

British PM Rishi Sunak hosts Coronation Big Lunch for community heroes

British Prime Minister Rishi Sunak and his wife Akshata Murty hosted a Coronation Big Lunch at Downing Street here on Sunday for community heroes to celebrate the crowning of King Charles III and Queen Camilla as part of the country's long celebratory weekend.

The invitees included US first lady Jill Biden and British Sikh entrepreneur Navjot Singh Sawhney, who won the UK PM's Points of Light Award earlier this year for his eco-friendly hand-cranked Washing Machine Project, which is benefitting over 1,000 families without access to an electric machine in underdeveloped countries or refugee camps.

The event was one of an estimated 50,000 Big Lunches or street parties being organised up and down the United Kingdom to celebrate the Coronation at Westminster Abbey in London on Saturday. Ukrainians forced to flee the war-torn country amid its conflict with Russia were also present at the lunch.

Come rain or shine, thousands of friends and neighbours are coming together this weekend to put up the bunting, pour the tea and cut the cake at street parties and community events across the UK," said Sunak.

"I am proud to welcome Ukrainians forced to flee their homes and some incredible community heroes to Downing Street for our very own Coronation Lunch to celebrate this historic moment. In England, Scotland, Wales, Northern Ireland – and across our Overseas Territories and the wider Commonwealth – people are marking this momentous occasion in the spirit of unity and hope for the future," he said. The British Indian leader made history at the Coronation ceremony on Saturday when he read a passage from a biblical book at the Abbey as the head of government of the host nation.

Akshata Murty, the daughter of Infosys co-founder Narayana Murthy and the UK's Indian First Lady, marched in with him as part of a Commonwealth Realms procession. Sunday marks the designated Big Lunch element of the Coronation weekend, a nationwide initiative to bring neighbours and communities together to celebrate the historic event.

Downing Street has been adorned with bunting featuring the official Coronation emblem and the Union Flag. Crockery was donated by Emma Bridgewater – the award-

winning ceramics company based in Stoke-on-Trent – including a limited-edition King Charles III teapot.



Besides Sawhney, several other recipients of the Points of Light Award – volunteers that have made an outstanding contribution to their community – were invited to attend the event.

"Winning the Points of Light award and getting recognised by the Prime Minister is a phenomenal privilege. The Washing Machine Project's mission is to alleviate the burden of unpaid labour, mainly on women and children," said Sawhney of his work.

Attendees enjoyed food sourced from across the UK, including Loch Duart salmon from

Sutherland in North West Scotland and soda farl from Northern Ireland. Beef came from Gloucestershire in South West England and ice cream was sourced from Chilly Cow, a company based in Ruthin, Wales.

Ukrainians fleeing the Russia-Ukraine conflict and their UK-based sponsors also joined the event.

They include Olga Breslavskaya who travelled to the UK as part of the Homes for Ukraine scheme and is currently studying an intensive English course. Caroline Quill – a Homes for Ukraine sponsor – has been instrumental in matching 250 families across East Sussex and Kent and will also join the lunch.

Young people from organisations such as UK Youth and the National Association of Boys and Girls Clubs were also invited to mark the occasion.

Members of Britain's royal family will also attend some community events and street parties during the day before seeing the likes of pop stars Katy Perry and Take That perform at Windsor Castle at the Coronation Concert on Sunday evening. Bollywood star Sonam Kapoor Ahuja is among those scheduled to make an appearance at the concert.

Will Meet Nitish Kumar During His Mumbai Visit: Pawar

Nationalist Congress Party (NCP) president Sharad Pawar on Monday said he would meet Bihar Chief



Minister Nitish Kumar during the latter's visit to Mumbai on May 11, adding their outlook is that the country needs an "alternative" to the current BJP-led government.

Pawar, who on Friday revoked his decision to quit as NCP chief, was speaking to reporters in Solapur before heading to Nipani in Karnataka where he will hold a rally for his party candidate in the Assembly polls to be held in the neighbouring state on May 10.

Asked about a possible meeting with Janata Dal (United) leader and Bihar CM Nitish Kumar, Pawar said, "I have received a message that Nitish Kumar will visit Mumbai on May 11. We will meet, though I do not have all the details with me. Our outlook is that an alternative (to the BJP government) is needed in the country."

Those who wish to contribute to it, be it Nitish or Mamata (West Bengal CM and Trinamool Congress leader), in my view we all need to work together for the same," the NCP chief said.

The Lok Sabha polls in the country are due next year. Pawar also said there was no discussion on Lok Sabha seat sharing in Maharashtra with his political allies Shiv Sena (UBT) and Congress (the three parties are constituents of the Maha Vikas Aghadi).

"The Maha Vikas Aghadi leaders will sit together and then discuss a seat sharing formula. There is no point in making any claim on a particular Lok Sabha seat before such meetings," he said.

Curfew relaxed in Imphal as life crawls back to normal, CM thanks Shah for support

Life was crawling back to somewhat normal in violence-hit Manipur as people came out of their homes in state capital Imphal to buy essential items with the curfew being relaxed for a few hours on Monday morning, officials said. Drones and helicopters continued a close watch, while personnel of the Army and Assam Rifles held flag marches in different areas that have been rocked by ethnic violence over the last few days, they said. The clashes broke out on Wednesday after tribals organised a demonstration in the ten hill districts of the state to protest against the Meitei community's demand for Scheduled Tribe (ST) status, leading to the deaths of at least

54 people. Meiteis account for about 53 per cent of Manipur's population and live mostly in the Imphal valley. Tribals — Nagas and Kukis — constitute another 40 percent of the population and live in the hill districts. So far, 23,000 people have been rescued from the violence-hit areas and moved to military garrisons, officials said. The curfew, imposed on Wednesday after the violence broke out, was relaxed from 5 am to 8 am in Imphal West district to allow people buy essential items. People came out in large numbers to buy vegetables, groceries and medicines. Chief Minister N Biren Singh said he was thankful to Union Home Minister Amit Shah for his supervision and

support to help improve the situation in the violence-hit state. "I have been constantly in touch with the office of the Home Minister to monitor the situation and ensure that no further violence takes place in the state," he said. "The paramilitary and state forces have been doing an exemplary job in controlling the violence and bringing the state back to normalcy. I also appreciate the people of the state for their cooperation," he added. Governor Anusuiya Uikey chaired a meeting with Security Advisor Kuldip Singh and Operational Commander Ashutosh Sinha on Sunday. At the meeting, the two officers shared their suggestions with the governor to resolve the

crisis. The state government also brought back IAS officer Vineet Joshi from central deputation in New Delhi, and appointed him as the new chief secretary. Union Minister for the Development of North Eastern Region G Kishan Reddy said on Sunday that the Centre was ready for talks with the warring groups in Manipur and resolve their issues.

"Please come forward to solve the issues in a peaceful manner. The government is ready. You have seen the farmers' issue. When it was peaceful, we tried to convince them. As the issue was not resolved, we agreed to their demand, and those bills (three farm laws) were withdrawn. So, the government is not adamant," he said.

Another explosion near Golden Temple no one injured

An explosion took place on a heritage street near the Golden Temple here on Monday morning close to the spot where a blast was reported on May 6, police said. No one was injured or any damage reported in Monday's blast. The cause of the explosion is yet to be ascertained, they said.

The explosion occurred near the same

spot on the heritage street leading to the Golden Temple where the one on Saturday took place, the police said.

According to an eyewitness, the explosion was reported around 6:30 am. Police and forensic teams reached the spot soon after and started collecting samples for investigation.

Locals called for a thorough probe into

the two explosions.

Jasbir Singh Patti, a daily visitor to the Golden Temple for the last 20 years, said the explosions have created panic among the devotees and the police should thoroughly investigate these incidents.

One person was injured and glass facades of some buildings were damaged in Saturday's blast.



