



Afternoon

VOICE

VIEWS & VISION OF CITY

Volume: 13, Issue: 262

TUESDAY JUNE 21, 2022, MUMBAI

08 Pages, ₹2 /-

www.afternoonvoice.com



ONE HEAVY RAINFALL STALLED MUMBAI

Rains exposed Potholes, choked gutters, garbage piles, and drainage system

Dr. Vaidehi Taman

@VaidehiTaman

In spite of several cases filed against the contractors, nothing has changed for Mumbai. The city has experienced its first continuous wet spell with heavy showers in a few locations on Sunday. Areas like King Circle, Chembur, Dadar, and Parel reported

frequent rain activity. There was low visibility in many areas. IMD has issued an orange alert for June 20-21, indicating more rain.

IMD Colaba observatory recorded 9.5mm of rain while the IMD Santacruz observatory recorded 16.2mm of rain. While on Sunday, from 8.30am to 8.30 pm the IMD Colaba observatory recorded 48.4 mm of rain, the Santa Cruz

observatory recorded scanty rainfall at 2.4 mm. The total rain recorded this season by the Colaba and Santacruz observatories has been 152mm and 115.3mm.

In its five-day forecast, the weather bureau has indicated that rain activity will continue till Thursday, June 23.

Many weather enthusiasts were upset over the IMD Sband Doppler Radar not functioning and claimed that

the frequency of it being down, especially during heavy rain events, was only increasing. Some of them even took to social media raising questions on how it will affect disaster management. Observations from the Doppler radar at Mumbai Colaba have been suspended, whereas those from the radar at Veravali have a massive lag of around one hour.

The Sband Doppler weather

radar is situated atop a building in Colaba's Navy Nagar area. S-band radar can track weather up to a 500km radius. The Doppler radar made an entry into the weather bureau after July 26, 2005, when the city received 944mm of rainfall that led to a deluge. The second radar at Veravali is meant to facilitate improvement in weather forecasting over the Mumbai region.

India suffers floods and draughts every year.

Editoritis



Dr. Vaidehi

Assam is flooding and there is water scarcity in Mumbai and many places of Maharashtra. These are two extreme conditions that India suffers. Assam is critical affecting a population of nearly 43 lakh in 33 of its 35 districts. Just air dropping of food and other relief materials is not enough; the country needs disaster management in place. Such situations occur every year. People lose their lives, wealth and health but they still live with it and government has no solution to stop this.

The death count in the ongoing flood and landslides in the Assam increased to 73 on Monday. The dead included two policemen, including an officer in-charge of a police station in Nagaon district that

had gone to help marooned people but were swept away. Their bodies were fished out in the early hours of Monday. News anchors and media are displaying utmost painful footage to garner TRP and government officials issuing statements but no one is taking about the lack of will or government failiurs.

Assam is reeling under devastating floods for the past one week with 127 revenue circles and 5,137 villages affected in 33 districts, according to a bulletin of the Assam State Disaster Management Authority (ASDMA). Nearly 1.90 lakh people have taken shelter in

CONTINUED ON PAGE 2

Editoritis

India suffers floods and draughts every year

»PAGE 1

Dozens died in floods in India every year, particularly in the eastern states of Bihar and Assam, last month, with the inundation causing heavy losses to farms, homes, and infrastructure. All because of rising deforestation, poor urban planning, and increased urbanization reason behind the rise in the intensity of the floods.



Monsoon has approached; the Brihanmumbai Municipal Corporation (BMC) took stock of the current drinking situation and concluded that water can be supplied for around 160 days or five months from the seven lakes.

744 relief camps. Relief materials have been distributed from 403 temporary centres to affected people who have not moved into the camps. The NDRF, SDRF, police and other agencies have evacuated about 30,000 people so far. In Kaziranga National Park (KNP) eight animals - seven hog deers and a leopard have died due to drowning and vehicle hit. Forest officials have rescued ten others, including eight hog deers and a python.

India suffers in two extreme conditions, one is heavy and another is drought. At least 330m people are likely to be affected by acute shortages of water. As the subcontinent awaits the imminent arrival of the monsoon rains, bringing relief to those who have suffered the long, dry and exceptionally warm summer, the crisis affecting India's water resources is high on the public agenda.

Monsoon has approached; the Brihanmumbai Municipal Corporation (BMC) took stock of the current drinking situation and concluded that water can be supplied for around 160 days or five months

from the seven lakes. BMC was on the verge of announcing a water cut as the overall water level in seven lakes was just 17%. However, by July 22, water level had crossed 50%, followed by 60% on July 24 and 70% on July 28. Every year; Mumbai gets sufficient rainfall between July and August, which provides relief from any water shortage. Previously, BMC had to announce water cuts during low rainfall season.

Also, in August 2022, water supplies in the city's western and eastern suburbs were affected when BMC carried out repair work on one of its seven water reservoirs, which affected areas like Kurla, Andheri, Ghatkopar, Ram Mandir and Goregaon. The BMC supplies 3,850 million litres of water daily against the city's demand for 4,200 million litres.

Bhatsa dam in Thane, which supplies 55% of the total annual water requirement of the city, has 45% water stock, which was at 42% last year. For Upper Vaitarna, the water level is 40% as of Monday. Last year at this time, the level stood at 53%. Middle Vaitarna has

41% of water stock as opposed to 23% last year.

The civic body supplies 3,850 million litres of water daily against the city's demand for 4,200 million litres. In order to meet the shortfall, BMC has been exploring several ways to increase water supply. Meanwhile, in June 2021, the civic body had signed a memorandum of understanding (MoU) with an Israel-based firm for the city's first desalination project at Manori in Malad, which is expected to be ready by 2025.

There is a need for an integrated approach, which addresses source sustainability, land use management, agricultural strategies, demand management and the distribution and pricing of water. With growing pressures because of climate change, migration and population growth, creativity and imagination, they needed governance to manage this precious resource.

India's monsoon season lasts from June to September. It sees heavy rains, which refill the country's water reservoirs and are vital for agriculture but cause immense destruction and loss of life. Dozens died in floods in India every year, particularly in the eastern states of Bihar and Assam, last month, with the inundation causing heavy losses to farms, homes, and infrastructure. All because of rising deforestation, poor urban planning, and increased urbanization reason behind the rise in the intensity of the floods.

Unprecedented drought demands unconventional responses, and there have been some fairly unusual attempts to address this year's shortage. The need to shift water on this scale sheds light on the key issue that makes water planning in the Indian subcontinent so challenging.

Vaidehi

editornbc@gmail.com vaidehitaman vaidehitaman

Volume No. 13 | Issue No. 262

Afternoon
VOICE
RNI No. MAHENG/2009/29332 VIEWS & VISION OF CITY

Editor
Dr. Vaidehi

Vaidehi has received several Awards like Icongokarmavir chakra, Bedal Powell scout and guide awards 2021- best journalist, Newspaper Association of India award- best journalist. She received lot of awards for her contribution towards journalism.

Shop No. 17, Hilton Co-op Hsg. Society, Bldg No. K-3, Ram Nagar Rd, near Kalyan Jewellers, Borivali West, Mumbai, Maharashtra 400092.

www.afternoonvoice.com www.newsmakers.co.in
www.beyondthenews.biz www.nbcaward.com
www.mumbaimanoos.com www.hackers5.com

Email- afternoonvoicedesk@gmail.com • SMS -9820199881

For any queries regarding the editorial desk, contact - 7506760610

Disclaimer : The views expressed in the edit are solely of the editor. The publication do not necessarily share the opinions expressed. Any litigation against the content or publication will be entertained under the Jurisdiction of Mumbai only.

