

Maha court grants Rahul Gandhi permanent exemption from appearance in defamation case

A court in Maharashtra's Thane district on Saturday granted a permanent exemption to Congress leader Rahul Gandhi from appearing before it in a defamation case filed against him by a Rashtriya Sawyamsevak Sangh (RSS) functionary.

Bhiwandi First Class Judicial Magistrate C Wadikar who heard Gandhi's application filed through his counsel Narayan Iyer observed that the Congress leader deserves a permanent exemption. The magistrate also set June 3 for recording evidence in the defamation suit filed by local RSS worker Rajesh Kunte. Kunte had in 2014 filed a private complaint before the Bhiwandi magistrate's court after watching Gandhi's speech where he allegedly accused the RSS of Mahatma Gandhi's assassination. Kunte claimed this statement slandered the reputation of the RSS.

Gandhi had appeared before the court in June 2018 and pleaded not guilty.

"Accused Rahul Rajiv Gandhi is hereby exempted from appearance in the court till the further order passed by the court subject to following conditions," reads the order, a copy of which was accessed

"Accused to undertake that his duly designated advocate punctually and regularly appears before court on each and every scheduled date and conduct the trial in absence of the accused," says one of the conditions. "Accused to remain present in court as and when directed," reads another.

Rahul Gandhi, who was recently disqualified as an MP after his conviction by a Surat court in a defamation case, had last year sought exemption from appearance in the Bhiwandi court on the grounds that he was a Delhi resident and a Lok Sabha member who had to visit his constituency (Wayanad), attend party work and travel a lot. Gandhi had requested that whenever required, he be allowed to be represented by his lawyer in the hearing. Kunte recently argued that since Gandhi is no longer a parliamentarian, he should not be given an exemption in the matter. The Surat court had on March 23 sentenced Gandhi to two years in jail in a 2019 criminal defamation case filed against him over his "why all thieves have Modi surname" remarks. The court also granted him bail and suspended the sentence for 30 days to allow him to appeal in a higher court. The next day, he was disqualified as a member of the Lok Sabha.

2019 Pulwama attack 'Why were CRPF personnel denied aircraft' Congress asks Centre

The Congress on Saturday demanded answers from the Centre on the outcome of the probe into the 2019 Pulwama incident in which 40 CRPF jawans were killed, asking why the CRPF personnel denied aircraft and were made to commute via road despite the terror attack threat. Congress general secretary Jairam Ramesh accused the BJP-led Union government of "minimum governance and maximum silence" and asked it to comment on the reported revelations made by former Jammu and Kashmir Governor Satyapal Malik on the incident.

"The government believes in the principle of minimum governance and maximum silence ... It is the government's responsibility to answer

questions raised by the opposition," he said, adding that the Congress will continue to raise questions on the issue that concerns national security.



Addressing a joint press conference along with party leaders Pawan Khera and Supriya Shrinate, he said the government has created buildings as symbols of democracy but democracy is missing.

"Vishwaguru has created a new model

of democracy where there are symbols and buildings of democracy but the soil of democracy is now missing," he said. Shrinate asked, "Why were the CRPF personnel denied an aircraft? Why were they not airlifted?"

"Why were the Jaish threats ignored? Why were 11 intelligence inputs, between 2 January, 2019 and 13 February, 2019 that had warned of a terror attack ignored," she said and asked, how militants procured 300 kgs of RDX.

"After a period of over four years, where has the inquiry in the Pulwama terror attack reached? Where, when, how and who will fix the accountability for NSA Shri Ajit Doval and then Home Minister Shri Rajnath Singh," she asked.

Shivraj Says Cong CM Candidate Chosen On Basis Of 'Huge Wealth'

Madhya Pradesh Chief Minister Shivraj Singh Chouhan on Saturday said the Congress chooses Kamal Nath as its chief ministerial face in the state on the basis of his "huge wealth". Even Congress leaders endorse this view, Chouhan told reporters here. Reacting to the barb, Nath, a former chief minister, dared him to name any "company or industry" he (Nath) owns.

"He has airplanes, helicopters, cars, property, wealth, that is why he is a Congress leader and their chief ministerial candidate.... But we have the public (on our side)," the chief minister said without naming the state Congress chief.

Even Congress leaders say that he is a leader because he has "huge wealth", Chouhan claimed.

"If a leader of Congress is decided

on the basis of wealth and resources, then let them....but this cannot be a yardstick for a leader in democracy," he said.

Asked about the chief minister's remarks, Nath said, "Shivraj Singh ji will not desist from speaking lies. Will he be able to state that I have no link to any industry? I am not the owner of any industry or company." Chouhan can not digest his food without lying, the Congress leader said, adding that the chief minister should name the "company, industry or business I own".

Earlier, a newspaper report had quoted Congress's Rajya Sabha member Vivek Tankha as describing Nath as a (financially) capable person, 'as required in politics'. Tankha on Saturday said the newspaper misrepresented his statement.

Bengal govt encouraging green, clean fuel: Official

The West Bengal government is encouraging green and clean fuel to reduce emissions as a step towards embracing future mobility in the state, an official said on Friday. Transport Department Secretary Saumitra Mohan said the government is also "proactive" in implementing emission norms effectively in the state. Speaking at an event organised by the Federation of Automobile Dealers' Association (FADA) here, Mohan said that the industry has been a key contributor to the economic progress of the country and an integral growth provider to the development process of West Bengal.

"The state government is also collaborating with dealers to enable them to do hassle-free business in the region. Another key move made by the authorities is to reduce emissions by encouraging green and clean fuel as well as implementing emission norms thus marking a crucial step towards embracing future mobility," Mohan said.

