



**CBI seeks time to procure prosecution sanctions against Lalu Yadav, others in land-for-job scam**

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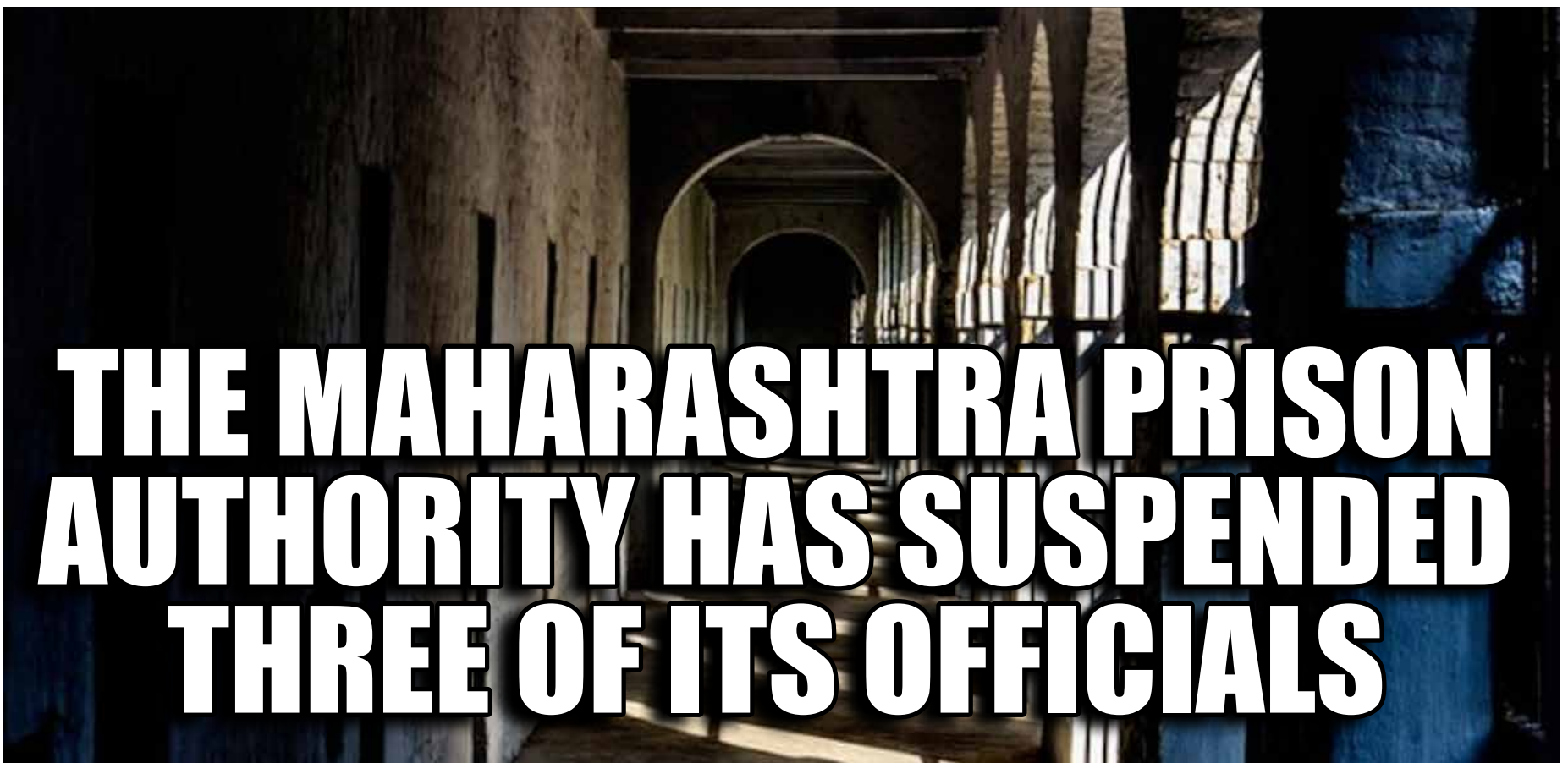
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## THE MAHARASHTRA PRISON AUTHORITY HAS SUSPENDED THREE OF ITS OFFICIALS

**D**uring inspection dozens of mobile phones were found inside three prisons. These phones were suspected to be used illegally by inmates to communicate with the outside people. Junior officials at the prison, in a suo motu action, seized over a dozen cellphones on different occasions. They had informed Adharwadi prison superintendent Ankush Sadafule about it. But, Sadafule allegedly did not take further action, sources said. Prison department sources said recently more than 15 cellphones were found inside the Adharwadi prison.

A senior prison department official told

Afternoon Voice “finding mobile phones is not difficult but in such problems the superintendent should have reported the matter to his superiors and also lodged police complaint, but he did nothing. Hence, an inquiry was conducted and the report was sent to the government, which recently suspended Sadafule and ordered a departmental inquiry.”

