

- Services in Lumding-Badarpur hill section have been suspended due to massive landslide caused by NHAI's improper road repair works, impacting passenger & freight movement in northeastern states.
- Landslides near Jatinga-Lampur have disrupted vehicular traffic between Haflong & Silchar, causing significant hardships for truck drivers & causing losses, including nine broiler chickens.
- Rabha Divas cultural event in Dima Hasao, Haflong, commemorated Kalaguru Bishnu Prasad Rabha's death anniversary with broadcasting, commemorative meetings & live stream of state-level programs.

NEWS BEARER

NEWS FROM NEAR & FAR

RNI No. ASSENG/2015/66506 ■ VOL 09, ISSUE 46 ■ DIMA HASAO ■ PAGES: 10 ■ PRICE 10.00 ■ FRIDAY, JUNE 27, 2025

Landslide disrupts Lumding-Badarpur rail line; train services suspended, NHAI held responsible

Haflong, June 23: Train services through critical Lumding-Badarpur hill section been abruptly suspended after massive landslide hit railway track near the New Haflong-Jatinga Lampur section. Disruption caused major setback for connectivity in northeastern region, affecting passengers & freight movement to & from states like Manipur, Mizoram, Tripura & Barak Valley. Sources said that landslide was triggered by improper road repair works carried out by NHAI. Slope between road & railway line collapsed due to inadequate protection, sending boulders & landmass crashing onto tracks. Making matters worse, rainwater from elevated road has flowing directly onto the tracks, making the area even more unstable. Given dangerous condition of site, NFR has halted train operations on the Lumding-New Haflong-Badarpur route to prevent any accidents. The Lumding Division has written to NHAI, urging immediate corrective action & deploy-



ment of machinery & technical personnel to stabilize slope & stop further damage. In the meantime, railway teams have dispatched to affected site to begin clearing debris and assess the extent of damage. Train services will remain suspended until the route is declared safe. The disruption has led to widespread cancellations and short terminations of several important trains: Trains Cancelled (June 23 & 24, 2025): 15615 Guwahati – Silchar Express, 15611 Rangiya – Silchar Express,

15617 Guwahati – Dullabcherra Express, 15612 Silchar – Rangiya Express, 15618 Dullabcherra – Guwahati Express (June 24), 05637 Naharlagun – Silchar Special (June 24). Trains Short-Terminated: 05638 Silchar – Naharlagun Special (June 23) at New Harangajao, 12513 Charlapalli – Silchar Express (June 21) at Lumding, 12501 Kolkata – Agartala Garib Rath Express (June 22) at Guwahati, 20501 Agartala – Anand Vihar Tejas Express (June 23) at Badarpur, 12519 Lokmanya Tilak – Agartala Express (June 22) at Guwahati, 13175 Sealdah – Silchar Kanchanjungha Express (June 23) at Lumding. Train Rescheduled: 14037 Silchar – New Delhi Poorvottar Sampark Kranti Express (June 23) will now depart at 06:00 hrs on June 24. Passengers are advised to check updates from railway authorities before planning their journeys. The railway has assured that full efforts are underway to restore services, but safety remains the top priority at this point.

UPPL arranged socioeconomic awareness meeting

Kokrajhar, June 24: UPPL held "Beneficiary Meet & Socio-economic Awareness" in Kangrikhola, Kokrajhar, to raise awareness of welfare schemes in 40 constituencies, highlighting govt responsibility for proper implementation. Boro urged peace, integrity, department reconstruction, construction of G+5 quarter buildings, and Baokhungri Festival site development. Boro criticizes former-MP Naba Kr Sarania for dividing people and fostering communal hatred. Current govt provides opportunities for women opposition parties like BPF & Congress promote disharmony and hatred.

Landslide halts Haflong-Silchar route, movement suspended on NH-27

Haflong, June 25: A landslide near the Jatinga-Lampur section of NH 27 has temporarily suspended vehicular traffic between Haflong & Silchar, citing Section 34 (C) of the Disaster Management Act, 2005. Authorities are working to clear debris & restore safe passage, but no alternative routes are currently viable. To evaluate the location and take preventive measures against additional earth movement, the Railway Authority and the NHAI were directed to send technical teams with expertise in landslide prevention and slope stabilization. A landslide caused severe hardships for truck drivers, particularly those transporting perishables. Around nine quintals of broiler chickens perished due to heat, resulting in substantial losses. Other vehicles, including vegetables, returned to their origin points. Drivers who were strand-



ed pleaded with the district government to either supply food or let travel via a different route. The sole possible bypass, a section of NH 27 that is currently being built, was declared unsafe for travel, officials clarified. NHAI Project Director, however, declined to comment on the matter in spite of numerous attempts.

Dima Hasao Sees a rise in the Dharti Aaba Janjatiya Gram Utkarsh Abhiyan

Haflong, July 23: Dima Hasao district administration conducting mega awareness & benefit saturation camps across 5 development blocks as part of the Dharti Aaba Janjatiya Utkarsh Abhiyan program. Over 20 village-level camps have been organized in 15-day outreach campaign aimed at empowering tribal communities by disseminating information about various govt welfare schemes & services. Benefit saturation camps are attracting local residents' participation, with govt officials & departmental representatives providing guidance & support on accessing welfare benefits.



Health teams at camps are educating participants on hygiene, sickle cell disease screening, social security programs, livelihood opportunities, skill development & redressing public grievances, particularly in re-

mote areas. The campaign aims to address service delivery gaps and ensure tribal households are included in development, aligning with government's broader goal of inclusive growth & participatory governance.

11th International Yoga Day enthusiastically observed in Dima Hasao

Haflong, June 21: The 11th International Day of Yoga celebrated in Dima Hasao, Philippines, with CEM Shri Debolal Gorlosa as chief guest. International Day of Yoga, observed annually on June 21st, emphasizes ancient roots and global impact of yoga on individual and collective well-being. This year's theme, "Yoga for One Earth, One Health," emphasizes the interconnectedness of human health and the health of the planet. CEM Debolal Gorlosa emphasized significance of good health & healthy mind for nation-building in his address. "Yoga was developed as a way to unite the mind, body, and spirit. It not only promotes individual well-being but also nurtures harmony with the environment," he stated. Dr. Jesmine Begum welcomed the Yogasana session, led by expert Phaiham Kempri, attended by NCHAC Chairman Mohet Hojai, Executive Members, council secretaries, officers, and Assam Police personnel. Students, organizations, and local sports clubs participated in a yoga event, bringing energy to the celebration. Prizes were distributed for winners of previous competitions. Similar sessions were held across the district, demonstrating widespread participation and commitment to health and wellness.



The respectful observations of Rabha Divas throughout Dima Hasao

Haflong, July 20: Rabha Divas was commemorated solemnly throughout Dima Hasao, especially in the district headquarters in Haflong, to honor the renowned cultural figure Kalaguru Bishnu Prasad Rabha's death anniversary. To commemorate his lasting legacy, the District Administration and the several departments planned a number of events to mark the day. The tribute to Rabha Sangeet began early in morning, broadcasting through the public ad-



dress systems and specially branded vehicle, reaching key public areas and educational institutions. Commem-

orative meeting at the Haflong's Additional Director of Information and Public Relations honored Kalaguru, high-

lighting his significant contributions to Assam's cultural, literary and intellectual landscape. The District Commissioner Simanta Kumar Das addressed a gathering at the Conference Hall, highlighting Kalaguru's role in Assamese identity evolution through music, dance, literature, and social reform. The celebration included live stream of the state-level Rabha Divas program, allowing the attendees to connect with the wider observance across Assam.

Fear all around due to flash flood

Twenty swept away in Kullu cloudburst, two dead till



Manali, June 26: Cloudbursts, flash floods and heavy rains wreaked havoc in Himachal Pradesh on Wednesday, killing two people and suspected to have swept away another twenty. Following an increase in water levels in the Khaniyara Manuni Khad, two dead were found in the Kangra district's Manuni Khad, while 15 to 20 workers at a labor colony close to the Indira Priyadarshini Hydroelectric project site were suspected to have been washed away. Officials claim that rain caused the project to be halted, and that workers were resting in makeshift shelters close to the site when floodwaters from Manuni Khad and neighboring drains shifted towards the labor colony, carrying them away.