Jaishankar Discusses With Mozambique's President Bilateral Cooperation In Trade And Investments And Defence

External Affairs Minister S Jaishankar on Friday called on Mozambique's President Filipe Nyusi and discussed ways to expand the bilateral development corporation and committed to work for the advancement of the partnership in areas like trade, investments and defence.

Jaishankar, who is here on his first official visit, also co-chaired the 5th India-Mozambique Joint Commission Meeting with his counterpart Veronica Macamo.

"Honoured to call on President Filipe Nyusi of Mozambique. Conveyed the personal greetings of PM @narendramodi," Jaishankar tweeted after the meeting. "Heartwarming to hear his fond memories of his time in Ahmedabad. Appreciate his deep interest in deepening our cooperation," Jaishankar said, referring to President Nyusi's stay in Gujarat for his studies.

"Valued his guidance on further developing our relationship. In line with PM Modi's vision, India

will respond to Mozambican priorities. Committed to work for advancements in trade and investments, defence, development cooperation, health and people-to-people ties," Jaishankar said.

During the Joint Commission Meeting, Jaishankar and Macamo took stock of the progress made in a wide spectrum of areas of bilateral cooperation, including trade and investment, agriculture, energy, railways, health, education, development cooperation and

defence and explored new avenues to intensify it further.

"Exchanged perspectives on our solid cooperation in the multilateral fora. Congratulated Mozambique on its successful UNSC Presidency month," Jaishankar tweeted.

"Agreed to work together to voice the concerns of Global South, especially on issues like terrorism and climate change," he said.

During the press availability after meeting Nyusi, Jaishankar said he had a very good meeting with the

president.

He said the discussions with the President were mainly focused on our bilateral cooperation.

India is an important development partner of Mozambique, he said.

"I was very happy that many of the projects that we have done, including railways, agriculture, electricity... We had discussions on how to expand our development corporation," he said.

They also discussed some ideas in the field of health.



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

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| 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 |
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| Wellness Forever Chemist | 1800 266 2247 |
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| PharmEasy | 76661 00300 |

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| Ola Cab | 022 - 6735 0900 |
| Meru Cab | 022- 4422 4422 |
| Uber Cab | 75069 84535 |

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| 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 |
| Jaslok Hospital | 022 - 4017 3333 |
| Breach Candy Hospital | 022 - 2366 7788 |
| Lilavati Hospital | 022 - 2675 1000 |
| Kokilaben Hospital | 022 - 4269 6969 |

Spectrum World
Fostering Your Artistic World**“The Colors Of Music, Dance, Drama & Arts”**

Spectrum World is one of the best places to nourish your artistic skill whether its music, dance, drama, painting etc. This organization was started by Mrs. Priyadarshini Tanushree in 2013 at Andheri West, Mumbai. It first started with a Performing & Fine Arts Academy in 2013 and thereafter an Events wing branched out. A couple of years later, Spectrum Films was born which was followed by Spectrum Creations. The icing on the cake was the launch of Spectrum Gallery and the inauguration of an Art Exhibition just last year. The entire organization, now known as Spectrum World has now expanded its horizons with students from all over the world and from countries such as the US, UK, France, Australia and many more. The core USP of Spectrum

World is their compassion and quality. The organization believes in the principle that the industry that they are working in does not have any saturation or sunset. In fact after the pandemic, business has likely expanded multi-fold. With 30,000+ students registered and 1000 or so events planned and executed, the company is expected to be a major player in the Performing, Fine Arts and Event sectors.

Mrs. Tanushree
Priyadarshini

www.spectrumworld.co


https://instagram.com/spectrum_world?igshid=YmMyMTA2M2Y=


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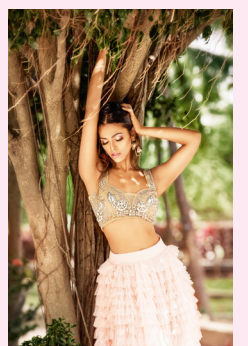
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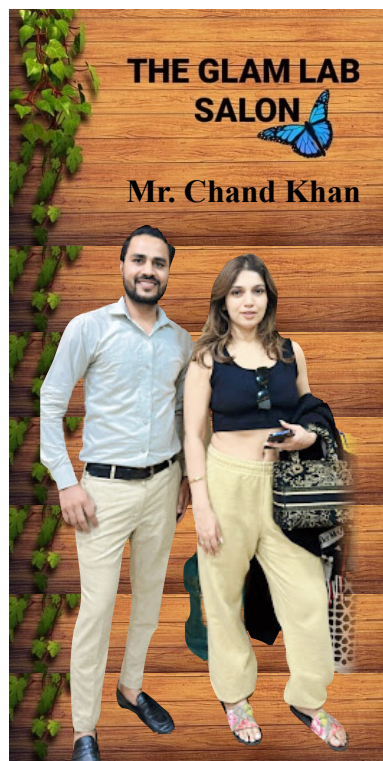


For Further Details One Can Connect To Mamta Bhatt on
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Mr. Chand Khan



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We have an experienced and stylish team of people working with us associated with the international beauty products. Our team is trained by expert hairstylists of the country and abroad. The technique used in the training session helps them to bring back the customers in our salon.

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We also offer beauty services that include makeup and skin. Organic ingredients that are specially used in the range of beauty products. Our clients can avail a lavish experience in all our outlets. We make your visit a soothing experience, not just a regular salon visit. Our team actually believes that each consumer has diverse necessities and therefore, each treatment governed meets the precise desires of the customer.