Important Utility Nos

Police	100
Ambulance	108
Fire	101
Railway	139
LPG Helpline	1906
MTNL	022 - 2436 7178
Water Supply	022 - 2367 8109
GPO	022 - 2262 0693
Mumbai Airport (CSIA)	022 - 6685 1010
Peta	022 - 4072 7382
National Stock Exchange	022- 2659 8100
Bombay Stock Exchange	022- 2272 1233
BEST Helpline	1800 227 550
Mahanagar Gas	1800 266 9944
MSEDCL	1800 102 3435
Passport	1800 258 1800
Aquaguard	1860 266 1177
RTO	1800 120 8040
COURT	
Bombay High Court	022 - 2267 3568
Labour Court	022 - 2405 1075

Family Court	022 - 2659 1270
Citi Civil Court	022 - 2284 4134
Juvenile Court	022 - 2377 1116
COURIER SERVICE	
Blue Dart Express Ltd	1860 233 1234
DHL Express India Pvt Ltd	1800 111 345
Fed Ex Express India Ltd	1800 226 161
V-Trans India Ltd	98701 40141
DTDC Courier	73057 70577
Vichare Courier	022 - 4848 4848
First Flight	022 - 6268 6666
The Professional Courier	022 - 27813309
PHARMACY	
Royal Chemist	022- 2200 4041
Welness Forever Chemist	1800 266 2247
Apollo Pharmacy	77100 90125
PharmEasy	76661 00300
COOL CAB	
Ola Cab	022 - 6735 0900
Meru Cab	022- 4422 4422
Uber Cab	75069 84535

HOSPITALS

G.T. Hospital	022 - 2261 1654
Tata Memorial Hospital	022 - 2416 1413
Sion Hospital	022 - 2409 2020
Nair Hospital	022 - 2385 5555
KEM Hospital	022 - 2413 1763
V.D.Savarkar Hospital	022 - 2561 6226
Rajawadi Hospital	022 - 2509 4151
Kasturba Hospital	022 - 2308 3901
St. George Hospital	022 - 2262 0248
Wadia Hospital	022 - 2412 9787
Bombay Hospital	022 - 2206 7676
J.J. Hospital	022 - 2373 9031
P.D. Hinduja Hospital	022 - 2444 9199
Saifee Hospital	022 - 6757 0111
Jaslak Hospital	022 - 4017 3333
Breach Candy Hospital	022 - 2366 7788
Lilavati Hospital	022 - 2675 1000
Kokilaben Hospital	022 - 4269 6969

Healthy habits to help keep you motivated and productive

1. Develop a set morning routine

Starting the morning off on the right foot can have a huge impact on your motivation, productivity, and stress levels for the rest of the day. Although it can be extremely tempting to reach for coffee as soon as you get up, try getting into the habit of drinking a full glass of water first. Doing so is a quick and effective way to rehydrate your body after 7-8 hours of sleep, and it may also help jumpstart your metabolism. Then feel free to have that coffee or tea.

It's highly likely that you have many responsibilities to deal with in the morning, whether that involves making breakfast for your kids, getting ready for work, or walking the dog. But before you tackle them, try to take 5 to 10 minutes for some self-care. What you decide to do with this time is completely up to you, as long as it doesn't involve scrolling through social media or checking your email. It can be as simple as making your bed, decluttering your study space, practicing a deep breathing exercise, or writing in your journal.

You can also set yourself up for success the night before by taking care of some of your usual morning chores. Do the laundry, set out your work clothes, make your oatmeal, or pack a lunch for your kids—anything that can lessen your obligations will help to make your mornings less stressful and more enjoyable. If you're not already a morning person, you may grow to be one!

2. Set a priority list for your studies

When you're juggling multiple responsibilities, it can be tough to stay organized and on-task.

That's why it's important to create daily study goals to help ensure your priorities are in check. An effective way to do so is by using the SMART approach wherein you ensure that your goals are specific, measurable, relevant, attainable, and timely. When you make and



fulfill daily SMART goals, you also may attain added benefits such as reduced anxiety, stronger focus, and increased motivation.

Examples of SMART study goals include:
 Spending 30 minutes to finish an assigned reading for the next day
 Completing research for a paper that is due in 2 weeks
 Meeting online with your peers for 15 minutes to discuss a group project

Emailing your instructor with questions about an upcoming assignment
 Using your lunch break to create an outline for a writing assignment
 Keep in mind that your daily priority list is not the same thing as your study schedule, which should lay out the due dates for your projects, quizzes, and exams for your courses on a macro level. Instead, you need to think on a micro level and ask yourself, "What do I need

to do today to ensure that I'm on track in my studies?" If it's helpful, you can also include your work and personal responsibilities, since the goal is to ensure that you fulfill them all to the best of your ability.

3. Ensure you get enough sleep

If you want to succeed academically, it's important to take care of your physical health. A huge component of that involves getting enough sleep every night. Work, academic, and personal stressors can create anxiety, preventing your brain from relaxing once you hit the pillow. Here are 4 steps you can take to help increase the chances of getting a restful sleep:

Stick to a sleep schedule: Whenever possible, go to bed and wake up at roughly the same time every day and resist the urge to sleep in on the weekends. If you can't fall asleep within a reasonable amount of time, get up and listen to music or read until you're tired enough to go back to bed. Avoid naps longer than 30 minutes, as they can disrupt your sleep at night.

Avoid blue light exposure: Electronic devices like smartphones and computers emit blue light, which disrupts your circadian rhythm, making your body think it's daytime. Stop watching T.V. and dim the lights a couple of hours before bed. If you must use electronics, invest in glasses that block blue light.

Pay attention to your food and drink: It's best not to go to bed hungry or too full, as the resulting discomfort may prevent sleep. If possible, have nighttime snacks and drinks at least 1 to 2 hours before bed. Both caffeine and alcohol are also disruptive to your sleep, so try

to limit your intake in the evening.

Create a comfortable environment: For most people, a cool, dark, and quiet room is ideal for sleeping. If this doesn't describe your bedroom, consider using blackout curtains, a noise machine, or earplugs. If you can't control the room temperature, a fan can help cool things off while also offering some ambient noise.

4. Eat healthy and stay active

It's time to take stock of how you're fueling and moving your body. If you find yourself reaching for sugar or caffeine to keep you going, then consider making some changes. A fiber-rich diet, which includes whole grains, vegetables, legumes, and fruits, can help you feel fuller longer. Try to include color and variety when choosing fruits and veggies, like yellow, orange, red, purple, and dark green produce. Beans, fish, poultry, and nuts are great sources of protein and contain healthy fats, which the brain needs to function correctly.

Exercise is also important for both your body and your mind, but getting your body moving doesn't necessarily mean spending hours in the gym. It does involve setting aside time during the day, whether that's 15 or 50 minutes, to take a walk or run, fit in a bike ride, or play your favorite sport. The key is finding the activities that you enjoy and integrating them into your schedule. The benefits of exercise include:

- Stress release
- Improved mood
- Enriched sleep
- Enhanced energy
- Lowered blood pressure
- Increased cognitive function

Boomitra aims to deliver USD 200 million in carbon finance to farmers and ranchers in developing world by 2025

An international soil carbon marketplace, founded by a Karnataka-born entrepreneur, will deliver USD 200 million in carbon finance to farmers and ranchers in the developing world by 2025 to scale the deployment of climate-smart agriculture.

Boomitra founder Aadith Moorthy spoke at the recently concluded Agriculture Innovation Mission for Climate (AIM for Climate) Summit in Washington hosted by the United States.

The Summit, supported by Foundation for Food & Agriculture Research (FFAR), aims to bring together partners to increase and accelerate investment in and support for agriculture and food systems innovation for climate action.

Moorthy highlighted how soil's potential can be unlocked as a "powerful carbon sink through the action of farmers - enabling them to participate in carbon markets and build resilience to rising temperatures."