Voices

Letter's to the Editor

Path Of Fire & Hope?

Recruitment was closed for two years during the Corona period, now called "Agneepath". It is natural for budding candidates to feel the "fire" of their future. It is kept in poor condition. Indian soldiers wish and are ready to face the enemy at least once in their career. Where and how will the "Agniveer" be accommodated when there is already a problem of unemployment in the country? Indirectly, the central government will indirectly raise the jawans who are always ready for the country by making them "citizens" in four years. What does the Center want to achieve by tampering with the soldiers and their feelings towards the country? Candidates are going through the fire of "path of fire" and "path of hope".

- Dattaprasad Shirodkar

Agnipath Terms of service should be made clear

Armed forces have several provisions for the families, of those who are killed in wars. Such provisions are not there under Agnipath scheme. At the same time there is no assurance that those who are recruited under Agnipath will not be deployed in case of war during their tenure of service.

Hence I suggest government to come out with terms of service under Agnipath recruitment in all the leading news papers. There should not be any room for misgivings. Damaging public property is condemned by all. There should be an ombudsman for redressal of Public Grievance of any nature, in our country. Or else a committee may be constituted comprising of Retired Defence Officials to look in to the interests of the Defence Career Aspirants as well as the Defence Services of the country. The committee should submit the report with their recommendations for revising or modifying the scheme with in a time frame of a month or two.

- KLRao

No hawkers zone

Unauthorized peddlers sit on the sidewalks of every city. It becomes impossible for citizens to walk on the sidewalk. This obstructs traffic and sometimes, accidents also happen. The main bad fact is that, hawkers do business in the 'no hawkers zone'. Not only Mumbai and Thane, the situation in all other cities is same. This violates the rules of the concerned corporation. However, the concerned Municipal Corporations should take stern action against those who do business in 'no hawkers zone'. So that, the rules laid down by the Municipal Corporation will not be violated.

- Sudhir Kangukar

Tough decision

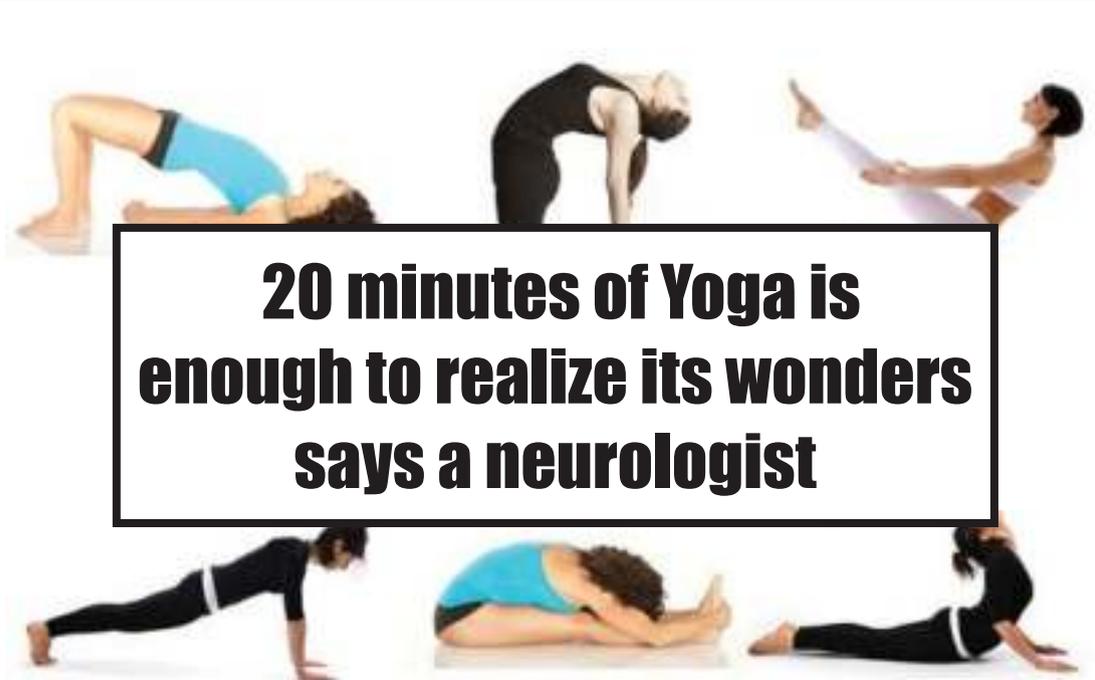
Jihadi terrorists have shot dead Farooq Ahmed, a Police sub-inspector in Pampore, Pulwama. The body of the slain cop has been found here. He has many bullet wounds on his body. Farooq Ahmed was posted in IRP. Police have registered a case and are investigating. Terrorism in Kashmir will not end without destroying Pakistan as they have been producing terrorists to operate here. The Government should show that courage now. Tough decisions must be taken to eradicate jihadi terrorism in Kashmir!

- Aparna Jagtap

Add a couple of AC compartments to locals instead of running an entire AC local which disturbs crowd management during peak hours!

Mumbai locals are the lifeline of the city & perhaps the most convenient as well as affordable mode of transportation for most people in the city. AC locals do provide comfort but are costly as well & beyond the reach of many. Increasing frequency of AC locals does affect crowd management during peak hours as locals following the AC trains are packed to capacity while AC trains have few takers for the cost factor. Instead of running entire AC locals during peak hours, it would be more appropriate to add a couple of AC compartments to alternate local trains so that crowds travelling on locals during peak hours can be managed optimally.

- S.N.Kabra



20 minutes of Yoga is enough to realize its wonders says a neurologist

Few months back a report of psychiatric researcher Dr Tim Whitefield on the behaviour of mind with the age flashed in the media. Report says that executive function that deals with one's ability to plan and switch between tasks to achieve our goals gets degenerated with the age. But doing Yoga and meditation only 15 minutes a day one can greatly overcome this deficiency.

The researches of this kind being continuously conducted indeed boost up the trust on the Yoga. But this is also a truth that this might be a new discovery for the world, for the India it's nothing more than to be getting reminded about the benefits of yoga in one more newer way.

Those who studied yoga, and themselves practise it they have already defined it respectively in their own ways. As Niranjananand Saraswati of Bihar schools of Yoga, Munger, says- 'Wellness through Yoga and growth in talent from it both are possible.' And they who hold doubts regarding spiritual aspect of Yoga, Jaggi Vasudev of Isha Yog [Coimbatore] has very revealing answer for them- 'Yogis are not against pleasure. It is just that they are unwilling to settle for little pleasure. To remain calm, to remain in an extreme sense of pleasure all

the time is available to every human being. The science of Yoga gives this pleasure to you.' It is because of this that all the religions, particularly which are metaphysically Indian, gave so much importance to yoga. In Hinduism the name of Patanjali is known as such yogi that formulated Yoga into 'Ashtang Yog'. He calls Yoga a best way to bring about 'control in psychic tendencies'[chithavruti nirodh]; 'perfection in action'; 'sense of equality in the life' and 'calmness of the mind'.

As also in Jainism, Rishabhadev is worshipped as a first yogi. Up to Mahavir Swami there had been overall 24 teerthankaras in Jainism. There statues are found in the yogic posture of either 'Padmasana' or 'Khadgasana'.

