

Womenia

MAKE YOUR HOME AS LEARNING EASY PLACE

With Covid-19 causing widespread school closures, children across the country are being given alternate resources. Temporary solutions being devised for remote education range from online classroom tools like Google Classroom, to Zoom and podcasts by teachers. While parents are adjusting to this new scenario, during this time it's also important to help kids stay focused on learning and avoid overuse of games, social media, and videos. With that in mind, here are tips for mothers as they adjust to the new reality of learning at home.

Digital quarantine

Consider limiting your children's cell phones and tablets until their schoolwork is done satisfactorily, so that it can receive their undivided attention. Apps, games, and messaging features are fun, but they can also prove distracting. It may not be an option for everybody, but ideally, try to give your kids a dedicated device such as a school laptop for maximum online learning.

Make space for learning

Your children will achieve their best work in a quiet, comfortable, and dedicated space devoted to learning. Ideally, this will be a different set-up than where they normally play games or watch television. Keep in mind that children will be in this space for many hours each day, and parents should watch out for any orthopedic issues that may arise related to comfort and posture.



Digital recess

Make sure that your children take plenty of breaks in order to get physical activity and time away from screens. Set alarms similar to those they would encounter at school and encourage them to get up, get some fresh air, go for a walk or bike ride, or have a snack so that they are not sedentary for the entire day.

Facetime

In-person interaction is ideal for kids, but until it's safe for them to return to school, encourage your children to video chat or text message rather than simply scrolling through social media. You don't want your children to feel socially isolated, but at the same time, you want to protect them from becoming wholly reliant upon their devices. Sit your children down for face-to-face conversations about screen time. In order to give them agency, discuss how much time they think is reason-

able to spend online and make a "contract," committing to goals for on-screen vs. off-screen hours.

Encourage print and book reading

Overuse of screen time can have adverse impacts on young brains, so it's essential in these special circumstances to be extra careful when it comes to the littlest ones. As much as possible, parents should encourage print and book reading. If available, request textbooks from your child's school along with other print materials in order to offset the amount of online learning. They will be doing. Stud-

ies show that remote education can be challenging for all ages, but especially young kids, so do whatever you can and always err on the side of caution. Stimulate self-expression by having discussions with your children about what they are doing, and also encourage creative writing and imaginative story telling.

We're all in this together

Remember that you're not alone in this journey. Check in with other parents to see what they've found effective or to ask if they need help. Share your concerns and useful hints. If you need contact information for other parents or resources, reach out to the PTA or your child's school. It is important that we all work together as a community for the good of our children and families.

Don't forget to have fun

Plan the off-screen activities with the complete family. Between school and work obligations, it's rare for parents and children to have this much time together, so turn it into an opportunity for bonding. Write predictions for a TV show that the whole family watches. Organize a tournament, family card games, charades, or chess, or get outside for a hike or walk together in the free time. Follow your community's guidelines about safe behavior and events, of course, but make sure you still find time for fun with your kids.

Shilpa Shetty: This too shall pass

Actress Shilpa Shetty Kundra took to Instagram on Tuesday to share a motivational post for fans, urging them not to lose hope amidst the tough times of pandemic. The actress posted a picture of herself doing a yoga asana, which said, "What you think, you become. What you feel, you attract. What you imagine, you create – Bud-dha" "We have a lot of unsettling things happening all around us. All of these can have a very adverse effect on our thought process. That's when it's most important to keep a check on your thoughts and emotions. You can manifest a world of change and positivity simply through your thoughts. So, no matter how testing the situation may be, always remember... this too shall pass. Keep your spirits high, chin up, breathe deeply, and stay mentally & emotionally positive!" she added. The actress has been doing her bit in keeping her fans motivated and healthy through her posts on Instagram. She often posts pictures of yoga asanas too, explaining their significance. Meanwhile, the actress family recovered from Covid-19 recently and she resumed her position as a judge on the reality show "Super Dancer: Chapter 4". She is also set to return to the big screen for the first time in 17 years with the films "Nikamma" and "Hungama 2".

NEWS ROUNDUP



DIY tote bags to ace your outfit

With stores moving away from using plastic bags, fabric tote bags are becoming an essential item to bring with you if you want to go shopping. Cotton tote bags can often be bought for fewer amounts, and most people have a few extra around the house. Instead of using your bland blank tote bag, update it to be the perfect stylish bag for grocery shopping, carrying your lunch to work, or holding reading materials for the bus. Handmade tote bags also make for a great way to wrap presents for parties or as an inexpensive but thoughtful thank you present that you can customize. At least one of these do-it-yourself tote bag ideas will surely inspire you to stamp, stencil, silkscreen, or iron-on transfer yourself a new tote bag.

Painted polka dots

This easy DIY upgrades a basic canvas tote into a beautiful piece of art! All you need is a little paint and some creativity to design a one-of-a-kind bag that you can carry from the



gym to the store.

Easy felt tote bag pattern

This easy felt tote is great for beginner sewers and even kids! We love this project idea for

a kids' crafting party and the casual fabric makes it a great stylish gym bag.

Striped pocket tote bag

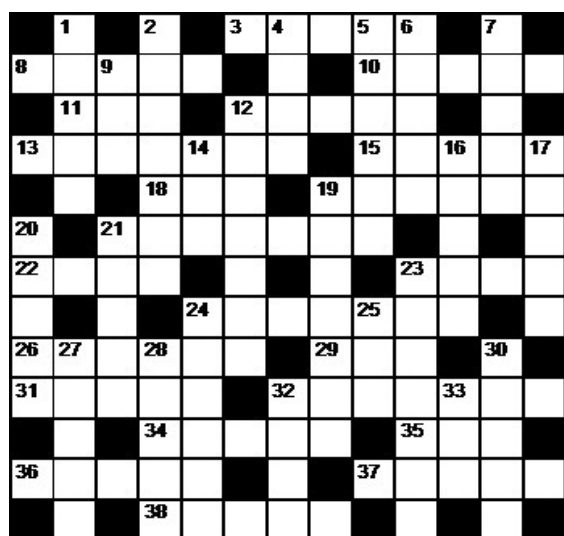
This colorful tote is not only super cute—it's super functional! The stripes serve as pockets so you can tuck away your most necessary accessories. This is the perfect beach or gym bag!

Stencil heart target tote

Head to the kitchen and grab some freezer paper to make your own heart target stencil so that you can create your own tote bag as demonstrated by lovely indeed.

Stamped anchor tote

Make your own nautical themed anchor tote as DIYed by lost in the haze. The simple blue and white bag would be perfect at the beach, or to show off your love all water and best of all it is easy to make too as all you need is a piece of cardboard to create your own stamp, some paint, and a blank tote bag.



SOLUTION TO JUNE 1

CROSSWORD

Across

- 3 Scrub at NASA (5)
- 8 Warble (5)
- 10 Gains by labour (5)
- 11 Some; none in particular (3)
- 12 Stalks (5)
- 13 Stickler (7)
- 15 Rubber hub (5)
- 18 Try a little (3)
- 19 Poisonous compound (6)
- 21 Nag like farmyard fowl (7)
- 22 Hawaiian garlands ? (4)
- 23 Thick fabric (4)
- 24 Turbid (7)
- 26 Villain (3,3)
- 29 Another word for 'anger' (3)
- 31 Sins or bad deeds (5)
- 32 Constant grumbler or complainer (3,4)
- 34 Eve's undoing (5)
- 35 Woman's ____ : women's equal rights movement ? (3)
- 36 Man from Mecca (5)
- 37 Inveigled (3,2)
- 38 Dropsy, excessive accu-

mulation of serous fluid ? (5)

Down

- 1 Impostor (5)
- 2 James Joyce novel (7)
- 4 Ship post (4)
- 5 Observation (6)
- 6 Chores or jobs (5)
- 7 Charged atom (5)
- 9 Election winners (3)
- 12 Makwisly (7)
- 14 ____ drop silence (3)
- 16 Angered (5)
- 17 Homes for birds (5)
- 19 Get as one's own (7)
- 20 Sphere (5)
- 21 Indian language (5)
- 23 Less _vigorous (7)
- 24 Pointed tooth (6)
- 25 Not wet, with no moisture (3)
- 27 To do with birds (5)
- 28 Forest clearing (5)
- 30 Monastery head (5)
- 32 Edible mollusk (4)
- 33 First ____ : para-medical help at an accident site ? (3)

SUDOKU



SOLUTION TO JUNE 1



Running Day

The pavement under your feet, the crisp snap of early morning air, the pounding rhythm as you run the distance one long flowing stride at a time, sweat trickling down your neck, the sun on your skin, your lungs burning with joyous exaltation as your heart beats a rapid but steady staccato in time with your running legs. This is the joy of running, and every year millions of people all over the world find themselves out on the open road experiencing the joy, the thrill, and the pain, of recreational running. Running Day celebrates these intrepid souls and their dedication to health and exercise, we should all join them. You don't need to be a scientist to know that running is good for you. In the most basic sense, running is a great form of exercise, getting your blood pumping and your heart rate up, burning calories and improving your physical health. But running won't only help you to lose weight and get fit, it can help your mental health too, by working as a form of meditation in motion, reducing stress and lowering anxiety.



Sachin top choice to ‘Pilot’ Gujarat Congress affairs

SAIYED MOZIZ IMAM ZAIDI
NEW DELHI

THE Congress high command is mulling to appoint a new in-charge for Gujarat after the untimely demise of Rajeev Satav last month.

Congress Rajya Sabha MP Rajeev Satav (46), who was in-charge of Gujarat affairs, passed away on May 16, days after recovering from Covid-19.

The state is vital for the Congress keeping in mind the crucial Assembly elections scheduled next year, especially after coming very close to wresting

power from the ruling BJP in the last state polls held in 2017.

In the last elections in 2017, present Rajasthan Chief Minister Ashok Gehlot was the in-charge for Gujarat, while old hands like B.K. Hariprasad and Mohan Prakash were also around.

However, according to sources, this time Gehlot’s former deputy Sachin Pilot could be the top choice of the party leadership to pacify him and give him a bigger responsibility. The move might give stability to the Congress in Gujarat by involving Pilot in the party affairs



of the state.

However, it’s not clear whether Pilot is willing to ac-

cept the offer, as the party leadership has talked to him through an emissary. His close

aides say the former Deputy CM of Rajasthan is not willing to leave his home state.

In that case close, Gehlot’s close aide and former AICC Secretary Sanjay Bapna could land the coveted assignment.

There are talks of a massive reshuffle in the All India Congress Committee (AICC) and sources say many state PCC chiefs from the Northeastern states, West Bengal, Kerala, Gujarat, Telangana and Andhra Pradesh could be replaced, and state in-charges from election bound states like Uttar Pradesh, Punjab and Uttarakhand may

be sent back to their home states for poll preparations.

However, it’s not clear whether the ‘dissenting’ G-23 leaders, who had written a letter to interim Congress chief Sonia Gandhi about sweeping reforms in the party, will be adjusted in the party, though many from the group, including Manish Tewari and Ghulam Nabi Azad, have got assignments within the party.

The Congress also has to decide about the Rajya Sabha seat that is vacant following the demise of Satav. It would be interesting to see if any of the G-23

leaders gets nominated for the post.

The Congress also has to perform in the state elections ahead of the 2024 Lok Sabha polls, especially after the recent debacle in Assam, Kerala and West Bengal. Four states are scheduled to go the polls in 2022 – Uttar Pradesh, Uttarakhand, Punjab and Gujarat.

Barring in Uttar Pradesh and Punjab, the Congress is in direct contest with the BJP in the other two states. And that is why, sources said, the party is looking for a good election strategist for Gujarat.

AAP seeks probe against UP Min for KGBV scam

LUCKNOW

THE Aam Aadmi Party (AAP) has alleged that the basic education Minister Satish Dwiwedi is involved in alleged misappropriation of funds amounting to Rs 9 crore.

The money was ‘spent’ in purchasing food and other items for Kasturba Gandhi Balika Vidyalaya (KGBV) residential schools even as the schools were shut in the panedmic.

AAP MP Sanjay Singh attacked the minister, who was also involved in another controversy over his brother’s appointment as assistant professor in Sidhartha Nagar University, and demanded a probe into the scam.