With a view to scaling the deployment of climate-smart agriculture, Boomitra will deliver USD 200 million in carbon finance to farmers and ranchers in the developing world by 2025, a press release by Aim For Climate

said.

The initiative will leverage Boomitra's proprietary AI and remote sensing technology, as well as the support of global partners, to implement projects that increase soil carbon, thereby unlocking gigaton-scale carbon removal.

The USD 200 million pledged represents an increased investment and is expected to remove 13M tonnes of carbon across 5 million acres. According to Boomitra's website, it sells carbon credits to corporations and governments worldwide, enabling them to meet their sustainability goals.

The majority of the proceeds from each carbon credit sold is given directly to the farmers, allowing them to re-invest in themselves and their communities. With over 5M+ acres currently under management, Boomitra is working with farmers to accelerate carbon removal on a gigaton-scale, while helping them grow more with less.

"For us at Boomitra, our goal is that by 2030, we should be on a gigaton scale, work with hundreds and millions of acres then. We have the trajectory to get there. We invite everyone to work with us, join us and partner with us

so that we can together reach that gigaton scale," Moorthy said.

He added it is a global issue for governments to create policies around agriculture and specifically carbon in agriculture. "Basically governments have to enable and not restrict and they should put in some guardrails in place to enable benefits to actually reach farmers and ranchers."

Moorthy said Boomitra works with farmers and ranchers around the world and helps them adopt improved agricultural practices that increase soil carbon levels. Those increases in soil carbon are then measured using satellites and AI and they are then turned into internationally recognised third-party certified carbon removal credits.

"We then sell these to corporations and governments who buy them to meet their sustainability needs," he said adding that the majority of the carbon value is returned to the farmers.

Globally, Boomitra works with five million acres, 150,000 plus farmers out of which 100,000 farmers are in India across 15 states and this number will be expanded over the next year.

US Secretary of Agriculture Tom Vilsack announced that AIM for Climate partners from around the globe are increasing investment in, and support for, climate-smart agriculture and food systems innovation.

"Climate change continues to impact longstanding agricultural practices in every country and a strong global commitment is necessary to face the challenges of climate change head-on and build more sustainable, equitable, and resilient food systems," Vilsack said.

"We need all of us working together to address the challenges of climate change and food security through innovative technology and approaches, and the AIM for Climate Summit gives me hope that we will rise to the occasion, as future generations depend on us to do."

In February this year, India joined the global platform launched by the US and the UAE with an aim to accelerate investment and support for climate-smart agriculture and food systems innovation. The Agriculture Innovation Mission for Climate (AIM4C) was launched by the two nations in November 2021.

Amidst turmoil in Pakistan, US supports freedom of expression without violence

Amidst a domestic turmoil in Pakistan, the United States on Monday voiced support to freedom of expression without any violence and reiterated that a strong, stable and prosperous Pakistan is crucial to its ties with the country

Our belief is that individuals should have the freedom to express themselves, but do so without participating in any violence, violence that would put government employees in government buildings in harm's way. And specifically on the arrest, I spoke a little bit to this last week," state department's Deputy Spokesperson Vedant Patel told reporters at his daily news conference, referring to former prime minister Imran Khan's arrest last week by the Pakistani Rangers.

"The US does not have a position on one political party or one candidate or another. Our view is that a strong, stable and prosperous Pakistan is crucial to US-Pakistan relations and that for any arrest that such an individual is afforded basic human rights in accordance with their laws," he said, responding to a question on the ongoing developments in Pakistan.

Asked about the freedom of press in Pakistan, Patel said he is not going to be prescriptive about the current situation.

"I do not have an assessment to offer from here. But broadly, we are very clear about the need for access for media and the access for information and the free flow of information between the government and journalists," he said.

Khan's arrest from the Islamabad High Court premises last Tuesday triggered unrest in Pakistan that continued till Friday and led to several deaths and dozens of military and state installations being destroyed by the protesters.

For the first time in Pakistan's history, the protesters stormed the army headquarters (GHQ) in Rawalpindi and also torched the corps commander's house in Lahore.

Police put the death toll in violent clashes to 10 while Khan's party claims 40 of its workers lost their lives in the firing by security personnel.

On Monday, Khan appeared before the Lahore High Court, which fixed his bail hearing on Tuesday in the terrorism cases registered against him following his arrest in the Al-Qadir Trust corruption case that sparked violent protests by his supporters.

Pakistan: 15 Killed In Clash Between 2 Tribes Over Delimitation Of Coal Mine In Northwest Region

At least 15 people were killed in a bloody clash over the delimitation of a coal mine in the restive northwestern region of Pakistan on Monday, police said. The incident occurred between the Sunnykhel and Zarghun Khel tribes in the Darra Adam Khel area,

around 35 km southwest of Peshawar, in Kohat district over the delimitation of the mine, they added. The bodies and those injured were shifted to a Peshawar hospital. The exact number of injured people was not immediately known, but there were casualties on

both sides in the exchange of fire, police said. Joint teams of police and other security forces rushed to the site and halted the firing between the rival tribes. An FIR in connection with the incident has been registered at the Darra Adam Khel police station.

Smriti Irani asks Credai to promote 1st generation female developers

Women and Child Development Minister Smriti Irani on Monday asked realtors' body CREDAI to promote first-generation female real estate developers.

Addressing CREDAI Women and Youth Leadership Summit here, Irani also told builders to focus on affordability of real estate projects without compromising on the construction quality. "How many female developers do you know of CREDAI or non-CREDAI? What are you doing as CREDAI to get more and more women developers into business who are first generation business leaders?" She sought to know from newly elected CREDAI-National President Boman Irani.

"If you can in your tenure give the nation 100 new female developers.... then you have a successful tenure," she told Boman Irani, who has been elected as CREDAI President for 2023-25 period.

The minister asked CREDAI to promote and enable youngsters, including young women, to become first generation real estate

developers.

Speaking at the event, CREDAI President Boman Irani, shared organization's vision for growth.

The association will focus on green development and will become carbon neutral by 2050, he said.

CREDAI would also promote reform, transparency, women empowerment and Housing for All, the president said. The association's women's wing would identify and provide support to 10,000 students from construction worker families who are aspiring to enter the sector to pursue studies in engineering, architecture, and other related streams.

Besides this, the Women's wing will also work on improving facilities at construction sites for the children of labour through basic education, creche facilities, health check-ups etc. The new team for CREDAI Women's Wing for 2023-25, include Rupa Shah, Convenor, CREDAI Women's Wing, and Sarah Jacob, Secretary, CREDAI Women's Wing and Sapna Rathi, Joint Secretary, CREDAI Women's Wing.

RTO & Aamchi Mumbai's Road Fitness

The RTO (Regional Transport Office) of Mumbai was established under section 213 of the Motor Vehicles Act, 1988. The department is responsible for issuing 31 different kinds of licenses and permits, collection of road taxes and IMV (International Multi-purpose Vehicle) fees, Issuance of registration services, transport permits, NOC (No Objection Certificate) and various other functions.

The RTO is responsible for protecting the environment as well by way of issuing PUC (Pollution Under Control) Certificate to vehicles. For fancy registration numbers which cater to numerology enthusiasts, you can approach the RTO or use their mobile app called mParivahan. The app allows you to generate a virtual version of your RTO related documents such as your license which serves as an authentic proof.

They maintain vehicle databases, document ownership transfers and vehicle maintenance as well as look after road safety by getting hold of rule breakers. Mumbai's RTO is one of the busiest in India!

By : Vyoma Joshi

MUMBAI POLICE (Public Awareness)

ACP - Dattatray Hariba Shinde (Mulund)

By Arti S. Zaveri

How Can A Property Fraud Be Recognised?

