



Many churches were vandalised in Faisalabad, Pakistan over blasphemy

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## Muslim boy accompanying a Hindu girl was trashed by right-wingers

The viral video of a Muslim boy being beaten up at Bandra Terminus railway station in Mumbai has circulated hugely on social media. The video shows that a group of people are thrashing a Muslim boy at Bandra Terminus railway station. A police officer can also be seen in the video, though he does not

interfere. The accusation is that the Muslim boy was accompanying a Hindu girl, and he was attacked by members of a right-wing outfit.

The incident reportedly took place on July 21. Despite several days passing since the incident, no complaint has been lodged and no

arrests have been made. Around 8 to 10 people started beating up the Muslim boy at Bandra station, while chanting "Jai Shri Ram" and "Vande Mataram".

Reacting to the viral video, AIMIM leader Waris Pathan said that if anyone makes a mistake, there is

the law for that, but who gave anyone the right to beat someone in such a manner? Meanwhile, a police officer from Nirmal Nagar informed that they have taken cognisance of the viral video and are currently investigating the matter. So far, no case has been registered.

## Bittu Bajrangi arrested for stirring violence in Haryana's Nuh

Editoritis



Dr. Vaidehi

On July 31st the clashes between two groups started over an attempt to stop a religious procession that was organised by the Vishwa Hindu Parishad (VHP). Six people, including two Home Guards and a Mosque cleric, were killed in the violence that later spilled over to Gurugram, Palwal, Faridabad and other districts of Haryana. Several vehicles, food joints, and shops were set on fire by unruly mobs. Cow vigilante Monu Manesar sparked the communal clashes in the district. Manesar is said to have posted a video on social media in which he claimed to be attending the Nuh religious procession and called on his supporters to come out in large numbers. After a lot of uproar by the opposition, a special investigation team (SIT) was formed

to investigate the role of Manesar clashes.

Then a mahapanchayat organised by a Hindu outfit in Palwal demanded Nuh district be abolished. They want this area to be made cow slaughter free, a committee of 51 people decided at the meeting. The committee also decided to resume the Jalahishek Yatra again on August 28 in Nuh. The mahapanchayat called for strict laws for people coming from other countries. More than 390 people have been arrested and 118 others detained in connection with the violence but mainstream media treated this issue as TRP material.

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# Editoritis

# Bittu Bajrangi arrested for stirring violence in Haryana's Nuh

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*Bajrang dal is the youth wing of Vishwa Hindu Parishad, and follows Hindutva ideology. Bittu Bajrangi heads the Faridabad Gau Raksha Bajrang Force, a cow vigilante group.*

*Gau Raksha Bajrang Force, a cow vigilante group. The group describes itself as an "animal rescue service" on social media.*

*Its social media pages have provocative content, with many posts on "love jihad" - a term used by right-wing activists to allege a conspiracy by Muslims to convert Hindu women.*

Schools, colleges and other educational institutes were closed for a long time. Bus services of Haryana State Transport were also out of service, the internet was blacked. The violence was growing but there was no control. There was a continuous blame game, one community was at the target.

Now finally, Bittu Bajrangi, head of a cow vigilante group in Faridabad is arrested for communal clashes in Haryana's Nuh. Bajrangi, also called Rajkumar, faces multiple charges, including rioting, armed robbery and criminal intimidation. Bajrang dal is the youth wing of Vishwa Hindu Parishad, and follows Hindutva ideology. Bittu Bajrangi heads the Faridabad Gau Raksha Bajrang Force, a cow vigilante group. The group describes itself as an "animal rescue service" on social media. Its social media pages have provocative content, with many posts on "love jihad" - a term used by right-wing activists to allege a conspiracy by Muslims to convert Hindu women.

Bittu Bajrangi is known to be an aide of wanted Bajrang Dal leader Monu Manesar, also under the scanner for the violence in Nuh. Manesar, who is wanted over his alleged role in the killing of two Muslim men earlier this year, is yet to be arrested. As he evades arrest, Manesar continues to post stirring material on social media.

