



June 13, 2026

Listing Department
BSE Limited
Phiroze Jeejeebhoy Towers
Dalal Street
Mumbai – 400 001

Listing Department
National Stock Exchange of India Limited
Exchange Plaza, Bandra Kurla Complex,
Bandra (East)
Mumbai – 400051

Scrip Code: 543223

Name of Scrip: MAXIND

Sub: Newspaper publication in relation to completion of dispatch of Notice of Postal Ballot.

Dear Sir/Madam,

Pursuant to Regulation 47 of the SEBI (Listing Obligations and Disclosure Requirements), Regulations 2015, please find enclosed the newspaper advertisements published by the Company Mint (English), all editions and Hindustan (Hindi), Delhi edition, in relation to completion of dispatch of Notice of Postal Ballot of the Company dated June 12, 2026 and e-voting information.

Kindly take the same on your record.

Thanking you,

**Yours faithfully
For Max India Limited**

**Trapti
Company Secretary and Compliance Officer
Encl: as above**

MAX INDIA LIMITED

CIN: L74999DL2019PLC464953

Corporate Office: Landmark House, 3rd Floor, Plot No. 65, Sector-44, Gurgaon - 122003, Haryana | www.maxindia.com
Regd. Office: Max House, 1, Dr. Jha Marg, Okhla, New Delhi, India – 110020



हिन्दुस्तान

भरोसा नए हिन्दुस्तान का

अमित शाह बोले,
नारी शक्ति को
आगे बढ़ा रहा
मोदी मॉडल



शनिवार
13 जून 2026, नई दिल्ली

• पांच प्रवेश • 23 संस्करण



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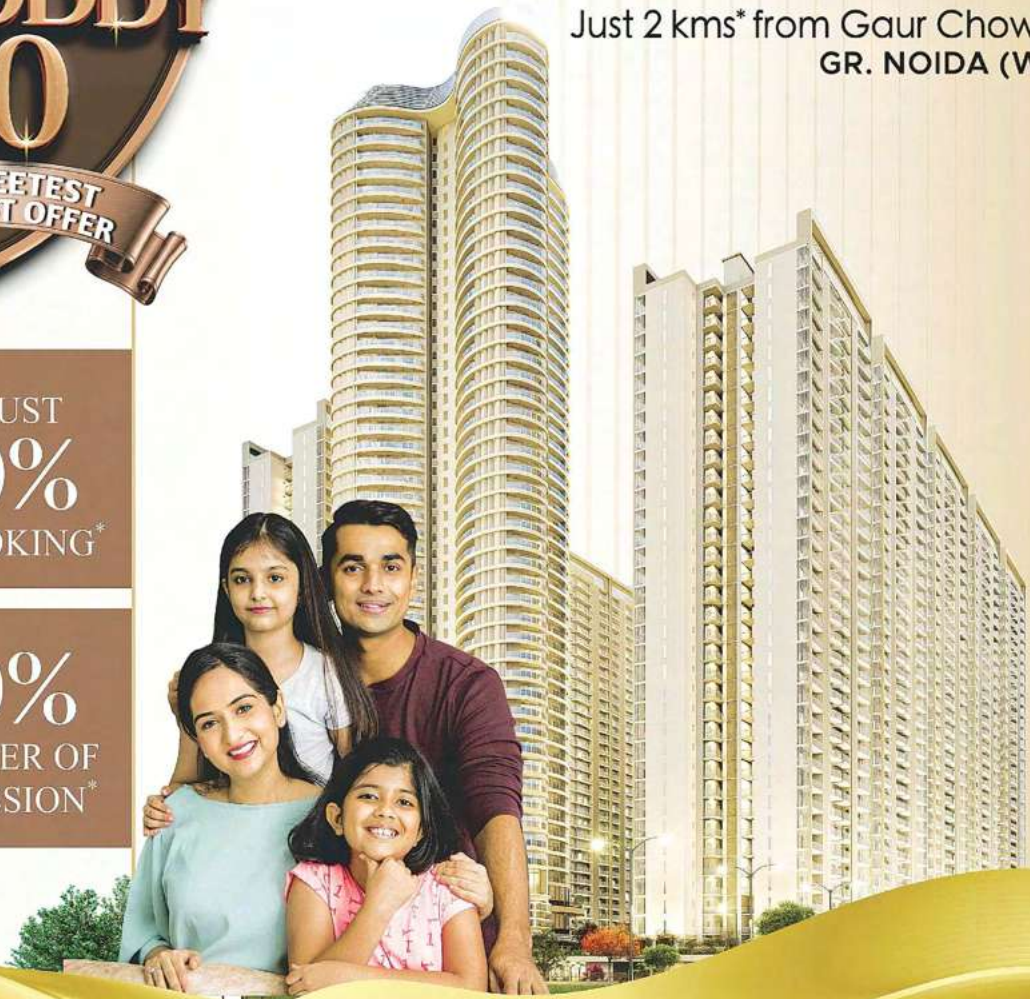
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ON BOOKING*

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FOOD COURT MANAGED BY **Upptizer**

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ANCHOR STORES

FOOD COURT

MULTIPLEX





हिन्दुस्तान

रानिवार
13 जून 2026, नई दिल्ली

वर्ष 91, अंक 140, 20 पृष्ठ, मूल्य ₹ 5.00, हिन्दुस्तान टाइम्स के साथ मूल्य ₹ 10.50 एवं एचटी एन के साथ मूल्य ₹ 6.25

● पृष्ठ प्रदेश ● 23 संस्करण

एस. जयशंकर
ने फिनलैंड में
यूरोपीय देशों को
खरी-खरी सुनाई
P-15



युवा सपनों को ऊंची उड़ान



2.2 लाख स्टार्टअप्स से युवाओं को रोजगार और नवाचार के अवसर
10,000+ अटल टिकटिंग लैब्स से 1.1+ करोड़ छात्र विज्ञान और तकनीक से जुड़े

12 विश्वास के, विकास के, जनकल्याण के

ईरानी विदेश मंत्री ने कहा- हम समझौते के बेहद करीब युद्ध खत्म, करार जल्द होगा: ट्रंप

वाशिंगटन, एजेंसी। उलटवाँसियों के लिए चर्चित अमेरिकी राष्ट्रपति डोनाल्ड ट्रंप ने फिर एक दावा किया है। उन्होंने कहा, अमेरिका ने ईरान के साथ जंग खत्म कर दी है, जल्द करार होगा। जॉर्जिया के पब्लिक पद के उल्थाशी लेफ्टिनेंट गवर्नर बट्टे जोन्स के साथ भी नुक़्बाब को रैली को संबोधित करते हुए ट्रंप ने ये बात कही।



असर
सेंसेक्स 1695 अंक चढ़ा
अमेरिका-ईरान में शांति कायम होने के संकेतों से शेयरबाजार को भरपूर बाजारों में जोशवार उछाल आया। सेसेक्स 1,695 अंक से अधिक बढ़ गया, जबकि निफ्टी में 461 अंकों की तेजी आई।

भारतीय पोतों पर हमला ईरान ने किया था: अमेरिका
अमेरिकी राष्ट्रपति डोनाल्ड ट्रंप ने होमिंग में भारतीय पोतों पर हमले का आरोप ईरान पर लगाया। उन्होंने अपने सोशल मीडिया प्लेटफॉर्म 'ट्रुथ सोशल' पर कहा, होमिंग से निकल रहे भारतीय जहाजों पर ईरान का झोठ हमला पूरी तरह अस्वीकार्य है।

रुपया 77 पैसे मजबूत
ट्रंप के ऐलान के बाद रुपया शेयरबाजार को 77 पैसे मजबूत होकर अमेरिकी डॉलर के मुकाबले 95.08 (अस्थायी) पर बंद हुआ। ईरान से समझौते के संकेत के बाद घरेलू मुद्रा को यह समर्थन मिला।

ब्रेंट क्रूड 88 डॉलर के नीचे
समझौते की उम्मीद बढ़ने से ब्रेंट तेल 88 डॉलर के नीचे आ गया। शेयरबाजार को सकारात्मक वैश्विक संकेतों से ब्रेक क्रूड 3.98 प्रतिशत मिरकर 86.78 डॉलर प्रति बैरल पर आ गया।

डीजल खरीदने की सीमा तय

नई दिल्ली, वि.सं.। सरकार ने वाहनों को डीजल देने की सीमा तय कर दी है। अब एक वाहन को एक दिन में अधिकतम 200 लीटर डीजल ही मिल पाएगा। इस डीजल को फिर से किसी और को नहीं बेचा जा सकेगा।

अब व्यावसायिक और औद्योगिक उपयोगका पेट्रोल पंप से पेट्रोल-डीजल नहीं खरीद पाएंगे। इसपर चेक लगा दी गई है। यह प्रतिबंध अधिकतम 90 दिन तक लागू रहेगा। यह कदम कुछ क्षेत्रों में डीजल की असाधारण मांग को देखते हुए उठाया गया है। दरअसल, पेट्रोल पंप पर जहाँ डीजल की कीमत 95.20 रुपये प्रति लीटर है, वहीं व्यावसायिक विक्रेता के लिए डीजल के दाम 134.50 रुपये प्रति लीटर हैं।

इससे पहले अरबों में उपभोक्ता मूल्य सूचकांक आधारित महंगाई 3.48 प्रतिशत थी। राष्ट्रीय मासिक कार्यालय के अनुसार, खाद्य वस्तुओं की मुद्रास्फीति में बढ़कर 4.78 प्रतिशत हो गई, जो अपराल में 4.20% थी। नए माह जिन वस्तुओं की कीमतों में सबसे अधिक वृद्धि दर्ज की गई, जिनमें 80 वस्तुओं में 30% से अधिक की वृद्धि देखी गई। तेल कंपनियों को रोज 500 करोड़ का नुकसान उठाना पड़ रहा है।

उपलब्धि: एलन मस्क दुनिया के पहले खरबपति बने



न्यूयॉर्क, एजेंसी। स्पेसएक्स के संस्थापक एलन मस्क ने दुनिया के पहले खरबपति बनकर इतिहास रच दिया। रफिट और सैटेलाइट कंपनी स्पेसएक्स के आर्बोओ के बाद उनकी संपत्ति 1.1 ट्रिलियन डॉलर (करीब 10 लाख करोड़ रुपये) की पार कर गई।

अमेरिका के वाजार में शुक्रवार को कंपनी के शेयर सूचीबद्ध होने के बाद सूचीबद्ध होने से पहले मस्क की कुल संपत्ति लगभग 982.6 अरब डॉलर थी। स्पेसएक्स के आर्बोओ ने शेयर बाजार से 75 अरब डॉलर जुटाए हैं।

खड़ा किया साम्राज्य P15

दर्दनाक: तुगलकाबाद की इमारत में आग से तीन लोगों की जान गई

नई दिल्ली, चरित्र संवाददाता। तुगलकाबाद एक्सस्टेशन में शुक्रवार देर रात पांच मिनटों में आग लगने से एक ही परिवार के तीन लोगों की मौत हो गई। हादसे में पांच महिलाएं गंभीर रूप से जलसक्त गईं। पुलिस की शुरुआती जांच में पता चला कि चार्जिंग के दौरान ई-स्कूटर से इमारत में आग फैली थी।

नानी को बचाने धधकती इमारत में घुस गया पंकज
तुगलकाबाद एक्सस्टेशन में आग लगने के बाद पंकज की बहादुरी निरखल बन गई। परिजनों के अनुसार, आग लगने के बाद पंकज अपनी मां और छोटी बहन के साथ सुरक्षित बाहर निकल आया था, मगर पर में फंसी नानी-बड़ी बहन को बचाने वह धधकती इमारत में घुस गया। इसके बाद वह जीवित बाहर नहीं लौट सका।

दिल्ली में इस साल हुए जानलेवा हादसे
15 फरवरी: अलीपुर की एक फेट फेक्ट्री में भीषण आग लग गई थी, जिसमें 11 मजदूर मारे गए थे।
18 मार्च: पल्लम इलेक्ट्रिक में आग लगने से नौ लोगों की मौत।
3 मई: शिवक शिखर में आग के कारण नौ लोगों की जान गई।
3 जून: होमगार्ड के हॉटल में आग लगने से 23 लोगों की मौत हुई।

एक्सस्टेशन की गली नंबर-एक स्थित इमारत के भूतल में एक ई-स्कूटर चार्जिंग पर लगी थी। शुक्रवार रात 2-19 बजे स्कूटर में अचानक आग लग गई और इसने पूरी इमारत को आगनी चोपट में ले लिया। दरम्यान वाली इस इमारत में करीब आठ लोग फंस गए थे। सूचना पर पहुंचे दमककर्मियों ने सभी लोगों को बाहर निकाला। इनमें से पांच महिलाओं को सफरदरमज अस्पताल एवं दो महिलाओं तथा एक पुरुष को परमा में भर्ती कर लिया गया। इलाज के दौरान 70 वर्षीय सुशीला, 28 वर्षीय पंकज और 20 वर्षीय सोनी को मृत घोषित कर दिया। पंकज की मां गुड्डी और बहन मोनी को हालत गंभीर है।

आदेश
नई दिल्ली, विशेष संवाददाता। राष्ट्रीय परीक्षा एजेंसी (एनटीई) ने शुक्रवार को नीट-यूजी की पुनर्परीक्षा में 15 मिनट अतिरिक्त दिए जाएंगे। वहीं प्रश्नपत्र में रफ कार्य के लिए दो की जगह चार फुट दिए जाएंगे।

पुनर्परीक्षा के लिए 195 मिनट का समय मिलेगा
रफ कार्य के लिए पेजों की संख्या बढ़ाई गई

एनटीई ने प्रश्नपुस्तिका के डिजाइन में भी बदलाव किया है। पहले रफ वर्क के दोनो पेज प्रश्न पुस्तिका के अंत में दिए जाते थे। इसे कई छात्रों, विशेषकर बाएँ प्रार्थ से लिखने वाले अभ्यर्थियों ने अनुविधानुक्त बताया था। अब दो रफ वर्क पेज निर्देश पृष्ठ के तुरंत बाद प्रश्न पुस्तिका की शुरुआत में और दो अंत में होंगे। यह व्यवस्था अगली तथा क्षेत्रीय भाषाओं की प्रश्न पुस्तिकाओं में लागू होगी।

गड़बड़ी बर्दाश्त नहीं
एनटीई ने प्रश्नपुस्तिका के डिजाइन में भी बदलाव किया है। पहले रफ वर्क के दोनो पेज प्रश्न पुस्तिका के अंत में दिए जाते थे। इसे कई छात्रों, विशेषकर बाएँ प्रार्थ से लिखने वाले अभ्यर्थियों ने अनुविधानुक्त बताया था। अब दो रफ वर्क पेज निर्देश पृष्ठ के तुरंत बाद प्रश्न पुस्तिका की शुरुआत में और दो अंत में होंगे। यह व्यवस्था अगली तथा क्षेत्रीय भाषाओं की प्रश्न पुस्तिकाओं में लागू होगी।

खाद्य पदार्थों की कीमतों में वृद्धि से खुदरा महंगाई बढ़ी

नई दिल्ली, एजेंसी। खाद्य वस्तुओं की कीमतों में वृद्धि के कारण मई में खुदरा महंगाई बढ़कर 3.93 प्रतिशत हो गई। इससे पहले अप्रैल में उपभोक्ता मूल्य सूचकांक आधारित महंगाई 3.48 प्रतिशत थी।

राष्ट्रीय मासिक कार्यालय के अनुसार, खाद्य वस्तुओं की मुद्रास्फीति में बढ़कर 4.78 प्रतिशत हो गई, जो अपराल में 4.20% थी। नए माह जिन वस्तुओं की कीमतों में सबसे अधिक वृद्धि दर्ज की गई, जिनमें 80 वस्तुओं में 30% से अधिक की वृद्धि देखी गई। तेल कंपनियों को रोज 500 करोड़ का नुकसान उठाना पड़ रहा है।

नीट परीक्षार्थियों को 15 मिनट अतिरिक्त मिलेंगे

नई दिल्ली, विशेष संवाददाता। राष्ट्रीय परीक्षा एजेंसी (एनटीई) ने शुक्रवार को नीट-यूजी की पुनर्परीक्षा में 15 मिनट अतिरिक्त दिए जाएंगे। वहीं प्रश्नपत्र में रफ कार्य के लिए दो की जगह चार फुट दिए जाएंगे।

एनटीई ने बताया कि 21 जून को पुनर्परीक्षा योग्य दो से थाम सब्जा पांच बजे तक होगी। पहले वह परीक्षा 180 मिनट की होगी थी, लेकिन पुनर्परीक्षा 195 मिनट की होगी। अतिरिक्त समय परीक्षा की शुरुआत और अंत में निर्देशन संबंधी अधिचारिकता जैसे हस्ताक्षर आदि की प्रक्रिया को ध्यान में रखते हुए दिया गया है।

पुनर्परीक्षा के लिए 195 मिनट का समय मिलेगा

रफ कार्य के लिए पेजों की संख्या बढ़ाई गई

एनटीई ने प्रश्नपुस्तिका के डिजाइन में भी बदलाव किया है। पहले रफ वर्क के दोनो पेज प्रश्न पुस्तिका के अंत में दिए जाते थे। इसे कई छात्रों, विशेषकर बाएँ प्रार्थ से लिखने वाले अभ्यर्थियों ने अनुविधानुक्त बताया था। अब दो रफ वर्क पेज निर्देश पृष्ठ के तुरंत बाद प्रश्न पुस्तिका की शुरुआत में और दो अंत में होंगे। यह व्यवस्था अगली तथा क्षेत्रीय भाषाओं की प्रश्न पुस्तिकाओं में लागू होगी।

शूटर जसपाल राणा नहीं रहे

नई दिल्ली, प्र.सं.। भारत के दिग्गज निगम निगम व कोच नरपाल गुप्ता का हृदयाघात के कारण शूटर को दिल्ली के मेक्स अस्पताल में निधन हो गया। वह 49 वर्ष के थे।

गुप्ता 12 दिनों से अस्पताल में भर्ती थे। वे बीमारी से काफी तब तक उबर चुके थे, इसलिए उन्हें शूटर को अस्पताल से छुट्टी देने की योजना थी। डॉक्टरों के अनुसार, सूत्र उनके हृदय की अंदरूनी मांसपेशियां रफर (टूट गई) हो गईं। इससे उनका निधन हो गया। प्रधानमंत्री नरेंद्र मोदी ने उनके निधन पर शोक जताया है।

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काम की खबरें

1 **डीयू से बीटेक के लिए आवेदन 15 तक**

डीयू के बीटेक पर्यक्रमों में दाखिल होने के इच्छुक अभ्यर्थी 15 जून तक आवेदन कर सकते हैं। इस बारे में अधिक जानकारी के लिए अभ्यर्थी इस वेबसाइट admission.uod.ac.in से प्राप्त कर सकते हैं।

2 **इग्नू में 36 पीएचडी कार्यक्रमों में प्रवेश शुरू**

इग्नू ने 36 पीएचडी कार्यक्रमों में प्रवेश के लिए ऑनलाइन आवेदन आमंत्रित किए हैं। प्रक्रिया शुरू हो गई है। एक जुलाई तक आवेदन कर सकते हैं। विस्तृत जानकारी www.ignou.ac.in के अलावा ignou-phd.samarth.edu.in पर प्राप्त कर सकते हैं।

3 **नॉन प्लान दाखिले के लिए दस्तावेज का सत्यापन शुरू**

दिल्ली के सरकारी स्कूलों में आगामी सत्र के लिए 11वीं कक्षा में नॉन प्लान दाखिले की प्रक्रिया जारी है। पहले चरण के दाखिले के लिए सत्यापन प्रक्रिया शुरू हो गई है। छात्र दस्तावेज का सत्यापन 15 जून तक करा सकते हैं। अधिक जानकारी www.edudel.nic पर जा सकते हैं।

4 **जनकपुरी के अस्पताल में 25 पदों पर होगी नियुक्ति**

जनकपुरी सुरसुरेष्ठी हॉस्पिटल अस्पताल में 25 पदों पर अनुभव के आधार पर नियुक्ति की जाएगी। इच्छुक अभ्यर्थियों को 15 जून तक आवेदन करने और 11 विशेषज्ञ चिकित्सकों के पदों के लिए आवेदन भेजना पड़ेगा।

5 **मास्टरप्लान रोड पर यातायात बाधित रहेगा**

पूरी दिल्ली के शहरी एरिया से कड़कड़ी मोड़ तक मास्टरप्लान रोड पर नाले की सफाई का कार्य चल रहा है। यह 30 जून तक चलेगा। इससे एक कैरिडेज से ही दोनों दिशाओं में यातायात संभव रहेगा। ऐसे में जाम मिलने की संभावना है। वाहन चालकों से रूट देखाकर निकलने की अपील की गई।

आज का मौसम

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न्यूनतम 23.0°
सूर्योदय: 05:23
सूर्यास्त: 19:19
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लोक निर्माण विभाग परियोजना के लिए सलाहकार की नियुक्ति करेगा, करीब चार करोड़ रुपये मंजूर किए बवाना का जाम कम करेगी एलिवेटेड रोड

अच्छी खबर 1

नई दिल्ली, वरिष्ठ संवाददाता। बाहरी दिल्ली के बवाना क्षेत्र के यातायात जाम को कम करने के लिए सरकार और पीडब्ल्यूडी कडों बुनियादी ढांचा परियोजनाओं पर कार्य कर रहा है। बवाना डीकॉन्गेशन प्लान के तहत प्रस्तावित एलिवेटेड रोड के लिए सलाहकार की नियुक्ति की जाएगी। इसमें विस्तृत व्यवहारिता अध्ययन व टैफिक सर्वे भी किया जाएगा। साथ ही, अडवाइजरी प्लानिंग और विस्तृत परियोजना रिपोर्ट तैयार की जाएगी। इसके अलावा एलिवेटेड रोड के प्राथमिक डिजाइन को भी बनाया जाएगा। कंसल्टेंट को खर्चे के लिए 3.94, 66, 000 रुपये की प्रस्तावित मंजूरी दी गई है।



बवाना औद्योगिक क्षेत्र अर्धव्यवस्था और रोजगार का अहम केंद्र है, लेकिन वहाँ से यहां के उद्योगपति, व्यापारी, कर्मचारी और स्थानीय निवासी भारी टैफिक जाम, मालवाहक ट्रकों के दबाव और सड़क संबंधी समस्याओं से जूझ रहे हैं। हमारा लक्ष्य औद्योगिक क्षेत्रों को बेहतर बुनियादी ढांचा उपलब्ध कराना और लोगों के जीवन को आसान बनाना है। - प्रवेश साहिब सिंह, पीडब्ल्यूडी नोडी, दिल्ली सरकार

अच्छी खबर 3

नई दिल्ली, प्र.सं.। हजरत निजामुद्दीन रेलवे स्टेशन पर सराय काले खां की ओर दूसरे प्रवेश द्वार के पुनर्विकास का कार्य शुरू हुआ है। इसके मुहानवर सराय काले खां की तरफ से निजामुद्दीन रेलवे स्टेशन पर जाने वाले प्रवेश व निक्कास गेट को बंद कर दिया गया है। लिहाजा इस गेट से यात्रियों का आवागमन बंद कर दिया गया लेकिन यात्रियों की सुविधा के लिए सराय काले खां की तरफ से फुट ओवर ब्रिज से आवागमन जारी रखा गया है। इसलिए बाड़ी इस फुट ओवर ब्रिज का इस्तेमाल कर नमो भारत स्टेशन के गेट नंबर एक और गेट नंबर दो के रास्ते हजरत निजामुद्दीन रेलवे स्टेशन तक पहुंच सकते हैं। रेलवे का कहना है कि निजामुद्दीन रेलवे स्टेशन पर सराय काले खां की ओर स्थित दूसरे प्रवेश द्वार के पुनर्विकास के तहत नई सीढ़ियां, एस्केलेटर व लिफ्ट लगेंगी। बुकिंग कार्यालय का दोबारा निर्माण होगा।

अवैध पार्किंग शुल्क वसूलने पर सख्ती

नई दिल्ली, प्र.सं.। दिल्ली नगर निगम प्रशासन ने राजधानी में अवैध पार्किंग, अनधिकृत तरीके से पार्किंग शुल्क वसूलने के खिलाफ सख्त निदेश जारी किए हैं। सभी पार्किंग में नियुक्त संचालित होने वाले डिवाइस को भी अनिवार्य किया जा रहा है।

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अच्छी खबर 2

नई दिल्ली, प्रमुख संवाददाता। दिल्ली परिवहन निगम ने दो नए रूटों पर बसों का परिचालन शुरू किया है। इसके तहत एक नया रूट 806ए और दूसरा देवी रूट डी-6606 शामिल हैं। दिल्ली के परिवहन मंत्री डॉ. पंकज कुमार सिंह ने कहा कि डीटीसी की इस पहल से लास्ट-माइल कनेक्टिविटी मजबूत हुई है। साथ ही रूट संख्या आरएलए-79 का विस्तार भी किया गया है, ताकि दिल्ली के तेजी से विकसित हो रहे रिहायशी और बाहरी इलाकों में रहने वाले नागरिकों को बेहतर परिवहन की सुविधाएं मिल सकें। रूट संख्या 806ए पर डोटीसी की बस का परिचालन डाइका मोड से

नजफगढ़ के नजदीक स्थित परमवत गांव के बीच पारलैट परियोजना के तहत पर शुरू किया गया है। इस रूट पर बस पारसवत, नान्गली सरकारी, काकरोला और इसके आसपास के इलाकों से होते हुए डाइका मोड तक चलेगी। इससे दक्षिण-पश्चिम दिल्ली के ग्रामीण और शहरी इलाकों में लोगों को बेहतर सार्वजनिक परिवहन की सुविधा मिल सकेगी।

इससे यात्रियों की परिवहन की कठिनायती सुविधा मिलेगी। वहीं देवी रूट डी-6606 पर रतन नगर टर्मिनल से डीटीए फ्लैट बसकरवाला के बीच देवी बस चलेगी। इस रूट पर देवी बस वाकरवाला, काकरोला, मटियावा और डाइका के लोगों को कनेक्टिविटी उपलब्ध कराएगी। इससे कामकाजी, आजीव स्थानीय लोगों को फायदा होगा।

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अवैध निर्माण, नियम तोड़ने वालों के खिलाफ कार्रवाई

सख्ती

नई दिल्ली, वरिष्ठ संवाददाता। पवन उपनिषदों के अनुपालन करने, डीडीए मास्टर प्लान 2021 के नियम उल्लंघन और निगम के अधिनियम 1957 के नियमों का पालन करने पर दिल्ली सरकार को सख्ता कार्रवाई लगाना जारी है। दिल्ली सरकार के राज्य विभाग ने शुक्रवार को सभी जिलों में निगम उल्लंघन पर 51 संपत्तियों को नियमों के उल्लंघन के खिलाफ ध्वस्तिकरण, सीलिंग, इमारत में तोड़फोड़, नोटिस

राजस्व विभाग ने 60 संपत्तियों पर कार्रवाई की

राजस्व विभाग ने 60 संपत्तियों को ध्वस्त, सील किया जारी करने गैसी कार्रवाई की। वहीं, निगम ने नियमों का उल्लंघन करने पर आप के प्रतीवर्तन से पापंद पर अवैध निर्माण करने के आरोपलगे। इसे लेकर सरकार और निगम ने शुक्रवार को जन्तपुर क्षेत्र के मिलन विहार कॉलोनी में अवैध निर्माण को लेकर ध्वस्तिकरण की कार्रवाई की।

सुविधा

नई दिल्ली, वरिष्ठ संवाददाता। दिल्ली विकास प्राधिकरण की विभिन्न आवास योजना के लिए पंजीकरण और बुकिंग की तिथि को 30 जून तक बढ़ा दिया है। इसमें डीडीए टावरिंग हाइस्ट ईस्ट दिल्ली हब कड़कड़, आवास योजना में प्रीमियम दो कमर्श फ्लैट के लिए, नान्गली आवास योजना में एचआईजी, एमआईजी व ईडब्ल्यूएस फ्लैट के लिए और कर्मयोगी आवास योजना के लिए 30 जून तक पंजीकरण व फ्लैटों की बुकिंग कर सकते हैं।

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नई दिल्ली, प्रमुख संवाददाता। राजधानी के ज्यादातर इलाकों में शुक्रवार को मध्य रात्रि के बाद आंधी-तूफान ने गर्मी से खारो राहत दी है। दिल्ली में दिन और रात दोनों ही तापमान में तेज गिरावट देखने को मिली है। शुक्रवार को दिन का अधिकतम तापमान सामान्य से आठ डिग्री से भी ज्यादा तक कम दर्ज किया गया है। मौसम विभाग का अनुमान है कि शनिवार को भी यह स्थिति बनी रह



पश्चिम बंगाल के अधिकतर हिस्सों में पहुंचा मानसून कोलकाता, पूरबी। मौसम विभाग ने शुक्रवार को बताया कि दक्षिण-पश्चिम मानसून पुरुषिया मिलने के कुछ दिनों को छोड़कर पश्चिम बंगाल के अधिकतर हिस्सों में पहुंच चुका है। जिससे लोगों को गर्म और उमस भरे मौसम से राहत मिली। भारत मौसम विज्ञान विभाग ने कहा कि हवा के अनुसूच पटन और काल की खाड़ी से आ रही प्रबल नमी के कारण दक्षिण बंगाल में बारिश और गर्ज के साथ बीहरे तथा राज्य के उत्तरी हिस्से के उग्र-हिमालयी जिलों में भारी बारिश की संभावना 15 जून तक बनी रहेगी। उमले पांच दिनों में दार्जिलिंग, कलकत्ता, जलपाइगुड़ी, अलीपुरद्वार और कुर्नाल जैसी उग्र-हिमालयी जिलों में भारी बारिश होने की संभावना है। उधर, दक्षिण-पश्चिम मानसून ने शुक्रवार को झारखंड में दस्तक दी और राज्य के 24 में से नौ जिलों में झुका प्रभाव दिखाई दिया। हरियाणा में कई जिलों में 80 किलोमीटर प्रति घंटे की रफ्तार से चली तेज आंधी और बारिश ने जमीनीय प्रभावित हुआ और कई स्थानों पर पेड़ और बिजली के खंभे गिरने से यातायात बाधित हुआ।

सेल्सियस रिकार्ड किया गया। यह सामान्य से 5.3 डिग्री सेल्सियस कम है। अगला नगर में तापमान में सबसे ज्यादा गिरावट आई। यहाँ पर अधिकतम तापमान 33.2 डिग्री रखा जो सामान्य से 8.3 डिग्री कम है।

सरकार की योजनाओं का लाभ जनता तक पहुंच रहा : भाजपा

नई दिल्ली, प्रमुख संवाददाता। केंद्र सरकार की योजनाओं का लाभ समाज के अंतिम व्यक्ति तक पहुंचा है। यह बात मुख्यमंत्री देखा गुप्ता और दिल्ली भाजपा अध्यक्ष हर्ष मलहोत्रा ने शुक्रवार को संयुक्त प्रेस वार्ता में कही। प्रधानमंत्री नरेंद्र मोदी के नेतृत्व वाली केंद्र सरकार के 12 वर्षों पूरे होने के उपलक्ष्य में मुख्यमंत्री और दिल्ली भाजपा अध्यक्ष ने सरकार की उपलब्धियों का विस्तृत व्योरा प्रस्तुत किया। दिल्ली से जुड़े विकास कार्यों का उल्लेख करते हुए मुख्यमंत्री ने कहा कि केंद्र सरकार ने राजधानी में सड़क, मेट्रो और सार्वजनिक परिवहन के क्षेत्र में बड़े निवेश किए हैं। दिल्ली में लगभग 400 किलोमीटर मेट्रो नेटवर्क का

विस्तार किया गया है और 180 किलोमीटर ऑटोमैटिक विस्तार पर काम चल रहा है। आर.के. आराम मार्ग से इंड्रप्रथ्य तक लगभग 10 किलोमीटर लंबे नए मेट्रो कॉरिडोर को मंजूरी दी गई है, जिससे भारत मंडपन, डीडीए गेट और केंद्रीय सचिवालय जैसे महत्वपूर्ण क्षेत्रों को बेहतर संपर्क मिलेगा। दिल्ली भाजपा अध्यक्ष हर्ष मलहोत्रा ने कहा कि दिल्ली और आसपास के क्षेत्रों में बनने वाले नए राजमार्ग यातायात जाम कम करने, समय बचाने और प्रदूषण घटाने में मदद करेंगे। मलहोत्रा ने दावा किया कि अक्षरधाम से बदपर तक की यात्रा 15 मिनट और पंजाबी बाग से टिकरी बाईर तक की यात्रा 30 मिनट में पूरी हो सकेगी।

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नई दिल्ली, प्र.सं.। हाईकोर्ट ने एक सत्र न्यायाधीश का कथित रूप से अन्यायपूर्ण मनाक डायरी के मामले में स्वतः अन्यायपूर्ण कार्यवाही शुरू करने से शुक्रवार को इनकार कर दिया।

मासला उस आदेश से जुड़ा है, जिसमें एक अतिरिक्त सत्र न्यायाधीश ने राजनीतिक स्तंभकार अभिजीत

मामला नहीं है, जिस पर अदालत खुद संज्ञान ले। पीठ ने स्पष्ट किया कि यदि संबंधित न्यायाधीश अन्यायपूर्ण कार्यवाही शुरू करते हैं, तभी मामला उच्च न्यायालय के समक्ष आएगा। अदालत ने यह भी कहा कि टिप्पणीय किसी विशेष व्यक्ति को लक्ष्य बनाकर नहीं की गई थी और मनचाहा आदेश न

मिलने पर अदालत को गलतियों में भी ऐसी बातें कही जाती हैं। उल्लेखनीय है कि 9 जून को सत्र अदालत ने न्यूजलैंड की महिला पत्रकारों के खिलाफ कथित अपमानजनक टिप्पणियों को लेकर मित्रा के खिलाफ एफआईआर दर्ज करने के माफ़स्टैंट के आदेश पर रोक लगाई थी।

संविदा नौकरी का झांसा देकर ठगी

नई दिल्ली, प्र.सं.। आर्थिक अपराध शाखा (ईओडब्ल्यू) ने संविदा पर नौकरी दिलाने का झांसा देकर 23 लोगों से ठगी करने के आरोपों 30 वर्षीय मनीष कुमार को गिरफ्तार किया है। आरोपी ने पीड़ितों से करीब पांच लाख रुपये ष्ट लिए थे।

थे इंडिया-नॉर्थ सीपी रि. कुमार सिंह ने बताया कि कृष्णपाल सिंह 23 लोगों ने शिकायत दर्ज कराई थी। आरोप है कि मनीष ने खुद को निजी नौकरी अम्बाला के पूर्ण वरिष्ठ अधिकारी का बेटा बताया हूँ नरिग सहायक और डेटा एंटी ऑपरेशन के दो पार तीन साल की संविदा नौकरी दिलाने का वादा किया था। उसने 21 हजार रुपये मासिक वेतन का लालच देकर प्रत्येक पीड़ित से 30 हजार रुपये वसूलें। आरोपी भर्ती प्रक्रिया में देरी के बहाने बनाता रहा और बाद में फोन उतारना भी बंद कर दिया था।

गर्मी की बढ़ती रफ्तार, हीट स्ट्रोक से बचाव के लिए रहें तैयार

गर्मीयों ने बढ़ता तापमान और तेज धूप शरीर पर गहरा असर डाल सकते हैं। लंबे समय तक धूप में रहने, धूपी पानी न पीने या शरीर में अत्यधिक गर्मी बढ़ जाने के कारण हीट स्ट्रोक (Heat Stroke) की समस्या हो सकती है। यह स्थिति तब उत्पन्न होती है, जब शरीर का तापमान अत्यधिक रूप से बढ़ जाता है और शरीर स्वयं को ठंडा रखने में सक्षम नहीं रह पाता है।

अदालत ने यह भी कहा कि टिप्पणीय किसी विशेष व्यक्ति को लक्ष्य बनाकर नहीं की गई थी और मनचाहा आदेश न मिलने पर अदालत को गलतियों में भी ऐसी बातें कही जाती हैं। उल्लेखनीय है कि 9 जून को सत्र अदालत ने न्यूजलैंड की महिला पत्रकारों के खिलाफ कथित अपमानजनक टिप्पणियों को लेकर मित्रा के खिलाफ एफआईआर दर्ज करने के माफ़स्टैंट के आदेश पर रोक लगाई थी।

हीट स्ट्रोक से बचाव के लिए जरूरी सावधानियाँ गर्मी के मौसम में कुछ साधारण सावधानियाँ अपनाकर हीट स्ट्रोक के खतरे को काफी हद तक कम किया जा सकता है। दिनभर पर्याप्त पानी और तरल पदार्थों का सेवन करें, तेज धूप के दौरान बाहर निकलने से बचें तथा हल्के और संतुलित आहार को प्राथमिकता दें। साथ ही, अत्यधिक शारीरिक श्रम से बचते हुए शरीर को पर्याप्त आराम देना भी आवश्यक है। ये छोटे-छोटे कदम गर्मियों में शरीर को सुरक्षित रखने और स्वस्थ रहने में मदद कर सकते हैं।

वैद्यनाथ कूलर शरबत: ताज़गी और शीतलता का आनंद: गोलडन एप्पल, खस, मौसमी, एलोवेरा और नींबू के गुणों से युक्त वैद्यनाथ कूलर शरबत शरीर को ताज़गी और शीतलता का अनुभव देने में सहायक माना जाता है। गर्म मौसम में होने वाली थकान और सुखी के दौरान यह तरलता महसूस करने में लाभकारी समझा जाता है। यह शरबत शरीर को हाइड्रेशन बनाए रखने और रिफ्रेशिंग एहसास देने में सहायक माना जाता है।

प्लास्टिक कचरे के लिए विशेष कूड़ेदान

नई दिल्ली, प्र.सं.। प्रमुख संवादादाता। नई दिल्ली नगर पालिका परिषद अपने क्षेत्र में प्लास्टिक कचरे के लिए, रिवरबी कूड़ेदान लगाएगी।

एनडीएमसी उपाध्यक्ष कुलजीत सिंह चहल ने शुक्रवार को इस काम से इस पहल को शुरुआत की। इन कूड़ेदानों में जमा किए जाने वाले कचरे को गैसइफिकेशन किया जाएगा। चहल ने बताया कि एनडीएमसी पालिका इन कूड़ेदानों से प्लास्टिक कचरे का संग्रहण करेगी। एनडीएमसी वर्क फोर्स को पोषण प्रदान करने में सहायक माने जाते हैं।

गर्मीयों में शीतलता का पारंपरिक साथी

गुलाब की पंखुड़ियों और प्रवाल पिंरी से निर्मित वैद्यनाथ गुलकंद गर्मियों में शरीर को ठंडक पहुंचाने वाला एक पारंपरिक आयुर्वेदिक उत्पाद माना जाता है। आयुर्वेद में गुलकंद का उपयोग लंबे समय से शरीर की बढ़ी हुई गर्मी को संतुलित रखने और शीतलता प्रदान करने के लिए किया जाता रहा है। गर्मियों में बढ़ते तापमान के कारण होने वाली थकान, शरीर में गर्मी की अनुभूति और अमहाजता को कम करने में यह सहायक माना जाता है। नियमित दिनचर्या के साथ इसका सेवन शरीर को भीतर से ठंडक पहुंचाने, ताज़गी बनाए रखने और गर्मियों के मौसम में आरामदायक महसूस करने में मददगार हो सकता है।



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दिल्ली (पटल नगर), 1/14, मेट्रो विलर नंबर 199 के समने, पटल नगर मेट्रो स्टेशन के पास, वेस्ट पटल नगर, नई दिल्ली। दिल्ली (राजजय नगर) - ब्लॉक बी/24, मेट्रो विलर नंबर -9 के समने, बंधन बैंक के पास, राजजय नगर, नई दिल्ली। दिल्ली (रोहिणी) - D-11/145, रोहिणी इंडस्ट्रियल एरिया के पास, सेक्टर-7, द्वारका। दिल्ली (विक्रम नगर) - मेट्रो विलर नंबर 502 के समने, विलक नगर मेट्रो स्टेशन के पास, Axis बैंक के पीछे, विलकनगर, नई दिल्ली। दिल्ली (शाहदरा) - विशाल मेगा मार्ट के समने छज्जपुर, दुर्गापुरी चौक के पास, शाहदरा, दिल्ली। दिल्ली (वरसक) - एलआईसी ऑफिस के ऊपर, सेक्टर-11, दिल्ली जल बोर्ड के पास, वरसक, नई दिल्ली। दिल्ली (जयपुर) - बीपी कॉलोनी, पिरकारी कॉलोनी, मुकुंदजी रोड, धीपुर। दिल्ली (नजफगढ़) - माता ओंकार टॉवर, नजफगढ़ पुलिस स्टेशन के समने, नजफगढ़ थाना रोड, दिल्ली। दिल्ली (नागरी) - रतन पार्क, विलर नंबर 434, नागलीड मेट्रो स्टेशन के पास, नागलीड, दिल्ली। दिल्ली (उत्तम नगर) - जी-1/160, तुषिय टन, ब्लॉक-जी1, विशाल मेगा मार्ट के बगल में, मेट्रो विलर संख्या 675 के समने, उत्तम नगर, नई दिल्ली। कोरामा (गणजियाबाद) - विश्वकर्मा कॉम्प्लेक्स, मेट्रो विलर नंबर 191 के पास, बुधिया बैंक के ऊपर, सेक्टर-14, कोरामा, गणजियाबाद। राजनगर (गणजियाबाद) - C-29, RDC, ICICI बैंक के समने, राजनगर, गणजियाबाद। गुरुग्राम (सेक्टर-14) - पिच्चा हट के पास, सेक्टर-14 कॉर्पोरेट मार्केट, पुरानी दिल्ली रोड, गुरुग्राम। गुरुग्राम (सेक्टर-83) - वीएनपीएल एक्स्प्रेस तीसरी गैजिन, कल्ट फिटनेस जिम के पास, सेक्टर-83, गुरुग्राम। नोएडा (सेक्टर-18) - बैंक ऑफ इंडिया के ऊपर, गगन-परम टावा के अगे, नोएडा कॉम्प्लेक्स नं. 17, सेक्टर-18, नोएडा। गुरुग्राम (सेक्टर-51) - एम2 के कॉर्पोरेट पार्क, ब्लॉक एन, मेथील्ड हाईवे, सेक्टर-51, गुरुग्राम। नोएडा (सेक्टर-34) - इविर आईवीएफ रिविजन्स हॉस्पिटल एफ फर्टिलिटी प्रा.लि., गौक गार्डन, मेट्रो विलर 200 के समने, मोराना बस स्टैंड के पास, नोएडा (निकटतम मेट्रो स्टेशन सेक्टर-34) उज्ज्वलमेन्ट ह्यू कोल कारे- 8585808073

