covid-19 scandal and sexual harassment allegations

ressed about his administration’s handling of nursing home deaths during the Covid-19 pandemic – a 2021 report by the New York attorney general found that his office undercounted thousands of deaths of state nursing home residents – Cuomo defended his record, claiming the numbers were not, in fact, undercounted.

He also denied the sexual harassment allegations against him that led to his resignation. “I said at the time that if I offended anyone it was unintentional but I apologize and I say that today,” he said.

5. They were asked their biggest regret in politics

City council speaker Adrienne Adams took a swipe at the current mayor. “My biggest regret is believing that Eric Adams would be a good mayor for all New Yorkers,” she said.

The city’s comptroller, Brad Lander, said that he regretted not pushing “for more housing in his Brooklyn district when he was a city council member”. Mandani used the moment to target Cuomo once more, saying that “as a Democrat, one of my regrets is having trusted the leaders within our own party, leaders like Andrew Cuomo”.

Cuomo, on the other hand, said his biggest regret was “the state of the Democratic party”, which prompted backlash from other candidates on stage. “No personal regrets?” asked Adrienne Adams. “No regrets when it comes to cutting Medicaid or healthcare? No regrets when it comes to slow-walking PPE and vaccinations in the season of Covid to Black and brown communities? Really, no regrets?” Cuomo said her claims were “not accurate”, adding: “Medicaid went up under me. I pushed President Trump to give us everything he had, leading the way during Covid.”

6. The candidates declared how much they pay for housing in New York City The moderators asked the candidates how much they pay in rent or mortgage in New York City. Adams said she owned her home and that it was paid off; Mamdani said he pays \$2,300 a month in rent for a rent-stabilized apartment in Astoria. Blake said he spends about \$1,800 for a home that he owns, while Myrie said his rent-stabilized apartment was \$1,300 a month and Ramos said her rent was \$2,500 a month. Lander said his mortgage was \$3,300 a month.

Cuomo said that he pays \$7,800 a month, while Tilson said that he owned his home and paid about \$5,000 per month in maintenance fees and taxes. Stringer said he pays \$6,400.

Adani faces US scrutiny over Iran LPG 'links', denies role, says unaware of probe

Gautam Adani's firms are under scrutiny from US prosecutors for reportedly importing Iranian LPG into India through Mundra port. A spokesperson denied the company's involvement and said it was not aware of such a probe.

US prosecutors are investigating whether industrialist Gautam Adani's companies violated US sanctions by importing Iranian petrochemical products into India through Gujarat's Mundra port, The Wall Street Journal reported on Monday. However, the company categorically rejected any involvement in importing Iranian LPG by evading sanctions, stressing that it was not aware of a probe into the same.

An investigation by the US-based publication found tankers travelling between Mundra port, which is operated by the Adani Ports and SEZ Ltd, and the Persian Gulf, the report said, adding that it exhibited traits experts say are common for ships evading sanctions.

The US Justice Department was reviewing the activities of several LPG tankers used to ship cargoes to Adani Enterprises, the report said, citing people familiar with the matter.

In response, an Adani Enterprises spokesperson said,



"Adani categorically denies any deliberate engagement in sanctions evasion or trade involving Iranian-origin LPG. Further, we are not aware of any investigation by US authorities on this subject."

Last month, US President Donald Trump said all purchases of Iranian oil or petrochemical products should stop and threatened to impose secondary sanctions on countries buying oil from the Islamic Republic.

The development came after US authorities prosecuted the 62-year-old industrialist and his nephew, Sagar Adani, in

November last year, alleging that they paid bribes to secure power supply contracts, and misled American investors during fundraising in the US. Adani Group had called the allegations "baseless" and vowed to seek "all possible legal recourse".

ADANI ENTERPRISES DENIES INVOLVEMENT

In a statement, a spokesperson for Adani Enterprises said The Wall Street Journal's report appeared to be based entirely on incorrect assumptions and speculation.

"Any suggestion that Adani Group entities are knowingly in

contravention of US sanctions on Iran is strongly denied. Any assertion to the contrary would not only be slanderous but also deemed to be an intentional act to injure the reputation and interests of the Adani Group," the spokesperson said.

The statement also said that the Adani Group does not handle any cargo from Iran at any of its ports. "This includes any shipments originating from Iran or any vessels operating under the Iranian flag," it read.