Prison official said that the telephone facilities have been made available in most of the jails so that the prisoners could speak to their family members or lawyers from time to time. But despite that cell phones are being illegally smuggled inside the

prison, which could be for illegal activities and hence regular checks are being done.

Similarly, two officials from Kolhapur Central prison were suspended last week after six mobile phones were found inside the jail, confirmed Swati Sathe, deputy inspector general of prison, West Region. As head of the prison, Sadafule was supposed to take serious cognizance of the seizure of the cellphones. But he failed to take necessary action as mandated by prison department’s rules, therefore he is facing an inquiry, the officer added.

A jail official said that by the orders of Amitabh Gupta, additional director general

(prisons), regular checking was being done by the prison department. In Yerawada Central prison, more than 10 cellphones were found. Following this, one officer and 14 prison personnel of constabulary level were transferred to various other departments, the senior officer said.

Yerawada and Kolhapur prison authority Mr Sathe said “The cellphones seized in Yerawada and Kolhapur prisons was a result of attentiveness and watchful prison officials and those responsible for the negligence are facing punishment and inquiry. We regularly carry out searches in prisons to put a check on such practice,”

### Pakistani Seema Haider and Indian Sameer Meena’s real life love story rocked India Pakistan

**Editoritis**



Dr. Vaidehi

**3**0 year old Pakistani women Seema Haider who is mother of four kids fell in love with Indian man Sachin Meena 25, while playing the online game PlayerUnknown’s Battlegrounds (PUBG) during the Covid-19 pandemic. Soon after they exchanged each other’s contact numbers the phono-love reached its peak. They both used to talk for hours on video call and finally decided to meet and marry. She being Pakistani and he being India they chose Nepal to meet for the first time, they lived and dated together for a few days and this year in March and got married. This journey was not easy for both of them. Love knows no boundaries

or barriers, their love was inseparable. To enter India Seema first went from Karachi to Dubai, where she waited for 11 hours and couldn’t sleep. She then flew to Nepal, before finally taking the road to Pokhara, where she met Sachin.

While she then went back to Pakistan, Sachin returned to India from Nepal. Upon reaching Pakistan, Seema, who claimed discord with her husband, sold a plot for Pakistani Rupees 12 lakh and arranged flight tickets and a Nepal visa for herself and her four children.

**I CONTINUED ON PAGE 02**

# Editoritis

# Pakistani Seema Haider and Indian Sameer Meena's real life love story rocked India Pakistan

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*In several media interviews she expressed that she would not return to Pakistan and cited the stringent rules for women back in her country and a possible threat to her life.*

*Indian Romeo Sachin, works at a grocery store and wants to live with Seema and her children in Greater Noida only. They both are trying to seek legal help to find out a way to legalise her stay in India.*

*Seema Haider has converted to Hinduism and wears a Radhe-Radhe strap around her neck. She can be seen greeting guests with folded hands, seeking blessings by touching the feet of elders, and engaging in prayer.*

In May this year, she reached Nepal via Dubai and spent some time in the tourist city of Pokhara in the Himalayan nation. Then she took a bus to Delhi from Kathmandu and reached Greater Noida on May 13 with her children where Sachin had made arrangements for her to stay in a rented accommodation without disclosing her Pakistani identity. Somehow their identity was revealed and they both got arrested on 4th July. The landlord of the apartment where they were staying reportedly told the police that it "did not seem like the woman was from Pakistan. They both were in Jail for some time and after getting bail from the court, Seema decided to focus on the paperwork to make her move to India official. In several media interviews she expressed that she would not return to Pakistan and cited the stringent rules for women back in her country and a possible threat to her life. Seema also revealed that she was forced to marry her Pakistani husband Gulam, who works in Dubai, at a very young age.

Indian Romeo Sachin, works at a grocery store and wants to live with Seema and her children in Greater Noida only. They both are trying to seek legal help to find out a way to legalise her stay in India. Seema is willing to accept Hinduism. Sachin told reporters that they would soon take a dip in the holy Ganga together for her to embark on their new journey. Seema's husband, Gulam Haider, who stays in Saudi Arabia, has made an appeal to the Government of India via a video message to help him reunite with his wife. In the video, he says that he got to know that his wife and children were in Noida, through the Indian media.

Although both Seema and Sachin seem very happy, Sachin's family has quite a mixed reaction to her being here. Seema is a mother of four children who are also here with her. Seema is living with her husband's family. Ever since she came from Pakistan, Seema Haider has been in awe of Indian culture and lifestyle. Not only has she converted to Hinduism, Seema has also given up her favourite food -

chicken biryani, meat and fish. The Pakistani 'Bhabhi' is trying hard to wholeheartedly embrace Indian culture and doing everything to assimilate herself into Indian society. This Pakistani woman grabbed a lot of eyeballs after she and Sachin Meena, 25, were arrested by the authorities on July 4. While Seema was charged with illegally entering India, Sachin was booked for sheltering the illegal immigrant. Seema was accused of illegally entering India without a valid visa via Nepal with her four children, all aged below seven years, to live with her lover Sachin.