Concentrating on the front tip of nose is a principle method of meditation in Jainism, and it is called 'Nasagre drushti'. Likewise 'Kayaotsarg' is its prominent feature of Yoga in which physical body is made to be perished willingly by munes and sadhvies. Jain acharya Shubhchandra made a very fine analysis of Yoga-Pranayama in his book, 'Gyanarnav'; and based upon life-science 'Prekshadhyana' is a rare method of meditation given by one more Jain muni, Acharya Mahapragya. And where basic mantra of Jainism is 'Om namha sidhabhya', 'ॐ'[One Omkara] is that of

Sikhism. The yogic terms like 'Ida', 'Pingla' and 'Sushmna' are amply mentioned elsewhere in Guru Granth Sahib. Even as Prophet of Sikhism, Guru Nanakdev preached to preferring 'Sahaj Yog'to'Hathayog. 'Realise the elements of Yoga'- he preaches in Guru Granth Sahib.

'Shiviyog' says during breathing process when we inhale air it makes pause inside for 1000 parts of a second, and when it comes out it again makes pause likewise. If we stay conscious to it we will get realisation of our existence. Gautam Budha adopted this technique, which came into being as 'Vipasyana'.

Notably, hundreds of year back what our different sects preached that has begun to be scientifically confirmed by Allopath medical experts of modern days. 'Yoga makes me feel more energetic, sleep better and also enhances perception of smell, taste and intuition. I meditate daily for 20 minutes and it works wonders for me.' -Dr. Abhay Bhagwat, a neurologist

'Yoga makes me feel more energetic, sleep better and also enhances perception of smell, taste and intuition. I meditate daily for 20 minutes and it works wonders for me.'
-Dr. Abhay Bhagwat, a neurologist



- E. Rajesh Pathak

Writer and Columnist

Readers are requested to mail Letters to the Editor only at

afternoonvoicedesk@gmail.com

No postal letters will be entertained

(The views expressed are authors' own.)

City

Weather forecast for Mumbai

Mumbai has recorded higher rains compared to the suburbs in the past 24 hours. While the island city recorded 43 mm rains, the eastern & western suburbs recorded 10 mm & 15 mm respectively. High tide at 5 pm today of 4.22 metres. Forecast for today is generally cloudy skies with



moderate rain in city & suburbs. Possibility of heavy to very heavy rain at isolated places.

Youth booked for sexually assaulting 11-year-old disabled girl



The Bombay High Court recently granted bail to a 21-year-old man, who was booked last month for inappropriately touching a 11-year-old differently-abled girl in the neighbourhood. The man allegedly tried to remove the T-shirt of the girl, who was in a

wheel-chair.

The court noted that since the probe in a complaint made by the victim's mother was over, the applicant's presence was not required and "he undisputedly has to face consequences of the serious accusations while he faces trial." The HC said the applicant was a young boy and the court was inclined to release him on bail, subject to the condition that till the conclusion of trial, he will not step into the building where he has rented an apartment, and also into the victim's building.

Wet spell in Mumbai, more rain likely for 2 days



Over a week after the IMD declared the onset of the southwest monsoon over Mumbai, the city experienced its first continuous wet spell with heavy showers in a few

locations on Sunday. Areas like King Circle, Chembur, Dadar and Parel reported frequent rain activity. There was low visibility in many areas. IMD has issued an orange alert for June 20-21, indicating more rain.

Malabar Hill cops to probe breach in CM's convoy



Malabar Hill police have started an inquiry into the breach of the official convoy of Maharashtra chief minister

Uddhav Thackeray on Friday.

Sources said police on Saturday recorded the statement of an executive working for a corporate who had breach the security of Thackeray when he suddenly drove his car suddenly while Thackeray's convey was on its way back, after visiting Maharashtra Governor Bhagat Singh Koshiyari on Friday.

Mumbai Police Inspector is go-to man for 'sensitive cases'

In the tussle between the Maharashtra Vikas Aghadi ruling coalition and the BJP-led Centre, a 50-year-old Police Inspector in Mumbai has emerged as the go-to person for the state government to investigate major cases that are being seen as "politically sensitive".



vaidehee
AESTHETICS & WELLNESS

Pre-Monsoon Offer!

Full Body Polish
(Dermabrasion)

+

Full Body Peel

at just Rs 5000 /-

worth Rs 10000 /-

FOR APPOINTMENTS CALL
9321199881 / 7276767474

Shop No. 17, Hilton Society,
Ram Nagar Rd, Borivali West

www.vaideheeaesthetics.com

Ailing BJP MLAs rush to Mumbai from Pune to vote in Legislative Council polls, say party comes first

The two ailing Bharatiya Janata Party (BJP) MLAs, for whom the party has made medical arrangements enabling them to vote in the Maharashtra Legislative Council polls, rushed to Mumbai from Pune on Monday saying "party comes first". While Kasba Peth MLA Mukta Tilak reached the

Vidhan Bhawan in Mumbai around 11.15 am, Pimpri-Chinchwad MLA Laxman Jagtap, according to his office, left his constituency around 11 am and is expected to reach the state capital around 2.30 pm. "Loyalty to the party matters to me... I did get a call from my party. I wanted to vote for my

party," Tilak told reporters outside the Vidhan Bhawan as she was received by BJP leaders Pravin Darekar and Girish Mahajan.

Mahajan said: "We had told the MLAs that they should make it only if they are in a condition to travel. Mukta-tai is in better condition than

Laxmanbhau (Jagtap)... Our leader Devendra Fadnavis told Laxmanbhau not to come. But he insisted that he would make it... He is very enthusiastic to vote," said Mahajan.

"Despite our requests to them to avoid coming to Mumbai if their health does not permit it, both of them were

eager to vote," added Mahajan. Despite serious health conditions, both Jagtap and Tilak had voted in the recent Rajya Sabha polls too. Opposition leader Fadnavis dedicated the BJP's success to Jagtap and Tilak's efforts and expressed gratitude for their dedication to the organisation.

Nation

Youth being misguided, says Uttarakhand CM on Agnipath protests

Amid the ongoing protests against the Centre's newly-launched Agnipath military recruitment scheme, Uttarakhand Chief Minister Pushkar Singh Dhama on Monday said youth are being misguided. A dialogue programme was organized for discussions with ex-servicemen regarding Agnipath scheme at the Chief Sevak Sadan of CM Camp Office. It is worth mentioning that Uttarakhand is the first state where a dialogue program with ex-servicemen has been organized on Agnipath scheme. Speaking at the occasion, Dhama said, "Most of the youth have welcomed the Agnipath scheme. It is our responsibility to make our youth aware of the correct facts of the Agnipath scheme. Our youth, young people in our homes are being misguided and being taken in the wrong direction. We are fortunate that the armed forces have always worked as a shield of the society, they have worked



as a shield of the country." Referring to Uttarakhand Minister Ganesh Joshi's statement, Dhama said, "Ganesh Joshi was saying that the common youth did not come to the protests. Only those who were brought here politically or those who were misguided came." He said the state government will provide benefits to Agniveers from various scheme.

Chief Minister Dhama said that along with an attractive salary package, risk and hardship allowance would also be given to the firefighters. After a period of four years, 25 per cent will go into regular service in a transparent manner.

