

Three stranded fishermen rescued after seven-hour operation in Arunachal's West Kameng



Bomdila, July 20: Three local residents stranded on a small mound in the middle of the Bichom River were rescued following a nearly seven-hour rescue operation at Subu village in the Thrizino subdivision of Arunachal Pradesh's West Kameng district.

According to sources, the three had entered the river to cast fishing nets. As the water level was low, they swam across to a small island-like mound in the middle of the river to fish. However, the river suddenly swelled due to rising water levels, cutting off their route back to the shore and leaving them stranded.

Villagers heard their cries for help at around 6 pm and immediately alerted the authorities. Personnel of the 59th Battalion of the Indo-Tibetan Border

Police (ITBP), stationed at Thrizino, along with local residents, rushed to the spot and launched rescue operations. The strong river current, however, prevented the rescue team from reaching the stranded men immediately. Rescuers managed to deliver food and other essential supplies to the trio while awaiting additional assistance.

A team of the National Disaster Response Force (NDRF) arrived from Bomdila at around 1 am. In a coordinated operation involving the NDRF, ITBP personnel and local villagers, the three men were successfully rescued at around 2:30 am without any reported injuries. The timely joint operation ensured the safe rescue of all three residents despite challenging river conditions.

Floods disrupt rail services in Upper Assam; NFR diverts long-distance trains, arranges special passenger assistance

Guwahati, July 20: Rail connectivity across Upper Assam has been severely disrupted after the overflowing Dikhow River inundated railway infrastructure at Simaluguri in Sivasagar district, forcing the Northeast Frontier Railway (NFR) to suspend train services on key sections and divert several long-distance trains.

According to NFR, incessant rainfall in the upstream catchment areas caused the Dikhow River to overflow, flooding Simaluguri town, including the railway station yard, railway colony and adjoining areas.

Floodwaters also submerged railway tracks in the Simaluguri section, making train operations unsafe. As a precautionary measure, train services between the Simaluguri-Namtiali and Simaluguri-Selenghat sections have been suspended until further notice.

Several long-distance trains originating from or bound for Dibrugarh and Tinsukia have been diverted via the Rangiya-Ran-gapara-North Lakhim-



pur-Dibrugarh route. The diverted trains include the Dibrugarh-New Delhi Rajdhani Express, Vivek Express, Chandigarh Express, Avadh Assam Express and Kamrup Express. Several inbound services have also been diverted through the same route.

Apart from diversions, a number of trains have either been short-terminated or short-originated. Services including the Ra-

jendra Nagar Express, Nagaland Express, Kamrup Express, Amritsar-New Tinsukia Express, Vivek Express, New Delhi-Dibrugarh Rajdhani Express and Avadh Assam Express have been partially cancelled over different sections due to the flooding. NFR has also cancelled several passenger and intercity services, including the Tinsukia-Jorhat Town Passenger, Lumding-Tin-

sukia DEMU, Ledo-Guwahati Intercity Express, Ledo-Rangiya Intercity Express, Rangiya-New Tinsukia Intercity Express and Simaluguri-Dibrugarh Passenger.

To minimise inconvenience to passengers, the railway has arranged food packets, drinking water and ticket refunds at affected stations. Help desks have been opened across stations to assist stranded

passengers.

The railway has also arranged ASTC buses and local vehicles from Namtiali to Sibsagar Town railway station. From Sibsagar Town, a special train has been planned to transport passengers to Dibrugarh and New Tinsukia. Officials said 217 passengers travelling on the Kanyakumari-Dibrugarh Vivek Express were transported by road from Selenghat to Mariani.

Assistance is also being provided to 570 passengers of the Howrah-Dibrugarh Kamrup Express and 490 passengers of the Amritsar-New Tinsukia Express who detrained at Mariani. NFR said restoration work will begin as soon as water levels recede.

Railway personnel, equipment and essential materials have already been dispatched to the affected locations. However, officials said it is not yet possible to estimate when train services will resume, as the exact extent of damage to the railway tracks can only be assessed after the floodwaters recede.

Arunachal's Sonam Zomba becomes first-ever KFL World Strawweight Champion

Itanagar, July 20: Arunachal Pradesh's mixed martial arts (MMA) star Sonam Zomba scripted history by becoming the first-ever Karma Fight League (KFL) World Strawweight Champion after defeating Sri Lanka's Chathuri Siriwardana by unanimous decision in a K-1 kickboxing bout. The championship fight was held at the Sri Lanka Exhibition and Convention Centre (SLECC) in Colombo, where Zomba delivered a composed and dominant performance to claim the inaugural world title. Although initial announcements had listed Pakistan's Bushra Akhtar as Zomba's opponent, the bout eventually took place against Sri Lankan fighter Chathuri Siriwardana, with the Arunachal athlete emerging victorious. The latest triumph adds to Zomba's growing list of achievements. Earlier this year, she successfully defended her Matrix Fight Night (MFN) Strawweight World Championship, further cementing her reputation as one of India's leading combat sports athletes. Hailing from Tawang district, Zomba trains under Bidang MMA and boasts an impressive professional MMA record of around 8-1. Her latest K-1 kickboxing title underlines her versatility across multiple combat disciplines. Congratulating the champion, Arunachal Pradesh Chief Minister Pema Khandu hailed her achievement and described Zomba as "Bharat ki beti" (India's daughter). "She went in, fought hard, and came out with the title belt, defeating Sri Lanka's Chathuri Siriwardana. That's what winners do," Khandu said, wishing her continued success in the future.

Citing exam leaks and governance shortcomings, the Manipur Congress chief criticises the BJP for lacking a full-fledged education minister

Imphal, July 20: Manipur Congress president Okram Ibobi Singh on Sunday criticised the BJP-led governments at the Centre and the State for their handling of education, governance and law-and-order issues.

He said it is "unfortunate" that Manipur still does not have a full-fledged Education Minister, with Chief Minister Yumnam Khemchand Singh continuing to handle more than 20 departments. Addressing a press confer-

ence at Congress Bhavan in Imphal, the former Manipur Chief Minister also referred to the recent 'Chhatron Ki Goonj' protest led by the Lok Sabha Leader of Opposition Rahul Gandhi against the "recurring" examination paper leaks across the country.

He stated that the Congress shares Rahul Gandhi's concern that the BJP-led NDA government has failed to protect the future of millions of students. Singh claimed more than 150 examination papers,

including the NEET examination, were leaked over the years since the BJP came to power at the Centre in 2014, severely affecting the aspirations of students.

He further alleged that several young aspirants had taken their own lives due to frustration arising from the repeated irregularities in the examination system.

"The government cannot escape its responsibility," Ibobi Singh said, adding that those accountable for the

failures, including the Union Education Minister, should accept moral responsibility and resign.

Describing education as the backbone of society and the foundation of the younger generation's future, the former Chief Minister expressed concern over the absence of a dedicated Education Minister in Manipur. "It is unfortunate that Manipur still does not have a full-fledged Education Minister," he said. He also criticised

the functioning of the BJP-led Manipur government, pointing out that even several months after assuming office, the Council of Ministers had not been expanded. According to him, the Chief Minister continues to handle more than 20 departments, raising serious questions about the government's administrative efficiency. Calling for political change in the State, Ibobi asserted that Manipur could move forward only by defeating the present govern-

ment. The Congress leader also raised the issue of justice for the six Naga civilians whose bodies were recovered on June 10. He said the bereaved families continue to wait for justice and urged the government to identify and punish those responsible for the killings.

"The families are waiting and crying for justice. The rule of law must prevail, and those responsible must be brought to justice," he said, expressing hope that justice

would ultimately be delivered to the victims' families.

The bodies of six Naga men, who went missing since May 13 after being allegedly abducted from Leilon Vaiphei village, were found in June.

Later, the apex body representing the Kuki-Zo tribes had admitted that members of their community were responsible for the abduction and killing of six Naga civilians and formally issued an apology.

Tripura Chief Minister Manik Saha: Humanity, Sensitivity, and Professionalism Must Define Policing

Agartala, July 20: Tripura Chief Minister Manik Saha has said that maintaining humanity, sensitivity, and professionalism is one of the main responsibilities of the police. Saha said this while participating in the passing-out parade of the 92nd batch of newly appointed Police Constables at the headquarters of the TSR 2nd Battalion in RK Nagar on Saturday.

"If you are dedicated to your duty, you can earn both respect and recognition in society. The government is committed to making the Tripura Police a modern, technology-based, and people-orientated force. The state government is fully committed to maintaining law and order," he said.

Speaking at the event, Saha, who is also the Home Minister, said that today 469 Police Constables and one TSR Rifleman (GD) are passing out after completing their training.

"Today is a day of pride and joy for the entire po-



lice force of Tripura. We all know that the history of the Tripura Police is very old. Starting from the princely era, it has taken an organised form in the modern era. The kings of Tripura introduced their own administrative and police system from the 13th century, which later evolved into the present structure in 1965," Saha added. The chief minister extended his best wishes to each of those who are join-

ing the police force after completing their training.

"In January 2024, we celebrated the 150th anniversary of Tripura Police at Pragya Bhavan. Tripura Police was awarded the President's Colours for its outstanding success in combating extremism and terrorism in the state for three decades.

I extend my heartfelt congratulations and best wishes to each of those who are joining the police force to-

day after successfully completing their training," he said.

In his address, the Chief Minister said that the common people have a lot of hope and aspirations for police personnel.

"The people of Tripura are looking to you for security. The Tripura government is providing jobs in various fields through a transparent process. On May 13 last year, 975 young men

and women were handed appointment letters for the post of Constable in Tripura Police. Today, after a long year of rigorous training and discipline, they participated in the passing-out parade. I would like to say to the new police personnel that the uniform you are wearing today is a symbol of courage, responsibility, discipline, honesty, and people's trust," he said. "On May 21, 2026, I was present at the passing-out parade of the 51st and 52nd batches of male and female constables at the KTDS Police Training Academy. Out of the 476 constables who participated in the parade, 318 were women. The increasing participation of women in the police force reflects the government's sincere commitment to their empowerment.

Prime Minister Narendra Modi has given special importance to women's empowerment. Our government is also working in that direction," said Saha.

Indian Army organises Yak Mela in Tawang to celebrate Brokpa culture and strengthen border ties

Tawang, July 20: The Indian Army's Gajraj Corps organised a grand Yak Mela at Groloteng in Arunachal Pradesh's Tawang district on Sunday, celebrating the rich cultural heritage and resilient spirit of the Brokpa community while reaffirming its commitment to the development of border villages.

Held at an altitude of nearly 15,000 feet near the Taktsang Gonpa, the event brought together members of the Brokpa community, senior Army officers, civil administration officials, representatives of paramilitary forces and village elders.

The programme was attended by General Officer Commanding (GOC), 5 Mountain Division, Major General Amit Nautiyal, Tawang Additional Deputy Commissioner Rinchin Leta, Tawang Brigade Commander Brigadier Bhupal Singh, along with senior officials from the Army and the civil administration. Addressing the gathering, Maj Gen Nautiyal praised the courage, resilience and unwavering spirit of the Brokpa people living in the remote



border areas. He commended the community for its continued support to the security forces despite the region's difficult terrain and harsh climatic conditions.

He reiterated that the Indian Army remains committed not only to safeguarding the nation's borders but also to promoting the socio-economic development and welfare of people living in strategically important frontier areas. He assured the community of the Army's continued support in improving livelihoods and creating better opportunities for future generations. The GOC also encouraged the youth to pursue careers in the Indian Army and the Central Armed Police Forces (CAPFs).

He urged students to aim for

admission to Sainik Schools and assured that the Army would provide guidance and training to deserving candidates. During the event, Maj Gen Nautiyal distributed blankets among members of the Brokpa community and felicitated students, participants and local achievers for their contributions to the Yak Mela. The Yak Mela highlighted the unique traditions, customs and pastoral lifestyle of the Brokpa community while strengthening the long-standing bond between the Indian Army and residents of the border villages.

The event also underscored the shared commitment to preserving indigenous culture and promoting inclusive development in the frontier region.

Before Durga Puja, the chief minister of Tripura assures better roads and evaluates smart city projects

Agartala, July 20: Tripura Chief Minister Dr Manik Saha has assured that the ongoing Smart City projects in Agartala will be completed before Durga Puja and that all roads in the city, which are currently in a dilapidated condition, will be repaired or reconstructed by then. He gave the assurance after personally visiting most of

the ongoing projects and reviewing their progress. The Chief Minister was speaking to reporters after inspecting several ongoing Smart City projects across Agartala. He said the government believes in action and is working to complete development projects as early as possible. During the inspection, he reviewed the progress of smart

roads, covered drains, culverts, drainage systems, underground electricity infrastructure and water pumping facilities. He directed officials to maintain high-quality standards in all works.

He said the monsoon had slowed the pace of construction at several sites. He instructed the departments concerned to deploy

additional manpower so that the projects could continue without unnecessary delays.

Admitting that residents are facing inconvenience due to road excavation at different locations, he said temporary difficulties are unavoidable during large-scale infrastructure projects. He appealed to citizens to cooperate with

the government in transforming Agartala into a modern Smart City. He also pointed out that heavy rainfall leads to temporary waterlogging in some areas. To tackle the problem, the government has introduced advanced water pumping systems to drain rainwater more quickly.

At the same time, he urged residents not to throw gar-

bage into drains, stressing that public awareness and cooperation are essential to keeping the city's drainage network functional.

Dr Manik Saha said the government is working to develop Agartala into a modern, clean and well-planned city through improved drainage, better roads, underground electrification and other advanced

civic infrastructure. He expressed hope that several ongoing road, drainage and infrastructure projects would be completed before Durga Puja.

However, he noted that some works are facing delays due to administrative issues inherited from previous years. The Chief Minister began the inspection at the Rabindra Bhawan

premises and visited several important locations, including Purvasha, the Old Central Jail, Ashram Chowmuhani, Lal Bahadur Chowmuhani, Ujan Abhaynagar, Hariyanga Basak Road and Paradise Chowmuhani. At each site, he reviewed the progress of the works and instructed officials to ensure their timely completion.

Assam Minister urges farmers to grow multiple crops as a means to increase their earnings

Golaghat, July 20: Assam Minister for Agriculture, Irrigation, and Parliamentary Affairs, Pijush Hazarika on Sunday visited various areas in Khumtai constituency in Golaghat District and took stock of farming activities and irrigation projects. The Minister visited Thuramukh in Khumtai and interacted with farmers there who were engaged in farming work despite inclement weather conditions. During the interaction, the farmers apprised the Minister of how they have profited by cultivating three crops a year and how horticulture crops like cucumber and bottle gourd have given them the most profits. Hazarika stressed the importance of adopting parallel cropping, like areca nut trees and

black pepper, for multiplying farmers' income. The Minister also took stock of their issues like irrigation needs, market linkage for their produce, cold storage etc and assured them of strategic interventions to solve these problems. Furthermore, the Minister reviewed the status of irrigation schemes being implemented in the district with the department officials. He visited a lift irrigation project at Falangani and directed the engineers to make the project more efficient by taking necessary measures to meet the irrigation needs of a large area. Khumtai MLA Mrinal Saikia accompanied the Minister during the visit.

CM Conrad K Sangma launches first block-level CM CONNECT centre, unveils projects worth Rs 140 Crore

Shillong, July 20: Meghalaya Chief Minister Conrad K Sangma on July 18 inaugurated the state's first-ever block-level CM CONNECT Centre at Sohiong and announced development projects exceeding Rs 140 crore aimed at strengthening infrastructure and public services across the region. The newly launched CM CONNECT Centre is

expected to improve co-ordination between the administration and local communities, making government services more accessible and responsive at the grassroots level. The projects span multiple sectors, including tourism, road connectivity, drinking water supply, agriculture and community infrastructure, reflecting the state government's fo-

cus on balanced rural development. The inauguration took place during the CM CONNECT Block Level Community Interaction Programme, an initiative designed to strengthen engagement between citizens and the government. The programme provided a platform for residents to raise local concerns, interact directly with govern-

ment officials and discuss the progress of ongoing development initiatives. Speaking at the event, the Chief Minister highlighted the importance of taking governance closer to the people through block-level outreach, ensuring that public grievances are addressed more effectively while accelerating the implementation of development projects.

Arunachal Governor urges youth to play key role in nation-building

Itanagar, July 20: Arunachal Pradesh Governor KT Parnaik on Sunday urged young people to draw upon India's rich civilisational legacy and play a key role in building a prosperous nation. Addressing a national seminar, the governor said the youth must carry forward India's enduring legacy of knowledge and wisdom.

He said that young people must carry forward India's enduring tra-

dition of knowledge and wisdom while contributing actively towards the creation of a prosperous and progressive nation. Parnaik emphasised that the youth are the driving force behind societal and national transformation and urged them to channel their energy, innovation and commitment towards strengthening governance and public institutions. The three-day conclave, which began on July 17, was jointly organ-

ised by the Bharatiya Itihas Sankalan Samiti, Assam, and the Akhil Bharatiya Itihas Sankalan Yojana, New Delhi, according to an official statement issued by Raj Bhavan. The seminar brought together scholars, academicians, researchers and participants from across the country to deliberate on India's historical heritage, cultural legacy and its relevance in contemporary governance and national development.

NPP has raised concerns with the NPF regarding purported coercive defections occurring

Shillong, July 20: On Saturday, the National People's Party (NPP) voiced its apprehension regarding what it termed the ongoing targeting of its elected officials by the Naga People's Front (NPF) in Nagaland.

In a statement, James Sangma, the national working president of NPP and a Rajya Sabha MP, remarked that the recent defection of two NPP municipal councillors in Kohima, following the earlier defection of two councillors in Dimapur, signifies a deliberate trend rather than mere isolated occurrences. Sangma emphasized that democratic politics should be driven by ideology, public service, and the mandate of the people, rather than by undermining rival parties through defections. He alleged that reports



received by the party indicated that councillors were coerced into changing their allegiance through threats of withholding de-

velopment funds and government schemes if they did not align with the ruling party. "If these allegations hold true, they pose

significant concerns regarding the abuse of political power and compromise the democratic principle that development is a right of the people and should not be wielded as a tool of political intimidation," he stated.