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तुंगलकाबाद इलाके में एक ही परिवार के तीन लोग जिंदा जले, पार्किंग से शुरू हुई आग पूरी इमारत में फैली पांच मंजिला इमारत में संकरी सीढ़ी और छत के बंद रास्ते ने छिनी बचने की उम्मीद

लापरवाही



तुंगलकाबाद एक्सप्रेसन की गली नंबर-एक स्थित इमारत में शुकवार को हुए हादसे के बाद घटनास्थल पर मौजूद लोग।

नई दिल्ली, बरिष्ठ संवाददाता। तुंगलकाबाद एक्सप्रेसन की गली नंबर-एक स्थित पांच मंजिला इमारत में हुए अग्निकांड ने राजधानी में बहुमंजिला इमारतों की सुरक्षा व्यवस्था पर गंभीर सवाल खड़े कर दिए हैं। सुरक्षा निकायों और प्रशासनिक निकायों के अनुसार प्राइड फ्लोर पर लगी आग कुछ ही मिनटों में पूरी इमारत में फैल गई। आग के साथ तेजी से फैलने वाले धुंए और निकलने वाले गर्मी ने लोगों के बचने की संभावनाएं बहुत कम कर दीं।

संकेतित वाहनों में बंदूक आग की तीव्रता: दमकल अधिकारियों के अनुसार, आग मुख्य प्रवेश द्वार के पास प्राइड फ्लोर पर लगी थी। वहां कई बाइक और स्कूटी खड़ी थीं। आग लड़ने के बाद बहने में भी आग फकड़ली और उनकी पेट्रोल टैंकों में विस्फोट होने लगा। हालांकि धमाकों ने आग को तेजी से फैलाना नहीं देखा तो भी देखते-पूरे अग्नि क्षेत्र लपटें और धुंए से घिर गया। अग्निशमनियों का कहना है कि धमाकों की आवाज सुनकर लोग अपने फ्लोरों से बाहर निकले, लेकिन तब तक नीचे उतरने का रास्ता बंद हो चुका था। आग और धुंए ने मुख्य सीढ़ी को पूरी तरह घेर लिया था।

मातम दमकल विभाग ने बताया कि इमारत में बाहर निकलने के लिए केवल एक ही सीढ़ी और मुख्य मार्ग था। वही रास्ता सभी निवासियों के आवागमन के लिए इस्तेमाल होता था। आग इसी हिस्से में फैलने के कारण लोगों के पास निकलने का कोई सुरक्षित विकल्प नहीं बना। कुछ ही मिनटों में जहरीला धुआं ऊपरों मंजिलों तक पहुंच गया। कई लोग अपने फ्लोरों में फंस गए और दम घुटने की स्थिति पैदा हो गई। जांच में यह भी



इमारत के प्राइड फ्लोर पर बनी पार्किंग में खड़े वाहनों में आग तेजी थी।

10 फ्लोर बनाए गए हैं पांच मंजिला इमारत में

कई फ्लोर थे खाली स्थानीय निवासी सौरभ ने बताया कि गलियों की छुट्टियों के कारण कई फ्लोर अपने गंदे हुए थे। पांच मंजिला इमारत में प्रत्येक मंजिल पर दो फ्लोर थे, लेकिन हादसे के समय अधिकांश फ्लोर खाली थे। केवल तीसरी और चौथी मंजिल पर कुछ परिवार मौजूद थे। यदि सभी फ्लोरों में लोग रहते, तो मृतकों की संख्या कहीं अधिक हो सकती थी।

सुरक्षा मानकों की जांच शुरू पुलिस सूची के मुताबिक, इमारत का निर्माण एक निजी बिल्डर ने कराया था। अब जांच एजेंसीयों भवन निर्माण मानकों, सुरक्षा व्यवस्था, अग्नि सुरक्षा उपकरणों और अपाठकालीन निकास मार्गों की जांच कर रही है। प्रारंभिक जांच में यह हादसा केवल आग लगने का नहीं, बल्कि सुरक्षा मानकों की अनदेखी और अपाठकालीन व्यवस्था की कमी का गंभीर उदाहरण बनेक सम्भवे आया है।

'तंग गलियां और अवैध निर्माण बहा रहे आग का खतरा' नई दिल्ली, प्र.सं। दमकल विभाग के प्रवक्ता राजेंद्र अटवाल ने कहा कि तंग गलियां, टैपिक और गैरसही निर्माण आग बढ़ाने में बड़ी भूमिका निभाते हैं। सड़की पर खड़ी गाड़ियां दमकल वाहनों की आवाजही रोकती हैं, जबकि सड़की गलियों में रखा लिफ्ट भी नहीं फूट पाती। अग्नि ने बताया कि कई इमारतों में पार्किंग को टुकड़ा या गोदाम में बदल दिया जाता है और निकास मार्ग अवरुद्ध हो जाते हैं। कई बंद छत फलक आग के रास्ते पर ताले लगे होते हैं। आग लगने पर ये खामियां राहत कार्यों को मुश्किल और जानलेवा बना देती हैं।

दो बहनों को बचाने के बाद बिल्ली को लेने गई तो खुद झुलसी

आरीषी सिंह नई दिल्ली, प्र.सं.। तुंगलकाबाद अग्निकांड में झुलसी चार महिलाओं का कालिदास अस्पताल में इलाज चल रहा है।

सायदपुर अस्पताल के बर्न वार्ड में भती मुहुती देवी, उनकी बेटों मोनी और मुमताज का उपचार जारी है, जबकि मुमताज की ये बहन का इलाज एम्स के बर्न एवं प्लास्टिक सर्जरी ब्लाक में हो रहा है। अस्पताल प्रशासन के अनुसार, कुल मिलाकर 5 से 10% तक इलाज में फंसे हैं। फेफड़ों में घुंघुंरा पर जाने के कारण उनकी हालत भी बर्न बनी हुई है।

अधिकारियों के अनुसार, अधिकारों में आग से झुलसने के बचाने दम घुटने से हुई है। मृतकों के शरीर पर गंभीर जलाने के निशान नहीं मिले, जिससे स्पष्ट है कि जहरीला धुआं हादसे का प्रमुख कारण बना।

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नानी-बहन को बचाने आग में कूदा

अस्पताल लाइव

नई दिल्ली, प्र.सं.। तुंगलकाबाद अग्निकांड में आग बचाने वाले 28 वर्षीय पंकज की कहानी बहादुरी और परिवारिक जिम्मेदारी को दिखाता बचपन है। परिजनों के अनुसार, आग लगने के बाद पंकज अपनी मां और छोटी बहन के साथ सुरक्षित बाहर निकल आया था, लेकिन घर में फंसी नानी और बड़ी बहन को बचाने के लिए वह दोबारा धधकती इमारत में घुसिना हो गया। उसके बाद वह जीवित बाहर नहीं लौट सका।



तुंगलकाबाद में शुकवार को हुए हादसे के बाद बिल्ला करने मृतकों के परिजन।

सायदपुर अस्पताल की मोचरी के बाहर शोक में डूबे परिजनों ने बताया कि हादसे में पंकज, उसकी 20 वर्षीय बहन सोनी और 70 वर्षीय नानी सुरीला देवी की मौत हो गई। पंकज का परिवार मूल रूप से उत्तर प्रदेश के गाँव जिले का बंदर वाला है। उसके पिता की कुछ वर्ष पहले कैन्सर से मृत्यु हो चुकी थी, जिसके बाद परिवार को पूरी जिम्मेदारी उसके कंधों पर आई थी। पंकज अपने परिवार का इकलौता बेटा था और उसकी दो बहनें थीं। परिवार उनकी शादी की तैयारी और पंखिय की

घटनाक्रम

- 2:18** रात अंगु ने इमारत में आग देखकर अपने पिता सौरभ को जगाया।
- 2:19** रात सौरभ ने दमकल विभाग को आग लगने की सूचना दी।
- 2:35** रात दमकल की टीम ने राहत एवं बचाव अभियान शुरू किया।
- 3:00** सुबह प्राणविलोम लोगों को निकालकर अस्पताल पहुंचाया गया।
- 4:00** सुबह दमकल बसियों ने आग पर पूरी तरह कब्जा पा लिया गया।
- 2:30** दोपहर एम्स/एम्स-बिल्डींग विभाग की टीम जांच के लिए पहुंची।

16 वर्षीय अंशु की बहादुरी से बची कई लोगों की जान

साहस को सलाम

नई दिल्ली, व.सं.। तुंगलकाबाद की पांच मंजिला इमारत में लगी भीषण आग के दौरान 16 वर्षीय अंशु ने साहस और सूझबूझ का परिचय देते हुए कई लोगों को जान बचाने में महत्वपूर्ण भूमिका निभाई। जिस इमारत में आग लगी, उसके टीक सामान अंशु अपने परिवार के साथ बचाने में मदद करने वाले उसी ने आग की लपटें और धुंए से बचाया तथा सुरंग लोगों को सबक दिया।

बालकनी से टिफ्टी आग, नृत्य जगाए पिता: स्थानीय लोगों के अनुसार, दर रात अंशु बालकनी में आई तो उसने सामने वाली इमारत की ऊपरी मंजिल से धुंए और आग की लपटें निकालती देखीं। चौबी मॉडल की बालकनी में एक महिला मदद के लिए चिल्ला रही थीं। स्थिति की गंभीरता समझते हुए अंशु बिना धक्का अपने पिता सौरभ को जगाने लगीं। सौरभ ने बाहर अटकन हल्ला का जवाब दिया गया था, और सामान की पैकिंग शुरू हो चुकी थी, लेकिन अचानक आग जाने के कारण शिफ्टिंग चल गई। इस हादसे में उनकी स्कूटी भी जलकर राख हो गई, जिससे उनकी जेजी-रोटी पर संकेत खड़ा हो गया है।

हादसे में घायल लोगों पर खीन और नानी बचाने में भी सौरभ ने महत्वपूर्ण भूमिका निभाई। नानी को बचाने के लिए अंशु ने नानी को धकेलकर बाहर निकाला। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई।

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अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई।

अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई।

अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई। अंशु की बहादुरी ने अनेकों की जान बचाई।

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GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI (DEPARTMENT OF POWER)

NOTICE INVITING APPLICATIONS FOR CHAIRPERSON AND TWO MEMBERS IN DERC

Applications are invited from the eligible candidates for the selection of Chairperson and two Members of Delhi Electricity Regulatory Commission (DERC).

Qualifications: The Chairperson and Member of the Delhi Electricity Regulatory Commission shall be a person of ability, integrity and standing who has adequate knowledge of, and has shown capacity in dealing with problems relating to engineering, finance, commerce, economics, law or management.

Additional and essential requirement of Legal/Judicial Member: As per judgment dated 12.04.2018 of the Hon'ble Supreme Court of India in Civil Appeal No. 14697 of 2015 titled "State of Gujarat & Ors. Vs. Utility Users' Welfare Association & Ors.", wherein it has been held that it is mandatory that there should be a person of law as a Member of the Commission. For this purpose, the candidate should be:

- (a) a person who is or has been holding a judicial office; or
- (b) an advocate with not less than ten years' practice and qualified for appointment as a Judge of a High Court under Article 217(2) of the Constitution of India; or
- (c) an advocate with not less than seven years' practice and qualified for appointment as a District Judge under Article 233(2) of the Constitution of India.

Terms and Conditions of service of Chairperson and Members:

- (1) The Chairperson and two Members shall hold office for a term of five years from the date on which he enters upon his office or till he attains the age of 65 years which ever is earlier. The Chairperson or other Member in the State Commission shall not be eligible for re-appointment in the same capacity as the Member in that Commission in which he had earlier held office.
- (2) The salary, allowances and other terms and conditions of service of the Chairperson and Members of DERC shall be governed as per Section 89 of the Electricity Act, 2003 read with Delhi Electricity Regulatory Commission (Salary, Allowances & Other Conditions of Service of the Chairperson & Members) Rules, 2001 (as amended from time to time).
- (3) The Chairperson and Member shall receive a pay of ₹2,25,000/- (Rupees Two Lakh Twenty Five Thousand) (fixed) per month provided that in case a person appointed as Chairperson and Member is in receipt of any pension, the pay of such person shall be reduced by the given amount of pension drawn by him.

HOW TO APPLY AND LAST DATE FOR APPLICATION

Eligible candidates may submit their applications for the posts of Chairperson and two Members of the Delhi Electricity Regulatory Commission (DERC), along with a detailed bio-data and a duly filled application form at Annexure-I. The prescribed application form (Annexure-I) is available on the website at <https://power.delhi.gov.in>.

The completed applications should be submitted to the Special Secretary (Power), Government of NCT of Delhi, Delhi Secretariat, 8th Level, B-Wing, I.P. Estate, New Delhi 110002, or by email at power.dercappointment@gmail.com on or before 03rd July, 2026. Applications received after the prescribed date & time shall not be considered.

VIKAS PANDEY
Dy. Secretary
Department of Power
Govt. of NCT of Delhi
Delhi Secretariat, New Delhi-02

बचावकर्मी और नागरिक सम्मानित

नई दिल्ली, प्र.सं.। मुख्यमंत्री रेखा गुप्ता ने शुकवार को दिल्ली सचिवालय में आयोजित कार्यक्रम में मालवीय नगर (दीनारानी) अग्निशमन और सफाई (सेवुलाजव) भवन हादसे की दुर्घटना में जान बचाने वालों को बधाई जताई। इस अवसर पर उन्होंने साहस और मानवता का परिचय देते हुए नागरिकों, पुलिसकर्मी, प्रशासनिक अधिकारियों और बचावकर्मी को 21,000 रुपये के चेक, प्रशस्ति-पत्र देकर सम्मानित किया।

मुख्यमंत्री ने होनहारों अग्निकांड के दौरान बचे बचावकर्मी को 21,000 रुपये के चेक, प्रशस्ति-पत्र देकर सम्मानित किया। मुख्यमंत्री ने कहा कि संकेत की श्रद्धा में मानवता और साहस का परिचय देने वाले ये लोग समाज के लिए प्रेरणा हैं।

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महिलाओं का नेतृत्व सशक्त किया: मोदी

नई दिल्ली, एएनएस। प्रधानमंत्री नरेंद्र मोदी ने शुक्रवार को कहा कि एनडीए सरकार को कोशिशें समान, समान अवसर और सराफ़ीकरण पर आधारित हैं। इनसे ऐसा महिला बनाने में मदद मिली है, जिसमें महिलाएँ पूरी क्षमता का आह्वान कर रही हैं। प्रधानमंत्री ने कहा कि महिलाओं की नेतृत्व करने की क्षमता में वृद्धि हुई है।



प्रधानमंत्री ने कहा, सरकार सबकी समान अवसर दे रही

साल पूरे होने पर सोशल मीडिया में एक पक्ष पर एक पोस्ट में ये बातें लिखीं। उन्होंने कहा कि एनडीए सरकार ने पिछले 12 साल में महिलाओं के नेतृत्व वाले विकास को आगे बढ़ाने के लिए काम किया है, जो सभी क्षेत्रों में दिखाई देता है। प्रधानमंत्री ने लिखा, 'यूरो यह देखकर विशेष रूप से खुशी होती है कि आज भारत की नारी शक्ति विज्ञान, अंतरिक्ष और नवाचार जैसे क्षेत्रों में अपनी पहचान बना रही है।' 'श्रीम तकनीक जैसे उभरते क्षेत्रों में महिलाओं की बढ़ती भागीदारी अवसरों के नए रास्ते खोल रही है। मोदी ने कहा, 'हमारी सरकार स्वयं-सहायता समूहों का सक्रिय रूप से समर्थन कर रही है, जो महिलाओं को आर्थिक रूप से स्वतंत्र बनाने में बहुत मदद कर रहे हैं।'

चार साल में डेढ़ डिग्री बढ़ जाएगा औसत तापमान

तापमान बढ़ते-तीरी की रफ़्तार पहले से तेज



इंडिकेटर्स आफ ग्लोबल क्लाइमेट चेंज के अध्ययन में दावा
रिपोर्ट के मुताबिक 2025 तक समुद्र स्तर 23 सेंटीमीटर बढ़ चुका

नई दिल्ली, विशेष संवाददाता। दुनिया भर में एक तरफ़ धरती के तापमान को डेढ़ डिग्री से ज्यादा नहीं बढ़ने देने के लिए प्रयास चल रहे हैं, वहीं एक नए अध्ययन में दावा किया गया है कि धरती के तापमान की बढ़ती रफ़्तार पहले से तेज हो चुकी है। अगले चार साल में धरती का तापमान डेढ़ डिग्री बढ़ जाएगा। इंडिकेटर्स आफ ग्लोबल क्लाइमेट चेंज (आईजीसीसी) की रिपोर्ट के अनुसार 2025 में ही धरती का औसत तापमान में बढ़ोत्तरी 1.37 डिग्री तक पहुंच गई थी। यदि यही रफ़्तार जारी रही तो अगले चार साल के भीतर यह 1.5 डिग्री तक पहुंच जाएगा। यह वही सोचा है जिसे दुनिया में जलवायु परिवर्तन के सबसे खतरनाक प्रभावों से बचने के लिए एक महत्वपूर्ण लक्ष्य माना था। रिपोर्ट तैयार करने में 17 देशों की 56 संस्थाओं से जुड़े 70 से अधिक वैज्ञानिकों ने योगदान दिया। इनमें जलवायु परिवर्तन पर अंतर-सरकारी पैनल यानी आईपीसीसी से जुड़े कई प्रमुख वैज्ञानिक भी शामिल हैं। इस रिपोर्ट का सबसे चिंताजनक निष्कर्ष रिफ़्तार तापमान नहीं है। पृथ्वी लगातार अधिक गर्मी जमा कर रही है। सरल भाषा में समझें तो पृथ्वी जितनी ऊर्जा अंतरिक्ष में वापस भेजती है, उससे कहीं अधिक ऊर्जा अब अपने भीतर रोक रही है। यही अंतरिक्ष गर्मी महासागरों, वायुमंडल, बर्फ और जमीन में जमा हो रही है।

ऊर्जा असंतुलन रिकॉर्ड स्तर पर पहुंच चुका: लीड्स विश्वविद्यालय के जलवायु विशेषज्ञ और रिपोर्ट के प्रमुख लेखक प्रोफ़ेसर रिचर्स फ़ॉर्स्टर कहते हैं कि यह सूचकांक जलवायु परिवर्तन की रफ़्तार बताता है। पृथ्वी का ऊर्जा असंतुलन अब रिकॉर्ड स्तर पर पहुंच चुका है और हाल के दशकों में यह लगभग दोगुना हो गया है। **अब तक का सबसे ऊंचा स्तर:** 2024 में वैश्विक मीनहाउस गैस उत्सर्जन 56.8 अरब टन कार्बन डाइऑक्साइड समतुल्य तक पहुंच गया, जो सबसे ऊंचा स्तर है। इसका बड़ा कारण जीवाश्म ईंधन का प्रयोग है। 2025 तक वैश्विक समुद्र स्तर 190.1 की तुलना में 23 सेंटीमीटर बढ़ चुका है। जलस्तर बढ़ने की रफ़्तार भी तेज हो रही है।

तेल उद्योग विकास बोर्ड (ते.उ.वि.बो.)
(पेट्रोलियम एवं प्राकृतिक गैस मंत्रालय)
ते.उ.वि.बो. भवन, प्लॉट-2, सैक्टर-73, नोएडा-201301

सं. एडी-14/5/2021-एडीएम दिनांक 20 मई, 2026
ते.उ.वि.बो. में केन्द्रीय सरकारी मंत्रालयों/विभागों से सेवानिवृत्त अधिकारियों से अनुबंध के आधार पर सलाहकार (विधिक) तथा सलाहकार (वित्त एवं लेखा) पदों हेतु आवेदन आमंत्रित करता है। सलाहकार (विधिक) के लिए वेतन स्तर 10 एवं 12 एवं सलाहकार (वित्त एवं लेखा) के लिए वेतन स्तर 7 एवं 10 (7वें केन्द्रीय वेतन आयोग के अनुसार) के अधिकारी आवेदन कर सकते हैं। पात्रता मानदंड, आयु सीमा, निवृत्ति की शर्तें आदि से संबंधित विस्तृत जानकारी ओआईडीबी की आधिकारिक वेबसाइट www.oidb.gov.in पर उपलब्ध है। आवेदन जमा करने की अंतिम तिथि (रोजगार समाचार में रिक्त के प्रकाशन की तिथि से 21 दिन तक) है।
सीबीसी 33113/12/0001/2627 **प्रबंधक (का. एवं प्रशा.)**



सच्चा मोती
• साबूदाना • पोहा
अन्य प्रोडक्ट्स
• मोरधन • खोपरा बुदा • पापड़

सच्चा मोती शिव ट्रेडिंग कंपनी का रजिस्टर्ड ट्रेडमार्क है। माननीय दिल्ली हाईकोर्ट की एक्जलप्रीस द्वारा CS COMM 761/2016 में दिनांक 05.03.2024 को पारित अंतरिम आदेश एवं माननीय दिल्ली उच्च न्यायालय द्वारा दिनांक 13.10.2025 को पारित आदेश की पूर्ण प्रतियाँ **साबू ट्रेड प्रा. लि., सेलम तथा उनसे जुड़े किसी भी व्यक्ति को 'सच्चा मोती' या उनसे मिलते-जुलते नाम की पैकिंग के विकल्प एवं संश्लेषण पर रोक लगा दी गई है जो आज दिनांक तक जारी है।** साबू ट्रेड प्राइवेट लिमिटेड द्वारा अगर सच्चा मोती या इससे मिलते जुलते नाम/ पैकिंग की कोई अनाधिकृत सेल आपको की गई है तो इसकी जानकारी **79998-37643** पर प्रदान की। **शिव ट्रेडिंग कंपनी, इंदौर (1972)**

बाबा धाम एंड कंपनी, गाजियाबाद
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भारत सरकार, गृह मंत्रालय
भारत के महारजिस्ट्रार का कार्यालय
जनगणना भवन, टॉवर-ए, प्रशासनिक अनुभाग-तृतीय, तृतीय तल,
2-ए, मान सिंह रोड, नई दिल्ली-110011

फाइल सं. ए-35011/2/2026-एडी.-III दिनांक: 20.04.2026

सर्कुलर
भारत के महारजिस्ट्रार जनरल का कार्यालय, गृह मंत्रालय, नई दिल्ली में प्रतिनियुक्ति आधार (अल्पावधि अनुबंध सहित) पर उप महानिदेशक (जनगणना) (जेएस लेवल) के पद को भरने के संबंध में। प्रतिनियुक्ति आधार (अल्पावधि अनुबंध सहित) पर जनगणना-2027 के लिए निम्नलिखित अस्थायी पदों को भरने के लिए केन्द्र सरकार या राज्य सरकार या संघ शासित क्षेत्र प्रशासन या स्वायत्त संगठन या सांविधिक निकाय या सार्वजनिक क्षेत्र उपक्रम या मान्यता प्राप्त विश्वविद्यालय या मान्यताप्राप्त अनुसंधान संस्थानों के पात्र एवं इच्छुक अधिकारियों से आवेदन आमंत्रित किये जाते हैं। पद की अवधि 31.03.2030 तक है। इस पद के विरुद्ध नियुक्ति भारत के महारजिस्ट्रार के कार्यालय (ओआरजीआई) के मुख्यालय, नई दिल्ली में पड़ती है। पद का विवरण इस प्रकार है:

क्र. सं.	पद का नाम	वेतनमान	पद की संख्या
1.	उप महानिदेशक (जनगणना)	लेवल-14	01

- उपरोक्त पद की पात्रता, निवृत्त एवं शर्तें (संलग्नक-I), आवेदन के लिए प्रारूप (संलग्नक-II) तथा कर्तव्य एवं उत्तरदायित्व (संलग्नक-III) इस प्रकार दिये गये हैं।
- इस प्रकार चयनित अधिकारी का वेतनमान कार्मिक एवं प्रशिक्षण विभाग के ओ.एम.नं. 2/8-97-ईएसटी. (पे-II) दिनांक 11.03.1998 तथा तथा समय संशोधित अनुसार शासित होगा।
- केवल ऐसे अधिकारियों/उम्मीदवारों का आवेदन विचारणीय होगा जो कि समुचित माध्यम से भेजे जायेंगे और जिसके साथ उम्मीदवारों द्वारा दावा किये गये योग्यता एवं अनुभव के समर्थन में समर्थित स्व-सत्यापित प्रमाणपत्र/दस्तावेज संलग्न हो तथा निम्नलिखित प्रमाणपत्रों द्वारा भी संलग्न होना चाहिए:
 - संलग्नक-'I' में दिये गये प्रारूप के अनुसार दोहरी प्रति में बायो-डेटा
 - कॉडर क्लीयरेंस प्रमाणपत्र
 - पिछले दस (10) वर्षों के दौरान अधिकारी पर आरोपित बड़े अथवा छोटे दंड, यदि कोई हो, का विवरण देते हुए कथन
 - सतर्कता अनापत्ति एवं सत्यनिष्ठा प्रमाणपत्र
 - पिछले पांच वर्षों (2020-21 से 2024-25) के लिए एसोआर'स/एपीएआर'स की फोटो प्रतियाँ जो कि प्रत्येक पेज पर कम से कम अवर सचिव अथवा समकक्ष स्तर के अधिकारी द्वारा विधिवत सत्यापित हो।
- इसलिए, यह अनुरोध किया जाता है कि पात्र एवं योग्य अधिकारियों, जिन्हें चयन की स्थिति में तुरंत मुक्त किये जा सकते हैं, का निर्धारित प्रारूप (संलग्नक-II) में दोहरी प्रति में आवेदन, जो कि आवेदक द्वारा विधिवत हस्ताक्षरित तथा नियंत्रण अधिकारी द्वारा विधिवत प्रमाणित हो, 'अवर सचिव, प्रशा III अनुभाग' जनगणना भवन, टॉवर-ए, तृतीय तल, 2/ए, मान सिंह रोड, नई दिल्ली-110011' के पास एम्प्लॉयमेंट न्यूज में इस सर्कुलर के प्रकाशन की तिथि से 60 दिनों की अवधि के अंदर अग्रसारित किया जा सकता है। उम्मीदवारों, जो उपरोक्त पद के लिए आवेदन करते हैं, को बाद में अपनी उम्मीदवारी को वापस लेने की अनुमति नहीं दी जायेगी।
- प्रतिनियुक्ति पर नियुक्ति के लिए अधिकतम आयु सीमा आवेदनों की प्राप्ति की अंतिम तिथि को अधिकतम 58 वर्ष होगी।
- आवेदन जो अपूर्ण हैं, अंतिम तिथि के बाद प्राप्त होते हैं और संबंधित अग्रसारण कॉडर नियंत्रण प्राधिकारी द्वारा प्रमाणित नहीं होंगे, पर विचार नहीं किया जायेगा।
- यह सुनिश्चित करना होगा कि आवेदनों को सख्ती से सर्कुलर एवं संलग्नकों के संदर्भ के साथ ही अग्रसारित किया जाये।

(सुनील कुमार मिश्रा)
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अमरनाथ यात्रा : अमित शाह ने उच्चस्तरीय बैठक में समीक्षा की सुरक्षा के लिए लोगों को वकूआर कोड दिए जाएंगे



नई दिल्ली, विशेष संवाददाता । केंद्रीय गृह मंत्री अमित शाह ने शुक्रवार को नई दिल्ली में आयोजित उच्चस्तरीय बैठक में अमरनाथ यात्रा 2026 की सुरक्षा व्यवस्था की समीक्षा की। इस दौरान जनकारी दी गई कि यात्रा से जुड़े स्थानीय लोगों और पशुओं का भी पंजीकरण किया जाएगा तथा उन्हें वकूआर कोड सुनिश्चित पत्र जारी किए जाएंगे।

बैठक में जम्मू-कश्मीर के उपराज्यपाल मनोज सिन्हा, राष्ट्रीय सुरक्षा सलाहकार अजित डोवाल, गृह सचिव, धारसेना प्रमुख, बुकिंगया ब्यूरो के निदेशक, जम्मू-कश्मीर के मुख्य सचिव एवं पुलिस महानिदेशक सहित विभिन्न केंद्रीय सहायक पुलिस बलों के विभिन्न अधिकारियों मौजूद रहे। इस वर्ष अमरनाथ यात्रा तीन जुलाई से 28 अक्टूबर तक आयोजित की जाएगी।

नई दिल्ली में गृह मंत्री अमित शाह ने कहा कि प्रधानमंत्री नरेंद्र मोदी के नेतृत्व में केंद्र सरकार अमरनाथ यात्रा पर अपने कड़े प्रयासों के माध्यम से सुरक्षा को सुनिश्चित करेगी। यात्रा मार्ग के अलावा जम्मू-कश्मीर के अन्य प्रमुख पर्यटन स्थलों पर भी सुरक्षा के पुख्ता इंतजाम होंगे।

गृह मंत्री अमित शाह ने कहा कि प्रधानमंत्री नरेंद्र मोदी के नेतृत्व में केंद्र सरकार अमरनाथ यात्रा पर अपने कड़े प्रयासों के माध्यम से सुरक्षा को सुनिश्चित करेगी। यात्रा मार्ग के अलावा जम्मू-कश्मीर के अन्य प्रमुख पर्यटन स्थलों पर भी सुरक्षा के पुख्ता इंतजाम होंगे।

संगठन से सरकारों तक में बढ़ेगा युवा नेतृत्व



नया जोश
नई दिल्ली, विशेष संवाददाता । भाजपा नेतृत्व में अपने मिशन 2047 के लिए पार्टी व सरकार में युवाओं को पर्याप्त मौका देने का फैसला किया है।

पार्टी अध्यक्ष नितिन नवीन भागी टीम व केंद्र सरकार के संभावित फेरबदल के साथ राज्यों में भी सरकार व संगठन में युवा नेतृत्व को आगे लाया जाएगा। इसके लिए पार्टी ने देश भर में लगभग सौ ऐसे नेताओं को चिह्नित किया है, जिनको अपने वाले दिनों में संगठन व सरकारों में मौका



दिया जाएगा। भाजपा अध्यक्ष नितिन नवीन खुद पार्टी के सबसे युवा अध्यक्ष हैं और उनकी नई टीम में भी लगभग 60 फीसद चोरेर उनकी अनुभवा के आसपास के रहेंगे। संगठन के लिए जरूरी अनुभव व बरिष्ठ नेताओं को भी शामिल कर संगठन बनाया जाएगा। सूत्रों के अनुसार पार्टी ने देश

भर में लगभग सौ ऐसे युवा प्रभाव नेताओं को चिह्नित किया है, जिनको युवा संगठन से लेकर सरकार में आगे लाया जाएगा। इसके देश के हर हिस्से के नेता शामिल हैं। पार्टी अध्यक्ष नितिन नवीन ने लंबे समय तक युवा मोर्चा में काम किया है, ऐसे में उनके पास देश भर के ऐसे कई युवा नेता हैं जिनका उपयोग

देश 30 S

खरगो ने सोनिया का आभार जताया

देवापुर। कांग्रेस अध्यक्ष मल्लिकार्जुन खरगो ने राज्यसभा के लिए निर्देशित निर्वाचित होने के बाद इसका श्रेय पार्टी की वरिष्ठ नेता सोनिया गांधी को दिया। खरगो ने कहा कि उन्होंने अपने राजनीतिक जीवन में उन्हें हमेशा जनता की सेवा करने के अवसर दिए हैं।

शिविर स्थलों पर वरिष्ठ अधिकारियों की निगरानी

अमित शाह ने कहा कि यात्रा के दौरान विभिन्न केंद्रीय बलों तथा जम्मू-कश्मीर पुलिस के वरिष्ठ अधिकारी शिविर स्थलों पर लगातार मौजूद रहकर व्यवस्थाओं की निगरानी करेंगे। बहादुराओं के उपकरण, अस्त्र, रास्तेय रोबोआर और आपदा प्रबंधन सहित सभी आवश्यक सुविधाओं की समुचित व्यवस्था सुनिश्चित की जाएगी। यात्रा मार्ग के अलावा जम्मू-कश्मीर के अन्य प्रमुख पर्यटन स्थलों पर भी सुरक्षा के पुख्ता इंतजाम होंगे।

साइप्रस से कुख्यात कोलाई एसटीएफ

चंडीगढ़, एजेंसी। हरियाणा पुलिस के विशेष कार्य बल (एसटीएफ) ने शुक्रवार को कुख्यात गिरोह के एक कश्चित सदस्य दिनेश उर्फ मिट्टू को साइप्रस से भारत वापस लाने में सफलता प्राप्त की है।

इस वर्ष एसटीएफ द्वारा बिदेय से अपराधों को वापस लाने की यह यशस्वी सफलता है। 29 वर्षीय दिनेश दिनेश शिखर जिले का निवासी है। वह लगभग 38 सदस्यों के हिन्दू खम्भुपुर गिरोह और हिमाचल प्रदेश का सक्रिय सदस्य है। गिरोह के मुख्य सरगना काला खम्भुपुर के खिलाफ जमानत अपराधों के 26 मामलों दर्ज हैं। यह गिरोह हरियाणा के कई हिस्सों में सक्रिय है।

हमारा लक्ष्य अगली पीढ़ी : राजनाथ

संबोधन

हैदराबाद, एजेंसी। 18वां वार्षिक राजनाथ सिंह ने शुक्रवार को कहा कि भाजपा और प्रधानमंत्री नरेंद्र मोदी ने केवल अपने कार्यों में बलिक अपनी नीयत में भी अग्रगण्य हैं। उन्होंने कहा कि पार्टी हमेशा अगली पीढ़ी के बारे में सोचती है, कि अगले चुनाव के बारे में।

राजनाथ सिंह ने तेलंगाना भाजपा द्वारा आयोजित 'इंटेलेक्चुअल मीट' को संबोधित करते हुए कहा कि भारत के बजट का हर रूपया देश की सुरक्षा को मजबूत करने में इस्तेमाल किया जा रहा है और राजनाथ सरकार पर किसी भी तरह के भ्रष्टाचार का कोई आरोप नहीं

कहा, बजट का हर रुपया देश की सुरक्षा पर खर्च हो रहा

है। उन्होंने कहा कि हम अगले चुनाव को चिंत नहीं करते, बलिक अगली पीढ़ी को चिंत करते हैं।

उन्होंने संसुक्त प्रगतिशील गठबंधन (संघ) की पूर्ववर्ती सरकार पर भ्रष्टाचार और घोटालों में लिप्त होने का आरोप लगाया, निम्न 2जी घोटाला, कोराला घोटाला और राष्ट्रमंडल खेल घोटाला शामिल थे। राजनाथ सिंह ने कहा कि संघ के शासनकाल में

लक्ष्य हर दिन नए घोटालों को खबरें सामने आती थीं, जिससे राजकोष को लाखों करोड़ रुपये का नुकसान हुआ।

आतंक के सरपरस्तों तक सिंधु का पानी नहीं पहुंचते देते। राजनाथ सिंह ने पाकिस्तान पर आतंकवाद को बढ़ावा देने के आरोप लगाते हुए कहा कि केंद्र की पंतप्रधान सरकार सिंधु का पानी आतंकवाद के सरपरस्तों तक नहीं पहुंचने देती। उन्होंने कहा कि ऑपरेशन सिंधु के माध्यम से भारत ने दुनिया को दिखा दिया है कि जो लोग शांति और सद्भाव को भाषा नहीं समझते, उन्हें उनकी ही भाषा में जवाब देना पड़ेगा। वहीं, उन्होंने यह भी कहा कि प्रोजेक्ट कुश' भारत की सुरक्षा के लिए एक बेजोड़ साक्ष्य होगा।

करोड़ों की हेराफेरी मामले में आरोप प्रारंभ

नई दिल्ली, एजेंसी। सीबीआई ने आईडीएसपी फरेंड बैंक से हरियाणा सरकार और चंडीगढ़ स्टाट टिटी लिमिटेड (सीएसएल) की निधियों की कथित हेराफेरी से जुड़े 10 अलग-अलग मामलों में शुक्रवार को आरोप प्रारंभ किया। कुल 657 करोड़ रुपये की राशि की हेराफेरी की गई।

सीबीआई के एक प्रवक्ता के अनुसार, अविष लैन-केन के कारण हरियाणा सरकार से जुड़े मामलों में कुल 504 करोड़ रुपये और सीएसएल मामले में 153 करोड़ रुपये का नुकसान हुआ।

'पुनर्परीक्षा में गड़बड़ी बर्दाशत नहीं'

नई दिल्ली, एजेंसी। सीबीआई ने आईडीएसपी फरेंड बैंक से हरियाणा सरकार और चंडीगढ़ स्टाट टिटी लिमिटेड (सीएसएल) की निधियों की कथित हेराफेरी से जुड़े 10 अलग-अलग मामलों में शुक्रवार को आरोप प्रारंभ किया। कुल 657 करोड़ रुपये की राशि की हेराफेरी की गई।

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जनता में गुस्से के कारण अगला चुनाव हमारा: राहुल

एवस पर डीवा गठबंधन की बैठक में दिग्गजों का साक्षात्कार

नई दिल्ली, एजेंसी। कांग्रेस नेता राहुल गांधी ने इस सप्ताह की शुरुआत में डीवा गठबंधन के नेताओं से कहा था कि लोगों के बीच व्याप्त गुस्से को देखते हुए अपना आचरण पहले ही जीता जा चुका है, लेकिन मुख्य समस्या यह है कि जीतने के लिए कोई स्वतंत्र और निष्पक्ष चुनाव ही नहीं होगा।

राहुल ने सोमवार को डीवा गठबंधन के नेताओं से एकजुट रहने की अपील करते हुए कहा कि अगर हम

डीजैडुकान का विस्तार शुरू हुआ

नई दिल्ली। भारत के पारंपरिक खुदरा कारोबार को डिजिटल रूप देने की दिशा में बड़ा कदम उठाते हुए सरकार ने डीजैडुकान (डीजैडुकान) विस्तार के उद्देश्य को लक्ष्य तय कर दिया है।

इसका उद्देश्य देश की कुल 1.4 करोड़ निर्यात दुकानों को डिजिटल नेटवर्क से जोड़कर उनकी कार्यक्षमता और मुनाफे में सुधार करना है।

कॉमेडी शो के बीच विवादित टिप्पणियों की जांच करेंगे

मुंबई, एजेंसी। कॉमेडियन प्रणोत मोरे के शो में मुंबई के किंग एडवर्ड मेमोरियल हॉस्पिटल (केएमएल) अस्पताल की एक एम्बीबीएस छात्रा से जलन पैदा हुई। छात्रा ने कॉमेडी शो के दौरान विवादित टिप्पणियां की थीं।

अस्पताल की एक एम्बीबीएस छात्रा से जलन पैदा हुई। छात्रा ने कॉमेडी शो के दौरान विवादित टिप्पणियां की थीं।

शिगेला संक्रमण से महिला की मौत

केरल

वायनाड, तिरुवनंतपुरम, एजेंसी। केरल स्वास्थ्य विभाग ने शुक्रवार को मलप्पुरम जिले में 59 वर्षीय महिला की शिगेला संक्रमण से मौत की पुष्टि की है। राज्य में संक्रमण के 18 नए मामले सामने आए हैं।

इसके अलावा, 18 नए मामले सामने आए हैं।

राज्य में संक्रमण के 18 नए मामले सामने आए, अब तक 132 मिले

दरत, बुखार और घरे में पेटन होती है। यह मुख्य रूप से दूधित खाने या पानी और संक्रमित लोगों के संपर्क में आने से फैलता है।

उन्होंने सलाह दी कि जिन बच्चों में संक्रमण के लक्षण दिखें हैं उन्हें दूध से संपर्क में आने से बचना चाहिए।

दरत, बुखार और घरे में पेटन होती है। यह मुख्य रूप से दूधित खाने या पानी और संक्रमित लोगों के संपर्क में आने से फैलता है।

उन्होंने सलाह दी कि जिन बच्चों में संक्रमण के लक्षण दिखें हैं उन्हें दूध से संपर्क में आने से बचना चाहिए।



पेपर लीक पर लखनऊ में छात्रों का हल्लाबोल

देशभर में विभिन्न प्रतियोगिताओं के पेपर लीक और विसंगतियों के खिलाफ शुक्रवार को लखनऊ में छात्रों का हल्लाबोल उमड़ पड़ा।

स्मृति ईरानी समेत कई गांवों के वोटरों के नाम कटे

अमेठी, संवाददाता । पंचायत चुनाव

अमेठी, संवाददाता । पंचायत चुनाव की अंतिम मतदाता सूची प्रकाशित होने के महज तीन दिन बाद पूर्व सांसद स्मृति ईरानी समेत कई गांवों के लोगों के नाम कटने के बाद हंगामा हो गया। स्मृति गौरीगंज ब्लॉक के इन गांवों में वोटरों के नाम कटे हैं।

पंचायत चुनाव की अंतिम मतदाता सूची के बाद विवाद

कारणों की मांग की है। गौरीगंज विकासखंड के पंचायत गांवों में ग्रामीणों का आरोप है कि 850 से अधिक लोगों के नाम मतदाता सूची से गायब हैं।

दो अधिकारियों का विवाद मध्यस्थता के लिए भेजा गया

नई दिल्ली, एजेंसी। सुप्रीम कोर्ट ने शुक्रवार को वरिष्ठ आंध्रप्रदेश अधिकारी डी. रूपा मोहन और वरिष्ठ आंध्रप्रदेश अधिकारी गौरीगंजी सिंधु के विवाद को मध्यस्थता से चल रहे कानूनी विवाद से कानूनिक को इन दोनों सौंपकर अधिकारियों के करियर पर बुरा असर पड़ रहा है।

टिप्पणी । मीनाक्षी नटराजन मामले की अदालत ने सुनवाई की, वरिष्ठ अधिकारिता ने कहा- 'प्रत्यक्ष और स्पष्ट' गलतियों को ठीक करने के लिए अनुच्छेद-32 का सहारा ले सकते थे

नई दिल्ली, विशेष संवाददाता । सुप्रीम कोर्ट ने शुक्रवार को कहा कि वरिष्ठ चुनाव प्रक्रिया के बीच में अदालत ने यह सुनिश्चित कर दिया था कि संबंधित अधिकारिता ने कहा- 'प्रत्यक्ष और स्पष्ट' गलतियों को ठीक करने के लिए अनुच्छेद-32 का सहारा ले सकते थे।

वर्तमान मामले में केवल नोटिस जारी हुए

वरिष्ठ अधिकारिता ने पीठ से कहा कि किसी उम्मीदवार को वोट नहीं देना चाहिए मानना ठीक नहीं है, जिससे नुकसान दो वर्ष की सजा का प्रबंधन हो रहा है।

युवा लड़ना वैधानिक अधिकार

निर्वाचित उम्मीदवार मेरु केरत की ओर से वैधानिक अधिकार सुरक्षित रहेंगे। सुप्रीम कोर्ट में वरिष्ठ अधिकारिता ने कहा कि इस अदालत ने लक्ष्य पर ध्यान देना है।

यह साफ है कि 'सीट चोरी' हुई है, हम लड़ेंगे : नटराजन

नई दिल्ली, एजेंसी। राज्यसभा चुनाव के लिए नामांकन खारिज किए जाने के बाद नटराजन ने कहा कि 'सीट चोरी' हुई है, हम लड़ेंगे।

कारों में दिख रहा एआई का कमाल

एआई और वॉयस रिक्विशन जैसी तकनीकों के साथ आज ऑटोमोटिव इंडस्ट्री तेजी से बदल रही है। ग्लोबल स्तर पर इन तकनीक के बाजार में 2030 तक 10 से 15 फीसदी सालाना वृद्धि का अनुमान है। आखिर एआई किस तरह वाहनों को अधिक उन्नत और सुरक्षित बना रहा है, बता रही हैं तृप्ति मिश्रा

कार अब सिर्फ एक वाहन नहीं है, बल्कि सड़क पर नजर रखने, खतरों को चेतावनी देने और कुछ स्थितियों में ब्रेक ड्रग लगाने में भी सक्षम हो रही है। ऑटोमोटिव इंस्ट्रुमेंट्स और एडवांस्ड ड्राइवर असिस्टेंस सिस्टम (अडवांस) को मदद से कारें तेजी से स्मार्ट बन रही हैं और यह तकनीक अब आम खरीदारों तक पहुंचने लगी है। एआई और अडवांस अलग-अलग तकनीक होने के बावजूद आधुनिक कारों में साथ मिलकर काम करती हैं। सेंसर और कैमरों से मिले डाटा का विश्लेषण एआई करता है। अडवांस उमरी के आधार पर रेडारिंग, अलर्ट और लेन कंट्रोल जैसे फीचर्स संभालता करता है, जिससे ड्राइविंग ज्यादा सुरक्षित हो जाती है। इस कारण 'नई पीढ़ी' के अडवांस सिस्टम को अक्सर एआई 'पावर' अडवांस' कहा जाता है।

कारण स्मार्ट कारों की मांग बढ़ी है। इसी कारण वाहन कंपनियां नए मॉडलों में तेजी से एआई और अडवांस फीचर्स जोड़ रही हैं।

ऐसे करता है काम

- ऑटोमेटिक इमरजेंसी ब्रेकिंग : नई कारों में ऑटोमेटिक इमरजेंसी ब्रेकिंग और फॉरवर्ड कोलोनन चार्जिंग जैसे फीचर्स सड़क पर खतरों को पहचान लेते हैं। सामने कोई वाहन अचानक रुक जाए या पैदल यात्री आ जाए, तो सिस्टम ड्राइवर को सतर्क करता है और जरूरत पड़ने पर ब्रेक भी लगा सकता है। लेन चेंज असिस्ट और लेन डिपार्चर वार्निंग गाड़ी को अपनी लेन में बनाए रखने में मदद करते हैं।

एआई वाली कारें कैसे बनाती हैं ड्राइविंग को स्मार्ट और सुरक्षित?