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Crisis-hit Pakistan government set to hike petrol price for next fortnight

Pakistan raised prices of petrol and gas by a massive 113 percent to a historic high in a bid to secure the critical International Monetary Fund (IMF) loan tranche. Petrol prices have been jacked up by Rs 22.20 per litre in a bid to appease the IMF for reviving the \$7 billion extended fund facility (EFF). Gas prices have been hiked from 16 per cent to 113 per cent for different sectors including domestic consumers, according to a recent Pakistan Oil and Gas Regulatory Authority (OGRA) notification.

After this hike, petrol cost PKR 272 per litre whereas high-speed diesel (HSD) will sell for PKR 280 per litre in the cash-strapped nation. Kerosene and light diesel oil, on the other hand, will sell for PKR 202.73 per litre and PKR 196.68 per litre respectively. The hike in petrol and gas prices came into effect on February 16. Petrol and gas price hikes were one of the preconditions of the IMF coupled with the new fiscal measures undertaken through the 'mini-budget'. Inflation is expected to rise in Pakistan after the petrol price rise and the mini-budget. The mini-budget is aimed at reducing the budget deficit and broadening the government's tax collection net. The increase comes after the Economic Coordination Committee (ECC) of the Federal Cabinet approved the summary for hiking the gas price by 112 per cent for domestic consumers, classified into 12 categories of protected and unprotected consumers, on February 13. The Federal Board of Revenue (FBR) issued an SRO which led to an increase in the standard 17 per cent general sales tax (GST) to 18 per cent to raise \$639 million in extra revenue during the fiscal year ending in July this year.

Commenting on this development, head of research at a local brokerage Ismail Iqbal Securities Fahad Rauf was quoted as saying by news agency Reuters, "It's unfortunate that we only know how to increase indirect taxation, and burden the existing taxpayers." He added, "On the other hand, there is no income tax collection from retailers, real estate, and agriculture segments."

Former IT minister Kapil Sibal on Saturday attacked the Centre over the fact-check provisions of the IT Amendment Rules, saying now the government will decide what is fake and Union Home Minister Amit Shah says democracy is not in danger. Minister of State for Electronics and IT Rajeev Chandrasekhar on Thursday said internet firms like Google, Facebook and Twitter may lose protection under safe harbour if

Sibal Slams Govt Over IT Amendment Rules

they fail to remove content identified by the government-notified fact-checker as false or misleading information.

Reacting to the development, Sibal said, "Now PIB will decide what is fake and what is not and notify it. If online platforms choose to ignore, they will lose their immunity from prosecution." "Now Government to decide

what is fake and what is not! And Amit Shah ji says democracy is not in danger," the Rajya Sabha MP said. Sibal was referring to remarks made by Shah in Uttar Pradesh on Friday when he attacked Congress leader Rahul Gandhi over his recent comments in the UK, saying that it's not democracy that is in danger but "your family" and the idea of

dynasty politics.

Chandrasekhar had said the IT ministry will notify an entity that will flag false information posted online pertaining to the government. While releasing guidelines under the IT Rules 2021, the minister had said that the work on fact check is still in progress. On Friday, Chandrasekhar dismissed the criticism of the change in rules as "deliberate misinformation".

MUMBAI POLICE (Public Awareness)

ACP Surekha Baburao Kapile - (Bhandup)

By Arti S. Zaveri

A step towards the safety of women by Mumbai Police

Crime Against Women Unit

Unit-I : Cases of Rape, Kidnapping, Molestation and other Serious Offences related to Women.

Unit-II : Domestic Violence, Dowry related murder, Suicide and other offences under Dowry Prohibition Act. Offences under 498(A) IPC and other Dowry related offences.

Counseling Cell : Counseling of Women in distress and suffered by Domestic Violence.

LAWS TO PROTECT WOMEN RIGHTS IN INDIA

THE PROHIBITION OF CHILD MARRIAGE ACT OF 2006:

Studies have shown that India ranks 13 among that nation which has high child marriage rates. Girls before becoming eighteen are forced to marry and at times a man way too older. This Act was enacted in 2007. This Act states that the minimum marriage age for a girl is eighteen and for a boy is twenty – one. Parents and relatives who force their child to marry as a child will face the punishment mentioned in this Act.

SPECIAL MARRIAGE ACT OF 1954:

The main aim of this Act is to put in place certain kinds of marriages. In our nation with many religions and ethnicities it is hard to put in place laws and provisions for all of them. Therefore, they tend to follow the provisions mentioned in the

Special marriage Act. However, this law is not applicable to the Land of Jammu and Kashmir.

DOWRY PROHIBITION ACT OF 1961:

This Act simply states that giving and taking of dowry is a crime and offenders will be punished severely. Even though dowry has been banned and made illegal, issues relating to this still persists. Women are being beaten up, tortured etc because their family cannot meet the dowry demands of the in – laws house. This is a very challenging issue and needs the utmost care and this Act must be put to full use.

INDIAN DIVORCE ACT OF 1969:

This Act simply lays the processes and procedures for getting a divorce. This has also laid various provisions which deals with the advantages that a woman can obtain after the divorce. Family courts have been established to hear and deal with such cases.

MATERNITY BENEFIT ACT OF 1861:

This Act puts forth the provisions for the employment of female workers and the benefits during maternity that has been compulsorily given by the law. This lays down laws and rules with respect to the leave during maternity, extra allowance, hospital needs, breaks for nursing etc.

MEDICAL TERMINATION OF PREGNANCY ACT OF 1971:

This Act has been amended twice in the

years 1975 and 2002. The main purpose and aim of this Act are to control the abortions that happen illegally. This Act has put forth that only valid and qualified people will be allowed to conduct the abortions.

SEXUAL HARASSMENT OF WOMEN AT WORKPLACE ACT OF 2013:

The main three ingredients of this Act are Prevention, Prohibition and Redressal. This Act aims to make sure that women have a safe and secure environment in their work place. The sexual bullying at work place also includes verbal tones which has sexual tones, invading a female worker's private space, Unconsented inappropriate touches etc. You can take guidance from start while handling the POSH complaint in your organization.