Bittu Bajrangi was present during the yatra. Bittu Bajrangi was arrested earlier on August 4, and was out on bail. According to a senior police officer, Bittu Bajrangi and his associates brandished weapons during the procession that was attacked by a mob. The weapons were seized by police, but Bajrangi and his aides allegedly attacked a police vehicle and snatched them back. The FIR against Bittu Bajrangi and at least 15 others accuse them of rioting, unlawful assembly, obstructing a public servant from discharging duty, armed robbery and criminal intimidation. They have also been charged under provisions of the Arms Act.

Founded in 1984, the Bajrang Dal is a division of Vishwa Hindu Parishad. The Vishwa Hindu Parishad had started to conduct Ram-Janaki Rathayatra in the city of Ayodhya in Uttar Pradesh after a few years of its forming (in 1964). These yatras were aimed at awakening the society. Though this was not aimed at any particular religion, many sections

created communal tensions during this yatra and claimed it to be pro-Hindu movement. The Hindu saints in the Vishwa Hindu Parishad finally in 1984, called upon interested youths to protect this yatra. To protect Ram-Janaki, Bajrangi was always there. So the group of youth protecting the Ram-Janaki Rathayatra called themselves Bajrangis. Now this group is spread all over the country.

The main objectives of Bajrang Dal on the present day is to build the Krishnajanmabhoomi temple in Mathura and the Kashivishwanatha temple in Varanasi, which are currently disputed places of worship. Other goals include protecting India's HINDU identity from the perceived dangers of communism, the prevention of cow slaughter, prevention of love jihad and also the Hindu conversions to Islam and Christianity. It is working to reverse the effects of Islamic invasion and British imperialism. In the name of Cow Protection, they have indulged in vigilante activities, targeting Muslims and lower caste Hindus, mostly Dalits.

Scores of poor dairy farmers, be it Muslims and Hindus have been mercilessly beaten and murdered at the hands of these inglorious members. They do a lot of moral policing against couples who celebrate Valentine's Day, and Public displays of Affection. However, in recent times, some of these goons have been arrested and charged under serious offenses. Supporting casteism and suppressing the voice of Dalits (even beating them black and blue), who have ultimately converted to other religions like Buddhism, Islam, and Christianity, since they get treated with contempt, disrespect. They display their muscle power whenever they get a chance to dominate a particular sect.

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Editor

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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.

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## Letters to the Editor

### Independence Day celebration

Another Independence Day has passed us by. Lofty speeches have been delivered, patriotic songs have been sung, flags have been hosted, paper flags have been distributed. It's celebration of our independence! Now, what next? Was it only a one-day affair? Can we look back at all the mess we may have left behind? The waste that we may have generated from the celebrations. What about the flags that may have been scattered all over the place and trampled upon by us? Where is our patriotism that we so happily and proudly displayed just a day earlier. Was it only a One-Day affair?

Melville X. D'Souza

### Unity In Diversity

The tricolor stands for unity in diversity. Gandhiji wrote charkha (spinning wheel) is not just a cotton spinning device that will provide employment and income to the poor, but it means much more. It also became a symbol of an unbreakable bond between the poor and the rich, capital and labour, with simplicity, humanity and non-harm. Overall, the wheel became a symbol of non-violence.

N Ashraf

### Cattle menace

The incident in Chennai in which a stray cow gored a nine-year-old girl, inflicting serious injuries, is shocking. Stray cows and buffaloes are a common sight in roads in cities and towns, causing traffic jams and scaring road users and pedestrians. Such cattle should be confiscated and owners heavily fined.

Jahangir Shaikh

### Show respect for our National Flag

Our National flag is a symbol of the nation's pride and respect. There is liberal use of the flag on Independence Day and Republic Day. There is a new trend of selling flags made of paper and plastic, which is incorrect. With a sense of national pride, people enthusiastically buy such flags but the very next day, we find them being trampled upon on roads and thrown into dustbins. By allowing this to happen, people forget that they are insulting the flag.

Often, these flags are burnt along with the garbage. It is the duty of every individual to maintain proper respect towards their National flag. We also commonly see people waving the National flag proudly during national, cultural and sporting events. However, once the programme or the event gets over, we see the flags strewn all over the place. This disrespect towards our flag must be stopped.

Even when the national anthem is played on radio or on television, people don't stand still and sing along. They are busy cooking in the kitchen or are busy talking on their mobile phones. As Indians, we should respect our country's national flag, national anthem and national song.