- ANI

Northern Army Commander in Leh on 4-day visit



Northern Army Commander Lieutenant General Upendra Dwivedi on Monday reached Leh on a four-day visit to the world's highest battlefield, to review training, operational preparedness, and induction of modern weapon systems, equipment, and logistics assets under Make in India initiative. In a tweet today by the Northern Command today, it read, "Lt Gen Upendra Dwivedi #ArmyCdrNC arrived at #Leh

on a four-day visit to review operational preparedness, training, progress of induction of modern weapon systems, equipment and logistics assets. #Atmanirbharta #AtmanirbhartaBharat #AtmanirbhartaSeShakti" This visit comes a day after the top military leadership of the country stressed that the main motive behind implementing the Agnipath scheme was to bring in more youth into the Armed forces. Lieutenant General Anil Puri, Additional Secretary, Department of Military Affairs speaking on the Agnipath scheme, while addressing a press conference, said, "This reform was long pending."

Lt General Puri said, "The announcements regarding the reservations for 'Agniveers announced by the different ministries and departments were pre-planned and not in reaction to the arson that happened after the Agnipath scheme announcement."

- ANI

Sidhu Moose Wala murder case: Two chief sharpshooters arrested



In a major breakthrough, Delhi Police on Monday arrested three persons, including two main shooters in the killing of famed Punjabi singer Sidhu Moose Wala.

A cache of arms and explosives was also recovered by the Delhi Police's Special Cell including 3 pistols with 50 rounds. According to information the Police accused persons include Priyavrat (26) who was the module head and was in direct touch with Canada-based Goldy Brar and led the team at the time of the incident.

Privarat has been previously involved in two murder cases- he was arrested in 2015 in a murder case of Sonipat and wanted in another murder case

of Sonipat in 2021. He was seen on a CCTV at a petrol pump at Fatehgarh before the murder. The second arrested has been identified as Kashish (24) who is also a designated shooter and was also identified from the CCTV footage of petrol pump Fatehgarh. He has been a wanted accused in Jhajjar case, Haryana in 2021. The third arrested accused Keshav Kumar (29) was a facilitator who received the shooters in a four-wheeler just after the shootout and also accompanied the shooters till Mansa on the day of the incident; during reconnaissance and previous attempts.

Kumar was arrested in a murder case at Bathinda, Punjab in 2020 and was also suspected to be involved in various cases of extortion in Punjab. Canada-based gangster Goldy Brar had claimed responsibility for Moose Wala's murder in a Facebook post. Goldy Brar is a close aide of gang leader Lawrence Bishnoi, who is the chief suspect in the Punjabi rapper's murder.

Income Tax dept conducts raids in Tamil Nadu, detects evasion of over Rs 400 crore income

Income Tax Department has carried out search and seizure operations in Tamil Nadu in the case of the leading industrial group of Chennai, engaged in the business of manufacturing Indian-made foreign liquor (IMFL), logistics, hospitality, entertainment etc. According to a press release issued by the Tax Department, the search operations were carried out on June 15 at more than 40 premises in Chennai, Villupuram, Puducherry, Coimbatore and Hyderabad.

Income Tax Department has carried out search and seizure operations in Tamil Nadu in the case of the leading industrial group of Chennai, engaged in the business of manufacturing Indian-made foreign liquor (IMFL), logistics, hospitality, entertainment etc. According to a press release issued by the Tax Department, the search operations were carried out on June 15 at more than 40 premises in Chennai, Villupuram, Puducherry, Coimbatore and Hyderabad. During the course of the search



operations, various incriminating documentary and digital evidence have been seized. The analysis of such evidence indicates that the assessee group has indulged in large-scale tax evasion exceeding Rs 400 crore by debiting non-genuine purchase bills in the books of account of varied businesses. These non-genuine purchase bills were either obtained from its regular material suppliers or from accommodation entry providers. On gleaning the seized evidence, it came to light

that the payments made to the material suppliers through cheque have been received back in cash for making unaccounted investments and also for other purposes. The group is also found to be controlling, back-office operations of its international chain of hotels, from India. So far, the search action has led to the seizure of undisclosed cash of Rs 3 crore and unaccounted gold jewellery worth Rs 2.5 crore. Further investigations are in progress.

- ANI

World

EU signs energy deal with Egypt and Israel

As Europe scrambles to wean itself off Russian oil and gas and tries to confront Russia for its use of energy to blackmail European countries, the EU signed in Cairo last Wednesday a Memorandum of Understanding (MoU) with Egypt and Israel, aimed at using the energy potential of Eastern Mediterranean to cover the shortfall in energy supplies to Europe. It should be noted that in the wake of the war in Ukraine, Gazprom- the Russian energy giant-has halted gas flows to Poland and Bulgaria and has drastically reduced supplies to Germany, Italy and

France. The preliminary deal reached in Cairo, which was described as "a historic agreement" was signed by Egypt's Minister of Petroleum, Tarek El Molla, Israel's Energy Minister, Karine Elharrar, and the EU's Energy Commissioner, Kadri Simson. Ursula von der Leyen, the President of the EU Commission, who was present at the signing ceremony, said the MoU was "a big step forward in the energy supply to Europe that would put an end to EU's dependence on Russian fossil fuel", while Elharrar pointed out that Egypt and Israel make a commitment to share their natural gas with



EU to help with the energy crisis.

For his part, Egypt's Petroleum Minister Tarek el-Molla described the deal as "an important milestone for cooperation between Egypt, Israel, and the EU. "The move is a benchmark that opens the

road for concluding more deals in the future," El-Molla said. In a statement, the European Union explained that the agreement envisages that natural gas from Israel, Egypt and other sources in the Eastern Mediterranean region will be shipped to Europe via Egypt's liquefied natural gas export infrastructure. This would be done in line with "long-term decarbonization objectives" and would be based on market-related prices. Furthermore, the EU declared that it would also help Egypt and Israel increase gas production and exploration in their respective territorial waters. It also pledged relief

worth USD 104 million to Egypt, which is facing acute grain shortages due to the Ukraine war. The Memorandum signed envisages that gas from Israel will be brought via a pipeline to two LNG terminals on Egypt's Mediterranean coast, where significant quantities will be liquefied and transported on tankers to Europe, increasing in this way Egyptian LNG exports. As Eni, the Italian Energy Company has developed a giant gas discovery off Egypt, it is expected that the volume of natural gas that will be exported to Europe will increase significantly.

- ANI

UK says it does not support political change through violence



The UK government on Sunday said that it does not support anyone seeking to achieve political change through violence in Afghanistan and condemns terrorist attacks of all kinds in the country. In an official statement on violence in Afghanistan, the UK government wrote, "The UK does not support anyone seeking to achieve political change through violence in Afghanistan." Hugo Shorter, Charge d'Affaires at the UK Mission to Afghanistan in Doha said, "The UK does not support anyone, including Afghan nationals, seeking to achieve political change through violence, or any activity inciting violence for political purposes, in Afghanistan, and will not allow UK soil to be used to plan or

prepare it, and we strongly discourage others from doing so." "Violence of any kind is not in Afghanistan's interests, nor the international community's, and we deplore terrorist attacks of all kinds," he added.

Earlier, the UK's former chief of defense David Richards said that the West will recognize Taliban sooner or later and urged governments to be "magnanimous in defeat." "I think the West is going to end up recognizing the Taliban government. If that's the case, then we'd better get on with it quicker, sooner rather than later. There's a great phrase to be magnanimous in victory. I think this is an occasion for us to be magnanimous in defeat," said Richards to a UK-based media, reported The Khaama Press. Richards warned that it was time to accept that the war against the Taliban in Afghanistan has been lost and that the United States must start working with the new leadership for the sake of the Afghan people.