INDECENT REPRESENTATION OF WOMEN ACT OF 1986:

This Act lays down the provision for the prohibition of portraying women in any indecent obscene manner in any form of publications such as Ads, prints, writings etc.

NATIONAL COMMISSION FOR WOMEN ACT OF 1990:

This has been established by the NCW which is a governmental body. This Act aims to provide women all over India with voice and power to speak up about their issues and problems. This Act aims to



improve the overall lives of women and build them up financially, economically, physically independent.

EQUAL REMUNERATION ACT OF 1976:

The main objective of this Act is 'Equal work, Equal Pay'. This act aims to abolish the Gender pay gap that is prevalent in India even now. This Act lays down provisions to abolish gender discrimination in the workplace.

MUMBAI POLICE HAS LAUNCHED "NIRBHAYA SQUAD" A GREAT INITIATIVE FOR WOMEN'S SAFETY

The 'Nirbhaya Squad' forces are here for all the women and young girls out there. This is an initiative by the #MumbaiPolice. Nirbhaya Squad members have been tasked with maintaining a strict vigil in crowded areas like bus stands, railway stations and malls to ensure safety and security of women.

"103" is a dedicated helpline number that can be used by women in crisis or to report any women related crimes. We would like to thank all hardworking personnel of the Mumbai Police for working 24/7 to keep Mumbai safe. The squads consist of specially trained female and male officers stationed across Mumbai, 24/7. One can dial 103 for immediate assistance

Complaint & Investigation Cell

Processes the complaints received orally in writing or online via official website National Commission for Women. Deals with the complaints received from all over the country including those relating to deprivation of rights of women and involving injustice to women takes suo motu cognizance of incidents

related to commission of heinous crimes against women U/S 10 of the National Commission Act, 1990

Scrutiny of Complaints

The complaints received are scrutinised as per Commission's mandate and adopted procedure to handle complaints. The complaints which falls within the Commission's mandate and adopted procedure to handle complaints are registered under 19 identified categories. The complaints of the following nature are summarily dismissed:-

1. Complaints which are illegible or vague, anonymous or pseudonymous;
2. The issue raised relates to civil dispute between the parties;
3. The issue raised relates to service matters;
4. Matter is sub judice before a Court/ Tribunal;
5. Complaints which are already pending before a State Commission or any other Commission
6. Complaints only endorsed to the Commission
7. Complaints involving no deprivation of women rights

Heads Under Which Complaints Are Registered

Rape / Attempt to rape
Acid Attack
Sexual Assault
Sexual harassment
Stalking / Voyeurism
Trafficking / prostitution of women
Outraging modesty of women / Molestation
Cyber crimes against women
Police Apathy against women
Harassment of married women / Dowry Harassment
Dowry Death
Bigamy / Polygamy
Protection of women against Domestic Violence
Women's right of custody of children / Divorce
Right to exercise choice in marriage / Honour Crimes
Right to live with dignity
Sexual Harassment of women at workplace
Denial of maternity benefits to women
Gender discrimination including equal right to education and work
Indecent representation of women
Sex Selective Abortions; Female Foeticide / Amniocentesis
Traditional practices derogatory to women rights like Sati Pratha, Devdasi Pratha and Witch Hunting
23. Free legal aid for women

Processing of Complaints

To provide adequate relief to the complainant and ensure suitable redressal of her grievances.

The complaints are acted upon in the following manner :

Investigations by the police are expedited and monitored. Family disputes are resolved or compromised through counseling or hearing before the Commission.. For serious crimes, the Commission constitutes an Inquiry Committee which makes spot enquiries, examines various witnesses, collects evidence and submits the report with recommendations. Such investigations help in providing immediate relief and justice to the victims of violence and atrocities. The implementation of the report is monitored by the NCW. There is a provision for having experts/ lawyers on these committees.

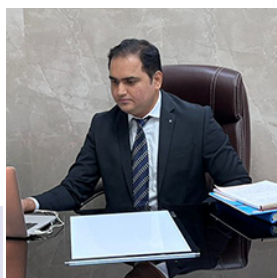
A few complaints are also forwarded to the respective State Commissions for Women and other forums like the National Human Rights Commission, National Commission for Scheduled Caste / Scheduled Tribe, etc., for disposal of the complaints at their end. In respect of complaints related to sexual harassment of women at their workplaces, the concerned organizations or departments are urged to constitute an Internal Complaints Committee (ICC) as per the mandatory provisions Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 in order to enquire into such complaints. The Commission regularly monitors and takes up these complaints with the concerned organizations/departments to expedite the disposal of the complaints by following the statutory provisions.



HEALTH AWARENESS

**DR ALOK PANDEY**FACS (GERMANY & SOUTH KOREA),
MS ORTHOPAEDIC (MUMBAI) , DNB ORTHO

CONSULTANT JOINT REPLACEMENT SURGEON

Breach Candy Hospital ★ Lilavati Hospital
Wockhardt Hospital**Does All knee pain in elderly need Knee replacement???**

Total knee replacement is a surgery which gives better quality of life in terms of relieving the pain and improving the mobility of the patient. But the question is does all knee pain in elderly need knee replacement?

X rays are generally the first step to diagnose knee arthritis. X ray is quick , painless and useful to know the stage of arthritis as they help to identify the pathology. However doctors don't recommend knee replacement on the basis of x-ray image only as it's not absolute to understand the severity and obvious pathology, physical examination is a must.