Sangma highlighted that the NPP has historically fostered amicable relationships with both regional and national parties, including the NPF, and described the alleged targeting of a partner party's elected officials as regrettable. He mentioned that the NPP is currently assessing the situation in Nagaland and intends to fortify its grassroots organization, reiterating that the NPP remains dedicated to a political approach grounded in credibility, accountability, and public service.

2 more arrested in killing of six hostages

Imphal, July 20: Two more alleged accused in the murder of six Liangmai Naga hostages in Manipur's Kangpokpi district were arrested Saturday, police said.

Police said a joint team of the National Investigation Agency (NIA), Manipur Police and the Central Reserve Police Force (CRPF) arrested the two accused, eight days after the same team made a breakthrough in the case with the arrest of a couple on July 10.

The accused were identified as Lungoulai Vaiphei, son of Paothenkam Vaiphei of Leilon Vaiphei village, and Lunminthang Sithou alias Jack, son of Paolen Sithou of Molhoi village, Leimakhong.

Police said the arrests were made following investigation into the case and added that efforts were continuing to apprehend other individuals.

On July 13, Manipur home minister Govindas Konthoujam had stated that security forces were actively pursuing all those involved in the abduction and murder of the six Naga hostages.

Army and Indian Air Force are on standby as floods with the death toll increasing to five 57,000 people affected wave

Shillong, July 20: The flood situation in Assam deteriorated further on Sunday, with one more person losing their life and the number of affected people rising sharply to over 57,000 across seven districts. As water levels continued to rise in several areas, the state government placed the Indian Army and the Indian Air Force on standby to assist with rescue and evacuation operations if required. According to the Assam State Disaster Management Authority (ASDMA), the latest fatality was reported from Sivasagar district, raising this year's flood-related death toll to five. The disaster has now impacted 57,100 people in Charaideo, Dhemaji, Dibrugarh, Jorhat, Sivasagar, Tinsukia and Udalguri districts, a significant increase from nearly 24,000 people affected across four districts a day earlier. Among the worst-hit

areas, Charaideo has recorded the highest number of affected residents at nearly 24,000, followed by Dhemaji with more than 22,000 people. Dibrugarh has also reported extensive flooding, affecting over 4,000 people.

Chief Minister Himanta Biswa Sarma said the state government has requested the Indian Army and the Indian Air Force to remain prepared for deployment as the flood situation continues to worsen in Sivasagar, Charaideo and Jorhat districts. In a post on X, Sarma said the armed forces would support evacuation and rescue efforts if the situation demands immediate intervention. To strengthen the government's response, the Chief Minister directed cabinet ministers Ajanta Neog, Bimal Borah, Keshab Mahanta and Susanta Borgohain to visit the affected districts without delay. They have been



tasked with overseeing rescue and relief measures and ensuring assistance reaches flood-hit families promptly. Sarma said the safety of residents remains the government's highest priority and added that he is monitoring the situation continuously to ensure timely action wherever necessary. The ASDMA said 14 relief camps and relief distribution centres are currently functioning across four districts, providing shelter to 440 displaced people. Rescue teams of the

State Disaster Response Force (SDRF) evacuated 10 people from flood-affected areas of Charaideo during the day. Over the past 24 hours, authorities distributed essential relief supplies, including 58.17 quintals of rice, 10.89 quintals of pulses, 3.26 quintals of salt and 326.88 litres of mustard oil to affected communities.

Floodwaters have submerged 298 villages across the state and damaged nearly 3,875 hectares of agricultural land. Several roads, embankments, bridges and other public infrastructure have also suffered damage. The Burhidighi River continued to flow above the danger mark at Chenimari in Dibrugarh district's Khowang area. The floods have additionally affected more than 37,500 livestock and poultry, adding to the challenges faced by residents in the inundated districts.

HFU protests against the decline in cabbage prices

Shillong, July 20: The Hill Farmers Union (HFU) organized a protest today by distributing cabbage to the public at no charge to highlight the significant drop in agricultural produce prices, as reported by Newmai News Network. HFU president Commander Shangliang stated that the demonstration illustrated the profound distress experienced by farmers due to declining market rates, especially for cabbage. He remarked that when prices plummet to such levels, selling the produce becomes nearly futile, as it is virtually equivalent to giving it away for free. He emphasized that the distribution aimed to demonstrate to both the public and the government the severe hardships faced by farmers. He noted that cabbage is currently being sold for merely Rs. 2 per kg, a price that fails to cover production expenses. The HFU has called on the government to form a committee to evaluate the true cost of production, which includes ages and other inputs.

He mentioned that if the input cost, including wages, is Rs. 10 per kg, the selling price should not fall below



that threshold, asserting that farmers should at least secure a modest profit. The union has requested a minimum price of Rs. 11 per kg for cabbage.

Additionally, the union advocated for the establishment of a Market Intervention Scheme for all agricultural products. Under this scheme, the government would reimburse farmers for the difference between the production cost and the market price. He explained that if the production cost is Rs. 10 per kg and the market price is Rs. 2 per kg, the government should compensate farmers with the

remaining Rs. 8 to avert losses. He also mentioned that the government had previously implemented a similar mechanism for broomsticks and expressed hope that comparable support would be provided for cabbage and other crops.

Shangliang further stated that farmers are struggling to manage household expenses, particularly with the increasing school fees. He pointed out that farmers have families and children to support, and many are finding it exceedingly challenging to even provide food for their families.

Meghalaya NEET UG 2026 qualifiers outnumber available MBBS seats

Shillong, July 20: More than 1,600 candidates from Meghalaya qualified in the National Eligibility-cum-Entrance Test (NEET) UG 2026, while the state continues to have a limited number of MBBS seats in its government medical colleges. According to data released by the National Testing Agency (NTA), 1,658 of the 3,425 candidates from Meghalaya cleared the examination, recording a qualification rate of about 48.4 per cent. Assam also recorded a strong performance this year, with Shubh Prasad securing AIR 133, the best rank among candidates from the Northeast. Meanwhile, Rajasthan recorded one of the country's highest NEET qualification rates at nearly 69 per cent and has a large network of medical colleges and coaching institutes.

Meghalaya has 144 MBBS seats at NEIGRIHMS and Shillong Medical College. These are shared under the state quota, the Northeast quota and the All India Quota, leaving only a limited number available under the state quota.

Admission is also expected to be more competitive this year following the increase in the national NEET qualifying cut-off. With 1,658 candidates qualifying this year and only 144 MBBS seats available in the state, many candidates are expected to compete through the All India Quota or seek admission to private medical colleges and institutions outside Meghalaya.

Although the number of successful candidates was slightly lower than last year's 1,681, the state's performance remained broadly similar despite a tougher examination and higher qualifying cut-offs at the national level.

Bakhambok Anthony Thabang emerged as Meghalaya's highest-ranked candidate, securing an All India Rank (AIR) of 14,455 with a 99.26791 percentile.

Meghalaya leads Northeast in NITI Aayog's Investment Friendliness Index for regulatory ease

Shillong, July 20: Meghalaya has emerged as the top-performing Northeastern and hilly state in the regulatory ease category of NITI Aayog's first-ever Investment Friendliness Index (IFI), reflecting the state's progress in creating a more business-friendly regulatory environment. The report awarded Meghalaya a score of 8.5 under the Regulatory Ease pillar, the highest among the region's states. Nagaland and Tripura followed with 8.2 each, while Himachal Pradesh secured 7.9. Assam and Uttarakhand shared the next position with 7.7 points.

The Regulatory Ease pillar measures how effectively state regulations support investments by evaluating the transparency, consistency and efficiency of adminis-



trative systems. It assesses whether businesses can establish and operate with fewer procedural hurdles and greater certainty. According to the report, the evaluation covers several aspects of the investment process, including the time required to start a business, the number of approvals and licences needed, the speed of

obtaining electricity and water connections, procedures for industrial land allotment and the efficiency of environmental clearances. The index also examines the effectiveness of single-window clearance systems, investors' experience with regulatory processes, the functioning of commercial courts and the

time required to wind up or exit a business.

NITI Aayog noted that states with transparent, predictable and efficient regulatory frameworks are better positioned to attract investment, as such systems reduce compliance costs, minimise delays and improve the overall ease of doing business. Despite leading the region in regulatory ease, Meghalaya was placed in the 'Emerging Performers' category in the overall Investment Friendliness Index. The report indicated that the state can improve its overall ranking by strengthening areas such as physical infrastructure, the business ecosystem, and the availability of key resources needed to support investment and industrial growth.

Madhya Pradesh: Equal Inheritance Rights and Monogamy Passes the Uniform Civil Code Act

New Delhi, July 20: Madhya Pradesh’s implementation of a Uniform Civil Code (UCC) has advanced. The draft Uniform Civil Code Bill, 2026 was unanimously accepted by the state cabinet on Sunday, marking a crucial step toward its submission in the Legislative Assembly, whose session starts today. The proposed legislation, according to Chief Minister Mohan Yadav, is a “landmark decision” that aims to guarantee equal rights, opportunity, and justice. He emphasized that equality has always been a fundamental component of India’s civilizational values and said the law was developed in accordance with the spirit of Articles 14 and 44 of the Constitution. A seven-person group led by former Supreme Court justice Justice (Retd.) made recommendations that were followed in the preparation of the draft. On April 27, 2026, Ranjana Prakash Desai was established. The Chief Minister claims that before finalizing its recommendations, the committee examined legislative models



from several states and solicited over 10 lakh public views and replies via consultations and a special website. The proposed law’s adoption of monogamy as the only legally recognized type of marriage, thereby outlawing polygamy and customs like triple talaq, is one of its most important features. Registration of marriages and divorces will be required throughout the state, from urban local governments to gram panchayats. Additionally, the proposal would make Nikah Halala illegal and prohibit anyone found guilty of killing a property owner from inheriting that person’s estate. Additionally, the government has put up extensive

measures pertaining to family rights. Women will have equal property rights, while sons and daughters, widows and widowers, and parents will have equal inheritance rights. By giving women in cohabiting relationships the right to maintenance in the event of abandonment, the proposed law further protects them legally. According to the proposed code, children born into cohabitation are considered legal and can inherit. In custody battles, it also prioritizes the child’s welfare. One of the most contentious clauses mandates that live-in partners must register within a month. Falsifying information or failing to register might

result in fines and even jail time. A married person who enters into a live-in relationship while their spouse is still living faces up to five years in prison, according to the draft. Scheduled Tribes will not be covered by the new UCC, acknowledging their constitutional rights. Communities that are nomadic or semi-nomadic and have customs that are protected have also been excluded from its scope. The government has emphasized that there has been “no attempt to target or undermine any religion” and maintained that the law does not impede residents’ ability to follow their own traditions. The law is anticipated to be introduced during the Assembly session, which is likely to spark a contentious political discussion. The Congress has already voiced concerns, querying why Scheduled Tribes have been left out if the goal is to create a truly “uniform” civil code, despite the BJP’s portrayal of the legislation as a significant reform intended to ensure gender fairness and legal uniformity.

Sonam Wangchuk Outlines Three Requirements for Ending the Hunger Strike

New Delhi, July 20: After being on a hunger strike for over 20 days, activist Sonam Wangchuk has decided to break his fast today—but only if three requirements are met. Wangchuk stated in a handwritten letter that he published from what he called his “illegal detention” at Safdarjung Hospital in Delhi that his first demand is that the government accept responsibility for the purported “failures” in the educational system, particularly the recent NEET question paper leaks. His second need is that political figures guarantee that the matter of the paper leak would be brought up in Parliament. In his third demand, Wangchuk stated that if his health and other circumstances prevent him from participating in today’s Parliament march, prominent political figures must pay him a visit at the hospital and assure him of the other two criteria. His “freedom of movement, speech, and all communi-

cation are restricted at the illegal detention” was stated in the letter he signed. An schoolteacher named Wangchuk had been calling for more responsibility and openness in the educational system. He has organized numerous demonstrations and hunger strikes throughout the years in response to concerns about Ladakh and education. On June 28, he joined the Cockroach Janta Party (CJP) demonstration in Delhi’s Jantar Mantar, where he started a hunger strike and demanded that Education Minister Dharmendra Pradhan quit due to the NEET paper leaks. However, the police dragged him away from the location and sent him to Safdarjung Hospital early on July 18, the 21st day of his strike. The Delhi High Court requested that the government take all necessary steps to save Wangchuk’s life, and physicians described his situation as an emergency with a fear of his organs failing.

The Delhi Police took action the same day. Gitanjali Angmo, the wife of the climate activist, petitioned the Delhi High Court on Sunday to transfer Wangchuk to a private medical facility. However, the court denied her appeal for an interim remedy, stating that the government was “well within its rights” to move him to the Safdarjung Hospital because he refused to check himself into the hospital despite his deteriorating health. It cannot be claimed that force is being used or that his autonomy is being infringed because hospital doctors are keeping a close eye on him and provided him oral medication with his consent. At this point, no interim directives need to be issued, according to Justice Mini Pushkarna. According to senior advocate Vivek Tankha, Angmo is expected to contest the order before a double-judge bench and request an urgent hearing today.

At a Karnataka resort, a tourist falls forty feet as a zipline safety lock allegedly fails

New Delhi, July 20: For a visitor from Karnataka, what started out as an adventurous trip turned into a nightmare when the safety system allegedly failed during a zipline ride at a resort in Dandeli, causing him to fall about forty feet. The victim, Kuber Surpur from Vijayapura, fell halfway during the ride and had several fractures to his arms and legs as well as nerve damage. The event, which was captured on camera, has now gained widespread attention on social media, prompting new inquiries on safety regulations at adventure travel locations. Kuber’s family claims that while he was hung in the air, the safety lock on the zipline failed and he fell to the earth. They claim that the equipment was improperly maintained and looked corroded, and they have accused the resort administration of being careless. Before being transferred to a hospital in Vijayapura, Kuber was first taken to the Dandeli Government Hospital. He was later transferred to Miraj for more medical care because his condition required specialized therapy. His family has called on the resort to take responsibility, arguing that adequate upkeep and safety inspections could have avoided the mishap. Concern over the occurrence has been prevalent on the internet, with many advocating for regular equipment maintenance and more stringent inspections of adventure sports facilities to avoid such mishaps in the future. “This is a terrible zipline design,” a user commented. The belts should be fastened to his body so that even if he lets go of the rope, he won’t fall. How could something like this have been approved? “Let me guess,” said another. A little fine. The resort will reopen after a few weeks of closure. No fairness.

The monsoon session of parliament is about to start, and fierce confrontations are likely

New Delhi, July 20: The monsoon session of parliament will begin today amid a fierce struggle between the opposition and the center on important issues, such as controversial bills and MPs from the Trinamool Congress siding with the National Democratic Alliance (NDA). The 19 sessions until the end of the monsoon session on August 13 are anticipated to be dominated by heated discussions on national issues. Before the session begins this morning, Prime Minister Narendra Modi is also anticipated to speak to the media. The opposition parties’ main objective is the Nationalist Citizens Party of India (NCPI).

They protested Parliamentary Affairs Minister Kiren Rijiju’s decision to invite the NCPI to an all-party meeting by staging a symbolic walkout yesterday. With Congress leader Jairam Ramesh and Trinamool’s Mahua Moitra pointing out that the Lok Sabha Speaker has not yet formally accepted their merger, making their recognition unlawful, opposition politicians claimed the NCPI is just a “parking place” for the 20 renegade Trinamool MPs. While the legal merger is pending, Speaker Om Birla has permitted the 20 MPs to have separate seats. Rijiju described the walkout as “symbolic” and asserted that the government cannot

deny any MP their rights on the basis of their numerical strength. Three of the 20 dissident MPs are Muslim, and NCPI head Sudip Bandyopadhyay defended his group, describing it as a “secular party” dedicated to communal harmony. The NDA is nearing a two-thirds majority in the Lok Sabha with 298 seats, potentially rising to 318 if a merger is approved. Speculation surrounds the reintroduction of the Constitution (131st Amendment) Bill, aimed at increasing Lok Sabha seats to 850 and implementing a 33% women’s reservation, previously defeated due to opposition concerns over delimitation.

The government wants to replace the ordinance and increase the number of Supreme Court judges to 38



New Delhi, July 20: The Supreme Court (Number of Judges) Amendment Bill, 2026, which would increase the number of judges in the nation’s highest court from 33 to 37, excluding the Chief Justice of India (CJI), was introduced in the Lok Sabha on Monday by Union law minister Arjun Ram Meghwal. The Bill, which was introduced on the first day of the Monsoon Session of Parliament,

aims to replace an ordinance that was issued in May. Meghwal told the House, “The additional judges will help the Supreme Court function more efficiently and ensure speedier justice.” He went on to say that the court’s growing backlog of cases made the enlargement necessary. The Opposition’s statutory resolution against the ordinance was also admitted by the Lok Sabha. This is a procedural step that opposition members have the right to take anytime a bill is introduced to replace an existing one. The number of Supreme Court judges may only be fixed by Parliament in accordance with Article 124 of the Constitution. Any modification to the sanctioned strength of the top court requires an Act of Parliament, in contrast to high courts, where the President may increase authority through an executive order. With the exception of the CJI, the Supreme

Court (Number of Judges) Act, 1956, set the court’s strength at ten judges. Since then, it has undergone revisions in 1960, 1977, 1986, 2008, 2019, and 2026, increasing its strength—which includes the CJI—from 11 at the beginning to 38 after this Bill is passed. The Collegium system is used to choose judges. The CJI consults with senior colleagues before recommending candidates to the law minister, who then sends them to the Prime Minister and the President. Legal experts point out that pendency may not be resolved by merely adding judges. In its 229th report, the 18th Law Commission suggested creating a Constitution Bench in Delhi in addition to regional benches, as opposed to merely increasing the number. It claimed that vacancies and backlogs had historically been caused by appointment delays rather than authorized strength.