Seema Haider has converted to Hinduism and wears a Radhe-Radhe strap around her neck. She can be seen greeting guests with folded hands, seeking blessings by touching the feet of elders, and engaging in prayer. Haider, who hails from Sindh province in Pakistan and lived in Karachi after her first marriage, claimed that her husband divorced her over the phone and they have not been in touch. The court has however put a condition on Haider - she has been asked to not change her residence till the case was ongoing. It was reported that the couple has been asked to mark their presence before the court regularly. The couple has become famous on the internet and are being referred to in both countries as the real-life Veer Zara - a reference to a popular Bollywood movie by the same name which tells the story of two star-crossed lovers from India and Pakistan.



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## Letters to the Editor

### Humanisation of Space

From nomadic life to modern humans. We have exploited natural resources to its maximum. Clearing forests to increase cultivable land in history, thus, to avail more state revenue. The industrial revolution improved human existence materially but proved to be disastrous to nature. Now, with the advancement in science and technology we as humans have reached outer space.

On the one hand, using space for Remote Sensing, navigation, and newly emerged technology such as satellite communication at the commercial level. On the other hand, creating problems such as space junk, which could cause Kessler syndrome in the future as anticipated, and anti-satellite weapons have the potential to further increase space debris. Now the time has ripened to act, otherwise, we will miss the bus like in the case of climate change. International efforts must be taken to regulate space exploration under the aegis of the United Nations to ensure equitable and sustainable use of space as a natural resource for the betterment of human civilization.

Suryansh Paldiya

### Panchayat Election Chaos

West Bengal's recurrent violence during panchayat elections hardly surprises. Usually non-fatal, but this time it's rampant, claiming 18 lives. The turmoil arises from Trinamul Congress infighting, the CM's implicit support, the election commission's ineptitude, and the Centre's role in exacerbating the crisis. The state BJP also bears some responsibility. Does life hold such little value in West Bengal? Are those in power so heartless and unscrupulous that they exploit lives for their own gain? When there is a violence in Panchayat Election then what will be in Lok Sabha election?

Jahangeer Shaikh

### Love Trees

In 2022, Earth lost over 41,000 square kilometers of rainforests, a 10% increase from the previous year. Brazil's Amazon rainforests suffered the most, with 43% of the loss. The previous Brazilian administration weakened environmental protection policies, leading to deforestation and carbon dioxide emissions. The new Brazilian president has pledged to end deforestation by 2030. Deforestation is driven by a number of factors, including cattle ranching, logging, and illegal mining. Protecting forests is one of the most cost-effective ways to mitigate climate change. In short, deforestation is a serious problem that is having a significant impact on the environment. We need to take action to protect forests and mitigate climate change.

Mohd Zain

### UCC could violate the constitutional freedom to practice the religion of choice

India is home to around 1,427.5 million people of different cultures and religions. Our constitution has given us the right to practice our religious festivals and laws, which makes India the largest democracy in the world. However, nowadays the government has proposed a "Uniform Civil Code" (UCC) in India, which may be harmful to our freedom of religion. UCC could violate the constitutional freedom to practice the religion of choice, which allows our constitution to religious communities to follow their respective personal laws. For example, Article 25 gives every religious group the right to manage its own affairs, while Article 29 gives them the right to conserve their distinct culture. UCC would potentially take away these rights from the Indian people.

SK Rasidul

# INFUSING INSPIRATION: In Life, there is much to celebrate and be grateful for



The more you praise and celebrate your life, the more is there in life to celebrate. When you feel that certain things are going wrong or have gone wrong, take a moment, have a thought and be thankful for the many things that are going right.

Life is always better when we celebrate every moment of it, with the spirit of gratitude. In fact, we have stopped celebrating life and its beautiful aspects. Reflect upon your present blessings, of which every man has in plenty; not on your misfortunes, of which most of you have only a few. We all know that we have a very limited time on this planet, yet we do not bother to celebrate our life, forgetting the fact that today we are alive and tomorrow we may or may not.

Nature holds a bag of tricks that would please, educate

and elevate us, if only we are conscious of it, seek its blessings and be grateful for it. We can take a few moments every day to enjoy breathing in the morning aroma by sitting in the warmth of the sun. Whether we have ever felt grateful to God who has blessed us with so much?

God gave you 86,400 seconds today. Have you used one to say 'thank you God? Further, if you are not grateful for what you already have, what is the guarantee that you would be happy with more. If you are miserable about all the things you want but haven't got, what about the things you don't want and haven't got.

Our day-to-day life we are always looking for "legitimate" reasons to celebrate – birthdays, promotions, anniversaries etc., but all these events give us happiness for a short time. Although all these

are reasons to celebrate, yet it is more important to celebrate the smaller things as well that are more gratifying, more satisfying and long lasting.

Even if all is not going according to our plans, we still have much to celebrate and be grateful for. And lastly gratitude turns what we have, into enough, denial into acceptance, chaos into order, confusion into clarity, makes sense of our past, brings peace for today and creates a vision for tomorrow. In life there is much to celebrate and be grateful for.