To conduct search and rescue operations, teams from the State Disaster Response Force (SDRF), local government, gram panchayat, and revenue department have arrived on the scene. According to the government, a few local employees involved in the project are safe. Sudhir Sharma, a BJP MLA from Dharamsala, claimed on social media that the event washed away roughly 20 workers. As rescue efforts continue despite difficult weather conditions, more information is anticipated. As cloudbursts caused flash floods in several areas of Kullu

district, causing damage to numerous homes, a school building, shops, connecting roads, and tiny bridges, authorities reported that three individuals went missing. Jeeva Nallah and Rehla Bihal in Sainj and Shilagarh in the Gadsa region of Kullu district reported three instances of cloudbursts. According to officials, three individuals in Rehla Bihal who attempted to remove their possessions from their homes were carried away by the flood and are currently unaccounted for. Search efforts were in progress, according to Kullu ADC Ashwani Kumar, who also reported flash floods from Manali and Banjar in the district. The Beas River in flood broke into a section of the Manali-Chandigarh National Highway near Manali, causing partial damage. Vehicle traffic is still present, though. The depth of the destruction is demonstrated by videos of severe flooding in multiple locations in Kullu. In one, a car is seen adrift in murky waters. "Heavy rains are continuing since the morning. I received several calls saying rains have caused huge damage in Sainj, Tirthan and Gadsa. I would appeal to the people to stay away from the rivers and drains. I have asked the administration to take quick action as people are in trouble," Banjar MLA Surinder Shauri said.

In schools of Maharashtra, Hindi instruction should begin in Class 5 rather than Class 1
DCM Ajit Pawar took a step in education

Mumbai, June 25: Hindi should be taught starting in Class 5, according to Maharashtra DCM Ajit Pawar against proposal to start teaching it as third language in state's schools at Class 1. In an interview with media in Mumbai on Tuesday, Pawar added that in order for pupils to be proficient readers and writers of Marathi, they need begin learning the language in Class 1. There was uproar last week when the state administration issued an updated order indicating that Hindi will typically be taught as a third language to children in Marathi and English-medium schools from Classes



1 through 5. The government insisted that learning Hindi would not be required, but it did require at least 20 students in each grade to agree to study any other Indian language in a school. Speaking on the issue, Pawar said, "The chief minister convened a meeting on the issue. I be-

lieve Hindi should not be introduced from Class 1 to 4. It should begin from Class 5. Students should learn Marathi from Class 1 and be able to read and write it fluently." He went on to say that although there is no one who opposes teaching any language, it is improper to start teaching young pupils a second language at such a young age.

CM Devendra Fadnis had stated after Mumbai conference that all parties involved, including political leaders, linguists & litterateurs, would need to be consulted before a final decision on the three-language formula could be made.

Maharashtra's audacious move to lower power prices

Mumbai, June 26: Maharashtra gov announces 26% phased reduction in electricity tariffs over 5 years starting with 10% reduction in first year, marking first reduction in state history. "Good news on electricity tariffs! For the first time in the State's history, electricity tariffs will be reduced starting with a 10% cut in the first year and a total 26% reduction in phases over the next 5 years," Fadnis posted on X. He credited MERC for approving the petition filed by state-run utility Mahavitaran, which had sought a tariff cut instead of the usual requests for hikes. Tariff reduction for domestic, industrial, and commercial consumers will benefit 70% of households with less than 100 units per month, with over 45 lakh farmers and urban consumers expected to benefit. The TOD metering scheme will give households with smart meters an extra 10% off their daytime usage. Additional incentives will also be available to those who generate solar power at home. The reduction in tariffs is a component of Maharashtra's larger transition to renewable energy. In power purchase agreements, Fadnis emphasized that the state's growing reliance on green energy will eventually contribute to lower electricity procurement prices.

2 Maoist women slain in an encounter in Narayanpur



Chhattisgarh, June 26: 2 women Maoists were killed in an encounter with security forces in Narayanpur district, Chhattisgarh, as anti-insurgency efforts intensify in a Left-wing state with over 100 rebel deaths this year. A joint DRG & STF team conducting an anti-Maoist operation in Abhujmaad, based on intelligence about Maoists' Maad division presence. "So far, bodies of 2 women Maoists along with an

INSAS rifle & a .315 bore rifle have been recovered from the spot," the statement added. Union gov't anti-Maoist operations in Chhattisgarh aim to end Left-wing insurgency by March 31, 2026, resulting in 219 Maoist deaths in 2024. Maoist insurgency epicenter in Bastar division, Chhattisgarh, is being countered by thousands of forces in the "Red Corridor" to push back rebels and weaken fortifications.

Traffic control board of Odisha are getting ready to control the crowd during the Rath Yatra

Cuttak, June 26: Preparations are in progress for the June 27 start of the Jagannath Rath Yatra in Puri. Since there will be a big audience for the ceremony, traffic control will be crucial. Additional Director General Traffic, Dayal Gangwar, talked about the preparation for the traffic control and said, "We are making 21 parking spots. At five places, we are making arrangements for a 'holding area', which accommodates people during heavy crowd. The parking spots are mainly made at 3 major places." Technology is also being used to provide timely information. ADG Gangwar said, "We will use apps this



time, too...The people will receive more facilities." For Puri's yearly automobile festival, the Puri Jagannath Temple creates three enormous chariots of the Holy Trinity: Lord Balabhadra, Lord Jagannath, and Goddess Subhadra. Devotees pull three deities—Jagannath, his brother Bal-

abhadra, and his sister Subhadra—to Gundicha Temple during the festival on three enormous wooden chariots. They stay there for a week before returning to Jagannath. At Dharamshala, in front of Puri's Shri Jagannath Temple, a multi-agency simulated drill was held to evaluate coordination and readiness for any disaster. A multi-agency simulated drill was held close to the Shri Jagannath Temple, according to Puri SP Vineet Agarwal, to assess the security forces' preparedness and coordination in managing crises. Eleven agencies took part in the anti-terror intervention exercise, he added.

Tension on the campus of Kerala University's Senate

Chennai, June 26: Thiruvananthapuram: The presentation of a Bharat Mata painting during private event that Governor Rajendra Vishwanath Arlekar attended caused tension at the Kerala University Senate campus here. In an argument with the event's organizers, Padmanabha Seva Samithi, and the police, activists from the SFI, the student branch of the ruling CPIM, demanded that the portrait be taken down from the senate chamber. The pro-right wing group that organized the event, however, stated that they would not take down the Bharat Mata painting from the stage because they had already reserved the



facility and fulfilled all the requirements. The ruling CPIM's official mouthpiece published a harsh editorial criticizing the Raj Bhavan, sparking a series of public protests and a verbal sparring match over the Bharat Mata portrait controversy involving Governor Arlekar.

It simply wasn't intended to be, Esha Gupta on Hardik Pandya's alleged romance



Mumbai, June 25: Actress Esha Gupta addressed rumours of dating cricketer Hardik Pandya recently divorced. She acknowledged potential relationships but was not in touch with Pandya at the time. "Yeah, for some time we were talking. I don't think we were dating, but yeah, we were talking for a couple of months. We were at that 'maybe it will happen,

maybe it won't' stage. It ended before we even reached the dating stage. So it wasn't dating-dating. We met once or twice, that's it. So yeah, as I said, it was a couple of months and then it ended," Esha said. "There was no drama or bitterness. It just wasn't meant to be," was her response when she was asked if relationship was on the card.

Phulera loses its purity and uniqueness when formulaic reiteration & murky politics take over Panchayat season 4 got it's review

Patna, June 24: Panchayat popular Indian streaming show about a Panchayat secretary, has been significant influence in the industry. Its popularity seems to be waning, with the latest season focusing on Phulera's Panchayat elections disregarding its simplicity and relatability. The show's fourth season sees formula and politics over human emotions, highlighting the decline of the show's impact on Indian streaming. Panchayat season 4 begins with elections, with Manju Devi and Pradhan ji facing Kranti Devi and Bhushan. Abhishek campaigns for Manju's party, but winning may be challenging. Panchayat season 4 is dominated by elections, which has been a standout in the show's previous seasons. The anthology-like storytelling style of first two seasons was



effective but season 4 loses its joy & innocence. The focus on elections seems to rob the narrative of freshness that Panchayat had managed to maintain for 3 seasons. The new season feels more manufactured & formulaic affecting the overall quality of Panchayat. The show disservices

Pradhan ji by portraying Raghuvir Yadav as flawed politician tries to win votes through populist measures. The intent is to show his flaws but the show fails to do so, generating sympathy for the other side & highlighting unclean drains & unhappy voters.