A dream home can require a lifetime of savings and therefore is emotionally significant. Even though there are many benefits to buying a new house, it's crucial to avoid falling for a real estate scam. Do you know how to spot bogus real estate paperwork and fraud in India? A property fraud may be a dreadful experience because it not only causes financial loss but also legal suffering. India has a number of laws in place, but scammers are still able to con customers. They fabricate property paperwork or provide a positive scenario in order to persuade the buyer to accept the sale right away. They will occasionally sell the same home to many buyers, take the money, and then disappear.

How do you spot a property scam?

A property fraud could potentially happen in your planned real estate purchase if any of the following conditions exist:

Seller desires a quick sale.

A red flag can be the seller seeking to seal the deal quickly and demanding a sizable sum of cash. A fraudster would act with great urgency and try to entice you with a good deal in exchange for your quick signature. The seller in question can also be overly eager to reveal the paperwork without being asked to do so.

The real estate deal seems too good to be true, right?

If you receive a really generous offer, you should keep an eye out for a fraudulent property registry. It can be a tactic used by scammers to lure victims with enticing offers and exploit their anxiety over losing out on a once-in-a-lifetime opportunity.

Documentation that is suspicious

It could be a red flag if the seller does not permit scrutiny of the loan documentation, ownership documents, or title documents. In such a situation, the seller is typically hesitant to ask banks or the appropriate government agencies for a certificate of no objection prior to the transaction.

Several land records have been digitized over time and are accessible online. In order to confirm the paperwork, buyers can attempt to access the internet records. Applying for certified documents from the local revenue authorities will allow you to double-check the records.

There is no way to inspect the property.

If the vendor is unable to offer all the information or does not grant full access to the property, it may be a hoax. In such circumstances, the seller does not

provide a physical inspection of the property.

Things to keep in mind when selling any property to spot a real estate scam

- Never accept an online advance payment without first verifying the buyer's information and identity
- Never divulge all of the property documentation to a person you are communicating with online.
- It Never provides the buyer or agent with your KYC or bank information without first entering into an agreement.
- To close the purchase, stay away from online chats and video calls presenting the property.
- When a direct call from a potential buyer expresses interest in a home based solely on photographs and without having seen the actual property, the seller should exercise greater caution.

What should you do if your property documents are fake?

The following actions can be implemented right away to deal with the scenario mentioned above:

Make a police report

Make a criminal complaint against the individuals who committed the forgery at the police station under whose jurisdiction the property is located in order to launch an investigation and bring all those responsible to justice.

Public awareness

Make a public announcement warning the general public not to rely on the fake paper for any kind of transaction. If the fake document has been utilized in any transactions, ask the public for information.

Consult an expert

You can speak with a lawyer and go over your legal choices. You can also do a thorough title search with the Registrar of Properties' office to find out if the falsified document has been used in any transactions.

Options for legal action

For legal redress, the disagreement may also be brought before the courts. Vis Legis Law Practice's founding partner continues, "If the rightful owner no longer has ownership of the property, file a civil lawsuit. This step is essential to obtaining a court order restoring possession and prohibiting the offenders from accessing or using the property based on the aforementioned fake document. Another goal of this action is to prevent the offenders from using the document to conduct any more transactions and to obtain a stay order in the event that any additional transactions are conducted using fake documents." After acquiring the seller's KYC

documents, buyers should always require that the initial token amount be paid through the bank. And the same should hold true for the property paperwork. If the housing project is brand-new, the buyer can look for RERA registration or local authority approvals for the project's right to be built.

Indian real estate markets are expanding quickly. Because there are so many real estate transactions taking place, fraud can be possible. The house buyer would be wise to exercise caution and alertness before finalizing any agreements.

Helpful Tips to Buy your Dream House in Mumbai

Here we share some helpful tips for you to buy your dream house in Mumbai.

1. Decide The Budget

Your budget is the only thing that will define your house search. Everything depends on how much you can spend on buying a property in Mumbai. Real estate builders in Mumbai are now coming up with affordable housing projects so there is a very high probability that you can find a house, which fits your budget.

2. Select A Locality After Thorough Research

Having a house in a safe locality with schools, hospitals, good connectivity, etc is what you should look for. Along with this, you also need to look at the historic price trend for that locality. You need to do an ample amount of research regarding the locality. Residential projects in Mumbai now boast of having flats in localities such as Panvel, Thane, Bandra, Juhu, Cuffe Parade, Lower Parel etc. These are all upmarket localities in Mumbai.

3. Find The Right Broker

A Broker is your point of contact with the real estate market of Mumbai. He or she can give you the most helpful insights about the real estate market scenario, given that you have chosen a good and trustworthy broker. One smart thing to do is look for a broker from the neighborhood you want to buy your house in.

4. Choose a Builder with A Good Track Record

Once you have set your budget and are in contact with a broker, you need to see if the houses shown to you are from a good real estate builder in Mumbai. The builder should have a good record of accomplishment of projects. You need to check the quality of the infrastructure, the legal standing of the developer, etc.

5. RERA Certification of the Property Real Estate (Regulation & Development) Act, 2016 has become a breather for property buyers in Mumbai.



The sole motive of the RERA act is to protect the home buyers and rightly so. This act provides transparency in project making by making every property RERA registered. You need to look if the home you are interested in buying is from a RERA registered property site in Mumbai or not.

6. Have A Checklist

Make sure you have a well-defined and exhaustive checklist of all the things you need to go through while looking for a flat in Mumbai. Properties in Mumbai are the most sought after for homebuyers from any part of the country. When you zero in on a flat in Mumbai you need to look for a deal which is transparent and has the correct paperwork. Before you sign the sale deed you need to make sure every document and all the legal framework is in place.

A state police circular, directing the police stations across Maharashtra, to register complaints against builders who cheat home buyers and violate building norms

Traffic WhatsApp Helpline : 8454999999
Control Room : 100
Elder Line : 1090
Citizen Wall : 103



HEALTH AWARENESS



Dr. Nimit Shah

Consultant Interventional Cardiologist

MBBS, MRCP (UK), MD (, UK), Certificate of Completion of Training (CCT) in Cardiology (Oxford, UK)
Fellowship : Advance Interventional Fellowship, Royal Bournemouth Hospital, UK



Dr has pursued his post-graduation and specialty training in the UK. In 2014, he returned back to India after 13 years.

He has successfully completed CCT in Cardiology from the prestigious University of Oxford, UK (first Indian to achieve this feat). He has obtained an Advance Interventional fellowship from Royal Bournemouth Hospital (UK). He was an Advanced Life Support (ALS) Instructor for Resuscitation Council of UK.

He has set up his own clinic at Panchratna, Opera House, Girgaon (equipped with ECG, Echo, Treadmill and Holter) and have started visiting other hospitals (Sir H N Reliance, Saifee, Breach Candy, Jaslok, Wockhardt and Bhatia) as a visiting interventional and general cardiologist. He has vast experience in both general and interventional cardiology. His experience includes:

EXPERIENCE:

- Coronary Angioplasty: basic and complex including Left Main (LM); bifurcations (dedicated bifurcation stents); Chronic Total Occlusions (CTOs); vein graft angioplasties; primary angioplasties, rescue angioplasties, Coronary Rotablation
 - Coronary Intravascular Ultrasound (IVUS) and Coronary Fractional Flow Reserve measurement (FFR) and Optical Coherence Tomography (OCT)
 - Excimer laser coronary angioplasty (ELCA)
 - Using adjunctive devices such as fine cross catheter, corsair catheter, guideliners, Cross Boss and Stingray system etc.
 - Pacemaker implantation and AICD implantation. (Have implanted the first leadless pacemaker in west India).
- He has extensively published in clinical and research fields in prestigious international journals. He is a Proctor for IVUS, FFR, OCT, and Rotablation. He has presented his work and chaired as an expert at various international meetings.

www.drnimitshah.com

Dr. Sushil Nehete

Plastic, Hand and Reconstructive Micro-Vascular and Micro-Neural Surgeon
MBBS, DNB (Plastic Surg.) DNB (Gen. Surg.)
Fellow Hand, Peripheral Nerve and Brachial Plexus Surgery (Brazil)



Dr. Sushil Nehete is a board-certified plastic surgeon practicing in Mumbai with almost 12 years of experience.