Singh has also accused Dwiwedi of having purchased property for much less than its market value after he was elected



MLA in 2017.

“Between February 11 and March 31, Kasturba Gandhi Balika Residential Schools for girls from SC/ST backgrounds were closed due to novel coronavirus pandemic. Despite that, money was reportedly spent on purchasing food, fruits, milk, soap, oil, and stationery. A sum of Rs 9

crore was spent on food when the schools were closed,” Singh said.

He said that this included Rs 84 lakh withdrawn in Bareilly, Rs 74 lakh in Bijnore, Rs 68 lakh in Deoria, Rs 31 lakh in Fatehpur, Rs 18 lakh in Ghaziabad, Rs 96 lakh in Gonda, Rs 23 lakh in Mau, Rs 26 lakh in Meerut, Rs 39 lakh in Moradabad, Rs 76 lakh in Pratapgarh and Rs 38 lakh in Varanasi.

“In 2020, a rule was made that photograph of students and their classes would have to be uploaded on the Prerna portal for funds to be released. In Sonbhadra, where funds were taken out for the school, the minister in charge is the basic education minister himself,” Singh said.

He further said that he would lodge a formal complaint against the minister with the Lokayukta.

Sidhu meets Cong panel, says ‘people’s power’ should return

NEW DELHI



DISGRUNTLED Congress leader Navjot Singh Sidhu, who has targeted Punjab Chief Minister Amarinder Singh on various issues including the 2015 Guru Granth Sahib sacrilege case, on Tuesday met the Congress panel for Punjab and presented his version.

Interacting with reporters after the meeting, he said: “I came here on the call of the party high command and I have presented people’s voices from grass root level to the part.... my stand on democratic power remains the same that the ‘power of the people’ must return to the people.

“Every Punjabi must be made a shareholder in Punjab’s progress ... Jittega Punjab, Jittegi Punjabi, Jittega har Punjabi.”

On Monday, Congress state chief Sunil Jakhar met the committee constituted by party president Sonia Gandhi and comprising of

Mallikarjun Kharge, J.P. Aggarwal and General Secretary in charge of the state Harish Rawat.

Apart from Jakhar, state ministers Sunder Sham Arora, Charanjit Channi, Aruna Chowdhry, Brahm Mohindra, O.P. Soni, Manpreet Badal, Tript Bajwa, Rana Sodhi and Sukhjinder Randhawa also met the committee.

The committee will continue its

consultations on Wednesday.

Meanwhile, sources indicated that there is no talk of replacing the Chief Minister, but only rehabilitation of important leaders. The Congress high command will not take the risk of replacing the Chief Minister as there is nobody of his stature to face the Akali Dal, specially the Badal family. The Congress will have to devise a middle

path as 20 MLAs are reported to be unhappy with Amarinder Singh’s style of functioning.

Most of these MLAs complained about arbitrary actions by the CM but the key concern was the government’s inability to bring to book the culprits in the desecration of Guru Granth Sahib and police firing during peaceful protests in 2015, when the Akali Dal-BJP government was in power, as promised in the party’s election manifesto.

Sidhu, who has even dared Amarinder Singh to prove his allegations of joining another party, wants his rehabilitation either in the government or the party. He saying that he is waiting as the high command has intervened.

Sources said the committee will perform a balancing act between the two factions. Sidhu and one non-Sikh leader may be appointed as Deputy Chief Ministers. The committee is expected to submit its report this week itself.



Corona curfew relaxed in 3 more UP dists as cases drop

LUCKNOW

WITH active Corona cases declining in Uttar Pradesh, the Corona curfew has been eased in three more districts - Lakhimpur Kheri, Jaunpur and Ghazipur.

The number of active Covid cases in these three districts went below 600 on Monday and as a result, the movement restrictions here have been relaxed.

In the past 24 hours, Uttar Pradesh has recorded a significant decline by a whopping 89.5 per cent in the number of active Covid cases and the number of containment zones have also been reduced to 15,400 now.

According to a government

spokesman, with the recovery of about 5,625 people in the last 24 hours, the number of active cases has come down to 32,578.

The state has, so far, seen the recovery of more than 69 lakh people from the deadly virus.

Not even a single district in the state has reported more than 100 fresh cases in the span of the last 24 hours.

The Covid curfew restrictions will now remain in just 11 of the total 75 districts of the state.

As a result of timely provision of free medical treatment, medicine kits and regular teleconsultation as per the directions issued by Chief Minister Yogi Adityanath, the number of patients in home isolation in the state has also dropped to 18,388.

Azam Khan tests -ve, but remains critical

LUCKNOW

Senior Samajwadi Party MP, Mohd Azam Khan, has tested negative for Covid-19 but he continues to be on oxygen support in the Lucknow Medanta hospital.

Khan is suffering from post-Covid Fibrosis and cavity in the lungs. He also has infection in the kidneys.

According to the health bulletin issued by the hospital, the 72-year-old’s health showed im-

provement on Monday but he remains under constant care of the critical care team of the hospital.

Khan and his 30-year-old son Mohammad Abdullah had tested positive for Covid-19 on April 30 and were admitted to Lucknow’s Medanta on May 1 since then they have been under treatment.

Abdullah had previously tested negative for Covid and is under medical observation in the ward.

Meanwhile, Zafaryab Jilani, executive member of the All India

Muslim Personal Law Board (AIMPLB), will be discharged from Medanta hospital on Tuesday, the hospital has said.

The senior advocate had suffered blood clots in his brain, following head injury on May 20. He was operated upon for the clots and was put on ventilator support. “Zafaryab Jilani’s condition is stable and showing satisfactory improvement. He will be discharged on Tuesday,” the hospital said.

Gurugram’s education dept urges parents to get vaccinated

GURUGRAM

GURUGRAM’ education officer Indu Boken has appealed to the parents of the students of both government and private schools in the district to get themselves vaccinated at the earliest and wear protective gears while stepping out in public.

Boken said if the parents are safe then only their children will be safe while staying at home.

“Continuous efforts are being made both by the district administration and the state government to contain the Covid spread. To protect children from the deadly virus, advance sum-



mer vacation was declared by the government, which is an important decision by the education department in the interest of the children,” she added.

Boken said that due to the pandemic situation today, students are in their homes but their parents have to go out to earn their livelihood.

“So, it is important that parents get their vaccination done as soon as possible and do not be careless about it. If parents are safe in the home, then only other family members and children will be safe from the deadliest virus,” she said.

The education officer further said that according to the experts there is also a possibility of a third Covid wave which can be a big threat to the children.

“The most important way to avoid this danger is vaccination, by which parents can protect themselves as well as other members of their household from infections,” she added.

UP clerics seek FIR against Waseem Rizvi

LUCKNOW

SHIA clerics in Lucknow have demanded an FIR against Shia Waqf Board member Waseem Rizvi for hurting religious sentiments of Muslims.

A delegation, led by general secretary of Majlis-e-Ulama-e-Hind, Maulana Kalbe Jawad, met Lucknow police commissioner D.K. Thakur on Monday night and demanded an FIR.

The clerics demanded that the Quran version with 26 verses removed by Rizvi and posted on social media be taken off the platforms without delay.

Recently, Rizvi had filed a petition in the Supreme Court, seeking removal of 26 verses from the Quran which, he claimed, are violent in nature.

He has also compiled a “correct version of the Quran” removing the said verses and changing its order.

Rizvi’s first petition on the issue was dismissed by the apex court and he was fined Rs 50,000.

“The compilation has now been posted on social media to create riots and chaos. It has angered all Muslims as the Quran cannot be tampered with. It should be taken off social media immediately and an FIR be lodged against Rizvi,” said the Maulana.

Meanwhile, in Muzaffarnagar, three social activists of the district have asked the district police to initiate criminal proceedings against Rizvi, who is a ‘repeat offender’.

The complaint alleges that the provocative post by Rizvi, who is again trying to ‘desecrate the holy Quran’, is aimed at ‘inciting riots and to cause misunderstanding between India and other countries’. Former counsellor, Mohammad Faisal, along with Dilshad Ansari and Shahzad Qureshi, filed the police complaint against Rizvi.

“This man has been repeatedly trying to desecrate the holy Quran. He should be booked and sent to jail,” Faisal said.





www.kapilchits.com

KAPIL CHITS

SINCE 1981

మీ కలలకు సాకారం

కొన్ని బంధాలు కొనసాగుతూనే ఉంటాయి...

Banning cryptocurrency bad idea

THE Reserve Bank of India's (RBI) decision restraining banks from flagging crypto transactions is a welcome move. Many leading banks have wrongfully taken shelter in RBI's 2018 circular relating to virtual currencies, which was subsequently overturned by the Supreme Court in 2020. The clarification from the apex bank has come as a much-needed support to the nascent crypto exchanges in the country.

In recent days, there are reports suggesting that several lenders including HDFC Bank and State Bank of India, had officially flagged transactions relating to the purchase of cryptocurrency. They even have warned customers of curbs, including permanent closure of accounts. Such threat of de-platforming customers at a time when regulations with regard to cryptocurrency are yet to be pronounced is most unfortunate. And the RBI has done a good job in reminding the lenders about the same.

Cryptocurrencies have emerged as the new asset class across the world. While many countries are actively encouraging its adoption, some nations are not in favour of its widespread adoption. Countries like India are evaluating the pros and cons of virtual currencies. Whatever may be the outcome of these deliberations, we have to keep in mind that cryptocurrencies are using deep-tech applications like blockchain technology. Blockchain technology has seen many successful adoptions in recent years with the banking sector becoming the major user. In this regard, blockchain-powered virtual currencies should be given thoughtful consideration before outright rejection.

India has been at the forefront of digital technology-led innovation in the financial services sector. From successfully implementing the largest direct benefit transfer (DBT) programme to popularising UPI (unified payments interface), the country has

emerged as an example to emulate in digital transaction space. It is heartening to see when Google writes to US Federal Reserve to follow the example of UPI as an ideal model in the interbank transfer space. Currently, the platform has a user base of more than 400 million people in India. Using the UPI platform, many players such as PhonePe, Google Pay, Paytm have come up with varied offerings for users in India. When India is leading the world in the adoption of technology in the financial services space, it will be wise if the country adopts the virtual currency with regulations rather than putting a blanket ban on this asset class.

We may like it or not, cryptocurrency as an asset class is expected to grow in the coming years. Investors across the world are entering into this space each passing day. In this perspective, India can't be immune to the contagious effect of this asset class. Therefore, it is better to regulate the asset class with proper norms in place than to close the doors completely. Because, in a globalised world, the financial system is highly interlinked. So, India can cash in from the emerging opportunity by regulating this new asset class instead of throwing it away altogether.



Good nutrition practices vs fad diets for weight loss

PALLAVI BARMAN

Have we ever wondered why humans are the only race who take to fad diets outside of our habitual eating patterns?

Every organism in the animal kingdom is attuned to eating as per its habitat and that order is seldom disturbed, except in human beings who are perpetually pursuant of some magical formula so they can get into a certain shape and form. So this urgency of "shapeliness" as defined by the norms of beauty on social media needs to be exchanged for long term and sustainable eating habits. For this one needs to delve into the realm of clean, real and healthy eating.

Now let's elucidate this:

1. Being fit and healthy is not equivalent to being skinny or size zero. The measure of how healthy or fit one is, is actually governed by many many parameters-- your energy levels, sleeping patterns, monthly cyclical patterns in women, hormonal health, propensity to auto immune diseases, dependence or addiction etc.
- Being healthy and fit is a holistic phenomena which cannot be achieved by a diet alone, let alone a fad diet. This takes a deeper understanding of yourself, awareness of bodily functions and reactivity to stimulus in the form of food or emotions or exertion.
- This awareness is developed over a period of time and is not overnight, it can become the driver for good health. Fad diets usually are either rich in one thing or short in another, they are heavily skewed to certain macro types or are specific goal driven. For example keto diet is high on good fats and protein and low on carbohydrates so sends the body into ketosis mode for fat burn for energy instead of carbohydrates combustion. This diet was originally devised and designed to fight epilepsy and related epileptic disorders.
- So does it seem normal for a regular person to resort to this diet, with the purpose of quick fat loss or even adapting it as a way of life? Our body at a cellular level is endowed with mitochondria organelle which oxidises carbohydrate to produce ATP (adenosine Triphosphate-- our energy currency) for the cell. In keto diet we tend to maintain a low carb infusion. And thus the decreased availability of carbohydrate and increased mitochondrial uncoupling during nutritional ketosis suggest a decline in ATP production, at least until compensatory adaptations occur. It's a complex process and sounds like something which isn't the most natural way of working for the human body. In computing parlance it's like overriding the code.
- So one should understand the merits and pitfalls of a fad diet over natural habitat driven eating.