"Additionally, the Adani Group does not manage or facilitate any ships whose owners are Iranian. This policy is strictly adhered to across all our ports," it said.

The spokesperson said that the shipment referred to in The Wall Street Journal's report was handled through a routine commercial transaction via third-party logistics partners and was supported by documentation identifying Sohar, Oman, as the port of origin.

"We again state that we do not own, operate or track vessels

(including the alleged SMS Bros/Neel) and cannot comment on the current or past activity of vessels we have not contracted and do not control. Whatever the duties and responsibilities of a bona fide importer are, we have fulfilled those," the statement said.

The spokesperson said even while LPG constitutes a very small and operationally non-material component of the company's overall revenue, all LPG trade conducted by Adani entities was fully compliant with applicable domestic and international laws, including US sanctions regulations.

"As an importer of LPG, the appropriate due diligence and KYC of the suppliers is undertaken to ensure that the entities/persons are not on the OFAC sanctions list. The logistics of LPG trade are managed by well-established third-party international suppliers and logistics firms, which manage shipping in accordance with global compliance standards, it said.

Disney cuts hundreds of TV and film jobs amid streaming expansion

Disney is cutting hundreds of employees across several TV and film teams as the company focuses on expanding its streaming services.

Employees in the marketing for film and television, as well as TV publicity, casting and development, and corporate financial operations will be impacted by the cuts, a spokesperson for Disney told FOX Business.

The spokesperson said the company will continue to evaluate ways to efficiently manage the businesses "while fueling the state-of-the-art creativity and innovation." The layoffs announced on Monday are part of its ongoing work to find opportunities to operate more efficiently. However, the



spokesperson said the company has been surgical in its approach to minimize the number of impacted employees.

Entire teams aren't getting cut. It comes after Disney's ABC News Group and Disney Entertainment Networks announced plans to lay off just under 200 employees in March. Those cuts represented nearly 6% of the total ABC News Group and Disney Entertainment Networks workforce, and the majority of the impacted staffers are from ABC News, according to a source with knowledge of the headcount reduction. Meanwhile, Disney is pushing ahead with its new direct-to-consumer (DTC) streaming service, which will be named ESPN, after its successful sports network, as

the streaming wars press on. Warner Bros. Discovery, which owns Max, CNN, and Discovery Channel, Disney, which owns Disney+, Hulu, and ESPN, Amazon, which owns Prime, and Netflix are among media companies vying to dominate the online video streaming market, which took off during the pandemic-related lockdown orders. Companies have heavily invested in original content and exclusive deals to bring in more subscribers and gain market share. With many players in the space, platforms have also consolidated streaming services, raised prices, cracked down on password sharing or added ad-supported tiers in order to remain profitable and effectively compete.



Elon Musk's Tesla not interested in manufacturing cars in India: Union Minister

The Union Minister said that Tesla is not expected to begin manufacturing vehicles in India in the near future. He mentioned that the company is currently interested only in opening showrooms in the country.

Tesla is unlikely to manufacture its cars in India, Union Minister HD Kumaraswamy said on Monday. The statement comes as the Indian government recently launched a new electric vehicle (EV) policy aimed at attracting global carmakers to set up production units in the country.

The Union Minister said that Tesla is not expected to begin manufacturing vehicles in India in the near future. He mentioned that the company is currently interested only in opening showrooms in the country.

"They are not interested to manufacturing in India. This we are not expected from them. They have only start showrooms," the minister said as quoted by news agency ANI.

NEW POLICY TO BOOST LOCAL EV PRODUCTION

India, the world's third-largest car market, introduced a new EV policy earlier. The policy aims to reduce import taxes for foreign automakers that commit to building electric

vehicles in India. The main idea behind the policy was to encourage companies like Tesla to set up local manufacturing units.

Under the new policy, companies that invest at least \$486 million (around Rs 4,000 crore) to build EVs in India will be allowed to import a limited number of electric cars at a lower import tax of 15%. Currently, the duty on imported electric cars is as high as 70%.

To get these benefits, companies must set up a manufacturing facility in India and begin production within three years of getting approval. They will also need to meet certain local sourcing rules.

The government hopes this move will increase local production, create jobs, and lower prices for Indian buyers.

MERCEDES AND VOLKSWAGEN SHOW INTEREST

While Tesla appears to be holding back, other global companies like Mercedes-Benz and Volkswagen have shown interest in the Indian EV policy. The minister said these companies are

exploring possibilities under the new scheme and could invest in local production.