- ANI

Gustavo Petro wins Colombia's presidency

Gustavo Petro was elected president of Colombia on Sunday after defeating independent candidate Rodolfo Hernandez in the second round of elections in a very close race, the state-run National Civil Registry reported. With 99.99 per cent of polling stations having reported, Petro, candidate of the leftist Historic Pact for Colombia coalition, obtained 11,280,694 votes, or 50.44 per

cent, while Hernandez gained 10,579,803 votes, or 47.31 per cent. The president-elect said on Twitter that this is a day of "celebration." "Let's celebrate the first popular victory," Petro wrote. "This victory is for God, and for the people, and its history. Today is the day of the streets and squares." President Ivan Duque tweeted that he had contacted Petro to congratulate him.

- ANI

President Macron loses absolute majority in French parliamentary elections

French voters have denied the re-elected President Emmanuel Macron an absolute majority as the newly formed left-wing alliance government has gained the majority. The result announced in the early hours of Monday threw French politics into turmoil and raised the question of the legislation and messy coalition.

Earlier, Macron's centrist alliance, Ensemble (Together), was ahead of the New Popular Environmentalist and Social Union (Nupes) of Jean-Luc



Melenchon in the second round of parliamentary elections in France, according to CNN citing the results released by the Interior Ministry.

According to the result, Marcon secured 245 out of a total 577, however, it still fell short of the 289-seat threshold

for an absolute majority in the National Assembly, France's lower house. NUPES came in second with 131 seats, and became the main opposition in force in the country, though the coalition is expected to be divided on some issues once in parliament, according to the interior ministry's results.

"The collapse of the presidential party is total, and no majority is presented," Melenchon said earlier in the evening, remarking on preliminary results.

- ANI

Two die in Kabul roadside explosion

Two people were killed in a roadside bomb blast that hit a car in central Kabul on Sunday, fueling terror in the violence-hit capital. The incident occurred near Pul-e-Khwaja Baghra in Kabul's 15th district, said Police Spokesperson Khalid Zadran, reported Pajhwok Afghan News. The bomb pounded over the vehicle, killing the two civilians seated inside.

An investigation team has been convened to probe the encounter and its perpetrators. The blast comes a day after an explosion at a Sikh Gurudwara in Kabul, killing at least two civilians and injuring seven others, Pajhwok Afghan News reported. Islamic State Khorasan Province (ISKP) on Sunday claimed the responsibility for the Karte Parwan Gurudwara attack in

Kabul. ISKP released a statement claiming responsibility for the attack.

The Bharatiya Janata Party on Sunday suspended its spokesperson Nupur Sharma from the party's primary membership and expelled its Delhi media head Naveen Kumar Jindal after their alleged inflammatory remarks against minorities.

The holy Guru Granth Sahib from Gurudwara in Afghanistan's capital city Kabul was retrieved from the complex, from which plumes of smoke were seen billowing out after the attack early this morning, according to visuals posted on social media. Religious minorities in Afghanistan, including the Sikh community, have been targets of violence in Afghanistan. In October, last year 15 to 20



terrorists entered a Gurudwara in the Kart-e-Parwan District of Kabul and tied up the guards.

In March 2020, a deadly attack took place at Sri Guru Har Rai Sahib Gurudwara in Kabul's Short Bazaar area in which 27 Sikhs were killed and several were injured. Islamic State terrorists claimed responsibility for the attack.

- ANI

Business

Markets halt 6-day losing streak; Sensex jumps 237 pts in choppy trade



Snapping a six-day losing run, equity indices settled in the green after a highly volatile session on Monday, with the Sensex climbing 237 points amid positive cues from European markets.

The BSE benchmark gained 237.42 points or 0.46 per cent to settle at 51,597.84. During the day, it hit a high of 51,714.61 and a low of 51,062.93. The NSE Nifty ended 56.65 points or 0.37 per cent higher at 15,350.15.

From the Sensex pack,

Hindustan Unilever, HDFC, Wipro, UltraTech Cement, Asian Paints and HDFC Bank were among the biggest gainers. On the other hand, Tata Steel, IndusInd Bank, Reliance Industries, M&M, NTPC and State Bank of India were among the major laggards. In Asia, markets in Tokyo, Seoul and Shanghai settled lower, while Hong Kong ended with gains.

European markets were trading in the green in mid-session deals.

Meanwhile, international oil benchmark Brent crude gained 0.06 per cent to USD 113.2 per barrel. Foreign institutional investors (FIIs) remained net sellers in the capital market, as they sold shares worth Rs 7,818.61 crore on Friday, as per exchange data.

- PTI

India faces slowing growth but low risk of stagflation: Finance Ministry

The Finance Ministry said on Monday that while India faces a lower risk of stagflation than other nations, there is now an upside risk to gross budget deficit due to additional welfare and subsidy spending and recent cuts in excise duties, and the economy faces slowing growth due to global factors.

In its latest Monthly Economic Report (for the month of May), the Finance Ministry stated: "India faces near-term challenges in managing its fiscal deficit, sustaining economic growth, reining in inflation and containing the current account deficit while maintaining a fair

value of the Indian currency."

Many countries, especially the developed ones, face similar challenges and India is relatively better placed to weather these challenges because of its financial sector stability and its vaccination success in enabling the economy to open up, the report stated.

The economy's medium-term growth prospects remain bright as pent-up capacity expansion in the private sector is expected to drive capital formation and employment generation in the rest of this decade. Near-term challenges need to be managed carefully without sacrificing the hard-earned macroeconomic stability, it said.

Rupee Rises 12 Paise To 77.93 Against US Dollar In Early Trade

The rupee strengthened by 12 paise to 77.93 against the US dollar in opening trade on Monday as easing crude oil prices supported the local unit.

However, unabated foreign fund outflows, a lackluster trend in domestic equities, and a strong American dollar overseas restricted the gain, forex dealers said. ADVERTISING At the interbank foreign exchange, the rupee opened strong at 77.98 against the US dollar, then inched higher to quote 77.93,



registering a rise of 12 paise over the last close.

Related Stories Why Is Rupee Falling? Will The Domestic Currency Drop Further? In the previous session, the rupee advanced 5 paise to settle at 78.05 against the US dollar.

Meanwhile, the dollar index, which gauges the greenback's strength against a basket of six currencies, fell 0.30 per cent to 104.38. Global oil benchmark Brent crude futures slipped 0.26 per cent to \$112.83 per barrel.

The Indian Rupee opened slightly stronger against the US currency after crude oil prices suffered the biggest decline in more than a month on concerns over the demand outlook amid weak economic prospects, said Sriram Iyer, Senior Research Analyst at Reliance Securities.

- PTI

IMF team holds talks with Prime Minister Ranil Wickremesinghe

Sri Lankan Prime Minister Ranil Wickremesinghe on Monday held talks with a visiting IMF team on an economic programme that could be supported by the global lender's lending arrangement for the cash-starved government which is seeking to find \$6 billion to keep the country afloat for the next six months.

Earlier this month, Wickremesinghe, who is also the finance minister, held talks virtually with the Managing Director of the International Monetary Fund Kristalina Georgieva as Sri Lanka has decided to seek the assistance of the Washington-based global lender to combat the worst economic crisis since its independence from Britain in 1948.

The talks between Sri Lanka and the IMF commenced on

April 18.

The Prime Minister's Office said the IMF team is in Sri Lanka to continue in-person discussions with the Sri Lankan authorities to reach a staff-level agreement.