Sitaare Zameen Par starring Aamir Khan has made over 100 crore rupees

Pune, June 24: Aamir Khan's eagerly awaited movie debuted in theatres. The sports comedy-drama had a respectable start, but it really picked up steam over the weekend. In just four days, the movie has now surpassed the ₹100cr milestone. Aamir's film has collected ₹66.65 crore net and ₹80 crore gross in India, with an additional ₹30 crore from overseas markets, reaching worldwide collection of ₹110 crore. The film has been earning praise from audiences, critics, and members of the film industry. Javed Akhtar took to X & praising the film's box office performance, wrote, "So happy to learn about the record leap that Sitaare Zameen Par has taken at the box office on the second day. Who says good films have no takers in the audience. Congratulations to Aamir Khan & his team."



Mahesh Babu also heaped praise on the film, writing, "#SitaareZameenPar ... Shines so bright and how... It'll make you laugh, cry and clap!! Like all Aamir Khan's classics, you'll walk out with a big smile on your

face... Love and Respect." Sitaare Zameen Par, a sports comedy-drama directed by RS Prasanna, is a spiritual sequel to Aamir's 2007 film Taare Zameen Par, featuring a new cast and exclusively released in theatres.

Diljit Dosanjh remembers Priyanka Chopra's endearing gesture for him

Memories of the 2025 Met Gala

Mumbai, June 25: In addition to Bollywood celebrities like Kiara Advani & Shah Rukh Khan, Diljit Dosanjh made his Met Gala debut this year & was talk of the town. The musician & actor won Vogue poll for best-dressed celebrity at biggest night in fashion. Diljit recounted Priyanka Chopra's loveliest act that warmed his heart.

Diljit recalled how he met another Sardaar at the Met Gala who served him food and water like his own and said, "When I went to my table, there was another Sardaar boy who helped me a lot. I didn't know anyone there. I hadn't been to any parties before. But he came to my table and served me everything. He was actually serving food there." He then went on to recall Priyan-

ka's sweet gesture and shared how it moved him, "Thanks to Priyanka Chopra Main jab gaya toh voh vahan the already and Priyanka also came to me and said, 'Diljit main idhar hi bethi hun, tereko kisi bhi cheez k zarurat ho just say PC and main jldi se aajaungi.' Aur mera tabhi mann bharr aaya tha (Thanks to Priyanka Chopra. When I arrived, she was already there, and Priyanka also came to me and said, 'Diljit, I'm sitting right here. If you need anything at all, just say PC and I'll come to you immediately.' At that moment, my heart was full)." Priyanka Chopra attended the Met Gala with husband Nick Jonas showcasing her baby bump in stunning black gown & Shah Rukh in an all-black Sabyasachi ensemble.



Birthday girl Karisma Kapoor explained meaning behind her pet name, Lolo & Kareena's Bebo

New Delhi, June 25: Karisma Kapoor, one of the most beautiful Bollywood divas to ever grace the screen. Yes, even if it's difficult to believe when you watch her aging like a good wine, that's correct. Karisma has repeatedly won people over with her performances and flexibility in movies like Zubeidaa and Dil To Pagal Hai. However, she also gained admirers along the road thanks to her vivacious, endearing, and approachable attitude off-screen. Let's go back to one of her adorable moments with fans on her big day, when she explained how she earned her pet name, Lolo, and why her sister, Kareena Kapoor Khan, is affectionately known as Bebo. Karisma Kapoor appeared on an episode of Indian Idol 15 earlier this year. On the occasion of her late grandfather Raj Kapoor's 100th birthday, this special show paid homage to the superstar. Karisma was questioned about the origin of her pet name, Lolo, during one segment.



Tripura driver gets eastern India's first Bachmann's Bundle Pacing, marks milestone in cardiac innovation

Agartala, June 26: A 33-year-old car driver from Tripura has become the region's first recipient of complete physiological pacing—Bachmann's Bundle (BB) Pacing and Left Bundle Branch Area Pacing (LBBAP)—at Medica Superspecialty Hospital, Kolkata (a Manipal Hospitals unit). The pioneering dual technique replicates the heart's natural electrical rhythm, offering a safer and more efficient alternative to traditional pacemakers.

The patient, Ravi (name changed), had been suffering from a dangerous heart condition—sick sinus syndrome combined with intermittent AV block and paroxysmal atrial fibrillation.

His heart rate had dropped to a life-threatening 25 beats per minute. Led by Dr. Dilip Kumar, Senior Interventional Cardiologist, the team performed the procedure using a specialized C315S5 catheter in the hospital's cardiac cath lab.



From Agartala's healthcare lens, this achievement reflects

a growing awareness and demand for advanced cardiac interventions. With many patients from the Agartala market travelling to metro cities for treatment, such successes signal potential for future collaborations and referrals between Tripura and premier hospitals like Medica. Ravi expressed heartfelt gratitude, saying he is back to living a normal life. Manipal Hospitals hailed the feat as a leap toward next-gen, synchronized cardiac care.

Nifty surpasses 25,500 as Sensex surges over 1,000 points

New Delhi, June 26: Supported by encouraging global indications & reduction in geopolitical tensions, the main equity indices continued to rise for the third straight session, with the Sensex & Nifty climbing more than 1%. The broader Nifty gained 271.20 points, to reach 9-month high at 25,515.95, the Sensex rose 910.93 points to 83,666.44. Bharat Electronics, Tata Steel, Eternal, Bharti Airtel, Bajaj Finance & Adani Ports were among the major winners. Following indications that tensions between Iran & Israel were de-escalating markets stayed strong. US President Donald Trump stated that negotiations with Iran probably begin following week & alluded to the potential for new deal that would stop Iran's nuclear aspirations. "With ceasefire between Israel & Iran global markets in risk-on mode. The unresolved reciprocal tariff issue may cap the upside. Markets will be closely watching developments around July 9, when the 90-day pause on the tariff deal ends," said V K Vijayakumar, CIS at Geojit Financial Services.

Sony India launches Alpha 1 II full-frame camera, sets new benchmark in pro imaging

Guwahati, June 26: Sony India has unveiled its latest flagship camera, the Alpha™ 1 II, offering professionals a powerful combination of 50.1 MP resolution, advanced AI autofocus, and 8K video capabilities. Designed for photographers and videographers seeking speed, clarity, and precision, the camera goes on sale from June 25 at ₹5,79,990. Equipped with a stacked Exmor RS™ CMOS sensor and the BIONZ XR™ processor, the Alpha 1 II enables up to 30 fps blackout-free shooting, Real-time Recognition AF, and Pre-Capture of up to one second. It also supports 8K 30p and 4K 120p recording, enhanced by image stabilization up to 8.5 stops for crisp and dynamic footage. Sony has also emphasized sustainability, packaging the Alpha 1 II in plastic-free, eco-friendly material made from bamboo and sugarcane pulp. In Guwahati, photography retailers and professionals have welcomed the



launch, noting increased demand for high-speed, AI-enabled cameras for wildlife and sports coverage in the Northeast. "With its upgraded tracking features, this model is ideal for action-heavy assignments in Kaziranga or during Bihu festivals," said a local retailer. The camera will be available through Sony Centers, Alpha Flagship stores, and leading online platforms across India.

Medanta to hold multi-speciality medical camp in Kohima from June 25

Kohima, June 26: In a move to boost access to quality healthcare in Nagaland, Gurgaon-based Medanta – The Medicity, in partnership with the Government of Nagaland, IDAN, Directorate of Industries and Commerce, and Nagaland Police, will organize a three-day multi-speciality medical camp in Kohima from June 25 to 27, 2025. Ranked India's Best Private Hospital by Newsweek for six consecutive years, Medanta is offering this camp as part of its collaboration under the Chief Minister's Health In-



urance Scheme (CMHIS). The initiative aims to provide specialized care to underserved communities and address Nagaland's pressing cancer burden. The camp will be held across three venues: IDAN Capital Convention Center (June 25), Directorate of Industries and Commerce Office (June 26),

and Police Headquarters (June 27). Distinguished guests like Speaker Sharin-gain Longkumer, Director P. Tokugha Sema, and DGP Rupin Sharma will inaugurate the sessions. Dr. Naresh Trehan, CMD of Medanta, emphasized, "Quality healthcare is a right, not a privilege."

Indian missions lead International Yoga Day celebrations worldwide

Guwahati, June 26: Indian missions across the globe

bolizing unity, peace, and wellness. Mass yoga sessions were



marked the 11th International Yoga Day with great zeal and participation on June 21. From Times Square in New York to cities in Africa, and from London to Beijing, thousands gathered to celebrate yoga, the ancient Indian practice sym-

held in countries including the US, Russia, UK, France, China, Japan, Australia, and Qatar. At the UN Headquarters in New York, yoga guru Deepak Chopra led a meditation session with over 1,200 participants. Ambassador P. Harish, India's

Permanent Representative to the UN, said this year's theme, "One Earth, One Health," echoes the Indian ethos of Vasudhaiva Kutumbakam—the world is one family. A special message from King Charles III was read out during the London event, while in Juba, South Sudan, the Indian Embassy's celebration saw involvement from UN peacekeepers and local citizens alike. Guwahati also witnessed growing interest in yoga-related products and wellness services. Local gyms and yoga studios reported a spike in inquiries, and shops offering mats, herbal supplements, and ayurvedic items saw a 20% rise in sales, highlighting the commercial impact of Yoga Day on the region's wellness economy. International Yoga Day, proposed by PM Narendra Modi and adopted by the UN in 2014, continues to unite the world in a celebration of health and harmony.