Jubel D'Cruz

# Freedom of Press



India is a secular country and after getting Independence on 14th August 1947, we have the right to express your views and nobody can stop you from giving valuable suggestions. Newspapers play a positive role in bringing the views of the readers by including them in Letters to the editor column. It give an opportunity to the reader to give his frank opinion.

"India is my country and all the Indians are my brothers and sisters" goes a long way. The Government is by the people of the people and for the people and we get freedom of speech and open your mind in public. Pen is mightier than sword is true. National Integration is the hall mark of the Indian sub-

continent.

India is a linguistic country and we have many newspapers in different languages to express your views. The hype, hoopla and hysteria about sensitive issues figure out in newspapers and the people are given an open page, thanks to the media. For example, the spate of suicides of Farmers figure out prominently. Secondly, the atrocities committed on women are given pride of place. But such types of news should not be used for increasing the sales of the publication. We in India get a boost to call shots when it is really required.

We need not fear exposing the right things and try to provide solutions in the right way. In cities, the platform height is abnormal and

hence pedestrians failed to use the same. By sending suggestions, the Corporation provided slopes at certain places and provided steps to climb and use the platforms. Road repairs at focal points are also taken on war footing if you provide clippings of the damages caused to the roads during the monsoon season. The increase of slums at posh localities is also a matter of great concern and taken up before the situation goes out of hand.

- Jayanthi Subramaniam

Columnist

Readers are requested to mail Letters to the Editor only at

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**No postal letters will be entertained**

(The views expressed are authors' own.)

City

## Bail on medical grounds: NCP leader Nawab Malik likely to be released



Nationalist Congress Party (NCP) leader Nawab Malik, who was granted two months' interim bail by the Supreme Court on medical grounds, is likely to be released today after completion of bail formalities before the special court in Mumbai.

On Monday, his lawyers submitted the order passed on Friday by the apex court. The special court directed his release on a bond of Rs 50,000 along with a surety. He has also been directed not to make any statement to the media.

## NCP chief Sharad Pawar will not join hands with BJP in his lifetime, says Sanjay Raut

Shiv Sena (UBT) MP Sanjay Raut on Wednesday claimed that Nationalist Congress Party president Sharad Pawar will not join hands with the Bharatiya Janta Party (BJP) in his lifetime. Raut further claimed a Prime Minister of the opposition INDIA alliance will hoist the national flag at the Red Fort in Delhi next year 2024 and the country is waiting for that "auspicious" moment.

"I don't think Sharad Pawar will join hands with the BJP till the time he lives. He is rebuilding



his party," the Rajya Sabha member said.

Sharad Pawar's party is

an ally of the opposition Shiv Sena (UBT) and Congress in Maharashtra.

## Parsis celebrate Navroz in Mumbai, Thane



The Parsi community is celebrating their New Year today. Several members from the community were seen offering prayers at

the fire temple in Mumbai and Thane, this morning. Parsi New Year, which is also called Navroz or Nowruz, marks the beginning of spring and the renewal of

nature. In Persian, 'Nav' means new, and 'Roz' stands for the day, this literally translates to 'new day'. Navroz celebration is believed to date back to the time when Prophet Zarathustra founded Zoroastrianism, one of the earliest known monotheistic religions in the world, in Persia (now Iran). It was one of the most important religions in the ancient world until the emergence of Islam in the seventh century. During the Islamic invasion of Persia, several Persians fled to India and Pakistan. Since then, their festivals have become a part of Indian festivities and are celebrated by people from diverse cultures.

## 2 held over clip of Pakistan's Independence Day as their social media status

Two college students were arrested in Mumbai for posting a video clip of Pakistan's Independence Day celebration as their social media status, news agency PTI reported today. The teenagers had posted a clip of Pakistan's flag on their Instagram story status, the Colaba police said. A Colaba-based businessman



brought it to the notice of the police, claiming this could affect the social climate.

## Metro 4 & 4A car depot land issue to be resolved

The issue of a depot at Mogharpada for Metro lines 4 and 4A between Wadala and Thane is expected to be resolved. The urban development department will bring a proposal before the state cabinet to compensate the land owners. Initially, MMRDA had planned a depot on an area measuring 41 hectares but subsequently reduced the demand to 35 hectares. Over 100 acres (41 hectares) of class II government land at the village



was required to construct the car shed which was opposed by 167 residents, who staked claim saying they were tilling the

land for the last several decades and would be rendered without livelihood if it was acquired without compensating them.