After completing Superspeciality post-graduation from Bombay Hospital and Institute of Medical Sciences under renowned Brachial Plexus and hand surgeon Dr.Mukund Thatte, he worked in T N Medical College & B Y L Nair hospital and B J Wadia Hospital where he gained experience in various congenital anomalies, obstetric brachial plexus injury and paediatric burns.

After that he was Fellow in advanced microvascular surgery with Dr.Samir Kumta in Lilavati Hospital & research centre, where he could participate in various onco-plastic and hand reconstructive surgeries along with some complicated microsurgical procedures

like gender reassignment, facial nerve surgeries, atonic bladder surgeries etc. He then pursued international fellowship in Hand, brachial plexus and peripheral nerve surgery at Clinica da Mao and University of Southern Santa Catarina (UNISUL) under guidance of Dr.Jayme Bertelli, an internationally famous Hand surgeon recognised for his innovative ideas and various procedures described for reconstruction of nerve injuries. He had received the prestigious R D Birla Smarak Kosh Scholarship to pursue this special training. He is one of the fonder Directors of Plastikos Clinic LLP where the team caters the whole spectrum of plastic surgical services.

EXPERTISE :

- Hand Surgery
- Breast Surgery
- Peripheral Nerve Surgery and Brachial Plexus Surgery
- Microvascular Surgery and Cancer reconstruction
- Cosmetic Surgery
- Pediatric plastic surgery
- Maxillofacial trauma and limb trauma
- Diabetic Foot

ATTACHMENTS :

- Lilavati Hospital
- Shushrusha Hospital
- Wockhardt Hospitals
- Surya Hospital
- Karuna Hospital
- Plastikos Clinic

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DR. DHEERAJ V. MULCHANDANI
M.B.B.S., M.S., D.M.A.S. F.A.L.B.S. M.B.A.
(Healthcare and Hospital Administration)
Consultant – General, Laparoscopic,
Day Care Surgeon & Laser Specialist



Laser Surgery for Anorectal Diseases

Lasers have revolutionized the field of anorectal surgery by providing a safe and effective way to treat many conditions. A laser is a device that produces a very intense beam of light that can be used to cut, coagulate, or vaporize tissue. In anorectal surgery, lasers can be used to treat haemorrhoids or Piles, anal fissures, anal fistulas, and anal warts. One of the biggest advantages of using lasers is that they can be used to treat these conditions with minimal pain and discomfort without the need for overnight admission in the hospital. A true day care experience where the patient comes in for the procedure in the morning and is able to go to his own home for recovery by the evening.

In the treatment of haemorrhoids or piles, a laser can be used to remove the haemorrhoidal tissue while sealing the blood vessels, resulting in less bleeding and pain compared to traditional surgery. There are no cuts or stitches on the skin so recovery is much quicker. Laser treatment of anal fissures can also be less painful and have a shorter recovery time than traditional surgery.

Laser treatment for anal fistula involves using the laser to create a channel between the fistula and the anus, allowing for drainage and healing. This technique can also be less painful and have a shorter recovery time than traditional surgery. In addition to being less painful and having a shorter recovery time, laser surgery can also be more precise and targeted. This means that the surrounding healthy tissue is less likely to be damaged during the procedure, resulting in better outcomes, less pain and inflammation, quicker recovery and fewer complications.

It is important to note that while lasers can be a valuable tool in anorectal surgery, they are not appropriate for all conditions. Allow the surgeon to evaluate your individual case and determine if laser surgery is the best option for you.

In summary, lasers have transformed the field of anorectal surgery by providing a safe and effective way to treat many conditions with minimal pain and discomfort. If you are experiencing anorectal problems, feel free to contact me for further details about the benefits and risks of laser surgery.

www.drmulchandani.com

Tips to reduce body temperature

1. Drink cool liquids

Drinking cool liquids like water or iced tea can help reduce body temperature by cooling the body internally. The regular intake of fluids can also prevent dehydration, which can increase body heat.

2. Go somewhere with cooler air

People can reduce their body temperature by moving Trusted Source to an area with a cooler external temperature. The body will lose heat by convection.

3. Get in cool water

Swimming in cool water, taking a lukewarm bath, or applying Trusted Source cold water to the body can reduce body temperature. In these cases, body temperature will decrease as a result of conduction.

4. Apply cold to key points on the body

Applying cold water or ice Trusted Source to strategic points on the body where the veins are close to the surface — such as the wrists, neck, chest, and temples — can quickly lower the temperature of the blood running through these veins. This allows the body to feel cooler.

5. Move less

The body releases heat when it moves. In hot temperatures, a person is likely to feel less hot if they avoid heavy exercise and limit their movement.



6. Wear lighter, more breathable clothing

Heat passes more easily through some fabrics than others. Natural fabrics, such as cotton and linen, allow heat to escape from the body more easily than synthetic fabrics, such as acrylic and nylon.

7. Take heat regulating supplements

Depending on the cause of high body temperature, taking a supplement may help regulate body heat.

Cong slams PM over 'Rozgar Melas', accuses him of destroying governance

The Congress attacked Prime Minister Narendra Modi over the alleged lack of employment opportunities and accused him of "destroying" governance by "personalising" it and taking it to "new lows" through his "Rozgar Melas". The Opposition party also claimed that the job-seeking youth in this country know it is the prime minister who has "destroyed" lakhs and lakhs of jobs. The Congress' attack came over Modi giving away appointment letters to over 71,000 people at a 'Rozgar Mela' in a tweet in Hindi, Congress president Mallikarjun Kharge said, "Modi ji who promised to provide 2 crore jobs annually, in 9 years, has shattered the dreams of 18 crore youth so far. 30 lakh



Prime posts are vacant in government departments, but today an event has been organised to distribute only 71,000 recruitment letters!" The Congress party will give a befitting reply to the "betrayal" of the youth, he said. Congress general secretary Jairam Ramesh also slammed the PM over the 'Rozgar Melas', saying that by personalising governance like never before, he has "destroyed" governance. "He has taken it to new lows through his Rozgar Melas if he has personally created these jobs, as if he is personally paying those getting these jobs, and as if those getting these jobs should feel beholden to him and him alone," Ramesh said on Twitter.

Chhattisgarh liquor scam: Don't create atmosphere of fear, SC tells ED

Don't create an "atmosphere of fear", the Supreme Court Tuesday told the Enforcement Directorate (ED) after the Chhattisgarh government alleged the probe agency is "running amok" and is trying to implicate Chief Minister Bhupesh Baghel in a money laundering case linked to the alleged Rs 2,000 crore liquor scam in the state. The state government alleged before a bench of Justices S K Kaul and A Amanullah that several state excise department officials have complained the ED is threatening them and their family members with arrest and is "trying to implicate the CM (chief minister)". The officers, the government claimed, have said they will not work in the department.