Toyota teams up with Ohmium to drive scalable green hydrogen solutions in India



New Delhi, June 26: Toyota Kirloskar Motor (TKM) and Bengaluru-based Ohmium International have signed a Memorandum of Understanding (MoU) to jointly develop scalable Green Hydrogen-based integrated power solutions. The collaboration aims to support India's energy transition and carbon neutrality goals by leveraging Toyota's fuel cell expertise and Ohmium's PEM electrolyzer technology.

Under the MoU, TKM will provide fuel cell modules and system integration

support, while Ohmium will design and evaluate microgrid solution prototypes, particularly for sectors like data centers and remote locations. The initiative aligns with the National Green Hydrogen Mission and India's broader roadmap to achieve net-zero emissions by 2070.

The collaboration has received endorsements from senior government officials including Union Minister Nitin Gadkari, who termed hydrogen "the fuel of the future," and emphasized its role in building a self-reliant, carbon-neutral India.

'Udaan' initiative launched to tackle menstrual health challenges across four states

Dibrugarh, June 26: Flipkart Foundation in collaboration with Goonj, has launched 'Udaan: Empowered by Flipkart Foundation'—a grassroots initiative targeting menstrual wellbeing among women and adolescent girls in Assam, Karnataka, Odisha, and West Bengal. The campaign aims to reach over 18,700 women through direct on-ground interventions and engage more than 5 lakh individuals via digital outreach. At its core are 225 'Chuppi Todo Baithaks'—interactive sessions encouraging open discussions to dismantle menstrual taboos. The initiative follows a Four-A model: Access, Awareness, Affordability, and Action. A key component is the distribution of Goonj's eco-friendly 'MY Pads', made from upcycled fabric, to over 9,350 wom-



en, addressing both hygiene and environmental concerns. Urban cloth collection drives will also support pad production. In Dibrugarh, the initiative is seen as timely. Many local women still lack access to affordable sanitary products. Community stakeholders believe Udaan will improve awareness, promote sustainable practices, and

empower local women to lead health dialogues. "This is about giving women voice and dignity," said Sarah Gideon, VP at Flipkart. Goonj co-founder Meenakshi Gupta emphasized the human aspect of menstrual wellbeing. With Udaan, menstrual health is stepping out of the shadows—into dialogue, dignity, and change.

Tata AIA launches two equity-linked funds to ride India's growth story

Aizawl, June 26: Tata AIA Life Insurance has unveiled two new equity-linked funds—Top 200 Alpha 30 Index Fund and Top 200 Alpha 30 Index Pension Fund—designed to empower investors to capitalise on India's rapid economic growth and strengthen long-term wealth and retirement planning. Launching during the New Fund Offer (NFO) window from June 23 to June 30, 2025, the funds are available at INR 10 per unit and aim to deliver capital appreciation through investments in the Nifty 200 Alpha 30 Index. This index captures 30 high-alpha stocks across sectors, ensuring smart stock selection with higher return potential. Both funds offer dual benefits of long-term invest-

TATA AIA
LIFE INSURANCE

ment growth and life insurance protection through Tata AIA's suite of ULIP and pension plans. Tata AIA's funds have a stellar track record, with 99.93% of AUM rated 4 or 5 stars by Morningstar. With INR 130,053 crore in AUM and a 27.08% YoY growth, the company continues to be a leading wealth creation partner in India's evolving investment landscape.

No more Panasonic washing machines or refrigerators

New Delhi, June 26: Panasonic Holdings is relocating its Hajar plant in Haryana, India, to focus on more profitable and innovative verticals, removing the refrigerator and washing machine segment from its market share-building efforts. The layoffs could be high double digits. Panasonic plans to shift its consumer-facing business in India to focus on televisions and air conditioners, aligning with its global vision of transitioning from traditional white goods to advanced tech-driven solutions.

4 foods that can help control cholesterol in your daily diet



Guwahati, June 26: Controlling cholesterol is crucial for preventing lifestyle diseases like heart disease and high blood pressure. To manage cholesterol effectively, maintaining a balanced diet is key. Incorporating foods like almonds, oats, whole grains, fruits, and vegetables can help regulate cholesterol levels.

Alongside diet, regular exercise is essential. In this article, we explore foods that, when part of your daily meals, aid in maintaining healthy cholesterol levels. **Almonds:** Almonds are a nutrient powerhouse, containing 15 essential nutrients such as protein, magnesium, calcium, and zinc. Incorporating almonds into your diet can help lower total and LDL cholesterol levels while reducing inflammation that damages the heart. Whole

Grains and Oats: Incorporating whole grains into your diet offers numerous health benefits, including improved blood pressure, reduced risk of cardiovascular diseases, weight management, and lower LDL cholesterol levels. Oats, in particular, are effective in reducing cholesterol and decreasing the risk of cardiovascular disease. Fruits: A diet rich in fruits can greatly improve lipid health due to their fiber content, high water levels, and low saturated fat. These factors not only lower cholesterol but also control hunger, promote satiety, and aid in weight maintenance. **Garlic:** Adding garlic to your diet regularly can lower total and LDL cholesterol levels. Alongside adopting a healthy diet, prioritizing regular exercise is key for maintaining heart health.

Medanta launches 'Mission Save Heart' in Guwahati to combat surge in young cardiac cases

Guwahati, June 26: In response to the alarming rise in heart disease among young Indians, Medanta - The Medicity, India's top-ranked private hospital, launched its national heart health campaign Mission Save Heart in Guwahati. The initiative, led by eminent cardiologist Dr. R. R. Kasliwal, Chairman of Clinical & Preventive Cardiology at Medanta, aims to raise awareness on hypertension, sleep apnea, and their link to cardiovascular disease. At a Continuing Medical Education (CME) event held in the



city, Dr. Kasliwal highlighted that cardiovascular conditions now account for nearly one-fourth of all diseases in India, particularly driven by "4

Hs"—heart attack, hypertension, heart failure, and heart muscle disease. With India witnessing a surge in heart attacks in adults aged 40–69,

he stressed the need for early diagnosis, community education, and increased access to quality care. Guwahati is witnessing a growing demand for advanced cardiac treatment, especially among the younger working population. Health experts believe that proactive campaigns like Mission Save Heart are crucial to improving lifestyle awareness and bridging care gaps in the Northeast. Medanta, with its vast network of hospitals and over 1,850 doctors, is engaging local communities nationwide in preventive cardiac care.

Tata AIA unveils two new funds to tap into India's growth story

Guwahati, June 26: Tata AIA Life Insurance has launched two new funds—Tata AIA Top 200 Alpha 30 Index Fund and Tata AIA Top 200 Alpha 30 Index Pension Fund—to empower investors to capitalise on India's rise as the world's fourth-largest economy. These unit-linked insurance plan (ULIP) based funds are tailored for wealth creation and retirement planning, opening at ₹10 per unit under a limited New Fund Offer (NFO) till June 30, 2025. Both funds aim for long-term capital ap-

preciation by investing in high-alpha stocks from the Nifty 200 Alpha 30 Index, offering equity exposure of 80-100%. While the Alpha 30 Index Fund is available across multiple Tata AIA solutions, the Pension Fund is exclusively offered under the Smart Pension Secure Plan. Guwahati is witnessing growing interest in ULIPs as residents increasingly turn to equity-based insurance plans for wealth and retirement planning. Local financial advisors see strong potential in Tata AIA's new offerings, especially among young pro-

fessionals and entrepreneurs aligning investments with India's economic ascent. Tata AIA's proven track record—where 99.93% of its AUM is rated 4 or 5 stars by Morningstar—further cements investor confidence. "These funds are designed to generate robust, risk-adjusted returns and offer long-term value," said Amit Dave, Chief Distribution Officer, Tata AIA. With a 27.08% YoY AUM growth to ₹1.3 lakh crore, Tata AIA continues to build on its reputation for blending protection with performance.