## Fadnavis to attend BJP core committee meet in Delhi

Meanwhile, Maharashtra Deputy Chief Minister Devendra Fadnavis will attend a BJP core committee meeting in Delhi to discuss poll plans for six states today. Fadnavis on Monday said that the state will play a significant role in accomplishing Prime Minister Narendra Modi's ambitious goal of making the country a five trillion-dollar economy. Addressing a gathering on the Independence Day after hoisting the national flag in his hometown Nagpur, Fadnavis said: "The PM's dream is to make India a five trillion-dollar economy. I



believe Maharashtra will play a leading role in realising this dream. The state's contribution will be maximum to the one trillion dollar economy."

## Nation

# “Whole of India is Modi’s home...” says AIADMK’s Thambidurai over Tricolour taunt to Kharge



members. Therefore, Red Fort is the only place in the country where he can and will raise the national flag. Kharge may have his own family but for PM Modi, the entire country is his home and family. So, what Kharge said is correct. Red Fort is his (PM Modi's) house and he will hoist the national flag at his house next year as well."

Reacting to PM Modi's remarks that he will showcase the strides the country has made on the next Independence Day, during his address to the nation from the ramparts of the Red Fort on Tuesday, August 15, the Congress national president, who skipped the main event at the Red Fort, said, "He will hoist the national flag once again next year but at his home." ANI

Hitting back at Congress national president Mallikarjun Kharge over his remark that Prime Minister Narendra Modi will hoist the tricolour at his home next year, AIADMK leader M Thambidurai on Wednesday said the whole of India was the PM's home and he will raise the national flag at

Red Fort next Independence Day. Speaking to ANI on Wednesday, the leader of the AIADMK, which is a partner in the ruling National Democratic Alliance (NDA) at the Centre, said, "The whole of India is PM Modi's home. He doesn't have a family of his own and, hence, considers fellow countrymen as family

## Chandrayaan-3 : It completes last moon-bound manoeuvre, ahead of separation

Indian Space Research Organisation (ISRO) on Wednesday successfully carried out the final orbit reduction manoeuvre of the Chandrayaan-3 spacecraft, a week ahead of its scheduled landing on the moon. "Today's successful firing, needed for a short duration, has put Chandrayaan-3 into an orbit of 153 km x 163 km, as intended. With this, the lunar bound manoeuvres are completed," ISRO said today.

The spacecraft that was

launched from the Satish Dhawan Space Centre in Andhra Pradesh's Sriharikota on July 14 this year is expected to touchdown on the South Polar region of the Moon on August 23.

A GSLV Mark 3 (LVM 3) heavy-lift launch vehicle was used for the launch of the spacecraft that was placed in the lunar orbit on August 5 and since then it has been through a series of orbital manoeuvres been lowered closer to the moon's surface. Today's fifth and final

orbit-reduction manoeuvre was performed from ISRO Telemetry, Tracking and Command Network (ISTRAC) in Bengaluru. With the lunar-bound manoeuvres now concluded, ISRO said that the focus of the Chandrayaan-3 mission shifts towards the next stages of preparations as the Propulsion Module and the Lander Module gear up "for their separate journeys." Separation of the Lander Module from the Propulsion Module is planned for August 17. ANI

## Uttarakhand: House was collapsed near Joshimath leaves two dead and five injured

Two Nepalese nationals were killed and five others injured when a house collapsed at Helang near subsidence-hit Joshimath in Uttarakhand's Chamoli district, officials said on Wednesday. There were seven people inside the two-storey house when it collapsed at around 8 pm on Tuesday. Rescue operations

were launched immediately after the incident. One of them died on the spot while the other succumbed to injuries at a hospital early on Wednesday, they said. Five people have been rescued from the rubble of the house out of whom two are in a serious condition, he said. The house was built near a crusher unit on the banks of

the Andalusians river. People working in the crusher unit were living in the house. The deceased were identified as Anmol (19) and Prince (21), both from Nepal. Earlier this year, several houses in Joshimath were damaged due to land subsidence and since the onset of the monsoon, the problem has aggravated. PTI