The scheme is called the "Scheme to Promote Manufacturing of Electric Passenger Cars in India" (SPMEPCI), and the application window for this scheme will be opened soon.

LOCAL COMPANIES BACK DOMESTIC PUSH

Indian automakers such as Tata Motors and Mahindra & Mahindra have already made large investments in electric vehicle production in the country. These companies are leading the domestic EV market and have pushed against cutting duties for foreign carmakers, arguing that it would hurt local industries.

So far, EVs make up just 2.5% of India's total car sales. In 2024, out of 4.3 million cars sold, only around 1.1 lakh were electric. The government wants to raise the share of EVs to 30% by 2030 as part

of its plan to cut pollution and reduce fuel imports.

TESLA'S LONG-STANDING INTEREST

Tesla has shown interest in the Indian market for several years. However, high import duties have made it difficult for the company to sell its vehicles at competitive prices. Tesla CEO Elon Musk has previously called India's import taxes among the highest in the world.

Although the government's new policy offers a way around these high taxes, Tesla does not seem willing to invest in local production at this point. Instead, it may focus on opening showrooms and selling imported vehicles, though this would limit its ability to compete on price with local players like Tata and Mahindra. With Tesla possibly staying out of local production for now, the focus may shift to other global companies like Mercedes-Benz and Volkswagen, and how seriously they take India's invitation.

Prevent These 5 Health Issues With Just 30 Minutes Of A Daily Brisk Walk

When it comes to health, consistency often outweighs intensity. Ahead of Global Running Day, marked on June 4, while many celebrate the benefits of running, it's important to remember that even something as simple as a daily brisk walk can significantly improve your well-being. According to the World Health Organisation, physical inactivity is the fourth leading risk factor for global mortality, making regular movement, in any form, a vital part of a healthier life. Additionally, a Harvard study concluded that walking briskly for only 30 minutes a day lowers the risk of heart disease by as much as 40 per cent. One of the simplest, most effective, and sustainable habits you can build is a daily brisk walk. Just 30 minutes a day can go a long way in preventing a range of chronic diseases, making it a powerful yet accessible investment in your long-term health.

Kushal Pal Singh, Fitness and Performance Expert at Anytime Fitness, shares five conditions that can be avoided with this everyday habit.

A Stronger Heart, Step by Step

In today's fast-paced world, a healthy heart can feel like a rare luxury. Yet



something as simple as walking at a brisk pace can make a meaningful difference by boosting circulation, lowering blood pressure, and helping maintain healthy cholesterol levels to support long-term heart health. Frequent walkers also tend to be less likely to suffer from cardiovascular disease as walking strengthens the muscles of the heart and prevents artery blockage due to plaque.

Balancing Blood Sugar Naturally

Brisk walking enhances insulin sensitivity and regulates blood sugar levels, which goes a long way in

avoiding Type 2 diabetes. Research indicates that regular daily walking lowers the risk of developing the condition, particularly in individuals with a family history of the disease or sedentary lifestyles.

Weight Control Without the Strain

Regular brisk walking boosts energy expenditure and supports metabolic function, making it an effective and sustainable strategy for managing weight. It reduces belly fat over the long term, keeps hormones that regulate appetite in check, and enhances body composition, all of which

can reduce the risk of obesity and metabolic syndrome, especially when combined with mindful eating.

Keeping Bones and Joints Healthy

Being a weight-bearing exercise, walking increases bone density and can decelerate the loss of bone mass with age, thus decreasing the risk of osteoporosis. It also conditions joints and keeps them well-oiled, which makes it especially suitable for people suffering from mild stiffness or arthritis pain. It also improves balance and coordination, reducing the risk of falls in older adults. **A Natural Mood Booster**

Physical activity has a direct connection with mental health. Fast-paced walking stimulates the release of serotonin and endorphins, which improves mood and eases stress and anxiety. Walking outdoors offers the added benefit of nature therapy, promoting emotional clarity, reducing stress, and fostering a greater sense of mental balance.

The News18 Lifestyle section brings you the latest on health, fashion, travel, food, and culture — with wellness tips, celebrity style, travel inspiration, and recipes. Also Download the News18 App to stay updated!