- C.K. Subramaniam

Columnist

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No postal letters will be entertained  
(The views expressed are authors' own.)

City

# Court Grants interim maintenance to woman having three pets



A court in Mumbai recently observed that “pets are also part and parcel of a decent lifestyle and they are necessary for human beings to lead a healthy life as they fulfill the emotional deficit that occurred on account of broken relationships.”

The magistrate court made these observations while allowing a plea by a 55-year-old woman under the Domestic Violence (DV) Act, who sought maintenance from her estranged husband citing her age, health issues and three Rottweiler dogs dependent on her.

The court said the maintenance amount cannot be mitigated on the husband’s claim that the ground taken by the woman seeking maintenance for pets cannot be considered. It allowed the woman’s plea, directing the estranged husband to pay her Rs 50,000 per month as interim maintenance till final disposal of her plea.

Metropolitan Magistrate Komal Singh Rajput on June 20 passed an order in an interim application filed by the woman for the maintenance in her main plea under Section 12 of Protection of Women from Domestic Violence Act, 2005. The order was made

available this month. Advocate Shweta R Moray, representing the applicant, informed the court that the couple got married in 1986 and have two married daughters residing abroad. “After a considerable period of settled married life, some differences occurred and in the year 2021, the respondent estranged husband sent the woman to Mumbai (from southern metro city), assuring her of providing maintenance and other basic necessities. But he has not followed his promise,” Moray argued.

available this month.

The applicant woman further claimed that the respondent man had indulged in domestic violence against her when they were together. Moray submitted that her client has no source of income and suffered from health issues. Three dogs are also dependent on her, besides other requirements, Moray said.

The respondent husband is running business in another metro city and has other sources of income, therefore he should pay interim maintenance of Rs 70,000 per month to her.

The woman added that the respondent husband is running business in another metro city and has other sources of income, therefore he should pay interim maintenance of Rs 70,000 per month to her.

# Conman who duped over 28 citizens of valuables held

A 50-year-old conman who duped people by posing as a well-intentioned individual and fled with their valuables was arrested by the Kasturba Marg police recently. Accused Sanjay Mangde has tricked at least 28 people in the past, police said. He is part of a gang and the police are looking for his accomplices. In the latest incident reported in Borivli on June 23,

Mangade approached a senior citizen and pretended they were old acquaintances. Mangade told him that he was the owner of several shops on the street and had heard that cops were carrying out checks. He advised the senior citizen to put away his ornaments and money safely. While keeping the elderly man engaged in conversation, Mangade relieved him of valuables worth Rs 75,000.

# 25 plates of samosas cost doctor Rs 1.4L in cyber scam

A doctor while trying to buy samosas from a known eatery in Sion, ended up losing Rs 1.4 lakh to cyber fraud. The 27-year-old doctor works at KEM hospital. On July 8, as he was travelling to Karjat with his colleagues, he ordered 25 plates of samosas from Guru Krupa hotel at Sion, after coming across its contact number online. The accused

made the victim pay an advance sum of Rs 1,500. Following this, the victim received a message saying, “25 plates of samosas will be picked up from the shop at 1pm. In another message the accused sent him bank details for the payment. The man who claimed to be calling from the eatery asked the victim to send him the screenshots of the payments.

# Fadnavis hits back at Uddhav over 'kalank' remark, says 'he needs to see a psychiatrist'



Shiv Sena (UBT) chief Uddhav Thackeray’s remark calling Deputy Chief Minister Devendra Fadnavis a “kalank” (blot) on Nagpur has fuelled a verbal duel between the two sides with the latter hitting back, stating that Thackeray needs to see a psychiatrist. While speaking in Nagpur, the hometown of Fadnavis, Thackeray took a jibe at Fadnavis, saying he was a “kalank” on Nagpur.

# Congress holds ‘silent’ Satyagraha against Rahul Gandhi’s disqualification



The Congress party is holding a day-long ‘Maun (silent) Satyagraha’ to protest the disqualification of party leader Rahul Gandhi over a “false” defamation case, near the Mantralay in Mumbai. NCP MLA Shri Rohit Pawar, chief spokesperson Mahesh Tapase and a few others are also slated to join the protest.

Shiv Sena (UBT) chief Uddhav Thackeray’s remark calling Deputy Chief Minister Devendra Fadnavis a “kalank” (blot) on Nagpur has fuelled a verbal duel between the two sides with

the latter hitting back, stating that Thackeray needs to see a psychiatrist. While speaking in Nagpur, the hometown of Fadnavis, Thackeray took a jibe at Fadnavis, saying he was a “kalank” on Nagpur.

The Bombay High Court continued till July 25 the interim protection from arrest granted to Nationalist Congress Party (NCP) MLA and minister Hasan Mushrif in a money laundering case registered by the Enforcement Directorate (ED). Mushrif too was sworn in as cabinet minister on July 2.