## Museum Name Change: “Would request anyone, who has any doubts...” says PM museum vice chairman



Prime Ministers' Museum and Library (PMML) Vice Chairman of Executive Council, A Surya Prakash on Wednesday said the new museum showcases the achievements and the contributions of Jawaharlal Nehru to the nation, adding that those dubious about the same should visit it. Speaking to ANI on Wednesday, A Surya Prakash said, "Anyone visiting the Nehru Memorial Museum and Library (NMML) can see how we have showcased Nehru, his temples of modern India, the Hirakud Dam, Nagarajuna Sagar Dam, his idea of setting up institutes of technology, and Planning Commission in his 17-year tenure as PM at the Teen Murti

Bhavan."

"We have documented and showcased his phenomenal and exemplary body of work that went into nation-building. I would request anyone, who has any doubts about how we have showcased Nehru, to come and take a look at the museum today," he added. Earlier, on Wednesday, hitting out at the Centre over the official renaming of the Nehru Memorial Museum and Library (NMML) in the national capital, Congress leader Jairam Ramesh said Prime Minister Narendra Modi can never take away the gigantic contributions of Jawaharlal Nehru in the country's freedom struggle. ANI

## Haryana's Nuh clash: VHP disassociates itself from cow vigilante Bittu Bajrangji arrested in clash



The Vishva Hindu Parishad on Wednesday disassociated itself from cow vigilante Bittu Bajrangji arrested in connection with the communal clashes in Haryana's Nuh district. "Raj Kumar alias Bittu Bajrangji, who is said to be a Bajrang Dal worker, has never had any relation with Bajrang Dal. The Vishva Hindu Parishad (VHP) also does not consider the content of the video allegedly released by him

to be appropriate," the right-wing outfit said in a statement. Bajrang Dal is the youth wing of the VHP. Bajrangji was arrested on Tuesday in connection with the communal clashes that erupted in Nuh on July 31, police said. He was questioned in connection with a fresh FIR registered against him and 15-20 others at Nuh's Sadar Police Station based on a complaint filed by Assistant Superintendent of Police Usha Kundu. PTI

World

# Russia launches attack at Ukraine's Odesa port



Russian forces launched a drone attack and damaged a port on the Danube River in Ukraine's southern Odesa region overnight, CNN reported on Wednesday citing a Ukrainian official. In the Telegram, head of the Odesa regional military administration Oleh Kiper said, "The main target is port and grain infrastructure in the south of the

region" on the Danube.

He further stated that no casualties were reported. Ukraine's Operational Command in the south said Russia hit the territory where one of the ports lie, destroying hangars with grain and agricultural machinery. Ukraine's Air Force on Wednesday said that it had destroyed 13 Shahed drones over Odesa and the

neighbouring Mykolaiv region. Meanwhile, Ukraine claimed that its forces have recaptured the village of Urozhaine in the eastern Donetsk region, where fierce battles have taken place in recent days, reported CNN. "Ukrainian defence forces took control of Urozhaine," and are consolidating their positions, Andrii Kovaliov, spokesperson for the General Staff of the Armed Forces of Ukraine, said on national television Wednesday morning.

Urozhaine, located about 100 kilometres southwest of Russian-occupied Donetsk city, lies near the village of Staromaiorske, which Ukrainian soldiers recaptured about two weeks ago. "Urozhaine was liberated," Ukraine's Deputy Defense Minister Hanna Maliar said on Telegram. ANI

# Nepal's CIB arrests four Chinese nationals in gold smuggling case



Nepal's Central Investigation Bureau (CIB) of Nepal Police has arrested four more Chinese nationals in connection with the gold smuggling attempt from the Tribhuvan International Airport that took place on July 18 this year. The CIB arrested the suspected Chinese nationals from various locations of Kathmandu after an overnight search and capture operation, the Central Spokesperson of Nepal Police confirmed on Wednesday.

"Three men and one woman have been arrested from various locations of Kathmandu in an

overnight operation. They were presented before the Kathmandu District Court for extension of their detention period," Deputy Inspector General (DIG) Kuber Kadayat confirmed ANI over phone.