COVID-19 Cases Rise In India: Here's What You Need to Know About The Symptoms

India Covid Cases Today: India is witnessing a fresh surge in COVID-19 cases, with the number of active infections reaching 4,026, according to the Ministry of Health and Family Welfare. In the past 24 hours alone, Delhi reported 47 new cases. Kerala continues to report the highest number of active cases at 1,435, followed by Maharashtra with 506 and West Bengal with 330. While the overall situation remains under control, the recent uptick has prompted authorities to urge the public to stay cautious.

What's Driving the Surge?

The rise in cases is likely due to the spread of the JN.1 variant, a subvariant of Omicron. Although it's considered mild, it remains highly contagious, which can lead to a steady increase in cases if precautions are not followed.

Covid 19 Signs and Symptoms

Though symptoms are generally mild, it's important to monitor your health. Common symptoms include:

Mild fever

Fatigue or tiredness

Sore throat



Runny or blocked nose

Cough

Headache

Occasionally, digestive issues like diarrhoea. Those with pre-existing health conditions or weakened

immunity should be extra cautious, as they are at higher risk of complications.

Understanding Hybrid Immunity

Most people in India have developed what's known as hybrid immunity, protection that comes from both

vaccination and previous infections. According to Dr. Agrawal, "Even if antibody levels decline, the immune system retains memory to fight the virus, which helps prevent severe illness." This has helped keep hospitalisations low despite the rise in cases.

Is a New Booster Needed?

Currently, there is no need for a new or variant-specific booster. "The existing vaccines continue to be effective against the circulating strains, including JN.1," says Dr. Agrawal. "They're still doing their job of preventing severe disease."

How to Stay Safe

While the situation isn't alarming, basic precautions remain essential — especially in crowded public spaces. Here's what health experts recommend: Wear a mask in enclosed or busy areas. Wash hands regularly or use hand sanitiser.

Cover your mouth and nose when sneezing or coughing.

Avoid close contact with people showing flu-like symptoms.

Kareena Kapoor's 'Almost Monastic' Routine Is The Secret Behind Her Fitness At 44

At 44, Kareena Kapoor is one of the fittest actors in the industry. The actor often swears by yoga and a balanced diet to maintain her fitness. In a recent interview, Kareena opened up about how she maintains her fitness. She mentioned that she follows a 'monastic' routine as she eats dinner and goes to sleep early.

In a recent interview with The Nod Magazine, Kareena Kapoor got candid about her life. She spoke about her fitness routine. She mentioned that she does not negotiate with certain things in her life, and these include workouts, early dinners, and early bedtime. Calling her routine 'almost monastic', Kareena said, "Dinner by 6 pm, lights out by 9:30 pm, morning workouts before the world wakes up. My friends know not to expect me at parties. And they respect that. They know I'll be watching Schitt's Creek on low



volume!" Talking about her workouts, she mentioned how exercise provides her with an anchor and helps her find her balance. She continued, "If I don't work out, I'm in a bad mood. Post-COVID, I realised how important fitness is – not for vanity, but for well-being.

It's my mood stabiliser, my anchor." **How Does Sleeping And Having Dinner Early Help Your Body?** Sleeping and having dinner early can positively impact your health. Eating earlier gives your body more time to digest food before sleep, which can

improve metabolism and reduce issues like indigestion or acid reflux. Going to bed early helps align your sleep cycle with your natural circadian rhythm, leading to better quality rest, improved mood, and enhanced focus during the day. Last year, Anushka Sharma also talked about how she hits the bed early. She mentioned that she eats dinner by 5:30 or 6 PM and goes to bed early with her daughter, Vamika. She said, "I eat early dinner and I think it is doing wonders for my health... I feel like I rest better, I sleep better. All my sleep issues are gone. I wake up fresher; I have more energy; I think clearly. I would attribute that to eating early because that's the only change that I have made in my life."

An early dinner and consistent sleep routine support better digestion, hormonal balance, and overall well-being.

Dengue Season: Safe and Responsible Ways to Use Mosquito Repellents



Mosquito-borne diseases like dengue, chikungunya, and malaria continue to pose serious health risks especially for young children whose immune systems are still developing. With the arrival of the monsoon season, the risk of these diseases are likely to increase. While many households rely on mosquito repellents for protection, there's still a lot of confusion. Some people don't use them properly, while others avoid them altogether often due to misconceptions or concerns about safety. With so many options available today like aerosols, liquid vapourisers, and incense sticks knowing how to choose and use them safely is essential, especially in homes with children.