2. Movement and good nutritional practices are the best tools to achieve optimum performance and good health but this needs to be followed with consistency and become a way of life. Good and sustainable eating practices create good micro biome in the gut, which makes for a happy and healthy gut, which in turn is closely and minutely related to majority of brain and body functions and hormonal health.
- When the gut and endocrine system are in order, the chances are rare for one to not feel like a super human. Good health results in performance enhancement, alertness, agility, focus, stillness all at once and even enhances your mental faculties to enable one to think clear and better.
- This in essence is true good health -- the kinds monks speak of. It is said you are what you eat. The cleaner you start eating, the better your internal functions get and the higher your performance and clarity in life. Imagine the amount of time, energy and resources you can save by not visiting the doctors every now and then, by being productive and healthy purely on simple food and living norms, by not spending on diet plans and expert consulting. One should inculcate the understanding and awareness about good eating habits so a lot of gripes in life are wiped off because self-awareness and self-confidence is enough to make you believe in yourself.
3. Achieving good health, good form, good shape and structure takes time. It's equivalent to chiseling a monolith into shape one blow at a time. The sculptor does it diligently over days and months and years for the finest of statues to emerge. Similarly if someone tells you that a certain kind of form, six packs, eight packs, etc can be achieved in a few days or months, please question the assertion. Find out at what cost? Seek answers akin to buying a policy-- ask yourself what's your monthly EMI or outgoing and what you make in the long term. With fad diets long term prospective health plans are not possible its best to plan and invest diligently. Develop discipline and cultivate healthy habits.
4. Simple habits for good and clean eating which will show results:

- Hydrate a lot-- aim for 4-5 litres a day
- Drop sugar intake or make it minimal
- Eat less, eat when hungry. Don't hoard
- Eating less is different from starving. Eat in proportion to your physical activity and not as per the clock and meal times
- No one ever suffers from eating less. Suffering happens due to eating more or in excess
- Include good fats in your diet-- almonds, walnuts, ghee, cheese, butter etc
- Stop using hydrogenated vegetable oil for cooking or even olive oil for high temperature cooking
- Consume food closest to its natural form e.g. whole chicken over sausages, rice over flour/wheat, fruit over juice and so on
- Don't deprive yourself of anything. Eat in moderation
- Desserts are supposed to be celebratory. Keep them so-- occasions and festivals
- Wake up and drink water to start your day
- Avoid processed and packaged food
- Food is by nature perishable so anything packaged with a higher shelf life has to have chemicals and can't be natural. Avoid
- But local over tetra packs
- Eat fresh and seasonal
- Don't combine fat and carbohydrates-- it causes ill health. For example French fries is a combination of frying and carbohydrates in the form of potatoes; cakes-- combination of flour (processed carbohydrates) and fat and sugar. All these can be avoided to large extent in daily living
- There is no substitute for hard work so drop the quest for short cuts and start working hard.
- (Pallavi Barman is the Head Marketing & Operations at HRX)

MOOT POINT



Dr Ramu Suravajjula

Despite the best of optimism, I fail to get a confident 'Yes, why not?' reassurance.

"Are you kidding?" asks a thoroughly startled professor. "How dare you even think on those exalted lines?" fumes a senior teacher. "It is akin to expecting an Oscar for an amateurish short Telugu film," quips a journalist. "Covid seems to have blown-off your brains," grimaces a close friend.

"By the way, what is a Nobel prize, Anna?" could be a present-day politician's glib pose! Good news is that the Telangana government appointed Vice-Chancellors for 10 State-run Universities, albeit after keeping everyone guessing for two long years. Exactly a year ago approval was given for five private universities through an ordinance.

If you want to keep 'churning out' hoodlums in the society, just go ahead and destabilise the higher education system. Wittingly or unwittingly, the damage has already been done and it'll be a herculean task for the new VCs to cleanse the system and put the house in order, let alone thinking of producing a Nobel laureate.

A good number of universities sprouted in the erstwhile Andhra Pradesh, thanks to YS Rajasekhara Reddy's idea of bringing higher education to the doorsteps of students. However, due to lack of patronage, dearth of funds and improper university setting, especially infrastructure and game-changing teachers, the idea ended up as a damp squib. True, they doled out degrees but jacked up the number of educated unemployed youngsters.

The Telangana-based State-run Universities, epicentres of the high-voltage agitation for a separate State, crumbled drastically after achieving the goal. Though the agitation was vociferously spearheaded by top-class academicians and intellectuals, the post-bifurcation political apathy almost ruined universities. The subsequent Covid crisis sounded the death knell for the rudderless varsities where administration allegedly came to a standstill.

National Education Policy-2020 observed that effective governance and leadership enables the creation of a culture of excellence and innovation in higher education institutions. The common feature of all world-class institutions globally has indeed been the existence of strong self-governance and outstanding merit-based appointments of institutional leaders.

If the incumbents have to spearhead the institutions at a particularly critical time and salvage lost glory, especially with regard to Osmania and Kakatiya, then they need the overwhelming support of the government, teachers, students and civil society.

Here is the agenda I conceive for the new VCs.

Earn Respect: In ancient times, India was a centre of higher learning and universities like Nalanda attracted global atten-

tion. China's Hsuan Tsang studied and taught here for five years in the 7th Century AD Nalanda, with over 10,000 students and 3,000 teachers, which flourished as the centre of scholarship in the ancient world for about seven centuries.

A product's demand depends on the manufacturer's reputation and brand image. Our universities are fast losing respect of the society in general and industry in particular. Degrees, PhDs and gold medals awarded by them are not taken seriously by the industry as the products, students, unfortunately, are of late seen as rattle-brainers and trouble-makers with inferior knowledge levels. With the appointment of experienced teachers and administrators as VCs, may our students become entrepreneurs, scientists, thinkers and intellectuals to transform universities into real-knowledge hubs. A collective endeavour should be made to bridge the prevailing gap between theory and practice. Industry-connect and society-centric initiatives coupled with a robust communication and public relations mechanism are required for this purpose. No university, however, has a professional corporate communication wing to create goodwill and build brand image.

Stop politicking: The bane of Indian universities is too much political interference. The selection of the VCs should be based on pure merit, instead of political, regional and caste equations. VCs and Registrars should not serve the political interests of the ruling party. Similarly, the powers that should give a free hand to the VCs as they know the inside out of quality education. This is the time to switch over to 'learning and teaching mode' from the 'agitation mode.' How about declaring a 'political holiday' for all Telangana universities for time being?

Shun caste bias: Our learning centres are caught in caste quagmire. Ideally, caste considerations should stop after students' enrollment and teachers' appointments and promotions. It is indeed harmful to look at everything from the caste prism and nobody has the liberty to vitiate the campus atmosphere with prejudiced views and preconceived notions. Every effort should be made to follow equality for a harmonious campus life. Of course, it is the birth right of students to debate, deliberate and protest against undemocratic social and political issues but imposition of ideas with coercion is not desirable. For instance, campuses like JNU make headlines for ideological warfare and freedom of expression of students and faculty. At the same time, academic excellence is also ensured there. A good take away for us.

Enforce Discipline: The worst problem in our universities is academic indiscipline. A majority of enrolled students do not attend classes but manage to get 'legitimate' degrees. Professors who insist on attendance and submission of assignments are branded 'anti-students.' Faculty members look the other way when it comes to attendance in the face of threats and abuse, verbal as well as physical. In addition to IPC and CRPC, a special Act to protect faculty members from attacks by students becomes imperative. The two nagging issues that the authorities are unable to tackle are-- some students overstaying in hostels against norms and focusing on competitive exams while ignoring the courses they are pursuing. Students should be counselled



A good number of universities sprouted in the erstwhile Andhra Pradesh, thanks to YS Rajasekhara Reddy's idea of bringing higher education to the doorsteps of students. However, due to lack of patronage, dearth of funds and improper university setting, especially infrastructure and game-changing teachers, the idea ended up as a damp squib. True, they doled out degrees but jacked up the number of educated unemployed youngsters. The Telangana-based State-run Universities, epicentres of the high-voltage agitation for a separate State, crumbled drastically after achieving the goal. Though the agitation was vociferously spearheaded by top-class academicians and intellectuals, the post-bifurcation political apathy almost ruined universities. The subsequent Covid crisis sounded the death knell for the rudderless varsities where administration allegedly came to a standstill

and sensitized on the perils involved in these two tricky issues. An after-course lodging and boarding mechanism with a placement facility may be envisaged for a stipulated time-frame for the benefit of students from economically-deprived sections. At the same time, the new VCs should be wary of indolent or teach-shy faculty members who love to cling on to administrative positions.

Become self-sufficient: The new VCs should chalk out strategies to make every department self-reliant to tide over financial problems. Can't we emulate IIMs and IITs to augment ourselves? Innovative and industry-relevant courses could be a good source of revenue. Alumni networks may be roped in to get nominations for such courses. A faculty-incentive scheme for bringing high-ticket research and training programmes should also be announced. Students are accustomed to online education during the Covid crisis and the virtual learning mode would come in handy for VCs to go for international collaborations in a big way.

Revamp research: Modern educational institutions earn respect through research and publication of the research work. Take any top university in the world, like Harvard, Cambridge, Columbia and Oxford. A special emphasis is on research. Whereas, research in State-run universities leaves a lot to be desired. Many professors lament the large-scale plagiarism in research work.

The grades and reputation of universities go for a toss with such unethical practices and guides should be held responsible for the malpractice to send a strong signal. The copied research works that led to an award of a PhD degree should stand cancelled. Many deserving students are unable to take up research in the absence of scholarships or grants. Strong proposals from VCs exploring the possibility for a tie-up with local industries or NGOs or Foundations for sure will yield positive results. Besides improving facilities in libraries, there is a need to expose students to reputed national and international publications to enhance their intellectual horizons and critical thinking.

Employ talent: Teachers are the backbone of any education system. The long-pending faculty recruitment provides a great opportunity for the new VCs to rope in the best minds into the system. Recommendation-based appointments and the sale of faculty positions should be treated as treason or sedition. Those who bought faculty positions in universities would invariably discourage research to cover up their inefficiency. Moreover, they resort to caste and other types of politics to survive in the system.

Encourage extra-curricular activities: A binding factor among students is the beyond classroom activity. That includes elocution and essay writing competitions, plays and dramas, sports and games. Universities all over the world are producing authors, speakers, painters, artists, and players while we don't consider extra-curricular activities as an exercise for overall development of youngsters. Literary and cultural festivals, and sports clubs need more patronage to bring out the best among the younger generation. Inter-university and university competitions with decent cash prizes should be treated on par with academics. Extra-curricular activities like sports help improve camaraderie, togetherness and peace on campuses.

The winners of Nobel, Oscar or Olympics are not directly diving out from blue skies. A careful nurturing of talent and continuous support to innovations can produce champions in all fields. Self-belief, hard-work, out-of-the-box thinking, team spirit, dogged determination and humility are said to be the common traits of the winners.

The new VCs should take the task of producing intellectuals of international calibre very seriously. If not today, we may see a Nobel Laureate from our state-funded universities in the years to come.

As they say, you reap what you sow!

(The author, a PhD in Communication and Journalism, is a senior journalist, journalism educator and communication consultant)

frustrated with a seemingly bad situation had opted for a position that is proving to be far worse in all aspects- politically, economically and socially. The present set up reeks of incompetence, inefficiency and ignorance. One who knows not and knows he knows not is wise. One who knows not knows not he knows not is a fool. Our rulers fall in the second category. They refuse to seek expert advice and the country is plunging into new depths with each passing day.