It's not just X ray finding but clinical examination and symptoms of the patient which is more important. If there's loss of joint space on the x ray but patient is able to perform all his day to day activities with minimal pain, surgery can be prolonged.

Sometimes spine related issues can cause pain radiating to the knee and knee is not the

culprit for pain. Getting knee replacement done in such cases can be hazardous.

Long standing Varicose Veins on the back of the knee causes dull aching prolonged pain not needing knee replacement.

Through clinical examination of the knee is must before attempting Knee replacement. Painful deforming arthritis incapacitating one from doing his day to day activities should be considered an ideal indication of this surgery.

Results are excellent when it's done with proper pre surgery Counselling.

Physiotherapy is an important aspect in all stages of knee arthritis pre surgery and post surgery too.

Muscle weakness of thigh muscles and osteoporosis can cause persistent pain and decreased mobility post surgery.

To summarise, proper evaluation and execution in every case of knee pain is must before attempting any surgery.

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OPP PODDAR HOSPITAL, R. G. THADANI MARG, WORLI SEA FACE, MUMBAI - 400018.**Benefits of Black Beans for Your Health**

Like all other beans, black beans also have immense health benefits. Some of these include:

1. Beneficial for Gut Health

Black beans include an unusual type of dietary fiber known as resistant starch. Because resistant starches do not degrade in the small intestine, they enter the colon intact. This process results in fermentation by the gut bacteria, which benefits the gut by generating short-chain fatty acids. A healthy stomach is critical for overall wellness.

2. Beneficial for Blood Sugar Control and Diabetes

It's comforting to know that, unlike other proteins such as chicken or fish, black beans can be included in a diabetes-friendly diet and are likely healthy. Black beans can be an excellent source of fiber for people with diabetes. Beans have a low glycemic index, which can assist in maintaining a healthy blood sugar level. Studies have shown Black beans to considerably reduce post-meal insulin levels, which is beneficial for maintaining a healthy blood sugar level.

Beneficial for Heart Health

The dietary fiber in black beans may benefit heart health by assisting in cholesterol reduction. Black beans are an excellent source of dietary protein from plants. You may be wondering why it is necessary to incorporate some plant-based protein. Specific plant-based protein sources, such as black beans, are also cholesterol- and

saturated fat-free.

4. Reduces the Risk of Cancer

While there are no miracle anti-cancer foods, black beans may help lower your chance of developing some types of cancer. One study discovered a 26% reduction in the incidence of colon cancer in men who consumed an



additional 10 grams of fiber daily. One cup of black beans provides an extra 12 grams of fiber per day. Consuming beans has also been linked to a decreased risk of breast cancer.

5. Assists in Weight Loss

Black beans, which are high in fiber, can help you control your appetite by keeping you fuller for longer. Filling fiber meals, such as black beans, can aid in weight loss or maintenance by reducing calories consumed. Continue reading to learn more about why fiber is helpful for weight loss.

6. Antioxidant Source

Polyphenols found in black beans act as antioxidants. Black beans contain flavonoids, a form of polyphenol. Anthocyanins are a type of flavonoid that contributes to the color of black beans.

Here's Everything to Know About The No-Sugar Diet**What Is a No-Sugar Diet?**

As the name suggests, a no-sugar diet is a diet that is without sugar. But it does not mean that you can have absolutely no kind of sugar in this diet. You can include natural sugar. It is the added or artificial sugar that is a complete no-no. This means that you will have to bid adieu to sugary foods such as candies, chocolates, soda, and even the added sugar hidden in foods such as mayonnaise and pasta sauce. Some people follow stringent no-sugar diets in which they also avoid consuming natural sugar sources from vegetables and fruits. However, that is not usually considered a healthy alternative and may lead to nutritional deficiencies.

When we talk about sugary foods, it includes foods that contain added amounts of sugar. There is no doubt that calories from sugar provide energy to the body, but it does not add any nutritional quotient to the diet. Hence, calories from sugar are

labeled as empty calories. When people consume foods rich in added sugar, they do not get much nutrition from it, but it's mostly making up for excess calorie intake, leading to various kinds of health issues and obesity.

It is important to note that sugar is



important but only a considerable amount and from a healthy source. People who follow a no-sugar diet remove any excess amounts of sugar from their diets, which helps keep extra weight at bay and helps them improve their overall well-being.

Surprising Uses and Benefits of Cocoa Butter

Cocoa butter delivers a host of health and nutritional benefits. From taking care of your skin to using cocoa butter for hair, it helps you meet RDA for fat, making it much more than merely a natural superfood. Here's a list of the surprising cocoa butter health benefits followed by its uses:

Gets Rid of Stretch Marks

Applying unrefined, raw cocoa butter for stretch marks regularly will help diminish their appearance, sometimes going so far as in eliminating them completely. You can use cocoa butter to make body butter and apply it after wetting your skin. It nourishes your skin by supplying it with essential fats and vitamins, leaving it soft, supple, and glowing.

Used for Moisturizing Your Scalp

You can use unrefined raw cocoa butter to



moisturize your scalp. If you suffer from dull hair, that'll help eliminate it since it will nourish your hair locks with its host of nutrients. It's best applied to your hair before you use shampoo and will protect the natural oils on your scalp against hard water.

Used As a Deep Conditioner

If you've got frizzy hair or a dry scalp, you can use cocoa butter to condition it deeply. You have to leave it on for a few hours after showering and rinse it later. Make sure you melt the butter until it turns oily, and comb through your hair with this.

Prevents Free Radical Damage

Free radical damage caused by oxidative stress is one of the biggest causes of ageing. Too much stress in your body

leads to premature greying of your hair.

To prevent this, just eat some raw cocoa butter every day and incorporate it in your recipes. It will heal your body internally and fight against free radicals, thus eliminating wrinkles, age spots, and dark areas on your skin.