Dr Mukesh Sanklecha, Consultant Paediatrician, Bombay Hospital

Institute of Medical Sciences, Mumbai shares all you need to know: **Matching the Right Product to the Situation**



Different mosquito repellent formats serve different needs. If you're dealing with a heavy mosquito presence and need quick relief, aerosol sprays can provide an instant knockdown effect. They work best when used in

unoccupied rooms, especially in the early evening. For consistent protection throughout the night—when children are most vulnerable—liquid vapourisers are a better choice. Understanding when to use each type of product ensures better protection without compromising on safety.

How to Use Aerosol Sprays Safely Aerosols like HIT can be effective but need to be used correctly. Always spray them in a room when no one is inside and leave immediately afterward. Wait at least 15–20 minutes before going back in. Never spray directly on bedding, near food, or in children's play areas. This is particularly important in homes with infants or toddlers, as they are more sensitive to airborne irritants. **Always Choose Government-Approved Repellents**

Stick to repellents that are approved by the Central Insecticide Board and Registration Committee (CIBRC). These products have gone through extensive safety and efficacy testing. You can identify approved products by looking for the CIBRC number printed on the packaging. There are many trusted options available in the market such as Goodnight liquid vapouriser which are safe for everyone including kids, government approved and specify CIBRC number Responsible Use of

Liquid Vapourisers

Responsible Use of Liquid Vapourisers For best results, plug in your vapouriser 30 minutes before bedtime in a well-ventilated room—keep a window or door slightly open. Make sure the device is plugged into a socket that's out of children's reach. Look for vapourisers that use newer molecules like Renofluthrin, which is developed in India and considered one of the most effective options available today.

Storage of Repellents

No matter which format you choose, proper storage is crucial. Keep repellents locked away or on high shelves, far from where children can reach. Kids should never be allowed to handle or play with these products. Always unplug devices when not in use and keep them upright to prevent leaks or accidents.

Avoid Illegal Mosquito Repellent Incense Sticks

Be cautious of smoke-based repellents like unregulated incense sticks sold under names such as Comfort, Relax, Sleepwell, Just Relax, Relief, or Natural Relax. These are often made with illegally imported and unapproved chemicals. While they may seem affordable, they lack quality control and could pose serious health risks. Instead, choose repellents from trusted brands that are CIBRC-approved to ensure both safety and effectiveness.

Palace hopping in God's own country



A visit to the palaces in Thiruvananthapuram, Kerala, gives an insight into the myriad opulence of the bygone eras



Ancient forts and palaces are often considered to be portholes for travelling back in time. Standing strong since centuries, they take us on a visual expedition through the many journeys that have shaped history. During a recent trip to Kerala, we decided to explore the lesser-known palaces of the Kingdom of Travancore. These palaces do not seem massive at first sight. However, they have several sections that spread out across acres of grounds. We get to see a cluster of smaller single or double-storeyed structures with gabled and tiled roofs. The architectural brilliance of the place, is reflected through intricate

carvings and functionality of layout. Several centuries old, each palace tells the story of the kingdom and its relations with other kingdoms within and outside India.

Kuthiramalika (150+ years old) Literally meaning the horse palace, it derives its name from the 122 smiling horse heads - visible from the palace's main entrance - carved into the beams that support the roof. Built in the 1840s by the then Maharaja of Travancore, Swathi Thirunal Balarama Varma, the palace is situated near the Padmanabhaswamy Temple. Given that you have adhered to the dress code of the temple, you can club your

visit to both the places. Also called Puthen Malika, the palace's architecture boasts of the use of rosewood, teakwood, marble and granite. While visiting the interiors, you're not allowed to wear footwear. So, it is hard to miss the glossy smoothness of some sections of the floor. The reason behind it is the use of a mixture made of egg whites, charcoal, and limestone, which keeps the floor cool even on hot days. The well-trained guides here take you on a systematic journey explaining to you the many sections of the palace. It is truly a travel back in time as we see the thrones, the ivory

cradles, the palanquins, the arms and other artefacts, once used by the royals. Also known as Nedumangad Valiya Koyikkal Palace, it was the royal headquarters of the Perakam dynasty. It was built in the 16th century for Queen Umayamma of the Venad Royal Family. Currently, the Kerala State Department of Archaeology is the custodian of the palace and maintains the Folklore and Numismatic museums inside the property. The former has a huge collection of ancient artefacts that played a vital role in the day-to-day activities of common people as well as the royals. One can see the rare chandravalayam, the small percussion instrument played while reciting the ballad of Lord Rama, here. The latter has an exhaustive collection of coins and is a must-visit for those who collect them. The coins on display here reflect the ancient kingdom's trade relations with the Roman and Venetian dynasties, among others. Apart from guides, there are kiosks that tell you all about palace's history. Unlike our previous visits, the trip to Kilimanoor Palace, famous for being the birthplace of Raja Ravi