- एडिक्टिव क्रूज कंट्रोल : यह आगे चल रही गाड़ी के डिस्टेंस से ब्रेक को ऑटोमेटिक तरीके से एडजस्ट करता है। ड्राइवर मॉनिटरिंग सिस्टम वाला फीचर या नौक के संकेत पहचानकर अलर्ट देता है। वहीं स्टाइड स्पॉट मॉनिटरिंग साइड बाई बाई मीजुड डिग्री वाहनों की जानकारी देकर टर्नमेंट से बचाने में मदद करता है।
- ब्लाइंड स्पॉट डिटेक्शन : यह साइड मिरर के पास लगे सेंसर ड्राइवर की नजर से ओहलत वाहन का पता लगाते हैं और लेन बदलते समय लाइट या बीप के जरिए अलर्ट करते हैं।
- ऑटोमेटिक हार्ड ब्रीम असिस्ट : सामने से आने वाले वाहनों की रोशनी पहचानकर हेडलाइट की बीम को अपने-अपने समायाजित करता है, जिससे रात में ड्राइविंग अधिक सुरक्षित हो जाती है।
- ट्रैफिक साइन रिक्विशन सिस्टम : सड़क के संकेत व गति सीमा को पढ़कर वाहन को सतर्क रखता है।
- स्मार्ट पार्किंग असिस्ट : तंग जगहों पर पार्किंग को आसान बनाता है, जबकि एआई वॉयस असिस्ट अलार्ज के जरिए कई कमांड्स को निष्पादित करने की सुविधा देता है।



विशेषज्ञ की राय

भारत में एआई आधारित कारों का भविष्य काफी संभवनाओं से भरा है। आने वाले वर्षों में घबन और अधिक सुरक्षित, सुविधाजनक और स्मार्ट होंगे। एआई का उद्देश्य ड्राइविंग को अधिक सुरक्षित बनाना है। अडवांस, वॉयस असिस्ट, कनेक्टेड कार टेक्नोलॉजी और ड्राइवर मॉनिटरिंग सिस्टम जैसे फीचर तेजी से लोकप्रिय हो रहे हैं। हालांकि, पूरी तरह सेल्फ-ड्राइविंग कारें अभी भारतीय परिस्थितियों के अनुरूप नहीं हैं। कार खरीदते समय एआई फीचर्स के साथ सुरक्षा, सॉफ्ट नेटवर्क और रखरखाव लागत पर भी ध्यान देना चाहिए।

- पनीष श्रीवास्तव, सीओओ, वॉयस टाटा

तकनीक

ओपन एआई का नया सुरक्षा फीचर

चेटजीपीपीटी में एक नया सुरक्षा फीचर लॉकडाउन मोड जोड़ा गया है। इस फीचर को यूजर्स की सुरक्षा को ध्यान में रखते हुए तैयार किया गया है, ताकि सेवेदनशील और निजी जानकारी के साथ काम करते समय अतिरिक्त सुरक्षा मिल सके।

व्यो बनाया गया

इसका विकास एआई इंजिनरिंग अटैक जैसे साइबर हमलों से निपटान है, जिसमें छिपे निर्देशों से एआई को गुमराह कर लगत वा सेवेदनशील जानकारी को लक्ष्य बनाने की कोशिश की जाती है। लॉकडाउन मोड ऐसे खतरों से सुरक्षा देने में मदद करता है।

कैसे करता है काम

लॉकडाउन मोड चालू होने पर चैट जीपीपीटी को कुछ ऑनलाइन और बाहरी इंटरैक्शन संबंधी सुविधाएं सीमित हो जाती हैं। इसका उद्देश्य सेवेदनशील ड्राइवर खतरों और डाटा के दुरुपयोग को जोखिम को कम करना है। इस तरह यह मोड एक अतिरिक्त सुरक्षा परत के रूप में काम करता है, जिससे सेवेदनशील जानकारी अधिक सुरक्षित रहती है।

किनके लिए उपयोगी

यह फीचर पत्रकारों, शोधकर्ताओं, कारोबारियों और सेवेदनशील जानकारी संचालने वाले उपभोक्ताओं के लिए उपयोगी हो सकता है। इससे मातृत्वपूर्ण डाटा की सुरक्षा बढ़ाने में मदद मिल सकती है और इलेक्ट्रॉनिकताओं को अधिक सुरक्षित अनुभव मिल सकता है।

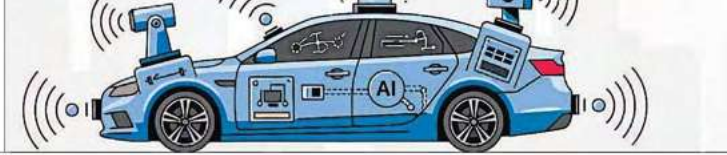
अर्पित सोनी

बाजार के साथ बढ़ती पहुंच

भारत में अडवांस और कनेक्टेड कारों की मांग तेजी से बढ़ रही है। 2025 में अडवांस से लैस कारों की लिसेंसिंग बढ़कर 8.3 फीसदी हो गई, जो एक साल पहले 6.2 फीसदी थी। वहीं, रिसेचर फर्मों का अनुमान है कि आने वाले वर्षों में कनेक्टेड कारों की लिसेंसिंग 40 से 45 फीसदी तक पहुंच सकती है। अब 15 से 25 लाख रुपये तक की कई कारों में भी अडवांस कनेक्टेड फीचर्स मिल रहे हैं, जिससे नई तकनीक मध्यम वर्ग की पहुंच में आ रही है और सुरक्षा एवं सुविधा दोनों बढ़ रही हैं। हालांकि, ये सिस्टम सहायक भूमिका निभाते हैं और सुरक्षित ड्राइविंग की जिम्मेदारी ड्राइवर की ही होती है।

व्यापक रही लोकप्रियता

बहुतेरे हाई-एंड नेटवर्क, तकनीक में रुचि और सस्ते होने से सेंसर कैमरों के



गैजेट

बड़ी बैटरी के साथ आया रियलमी पी4आर 5जी

रियलमी ने भारतीय बाजार में अपना नया रियलमी पी4आर 5जी स्मार्टफोन पेश किया है। यह फोन उन शहरी लोगों के ध्यान में रखकर बनाया गया है, जो 20 हजार रुपये से कम कीमत में बड़ी बैटरी, 5जी कनेक्टिविटी और आधुनिक फीचर्स वाला स्मार्टफोन लेना चाहते हैं।

लंबी चालनी बैटरी

फोन में 8000एमएएच की बैटरी दी गई है। यह एक बार चार्ज करने पर कई दिनों तक साथ दे सकती है। इसके साथ 45 घंटा फास्ट चार्जिंग सपोर्ट भी मिलता है।

144 हर्ट्ज डिस्प्ले देगा बेहतर अनुभव

इसमें 6.8 इंच का बड़ा डिस्प्ले दिया गया है, जो 144 हर्ट्ज

कम कीमत में दमदार बैटरी वाले नए फोन

इनफिनिक्स स्मार्ट 20

इनफिनिक्स ने भारतीय बाजार में अपना नया बजट स्मार्टफोन इनफिनिक्स स्मार्ट 20 पेश कर दिया है। कंपनी ने इसे उन ग्राहकों को ध्यान में रखकर पेश किया है, जो कम कीमत में बड़ी बैटरी, अच्छा डिस्प्ले और आधुनिक फीचर्स वाला फोन खरीदना चाहते हैं।

नेविगेशन हॉगे बेहतर

फोन में 120हर्ट्ज रिफ्रेश रेट वाला डिस्प्ले दिया गया है, जिससे स्क्रीन और एप्स का इस्तेमाल अधिक बेहतर महसूस होगा। यह फीचर आमतौर पर महंगे स्मार्टफोन में देखने को मिलता है।

सैमसंग के नए बजट फोन भी जल्द आएंगे

सैमसंग जल्द ही अपने दो नए बजट स्मार्टफोन गैलेक्सी एफ 08 4जी और गैलेक्सी एम 08 4जी लॉन्च कर सकता है। हाल ही में ये दोनो मॉडल जीएसएम टैब्लेट्स में देखे गए हैं, जिससे इनके आने के संकेत मिले हैं। हालांकि, कंपनी ने अभी इनके फीचर्स और लॉन्च डेट का खुलासा नहीं किया है, लेकिन रिपोर्टरों के अनुसार इनकी कीमत 10 हजार रुपये से कम हो सकती है।

- फीचर डेस्क

मौसम खराब हो, तो बाइक चलाते समय रहें सतर्क

भीषण गर्मी, लू और आंधी-बारिश में बाइक चलाना जोखिम भरा होता है। सड़क फिसलन भरी हो जाती है और तेज हवाएं संतुलन बिगाड़ सकती हैं। अपना बचाव कैसे कर सकते हैं, आइए जानें...

ड्राइविंग टिप्स

कारों की तुलना में बाइक पर सफर करते समय मौसम का असर ज्यादा जल्दी महसूस होता है, क्योंकि इसमें कोई बड़े केबिन नहीं होता। तेज धूप, गर्म हवाएं और अचानक बदलती मौसम की स्थिति सौंपे ध्यान को प्रभावित करती हैं, जिससे थकान और असंतुलन का खतरा बढ़ जाता है। ऐसे में सावधानी और ड्राइविंग को सही आदतें अपनाकर बेहद जरूरी हो जाता है।

तेज गर्मी में बाइक पर पड़ने वाला असर : तेज गर्मी में सिर्फ बाइक चालक ही नहीं, बाइक चलाने की क्षमता भी प्रभावित होती है। लगातार गर्म हवा और उच्च तापमान से इंजन जल्दी गर्म होने लगता है, जिससे चलाने में दिक्कत बढ़ सकती है। टायर का प्रेशर भी बढ़ जाता है, जिससे ग्रिप

पर असर पड़ता है। और गर्मों या मोड़ों पर नियंत्रण थोड़ा कमजोर हो सकता है। लंबे समय तक धूप में खड़ी बाइक की सीट और मेटल पार्ट्स भी बहुत गर्म हो जाते हैं। इस कारण सड़क पर चल रही बाइक हवा के झोंकों से आसानी से डगमगा सकती है। ऐसे में चालक को शरीर का बचन संतुलित रखकर और हैंडल पर मजबूत पकड़ बनाकर चलाना चाहिए।

बुंधला दिखना : गर्मी और आंधी के दौरान सड़क पर धूल बहुत बढ़ जाती है, जिससे ड्राइविंग में दिक्कत बढ़ जाती है। इससे सामने का ट्रैफिक और गड्ढे ढेर से दिखते हैं, जो अचानक टक्कर का कारण

बन सकते हैं। ऐसे में स्पीड कंट्रोल और दूरी बनाए रखना जरूरी है। तेज गति से बाइक चलाने से बचें।

बाइक की पहले से जांच जरूरी : लंबी दूरी की यात्रा करने से पहले टायर प्रेशर, ब्रेक, इंजन ऑयल और लाइट्स की जांच जरूर करनी चाहिए, ताकि रास्ते में कोई तकनीकी समस्या न आए।

कौन सा हेलमेट बेहतर : बदलते मौसम में हेलमेट की सुरक्षा कवच है, जो धूप, गर्म हवा, बारिश और धूल से बचाता है। पूर्ण चेहरे और सिर को कवर करने वाला हेलमेट ज्यादा सुरक्षित होता है।

हमेशा आईएसआई मार्को और भरोसेमंद ब्रांड का हेलमेट ही इस्तेमाल करना चाहिए, क्योंकि सस्ते या निम्न ब्रांड वाले हेलमेट पर्याप्त सुरक्षा नहीं दे पाते और गंभीर चोट का कारण बन सकते हैं।

- सिद्धार्थ मिश्रा

रश्मि

मन में उदास रहना शुरू होना। पिता की सेहत का ध्यान रखें। परिवार का साथ मिलेंगे।

करोबार में वृद्धि होगी। विदेश यात्रा के योग्य भी बन रहे हैं। आय में वृद्धि देखेंगे।

वृद्धि : करोबार में वृद्धि होगी। किसी मित्र का सहयोग भी मिल सकता है। सु-स्वास्थ्य खान-पान में रुचि होगी। परिवार में सुख-शांति रहेगी। सेहत का ध्यान रखें।

तुलना : शैक्षिक कार्यों के लिए किसी दूसरे स्थान पर जा सकते हैं। किसी मित्र का सहयोग भी मिल सकता है। करोबार के लिए काम से करोबार में वृद्धि हो सकती है।

वृद्धि : धर्म-नैतिक रूढ़ि बढेगी। धार्मिक-संस्कृतिक के प्रति रुचि बढ़ सकती है। परिवार का साथ मिलेंगे। करोबार में लाभ में कमी आ सकती है। सवेत रहे।

पंचांग | पं. अश्विन कुमार शर्मा

13 जून, शनिवार, शुक्र वृत्त : 23 ज्येष्ठ (सौर) 1948, पंचांग पंचांग : 30 ज्येष्ठ मास प्रविष्टे 2083, इस्लाम : 26 जिल्दिका, 1447 विक्रमी संवत् : द्वितीय ज्येष्ठ कृष्ण त्रयोदशी तिथि सायं 04.08 मिनट तक पंचात चतुर्दशी तिथि, कृति का नखत्र रात्रि 01.17 मिनट तक, सुक्रमां योग सायं 05.29 मिनट तक पंचात पुष्य योग, चंद्रमा पंच राशि में प्रातः 09.26 मिनट तक उपरांत वृष राशि में।

सूर्य उत्तरायण। ग्रीष्म ऋतु। प्रातः 09 बजे से प्रातः 10.30 मिनट तक राहुकालम्। मास शिवरात्रि प्रातः।

रोजनामचा

वर्ग पहली: 8358

उपर-परिहार में धार्मिक कार्यों से सतर्क हैं। भगवत की सज-सजाए पर रस-रसख पर खर्च बढ़ सकते हैं। रसखन कष्टकर हो सकता है। सेहत का भी ध्यान रखें।

मकर : लेखनादि बौद्धिक कार्यों में व्यस्तता बढ़ सकती है। आय के साधन बढ़ेंगे। मित्र से करोबार का प्रस्ताव मिल सकता है। करोबार में लाभ के अवसर मिलेंगे।

कुंभ : नीकरी में अफसरों का सहयोग मिलेगा, परंतु कोई अतिरिक्त जिम्मेदारी मिल सकती है। परिश्रम अधिक होगा। रहन-रहान अक्याविक्रय हो सकता है।

मौन : अनपेक्षित से मरपूर रहेगे। शैक्षिक व बौद्धिक कार्यों में मान-सम्मान प्राप्त होगा।

बौद्धिक कार्यों से आय में वृद्धि हो सकती है। नीकरी में कार्यक्षेत्र में परिश्रम अधिक रहेगा।

द्वाने के लिए प्रवृत्त करना, दवाने का काम करवाना (4)

उपलब्ध-पुष्पण, खलबली, चबवाइसे से होने वाली वीड्युषु, भागदंड, शोर-गुल (4)

7. ईश्वर, विधाता; कर्म; गुहर्षिणी (4)

9. अलौकिक लगने वाला कृत्य, इन्द्रजाल, तिलिस्म; बाजीगरी; यशोकरणा; हाथ को सफाई का काम (2)

10. तमाशा देखने वाला (2)

12. एकांत, खाली, निरन्त्र, रिक्त, शून्य (2)

14. दिवाकर; भान्कर; सुर्य; आका; मयूर (4)

15. कंट्रीला; कटि; वाता; कटौत; सतित (4)

16. एक के स्थान पर दूसरे बसु देना; परिश्रयति कर्तना; परिवर्तित होना (4)

वर्ग पहली: 8357

ऊपर से नीचे

- अधिकता; ज्यादा (5)
- चलाने वाला (3)
- उपेक्षा करना; विस्मृत भूल जाना; विस्मरण करना (2,1,2,3)
- शोक-मृत्यु के स्तर में परिवर्तन का सूचकांक (2,2,4)
- प्रशिक्षित तथा योग्य; अच्छा; चतुर; दक्ष; प्रवर्ण; श्रेष्ठ; शोशियर (3)
- बुझने वाला; लचीला (5)
- अधिपत्य; अधिपत्य; जीव; वस्तु (3)
- हरीश चन्द्र सूर्य, विधाता विधा, दिल्ली (उत्तर अगले अंक में)

सुडोकू: 8340

6		1	7	4	3
4	6			8	
3			4		
1	3			6	
4				2	
9				5	1
7	1				8
2	9	7	8		4

खेलने का तरीका : दिमागी खेल और नंबरों की पहली है यह। ऊपर नी-नी खानों के नी खाने दिए गए हैं। आपकी 1 से 9 तक संख्याएं इस तरह लिखनी हैं कि खड़ी और पड़ी लाइनों के हरेक खाने में 1 से 9 तक संख्याएं आएं। साथ ही 3x3 के हरेक खाने में भी 1 से 9 तक की संख्याएं हों। पहली का हल हम कल देंगे।

सुडोकू: 8339

5	1	6	7	3	4	8	2	9
9	7	2	6	1	8	3	4	5
3	4	8	5	2	9	6	7	1
2	6	9	4	7	1	5	3	8
4	5	1	3	8	6	2	9	7
8	3	7	2	9	5	1	6	4
1	8	3	9	6	7	4	5	2
7	2	4	1	5	3	9	8	6
6	9	5	8	4	2	7	1	3

वर्ग पहली: 8358

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16

यार से दाएं

- दवाने के लिए प्रवृत्त करना, दवाने का काम करवाना (4)
- उपलब्ध-पुष्पण, खलबली, चबवाइसे से होने वाली वीड्युषु, भागदंड, शोर-गुल (4)
- ईश्वर, विधाता; कर्म; गुहर्षिणी (4)
- अलौकिक लगने वाला कृत्य, इन्द्रजाल, तिलिस्म; बाजीगरी; यशोकरणा; हाथ को सफाई का काम (2)
- तमाशा देखने वाला (2)
- एकांत, खाली, निरन्त्र, रिक्त, शून्य (2)
- दिवाकर; भान्कर; सुर्य; आका; मयूर (4)
- कंट्रीला; कटि; वाता; कटौत; सतित (4)
- एक के स्थान पर दूसरे बसु देना; परिश्रयति कर्तना; परिवर्तित होना (4)

संघर्ष थमने के संकेत से बाजार में तूफानी तेजी

असर

मुंबई, एजेंसी। अमेरिका एवं इरान में शांति कायम होने के संकेतों से वैश्विक बाजारों में तेजी और कच्चे तेल की कीमतें गिरने से शेयर बाजार को परेशान कर रहे हैं। बाजार में जोरदार उछाल आया। संसेक्स 1,695 अंक से अधिक चढ़ गया जबकि निफ्टी में करीब 461 अंक की तेजी दर्ज की गई। विश्व स्तर पर मुद्रा बाजार में तेजी आई। टैंग में इरान के साथ युद्ध खत्म होने और दोनों देशों के बीच समझौते को लेकर सहमति बनने की खबर कहीं है। इससे वैश्विक बाजार पर निभाव कम होने की उम्मीद बढ़ी और निवेशकों की धारणा मजबूत हुई। इससे संसेक्स 1,695.40 अंक उछलकर 17,527.95 अंक पर बंद हुआ। कारोबार के दौरान एक समय पर 1,775.47 अंक चढ़कर 75,608.02 अंक तक पहुंच गया। इसी तरह, निफ्टी 461.30 अंक बढ़कर 23,622.90 पर बंद हुआ। कारोबार के दौरान यह 483.75 अंक प्रतिक्रिया दर्शाकर 23,645.35 तक पहुंच गया था।



विदेशी बाजारों में भी रौनक रही

एशिया के अन्य बाजारों में दक्षिण कोरिया का कोरिया 4.63 प्रतिशत और जापान का निक्की सूचकांक 2.81 प्रतिशत बढ़ा। चीन का शंघाई कॉम्पोजिट और हंगकांग का हैंगसेंग सूचकांक भी बढ़त में रहे। यूरोपीय बाजार भी बढ़त के साथ कारोबार कर रहे थे।

निवेशकों की संपत्ति ₹9.66 लाख करोड़ बढ़ी

बाजार में आई इस तेजी से निवेशकों की संपत्ति एक ही दिन में करीब 9.66 लाख करोड़ रुपये बढ़ गई। बीएसई में सूचीबद्ध कंपनियों का कुल बाजार पूंजीकरण बढ़कर 462 लाख करोड़ पर पहुंच गया। विश्व बैंक कारोबारी सन के मुकामले इधर 9.66 लाख करोड़ रुपये की वृद्धि दर्ज की गई।

गांवों के मुकाबले शहरों में महंगाई कम बढ़ी

कच्चे तेल से महंगाई में उछाल का जोखिम बना रहेगा

यह बढ़ती वैश्विक स्तर पर कच्चे तेल की कीमतों और परिणामस्वरूप पश्चिम एशिया में लगातार तनाव के बीच हुई है। इन दोनों ही वजहों से आयातित महंगाई को लेकर चिंताएं बढ़ी हैं। ताजा आंकड़ों के मुताबिक मासिक मूल्य वृद्धि में शहरी इलाकों में खुदरा महंगाई 4.25 प्रतिशत और शहरी इलाकों में 3.53 प्रतिशत दर्ज की गई। खुदरा महंगाई लगातार चौथे महीने बढ़ी है। खुदरा महंगाई वृद्धिमाना में सबसे ज्यादा 6.71 प्रतिशत, तमिलनाडु में 5.11 प्रतिशत, आंध्र प्रदेश में 4.90 प्रतिशत, कर्नाटक में 4.59 प्रतिशत और ओडिशा में 4.54 प्रतिशत दर्ज की गई। खाद्य पदार्थों की मुद्रासमयिता दर 4.78 प्रतिशत रही।

ब्याज दरों में बढ़ोतरी संभव

अर्थशास्त्रियों का अनुमान है कि इस सन के आखिर में ब्याज दरों में बढ़ोतरी हो सकती है और इस वित्त वर्ष में 25 या 50 आधार अंक की बढ़ोतरी हो सकती है। हालांकि, महंगाई आरबीआई की 2-6 प्रतिशत की स्टीकॉउ सीमा के भीतर बनी हुई है, लेकिन यह भी पूरे सन बढ़ती इस बात को प्रस्ताव करती है कि अगर कीमतों का दबाव बना रहता है, तो अधिक्य में सख्त पॉलिसी अपनायी पड़ सकती है। विश्लेषकों ने चेतावनी दी है कि कच्चे तेल का असर अभी भी दिखेगा।

कच्चे तेल से महंगाई में उछाल का जोखिम बना रहेगा

यह बढ़ती वैश्विक स्तर पर कच्चे तेल की कीमतों और परिणामस्वरूप पश्चिम एशिया में लगातार तनाव के बीच हुई है। इन दोनों ही वजहों से आयातित महंगाई को लेकर चिंताएं बढ़ी हैं। ताजा आंकड़ों के मुताबिक मासिक मूल्य वृद्धि में शहरी इलाकों में खुदरा महंगाई 4.25 प्रतिशत और शहरी इलाकों में 3.53 प्रतिशत दर्ज की गई। खुदरा महंगाई लगातार चौथे महीने बढ़ी है। खुदरा महंगाई वृद्धिमाना में सबसे ज्यादा 6.71 प्रतिशत, तमिलनाडु में 5.11 प्रतिशत, आंध्र प्रदेश में 4.90 प्रतिशत, कर्नाटक में 4.59 प्रतिशत और ओडिशा में 4.54 प्रतिशत दर्ज की गई। खाद्य पदार्थों की मुद्रासमयिता दर 4.78 प्रतिशत रही।

शेयर बाजार

Table with market indices: Sensex (75,572), Nifty (23,622), and Gold (95.08).

चांदी ₹10,000 चमकी, सोना भी ₹3000 उछला

नई दिल्ली, एजेंसी। अमेरिका और इरान के बीच तनाव कम होने तथा संभावित सैन्यीकरण समझौते के संकेत मिलने के बाद शुक्रवार को धरोर सुवर्ण बाजार में सोने और चांदी की कीमतों में जोरदार तेजी दर्ज की गई। निवेशकों की बढ़ती दिलचस्पी के चलते सोना 3,000 रुपये और चांदी 10,000 रुपये तक उछल गई।

स्थायी बाजार के अनुसार 99.9 प्रतिशत शुद्धता वाला सोना 3,000 रुपये की बढ़त के साथ 1,56,900 रुपये प्रति 10 ग्राम (सभी कारोबारिता) पर पहुंच गया। चांदी की कीमतें 10,000 रुपये बढ़कर 2,55,700 रुपये प्रति किलोग्राम हो गई।

रुपय में 77 पैसे का जोरदार उछाल

मुंबई, एजेंसी। रुपया शुक्रवार को 77 पैसे मजबूत होकर अमेरिकी डॉलर के मुकाबले 95.08 पर बंद हुआ। टैंग के इरान के साथ जुद्ध समाप्त होने के संकेत दिखाने के बाद वैश्विक कच्चे तेल की कीमतों में तेजी निरपेक्ष से घटने मुद्रा को समर्थन मिला है। विश्वी मुद्रा कारोबारियों के अनुसार चेल्लू शेयर बाजारों में मजबूती और अमेरिकी डॉलर में कमजोरी रख ने भी रुपय को समर्थन दिया।

मैगी-खजूर में कीड़े मिलने पर नोटिस

नई दिल्ली, एजेंसी। मैगी और खजूर के उत्पादों में कीड़े मिलने के वीडियो सामने आने पर भारतीय खाद्य सुरक्षा और मानक प्राधिकरण ने सख्त रुख अपनाया है। प्राधिकरण ने संबंधित कंपनियों को नोटिस जारी कर जांच मांगा है। सोशल मीडिया पर मैगी के एक पैकेट में कथित तौर पर कीड़े निकलने का वीडियो वायरल हो रहा था। इसे गंभीरता से लेते हुए नरेश डेवड़ा को नोटिस जारी कर रिपोर्ट मांगी गई है। वही

खजूर के उत्पाद पर भी सवाल उठे

रिफ्रिजेटेड मिन्डर के जरिए डिलिवर किए गए ऑपन सीकेट के खजूर के उत्पाद पर भी सवाल उठे हैं। सोशल मीडिया पर एक उपभोक्ता ने शिकायत की थी कि इस खजूर के उत्पाद में कीड़े मौजूद थे। भारतीय खाद्य सुरक्षा और मानक प्राधिकरण ने कंपनी को नोटिस जारी किया है। कंपनी ने इन खजूरों का खंडन किया है और नती परिस्थितियों में काम करने के कोई गड़बड़ी नहीं मिली है। शिकायतकर्ता से मुनता लेने की कोशिश का जा रही है। उधर आंध्र प्रदेश के एलुरु में स्थित एमबीआर मॉल के फेक्ट्री स्टोर पर कीड़े पाए गए थे। प्राधिकरण ने सफा-सफाई, सामान के रखरखाव, कचरा प्रबंधन और स्वच्छता की कमियों की पहचान कर जानकारी देने को कहा है।

टाटा यात्री वाहनों के दाम में इजाफा करेगी

नई दिल्ली। टाटा नेट्स से फैसला करके टैक्स लिमिटेड ने आंतरिक पहलू इन और इलेक्ट्रिक वाहन सॉल्यूटिओन्स कंपनी को कीमतों में वृद्धि करने का फैसला किया है। यह फैसला तीन महीने में दूसरी बढ़ोतरी है। कंपनी ने लागत बढ़ावों के बीच एक संकट से अपने आइटीई वाहनों की कीमतें बढ़ाई हैं।

बायजू रवींद्रन को अवमानना मामले में दायर

नई दिल्ली, एजेंसी। सिंगपूर उच्च न्यायालय ने शिवाजी-श्रीधरजी की कंपनी बायजू के संस्थापक बायजू रवींद्रन के खिलाफ अदालत को अवमानना मामले में दायर कर दिया है। शुक्रवार को रवींद्रन ने बताया कि अदालत ने 25 मई, 2026 के आदेश से नकारात्मक रूप से खुलासा संकेतों निदेशों का पालन न करने पर रवींद्रन को सजा मंजूर की गई। उन्होंने कहा कि सजा सुनाई गई और उन्हें 15 मिनट तक अवसरसम्पन्न करने को कहा गया।

नई दिल्ली, एजेंसी। अमेरिका और इरान के बीच तनाव कम होने तथा संभावित सैन्यीकरण समझौते के संकेत मिलने के बाद शुक्रवार को धरोर सुवर्ण बाजार में सोने और चांदी की कीमतों में जोरदार तेजी दर्ज की गई। निवेशकों की बढ़ती दिलचस्पी के चलते सोना 3,000 रुपये और चांदी 10,000 रुपये तक उछल गई।

‘खाने की पैकेजिंग में पिन्, तार न लगाएं’

नई दिल्ली, एजेंसी। खाद्य नियामक एफएसएसआई ने शुक्रवार को सभी खाद्य उत्पादों पर पिन् और तार न लगाने की चेतावनी दी है। इनके खिलाफ दंडात्मक कार्रवाई की जाएगी। नियामक ने कहा, 'एफएसएसआई के स्थान में आया है कि एफबीओ सजावटी केक और पेस्टो की दूसरे उत्पाद बनाने और खाने के पैकेट, केक बॉक्स, मिठाई के डिब्बे, स्नैक पाउच, टेकअवे खाद्य पैकेजिंग और खाने-पीने की दूसरी पैकेजिंग को बंद करने या जोड़ने के लिए धातु या स्टेपल पिन् और तार का इस्तेमाल कर रहे हैं।' ऐसे कड़े मानकों सामने आए हैं जिनमें केक और खाने के पैकेट में धातु या स्टेपल पिन् बंद करने की चेतावनी दी है। एफएसएसआई ने कहा कि इससे 'खाद्य सुरक्षा का गंभीर खतरा' पैदा होता है। नियामक ने कहा कि इस बात का काफी खतरा है कि शाकाहारी अनाज में ऐसे पिन् खा सकते हैं। इससे नुकसान हो सकता है और सेहत पर असर पड़ सकता है।

प्याज खरीदने का मूल्य बढ़ाया

नई दिल्ली, एजेंसी। सरकार ने किसानों को आय बढ़ाने के उद्देश्य से बकर स्टीक कार्यक्रम के तहत प्याज का खरीद मूल्य बढ़ाकर 16.50 रुपये प्रति किलोग्राम कर दिया है, जो पहले 15.80 रुपये प्रति किलो था। यह संशोधित दर शनिवार से प्रभावी होगी। सरकार का यह कदम बाजार में दामों को संतुलित रखने के साथ-साथ किसानों को इनकी उपज का बेहतर मूल्य दिलाने के प्रयासों का हिस्सा है।

कच्चे तेल से महंगाई में उछाल का जोखिम बना रहेगा

यह बढ़ती वैश्विक स्तर पर कच्चे तेल की कीमतों और परिणामस्वरूप पश्चिम एशिया में लगातार तनाव के बीच हुई है। इन दोनों ही वजहों से आयातित महंगाई को लेकर चिंताएं बढ़ी हैं। ताजा आंकड़ों के मुताबिक मासिक मूल्य वृद्धि में शहरी इलाकों में खुदरा महंगाई 4.25 प्रतिशत और शहरी इलाकों में 3.53 प्रतिशत दर्ज की गई। खुदरा महंगाई लगातार चौथे महीने बढ़ी है। खुदरा महंगाई वृद्धिमाना में सबसे ज्यादा 6.71 प्रतिशत, तमिलनाडु में 5.11 प्रतिशत, आंध्र प्रदेश में 4.90 प्रतिशत, कर्नाटक में 4.59 प्रतिशत और ओडिशा में 4.54 प्रतिशत दर्ज की गई। खाद्य पदार्थों की मुद्रासमयिता दर 4.78 प्रतिशत रही।

मुद्रा मंडार में 71.1 करोड़ डॉलर घटे

मुंबई। देश का विदेशी मुद्रा भंडार पांच जून को समाप्त सप्ताह में 71.1 करोड़ डॉलर घटकर 681.61 अरब डॉलर रहा। इससे विश्व बैंक ने बताया कि विदेशी मुद्रा भंडार 93.8 करोड़ डॉलर बढ़कर 682.32 अरब डॉलर रहा था।

पश्चिम मध्य रेल बुकी निविदा, दिनांक 09/06/2026

कार्यालय मुख्य अभियंता, नगर निगम कानपुर

Directorate of Food, Civil Supplies & Consumer Protection

Request for Expression of Interest (EOI)

PROJECT IMPLEMENTATION UNIT-USDMA

कार्यालय अधिशासी अभियंता सिंचाई निर्माण खण्ड, गाजियाबाद

उपरोक्त पावर ट्रांसमिशन कारपोरेशन

नगर निगम कानपुर द्वारा सीएम प्रिजेंट योजनाएं फंड-3 के निम्न कार्य हेतु पात्र निविदादाताओं से पुनः ई-निविदा

जसपाल राणा : अर्जुन भी, द्रोणाचार्य भी

स्मृति शोध
28 जून, 1976/ 12 जून, 2026

अर्जुन निशानेबाज जसपाल राणा उन विरले शखिसयतों में शामिल रहे, जिन्हें खिलाड़ी के रूप में अर्जुन और कोच के रूप में द्रोणाचार्य दोनों ही पुरस्कार मिले। अर्जुन बनकर उन्होंने राष्ट्रमंडल खेलों में रिकॉर्ड पदक जीते, तो द्रोणाचार्य बनकर मनु भाकर समेत कई निशानेबाजों को भारत का नाम रोशन करने के लिए तैयार किया। उनकी विदाई पर उन्हें बनाने वाले और उनके बनाए खिलाड़ियों की नजर से 'हिन्दुस्तान' ने उन्हें देखा...