CIB has requested the court's permission to detain them for five days for investigation. The court has already granted 17 people who were arrested earlier to be detained for the same period. Earlier, after a 19-day investigation, the DRI entrusted the responsibility of further investigation into the gold smuggling case to the CIB. ANI

# Many churches were vandalised in Faisalabad, Pakistan over blasphemy allegations



Multiple churches have been vandalised in the Jaranwala district of Pakistan's Faisalabad on Wednesday over blasphemy allegations, Pakistan-based Dawn reported citing officials. Speaking to Dawn, Imran Bhatti, the pastor of the Jaranwala tehsil said that the Salvation Army Church, United Presbyterian Church,

Allied Foundation Church and Shehroonwala Church located in Isa Nagri region were ransacked. Bhatti further said that the house of a Christian cleaner, who was accused of blasphemy, has also been demolished.

Punjab police chief Usman Anwar said that the police were holding negotiations with the protesters and the area had been

cordoned off. Speaking to Dawn, the provincial police chief said, "There are narrow lanes [in the area] in which small two to three marla churches are located and there is one main church ... they have vandalised portions of the churches."

The official further said that efforts were being made to control the situation by situation by engaging with peace committees. The official said that the police in the province had been activated. Usman Anwar said, "The assistant commissioner of the area, a member of the Christian community, has also been evacuated after people turned against him," Dawn reported. Meanwhile, Christian leaders said that the police remained silent spectators, the report said. President Bishop of the Church of Pakistan Azad Marshall said Christians were being tortured and harassed. ANI

# Russia appreciates efforts of India and other countries for promoting realistic solution over ongoing Ukraine conflict

Russian Foreign Minister Sergey Lavrov lauded India and other global south countries for promoting "fair and realistic" settlement solutions for the ongoing Ukraine conflict. He said that the proposals by the developing world are based on the understanding of the true causes and nature of ongoing developments.

"We appreciate China, Brazil, South Africa, Egypt, India and other Global South countries' sincere interest in promoting the quest for fair and realistic settlement avenues," Lavrov said while addressing the 11th Moscow Conference on International Security on Tuesday (local time). "President Vladimir Putin and our country's leadership have repeatedly spoken about this," he said according to a statement released by the Russian

Foreign Ministry. "It is critically important that the proposals coming from our friends in the developing world are based on a clear understanding of the true causes and nature of ongoing developments as fallout from the West's efforts to undermine the principle of indivisibility and security," Lavrov said.

At the conference, Lavrov accused the US of undermining the Treaty on the Non-Proliferation (NPT-Treaty) of Nuclear Weapons through its support of Ukrainian forces in its conflict with Russia. "The United States has ditched a number of key arms control and non-proliferation agreements. It is also feared that now it is ready to impinge upon the Treaty on the Non-Proliferation of Nuclear Weapons, one of the core elements of the global security architecture," he said. ANI

# How does meditation help you achieve skills or confidence



Vijay Garg

Retired Principal Educational Columnist Malout Punjab

Self-doubt is a common and normal feeling that can affect anyone, regardless of their achievements, skills, or confidence. It can make you question your abilities, decisions, and worth, and hold you back from pursuing your goals and dreams. However, self-doubt is not a permanent or fixed state of mind. You can overcome it by cultivating a more positive and realistic self-image, and one of the most effective ways to do that is through meditation.

## What is meditation?

Meditation is a practice of focusing your attention on a chosen object, thought, or sensation, such as your breath, a mantra, or a sound. It can help you calm your mind, relax your body, and enhance your awareness of the present moment. Meditation can also help you develop mindfulness, which is the ability to observe your thoughts and feelings without judging or reacting to them. Mindfulness can help you recognize and challenge the negative and distorted beliefs that fuel your self-doubt.

## How does meditation help you overcome self-doubt?

Meditation can help you overcome self-doubt in several ways. First, it can reduce your stress and anxiety, which are often linked

to low self-esteem and insecurity. By lowering your cortisol levels and activating your parasympathetic nervous system, meditation can make you feel more calm, balanced, and resilient in the face of challenges. Second, meditation can increase your self-compassion, which is the ability to treat yourself with kindness, understanding, and forgiveness. By cultivating a more supportive and friendly attitude towards yourself, you can reduce your self-criticism and boost your self-confidence. Third, meditation can improve your cognitive and emotional skills, such as attention, memory, creativity, and empathy. By enhancing your mental and social abilities, you can perform better in various tasks and situations, and feel more competent and valued.