# IMD sounds green alert for Mumbai

Mumbai city recorded 2.15 mm of rains till 8 am today. While the eastern suburbs recorded 9 mm, western suburbs recorded 1.20 mm, Brihanmumbai Municipal Corporation (BMC) has said. The India Meteorological Department (IMD) has issued a green alert for the day indicating light and moderate spells of showers and have said that heavy rains in the city is unlikely.

# BMC carries out road repairs on ‘killer’ WEH flyover ramp that claimed 5 lives



After five road crash-related deaths were reported in five months on a smooth slope of the Western Express Highway at Goregaon East, the BMC carried out milling work to make the road surface rough. The local police had written to the BMC to take measures as motorists were unable to

control the speed on this stretch — descending ramp of the Aarey flyover on the south-bound arm of WEH. Four FIRs were registered at the Vanrai police station in connection with the fatal crashes reported on this stretch between March and July. There have been other crashes as well that left road users grievously injured.

## Nation

### CBI seeks time to procure prosecution sanctions against Lalu Yadav, others in land-for-job scam



of WCR, private persons, private company etc. in a case related to Land for Job Scam CBI had registered a case on May 18, 2022, against the then Union Minister of Railways and 15 others including his wife, two daughters and unknown public servants and private persons. It was alleged that the then Union Minister of Railways during the period 2004-2009 had obtained pecuniary advantages in the form of transfer of landed property in the name of his family members etc. in lieu of appointment of Substitutes in Group "D" Post in different Zones of Railways.

It was further alleged that in lieu thereof the substitutes, who were residents of Patna themselves or through their family members sold & gifted their land situated at Patna in favour of the family members of said Minister and a private company controlled by his family members, which was also involved in transfer of such immovable properties in the name of said family members. ANI

Recently, CBI has filed a chargesheet in a land-for-job alleged scam case of former Union Railway Minister Lalu Prasad Yadav naming Bihar's Deputy Chief Minister Lalu Prasad Yadav and others including Tejashwi Yadav etc.

According to the CBI, this is the 2nd chargesheet in the Designated Court against 17 accused including the then Union Minister of Railways, his wife, son, then GM of West Central Railways(WCR), then two CPOs

The Central Bureau of Investigation (CBI) on Wednesday informed the Rouse Avenue Court that it will take a month to procure prosecution sanctions against former Railways Minister Lalu Prasad Yadav and certain railways officials in relation to the fresh chargesheet filed in land-for-job matter. Noted the CBI's submissions Special Judge Geetanjali Goel deferred the arguments on the point of cognisance for August 8.

### NIA Court sentences four IM Operatives to 10 years rigorous imprisonment

The NIA court of Delhi on Wednesday sentenced four Indian Mujahideen (IM) operatives to 10 years of Rigorous Imprisonment each for hatching a criminal conspiracy to wage war against the country by conducting terrorist attacks. They were recently convicted by the court under various sections of the IPC and the stringent Unlawful Activities (Prevention) Act (UAPA).

The court, while ordering the conviction, noted that in this case charges were framed against said four convicts for the above-said offences and they pleaded guilty to all the charges and accepted their role for the offences and vide judgment dated 07.07.2023, all above named four convicts were convicted for the above-said offences. The Court had convicted four Indian Mujahideen (IM) operatives namely Danish

Ansari, Aftab Alam, Imran Khan and Obaid-Ur-Rehman for hatching a criminal conspiracy to wage war against the Country by conducting terrorist attacks across the country.

Special Judge Shailender Malik while passing a sentencing order against Danish Ansari stated that convict Danish Ansari is in judicial custody since 21.01.2013, has not been involved in any other criminal case and is stated to be educated upto higher secondary, therefore he is ordered to be sentenced Rigorous Imprisonment (RI) of 10 years and a fine of Rs.2,000/- for offence u/s 18 UA(P) Act, in default of payment of fine to further undergo SI for 06 months. He is further sentenced to undergo RI for 10 years for offence u/s 38(2) of the UA(P) Act as well as RI for 10 years for offence u/s 39(2) of the UA(P) Act, he added. ANI

### SC to hear various pleas relating to stray dog issue in Kerala on August 16

The Supreme Court on Wednesday said that it will hear on August 16 on pleas relating to the stray dog issue in Kerala. The court also asked concerned parties to file reply to the pleas filed by Kanur Panchayat and Kerala Child Rights body.

Kerala State Commission for Protection of Child Rights has moved an application seeking to intervene as party in the case and apprised the top court that the Commission has received many complaints about the nuisance of stray dogs and the plight of children who have been fatally bitten by them and the Commission has also take suo-motu case on several such incidents. Kerala State Commission for Protection of Child Rights, in its application, told the court that there are large numbers of dog bite incidents reported across the state, especially against children.