गुरु: नारायणसिंह राणा

शानदार ट्रैक रिकॉर्ड थी मेरी गुरु दक्षिणा

देहरादून, **वरिष्ठ संवाददाता।** अनुशासन, अटूट संलग्नता, अडिग साहस ये तीन बातें थीं मेरे जसपाल में।

जीतने और जीत के चाबजुद जमीन से जुड़े रहने की उसकी कर्तबगिरी उरसे तथाम् अनूत खिलाड़ियों से अलग बनाती थी। कुरुआती सालों में मैंने उसे निशानेबाजी के गुरु सिखाया शुरू किए थे और पता नहीं चला कि कब मैं उससे खोखले लगा। ये कहते-कहते उनकी आवाज भारी हो जाती है। जसपाल के पहले कोच नारायण सिंह राणा का दूख देता है। उन्होंने एक अनुशासित शिष्य के साथ-साथ एक संस्करवान बेटा भी खोजा है। उत्तराखंड के पहले खेलमंत्री और जसपाल के पहले कोच रहे उनके पिता नारायण सिंह कहते हैं कि किसी गुरु के

लिए उसके शिष्य का रिकॉर्ड ही गुरु दक्षिणा होता है। जसपाल का शानदार ट्रैक रिकॉर्ड इस बात का गवाह है कि वह कैसे शिष्य था उसकी कई खूबियां थीं जिसमें उसका अनुशासन और जड़ों से जुड़ाव मुझे सबसे अधिक पसंद था। देश के लिए कई बार स्वर्ण पदक और कई पुरस्कार जीतने के चाबजुद वह जड़ों से कटा नहीं। उनमें जब चौथिन बनने के बाद उनका शिष्यत्व में निशानेबाजी को तरासने का उपाय खिंचा, उस दिन भी मुझे लगा कि मेरे साथना सफल हूँ।



उपलब्धियां

1994	1997	2020
अर्जुन पुरस्कार	पद्म श्री सम्मान	देवकर्मा पुरस्कार
1994 में मिलातन में 25 मीटर राईड फिरेल स्पर्धा में जूनियर विश्व खिताब जीतकर अंतरराष्ट्रीय पहचान बनाई	1994 के एशियाई खेलों में 25 मीटर फिरेल स्पर्धा में स्वर्ण पदक जीता।	1994 से 2006 के बीच बार राष्ट्रमंडल खेलों में कुल 15 पदक जीते
राष्ट्रमंडल खेलों में 15 पदकों में 9 स्वर्ण पदक शामिल।		

बुखार से जूझते हुए चैंपियनशिप में उतरे

मुझे अब भी यकीन नहीं हो रहा कि जसपाल हमारे चीज नहीं रहे। उनकी सभसे बड़ी खूबी कभी हार न मानने का जन्म था। मुझे एक ट्रनमिंस को पटना याद है। उनकी तब तक बेहद खराब थी हमारे कोच ने कहा था कि उनको जगह दूसरे खिलाड़ी को मौका दिया जाए। लेकिन जसपाल मानने वाली में से नहीं थे। बुखार और दर्द से जूझते हुए उन्होंने विषय रिकॉर्ड बना दिया। - अंजलि भागवत, पूर्व भारतीय निशानेबाज

शिष्य: मनु भाकर

'हम उन्हें अपने प्रदर्शन से जीवित रखेंगे'

देहरादून। स रिफ्ट हमारे कोच नहीं, बल्कि मार्गदर्शक और प्रेरणादायक थे।

जसपाल सर जैसे लोगों का शरीर दुनिया का शेरिया होता है, उनकी सीध हमेशा ब्रम जैसी है। वे अब दुनिया में भले न हों लेकिन मुझे जैसे खिलाड़ियों के प्रदर्शनों और पदकों में वे सा जिया रहेंगे। ये कहना है

पेरिस ओलंपिक को पदक विजेता और जसपाल राणा को शिष्या मनु भाकर का।

मनु इन दिनों भारतीय टीम के प्रशिक्षण शिविर के लिए देहरादून में हैं। शुरुआत को राणा के निधन को खबर सुनने के बाद उन्होंने 'हिन्दुस्तान' से बातचीत में कहा कि जसपाल सर ने मेरे निशानेबाजी ही नहीं, अनुशासन, धैर्य और मुक्तिक परिस्थितियों में डूबे रहना भी सिखाया। उनकी सीध और सपने हमेशा हमारे साथ रहेंगे।

ख्बिगत नुकसान नहीं, बल्कि पूरे भारतीय खेल जगत की अपरुपय शक्ति है।

पेरिस ओलंपिक के लिए जसपाल से लिया था मनु प्रशिक्षण: मनु भाकर ने पेरिस ओलंपिक से पहले लंबे समय तक जसपाल राणा से प्रशिक्षण लिया था। उनकी तकनीकी समझ, खेल के प्रति समर्पण और खिलाड़ियों के प्रति अनपानन उन्हें सबसे अलग बनाता था। मनु ने कहा कि उनके अंतरराष्ट्रीय करियर और ओलंपिक पदकों के पीछे जसपाल सर का मेहनत रही।

रेंज में हर निशाना साधा, राजनीति में चूके राणा

देहरादून, **विशेष संवाददाता।** करीब करीब फावर्निय रेंज में घुसना आंठों को भेदने में कामयाब रहे अंतरराष्ट्रीय शूटर जसपाल राणा के लिए राजनीति का मैदान कड़वे अनुभव वाला रहा।

वर्ष 2009 के लोकसभा चुनाव में टिस्टी लोकसभा सीट से भाजपा प्रत्याशी के रूप में मैदान में उतरे राणा जीत का स्वप्न नहीं बेच पाए। इसके बाद दूसरा कड़ा अनुभव वर्ष 2012 में तब मिला जब विधानसभा चुनाव में उन्हें

तरीक़ा नहीं मिली। नारायण राणा ने भाजपा को अवर्षित करते हुए संसदीय का हाथ बांध लिया था। हालांकि उसके बाद राणा राजनीति में ज्यादा सक्रिय नहीं रहे। देश-दुनिया का विभिन्न प्रतिष्ठानों में वे मुझे सटीक निशाना लगाते थे हुनर की बदौलत खिलावर खिताब जीत रहे राणा युवाओं के लिए एक प्रेरणा बन चुके थे इसी लोकजीवन में राजनीति में उनके आने को यह आसानी को।

मोदी सरकार में जीवन आसान: धामी

देहरादून, **मुख्य संवाददाता।** प्रधानमंत्री नरेंद्र मोदी के 12 साल के कार्यकाल पर भाजपा मुख्यालय में नीतिगत संवाद हुआ। मुख्यालय प्रकर सिंह धामी ने 12 साल के कार्यकाल को ऐतिहासिक मानते हुए कहा कि इसमें लोगों का जीवन आसान हुआ है।

मोदी सरकार की अनुभवान भारत कोनी है, तब उनका मकसद बस एक निश्चल प्रलय आग आगामी की लिए जीवनदायक पानिवित हो रही है। हार पर विजय, पानी, मेस की सुविधा में लोगों का जीवन स्तर सुधारा है।

बम की अफवाह पर विमान को लौटाया

लखनऊ। अमीरी स्थित लखनऊ एयरपोर्ट से दिल्ली रवाना होने के लिए एयर फ्लाइट को बम की अफवाह के बाद रोकना पड़ा। एयरलाइ को सुरक्षा मिली कि किसी यात्री ने टर्मिनल के टिश्यू पेपर पर बम शब्द लिख दिया है।

थाने के अंदर पिताने बेटी को मार डाला

शर्मनाक। दिल्लीत युवक के साथ प्रेम विवाह करने पर नाराज पिछड़ी जाति के पिताने ने बेटी को बेटीसा थाने के अंदर चाकू से गोदकर मार डाला।

मुंबई से आई प्रेमिका का शव खेत में फेंका

बिजनौर। मंडावा गावा क्षेत्र के गांव नागवाणपुर में ससुरालीखेन वाददा सामने आई है। यहां के रहने वाले एक युवक ने मुंबई से अपनी प्रेमिका का गांव में बूढ़ाया और उसकी हत्या कर शव को खेत में फेंका दिया।

बहन से दुष्कर्म के आरोपी ने जान दी

बादा। चचेरी बहन से दुष्कर्म के आरोपी एक के आरोपी ने चोट मंडल कागारा में गुरुवार दे शाम में गोदम के भीतर सली लुगाकर जान दे दी। इस ससुरालीखेन घटना से जेल प्रशासन में हड़कण मच गया।

चारु पांडे का 19 सरकारी नौकरी की परीक्षा में परचम

चारु पांडे ने 19 केंद्रीय सरकारी नौकरी की परीक्षाएं उत्तीर्ण कर लाखों युवाओं प्रेरित किया है। इस खास कीर्तमान के लिए वह सोशल मीडिया पर खूब वायरल हो रही है। सरकारी नौकरी के संकेत प्रतिस्पर्धी माहौल के बीच उनके सफल होने का दादा दे रहे हैं। चारु ने 23 साल की उम

हीरा पर बर्खास्तगी की तलवार लटकी

मधुबनी, प्रधान संवाददाता। जन्म प्रदेश राजनीतिक सलाहकार सौराभ के सदस्य हीरा मंडी पर वडी करारवाई की रिफाईरिशा पाटी ने की है।

चंद्र वर्षों में कई कर्मचारियों की किस्मत का कायाकल्प

वर्द्धा पर सिखासत। अयोध्या। श्रीराम जन्मभूमि तीर्थ क्षेत्र ट्रस्ट के अध्यक्ष नरेंद्र गुणगोपाल दास के शिष्य और मंगिराम दास छावनी के उपाध्यक्ष रहे कर्मचारियों में चंद्र वर्षों में कई कर्मचारियों की किस्मत का कायाकल्प।

सहारनपुर से संदिग्ध आतंकी दबोचा

सहारनपुर/मेरठ, हिंटी। बुधो एंटीएस और मध्यदेश एंटीएस ने सहारनपुर के नतीना में अभियान चलाते हुए संधिपक आतंकी नईम अख्तरला को गिरफ्तार किया है। एक दिन नरेंद्र नईम के एक साथी मोहम्मद फारज को मध्यदेश एंटीएस ने गिरफ्तार किया था।

धर्मांतरण प्रकरण में पुलिस ने तीन को हिरासत में लिया

शामली। मंडिबल व्यवस्था के डेटे के धर्मांतरण प्रकरण में पुलिस की दबोची जारी है। शुक्रवार को पुलिस ने तीन संदिग्ध लोगों को हिरासत में लिया है। उनमें पुरुषाक्ष की जा रही है। इसके अलावा टीना में मेरठ, महिषावर, दिल्ली में दो, दक्करी में दो। पुलिस मामले में कड़ी दंड का आदेश में लगी है। अज्ञात का हिस-हिसरा संकेत रहा, सभी का दंडक छाया जा रहा है। शामली के मंडिबल स्टोर संचालक देहास देवीक के पुत्र आशु नलिक द्वारा इस्लाम धर्म अपनाने के प्रकरण की जांच का दायर बढ़ा जा रहा है।

वेबसाइट पर दिखेगी खाली सीट

एक टीटीई में बताया कि अमर सदाकति सुपरसरट में कर्मक रिफ्ट कर दो वंशों वाली आता है तो टीटीई उस सीट को संपरचयी में खाली दिखाएंगे। इसके बाद वह आईआरसीटीडी की डेबेसबट को दिखाने में। अब अगर कोई यात्रि बर्थिया या नकलाकिया या फिर किसी अन्य स्टेशन से सदाकति में सीट बुक करना चाहता है तो वह कर सकता है।

किन्नौर कैलाश यात्रा को दी मंजूरी

नेकाना पिथो (हिमाचल प्रदेश)। हिमाचल प्रदेश सरकार ने एक जुलाई से 30 जुलाई तक होने वाली सामाना नौकरी कैलाश यात्रा को मंजूरी दे दी है। इसमें हर दिन 375 तीर्थयात्रियों के शामिल होने की सीमा तय की गई है।

'गवाह और सबूत पेश करो, मैं हूँ आज की जिला जज'

वाराणसी, वसं। कचहरी में शुक्रवार सुबह उस बात हुईक वसं मया जब एक महिला जिला जज की कुर्सी पर बैठ गई और मुकदमें की फाइलें उठाकर सुनवाई करने लगी। उसने कई बार हथौड़ा पटकते हुए अधिवक्ताओं से गवाह और सबूत पेश करने कहा। इससे वहां अधिवक्ता भी चक रह गए।

सुविधा | अमी देन में वेंडिंग और आरएसी वाले यात्रियों को ही आवंटित होती है सेंट, खाली बर्थ की बुकिंग होने के लिए परचम सीट

देकिनकल विंग रेल सुचना प्रणाली केंद्र (एस) टीटीई को दिए गए हैंड हेरड टर्मिनल (एचटी) को अंगोड कर रहा है। इसमें कर्मचर्यं बुकिंग का ऑप्शन जोड़ने की तैयारी है। इसके अलावा रेलवे ने अपने ज्वाइन्ग कर्मचर्यं के अधिकारी और कुछ टीटीई को प्रशिक्षण भी दिया है।

वेबसाइट पर दिखेगी खाली सीट

एक टीटीई में बताया कि अमर सदाकति सुपरसरट में कर्मक रिफ्ट कर दो वंशों वाली आता है तो टीटीई उस सीट को संपरचयी में खाली दिखाएंगे। इसके बाद वह आईआरसीटीडी की डेबेसबट को दिखाने में। अब अगर कोई यात्रि बर्थिया या नकलाकिया या फिर किसी अन्य स्टेशन से सदाकति में सीट बुक करना चाहता है तो वह कर सकता है।

ट्रेनों में पेपरलेस हुआ टीटीई का काम

ट्रेनों में टीटीई के काम को अब पूरी तरह से पेपरलेस कर दिया गया है। इस एफएटीडी सिस्टम से हुआ है। एचएटी में नया अपडेट होने से आइसी और डीटी डिस्टट पर जाने करने वाली को बुकिंग होगी। दरअसल, पहले वॉर्डन स्टेशन के बाद टीटीई सीट पर बुककर यह जानता था कि यात्री आया है या नहीं। अब यात्री सीट पर नहीं मिलता जब सीट टीटीई अपने दो स्टेशनों तक उरका इंतजार करता था। फिर उरक सीट आरएसी वाले यात्रियों को रेलवे जाना था।

देखेंगे कर्मचर्यं की बुकिंग

कर्मचर्यं की बुकिंग पर खाली बर्थ नहीं दिखाने है। फिलहाल ट्रेनों में ही टीटीई पेसी होता है। सिर्फ सीट मिलती है, पर

धूप से छांव तक त्वचा को बचाएं

धूप की हर किरण में हर वक़्त सिर्फ़ विटामिन-डी ही नहीं मिलता। तेज़ धूप में त्वचा को नुक़सान पहुंचाने वाले तत्व भी होते हैं। ये त्वचा की रंगत बिगाड़ने के साथ अन्य कई परेशानियों को जगह भी बनते हैं। ऐसे में इन किरणों से अपनी त्वचा की रक्षा के लिए सनस्क्रीन का इस्तेमाल तो करती होंगी। मगर क्या इसे चुनने और लगाने का सही तरीका भी जानती हैं? बता रही हैं स्वाति शर्मा



सेहत अब पानी पीना नहीं भूलेंगी आप

सही मात्रा में पानी का सेवन सेहत के लिए जरूरी है। गर्मी में यह जरूरत और बढ़ जाती है, बावजूद इसके कई लोगों को नियमित अंतराल पर पानी पीना याद नहीं रहता। कैसे और क्यों बदलें अपनी यह आदत, बता रही हैं शान्वी



सनस्क्रीन केवल एक किनार केयर प्रोडक्ट भर नहीं है। यह आपकी त्वचा और सूर्य की खतरनाक यूवी किरणों के बीच एक कचबू जैसा काम करती है और त्वचा को कई तरह की समस्याओं से बचाकर रखती है। अक्सर में, सूर्य से निकलने वाली खतरनाक किरणें त्वचा को भीतरी सतह तक पहुंचती हैं, जिससे फिर्मिटेसन व समय से पहले बढ़ती उम्र को निशानियां त्वचा पर गहर आने लगती हैं। साथ ही सनबर्न, टैन्निंग जैसी समस्याएं भी होती हैं। हालांकि, सही सनस्क्रीन का उपयोग आपका इन सबको इन सबसे बचा सकता है।

कैसे लगाएं सनस्क्रीन

अपने चेहरे पर वेलीजर, टोनर और मॉइस्चराइजर लगाने के बाद उस पर सौर्य लगाएं। अब दो बड़ी बूंद सनस्क्रीन लें और उसे चेहरे पर अच्छी तरह लगाएं। सनस्क्रीन को गर्दन, कान, नाक के किनारे पर भी अच्छी तरह लगाएं। सनस्क्रीन को एक घंटा की तरह छोड़ने की जगह त्वचा में अच्छी तरह से मिलाएं। अगर मिनरल सनस्क्रीन है, तो उसका स्प्रेड रंग हटने तक उसे त्वचा पर मिलाएं। धूप में निकलने से 15 मिनट पहले सनस्क्रीन लगाएं, साथ ही हर दो से तीन घंटे बाद उसे दोबारा लगाएं।

इससे ऊपर को उम्र के लिए सनस्क्रीन को बचाव जरूरी है। संवेदनशील त्वचा वाली सनस्क्रीन बच्चों के लिए लेनी चाहिए, जिसमें जिक ऑक्सिडाइड व टाइटैनियम ऑक्सिडाइड जैसे मिनरल हों। सनस्क्रीन टैनिंग हटाती है: सच यह है कि सनस्क्रीन से टैनिंग नहीं हटती है, सनस्क्रीन आपको टैन होने से बचाती है। अगर टैनिंग पहले से है, तो उसे हटाने के दूसरे उपाय अपनाए होंगे। अगर त्वचा का किसी तरह का उपचार चल रहा है या हो चुका है, तब भी सनस्क्रीन लगाना न भूलें।

ऐसे करें चयन

● अगर त्वचा तैलीय है, तो अपने लिए लॉट वेट फॉर्मूला और ऑयल फ्री सनस्क्रीन चुनें, ताकि त्वचा के रोमिक्ट ब्लॉक न हों।
● सूखी त्वचा के लिए हाइड्रेटिंग फॉर्मूला चुनें और क्रीम बेस वाली सनस्क्रीन चुनें। सनस्क्रीन में सेरामाइड और हाइड्रोनिमिक एसिड तत्वों को ढूँढें।
● अगर त्वचा संवेदनशील है, तो मिनरल ऑक्सिडाइड और टाइटैनिम ऑक्सिडाइड वाली सनस्क्रीन चुनें।
● अगर घर के भीतर रहना है या कम बाहर निकलना है, तो आपके लिए

एसपीएफ 30 पर्याप्त है। लेकिन आपको धूप में ज्यादा निकलना होता है, तो कम से कम एसपीएफ 50 वाली सनस्क्रीन जरूर चुनें।
● अगर सनस्क्रीन से दाने या खुजली की समस्या होती है, तो मिनरल सनस्क्रीन ही चुनें।
● अगर ज्यादा परीनल आने की शिकायत है, तो वाटर रेजिस्टेंट फॉर्मूला आपके लिए बेहतर है।
● अगर त्वचा संवेदनशील है, तो मिनरल ऑक्सिडाइड और टाइटैनिम ऑक्सिडाइड वाली सनस्क्रीन चुनें।
● अगर घर के भीतर रहना है या कम बाहर निकलना है, तो आपके लिए

एसपीएफ व गॉइ स्प्रेडिंग को समझें

आपने सनस्क्रीन में एसपीएफ लिखा देखा होगा। इसके अग्रे एक संख्या भी होती है, जो बताती है कि सनस्क्रीन कितना बचाव कर सकती है। हर असलत, यह सनस्क्रीन की क्षमता बताता है, जैसे एसपीएफ 30 आपकी त्वचा का यूवी किरणों से 97% तक बचाव करती है, जबकि एसपीएफ 50 से 98% तक बचाव होता है। सनस्क्रीन का एसपीएफ कितना भी हो, सनस्क्रीन लगाने के बाद उसे हर 2-3 घंटों में फिर से लगाया जाता है। सनस्क्रीन में एसपीएफ देखने के साथ ही आपको उसमें ब्रॉड स्पेक्ट्रम का स्तर देखना चाहिए। ब्रॉड स्पेक्ट्रम का अर्थ है कि सनस्क्रीन आपका यूवीबी और यूवीबी-ए दोनों तरह की किरणों से पूरी तरह बचाव कर रही है। अगर सनस्क्रीन पर पीएचए पीएच के अग्रे प्लस का निशान है, तो समझ जाओ कि यह केवल आपको यूवीए से बचाव देगी। पानी आने के दौरान, फिर्मिटेसन व फोटेो एजिंग नहीं होगी। इसे घर के भीतर रहने पर लगाया बेहतर है। लेकिन आपको धूप में निकलना पड़ता है, तो ब्रॉड स्पेक्ट्रम आपको बेहतर बचाव देगा।

पीए के आगे जितने ज्यादा प्लस बने होंगे, उसकी क्षमता उतनी ज्यादा होगी।

बदलिए अपनी सोच

सनस्क्रीन जरूरी है, फिर भी लोग इसे नजर अंदाज करते हैं। ऑकड़ों की मानें तो 68 प्रतिशत मेट्रो शहरों की महिलाएं रोजाना सनस्क्रीन लगाती हैं, जबकि छोटे शहरों में यह आंकड़ा 42% है। वहीं 72% भारतीय महिलाएं सनस्क्रीन का इस्तेमाल केवल टैनिंग से बचने के लिए करती हैं। गहरे रंग की त्वचा को सनस्क्रीन की जरूरत नहीं: सच यह है कि गहरे रंग की त्वचा में मेलानिन पहले से ही जो से काम कर रहा होता है। यूवी किरणें मेलानिन को कार्यक्षमता को और बढ़ा देती हैं, जिससे त्वचा की रंगत असमान हो सकती है। बच्चों को सनस्क्रीन की जरूरत नहीं: सच यह है कि केवल छह महीने तक के बच्चों को सनस्क्रीन नहीं लगानी चाहिए।

घर के भीतर भी सनस्क्रीन जरूरी

अक्सर लोगों को लगता है कि घर के भीतर रहने पर सनस्क्रीन की जरूरत नहीं पड़ती। जबकि सच यह है कि घर के भीतर भी प्राकृतिक रोशनी पहुंचती है। यदि खोजें कि सूरज की रोशनी केवल तब ही त्वचा के लिए अच्छी होती है, जब उसमें यूवी किरणें शामिल न हों। ऐसा केवल दिन में दो बार सूर्योदय और सूर्यास्त के समय ही संभव है। इसके बाद घर के भीतर रहने पर भी यूवी किरणों से बचाव जरूरी है। सूर्य की किरणों के अलावा ये यूवी किरणें हमें अब मोबाइल, पीएमपीए, टीवी और एलईडी लाइट की रोशनी से भी मिलती हैं। वैज्ञानिक शोधों के मुताबिक, लंबे समय तक इस डिजिटल लाइट के संपर्क में रहने से त्वचा की अंदरूनी परतों को टोका वैंसा ही नुक़सान पहुंचता है, जैसा सूरज की किरणों से होता है। इसलिए घर में रहते हुए भी सनस्क्रीन लगाना जरूरी है। (त्वचा वजन विशेषज्ञ डॉ. वामिनी वर्मा और आर्य से बातचीत पर आधारित)



झटपट बनेंगे ये स्नैक्स



सबसे पहले पनीर को चौकोर टुकड़ों में काट लें। एक बड़े बर्तन में मैदा, कॉर्नफ्लोर, अदरक-लहसुन पेस्ट, हल्दी पाउडर, लाल मिर्च पाउडर, गरम मसाला, नमक, मिक्सड हर्ब्स और नींबू का रस डालकर अच्छी तरह से मिलाएं। इस मिश्रण में थोड़ा-सा पानी मिलाकर पेस्ट तैयार कर लें। कॉर्न फ्लेक्स को हाइड्र में डालकर दरदरा घोंस लें। अब पनीर के टुकड़ों को पहले मैदा वाले मिश्रण में अच्छी तरह से मिलाएं और फिर उसके ऊपर कॉर्न फ्लेक्स वाला मिश्रण अच्छी तरह से बुकें। पनीर के इन टुकड़ों को दस मिनट के लिए फ्रीजर में रख दें। एक कड़ाही में तेल गर्म करें और पनीर के टुकड़ों को सुनहरा होने तक तलें। फिर इसे टिश्यू पेपर पर निकालें। इसे पसंदीदा चटनी या टोमेटो केचअप के साथ सर्व करें।

रेसिपी

गर्मी की छुट्टी मतलब बच्चों की तरफ से बार-बार स्नैक्स की मांग आना। लेकिन स्नैक्स का मतलब हर वक़्त पैकेटबंद पीजे ही नहीं होती। आप उनके लिए घर में ही सेहतमंद स्नैक्स बना सकती हैं। इसकी रेसिपी बता रही हैं गंगा सक्सेना

वेज बुलेट

फिटनेस लोगों के लिए • 02 कृफिग टाइम 30 मिनट

सामग्री • कद्दूस किया गाजर : 5 • उबला और मैशड आलू : 2 • बारीक कटी धनिया पत्ती : 1 चम्मच • कटी हुई हरी मिर्च : 1 चम्मच • अदरक-लहसुन पेस्ट : 1 चम्मच • नमक : स्वादानुसार • जायफल पाउडर : चुटकी भर • दालचीनी पाउडर : चुटकी भर • लाल मिर्च पाउडर : 1/2 चम्मच • कॉर्नफ्लोर : 4 चम्मच • मैदा : 2 चम्मच • ब्रेड क्रम्ब्स : आवश्यकतानुसार • तेल : तलने के लिए

विधि एक गहरे बर्तन में कद्दूस किया गाजर, उबला और मैश किया हुआ आलू, धनिया पत्ती, हरी मिर्च और अदरक-लहसुन पेस्ट डालकर अच्छी तरह से मिलाएं। अब इसमें दालचीनी, जायफल, लाल मिर्च पाउडर, मैदा और कॉर्नफ्लोर डालें और इसे आपस में अच्छी तरह से मिलाएं। एक कड़ाही में तेल गर्म करें। तैयार मिश्रण में नमक मिलाकर, इससे मिले हुए के अकार का कटलेट बनाएं। कटलेट में कॉर्नफ्लोर लगाकर उसे अपने हाथों से सही आकार दें। अब इस कटलेट को कुछ सेकेंड के लिए पानी में डुबोएं और उसके बाद पूरे कटलेट पर ब्रेड क्रम्ब्स लगाएं। ध्यान रखें कि ब्रेड क्रम्ब्स कटलेट में अच्छी तरह से लग जाएं। अब कटलेट को मध्यम आंच पर आधा तलें और उसके बाद तले से निकालने के बाद थोड़ा ठंडा होने दें। तेल को इस बीच और गर्म करें। फिर वेज बुलेट को थोड़ा और तले सुनहरा होने तक। वेज बुलेट को टोमेटो सॉस या पसंद की चटनी के साथ गर्म-गर्म सर्व करें। नोट: वेज बुलेट में ज्यादा उबला आलू न डालें। उबले आलू को कुछ घंटे के लिए फ्रिज में रखने के बाद इस्तेमाल में लाएं।

गार्लिक चीज टोस्ट

फिटनेस लोगों के लिए • 03 कृफिग टाइम 20 मिनट

सामग्री • ब्रेड : 6 स्लाइस • बटर : 3 चम्मच • बारीक कटा लहसुन : 2 चम्मच • कद्दूस किया चीज : 1 कप • बारीक कटी धनिया पत्ती : 1 चम्मच • ऑरगेनो : 3/4 चम्मच • चिल्ली फ्लेक्स : 1 चम्मच

विधि बटर को कमरे के सामान्य तापमान में कुछ घंटे रखें। अब एक कटोरी में बटर और बारीक कटा लहसुन डालें और चम्मच को मदद से अच्छी तरह से मिलाएं। पैन को गर्म करें। ब्रेड में दोनों ओर से बटर और लहसुन वाला मिश्रण लगाएं। ब्रेड को एक ओर से क्रिसपी होने तक सेंकें। फिर ब्रेड को पलटें। उसके ऊपर कद्दूस किया चीज, धनिया पत्ती और चिल्ली फ्लेक्स डालें। पैन को ढककर एकदम धीमी आंच पर ब्रेड को पकाएं। जब चीज पिघलने लगे, तो टोस्ट को पैन से निकाल लें। इस बीच यह भी ध्यान रखें कि टोस्ट जले नहीं। तैयार टोस्ट को गर्म-गर्म ही सर्व करें।

जहाँ जाए बिना बनाव

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हरमनप्रीत कौर



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उषा उन सिलाई मशीन का गौरव करता है जिन्होंने घरों,
कौशल और आजीविका को बदल दिया। उषा ने 1935 में स्वदेशी विनिर्माण के माध्यम से
इस शोध को गौरवपूर्ण स्वदेशी पहचान दिलाई। आज, हर उषा स्ट्रेट स्टिच सिलाई मशीन
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lounge

SATURDAY, JUNE 13 2026

SATRAPI'S SWAY OVER INDIA

From chronicling revolution through a child's eyes to reimagining the grammar of comics, Marjane Satrapi, who died last week, influenced a generation of comics creators and graphic novelists in India and the world.

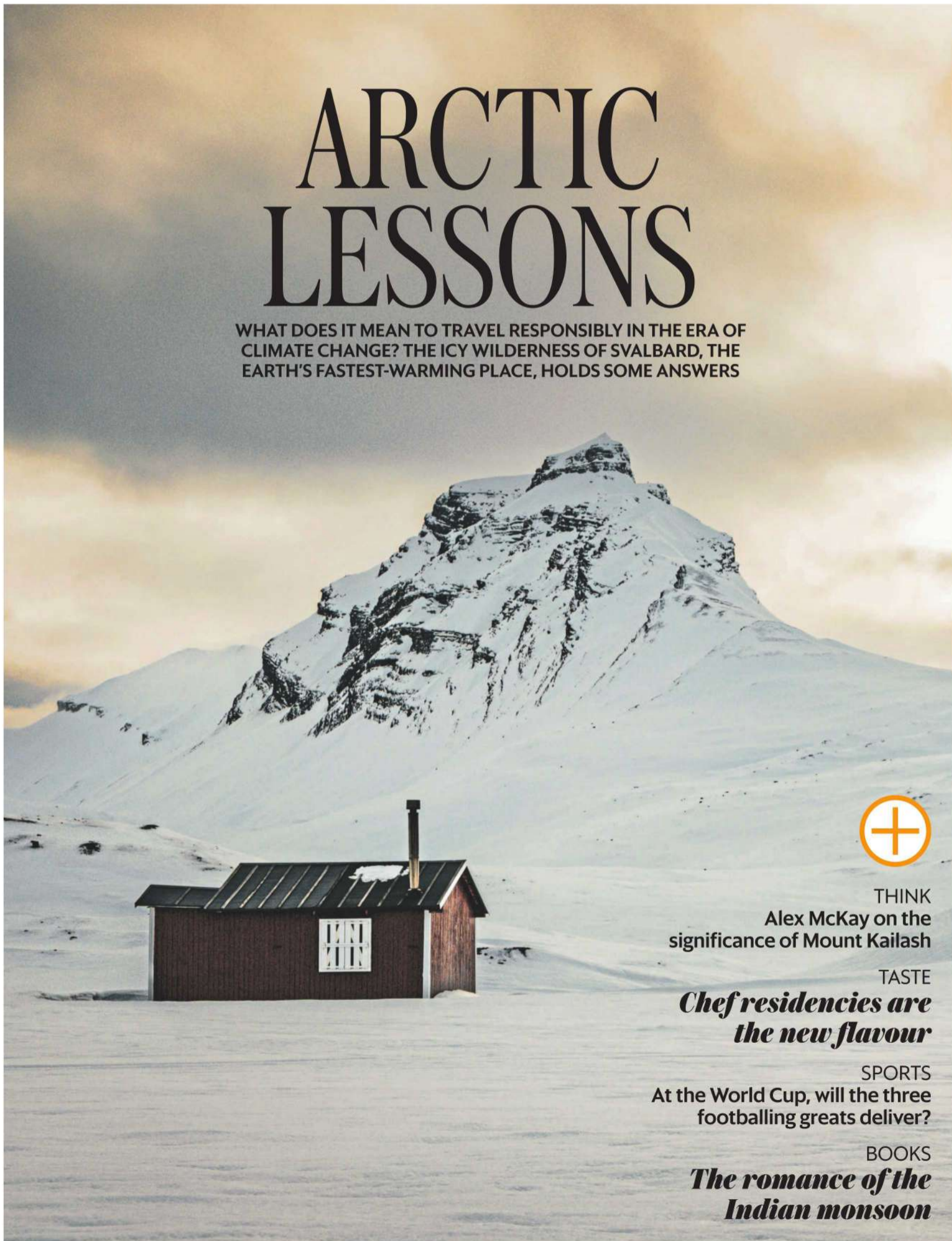
SEE PAGE 11



PEACE RALLY LIFTS MARKETS AFTER A TURBULENT WEEK | PAGE 16

ARCTIC LESSONS

WHAT DOES IT MEAN TO TRAVEL RESPONSIBLY IN THE ERA OF CLIMATE CHANGE? THE ICY WILDERNESS OF SVALBARD, THE EARTH'S FASTEST-WARMING PLACE, HOLDS SOME ANSWERS



THINK
Alex McKay on the significance of Mount Kailash

TASTE
Chef residencies are the new flavour

SPORTS
At the World Cup, will the three footballing greats deliver?

BOOKS
The romance of the Indian monsoon

A NOTE FROM
THE EDITOR

SHALINI UMACHANDRAN

Top of the world,
centre of a crisis

ROHINI NILEKANI



The Arctic Circle had seemed extremely remote and no more than a curiosity until I came across British filmmaker Temujin Doran's documentary, *North*, about a decade ago. It's shot in Svalbard in the Arctic Circle, about 1,300km from the North Pole and among the northernmost places where people live, which makes it quite a novelty. It's also one of the places where climate change was first recorded; as early as 1918, a scientist took temperatures as well as recorded tales of warmer winters and disappearing glaciers from hunters, fishers and whalers, research whose importance was superseded by the demands of the Cold War and the race to secure region's coal and petroleum reserves.

For us miles away and quite warm in India, that icy landscape of snow, frozen waterfalls, polar bears, Arctic foxes, Beluga whales and various shades of white is hard to imagine. We've probably watched time-lapse videos of glaciers retreating, shuddered, and worried briefly before moving on. But all our lives are governed by what happens in the Arctic; it influences the life-sustaining monsoon that has just set in over India. Svalbard has been at the centre of the climate debate for over a century, and Rohini Nilekani recently travelled to its wild east coast in pursuit of polar bears. She tries to reconcile the breathtaking romance and beauty of the Arctic wilderness with her lurking awareness of the advance of climate change in her essay for *Lounge*. While the fear runs deep, it is also a deeply hopeful piece, pointing out that though there is great urgency, we are not powerless and that we have agency.

Elsewhere in the issue, we address the question of responsible tourism—should we be travelling to these fragile landscapes just because we can? We record the annual cleaning of a spring-fed lake that sustains a Kashmiri community. We report on the vicissitudes Indian farmers deal with every season, most of them beyond their control or imagination but affecting their work on the ground, and review Stephen Alter's new book on the monsoon. If you're not glued to the World Cup, there's plenty to appreciate in *Lounge*.

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NEW ON SCREENS

A Spielberg film featuring extraterrestrial cover-ups, Mexico's first stop-motion animation film, and other titles to watch



BACKROOMS

A furniture store owner (Chiwetel Ejiofor) and his therapist (Renate Reinsve) discovers a seemingly endless series of rooms in the basement. This psychological horror film by 20-year-old Kane Parsons has become one of the surprise hits of the year. (In theatres)

DISCLOSURE DAY

Steven Spielberg returns to one of his pet themes in this film about the government covering up evidence of extraterrestrials. Spielberg's interest in aliens was rekindled by a 2017 *New York Times* investigative article on the Pentagon's UFO programme. The cast includes Emily Blunt, Josh O'Connor, Colin Firth, Eve Hewson, Colman Domingo and Wyatt Russell. Also part of the film are two of Spielberg's longest-serving collaborators: Janusz Kamiński handles the cinematography, and the music is by the peerless John Williams. Screenplay by David Koepp, who wrote *Jurassic Park* and *War of the Worlds* for Spielberg. (In theatres)



Compiled by Uday Bhatia

I AM FRANKELDA

A young writer in Mexico in the mid-1800s is approached by a prince to help save the kingdom. Arturo Ambroz and Roy Ambroz's *I Am Frankelda* is Mexico's first stop-motion animation film. (Netflix)



AFTERNOONS OF SOLITUDE

This 2024 documentary is a look at the professional life of Andrés Roca Rey, a prominent matador. Director Albert Serra doesn't shy away from the brutality of bullfighting, but brings a disturbing beauty to Rey's work. (MUBI)



PLAN THE WEEK
AHEAD



SCULPTED FROM SCRAPS

A new exhibition pays tribute to the legacy of Nek Chand Saini, the man behind Chandigarh's iconic Rock Garden. Visitors get to see a series of sculptures, which highlight the artist's ability to transform discards into works of enduring cultural significance. Born in 1924, Saini joined the Chandigarh Capital Project in 1950. Working in the northern edge of the city, he got access to materials and space necessary for his art. He would collect stones from the Shivalik Hills, discarded ceramics from neighbouring villages and pebbles from the riverbeds of Patiala Ki Rao and the Ghaggar to build his imaginative worlds.

At *Akara Modern, Colaba, Mumbai*, till 4 July, Tuesday to Saturday, 11am-6.30pm.



A QUEER THEATRE FESTIVAL

Pune is all set to host a queer theatre festival, SatRang Mahotsav, to coincide with International Pride Month. While 12 performances will be held across six days at the Shreeram Lagoo Rang Avkash blackbox theatre, a series of workshops and panel discussions will take place at the Rangshila. The majority of the productions have not been staged in the city before. It is a festival for and by the LGBTQ+ community. The audience will get to see performances spanning diverse genres, ranging from lavani to dramatised drag, in languages such as Marathi, Hindi and English.

At *Maharashtra Cultural Centre, Pune*, from 16-21 June.

—Compiled by Avantika Bhuyan

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LIVE

Does loyalty at work
matter in the AI era?

Every generation creates its own definition of loyalty. For Gen Xers, professional loyalty was perceived as the outcome of good compensation and consistent elevation along the corporate ladder. But then came the millennials and Gen Zs and gave the idea a spin. With the steady integration of Agentic AI into organisational workflow, jobs based on repetitive tasks are being made redundant, writes **Somak Ghoshal**. As automation has become front and centre in the global workforce, the promise of a secure job has turned into wishful thinking and Gen Z too isn't consumed by the idea of job stability, going by surveys and reports. Without a job providing any sense of stability, does loyalty to a company matter?



MOVE

How to choose a gym
that fits your budget

A long-term gym is one of the most critical choices you will make in your fitness journey, writes **Pulasta Dhar**, and there are very few gyms that will give you everything you want. The decision about the gym that's best for you isn't just about equipment or space; it also includes factors like price, distance from your home or workplace, and the operating hours. Advanced and experienced athletes may not need a lot of equipment or the help of trainers, but beginners will need more kinds of equipment to learn various exercises, and the motivation of a larger space with other people to keep returning to the gym. Dhar tells you how to find a gym that will make your workout a thing to look forward to.



WATCH

An insider's cynical
view of cinema

A bhinav Sunder Nayak gravitates towards obsessive compulsive curmudgeons. He is only two films old but there is a pattern. If his debut film *Mukundan Unni Associates* is about a dogged lawyer who would stop at nothing to accomplish his insurance scam, his latest *Mollywood Times* is about another obstinate young man, Vineth Madhavan (Nasien), an aspiring Malayalam filmmaker. It's a cynical insider's view of the world of cinema with uncompromising characters, vicious businessmen and unforgiving mindsets. The film's thesis is that the world of cinema is ludicrous, savage and mostly unscrupulous. *Mollywood Times*, is about the dark underbelly of the film industry, writes **Aditya Shrikrishna**.



PLAY

Football's evolving
tactical landscape

The World Cup has just begun, and as we enjoy its biggest, most expanded version, it's a good time to take a look at the history of one of the world's most popular games. After World War II, the game changed a fair bit outside of England with players adopting new patterns, tactics and innovations. The struggle between offence and defence played out slowly at first, but the coming of television and live broadcasting of games into homes transformed the game quickly. England's 1953 loss to Hungary led to the rise of what is today called analytics. In this excerpt from *The Shortest History of Football*, **Brian D. Bunk** explains how rule changes and fresh approaches resulted in the game we watch today.



A long road to becoming 'Antiboy'

RE READINGS

A monthly column on backlisted books that have much to offer in contemporary times

Dutch writer and artist Valentijn Hoogenkamp deals with the difficulties of coming out as non-binary in his memoir

Somak Ghoshal
somak.ghoshal@partner.livemint.com

In an undated but not too distant past, Dutch writer and artist Valentijn Hoogenkamp, who now identifies as non-binary and uses he/him pronouns, discovered that he had the deadly BRCA1 gene mutation, inherited from his mother. The latter had ovarian cancer, which Hoogenkamp was at the risk of getting. He was also declared susceptible to having breast cancer in the future.

Considering this grim prognosis, instead of living under a sentence, Hoogenkamp decided to get a double mastectomy and hysterectomy after his mother died. He had a "sweet boyfriend" at the time, a man named Mort, who had pledged not to leave him no matter the outcome of the procedure, and a close friend, Charlotte, who held his hand through the days of surgery and a long, hard recovery. But by the time Hoogenkamp woke up in his hospital bed, something had radically shifted at the core of his being.

It wasn't so much that he had become someone else—rather, it was as though the person who had been hiding under layers of flesh, blood, sinews and years of social conditioning had suddenly broken free and emerged into the world.

Hoogenkamp's slim memoir, *Antiboy*, opens with him in the hospital bed as "Antiboy," the new name he chooses for himself. It's a heart-wrenching story,



whimsical and novelistic by turn, that doesn't fit into neat narratives of coming out. Hoogenkamp doesn't get top surgery because he wants to transition into another gender. Rather his decision is dictated by circumstances though eventually it unlocks a truth he had kept secreted within himself for years. "I don't just want to survive," as he says at one point, "something wants to reveal itself."

Coming out is a deeply private experience. Each individual must negotiate its fallouts (for invariably, there are fallouts) as their circumstances dictate. But coming out as non-binary is probably even harder, both within and outside of the queer community. Public awareness of what it means to be gender non-conforming is much lower, compared to what L, G and T stand

Coming out as non-binary is hard, both within and outside of the queer community.

GETTY IMAGES

As Hoogenkamp reckons with changes in his anatomy, he remembers vignettes from his past, especially the medical travesty preceding his surgery.

for in the alphabet soup. When it comes to chosen pronouns, people default to going by the optics of what someone "looks like" and objections are usually met with sniggers or outright hostility.

According to a multi-nation survey conducted by market research company Ipsos in 2021 (the time *Antiboy* is set), around 1-3% of global adults identify as transgender, non-binary and gender non-conforming. Public awareness of the exact meaning of these terms, the report adds, is commensurate with the above numbers (which is less than 5%). The fact that gender exists on a spectrum and is becoming increasingly fluid with the younger generations is yet to be fully grappled with by an overwhelming number of people.

Hoogenkamp's experience of coming

into his chosen self is harrowing and traumatic, that too in a country like the Netherlands, which legalised same-sex marriage as early as 2001. One can only imagine how tough it must be to resist the straitjacket of sexuality in societies like India, where LGBTQ+ rights are suspended in a limbo of part-recognition and part-resistance.

As Hoogenkamp reckons with the changes in his anatomy, he remembers vignettes from his past, especially the medical travesty that had preceded his operation. A renowned cosmetic surgeon he consults makes no secret of his disapproval of Hoogenkamp's decision not to have implants. "Aesthetically undesirable" is how he describes such an outcome, while insisting that a pretty girl like Hoogenkamp deserved nothing less than the lifelike replicas of her glorious, natural breasts. "I've come here with a high risk factor for cancer," Hoogenkamp recalls, "and the doctor's idea of consolation is to keep on telling me I won't be ugly afterwards."

Other doctors urge him to have a baby before undergoing hysterectomy. But the patient cannot be persuaded. When he asks his dying mother for advice, she asks him to stick to the script: Be with Mort and build a life of domestic bliss, complete with children. Hoogenkamp's mother had also endured a loveless marriage to a good but unexciting man for the sake of her children. It is only with her final wish—to have *I Want to Break Free* by Queen blasted out of an amplifier as her coffin is lowered into the ground—that she decides to draw attention to who she actually was.

However, life has been different for Hoogenkamp—from his childhood experience of being bullied at school for being an oddball, to a rocky coming of age, to his unruly and uncontained desires that had led him into the arms of both men and women with equal abandon. "I thought femininity was something that could be learned," he writes at one point, only to realise after much privation that "my sex-

ual orientation was being wanted. I was sick to death of feeling unwanted."

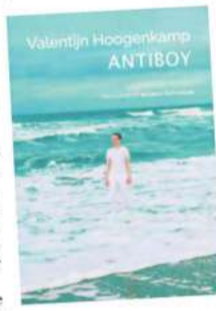
Hoogenkamp's path to becoming Antiboy is paved by a million heartbreaks. When he stubbornly embraces his breastlessness and the spiky short hair to go with it, he disappoints Mort, who can no longer recognise the person he was once madly in love with. "I tried to explain to Mort that I was attracted to women, but also to him, that it really didn't matter to me," Hoogenkamp writes, "but he said it should matter to me, just like it mattered to him that I no longer felt like a woman."

Despite taking care of Hoogenkamp as he recuperates, Mort refuses to hold hands with him in public for fear of being labelled gay. Behind closed doors, he is no longer attracted to Hoogenkamp sexually.

Antiboy's most intense emotional upheaval comes from Slimane, with whom he had, a lifetime ago, a torrid lesbian affair. In the present of the narrative, Slimane has transitioned into a man, but remains elusive and unpredictable as ever. It is by reviving their friendship and through the gentle ministrations of the devoted Charlotte that Antiboy begins to find the ground under his feet again. People congratulate him as if he has been born again, but that's not really what he wants.

The book ends with the author going to visit his grandmother, who has dementia. With his men's clothes and cropped hair, he is like a stranger to the elderly woman. Nothing helps, not even a framed photograph Hoogenkamp holds up before her. "I say my girl's name and my new name, because my name is a word, I believe in words, that if I find the right words, everyone will come back," he says abjectly.

Pleas like this continue to haunt contemporary India, where despite the legitimacy that has come to LGBTQ+ rights in the recent past, the Transgender Person's Amendment Act of 2026, has given a body blow to the right to self-determination of gender, leaving trans and non-binary people in a psychological and emotional limbo.



Medium Talk

More than small talk

What drives ambition?

HEART OF THE MATTER

A fortnightly column about emotional well-being

Expanding ambition beyond work to how we parent, care, and live helps us create a more meaningful life

Sonal Gupta

One of my favourite questions in therapy sessions is to ask clients to define what ambition means for them. It's a question that has fascinated me for years.

I have recognised that it's a fallacy to believe that everyone defines success, happiness or ambition in the same way. In fact, the more we understand the lens and the stories that shaped people's ambition, the better we get at connecting with them.

Having started work in 2005, what ambition means from a gender lens has changed significantly over the years. I still hear women in therapy sessions tell me how being seen as ambitious gets in the way of dating, partnered relationships and friendships. When men choose careers in the arts, social change or fields not traditionally associated with males, people often judge them as lacking ambition. This in turn leads to a dichotomy where ambition is often perceived as either good or bad.

Our limited and narrow definition of ambition can lead to biases and myths in how we see ambition. One of the biggest myths is seeing ambition purely from a career perspective.

Our professional lives and careers are part of our ambition, but I see ambition as being much bigger. It extends to how we live, how we want to engage with the world, the kind of life we want to build, our relationship with money and the impact we want to have with our work.

At its heart, ambition is about a certain drive, passion and striving towards what you define as your goal and then working



Our biggest unmet needs often fuel our deepest ambition.

ISTOCKPHOTO

towards it in a way that aligns with your values. This ambition could be the pursuit of excellence in one's work, being the best in a field, recognition, fame, money, or bringing change in the world.

If we choose to not be open and curious about what ambition means for others, we can miss out on the goals, meaning and the values people are attributing to their ambition.