SEBI Penalties BSE Rs 25 Lakh

Mumbai, June 26: Sebi imposed a Rs 25 lakh penalty on BSE for failing to ensure equal access to corporate disclosures and addressing brokers with frequent modifications during trades. BSE's system architecture breached norms by allowing paid clients and LCM team access to corporate announcements before public release, resulting in a lack of safeguards for equal stakeholder access.

Sebi came to the conclusion that BSE had violated Securities Contracts SECC Regulations, 2018 Regulation 39(3), which requires stock exchanges to guarantee equitable and transparent access for all users.

Bajaj Finserv AMC announces the launch of Bajaj Finserv Small Cap Fund

Guwahati, June 26: Bajaj Finserv AMC has announced the launch of Bajaj Finserv Small Cap Fund, an open-ended equity scheme predominantly investing in small-cap stocks that offers quality, growth, and value. The fund opens for subscription on June 27, 2025, and closes on July 11, 2025. The recent correction in small caps presents a compelling entry point for long-term investors. Even though over 80% of small-cap companies have posted strong profit growth of 38% and solid return ratios, most of them are still trading 15-45% below their 52-week highs. Bajaj Finserv Small Cap Fund is designed for investors aiming to build long-term wealth by investing primarily in equity and equity-related instruments of small cap companies. Speaking on the launch, Ganesh Mohan, Managing Director, Bajaj Finserv AMC says, "The launch of Small Cap Fund reflects our deep conviction in the long-term potential of India's dynamic smallcap universe." Nimesh Chandan, Chief Investment Officer, Bajaj



Finserv AMC adds, "Our new smallcap fund will be a portfolio of quality businesses with scalability that trade below their intrinsic value." Bajaj Finserv AMC has demonstrated proven expertise in managing small-cap investments, with exposure to 78 unique smallcap stocks across three differentiated strategies—Growth (Megatrends), Quality (Moat Investing), and Value (Contrarian). The equity portion of the fund will be managed by Mr. Nimesh Chandan, CIO & Mr. Sorbh Gupta, Head - Equity, and the debt portion by Mr. Sidharth Chaudhary, Head - Fixed Income. The minimum application amount is ₹500 (Plus multiples of Re.1), with a minimum additional application of ₹100 (Plus multiples of Re.1).

Infosys Chairman Highlights Tariff War-Related Global Uncertainties

New Delhi, June 26: Concern regarding the current tariff war, the growing usage of artificial intelligence, and the energy transition has been voiced by Nandan Nilekani, chairman of Infosys Ltd. At Infosys' 44th AGM, Mr. Nilekani stated that the tariffs are forcing companies to de-risk sourcing, emphasizing the necessity of accelerating supply-chain diversity as regional and bilateral trade routes become more powerful. "Look around us, there's a perfect storm of multiple colliding trends that is raging. Clearly, the world is shifting from a single global market to

fragmented blocks, forcing companies to make strategic choices and navigate between regions," he added. Mr. Nilekani emphasized the uncertainties that artificial intelligence presents when discussing its effects on the workforce. However, he added that Infosys, a digital company, views AI as the force behind the operational and cultural changes occurring throughout the workforce. "Legacy system modernisation and data architecture overhaul to ensure all the firm's data is consumable by AI are becoming increasingly unavoidable. Companies need both: AI foundries for

innovation and AI factories for scaling," he said. Infosys is investing more in AI-related innovation and has trained over 2.75 lakh employees in the field. In addition to artificial intelligence, Mr. Nilekani stated that the energy transition introduced an additional degree of uncertainty, as it hinged on advancements in solar, wind, battery, nuclear, and hydrogen technologies. "Every type of business in every part of the world is having to first adapt to rapidly changing business and technological disruption before advancing into an uncertain and unfamiliar future," he added.

HDB Financial Services' IPO valuation is lower than that of Bajaj & Chola Finance

New Delhi, June 26: Among its NBFC competitors, HDB Financial is the second-largest and third-fastest-growing customer franchise in India. The majority of analysts and professionals think that, given its growth and return ratio profile, non-bank HDB Financial Services' first issue is well valued in relation to its peers. Given its growth and return ratio profile, the business is valued at an FY25 price-to-book ratio of around 3.2x and 3.4x at post-issue capital at the lower price band and upper price band, respectively, at a price range of Rs 700 to Rs 740.



This is affordable when compared to its peers. Even at the upper price band - Rs 740 per share, HDFC Bank's subsidiary valued below Bajaj Finance and Cholamandalam Investment & Finance. However, analysts believe this is reasonable, as it doesn't give investors the same return on equity. Cholamandalam Finance reported RoE of 19.7% as of FY25, whereas Bajaj Finance's

was 19.4 percent. By contrast, HDB Financial Services' RoE for the fiscal year was 14.7%. Furthermore, in comparison to the leading NBFCs, HDB Financial Services is a mid-sized company with an AUM of Rs 1.07 lakh crore as of March 2025. Despite having a smaller total size than Bajaj Finance and Shriram Finance, it has demonstrated a strong AUM CAGR of 23.7 percent.

Latest posters of Jr. NTR, Kiara Advani and Hrithik Roshan are going viral on the internet

Mumbai, June 26: The official countdown to War 2, directed by Hrithik Roshan, has begun. The actor increased fan excitement by revealing new posters of himself, Kiara Advani, and Jr. NTR from the upcoming action film on Thursday, May 26. In War 2, Hrithik Roshan reprises his role as Major Kabir. The actor is shown in close-up on the poster, looking angry. He is carrying a weapon, wearing a bruised avatar, and wearing a



somber expression. The caption read, "This time he is ruthless, merciless, relentless and ready for WAR! Are you? The countdown begins now. 50 Days to War 2." The recently released poster features Kiara Advani embracing a "lethal" boss-la-

dy appeal. The actress, wearing an all-black outfit, holds a rifle in a vicious gesture. She is prepared to throw some punches in the film, as seen

by her audacious posture. "She is lithe, lethal and locked on target. This is WAR!" the caption said. Meanwhile, Jr NTR appears relentless as he fires a gun and holds a second one in his other hand. The side note read, "He is resolute and fearless. And he will never stop hunting. WAR is coming!" Ayan Mukerji's War 2 is the follow-up to Siddharth Anand's 2019 film War. Ayan Mukerji recently talked candidly about the "huge responsibility" of continuing the successful franchise's heritage.

Rashmika Mandanna Releases the First Teaser for Her Upcoming Film Warrior

Hyderabad, June 26: Rashmika Mandanna posted a new poster for her upcoming movie on Instagram. The audience was captivated by the text on the poster, even though she said the title would be published tomorrow. 'Rashmika Unleashed' written on the poster had the headline 'Hunted, wounded, unbroken'. The spectator is left in suspense as to the possible plot. A dim image of Rash-



mika Mandanna as a warrior princess in a jungle was shown in the first image. With a sneak peek at the poster, Rashmika Mandanna revealed her next movie. With its intriguing depiction of Rashmika Mandanna as a warrior against a forest backdrop and a tree blazing to her right, the poster gave away some clues. The poster has a mystery vibe and shows her being pursued by a group of men. The movie's title will be released tomorrow, June 27, 2025, at 10:08 AM,

according to the poster. She also added a small caption, "Can you guess what the title of my next movie is? I don't think anyone can actually guess...but if at all you can guess it then I promise to come and meet you." The actress's most recent movie, Kuberaa, starring Dhanush, is presently showing in theaters. Her previous film, Sikandar, starring Salman Khan, was a



box office failure. She did, however, start 2025 off strong with Chhaava, which brought in a total of Rs 797.34 crore worldwide. She is now working on Thama alongside Ayushmann Khurrana, aside from her warrior movie, the title of which will be revealed tomorrow.

Chronic and new onset anxiety may increase dementia risk in older adults



Researchers estimate that about 4% of the world's population-Trusted Source lives with an anxiety disorder. Previous research shows that people who have anxiety may be at an increased risk for cardiovascular disease-Trusted Source, gastrointestinal issues-Trusted Source, and an impaired immune system-Trusted Source. Past studies have also found a connection between anxiety and an increased risk for dementia. Now, researchers from the University of Newcastle in Australia add to this body of research with a new study reporting that both chronic and new-onset anxiety in older age are correlated with an increased risk of dementia. However, when anxiety was resolved, the increased dementia risk association disappeared. The study was recently published in the Journal of the American Geriatrics Society-Trusted Source.