Police use drones to rescue a woman who has lost her way in a forest after escaping a rape bid

Bhubaneswar, July 20: Drones, flash guns, and rocket fireworks were used by Odisha Police on Sunday to rescue a woman who had allegedly fled a reserve forest on the outskirts of Bhubaneswar while fleeing an attempted rape, according to police. The woman had ridden a motorcycle from the Khurda bus stop, according to the police. With the goal of sexually abusing her, the rider allegedly led her



to the Ratanpur Reserve Forest. The woman was attempted to be raped by the accused. She rebelled, though, and fled into the reserve forest. She

got lost in the jungle while running, according to a police officer. After the woman used her phone to call the police for assistance, a search operation was started by about fifty officers from the Infovalley, Jatani, and Khandagiri police stations under the direction of the ACP (Zone III). Drones, flash guns, and rocket explosions were utilized to help her locate us because her phone’s GPS was turned off

by default. “She was safely rescued,” the officer reported. After receiving counseling, the woman eventually agreed to file a complaint, according to the police. The offender has been taken into custody and a charge of attempted rape has been filed at the Infovalley police station. The motorcycle that was purportedly used in the incident has been confiscated, and an investigation is currently in progress.

Before the monsoon session, PM Modi made fun of Rahul Gandhi, a young man of 56

New Delhi, July 20: The average age of team members at Skyroot Aerospace, a private space company that made history over the weekend with VIKRAM-1, India’s first private rocket to reach orbit, is 28 years old, according to Prime Minister Narendra Modi. Then, he clarified that he was not referring to a “56-year-old youth”—an allusion to Rahul Gandhi, a youth leader. The young people of India have successfully completed a new space flight. In his usual speech prior to the Monsoon Session, Prime Minister Modi stated, “The average age of the entire team of young people working at Skyroot is 28 years.” India is become the third nation in the world with private orbital launch capabilities after the rocket finished its last burn and launched its payloads into a nearly 450-kilometer orbit. PM Modi made fun of the Leader of the Opposition, who turned 56 in June, by saying, “I am not talking about a 56-year-old ‘youngster’.” It seems that the number 56 was not chosen at random. The Congress portrays Rahul Gandhi as a youth leader despite the fact that he is a black belt holder in the Japanese martial art of Aikido and prefers to



wear a T-shirt and cargo pants rather than the traditional kurta worn by politicians. The term “56-inch chest” was first used by BJP Prime Ministerial candidate Narendra Modi in the lead-up to the 2014 Lok Sabha elections, suggesting great bravery and strength. The Prime Minister has been attacked by the Congress using this phrase. In February, Rahul Gandhi mocked the Prime Minister by asking “what happened to the 56-inch chest when China was standing against us” after being prohibited from quoting from the unpublished book of former Army Chief MM Naravane in parliament. The Prime Minister carried on with his speech without giving the “56-year-old youth” much thought. These young

folks, who are on average 28 years old, deserve congratulations for planting India’s flag in space. These are the kinds of accomplishments that boost India’s confidence, according to Prime Minister Modi. The Prime Minister highlighted significant milestones for India, noting the successful launch of Vikram-1 by Skyroot Aerospace, marking the first privately developed orbital rocket in the country, and referencing India’s achievement of sending an Indian to the International Space Station (ISS) before last year’s Monsoon Session. He emphasized that India’s increasing global recognition is indicative of the boundless potential and aspirations of the nation’s youth. PM Modi expressed optimism that the ongoing monsoon season would coincide with a productive Monsoon Session of Parliament, linking the benefits of both to national welfare. He urged parliamentarians to focus on factual discussions, expressing that robust logic should negate chaos and encourage respectful discourse. The Prime Minister called for all voices to be heard during parliamentary discussions, reinforcing the institution’s role in fostering democracy.

The family of former Andhra speaker Thammineni Seetharam is named in a land fraud case

Srikakulam, July 20: Thammineni Seetharam, a senior YSRCP leader and former speaker of the Andhra Pradesh Assembly, is facing increasing difficulties as Srikakulam Police began looking into an alleged land fraud case including falsified death certificates, forged paperwork, and bogus legal heir records. Eight suspects have been taken into custody and 13 people have been named in the case, including members of Seetharam’s family. A group allegedly targeted a 900-square-yard unoccupied land tract at Chapuram Gram Panchayat limits by fabricating documents to establish bogus ownership claims, according to Srikakulam Superintendent of Police KV Maheswara Reddy. In order to unlawfully transfer title, the accused reportedly constructed fictitious family and heirship documents and generated a phony death certificate indicating that the original landowner had passed away. According to police, the property was registered in the name of Tammineni Venkata Srimamulu Chiranjeevi Nag, also known as Nani, son of Tammineni Seetharam, after an unconnected individual was impersonated as a family member to finish the registration procedure. In order to demonstrate illegitimate ownership, fake documents were produced, such as death certificates and family certificates. The goal of the investigation is to deter-



mine each individual’s role in the plot, according to Reddy. Adabala Rajani, Telugu Satish Kumar, Salipilli Lakshmana Rao, Mudadla Upendra Kumar, Jegurupati Upendra Rao, Mamidi Gopalakrishna, Sambhana Sambasiva Rao, and Kuna Peddiraju are among those detained, according to the police. During the inquiry, cell phones and fake rubber stamps that were purportedly utilized in the crime were also found. According to police, the inquiry showed that witness signatures needed for registration were purportedly obtained from people who were not directly connected

to the property owners. He added, “The concerned Sub-Registrar’s role is being investigated for allegedly registering the documents based on forged records.” Reddy affirmed that Seetharam, his wife Tammineni Vani, and their kid are being investigated by the police for possible participation. “Legal action will be taken if the investigation reveals collusion,” he stated. Police warned property owners to be vigilant, particularly in cases involving unoccupied properties, because they believe the accused may have attempted similar land-related scams elsewhere.

A Gujarati man is charged with kidnapping and killing a 4-year-old girl who died after an encounter

New Delhi, July 20: In the case of the kidnapping, murder, and suspected rape of a 4-year-old child, the accused was slain while in police custody. The accused was slain while attacking police. The case’s injured cops were transported to the hospital. In a stunning turn of events, Suresh Parmar, the main suspect detained in relation to the kidnapping and murder of the four-year-old girl at the Vasad railway station in Gujarat’s Anand district, is slain in police custody this morning. Within hours of the crime, Parmar was apprehended by the Borsad rural police and turned over to the Anand Local Crime Branch for additional questioning about the attack and murder. The event happened as police were transporting the suspect. Officers pulled the police van to the side of the road after Parmar complained of throwing up, according to police sources. In an attempt to flee imprisonment, the accused abruptly drew a knife and attacked the accompanying police officers as soon as he got out of the car. Rajveersinh and Mahipalsinh, two police officers, were hurt in the unexpected assault. Police

Sub-Inspector Rana repeatedly verbally warned the accused to put down the weapon, but the accused persisted in his attack, prompting the police to shoot in self-defense. During the incident, Parmar was shot, and while receiving emergency medical attention, he passed away. A four-year-old child was allegedly kidnapped and killed after being taken from the Vasad railway station in a horrific crime that has caused waves of sadness and fury throughout the Anand district. The young victim was from a marginalized household that had just recently moved to the neighborhood. When the youngster vanished, the family, without a stable place to reside, was making ends meet by collecting trash at the train station. A short while later, the minor’s body was found, raising concerns about possible sexual assault. Senior police officials, such as Vadodara Division Railway Police Deputy Superintendent GS Baraiya, have stated that preliminary evidence suggests a horrible crime, but the final post-mortem report will be the only source of official confirmation regarding assault.

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Climate Change Turns Hot Nights Into a Growing Sleep Crisis

The growing impact of climate change is no longer limited to extreme weather events, rising sea levels, or melting glaciers. New scientific evidence suggests that a warmer planet is also quietly taking away one of the most essential aspects of human health — sleep. A recent report by Climate Central, an independent group of scientists and communicators, has identified global regions where rising temperatures are contributing to significant sleep loss, with India emerging as one of the countries facing a growing burden.

The study found that increasing night-time temperatures are preventing the human body from cooling down adequately, disrupting the natural process required for deep and restorative sleep. Between 2020 and 2025, the average person globally lost nearly 56 hours of sleep every year because of unusually high temperatures. In India, people living in hot and humid regions experienced even greater disruption, losing up to 90 hours of sleep annually due to warmer nights.

Several southern Indian states, including Puducherry, Tamil Nadu, Kerala, Andhra Pradesh, and Karnataka, recorded some of the highest levels of climate-related sleep disruption. The research analysed data from 1,338 cities worldwide, highlighting how urban populations are increasingly vulnerable to the effects of rising temperatures after sunset.

Bengaluru was identified as the Indian city where climate change has had one of the strongest impacts on sleep patterns, with residents losing around eight hours of sleep annually due to warmer conditions. Kolkata has also experienced significant effects, with climate change responsible for about five hours of the roughly 80 hours of yearly sleep loss reported among residents. The findings challenge the assumption that cooler nights provide natural relief from daytime heat, as many cities are now experiencing prolonged periods of uncomfortable temperatures throughout the night.

Experts point out that the problem has intensified over decades. Since the 1970s, heatwaves, warmer nights, and increasing humidity have become more frequent and severe. The situation is further worsened by the urban heat island effect, where concrete buildings, asphalt roads, and glass structures absorb heat during the day and release it slowly after sunset. As a result, densely populated cities often remain warmer at night than surrounding rural areas.

Sleep plays a critical role in maintaining physical and mental health. It supports the immune system, regulates metabolism, protects cardiovascular health, strengthens memory, and contributes to emotional stability. When high temperatures prevent the body from

reducing its internal heat, sleep becomes shorter and more fragmented, leading to persistent tiredness and reduced concentration.

However, the ability to escape rising temperatures is not equally available to everyone. Wealthier households may rely on air conditioners, cooling devices, and better-insulated homes, while low-income families often lack access to such protections. Older adults, women, outdoor workers, and economically vulnerable communities face greater risks because they have fewer options to cope with extreme heat.

India’s challenge is also linked to the need for climate-sensitive urban planning. Despite increasing temperatures, many cities continue to expand with heat-absorbing infrastructure and limited green spaces. Experts argue that improving public cooling systems, increasing tree cover, designing climate-friendly buildings, and developing heat-resilient urban policies will be essential to protect communities from rising temperatures.

The consequences of widespread sleep loss extend beyond individual health. A population struggling with inadequate rest can experience lower productivity, increased workplace mistakes, and higher healthcare costs. For a country like India, which hopes to benefit from its large working-age population, climate-related sleep disruption could affect economic growth by reducing human efficiency and well-being.

The issue also raises questions about basic rights and public responsibility. The Supreme Court of India has recognised sleep as part of the right to life under Article 21 of the Constitution, emphasising that human dignity includes the ability to rest and recover. Protecting access to healthy sleep, therefore, is becoming increasingly connected to climate action and social equality.

The findings on climate-related sleep loss reveal a less visible but deeply personal consequence of global warming. While heatwaves and extreme weather events often dominate climate discussions, the loss of peaceful nights demonstrates how climate change is reshaping everyday human experiences. As temperatures continue to rise, ensuring that people can rest safely may become one of the most important challenges in adapting to a warmer world. The growing concern over climate-related sleep disruption also highlights the need for stronger public awareness about heat adaptation. Governments, communities, and individuals will need to recognise that protecting human health in a warming climate involves more than managing disasters; it also requires safeguarding everyday essentials such as comfortable living conditions and quality rest.

The Spectator and the Battle Over Britain’s Media, Identity, and Islamophobia

In the grand tapestry of British media history, few titles carry the historical weight of *The Spectator*. Established in 1828, it has long positioned itself as the intellectual anchor of British conservatism—a place for witty, erudite, and sophisticated debate. Yet, a contemporary examination of its pages reveals a jarring transformation. What was once a forum for high-minded Tory philosophy has increasingly morphed into a megaphone for structural Islamophobia and anti-immigrant panic. As columnist Nesrine Malik argues, this shift is not an isolated editorial quirk; it is a symptom of a much larger, darker trend within modern conservatism. When a political movement runs out of viable economic solutions for a fracturing nation, it almost always turns to the politics of purification. For the British right, Muslims have become the ultimate “problem population”—a convenient lightning rod for a nation’s collective anxieties. To understand how a prestigious weekly magazine became a rabid cheerleader for anti-Muslim rhetoric, one must look at the empirical evidence. A comprehensive report by the Centre for Media Monitoring (CMM), which analyzed over 3,700 articles published by the magazine over an eight-year period, painted a grim picture: more than half of all relevant articles exhibited a distinct bias against Islam and Muslims. This bias is not subtle; it is a sustained, systemic effort that consistently frames a religious minority through a lens of existential threat. Within these pages, Muslims are rarely depicted as ordinary citizens, NHS doctors, or

local shopkeepers. Instead, they are presented as an “indigestible” presence, where columnists routinely argue that Islam possesses inherent traits that make it uniquely incompatible with a modern, secular Western state. The magazine frequently panics over birth rates and population growth, using inflammatory language to describe British Muslims as a hostile, colonizing force operating from within self-imposed ghettos. When Muslims object to overt racism or Islamophobic attacks, their concerns are routinely dismissed by writers as “dainty sensibilities” or progressive “handwringing.” By delegitimizing the very concept of Islamophobia, the publication creates a permission structure for increasingly extreme rhetoric. It allows prejudice to masquerade as brave truth-telling, transforming blatant bigotry into a form of intellectual counter-culture. Perhaps the most alarming aspect of this editorial evolution is the rehabilitation of figures once considered beyond the pale of polite conservative society. Historically, mainstream British conservatism sought to keep explicit ethno-nationalism at arm’s length. When Enoch Powell delivered his infamous “Rivers of Blood” speech in 1968, he was promptly sacked from the shadow cabinet by Edward Heath, and *The Spectator* at the time condemned his rhetoric. Today, however, the magazine actively participates in rebuilding Powell’s reputation, presenting him as a misunderstood visionary whose views on British identity still resonate deeply with the public. Even more striking is the platforming

of contemporary far-right agitators. Figures like Tommy Robinson—long associated with street-level thuggeries and racial incitement—have been described in the magazine’s pages as “likable,” “intelligent,” and “articulate.” When intellectual journals begin to find common ground with street agitators, the line between mainstream conservatism and far-right ethno-nationalism effectively evaporates. One might assume that an establishment publication flirting so openly with far-right tropes would face social and political ostracization. In reality, the exact opposite is true. The magazine remains firmly entrenched at the very heart of the British establishment. Its annual summer party remains the most coveted social ticket in the Westminster calendar. On any given July evening, one can witness a surreal tableau where Labour cabinet ministers, Tory grandees, BBC executives, and mainstream journalists rub shoulders with right-wing populists like Nigel Farage. They clink champagne glasses in the sunshine, completely unfazed by the fact that the host publication regularly describes a segment of the British population as a toxic, colonizing plague. This social validation is deeply dangerous because it proves that within the British elite, Islamophobia carries no social cost. It is treated not as a dangerous form of racism, but as a harmless, slightly edgy conversational topic—a minor intellectual disagreement to be chuckled over before reaching for another canapé. Meanwhile, on the streets of Britain, this mainstreamed rhetoric has real-world consequences, manifesting in

attacked mosques, harassed visible minorities, and a deeply fractured social fabric. When you strip away the polished prose and the prestigious letterhead, the actual content of these anti-Muslim polemics is remarkably crude. It represents a broader convergence between high-brow conservative journalism and low-brow clickbait media. The arguments are increasingly indistinguishable from the bellicose radio phone-ins of talk radio or the sensationalist broadcasts of populist news channels. This highlights a profound intellectual crisis within modern conservatism. Historically, conservative thought grappled with complex, structural questions about how to reconcile free-market capitalism with the preservation of local community structures, how a state fixes stagnant productivity and declining public services after a decade of austerity, or what the conservative solution is to a broken housing market. Because the modern right has largely run out of answers to these existential economic questions, it has abandoned the project of governance in favor of the culture war. Rather than offering a coherent vision for fixing Britain’s ailing infrastructure, it offers rage; instead of policy proposals, it provides a relentless focus on Muslim public prayer, framing it as an act of “public domination.” Ultimately, this obsession with Muslims has not made the minority a bigger problem for the country; rather, it has revealed how small, intellectually bankrupt, and morally compromised the country’s intellectual elites have become. The relentless focus on an internal enemy is a classic deflection strate-

gy—a way to avoid looking into the mirror and realizing that the economic and social crisis gripping Britain was not imported from abroad, but manufactured entirely at home. Beyond the immediate controversy surrounding media coverage of Islam and Muslims, the debate raises broader questions about the responsibilities of influential publications in a democratic society. Newspapers and political magazines have always played a central role in shaping public conversations, defining political priorities, and influencing how citizens understand social change. With that influence comes a responsibility to distinguish between legitimate debate over policies, institutions, and ideas, and narratives that portray entire communities as inherently suspicious or threatening. The challenge for journalism is to encourage rigorous discussion without allowing criticism of particular beliefs, political movements, or social issues to become a vehicle for hostility toward ordinary citizens.

The question of media accountability has become increasingly important in an era of intense political polarisation. Across many Western democracies, debates over immigration, national identity, religion, and cultural change have moved closer to the centre of political competition. These issues can generate genuine public concerns about integration, social cohesion, and the capacity of governments to manage rapid demographic and economic change. However, critics argue that political debates become harmful when they shift from examining policies to assigning collective blame to minority communities. In

such cases, complex social challenges are reduced to simplistic explanations that identify particular groups as responsible for wider national frustrations.

The changing nature of conservative politics is also part of a larger international trend. In several countries, traditional centre-right parties have faced pressure from populist movements that emphasize cultural identity, immigration control, and opposition to perceived elite institutions. This transformation has altered the priorities of political discourse. Economic management, public services, taxation, and industrial policy, once central areas of conservative debate, have increasingly competed with questions of identity and belonging. Supporters of this shift argue that it reflects genuine concerns among voters who feel ignored by political establishments. Critics, however, contend that identity-based politics can distract from deeper structural problems and encourage divisions within society.

For Britain, the debate is particularly significant because of its long history as a multicultural society. Millions of citizens from different religious, ethnic, and cultural backgrounds have contributed to the country’s economic, social, and political life. British Muslims, like other communities, are not a single political or social group; they include people with diverse views, professions, regional identities, and experiences. Any discussion about integration or social challenges therefore requires recognition of this complexity rather than broad generalisations.