I was about eight or ten years old when I made up my mind to be a psychotherapist. I recognise that my father's illness and frequent hospitalisations shaped my career choice and my lens of ambition. I felt my only goal was to create a safe space where people could talk, share their fears, and be listened to. I remember my mum telling me that if you have listened, offered hope and impacted one person's life, that's enough.

As I write this, I wonder if sometimes our biggest unmet needs fuel our ambition. A client of mine says she came from a family where getting even two meals a day was a challenge and her ambition has been to make money so she can eat what she likes and when she wants.

Another client mentions how she was raised by parents who believed that the

only way to be successful was to be the best in one's line of work so that what striving needs to be. While everyone who is ambitious is achievement driven, it's not necessary that everyone is competitive.

How we define achievement and the outcomes we look for are very subjective. Our ambition can include what kind of a parent we want to be and also what kind of a caregiver we want to be when our parents or pets are ailing.

Society often forgets that a large part of our life is determined by these values. In therapy, I often remind clients that how their career has progressed is a function of many factors, including organisational dynamics and the ambitions they exercise in their personal lives.

A good question to ask ourselves is: What are your ambitions—regarding personal growth, career and relational life at the stage of life you are in?

As I have gotten older, I have come to realise that my father's illness for over two decades gave me an ambition for life that goes far beyond my career.

Sonal Gupta is a Mumbai-based psychotherapist and author.



Quick recipes are a great hook, but are often impractical.

ISTOCKPHOTO

Are quick recipes for real?

Blend this, grind that—recipe reels on your social media feed aren't always as easy in real life despite those hacks

Rituparna Roy
rituparna.roy@partner.livemint.com

It was a long day, and I was doomscrolling specifically in search of dinner ideas. And then, bam, someone popped up on my feed to convince me that "it just took 15 minutes to cook dinner."

From that five-ingredient recipe, I didn't have two ingredients handy, one needed to be soaked overnight (so much for 15 minutes!), and another was a kitchen gadget I've never owned because of serious space constraints.

My Instagram feed is saturated with recipe reels. And it looks like everyone is in search of that two-minute recipe, the three-ingredient tiffin idea, and the picture-perfect dish that somehow manages to look effortless, while requiring more effort than most seasoned cooks are willing to put in.

But nobody is talking about the labour behind all the prep work. The chopping, soaking, marinating, clean-

ing and the dozen little tasks that somehow never make it into the final reel. Between work, domestic responsibilities, including planning those three meals, finding the time and energy to recreate seemingly easy recipes feels unrealistic.

Misha Paul, a writer and marcom consultant in Mumbai, often scrolls through Instagram for recipes. "Even when a recipe is labelled as quick and easy, I will not try it if it requires precise measurements or has too many components," she says, adding she is mindful of her food choices and pays close attention to her nutritional goals. "For something as basic as spinach... I can't bring myself to cook it the traditional way in so many steps. But I came across a recipe where the spinach is sautéed with garlic, spread across the pan, and topped with cracked eggs. I like to think of it as a healthy pizza." Relatability matters, and therefore she bookmarks recipes that are actually achievable after a busy work day.

Recipe creation itself has undergone a dramatic transformation with evolving mediums and formats. Home baker and educator Rhea Mitra-Dalal, whose blog *euphorhea* completes two decades next year, points out the equipment to create content has also changed. "There was no way to shoot recipes if I did not have a proper camera back then." She still prefers to post recipes with photos and cap-

tions on social media, but agrees reels are far more approachable. "They work when you have the basic understanding of the concept. But overall, these quick recipes are a hook and often feel like a blatant lie, especially for those who know the whole drudgery of cooking."

Then there is another category of recipe content altogether, one that wants you to slow down. A particular favourite is Rural Cuisine, an Iranian village cooking page on Instagram, where a home cook prepares elaborate dishes from scratch—jams, breads and cakes, stews and even baklava on a wood-fired stove. The recipes are anything but quick, but that is precisely the point. The appeal lies in the mood, the storytelling and the production. But trad-wife creators like Nara Smith, whose reels have become synonymous with making everything by hand (she even makes her own cake sprinkles from scratch), raise the fundamental question—no matter how immersive and "intentional" they might be, are they really practical today?

The last time I checked, a creator was making the "healthiest and creamiest chocolate mousse" with just two ingredients. No, there was no cream. His hack was hot water. And then he conveniently skipped mentioning the type of chocolate to use, and the temperature of the water. Now, do I really want *this* healthy mousse?

TOOL KEEPER

Gardener's Puddle-Proof Tote

This tote keeps every essential—from seeds to trowels—within reach and makes gardening feel effortless. Available on [Gardeners.com](#); ₹69.99.



ARM CANDY

Celine Messenger Bag

For those who like logomania and bright colours, this stylish leather crossbody is fit for quick meetings and travel. Available on [Celine.com](#); ₹ 1.76 lakh.



CLASSIC CHIC

Brunello Cucinelli Blazer

Impeccably tailored, this suit is made of Délavé silk, linen twill and features metal buttons. Available on [Brunellocucinelli.com](#); around ₹5 lakh.

Source

A curation of gifts for Father's Day

ON THE DOT

11.11 / eleven eleven Bandhani shirt

This relaxed silk shirt with Bandhani dots will be an elegant addition to his wardrobe. Available on [11-11.in](#); ₹30,000.



TUNED IN

Stylophone S1 Pocket Synthesizer

A fun, nostalgia-filled gift that retains the charm of the OG Stylophone while incorporating new tech. Available on [Moma.org](#); ₹4,200.



PUPPY LOVE

Paul Smith 'Dogs' Socks

Add a bit of whimsy and colour to dad dressing with these playful dog-print socks. Available on [Paulsmith.com](#); ₹30.



POWER CHARM

Fullord Masai Bracelet

Inspired by the spear, this gold-diamond bracelet makes for an eye-catching accessory besides being a modern talisman. Available on [Fullord.com](#); CHF 9,950.



COMFORT FIRST

Crocs Dylan Clog

Crocs that could walk into the office and out for a casual meeting without looking out of place. Available on [Crocs.com](#); \$54.99.



TIME FOR STYLE

TAG HEUER F1 SOLAR-GRAPH X INDY 500

This light-powered limited-edition watch has a black opaline dial that features a brown flange with a 60-second scale. Available in stores. ₹2.25 lakh.



SOCCER FAN

Louis Vuitton Passport Cover

Travelling for a World Cup match? This leather cover capturing soccer action is just the thing. Available on [Louisvuitton.com](#); ₹45,500.



COOL SIGHT

Lindberg 89019

These ultra-light titanium frames bring together minimalist Danish design and retro vibes. Available on [Lindberg.com](#); around ₹50,000.



Compiled by Pooja Singh



STREAM OF STORIES

RAJA SEN

Getting by with some help



'The Four Seasons' has plodded on like a persistent friend we're grateful for.

My drinking partner has not been drinking. This should not affect me an ounce, given that I've been off the sauce for a decade, but the very fact that she isn't having a negroni nowadays brings up flashbacks of drinking duels and dubious decisions, and of a Champagne bottle that kept comically bouncing off a Bandra wall instead of, politely and spectacularly, shattering against it. Yet here we sit at a breakfast table, speaking with fetishistic fashion about chemex coffee, sober as a day—and fiercer friends than ever.

That deserves a toast. As we get older, and less patient and more mindful of our own needs, friendships change shape. Some fall by the wayside. Ride-or-die friendships metamorphose into occasional catch-up conversations. We change, what we like changes, and camaraderie doesn't carry forward as unconditionally. In this overcommunicated age, it takes effort to make sure the people who matter know they matter. *The Four Seasons* (Netflix), a show about friends who vacation together, dropped its second season last week. It's about friendships that carry on even as they, like us, aren't what they used to be.

The first season of Tina Fey's *The Four Seasons* was based so loyally on Alan Alda's lovely 1981 film of the same name—it borrowed not only structure and character names and exact lines of dialogue, but also the timeless Vivaldi concertos that hold the narrative in place—that it felt like a soft retreat. The primary difference (one that my non-drinking friend loathed) is that Fey's first season ended with a character's death, whereas in Alda's movie, the casualty was a drowning Mercedes.

That made the TV series feel too literal with its message of treasuring friends while they still laugh among us, ending a smartly written series on a damp note. This season—one without the most dynamic character (and the biggest star)—was always going to be an uphill climb, but in its own modest and straightforward way, *The Four Seasons* has plodded on like that persistent friend who we're grateful makes plans again and again, never taking a hint on the chin. In the series, one friend is gone, there is a baby on the way, and everybody is searching for meaning—or the meaning of meaning.

Like babies. "At first we didn't want them," sighs Danny, played by a flamboyant Colman Domingo, speaking about having babies with his husband. "We weren't willing to give up our youth, beauty or freedom the way you all did." His best friend Kate, played by Fey, answers back on behalf of all parents: "We weren't using any of that stuff anyway."

Kate is married to Jack (Will Forte), a repressed man who refuses to confront his anger. Danny is married to Claude (Marco Calvani) who couldn't hide a feeling if he tried. Their friend Nick (Steve Carell) has passed on, bequeathing them the company of his ex-wife Anne (Kerri Kenney-Silver) as well as his pregnant girlfriend Ginny (Erika Henningsen) who is young enough to hike harder than the old people behind her. The interesting thing about this season is that every single character feels like they don't really have a clue.

Anne can't quite deal with Ginny, for starters. "You're right," says Kate about that complicated dynamic. "There isn't a Beyoncé song about that." There may not be a song about any of these highly relatable issues, to be fair, the stuff that affects marriages and friendships, the things we don't talk about and the things we talk about too much, the fact that we're all just making up the rules as we're stumbling along. No wonder Kate wants to run a bed and breakfast. "Newhart shit," she says, referring to the great old sitcom and continuing her streak of dated pop-culture references that I personally love. (Last season, she spoke about Zelig.)

She wants to do this with Danny, but Danny is moving to Italy, where Claude is immeasurably more cool and take-charge and bossy, a man in his element who can't always translate his sentiment in an America amused by his mercuriality. Everyone in what Jack would call "the core group" is trying to make some kind of transition to the next chapter. This, too, is a believable ambition: if we turn the page briskly enough we may not notice how sloppily we wrote the last one.

Domingo is fabulous as Danny, a vain man understanding that he's getting older. Fey (like Alda in the original) gamely plays the most annoying character, while Kerri Kenney-Silver's Anne is great at playing the most visibly unhinged—though, honestly, who among us has not wanted to hide legal files in the refrigerator instead of looking at them? The best performance comes from Colvani, from his spirited Roberto Benigni impression to his Italian cooing to an unforgettable sight-gag involving Danny's aunt and a handwash dispenser. Bravo.

Carrying on *The Four Seasons* posed a challenge since it wasn't based on an intelligent and nuanced film, but on its aftermath. Somehow though, that makes this second season feel more relatable and less clichéd. It captures more of the between-the-lines tension of Alda's underrated movie than the first season. This is less about marriages and more about individual angst. This is partly because we, like these characters, are crying out for reinvention. Yet the show softly reminds us that it may be more worthwhile to go back to who we were instead of the 2.0 version we keep striving for. Here's to those friends who keep us classic.

Raja Sen is a critic, screenwriter and columnist. His first play, a murder mystery called *The Simla Affair*, recently opened in Delhi. He is currently writing a horror film.

LOUNGE LOVES

Things to watch, read, hear, do—and other curated experiences from the team



CHEF'S KISS

Last week, when a friend took me out to lunch at Nisaba, the fine-dining restaurant located on the premises of Humayun World Heritage Museum in Sunder Nursery, Delhi, I expected a culinary delight to remember. After all, this establishment is the brainchild of chef Manish Mehrotra, whose tasting menu at Indian Accent is by far the best meal I have ever had. But little did I imagine the variety and subtlety of flavours that would assail my tastebuds. Personally overseen by Mehrotra, each of the three courses proved to be perfection on a plate—exquisite without being flashy, the ingredients dazzling the senses and the mind. My favourite was the village mutton roast with caper *aloo bharta*, served with chilli chutney and *reshmi paratha*. A slow cooked masterpiece that calls for slow savouring and meant for every season.

—Somak Ghoshal



MANGOJOY

Mangoes are much-loved across the country but there's something particularly sweet about the annual Mango Party at Bengaluru's Ranga Shankara theatre. It's simple enough: Every person attending—no matter how young or old—brings 1kg of washed mangoes which are added to a common pool at the café. And then you pick any number you like, choose a plate, and proceed to skin, suck or chew to enjoy the fruit. Last Sunday, from 11am-5pm, as families and friends shared mangoes, storytellers and theatre artists entertained them. Over the past 20 years, the Mango Party has become more elaborate but at its heart it remains a lovely way to share memories about a fruit that's near universally loved.

—Shalini Umachandran

WHAT'S IN A RING?

Months ago, while watching a fashion show, I spotted a model wearing a ring with pearls, which moved with every gesture. The show's stylist couldn't recall where it was from. That sent me down an internet rabbit hole. I tried every possible keyword combination: "pearl droppings", "moving pearls". Nothing. Three weeks ago, after complaining to a friend about my failed search for this object of desire, I scrolled through the Amrapali website—and there it was: a beautiful gold-plated silver piece with pearl drops. But my size was sold out, both online and in-store. After several requests, they finally agreed to customise one for me, and I'm now patting myself on the back for my power of persistence.

—Pooja Singh



DREAMING OF GAME STRATEGY

Last weekend, I attended a workshop to learn *Go*, a strategy board game where two players compete to claim territory by placing black and white stones on a grid. While it originated in China around the 4th century BC, I got to know *Go* as *Baduk* through Korean dramas. In *The Glory* (2022), Song Hye-kyo's Moon Dong-eun talks about the game's quality of allowing you to build and guard your house in silence, all while trying to dismantle someone else's. Organised by Da Bomba's community, this workshop was part of a broader experiment I have been conducting. For most of my life, I was convinced that gaming was not my thing. Lately, I have been trying things before declaring myself unfit for them. During the workshop, our instructor warned that we would dream about patterns and territory captures after playing it once. He was right.

—Shephali Bhatt

When art serves purposes of propaganda

PAST PARTICIPLE
MANU S PILLAI

Sometime in the 1840s, an artist in Rajasthan portrayed a mother and her child. It was a motif popular across India—of a woman breastfeeding her infant, as in bronzes and pictures of Yashoda and Krishna. Yet something about this specific painting was unusual. The subjects were rather pale in complexion, with light brown hair. The baby was female, wearing drop earrings and sporting curls. And the costume of the mother definitely didn't resemble any local attire. As such, the image was unquestionably odd: a traditional miniature-style work, but with an unconventional, experimental quality. Luckily for us, the artist left an inscription as to the identity of the dignitaries depicted. And so, we discover, that the lady in the image—with breasts on full display—was actually one of the dourst, most prudish figures of the 19th century: "Victoria Maharani", queen of Great Britain.

Art has always been one of the more fascinating sources of history. The image described above is a case in point. Had the real Victoria—who presided over a court in which, the joke goes, even displaying one's ankles was scandalous—viewed this "portrait", she'd probably have suffered a concussion. And yet, in colonial India, increasingly under British control, a local artist was attempting to "Indianise" her as a reliable, maternal figure. He'd probably never seen a picture of the lady. This explains why, while the actual Victoria had a full, round face, his "maharani" is positively geometrical. Of course, he got the complexion and such details correct, but even so had to depend a great deal on imagination. Yet in the end, what is interesting is not whether the

image offers a convincing likeness. Instead, the very fact that a faraway monarch had entered local artists' world view suggests a growing awareness in India of colonialism and of the white man's rule.

In fact, it is entirely possible that this work was commissioned by an Englishman, precisely to cast the queen in a positive light among "natives". After all, art has always served propagandistic purposes. In 1818, for instance, Benjamin West produced a grand canvas, marking a key moment in Indian history. In it we see an enthroned Mughal emperor, Shah Alam II, handing over revenue rights over Bengal to Robert Clive. It is a durbar scene, with gravitas and drama. Yet the actual event in 1765 was less prepossessing. As William Dalrymple writes, the transfer took place inside a tent. There was no throne; Shah Alam was perched on "Clive's armchair, which for the occasion had been hoisted on to his dining room table" and covered with a bedsheet. But if that was the messy truth, imperial narratives in Britain needed a grander, more "inspiring"—indeed legitimising—picture. And so, the artist manufactured one.

Of course, the Mughals themselves were no aliens to self-serving depictions. Some 200 years before West's painting of Shah Alam, the latter's ancestor Jahangir appeared in a work. In it he is shown handing over a book to a Sufi—whose company he loftily prefers—while the Ottoman sultan and King James of Britain queue up, in almost supplicant positions. Instantly the picture flatters Jahangir as politically, intellectually and spiritually superior to other leading political figures of his age. Another painting shows the same emperor shooting an arrow at the impaled head of his foe in the Deccan, the African general Malik Ambar. It is a triumphant portrayal. Except that for over two decades the Mughals had tried—and failed—to vanquish Ambar. And far from having his head severed for target practice, the Deccani hero lived comfortably to old age, secure in



A Benjamin West painting showing Robert Clive receiving the land revenues of Bengal, Bihar and Orissa in 1765. GETTY IMAGES

his own territories.

Art also allowed Indian grandees to present themselves to different audiences, in special, strategically tailored ways. A single Travancore rajah in the mid-19th century thus assumed three avatars, living as he did at the intersection of several political cultures.

In one miniature, Uthram Tirunal appears in Persianate attire, with flowing robes, seated on his throne—here the Malayali prince appeals to an older, but dying court tradition inspired by the Mughals. In another, the same man presents himself in an English suit—this one advertised his position as a constituent of the emergent colonial power structure. As if to leave no doubt in our minds, several appurtenances of mod-

ernity are on display: a clock, a book, and so on. And in the third Uthram Tirunal is bare-chested, flaunting a sacred thread across the torso. For in this image, he caters to a very local, Brahminical idea of kingship, as a Hindu monarch serving his deity—a more stable, longstanding aspect of his royal identity.

Think of it a little bit like politicians today. In the North-East a national leader might sport a tribal headdress before addressing a rally; in Tamil Nadu, he might parade about in a vest; and in Maharashtra he could just as easily pose in a Peshwa-style turban. It isn't gimmickry as much as political signalling—precisely what historical figures did through art. Indeed, art could even

help paper over weaknesses in times of crisis. In Mysore, for instance, when the state was under British rule through much of the 19th century, its king counted on precisely this.

Krishnaraja Wadiyar III installed sculptures of himself in major temples, thus preserving his social and religious status. He commissioned portraits depicting him in pious poses with emblems and marks that appealed to different sections of his people. And in general, denied power, he emphasised what Caleb Simmons calls a "devotional sovereignty"—much of it through art.

Yet, the story can never be complete without a few naughty elements. One of the most striking 18th century propaganda posters was produced by the

French after Hyder Ali of Mysore booted the British out of the battlefield once. In it we find an English soldier bent over by the sultan, who spans his exposed (and violently red) bottom. A wily Frenchman, meanwhile, supplies Hyder with his chosen instrument of punishment, the sticks. But if this depiction was produced by Britain's rivals, another artwork emerged from an English caricaturist himself—James Gillray. Titled *The Coming-on of the Monsoons*, it shows the British governor-general and his troops fleeing Tipu Sultan's capital in 1791. The English leader rides a mule—a far from valiant creature—while a gleeful Tipu stands on his fort walls, showering piss over the retreating enemy army. Unsurprisingly, the image won few admirers in Gillray's home country.

But above all, art tells a broader story about changing social mores and attitudes. That 1840s artist who sought to Indianise Victoria was channelling centuries of sculptural and visual tradition in which a breastfeeding mother was an idealised figure. Ironically, however, as Victorian prudishness trickled into India, Indians themselves grew less comfortable with such imagery. So, some 40 years later, when Ravi Varma was commissioned to depict Indian goddesses, he was in a quandary. Across the land, images often showed them bare-breasted. But for his 1880s and 1890s audiences this was now taboo. And so, when he painted Lakshmi and Saraswati, Ravi Varma conveniently had them appear in high-necked, long-sleeved blouses. In a generation or two, that is, we went from a bare-breasted Indianised English queen to "modestly" dressed, western-inspired local deities.

The result? Today when most visualise our goddesses in "traditional" attire, it is often in those colonial-era blouses. Victoria Maharani would have approved.

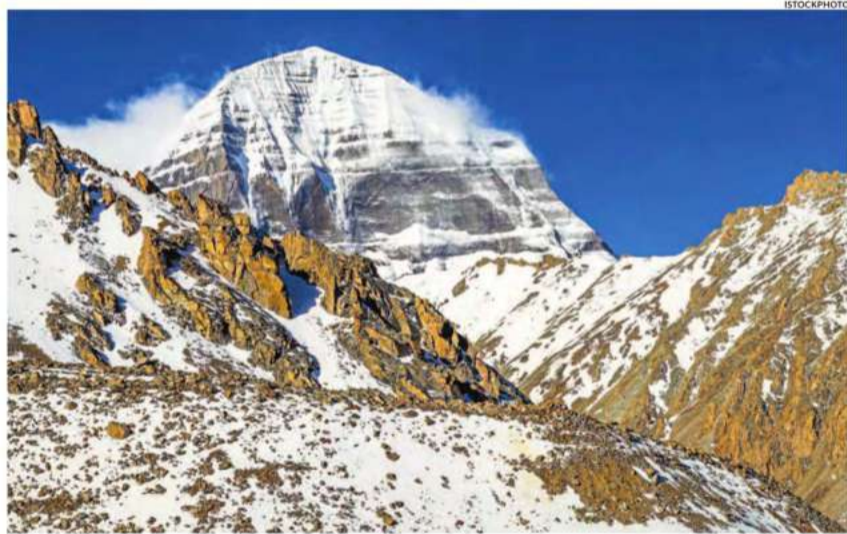
Manu S. Pillai is a historian and author, most recently, of Gods, Guns and Missionaries.

Decoding the mystery of Mount Kailash

In his award-winning new book, historian Alex McKay sets out to map the spiritual and scientific origins of the mountain sacred to Buddhists and Hindus alike

Shail Desai

The change in environment was stark. From the lonely offshore oil rigs of the freezing North Sea, Alex McKay, who was then in his 20s, landed in the oppressive heat of the subcontinent, rubbing shoulders with the multitude in unreserved train compartments and surviving on modest budgets. Overland travel on the Hippy Trail of the 1970s was as fascinating as it was frustrating, the promise of an adventure enough reason to bring him back to explore a new region in spite of the hardships.



ISTOCKPHOTO

Somewhere during these journeys through India, McKay got an idea of what Tibet was like—until then he had only known it through books. He met Tibetan pilgrims in McLeod Ganj, Himachal Pradesh, who had covered long distances to seek the Dalai Lama's blessings. And Hindu ascetics who sought divinity while wandering the majestic high mountains and worshipped deities that lived on holy Himalayan peaks such as Mount Kailash (in Tibet), the abode of Lord Shiva.

The land and its stories fascinated McKay. But Tibet was still off limits for foreigners since the Chinese invasion of 1959. It remained forbidden fruit, tucked away at the back of his mind for years. He finally sneaked across the border in 1984. Though he had a permit to fly into Lhasa, he instead chose to take the land route, getting past multiple checkpoints to get there and also made a pilgrimage to Kailash. He realised he wanted to learn more.

The oil rig worker, who had settled into the life of a private detective based in Australia by then, decided to don the hat of an academician, teaching South Asian history in London, and Leiden in the Netherlands before retiring in 2006. The initial fascination of Tibet led to a deep study in order to grasp the significance and sacredness of Kailash in different cultures.

It helped him arrive at his own understanding of Kailash—both the physical behemoth as well as the spiritual idea of this mountain. A modern narrative based on the divine that continues to lure thousands of pilgrims each year, besides travellers like him. McKay, 70, relives those eventful years in the book, *In Search of Mount Kailash: Travels in the Sacred Himalaya*, which won the Kekoo Naroji Book Award at The Himalayan Club's annual festival earlier this year.

McKay spoke to *Lounge* about his incredible exploration and discoveries.

Edited excerpts from the interview.

When was the first time you heard of Mount Kailash?

Around 1980, I picked up Charles Allen's book, *A Mountain in Tibet*, which told of the different ideas of the mountain held by westerners and Indians, though not so much the Tibetans. The traditional Indian ideas sounded fascinating and when it became possible for westerners to travel there, I wanted to see it for myself.

Tell us about your first journey to Tibet in 1984.

It was hard travelling through wild country by truck and local bus, and staying in rough hotels en route. Eastern Tibet was rugged, mountain country and much of it was covered in forest. It was very different from the landscape described by most travellers who went through the dry, flat and dusty landscape of central Tibet. Until we were nearly in Lhasa, my travelling companion and I were constantly concerned that the Chinese would stop us and send us back. In fact, the Chinese presence then was not as overwhelming as it has become since. We did find the Tibetans much less accessible than the locals in India—largely a language issue, but also because they were simply not used to westerners since the 1940s.

What convinced you to become a student in your 30s and pursue a degree in religious studies and history at the School of Oriental and African Studies University of London?

I wanted to know more about Tibet and felt that my reading wasn't enough. I needed to go deeper and I had no particular goal in life before that, so I could sense academics to be my path. I was influenced by the difference between direct experience and institutional learning. And at 30, it seemed like a logical progression to change from one path to the next. Sleeping under a bridge in the middle of nowhere is a learning experience when you are a teenager, but at a later age, it's a kind of social failure. Your body can't deal with it either, although it's nice to know you can still do it when you need to!

How has the idea of Kailash influenced Indian and Tibetan cultures?

The two are very separate. Kailash is not the supreme mountain in Tibetan understanding but part of a wider sacred landscape. For Shaivites, where Shiva lives is the centre and the supreme place, whereas Tibetans have many such centres. The influence is certainly stronger in Indian culture, since the Himalaya is believed to be the home of the Gods. Tibetans don't have that concept. The

Alex McKay's fascination for Tibet led to a deep study to grasp the significance of Mount Kailash.



In Search of Mount Kailash: By Alex McKay, Raena Books, 322 pages, ₹699.

deity who resides at Kailash is Demchok—known as Chakrasamvara in Sanskrit—the patron deity of the Kargyu sect. If there are links between them (Indian and Tibetan deities), they predate Buddhism and even classical Hinduism, and could be found in the Naga deities that reside in lakes on both sides of the border—there is certainly that older strand of belief in the western Himalaya.

How was it to analyse religious texts, myths and legends around Kailash and interpret them as an academician?

That was fundamental to my findings—the realisation that the various Puranas promote different places as the sacred centre, and that the *Manusakhanda*, which promotes Kailash, is a recent text attached to the *Skanda Purana* and not ancient at all. Then, when you closely study the older references to Kailash in the Mahabharata and Ramayana, you realise they best describe a journey to the Ganges source and/or to Sri Kailash, a mountain near the source—and not the Kailash in Tibet. Through my PhD on the British in Tibet 1904–47 and their role in shaping modern Hinduism, I realised that an early 20th century book written by Charles Sherring, the district commissioner of Almora, was fundamental to the modern Indian understanding of Kailash. And that he was no scholar but actually wrote it to promote pilgrimage in his district.

What emotions did you experience when years of enquiry led to these revelations about Kailash?

I am largely a source-based historian with my own experience of Indian and Tibetan culture, especially the religious aspect, which is a strong influence that secular western historians tend to ignore. I had spent so much time in India, not least among the Giri *sannyasis* who hold Kailash supreme. But I had to reconcile my experiences and my academic findings and position. I did not want to say or believe, "Oh, the Hindus are wrong. They are going to the wrong mountain". That would be simplistic and entirely superficial, since the answers were obviously more complex. And I found them really in the lives and writings of the highly intelligent lineage of upper Himalayan *suamis*. In Swami Tapovan's writings, I found the answer—that there is a divide between the

spiritual and scientific and their truths, and that it is pointless to dwell too much upon it. They are two sides of the same coin, the two truths can co-exist, and that what matters to the spiritually inclined is faith and practice. History is interesting and sometimes important, but it is not intended to produce spiritual illumination or *moksha*. So I was personally satisfied by that conclusion and certainly hope that my conclusions are accepted in that context. The Kailash of the Mahabharata and Ramayana is probably Sri Kailash (or possibly another mountain in the vicinity such as Shivaling) but modern Hindu pilgrims share an authentic spiritual quest in the modern Kailash *yatra*.

Why did you decide to explore the other Kailash mountains in India?

No one else had done it. And I certainly knew that there were aspects of the history and culture of those mountains that would add to my knowledge of the Kailash in Tibet. I found that each mountain has its own history and are certainly not just "substitutes for the real thing", as has often been stated. Each is indicative of the understanding of the presence of Shiva, but Manimahesh Kailash and Kaplash Kailash both reflect earlier beliefs in the Naga spirits like Manasarovar.

How has your understanding of Tibet and Kailash changed over the years?

I went to university to learn more about Tibet, its history and culture, and I feel that I have achieved that, at least to my satisfaction. Tibetans are not items in a museum, nor are they all spiritual masters. They are like people everywhere and deserve the right of free expression and self government, denied to them by the Chinese. It is one of the ironies of history that if the British had drawn them closer to India—some of their officials hoped—those Tibetans would have been better off today. As for Kailash, I still regard it as an amazing place that I understand very differently from the time I travelled there. It is an ideal location for a spiritual focus, its immensity is both humbling and enlightening. However, I do fear that the Chinese and the influx of tourists will transform it into just another place to put on a bucket-list, a kind of spiritual Disneyland.

Shail Desai is a Mumbai-based freelance writer.



Kabyashree Borgohain at Spacehouse Himalayas, and (right) Masque dishes at the Siam Kempinski residency in Bangkok.



COURTESY SIAM KEMPINSKI HOTEL



A southern breakfast spread at Ruby Slipper Café in Mobile.

The chef in residence

Chefs are moving out of their own kitchens to collaborate and connect with the larger conversations shaping dining today

Ritupama Roy
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For the past month, Bengaluru-based chef Marisha Shukla has been running trials for a dish that she likes to call *paan* chicken. She draws on memories of her family in Kanpur, where a post-meal digestif of *chaman bahar*, a rose-flavoured *paan* powder, is common. Shukla gives it her own spin. She wraps the chicken in *paan* leaves, fresh pickled rose petals and serves it with a rose *nam jim* dipping sauce, much like the Indonesian-classic *ayam pandan* chicken.

The independent chef is at the helm of the current menu at Bare Bombay, a cocktail bar with an 11-seater chef's table in Mumbai. Trained in pastry from École Nationale Supérieure de Pâtisserie (ENSP) in France, she is part of a culinary residency programme in the city until August.

The concept takes from a growing global trend of chef residencies, where chefs take over or work from another restaurant for anywhere between a few weeks and several months. In March, Copenhagen's controversial Noma restaurant relocated for a 16-week residency to a private estate in Los Angeles to create a tasting menu inspired by the Californian produce. In October 2025, New York's plant-forward restaurant Eleven Madison Park set up at The Charleston Place in South Carolina, US, for a year-long residency programme.

In principle, it is seen as a temporary collaboration, almost like an artist-in-residence programme, and goes beyond the conventional pop-up. In a residency, the visiting chef brings new ideas, techniques and culinary philosophies into the

new space. Apart from the exchange of ideas between kitchen teams, businesses find this model a great way to appeal to new audiences, test unfamiliar markets and offer something more immersive, unique and time-bound.

Bare Bombay functions as a collaborative kitchen led by head chef Aman Singh, while it also invites guest chefs for residencies every few months. "What differentiates it from a pop-up, which is typically an existing menu a chef takes to other restaurants, is that we encourage them to experiment and explore dishes that they have never created before," says founder Pooja Raheja.

While residencies largely thrive on high-profile chefs, she wants to spotlight talents who don't have a platform, "like a chef known for *kebabs* in Lucknow or say *ros omelette* in Goa". For the menu that launched earlier this week, Raheja nudged Shukla to lean into her pastry skills and approach it through a savoury lens. The result is a menu featuring *paan* chicken, pork doughnuts and tomato tarte tatin to name a few.

Perhaps one of the most closely watched chef residencies in recent months was chef Gaggan Anand's five-day stint in May at Masque Lab in Mumbai. "There are a lot of upsides for the host. For instance, the reservations are priced higher for a once-in-a-lifetime experience, such as the ability to book a Gaggan meal in Mumbai. Events like these also tend to attract sponsor interest," says Aditi Dugar, co-founder & director, Masque.

"Residencies are a great way for diners to strike a restaurant off their bucket list without having to catch that flight," says head chef Varun Totlani, who was in Bangkok earlier this month for a residency at Siam Kempinski Hotel, a modern

Thai restaurant. "Despite having cooked in Bangkok several times before, this is the first complete Masque experience as the menu, the service, the technique and flavours are all ours."

By involving the visiting chef in discussions about the number of guests, ingredient lists and how service should flow, a residency offers more than a regular take-over. The menu in Bangkok, Totlani says, included *bhutta* miso chai, charred corn *pani puri* and the Bombay toastie, apart from his signature black garlic *pulao*. "It also makes sense when restaurants are not operational temporarily." Masque is in the midst of an annual renovation, and the team is heading to Stockholm Stadshotell for another residency this month.

Far from the glitz of the fine dining circuit, a different kind of culinary residency is taking shape. At Spacehouse Himalayas, a creative retreat in Satoli, Uttarakhand, the artist residency programme brings

together practitioners from diverse disciplines. Residencies run for three-six weeks, and extend to chefs in the form of workshops and intimate tables. "The idea is to have culinary folks explore our landscape because the mountains are so rich in ingredients, and we also love to preserve some of them seasonally through our own experiments," says founder Priti Rao.

Over the past two years, chefs such as Gayatri Desai of Pune's Ground Up, Kabyashree Borgohain, a food designer who runs Project Otenga, a North-East Indian restaurant (in Delhi and Ahmedabad), and more recently Shihoko Nakano of Aruei, a restaurant in Japan, have spent weeks experimenting with native Himalayan produce as part of the programme.

Borgohain explains how her time in the mountains helped her understand ingredients like fiddlehead fern, *gahat* (horsegram), *jhangoza* (barnyard millet) and Himalayan berries, influencing the textures and presentations she brings into her work.

In February, Nakano spent weeks making rhododendron salt, and returned last weekend to work with Himalayan stone fruits. Her latest experiments include an apricot ketchup, culminating in a five-course lunch held earlier this week for 15-20 diners that showcased local herbs, cheeses and fruit preserves.

In the end, it is the cross-cultural exchange that encourages chefs to take up residency programmes, and in turn push the boundaries of food in a fast-paced dining landscape.

Apart from the exchange of ideas, it is a great way to appeal to new audiences, test unfamiliar markets and offer something immersive, unique and time-bound.

Shrimp and grits in Alabama

The southern cuisine is shaped by produce, people and recipes passed down generations

Teja Lele

Often called the Yellowhammer State after its state bird, Alabama stretches from the Gulf of Mexico to a forested interior, anchored by cities like Birmingham, Montgomery and Mobile. Part of the Deep South, or the "Bible Belt", its history is layered and complex. Landmarks and museums abound, but the more immediate way to read the state is at the table.

Southern American food is a cornucopia of locally available ingredients such as corn, rice, beans, greens, okra, sweet potatoes, seafood, and slow-cooked meats. It combines numerous influences, including indigenous, African, European, and Caribbean, and can be best experienced through the bold and spicy flavours of Cajun and Creole cuisines. When in Alabama, it's important to eat like the Southerners do. Here's what you must not miss:

SOUTHERN BREAKFAST: Breakfast is designed to carry you through the day, and is available at most eateries. The local favourite is shrimp served with grits, buttery cornmeal porridge. Biscuits and gravy are often served with fried eggs and crisp bacon. "High on calories, breakfast was designed to fuel agricultural and manual labour in the Deep South. It draws from European, Native American, and African influences," Bella Myers from Bienville Bites Food Tour tells me.

FRIED GREEN TOMATOES: At Ruby Slipper Café in Mobile, I try the most popular dish on the menu: fried green tomatoes. Except they taste nothing like tomatoes. The slices, coated in cornmeal and fried until crisp, are slightly tart. Some trace the dish to European-style frying techniques brought by immigrants from Scotland and Africa; others see it as a Southern improvisation. "It is now a cultural marker, and remains one of the state's most recognisable plates," Myers says.

BARBECUE: Barbecue, the age-old coming together of fire, smoke, and meat, is a ritual in Alabama, one enjoyed at restaurants such as Moe's Original BBQ, and Miss Myra's BBQ. Many barbecue joints here, such as Bob Sykes Bar-B-Q in Bessemer, are family-run institutions, with recipes and techniques passed down generations. Best enjoyed with Alabama's signature white barbecue sauce, a tangy mix of mayonnaise, vinegar, mustard, and pepper that dates to the 1920s.

FRIED CHICKEN: The dish is everywhere: on menus, at gatherings, in conversation. The US's first widely accepted printed fried chicken recipe appeared in 1824, in *The Virginia House-Wife* by Mary Randolph, a white woman from a slaveholding family. Randolph's instructions set the standard for generations of Southern cooks. The process is familiar but precise: soak the chicken in brine or buttermilk, coat in seasoned flour, and fry until the outside turns crisp and golden. The technique draws from African culinary traditions, adapted over generations. "This is what we make at home," says a server at Hart's Fried Chicken, Mobile. "It's the dish for Sunday lunch, for family tables."

OYSTERS: Oysters are the star of the menu in many restaurants on the coast. At Wintzell's Oyster House in Mobile, Alabama, they're served in multiple ways—fried, stewed, baked, or simply prepared. I try them cooked, with butter and greens, richer than expected. Unlike in Europe, where oysters are often eaten raw, here they are more likely to be warm, folded into dishes or served as part of a larger meal.

Teja Lele writes on travel and lifestyle.

A steak chimichurri surprise from a teenager



OUR DAILY BREAD
SAMAR HALARNKAR

Last week, while I was in Mumbai, my wife sent me a photograph of a steak with chimichurri sauce. It had been made, apparently in 15 minutes, by our 16-year-old daughter.

Now, I've never made a steak, just one of those things I've been meaning to do for years. Plus, there's the hassle of trying to find a good steak in these uncertain times. While I was away, all that got sorted out.

I should leave town more often. Her mother, a vegetarian, not only found a good steak but now authoritatively says that an undercut is best. For this column, the daughter replicated the steak and gave me, a veteran cook of 40-odd years, a personalised class, impatiently rushing me through steps that I hesitated with, such as using butter and oil.

How had this girl—a singer, athlete and largely indifferent student until her class X board exams—become such a confident cook?

I have given her no lessons, she refuses to help in the kitchen and tries

to dodge daily plate washing duties. But since she was a little girl, she has either silently watched or evolved her own style. And there's Instagram to fill in the blanks and supply fresh inspiration.

"She cooks exactly like you, except she's very easy on the butter and oil," said the wife. "She has little patience or a plan, wanders into the kitchen, reads something, and starts doing it. She's her own biggest critic." A few months ago, to our astonishment—and nervousness—she proclaimed that she would make a pasta aglio olio for us from scratch. Her only condition was that we stay away from the kitchen.

Normally, when she's been using the kitchen, it looks like a hurricane hit it, but this time we not only received two plated pastas but the pleasant surprise of a spotless kitchen. It seems to all depend on her mood.

The only inkling I had that a steak was being made this time was a WhatsApp message from her: how long does it take for a steak to cook? Well, that depends, I replied, on whether you want it rare, medium or, like many Indians, well done. She didn't like it rubbery, and she didn't want to see blood. "I like it between medium and well done," she said.

On the day I wrote this column, she recreated the steak for my benefit, expertly patting it dry, whipping up the chimichurri sauce, letting the meat sizzle in a dollop of butter and frying it for



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Children can surprise by showing parents they've learnt their own lessons. ISTOCKPHOTO

just 3 minutes on each side. Before I could stop her to meet this newspaper's plating standards, she had it ready, walking out as soon as she was done. No clean up today.

The steak was delicious—not over-spiced or overdone or underdone. Oh,

and as an aside, she had turned out a hummus of a quality I've only encountered in the best restaurants, and a pan-fried tilapia with a minimal soy-based sauce for dinner.

After lunch, she was gone, her cooking done, and leaving her parents

scratching their heads.

It turns out she had been paying attention all along. Not when I was explaining things, and certainly not when I was asking for help with the washing up. But somewhere between childhood and 16, she had absorbed enough to walk into a kitchen, make a steak, a hummus and a fried fish, and then disappear to meet her friends. Which is both gratifying and, if I'm honest, a little unsettling.

Don't get me wrong—I love the fact that my daughter is independent and is unlikely to go hungry when she leaves home and has a home of her own. But, as I've noted before, I hope she does not use these skills to pamper a spouse.

Running a kitchen, in my experience, is a joint family operation and the test of familial relationships. The wife, for instance, may not cook, but she keeps the kitchen supplied and kitted out. She may not visit the fishmonger, but she does call him for home deliveries, ruminating over betki, *sarmal*, prawns or *rauas*, and admonish me if the freezer is empty.

"Please go and get fish, my husband needs it," she is wont to say. Chicken, pork, sausages and—as you've seen—steak, are her responsibility. She's developed her own relationships with Narayan at the Karnataka Ham Shop, Rabbani at the fish stall and the kindly gent at Lusitania cold storage.

As for the girl, the one thing I have

learned is to let her do what she wants to in the kitchen. Trying to teach children something you want them to learn isn't very easy. You spend years teaching them things they appear not to learn. Then, one day, you find out that they have done their own learning.

STEAK A LA ALIA
Serves 1

Ingredients
1 steak, undercut, 200-250g
2 tsp fresh parsley, finely chopped
8 garlic cloves, 5 finely chopped, 3 whole
1 tsp olive oil
1 cube butter
1 tsp pepper
Half tsp balsamic vinegar
Salt to taste

Method
Pat the steak dry and marinate it with salt and pepper for 10 minutes. Make the chimichurri sauce: mix olive oil, chopped garlic and parsley. Set aside. Heat a pan well, and add olive oil. Slide the steak and butter in, add whole garlic cloves, sear and cook 3 minutes each side. Remove, pour the chimichurri sauce over and the balsamic vinegar.
Our Daily Bread is a column on easy, inventive cooking. Samar Halarnkar (@samar1d) is the author of The Married Man's Guide to Creative Cooking—And Other Dubious Adventures.

A divided World Cup tests Asia, Africa teams



Senegal defender Nicolas Jackson (left) has the ball knocked away by US's defender Miles Robinson during a friendly match on 31 May in Charlotte, North Carolina. AP

Geopolitical tensions and visa hurdles challenge Asian and African teams chasing football World Cup glory

Deepthi Patwardhan

In his 1945 essay, *The Sporting Spirit*, George Orwell wrote: "Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness...in other words it is war minus the shooting." While Orwell's musings were about sport's value in a post-World War II Europe, his words strike a nerve 80 years later as we head into the football World Cup.