The SC had repeatedly reprimanded the government on its lack of preparedness in combating the pandemic, its vaccine policy and what not. The GDP growth is at a historic low of - 7.3 per cent. It is pathetic to see the leaders gloating over the performance on completion of two years of rule in the second term. The government is slapping the sedition cases left and right and the apex court wondered whether sedition case is lodged against a channel that showed a dead body being dumped into a river from a bridge in U P. The PM is not usually seen but whenever he shows up, he is not able to inspire even an iota of confidence. On the contrary, he gives a picture of being helpless, clueless and lost.

Vinay Bhushan Bhagwat, Hyderabad

thehansreader@gmail.com

LETTERS

A thought-provoking editorial

YOUR editorial statement "This country is not becoming intolerant. It is the rulers who are becoming so" is reflective of all pervasive appalling political miasma in the country and portray a poor picture of Indian polity being held hostage by the elected leaders who go to any extent of being authoritarian and dictatorial to wield enormous power to the detriment of constitutional values, to the erosion of scientific temper, to the subjugation of Independent institutions and to the pollution of the waters of democracy. (Judiciary and governance, THI, 1 June).

It is highly disgusting to see the ruling class abusing all its state agencies and government machinery to intimidate its critics by charging them under sedition laws which is intended not only to muzzle freedom of expression but also to crush free press and Independent media. Instead of making amendments to its inept policymaking to effectively mitigate the sufferings of common man, the political leadership is demonstrating intransigence, hubris and callousness where it is committing a series of misdeeds which wreak havoc on the economy that greatly affects health, lives and livelihoods of people.

The level of intolerance of rulers has now attained menacing proportions with journalists and media houses being charged with sedition for having aired programmes that are contrary to the version of ruling class. A dangerous trend among rulers is glaringly discernible now where they want to exercise untrammelled powers which can't be questioned by people, the opposition, press and Judiciary. If this trend is allowed to continue, it will lead to mockery of democracy where political leadership refuses to be accountable to anyone for its omissions and commissions and the country will be pushed to a brink where the rulers act indiscriminately according to their whims and fancies with people's interests being supplanted by political interests with no regard for constitutional values and democratic norms.

It is a welcome step by the Supreme Court to thoroughly examine sedition laws to stop despotic leaders to abuse these laws to silence critics and dissenters with an ulterior motive to perpetuate their power. The apex court's decision comes at right time and is a good news for human rights activists and proponents of democracy, secularism, freedom of expression and free press.

Narne Raveendra Babu, Hyderabad

II

YOU have hit on the nail with your editorial ' Judiciary and governance '.It is true that the nation

TS made huge strides: Errabelli

HANS NEWS SERVICE
WARANGAL

TELANGANA has made huge strides of development since its formation on June 2, 2014, the Minister for Panchayat Raj Errabelli Dayakar Rao said. In a statement on the eve of formation day, the minister said that Telangana has become a beacon for other States in the country by implementing several welfares and developmental programmes under the leadership of Chief Minister K Chandrasekhar Rao.

“Following the footsteps of SK Dey, the pioneer of panchayat raj institutions, the TRS Government strengthened the panchayats, paving the way for rural de-



Minister for Panchayat Raj, Errabelli Dayakar Rao

velopment,” Errabelli said. The Telangana Panchayat Raj Act-2018 brought a sea change in the administration of villages, he

said, referring to the transparency, accountability and efficiency.

The State government has been dispensing Rs 308 crore every month for the panchayats. So far, Rs 5,993 have been sanctioned for the developmental activities in panchayats, he added.

Earlier, only 84 gram panchayats had owned tractors, but now 12,669 panchayats have vehicles along with trolleys for water supply and other works, the Minister said. Errabelli said that the government had allocated Rs 1,554

crore for the construction of 12,751 Vaikuntadhamams (graveyards). Of which, 11,515 were constructed and being used.

“The successive governments in combined Andhra Pradesh allocated Rs 4,198 crore for drinking water supply in Telangana region between 2004 and 2014. Since the formation of Telangana, the government has spent Rs 32,500 crore for ensuring water supply to all the households in the State,” Errabelli said.

The Panchayat raj department received 11 national awards in 2020 and 12 awards in 2021 with the efforts of the government. This apart, Telangana also received national-level e-Panchayat award also, he added.

ISRO invites school teacher from Karimnagar



HANS NEWS SERVICE
KARIMNAGAR

SHAREEF Ahmed a government school teacher who works for Ramancha High School, in Chigurumamidi mandal, has been invited by Indian Space Research Organisation. Shareef Ahmed will be participating in the virtual webinar from 31st May to 4th June. The government teachers across the country who have been selected for the webinar are going to be trained on Space and Technology topic.

New V-C effects changes

HANS NEWS SERVICE
WARANGAL

IN a major reshuffle in the administration of Kakatiya University (KU), Prof B Venkatram Reddy, Physics Department, took charge as the Controller of Examinations replacing Prof S Mahender Reddy here on Tuesday. It may be mentioned here that the appointment came from Vice-Chancellor Prof Thatikonda Ramesh on Monday. Prof B Venkatram Reddy also took full additional charge (FAC) as the Registrar replacing the incumbent, Prof K Purushotham, whose term ended on May 31. Later, the Vice-Chancellor felicitated the outgoing Prof K Purushotham and Prof S Mahender Reddy who held their posts for four years.

University sources said that more changes in the administration are in the offing in the near future. Meanwhile, a circular issued by the Registrar said that the V-C Prof Ramesh will hoist the



Vice-Chancellor Prof Thatikonda Ramesh felicitating outgoing Registrar Prof K Purushotham in Warangal on Tuesday

tricolor at the KU Administrative Building at 8 am on Wednesday

(June 2) in commemoration of Telangana Formation Day.

Golden Telangana destination possible by all-round development: MLC Kavitha

HANS NEWS SERVICE
KARIMNAGAR

GOLDEN Telangana could only be achieved by taking the fruits of development to the targetted sections, stated MLC, K Kavitha. She along with Jagtial MLA Dr. M Sanjay Kumar and Choppadandi MLA Sanke Ravishankar inspected the works of double bedroom houses under construction at Nookapelli village in Malayala mandal in Jagtial district on Tuesday. Speaking on the occasion, the MLC said that the Chief Minister K Chandrasekhar Rao was striving to transform Jagtial into a model district and implementing various development and welfare programmes to keep Jagtial at the top place among other districts.

Aiming to provide shelter to the homeless poor on par with Hyderabad the construction of 4520 double bed-room houses with all facilities was taken up at a single cluster at a cost of Rs. 212 crores. Plans



MLC K Kavitha inspecting the works of double bedroom houses under construction at Nookapelli village in Malayala mandal in Jagtial district on Tuesday

were afoot to hand over the houses to the beneficiaries, Kavitha noted.

There has been a lot of development in Telangana in the past seven years. Besides ensuring irrigation and drinking water to the district, a Medical College has been sanctioned for the district and it has started functioning she added.

MLA Dr. Sanjay Kumar said Rs 7 crore has been sanctioned for drinking water facility for the dou-

ble bedroom houses. Bulk pipeline works for water supply, overhead reservoir works were also underway. Drainage, CC roads, power line works would soon be completed. The District Collector, G Ravi presented the progress of double bed-room houses to the MLC. Municipal Chairperson Boga Sravani, Tahsildar Venkatesh and other public representatives were present on the occasion.

Panchayat Secretary found dead under suspicious circumstances

HANS NEWS SERVICE
KAMAREDDY

A young man named Rathod Mohan (24) accidentally fell from the top of a building and died under suspicious circumstances on Tuesday wee hours at the Pitlam Mandal headquarters in Kamareddy district.

Police contingents said the deceased was a resident of Vithaladithanda in Pedda Kodagpal Mandal. The deceased was serving as the Panchayat Secretary in Pedda Kodagpal GP.

Mohan came to the NREGS Employment Guarantee Technical Assistants' Room for Rent in a Government Teacher's House in Pitlam. Mohan, along with his technical assistant friends in that room, had a liqueur drinking



Padi Mohan (file photo)

party until well past midnight on Monday.

Mohan was staying with them in the multi-story building when the colleagues told him that he had gone home drunk at night. Rathod Mohan was found dead in front of the building just before dawn. The colony residents were shocked to see Rathod Mohan lying in a pool of blood in the morning.

However, there were signs that Mohan had head injuries and died due to excessive bleeding. Doubts have been raised as to whether Mohan accidentally fell down the stairs at night and died or was killed.

Local SI Ranjit inspected the spot. Case is being investigated, Relatives are demanding a comprehensive investigation into the death.

COVID CARNAGE

AP SEES WORST IN MAY

- While it took around six months for cases to cross 5 lakh last year during first wave, a whopping 5.71 lakh cases registered in May 2021 itself
- Fastest spike was witnessed between May 16 and 20 when more than 1 lakh cases were recorded
- A conspicuous trend in May has been the steady spread of virus in villages



AMARAVATI

CORONAVIRUS cases scaled new peaks in the month of May in the state, setting new records on the way, but the slide started in the last week.

It took close to six months, during the first Covid-19 wave between March and September 2020, for AP to cross the five lakh-mark but a staggering 5.71 lakh positives were registered during May 2021 in the ongoing second wave.

May 2021 began with a caseload of 11.21 lakh infections and ended with a sum of 16,93,085 adding a lakh every five days till May 25, when again the decline started.

The state also saw a new high of 5.46 lakh recoveries and 2,877 deaths in the month, the health department data showed.

Between August 1 and 31 last year, during the first wave a total of 2.84 lakh coronavirus cases, 2.53 lakh recoveries and 2,562 fatalities were reported in the state.

The peak positivity rate then was 16.89 per cent but this month it climbed up to 25.56 per cent (on the 16th).

A record number of 1.16 lakh samples were tested in a day (on May 5), a record 24,171 positives were registered in a day (on the 16th), 24,819 recoveries (on the 19th) and highest number of 118 deaths was logged (on the 22nd).

Coronavirus saw its fastest spike in five days between May 16 and 20 wherein over 1 lakh cases were added.

The number of active cases reached a new high, touching 2.11 lakh on May 17.

A significant trend during May has been the steady spread

11,303 fresh cases reported

AMARAVATI

THE cumulative coronavirus positives in Andhra Pradesh crossed the 17 lakh mark to 17,04,388 after 11,303 fresh cases were added in 24 hours ending 9 am on Tuesday.

The gross Covid-19 toll increased to 11,034 as 104 fresh fatalities were reported during this period.

A health department bulletin said 18,257 patients had recovered in a day, taking the total so far to 15,46,617. It said the active caseload in the state dropped further to 1,46,737.

East Godavari district continued to pile up a large number of cases

as 2,477 more were added in 24 hours. Chittoor also continued the trend with 1,536 fresh positives, followed by West Godavari with 1,116.

The remaining 10 districts registered less than 1,000 new cases each, the lowest being 222 in Vizianagaram.

West Godavari district also saw 20 fresh COVID-19 fatalities in a day, while Chittoor had 14. Anantapur and Guntur reported nine deaths each, East Godavari eight, Visakhapatnam seven, Kurnool, Krishna, Srikakulam and Vizianagaram six each, Kadapa five, Nellore and Prakasam, four each.

of coronavirus in the rural areas of the state. From about 56 per cent during the first couple of weeks of the month, the percentage of Covid-19 cases in rural areas shot up to 63 by the last week while that in the urban centres fell from 44 to 37.

Even the fatalities showed a sharp rise from 50.4 to 57.5 in rural areas while declining to that extent in the urban centres.

Principal secretary (health) Anil Kumar Singhal, however, countered this deduction saying, in proportion to the population only 186 persons per lakh were infected in the rural areas as against 263 in the urban areas (last week).

In the previous week, according to Singhal, the per-lakh numbers were 247.8 and 383.7 people in rural and urban areas respectively.

“With 3.49 crore population in rural areas of the state, it can't be said the infection

spread is higher there,” he noted.

At the beginning of the month, only three out of the 13 districts in the state had more than one lakh total Covid-19 cases each.

But, by the end of May, only three districts remained below the lakh mark. (PTI)

East Godavari district that topped the state chart during the first wave, had a sedate start in the second wave too but surged at a rapid pace, adding 81,129 fresh cases to take its gross to 2.25 lakh.