"The ED is running amok. They are threatening excise officers," senior advocate Kapil Sibal, appearing for Chhattisgarh, told the bench. "It is shocking state of affairs. Now elections are coming and that is why it is happening," he told the bench. Additional Solicitor General S V Raju, appearing for ED, countered the allegations and said the agency is probing a scam in the state. "Even a bonafide cause becomes suspect when you behave like this," the bench observed, adding, "Don't create an atmosphere of fear". Last month, Chhattisgarh became the first state to move the apex court challenging the constitutional validity of certain provisions of the Prevention of Money Laundering

Act (PMLA) alleging that central investigating agencies are being misused to "intimidate, harass and disturb" the normal functioning of the non-BJP state government. The Bhupesh Baghel-led Congress government has filed an original suit through advocate Sumeer Sodhi challenging the law under Article 131 of the Constitution which empowers a state to move the Supreme Court directly in matters of dispute with the Centre or any other state. The apex court was on Tuesday hearing a plea filed by two Chhattisgarh-based persons, one of whom has been arrested by the ED in connection with the case, challenging the proceedings initiated by the anti-money

India likely to achieve SDG goals for reduction in newborn deaths: Top WHO official

India, which has taken proactive steps to reduce neonatal mortality, is likely to achieve the Sustainable Development Goal targets in this key area by 2030, a top WHO official has said, citing data on the annual rate of reduction for newborn deaths in the country between 2016 and 2021. India has taken important steps to improve the quality of care during labour and childbirth, leading to reductions in maternal deaths. This will also bring better outcomes for newborns," Dr Anshu Banerjee, Director, Department of Maternal, Newborn, Child and Adolescent Health and Ageing at the World Health Organisation, Geneva, told "If we use the annual rate of reduction for newborn deaths between 2016-2021 and apply it to

2022-2030, it is likely that India will be able to achieve the Sustainable Development Goal targets," Dr Banerjee, who was here last week to attend the 'International Maternal Newborn Health Conference' (IMNHC 2023), said. India has been proactive in taking action to accelerate neonatal mortality reductions, including strengthening policy and planning for newborn health, Dr Banerjee said. Banerjee addressed several sessions during the four-day conference which was held from May 8-11. The IMNHC 2023 was hosted by the government of South Africa and AlignMNH - a global initiative funded by the Bill and Melinda Gates Foundation in collaboration with the United States Agency

for International Development (USAID), and in partnership with UNFPA, UNICEF, and the World Bank. India has an established newborn care programme at both the health facility and community levels. Essential newborn care is given through dedicated Newborn Care Corners in health facilities, Newborn Stabilisation Units have been established in primary health facilities to take care of simple newborn illnesses, and a large network of about 1,000 newborn care units covers nearly every district in the country has been established in hospitals to take care of sick and preterm newborns. India also has one of the largest "home-based care for newborns" programmes where six to seven

visits are made by frontline health workers (ASHAs) to provide health services and counselling at home after birth. "In order to bring further gains, it will be important to continue improving the quality of care available to newborns, especially those that are born early, small or sick," he said. On being asked about the learnings from the 'Born too soon: decade of action on preterm birth' report by the WHO, UNICEF and PMNCH - the world's largest alliance for women, children, and adolescents, which was also launched here last week, Dr Banerjee said that complications relating to premature births are now the leading cause of under-five child deaths globally, and as such, it is one of the most pressing issues

for child survival. Preterm birth is when a baby is born before 37 weeks of pregnancy. "We simply can't achieve global newborn health and survival targets without moving on this big issue. And yet, there has been very little progress in reducing rates of preterm births globally over the last decade," he said. "There is now no excuse for inaction - we have so many solutions and innovations that we didn't have a decade ago. What we need is a big focus on investment and implementation for both prevention of preterm birth - in particular, this means ensuring high-quality care during pregnancy for every woman, including early ultrasound - and better care for small and sick newborns and their families," he stressed.

Next round of trade talks between India, UK to be held in June

India and the UK will hold their next round of talks for the proposed free trade agreement next month in New Delhi. Addressing a press conference in New Delhi, Director General of Foreign Trade (DGFT) Santosh Kumar Saranagi said there was a Diwali deadline to conclude the talks last year, but for a variety of reasons it was extended. He added that both sides are now aiming to conclude the negotiations at the earliest. Mr Saranagi also expressed hope that the 10th round of negotiation from 5th June to 9th June will make some substantial progress. The negotiations were launched on 13th January 2021 to cover 26 policy areas and chapters. Mr Saranagi also informed that the 5th round of talks for a trade pact between India and the European Union (EU) is scheduled from June 19-23 in India. So far four rounds of negotiations have been completed till March. During the last round, negotiations on 21 policy areas in 74 technical sessions were held. Both sides also discussed modalities

for exchange of offers in goods and services. About India-Canada trade agreement, the DGFT said that negotiations are at an advanced stage in goods and services market access. The 7th round of talks was held during 3rd April to 6th April in Ottawa, Canada. Apart from traditional areas, the interim agreement may cover areas like SMEs, trade and gender, environment and labour. On the G20 talks, he said the second Trade and Investment Working Group (TIWG) meeting is now scheduled to be held on May 23-25 in Bengaluru. In dedicated technical sessions, G20 delegates will deliberate on priority on World Trade Organisation reform along with key deliverables on priority issues on resilient global value chains. The meeting will set the stage for building consensus among G20 countries on deliverables and outcomes proposed by India on global trade and investment-related issues.

Hooch tragedy: LoP Palaniswami meets victims, lashes out at TN CM

Tamil Nadu Leader of Opposition K Palaniswami met the persons who are undergoing treatment after consuming spurious liquor in the district. The AIADMK general secretary also slammed the ruling DMK over the issue of hooch and alleged action was not being taken against those selling illicit liquor. Referring to the Marakkanam hooch tragedy here, he said those undergoing treatment were suffering from health issues including eyesight problems. This is a sad and shocking incident. This government has not brought any schemes in the last two years. Those selling spurious liquor are

not facing action," he told reporters after meeting the affected persons undergoing treatment at a government hospital here. During the 2011-21 AIADMK regime, the issue was dealt with sternly and the stringent Goondas Act was invoked against those nabbed for selling illicit liquor, the former Chief Minister said. Launching a scathing attack on Chief Minister M K Stalin over the issue, Palaniswami charged the former was "inept and a puppet CM" and sought his resignation. "There is outrage...they (DMK) promised rivers of milk and honey will flow (ahead of the 2021 polls) but only that of alcohol is flowing

now," Palaniswami said in a dig at the ruling party.

In separate hooch incidents in



Villupuram and Chengalpattu in Tamil Nadu, 14 persons have died so far after consuming spurious liquor. CM Stalin has underlined his government's resolve to eradicate the menace of hooch and drugs and the government has acted against a set of police officials, including placing the then Villupuram SP under suspension.

IPL 2023: We Rightly Deserve The Play-Off Spot, Says GT Captain Hardik Pandya

Shubman Gill hit his maiden IPL century as Gujarat Titans became the first team to seal a place in the play-offs of the ongoing edition with a convincing 34-run win over Sunrisers Hyderabad here on Monday.

Gill slammed 101 off just 58 balls with the help of 13 fours and one six, and added 147 runs for the second wicket with Sai Sudharsan (47 off 36 balls), to power GT to 188 for nine despite a late comeback by Sunrisers Hyderabad's Bhuvneshwar Kumar (5/30). With the bat, SRH were never in the hunt as they kept losing wickets at regular intervals to be restricted to 154 for nine.

Heinrich Klaasen (66 off 44) played a lone hand for SRH, while Mohammed Shami (4/21) and

Mohit Sharma (4/28) picked up four wickets apiece to shine with the ball for GT. SRH were off to a



disastrous start, losing the wickets of Anmolpreet Singh, Abhishek Sharma and Rahul Tripathi inside the third over, with the scoreboard reading just 12. It became worse for SRH in their must-win game as

Shami picked up his third wicket in the form of rival skipper Aiden Markram an over later, and then, Mohit dismissed Sanvir Singh and Abdul Samad in the seventh over to reduce the visitors to 49 for six.