War is not just an analogy this time. One of the host nations of the 2026 FIFA World Cup (WC), the US, is actively at war with one of the competing teams, Iran—a first in tournament history. The US has tried to apply every bit of diplomatic pressure to make life difficult for Iran at the World Cup. Iran had to shift their training base from the US to Tijuana, Mexico and players were given visas only 10 days before their opening match. Some of the support staff have been denied entry, while the visa restrictions mean they have to enter and exit US, where they play all their three group matches, on the same day of the match. While their first two matches are in Los Angeles, the final group game is in Seattle, over 2,000km away from where they are camping.

"This represents the worst possible form of politically biased interference in sport," the Iranian embassy in Ankara, Turkey posted.

Though the tournament is bigger than ever before, with 48 nations competing for the title rather than 32, it has never looked more divisive. And Asian and African teams, already considered outsiders in a tournament dominated by Europe and South America, are being made to feel unwelcome. Not just Iran, players, fans and support staff from other Asian and African countries have also faced issues while obtaining visas.

While the bias may have hampered their preparation, it might just sharpen their focus when they take the field. Nine teams from the African confederation, and 10 teams from Asia will compete at the World Cup. It will be the first appearance for Jordan, Uzbekistan and Cape Verde, which, with a population of just over 500,000, is the third-smallest nation to qualify for a football World Cup.

In the last 22 editions, the best performance by an Asian team was South Korea's semi-final finish in 2002, when they co-hosted the event. Four years ago, Morocco defied expectations to become the first African nation to reach the final four. During that historic semi-final run, Morocco knocked out former champions Spain in the round of 16 and Portugal in the quarterfinal before narrowly losing to France. The Atlas Lions, ranked No.7 in the world, will be hoping to equal or even better that mark.

While captain Achraf Hakimi will be their pillar in defence, they have quality all across the pitch. Almost 90% of their players compete in top-flight European lea-



gues and know how to deliver on the big stage. An exciting addition to the squad is Ayyoub Bouaddi, the 18-year-old midfielder who till recently captained the France Under-21 side.

Four years ago, it was Morocco's defence and speed on the counter that had caught teams off guard. But head coach Walid Regragui, who masterminded that run, quit last year. His replacement, Mohamed Ouabhi, hasn't had enough time with the senior team. The North African nation, which will co-host the next edition of the World Cup, has been drawn in Group C along with Brazil, Scotland and Haiti and is expected to sail through to the next round.

Though Morocco had a flawless qualifying campaign, winning eight out of eight matches, they are not the undisputed champions of Africa. They lost the 2025 African Cup of Nations final 0-1 to Senegal, but were handed the title because Senegal players walked off the pitch for a



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while in protest of a contentious penalty deep into the game.

Even as they wait on the Court of Arbitration for Sport's (CAS) decision on it, Senegal will be keen to prove their mettle on the world stage. On their tournament debut in 2002, the Taranga Lions stunned the world as they made the last eight. They now have a squad brimming with talent, while captain Idrissa Gueye will marshal the midfield, former Liverpool star Sadio Mané will attack from the flanks. Nicolas Jackson, who scored 11 goals for Bayern Munich this season, is set to step in as the pure centre-forward and finally make a mark in the national jersey.

Senegal will also be banking on their defence, which leaked only three goals in the 10 qualifying matches, to stand strong in what is set to be a long, physically demanding tournament. The African side will also have to contend with a slightly tougher group, as they have been drawn with France, Norway and Iraq.

The top Asian team, Japan, comes into the tournament on the back of a breakthrough. During their tour to the UK in March, they became the first Asian side to beat England as Kaoru Mitoma scored the winner at Wembley in a friendly.

However, the Brighton forward, as well as Takumi Minamino have been forced out with injury. In their absence, Ayase Ueda, who has done well at Dutch side Feyenoord, Celtic's Daizen Maeda and winger Takefusa Kubo, often dubbed the "Japanese Messi" who went to train at Barcelona at the age of 10, may provide attacking options. A hard-working side, Japan has competed in seven World Cups so far and reached the round of 16 thrice, but never won a knockout match.

South Korea were the first Asian team to make a World Cup semis, but they arrive at the 2026 World Cup unsure and unsettled. The ageing side (average age is 28) is managed by Hong Myung-bo. Korea has shifted between a high-pressing game and packing the defence. They have some standout performers in PSG's Lee Kang-in and defender Kim Min-jae, but their over-reliance on former Tottenham star Son Heung-min could be their undoing.

More in the news for the diplomatic wrangle, Iran are not in North America to make up the numbers. They are the second-highest ranked team in Asia, at No.20, and were one of the first teams to qualify for the World Cup. They are drawn in Group G, along with Belgium, New Zealand and Egypt.

While not many in the squad have played in the top 5 European league, Iranians could use their height to great effect in set pieces. All eyes will be on talismanic skipper Mehdi Taremi, who has played for teams like Porto and Inter Milan. He will receive help up front from Dennis Dargahi, German-born forward who received his Iranian citizenship just in time for the World Cup.

However, the team's preparation has been far from ideal. Their national football league has been suspended since the attacks began in late February and their run-up to the tournament was consumed by logistical snags. Not sporting, not fair. But the Iranian players have to play the hand they are dealt with as they bid to make the knockouts for the first time.

Deepthi Patwardhan is a sportswriter based in Mumbai.



Cristiano Ronaldo in a friendly match between Portugal and Chile on 6 June. AFP

Will Ronaldo, Neymar and Messi deliver?

This could be the last appearance for the three footballing greats at the FIFA World Cup

Sayan Mukherjee

If this were to be their final appearances at the FIFA World Cup, Lionel Messi, Cristiano Ronaldo and Neymar would be keen to make the most of the showpiece event.

For over a decade the trio have been the headliners, successful in capturing the imagination of a generation of global fans with their consistency and quality. For six weeks from 11 June, they won't be short on motivation, perhaps for different reasons, to make their final bow memorable. But the World Cup is hardly won on reputation, with multiple challenges confronting any team in pursuit of glory.

The 2026 edition would be no different and perhaps more demanding as it would be played in intense summer heat and with an added knockout game due to an enlarged 48-team edition.

LONG, HOT SUMMER

Among them, Messi is certainly the best placed to help his national team mount a serious challenge. After all, from the moment he lifted the World Cup as Argentina captain in Qatar four years ago, the pressure to emulate Diego Maradona was no longer on his shoulders.

Comparisons with Maradona over technical and leadership qualities, allegations of not being Argentine enough, reserving his best for FC Barcelona and seemingly flunking under pressure in crunch international games, all evaporated overnight. His aim would now be to do one better than Maradona, who had faltered in the final hurdle in the 1990 edition, while leading Argentina in their title defence.

Argentina have reposed faith in nearly the same set of players (17 of 26 retained) who helped them win in Qatar in 2022, with Messi tasked with being the instigator of attacks. His familiarity with American grounds due to his ongoing spell at Major League Soccer (MLS) side Inter Miami would undoubtedly help, as would the comfort of playing in a settled unit.

But at 39 and with muscle fatigue being a frequent disruptor of his fitness in the last 12 months, would he have the legs to make a difference? Particularly across five knockout games that they would need to win to retain the trophy?

He has been unable to train with the team, and missed out on the final two warm-up games. This could disrupt his and Argentina's rhythm, but then again, the side is built around him, and that tactical clarity can go a long way, as was evident in 2022. With 43 goals and 28 assists in 49 matches of 2025, Messi's contribution to Inter Miami's last season was unmistakable, helping them win their maiden MLS Cup title. This year he has 12 goals and eight assists in 14 matches for the club, which is equally impressive. Argentina coach Lionel Scaloni will hope that this form translates to the World Cup.

Accommodating him in the starting XI due to his suspect fitness could disrupt the balance of the team, but Messi will undoubtedly start.

Portugal coach Roberto Martinez faces a similar predicament as fitness and tactics-related queries are relevant for 41-year-old Ronaldo too. Fresh off a maiden Saudi Pro League winning campaign for Al Nassr with 30 strikes and four assists in 36 appearances, Ronaldo remains the man in the spotlight.

Throughout his two-decade long career he has thrived under constant scrutiny of his rivalry with Messi, insisting it made him yearn for constant improvement, leading to a competition for goals, trophies and individual honours. Messi might have stolen a march in that race four years ago, but the 41-year-old would back himself to get even in the US.

Depending on how their respective teams perform on the group stage, the two could meet each other much before the final, either in the quarter-finals or in the round-of-16. Ronaldo has helped Portugal win three European titles (Euro 2016, Uefa Nations League 2019 and 2025). He probably believes that this is the perfect time to add a World Cup to that, though Portugal don't have title-winning pedigree unlike Argentina and Brazil.

Portugal will hope Ronaldo contributes meaningfully as a starter. The problem is, the moment he gets benched, Ronaldo could throw a fit, and sabotage team dynamics. Former coach Fernando Santos learned this the hard way four years ago.

MIND OVER MATTER

More than talent and ability, Neymar's battle is with mental strength, and his ability to handle the weight of expectations that comes with being the leader of the tournament's most successful team. Brazil arrive at every World Cup as favourites—no matter what their actual form is—and that is normal since they've won five world titles.

That expectation has often been too overbearing for players of the modern era, making them unable to win since 2002. Brazilians have long viewed Neymar as the man who plays the game in the beautiful way it is meant to be played and the man who would deliver them the record-extending sixth title.

But a combination of injuries and hubris has stood in his way over the past three editions. This time too injury is his biggest enemy, which necessitated him to return to his boyhood club Santos from Saudi Arabia's Al Hilal in January 2025 for game time and recovery, with the World Cup in mind.

Since then, the 34-year-old has managed 17 goals and eight assists in 41 matches, but has been unable to drive Santos to the title. Many in Brazil believe he has not done enough for a return to the national team.

But amidst a clamour for his inclusion on social media and with a section of former players also jumping on the bandwagon, Neymar somehow made it to coach Carlo Ancelotti's 26-man squad, at the cost of Joao Pedro, who netted 20 times and helped set up nine goals in an impressive debut season for Chelsea.

A fresh injury on his right calf muscle that kept him out of Brazil's warm-up matches has only increased the volume of debates on Neymar's call-up. None, including Ancelotti, would doubt Neymar's ability. But it's doubtful that the playmaker will be a guaranteed starter.

Sayan Mukherjee is a sports journalist with an affinity towards football.

INTO THE ARCTIC

In Svalbard, the northernmost human habitation and the fastest-warming place in the world, observing polar bears provides lessons in why it's important to safeguard the Earth's last wild places

Rohini Nilekani

I almost abandoned my Arctic adventure before it even started. Friends and family heaved a sigh of relief. Many thought my decision to swerve off to Svalbard, one of the northernmost permanently inhabited places on the planet, instead of attending a conference in Oslo, was unwise. At my age (I am only 67), careening off alone in winter on a snowmobile, looking for the most dangerous land mammal... crazy—or so they thought.

That's not why I nearly did not go. Isfjord Radio Hotel in Spitsbergen (the old name for Svalbard), where I had planned to stay after I flew into the Arctic Circle from Oslo, was inaccessible. It had lost all its snow in the third week of April, long before it should have. There are very few roads in Svalbard for vehicles. Snowmobiles and dogsleds are the usual mode of transport but they need ice, which has been melting faster over the past few years, making parts of this archipelago unreachable. Most tourists tour the islands on cruise boats in the summer months.

Climate change has impacted the polar regions the most. In just two decades, the glaciers of Svalbard have lost about 5% of their mass, largely, it turns out due to warmer oceans rather than rising temperatures. At roughly 310 cubic km, this is enough meltwater to raise global sea levels by roughly 0.75-0.8mm on its own.

Not so far in the future, this sea rise will adversely affect every part of the planet.

My guide asked if I was willing to go towards the open Arctic Ocean instead. The east of Svalbard is colder and wilder, with no Gulf Stream to bring warm relief. There was plenty of ice there, with massive glaciers flanking sheets of sea ice and a tad better chance of catching polar bears. There would be no comfortable hotel—we would camp out on the top of Dømen Mountain. Gently, he explained that the toilet would be two walls of ice, two holes in the ground and two Styrofoam seats, 50m from the tents.

I remained undeterred though my imagination spun wildly with all that could go wrong. Packing for Arctic temperatures, which fall to minus 20 degrees Celsius with wind chill, was itself an adventure. My survival suit would keep me dry and afloat even if I slipped into an icy hole.

As I boarded the flight from Oslo to Svalbard, after a more than usually tight hug from the husband, a general anxiety crept over me. I had felt the same two months before, on my trip to the Third Pole in the Himalayas. This was a natural fight or flight response that has safeguarded humans for millennia. Too many urbanites and digital citizens have lost fear of the untamed wild. This trepidation was my protector, and should be held with respect. So I kept my fear close to me, and stayed close to my fear.

The Arctic landing was white and smooth. At a latitude of 73 degrees, it did not feel as cold as it should have on the tarmac. "It's been a devastating year, way too warm," said the woman who greeted us at the airport. "Most houses here are built on stilts because of the permafrost underneath. But it is melting early and unevenly, putting our homes at risk." It was a repeat of my recent experience in Ladakh, where unprecedented rain is making traditional mud roofs cave in. In that high-altitude desert, where snow leopards roam and blue sheep graze, there is unscientific tree planting, changing age-old weather systems.

We had a stopover at the old coal mining town of Longyearbyen, the largest settlement in this Norwegian protectorate. People don't need special visas or permits to come to Svalbard, though some new constraints are coming in, and this little town has people of more than a hundred nationalities, most of whom know each other. There is zero crime.

On a drive that afternoon along the Advent Bay, we spotted a huge walrus, flopped unmoving on the stony



shore, no doubt stuffed with clams, blissfully unafraid of curious humans. Here and there, snowy reindeer nibbled peacefully at new shoots of grass, evoking memories of Christmas.

On the craggy hillocks abutting the shore, the first little auks had already arrived for the breeding season from the north-east of Iceland. Chasing these laughing, flying black-and-white birds were Arctic foxes, like Pomeranians dressed up with bushier tails. Winter-hungry, they darted swiftly among the rocks, hoping to surprise a bird. Snow buntings, Svalbard's only songbirds, hopped around carefully, while gulls sailed boldly overhead, and eider ducks bobbed on the calm grey water. So much life thrives where humans struggle to survive.

The dinner menu offered reindeer, seal, salmon and whale steak. Licensed hunting is allowed here. I ordered cabbage.

Day blended into night without darkening skies in this season of perpetual daylight, and soon it was time for the real adventure to the east. Getting dressed in five layers to snowmobile in sub-zero temperatures took almost an hour the first time. Imagine what the first hunters to settle on Svalbard must have experienced, well before modern insulated clothing.

Off we went to seek the polar bear. The stop-and-go, 8-hour journey riding pillion on a snowmobile was simply exhilarating. All around us was a continent of snow, fjords and glaciers glistening in the sun, giant clouds stooping to confuse the horizon and lifting to reveal clear skies. A white wonderland dotted with the irregular browns of jagged mountains that couldn't hold the ice. How could any life possibly survive here in this intoxicating barrenness?

"It is unlikely you will see polar bears in the two days you are here," said my guide Piet, regretfully shaking his head as my snowmobile driver Chris nodded. "Please don't raise your expectations. Just enjoy whatever is." Not 2 hours after landing, we had already seen so much. My heart was nearly full. So I nodded obediently, all the while praying for more.

Soon enough, we spotted some seals, sunning next to their holes. They raise their heads rhythmically and comically every few seconds to look around, ready to escape into the deep cold waters below if a polar bear were to come by for a meal. Seals need to come up for air and must always keep several open holes, free of ice, for their survival.

We then reached a ragged bird cliff, where hundreds of northern fulmars had come up from the south for the breeding season, their warm cacophony shattering the frozen silence.

We drove down the Hayesbreen glacier, which is part of the second largest glacial system in the archipelago. We stood below layered walls of ice, formed over thousands of years, clicking cameras shifting the solid silence.

Climbing on to a plateau overlooking valleys and ranges blanketed in shades of white, we stopped for a picnic lunch. Astride a snowmobile in minus 10 degrees Celsius, boiling water poured into a packet of freeze-dried beans and squash had never tasted better. The mind expanded with the belly to devour the dazzling view, infinitely fulfilled.



The icy landscape of Svalbard is home to a wealth of wildlife from reindeer, seals and Arctic foxes to polar bears and walruses.

We finally reached the East Coast, driving dizzily fast across the frozen ice reaching the Arctic Ocean. A few startling bumps made me grateful for my yoga training as I leaned in and away from edgy slopes. Stopping to gape in wonder, we did a quick scan for polar bears.

Just then, Piet called out, "There's something out there in the distance. One big, two small." Could it be the mother and cubs they had seen earlier? Our binoculars disappointingly revealed three dark shapes. We needed yellowish white.

Let's go check anyway, we decided. Piet took a last look at the ice behind as we started moving.

"I think it's a bear," he whispered. A magnificent male appeared as a dot on the horizon, pale yellow fur moving closer and closer across the ice. You think you know how big your first polar bear will appear, but they are even bigger—1,500 kg of muscle and blubber, nonchalantly cruising at 6km an hour.

We stayed with this animal at a safe distance for hours. We watched him dig furiously around an abandoned hut, and leave disappointed. When we checked later, the bear had pulled out a whale bone the size of a door, probably 200 years old, from the whaling era.

We decided to turn back to check out our earlier sighting. Just then, Chris shouted, "Good God, there is another bear!"

Sure enough, another powerful male in all his white glory, shuffled across the ice towards us in perfect golden light, gracing us with his incredible beauty.

Except that he was heading towards our makeshift camp. Keeping in mind laws that forbid humans to go closer than 500m to a bear, our guides expertly drove

SEEDS FOR THE FUTURE

The very first stop we made in Svalbard, even before checking into the hotel in Longyearbyen, was the Global Seed Vault, cut deep into a mountain of ice and black rock. Launched in February 2008 by the Norwegian government and managed in partnership with Crop Trust and Nordic Genetic Resource Center, it is the world's largest secure seed storage, holding over 1.3 million seed accessions—each a unique genetic fingerprint of a crop variety—with room for millions more.

To think that the future of human food may rest within its vaults filled me with awe and gratitude. Its façade rising like the prows of the cruise ships dotting the coastline, the Global Seed Vault is made of black steel that will turn red over the years, like the changing landscapes of the Arctic itself.

Spitsbergen Island in Svalbard was chosen for its low tectonic activity and perma-

frost. There is no small irony in the fact that the very coal once mined locally is among the forces threatening that permafrost today. This makes the preservation of seeds all the more vital: plant breeders will need access to a vast range of genetic diversity to develop new varieties suited to a warming world of more droughts and more pests.

Duplicate seeds arrive from around the world as insurance. There are roughly 1,700 gene banks globally, but many deposit extra copies at here. When political crisis struck Syria and destroyed local stores, scientists were able to reclaim their seeds from the vault and begin again. No wonder it is also called the Doomsday Vault.

Three-fourths of the world's food comes from just 12 plants and five animal species. Maize, rice and wheat account for nearly half the calories consumed by humans. In the past, farmers grew tens of thousands of

varieties of each crop. Before India's Green Revolution, 100,000-200,000 varieties of rice were in circulation—though accounting for regional synonyms, scholars believe 110,000 distinct varieties were cultivated. Today, only 6,000-7,000 survive. India's own seed vault sits at Chang La in Ladakh.

In October 2024, ICRISAT—an agricultural research institute in Hyderabad—deposited 2,950 seeds of 56 species, including pearl millet, sorghum and 28 wild relatives of the peanut, nine of which were new to the vault. It was part of a deposit of 30,000 new samples from 23 institutions in 21 countries.

Even in their dormant state, seeds are not truly inert. Pathogenic microorganisms—microbes and fungi—travel with them, and their microbiome continues to interact with its environment despite the -18° Celsius temperature in the vault. Research is underway to understand the significance and

risks of these organisms, which will be unleashed alongside the seeds when they are finally needed.

The exchange of seeds has long been central to community farming, but industrial agriculture shifted toward ownership and patenting. Norwegian law prohibits the storing of genetically modified seeds, but some environmentalists worry that the vault could serve the interests of global elites in a future crisis.

Yet farmers world over have joined the project with open hearts. In 2017, Peruvian farmers deposited their sacred potato seeds, singing and dancing as they said farewell to their "endangered children." Art soon followed—and today, an abandoned coal mine hosts the Svalbard Seed Cultures Ark. Both art and seeds continue to come to these icy shores as messages of hope and trust.

— Rohini Nilekani





DANIEL RYAN

around the relentless bear, creating a barrier between his path and our safety. He seemed to understand. After a bit of head bobbing, the bear took another route.

For a moment, we stood still, mesmerised by the shifting light. Christiane Ritter, one of the first women to winter in the archipelago, describes it best in her never out of print 1938 book, *A Woman in the Polar Night*: "I divine the ultimate salvation before which all human reasoning dissolves into nothing."

The sun swung low in the sky, though it would not set in this season. Reluctant as a child called back for dinner from the playground, I found myself outside the tiny tented camp, a wisp of smoke billowing out of the makeshift kitchen. Welcome home, said the East Camp team, bringing tears to my eyes. How many audacious hunters, trappers and travellers over the past 300 years, might have longed for such words when they had to set down for a rest in this forbidding land.

The crew prepared delicious hot lentils for supper, which we consumed sitting on the floor around a furnace. Soon, a stretcher was unfolded and a sleeping bag spread over. "Sweet dreams," said Chris. "Cover your eyes. Do not step out without calling out; someone will be up watching out for bears."

We were to set off back for Longyearbyen after another day on the coast, but the weather had other plans for us. A snowstorm set in as we were sleeping, the winds howling and the loose tent flaps tapping an uneven beat. The furnace gave up at some point, and I was grateful for the miracle of modern sleeping bags.

We hastily packed up everything after breakfast. Our camp team would dismantle the tents and the toilet after us to leave no trace behind.

The snowfall in the light, bright morning felt warm to my face. Until we got on to the snowmobiles, that is. Cold drafts whipped past my helmet and neck warmer, despite the wall of Chris in front of me. The storm enveloped us in mists that reduced visibility to zero. Hoping to outrun the weather, guided by GPS, we sped at 60kmph over glaciers older than human memory. I ignored my panic and simply surrendered to the void. Such white-outs were what I would imagine during my meditation sessions. Now that visualisation would become memory.

A couple of hours later, we were suddenly out in open fields of snow, the sky glittering and the mountains shimmering with a light perhaps found nowhere else on the planet. We stopped at lofty sculptural ice forms carved from broken glaciers, halted to gasp at frozen waterfalls, played "Spot the ptarmigan", as the stunning black-and-white birds merged into the snow-patched mountains.

Small huts dotted the landscape, made just from Siberian driftwood. Nothing decomposes in the Arctic, everything is preserved. These huts were used until recently by those with Spitsbergen Mania, as the madness that draws humans here is called. Precious stories are still shared of the many ships and men lost to this brutal environment. They seem to deter no one.

What happens in the Arctic does not stay in the Arctic. The ice melt I witnessed is a major driver of global sea-level rise and other climate shifts that affect many parts of the globe, including India. Earlier, research was focused on atmospheric surface temperatures as the main contributor to the glacial melt. Yet recent evidence suggests that warming sea waters accelerate the melting of polar ice sheets much faster than scientists expected. As these hidden processes, which happen at the underside of the glaciers, have been underestimated in past reports from the Intergovernmental Panel on Climate Change (IPCC), global sea levels are now projected to rise faster and more unpredictably. Low-lying cities on India's 11,000km coastline housing around 360 million people, could be inundated decades earlier than anticipated.

Take Mumbai, for example. By 2100, the local sea waters may rise as much as 50-100 cm. Without adaptation measures, this will wreak havoc on India's most important commercial hub. What is of equal significance is that Arctic-driven changes in atmospheric circulation are affecting weather patterns. A recent Indian Institute of Tropical Meteorology study links declining Arctic Sea ice with a westward shift and intensification of the Indian monsoon, boosting late-season rainfall over western India, and leaving central parts of the country with dry spells. Less ice in June and July in Svalbard means stronger rainfall in Mumbai or tidal flooding in Surat in September and October.

These polar disruptions will cause other structural risks in India. More than 50% of our arable land depends on rainfall, and predictable monsoon patterns. Unseasonal drought followed by unexpected deluges can destroy crop yields. Warming seas also affect fishing and marine livelihoods. Staple fish like the Indian sardine and mackerel are moving deeper into the ocean or moving northwards in the Arabian Sea to flee warming waters. The temperature rise also affects the biological clock of many species, resulting in egg decay before hatching. Aquaculture and shrimp farming is critical for India's seafood export revenues. Rising sea levels bring saltwater into marine estuaries, destroying the fragile ecosystem, bringing disease and die-offs.

As part of its adaptation strategy against polar ice and permafrost melt, India conducts year-round research to build predictive models for agriculture and water resilience planning at its Himadri Station within the leased facility at the international research settlement in Svalbard. Food security has been a major focus for India, and decades of progress could be reversed with the climate risks posed by the ice sheet melt far away in the Arctic.

On the final evening in Longyearbyen, I had a request: Could we see beluga whales from the bay? "Not at this time of the year," said Piet, though I could see the small cruise boats already lined up for the summer. "But I will take a look for you," he said. In a minute, he uttered his first curse: "Holy s***, there's a white beauty right there!"

And so, the belugas graced us with their hypnotic sea dance, domes cresting and sinking in the grey-blue waters against an iridescent sky.

The plankton they feed on were building up in the bay, and soon hundreds of belugas would provide unending pleasure to the thousands of tourists to arrive to shores where barely 3,000 people live.

How much tourism is too much? Back in Oslo, after unloading my winterwear and my fear, I read that the Norwegian government has recently limited the number of ships and passengers, with special rules to protect the flora and fauna of the fragile archipelago. The great north has suddenly emerged as a destination of choice for wealthy travellers. There is worry that overtourism will engulf the ecosystem.

That made me examine my own motivation and privilege. Should everyone with the means go wherever they can on the planet? In her later years, Ritter said, "A year in the Arctic should be compulsory to everyone. Then you will come to realise what's important in life and what isn't."

Would she say that today? Probably not. Stronger policies, laws and resolve might be needed to secure our planet's bio resources. In my defence, I can say this for certain: my short, wild adventure of a lifetime has made me ever more committed to the conservation of our biodiversity, and to carry the stories so that more people can fall in love and rise in awe at the magnificence of our planetary home.

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GETTY IMAGES

Over 45 days, 663 million people visited Prayagraj during the Maha Kumbh Mela, 2025; and tourism has been a game changer in Bhutan.

This summer, take a responsible holiday

As popular destinations buckle under the weight of overtourism, travelling without burdening the destination is imperative

Anita Rao Kashi

It was the casual chucking of an empty snack bag from a passing car that dampened the trip. To make matters worse, it was accompanied by loud music blaring from a car stereo. In the fragile mountainous landscape of Turtuk village in northernmost Ladakh, overlooked by the towering peaks of the Himalayan and Karakoram ranges with the electric-blue Shyok river winding through, the sounds felt deeply offensive, and the trash unforgivable.

Hashmat, my host and guide, wore the weary look of locals who have had to bear the brunt of visitors wrecking their beloved space. The same weariness that has turned to despair and anger in Barcelona, Venice, Amsterdam, Dubrovnik and other cities in recent years and spilled on to the streets, targeting tourists.

For me, the trip to Turtuk was meant to be an escape and to recharge, but it raised the uncomfortable question of whether I was contributing to the problem. I stayed with a local, ate food made by Hashmat's mother, visited a local heritage museum run by his cousin and shopped for dried fruits and herbs produced by his extended family. I tried to minimise the impact of my visit as best as I could. And yet, the careless tourists had me over-compensating, examining if I came across as entitled, pondering if I was being responsible enough.

Last year, 1.52 billion people travelled internationally, generating roughly \$2.2 trillion, according to UN Tourism. At home, 4.5 billion Indians crisscrossed the country, with the number expected to reach 9.5 billion by 2030, according to consulting firm HVS Anarock. Tourism supports one in 10 jobs globally, but it is unclear if the communities impacted most by tourism see any substantial benefits.

Acutely aware of this, the UN adopted the Cape Town declaration on sustainable tourism in 2002 with its overarching goal "to take responsibility for achieving sustainable tourism and create better places for people to live in and for people to visit." In other words, responsible tourism aimed to correct the economic imbalance and to ensure that the wealth and benefits rippled down rather than pooling at the top. But more than two decades on, there is no clear indication if it is working.

Much before responsible tourism became a buzzy phrase, Chennai-based Deeptha Umapathy, 43, a holistic integrated

art therapist, was practising it. Travel was always part of her life, right from childhood. But it was her previous career as a social development researcher that took her to all parts of India, and several other countries. "Travel was never about tourism, but about understanding communities, their stories, their culture, their food," she says.

When not working, her interest in nature and amateur wildlife photography took her to national parks, until one day "I began having conversations about how responsible this is, us getting into these core zones or wildlife areas, burning up petrol... That stopped too when I realised my ideals were somehow not matching my actions," Umapathy says.

She continues to travel but is always conscious of her carbon footprint. "I stay with local communities or homestays with referrals. I ask about how it is owned, operated, whether ecologically sensitive, how they manage their food and waste. If we are going to be spending money, having fun and being hedonistic, we can still do good."

Umapathy's breed, while a growing one, is still miniscule. Consider this: last January-February, more than 663 million of the 4.5 billion Indian domestic tourists visited Prayagraj over a span of 45 days for the Maha Kumbh Mela. So, the landscape of responsible tourism is a fraught one, owing to the multiplicity of stakeholders.

"Responsible tourism covers a whole lot of aspects," says Rakesh Mathur, honorary president of the Delhi-based Responsible Tourism Society of India (RTSOI), set up after the Cape Town declaration. "It is about responsible practices in city hotels, energy conservation, water conservation, pollution control, etc. It also involves responsible behaviour on the part of tourists, not to disturb the environment or the cultural aspects of the places they visit. It is also about providing opportunities to the stakeholders," he says.

Mathur says RTSOI works with the hospitality industry, service providers and awareness programmes for travellers, but is quick to admit that it's not enough. "Education at the school level, training for staff at monuments, strict implementation of policies, fines for non-compliance...so many things have to be done," he says.

For those deeply involved in the sector,

Communities are increasingly viewing tourism not as a force that requires them to change who they are, but as a platform to celebrate and preserve their unique identity

ISTOCKPHOTO



travelling responsibly trumps "eco-friendly travel" (because let's face it, there's always going to be a carbon footprint). "Travel should be a handshake, one that brings benefits to the place but comes in respectfully and mindful of the place, its natural ecology, its traditions, its food and culture. It should create as little stress on these as possible, and hence be low density, and provide jobs, a sense of pride and joy to the community," says Sameer Shisodia, founder and CEO of Bengaluru-based Linger Leisure, which partners with a string of small, responsibly run and ecologically sensitive homestays and farms across the country since 2010.

Shisodia says the roadmap for being a responsible tourist is simple. "Don't just go to consume a place, go to appreciate it, befriend it. Even for the short while you're there, try to think like a custodian; be fair, polite," he says. "Carry as little material that becomes waste after consumption and see what you can carry back. Try to go beyond your comfort zones, that's where the experiences lie; be flexible, keep it low energy. Keep the food choices local and seasonal as it helps the local economy and puts the least strain on resources..." he says.

Shaizla Sood Dasgupta, co-founder of Homestays of India, a social-impact hospitality platform that works with family-run homestays across the country, feels the onus of responsible tourism is a shared one. "It is about ensuring that tourism benefits destinations without changing their essential character. It is about travelling in a way that leaves destinations better—not burdened... It is a shared responsibility between travellers, businesses, communities, and policymakers to ensure that tourism becomes a force for inclusive and sustainable development," she says.

Bhutan is a striking example of responsible tourism. Daily tariffs, stiff entry fees, mandatory guides, visitor caps and local community participation have together ensured not just protection of pristine places and monuments, but better livelihoods and quality of life for its citizens.

Bhutan's is also a classic instance of a community answering the question of "how much tourism is too much tourism?" Shisodia agrees it is a tough one. "There are trade-offs in everything, and the custodians of the home, the village and the city need to arrive at where they settle on 'enough'. I think it's more useful to discuss what the trade-offs are being made against, inadvertently, that we must be more mindful of Commons and natural resources, carrying capacities of these, the very things people go for, the food, culture, social fabric of the place, the peace and quiet..."

There is cause for cautious optimism. Like in the case of Bhutan, when done right, tourism can be a game changer for local communities, says Dasgupta. "In the tribal communities of Jashpur district of Chhattisgarh, villages like Hanle and Pangong in Ladakh, and Sissu, Koksar, Khangsar in Lahaul, our focus has been on enabling communities to become owners and custodians of tourism... By helping local families develop homestays, curate cultural experiences, and engage directly with travellers, tourism has created opportunities for income generation while strengthening pride in local traditions, food, architecture, and ways of life," she says.

What is particularly encouraging, Dasgupta says, is that communities are increasingly viewing tourism not as a force that requires them to change who they are, but as a platform to celebrate and preserve their unique identity. "This, in our view, is the true measure of responsible tourism, when communities thrive without compromising their culture, and travellers leave with a deeper understanding of the place and its people."

Anita Rao Kashi is an independent journalist based in Bengaluru.



PIET VAN DEM BEMD

In Kashmir, a village wades in to clean a spring



Amid disappearing water bodies, every year residents of this village clean a spring-fed lake, following an age-old tradition

Mudabbir Ahmad Tak

It is a pleasant May morning. The air is light, the light is lustrous, and there is a soft, palliative sound of burbling water. Carrying traditional willow wicker baskets, people walk through the narrow lanes of Panzath village in south Kashmir's Kulgam district towards Panzath Nag—a network of natural springs whose waters accumulate in a glen to make it look like a small lake from afar.

The colour of the water is rust brown, covered with green algae, and it reeks. As the waters begin to shimmer under the first rays of the sun, the village slowly comes alive. Children play along the banks, elders exchange stories, and hundreds gather around the spring, reliving memories. Then, all at once, the whole party wades into the waist-deep water.

Every year in May, residents of Panzath village gather at dawn around the spring-fed waters that share the village's name, derived from the Kashmiri word for "500", referencing the number of springs believed to feed the waterbody. While there are five large springs and a few small ones now, villagers believe that there are more than a hundred beneath the low hills that surround the place. There is no official record of the number of springs.

The villagers of Panzath are joined by residents from the neighbouring villages of Sransoo Shampora, Wanpora, Kewa,

Tangloo, Nassu Badragund and Drinen in this endeavour to clean the lake that sustains their community and irrigates the surrounding paddy fields.

According to a 2026 Comptroller and Auditor General of India report, titled *Conservation and Management of Lakes in Jammu and Kashmir*, of the 63 lakes covered in the report, 11 lakes covering an area of 1,024 hectares have disappeared, and 30 lakes spread over 909.60 hectares have shrunk significantly. This means that nearly 41% of the assessed lake area has either vanished or degraded. The report states that untreated sewage flows into 50 of the 63 lakes.

Another report from 2020, *Diversity of Fishes in Jammu and Kashmir State*, states that the fish population in the wilderness has decreased over the years in Kashmir. The study attributes this decline to the ecological degradation in fish habitat resulting from sand extraction and the consequential riverbed deterioration as well as pollution due to the extensive use of biocides (pesticides, insecticides, herbicides, fungicides) and other chemicals involved in horticulture and agriculture activities.

In Panzath, the surrounding villages use septic tanks and soakage pits, and the effluents from these make their way into the spring waters as does plastic waste. Despite the recent increase in pollution, the annual cleaning of the Panzath Nag is a centuries-old tradition, and is followed by Rohanposh, a practice where locals sprinkle water and shower petals on graves.

"The day for the cleaning ritual varies each year (it fell on 17 May this year), but there is just one day reserved for this practice. When we decide on a day during spring for Rohanposh, that is the day we set aside for the cleaning as well," says Abdul Hameed, 50, who has been coming to the spring-cleaning ritual since childhood. "If we stop this practice, the springs will get choked and the water will stop."



Residents of several villages come together on one day in May to clean Panzath Nag that sustains their community.

The annual cleaning of Panzath Nag in the village is followed by Rohanposh, a practice where locals sprinkle water and shower petals on graves.

Hameed points to different parts of the stream, explaining that they belong to different villages. "That one belongs to Drinen, this one here to Panzath, the one down below to Wanpora. Everyone from these villages comes here to clean the springs," he says. "But it is for our own good. Last year when it didn't snow a lot and people were facing extreme water shortages, our villages were well-fed through these springs. That's because we clean it and take care of it. That is the most important thing—to keep the water clean."

As we approach the most prominent among the springs, Midhat, 12, and her friends Zehra, Burhan and Zainab welcome us, laughing and pushing each other playfully. All of them are holding small plastic baskets and trying to catch fish. Standing in the shallow waters of an outlet

from Panzath, their clothes are soaked.

"I caught a dozen fish," says Huzaif, 10, from Nowgund, with pride. "I didn't catch them myself, my cousin did and gave them to me. He has many more."

There are hundreds of children here, learning early on how it is vital to keep the water clean and care about the environment. Some of the children had come with the women of their families, though the women do not take part in the ritual.

Ghulam Nabi Rather from Panzath isn't sure about his age. "I must be 65-70. I've heard from my parents that a traveller once visited this place carrying 500 snakes in his bag. While he rested at a local shrine, the snakes sprung from the bag and escaped in this glen. Springs sprang from the places that these snakes went. Later, people settled here." Rather says as

he pulls a basket of slush from the water.

"When I was a kid, the water was clean and deep, and it fed tens of villages from here to Vessu (a village about 5km from Panzath). These days we have to work very hard because there is so much trash in the water. Because of pollution, the fish have also become smaller in size," he adds.

By noon, as the waters are clean, people start making their way back home. While rooted in tradition, the annual event also reflects a grassroots environmental ethic that has endured for generations in Kashmir, a region whose fragile ecosystem is increasingly under strain from climate change, urbanisation and neglect of water bodies.

Mudabbir Ahmad Tak is a teacher and freelance journalist.

How every geopolitical event hits Indian farmers

Even as farmers struggle with fuel and fertiliser shortages, a India-US trade deal could bring in harder times

Prachi Pinglay-Plumber

In the past few weeks, among other happenings, including war, fuel price hikes and examination messes, one not-so-small piece of information kept a large portion of this country on tenterhooks—the official arrival of the south-west monsoon on 4 June, three days behind its usual schedule.

This large population of farmers is busy digging into their reserves to prepare their land for the upcoming Kharif season, or the monsoon cropping season when crops are sown at the onset of the south-west monsoon (June-July) and harvested at the end of the monsoon (September-October). Fertilisers are in short supply, bank loans have become harder, and finding fuel for tractors is an uphill task—all a fallout of the war between Iran and the US.

At Mashale village in Vidarbha region's Wardha district in Maharashtra, Makrand Rokde is preoccupied—the numbers are not adding up. "The seed and fertiliser suppliers have different conditions this season; they will not provide more than five bags at a time due to shortage, but I need 60 bags. How many trips will I make to the distribution centres to get every

thing? To make matters worse, transport costs have increased," says Rokde, who is in his 60s.

Around 60% of urea for Indian farming is imported and what is made here is dependent on natural gas, both of which come through the closed Strait of Hormuz. But in the vast regions of Maharashtra and Vidarbha, where most of the land is not irrigated and farmers rely on cotton, soybean and lentil cultivation during monsoon season, another factor is playing on the minds of activists and experts. The trade deal between India and the US includes, among other things, elimination or reduction of tariffs on agricultural products such as dried distillers' grains, red sorghum, tree nuts, fresh and processed fruit and soybean oil. India is a leading producer of soybean, growing a record 152.68 lakh tons in 2024-25, according to the Press Information Bureau. Most of it is grown in Madhya Pradesh and Maharashtra, and soon after the news of the deal broke in February, *mandis* (wholesale markets) reduced the buying price for Indian soybean.

Despite this, Rokde plans to sow soybean on three acres of land and cotton on 15 acres. Fellow farmers are taking the same chance. "We cannot predict how the market will behave because global factors are not in our control. Because of the war, cotton prices actually shot up (in March after the Strait of Hormuz closed and supply of polyester and synthetic cloth was affected) but the farmers had sold all their produce by then. It is the middlemen who are benefitting," he says.



Fertilisers have been in short supply because of the war.

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Sharad Halage, 72, a farmer from Pavni village in Wardha, says it is not clear how much of the fallout is due to global events and how much of it is triggered by an exploitative domestic market. "The suppliers are asking us to buy fertilisers as a package—they have done 'linking', which means we have to buy things we do not need. We can't argue because we have to be ready before the first rains." Most of the farmers spoke about this problem, calling it an "additional burden". (While urea is subsidised, the bio-fertilisers, micronutri-

ents and other products sold as a "package" are not. Around 100-150 products are being sold along with urea, what the farmers call "linking". The price difference ranges from a few hundred per purchase to a couple of thousands.)

Ajit Nawale, agricultural activist and state secretary of CPI(M) Maharashtra, who has led several protests related to the agrarian crisis, says farmers have not been informed about the details of the India-US trade deal. Though it has not yet been finalised, it will undoubtedly affect farm-

ers of Maharashtra and Vidarbha as they rely on production of soybean, cattle and poultry feed (red sorghum goes into animal feed), he says. "There is absolutely no movement from the government to support or even explain to the farmers what might be the implications of this deal. But it is clear that if we are reducing the import duty on soybean oil and feed, farmers here will suffer tremendous losses. That too, on the backdrop of increased input costs due to fuel-related issues in fertiliser supply."

In Ghansavangi village in Jalna district, Rajkumar Tangade, a farmer, playwright and actor, says, farmers in the region are preparing the fields anyway. "Not because of confidence or hope but because that is what we do. Last year hardly anybody got MSP for soybean and it will only get worse because of increased input cost this time. But there is no choice," he says. Farmers and activists said that input costs have risen 25-30% compared to last year, worsened by supply shortages.

Ramesh Jadhav, editor of *Agrowan*, a news outlet that focuses on agricultural issues in Maharashtra, says there are a host of underlying concerns that aren't being talked about. Products like soybean oil are already imported, and animal feed made from GM soybean and GM corn are likely to be imported though the government has denied it. "We have a clear policy on genetically modified crops but we are already importing products made from GM crops. While none of this is clearly communicated, it will surely impact the farmers as it will affect the prices of their produce. The farmers are already dealing

with shortages of fertilisers and will be spending a lot more with no guarantee on returns. None of this is in their control."

Various statements from the Central government say that farmers will not be affected, but their American counterparts clearly speak of how the deal will benefit the US in multiple ways.