Climate Change Steals Sleep as Rising Night Temperatures Threaten Health and Human Wellbeing Worldwide

The consequences of climate change are often measured through visible disasters — devastating floods, destructive storms, melting glaciers, prolonged droughts, and record-breaking heatwaves. Yet, one of the most intimate and overlooked effects of a warming planet is taking place quietly every night, inside homes and bedrooms across the world. Climate change is not only altering landscapes and ecosystems; it is also interfering with one of the most essential biological functions of human life: sleep. New research has revealed that rising night-time temperatures are depriving millions of people of restorative rest, creating a hidden health crisis that may have long-term consequences for societies already struggling with the effects of environmental disruption.

A recent report by Climate Central, an independent organisation of scientists and communicators studying climate impacts, has identified global regions where rising temperatures are contributing to increasing sleep loss. India emerges as one of the countries facing significant challenges, particularly because large sections of its population live in hot and humid climatic conditions where night-time cooling has become increasingly difficult. The study highlights that the human body requires a reduction in core temperature to enter and maintain deep sleep. When nights remain unusually warm, the body struggles to release accumulated heat from the day, resulting in disrupted sleep cycles, frequent awakenings, and reduced sleep quality.

According to the study, the average person globally lost nearly 56 hours of sleep annually between 2020 and 2025 due to elevated temperatures. In some of

India’s hottest and most humid regions, the loss has been considerably higher, reaching up to 90 hours of sleep every year. Coastal and southern states, including Puducherry, Tamil Nadu, Kerala, Andhra Pradesh, and Karnataka, have experienced some of the greatest impacts because high humidity prevents efficient cooling through perspiration. Unlike dry heat, humid conditions make it more difficult for the body to regulate temperature, intensifying discomfort during the night.

The findings demonstrate that climate change is no longer only a concern for agriculture, water resources, or extreme weather management. It is increasingly becoming a direct challenge to human health and daily functioning. Sleep, often treated as a personal lifestyle choice, is actually a fundamental biological process essential for survival. It regulates immune function, cardiovascular health, metabolism, memory formation, emotional stability, and cognitive performance. A society experiencing widespread sleep deprivation may therefore face consequences extending far beyond individual discomfort.

The impact is particularly visible in rapidly growing urban centres. Bengaluru, once celebrated for its pleasant climate, has emerged as one of the Indian cities where climate change is significantly affecting sleep patterns. Residents are estimated to lose several hours of sleep annually due to warmer nights linked to rising temperatures. Kolkata, another major metropolitan centre, has also experienced increasing night-time heat stress, with a portion of annual sleep loss attributed directly to climate change. These developments reflect a broader transformation in India’s urban climate, where tra-

ditional weather patterns are being replaced by longer periods of heat exposure.

The worsening situation is linked not only to global temperature increases but also to local urban conditions. Cities create their own heat environments through the urban heat island effect. Large concentrations of concrete buildings, asphalt roads, vehicles, and industrial activity absorb heat during the day and release it slowly after sunset. As a result, urban areas often remain significantly warmer than surrounding rural regions during the night. This prevents natural cooling and creates conditions where residents experience prolonged exposure to heat even after the sun has disappeared.

The problem has intensified over recent decades. Since the 1970s, many regions have witnessed more frequent heatwaves, warmer nights, and longer periods of extreme temperatures. Climate discussions have traditionally focused on daytime temperature records, but scientists increasingly emphasize the importance of night-time temperatures. Cooler nights provide the human body with an opportunity to recover from daytime heat exposure. When nights remain excessively warm, the body receives no adequate recovery period, causing cumulative stress over time.

The consequences of poor sleep extend into almost every aspect of public health. Chronic sleep disruption has been associated with increased risks of cardiovascular disease, weakened immunity, diabetes, anxiety, depression, and impaired concentration. For children, inadequate sleep can affect learning and development. For older adults, it can worsen existing health conditions and increase vulnerability to heat-re-

lated illnesses. For workers, especially those engaged in physically demanding occupations, insufficient sleep can reduce productivity and increase the risk of accidents.

However, the burden of climate-induced sleep loss is not shared equally. The ability to escape rising temperatures is closely linked to economic inequality. Wealthier households can invest in air conditioning, energy-efficient cooling systems, better insulation, and improved housing conditions. Poorer households often lack these options and remain exposed to uncomfortable and sometimes dangerous indoor temperatures. For millions of low-income families, sleeping through hot nights is not merely a matter of inconvenience but a daily struggle shaped by economic limitations.

This inequality is particularly significant in countries like India, where large populations live in informal housing, overcrowded settlements, or buildings poorly designed for extreme heat. Many households cannot afford continuous cooling because of high electricity costs. Even when cooling devices are available, unreliable power supply can limit their effectiveness. As temperatures rise, the gap between those who can purchase comfort and those who cannot will likely become wider.

Certain groups face greater vulnerability. Older adults often have reduced ability to regulate body temperature and may experience greater health risks during heat exposure. Women, particularly those managing household responsibilities or caring for children, may experience additional challenges when household cooling resources are limited. Outdoor workers, including con-

struction workers, agricultural labourers, and delivery personnel, are also affected because their bodies accumulate heat stress throughout the day, leaving them more vulnerable at night. The sleep crisis caused by climate change also carries economic consequences. A workforce that is consistently deprived of quality sleep becomes less productive, more prone to errors, and more vulnerable to illness. For countries seeking to benefit from a demographic dividend, declining sleep quality represents a hidden loss of human capital. Economic growth depends not only on education, employment, and investment but also on the physical and mental well-being of citizens.

India’s development ambitions therefore require climate adaptation strategies that recognise sleep and health as important components of urban planning. Cooling infrastructure cannot remain limited to private solutions such as air conditioners available only to those who can afford them. Cities need broader approaches, including increased green spaces, improved building designs, heat-resistant construction materials, better ventilation systems, and urban planning that reduces heat accumulation.

Public spaces must also be designed with climate resilience in mind. Expanding tree cover, protecting water bodies, developing shaded areas, and reducing excessive dependence on heat-absorbing surfaces can help lower urban temperatures. Building regulations should encourage designs that naturally improve airflow and reduce indoor heat. Traditional architectural practices that prioritised ventilation and climate responsiveness can provide valuable lessons for modern construction.

Markets extend losses: Sensex 400 points, Nifty above 24,200 HDFC Bank, Axis Bank down 5%

New Delhi: Sensex Nifty at 2:30 PM: Indian equity indices continued to trade on a lower note. The Nifty 50 was down 82.40 points or 0.34% to trade at 24,252, while the BSE Sensex was down 380 points or 0.49% to trade at 77,772. However, the Nifty Midcap 100 bucked the trend to trade in the green, up 421 points or 0.67% at 62,849. Axis Bank, HDFC Bank, Maruti Suzuki India, Kotak Mahindra Bank, and Jio Financial Services were the major laggards in the Nifty 50. Sensex Nifty at 1 PM: At this hour, the Sensex was down 630.37 points, or 0.81%, at 77,521.08, while the Nifty 50 declined 154.50 points, or 0.63%, to 24,179.80.

In the banking space, HDFC Bank was down 4.84%, while Axis Bank fell 5.82%, making them among the biggest losers in to-

day's trade. Sensex Nifty at 12 PM: In the afternoon trade, the Indian benchmark indices remained under pressure. The Sensex was down 600.49 points or 0.77% at 77,550.96, while the Nifty declined 150.60 points or 0.62% to 24,183.70. Sensex Nifty at 11 AM: Indian benchmark indices continued to trade lower in intraday trade.

The Sensex was down 483.47 points or 0.62% at 77,667.98, while the Nifty 50 slipped 104.90 points or 0.43% to 24,229.40. Sensex Nifty at open: Indian benchmark indices opened lower on Monday amid weak global cues and profit booking in banking stocks. The Sensex fell 541.02 points or 0.69% to 77,610.43, while the Nifty 50 declined 128.50 points or 0.53% to 24,205.80 in early trade.

Reliance share gains despite 22% fall in Q1 profit; Motilal Oswal retains Buy, trims target price

New Delhi: Reliance Industries' share rose nearly 1% to a high of Rs 1,341.20 on the NSE after it reported its first quarter's earnings on Friday. The stock was among the top five gainers in the Nifty 50 in Monday's weak market. The brokerage house Motilal Oswal Financial Services retained its 'Buy' rating on the stock, but slashed the 12-month price target. Motilal Oswal reiterated its 'Buy' rating on Reliance Industries, and cut the target price to Rs 1,550 from Rs 1,690, implying an upside of more than 17% from the current market price. The brokerage house said that "rebound in energy profitability offsets softer performance in Retail." Reliance Industries reported a robust Q1FY27 with consol-

idated EBITDA, rising 8% QoQ to Rs 47,500 crore and up 11% YoY, which exceeded the brokerage's estimate of Rs 46,100 crore. This performance was primarily driven by a strong rebound in energy profitability, oil-to-chemicals (O2C) and exploration & Production (E&P). The company reported a net profit of Rs 20,946 crore in Q1FY27, a decline of 22% year-over-year from Rs 26,994 crore in the same period last year. The decline in profit came due to a fall in other income, which dropped 57% YoY to Rs 6,550 crore in the first quarter from Rs 15,119 crore in Q1FY26, as it saw sharp gains due to the sale of stake in Asian Paints.

The O2C segment saw its EBITDA grow 17% QoQ and YoY, sup-

ported by stronger transportation fuel cracks and favourable ethane cracking economics. Simultaneously, the E&P segment's EBITDA grew 19% QoQ, aided by improved oil realisations and cost normalisation. Reliance Jio's digital segment is expected to remain the company's primary growth engine, potentially contributing almost 85% of Reliance Industries' incremental consolidated EBITDA over FY26-28. This growth is anticipated to be driven by wireless tariff hikes, market share gains, and the continued ramp-up of Home Broadband and Enterprise offerings. While Reliance Retail saw a weak Q1FY27 with a 2% YoY decline in operating EBITDA due to investments in digital commerce,

management has set an ambitious target to double operating EBITDA over the next three years. Rapid scaling of JioMart, which now covers 5,500 pin codes, remains a key focus area. Motilal Oswal believes that the peak of the company's capex is now behind it, which is expected to lead to healthy free cash flow generation of around Rs 90,000 crore over FY26-28 and a corresponding decline in consolidated net debt. The share price of Reliance Industries has risen 1.8% in the last five trading days. The stock has changed a little in the past one month. However, the stock has declined 5% in the last six months. Reliance Industries' share price has dropped 7% over the previous 12 months.

Stocks making the biggest moves Reliance Industries, HDFC Bank, HAL

New Delhi: The domestic equity market are trading under significant pressure by midday on July 20, with benchmark indices remaining in negative territory as selling in heavyweight banking stocks weighed on sentiment despite selective buying in public sector lenders and a few engineering names. The Nifty 50 was hovering around the 24,170 level, while the BSE Sensex was hovering near the 77,490 mark. The June-quarter earnings season continued to drive stock-specific action, with Punjab National Bank extending gains after a strong earnings performance, while Tata Technologies came under pressure despite reporting healthy year-on-year growth. Here are the top movers ashakers at this hour: HDFC Bank

HDFC Bank Ltd. share price declined around 5% by midday after the country's largest private sector lender reported its June-quarter earnings, with investors reacting to pressure on operating performance despite steady profit growth. Standalone net profit increased 5% year-on-year to Rs 19,060 crore, while interest income rose to Rs 79,363 crore. However, total income declined compared with the corresponding quarter last year and operating profit fell to Rs 28,169 crore from Rs 35,734 crore, prompting selling in the stock. Axis Bank Ltd. share price slipped about 5% by midday even after reporting strong profit growth for the June quarter, as investors remained cautious over margin trends. Consolidated net profit increased 22.23% year-on-year to Rs 7,632.31 crore, while standalone net profit rose 23%. Net interest income advanced 8% to Rs 14,646 crore, supported by healthy loan growth, particularly in the corporate seg-



ment. Even so, the bank's net interest margin narrowed to 3.46%, compared with 3.80% in the corresponding quarter last year, which remained a key area of concern. Reliance Industries Ltd. share price rises over 1% on the NSE in Monday's trading session after the company announced its financial results for the quarter ending on 30 June, 2026, on Friday. The oil-to-telecom conglomerate reported its Q1 results 2026 on 17 July post-market hours.

Reliance Industries reported a consolidated net profit (attributable to owners of the company) of Rs 20,946 crore for the April-June quarter of FY2026-27 (Q1FY27), marking a 22.4% decline from Rs 26,994 crore recorded in the same period last year. Punjab National Bank share price gained more than 5% by midday af-

ter the state-owned lender reported a sharp improvement in its June-quarter earnings, helping lift the broader PSU banking space.

The bank posted a 213% year-on-year rise in standalone net profit to Rs 5,253 crore, supported by higher interest income, lower tax expenses and an improvement in asset quality. Net interest income increased 3% to Rs 32,897 crore during the quarter, while the global net interest margin improved sequentially to 2.50% from 2.47% in the preceding quarter. Gross non-performing assets declined to 2.78% from 3.78% a year earlier, even as provisions for bad loans increased, pointing to continued strengthening of the balance sheet. CASA deposits also recorded healthy growth of 7.8% year-on-year to Rs 6,13,116 crore.

Abu Dhabi to connect 22 Indian cities

New Delhi: With India being a strong tourism market for Abu Dhabi, the city's Zayed International Airport is to increase direct flights to 22 Indian cities in August, according to a senior executive.

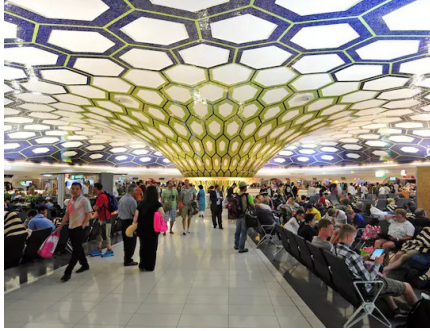
Currently, the airport has 17 direct connections to Indian cities.

"We have now, as we speak, 17 cities which are online with Abu Dhabi Airport and in August that number will go from 17 cities to 22, which is already an amazing growth," Abu Dhabi Airports Chief Commercial Officer Carsten Norland said. He was speaking at a panel discussion in Abu Dhabi in connection with the launch of new flights to the city by Air India Express. The Tata Group-owned airline this week started flights to Abu Dhabi from Navi Mumbai, Indore and Lucknow. It will commence services from Guwahati to the Gulf city next month. "India is a really strong market. The number of passengers coming here from India is growing more than 20 per cent every year. We are running out of traffic rights," Norland said.

According to him, there is a high demand for more capacity and more destinations.

"So we are ready, we have the capacity, and we can only wait to get more traffic rights so that we can increase the connections between India and Abu Dhabi even more," he said. Among other airlines, IndiGo and Akasa Air operate flights to Abu Dhabi.

Abu Dhabi Airports operates five airports in Abu Dhabi. They are Zayed, Al Ain, Al



Bateen, Delma and Sir Bani Yas Island airports.

"Indian traffic is almost 7 million passengers, and that becomes 24 per cent of our traffic. Out of the 7 million, 5 million are point to point, that means people are actually staying here, and 2 million are using the network..." Norland said.

During the panel discussion, Haitham Al Khamis of the Department of Tourism and Culture said India is one of Abu Dhabi's most important markets and an outstanding strategic partner. "The relationship is beyond tourism and is built on strong people-to-people ties, businAl Khamis is the Director of Tourism Product Development at the Abu Dhabi Department of Culture and Tourism. Meanwhile, Abu Dhabi Airports, in a release on July 2, said that between June 26 and 30, Zayed International Airport welcomed an average of more than 93,000 passengers and close to 500 flights per day, connecting travellers to over 100 destinations worldwi

SBI Funds Management IPO listing on July 21: Will investors massive pop

New Delhi: The subscription is over. The allotment process has been completed. Now, all eyes are on the next big event – the stock market debut of SBI Funds Management IPO. The country's largest asset management company (AMC) is scheduled to make its stock market debut on the National Stock Exchange (NSE) and the BSE on July 21. For investors who received an allotment, the biggest question now is simple – Will the stock list at a healthy premium?

While no one can predict the exact listing price. However, investors are tracking two key indicators – the Grey Market Premium (GMP) and the overall demand the IPO received during the subscription period. Ahead of listing, in the unofficial market, SBI Funds Management shares are commanding a Grey Market Premium (GMP) of around Rs 93 per share. However, investors should remember that the grey market is unofficial and unregulated. GMP changes frequently depending on market sentiment and demand and should not be considered a guaranteed indicator of the listing price. SBI Funds Management IPO: Final subscription numbers

The level of subscription is another factor that investors usually track before listing. SBI Funds Management IPO received a strong demand across investor categories. The issue was subscribed 41.73 times on the final day of bidding.

The Qualified Institutional Buyers (QIB) category saw the strongest response. It received a subscription of 140.11 times. The Non-Institutional Investor (NII) portion was subscribed 22.51 times. Meanwhile, the retail investor category was booked 3.76 times. Although strong subscription indicates investor interest, it does not necessarily guarantee listing gains, as market conditions on the listing day also play an important role. SBI Funds Management opened its public issue between July 14 and July 16, while the basis of allotment was finalised on July 17. The Rs 9,812.91 crore IPO was entirely an Offer for Sale (OFS). This means no fresh shares were issued and the company will not receive any proceeds from the issue. Existing shareholders are selling 17.10 crore equity shares through the offering. The final issue price was fixed at Rs 574 per share. Kotak Mahindra Capital acted as the book-running lead manager, while KFin Technologies is the registrar to the issue. Why big money just snapped up Rs 1,880 cr of SBI Funds IPO? Premji Fund, Prashant Jain pick pre-IPO stakes

SBI Funds Management IPO: What brokerages are say-



ing Brokerage houses largely believe the IPO has been priced at a discount to some listed peers, while pointing out that future performance will depend on the company's business mix and growth. Deven Choksey Research said, "At the upper price band of INR 574, SBIFML is valued at approximately 38x FY26 earnings, implying a discount to HDFC AMC, ICICI Prudential AMC, and Nippon India AMC, while trading at a premium to UTI AMC and Aditya Birla Sun Life AMC. The discount reflects its lower revenue yield of approximately 35 bps of AUM versus approximately 44 bps to 52 bps for HDFC AMC and ICICI Prudential AMC, driven by a higher mix of passive products and institutional PMS mandates. We believe the valuation appropriately captures the current business mix while offering meaningful upside as the equity mix improves." Geojit Investments also highlighted the valuation, stating, "At the upper price band of Rs 574, SBIFML is valued at a P/E of 38x, moderately lower compared to peers." Similarly, Arihant Capital said, "At the upper band of INR 574, the issue is valued at a P/E of 38.1x on FY26 EPS of INR 15.06 (P/B of 19.6x), broadly in line with or at a discount to larger listed peers, supported by its dominant franchise and superior return ratios."