This season's campaign was as good as over for SRH as Marco Jansen became Mohit's third victim in the ninth over. Reeling at 59 for seven, SRH finally managed a partnership through Klaasen and Bhuvneshwar (27), the duo adding 68 runs for the eighth wicket. Earlier, sent into bat GT suffered an early blow as they lost Wriddhiman Saha for a duck in the third ball of the innings, nicking one to Abhishek Sharma at second slip. After a sedate start, GT broke the shackles in the third over with Gill and Sudharsan hitting Bhuvneshwar for three exquisite

boundaries to pick up 15 runs.

Having found his touch, the in-form Gill pulled, drove and flicked to collect four consecutive boundaries off Fazalhaq Farooqi.

Both Sudharsan and Gill dealt in boundaries to take GT to 65 for one in six overs. Gill, in particular, was at his attacking best as he continued his onslaught and pulled SRH skipper Markram for two consecutive fours in the seventh over and then struck Mayank Markande for two more boundaries. At the end of the 10th over, GT were 103 for one.

It was mayhem thereafter with Gill and Sudharsan going hammer and tongs to maintain a healthy run rate of over 10 till 14 overs. Sudharsan finally departed in the 15th over, caught by T Natarajan

at backward point off the bowling of Marco Jansen. GT skipper Hardik Pandya didn't last long, giving a straightforward catch to Rahul Tripathi at point, handing Bhuvneshwar his second scalp of the day. David Miller perished in the next over while attempting a big hit. Rahul Tewatia was the next to depart as SRH picked up four wickets in four overs. Gill, however, went about his business and brought up his century in 56 balls with a single to long-off in the 19th over. But soon after raising his ton, Gill perished in the opening ball of the final over, caught by Samad off Bhuvneshwar.

Rashid Khan got a thick edge in the next ball and Noor Ahmad also departed during an excellent final over by Bhuvneshwar.

'Zara Hatke Zara Bachke' a true family film: Vicky Kaushal

Actor Vicky Kaushal on Monday said his upcoming film "Zara Hatke Zara Bachke"



is a great entertainer that will bring families to the theatre.

Also starring Sara Ali Khan, the Hindi film is directed by Laxman Utekar of "Luka Chuppi" and "Mimi" fame.

The actor said he is looking forward to the premiere of the film, which marks his first theatrical release since 2019's "Uri: The Surgical Strike".

"It's a theatrical release for both of us after a long time. We were discussing that our theatrical releases before this were pre-Covid. I was telling Sara the same thing while coming here.

"I was nervous that I hadn't forgotten how to do this. It's a great film to bring to the theatre because it's a true family film, something you'll enjoy watching with your entire family. This film reminded me about my family," Kaushal told reporters here.

Khan echoed her co-star's sentiment. "This is a fully wholesome film. You will get all the emotions here. It is a complete (cinematic) experience that you should come to the theatre to watch with your family," she added.

The National Award winner was speaking at the trailer launch of "Zara Hatke Zara Bachke". Also present at the event were Khan and producer Dinesh Vijan of Maddock Films.

Set in Indore, "Zara Hatke Zara Bachke" is

a romantic comedy which follows the life of a married couple Kapil and Somya, played by Kaushal and Khan, who is headed for a divorce.

Be it her debut Abhishek Kapoor's "Kedarnath" or Aanand L Rai's "Atrangi Re", asked if playing a woman from a small town gives her the edge of relatability, Khan said it wasn't the case.

"I don't know if it's about edge, but I really relate to the pulse of my country very strongly. I've always grown up thinking of myself as an Indian desi girl from Juhu that lives with mumma, that doesn't have any frills and fancies, or any filmy friends, to be honest.

"So, one has always grown up not just knowing but also being very proud of my Indianness... Ultimately, it's Gattu (Kapoor) sir's vision, Aanand ji's guidance or Laxman sir's instructions that makes me feel like a character that you can relate to," she added.

Producer Vijan described "Zara Hatke Zara Bachke" as a film that will "cater to families".

Vijan said the director could not make it to the event as he had lost his father. Vijan credited Utekar for ensuring a theatrical release for this film.

"These films have built us. All the films that we have made, our stories are about the middle class... When you leave this film, I promise you, you will go home and hug your family, that is my guarantee.

"I hope that we make films like this run. Because it's very easy to put it on digital and give it home but watching a film together in a theatre is much more fun. If you watch this film it will really make you laugh. So, if you are up for a laugh and a big cry, come," Vijan said.

Also starring Sharib Hashmi and Rakesh Bedi, the movie is slated to hit the screens on June 2. It is produced by Maddock Films and Jio Studios.

Gulveer Singh wins 10,000m gold, books ticket to Asian Athletics Championships

Uttar Pradesh's Gulveer Singh booked his ticket to the upcoming Asian Athletics Championships by winning the men's 10,000m gold on the opening day of the Federation Cup Senior Athletics Championships here. The Asian Athletics Championships is scheduled to be held from July 12 to 16 in Bangkok.

Gulveer won with a time of 29:05.90 seconds, which was better than the Asian Championships qualifying time of 29:30.

The top 11 athletes in the 25-lap race were below the Asian qualification time.

Gujarat's international runner Murli Kumar Gavit, who finished 11th in the field of 35 athletes, clocked 29:27.76.

Of the 45 athletes who started the race, 10 did not finish. The women's 10,000m race was won by Maharashtra's Sanjivani Jadhav, with a time of 33:32.73, nearly 30 seconds slower than the Asian qualifying time of 33 minutes. Of the five athletes that took the field four finished the race. Away from the track, Uttar Pradesh's Tanya Chaudhary won the gold medal in the women's hammer throw with a distance of 60.54m. But she missed the Asian qualification standard of 62.03m.

Tanya had a series of 57.39m, 51.76m, 55.73m, no mark, 60.54m and no mark. International thrower Sarita R Singh, also from UP, finished a close second with a

throw of 60.45m. Punjab's Manpreet Kaur was third at 57.08m.

There was excitement in the men's 1500m heats as Haryana's Aman topped his heat with a time of 3:46.04 seconds, which was better than the Asian qualifying standard of 3:47.84. Aman was among 12 athletes who made the cut for the final. Johnson finished second behind Aman in the heats with a time of 3:49.21. It was heartbreak for Delhi's international quarter-miler Amoj Jacob as he strained his hamstring and pulled out of the fifth and last heat.

Rajesh Ramesh of Tamil Nadu breached the continental qualification mark of 46.17 seconds in the 400m semifinals. He clocked 46.13 seconds. In the women's 400m heats, two athletes were successful in booking tickets to the Asian Championship. Aishwarya Mishra of Maharashtra covered 400m in 52.85 seconds to better the qualifying time of 53.54 seconds, while in another heat R Vithya Ramraj of Tamil Nadu crossed the finish line in 53.32 seconds. Kerala's Maymon Poulouse emerged the fastest runner in the morning 100m heats with a time of 10.54 seconds. He further improved his time to 10.46 seconds in the semifinals to enter the final.

National record holder Amiya Kumar Mallick of Odisha clocked 10.41 seconds in the semifinals to stay on course.

Want to work with Ajay Devgn, Akshay Kumar sir: Bellamkonda Sai Sreenivas

Telugu actor Bellamkonda Sai Sreenivas, who made his Hindi acting debut with the recently released "Chatrapathi", says going forward he would like to share the screen with Bollywood action icons Ajay Devgn and Akshay Kumar. Sreenivas, known for "Alludu Seenu", "Jaya Janaki Nayaka", and "Alludu Adhurs", described Kumar's "Special 26" and Devgn-starrer "Raid" as offbeat action films. "I would like to work with Ajay Devgn sir. I really like his choices. For me, Akshay Kumar sir, Ajay Devgn sir

are my action heroes. Somebody doesn't have to do action for us to believe it. Like 'Special 26', 'Raid', those films aren't action films - they don't physically beat someone, but they're action, too," the 30-year-old actor told Sreenivas, son of film producer Bellamkonda Suresh, also weighed in on the nepotism debate. "...we also have our own challenges, highs and lows. But, at the end of the day, talent and merit speak volumes. There are a million platforms today, where you can showcase your talent," he said.