It has the highest overall positivity rate of 13.09 per cent in the state, ahead of Chittoor's 11.22 per cent.

East Godavari also has the highest number of 30,546 active cases now.

Chittoor district is inching closer to the two-lakh cases mark as it added 68,937 during May.

In the Covid-19 toll count, it

AP administers 1 cr vaccines

- 1,00,56,636 doses have been administered to healthcare workers, frontline staff and those aged above 45 yrs

AMARAVATI

THE state crossed a significant milestone on Tuesday as over one crore doses (first and second combined) of the coronavirus vaccine were administered so far.

At last count, 1,00,56,636 doses of the vaccine were administered to healthcare workers, frontline workers and persons above the age of 45 years.

Of these, 75,28,539 persons got the first dose while 25,28,097 of them took the second jab as well, health department officials said.

They said more than 4.43 lakh people were administered the second dose of Covaxin, leaving no pendancy on that count.

Currently, over three lakh doses of the Covid-19 vaccine are available with the state now, after the Centre supplied two lakh extra doses in May.

In the first fortnight of June, the state is expected to get another 8,76,870 doses from the Centre.

The state government is purchasing another 20,74,730 on its own but the stocks are expected only in the second half of the month, the health officials said.

“We are now giving only the first dose to everyone as more than 47 lakh registered persons have to be covered first. We cant say when we will be able to start inoculating those in the 18-44 age group because we don't have adequate stocks as of now,” a senior official said. (PTI)

tops the state with 1,296, of which 313 were clocked in the month alone.

Visakhapatnam district comes next with an addition of 56,046 cases along with 292 fatalities in May.

It's neighbour Vizianagaram, which was the last district in the state to report a coronavirus case in May last year, registered the lowest number of 23,787 cases this May.

Kadapa district reported more than 30,000 new cases but it had the least number of 55 fatalities in the month. (PTI)

Senior resident doctors too join pay protest

- More than 300 SRs start boycott of both Covid and non-Covid duties across the State
- They are demanding a hike in their stipend to Rs 80,000 from the present Rs 45,000 like in Telangana
- JUDAs observe a black day against the comments of Baba Ramdev on corona warriors

HANS NEWS SERVICE
TIRUPATI

AFTER the post graduate final year medical students who have completed their tenure and awaiting examinations, now it is the turn of senior residents (SRs) working in government medical colleges to follow the same path of boycotting all duties. Saying that their demands for hike in stipends were neglected by the government, more than 300 senior residents were boycotting all their duties – both Covid and non-Covid – from Tuesday.

According to Dr AP Bhanu Teja, vice-president of Senior Resident Doctors Association, AP, they have been receiving a monthly stipend of Rs 45,000 now. Though the stipend hike is mandated every two years, it has been pending for them since January 2020 which has resulted in receiving lesser stipends than even their junior postgraduates. On the contrary, the SRs in



Junior doctors wear black badges at Ruia hospital on Tuesday in protest against the statements of Baba Ramdev against corona warriors

neighbouring Telangana are being paid Rs 80,500 per month.

They have been demanding stipend hike to Rs 80,000 with retrospective effect from January 2020 and abolition of TDS on SR stipend. They were also seeking incentives for Covid work, especially for ground level medics like interns, postgraduates and senior residents.

However, to take care of patients in the pandemic scenario, the first and second year PGs will continue their duties for now, expecting a favourable response. General secretary of AP JUDA Dr D Sai Teja said that if they do not get any response from the government they will move forward to take further radical steps.

He said that though the stipend for SRs is Rs 45,000 after TDS and other deductions they could get only Rs 40,000 which is very meagre

when their counterparts in Telangana could get double that amount.

The SRs have given prior notices to hospital authorities to make alternative arrangements to maintain patient care. Though they postponed their protest for several months to avoid a duty boycott, now it became inevitable.

Meanwhile, responding to a call by Federation of Resident Doctors' Association (FORDA) India, all the junior doctors involved in the nationwide black day protest on Tuesday by wearing black badges to voice their protest against the statements of yoga guru Baba Ramdev against corona warriors and modern medicine. They demanded an unconditional public apology from Ramdev or else the government should initiate action against him.

AP Govt extends term of advisors for 1 year

HANS NEWS SERVICE
AMARAVATI

THE state government on Tuesday issued orders extending the tenure of government advisors for a period of one year.

The term of Ajeya Kallam, principal advisor to Chief Minister, Sajjala Ramakrishna Reddy, advisor to government (public affairs), Talasila Raghuram, advisor to the government (coordination of programmes) and G V D Krishna Mohan, advisor (communications) has been extended through the order. The principal advisor to CM shall also have additional responsibility of chairman of the steering and implementation committee of YSR Jaganna Saswata Bhu Hakku Mariu Bhu Raksha Pathakam. Chief secretary Adityanath Das issued orders to this effect.

The Hans India staff reporter Srinivasa Chary passes away

HANS NEWS SERVICE
VIJAYAWADA

EAST Godavari district reporter of The Hans India S Srinivasa Chary died of illness while undergoing treatment at GSL Hospital in Ramamahendravaram on Tuesday. He was 62.

He is survived by wife and two daughters.

Andhra Pradesh Union of Working Journalists general secretary M Srirama Murthy expressed heartfelt condolences to the sudden demise of the senior journalist. He recalled that earlier he worked for Andhra Prabha and Indian Express at Tirupati in several centres in AP and Telangana.



Ramdev’s remarks: Resident docs launch black day protest

FORDA alleges that baba’s statements have added to the vaccine hesitancy among people

NEW DELHI

Upset over yoga guru Ramdev’s remarks on allopathy, resident doctors at several Delhi hospitals launched a protest as part of a nationwide stir on Tuesday and sought an unconditional public apology or action under the Epidemic Diseases Act. Banded under the Federation of Resident Doctors Associations (FORDA), which had called for the protest on May 29 and stressed that healthcare services would not be hampered, the doctors wore black armbands, ribbons and held up placards.

"Our protest began on Tuesday morning against the remarks made by Ramdev, who is not qualified to even speak on the discipline of allopathy. It had affected the morale of doctors, who are fighting day in

and day out in the (COVID-19) pandemic. We demand an unconditional public apology from him or action against him under the Epidemic Diseases Act," a senior FORDA official said.

The RDAs that have already joined the stir are from AIIMS, Safdarjung Hospital, Lady Hardinge Medical College and Hospital, Hindu Rao Hospital, Sanjay Gandhi Memorial Hospital, B R Ambedkar Hospital and more will join later in the day, he said.

"Many doctors are wearing black armbands or black ribbons to symbolise the protest," the FORDA official said, adding, "Doctors in other cities are also joining the stir." While some doctors held up placards bearing protest messages, others wearing PPE kits had "Black Day Protest" scribbled on the back of the medical gear.



In a statement issued on Saturday, FORDA India had said even after raising objections to the statements made by Ramdev, "no action has been taken yet. We are hereby declaring Nationwide #Black-DayProtest on 1st June, 2021 at workplace, without hampering healthcare services". "We demand an unconditional open public apology from him or action against him under the relevant sections of the Epidemic Diseases Act, 1897," the statement had said. The FORDA has also alleged that Ramdev’s remarks have added to the "vaccine hesitancy" among people.

In a statement, the All India Institute of Medical Sciences (AIIMS) RDA said, such "slandrous remarks" by Ramdev will "incite violence against the healthcare services personnel and would lead to a total failure of public health systems."

Meanwhile, UP Chief Minister Yogi Adityanath and yoga guru Ramdev will now be part of the Chaudhary Charan Singh University curriculum.

University officials said that this is part of their effort to teach students about their "ancient cultural heritage" and the architects of this heritage.

Yogi Adityanath’s 'Hathiyoga Ka Swaroop va Sadhna' and Ramdev’s 'Yog Sadhna va Yog Chikitsa Rahasya' will be part of the first year, second semester undergraduate philosophy curriculum.

It can also be taken as an elective subject by students, along with other courses. Prof Y. Vimla, pro vice chancellor of the university, said, "The Board of Studies on philosophy has decided that the works of Yogi Adityanath and Ramdev would be included in the syllabus."

WINDOW

Now, MHA notice to Alapan under Disaster Mgt Act

NEW DELHI: The Union Home Ministry has served a showcase notice to just-retired Chief Secretary of West Bengal Alapan Bandyopadhyay under the Disaster Management Act, officials said. A home ministry official said the notice was served on Bandyopadhyay hours before his retirement on Monday for refusing to comply with the Central government direction, which he said constituted a violation of section 51-B of the Disaster Management Act, 2005. He has been asked to reply within three days, the ministry official said. Bandyopadhyay was recently given an extension of three months. However, West Bengal Chief Minister Mamata Banarjee announced his retirement on Monday and appointed him as the chief advisor to the state government.

5 Kerala cops to be dismissed

THIRUVANANTHAPURAM: Five police officials found guilty in connection with a custodial death in Kerala’s Idukki in 2019, will be dismissed from service and legal proceedings will also be taken against them, as per recommendations of the Justice K. Narayana Kurup (retd) Commission, the Kerala Assembly was told on Tuesday. The action taken report placed in the Assembly stated that those who will be dismissed from service are Sub-Inspector Sabu, ASI Roy, driver Niyaz, and two civil police officers, Jithin and Regimon. The sixth accused was Home Guard James. The probe report also recommended punishment for three medical professionals. It was also decided to give a compensation of Rs 45 lakh to the family of the deceased. Rajkumar, 49, a small-time financial agent, died in custody on June 21, 2019 after allegedly being subjected to brutal third degree torture at the Nedumkandam police station in Idukki. According to reports, Rajkumar was rounded up on June 12 by a group of people who owe him money to, and handed over to the Nedumkandam police.

1,742 children orphaned, 7,464 lost 1 parent

PRAY ALL ARE VACCINATED, THEN WE CAN RESUME PHYSICAL HEARING: SC JUDGE

NEW DELHI

THE Supreme Court Tuesday took note of the Centre’s welfare scheme to provide relief to children who have lost parents to COVID-19 pandemic, and sought details of the plan along with the mechanism devised to monitor it. A bench comprising justices L Nageswara Rao and Aniruddha Bose also directed states and Union Territories (UTs) to appoint nodal officers of level of Secretary or Joint Secretary who will interact with its amicus curiae Gaurav Agrawal for providing all the information on orphans, their identification and about the welfare measures for them.

National Commission for Protection of Child Rights (NCPCR) informed SC that 9,346 affected kids data has been uploaded on the newly created Bal Swaraj portal. This data includes 1,742 children who lost both parents, 7,464 now in a single-parent household, 140 have been abandoned from March 2020 to May 29, 2021.

A day after Centre informed the Supreme Court that it expects entire country’s population above 18 years to be vaccinated against Covid-19 by the end of year, a senior top court judge Justice D.Y. Chandrachud expressed hope that vaccination takes place for everybody, to enable the court to resume physical hearing.

Justice Chandrachud shared his experience when he was isolated after contracting viral infection. He added that he was lucky to have his books around him during isolation. "I was in isolation for 18 days. I was all alone reading books," said Justice Chandrachud.

India reported 1,27,510 new infections in 24 hours -- its lowest in 50 days, as 2,795 more succumbed to the pandemic, the Union Health and Family Welfare Ministry said on Tuesday. Fatalities also dropped below the 3,000-mark for the first time since April 26, when the country witnessed 2,771 deaths.

Covishield will not be changed to a single-shot schedule and "there is no question" of mixing vaccines till scientifically proven, the government said on Tuesday, after key pointers of its plans floated unofficially to the media ran into resistance from sections of the medical community.

The clarifications came after government sources, requesting not to be named, told reporters that tests on mixing vaccines and the effectiveness of a single dose of Covishield will begin soon in the government’s new strategy at a time the shortage of shots has slowed down vaccinations.