## How to start meditating?

If you are new to meditation, it may seem intimidating or complicated, but it doesn't have to be! You can start with a simple and short practice that fits your level and preference. To begin, find a comfortable and quiet place without any disruptions. Sit or lie down in a relaxed posture, with your spine straight and shoulders relaxed. Close your eyes or lower your gaze, and take a few deep breaths to settle your mind and body. Select a focus for your meditation like your breath, a word, a sound, or a sensation. Bring your attention to this focus and keep it there as much as possible. If your mind wanders, which is normal, simply notice it and return to the focus without judgment. You can do this for as long as you wish; start with



5-10 minutes and gradually increase the duration as you become more comfortable. When you are ready to end the meditation, slowly open your eyes and take a moment to notice how you feel.

## How to make meditation a habit?

Consistency is a key factor for overcoming self-doubt, and meditation can be an effective tool to reap its benefits. However, establishing a regular meditation habit can be difficult if you have a busy schedule, distractions, or resistance. Here are some tips to help make meditation a habit: set a specific time and place for your practice, use a reminder or an alarm to prompt you, start with a small goal and gradually increase it, track your progress and reward yourself for achievements, and find a support system or community to encourage you and hold you accountable. You can join a meditation class, group, or

online platform, or find someone who can meditate with you.

## How to deal with challenges and obstacles?

Meditation is not a quick fix for self-doubt, but a skill that demands practice, patience, and dedication. You may experience obstacles and challenges that make you feel discouraged or hopeless. If you lack time, prioritize meditation as a part of your self-care routine and find ways to fit it into your schedule. If you lack motivation, remind yourself of the reasons and benefits of your practice or use positive affirmations to boost your enthusiasm. If you don't see results, be patient with yourself and remember that meditation is a process of learning and growth. Notice the subtle changes in your mood, behavior, and attitude to measure progress instead of expecting dramatic

## Entertainment

### Angelina Jolie appoints 15-year-old daughter Vivienne as her assistant on upcoming Broadway production

Angelina Jolie has hired her youngest daughter, Vivienne Jolie-Pitt, 15, to be her assistant on the upcoming Broadway production of 'The Outsiders', reported Page Six. "Viv reminds me of my mother in that she isn't focused on being the centre of attention but in being a support to other creatives," Jolie said in a statement, referring to her mother, Marcheline Bertrand, who was an actress and producer until her death in 2007.

"She's very thoughtful and serious about theatre and working hard to best understand how to contribute," the actress added. ANI



### Beyonce shows support for singer amid sexual harassment allegations

Pop queen Beyonce showed support to American rapper Lizzo amid her ongoing lawsuit filed by her former dancers. Earlier this month, three of Lizzo's former dancers filed a lawsuit against her, claiming she pushed them to attend a sex show in Amsterdam's famed Red Light District and then pressured them to engage with the performers, Variety reported.

The dancers alleged sexual, religious and racial harassment, disability discrimination, assault and false imprisonment, among a slew of other charges. Days after dancers levelled allegations against Lizzo, Beyonce came out and voiced her support for the former, People reported. ANI

### Gulshan Devaiah says he got inspiration from Mithun Chakraborty, Sanjay Dutt for 'Guns & Gulaabs' character

For his role of menacing assassin 4-cut Atmaram in the upcoming Netflix series "Guns & Gulaabs", Gulshan Devaiah says he derived inspiration from Mithun Chakraborty and Sanjay Dutt's movies which he watched as a teenager in the 1990s. Inspired by the misfits of the world, the '90s set comedy crime thriller series is directed by Raj Nidimoru and Krishna DK. It follows the story of a lovestruck mechanic Paana Tipu (Rajkummar Rao), a reluctant heir to a ruling gang (Adarsh Gourav), an honest officer-turned-agent-of-chaos (Dulquer Salmaan), and a menacing killer 4-cut Atmaram. From Dutt's iconic mullet hair he sported in "Saajan" and "Khal Nayak" to Chakraborty's retro dressing style, Devaiah said audiences will be able to see many references from the 1980s and 1990s in the show. PTI