The commission mentioned that 5,794 stray dogs attacks were reported in 2019, 3951 cases in 2020, 7927 cases in 2021,



11776 cases were reported in 2022 and 6276 cases are reported upto 19th June, 2023. "After the death of the child named Nihal, repeated attacks from stray dogs is being reported. Stray dogs do not have the lame nature of a faithful domesticated dog. It is just like a vermin and when they gathered their attacking nature will be showed and become dangerous," the commission said in its application. During the hearing the court remarked that can it be human and dog conflict. The court made these when various lawyers apprised the court about their suggestions relating to the issue. ANI

### Caveat filed in SC in matter pertaining to Rahul Gandhi's conviction in defamation case by Gujarat Court

Purnesh Ishwerbhai Modi, the complainant who filed a defamation case against Congress leader Rahul Gandhi in Gujarat, has filed a caveat in the Supreme Court in the matter pertaining to the Gujarat High Court decision denying to stay Rahul Gandhi's conviction in the defamation case against 'Modi surname' remark. Purnesh Ishwerbhai Modi also wants to be heard in the case when the apex court takes up Gandhi's appeal against the Gujarat High Court's decision declining to stay his conviction in a defamation case.

A Caveat application is filed by a litigant to ensure that no adverse order is passed against them without being heard.

Gujarat High Court on Friday upheld the Sessions Court's order and denied a stay on his conviction in the defamation case against the 'Modi surname' remark. As there is the possibility that Rahul Gandhi will challenge



the petition in Supreme Court, Purnesh Ishwerbhai Modi has filed a caveat in the top court so that he must be heard before the top court passed any direction if the matter is heard.

The Gujarat HC court had refused to grant any interim relief to Rahul Gandhi. The Congress leader had moved the Gujarat

High Court on April 25 challenging the Surat sessions court order which declined to stay his conviction in the criminal defamation case. The Surat sessions court had on April 20 rejected Rahul Gandhi's plea seeking a stay on his conviction by the lower court in the criminal defamation case. ANI

World

# As NATO summit begins, Russia intensifies attack on Ukraine

As the North Atlantic Treaty Organization (NATO) member countries met in Lithuania's capital Vilnius, Russia intensified its attack on Ukraine in the early hours of Wednesday. CNN reported that for the second night in a row, Moscow launched airstrikes toward the Kyiv region. Kyiv regional military administration, on Telegram, said, "The movement of enemy UAVs has been recorded! Air defence works in the region."

The strikes come following an overnight attack on Monday in which Ukraine's air defence shot down drones launched by Russia. Earlier, Russia's Defense Minister Sergey Shoigu warned

of retaliation if the United States continues with plans to supply cluster munitions to Ukraine. "In the event that the United States supplies cluster munitions to Ukraine, Russia will be forced to respond in a reciprocal manner," Shoigu said, according to Russian television network Channel 5, which carried his comments, reported CNN.

This came after the US confirmed last week that it will send cluster munitions to Ukraine as part of a new military aid package, following months of debate within the Biden administration about whether to provide Kyiv with the controversial weapons banned by over 100 countries, including key US allies. Mean-



while, at the Nato Summit in Vilnius, the member countries reaffirmed their support for Ukraine's push for membership of the alliance, according to a final declaration issued by the 31-member group at a summit in Lithuania, according to a joint communique

issued by NATO leaders at a summit in Vilnius. NATO allies in the joint communique said, "We fully support Ukraine's right to choose its own security arrangements. Ukraine's future is in NATO. We reaffirm the commitment we made at the 2008 Summit in Bu-

charest that Ukraine will become a member of NATO, and today we recognise that Ukraine's path to full Euro-Atlantic integration has moved beyond the need for the Membership Action Plan. "NATO allies noted that Ukraine has become "increasingly interoperable and politically integrated" with the alliance. The NATO allies said that they will continue to support and review Ukraine's progress through the adapted annual national programme. NATO allies also reiterated their condemnation of Russia's war and its "blatant violations of international law, the Charter of the United Nations, and OSCE commitments and principles." ANI

## Trump's legal team seek postponement of documents trial



The legal team of United States' former President Donald Trump has asked the federal judge to postpone his trial on charges of illegally retaining classified documents after he left office, said that the proceeding should not begin until all "substantive motions" in the case were resolved, The New York Times reported. The former president's legal team, on Mon-

day, argued in a court filing that no trial date should be set until all "substantive motions" in the case were resolved, setting up an early key decision by Judge Aileen M. Cannon.

If granted, it could push Trump's trial into the final stages of the presidential campaign in which he is now the Republican front-runner or even past the 2024 election. While timing is

important in any criminal matter, it could be hugely consequential in Trump's case, in which he stands accused of illegally holding on to 31 classified documents after leaving the White House and obstructing the government's repeated efforts to reclaim them. The filing came in response to one submitted last month by prosecutors working for the special counsel, Jack Smith, who requested a trial date of December 11. Judge Cannon, appearing to adopt the brisk calendar mandated by the Speedy Trial Act, had initially scheduled the case to go to trial in August, reported The New York Times.