What should investors watch on listing day? It should be important to understand that the actual listing will ultimately depend on market sentiment when trading begins on July 21. Global cues, overall market direction and investor demand during the opening trade will determine whether SBI Funds Management lists above expectations, meets grey market estimates or settles at a different level.

Govt to introduce income tax among five new bills in monsoon session

New Delhi: The Centre is set to introduce five new bills during the monsoon session of Parliament which kicks off on Monday, which include proposals related to income tax and MSME reforms, an increase in the strength of Supreme Court judges and changes in the birth registration laws. Among the new legislations to be taken up during the Eighth Session of the Eighteenth Lok Sabha, the government is expected to introduce the Income-tax (Amendment) Bill, 2026, and the Supreme Court (Number of Judges) Amendment Bill, 2026, both of which seek to replace ordinances. It will also table the Registration of Births and Deaths (Amendment) Bill, 2026, the Prevention of Insults to National Honour (Amendment) Bill, 2026, and the Micro, Small and Medium Enterprises Development (Amendment) Bill, 2026. The Income Tax (Amendment) Bill, 2026 will replace an earlier ordinance. This bill is being introduced to strengthen India's sovereign debt market, attract global capital flows and enhance market liquidity amid global geopolitical instability, fluctuations in crude oil prices and supply chain disruptions. The Ordinance was promulgated last month to attract foreign capital to ease pres-

sure on the depreciating rupee due to the West Asia crisis. The government exempted foreign investors from income tax on interest

based regulations in the MSME sector, strengthening the mechanism for addressing delayed payments and granting greater powers



earnings and capital gains from government securities as it looked to attract foreign capital to counteract pressure on the rupee. The second ordinance which will be replaced is the Supreme Court (Number of Judges) Amendment Bill, 2026, which seeks to raise the sanctioned strength of Supreme Court judges from 33 to 37 (excluding the Chief Justice of India) to facilitate speedy disposal of pending cases. The Micro, Small and Medium Enterprises Development (Amendment) Bill, 2026 aims to promote 'ease of doing business' and trust-

to the states. Registration of Births and Deaths (Amendment) Bill, 2026 aims to amend Section 13(3) of the original 1969 law (which was also amended in 2023) to make rules on delayed registration of births and deaths stricter and more streamlined. Prevention of Insults to National Honour (Amendment) Bill, 2026: It seeks to amend the 1971 law for tougher action against acts that disrespect national symbols or undermine national honour. In addition, the government will take up two Bills which are already before Parliament. These include

the Foreign Contribution (Regulation) Amendment Bill, 2026, introduced in the Lok Sabha on March 25, 2026, and the Viksit Bharat Shiksha Adhishthan Bill, 2025, which was introduced on December 15, 2025, after which it was referred to a Joint Committee of Parliament for further consideration.

Apart from the legislative business, the government will present the Demands for Supplementary Grants for the year 2022-23 for discussing and voting in parliament. There has been speculation that the government will proceed with the Constitution Amendment Bills on delimitation and women's reservation only after it is confident of securing the requisite two-thirds majority. The Monsoon Session, scheduled from July 20 to August 13, is expected to witness sharp exchanges between the ruling government and Opposition benches. Leaders of Opposition parties in both Houses will meet on the opening day of the session to finalise a joint strategy on the government's legislative agenda and key issues they intend to raise. Ahead of the Monsoon Session, the government has convened an all-party meeting on July 19, where it is expected to brief political parties on its legislative business.

Donald Trump and Gianni Infantino booed before US president attempts to crash Spain celebrations

New York: Donald Trump and Gianni Infantino were booed as they took to the field for the presentation ceremony before the US president attempted to gate-crash Spain's victory party.

Trump arrived at the stadium on Marine One, with the president's helicopter first flying over the stadium about 45 minutes before kick-off. He sat in a glassed-in section of luxury seats for the match, along with Infantino. Other dignitaries and former players sat nearby, including Spain's king, Felipe VI, Canada's prime minister, Mark Carney, and Mexico's president, Claudia Sheinbaum. Trump was briefly shown on the video screens at the stadium after the US national anthem was played. There were scattered boos from some in the crowd but nothing like the hostile reception

he has received at other sporting events during his presidency. However, when the US president and Infantino came on to the field for the presentation after Spain clinched victory, boos rang out around the stadium. The White House pool report said that ambient crowd noise, which had been sitting at approximately 78 decibels before their introduction, rose to 84 decibels when Trump entered the field.

Then, after Trump presented Spain with the World Cup trophy, he attempted to stand with the team at the side of the podium as they celebrated before Infantino quietly ushered him away.

It was a repeat of last summer's Club World Cup at the same stadium after Trump presented the trophy to champions Chelsea and tried to crash the



celebrations to the bemusement of the players.

Trump has made several appearances at sporting events since his re-election. Last year, he attended the Super Bowl, tennis's US Open, the Daytona 500 and golf's Ryder Cup. This year, he has attended several golf events, college football's national championship game and Game 3 of the NBA finals, where he was met with boos from the New York Knicks home crowd. Trump's appearance was the first time he has attended a match at this summer's World Cup, which the have US co-hosted along with Canada and Mexico.

At the 2022 World Cup final, the emir of Qatar, Sheikh Tamim bin Hamad al-Thani, joined Infantino to award the trophy to Lionel Messi and his Argenti-

na teammates. Vladimir Putin awarded it to Kylian Mbappé and France after their win at the 2018 World Cup in Russia. Trump is the first sitting US president to attend a World Cup final on home soil. When the US hosted the tournament in 1994, Trump's predecessor Bill Clinton did not attend the game. The trophy was instead presented by Clinton's vice-president, Al Gore.

Trump has a close relationship with Infantino, and called the Fifa president to lobby for a review of USA star Folarin Balogun's controversial red-card suspension before their last-16 match. Fifa did reverse Balogun's ban, but the political circus cast a pall over the US team, who exited a promising World Cup with defeat to Belgium.

Rising numbers of younger midwives quitting NHS in England

More and more midwives are leaving the NHS before they reach 35 because of burnout, worsening the staffing problems that are affecting maternity units.

The growing trend of early career quitting has sparked fears it poses a threat to the quality and safety of care that mothers and babies receive from already-understaffed childbirth services.

During 2025-26 a total of 1,669 midwives aged 34 or under left the health service in England – more than half (57%) of the 2,949 midwives of all ages who resigned.

The intense pressures of working in maternity services, including the growing complexity of childbirth and risks involved, are thought to lie behind the trend.

Of last year's 1,669 younger leavers, 205 were under 25, while 655 were between 25 and 29 and the other 809 were between 30 and 34, parliamentary questions tabled by the Liberal Democrats reveal.

The number of midwives under 35 who are quitting has risen sharply in recent years. The 2025-26 figure was 59% higher than the 1,051 who left in 2014-15, NHS figures show.

In addition, almost one in four midwifery students are dropping out before they finish their three-year degree course, according to separate figures obtained by the Lib Dems. In 2021

a total of 3,565 students embarked on a midwifery degree. But just 2,725 graduated in 2024, which means 840 (24%) of the would-be midwives who started did not finish their course. Midwifery students spend most of their second and third years learning on the job in maternity units. The loss of midwifery staff and students underlines what the Royal College of Midwives (RCM) calls the "staffing emergency" in maternity care across the UK.

Three-quarters of midwives have considered leaving the profession over the last year, mainly because of concern over staffing levels and patient safety, a recent RCM survey found.

Hannah Leonard, the union's deputy chief midwife, said the exodus of midwives under 35 was "deeply worrying" and showed that too many were ending up "burnt-out within a few years of qualifying because every shift means



too few colleagues, missed breaks and unpaid hours".

"Losing these midwives – and students, even before they qualify – is a terrible waste of talent," she added.

Both recent large-scale reviews of maternity care in England, by Donna Ockenden and Valerie Amos, identified lack of staff as a key problem endangering the safety of care to patients.

Helen Morgan, the Lib Dem health spokesperson, said: "These statistics reveal an alarming crisis in maternity, with far too many midwives burning out early in their career and in their training. Patients are paying the price, and mothers are left with no alternative but to give birth on understaffed and unsafe wards.

"Rather than throw money at yet more new recruits who quit under intolerable pressure, the government needs a new approach. Through guaranteeing protected, year-round training and professional develop-

ment we can help midwives cope with rising complexity and risk." About 10% of all midwives quit the NHS every year. But that disguises the fact that one in seven (14.6%) of 25- to 29-year-olds and one in six (16.6%) of those aged 30-34 left during 2025-26.

The Department of Health and Social Care (DHSC) did not respond directly to the figures.

A spokesperson said only: "Under this government we have a record number of midwives in the workforce and we value the vital service they provide in maternity and neonatal units across the country.

"To make the NHS the best employer it can be, we have introduced new NHS staff standards to improve health and wellbeing support, promote flexible working, as well as crucial measures to tackle violence, sexual harassment or abuse and racism.

"Alongside consecutive above-inflation pay rises, we've bolstered the midwifery workforce through our graduate guarantee and recently opened up 1,000 more midwifery roles backed by £10m to help prevent student midwives leaving the profession."

A record 25,500 full-time-equivalent midwives are working in the NHS, 2,000 more than when the Labour government took office in July 2024, DHSC figures show.

US soldier killed and one injured after Iranian attack in Iraq

Iran: The US military says a service member was killed after an Iranian attack in northern Iraq on Saturday, a day after an attack on a base in Jordan killed two US soldiers and left another missing.

US Central Command (Centcom) said the individual was killed during "a controlled detonation of unexploded ordnance" from a downed Iranian attack drone, which also wounded a second service member.

In its update, Centcom said it had found "unidentified remains" after a search of the location of Friday's attack in Jordan. "An examination process to verify the remains is ongoing," it added.

It comes as the US and Iran exchanged strikes for an eighth day of escalating attacks.

Both sides have been accused of striking critical infrastructure in recent days. Meanwhile, Washington has reimposed its blockade of Iranian ports and Tehran has declared the Strait of Hormuz closed and targeted US allies in the region, as a preliminary ceasefire collapsed less than a month after it began.

The US military said its latest attacks had been designed to "degrade Iran's ability to threaten commercial shipping" in the strait, and to "swiftly punish" Iran's Islamic Revolutionary Guard Corps (IRGC) forces it said were responsi-



ble for the attack in Jordan.

Verified footage from inside the Jordanian facility showed at least two impacts and an explosion.

The US death toll in the conflict has now reached 17, after an American Navy pilot who went missing earlier this month was declared dead. In Iran, at least 50 people have been killed and more than 500 injured in US strikes over the past three weeks, the country's health ministry has said. As attacks continued on Sunday, Iranian media reported that an under-construction nuclear power plant in the south-western city of Darkhovayn had been struck overnight, as well as Qeshm Island.

The UN's nuclear watchdog called for restraint, while noting that the site was "in the very early stages" and contained no nuclear material during its last visit.

Three Iranian missiles were later shot down by Jordan's military and a fourth fell in a remote area, Jordan's state news agency reported. It followed a US

warning that the port of Aqaba could be targeted.

Jordan summoned Iran's charges d'affaires in Amman to demand an immediate end to what the foreign ministry called "unjustified and blatant Iranian attacks", insisting that its security was "a red line that cannot be crossed".

Israel's military meanwhile said that "several interceptors were launched toward missile debris in order to prevent debris impact within Israeli territory" after projectiles were launched towards Jordan.

It said "interceptor fragments" were subsequently identified near the southern city of Eilat, near the countries' shared border, with no damage or injuries reported. Separately, the IRGC said two vessels had ignored Iranian warnings not to transit the Strait of Hormuz and were consequently involved in "an accident".

It warned that all vessels "influenced" by the US and which used "unsafe routes" would "certainly face accidents". In Kuwait, local officials said an electricity

and water plant struck on Saturday had been hit again, resulting in a fire.

The Gulf Cooperation Council - an alliance including Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, and the United Arab Emirates - had accused Tehran of targeting civilian infrastructure after the first strike, calling it a violation of international law.

For its part, Iran accused the US of striking bridges, an airport and a train station earlier this week - to which Washington responded that it had "carried out strikes exclusively on military targets, including military logistics infrastructure".

Under international law, attacking civilians or civilian areas is illegal. However, in certain circumstances, civilian objects - like a bridge or a power plant - lose their protection if they are used to support the enemy's war effort.

Washington and Tehran struck a preliminary deal to end the war which began on 28 February in June, but the agreement unravelled within weeks - with President Donald Trump declaring the agreement "over" on 8 July. Late on Saturday, Iran's Supreme Leader Mojtaba Khamenei said in a written statement that America's "repeated breaches" of the agreement had "laid bare a fundamental truth: the signature of the US president is utterly worthless and devoid of credibility".

San Francisco police find wreckage of boat that sank

San Francisco: Police on Friday discovered the wreckage of a boat that sank this week in the San Francisco Bay after recovering the body of a missing person the day before.

The body was identified as Tondra Madruga, 58, also known as Tondra Miller, the San Francisco medical examiner said. She was one of three people missing after the Volare, a 49ft (15m) cabin cruiser, sank on Wednesday afternoon with 20 people onboard after being hit by a wave and capsizing. The group was on the boat to scatter the ashes of a loved one.

The San Francisco police department's marine unit located the submerged wreckage of the Volare in the vicinity of where it sank.

The boat was believed to

be submerged on the rocky seabed in water 120 ft (36m) deep. The marine unit has been using boat-mounted sonar to locate the vessel, and is now using a remotely operated vehicle to assess the wreckage and determine if it can be recovered safely, police said.

"Our family is heartbroken by the loss of our beloved mother, daughter, sister, and aunt, Tondra Madruga," family member Quin Madruga said on Facebook. "Our hearts remain with every family impacted, and we sincerely appreciate your kindness and understanding."

One man, Clifford Boisa, died immediately after being retrieved from the chilly water. The US Coast Guard suspended search efforts on Wednesday evening but police are still looking for the

two missing people. The rest were rescued by good Samaritans and first responders as the boat capsized.

Ralph Boisa said his extended family and close friends were on the boat Tuesday to celebrate the life of his daughter, who died over a decade ago. Madruga was a friend. The two people who remain missing are Ralph Boisa's sister, Carol, and Clifford Boisa's wife, Jackie, he said.

Madruga's body was discovered in San Francisco Bay near Treasure Island, a former naval station, when a boater first reported it, police said.

The bay is notorious for its strong currents, and within hours of the boat's sinking, rescuers were also searching the open ocean beyond the Golden Gate Bridge

Farage's furious clash with Times editor stuns figures close to him

UK: Nigel Farage is no stranger to expressing his ire at what he regards as the liberal establishment, but even figures close to him were surprised at the tirade of anger he unleashed upon the editor of the Times.

The exchange, which is said to have included an expletive aimed at Tony Gallagher, was triggered by the Reform UK leader's outrage that the paper was planning to run a story about his houses, which he said endangered his family.

It is a fragile moment for Reform's relationship with Britain's rightwing media, whose coverage of Farage and his byelection gamble has taken a negative turn since questions were raised about his funding and finances.

Coverage by the Times and the Sun, part of Rupert Murdoch's News UK stable, as well as the Daily Telegraph and the Daily Mail, has made for tough reading for Reform in recent days.

While the Telegraph has given col-

umn inches to party figures to air their grievances at the media, recent stories have also described Farage's decision to subject himself to a "people versus the establishment" byelection in Clacton as a "summer gamble" and a farce.

Meanwhile, Kemi Badenoch appeared in its pages stating the Conservative party "is for serious people, not a retirement home for failed politicians" – a jibe at Reform's collection of Tory defectors. The Mail has run a positive interview with Farage, but an editorial on the same day read: "How quickly times – and political fortunes – can change. It is only weeks since Reform UK's rise appeared almost unstoppable. But two byelection defeats and concerns over leader Nigel Farage's financial affairs have significantly altered the landscape."

This time last year, Farage was wooing News UK's leaders and readers, seen as a crucial group in converting Reform's poll lead into a broad

enough power base to make a serious assault on Downing Street.

He pressed flesh at the news group's summer party and dined with the Sun's editor, Victoria Newton. By then, Reform had already seen its local election slogan, "Britain is broken", emblazoned on the Sun's front page.

In recent days, however, a damning verdict on Farage's current predicament was delivered by Trevor Kavanagh, the Sun's veteran political commentator and a figure close to Murdoch.

"We are witnessing the sudden death of a political movement which began as the UK Independence party, morphed into the Brexit party, and now Reform," he wrote. "Or, to simply name names, Nigel Farage." Figures within Reform continue to believe they have a case that the Times should not have published a story containing a picture of a property where one of Farage's children lives. They say the

death of Ann Widdecombe has underlined their argument.

A Times spokesperson said: "We stand by our journalism, and do not accept that the published photograph identified the location of any property or presented a security risk."

At News UK, Reform's anger is seen more as a sign of frustration at failing to decisively win over the titles or more of their readers.

Farage's decision to raise the spectre of the Leveson inquiry, which examined the ethics of the press and recommended stricter regulation, has also gone down incredibly badly with the leadership of the rightwing media.