"The Indo-US deal will be back-breaking for the Indian farmers if implemented in its current form," says Bedabrata Pain, US-based director of the award-winning documentary *Dejà Vu*, on the corporatisation of farming in India and the US. "In the US, among the farmer community, there is not much discussion because most of the farmlands are owned by a few big corporations. 90% of the subsidy and revenue will go to big businesses. This is a lose-lose situation for farmers, both in the US and in India." Rural farmers in the US are now preoccupied with upcoming data centres eating into what little land is left to them, he says, implying that in India too, the push to build data centres, which guzzle water, fuel and land, should be a concern.

As the monsoon advances from Kerala towards Goa and further to Maharashtra, whether it is Rokde, Halage or Tangade, the farmers are too busy with the uncertainty of the current crop to worry about these global factors. Each one carries on, deeply aware of the impending harder times.

With inputs from Kailash Koushik. Prachi Pinglay-Plumber is an independent journalist and professor of practice at Central Campus, CHRIST University, Bengaluru.



The versatility of Satrapi's novels

The French-Iranian artist influenced a generation of comics creators and graphic novelists around the world, and in India

Aditya Mani Jha

The French-Iranian writer, artist and filmmaker Marjane Satrapi, who died on 4 June at the age of 56, was known for pioneering graphic novels like *Persepolis* (2003) and *Embroideries* (2005). In the 2000s, Satrapi was among the iconic comics artists (alongside Joe Sacco and Art Spiegelman), who were responsible for popularising the medium globally and raising its profile among literary critics and lay readers alike. *Persepolis* in particular became a breakthrough hit, a staple on university curricula worldwide.

It tells the story of Satrapi's own childhood in Iran and youth in France, especially focusing on the changes sweeping through Iran in the late 1970s with the onset of the Islamic Revolution. The reader sees the action unfold through the eyes of little Marjane or "Marji"—people changing their entire belief systems overnight, people being "disappeared" or executed for dissent, people selling out their neighbours to the police.

In a 2003 essay titled *Why I Wrote Persepolis*, Satrapi famously said, "Graphic novels are not traditional literature, but that does not mean they are second-rate." She embraced this belief all her life, and her influence on comics creators around the world, including and especially in India, remains palpable.

"*Persepolis* for me was definitely that first book that showed me what it means for one artist to bring together word and image, what it means to narrate a history that's also a deeply personal coming-of-age story," says writer and comics artist Ita Mehrotra, whose politically charged graphic narratives include *Shaheen Bagh: A Graphic Recollection* (2021) and *Uprooted: A Graphic Account of the Struggle for Forest Rights* (2025).

"Satrapi was telling us a story about her own development as an artist and as a person," Mehrotra adds. "And through that story we also learn so much about the history of Iran, the Islamic Revolution, the way women's freedoms were curtailed, and so on. The degree of complexity is fairly high, and yet she does it all with such wit and humour. *Persepolis* taught me that you don't have to separate the personal from the political, that you can use the comics medium to communicate both strands of storytelling at the same time."

Mehrotra's own work demonstrates the value of this fluid approach. *Shaheen Bagh: A Graphic Recollection* begins with a deep dive into the history of the Shaheen Bagh neighbourhood in Delhi, as told by women whose families have been living there for generations, before getting into the protests against the Citizenship (Amendment) Act, 2019. Even as it makes insightful "big-picture" points about the value of dissent in a healthy democracy, the book never loses sight of personal stories and individual narrative arcs.

When you read a modern-day Indian graphic memoir like Malik Sajad's *Mumma*, you realise that Satrapi walked so that the likes of Sajad could run. Both *Persepolis* and *Mumma* feature a child's point-of-view while describing life under a virtual police state. Both books present satirical, cartoon mini-histories of the regions they are set in (Kashmir for Sajad, Iran for Satrapi)—and this device is not just literary playfulness; rather, it is a way of reducing the power of one's oppressor through humour. Both Satrapi and Sajad also combine elements of



(above) Marjane Satrapi in Rome, 2012; (top) from her graphic novel 'Persepolis'; and (below), a still from 'Chicken with Plums'.

the traditional *künstlerroman* (a literary subgenre depicting the development of an artist) with more sophisticated techniques lying at the intersection of journalism, sociology and literary fiction.

What was it about her drawings that allowed Satrapi to achieve all of this? Her style as an artist was deceptively simple and versatile, her mostly black-and-white illustrations marked by minimalism and economy-of-expression. Like Hergé before her, her lines did a lot with so little.

"Satrapi's genius was that despite working within the constraints of a minimalist style her characters were so expressive," says Chirantan Sarkar, the illustrator of the forthcoming graphic novel *Three Women*, written by Isheta Ganguly. "Notice the way she draws faces; you can tell the psychological state of these characters instantly even though they have been drawn in a very simple manner, and it's really tough to achieve that balance as

Satrapi proved graphic novels aren't second-rate, using wit, minimalism, and memoir to fuse personal stories with Iran's turbulent political history

an artist."

He adds: "She was also a filmmaker and therefore knew how to use the interplay of light and shadow in an effective manner. She was very good at using negative space to her advantage, for example by using carved-out white space against an all-black painted backdrop." Satrapi was indeed fond of intense, cinematic black-and-white lighting, à la Ingmar Bergman's *The Seventh Seal*, a film that directly influenced her book *Chicken with Plums*, right down to the way she personified Death.

Satrapi's versatility can also be gauged by the fact that each of her three graphic novels—*Persepolis*, *Chicken With Plums* and *Embroideries*—has a slightly different style from the other two. While *Persepolis* makes shrewd use of traditional comics panels, *Embroideries* is almost entirely free from the grammar of panels and speech bubbles. In this book, drawings and text unfurl languorously across each other in a much looser, more free-flowing structure. The narrative unfolds as one long post-lunch gossip session between a close-knit group of women (and the young Marji amidst them). And true to form for Satrapi, somewhere along the line, these very personal secrets together form an alternative sociological text, almost an oral history of women's freedoms under the Ayatollah Khomeini regime.

Mehrotra says she has used *Embroideries* in classroom settings to demonstrate the possibilities of the comics medium to her students. "It's the book that I keep coming back to as a comics artist and an educator," she says. "There's so much there for the newbie artist, for students of history, for anyone interested in gender equality. For artists of my generation Satrapi was the one creator whose work you simply could not miss."

Aditya Mani Jha is a Delhi-based writer.

Majumdar's canvases of vivid chaos

The US-based artist alludes to the animosity towards those questioning majoritarianism



'Monstermashup 3' (2025). COURTESY THE ARTIST AND GALERIE MIRCHANDANI + STEINRUECKE

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There is a sense of animation in Sangram Majumdar's layered paintings. His works have a palpable feeling of movement as figures flit in and out of the canvases. He creates frozen moments featuring hybrid creatures and anthropomorphic beings in the midst of frantic, almost chaotic, action—marching, dancing, jumping their way through the paintings. These canvases of vivid chaos are part of the show, *Bad Actors*, on view at Galerie Mirchandani + Steinruecke, New Delhi, till 25 July. The artist, who lives in Seattle, US, was recently awarded the Neddy Artist Award in painting—an annual award, funded by the Behnke Foundation and stewarded by the Cornish College of the Arts, and given to visual artists based in the Puget Sound region in Washington state.

Majumdar draws on the past and present realities of India, where he grew up, and the US, which he now calls home. The title of the show draws on the term "bad actor", which in the US stands for "an immoral or delinquent figure". "...the exhibition wishes to act, in an impulse that recalls the meticulous recasting of such stock types as *badmaashes*, thugs, and bandits by social historians such as Eric Hobsbawm and Radhika Singha, from this in-between place of the polarized present," writes Megha Parvathy Ballakrishnan, a US-based scholar of modern and contemporary art with specialisation in South Asia, in the accompanying essay.

There is no denying that we live in polarised times with a sense of growing animosity towards immigrants and people of colour. These issues have seeped into Majumdar's work consciously and subconsciously, and is reflected in the treatment of figures stereotyped as "delinquent" by society. The nebulous shapes that lie on the boundaries of figurative and abstract reinforce that feeling. Majumdar introduced this treatment of the figure as an archetype around 2016. The new work continues along this line, "only growing and expanding around imagery and language coming from political spaces used to galvanise differences among people," he says. He believes that *Bad Actors*, both the title of the exhibition and the theme underlying this group of paintings, emerges from a language used in the media to amplify anxiety towards those who are being treated like monsters from myths and folktales. The group of "delinquents" represent beliefs and systems that challenge majoritarian thinking. "But majoritarianism [as laid out by Gilles Deleuze and Félix Guattari in *A Thousand Plateaus*] is not the majority. It is a mode of thought that perpetuates accepted norms and treats knowledge as certain, universal, and unquestionable," he says.

However, while Majumdar continues to mull over these ideas, he does not want the imagery to reinforce these fears in any way. In his view, the word "monster" could also point towards something simply unknown, even marvelous. "I loved it when (art historian) Partha Mitter points out in his book, *Much Maligned Monsters*, that there's no single word for monster in Sanskrit, and how a range of characters and types fall under it—*danavas*, *rakshasas*, *pishuchas*. Simultaneously the word 'teras' in Greek can mean both monster and marvel," he says. "So, the various 'faces' in my paintings point away from a monolithic definition and towards a greater multiplicity of experiences and meaning."

The strong sense of movement, or use of gestures, is key to his process. The visually charged works stem from the very act of painting that he undertakes. Majumdar can often be found working on the floor and the walls of his studio—pouring, scraping and wiping—making additions and deletions simultaneously like a film editor. "There's often a slippage of lines and shapes of colour...I am often thinking how lines create boundaries and shapes fill them. However, devoid of that alignment, the series also hints at how boundaries are ultimately a human construction tied to power and control," elaborates Majumdar. This combination of shifting spaces, figurative fragments and misaligned elements emphasise that paintings can also be active spaces for both the artist and the viewer.

Majumdar works across mediums. He often uses mixed media for drawings and as collages on letter-sized sheets of paper. Often he creates sculptural dioramas made with cardboard, paper, wood and digital printouts to visualise the spaces that he wants to explore in his paintings. More recently, the artist has started creating monochromatic wall paintings, which extend from the floor to the ceiling, in a single session to explore the role of gestures in painting.

However, in his earlier interviews, Majumdar has mentioned his affinity with oils "because it responds to the body in a very visceral and physical manner. I also love that this medium brings a lot of baggage with it". Creating oil paintings is an acknowledgment of his western education. However, the connection of oils with the natural world feels closer to his thematic interest in the physical realm and the human condition. "While I am working with oils, I am simultaneously pushing against the traditions embedded within western painting traditions by incorporating imagery and methods that hopefully expand what we expect from an 'oil painting'," he explains.

You get a sense of the familiar and the unfamiliar in his paintings. For one, there is a sense of solidarity with figures from works by artists like Arpita Singh and Tyeb Mehta. Like them, he too is interested in the overlaps between iconography, myth, abstraction and history. Majumdar is particularly interested in the way Singh used the dot and the line to build images in some of her earlier works, and the more elaborate schematic organisational methods in later paintings to create an "unstable but highly convincing pictorial space". "I also like the way Mehta speaks about the diagonal as a major structural and psychological element in his work. Both artists make paintings that pull me in without telling me how to think or see," he says. "To me, they are significant artists who have paved the way not only for other artists, but in also shaping a visual lexicon that is expansive and generous."

On till 25 July, Tuesday to Saturday, 11am-7pm.



Notes from the kingdom of the sick

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Nirmala Thomas's novel *Manjil Oruvai*, translated from the Malayalam as *Snowed Under* by Radhika P. Menon, has an unusual coda. Written by Dr M.V. Pillai, clinical professor of oncology at Thomas Jefferson University in Philadelphia in the US, this concluding note is a physician's testimony to the unique value that fiction can bring to the emerging field of psycho-oncology—and even to palliative care protocols in general. The "treatment approaches developed within this discipline (psycho-oncology) aim to provide care and comfort not only to patients but also to their loved ones," he explains, drawing attention to an evolving practice that goes beyond treating the disease alone to addressing the fear, stigma and unease that continues to surround cancer.

By putting Thomas's work within the discourse of contemporary psycho-oncology literature, Pillai elevates the novel's value manifold. While some healers must wield the scalpel in their jobs, there are others, he argues, who can bring comfort to the sufferers by the sheer humanity of their imagination. Indeed, it is the latter quality that medical professionals, increasingly hemmed in by cutting-edge technology, fail to bring to their work, leading to complaints that "medicine neglects the wounded soul." Where science fails to quieten the spiralling mind, it is often left to stories like *Snowed Under* to lend an empathic ear to the suffering millions and provide, at least, a temporary reprieve.

Set in Canada, Thomas's adopted homeland, *Snowed Under* is based on the real-life story of a "beautiful lady" the author met at a party several years ago. When Thomas complimented her peacock-blue sari and asked her why she had draped a grey shawl around it, the woman gave her "an embarrassed smile" and said, "There's nothing inside." Based on that fleeting though harrowing exchange, Thomas wrote a 15-page story, which she turned into a novel a decade later.

The protagonist of *Snowed Under* is Ashwini Ram, a high-flying engineer married to Mohan, who has also steadily ascended the corporate ladder. Their only daughter, Keerthana, is an aspiring medical student, and the three of them form a model immigrant nuclear family: hardworking, law-abiding, ambitious, and well-integrated into the diaspora as well as the larger society. Until one day, Ashwini discovers a lump, the size of a "rice grain", in her right breast and the long-familiar cadences of her existence are thrown off kilter.

If a cancer diagnosis is a life-changing event for a patient, it can be just as devastating an indictment on their family. In Ashwini's case, almost worse than the anxiety caused by the disease is her husband's seeming aloofness. Cancer or no cancer, Mohan refuses to budge from his routine in the slightest. He has little to no words for her, except the most banal advice of not jumping the gun and assuming the worst.

When Ashwini starts to suffer from the side-effects of chemotherapy, Mohan quietly moves into the guest bedroom because he needs a good night's sleep in order to be functional and productive the next day. Is it just a defence mechanism or calculated cold-bloodedness? Thomas doesn't give the reader access to Mohan's mind or feelings, perhaps as part of a



The novel lends an empathic ear to the suffering of millions who have battled breast cancer.

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deliberate strategy to bring them closer to her protagonist's consciousness.

Ashwini's shock at her emotionally unavailable husband is deepened by her memories of their earlier years of sweetness and love, when Mohan christened her breasts Kalyani and Kalavati, after a popular Malayalam song, and sang odes to their beauty. Losing Kalyani to a mastectomy and her once-luscious hair to chemotherapy are not only aspects of physical mutilation for Ashwini, but also symbolic erasures of her femininity, a loss of personhood that no one can fully understand.

In the years when she was turning her story into a novel, as Thomas read books on breast cancer, saw it creep up on women from across society, and observed public awareness of it increase, she also confronted the discomfort and shame associated with it—not sparing herself in the process. In her note at the end, the writer mentions every time Wendy Mesley, a Canadian news anchor who had survived breast cancer, appeared on television, Thomas's eyes would "linger on her chest". "It was then that something struck me with force," she writes. "The world must appear utterly different through the eyes of a breast cancer patient."

A similar crisis befalls and takes root in Ashwini's life after her newly anointed status. All her girlfriends tiptoe around her, excluding her from their once-easy camaraderie, and fumble about

the best way to conduct themselves in her presence. Only Vidya, a widow who is as lonely in her isolation from the Malayali diaspora as Ashwini is as a cancer patient, turns out to be a real friend. She arrives at Ashwini's home with home-cooked food and her no-nonsense attitude, making sure that her friend is bathed, fed, rested and not cooped up indoors all day.

If Keerthana is sympathetic to her mother's predicament, she is too caught up in the whirlwind of her academic calendar to fully focus her energies on caregiving. Back home in Kerala, Ashwini's ageing mother acts as the primary caregiver to her infirm husband and mother-in-law, while her younger sister Akhila is swamped with looking after her family, along with their expatriate brother's children. And yet, every time it seems like circumstances are conspiring to push Ashwini into a vortex of misery, she continues to surprise the reader, and herself, with remarkable bursts of resilience. For it isn't just cancer that she is up against but something far more primal. "When there is no one to stand beside you, you learn to stand alone," she reflects. "Not because you are fearless, nor because courage comes easily, but because there is a certain fierce satisfaction in stabbing fear in the back."

As the cancer runs its course, the seasons turn from cold to warm to bitter cold again, and Ashwini passes through the five stages of grief identified by Swiss-American psychiatrist Elisabeth Kubler-Ross: denial, anger, bargaining, depression, and acceptance. Thomas structures the emotional arc of the novel along these phases, though the progression of the story never feels contrived. On the contrary, by getting inside Ash-

Nirmala Thomas's powerful novel in translation delves into the psychological costs of living with cancer

NEW ON SHELVES

In the polarised world of Israel-Palestine politics, Indologist and poet David Shulman is a rare voice of reason. The Israeli peace activist, who has witnessed the human cost of the occupation up close, offers an action framework that applies not only to West Asia but also to combating oppressive political systems anywhere around the globe.

Freedom and Despair: Notes from the West Bank, by David Shulman, Westland, 208 pages, ₹499.



In 2020, during the pandemic, Belle Burden's decades-long marriage ended abruptly. It left Burden grappling with the fragility of love. Based on her viral essay about this unravelling, published in the *Modern Love* section of *The New York Times*, the book is a detailed memoir of those days as well as an unsparring exploration of the institution of marriage.

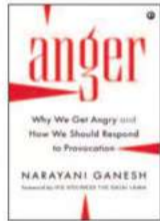
Strangers: A Memoir of Marriage, by Belle Burden, Penguin Random House, 256 pages, ₹1,299



There is one emotion that describes the mood of our time, it is anger. In her new book,

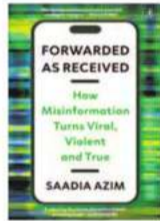
Narayani Ganesh takes the reader on a journey through history, cultures and spiritual traditions to explore the roots of this often destructive feeling—what triggers it, why it overwhelms us—while suggesting ways of responding to it.

Anger: Why We Get Angry and How Should We Respond to Provocation, by Narayani Ganesh, Aleph, 200 pages, ₹699.



Lies in the cyberworld have a way of persisting. Saadia Azim tracks the origins, dissemination and afterlife of misinformation in the Global South. Based on ground reports and intensive research, she explores the deadly cost of a seemingly thoughtless act: forwarding a text message without verifying it first.

Forwarded As Received: How Misinformation Turns Viral, Violent and True, by Saadia Azim, Simon & Schuster India, 536 pages, ₹599.



The small and intimate joys of the Indian monsoon

Stephen Alter's tiny book takes the reader on a cultural and nature voyage to the heart of the romance of the rains

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In these perilous times of climate change, the monsoon is synonymous with suffering. Every year, the advent of the annual rains is preceded by forecasts from the India Meteorological Department, and they are one of two kinds. The first type of forecast sighs with relief, predicting normal or above-normal rains. The second is grim, tinged with doom, the unwilling bearer of the bad news that this year the rains will be below normal. As, by the way, is the case with 2026.

Stephen Alter's slim book, *The Fragrance of Rain: A Brief History of the Monsoon*, is a quiet reminder of why the monsoon plays such a vital role in the life rhythm of the Indian subcontinent. Alter—a lifelong native of Mussoorie—has certainly written weightier, more meaningful books than this one, but the charm of *The Fragrance of Rain* lies in the fact that it is a breeze to read, yet packed with ideas and experiences that are highly

evocative.

For Alter leans unabashedly into the romance of the monsoon rains, in a refreshing departure from the doom-laden reality of droughts, cloudbursts, landslides, floods and countless meaningless deaths that dominate headlines every year from June to September. Instead, in this book, the reader will find transporting descriptions of pre-monsoon rains in Landour, the pregnant wait for the arrival of the monsoon in Kochi, and, a favourite of this reviewer, a night walk through a Goan forest during the rains.

Alter has written multiple non-fiction books over the past 30 years, and the best of these have always been about his most enduring love, the Himalaya. Some of them, like the deeply moving *Becoming a Mountain* (2014), and the extensive *Wild Himalaya* (2019) are bona fide modern classics of Indian nature writing. *The Fragrance of Rain*, despite its vast subject, doesn't aim for the grand or the sublime, and instead revels in a kind of simple and light travel writing that is increasingly hard to come by these days.

Alter arranges the book as a series of vignettes about the monsoon from Kerala, Goa and Uttarakhand, and intersperses them with well-trodden histories of the importance of the monsoon in Indian history and culture. The travel/nature pieces are the more engaging of the two, because Alter's storytelling shines when he places



The monsoon plays a vital role in the life rhythm of the subcontinent.

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himself in the middle of the action, using his first person voice to bring alive the sights and sounds of the rains.

This is because Alter possesses a fine eye for details and a certain talent for description. A hard skill to cultivate for any travel and nature writer, good ones like Alter are able to create perfect scenes and put the reader in there. The night hike

into the dripping forest at the Mahavir Bhagwan Forest Reserve in Goa is a fine case in point. Accompanied by two local naturalists—one of whom, Kuldip Topo hails from the nearby Konkani village of Usgao—Alter is treated to a succession of "magical things", as Topo describes them.

Soaked to the bone in heavy bouts of rain, the group investigates the wonders

of the nocturnal life of the forest. The pages come alive with the chirpings of cricket frogs, the croaks of bush frogs, the "hooting whistle" of a bird called the slaty-legged crane, and the cries of a slender loris.

To this soundtrack is added, in a form of gradual unveiling, views from a hidden world—the shadowy form of a huge gaur moving through the trees, the psychedelic, otherworldly bioluminescence of fungi, a tiny frog in a hole in the ground, coiled vipers primed to kill in the undergrowth.

Indian readers are familiar with such worlds—at least to the extent that they supposedly exist in a country that seems to have declared a war against its forests—but it is a whole other experience to be transported to such places. The next morning, when Topo takes Alter to another part of the forest to a shrine to a forest goddess, it brings to mind how human beings have always anthropomorphised natural entities like forests into deities, all the better to have a relationship

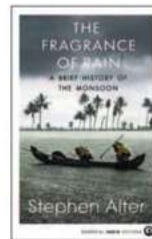
with.

Alter begins and closes the book with Landour, the place that he knows most intimately. The richness of description and feel that he brings to these sections is a treat, ranging from tales of hunting for beetles as a child during the rains, to helping a scientist list and photograph the myriad species of monsoonal insects in Landour in the present.

Alter is relieved to discover that his childhood beetles had not perished en masse in some extinction event, but had just retreated from sight

because people had started using LED bulbs, which do not attract beetles. This reviewer was equally relieved to be privy to this unlooked for good news.

What this book is not is the kind of literary rain chase immortalised in Alexander Frater's 1991 classic *Chasing the Monsoon*. *The Fragrance of Rain* instead celebrates more modest and wholesome joys. It functions like a handy chapbook, one that can be carried around in one's pocket (it is small enough for that) instead of a phone, to be fished out and read two-three pages at a time, in order to be reminded that yes, the romance of the monsoon does indeed still exist.





JSW entry into the sector will make it more competitive. PTI

JSW Group enters e-bus arena with aggressive bidding

FROM PAGE 16

Motors Ltd, the electric and hybrid passenger vehicle firm. JSW's participation in the e-bus tender and its pricing suggest that the conglomerate is now trying to build up the bus entity's order book so that it can begin production. Bidding in such tenders is crucial because private demand for EVs remains limited, which makes the state and central governments the biggest customers.

The e-bus tender from Convergence Energy Services Ltd (CESL) called for bids from bus operators. The winning operators will acquire buses from manufacturers and run the service, for which states will pay them on a fixed running cost basis for 10 years under a gross cost contract (GCC) model.

"Our participation in the CESL electric bus tender under the PM E-Drive programme is a natural step," said a spokesperson for JSW Greentech, the parent company of JSW Eco Mobility. "However, in a GCC model spanning 10-12 years, success is determined not merely by the lowest price, but by the ability to deliver and operate buses."

Once it wins contracts, JSW would become India's fourth conglomerate with a presence in the bus segment after Tata, Mahindra and the Hinduja Group.

The entry of a major conglomerate in India's e-bus ecosystem will only make the sector more competitive, according to Shyamasis Das, a research fellow at New Delhi-based think tank Center for Social and Economic Progress.

"The aggressive strategy used by the company, signalled by participation in all city lots at fairly competitive prices, shows they are in it for the long run," said Shyamasis Das, a research fellow who leads the electric mobility research vertical at the Delhi-based Center for Social and Economic Progress.

For billionaire Sajjan Jindal, the automobile sector marks the group's newest bet after JSW started its journey in steel and then expanded into infrastructure, energy and ports, among other businesses, over the past four decades. The JSW Group has infused ₹3,000 crore into its automobile business, *Mint* reported on 26 May.

The latest tender had concluded on 13 May. New-age firms Eka Mobility and PMI Electro Mobility emerged as the largest winners, securing over two-thirds of the orders. manas.pimpalkhare@livemint.com

Hair colour makers ordered to brush up on standards

The directive follows concerns that chemicals used may cause allergic reactions, skin irritation

Prinyanka Sharma

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India's apex drug regulator has asked cosmetics manufacturers and importers to adhere to prescribed standards for hair colour products and promptly disclose any changes in their composition or formulation, according to a circular and two government officials familiar with the development.

The Central Drugs Standard Control Organisation's (CDSCO) directive follows concerns that chemicals used in such products may cause allergic reactions, skin irritation and scalp sensitivity. Rules 34 and 37 of the Drugs and Cosmetics Act, 1940, and the Cosmetics Rules, 2020, mandate that products must display proper labelling, manufacturing details, a clear list of ingredients, and specific warning or caution statements for consumer safety.

Beauty giants, including L'Oréal India, Godrej Consumer Products Ltd, Hindustan Unilever Ltd, and VLCC, along with professional salon suppliers and modern direct-to-consumer (D2C) brands must strictly implement ingredient declarations, patch test instructions, and mandatory caution statements on labels under the rules, according to a circular issued on 11 June by the Drugs Controller General of India (DCGI).

Furthermore, any subsequent alterations to a product's formulation, quality specifications, or label must be reported to central or state licensing authorities.

All beauty products are required to comply with Bureau of Indian Standards (BIS) specifications IS 4707 (Part 1 and Part 2) and IS 8481. Dr Rajeev Raghuvanshi, DCGI, said in the circular. IS



Consumers should not assume that all hair colour products are equally safe, says Dr Raman Kumar, Academy of Family Physicians of India chairman. ISTOCKPHOTO

4707 Part 1 outlines the "Generally Recognized as Safe" (GRAS) list for permissible colorants, while Part 2 explicitly restricts substances and lists "Generally Not Recognized as Safe" (GNRAS) ingredients.

Mint queries emailed to the spokes-

diamine (PPD) because it provides a long-lasting, jet-black colour, said Dr. Dinesh Kumar Devaraj, former president of the Indian Association of Dermatologists, Venereologists and Leprologists, Tamil Nadu. "However, PPD is a major allergen that frequently causes

to their formulations for longevity while passing them off as 'natural' or 'safe' on the packaging. This creates a false sense of security for consumers until they develop a severe reaction and require clinical patch testing.

"We see hair dye allergies very commonly in our OPDs. Because premature graying is rising rapidly—even among young schoolchildren—the market is expanding, making this strict crackdown by the CDSCO a highly welcome and necessary step to ensure complete ingredient transparency," Devaraj said.

Consumers should never assume that all hair colour products are equally safe, added Dr Raman Kumar, chairman of the Academy of Family Physicians of India, representing 2,500 physicians across the country.

"Before using any hair dye, carefully read the ingredient list, follow the patch-test instructions and pay attention to caution statements on the label. Hair colour formulations can contain substances that may trigger allergic reactions, skin irritation or scalp sensitivity in some individuals."

Harion Tyagi, chief executive of Wet and Dry Personal Care, makers of the beauty and personal care products brand NEUD, said, "We strictly test and audit our cosmetic formulations and packaging to guarantee compliance with all quality norms, ensuring our products match global standards for international market acceptance."

Dr Radhika Raheja Consultant dermatology and hair transplant, Asian Hospital Faridabad, said consumers must choose regulated, PPD- and ammonia-free hair colours that disclose ingredients to avoid scalp irritation, severe allergies, and hair shaft damage caused by low-quality chemical treat-

PRODUCT TRANSPARENCY

RULES mandate that products must have proper labelling, making details and ingredients list

DCGI said L'Oréal India, Godrej, HUL, salon suppliers must have caution statements on labels

THE commercial hair dye market is heavily dominated by semi-permanent products

ALL beauty products must strictly adhere to Bureau of Indian Standards rules

persons of the Union health ministry and the DCGI office, L'Oréal India, Godrej Consumer Products, HUL, VLCC and Biotique remained unanswered.

The commercial hair dye market is heavily dominated by semi-permanent products containing paraphenylen-

severe, sometimes life-threatening allergic reactions, as well as pigmented cosmetic dermatitis, which leaves dark pigmentation on the face, forehead, and temples," he added.

Devaraj said the problem in the country is that many brands secretly add PPD

Centre plans EV charge infra boost for 74 main highways

FROM PAGE 16

around 50,000 more private sector e-buses over the next decade under a scheme being worked upon in the department of financial services, one of the people cited above said.

Under the heavy industries ministry's ₹10,900-crore PM E-Drive scheme, the government has earmarked ₹2,000 crore to subsidize setting up of charging infrastructure. Of this, the government approved a subsidy worth ₹504 crore for 4,874 public charging stations in May 2026.

Charging infrastructure is critical for e-bus and trucks that need high-capacity chargers of over 240 kW. This often involves major grid upgrades, making its deployment a big challenge in scaling commercial EV adoption.

E-bus operators say charging infrastructure helps in route planning. "With better charging coverage across major highways, operators can design routes with greater confidence, optimize charging schedules, and ensure predictable journey times," said Sudhakar Chitra, founder and chief executive of Fresh Bus, which operates 86 electric buses mostly in south India.

Charging push

The government has earmarked ₹2,000 crore to subsidize setting up of charging infrastructure across the country.



Note: The ministry of heavy industries allocated ₹2,000 crore for EV charger subsidies under the PM E-Drive scheme. In the first tranche of approvals, the ministry greenlit subsidies worth ₹503.96 crore for 4,874 chargers.

Source: Ministry of heavy industries on social media X, 16 May

GOPAKUMAR WABBIER/MINT

Emails seeking comments from the ministry of heavy industries, the department of financial services, NHAI, and the governments of Maharashtra (with most e-cars), Karnataka (most sanctioned e-buses) and Uttar Pradesh (highest number of EVs) on 10 June were unanswered.

Road transport emissions account for about 20-30% of India's air pollution, as per the International Energy Agency. Trucks form a small part of vehicle volumes (3.5% in 2025) but contribute about 33-35%

guarding digital platform workers in the gig economy was adopted on Friday at the UN's International Labour Organization.

The agreement aims to extend labour protections to hundreds of millions of people worldwide who work through digital platforms, in areas such as food delivery and car services. The convention applies to all platform workers, regardless of their employment status, as per the text adopted by ILO members. AFP

Tata Motors to hike prices of passenger vehicles from 1 July

New Delhi: Tata Motors Passenger Vehicles Ltd on Friday said it will increase prices of its passenger vehicle portfolio, including internal combustion engine (ICE) and electric vehicles (EVs) by up to 1.5% from 1 July, marking its second hike in three months after the company raised prices of its ICE vehicle range from 1 April, amid escalating cost pressures due to the West Asia war. PTI

Retail inflation inches up to 3.93% in May as food prices rise

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below the RBI's 2-6% tolerance level, a further rise could push the central bank to increase policy rates. In the June policy, the RBI revised its inflation projection for FY27 upwards to 5.1% from 4.6% earlier, citing the twin risks of below-normal monsoon and elevated energy prices.

The latest inflation data can't be compared with the year-ago period due to the reset of the CPI basket in January. Retail inflation was recorded at a revised 2.74% in January, marking the debut for the new series with 2024 as the base year. The print was 3.21% in February, 3.4% in March and 3.48% in April.

"The pass-through of higher energy and raw material costs to consumers has started to push headline inflation higher and the risks to the inflation trajectory have intensified with the prospect of a weak monsoon rains," said Vikram Chhabra, a senior economist at 360 ONE Asset.

Chhabra said he expects inflation to approach 6%, the upper end of the RBI's tolerance band, by the end of this calendar year. "This complicates the RBI's policy choices.

Price dynamics

Though inflation remains within RBI's 2-6% tolerance band, a further rise could push the central bank to increase policy rates.



Source: Statistics ministry

MANU CHOUDHARY/MINT

That said, with expectations of a resolution in the West Asia war gaining ground and crude below \$90, we expect the RBI to stay on pause in the near term," he added.

The new index, which uses 2024 as its base year, is built on spending patterns captured in the 2023-24 Household Consumption Expenditure Survey. The recalibrated weights for index components in the new series pushed up headline

US cyber security giants tap India's small businesses

FROM PAGE 16

ces platform Bharat Matrimony. Founder & CEO Murgavel Janakiraman said his company is open to "investing as required in cyber security the moment there are signals". "We're actively looking into AI risks and cyber threats, which is important because we're a personal-data-rich business," he added.

Rupifi, Bright Hospitality and Matrimony Group are the kind of clients that large US tech firms believe can significantly shore up their presence in India, with new tools designed to combat AI threats.

One such platform is Microsoft Defender, which the firm unveiled two years ago to help small businesses monitor and mitigate AI-led cyber threats.

Vasu Jakkal, corporate vice-president of Microsoft Security, said the low-cost cybersecurity platforms are being tar-

getted directly at small businesses that don't have the resources of large corporations. "Nearly 30% of businesses, especially small ones, adopt AI that is unsanctioned or unsafe to save money... We're seeing more and more small businesses become aware of that."

US cybersecurity contractor Palo Alto Networks also expects to enroll more small ventures in India. "We definitely see a large opportunity in small and medium businesses in India, where the focus is on frugality and investing on business growth, as against cybersecurity," said B.J. Jenkins, presi-



Microsoft Defender helps small firms monitor and mitigate AI-led cyber threats. AP

dent of Palo Alto. "We've already seen mature markets prove the business model where cybersecurity firms offer managed security services on a per-month rental model that is more efficient for small firms with fewer than 500 people."

Jenkins said many mature, digital-first small firms are taking managed services as building own teams is tougher.

Large cybersecurity vendors

will eventually start tweaking their security offerings to suit small firms, said Lalit Kalra, cybersecurity partner and national leader for data security at EY India. "However,

some firms will still likely rely on smaller, local vendors—until AI starts impacting the industry more seriously."

India's own cybersecurity market is also growing. In December, Data Security Council of India said there were over 400 of them, and the total revenue rose 26% to \$4.5 billion in 2025.

For an extended version of this story, go to livemint.com

Musk world's 1st trillionaire as SpaceX jumps 23% on debut

AP

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SpaceX shares shot 23% higher as the rocket maker's shares soared in their debut on Wall Street and made chief executive officer Elon Musk the first-ever trillionaire.

The shares opened at \$150 and kept rising, reaching \$166.90 around 12.20 pm ET. That price gave the company a market value of \$2.18 trillion. Forbes is now estimating Musk's net worth at \$1.1 trillion.

Institutional and retail investors jumped at the opportunity to buy 555.6 million shares of SpaceX at the offering price of \$135 apiece. The \$75 billion in proceeds easily topped the previous record IPO from oil giant Saudi Aramco in 2019.

Musk says SpaceX is going public now because it needs money to fund its ambitions of putting satellites and data centers in space and eventually establishing a colony of people on Mars.

Musk earlier marked the opening of trading on Nasdaq, where the company's are trading under the symbol "SPXC," by joining a ceremonial bell ringing from Starbase, the South Texas home of SpaceX.

He reiterated his lofty goals "to make life multi-planetary." "Not just a few astronauts, I mean literally you," Musk said. "Whoever you are watching this, SpaceX wants to be able to take you to the moon, take you to Mars and ultimately beyond."

Known for his brilliant technology breakthroughs, claims and missed deadlines, Musk is expected to break that trillion dollar mark in the biggest initial public offering ever as investors place bets on a company with losses as big as its ambitions. Ahead of the first trade in SpaceX, *Forbes* puts Musk's net worth at \$982.6 billion.

MINT SHORTS

Singapore court stays order to jail Byju's founder: lawyer

Singapore's high court has granted a stay on a six-month jail term for Byju Raveendran, the founder edtech firm Byju's, his law firm Lazareff Le Bars said. It followed a ruling in May that sentenced Raveendran to jail for contempt and ordered him to pay costs of \$890,000 (\$70,000), saying he disobeyed orders related to his assets dating back to 2024. BLOOMBERG

World's first gig economy treaty adopted at the ILO

Geneva: The first-ever international agreement on safe-

Flipkart strengthens tech leadership across divisions



New Delhi: E-commerce giant Flipkart on Friday announced high-profile appointments to its technology leadership team, signalling a deeper push into artificial intelligence, core engineering, and fintech capabilities. Goda Ramkumar joins as vice president, data science and AI solutions, while Mohan Paliseti becomes vice president, fintech and payments engineering, among others. PTI

Govt extends crop protection spraying gear norms deadline

New Delhi: The government has extended the timeline for implementing the revised quality standards for crop protection spraying equipment till October, providing manufacturers more time to comply with the norms and helping ensure uninterrupted availability of such devices during the peak cultivation period. DHIRENDR KUMAR

Equal AI raises \$30 mn from Prosus Ventures, Tomales Bay

New Delhi: Consumer voice artificial intelligence platform Equal AI has raised \$30 million in a Series B funding round co-led by Prosus Ventures and Tomales Bay Capital, the company said in a statement on Friday. Equal did not disclose its valuation post the recent fundraise. RWIT GHOSH

Centre frees spectrum to let cars 'converse' with each other

The move paves way for V2V alerts on collisions and hazards beyond a driver's line of sight

Manas Pimpalkhare, Jatin Grover & Ayaan Kartik

NEW DELHI

By the end of this year, driving on India's roads should become smarter and safer. The government has paved the way for the rollout of connected vehicle safety technology, which will allow drivers to get alerts about sudden braking, collisions and other road hazards far beyond their line of sight.

A portion of the key 5.9 GHz band has been freed up for direct vehicle communications, according to a gazette notification dated 10 June seen by *Mint*. The new rules exempt in-car communication devices, known as on-board units (OBUs), from licensing requirements.

The department of telecommunications (DoT) has delineated 30 MHz of spectrum in the 5.875-5.905 MHz (5.9 GHz) band, showed the notification.

The establishment, maintenance or working of OBUs in a vehicle, for the sole purpose of cellular vehicle-to-everything (V2X) communication, which is operated as part of intelligent transport system in the 5.875-5.905 MHz frequency band, will be permitted without assignment of radio frequency on non-interference, non-protection and non-exclusive basis, the government said in the notification.

Separately, on Thursday, the Centre exempted short-range automotive radar systems operating in the 77-81 GHz band from licensing requirements, which will allow advanced vehicle safety technologies such as collision avoidance and autonomous emergency braking in vehicles.

The decision to delineate the spectrum bands comes after telecom opera-



A transport ministry task force has recommended a pilot project and immediate rollout of key vehicle-to-vehicle (V2V) road-safety use cases.

tors demanded the auction of spectrum and advocated a telco-led model for the rollout of connected vehicle technologies in the country. "There was some pushback from telecom companies, but since cellular V2X is largely for road safety, it (spectrum for vehicle communication) has now been delineated," an auto industry executive said on the condition of anonymity.

The Cellular Operators Association of India (COAI) did not respond to *Mint*'s queries till press time. V2X has two main components: vehicle-to-vehicle (V2V) and vehicle-to-infrastructure (V2I) communication. V2V enables vehicles to wirelessly exchange information about their speed, direction and braking patterns. V2I allows the sharing of data between vehicles and smart roads-

units (RSUs) such as traffic signals, toll booths and overhead signs.

In a bid to prevent road accidents, the Centre will first roll out V2V, for which licence-exempt use is allowed.

A task force set up by the ministry of road transport and highways, comprising representatives from the Automotive Research Association of India (Arai), the Society of Indian Automobile Manufacturers (SIAM), the COAI and the DoT, has recommended a pilot project and the immediate rollout of day-zero use cases to address pressing road safety needs.

This includes emergency electronic brake alerts to prevent rear-end collisions, forward collision warnings, alerts in case of a high-speed vehicle from behind and queue warnings. The Telecom Regulatory Authority of India

(Trai) is working on a framework for spectrum assignment and terms for V2I, which will enable RSUs to send real-time alerts to vehicles about hazards, traffic conditions and other developments beyond a driver's line of sight.

V2V and V2I will create the foundation for V2X communication. "V2X systems will allow communications among vehicle brands as well as the surrounding infrastructure, bringing diverse elements together to assist in road safety," said Abhijeet Sinha, national programme director, National Highways for EVs, an agency running a pilot to build electric highways. "We will use this technology and OBUs in our Delhi-Mumbai highway pilot trial.

Deployment of V2X technology can also aid in the development of carmakers' advanced driver assistance systems (ADAS), which assists in braking and lane driving. With new variants of SUVs above ₹10 lakh equipped with ADAS, carmakers have been looking to refine the technology indigenously.

"Increased use of ADAS in combination with V2V technologies, along with improved road infrastructure and higher road safety awareness, will elevate road safety in our country," Santosh Iyer, CEO of Mercedes-Benz India, told *Mint*.

According to Dhruva Sarma, senior vice president and business leader for connected vehicles at KPTI Technologies Ltd, coordinated action across vehicle manufacturers, telecom companies, infrastructure providers and regulators and a phased, cost-sensitive deployment strategy are needed for V2X adoption to move beyond pilot projects.

The Centre aims to roll out the V2V technology by the end of 2026. manas.pimpalkhare@livemint.com For an extended version of this story, go to livemint.com.

30 MHz
Of spectrum has been delineated in the 5.9 GHz band

77-81 GHz
Auto radar systems in the band freed from licensing

Retail diesel curbs may affect farmers during kharif season

Vijay C Roy & Rituraj Baruah
NEW DELHI



Petrol pump dealers have sought clarity on PESO-approved containers and compliance requirements.

The government's decision to restrict diesel sales at retail fuel stations and cap purchases at 200 litres per customer or vehicle a day could pose challenges for farmers during the kharif season, particularly in regions reliant on irrigation pumps and farm machinery.

Industrial, commercial and institutional users have been barred from buying petrol and diesel at retail pumps and have been directed to procure fuel through bulk channels. Simultaneously, retail diesel sales have been restricted to vehicle fuel tanks or containers approved by the Petroleum and Explosives Safety Organisation (PESO), with a daily purchase limit of 200 litres.

These norms are aimed at curbing hoarding and black-marketing of diesel. They are temporary, initially valid for up to 90 days, ensuring diesel availability for all retail consumers, the petroleum ministry said in a statement on Friday.

However, the move, introduced amid global supply disruptions, could inadvertently affect farmers and cooperatives that purchase and store diesel for peak sowing seasons. Farmer groups fear the cap may force repeated trips to fuel stations, increasing transportation costs and causing delays, particularly in rural areas where pumps are located far from villages.