Need to take disengagement process forward: Jaishankar on eastern Ladakh border row

A day after holding talks with his Chinese counterpart Qin Gang, External Affairs Minister S Jaishankar on Friday said the situation along the border in eastern Ladakh is "abnormal" and India-China relations cannot be normal if peace and tranquillity in border areas is disturbed. Jaishankar also said that there is a need to take the disengagement process forward.

The standoff between the India and Chinese troops in certain friction points along the Line of Actual Control (LAC) in eastern Ladakh entered its fourth year.

Jaishankar and Qin held bilateral talks on Thursday on the sidelines of a meeting of the Council of Foreign Ministers of the Shanghai Cooperation Organisation (SCO) in this beach resort. "I think the issue is that there is an abnormal position in border areas along the boundary. We had very frank discussions about it," Jaishankar said at a press conference when asked about his

talks with Qin. "We have to take the disengagement process forward and we have made it very clear publicly as well. What I say within the room is not different



from what I say outside which is that India, China relations are not normal and cannot be normal if the peace and tranquillity in the border areas is disturbed," he said. "I have been very consistent about it and I have not changed my position at this meeting either," Jaishankar said. Asked about China's claim that the situation along the border is stable,

Jaishankar suggested that it is not so.

The meeting between the two foreign ministers was their second in the last two months. The Chinese

foreign minister visited India in March to attend a meeting of the G20 foreign ministers.

On the sidelines of the meeting, Jaishankar held talks with Qin during which he conveyed to his Chinese counterpart that the state of India-China relations is "abnormal" because of the lingering border row in eastern Ladakh. Last week, Defence Minister Rajnath Singh told

his Chinese counterpart Li Shangfu at a meeting that China's violation of existing border agreements "eroded" the entire basis of ties between the two countries and that all issues relating to the frontier must be resolved in accordance with the existing pacts. The meeting on April 27 took place in New Delhi on the sidelines of a conclave of the SCO defence ministers.

Days ahead of the meeting between the two defence ministers, the Indian and Chinese armies held 18th round of talks on ending the border row.

In the Corps Commander talks on April 23, the two sides agreed to stay in close touch and work out a mutually acceptable solution to the remaining issues in eastern Ladakh at the earliest. However, there was no indication of any clear forward movement in ending the three-year row. The ties between India and China nosedived significantly following the fierce clash in the

Galwan Valley in June 2020 that marked the most serious military conflict between the two sides in decades.

The Indian and the Chinese troops are locked in a standoff in a few friction points along the Line of Actual Control (LAC) in eastern Ladakh for the last three years though they disengaged in several places following a series of military and diplomatic talks. India has been maintaining that the relationship between the two countries should be based on "three mutuals" — mutual respect, mutual sensitivity and mutual interests.

The eastern Ladakh border standoff erupted on May 5, 2020, following a violent clash in the Pangong lake area.

As a result of a series of military and diplomatic talks, the two sides completed the disengagement process in 2021 on the north and south banks of the Pangong lake and in the Gogra area.

Pak FM Bilawal describes his India visit as a 'success'

Pakistan Foreign Minister Bilawal Bhutto-Zardari on Friday said his visit to Goa was a "success" as he advocated his country's case on the soil of India.

His remarks came hours after his Indian counterpart S Jaishankar accused him of being a "promoter, justifier and a spokesperson of a terror industry." Addressing a press conference after his return from Goa where he attended the Shanghai Cooperation Organisation's (SCO) Council of Foreign Ministers (CFM) meeting, Bhutto Zardari said his trip to India was a "success" as it helped to negate the view that every Muslim was a terrorist. "We made an attempt at breaking this myth," Bhutto-Zardari said.

Jaishankar mounted an offensive against Bhutto-Zardari in his address at the SCO meeting, contending Pakistan foreign minister's statement that terrorism shouldn't be "weaponised for diplomatic point-scoring", in remarks seen as directed at India. Hours later at a press conference, Jaishankar said Bhutto-Zardari's statement on the weaponization of terrorism unconsciously revealed a mindset.

"As a foreign minister of an SCO member state, Bhutto-Zardari was treated accordingly. As a promoter, justifier and a spokesperson of a terrorism industry, which is the mainstay of Pakistan, his positions were called out and they were countered including at the SCO meeting itself," Jaishankar said. Responding to a question about talks with India, Bhutto-Zardari said that Pakistan was clear that India should create a conducive environment for talks by restoring the pre-August 5, 2019 status of Kashmir.

He also said that countries from Central Asia were looking forward to becoming part of the China-Pakistan Economic Corridor. He said every country except India supported and praised CPEC.

Earlier, Bhutto-Zardari returned back on a special Pakistan Air Force plane from India and landed in Karachi where was received by the Sindh chief minister, Murad Ali Shah, and other cabinet members.

17 Air Force flights, five sorties of Navy ships rescue 3,862 Indians from Sudan

India on Friday wrapped up 'Operation Kaveri', launched to rescue its nationals stranded in crisis-hit Sudan, with the transport aircraft of the Indian Air Force making its final flight to bring 47 passengers home. India launched Operation Kaveri on April 24 to evacuate its nationals from Sudan, which has witnessed deadly fighting between the country's army and a paramilitary group. With the arrival of the Indian Air Force C130 flight on Friday, 3,862 people have been moved out of Sudan through Operation Kaveri, External Affairs Minister S Jaishankar said.

The Indian Air Force operated 17 flights and the Indian Navy ships carried out five sorties to move Indians from Port Sudan to Jeddah in Saudi Arabia, he said. Jaishankar said 86 Indians were evacuated through countries bordering Sudan. The flight from Wadi Sayyidna which was executed at great risk also deserves recognition," he said, adding that air force and commercial flights

were pressed into service to bring people home from Jeddah.

Jaishankar also expressed gratitude to Saudi Arabia for hosting Indians rescued from Sudan and facilitating the evacuation process. He also appreciated



the support of Chad, Egypt, France, South Sudan, the UAE, the UK, the US and the United Nations. Prime Minister Narendra Modi's commitment to ensuring the safety and security of all Indians abroad was our inspiration," he said. Jaishankar also lauded Union Minister of State for External Affairs V Muraleedharan, who was present in Saudi Arabia to oversee the rescue efforts. Muraleedharan's presence on the ground was a source of

strength and reassurance, he said.

The Indian Embassy in Riyadh also announced closure of the transit facility created at the International Indian School in Jeddah for evacuees from Sudan. The facility provided comfort to

more than 3,500 evacuees and served as a nerve centre for planning their onward movement to India, the embassy said on Twitter. "Applaud the spirit, perseverance and courage of all those involved in Operation Kaveri. Our embassy in Khartoum (Sudan) showed exceptional dedication in this difficult time. Efforts by Team India stationed in Saudi Arabia and MEA Rapid Response Cell coordinating in India were commendable," Jaishankar

Go First Cancels All Flights Till May 12

Cash-strapped airline Go First on Friday said it has cancelled all its flights till May 12. The Wadia group-owned carrier has filed a plea for voluntary insolvency resolution proceedings before the National Company Law

Tribunal (NCLT) and the tribunal reserved its order on Thursday. "... due to operational reasons, Go First flights scheduled till 12th May 2023 have been cancelled," the airline said in a tweet. A full refund will be

issued to the original mode of payment shortly, it added. Initially, the airline cancelled all the flights for three days starting from May 3 and later it was extended till May 9. Now, flights are cancelled till May 12. On Thursday,

aviation regulator DGCA said the airline has suspended sale of tickets till May 15. The watchdog has also directed the airline to process the refunds to passengers as per the timelines specifically stipulated in the relevant regulations.