Helps for Sensitive Skin Types and Acne Scars

For those who have sensitive skin, we've got good news for you. Cocoa butter work and doesn't cause any side effects. It's soothing on your skin, and it also helps get rid of acne scars slowly. If you use it regularly, it'll also hydrate your skin and improve its texture too.

Eliminates Chapped Lips

One of the biggest advantages of cocoa butter is it is effective in healing chapped lips. Raw cocoa butter uses have a myriad of applications in lip balms and skin care products. You can combine them with essential oils like grapefruit, peppermint, or spearmint oil for achieving smooth and supple lips. Additionally, hydrating your lips with cocoa butter protects it from sun damage.

Heals Rashes, Burns, and Skin Infections

If you've got any rashes, burns, or skin infections, you can heal your skin by rubbing some cocoa butter on the affected spots. You have to make sure there are no added ingredients and that you're using raw, unrefined, natural cocoa butter. It's also useful in healing skin eczema and dermatitis and reduces inflammation, too. When cocoa butter for skin is combined with tea tree oil, it rapidly heals rashes and sensitive skin conditions.

Treats Mouth Sores

If you get blisters in your mouth, you can get rid of them by applying some raw cocoa butter to those spots. This is one of the lesser-known raw cocoa butter uses.

Exams for constables in CAPFs to be conducted in 13 regional languages, Hindi and English

In a landmark decision, the Ministry of Home Affairs has approved the conduct of constable (general duty) examination for Central Armed Police Forces in 13 regional languages, in addition to Hindi and English.

The historic decision has been taken at the initiative of Union Home Minister Amit Shah to give impetus to the participation of local youths in the Central Armed Police Forces (CAPF) and encourage regional languages, an official statement said.

The CAPFs are the Central Reserve Police Force (CRPF), Border Security Force (BSF), Central Industrial Security Force (CISF), Indo-Tibetan Border Police (ITBP), Sashastra Seema Bal (SSB) and the National Security Guard (NSG). "In a landmark decision under the leadership of Prime Minister Narendra

Modi, (the) Ministry of Home Affairs has approved conducting constable (general duty) examination for CAPFs in 13 regional languages, in addition to Hindi and English," it said.

In addition to Hindi and English, the question paper will be set in 13 regional languages—Assamese, Bengali, Gujarati, Marathi, Malayalam, Kannada, Tamil, Telugu, Odia, Urdu, Punjabi, Manipuri and Konkani.

The announcement comes days after Tamil Nadu Chief Minister MK Stalin wrote to Shah, calling him to include Tamil as a language for the written exam in the recruitment for CRPF personnel. In his letter, Stalin said that in the notification for the CRPF recruitment written exam, it was mentioned that the test could be taken in English and Hindi.

War against Wires-The saga of overhead networks

The Brihanmumbai Municipal Corporation (BMC) from time to time has initiated action to remove overhead dangling unauthorised cable wires. These wires can pose a threat to human life such as death or electrocution. In the past too, when such wire networks have collapsed on bridges and tracks, they have led to closure of the tracks, stations and roads.

The BMC has several rules and policies in place to curb this menace. Such wires are supposed to be laid underground and not overhead. On such rules not being followed, a query can be posed to the ward officer who will then look into the matter. BMC's Draft Development Plan 2034 prohibits overhead electric wires except in exceptional circumstances like fire

precautions. The Central Electricity Act, 2010 also has provisions for maintenance of such overhead wire networks. However, Cable Television Networks Regulation Act, 1995 states that any cable operator, may establish cables under, over, along, across, in or upon any immovable property under the control of a public authority but the catch here is that such networks should be authorised and maintained. A possible solution can be for BMC to provide ducts to lay out the wires.

We can act as responsible Mumbaikars and report to our ward officers if there are any unauthorised, poorly maintained or unsightly wires noticed to improve our safety as well as our city's aesthetic.

By : Vyoma Joshi

Home Minister Amit Shah to visit Arunachal village along China border on April

Union Home Minister Amit Shah will visit Arunachal Pradesh on April 10 and 11 where he will launch the 'Vibrant Villages Programme' in Kibithoo, a village along the India-China border.

Under the leadership of Prime Minister Narendra Modi, the government of India has approved the 'Vibrant Villages Programme' (VVP) with central components of Rs 4,800 crore, including Rs 2,500 crore exclusively for road connectivity for the financial years 2022-23 to 2025-26, a home ministry statement said on Saturday.

The VVP is a centrally sponsored

scheme under which 2,967 villages in 46 blocks of 19 districts abutting the northern border in the states of Arunachal Pradesh, Sikkim, Uttarakhand and Himachal Pradesh and Union Territory of Ladakh have been identified for comprehensive development.

In the first phase, 662 villages, including 455 in Andhra Pradesh, have been identified for priority coverage.

The VVP will help in improving the quality of life of people living in identified border villages and encourage people to stay at their native locations, thereby reversing the outmigration from these

villages and adding to the security of the border, the statement said.

The district administration, with the help of appropriate mechanisms at block and panchayat levels, will prepare action plans for the identified villages to ensure 100 percent saturation of central and state schemes. The focus areas of interventions identified for the development of villages include road connectivity, drinking water, electricity including solar and wind energy, mobile and internet connectivity, tourist centres, multi-purpose centres and healthcare infrastructure and wellness centres.

Shah, in his first visit to Arunachal Pradesh as home minister, will



on April 10 inaugurate nine micro hydel projects of the state government constructed under the "Golden Jubilee Border Illumination Programme" in Kibithoo. These electricity projects will empower people living in border villages, the statement said. He will also inaugurate Indo-

Tibetan Border Police (ITBP) projects to augment infrastructure at Likabali (Arunachal Pradesh), Chapra (Bihar), Nooranad (Kerala) and Visakhapatnam (Andhra Pradesh), it said.