Varma (RRV), was filled with surprises. To begin with, we couldn't spot a single tourist, and it was eerily quiet, except for the distant sounds of someone practising Carnatic vocals. The palace was devoid of any signs or guardsmen, too. Past the imposing gate, called padippura, we found the source of the Carnatic music - a guru and shishya with a harmonium placed at the centre. The room turned out to be the former studio of RRV. Now, it was filled with his paintings and a lamp was lit in his honour, below a massive picture of him at the farthest end. The guru introduced himself as Rama Varma Thamburan, the sixth descendant of RRV, and apologised that he won't be able to let us in for "it was private property". However, as soon as he got to know that we had come from out of state, he showed us the palace grounds and explained the architecture. It resembled most of Kerala's residential homes from that era, adhering to the 'nalukettu', meaning beyond the imposing arch or the main gate, there were clusters of small and medium-sized houses, two ponds, wells, and sacred groves (kaavu).

Kamal Haasan To HC: Won't Release 'Thug Life' In Karnataka, Apology Needed Only If...

The counsel of actor-politician Kamal Haasan on Tuesday told the Karnataka High Court that his upcoming Tamil film 'Thug Life', scheduled for release on 5 June, will not be released in Karnataka for now.

This statement came after the actor refused to apologise for his remarks, despite the court giving Haasan till 2:30 p.m. to respond on whether he wished to apologise for his statement that "Kannada is born out of Tamil." Haasan's lawyer told the court, the actor has the "utmost respect for Kannada and nothing more needs to be said," refusing to apologise. The court responded, "This is your ego speaking." "We do not require police protection at present as the film will not be released here. We will engage in talks with the film chamber," the counsel added.

In a letter addressed to the Karnataka Film Chamber of Commerce (KFCC) and read out by his counsel, Haasan clarified that his remarks, made during the film's audio launch, were



misunderstood and taken out of context. The actor acknowledged the film body's concern and said: "It pains me that my

statement at the Thug Life audio launch, spoken out of genuine affection for the legendary Dr Rajkumar's family,

especially Shiva Rajkumar has been misunderstood and taken out of context." He said he only intended to convey that "we are all one, and from the same (linguistic) family," and did not mean to diminish the Kannada language in any way. "There is no dispute or debate on the rich legacy of Kannada language," he said adding he was writing out of deep respect for the people of Karnataka. In his letter to the film chamber, Haasan said "like Tamil, Kannada has a proud literary and cultural tradition," that he has long admired. "Throughout my career, I have cherished the warmth and affection extended to me by the Kannada-speaking community." With a clear conscience and conviction, he said his love for the language was genuine, and he had great respect for the love that Kannadigas had for their mother tongue. His bond with Tamil, Kannada, Telugu, Malayalam and all other Indian languages was heartfelt. The case has been adjourned and will be heard again on 10 June.

Anurag Kashyap Feels Directors' 'Gore Obsession' Is Ruining Cinema

Anurag Kashyap and Ram Gopal Varma, known for their unfiltered opinions, have lashed out at contemporary filmmakers who follow formulaic approaches to filmmaking. According to them, many filmmakers don't consider 'creating a cinematic experience' as a goal. Additionally, the Gangs of Wasseypur director specifically



"The moment Sairat (2016) did Rs. 100 crores, I thought that now people have seen the possibility of a film earning so much. That should have become the target. But they stopped creating films. Then it became a formula and they started following the formula."

He added, "What has happened since KGF, Salaar is that you wonder, why is the DI of all the films looking the same? In Animal (2023), the gore and violence have worked. Hence, filmmakers are getting more and more gore in their films, sometimes without reason! That, for me, is the scary part, as people are chasing the wrong goalpost. The goal is not 'Let me create a cinema experience'."