A health worker checks a Jewish child, undergoing treatment for Covid-19 at Guru Tegh Bahadur care centre at Gurdwara Rakab Ganj Sahib, in New Delhi on Tuesday. 38 new patients, all of them from Manipur were admitted to the care centre on Monday

Lowest Covid cases in 50 days as deaths dip below 3K

No single shot of Covishield, mixing of vaccines: Govt

Ramesh Pokhriyal admitted to AIIMS

NEW DELHI: Union Education Minister Ramesh Pokhriyal has been admitted to the All India Institute Of Medical Sciences (AIIMS) in New Delhi with post-Covid complications. Information about Ramesh Pokhriyal’s symptoms has not been shared with the public. Ramesh Pokhriyal Nishank, 61, had contracted coronavirus in April. Ramesh Pokhriyal had resumed office after his recovery from Covid-19. He was admitted to AIIMS following complications. No more details have been shared about his treatment at AIIMS. According to sources, the minister is admitted under Dr Neeraj Nischal, an associate professor in the Department of Medicine at the All India Institute of Medical Sciences (AIIMS).

9900 minors hit by virus in Maha

AHMEDNAGAR: Over 9,900 minors tested positive for coronavirus at Ahmednagar in Maharashtra last month, but the district administration claimed that around 95 per cent of them were asymptomatic and the situation was not alarming. In May this year, a total of 86,182 COVID-19 cases were reported in Ahmednagar, district Collector Rajendra Bhosale told PTL. "Out of them, 9,928 were minors (aged below 18), which comes to about 11.5 per cent of the total cases reported last month," Bhosale said. He said out of the 9,928 minors who contracted the viral infection, 6,700 were in the age group of 11 to 18, 3,100 were in 1 to 10 years age bracket, while some were also below the age of 1 year.

Senior BJP leader Laxmikant dies

BHOPAL: Senior Bharatiya Janata Party leader and former Madhya Pradesh minister Laxmikant Sharma died of coronavirus at a private hospital, family sources said on Tuesday. Sharma, 60, succumbed to the deadly infection at Chirayu Hospital and Medical College on Monday night, the hospital’s director Dr Ajay Goenka said. The senior BJP leader is survived by his wife and three daughters, the family sources stated. Sharma’s last rites were performed at Sironj, his ancestral town, in Vidisha district with full state honours on Tuesday, they said. Sharma was elected as an MLA from Sironj Assembly seat for four terms in 1993, 1998, 2003 and 2008.

Galwan casualties post Chinese blogger sent to jail for 8 months

BEIJING: A popular Chinese blogger, detained earlier this year for his comments regarding military casualties of Galwan valley clash with India, has been sentenced to eight months in prison. Qiu Ziming, an internet celebrity with more than 2.5 million followers, on Monday received a jail term of eight months for "defaming martyrs", marking the first such case in China since a new amendment was attached to the Criminal Law, reported Global Times. The blogger, who is known online as "Labixiaoqiu", was also

ordered to publicly apologise through major domestic portals and the national media within 10 days, ordered a Nanjing court in East China’s Jiangsu Province. The court noted that Qiu had "truthfully confessed to his crime", entered a guilty plea and said in court that he would never commit the crime again, therefore he was getting a lighter sentence. On March 1, Qiu had made an open apology for his comments during a broadcast on China’s state broadcaster CCTV, reported Global Times.



Animal keepers show a special rolling board for Helmut the spurred tortoise in the outdoor enclosure of the Zoo Erlebnisswelt in Gelsenkirchen, Germany on Tuesday. The 108-kilogram tortoise suffers from shoulder arthritis. The rolling board makes the heavy animal mobile again.

Woman dies while grappling mobile thief

MUMBAI

In a shocking incident, a young woman and mother of three daughters, was pushed off a running train and killed while grappling with a mobile thief, officials said here on Tuesday. The incident happened on Saturday evening around 7:45 pm near the Kalwa suburban station on the Central Railway when the deceased, Vidya D. Patil 35, was returning home from her office in Andheri. According to her brother-in-law Kamalakar Patil, it was her fourth day at work after she was on maternity leave for six months and delivered a baby girl.

According to Thane Government Railway Police (GRP) officials, Patil had boarded the train from Kurla for her home in Dombivali west, where she lived in Chinchodyacha Pada locality. Just as the train started leaving Kalwa station, a robber jumped inside the ladies’ compartment, grabbed her mobile phone and rushed to the door to jump out on the platform. Not willing to give up, she lunged after him and caught his collar, but he pushed her while escaping, and she fell in the gap between the train and the platform and was run over.

Trudeau vows action after discovery of 215 bodies at school site

PRIME Minister Justin Trudeau is vowing to act after the bodies of 215 children, some as young as three years old, were discovered in unmarked graves at a former B.C. residential school site. The discovery has led to calls for action from Indigenous leaders, politicians, and residential school survivors alike, with many saying that similar searches should be conducted at the sites of other residential schools.

"We are looking for how we can support Indigenous communities in their grief and in their request for answers," Trudeau said.

"I know there will be many, many discussions to be had in the coming



Shoes representing the remains of 215 children

days and weeks about how we can best support these communities and get to the truth." Trudeau added that he plans to speak to his cabinet ministers about "the next and further things we need to do to support survivors and the community."

"We promised concrete action, and that’s how we’ll support survivors, families, and Indigenous peoples," he said. The Tk’emlups te Secwepemc First Nation in Kamloops announced Thursday that ground-penetrating radar uncovered the remains of 215 children who were students of the Kamloops Indian Residential School. In existence from 1890 to 1978, and

with a wide regional grasp, Kamloops had the largest school in the Indian Affairs residential school system. One report says enrollment peaked in the early 1950s at 500 students. The community "had knowledge" of the missing children, according to Tk’emlups Chief Kukpi7 Rosanne Casimir. "Some were as young as three years old," Casimir said. "We sought out a way to confirm that knowing out of deepest respect and love for those lost children and their families, understanding that Tk’emlups te Secwepemc is the final resting place of these children." But this discovery may simply be scratching the surface, according to

Cindy Blackstock, who serves as executive director of the First Nations Child and Family Caring Society. To date, the TRC has identified more than 4,100 children who died, whether from disease or an accident, while attending one of these schools. But Blackstock said this number could be much higher. "TRC Commissioner Murray Sinclair would say as many as 6,000 might be more realistic, and that might not even be enough, because so many of these deaths were hidden," said Blackstock. "They need to fully fund the work that needs to be done to identify the unmarked graves of children across

Canada, because there are many, many more," Blackstock said. That was exactly the recommendation made in the Truth and Reconciliation Commission’s 2009 report, which called on the federal government to fund a search for further unmarked graves to the tune of \$1.5 million. The government in power at the time, led by former prime minister Stephen Harper, refused the demand. "We need to do more to support a residential school survivors, and help with the healing process, and go at the intergenerational trauma that exists right across the country in Indigenous communities," Trudeau said.

TODAY's QUOTE

GeM can cut public spend significantly


“INTEGRATION of the GeM platform with the railway e-procurement system towards the unified procurement system for buyers should be done expeditiously. This will usher in a lot of savings for the public exchequer and pave the way for big-ticket procurements by the petroleum and steel sector.

—Piyush Goyal, Union Minister

PANDEMIC

Construction may resume by mid-June

With several States started easing Covid-19 related restrictions, the employment-intensive construction industry should witness resumption in operations by the middle of June, though at a curtailed level, industry chamber ASSOCHAM said on Tuesday. The chamber said it would take about two weeks for the contractors to start works.

FOREX (buy rates in ₹)				
US Dollar	73.5	South		
Euro	89.87	African Rand		6.1
UAE Dirham	20.41	Hong Kong Dollar		10.79
Thai Baht	2.57	Japanese Yen		0.76
British Pound	104.47	New Zealand Dollar		53.5
Australian Dollar	56.99	Saudi Riyal		21.34
Canadian Dollar	61.06	Swedish Krona		10.12
Swiss Franc	81.76	Singapore Dollar		56.19

DELHI WEDNESDAY 2 JUNE 2021

BIZ BRIEFS

Webinar on E-cigarette

E-cigarette users across the globe who have managed to win their personal battles against smoking by marking May 30 as the World Vape Day explained their experiences in an online webinar organized by Association of Vapers India (AVI). The webinar participants included lawmakers, policy experts, doctors, legal counsel and consumers concerned with tobacco harm reduction as a public health strategy. AVI sent a letter to MPs requesting that the ban be revoked as the reasons imited for the ban such as increased teen usage and vaping deaths in the US are no longer hold good. Author and novelist Lavanya Lakshminarayan said that women who smoke are subject to higher degree of stigma than men. Jagannath Sarangapani, Director, AVI, said: “E-cigarettes are fast replacing smoking, they are less harmful alternatives to smokers”.

Vivo's new campaign

Vivo has initiated campaign for UEFA EURO as it wants football fans everywhere to enjoy. In its 'to beautiful moments' campaign, the company encourages people to be in the moment. Through its partnership it looks to connect with over 400 million people worldwide and it will launch a #VivoSuperTime where people around the world can channel their energy into the game by sharing their applause and cheers on social media for the chance to appear in the tournament's closing ceremonies. “People around the world have been eagerly awaiting this tournament. Now more than ever, we want to celebrate the spirit and sportsmanship of the game and help fans get the most out of the experience,” said Spark Ni, Senior Vice President, CMO, Vivo.

Survey on digestive health

Ashirvaad Atta has released a survey on digestive health of Indian families. Momspresso has conducted the study by surveying 538 mothers, aged 25-45 years across Delhi, Mumbai, Kolkata, Bengaluru, Hyderabad, and Chennai. The findings suggest that 77 per cent of Indian mothers consider digestive health to be extremely important while 56 per cent mothers think their families suffer from digestive health issues. Acidity and Indigestion were found to be amongst the top three issues. Ganesh Kumar Sundararaman, SBU Chief Executive, Staples, Snacks, Meals, Foods Division, ITC Ltd. said: “Digestive health issues can impact one's quality of life. But they can be managed by introducing changes in eating habits. The World Digestive Health Day is an appropriate occasion to create awareness about the importance of digestive health.”

Adani Wilmar's mobile App

Adani Wilmar Limited has launched its own mobile application fortune online, offering a one-stop solution to customers for their kitchen needs. At present, customers in 17 towns such as Ahmedabad, Gandhidham, Pune, Akola, Gurugram, Lucknow, Chandigarh, Noida, Panchkula, Mohali, Kanpur, Kolkata, Indore, Jodhpur, Raipur, Bengaluru and Hyderabad can place orders for Fortune oils and its range of food and personal care products using the app. A range of soaps as well as recently launched hand wash and sanitizer of Alife brand, which is another brand owned by Adani Wilmar, will also be available on the app.

Covid 2.0 takes big toll on mfg

PMI fell to 50.8 in May, down from 55.5 in April, as companies observed the slowest rises in new work and output in ten months

NEW DELHI

INDIA's manufacturing sector activity witnessed a significant loss of growth momentum in May due to the intensification of the Covid-19 crisis and its detrimental impact on demand, a monthly survey said on Tuesday.

The seasonally adjusted IHS Markit India Manufacturing Purchasing Managers' Index (PMI), fell to 50.8 in May, down from 55.5 in April, as companies observed the slowest rises in new work and output in ten months amid intensification of the Covid-19 crisis.

In PMI parlance, a print above 50 means expansion while a score below 50 denotes contraction. “The Indian manufacturing sector is showing increasing signs of strain as the COVID-19 crisis intensifies. Key gauges of current sales, production and input buying weakened noticeably in May and pointed to the slowest rates of increase in ten months. In fact, all indices were down from April,” said Pollyanna De Lima, Economics Associate Director at IHS Markit. Lima, however, noted that the detrimental impacts of the pandemic and associated restrictions, seen in the manufacturing sector are considerably less severe than

FACTORS HITTING INDUSTRY

- The growth of the manufacturing sector was curbed by the escalation of the pandemic and difficulties in securing raw materials
- Detrimental impacts of the pandemic to the manufacturing sector considerably less severe than during the first lockdown



● India's economy contracted by less-than-expected 7.3% in the fiscal year ended March 2021

during the first lockdown when unprecedented contractions had been recorded. “Growth projections were revised lower, as firms became more worried about the escalation of the pandemic and local restrictions. The overall degree of optimism towards the year-ahead outlook for output was at a ten-month low, a factor which could hamper business investment and cause further job losses,” Lima said.