The timing was unfortunate. Many across the titles have been celebrating the Mail's victory this month over a group of litigants including Prince Harry, who failed in their attempt to sue over alleged unlawful information-gathering techniques. The claimants had been supported by campaigners for tighter press regulation.

The Greatest DIY Hair Masks for Naturally Replenishing Keratin

The major component of hair is a protein called keratin. However, different hairstyles, straight hair that occasionally has waves, and different colours applied to it all harm keratin and render the hair lifeless. After that, a lot of people visit salons to obtain keratin treatments to make their hair shine again.

Even if the hair shines again, the type of therapy performed in the salon is short-lived. So, if you have to treat your hair with keratin, it is advisable to do it at home. You can create keratin-rich masks. Yoghurt and egg mask : Yoghurt contains lactic acid, which gives hair its lustre, while eggs provide a significant source of protein. Beat together one egg and four tablespoons of yo-



ghurt. Apply this mixture from the roots to the ends of your hair and leave it for 30 minutes. Next, shampoo. Coconut milk and rice : Combine the remaining rice with four teaspoons of coconut milk. Add egg white and olive oil to it. Thoroughly combine all the ingredients. Apply this mixture thoroughly from the hair’s roots to its ends this time. After applying

the mask, wait for 40-45 minutes and then shampoo. Banana and honey conditioning mask Potassium, natural oils, and vitamins included in bananas help replenish lost keratin in hair. Combine one ripe banana, one teaspoon of olive oil, and one teaspoon of honey. Apply a mixture of oil and honey on your hair. After 45 minutes, use shampoo to remove it.

How to Choose the Perfect Coffee Maker for Your Way of Life



Few rituals are as universally recognized, or as intimately personal, as enjoying the first cup of coffee in the morning. For some individuals, it serves as the energy source that drives an early commute. For others, it represents a gradual, contemplative experience, relished sip by sip. However, behind every cup is a brewing machine, and selecting the appropriate one involves more than mere functionality – it requires harmonizing with your personal rhythm, lifestyle, and preferences.

Your Ritual, Your Rules
“Every coffee drinker has their own rhythm. For some, it’s a quick, uncomplicated cup to start the day; for others, it’s the indulgence of a frothy cappuccino. The drink you crave most often should guide your choice,” says Vikram Khurana, CEO, Kaapi Solutions.

A capsule or drip machine delivers fuss-free simplicity, while espresso and bean-to-cup machines open the door to café-style richness. The key is to ask yourself: are you seeking fuel, comfort, or indulgence?

Dushyant Singh, Founder, Coffee Sutra, adds, “For beginners or those who like it simple, budget-friendly options like a French press or drip machine give reliable brews without fuss. Even a traditional South Indian steel filter can create an aro-

matic experience.”
Spend Where It Matters
Machines come in every price range, but not every feature is for everyone. Khurana explains, “The key isn’t spending the most. It’s spending where it matters most to you: on speed, on variety, or on sheer quality.” Premium models offer smart connectivity and precision control, while mid-range semi-automatics balance creativity with accessibility.

Fast Fix or Slow Ritual
Your pace defines your machine. “Coffee-making can be an instant necessity or a calming ceremony. For tight schedules, one-touch automatics work beautifully. But if you enjoy grinding beans and steaming milk, a semi-automatic will turn brewing into a ritual,” says Khurana.

Space, Maintenance, and Longevity
Khurana cautions that counter space and upkeep matter as much as design. “Some machines clean themselves, while others need more care. A little effort ensures better performance and longevity.”

Long-term costs, such as pods, beans, or filters, also deserve consideration. An integrated grinder may cost more upfront but saves in the long run, while guaranteeing freshness.

Ultimately, the best machine isn’t about price tags or shiny features. It’s the one that feels like it was made for you.

Seven stylish and fashionable kids’ sports sneakers that don’t sacrifice comfort

Choosing the most stylish pair of athletic shoes for your children is only one aspect of the process. In addition to style, comfort is also important. Children’s shoes must be colorful, cozy, long-lasting, and practical because they are constantly on the run. The appropriate shoes may have a big impact on their comfort and confidence whether they’re playing sports, running about the playground, or just enjoying the outdoors. Because of this, the majority of sports shoes available today include eye-catching colors, stylish designs, breathable materials, and cutting-edge comfort features that parents can rely on.

7 best all sports shoes in 2026

Here are seven trendy and classy sports shoes that combine eye-catching style with all-day comfort.

1. Nike Unisex Cosmic Runner Black/White-Anthracite Running Shoes UK 6: Designed for active children, the Nike Unisex Kids Cosmic Runner (GS) Running Shoes offer lightweight comfort for running, school sports and everyday wear. Made with a breathable mesh upper, soft textile lining, cushioned foam midsole, durable rubber outsole and secure lace fastening, they help keep growing feet comfortable throughout the day. Amazon customers often praise the lightweight feel, stylish design, good cushioning and reliable grip. Many reviewers also appreciate the comfortable fit for regular play and sports activities.

2. Adidas Women’s Response Super 2.0 Dshgry/Ftwvht/Siggnr Running Shoe-7 Kids UK (H02020), Multicolor: The Adidas Response Super 2.0 Fabric

Lace-Up Women’s Sport Shoes combine comfort and everyday performance for walking, running and fitness sessions. Crafted with a breathable fabric upper, soft textile lining, responsive cushioned midsole, durable rubber outsole and lace-up closure, they provide lasting support during movement. Amazon customers frequently appreciate the lightweight build, comfortable cushioning and attractive design. Many reviewers note that the shoes provide reliable comfort for long hours while maintaining a good grip on various surfaces.

3. PUMA | Softride Enzo 5 Youth Training Shoes: The Puma Boys Softride Enzo 5 Jr Sneaker is built for energetic children who enjoy sports, school and outdoor adventures. It features a breathable mesh upper, soft textile lining, Softride foam cushioning, durable rubber outsole and secure lace fastening for everyday comfort. Amazon customers often praise the soft cushioning, lightweight construction and sporty appearance. Many reviewers also highlight the comfortable fit, flexible sole and dependable grip, making it suitable for regular activities and active play.

4. Liberty Kids Carry-03 S.Blue Running Shoes - 4: Liberty Boys Running Shoes are designed for everyday comfort, sports practice and school activities. Made with a breathable mesh upper, soft fabric lining, cushioned insole, lightweight EVA sole and durable rubber outsole, they provide support for active feet throughout the day. Amazon customers commonly appreciate the comfortable fit, lightweight feel and affordable value.



Many reviewers mention that the shoes are suitable for daily wear, offering decent grip, flexibility and lasting comfort for growing children.

5. SPARX Sports Shoe SK-912 Black for Kids: The SPARX Sports Shoe SK-912 Black for Kids offers everyday comfort for school, outdoor games and casual activities. It features a breathable mesh upper, soft textile lining, cushioned footbed, lightweight midsole and durable rubber outsole for dependable support. Amazon customers often praise the attractive design, comfortable fit and good value for money. Many reviewers also appreciate the sturdy construction, lightweight feel, and reliable grip, making the shoes suitable for everyday use and active play.

6. Boldfit Cricket Shoes

for Man Lightweight Spikes Shoes for Cricket Match Day Turf Shoe for Man Breathable Sports Shoe for Men: Boldfit Cricket Shoes for Men & Boys are designed to provide comfort and stability during training sessions and cricket matches. They feature a breathable mesh upper, soft textile lining, cushioned midsole, sturdy rubber outsole and secure lace-up fastening for improved performance. Amazon customers frequently praise the comfortable fit, lightweight construction and reliable grip on the ground. Many reviewers also appreciate the supportive feel, durable build and overall value, making them suitable for regular cricket practice.

7. Vector X Bolted High-Performance Outdoor Running/Athletic Track and Field Shoes with Removeable Spike|Durable Sports Footwear Shoe for Adult: Vector X High-Performance Outdoor Running and Athletic Track & Field Shoes are suitable for running, training and outdoor sports. Made with a breathable mesh upper, soft textile lining, cushioned EVA midsole, durable rubber outsole and lace-up closure, they provide comfort during active movement. Amazon customers often appreciate the lightweight feel, supportive cushioning and good traction. Many reviewers also highlight the sturdy construction, comfortable fit and value

for money, making them suitable for regular sports activities.

What to look for when choosing sports shoes for kids?

While style is important, comfort should always be the top priority. Here are a few key features to consider when shopping for children’s sports shoes:

Breathable materials: Mesh uppers help improve airflow and reduce sweating.

Proper cushioning: Soft midsoles absorb impact and protect growing joints.

Flexible soles: Shoes should bend naturally with the foot for unrestricted movement.

Secure fit: Adjustable laces or hook-and-loop straps help keep the foot stable.

Durable construction: High-quality outsoles can withstand everyday wear and active play.

Correct sizing: Leave a small amount of room for growth without choosing excessively loose shoes.

Whether your child is heading to school, joining a sports team, or enjoying outdoor adventures, investing in a high-quality pair of sports shoes can support healthy foot development while keeping them comfortable all day long. By choosing footwear that blends fashion with function, parents can ensure their kids look great, feel great, and stay ready for every new adventure.

How to make your eye makeup seem flawless



Your heart is expressed via your eyes. In actuality, your entire appearance may be changed by your eye makeup. You may make your eyes appear brighter, larger, and more defined by learning a few basic techniques, regardless of whether you want

a natural everyday style or a beautiful evening appearance. Using the proper procedures, not more products, is the key to great eye makeup. I, being the beauty editor, was always on the lookout for some tricks and tips that could help me perfect

my smoky, glam, or natural eye look. After months of asking for input from makeup artists and watching influencers’ Insta reels, I could finally say that you just need these three tricks to make your eye makeup stand out from the crowd.

I thought of sharing these tricks with you as well for the perfect eye makeup look:

1. Start with an eye primer for a smooth base

The foundation of perfect eye makeup is a well-prepared eyelid. Applying an eye primer before eyeshadow creates a smooth surface, making the colours appear more vibrant and last much longer. If you don’t have an eye primer, a small amount of concealer set with translucent powder can work as an alternative. A good primer prevents eyeshadow from creasing, fading, or smudging throughout the day.

It also helps different shades blend more easily, giving your eye makeup a polished and professional finish. Before applying any colour, ensure your eyelids are clean and free from excess oil. This simple step can significantly improve the longevity and appearance of your makeup.

2. Blend eyeshadow like a Pro

One of the biggest secrets behind beautiful eye makeup is proper blending. Harsh lines between different eyeshadow shades can make even expensive makeup look unfinished. Instead of packing on multiple colours, focus on blending them seamlessly. Start with a neutral transition shade in the crease to create depth. Apply a darker shade to the outer corner of the eye and blend it inward using soft, circular or windshield-wiper motions. Finish by adding a lighter shimmer or matte shade to the centre of the lid or the inner corner to brighten the eyes. Using clean blending brushes is equally important. A fluffy blending brush softens edges without removing too much colour. Remember, blending takes patience. Spending an extra minute blending can make your eye makeup look smooth, balanced, and elegant.

3. Define your eyes with eyeliner and mascara

The final trick to perfect eye

makeup is enhancing your lashes and defining your eyes. Eyeliner adds shape and intensity, while mascara opens up the eyes and creates the illusion of fuller lashes. If you’re a beginner, start with a thin line close to the upper lash line rather than attempting a dramatic wing. A soft brown liner creates a natural daytime look, while black eyeliner adds bold definition for evening wear. Tightlining—applying eyeliner along the upper waterline—is another effective technique for making lashes appear thicker without an obvious eyeliner look.

Mascara should always be applied from the roots of the lashes to the tips using a gentle zigzag motion. This technique separates the lashes while adding volume and length. Curling your lashes before applying mascara can make your eyes appear larger and more awake. For an extra glamorous finish, apply a second coat after the first one dries slightly.

Final Thoughts
Perfect eye makeup isn’t about following complicated beauty trends or owning a large makeup collection. It comes down to mastering a few essential techniques that enhance your natural features.

Preparing your eyelids with a primer creates a long-lasting base, blending your eyeshadow carefully gives a professional finish, and using eyeliner and mascara correctly adds definition and drama. With regular practice, these three simple tricks can help anyone achieve beautiful eye makeup suitable for every occasion.

Whether you’re getting ready for work, a festive celebration, or a special evening out, these techniques will leave your eyes looking fresh, expressive, and effortlessly stunning. Remember, confidence is the best finishing touch to any makeup look, so wear your eye makeup proudly and let your eyes do the talking.

ENTERTAINMENT

‘Absolutely Blown Away’: Atlee raves about Ranbir Kapoor and Yash in ‘Ramayana’ trailer



Mumbai : The Ramayana trailer may not be out online yet, but filmmaker Atlee has already watched it... and the verdict is in. Sharing his first reaction on X, the director called the trailer “absolutely blown away.” He also praised everything from Nitesh Tiwari’s vision to the performances of Ranbir Kapoor, Sai Pallavi and Yash.

In his tweet, Atlee wrote, “Absolutely blown away by the #Ramayana trailer! What a vision by @NamitMalhotra sir and what incredible craft from @nitesh-tiwari22 sir. @TheNameIsYash bro looks

unbelievably lethal, Ranbir Kapoor bro is stunning, and @Sai_Pallavi92 is ethereal. Every frame feels grand, fresh, and magical. Wishing the entire team blockbuster. This looks truly epic!” The trailer of Ramayana Part 1 was launched at in Delhi on Saturday at a grand event with all the star cast present. However, it is yet to be released digitally. The makers have planned to drop the much-awaited trailer on July 24, 2026.

Meanwhile, a short video claiming to be the leaked trailer of Ramayana has been circulating on social media. However, it

remains unclear whether the clip is genuine footage from the film or an AI-generated creation.As per details available on the CBFC website, the trailer of Ramayana has been given a ‘U’ (Universal) certificate, making it suitable for audiences of all ages. The certification was issued on July 15. The CBFC records also indicate that the makers have got two cuts of the trailer. While the standard version has a runtime of 4 minutes and 15 seconds, the theatrical cut is slightly shorter at exactly 4 minutes.

Ramayana features a star-studded cast with Ranbir Kapoor as Lord Rama and Sai Pallavi as Sita. The film also stars Yash as Ravana, Ravie Dubey as Lakshman, Sunny Deol as Lord Hanuman, Rakul Preet Singh as Surpanakha and Kunal Kapoor as Lord Indra. Directed by Nitesh Tiwari, the epic is produced by Namit Malhotra under Prime Focus Studios, in association with DNEG and Yash’s Monster Mind Creations. The soundtrack has been composed by A.R. Rahman and Hans Zimmer.

Conceived as a two-part epic, Ramayana will release globally in IMAX. The first film is slated to arrive in theatres during Diwali 2026, while the second installment is scheduled for Diwali 2027.

Salman Khan’s ‘Maatrubhumi’ set for 2026 release; makers dismiss 2027 delay rumors



Mumbai : Well, fans of Salman Khan won’t have to wait much longer for his next film, Maatrubhumi. It was initially scheduled for release in April 2026, however, due to unforeseen circumstances, it got delayed. Since then, the new release date still hasn’t been announced yet.

Notably, some reports surfaced on social media recently that Maatrubhumi might get pushed to 2027, leading to a frenzy among fans. Today, July 20, Salman Khan Films took to X to deny the rumours and confirm that Maatrubhumi will release in 2026 only. They also shared a new poster in which they have written “2026”. SKF tweeted, “A soldier’s promise. A family’s strength. A nation’s pride (sic).” Maatrubhumi, Salman Khan’s upcoming film co-starring Chitrangada Singh, is one of the most anticipated films of the year. Earlier, there were reports suggesting that Maa-

trubhumi might get pushed to 2027, as the Ministry of Defence had reservations about the film’s content and the mention of China in it.

As per Bollywood Hungama, a trade source shared, “The issues are yet to be resolved. Even if they are resolved soon, it will now be difficult to secure a good release slot, as most major dates have already been taken. In our industry, it is common for actors and filmmakers to take over a date that

has already been claimed by another film. But Salman Khan is an exception. He is very fair and doesn’t believe in clashing with another film unnecessarily. Even if he decides to clash, he will inform the other party before making an announcement.” Later, SKF issued a statement clarifying that the film had not been submitted to the CBFC. The statement read, “Any claims suggesting that Maatrubhumi: May War Rest In Peace has encoun-

tered issues with the CBFC or that its certification has been put on hold are false. The film has not yet been submitted to the CBFC for certification.”

The statement further read, “Therefore, such reports are entirely baseless. We request that media outlets and individuals refrain from circulating unverified information. Any official updates regarding the film will be shared by Salman Khan Films through its official channels only.”

Nick Jonas pens romantic birthday post for Priyanka Chopra Jonas

Mumbai : Priyanka Chopra Jonas celebrated her birthday recently, and her husband, Nick Jonas, marked the occasion with a sweet romantic gesture. The singer-actor shared a video from their Spain vacation, capturing a candid moment aboard a yacht.

In the clip, Priyanka is seen sitting on the yacht in a bikini paired with a stylish cover-up, sunglasses and

a bandana. As Nick records her, she smiles warmly before blowing him a flying kiss.The simple yet heartfelt video beautifully captures a special moment between the couple. Sharing it on Instagram, Nick wrote, "Happy Birthday! My love."

Priyanka Chopra Jonas turned 44 on July 18. To celebrate the occasion, filmmaker SS Rajamouli unveiled her first look from his upcoming

film, Varanasi. The filmmaker introduced her character, Mandakini, through two striking stills. Rajamouli accompanied the post with a simple yet evocative caption that read, "Grace when she smiles. Fire when she doesn't. Mandakini..."The first still features Priyanka in a black corset-inspired ensemble with a textured updo, as she stares directly into the camera with an intense, confident

expression. The second image is set against the breathtaking landscapes of Kenya's Maasai Mara. Priyanka appears to be jumping with her arms spread wide, dressed in a white crop top, black cargo trousers and a beige jacket. Varanasi marks Priyanka's return to Indian cinema after The Sky Is Pink (2019). She will be seen alongside Mahesh Babu and Prithviraj Sukumaran. The film is cur-

rently slated for a worldwide theatrical release in August 2027.Meanwhile, Priyanka and Nick continue to remain one of the entertainment industry's most-loved couples. The two got married in December 2018 in grand Christian and Hindu ceremonies at Umaid Bhawan Palace in Jodhpur. In January 2022, they welcomed their daughter, Malti Marie Chopra Jonas, via surrogacy.