Furthermore, Gopal Varma added more to the filmmaker's comment and said, "I never consciously thought of making Satya (1998) at low cost. I was spending what was required, and it created authenticity and realism. If I had spent Rs. 5 crores more, Satya's quality would have been five times less!"

The Sarkar director further elaborated that the success of Baahubali has led to a trend where filmmakers believe that lavish production values and VFX are necessary to wow audiences. However, he emphasised that his concern isn't about cost-cutting, but rather about filmmakers compromising artistic integrity by overspending on gimmicks.

slammed a filmmaker who allegedly sabotaged his own film's VFX to draw attention to the special effects.

In a recent Interview with The Filmy Hustle, Anurag Kashyap revealed, "A filmmaker, who I won't name, made a film with special effects. He saw the film. The special effects were done so well that he complained, 'Special effects hai, yeh toh pata hi nahin chal raha hai!' Hence, they had to make the VFX look bad taaki pata chalein ki special effects hai!" Furthermore, the Maharaja actor explained how the desire to make formulaic films has impacted cinema.



Anees Bazmee Dubs Diljit Dosanjh 'Honest'; Reacts To Actor's Rumoured Exit From No Entry 2

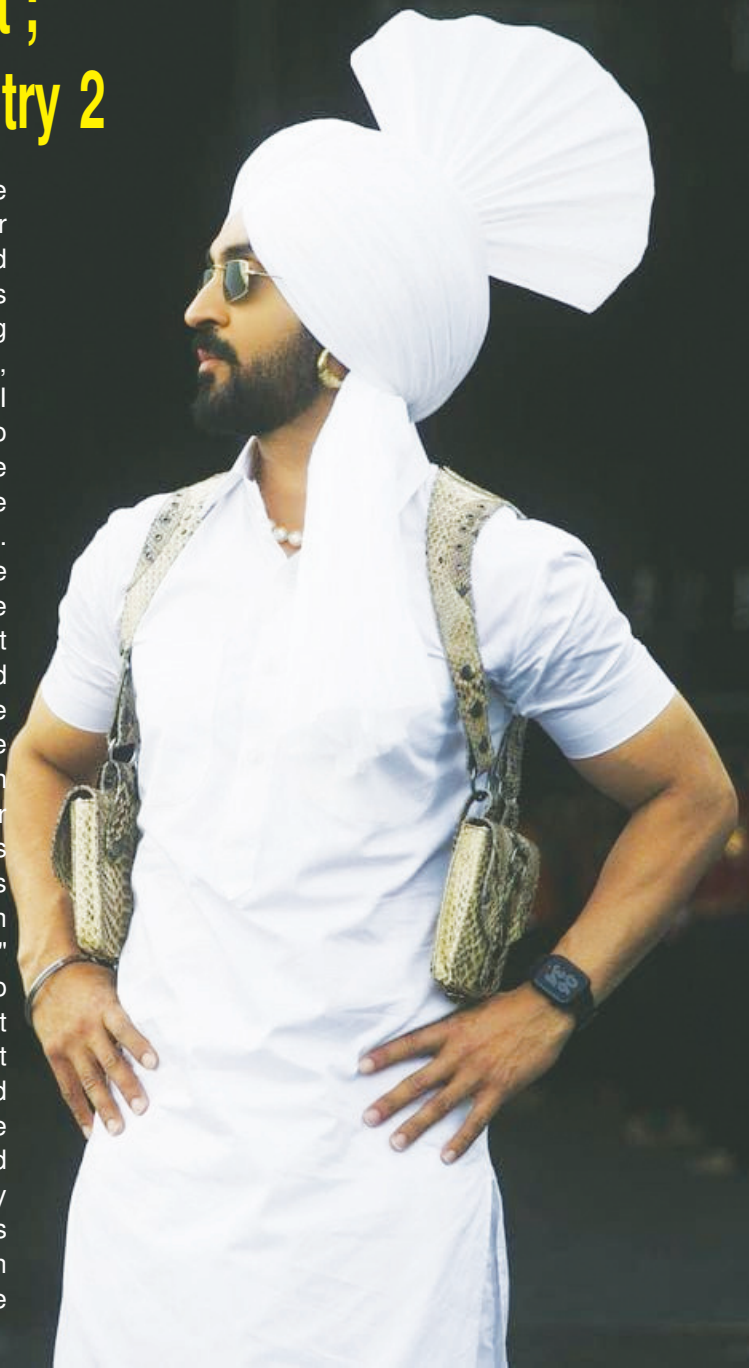
A while back, reports started doing the rounds that Diljit Dosanjh has made an exit from No Entry 2 co-starring Varun Dhawan and Arjun Kapoor due to creative differences with the makers. But producer Boney Kapoor slammed these speculations and clarified, "Yes, there are date issues, but certainly no creative



differences. That is absolutely false. We are trying our best to work the dates out."