The growth of the manufacturing sector was curbed by the escalation of the pandemic and difficulties in securing raw materials, the survey said. Concerns surrounding the pandemic restricted

business confidence towards the year-ahead outlook for production, the survey said. “Amid a lack of new work, goods producers reduced headcounts again, with the rate of job shedding quickening in May,” Lima said. On the macroeconomic front, India's economy contracted by less-than-expected 7.3 per cent in the fiscal year ended March 2021 after growth rate picked up in the fourth quarter, just before the world's worst outbreak of coronavirus infections hit the country. The next bi-monthly monetary policy review of the Reserve Bank of India (RBI) is scheduled to be announced on June 4.

MEIL donates 3 cryogenic oxygen tankers to AP

It has imported the tanker from Singapore

HANS BUSINESS
HYDERABAD

AS part of its efforts to help various State governments fight Covid-19 pandemic, city-based infrastructure major Megha Engineering & Infrastructures Limited (MEIL) on Tuesday said it imported three cryogenic oxygen tankers from Singapore and handed them over to AP government free of cost

Each cryogenic tanker could supply 1.40 crore litres of medical oxygen. So, the three tanks will supply 4.20 crore litres of oxygen. On Tuesday evening, a Defence special flight from Singapore landed with tankers at Pangarh Air Force Station in West Bengal. From there, the tankers were moved to Durgapur Steel Factory for filling oxygen in tanks. Oxygen produced in that steel plant has been allocated to to AP.

After filling oxygen, these three tanks will be transported



in rail route, and will reach Andhra Pradesh by Wednesday night or Thursday morning, said P. Rajesh Reddy, Vice President, MEIL. The company imported 11 cryogenic tankers from Bangkok (Thailand) and handed over to Telangana State free of cost. The tankers have been deployed to increase supply of Liquid Medical Oxygen (LMO) to hospitals and meet the shortage of medical oxygen in hospitals to fight against Covid.

With cooperation and coordination with Central and State governments, MEIL is importing tankers ahead of schedule.

Maruti Suzuki sales plunge 71% in May

NEW DELHI

THE country's largest carmaker Maruti Suzuki India (MSI) on Tuesday reported a 71 per cent decline in total sales to 46,555 units in May as compared to 1,59,691 units in April as a spike in Covid-19 cases and lockdowns across various states hit dispatches. The auto major had also shut production from May 1 through May 16 so as to divert oxygen from industrial use for medical purposes.

MSI said its domestic dispatches to dealers last month stood at 35,293 units, down 75 per cent from 1,42,454 units in April. Sales of mini cars, comprising Alto and S-Presso, declined by 81 per cent to 4,760 units in May as against 25,041 units in April this year. Sales of compact segment vehicles, including Swift, Celerio, Ignis, Baleno and Dzire, declined by 72 per cent to 20,343 units from 72,318 cars in April. Sales of mid-sized sedan Ciaz, declined to 349 units as compared to 1,567 units in April this year.

INFY INSIDER TRADING

SEBI BARS 8 ENTITIES FROM STOCK MARKETS

NEW DELHI

SEBI has barred eight entities from the securities market for indulging in insider trading activities in the shares of Infosys. While imposing the ban till further orders on the eight entities, the watchdog also directed impounding illegal gains worth Rs 3.06 crore from two of them - Capital One Partners and Tesora Capital. The entities have traded in the scrip of Infosys while in possession of Unpublished Price Sensitive Information (UPSI) pertaining to Infosys' financial results for the quarter ended June 30, 2020, Sebi said in an interim order.

Capital One and its working partners - Amit Bhutra and Bharath C Jain - as well as Tesora Capital and its working partners - Amit Bhutra, Ankush Bhutra and Manish Champalal Jain - have been barred from the securities market.

Besides, Pranshu Bhutra, Senior Corporate Counsel of Infosys and



Venkata Subramaniam V V, Senior Principal, Corporate Accounting Group of the company, have been barred, as per the order. Sebi, prima facie, found that Capital One and Tesora had traded in the scrip of Infosys in the F&O (Futures & Options) segment just prior to announcement of financial results for the quarter ended June 30, 2020, and soon after the announcement, they offloaded or squared off their positions such that net positions were zero. Amit Bhutra and Bharath

Market ends flat on profit booking

Sensex slips 3 pts, Nifty drops 8 pts; ONGC soars as oil climbs above \$70

MUMBAI

THE NSE Nifty snapped its seven-session winning run to close modestly lower on Tuesday as investors booked profits at higher levels despite a firm trend in overseas markets.

A declining rupee and lacklustre macroeconomic data also kept investors on the sidelines, analysts said. Halting its four-session rally, the 30-share BSE Sensex ended 2.56 points lower at 51,934.88. Retreating from its lifetime high, the broader NSE Nifty slipped 7.95 points or 0.05 per cent to close at 15,574.85. ICICI Bank was the top loser in the Sensex pack, shedding 1.80 per cent, followed by UltraTech Cement, Asian Paints, Axis Bank, ITC, Kotak Bank, PowerGrid and Infosys.

On the other hand, ONGC topped the gainers' chart with a jump of 3.52 per cent, in tandem with soaring crude oil prices which touched the \$70-per barrel mark. Bajaj Finance, SBI, HDFC, Bajaj Auto and Tech Mahindra were among the other gainers, climbing up to 2.93 per cent. “Benchmark Nifty traded flat despite positive global cues. Barring pharma, most of key sectoral indices traded in the red with marginal

correction,” said Binod Modi, Head - Strategy at Reliance Securities. Further, Reliance Industries remained in focus and arrested any sharp fall in the Index. Profit-booking was visible in midcap and smallcap stocks after witnessing a sharp rally in last couple of days, he added.

“Indices traded in a range and closed flat even as Corporate India has been announcing capital expenditure plans since the start of the fiscal. Weak PMI data released today did not help sentiments as we saw profit-taking across the metal space today. “In the broader market, we saw keen interest in select pockets of textiles and pharma names,” said S Ranganathan, Head of Research at LKP Securities. India's manufacturing sector activity witnessed a significant loss of growth momentum in May due to the intensification of the Covid-19 crisis and its detrimental impact on demand, a monthly survey said on Tuesday. The seasonally adjusted IHS Markit India Manufacturing Purchasing Managers' Index (PMI) fell to 50.8 in May from 55.5 in April.



SBI opens new admin office in Hyd

HANS BUSINESS
HYDERABAD

OM Prakash Mishra, Deputy Managing Director, SBI, on Tuesday inaugurated bank's new administrative office of Cyberabad in Hyderabad, in the presence of Jogesh Chandra Sahu, General Manager (NW-I), Krishan Sharma, General Manager (NW-II), Ram Singh, Deputy General Manager, AO Cyberabad, other deputy general managers and assistant general managers heading the regional business units of Cyberabad module.

Mishra in his inaugural address said that the Hyderabad circle with 1,170 branches was hitherto functioning with four administrative offices and FIMM vertical. Now, modified organisational setup, the circle will have six administrative offices. Each of the module will have about 200 branches, which will facilitate better administrative control and expedite the business process flow.

Indian GDP likely to grow at 9.3% in FY22

NEW DELHI

INDIAN economy would rebound in the current fiscal ending March 2022 and clock a growth of 9.3 per cent, but a severe second Covid wave has increased risks to India's credit profile and rated entities, Moody's Investors Service said on Tuesday.

Moody's, which has a 'Baa3' rating on India with a negative outlook, said it expects a decline in economic activity in the June quarter due to reimposition of lockdown measures along with behavioural changes on fear of contagion. “India's economy rebounded quickly from a steep contraction in 2020, but a severe second wave of the coronavirus has increased risks to the outlook with potential longer-term credit implications. Risks to India's credit profile, including a persistent slowdown in growth, weak government finances and rising financial sector risks, have been exacerbated by the shock,” Moody's said. In an ‘FAQ on the coronavirus second wave and the sovereign's medium-term credit challenges’,

2nd Covid wave raises risks to credit profile, says Moody's

MOODY's FINDINGS

- GDP growth would average around 6 per cent in the longer term
- Govt's ability to cover maximum number of people with vaccination will have direct impact on the economy
- Longer-term risks to India's economy would increase if the second wave extended beyond June



the US-based rating agency said the pandemic will leave new economic scars and deepen pre-pandemic constraints and GDP growth would average around 6 per cent in the longer term. “We expect a decline in economic activity in the April-June quarter, followed by a rebound, resulting in real, inflation-adjusted GDP growth of 9.3 per cent in the fiscal year ending March 2022 (fiscal 2021) and 7.9 per cent in fiscal 2022,” it said, adding that the impact from potential subsequent waves remain a risk to its forecasts.

Moody's had in February forecast

a 13.7 per cent growth in current fiscal. The Indian economy contracted by 7.3 per cent in fiscal 2020-21 as the country battled the first wave of Covid, as against a 4 per cent growth in 2019-20. It said the government's ability to limit the spread of the virus and materially increase the rate of vaccinations will have a direct impact on the trajectory of both health and economic outcomes. India began the third phase of its vaccination campaign for those aged 18-44 on May 1, making vaccines available to the entire adult population.

However, as of late May only

around 15 per cent of the country's population had received at least one dose of the vaccine, Moody's said. A shortage of vaccines and logistical challenges reaching a large rural population (about two-thirds of the population) has complicated the vaccine rollout, it said, adding that it expects substantial progress in vaccination pace by 2021 end.

“Longer-term risks to India's economy would increase if the second wave extended beyond June and the pace of vaccinations was slower than we expect. This could contribute to more scarring if it caused a permanent loss of jobs and

business closures, particularly in more productive sectors of the economy outside of agriculture in and around urban centres, resulting in a fundamentally weaker growth dynamic,” Moody's added.

The Indian government aims to vaccinate the entire adult population by the end of December this year. India's active Covid caseload count reached around 37 lakh in early May with daily new cases exceeding 4 lakh, but has since started to decline. Moody's said the surge in the virus, driven by a highly contagious variant, has put significant strain on India's healthcare system with hospitals overrun and availability of medical supplies limited. “India's key credit challenges include a persistent slowdown in growth, weak government finances and financial sector risks. These vulnerabilities weighed on the sovereign credit profile before the coronavirus pandemic and have been exacerbated by the shock,” it added.

Indian boxers to have 3-week training camp abroad before Olympics

NEW DELHI

INDIA'S nine Olympic-bound boxers will travel abroad for a three-week training stint after getting a few days' break following a record-shattering medal haul by the country's pugilists at the just-concluded Asian Championships in Dubai.

Indian men's boxing's High Performance Director Santiago Nieva said the boxers will reach Tokyo for the Games, five to seven days before the start of the event from July 23.

"We will go abroad for training. The discussions are on and the place will be finalised in the next few days. It will be a three-week camp. We will come back to India to fine tune a few things, and then head to Tokyo five-seven days before the Games," Nieva said laying down the plan for the coming days.

The complete modalities of the planned trip will be revealed after the venue is finalised. The Indian boxing team has travelled quite a bit in the past few months for tournaments and training, including a lengthy trip to Europe.

The training at home has been sporadic because of the threat posed by Covid-19. In fact, in April, national coach C A Kuttappa had tested positive for COVID-19 forcing him into quarantine for 10 days. Indian boxers fetched their best ever medal haul of 15 at the event in Dubai, two more than their previous best performance. The medals clinched this time included two gold, five silver and eight bronze medals.

The only gold-winner among the Olympic-bound was Pooja Rani (75kg), while M C Mary Kom (51kg) and Amit Panghal (52kg) fetched silver medals. The lone male boxer to fetch a gold was Sanjeet (91kg), who is not a part of the Olympic group. (PTI)

Players' families allowed for UK trip

No BCCI office-bearers for World Test C'ship final due to quarantine rules

NEW DELHI

THE families of players and support staff of both the Indian men's and women's cricket teams will be allowed to accompany them during their lengthy tour of England this month, a senior BCCI source revealed on Tuesday.

The BCCI had put in a request that the players be allowed the company of their loved ones given that they have to spend a considerable amount of time in a bio-secure bubble because of the COVID-19 pandemic.