Trump's lawyers pitched their request to Judge Cannon as a plea for cautious deliberation and as a means of safeguarding democracy. ANI

## South Korea says North Korea fired ballistic missile towards East Sea

North Korea on Wednesday fired an unspecified ballistic missile towards the East Sea, Yonhap news agency reported citing the South Korean military. South Korea's Joint Chiefs of Staff announced that it detected the ballistic missile launch. It did not give further details regarding the launch, the report said. Pyongyang fired the ballistic missile amid tensions caused by North Korea's accusations against US Spy aircraft operations earlier this week. Previously, North Korea launched the ballistic missile on Jun 15, Yonhap news agency reported.

North Korea has accused the

United States of illegally flying over the economic zone eight times and warned of counter-action, state media Korean Central News Agency (KCNA) reported on Tuesday.

Kim Yo Jong, North Korean leader Kim Jong Un's sister, in a press statement, said, "In case of repeated illegal intrusion, the US forces will experience a very critical flight." She also claimed that South Korea had again impudently taken the lead in denying the encroachment on North Korea's sovereignty and still the nation assert that it was a "normal flight of the 'ROK' and the US." ANI

## Afghanistan: Four people publicly flogged by Taliban

Taliban's Supreme Court has announced that four people including a woman have been publicly flogged on accusations of committing "immorality" in Kabul's Paghman district, Khaama Press reported. The Khaama Press is an online news service for Afghanistan.

As per a news release, the people were arrested from Kabul's Kargha area. The convicts have been sentenced to three months of imprisonment by Taliban officials.



Taliban's Supreme Court in a press release on Wednesday stated that after the verdict was issued, Taliban officials publicly lashed criminals in the Paghman district court in the presence of government of-

ficials and some common people.

Each convict was sentenced to twenty lashes and one-month imprisonment, the news release stated. The Taliban after seizing power in August 2021, resumed practising physical punishment among the ordinary people. Meanwhile, Human Rights advocacy groups have repeatedly stated in their reports that convicts do not have access to a legal and standardized judicial system in Afghanistan under the Taliban. ANI

## Marriage in China: Young people reject tying knot, but why?

China's slow economy, high unemployment rate and the wave of corporate layoffs have become major decision drivers in the younger generation's lives that they continue postponing major life decisions and contribute to a record-low marriage-rate > marriage rate, The New York Times reported. Grace Zhang, a tech worker who had long been ambivalent about marriage, spent two months in the barricaded space during the lockdown of Shanghai last year. And when she came out of lockdown, her sense of optimism faded.

When China reopened in December, Zhang felt that working back in the office could help her

in restoring the positive outlook but the rising layoffs have just confused her. She has a boyfriend but no immediate plans to marry, despite frequent admonishments from her father that it's time to settle down, according to New York Times. "This kind of instability in life will make people more and more afraid of making new life changes," she said.

The number of marriages in China declined for nine consecutive years, falling by half in less than a decade. Last year, about 6.8 million couples registered for marriage, the lowest since records began in 1986, down from 13.5 million in 2013, according to government data released last month. ANI

# Expression

## Adolescent Counseling is beneficial to young person - I



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Adolescent counseling is counseling (or therapy) specifically for children and teens who need help with their mental health. Child and adolescent counseling is beneficial to truly any young person. But for those who suffer, it's critical. Mental health counseling can prevent adolescents from experiencing mental health crises and also help those in need of extra mental health support.

Adolescent counseling is essential for an adolescent who is dealing with anxiety, depression, or trauma. Substance use in adolescents is a serious issue that needs to be addressed in adolescent counseling. Moreover, children and adolescents who are discovering their sexual orientation or experiencing gender dysphoria can benefit from child or teen therapy.

For the purposes of this article, we will use "counseling" and "therapy" as well as "counselor" and "therapist" interchangeably, although they are different. Read on to learn what adolescent counseling is, the benefits of teen counseling, the different types of counseling, and how Newport Academy supports adolescents who require mental health treatment. We'll also answer the question "How do I know if my teenager needs counseling?"

Adolescent counseling should always be provided by a licensed, professional counselor. There are many different types of teen therapy that include individual, group, family, trauma, and experiential modalities. Benefits of teen counseling include better emotion regulation, stronger family relationships, and higher self-esteem. The main difference between counseling and therapy is that counseling typically addresses a specific issue while therapy is a more in-depth approach to heal underlying trauma.

### What Is Adolescent Counseling?

There are various types of child and adolescent counseling. When an adolescent is having trouble with their mental health, it's important for parents to consider adolescent

therapy with clinical mental health counselors. School professionals are also among the first to notice when a teen can benefit from adolescent counseling.

Clinical mental health counseling for teens can include the involvement of family members, usually parents or other guardians/caregivers. There are also various types of professional counseling for adolescents. All adolescent counseling should be facilitated by trained and licensed clinicians in the counseling profession.

### Why Is Child and Adolescent Counseling Important?

Child and adolescent counseling gives kids and teens a safe place to work through mental health challenges. If mental health issues go untreated, adolescents could end up in crisis. Counseling can avert crises. Teenage counseling can also support the well-being of children who aren't in crisis but could benefit from additional support.