The home minister will also interact with ITBP personnel at Kibithoo in Anjaw district of Arunachal Pradesh. An exhibition of products made by members of women self-help groups of border districts will also be held. Shah will visit the exhibition stalls, the statement said.

On April 11, he will visit Namti field and pay homage at the Walong war memorial, it said

ICICI Bank loan fraud: CBI files charge sheet against Kochhars, Dhoot

The CBI has filed a charge sheet against former MD and CEO of ICICI Bank Chanda Kochhar, her husband Deepak Kochhar and Videocon Group founder Venugopal Dhoot in a Rs 3,250 crore loan fraud case, officials said on Saturday. The agency has filed the charge sheet under sections 120-B (criminal conspiracy) and 409 (criminal breach of trust) of the Indian Penal Code (IPC) and provisions of the Prevention of Corruption Act, among others, they said.

The Central Bureau of Investigation (CBI) has named nine entities, including companies and individuals, according to the officials. The CBI has moved to file its final report before a special court in Mumbai without the mandatory requirement of sanction to prosecute Chanda Kochhar from ICICI Bank, the officials said. A letter had been sent to the bank seeking the sanction but its response is

awaited, they said. Generally, the special court waits for the sanction before proceeding with taking cognisance of the charge sheet and



subsequently initiating the trial, if warranted. The special CBI court is yet to take cognisance of the charge sheet, the officials said. In the case of denial of sanction to prosecute, the provisions of the Prevention of Corruption Act will not apply, they said.

The agency arrested the Kochhars and Dhoot in December last year. Opposing the CBI's plea for remand, senior advocate Amit Desai, appearing for the Kochhars, had brought to the court's notice a letter ICICI Bank wrote to the CBI in July 2021 stating that it incurred no wrongful loss in

any of the transactions under question.

The Bombay High Court had granted the couple bail on January 9, underlining that the CBI's move to arrest them was "casual, mechanical and perfunctory and clearly without application of mind". The HC had noted that in the present case, the grounds of arrest are merely stated as non-cooperation and not giving full and correct disclosure.

"The reason given in the arrest memos to arrest the petitioners, having regard to the facts as stated aforesaid, appears to us, to be casual, mechanical and perfunctory, clearly without application of mind," the court had observed.

The bench held that the arrest of the Kochhars was in violation of Section 41A of the Code of Criminal Procedure (CrPC), which mandates sending notice for appearance before the police officer concerned.

AAP MP Raghav Chadha seeks special package from centre for weather-struck Punjab farmers

AAP MP Raghav Chadha Saturday sought from the Union Finance Minister a special package for Punjab farmers ensuring them adequate compensation for their crop damaged by inclement weather.

In a letter to the Finance Minister, Chadha, who is Rajya Sabha MP from Punjab, sought to draw his attention towards the plight of the Punjab farmers, saying that since March 24, rains, high-velocity winds, and hailstorm have impacted wheat crop more than 14 lakh hectares of 34.9 lakh hectares of total wheat area in the state.

"The unseasonal rains have adversely affected the yield and the quality of the standing wheat crop," said Chadha in his missive to the FM.

"I met a Manjeet Singh at a village in Barwa, who clutched the stems of his damaged crop tightly as he described his plight with teary eyes. Manjeet has a sick wife to look after and a daughter to educate.

"For those inspecting, loss of crop may well be just a matter of records and

statistics. However, for our farmers, it also means a loss of dignity and hope for a better future. More than just destroying their source of livelihood, the rains have robbed the farmers of their joy and aspirations," he wrote.

Chadha said the Bhagwant Mann government in Punjab has increased the compensation amount for crop loss from Rs 12,000 per acre to Rs 15,000 per acre.

"Punjab is our country's food bowl, and farmers are the backbone of our economy. Our farmers have contributed immensely to agriculture, helped our country become self-reliant in food and ensured food security through drought and natural calamities.

"It is deeply concerning and heartbreaking that those who toil day and night to provide us with food are now facing a crisis that is making it difficult for them to feed their families," Chadha said.

"The Centre should also step in to help Punjab's farmers in their time of need," he added.

Making careful assessment of wicket reason for my success against SRH Amit Mishra

Veteran Lucknow Super Giants spinner Amit Mishra credited his success in the five-wicket win over Sunrisers Hyderabad here to making careful assessment of the wicket and taking mental notes of the shots that batters are likely to employ against his bowling.



The 40-year-old, who has been playing in the Indian Premier League since the inaugural edition in 2008, played a vital role in helping LSG defeat his former team, grabbing two wickets to restrict SRH to 121/8.

LSG then completed the task in 16 overs for the loss of five wickets.

Mishra, the only bowler to take three hat tricks in IPL -- Delhi Daredevils (Delhi Capitals, 2008), Deccan Chargers (2011) and Sunrisers Hyderabad (2013) -- was once again at his best on a track offering turn here on Friday.

He dismissed the dangerous Washington Sundar and England's Adil Rashid as the rivals were restricted to a below-par score. Asked about his success on Friday, Mishra said, "I didn't do anything special, just tried to read the wicket better, analysing the kind of shots batters will play against my bowling. And I met with some success.

skiddy balls.

The 22-year-old leg-spinner came in to bowl in the seventh over and got success in the ninth over, dismissing Harry Brook.

"When the ball is new, it skids a lot and we brought in Bishnoi first because his ball skids, which gives little time to batters to react.

"I was brought in late (13th over) because I like to spin the ball and when the ball is a bit old, it spins more and I can use my googly and other variations better. That was the plan (against SRH," added Mishra.