The future course of the action on borrowing will depend on the conclusion of agreements between Sri Lanka and the IMF staff level, and the delegation will stay in Sri Lanka for about a week to hold discussions, the Prime Minister's Office said.

The IMF team is visiting Colombo during June 20-30 to continue discussions on an economic programme that could be supported by an IMF lending arrangement, building on the progress made during the May 9-24 virtual mission, the Colombo Gazette news portal reported.

R Kavita Rao appointed as director of NIPFP

Eminent economist R Kavita Rao has taken charge as the director of National Institute of Public Finance and Policy (NIPFP) for a five-year term. Rao has replaced Pinaki Chakraborty.

"We are delighted to inform you that Professor R Kavita Rao has been appointed as Director of National Institute of Public Finance and Policy (NIPFP), for a five year term, commencing June 20, 2022," NIPFP said in a tweet. Rao has been working as a professor at NIPFP. She holds a Masters in Economics degree from Delhi School of Economics and a PhD from Indian Statistical Institute (ISI), Calcutta.

- PTI

Maruti Suzuki new Brezza bookings open; to be launched at month-end

The country's largest carmaker Maruti Suzuki India NSE -0.35 % on Monday announced opening of bookings for the upcoming new version of its compact SUV Brezza. The new Brezza, to be launched at the end of the

month, will come with features such as electric sunroof along with an array of sophisticated new-age tech, comfort, convenience and connected features, the company said in a statement. It will also have a next generation powertrain



with 6-speed automatic transmission option, it added without disclosing details. Customers can pre-book the new Brezza with an initial payment of Rs 11,000 at any of the company's Arena showroom or from its website,

itsaid.

Since its launch in 2016, Brezza started a new trend of compact SUVs in the country, Maruti Suzuki India Ltd NSE -0.35 % (MSIL) Senior Executive Director (Marketing & Sales) Shashank Shrivastava said.

BSE Sensex

51597.84

(0.46%) ▲

Currency exchange

Nifty NSE

15,350.15 (0.37%) ▲

1 USD 77.9800 (INR)

1 GBP 95.4874 (INR)

1 EUR 82.1348 (INR)

Top Gainers

Scrip Name	Price	%Gain
HUL	2,195.90	4.05
HDFC	2,135.25	4.02
Asian Paints	2,660.70	3.12
UltraTechCement	5,333.30	3.01
Apollo Hospital	3,811.70	2.98

Top Losers

Scrip Name	Price	%Loss
Tata Steel	861.40	-5.00
ONGC	134.40	-4.98
UPL	640.45	-3.71
Hindalco	321.50	-3.66
Coal India	176.85	-3.18

Opinion

Yoga Connects Human
to Find Supreme Realisation

The 8th celebration of International Yoga Day will be celebrated in India as well as in most of the countries around the world on 21st June 2022 with a new theme- 'Yoga for Humanity'. Yoga is being made a medium to connect human beings. In 2014, Prime Minister Narendra Modi had proposed to celebrate Yoga Day in the United Nations meeting, after which it was announced on 11 December 2014 to celebrate 21 June every year as International Yoga Day. Due to India's efforts regarding the importance of yoga, countries around the world started celebrating Yoga Day at the world level. Through Indian Yoga and Meditation, India is succeeding in achieving 'Vishwa Guru' status and a unique identity in the world. That is why International Yoga Day has been accepted for the whole world. Taking a new initiative this year, the Ministry of AYUSH is going to do an innovative program named 'Guardian Ring', in which people will be seen doing yoga like the movement of the sun and moving from east to west with reference to different countries.

The vision and efforts of Prime Minister Narendra Modi has created an unusual atmosphere for the international acceptance of Yoga Day. Today every sphere of life is surrounded by problems due to pandemic, Great War, terrorism, rising inflation, poverty, unemployment, due to which every person and family is feeling extreme stress/pressure in their daily life. Everyone is living a life of doubt, conflict and mental turmoil. There is a crisis of life in front of man. Mental balance is getting disturbed. Mental balance means to establish harmony in different situations and to achieve this; the powerful and effective medium is yoga. Yoga is such a technique, a science that heals our body, mind, thoughts and soul. It removes our stress and frustration. When we do yoga,



The Prime Minister, Shri Narendra Modi participates in the mass yoga demonstration

focus on the breath, do pranayama and exercise, all this inspires our body and mind to be happy and cheerful from within. Yoga is a powerful way to get rid of the hustle and bustle of life.

Yoga is the process of purifying and enlightening the consciousness of man, it is an undertaking to elevate man, it is a means to establish balance in life and it is the science of oneness with God and the universe. Realization of self is the task of life, the goal. This realization can neither be attained by discourse, nor can it be attained by intellect, nor by listening a lot, for that it is necessary to have self-realization and this realization happens only to the one whose conscience is pure and selfless.

The pure conscience is the mirror in which the vision of the soul, the manifestation of nature and the vision of the self are seen. In a pure conscience, the intellect remains heavenly and clean, the mind as pure as the Ganges, the mind as steady as the light of a motionless lamp without wind, and the entire consciousness flowing like rivers to meet the ocean. Just as one's face is visible in the mirror only when the mirror is clear and stable, similarly the Supreme power of self is visible only through a pure conscience. Yoga is such an effective form of exercise, through which balance is created not only in the parts of the body but also in the mind, and soul. This is the reason that apart from physical ailments, mental problems can

also be overcome by yoga.

The importance of yoga, which is found in our Vedas or even earlier literature, today the same yoga is gaining its fame all over the world and due to the corona crisis, the usefulness of yoga has increased more than before. Seeing its benefits, everyone seems to be adopting it in their rushing life and life crisis caused by epidemics, war, violence, economic instability and terrorism. Slowly, but people are understanding that by doing yoga, not only the biggest diseases can be driven away but also happiness can be brought in their life, life can be balanced, Work-efficiencies can be increased, peace and harmony can be established.

Yoga is the only way for physical, mental and spiritual peace of health. But in the occult age, the history of yoga is hidden in the infinite depths of time. By the way, some people also believe that the science of yoga is older than the Vedas. In the excavations done by the Archaeological Department of Harappa and Mohenjodaro, many such sculptures have been found in which Shiva and Parvati are shown performing various yogasanas. Swami Vivekananda, who hoisted Indian Yoga to the world, says – "A pure heart is the best mirror for the reflection of truth. That's why all spiritual practice is for purifying the heart. When it becomes pure, all the truths are reflected in it at that very moment. Unholy imagination is as bad as unholy acts."

Modern materialistic and convenience life is pushing man towards disturbance, imbalance, tension, fatigue and irritability, due to which the disorder is increasing. Yoga is such a powerful medicine that keeps the mind cool and the body fit to keep such heterogeneous and discrepant life healthy and energetic. The pace of life can be given a musical pace through yoga. Yoga is the oldest identity of our Indian culture. The awakening of Yoga-consciousness leads to purification of the mind. Its process is to see the soul through the soul. Observing the tendencies and states of mind by the free consciousness of attachment and aversion. Right philosophy is a powerful undertaking to transform the Self. The secretions of the glandular system are balanced by the experiments of self-realization. Due to this the feelings remain pure, thoughts become healthy.

The word yoga is derived from the age of culture, which means the union of the soul with the universal consciousness. Yoga has been practiced for more than ten thousand years. According to the Vedic Samhitas, it is mentioned in the Vedas about the ascetics since ancient times. Sculptures depicting yoga and meditation were also found in the Indus Valley Civilization. In Hinduism, Yoga civilization was adopted by sages, monks and yogis from the very beginning, but not much time has passed since this method has spread among

the common people. However, knowing the glory and importance of yoga, it is being adopted extensively for a healthy lifestyle, mainly because of its positive effects in busy, stressful and unhealthy routines.