Abhinav Shukla links porn to global warming

Mumbai : TV actor and ex-Bigg Boss contestant Abhinav Shukla has sparked conversation online after claiming that watching pornography contributes to global warming. The actor made the remarks on the latest episode of the4POV podcast alongside wife Rubina Dilaik, Hina Khan and Rocky Jaiswal, leaving his co-hosts surprised.

The discussion began with Dia Mirza’s recent comments on climate change, which had triggered debate online after she said patriarchy and men are largely responsible for the climate crisis. As the conversation moved to other possible causes, Abhinav shared an unexpected opinion. “The biggest cause, among many others, of global warming is watching porn,” Abhinav said.

Explaining his reasoning, he added, “The amount of energy that goes into producing porn and transmitting it across the globe is way too much. It has a huge carbon footprint."His comments left Rubina Dilaik visibly stunned before she burst into laughter. Hina Khan and Rocky Jaiswal also laughed at the unexpected claim. The discussion then shifted to pornography itself, with Hina asking Abhinav whether he watches it.

Sandeep Reddy Vanga drops massive ‘spirit’ update, breaking months of silence for Prabhas fans



Hyderabad : Director Sandeep Reddy Vanga has shared a major update on his much-awaited film Spirit during his interaction at the Telugu Talent Association (TTA) event in the USA. The filmmaker revealed that nearly 40 percent of the film’s shoot has already been completed, giving Prabhas fans their first significant production update in months.

Sandeep’s latest statement confirms that the project is progressing as planned. Prabhas, who is currently on a holiday in Italy, is expected to resume work on Fauzi after returning. The actor is likely to join the next schedule of Spirit once his prior commitments are completed.

In Spirit, Prabhas plays a powerful and intense police officer, marking his first

collaboration with Sandeep Reddy Vanga. Actress Triptii Dimri has been cast as the female lead, while Vivek Oberoi plays a pivotal role. The film is being jointly produced by T-Series and Bhadrakali Pictures. With 40 percent of the shoot already wrapped up, the makers are expected to complete the remaining portions over the next few months. Spirit is among the most anticipated Indian releases of 2027, while Prabhas is expected to arrive in theatres earlier with Fauzi.

Following the blockbuster success of Kabir Singh and Animal, Sandeep Reddy Vanga is mounting his biggest film yet with Spirit, a larger-than-life action drama centered on a fearless cop, raising expectations among fans and the trade alike.

‘Raaka’ update: Allu Arjun’s intense avatar takes social media by storm



Hyderabad : Allu Arjun-starrer Raaka is one of the most anticipated movies currently in the making. The film is currently in the production stage. The team is currently busy shooting the film in Mumbai and has kept everything under wraps. The makers are taking strict

measures to prevent any major leaks.

However, a video is now making the rounds on social media. Artist Anwesha shared two videos on her social media accounts, revealing her look from the film. Anwesha’s videos have become the talk of social me-

dia, and following the viral glimpse, fans are even more curious about the project.

Deepika Padukone is also part of the project. The music is being composed by Sai Abhyankkar, and the movie is being produced by Sun Pictures. Raaka features the Pushpa actor in a dual role.

Kangana Ranaut criticizes CJP protesters for trying to ‘arm-twist’ government



Mumbai : BJP MP and actress Kangana Ranaut has spoken about the on-going Cockroach Janta Party (CJP) protest near Parliament.

Kangana reached Parliament for the Monsoon Session on Monday, July 20, where she addressed the media’s questions about the CJP protest and criticised it.

The actress shared, “Our

Parliamentary sessions are meant specifically for us to discuss all issues in an extensive and detailed manner.” Kangana Ranaut further shared that the session is held so that we can raise relevant questions and continued, “Creating a ruckus, causing disruptions, and protesting in this manner is not right. The people have elected a

government, and it is their right to decide how they will run that government. If you feel so strongly, you should stand for election yourself. You cannot arm-twist the government into deciding who to sack and who to retain; this kind of arm-twisting is not acceptable. Gradually, everyone will seek refuge in the Bharatiya Janata Party and the Sanatan culture because this is our own culture, whereas everything else has been borrowed from the rest of the world.”

Chaos erupted at Delhi’s Jantar Mantar after the Cockroach Janta Party began its ‘Chalo Sansad’ protest march on Monday amid heavy security deployment. The march, led by CJP founder Abhijeet Dipke, comes despite the Delhi Police denying permission for the demonstration and imposing ex-

tensive security arrangements around Parliament. Veteran actor Shabana Azmi reached Delhi’s Jantar Mantar on Sunday, July 19, to extend her support to the protesters seeking Dharmendra Pradhan’s resignation. Shabana’s presence at the protest came days after she publicly supported climate activist Sonam Wangchuk, who joined the Cockroach Janta Party-led movement and began an indefinite hunger strike on June 28.

Besides Shabana Azmi, celebrities like Prakash Raj and Poonam Pandey were also seen at the Jantar Mantar protest. Previously, Soni Razdan, Zeenat Aman, Abhay Deol, Sonakshi Sinha, Omi Vaidya, Imran Khan, Naseeruddin Shah, and Ratna Pathak Shah took to social media to extend their support to Sonam Wangchuk and the protesters’ hunger strike.

Advance bookings open: Thalapathy Vijay’s ‘Jana Nayagan’ ready for July 23 release



Chennai : The re-edited ‘Jana Nayagan’-the final film of C Joseph Vijay before he took charge as Tamil Nadu chief minister in May-is set for a grand global release on July 23, its production house KVN has said, amid mounting excitement among fans.The production house announced bookings for the film across nearly 8,000 screens globally, spread across 30 countries and Indian states, and bookings surged at remarkable speed.

According to a source, over 3,500 shows are planned in Tamil Nadu for the movie, which has a total runtime of 3 hours and 3 minutes. The number is expected to increase, the source added. On the massive anticipation surrounding ‘Jana Nayagan’, a source in the Theatre Owners Association said there was “tremendous pressure” for ticket bookings in the state. Theatres were struggling to accommodate the high demand, he added.

On box office expectations, he said there was a possibility of the film entering the Rs 1,000 crore club. The film’s journey to certification was marred by significant delays, legal interventions and piracy issues. “Film leak” won’t hurt the industry or producers, he said, adding that such leaks do not reduce theatrical audiences as people would still prefer to watch a film in a theatre. Booking for the film opened to a massive

response, with Rs 10.60 crore in tracked advance ticket sales recorded within hours.

Tamil Nadu, where pre-sales began on July 19, reported phenomenal bookings, with single screens and multiplexes together selling over 90,000 tickets within hours of the window opening. In Chennai, Kamala Cinemas sold over 10,000 tickets within minutes of opening the portal, and Mayajal Multiplex sold out 48 shows in less than an hour. The state government has capped ticket prices at Rs 190 in Chennai to regulate the fan frenzy and ensure the safety of the people.‘Jana Nayagan’ is scheduled to be screened across 900 screens in Tam-

il Nadu. Despite an earlier leak, the film has continued to draw great interest. Film producer Venkat K Narayana confirmed the theatrical release on July 23 and said the film underwent modifications, including an update to the title card on posters to reflect Vijay’s position as the CM. The film has generated huge excitement, being widely seen as Vijay’s farewell to cinema as he now devotes himself full-time to politics. The KVN Productions head, sharing updates with the media, said the version audiences will see in theatres will be drastically different from the cut submitted to the Censor Board last year.

PM Modi’s Dig At ‘56-Year-Old Youth’ Rahul Gandhi Before The Monsoon Session



New Delhi, July 20: Prime Minister Narendra Modi stated that the average age of team members of Skyroot Aerospace, a commercial space business that made history with VIKRAM-1, India’s first private rocket to reach orbit over the weekend, is 28 years. He clarified that he is not referring to a “56-year-old youth,” implying Rahul Gandhi, a youth leader.India’s youth have successfully launched a fresh flight into space. In his usual statements ahead of the Monsoon Session, PM Modi stated that the average age of the whole team of young people working at Skyroot is 28. The rocket completed its final burn and injected its payloads into a nearly 450-km orbit, making India the third country in the world with private orbital launch capability.“I am not talking about a 56-year-old ‘youngster’,” PM Modi said, taking a swipe at the Leader of Opposition, who turned 56 this June. Narendra Modi, then the BJP Prime

Ministerial candidate, in the run-up to the 2014 Lok Sabha polls, introduced the phrase “56-inch chest”, implying immense strength, courage. The Congress has used the phrase to attack the Prime Minister.In February, Rahul Gandhi, who was not allowed to quote from ex-Army Chief MM Naravane’s unpublished memoir in parliament, took a swipe at the Prime Minister, saying “what happened to the 56-inch chest when China was standing against us”. Without dwelling on the “56-year-old youth”, the Prime Minister continued with his address.“Congratulations are certainly due to these young people - with an average age of 28 - who have planted India’s flag in space. These are the kinds of achievements that fill India with self-confidence,” PM Modi said.The Prime Minister recalled that before last year’s Monsoon Session, an Indian reached the International Space

Station (ISS), and this time, Hyderabad-based Skyroot Aerospace successfully launched Vikram-1, the country’s first privately developed orbital rocket, under Mission Aagaman. PM Modi said that India’s global profile is gaining “universal recognition and acceptance”.“This is not a coincidence; it is a message, and a very powerful one, that the potential and aspirations of our country’s youth are as boundless as space itself -- there cannot be a more inspiring message for the country than this,” he added. PM Modi also expressed hope that both the ongoing monsoon season and the Monsoon Session of Parliament would prove productive for the country. “The benefits of the monsoon are visible, and the Monsoon Session is also commencing. Both the monsoon and the Monsoon Session are very productive; when both are productive, it leads to the welfare of the nation and the welfare of all living beings. Therefore, we pray that both the monsoon and the Monsoon Session remain productive,” he said.The Prime Minister urged parliamentarians to “focus on facts”, and hoped that discussions will be conducted with logic. “I believe that where there are facts, there is no need for chaos. If your logic and facts are strong, there is no need to raise your voice. I hope the discussions in parliament are conducted with logic and facts. Every voice should find an opportunity to be heard. That is the role of Parliament. I urge all parliamentarians to participate,” PM Modi underscored.

Spain shatters Lionel Messi’s dream, Argentina loses 0-1 in World Cup final



East Rutherford: Spain were declared FIFA World Cup 2026 winners after defeating reigning champions Argentina 1-0 in extra time, ending Lionel Messi’s championship defence and capping a remarkable unblemished campaign in which La Roja surrendered only one goal in eight games. Substitute Ferran Torres emerged as the hero, hitting the game-winning goal in the 106th minute with a thunderous shot into the roof of the net past Argentina goalkeeper Emiliano Martinez. Spain won their second men’s FIFA World Cup title, and first since 2010. Lamine Yamal, a 19-year-old Barcelona star, was just three years old when Spain won its first World Cup, making it the pinnacle of his brief career.The defeat marked the end of a historic period for Argentina and Messi, who led his country to the 2022 FIFA World Cup championship and Copa America victories in 2021 and 2024. Having already won UEFA Euro 2024, Spain now hold both the European and world titles, raising hopes of another dominant era reminiscent of the team’s his-

toric run between 2008 and 2012, when they won two European Championships and the FIFA World Cup. Although Yamal scored only once during the tournament, Spain’s success was built on collective performances rather than individual brilliance. Midfielder Rodri controlled games in the middle of the park, Mikel Oyarzabal finished among the tournament’s top scorers with five goals, while goalkeeper Unai Simon earned the Golden Glove after a series of standout displays.Torres also entered the record

books by becoming only the fifth substitute to score in a FIFA World Cup final and the first since Germany’s Mario Gotze netted the winner against Argentina in the 2014 final. He also became just the second Barcelona player to score in a World Cup final after Andres Iniesta’s extra-time winner for Spain in 2010. Spain’s road to the title began with a goal-less draw against surprise package Cape Verde before convincing victories over Saudi Arabia (4-0) and Uruguay (1-0) secured top spot in Group H. They then

defeated Austria 3-0 in the Round of 32, edged Portugal 1-0 in the Round of 16, overcame Belgium 2-1 in the quarterfinals and beat France 2-0 in the semifinals.In the final at New York New Jersey Stadium, Spain dominated possession and restricted Argentina to just one shot on target while registering 12 of their own. Argentina were also reduced to 10 men in extra time after Enzo Fernandez was sent off following two yellow cards, allowing Spain to see out the victory and reclaim the World Cup crown.

Lionel Messi couldn’t accomplish what Cristiano Ronaldo did What the FIFA World Cup Final Taught Us

East Rutherford: Lionel Messi lost everything in a single match. As Argentina faced Spain in the FIFA World Cup 2026 final, Messi failed to add to his tournament goal record of eight. This means he finished second in the battle for the Golden Boot, which France captain Kylian Mbappe won. His failure to motivate Argentina in the final resulted in him missing out on the Golden Ball, which went to Spain’s Rodri. Furthermore, Messi’s failure to score against Spain in the final resulted in him losing out to his constant nemesis, Cristiano Ronaldo, at least in one element of the discussion. While Messi has arguably taken a clear lead in the overall comparison between the two, there is one particular area where he has fallen short of the Portugal star. Messi’s inability to put the ball past Spain goalkeeper Unai Simon



meant that the 39-year-old failed to score a single goal in competitive matches against Spain.In international football history, Messi has featured against Spain a total of four times, though three of those games were friendlies. Across these four appearances, Messi has

only scored against La Roja once, during Spain’s 2-1 win in a 2009 friendly match. When it comes to competitive matches, however, Messi is yet to open his scoring account against Spain.In comparison, Ronaldo has featured against Spain a total of 11 times. Of these

encounters, there have been two matches in which he managed to find the back of the net, scoring a total of four goals. Ronaldo scored against Spain for the first time at the 2018 World Cup, when his stunning hat-trick inspired Portugal to a 3-3 draw. Ronaldo also scored against Spain in the 2025 Nations League final, where Portugal eventually secured victory in a penalty shootout after the game ended level at 2-2.The former Real Madrid and Manchester United man also featured against Spain in competitive tournaments like Euro 2004, the 2010 World Cup, Euro 2012, and the 2026 FIFA World Cup Round of 16, but failed to score in those specific outings. On the grandest stage of the World Cup, Spain remains an unsolved puzzle for Lionel Messi, and a scoring frontier only Cristiano Ronaldo has conquered.

A Gujarat man is accused of kidnapping and murdering a four-year-old girl who was killed in an encounter



Ahmedabad, July 20:The accused in the kidnapping, murder, and probable rape of a 4-year-old child died while in police custody. Accused died in police confrontation while attacking officers.Injured cops were sent to the hospital. Suresh Parmar, the key suspect apprehended in connection with the kidnapping and murder of the four-year-old child at Vasad railway station in Gujarat’s Anand district, was slain in police custody early this morning. The Borsad rural police apprehended Parmar within hours of the incident and handed him over to the Anand Local incident Branch for further

investigation into the assault and murder. The incident occurred while the suspect was being transported by cops. According to police sources, Parmar complained of vomiting, prompting officers to pull the police van over to the side of the road. Upon stepping out of the vehicle, the accused suddenly pulled a knife and launched a violent attack on the accompanying cops in a bid to escape custody. Two police personnel, identified as Rajveersinh and Mahipalsinh, sustained injuries during the sudden onslaught. Despite repeated verbal warnings from Police Sub-Inspector Rana to drop the weapon, the ac-

cusd continued his assault, forcing the police to open fire in self-defence. Parmar sustained gunshot wounds during the encounter and succumbed to his injuries while undergoing emergency medical treatment. In a shocking incident that has sent waves of grief and outrage through Anand district, a four-year-old girl was allegedly abducted and murdered after being taken from the Vasad railway station. The young victim belonged to a marginalised family that had arrived in the area just a few days prior. Lacking permanent shelter, the family had been staying at the railway station and earning a livelihood by collecting waste when the child went missing.The minor’s body was discovered a short time later, prompting fears of potential sexual assault. According to senior police officials, including Vadodara Division Railway Police Deputy Superintendent GS Baraiya, initial signs point toward a heinous crime, but official confirmation regarding assault will depend entirely on the final post-mortem report.

“Kept Believing That I Could Do It”PV Sindhu After Winning the Japan Open

Tokyo: An emotional PV Sindhu said her unrelenting self-belief had finally paid off after winning her greatest championship in six years at the Japan Open, pledging to maintain the same intensity and calmness at next month’s World Championships, when she will compete for a record sixth gold. Sindhu defeated local favourite and three-time world champion Akane Yamaguchi 21-17, 21-17 on Sunday. “Actually, I was in tears because winning was so crucial to me. Sindhu, a two-time Olympic medalist, said she ended an almost two-year title drought by focusing and working hard on herself. Sindhu’s previous title came at the Syed Modi International in December, 2024. The Indian ace triumph at Tokyo was her biggest since winning the World Championships in 2019. She had also won the Singapore Open Super 500 title in 2022.