Now, speaking exclusively to News18 Showsha, director Anees Bazmee reacts to it and spills the beans on his last meeting with Diljit. "Our last meeting, which was the second time that we met, lasted for 10 minutes. We were discussing his dates because there was a bit of back and forth. He told me that he's trying to work out his dates. Boney ji was also there. Since it's a big film, everything that happens makes news. I'm used to do these things and I don't let such things bother me. Main kabhi safaiyaan nahi deta. Jo hona hai, woh hi hoga aur jo hoga, achcha hi hoga," he

tells us. The director shares that he holds the Amar Singh Chamkila and Good Newwz actor in high regard. Talking about how he agreed to come onboard instantaneously, Anees remarks, "Diljit is a very honest human being and he's a very talented actor. In all my life, I've met him for just 20 minutes. The first time I met him was when I went to narrate the script to him. He didn't even listen to the full script. He told me, 'Kahaani samajh aa gayi hai. Aap picture bana rahe hai. Teen heroes hai. Comedy hai. No Entry dekh ke hum kitne hasse hai.' And he instantly agreed to do the film. He's such a simple guy." While there's no confirmation on Diljit's exit from the film, he reveals that in the past, he had to work with an actor who wasn't part of the original casting decision. "I'm just happy that the film is getting made. There's no bigger joy than that. At this point, woh hi ho raha hai jo upar waala chahta hai. I work with a lot of earnestness and I leave the rest to god. It's not like the films that I've only worked with actors who've been my first choices on the films I've done so far," Anees states. "I've had to work with actors who were my second and even third choices. But once these films got released, audiences felt that those actors fit the characters perfectly and nobody else could've pulled off those parts the way they did," adds the Bhool Bhulaiyaa 3 and Welcome director, who's waiting to take No Entry 2 on floors 'very soon'. On a related note, he's awaiting the release of his Marathi production debut, Jarann, which is set for a theatrical release on June 5.



Shanaya Kapoor-Vikrant Massey's Aankhon Ki Gustaakhiyan first look out

The first look of 'Aankhon Ki Gustaakhiyan', starring Shanaya Kapoor and Vikrant Massey, was unveiled today. The romantic drama marks Shanaya Kapoor's much-awaited Bollywood debut alongside actor Vikrant.

The poster was released by Zee studio on their official Instagram handle. The caption read, "Two hearts. One love. And countless G u s t a a k h i y a n . #AankhonKiGustaakhiyan Teaser Out Tomorrow! Come feel the love on 11th July in cinemas near you."

In the newly released poster, Shanaya stuns in a shimmering red, thigh-high-slit skirt paired with a matching crop top, while Vikrant exudes rugged charm in a jacket and chinos. The two are seen seated face-to-face on merry-go-round horses, with



their eyes closed. The image radiates romance and has already sent social media into a frenzy.

Sharing the poster on Instagram, both actors

expressed their excitement for the film. Shanaya's friends and sisters were among the first to cheer her on. Suhana Khan posted the poster on her Instagram Stories, writing, "Can't

waittttt" with emotional and love-struck emojis.

Ananya Panday shared the excitement with, "Booked!! Seated!! Excited," while sisters Janhvi and Khushi Kapoor

joined in with emojis and cheers. The film has been directed by Santosh Singh and penned by celebrated writer Niranjan Iyengar along with Mansi Bagla. With music by Vishal Mishra, 'Aankhon Ki Gustaakhiyan' is produced under the Mini Films banner by Mansi and Varun Bagla. The teaser is expected to be released tomorrow and the film is slated for a theatrical release on July 11, 2025.

After 'Aankhon Ki Gustaakhiyan', Shanaya Kapoor will be seen in 'Tu Ya Main' opposite Adarsh Gourav and 'JC' alongside Abhay Verma, with many more exciting projects reportedly in the works.

Vikrant Massey, who was earlier seen in 'The Sabarmati Report', '12th Fail', and 'Sector 36', is also said to be working on 'Dostana 2', as per reports.