"The diesel cap is likely to raise input costs for farmers, as they may be forced to make repeated trips to fuel stations to refill tanks during peak agricultural operations. We intend to take up the matter at the All-

India Farmers Organisation meet scheduled for 17 June," said Joginder Singh Ugrahan, president of the Bhartiya Kisan Union (Eka Ugrahan), an organization with 200,000 farmer-members across Punjab, Haryana, Uttar Pradesh and Uttar Pradesh.

Farmers with larger landholdings often buy diesel in bulk to run pump sets and tractors during sowing and transplanting. Agriculture accounts for nearly two-fifths of India's annual diesel

demand of around 92 million tonnes. "Restriction could create unnecessary confusion during the peak sowing season. Diesel sales at fuel stations in rural areas typically rise four to

five times during kharif and rabi months. The curbs may inconvenience farmers," said Monty Sehgal, spokesperson of the Petrol Pump Dealers Association Punjab, representing 4,000 pumps in the state. It could also affect dealers, he added.

The Centre maintains that fuel stocks are adequate and the measures are temporary. vijay.roy@livemint.com For an extended version of this story, go to livemint.com.

Diesel sales have been capped at 200L a day, with purchases limited to approved containers and vehicle tanks

Telecom firms seek bulk diesel curbs lifted

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The Telecom sector has sought "urgent consideration" from the Centre to exempt it from the new restrictions on bulk diesel procurement at retail pumps, warning that the curbs could disrupt mobile-tower operations, according to executives and a letter seen by *Mint*. "Disruption in diesel supply directly affects generators, potentially leading to outages impacting voice and data services, including emergency communications," the Digital Infrastructure Providers Association said in a letter to the telecom department.

For an extended version of this story, go to livemint.com.

Peace rally lifts markets after a turbulent week

FROM PAGE 16

optimism. Banking and FMCG stocks were among the week's top performers, gaining nearly 3% and 1%, respectively. Power and IT were the key laggards, falling around 3% each.

The fall in crude prices shifted investor attention to sectors that benefit from lower input costs. Karthik Jonagadla, smallcase manager and MD & CEO of Quantace Research, said near-term leadership could stay with oil marketing companies, paints, tyres and airlines as long as Brent crude remains below \$90. The first reaction was already visible, with refiner-marketers Hindustan Petroleum Corp. Ltd, Bharat Petroleum Corp. Ltd and Indian Oil Co. Ltd gaining, while upstream firms ONGC Ltd and Oil India Ltd came under pressure.

Shah said banking and financial services may continue to lead market gains, supported by healthy credit growth and better business momentum. He sees scope in select capital goods and auto ancillaries.

Bhohar expects increased market polarity, with paints, aviation and IT likely to lead, while traditional high-yield defensive stocks and upstream oil firms may underperform.

Jonagadla remained cau-



Lower crude prices shifted investor focus to sectors that benefit from lower input costs.

tions. "Until FX, crude and trade visibility align, India can participate in rallies, but is unlikely to lead them," he said, adding that reports saying the India-US trade pact first part may come only by mid-July could keep investors picky.

Crude oil was the key macro driver for the week. Brent slipped 2.2% to around \$86.88 a barrel as geopolitical tensions eased. For India, which depends on imports for over 85% of its needs, lower oil prices can help ease inflation pressure and support the rupee.

Bhohar said lower oil prices could give the Reserve Bank of India more policy flexibility and support companies' margin-expansion cycle.

Shah said oil easing is positive for sectors where crude derivatives are inputs, including chemicals, paints, tyres and select industrial stocks. mayur.bhalerao@livemint.com

The AI price war is here, and it is piling pressure on OpenAI and Anthropic

FROM PAGE 16

Pressure on AI prices is also a new data-point in the long-standing debate over whether lower-cost competitors will commodify AI models in coming years—or if the biggest AI companies' fast pace of improvements will keep them ahead. Both OpenAI and Anthropic also offer cheaper models to which they can steer customers to lower costs.

"You don't need a model that knows quantum gravity," said Vishal Misra, the vice dean of computing and AI at Columbia University's engineering school. "These open source models are very capable, and the ability to charge a big premium for AI is going to diminish."

U.S. companies are also trying to tap in to the momentum for cheaper AI models. Microsoft unveiled a suite of smaller AI models last week it said can operate more efficiently than leading-edge models. Chip titan Nvidia has launched Nemotron, a family of cheaper models that is gaining traction, and also has backed Reflection, a startup building open-source AI.

Open-source Chinese models have been rising in popularity across American businesses. DeepSeek's share of AI usage rose from 1% in April to 17% in May on the startup Vercel's platform, the company said.

On OpenRouter, another startup that processes AI queries, DeepSeek has been the most-used AI company since mid-May. Among their highest-spending customers, open-source token usage grew four times faster than closed-source



Anthropic's recently-released Fable 5 model is more than 50 times more expensive per token than DeepSeek's V4 Pro.

between fall 2025 and spring 2026, OpenRouter said. The company has also seen more than 500 organizations swap from proprietary to open-source models.

Optimizing AI spending can make for complex math. Open-source models cost far less per token, the basic unit of AI computing.

Anthropic's recently-released Fable 5 model is more than 50 times more expensive per token than DeepSeek's V4 Pro, for example.

But the top proprietary models from companies like OpenAI, Anthropic or Google remain four to six months ahead of open-source competitors, researchers say. In some cases that means they can complete a complex task using fewer tokens, equating to a lower total cost.

"Companies are increasingly evaluating models on price per task: what it costs to complete a

task, start to finish, and not price per token," an Anthropic spokesman said. The company also has lower-priced models, the spokesman said.

An executive assistant startup Lindy began exploring DeepSeek's V4 model two months ago, founder Flo Crivello said. He and his 25-person team built extensive internal tooling to see if the Chinese open-source model could handle Lindy's tasks of managing inboxes and calendars, drafting emails, and transcribing meetings.

They found that DeepSeek Anthropic's Sonnet and was good at email triaging in particular. And, Crivello said, it was 10 times cheaper.

The company still uses a more advanced Anthropic model for internal coding, but overall the move has saved the company millions of dollars, Crivello said.

Many companies have begun to design their own AI models using open-source alternatives and say they are managing to reduce AI costs. When companies build in-house models and train them with company data, their performance can improve or even exceed the capabilities of frontier AI models, executives say. Others have begun to use tools that mix and match various AI models depending on cost and what tasks are being performed.

"Our AIs now, they are so stingy and parsimonious," said Andrew Moore, the former head of Google Cloud AI, whose startup Lovelace AI has a platform aimed at making AI agents more efficient.

"They know exactly how to get something out of the cheapest models possible. When they get into trouble, they temporarily jump up to a higher price point with a fancier model."

Matan Grinberg, the CEO of Factory, which offers autonomous coding tools and has developed a product that uses a mixture of AI models, said his phone has been ringing all day, every day in recent weeks, as top executives in industries ranging from finance to telecommunications have reached out to try to reduce their AI spending.

"This price war is going to be good and we want to help enable that," said Grinberg.

News Corp., owner of The Wall Street Journal, has a content-licensing partnership with OpenAI.

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Options traders see Nifty at 23K-25K

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MUMBAI

Options sellers are pricing in a 2,000-point range for the Nifty in June on rising hopes of a preliminary deal between the US and Iran, according to National Stock Exchange data.

The range will be respected, subject to no sudden geopolitical surprises, analysts said.

The range is derived from options market positioning. The highest open interest (OI), or the largest number of outstanding contracts, is concentrated at the 23,000 put strike and the 25,000 call strike, the thresholds below or above which sellers will begin to incur losses.

So long as the market stays within the range, sellers will retain the premium paid by buyers for the options.

As of Friday's provisional close, the 23,000 put had 93,738 outstanding contracts, while the 25,000 call had

130,221 open contracts. Kruti Shah, quant analyst, Equirus, said markets could move in a 2,000-point range through the month.

However, given the uncertainty surrounding the market trajectory until a final deal is sealed, she recommended buying a straddle at 23,500 for the 30 June expiry.

Buying a straddle involves the simultaneous purchase and sale of a call and a put at the same strike or level. The gain happens if the market moves sharply to either side from here.

The Nifty has fallen 8% from 25,178.65 on 27 February, a day before the West Asia war began, to 23,161.6 by Thursday as it disrupted 10% of the global crude supply, causing volatility across major global markets.

Brent crude has risen 19% to \$88.16 a barrel since the start of the war. However, prices have fallen sharply from their March-end peak of about \$119 a barrel on hopes of an eventual peace deal.

Analysts recommend a 23,500 straddle for the 30 June expiry amid uncertainty over a US-Iran deal

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First published in February 2007 to serve as an unbiased and clear-minded chronicler of the Indian Dream.

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SBI plans an HR overhaul to address employee burnout

Lender is revamping its employee wellness programme to meet evolving workplace demand

Shayan Ghosh & Devina Sengupta
MUMBAI

India's largest lender, State Bank of India (SBI), is planning to revamp its employee wellness programme to address rising workplace stress and support new and mid-career employees adapt to the evolving demands of the banking sector.

SBI said in a document, a call for bids from service providers, that it needs to realign its human resources strategy with generational shifts, rapid digital transformation, and growing expectations for inclusive, agile, and purpose-driven workplaces.

The document said the programme must be confidential; no individual-level data or engagement information may be shared with SBI management, HR, or any third party, except where required by applicable law.

With 245,131 employees, the state-owned lender is among the largest employers in the country. It wants the service provider to design a crisis and emergency response plan under which employees facing psychological distress, suicidal ideation, or a critical life event get immediate trained response.

The bank plans a Mental Health Champion Programme to raise awareness among peers. "The intent of such a programme would be to strengthen early identification, destigmatisation, and access to support by creating a human bridge between employees in distress and the formal employee assistance programme," it said.

SBI also wants the service provider to support employee engagement during the early stages of their careers, up to three years. The bank believes that this period may involve increased role complexity, greater independent responsibility, increased adjustment pressure, and emerging stress in banking careers.



SBI is aligning its HR strategy with generational shifts while ensuring employee wellness data remains confidential.

Apart from that, the state-owned lender wants to design a maternity and parental well-being offering that "acknowledges the emotional, physical, practical, and work-related dimensions of this transition".

SBI wants a crisis-response framework to offer immediate care to staff facing mental health issues

IT plans a mental health champion programme for more awareness and early detection of stress

SBI is focussing on early-career bank employees facing higher stress and adjustment pressure

ITs also considering maternity and parental well-being support during major life transitions

Such programmes are available for private-sector bank employees. India's largest private sector bank, HDFC Bank, said it runs several initiatives focused on holistic employee wellness, such as Inner Harmony, Mindfulness Series, stress management, and confi-

dential counselling services. "These efforts are designed to help employees manage both personal and professional challenges and cultivate a balanced work environment," the bank said in its 2024-25 annual report.

said that branch managers in public sector banks are under tremendous pressure due to increased targets and a lack of adequate manpower.

"There are fewer clerks these days in bank branches, and so a branch manager has to do a lot more. He/she has to get customers, manage the branch, and meet the targets," he said. "There is a lot of pressure to cross-sell products."

"Stress levels have increased everywhere, but SBI is a regulated, state-owned institution, so concerns about layoffs are lower. However, digitization has brought much greater accountability," said Nirmala Menon, the founder of Interweave Consulting, a diversity and inclusion consulting firm. shayan.ghosh@livemint.com For an extended version of this story, go to livemint.com.

MENTAL HEALTH PUSH

Spinny begins work on IPO, eyes raising up to \$300 mn

Priyamvada C & Agnidev Bhattacharya

MUMBAI

Value-driven Technologies Pvt. Ltd, which operates used-car platform Spinny, has begun preparations to raise up to \$300 million through an initial public offering (IPO) and is expected to file draft papers in the next quarter, according to two people familiar with the matter.

"The company plans to raise \$250-300 million and has begun work on the DRHP," one of the people said. It has roped in Morgan Stanley, Kotak Mahindra Capital, and Citi India to advise on the process, the second person added.

Both the people spoke on condition of anonymity as the discussions remain private.

If the plans proceed as expected, the listing will add to the growing pipeline of com-



The used-car seller appointed Morgan Stanley, Kotak Capital and Citi as advisers.

panies heading to public markets and could make Spinny the first major player in India's used-car platform segment to list, ahead of rivals such as Cars24 and CarDekho.

The IPO is expected to provide exit to some of Spinny's early investors while giving the company fresh capital to fund expansion.

While Citi declined to com-

ment; Morgan Stanley, Kotak, and Spinny founder and chief executive Niraj Singh did not immediately respond to Mint's requests for comment till the time of publishing.

Founded in 2015 by Singh, Mohit Gupta and Ramanshu Mahau, Spinny was launched as India's used-car market began gaining momentum, driven by consumers seeking better value and affordability.

The firm sought to address key challenges in used-car deals, including information asymmetry, a lack of trusted intermediaries, and the difficulty buyers and sellers faced in discovering fair prices across a fragmented market.

Through the years, Spinny raised over \$700 million from several investors including Tiger Global Management and Elevation Capital.

priyamvada.c@livemint.com For an extended version of this story, go to livemint.com.

BSES BSES Rajdhani Power Limited, New Delhi
TENDER NOTICE Date: 13.06.2026
Sealed tenders under two Bid System (Unpriced & Priced) are invited for following job from all bidders.

NIT No.	Brief Item Description	Estimated Cost (₹)	Cost of EMD (₹)	Due Date & Time of Submission	Date & Time of Opening
CMC/BR/26-27/FK/CR/AG/1366	SCHEME NO. EW25ML1044 FOR CONVERSION OF 66KV O/H S/C T/L FROM PANKHA ROAD - SAGARPUR CIRCUIT WITH ROUTE LENGTH - 3100M & 66KV O/H T-OFF CIRCUIT OF PPK-1 TO REWARI LINE BY LAYING OF 02 NOS. 66KV 3CX300 SQ.MM. XLPE CABLE ROUTE LENGTH - 1400 M- & SCHEME NO. EW25ML1045 FOR CONVERSION OVERHEAD TO U/G OF 33KV PANKHA ROAD TO MAYAPURI CIRCUIT 1 & 2 BY LAYING OF 03 NOS 33 KV 3X400 MM 2 XLPE CABLE -	5.09 Crores	5.09 Lakhs	03.07.2026 15:00 HRS	03.07.2026 15:45 HRS
CMC/BR/26-27/FK/PR/FH/1365	RATE CONTRACT FOR SUPPLY OF 1.1KV GRADE POWER CABLE OF SIZE 4CX300 SQM CABLE	21.92 Crores	21.92 Lakhs	03.07.2026 15:00 HRS	03.07.2026 16:00 HRS
CMC/BR/26-27/FK/PR/RJ/1367	RATE CONTRACT FOR SUPPLY OF TRANSFORMER INSULATING OIL IN BRPL, NEW DELHI	3.93 Crores	7.86 Lakhs	03.07.2026 15:00 HRS	03.07.2026 16:15 HRS

Cost of each Tender Document : ₹ 1180/- (Including GST)
Detailed terms & conditions which include Eligibility criteria, Technical Specifications, various conditions of this notification, formats, etc. can be downloaded from BRPL website www.bsesdelhi.com/web/brpl/open-tenders.
Head (Contracts & Materials)
Regd. Off. : BSES Rajdhani Power Limited, BSES Bhawan, Nehru Place, New Delhi-110019 | Corporate Identification No.: U40100DL2001PLC111527
Telephone No. : +91 11 4910 7235 | Website : www.bsesdelhi.com

RajCOMP Info Services Limited (RISL)
C-Block 1st Floor, Yojana Bhawan, Tilak Marg, C-Scheme, Jaipur
RISL invites bids from the eligible bidders for RFP for Selection of Agency for ATS and FMS of existing/ new deployment of API Management Middleware for Raj Sewa Dwaar project for 3 years. (UBN: RIS2627SLO800028).
Total estimated cost is INR 12 Cr. The details can be seen on the websites: <https://eproc.rajjasthan.gov.in>, <https://sppp.rajjasthan.gov.in>, <https://risl.rajjasthan.gov.in>, <https://doitc.rajjasthan.gov.in>, Raj.Samwadi@risl.com, Director@risl.com

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Website: www.maxindia.com and Email: corpsecretarial@maxindia.com

NOTICE OF POSTAL BALLOT AND REMOTE E-VOTING INFORMATION
Members are hereby informed that the Company has completed the dispatch of the notice of Postal Ballot through electronic mode on Friday, June 12, 2026 in compliance with the provisions of section 110 of the Companies Act, 2013 read with the Companies (Management and Administration) Rules, 2014, including any statutory modification(s) or re-enactment thereof for the time being in force read with the General Circular No. 03/2025 dated September 22, 2025 (in continuation to the circulars issued earlier in this regard) issued by the Ministry of Corporate Affairs (the "MCA Circulars"), Regulation 44 and 47 of the Securities and Exchange Board of India (Listing Obligations and Disclosure Requirements) Regulations, 2015 ("Listing Regulations") and pursuant to any other applicable laws, rules and regulations, to seek approval of members by way of passing of resolutions for the following in the manner as set out in the Notice of Postal Ballot by means of remote e-voting only:
1. Appointment of Ms. Minnalli Mirchandani (DIN: 11619010) as an Independent Director (Non-Executive) of the Company to hold office for a term of consecutive five years from April 15, 2026 upto April 14, 2031 (Special Resolution)
2. Reallocation of the unutilised portion of the proceeds from the rights issue of fully paid-up equity shares offered to the eligible equity shareholders of the company (Special Resolution)
The e-voting will commence on Saturday, June 13, 2026, at 9.00 a.m. and will end on 5:00 P.M. on Sunday, July 12, 2026, after which the e-voting mode shall be disabled by ICD.
In accordance with Section 110 of the Companies Act, 2013 and Rules 22 and 20 of the Companies (Management and Administration) Rules, 2014 read with MCA Circulars, physical copies of the Notice will not be circulated to the members. However, it is clarified that all the persons who are members of the Company as on June 5, 2026 ("Cut-off date") (including those members who may not have received this Notice due to non-registration of their email IDs with the Company or with the Depositories) shall be entitled to vote in relation to the resolutions specified in this Notice. Details of the process and manner of remote e-voting along with the User ID and password are provided over email to all shareholders who have registered their email addresses.
Entire shareholding of the Company has been in demat mode. Therefore, the shareholders whose email ids are not registered with the depositories, are requested to kindly register their e-mail ids with their respective Depository Participants (DPs) and send a scanned copy of client master to Investor@masserv.com for procuring user id and password for e-voting for the resolutions set out in this postal ballot notice. Alternatively, shareholders may send a request to evoting@nsdl.co.in for procuring user id and password for e-voting by providing above mentioned documents.
Any member who does not receive the Postal Ballot Notice may obtain the same by sending an email at investor@masserv.com. The same can also be downloaded from the Company's website www.maxindia.com and also at Investor@masserv.com. Please treat this Notice as our attempt to reach all our members who have missed or not received other communication on this subject matter and intend to participate in the proposed remote e-voting.
The Chairman or any other person authorized by the Chairman shall declare the results of the postal ballot on or before Tuesday, July 14, 2026. The results of the Postal Ballot along with the Scrutinizer's report will be hosted on the websites of the Company (i.e. www.maxindia.com) and also shall be communicated to BSE Limited ("BSE") and National Stock Exchange of India Limited ("NSE"), where the Company's Equity Shares are listed and be made available on their respective websites viz. www.bseindia.com and www.nseindia.com. The Company will also display the results at its Registered and Corporate Office.
In case of any grievances/queries relating to e-voting, members may refer FAQs and user manual for shareholders to cast their votes in Help section at www.evoting.nsdl.co.in or contact at evoting@nsdl.co.in. Further, in case of grievances pertaining to the remote e-voting system, members may contact at evoting@nsdl.co.in or contact at 022-48867000 or alternatively members may contact the Registrar and Transfer Agent of the Company M/s. Mas Services Limited at 011-41320335 or investor@masserv.com.
By order of the Board
For Max India Limited
Sd/-
Trapti
Company Secretary
Membership No. ACS- A34747
Place: Gurugram
Date: June 12, 2026

STATE INFRASTRUCTURE & INDUSTRIAL DEVELOPMENT CORPORATION OF UTTARAKHAND LTD.
29, IIE, Sahasradhara Road (IT Park), Dehradun
Phone No.: 0135-2697292, 2203100, Website: www.sidcul.com

Tender Notice
SIDCUL invites online bids from interested bidders for selection of agency for cleaning, sanitation & maintenance of roads, drains and green areas in SIDCUL IT PARK, IIE Sahasradhara Road, Dehradun, as per details described in the respective bid documents. The bidders must furnish complete information as per the procedure laid down in the respective bid document. Detailed bid document can be downloaded from www.sidcul.com and www.uktenders.gov.in between 13.06.2026 to 27.06.2026. Further any corrigendum regarding the bid shall be published in above websites: www.sidcul.com &/or www.uktenders.gov.in only. Interested bidders can however submit the complete bid document on e-tender website <https://uktenders.gov.in> only on or before the due dates as mentioned in the bid documents respectively.

Name of IIE and Bid Notice	AREA	NIT No.
Selection of agency for cleaning, sanitation & maintenance of roads, drains and green areas in SIDCUL IT PARK, IIE Sahasradhara Road, Dehradun	IIE (IT PARK)	219/SIDCUL/2026

www.ireps.gov.in
REGIONAL MANAGER

CENTRAL RAILWAY
Open Tender Notice No. DRMNWP-65-2026-01 of 10.06.2026
Name of Work: Proposal for Misc. P-way works, repairs to track, scattered renewal and repairs under SSE(P-Way) Warora under ADEN Warora jurisdiction in Nagpur division for 2 years.
Approximate Cost : ₹20560064.64.
Earnest Money: ₹412000.00. Date & time of closing of tender 02.07.2026 15:00 Hrs. Complete details and instructions for e-tendering and on-line participation for the above work is available on Railway's website : www.ireps.gov.in
EXPS/51287 DRM/Works, Nagpur
RailMadad Helpline 139

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CENTRAL RAILWAY
Open Tender Notice No. Sr.DMM/NGP 95265347A Dt.10.06.2026
Tender File No.: 95 26 5347A.
Description in brief: (1) ACP Boards with different sizes detailed specification attached Quantity: 7728 Sq.Ft. (2) ACP Boards with frame and mounting detailed specifications. Quantity: 8570 Sq.Ft. (3) Supply and installation of braille signages layout on SS plate (detailed specification attached). Quantity: 17 Nos. (4) Supply and installation of braille signages on SS plate (detailed specifications attached). Quantity: 196 Nos. (5) Flex Board or Foam sheet 5mm with Iron frame detailed specification attached. Quantity: 16208 Sq.Ft. (6) Foam sheet 5mm with Iron frame specification attached. Quantity: 16208 Sq.Ft. Date & time of closing of Tender 01.07.2026 at 11.30 hrs. Details on Railway's website www.ireps.gov.in
EXPS/52268 Sr.DMM, Nagpur
RailMadad Helpline 139

GUJARAT ENERGY TRANSMISSION CORPORATION LIMITED
Registered & Corporate Office, Sardar Patel Vidyut Bhavan, Racecourse, VADODARA - 390 007
www.getcogujarat.com & <https://www.nprocre.com>
TENDER NOTICE NO. ACE (P&C)/Tender No. 04: 2026-2027

[A] CIVIL: ACE (P&C)/ CONTRACTS/ CIVIL-621, 622, 623, 624, 625, 626, 630, 631, 632, 637:- (1) Construction of pile foundations for 66 kV D/C tower for transmission line from 220 kV Hajipur (Dhordo) to 66 kV Mota Rann S/s Ta. Bhuj, Dist. Kutch under Anjar Circle. (2) Construction of RCC Cable trench for laying of 66 kV Type-5 UG Cable Trench for Shifting of 3 nos. of 66 kV Transmission Lines due to MSIL Plant at Khoraj GIDC Viramgam AM Division under Surendranagar Circle. (3) Demolition of existing old Control room, Foundation, Chain-link fencing, CW & Construction of New C.R. Building (F.F. Level), foundation, cable trench, compound wall, RCC road & ancillary civil works on pile foundations at 66 kV Bhatpore (Green) S/s, Tal. Choryasi & Dist. Surat and 2 Number of Opposite end feeder bays at 220 kV Ichhapore S/s under Navsari Circle. (4) Construction of Control Room Building, Foundations, Cable Trench, Compound Wall, RCC Road & Misc. civil works at 66 kV Kumbhan S/s, Ta. Mahuva & Dist. Bhavnagar under Amreli Circle. (5) Annual rate contract for construction of Power Cable trench required for shifting of existing overhead Line part of any voltage class in sub-station or applicant premises on as and when required basis under jurisdiction Dist. Surat, Navsari, Dang, Tapi, Valsad at any location under Navsari Circle. (6) Construction of Control Room Building, Foundations, Cable Trench, Compound Wall, RCC Road etc. at 66 kV Ghodisimel S/s and 02 Nos. of Opposite end feeder bay along with misc. other work at 132 kV Tilakwada S/s, Ta. Naswadi, Dist. Chhotaudepur under Jamnuba Circle. (7) Bi-Annual Rate Contract for Providing Pile Foundation to Towers at any location for proposed transmission line of any voltage class within the jurisdiction of Navsari Circle. (8) Construction of Control Room Building, Foundation, Cable Trench, Compound Wall, RCC Road, Borewell etc. at 66 kV Dungari (Isarwada) S/s Ta. Idar, Dist. Sabarkantha under Himmatnagar Circle. (9) Construction of Control Room Building, Foundations, Cable Trench, C'Wall, RCC Road & Misc. Civil works etc. at 66 kV Saral S/s Ta. Dhanera, Dist. Banaskantha under Palanpur Circle. (10) Construction of control room building, security cabin, gantry & equipment foundations, precast cable trench & precast compound wall, RCC Road, FP Wall, water sump, oil sump, yard levelling & misc. Civil works etc. at 66 kV Ghunda (S) S/s, Ta. & Dist. Morbi under Gondal Circle.

[B] LINE: ACE (P&C) CONTRACTS/ E-457, 458, 468/ UPRATING/ TL/ 132kV/ 220kV/ S&E:- (1) Supply, erection, testing & commissioning for LILO of S/C 132 kV Dhandhuka -Paliyad Line & S/C 132 kV Dhandhuka -Botad Line at 132 kV Ranpur on M/C Tower with ACSR Panther Conductor 48F OPGW cable having route 1.7RKM (Overhead part). (2) Supply, Erection, Testing & Commissioning 220 kV LILO of existing 220 kV S/C Visavadar Savarkunda line at 220 kV Bhesan substation on D/C tower with AL-59V conductor (Equivalent to weight of ACSR Zebra conductor) and 48F OPGW cable having route length of 3.149rkm under Kisan Suryodaya Yojana (Phase-1) under Junagadh circle on turnkey basis. (3) Supply, Installation, testing & commissioning of conversion of 220 kV Wagra - Dahej (220 kV) line-1 & 220 kV Wagra - Haldarwa line-1 of Bharuch Circle with ACSR Zebra Conductor into equivalent HTLS Conductor (Equivalent weight of Zebra Conductor with Higher Ampacity).

[C] SUBSTATION: ACE (P&C) CONTRACTS/ E-427, 459:- (1) Design, Engineering, manufacturing, supply, erection, testing & commissioning of ± 125 MVAR STATCOM at 220 kV Tharad Substation on Turnkey basis including civil works. (2) Supply, Erection, Testing, and commissioning of 66 kV equipment's & materials on Turnkey basis including civil works for 66 kV Substations and associated transmission lines (OH only) (Package 4 i.e., Bharuch Zone).
Above tenders are available on website www.getcogujarat.com (for view and download only) & tender.nprocre.com (For view, download and online tender submissions).
Note: Bidders are requested to be in touch with our websites till opening of these tenders.
Date: 13/06/2026 I/c. Additional Chief Engineer (Procurement & Contracts)

यमुना एक्सप्रेसवे औद्योगिक विकास प्राधिकरण
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Toll Free No. 1.8001808296 वेबसाइट: www.yamunaexpresswayauthority.com

पत्रांक: आई.ई.ए./मूलेख/633/2026 सार्वजनिक सूचना दिनांक: 11.06.2026

यमुना एक्सप्रेसवे औद्योगिक विकास प्राधिकरण द्वारा सैक्टर- 8डी की 75 मीटर चौड़ी पैरोकेरियल सड़क के अन्तर्गत आने वाली भूमि का सुनियोजित विकास हेतु सम्बन्धित कृषकों से आपसी सहमति के आधर पर प्राधिकरण द्वारा शासन-देश संख्या- 314 / 77-3-16-163एएम, दिनांक 23.02.2016 में तय प्रक्रियानुसार क्रय किंवा जग्गा प्रस्तावित है। क्रय की जाने वाली भूमि की दर हेतु विकल्प निम्नवत् है:-
(अ) ₹40 3808/- प्रतिअर्गमीटर (एक्सप्रेसवे सहित) एवं 07 अतिरिक्त आबादी मूखण्ड।
अथवा
(ब) ₹40 4300.00 प्रतिचर्गमीटर (एक्सप्रेसवे सहित सम्मिलित करते हुए)।
सैक्टर-8डी की 75 मीटर चौड़ी पैरोकेरियल सड़क के संरेखन में आ रहे ग्राम द्यौरार, मौहबलीपुर व थौरा के खसरा नम्बरों का विवरण निम्नवत् है:-

क्र.सं.	ग्राम का नाम	खसरा नम्बरान
1	द्यौरार	280, 273, 279, 282, 238, 172, 379, 381, 400, 398
2	मौहबलीपुर	164, 177
3	थौरा	895, 948, 949

उपरोक्त भूमि क्रय किये जाने में यदि किसी व्यक्ति को कोई आपत्ति है तो वह लिखित रूप में 15 दिन के अन्दर विशेष कार्यधिकारी/किटी कलेक्टर, यमुना एक्सप्रेसवे औद्योगिक विकास प्राधिकरण को अपनी आपत्ति प्रस्तुत कर सकता है।
उप जिलाधिकारी
यमुना एक्सप्रेसवे औद्योगिक विकास प्राधिकरण
यमुना एक्सप्रेसवे औद्योगिक विकास प्राधिकरण के अधिनियमित क्षेत्र में प्राधिकरण द्वारा स्वीकृत मास्टर प्लान के अतिरिक्त वॉल्टिज / हाइसिंग / कोलेजी या किसी भी प्रकार का अन्य निर्माण पूरी तरह से अर्थर है। सामान्यतः इस प्रकार की चर्चेकेवल सड़क के पूर्ण संरेखन के तत्पश्चात् कोलोनियाइजर के अग्रक विज्ञापनों से बचे अधिक जानकारी के लिए प्राधिकरण की वेबसाइट www.yamunaexpresswayauthority.com देखें।

Saturday, June 13, 2026

mint

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Connected cars to be a reality as govt opens spectrum ▶ P14



Spinnny begins work on IPO, eyes \$300 mn fundraising ▶ P15

Giving Wings to Aspirations of Youth

CBC 63101/13/0003/2627

2.2 lakh Startups creating employment and innovation opportunities for the youth

10,000+ Atal Tinkering Labs connecting **1.1+ crore** students with science and technology

12

Vishwas ke, Vikas ke, Jan-kalyan ke

Peace rally lifts markets after a turbulent week

As crude slips below \$90, buyers who had stayed away during the week, stream in

Mayur Bhalariao & Niti Kiran
MUMBAI

A quick sprint on Friday helped Indian markets close a volatile week with solid gains, as signs of peace in West Asia rekindled investor optimism worldwide. As crude oil slipped below \$90 a barrel, buyers who stayed away during a turbulent week trooped in, helping the Street clock the best gains in eight weeks. The Sensex rose 1.7% over the week, while the Nifty gained 1.1%.

PULSE OF THE STREET

Most of the gains came on Friday, when the Nifty jumped 2% to close at 23,622.90 and the Sensex 2.3% to 75,527.94, the highest close for both since 8 April. On that day, Indian equities had rallied nearly 4%, cheered by a US-Iran ceasefire announcement.

Volatility cooled sharply: the India VIX, which measures expected market volatility, declined from around 17 to 14.7 during the week, slipping below the key 15-mark for the first time

GREEN FINISH

Market participants agreed that easing geopolitical risk is positive, but remain divided on whether India can outperform in the near term.

Weekly returns (%) of BSE sectoral indices

Top gainers	Return (%)
Bankex	4.1
Financial services	3.2
FMCG	1.2

Top losers

Information technology	-3.1
Metal	-2.8
Power	-2.6

Returns for the week ended 12 June 2026.

Source: Bloomberg

BROAD GAINS

SENSEX rose 1.7% for the week, while the Nifty gained 1.1%

FPIS net sold equities worth ₹1,145.33 crore on Friday

BANKING, FMCG stocks were top weekly performers

Source: Mint

since the war erupted in West Asia. On 27 February, a day before the conflict flared, the VIX was at 13.70.

US President Donald Trump on Thursday announced that a deal to end the conflict and reopen the

crucial Strait of Hormuz could be signed as early as this weekend, lifting sentiment globally, even as Tehran said that a final decision was pending. Trump also called off military strikes on the Islamic Republic hours after threatening to

take control of its oil industry.

Market participants agreed that easing geopolitical risk is positive, but remain divided on whether India can outperform in the near term. "Predicting market movements over the next week or month remains challenging, given ongoing global uncertainties. However, as concerns around the AI-driven trade unwind and greater clarity emerges on the US-Iran conflict, India's medium- to long-term outlook remains highly compelling," said Kuunal Shah, fund manager at Carnelian Asset Management & Advisors.

Vipul Bhowar, executive director and head of equities at Waterfield Advisors, said India could see a catch-up rally if crude prices stay subdued and the US-Iran peace deal materializes. Lower US bond yields and crude prices at eight-week lows, he said, are supportive for India, especially rate-sensitive and consumption-driven sectors.

Foreign portfolio investors (FPIs) net sold equities worth ₹1,145.33 crore on Friday.

Sector trends reflected selective

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Food fans retail inflation to 3.93%, just shy of RBI goal

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India's retail inflation climbed to 3.93% in May from 3.48% in April, even as policymakers and experts foresee prices firming up further in the coming months.

Friday's provisional data showed food inflation under the new series at 4.78%, up from 4.20% in April and 3.87% in March. Housing inflation was at 2.12% last month against 2.15% in April and 2.11% in March. Precious metals and jewellery as well as certain vegetables faced the strongest inflationary pressure.

Food items account for a large share of consumer price index, meaning sharp swings in their prices often dominate headline inflation irrespective of broader price trends. Food inflation turned negative beginning June 2025, pulling down headline CPI inflation to an all-time low of 0.25% in October.

"Inflation is expected to move upwards at a differential pace in the coming months, depending on transmission of higher energy prices to differ-



Food items account for a large share of consumer price index.

ent products. And subsequently, the monsoon impact will get reflected in food product prices," said Madan Sabnavis, chief economist at Bank of Baroda. "The inflation numbers are interesting as the higher inflation number of 3.9% against 3.5% in April was still driven by food prices with inflation being 4.8%."

The May figure remained below the median estimate of 4.1% in a Mint economists' poll, even as it closes in on the Reserve Bank of India's 4% mid-range inflation target. Though inflation remains

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DON'T MISS



Musk world's 1st trillionaire as SpaceX jumps 23% on debut

SpaceX shares shot 23% higher as the rocket maker's shares soared in their debut on Wall Street and made chief executive officer Elon Musk the first-ever trillionaire. The shares opened at \$150 and kept rising, reaching \$166.90 around 12.20 pm ET. ▶ P13

Hair colour makers ordered to brush up on standards

India's apex drug regulator has asked cosmetics manufacturers and importers to adhere to prescribed standards for hair-colour products and promptly disclose any changes in their composition or formulation, according to a circular. ▶ P13

Option traders are betting on a 23K-25K Nifty in June

Options sellers are pricing in a 2,000-point range for the Nifty in June on rising hopes of a preliminary US-Iran deal, according to National Stock Exchange data. The range will be respected, subject to no sudden geopolitical surprises, analysts said. ▶ P14

SBI plans an HR overhaul to address employee burnout

India's largest lender, State Bank of India (SBI), is planning to revamp its employee wellness programme to address rising workplace stress and support new and mid-career employees adapt to the evolving demands of the banking sector. ▶ P15

US cyber security giants woo India's small businesses

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America's top cybersecurity firms are shifting their focus toward small Indian businesses that rely heavily on data and the internet. This comes as artificial intelligence (AI)-driven threats surge following Anthropic's rollout of Claude Mythos, a powerful model capable of autonomously discovering software vulnerabilities and building complex exploit chains overnight.

Over the past three years, Indian ventures with revenues under ₹500 crore have become acutely aware of the threat AI represents. While their cybersecurity spending hasn't risen dramatically just yet, a sharp surge is seen as threats escalate.

Micro, small and medium enterprises (MSMEs) comprised over 80% of India's registered businesses in FY26, and the sector contributed 31% to India's gross domestic product. On 9 March, Gartner said Indian firms are set to spend a record \$3.4-billion on cybersecurity in 2026 in response to growing cyber threats from AI.

Anubhav Jain, co-founder and chief executive of Bengaluru-based digital lending and financial services firm Rupifi Technology Solutions, said the firm is evaluating cybersecurity solutions as AI threats evolve. "We've seen a rise in our cyber security spendings since 2022... it has increased by about 50-60% in four years," said Jain, whose company is backed



AI-driven threats have surged after Mythos rollout. ISTOCKPHOTO

by investors Tiger Global and Bessemer Venture Partners.

Rajan Sethi, proprietor and managing director of Delhi-based restaurants operator Bright Hospitality, concurred, adding that even for small businesses that don't rely on the internet as their primary source of revenue, AI threats are becoming a serious worry. "We already spend ₹20 lakh a year on securing almost 10 years of proprietary business and customer data, which is crucial to our operations," said Sethi. "We contract our data management, security and operations to a third-party firm in Delhi, Credence Technologies. Though we haven't yet taken note of the rising risks of AI, we'll certainly look at consulting firms and increase spending if our data and platforms are at risk."

A third such data-rich small firm is the Matrimony Group, which operates wedding servi-

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JSW races into e-bus segment with 6,230-bus tender play

Manas Pimpalkhare & Ayaan Kartik
NEW DELHI

JSW Group subsidiary bid in the recently concluded government tender for 6,230 electric buses, and although it did not win any orders, the move marked the steel-to-energy conglomerate's entry into a tightly contested market and conveyed its intent to expand its presence.

JSW Eco Mobility Pvt. Ltd, the group's bus operator, submitted bids across all five cities and undercut legacy companies Tata Motors, Olectra Greentech, JBM and Ashok Leyland, according to data for the tender that Mint reviewed.



JSW prepares to launch its first electric bus within a year.

The JSW arm was the second or third-lowest bidder in at least four cities: Pune, Ahmedabad, Hyderabad and Delhi.

JSW made the bids as it prepares to launch its first electric bus within a year and simulta-

neously gear up for the debut of its electric and hybrid passenger vehicles. JSW Greentech, the builder of the group's e-buses headed by chief executive officer Sumit Mittal, secured a 'type approval certificate' for one of its upcoming models, indicating compliance with safety, technical, and performance standards.

"The company is setting up its plant, and we expect them to become more active and aggressive in the market in the upcoming tenders," a senior industry executive said.

So far, details of JSW's e-bus business have been scarce and most of the focus has been on setting up the capacity of JSW

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Centre to charge up EV infra on 74 key highways

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The Centre has asked state governments and the National Highways Authority of India (NHAI) to fast-track electric vehicle (EV) charging infrastructure across 74 priority highway corridors, according to two people aware of the development and a document reviewed by Mint. The move aims to address a key bottleneck in India's adoption of electric buses and trucks.

The fear of running out of battery charge on longer routes, commonly referred to as 'range anxiety', is seen as a key deterrent to EV adoption. In a 4 June communication



States to submit proposals under PM E-Drive plan. MINT

to states and the NHAI, the Centre has identified 74 priority corridors for EV charging deployment, including 50 routes for electric cars and buses and 24 freight corridors for e-trucks. In the letter,

reviewed by Mint, the Centre asked states to submit proposals for setting up charging infrastructure under the PM E-Drive scheme, that runs till the end of FY28.

These routes include major intercity stretches such as Ahmedabad-Mumbai, Bengaluru-Mumbai, Chennai-Nagercoil, Hyderabad-Raipur and Panipat-Gorakhpur, among others. India has 599 national highway routes that span 146,000 km.

The Centre has already sanctioned 13,800 government-run e-buses in various states under the PM E-Drive scheme, and is considering a plan to support the rollout of

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The AI price war is here, piling pressure on OpenAI and Anthropic

Bradley Olson & Tna Li

The AI price war has begun.

Big companies and startups, chafing at rapidly escalating artificial intelligence costs, are increasingly turning to tools that tap into cheaper AI models, including some from THE WALL STREET JOURNAL.

That's raising pressure on industry leaders OpenAI and Anthropic to lower their prices, a prospect that could hurt their ability to grow into profitable enterprises.

among a mixture of third-party AI models and in-house AI systems built using freely available, open-source models. The ecosystem allows autonomous AI systems, or agents, to use cheap models—including those made by Chinese companies like Alibaba and Deep-

Seek—for many functions. The agents only tap the most capable versions of OpenAI's ChatGPT and Anthropic's Claude for more complex tasks.

That can reduce costs for some AI-assisted work by as much as 95%, according to executives using the tools. "Once we find something



Startups and tech giants alike are mixing and matching AI models to avoid the premium prices charged by industry leaders. REUTERS

that is working well and engineers love, we find ways to make it cost effective," said Dan Robinson, founder of Detail, a startup that identifies bugs.

"There's really an embarrassment of riches right now coming out of the open source labs," Robinson shifted 90% of Detail's workload from Claude

and Google's Gemini to custom models and GLM, a family of models developed in China.

The shift to cheaper models appears to have played a role in a recent decline in a widely followed index that tracks AI spending, Citadel Securities said in a report this week. "Even the most powerful technologies must pass through the prosaic discipline of cost curves, capacity constraints and marginal returns," the report said.

OpenAI is considering drastic cuts to the prices it charges AI users, ahead of similar cuts the company expects at Anthropic, The Wall Street Journal reported.

The company sees itself as having an advantage in such a

scenario because it spent massive sums in the past year to secure access to computing resources at far lower prices than what's available now.

Chief Executive Sam Altman said at a recent company event that costs had suddenly become "a huge issue."

The growing price war threatens to widen losses at OpenAI and Anthropic, which are already bleeding billions of dollars a year to pay for computing firepower to build and operate advanced AI systems. Both companies have filed confidential paperwork ahead of potential initial public offerings.

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