Yoga is necessary for us to stay healthy. Through yoga, you can get benefit from many diseases like asthma, diabetes, blood pressure, arthritis. Yoga removes stress and gets good sleep, appetite is good, not only this, digestion is also improved. Body fat can be reduced only through yoga. When man takes shelter of yoga to solve his physical, mental and spiritual problems are get their solution, then he connects with yoga, makes relationship, tries to bring it into life. But when one starts knowing something about it, knowing it steps in the process of action, then it reaches the limit of use. By making the role of this experiment an integral part of life, we can give a new shape to humanity.

Prime Minister Narendra Modi, who is deeply interested in Yoga, has implemented it with a great resolution. Surely his yoga-revolution will become the medium of development, happiness and peace in the life of world humanity. Yoga not only teaches how to live a beautiful and orderly life, but also teaches the art of improving personality, communal harmony, good governance and balanced life. Those who do politics in the name of yoga are doing great harm to humanity. Because Yoga is not associated with any religion, sect, caste or language. Yoga means to unite, so it talks about love, non-violence, compassion and taking everyone along. Yoga is an investigation into the process of life. It came into existence before all religions and it opened up infinite possibilities before human beings. This science related to inner and spiritual development, human welfare is a great gift for the whole world.

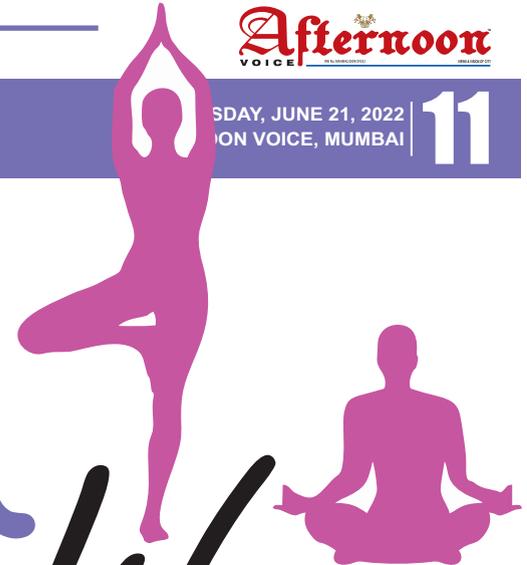


- Lalit Garg

Writer, Journalist, Columnist

Different Strokes

Magical Yoga Wave



Practicing yoga on a regular basis helps in achieving mental discipline, which will eventually become a part of your routine. You will notice the positive change in your work, habits, and lifestyle. You will begin to appreciate these changes and also be grateful for having rewarded yourself with a good habit for life. In order to truly benefit from a regular Yoga practice, the students need to apply consistent effort in a disciplined manner.

At a time when covid19 cornered the world, yoga came to our rescue to keep oneself fit at the time of pandemic. India made it mandatory to learn the art and taught the magical yoga wave to the universe and thus enjoying the fruits in a very big way. No doubt yoga is a light, when once lit will never dim. The better your practice, the brighter your flame. The fundamental purpose of yoga is to foster harmony in the body, mind and overall fitness. As a peace loving country we live in a state of maintaining harmony and that provides us a better frame of mind.

Yoga and meditation are food for mind, body and soul. This International Yoga Day, pledge to make yoga, not just an activity but a lifestyle. All this bringing of the mind into a higher state of vibration is included in one word in yoga. Music and Yoga are a part of your daily life, bringing peace, happiness and good health always. Yoga is not just what you do on the mat or the rope. It's how you live your life. How you react when things don't go your way. Yoga is reaching for the stars with your feet firmly on the ground. Yoga is not just fancy poses. Being light hearted and strong and by staying committed to your decisions and being kind enough to humanity. Then Yoga is a way of life for your entire lifetime. We live in another covid19 world and yoga proved to be a

companion during a critical time.

Clearly, a balanced practice of Yoga postures, breathing exercises and contemplative techniques lends itself quite easily to improving one's physical capabilities and mental outlook on life. By weaving some of the timeless wisdom of Yoga into your classes, you will further support your students in applying the wisdom of the ancient scriptures to their practice and to their lives off the mat. Furthermore, if you teach your Yoga classes in a disciplined manner, with a higher goal in mind, your students will pick up on how you approach your own professional role as their teacher, and they will quite naturally apply the same dedication to their own practice.

Teaching Yoga classes in a disciplined manner, with a higher goal in mind, the students will pick up on how teachers approach their own professional role and they will quite naturally apply the same dedication to their own practice. The lesson to be taken home is that never impose any yoga posture to its entirety in the beginning. Let the yoga practitioner adopt it slowly and gradually in the guidance of his trainer. Exercises like this lead to a better life and focus in spiritual practice in order to reduce suffering and increase happiness. This kind of exercise may increase our capacity to feel at ease and at peace with ourselves and who we are. The flower opens on its own without force. Patience is everything.

We can say that we are living in a kaliyug as we witness untoward incidents taking place in every strata of society. Youngsters must feel their responsibilities and dedicate their spare time in a useful way. Further they should be able to appease God and take His guidance for their well being rather than following a wrong

path. But it is generally found that the Teenagers are crossing the limits and in a lust for love even rape their colleagues or in a fit of anger go to the extent of murdering or just throw acid to deface their sweetheart on vengeance. Just like in the USA students are going to the extent of stabbing their friends for ransom or for old enmity or just to establish their supremacy in an authoritative manner. As a parent one should develop their children with a good mind, a stable body language and the will to help friends. For this to happen, parents must make an effort to guide the young to have faith in God and the Social values from a young age. Children on their part should not fall in the trap of bad elements and thereby losing their identity instead of developing healthy relationships to overcome the evil mind present to put up exemplary behaviour. To balance life from all these obstacles Yoga can provide a meaningful life and make sure of resilience in their student life full of pressure. Body and mind should bond together to lead a successful life and become a responsible citizen of India.

The atmosphere is hot and humid and the people are likely to get all types of ailments during this season. To add to that, the hectic and stress-filled life makes you vulnerable to life threatening ones such as diabetes, hypertension, obesity and sleep disorders. It is time to drink more water during this season. An early morning walk will give you a fresh breeze and a new lease of life to undertake the tensions of

that particular day. Half an hour of brisk walking followed by 15 minutes of yoga keeps you fit all the time and gives you the energy needed to undergo work pressure and the travel pressure for the day. How often we see people who have a tough time trying to reach their toes. Every day, we notice at least one 'all-rounder' who huffs and puffs to climb that one floor to their home or that one flight of stairs to the platform. But, that is not seen as a sign of being unhealthy—the panting is attributed to stress, those few extra pounds are characterized as a 'sign of the wealthy'. So, it is time to work hard on your regular exercises and have control over eating. Avoid junk food and consume a lot of intake of milk to keep fit all the time and avoid unnecessary stress to fall victims of the four life threatening diseases. It is time to fight fit as life is precious and it is the survival of the fittest.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies have been mixed and inconclusive, with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patients psychological healing process. Yoga has special importance in controlling high blood pressure and regular practice of yoga is very beneficial. Light relaxing exercises are also beneficial in case of this problem. Deep breathing and Kumbhak should be avoided and postures like Sukhasana, Vajrasana should be used for

practicing breathing exercises. Practice Shavasana in case of weariness. Chandrabhedhi pranayam is beneficial in reducing high blood pressure and other old age problems. Katichakrasana, Tadasana, Bhujangasana, Shalabhasana, Dhanurasana, Pavan muktasana and Shavasana are very beneficial in case of normal blood pressure level. Body purification processes and Jalaneti are very beneficial. Regular practice of yoga nidra is helpful in controlling the increased blood pressure levels. Regular practice of meditation reduces the risk of high blood pressure.