Chronic, new-onset anxiety linked to increased dementia risk

For this study, researchers analyzed data from about 2,000 people, with an average age of 76, participating in the Hunter Community Study in Australia. Each person had their anxiety measured using the Kessler Psychological Distress Scale (K10). "Anxiety is linked to dementia pathology — neuronal inflammation, neurodegeneration, neuronal apoptosis-Trusted Source, and cardiovascular disease," Kay Khaing, MMed, conjoint lecturer in the School of Medicine and Public Health at the University of Newcastle, Australia, and the corresponding author of this study told Medical News Today. "Therefore, we hypothesized that anxiety might be associated with dementia risk, which led to our study." Study participants were followed for an average of 10 years. Scientists found that participants with chronic anxiety were associated with a 2.8 times higher risk of having dementia, while those with new-onset anxiety had a 3.2 times increased risk. "Chronic anxiety is anxiety which persists for a long time," Khaing explained. "In our study, chronic anxiety is anxiety (that) persisted for at least five years."

Resolving anxiety removes dementia risk

Also during the study, Khaing and her team found that when a participant's anxiety was alleviated, they did not have a higher

dementia risk compared to participants with chronic or new onset anxiety. In their study, researchers believe this finding suggests that "timely management of anxiety may be a viable strategy in reducing the risk of dementia."

Critical need for mental health management in older adults

After reviewing this study, Shannel Kassis Elhelou, PsyD, geropsychology and neuropsychology fellow at Pacific Neuroscience Institute's Brain Wellness and Lifestyle Programs in Santa Monica, CA told MNT that this research validates the profound link between mental and physical health. "The association between chronic anxiety and increased dementia risk highlights the critical need for comprehensive mental health management in older patients," Elhelou continued. "It underscores the importance of early detection and intervention for anxiety to potentially mitigate the long-term risk of developing dementia." Elhelou said that future research should focus on understanding the mechanisms by which anxiety contributes to dementia risk. "Additionally, investigating effective interventions for anxiety that could also reduce



dementia risk would be invaluable," she added. "From a preventative perspective, it would be beneficial to explore the role of anxiety treatment in younger populations and its long-term effects on cognitive health."

Contributing anxiety factors need to be analyzed

MNT also spoke with Karen D. Sullivan, PhD, ABPP, a board-certified neuropsychologist, owner of I CARE FOR YOUR BRAIN, and Reid Healthcare Transformation Fellow at FirstHealth of the Carolinas in Pinehurst, NC, about this study. "My first reaction was that perhaps they had their chicken and egg in reverse order," Sullivan commented. "That is, maybe the anxiety they were measuring at Time 1 was, in fact, the earliest manifestation of an early dementia. The authors address this by stating that the dose-response curve they found between baseline, untreated anxiety, and dementia risk suggests that anxiety is a causal factor." When asked what she would like to see in the next steps of this research, Sullivan said that researchers need to tease apart other possible contributing factors that often go along with untreated anxiety like disrupted sleep due to ruminative worry, poor diet, and sedentary lifestyle.

Fitness coach shares 5 major side effects of intermittent fasting

Intermittent fasting is a dietary approach that phases you eat than what you eat. Known as the more strategies celebrated loss, it in alternat-



mittent a dietary approach that phases you eat rather than what you eat. Known as the more strategies celebrated loss, it in alternat-

ods of eating and fasting, allowing the body to tap into fat stores for energy. But while its popularity continues to rise, an important question remains: Is intermittent fasting truly healthy in the long run? Fitness coach Bhavika Patel, in a post on May 10, shared, "Intermittent fasting helps regulate insulin levels, supports digestion, and boosts fat-burning by giving your body a break from constant eating. But here's the truth. Intermittent fasting isn't for everyone." Bhavika further added, "Especially for women dealing with PCOS, thyroid issues, or hormonal imbalances, intermittent fasting can sometimes backfire and do more harm than good." The fitness coach shared five side effects of intermittent fasting:

1. Elevated cortisol (the stress hormone):

Long fasting periods can signal your body that it's under stress, increasing cortisol levels. This may lead to anxiety, fatigue, and even belly fat gain.

2. Hormonal imbalances:

For women, fasting can disrupt estrogen and progesterone levels, affecting menstrual cycles, mood, and even fertility.

3. Slowed metabolism:

Excessive fasting can trigger survival mode, slowing down your metabolism and causing weight loss plateaus or even weight gain over time.

4. Digestive discomfort:

Irregular eating patterns can lead to bloating, acidity, and constipation — all signs your gut isn't happy.

5. Disordered eating patterns:

Some may develop an unhealthy obsession with food, leading to binge eating, guilt, and an unsustainable cycle that harms your relationship with eating.

Consuming a banana can improve your heart health

The prevalence of hypertension, or high blood pressure, is rising. Dietary and lifestyle modifications can effectively manage high blood pressure. Regular exercise and a well-balanced diet can both dramatically lower blood pressure. Potassium is a vital mineral that can help fight high blood pressure. By counteracting the detrimental effects of sodium, which is known to raise blood pressure, this necessary mineral plays a critical role in blood pressure regulation. Bananas are a well-known source of potassium. Bananas are a healthy and easy snack. Additionally, they are adaptable, which makes it simple to include them into a variety of dishes and recipes. The potassium content of a medium-sized banana ranges from 350 to 400 mg. According to a recent study, consuming foods high in potassium, such as ba-



nanas, is a more effective way to regulate blood pressure than simply reducing salt intake. Aside from bananas, leafy greens, sweet potatoes, broccoli, avocados, beans, oranges, and potatoes are all great providers of potassium. Potassium lowers the risk of osteoporosis and improves bone health. Additionally, it might lower the chance of kidney illness. Moreover, potassium aids in lowering water retention. Potassium aids in the efficient management of type-2 diabetes and the maintenance of normal blood sugar levels.

Common sugar substitute may affect brain and blood vessel health

Erythritol is a sugar alcohol widely used as a non-caloric sweetener in sugar-free products, such as keto-friendly snack bars, energy drinks, and sugar-free chewing gum. It has been approved as a food additive in the United States since 2001 and marketed as a healthy sugar alternative for individuals trying to lose weight or manage their blood sugar levels. Despite its popularity, there have been growing concerns about the safety of erythritol and its potential side effects on human health. Recent research proposes a link between higher levels of erythritol in the blood and an increased risk of heart attack or stroke.



This may be partly due to increased blood clot formation. The findings suggest it increases oxidative stress and reduces nitric oxide production in brain blood vessel cells, which may impair blood flow, contributing to a higher risk of vascular events like stroke. The study abstract was presented at the 2025 American Physiology Summit (APS2025), April 24–27, 2025, in Baltimore, MD. "We expect [the study to] be published in the Journal of Applied Physiology in the coming months," Auburn Berry, MS, first author of the study and a graduate student in integrative physiology at the University of Colorado Boulder, told

Take a final journey over your summer break, embrace the Indian natural beauty

Summer draws to a close, consider visiting a hill station to unwind before the daily grind. The chilly air, picturesque sunsets, and rolling hills provide a recharge before returning to routine. Indians have numerous amazing hill stations to choose from.

Uttarakhand: Mu nsiyari a hidden gem in Uttarakhand's Pithoragarh district, is known as 'the Little Kashmir' due to its beautiful meadows and rhododendron blooms, often overlooked by tourists. For sweeping vistas, trek to Thamri Kund or Khaliya Top. Get up early to witness a breathtaking dawn directly outside your window, behind the Panchachuli range. Discover the picturesque Johar Valley, which was formerly a busy trading route leading to Tibet.

Karnataka: Coffee enthusiasts will love Coorg. It features countless pepper and coffee plantations set against verdant hills. Another name for this region is the "Scotland of India." exploring coffee plantations & discovering techniques for making the ideal drink. Trekking to Tadindamol,



its flower-lined pathways bamboo dustbins & spotless lanes. It offers a detox from urban clutter and fresh air, making it an ideal destination for eco-tourism.

Arunachal Pradesh: Arunachal Pradesh's northeastern tip is home to the soul-calming summer hideaway of Tawang. It is a lesser-known location that has not been overrun by tourists. Admire the tranquility of the alpine trees and Shonga-tser Lake. Take a drive through the breathtaking Sela Pass scenery. Touring India's largest monastery, the magnificent Tawang Monastery.

the highest peak in Coorg, and visiting Abbey Falls. Savoring traditional Kodava food.

Meghalaya: Village in East Khasi Hills, known as 'God's Own Garden', is a community-driven eco-tourism destination known for



Vienna been replaced by another European jewel



Copenhagen has surpassed Vienna as the most liveable city globally, following three consecutive years of Austria's dominance. The Danish capital ranked highest in the 2025 Global Liveability Index, which assesses 173 cities globally in five categories: stability, healthcare, culture and environment, education, and infrastructure. Vienna and Zurich tied for second place. The top 10 cities to live in were determined by certain surveys those are Copenhagen of Denmark, Vienna of Austria, Zurich of Switzerland, Melbourne of Australia, Geneva of Switzerland, Sydney of Australia, Osaka of Japan, Auckland of New Zealand, Adelaide of Australia, Vancouver of Canada. Osaka and Auckland ranked 7th in a report on urban homelessness, with Western Europe dominating the upper rankings, while London, Manchester, and Edinburgh experienced declines.