However, it is learnt that none of the BCCI office-bearers, including president Sourav Ganguly and secretary Jay Shah will be present for the World Test Championship final against New Zealand in Southampton from June 18-22, due to the strict quarantine rules of the country.

"Yes, it's good news that players will have their families during the tour of UK. Ditto for the women's team who can also have their families around. These are times when mental well-being of players is paramount.

"The BCCI understands that we need our players and support staff to be in a good head space," the source told PTI. However, he also informed that Ganguly and Shah, who were originally supposed to be in England for the WTC final won't be going there for the time being.

"As far as I know, the ECB didn't grant permission to them (Ganguly and Shah). Normally, administrators go before the Test match but as per quarantine rules, since they are not playing members, they would have had to undergo hard quarantine of 10 days.

"The team rules wouldn't have been applicable as far as president and secretary is concerned," the official further added. The Indian men's and women's teams will be leaving for Southampton after their London touchdown.

While women play their one-off Test in Bristol from June 16-19, they will also do their hard quarantine in Southampton along with the men's contingent at Hotel Hilton which is a part of the Hampshire Bowl property.

The women are supposed to travel to Bristol on completion of

Boult contradicts NZ coach Stead, says he will play second Test

LONDON

PACE bowler Trent Boult said on Tuesday he is looking to play the second Test against England beginning June 10, soon after New Zealand team coach Gary Stead had said that the left-arm will miss it and play only the World Test Championship (WTC) final against India from June 18 at Southampton.

The Kiwis play two Test matches against England, with the first one beginning on Wednesday at Lord's. The second Test will be played at Edgbaston (Birmingham) from June 10. While Boult will miss the Lord's Test, he says he wants to play the Edgbaston Test.

"Everything is feeling good with what lies ahead, a big stage for the World Test Championship final, and hopefully I can get over there and be part of that second test as well," Boult was quoted as saying by stuff.co.nz after his final training session, near his home in Mount Maunganui.

Boult is expected to reach England on Friday.

"To get into that final and get this opportunity, the excitement is definitely ramping up now and once I step foot in the UK. Once I smell that English fresh air and see the [Dukes] ball move about, I'll definitely be excited," added the 31-year-old.

their hard quarantine in Southampton. Both Indian teams have served a 14-day quarantine period (home plus hotel) in India and undergone six RT-PCR negative tests which allow them to board the charter flight to London on Wednesday.

It is expected that they will have three days of hard quarantine (room) and then they can use the gymnasium as well as start their skills (net) training. The 24-member men's team is supposed to play an intra-squad three-day practice game to get into the groove. (PTI)

Will try to frustrate Williamson with dot balls, says Siraj

MUMBAI

INDIA pace bowler Mohammed Siraj on Tuesday said he will try to frustrate New Zealand skipper Kane Williamson with dot balls if given an opportunity to play World Test Championship (WTC) final which begins on June 18 in Southampton.

"I will try to bowl in a particular spot tirelessly. I will focus on bowling dots against Kane Williamson, the best batsman in New Zealand line-up, to create pressure on him. It will provoke him to go for shots and there will be a high chance of getting him out," said Siraj a day before the India squad departs for England.

The right-arm pace bowler, who made an impact on India's tour of Australia and played a key role in helping the injury-stricken team win the Test series 2-1, said he will try to draw batsmen on to the front-foot in England since the pitches there are different from those in Australia.

"Australian pitches offer more bounce and pace. I used to bowl back of good length there. But in England, there will be more swing. So I will try to make

the batsmen play on front-foot," Siraj told ABP News.

The 27-year-old pace bowler from Hyderabad said that New Zealand will get acclimatised to conditions more than India since they play two Test matches against England before the WTC final. The first of the two Tests begins at Lord's on Wednesday.

"We are going through quarantine these days before we leave for England. We had no cricket after IPL got postponed. But New Zealand will play a Test series against England and they have reached there much before us. So they will not only be among matches, they will also get more time to adjust to English conditions."

The right-arm pacer added that top-flight cricket has helped him overcome nervousness.

"I won't say it is technical changes. It is entirely psychological changes which came into me. Previously, I used to be nervous on the field. But I have overcome that," he added.

"I work hard on my fitness. I spend time at the gym, training hard. Becoming flexible is the key to success for any pacer and I have achieved it through training."

Apart from WTC final, India will also play five Test matches against England in August-September during the tour. (IANS)

ICC Women T20 Rankings

Shafali maintains top spot as Scotland's Bryce enters top-10

DUBAI

INDIAN teen sensation Shafali Verma maintained her pole position among T20 batters while Kathryn Bryce became the first woman from Scotland to make it into the top-10 in the latest ICC rankings published on Tuesday.

Shafali is holding onto her top rank with 776 ranking points well ahead of Australians Beth Mooney (744) and Meg Lanning (709). India's T20 vice-captain Smriti Mandhana is ranked fourth while Jemimah Rodrigues is the third Indian bat-

ter at ninth position.

The highlight of the latest list is Scotland all-rounder Bryce due to her good show, finishing as the leading scorer for her team despite losing the four-match T20 series against Ireland 1-3.

India also has two bowlers in the top-10 list with off-spinner Deepti Sharma at sixth and left-arm spinner Radha Yadav just a notch below at seventh. Deepti has 705 ranking points while Radha logged home 702.

The bowlers' list is led by England's left-arm spinner Sophie Ecclestone. (PTI)



ICC gives India time till June 28 to decide on T20 WC

NEW DELHI

THE International Cricket Council has given BCCI time till June 28 to take a call on whether it would host the marquee T20 World Cup in India amid the threat posed by the COVID-19 pandemic. The ICC Board met virtually on Tuesday with India being represented by BCCI president Sourav Ganguly and secretary Jay Shah. The T20 World Cup is due in October-November this year.

As reported by PTI, the BCCI sought a month's time and the ICC board unanimously agreed to give that for a detailed assessment of the health situation in the country, which has been left battered by a second wave of the raging pandemic. "Yes, the ICC board has agreed to BCCI's request and they will have time till June 28 to decide on hosting the T20 World Cup in India. They will come back to the board next month with a concrete plan," a source close to the ICC Board told PTI on Tuesday.

If the BCCI is unable to host the event in India given the looming threat of a third wave of the pandemic, the tournament will shift to the UAE after it gets done with hosting the IPL, which finishes likely on October 10. BCCI may retain the hosting rights in that scenario.

The BCCI is also mulling a couple of more windows in 2022 in case October-November is not feasible in India. "The BCCI is very keen on organising a global tournament in India. They don't want to let it go.

There are two more windows that are being explored by the ICC Board. One is February 2022 but then it could coincide with ICC Women's 50 over World Cup. So this could be a bit tricky," an ICC board member said.

"The other option that BCCI has is to try out in June just after the next IPL but then you have to find a cluster of cities where monsoons won't hit at that time. Also in four months, can you have another T20 World Cup in Australia?," the ICC board member questioned.

It is also learnt that BCCI has stated that the waiver of Rs 900 crore tax for the said event is being discussed with the government and the board will be kept updated

EURO 2020: Modric and Perisic back with Croatia, but no Sosa

GLASGOW

ONE of Croatia's breakthrough players this season has not been included in the country's squad for the European Championship.

And he is not going to play for Germany, either. Borna Sosa has been torn between two nations, and that will cause the 23-year-old Stuttgart defender with dual citizenship to miss Euro 2020. Some regard him as Croatia's best left winger since Robert Jarni, an 80-time international who played for Juventus and Real Madrid in the 1990s.

Sosa could have been one of the fresh faces in Croatia's squad, which includes only six players from the team that started the World Cup final against France in 2018, Ivan Rakitic and Mario Mandzukic have retired, but key players like Luka Modric and Ivan Perisic still form the core of the team under coach Zlatko Dalic.

Croatia will open Group D against England at Wembley on June 13 in a rematch of their World Cup semifinal match from three years ago, when Mandzukic scored an extra-time winner. Sosa is a left back who mainly impresses with his offensive skills. Pinpoint crosses are his trademark.

In 26 matches, he delivered 128 crosses and set up nine goals for Stuttgart, putting him among the top 11 players with the most assists this Bundesliga season. The defender grew up at Dinamo Zagreb and had gone through all Croatian national youth teams when he arrived at Stuttgart in 2018 when he was 21.

After two years marred by knee, back and head injuries, he started to show his full potential

over the past season. The only thing missing for Sosa was an invitation from the Croatian national team, which lacked consistency since reaching the World Cup final in 2018.

Dalic said he was planning to give Sosa his first call-up for the team's World Cup qualifier against Malta in March but refrained from doing so to make the defender available for Croatia's squad at the Under-21 European Championship, which started the same week.

However, Sosa didn't play at the event in Hungary and Slovenia. He would have had to sit out an old suspension in the first two games, and he cited a knee injury for not joining the junior team for its last group match.

Less than six weeks later, Sosa was announced as a potential national team player — by Germany. He had recently received German citizenship, possible since his mother was born in Berlin. Germany coach Joachim Low wanted Sosa as an alternative.

But a second look at FIFA regulations showed the German federation that Sosa was not eligible to play for the country's national team, even without a previous appearance in Croatia's senior national team. FIFA amended its rules in September and Sosa had passed the new age limit to switch his eligibility. He was already 22 when he last represented Croatia's under-21 team in November, weeks after the FIFA change.

While his door to the German national team is closed, Sosa could still play for Croatia. But Dalic didn't include him in the final 26-player squad for Euro 2020. (AP)

Bopanna-Skugor enters 2nd round of French Open

PARIS

INDIA'S Rohan Bopanna and Franko Skugor of Croatia sailed into the men's doubles second round at the French Open with a straight-set win over Gerogia's Nikoloz Basilashvili and Andre Begemann of Germany here on Tuesday.

The Indo-Croat combination took just an hour and one minute to dispose off their rivals 6-4 6-2 in their tournament opener. Bopanna and Skugor broke their opponents once in the first set and twice in the second to wrap up in style.

Bopanna and Skugor will next take on the winners of another first round match between American duo of Nicholas Monroe and Frances Tiafoe and eight seeds Marcelo Melo of Brazil and Poland's Lukasz Kubot. (PTI)

Wrestler Sushil Kumar's arms license suspended

NEW DELHI

NINE days after two time olympic medallist Sushil Kumar was arrested on May 24 in connection with the murder of wrestler Sagar Dhankar, Delhi Police has suspended his arms license.

According to informed sources in Delhi Police related to his case, Delhi Police has sent notice to Kumar to cancel his arms license that was issued to him in 2012.

The source said that as of now the arms license of Kumar has been suspended and in the notice Police has asked why his arms license should not be cancelled.

The notice from Police has been sent to his home directly.

He has been given 10 days time to respond to the notice. Dhankar was killed on the night of May 4 during a brawl at Chhatrasal Stadium.

Kumar was arrested by Delhi Police Special Cell sleuths from Delhi on May 24 along with his aide Ajay after staying on the run for 18 days.

On Sunday, Crime Branch sleuths took Sushil Kumar to Uttarakhand's Haridwar to probe where he took shelter during his run. The police team also tried to find Kumar's clothes and mobile phone in Haridwar.

Till date, Delhi Police has arrested nine people in connection with the case, including several members of Nwvraj Bawana and Kala Asauda gang. Sushil Kumar had won a bronze medal in the 2008 Beijing Olympic Games and silver in the 2012 London Olympic Games (IANS)







"A premium Co-Living Space"

PROPERTY MULTIPLIER
WITHOUT ADDITIONAL INVESTMENT

KT Residency approved by  Approved No. PO2400001598

SAFE

Earn extra sft*

AFFORDABLE

9% to 11% Returns

NO MAINTENANCE

Assured rental income for 20years

+91 95337 76694

www.ktresidency.com | sales@kapilproperties.com

Printed and Published by K. Hanumanta Rao, on behalf of Hyderabad Media House Pvt. Limited, Flat.No.609, 6th Floor, Kirti Shikhar Building, Plot.No.11, Dist.Center, Janakpuri, New Delhi- 110058. and Printed at M/s. Marutinandan Printers & Publishers, A-15, Bara Bagh, G.T Karnal Road, Industrial Area, New Delhi - 110033. Editor: V Ramu Sharma. RNI No: DELENG/2017/74095