Delhi’s New Rooftop Solar Campaign To Offer Subsidies, Assistance With Installation

New Delhi, July 20: The Delhi government announced on Sunday a new system in which households seeking rooftop solar to reduce their power costs will be assisted in negotiating incentives, finding solar partners, and finishing the installation and net-metering procedure.The “Solarize East” program aims to link eligible homes with the PM Surya Ghar: Muft Bijli Yojana, which provides a government subsidy for residential customers who install rooftop solar panels.The initiative provides a subsidy of Rs 30,000 for a 1-kW system and Rs 60,000 for a 2-kW system. Support is limited to Rs 78,000 for systems of 3 kW or greater. Residents must apply through the national PM Surya Ghar site and choose a registered provider for installation. The state government’s scheme, being rolled out with BSES Yamuna Power Limited, will initially cover South-East Delhi. Depending on public response, it will later be expanded to other areas supplied by the power distribution company, the government said. The launch comes three days after the Delhi Electricity



Regulatory Commission, or DERC, introduced new rules to simplify rooftop solar connections.The process will now be completed online in two stages, replacing the earlier three-stage system. Domestic consumers applying under the PM Surya Ghar scheme can submit their applications through the national portal.For rooftop systems of up to 10 kW, a separate technical-feasibility assessment will no longer be required when the system is being installed on the same type of electricity supply. Such consumers will also not have to pay application or registration charges. Once the panels have been installed and the required documents submitted, the distribution company must

verify the documents, inspect the system, install the net meter and provide connectivity within 10 days. Time taken by the consumer to install the system or correct deficiencies will not be counted in this period. Net metering allows a household to use the electricity generated by its solar panels and send surplus power to the grid. The exported electricity is then adjusted against the consumer’s power consumption under the applicable billing rules.Delhi Power Minister Ashish Sood said the campaign would bring together the government, residents’ welfare associations, housing societies, consumers and solar companies. Residents will be given information on sub-

sidies, net metering and the steps involved in getting a system installed.“Our objective is not merely to provide electricity. Our goal is to deliver Reliable Power, Affordable Power, Smart Power and now Green Power.” Sood said. Alongside the solar campaign, the government inaugurated a smart pad-mounted substation in Gandhi Nagar. The government says the new facility requires nearly 80 per cent less space than a conventional substation, making it suitable for neighbourhoods where large plots for electricity infrastructure are difficult to find.The substation uses a supervisory control and data acquisition system, commonly known as SCADA, which allows electricity supply and equipment to be monitored remotely. Officials say the technology can help identify faults and restore supply more quickly.Sood said similar compact substations could be considered for other congested parts of Delhi. The government also said Delhi’s peak electricity demand reached a record 8,748 MW this year without a major citywide outage.

Rohit Sharma Responds To Critics With Superb Ton, But India Lose ODI Series vs England

London: With his back against the wall and an illustrious career on the line, Rohit Sharma silenced his critics the only way he could, smashing one of his most celebrated centuries in recent memory, but it wasn’t enough to prevent a 27-run defeat in the third One-Day International against England, as India lost the series 1-2 at Lord’s on Sunday. Despite Rohit’s stunning 138, Shubman Gill’s 77, and Virat Kohli’s 74, India only achieved 360 for 7 in pursuit of a gigantic goal of 388, which was constructed on a career-best 142 from Ben Duckett and 91 from Jacob Bethell. Jos Buttler’s 13-ball 41 proved to be the deciding factor, as England scored 82 in their final five overs.With talk that selectors and the head coach were ready to move on from Rohit, the 39-year-old former captain faced huge pressure heading into the third and final game. Rohit stepped onto the hallowed grounds of Lord’s with two goals in mind: to win a series for India and to save his legacy, which had been tainted by incessant conjecture in the media. He didn’t raise his bat after completing his 34th ODI hundred -- the first by an Indian batter at Lord’s. Nor did he acknowledge the standing ovation from the suits at the Members’ Balcony after a 110-ball knock stitched with heart, hurt, and sweat.It was the last time he played an ODI in England, and people would talk for the longest time about how an ageing star showed resolve when the powers that be made him feel unwanted.A stand of 147 with skipper

Gill and 113 with his old pal Kohli raised visions of an improbable victory.For Rohit, there were 17 boundaries and five sixes -- three off Josh Tongue -- a pull, one down the ground, and one wide off long-on. There was a pulled six off Sam Curran (4/75 in 10 overs), who proved to be the bowling hero for England.Curran’s pace off deliveries at the death accounted for Ishan Kishan, Shreyas Iyer and Kohli in a space of seven deliveries to end any hopes that India would have harboured. Curran got able support from left-arm spinner Jacob Bethell (1/49 in 7 overs), a luxury India never had by playing a lone spinner in Axar Patel.While India lost the series, one thing is for sure: neither Rohit nor Kohli will be going anywhere until the 2027 World Cup in South Africa.On the day, Gambhir and Gill’s planning went haywire and playing four pacers with combined experience of 51 games backfired badly.Jasprit Bumrah’s absence due to an impact injury on his left knee was a blow for India.The four-pronged pace attack comprising Prasidh Krishna (2/69 in 10 overs), Arshdeep Singh (0/72 in 10 overs), Prince Yadav (1/79 on 10 overs) and Gurnoor Brar (0/97 in 10 overs), lacked both skill and experience against an in-form batting line-up. Duckett and Bethell were fantastic in terms of planning and execution. The batting powerplay of first 10 overs yielded 58 runs but the wheels came off between overs 11 to 30 when they literally ran the bowlers ragged.

Japan Open Champion PV Sindhu Declares “It’s Not Over Yet” After Ending Title Drought

Tokyo: Two-time Olympic medallist PV Sindhu expressed her delight after clinching her maiden Japan Open title, defeating home favourite and world No. 3 Akane Yamaguchi 21-17, 21-17 in the women’s singles final of the BWF Super 750 tournament on Sunday. Calling the victory a huge confidence boost, Sindhu said, “it’s not over yet.” The victory marked Sindhu’s first Super 750 title and ended a title drought of more than two years, while also making her the first Indian shuttler to win the prestigious Japan Open. It was her biggest triumph since lifting the BWF World Championships title in 2019.

After the win, during a media interaction facilitated by BAI, Sindhu said the long-awaited Japan Open title was a major confidence booster, adding that she always believed in herself despite outside noise. She said the triumph strengthened her belief that she can achieve even more, asserting that “it’s not over yet.” “You hear a lot of things happening, but I think more than giving a reply, I think to myself, I would just want to say that I believe in myself and, yes, it’s been a long time. And for me, yes, this title was very, very important. I must say, much waited and much wanted. So I think for myself, it is definitely a confi-



dence boost where, with this, I can go much further. And this gives me a lot of confidence and a lot of belief that, yes, I can do it and it’s not over yet,” Sindhu said. Sindhu said the victory has given her a much-needed confidence boost and expressed happiness at winning the title just ahead of the 2026 BWF World Championships which are scheduled to take place in just under a month, from August 17 to August 23, 2026. So, yeah, to just, you know, give myself that confidence. I think this win is that. And yeah, I’m very, very happy for this win right before the upcoming Worlds,” she said.

Facing a three-time world champion in front of a partisan Tokyo crowd, Sindhu produced an assured display, blending aggressive smashes with deft net play and tactical discipline to dictate the contest from start to finish.

The Indian began confidently, racing to a 3-0 lead before Yamaguchi fought back to level the scores. The opening game remained closely contested as both players exchanged momentum, with the Japanese taking a slender advantage at the mid-game interval. Sindhu, however, turned the tide after the break. A marathon 36-shot rally helped her restore parity before she tightened her grip through precise net exchanges and thunderous cross-court winners. She opened up a four-point cushion at 16-12 and, despite Yamaguchi narrowing the gap, the Indian held her nerve in the closing stages. Consecutive attacking winners and an error from the Japanese handed Sindhu three game points before she wrapped up the opener with a perfectly placed push into the backhand corner. Carrying the momentum into the second

game, Sindhu took complete control of the forecourt. She repeatedly forced Yamaguchi into defensive lifts before punishing them with her trademark steep smashes. A gruelling 44-shot rally underlined Sindhu’s physical dominance as she surged to an 8-3 lead before extending the advantage to 11-7 at the interval.

Yamaguchi attempted one final comeback, reducing the deficit to 14-12 and later 19-17, but Sindhu refused to lose her composure. Two powerful smashes restored control before the Indian earned three championship points. The contest ended when Yamaguchi’s return drifted long, with a successful video review confirming the line call. The triumph also carried added significance for Sindhu, who had not defeated Yamaguchi in a completed match for four years. Against an opponent playing her sixth Japan Open final, the Indian delivered one of her finest performances in recent seasons, showcasing the attacking flair and composure that made her one of the world’s premier shuttlers. India’s ace shuttler PV Sindhu’s quest for her first major title in the ongoing 2026 season continued as she went down to reigning world champion Akane Yamaguchi in the semi-finals of the on Saturday.

Sangram Singh Floors Pakistan’s Ali in 80 Seconds to Win STRIKE Asia Title

Kuala Lumpur: fighter Sangram Singh scripted history as he defeated Pakistan’s Mohammed Abid Ali via a stunning knockout in just one minute and 20 seconds to clinch the prestigious STRIKE Asia Championship title here on Sunday. The highly anticipated India-Pakistan showdown lived up to its billing, but only briefly, as Sangram dominated the contest from the opening bell. Displaying exceptional power, precision, and composure, Sangram finished the fight in emphatic fashion. With this victory, Sangram extended his unbeaten professional MMA record and added another historic milestone to his illustrious sporting career. The triumph further strengthens his remarkable transition from championship wrestling to mixed martial arts and reinforces his position as one of India’s leading combat sports athletes. Sangram dedicated the title to the people of India and said that every time he competes, he carries the dreams and pride of the nation with him. The victory marks another memorable chapter in Sangram’s career, following previous international MMA wins over Pakistan’s Ali Raza Nasir, Tunisia’s Hakim Trabelsi, and France’s Florian Coudier.



Indian wrestling icon and undefeated MMA fighter Sangram Singh scripted history by defeating Pakistan’s Mohammed Abid Ali via a stunning knockout in just 1 minute and 20 seconds to capture the prestigious STRIKE Asia Championship title. The highly anticipated India-Pakistan showdown lived up to its billing, but only briefly, as Sangram dominated the contest from the opening bell, according to a press release. Displaying exceptional power, precision, and composure, the Indian star finished the fight em-

phatically, leaving no doubt about his superiority inside the cage. With this victory, Sangram Singh extends his unbeaten professional MMA record and adds another historic milestone to his illustrious sporting career. The triumph further strengthens his remarkable transition from championship wrestling to mixed martial arts and reinforces his position as one of India’s leading combat sports athletes. Reacting after the victory, Sangram dedicated the title to the people of India and said that every time he competes, he carries the

dreams and pride of the nation with him. The victory marks another memorable chapter in Sangram Singh’s career, following previous international MMA wins over Pakistan’s Ali Raza Nasir, Tunisia’s Hakim Trabelsi, and France’s Florian Coudier. India’s emphatic win in the much-awaited cross-border contest is expected to be celebrated as one of the biggest moments in Indian MMA this year, with Sangram Singh now crowned the STRIKE Asia Champion after an unforgettable 80-second knockout performance.

Shoaib Akhtar Joins Messi-Ronaldo GOAT Debate, Leaving Cricket Fans Wondering Why He Did

New Delhi: It is not often that you see cricket legend Shoaib Akhtar being on the panel of a football show analysing the FIFA World Cup 2026. But as a fan pointed it out, we got to see it before the release of GTA VI. Akhtar was on the panel of Tapmad and PTV for the World Cup final between Argentina and Spain decided to enter the Cristiano Ronaldo-Lionel Messi GOAT debate. Akhtar was pretty blunt with his assessment of both players, saying that Ronaldo is probably the biggest brand in football over the last 10 years, with FIFA and various leagues using his marketing value to prosper. However, the Pakistan pace legend said that there is no comparison between Messi and Ronaldo when it comes to football, with the Argentine maestro being well ahead of his Portuguese counterpart. “There has never been a bigger brand in football than Cristiano Ronaldo. Take it or leave it. He is probably the biggest brand FIFA has ever enjoyed. For the last 10 years, FIFA has



sold him. Leagues have marketed themselves through him as well. “Now, if you look at Lionel Messi... I know I’m being a bit blunt here. But Messi is the biggest... yes, he’s on another level. Ronaldo is nowhere close to Messi in terms of football.



Just watch Messi’s gravitational pull on the pitch. He gets knocked down, gets back up, and keeps going. Ronaldo is incredible too, look at the work he has done. But again, Messi is different,” said Akhtar.

Ludhiana Girls Emerge State Swimming Champions After Stellar Performances Across Multiple Events This Season

Ludhiana: Ludhiana girls’ team (11-12 years) clinched the title with an impressive all-round performance at the 37th Sub-Junior Punjab State Swimming Championship, held at Ferozepur on July 17 and 18. The boys’ team ended second. Ludhiana girls dominated Group III, amassing 43 points to lift the championship trophy. Faridkot finished runners-up with 23 points. The district boys performed creditably, finishing runners-up with 37 points. Host Ferozepur won the title with 48 points. Jalandhar was adjudged the

overall champion of the championship with an aggregate of 103 points with consistent performances across categories. For Ludhiana, Peharreet Kaur Deol secured the third position in the 200m individual medley in girls’ Group-II. Divyansh came out victorious in the same event in the boys’ Group-III. Parsim Kaur Kainth won in the Group-III. Ludhiana quartet of Divyansh, Mansehajpreet Singh, Tareh Gupta and Tanish Gupta finished runners-up in the 4x50m freestyle relay in the boys’ Group-III. In



the girls’ section, relay team comprising Navya Thakur, Mishika Mehra, Jinat Handa and Parsim Kaur Kainth secured top honours in the same discipline. In the boys’ Group-III, Bhavishya Yug clinched bronze medals in 100m freestyle,

to claim the bronze medal in 50m butterfly stroke in the girls’ Group-II. Earlier, Ferozepur MP Sher Singh Ghubaya inaugurated the championship. Office-bearers of the Punjab Swimming Association distributed the prizes.

India, England Players Honour Garfield Sobers with Lord’s Minute’s Silence

New Delhi: India and England players paid their respect to the legendary Sir Garfield Sobers by observing a minute of silence ahead of the Lord’s ODI on Sunday, July 19. The West Indies legend passed away at the age of 89 on Thursday, July 17. Sobers transformed the game with an extraordinary range of skills that few cricketers have ever matched. A gifted left-handed batter, he could seamlessly switch between left-arm pace and spin bowling, while his brilliance in the field made him one of the most complete all-rounders the sport has witnessed. Sobers broke into the West Indies Test side at the age of 17 and enjoyed a stellar international career spanning 93 Tests. He amassed 8,032 runs at an impressive average of 57.78, registering 26 centuries along the way. His impact extended beyond the bat, with 235 Test wickets and 109 catches underscoring his immense value as a genuine three-di-



mensional cricketer. Along with observing a minute’s silence, all the players from both sides will be wearing black armbands for the game as a mark of respect to remember Sobers. Kohli led the tributes to Sobers, remembering the legendary all-rounder as one of the game’s greatest icons. Sharing an emotional message on social media, Kohli said cricket had lost a true legend and that Sobers’ remarkable legacy would continue to inspire future generations. “Cricket has lost one of its greatest. Rest in peace, Sir Garfield Sobers. Your legacy will inspire generations,” said Kohli on

X. Sachin Tendulkar also paid tribute to the cricketing great, recalling some of the cherished moments they shared over the years. “It’s incredibly tough to process that Sir Garry is gone. I’ve been looking back at the memories we shared over the years, from him handing me the Player of the Tournament trophy at the 2003 World Cup, to his warm words when he felicitated me for the century milestone. He was always so exceptionally gracious. My mind keeps going back to when we caught up in London a few years ago. We were just sitting and chatting about the game, and it

hits me so hard right now that it was the last time we’d ever meet. He truly was the ‘One and Only’. Going to miss him immensely. Rest in peace, Sir Garry,” said Tendulkar on X. Players from India and England honored West Indies cricket legend Sir Garfield Sobers, who passed away at 89, with a minute of silence and black armbands before the July 19 Lords ODI. Sobers was a pioneering all-rounder known for exceptional batting, versatile left-arm bowling, and outstanding fielding across 93 Tests. He scored 8,032 runs, took 235 wickets, and held 109 catches. Tributes from stars like Kohli and Tendulkar highlighted his immense influence and lasting legacy in cricket. Alongside Kohli, Virender Sehwag, the England cricket board and BCCI president Mithun Manhas also paid touching tributes to Sobers. Sachin Tendulkar also paid his respect to the legend, remembering some of the memories they shared together.

Lionel Messi Misses Out as Rodri Claims Controversial FIFA World Cup Golden Ball

New York: Spain captain Rodri was named the winner of the Golden Ball after leading La Roja to the 2026 FIFA World Cup title, but the decision has already divided opinion. While the Manchester City midfielder capped off Spain’s triumph with the tournament’s top individual honour, many believed Lionel Messi’s performances for Argentina deserved the award instead. Spain’s 1-0 extra-time win over Argentina in the final saw Luis de la Fuente’s side sweep the major individual honours. Rodri won the Golden Ball, Unai Simon claimed the Golden Glove after a tournament full of clean sheets, while teenage defender Pau Cubarsi was named the Young Player of the Tournament.

Messi, meanwhile, had to settle for the Silver Ball after another outstanding World Cup campaign. The Argentina captain finished with eight goals and four assists, guided the defending champions to a second successive final and collected a record-extending five Player of the Match awards during the tournament. France captain Kylian Mbappe claimed the Golden Boot with 10 goals despite Les Bleus falling short in the semi-finals, while Messi also received the Silver Boot after finishing as the tournament’s second-highest scorer. The biggest talking point, however, remained the Golden Ball. As Rodri walked up to collect the trophy, chants



of “Messi” echoed around the stadium, reflecting the debate over whether FIFA had picked the right player. There is a strong argument for both players. Messi was once again Argentina’s driving force. At 39, he finished with eight goals and four assists, directly influencing much of Argentina’s attacking play on their run to the final. His five official Player of the Match awards equalled the record he had already set during the 2022 World Cup, underlining how often he delivered in decisive moments. Rodri’s case was built very differently.

The Spanish captain did not finish with headline-making numbers, but he was the player around whom Spain’s game revolved. He started all eight matches, rarely gave away possession

and dictated the rhythm as Spain controlled opponents through midfield. It was another reminder of why he has become one of the most influential midfielders in world football despite rarely dominating highlight reels. There are reasons why some supporters questioned FIFA’s decision. Rodri received only one official Player of the Match award during the tournament and was substituted in the final before Ferran Torres scored the winner in extra time. Messi, meanwhile, remained Argentina’s biggest attacking threat throughout the tournament and produced several match-winning displays. Ultimately, FIFA’s Technical Study Group valued Rodri’s influence over Spain’s title-winning campaign above Messi’s attacking output.