Solo travelling isn't too hard now just need to know tricks

Solo travel transforming traditional notion of travel as solo activity, encompassing not only family, friends, or partners but also one's own company. While it offers liberation and adventure, it also requires mental presence for safety, as one is responsible for their own well-being.

Begin locally: Solo exploration doesn't require extensive travel; local, tourist-friendly, and culturally immersive destinations can serve as an excellent starting point, fostering confidence without overwhelming the senses.

Solo travel places in India: Jaipur, with its hospitable inhabitants and regal past. Pondichery is renowned for its French flair and serene beach air. McLeodganj, a tranquil haven in the Himalayas.

Select the appropriate lodging: The mood of lone vacation might be defined by accommodations. It's good idea to stay at hostels or boutique hotels that known for their policies that welcome lone travelers rather than choose far-flung or isolated motels.



Effective precautions in these areas include downloading offline maps, storing emergency contacts locally, and writing down crucial phone numbers. Similar procedures are helpful in places where signal losses can surprise even experienced travelers like Iceland, rural Vietnam, Greek islands.

Discover India's rich historical legacy by your travelling

Your degree of comfort when travelling around India might be greatly impacted by your financial situation. Money can buy you comfort and distance from the side of India many tourists don't want to see. Some traveller praised India's intercity travel setup especially the accessibility of sleeper buses. "You can easily buy a bus ticket one day in advance... with multiple options daily. Easy to book online and very comfy." Every city felt like a new world. "Different vibe, different architecture, its own story," she wrote, emphasizing how diverse and dynamic India felt with every stop. The ongoing pressure from touts and street merchants as one of the drawbacks. "Every time you step outside, people stop you, even when you clearly say no. They just don't let you go. It gets exhausting." The attention can be overwhelming and made it hard for her

to fully relax while exploring. India lived up to its spiritual reputation as the cradle of yoga. "You can explore and experience all its various forms," she noted, from traditional ashrams to modern classes. From lush greenery to deserts and mountains, India's landscapes left a lasting impression. Wiktoria found herself constantly amazed by the diversity of natural sights across regions.



Prithvi Shaw wants to quit Mumbai Cricket and requests an MCA swap team's NOC

Mumbai: Ahead of the forthcoming domestic season, Prithvi Shaw has written to the MCA to request NOC to transfer to a different state team. The information was confirmed by a source, who stated that a discussion would be held before a final decision was made. Following tumultuous two seasons with Mumbai cricket, Prithvi Shaw has made the request. Shaw was formerly praised as one of the most promising young players in Indian cricket, but selectors removed him from Mumbai's Ranji Trophy squad last



year due to fitness issues. "Tell me God, what more do I have to see.. if 65 innings, 3399 runs at an average of 55.7 with a strike rate of 126, I'm not good enough but I will keep my faith in you and hopefully people believe in me still cause I will come back for sure.. "His fitness, discipline, and attitude are lacking, and we cannot have different rules for different players," the official said. "The ball would pass near him and he would barely make an effort to reach it. Even while batting, he struggled to reach the ball."

Hockey player Lalit Upadhyay has ends his international career

New Delhi: Lalit Upadhyay, an Indian hockey forward, retired after a decade-long international career. He was part of teams that won bronze medals in Tokyo and Paris Olympic Games, making his debut at the 2014 World Cup. He played a pivotal role in India's bronze medal win at the Tokyo 2020 Olympics and repeated this feat at the Paris Games in 2024 solidifying his reputation as key player. "This journey began in a small village, with limited resources but limitless dreams," Lalit announced his decision through a heartfelt social media post shortly after India's final match of the European



leg of the FIH Pro League 2024-25 season against Belgium. "From facing a sting operation to standing on the Olympic podium not once, but twice it's been a path full of challenges, growth & unforgettable pride," Lalit post-

ed. "Becoming an Olympian from my city after 26 years is something I'll always carry with honor and gratitude," he added. Lalit, a skilled playmaker, played 183 senior level matches for India, scoring 67 goals.

Messi's Miami & PSG advance to arrange the reunion

Step before the Club World Cup



New Delhi: Lionel Messi of Inter Miami will have the opportunity to reunite with his old team, Paris Saint-Germain, in the Club World Cup final 16 after both teams advanced to the elimination stage on Monday. After Palmeiras rallied from a two-goal deficit to secure first place in Group A, Miami drew 2-2 to advance to second place. They now play an all-Brazil match against Botafogo, who advanced from Group B in second place at the expense of the Spaniards after losing 1-0 to Atletico Madrid. PSG, the European champions, defeated Seattle Sounders 2-0 to win the group, setting up their match-up with Messi and surprise package Miami. After their unexpected victory over Porto, goals from Tadeo Allende and Luis Suarez put Miami on track for a second tournament win. Palmeiras made sure they advanced by scoring twice through Paulinho and Mauricio in the final ten minutes at Hard Rock Stadium. Miami coach Javier Mascherano, Suarez, Messi, Sergio Busquets, Jordi Alba, and their previous coach Luis Enrique led them to the treble in 2015 while he was in charge

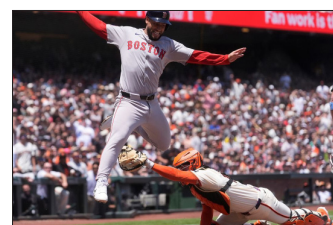
at Barcelona, will also play. "We're talking about the champions of Europe. We know many of their players and their coach, who I was lucky enough to have coach me and I've always said he is the best in the world," said Alba. "I will connect with good friends there but once the game starts, we will compete, try to beat them, and why can't we do it? This is football." Mascherano claimed that Major League Soccer has improved as a result of Miami's advancements. "It's a historic night for MLS, because we are into the best 16 teams in the world. All of the MLS has to be proud of Inter Miami," he said. After an exciting 4-4 stalemate, neither Egypt's Al Ahly nor Portugal's Porto were able to defeat Palmeiras or Miami and were eliminated. Following their unexpected loss to Botafogo, European champions PSG recovered with a resounding victory in Seattle. Due to Botafogo's late loss to Atletico Madrid in Pasadena, the Ligue 1 champions advanced as group winners with goals from Khvicha Kvaratskhelia and Achraf Hakimi either side of halftime.

Cardinals defeated Cubs 8-2 with four home runs

New Delhi: St. Louis Cardinals defeated Chicago Cubs 8-2 with Alec Burleson, Brendan Donovan, Lars Nootbaar & Nolan Gorman hitting season-best 4 home runs. Cardinals' Liberatore allowed 2 runs striking out 5 while Cubs' Ben Brown allowed eight runs. Fulmer threw scoreless innings with Donovan & Burleson scoring. Pete Crow-Armstrong doubled in 5th inning scoring to tie St. Louis lead. Liberatore loaded bases for Ian Happ in the fifth inning, with Contreras hitting three hits against his former team. He's 22 for 63 with six doubles & a homer.

To defeat the Red Sox 9-5 the Angels score four runs in the eighth inning

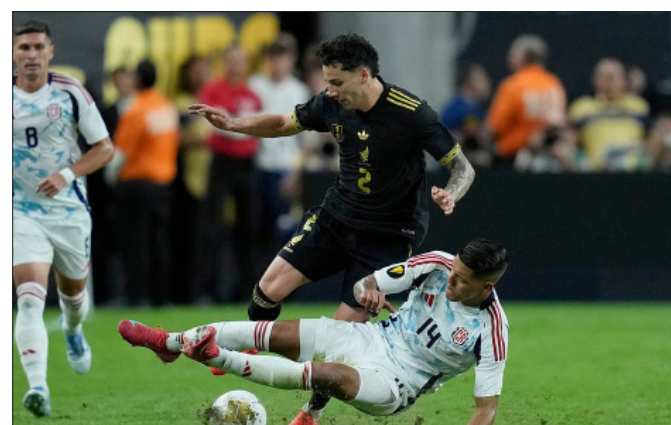
Agency: Los Angeles Angels defeated Boston Red Sox 9-5 in eighth inning thanks to Zach Neto's homer & Christian Moore's tiebreaking sacrifice fly & LaMonte Wade Jr.'s single. Angels took 6-5 lead with sac fly by Moore single by Neto & intentional walk to Trout They scored 2 runs with Reid Detmers striking out Roman Anthony & Trevor Story in 7th. Boston starter Walker Buehler walked four and hit two batters with pitches in a five-run first, resulting in a career-high seven walks in four innings. Red Sox took the lead with a solo homer by Story off reliever Ryan Zefterjahn, tying the game 5-5. Boston scored three runs on five hits, including Willyer Abreu's two-run single. The Red Sox missed a chance to tie in the fifth when they ran into two



outs on the bases. Second baseman turned & threw to second to nail Toro as he attempted to advance after Moore tagged Duran out in a rundown. For 2nd straight game, Boston manager Alex Cora was sent out after claiming that Rengifo had impeded second base with his knee. So far this season, Neto has hit six leadoff home runs, one less than the team record established by Brian Downing in 1987. Angels lefty Tyler Anderson will face Red Sox left-hander Garrett Crochet.