Adolescence is an intense stage of life. As they move through the stages of adolescence, hormonal changes and puberty can wreak havoc on teens' physical and emotional well-being. There are many external factors disrupting the mental health of today's teens, including social media, constant stimulation, fear about world events and climate change. In addition, adolescents deal with perennial issues like peer pressure, self-esteem issues, and bullying.

Counseling for teens helps adolescents learn healthy coping skills and set realistic goals. Clinical mental health counseling provides a safe space for teens to explore distressing thoughts and emotions, work through childhood trauma, and build stronger connections with family members.

### Types of Adolescent Counseling

There are various approaches to adolescent counseling. Different modalities of therapy work better for different people. It's important for parents to find a counselor who does adolescent specialization and has years of experience working with adolescent populations.

At Newport Academy, we offer many different types of therapy and clinical mental health counseling. Some of these types of therapy are:

- Individual therapy
- Family therapy
- Group therapy
- Trauma therapy



- Experiential therapy (art, music, play therapy, Equine and Adventure)

### Individual Therapy

In individual therapy, adolescents receive counseling tailored to their individual mental health needs. The child and adolescent therapist, who is clinically trained to work with young people, will work directly with the client in individual child and adolescent therapy sessions.

### Family Therapy

Another type of therapy that is available to adolescents is family therapy. This is often a good option for family members who are concerned about their adolescent's mental health. Clinical mental health counselors that specialize in family therapy will work with the family's dynamics as part of treatment. At Newport Academy, we believe family involvement is an essential aspect of achieving long-term healing from adolescent mental health issues.

### Group Therapy

In group counseling, adolescents get the chance to relate to other young people who are experiencing similar mental health challenges. Clinical mental health counselors trained in group dynamics provide a safe setting for children and adolescents to share their experiences with each other and the therapist. This type of therapy helps adolescents feel less alone and to receive therapeutic benefits from their peers as well as the mental health counselor.

### Trauma Therapy

Trauma counseling for teens can be done in an individual setting or group counseling setting. Adolescent trauma is, unfortunately, common for many of our clients. All clinical mental

health counseling at Newport Academy is trauma informed. This means that we treat every one of our clients as if they have experienced trauma, because most of them have in some form. We use language and interventions that are designed to make the adolescent feel safe and avoid trauma triggers.

### Experiential Therapy

There are many ways to conduct adolescent counseling that aren't just talk therapy. At Newport Academy, we offer a variety of experiential therapies. These include professional counseling modalities such as yoga and meditation, Equine-Assisted Learning, music therapy, art therapy, Adventure Therapy, fitness activities, horticulture therapy, Mixed Martial Arts, culinary arts, and community service (depending on location). All these different modalities are avenues for adolescent counseling that aren't traditional therapy but can be just as beneficial for child and adolescent mental health.

### Teenage Counseling Techniques

We've already discussed the different types of therapy for adolescents, but let's dive a little deeper into how child and adolescent counseling works. When counselors work with adolescents, they start by building a rapport with their clients. The therapeutic relationship is one of the most important, if not the most important, part of therapy. If the child or adolescent doesn't trust the therapist or feel safe in their care, no progress will be made.


(..... to be Continued)

# Entertainment



## Story attracts me to a brand, not money: Alia Bhatt on entrepreneurial pursuits

When it comes to lending support to a business idea, actor-producer Alia Bhatt on Wednesday said the "story" behind the brand is a motivating factor for her and not money. The actor was in the capital to attend the launch of Prime Video's "Mission Start Ab", a business reality series in partnership with the Office of the Principal Scientific Adviser (PSA) to the Government of India. Alia, also the founder and sole investor of children's clothing brand Ed-a-Mamma, said she will always be a storyteller first. She launched her production banner Eternal Sunshine Productions in 2021. PTI



## Farhan Akhtar celebrates 10 years of 'Bhaag Milkha Bhaag', pens down note

Actor Farhan Akhtar's biopic drama film 'Bhaag Milkha Bhaag' clocked 10 years on Wednesday. To mark the occasion, Farhan took to Instagram and shared a poster of the film and wrote, "It's been 10 years since the release of a film that has meant a lot in my career and in my life. The fact that it also holds a dear place in your hearts is the cherry on top. Your love gave justification to the effort and sacrifices. Thank you from the bottom of my heart again.. and to Rakeysh for making me a part of celebrating the legendary Milkha! #10YearsOfBMB #10yearsofbhaagmilkhabhaag." ANI



## This is what Suhana, 'The Archies' gang did in Sao Paulo

The Archies' star cast can't get over the enthralling experience in Brazil at Tudum 2023 fan event on Tuesday as Suhana Khan shared the behind-the-scenes video. Taking to Instagram Suhana treated fans with a glimpse of 'The Archies' members. In the video, Suhana, Khushi Kapoor, Agastya Nanda, and others can be seen dancing, posing and exploring Sao Paulo. They also indulged in some fun activities like roller skating. The video concluded with a glimpse of their performance at the Tudum event on the stage. Sharing the video, she wrote, "Life with The Archies: Sao Paulo Edition." As soon as the video was uploaded, fans and industry members chimed in the comment section.