Laughter Yoga is like an aerobic exercise (cardio workout) which brings more oxygen to the body and brain which makes one feel more healthy and energetic. Laughter Yoga strengthens the immune system which not only prevents you from falling sick, but also helps to heal a variety of illnesses like hypertension, heart disease, diabetes, depression, arthritis, allergies, asthma, bronchitis, backache, fibromyalgia, migraine headaches, menstrual disorders, cancer and many others. Yoga has a special role to play in health matters and if we practice the art of yoga on a regular basis we can feel fit and fit all the time.



- C K Subramaniam

Columnist and Writer

Gossip

Taapsee Pannu looks magnificent

The much-awaited trailer of Taapsee Pannu's 'Shabaash Mithu' is finally out and the actor looks fierce as she steps into the shoes of former Indian women's cricket captain Mithali Raj. In the trailer, Taapsee Pannu portrays the role of Mithu, a small-town girl with many big dreams in her eyes, to create her own space in the male dominating world and to change the gentleman's game. No one believes Mithu that she can play cricket for India, except for her coach, played by actor Vijay Raaz, who shows Mithu the right path to achieve all her dreams. However, nothing comes easy to her path as she is bullied and ridiculed by other teammates and society. She learns to stand tall against all odds and leads team India from the front. Sharing the trailer on her Instagram account, the 'Badla' film actor writes in her caption, " Mithali Raj. You know the name, now get ready to see the story behind what makes her the legend. Woman who redefined "The Gentleman's game" She created HERSTORY and I'm honoured to bring it to you #ShabaashMithu 15th JULY 2022 #ShabaashMithuTrailer



Ranbir Kapoor's look in 'Shamshera' makes Alia Bhatt's morning 'hot

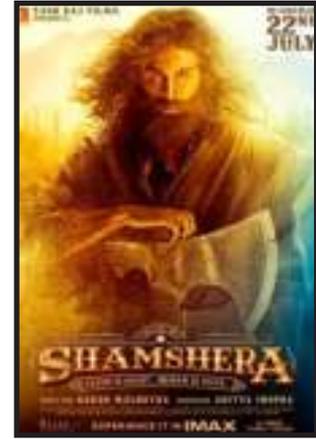
Days after Ranbir Kapoor's first look from 'Shamshera' was leaked on social media, Alia Bhatt, on Monday, officially shared the poster of her husband's glimpse from the upcoming film. Taking to Instagram, Alia dropped the poster and wrote, "Now that's a hot morning .. I mean .. good morning.

The poster shows Ranbir in an unkempt beard and shaggy, flowing hair. He is cradling a huge battle-ax in his hands. Alia's caption has garnered a lot of reactions from the netizens.

"Mrs. Kapoor is a fan girl," an Instagram user commented. "Oye hoye... lovebirds," another one wrote.

Helmed by Karan Malhotra, 'Shamshera' has been produced by Aditya Chopra and is set to release in Hindi, Tamil and

Telugu on July 22, 2022. Talking about the leak of the poster, Karan, who has previously directed Agneepath starring Hrithik Roshan, Sanjay Dutt, Rishi Kapoor and Brothers starring Akshay Kumar and Sidharth Malhotra, said in a statement, "We keep planning our lives so that we land things at the perfect time but in doing so we forget that the Universe is always on time. Incidents like these are a true example of that! I'm just happy that people and fans of Ranbir Kapoor are loving his look and the poster of



Shamshera." "We wanted to start our campaign mid-next week, but it looks like fans couldn't wait for us to begin. I don't blame them. They have waited for too long. Ranbir is returning to the cinemas after 4 years, and it is difficult to control the excitement. I'm just glad that the reactions are great," he added. Sanjay Dutt and Vaani Kapoor are also a part of 'Shamshera'.

- ANI

Riddhima Kapoor praises mom Neetu Kapoor's performance

Varun Dhawan-Kiara Advani starrer 'Jug Jugg Jeeyo' is creating a lot of buzz as fans wait for the release of the film with bated breaths. While Varun and Kiara along with Neetu Kapoor and Anil Kapoor have been busy promoting the film across the country, Neetu's daughter Riddhima Kapoor Sahni watched the movie ahead of its release.

Riddhima took to Instagram to pen a sweet review of the movie. Sharing the poster of the film, Riddhima wrote, "You were all SUPERB!! Fab Movie !!! JugJugg Jeeyo & Ma, I am so proud of you". Neetu Kapoor reshared her daughter's review on Instagram and wrote, "Thank you

The film that marks Neetu Kapoor's comeback is all set to hit the theatres on June 24. Helmed by Raj Mehta and produced by Karan

Johar's Dharma Productions, 'Jug Jug Jeeyo' is geared up to hit the theatres on June 24. Apart from Varun Dhawan, Kiara Advani, Anil Kapoor, and Neetu Kapoor, the film also features Maniesh Paul and marks the Bollywood debut of social media influencer-actor Prajakta Kohli.



Anupam Kher first look poster from his 525th movie 'The Signature'

Veteran star Anupam Kher first look from his upcoming 525th movie 'The Signature' is out.

The actor recently announced the title of his upcoming flix on social media account. On Monday, film critic and movie trade analyst Taran Adarsh shared the first look poster of 'The Signature' movie starring Anupam Kher and Mahima Chaudhry on Twitter. " ANUPAM KHER: 'THE SIGNATURE' FILMING OVER, FIRST LOOK POSTER...

#TheSignature - starring #AnupamKher with #MahimaChaudhry, #NeenaKulkarni, #ManojJoshi, #SnehaPaul, #Kevin,



#SangitalainBokadia and #RanvirShorey [sp app] - is now complete", he tweeted.

In the first look poster, Anupam kher is seen in the streets dressed in a striped shirt and a trouser, holding an umbrella in one hand and has carried a shoulder bag on other.

Anupam Kher, a National School of Drama (NSD) alumnus, has starred in a number of Hindi films such as 'Ram Laxhan', 'Lamhe', 'Khel', 'Darr', 'Dilwale Dulhaniya Le Jayenge', 'A Wednesday', and 'M S Dhoni: The Untold Story' during the course of his nearly four-decade career.

- ANI



Bollywood actor Anushka Sharma has finally started the shoot for her much-awaited movie 'Chakda Xpress'. In the selfie, Anushka is seen dressed in a pink sweatshirt while sitting near mesmerizing view of the beach. She tied her hair in a ponytail for a casual yet comfy look

Shilpa Shetty shares beautiful video on mom Sunanda's birthday

Shilpa Shetty Kundra is known for being polite, fun and humble among the paparazzi and fans. Her outspoken, bubbly nature is loved by many. She is also one of the few actresses who share a lot of her personal life on Instagram via pictures, videos and stories.

On the occasion of her mother's birthday, Shilpa again took to Instagram to share a lovely message for her. She posted an adorable video and wrote, "My WORLD, my rock, my bestie, my cheerleader, my force, my sun, moon and ever-shining STAR...Happy birthday to you! Wishing you great health and miles of smiles always.