Mexico defeats Costa Rica 0-0 to win CONCACAF Gold Cup group

Mumbai: Mexico won Group A of the CONCACAF Gold Cup on Sunday night, tying Costa Rica 0-0. They will now play Saudi Arabia in the quarterfinals. After a video review, Guatemalan referee Mario Escobar rejected a bicycle kick that looked to have been scored by Santiago Giménez of Mexico in the fourth minute of second-half stoppage time. Mexico won the Gold Cup against Costa Rica, with Giménez scoring an overhead kick after being offside in a penalty kick attempt. The team finished with seven points. El Tri faces Saudi Arabia next weekend, while Costa Rica faces the US. Four regular starters are missing: forward Manfred



Ugalde, midfielder Carlos Mora, defender Ariel Lassiter, and forward Warren Madrigal. Costa Ricans will face the US. Mexico enjoyed a 13-5 shot lead, includ-

ing 4-0 shots on goal and 70% possession. In the 67th minute, Alonso Martínez of Costa Rica fell and missed a 25-yard attempt against the crossbar.

Head to head fight in the Diamond League

Neeraj Chopra over Julian Weber



Mumbai: Indian javelin thrower Neeraj Chopra won his first Diamond League title in two years, defeating German rival Julian Weber in a strong field in Paris. Chopra's first round throw of 88.16m was the best, followed by a second throw of 85.10m and a final throw of 82.89m. "I am happy with my throw....My run-up was really fast today. I can't control my speed, but I'm happy with the result and with the first position," the Haryana-lad, who has a gold and silver in back-to-back Olympics, told the broadcaster. In June 2023, Chopra won his final DL title in Lausanne with a throw of 87.66 meters. He went on to place second in six DL meetings. This was his first victory in the renowned series' Paris leg. As a junior world champion, he last participated in the Paris DL in 2017 and placed sixth with a throw of 84.67 meters. "I will compete in Ostrava after four days on the 24th

of June. So I need some recovery," he said of his upcoming schedule which also includes the inaugural Neeraj Chopra Classic in Bengaluru on July 5 -- a World Athletics category A event which he is hosting. In the Diamond League's Doha leg on May 16, Chopra broke the 90-meter mark with a throw of 90.23 meters, finishing in second place. Weber's final round throw of 91.06 meters had earned him the gold in Doha. "I'm hoping for some 90 metre throws because I broke that barrier in Doha. So now I believe I can do it some more...But let's see, it depends on weather and good conditions, how the body feels, but maybe I will throw far in this season," he said. On May 23, Weber, 31, defeated Chopra at the Janusz Kusocinski Memorial competition in Poland, where both athletes underperformed in cold and cloudy conditions.

Banter between Sachin Tendulkar & Sourav Ganguly following India's dominating performance over England

New Delhi: Sachin Tendulkar and Sourav Ganguly discussed their 2002 dominant batting display on social media. India reached 359/3 in the first Test of the Anderson-Tendulkar Trophy, thanks to centuries by Yashasvi Jaiswal, Shubman Gill, and Rishabh Pant. When Tendulkar and Ganguly shared a 249-run partnership for the fourth wicket at Headingley in 2002, some fans recalled India's incredible batting performance. Ganguly scored 128 & Tendulkar struck an incredible 193 off 303 balls. Three Indian batsmen reached the three-figure mark with Rahul Dravid's 148, while opener Sanjay Bangar added a respectable 68. Tendulkar used a fingers-crossed emoji in response to message on X, commemorating their incredible partnership and the three hundreds in Leeds. When Ganguly responded to Tendulkar, he went one step farther. "Hi, Champ...this time it could be 4..on this



good surface...Pant and maybe Karun.. the surface on day 1 in 2002..was a bit different than this...said Ganguly in his post. The supporters were divided by his response, with some believing that the present team needs this kind of camaraderie. On the first day of the recently established Anderson-Tendulkar Trophy, two young batsmen from India's new Test era wowed with their

incredible strokes, hitting a century apiece and completely dominating England. India amassed a daunting 359/3 in 85 overs after losing the toss, taking full advantage of England's weak bowling lineup. New captain Shubman Gill led India's assault with a stunning 127 not out, followed by Yashasvi Jaiswal with 101 and vice-captain Rishabh Pant with a solid 65 not out.

Hockey players receive monthly stipend and performance bonuses from govt

Mumbai: Indian hockey men's & women's national campers were not eligible for an out-of-pocket stipend under the Target Olympic Podium Scheme over the years, for whatever reason. Athletes from other sports have benefited from the sports ministry's generosity of providing a monthly stipend to the designated pool of athletes since TOPS's launch in Sep-



tember 2014, but hockey players have not. MOC has approved an OPA of Rs 25,000 per month for national campers of both

men's and women's hockey teams, following a request from Hockey India, in the 156th governing council meeting.

Pachua lost to Madrid despite an early red flag

New Delhi, June 23: With decisive wins Manchester City & Juventus maintained their solid hold on Group G, paving the way for a crucial match-up to decide group champion. Al Hilal & Red Bull Salzburg played out tense draw that kept both teams in contention in one of tournament's most competitive groups while Real Madrid overcame early red card to outclass Pachuca & maintain their hopes of qualifying. Real Madrid maintained their poise & talent to defeat Pachuca of Mexico 3-1, even though they were reduced to 10 men in the eighth minute after Ral Asencio was sent off for a dangerous challenge on Salomn Rondn. Jude Bellingham, who has been playing well lately, opened the score with a clean goal in the 35th minute. Arda Gler then doubled the lead with a calm strike 10 minutes later. Federico Valverde's curling goal in the 70th minute all but guaranteed victory, although Elasmontiel, then 19 years old, gave Pachuca a late equalizer, which was ultimately only a consolation. In the fiercely contested Group H Red Bull Salzburg & Al Hilal played to 1-1 stalemate leaving qualification in doubt win kept Madrid's campaign alive. Manchester City easily defeated Al Ain of United Arab Emirates, winning 6-0 to secure their spot in the Round of 16 along with Juventus from Group G.

Bumrah speaks out about missed catches against England



Pune, June 23: Indian seamer Bumrah praised missed catching opportunities in Test against England despite 5 wicket haul. Bumrah said "Just for 2nd you just can't sit & cry about it. You have to move forward with game. I try not to take it too far in my head & forget it. A lot of them are new to game & for the first time, it is hard to see the ball here. Nobody is dropping catches intentionally & it's part & parcel of game. They will learn from it. I do not want to create scene & put more pressure on them like I am kicking the ball or something."

Queen's Club 2025 Championships Preview and Prediction for the Carlos Alcaraz vs. Roberto Bautista Agut

New Delhi: Carlos Alcaraz will play Roberto Bautista Agut in Queen's Club semifinals. Carlos Alcaraz defeated Arthur Rinderknech 7-5 6-4 to go to semi-finals. Compared to his 3 hr epic with Jaume Munar in previous round Spaniard's match far more comfortable. World number 2 now just two games away from winning sec Queen's Club title after avoiding a break point throughout the match. Victory streak on the tour to 16 games was his greatest ever. To advance to the final, he must defeat Roberto Bautista Agut. 37-year-old defeated world number nine Holger Rune to record his finest victory of year. He nearly won the match in two sets, but Rune forced decider by winning the second set on tiebreak. Bautista Agut made spectacular comeback to win 7-6



6-7 6-2 & go to season's first semifinal. They already faced off twice with Alcaraz winning both games handily & without dropping set. He defeated Bautista Agut in 2022 Indian Wells third round & Barcelona Open round of 16

following year. Competitor, Bautista Agut already had fantastic tournament defeating Miami Open winner Jakub Mensik & Rune. Alcaraz performed admirably the last time out & ought to have more than enough to win.