The stalwart added that his bonding with Bishnoi also played a vital role in the success of both spinners against SRH.

"Bishnoi is bowling really well and both of us are different kind of bowlers. The best part is the bonding between us, which is really great. He always takes my advices and is a keen learner. I try to guide him a lot."

I'm in good headspace this year after working on my bowling says Krunal

Lucknow Super Giants all-rounder Krunal Pandya on Friday said taking time off to work on his bowling has put him in a good head space and given him a lot of clarity.



Krunal starred with the bat and the ball in LSG's five-wicket win over Sunrisers Hyderabad in their IPL match here on Friday.

"This year I'm in a good headspace. Once you have clarity up there, things fall in places. I'm very process-driven, don't think about results," he said at the post match presentation.

"I took a break from cricket for a few months because I was just playing the white-ball formats, so I wanted some time off to work on my bowling." Krunal snapped three wickets giving away 18 runs before playing a vital 34-run knock.

"What happened in the last two-three years was I kept getting wider and wider. Whatever I did in the last 3-4 months -- getting taller and getting the ball to turn away, it is all coming out really well."

He dismissed SRH skipper Aiden Markram with a lovely spinning delivery which hit the off stump.

"People say I don't turn the ball, so that answers it I guess (Markram wicket). I'm trying to recollect how I played in the first 4-5 years in IPL where I was batting at four for MI. Trying to find that rhythm and consistency. Having clarity helps," said Krunal.

No brainer to bring in spinner early



ADV. PURVI SHAH

FOR PURVI SHAH AND ASSOCIATES



Co-operative societies cannot deny entry to single women, people belonging to certain communities, as per Hon'ble Supreme Court. It further observed that housing societies are violating the Fundamental Rights of women by denying them and imposing restrictions and not letting single women occupy flats which is impermissible and cant tolerate this attitude from societies. The Society has been classified as a "service provider" under the Consumer Protection Act, which has been reinforced by several judgments of the Consumer Courts. The sole-responsibility of the society is to provide "common services and facilities" to its members, which also legally means "common services and facilities". Articles 14 and 15 of the Indian Constitution provide for equality before law. Discrimination on the grounds of religion, race, sex, place of birth or any of these is prohibited under this section. Every citizen and non-citizen of India, as per the Constitution of India, is provided with the fundamental right to reside (resident) anywhere in India, except in restricted and restricted areas.

Infact section 73-BBB reserves seats on committees of societies for woman members and elections thereto. Article 14 states the right to equality for all the citizens of India, still women have to constantly fight for their rights for the decisions they take. Article 21 covers in depth the various inner aspects of the right to life, namely right to

privacy and the freedom to make one's choices. But patriarchy has blinded society to such a great extent that despite the introduction of new amendments or their existence in the Constitution, they cannot digest the fact that women also constitute a major part of the population and equally have the freedom of choice to make informed decisions about their life. Society tends to create a nuisance for small issues which involve women making independent decisions and so gender has taken the form of a massive concern.

One of the main issues with regard to single women housing is that of a woman who chooses to stay on her own in an apartment or if she has guests coming over. If they are of the opposite sex people assume at once that the woman is running a brothel and then she will be 'slut-shamed' and inflicted restrictions upon. This seems like society has laid down a charter setting out its own rules of morality specifically for women in the disguise of 'concerns' for their safety.

This problem of housing societies not renting out flats to single women is very common in our country and they have to constantly face scrutiny of their character. Any woman "flouting the norms" intimidates people and they end up judging her character and upbringing. Thus a single working woman is seen as an anomaly who refuses to live by social norms and causes inconvenience.

Shah Rukh tops 2023 TIME100 reader poll surpasses Lionel Messi Harry-Meghan

Superstar Shah Rukh Khan has topped Time magazine's poll for its annual TIME100 list, bagging more reader votes than football ace Lionel Messi, Prince Harry and Meghan Markle, Oscar winner Michelle Yeoh and Meta CEO Mark Zuckerberg. According to the American publication, the "Pathaan" star got over four per cent of the 1.2 million votes cast.

In the poll, the magazine readers vote for the individuals they believe deserve a spot on TIME's annual list of the most influential people. Khan, 57, is currently riding high on the success of "Pathaan", which became a runaway blockbuster at the global box office after it released in January. The movie, a mega comeback vehicle for the superstar after his absence from leading man roles for more than

four years, has earned over Rs 1000 crore worldwide.

The second spot went to the Iranian women protesting for greater freedoms from the country's Islamic regime, garnering three per cent of the vote. Iran has been hit by protests since the September 16 death of 22-year-old Mahsa Amini. Amini was detained in September by Iran's morality police, who said she didn't properly cover her hair with the mandatory Islamic headscarf hijab. She collapsed at a police station and died three days later.

The Iranian women were also recognised in TIME's 2022 Heroes of the Year and also won last year's Person of the Year reader poll. With 1.9 per cent vote share, Britain's Prince Harry and his wife Markle

came third and fourth on the poll.

The Duke of Sussex made headlines in January after the release of his memoir "Spare", in which he wrote about intimate aspects of Britain's royal family.

Messi, who steered Argentina to World Cup glory in an epic

final against France last year in Qatar, is at the fifth spot with 1.8 per cent of the vote. He won the World Cup at his record-equalling fifth attempt.

Other stars and noteworthy figures who featured on the poll included this year's best actress Oscar winner Yeoh, former tennis player Serena Williams, Zuckerberg and Brazilian President Luiz Inacio Lula da Silva. According to the outlet, its editors will reveal their choices for the 2023 TIME100 list on April 13.



Amitabh Bachchan's 'Section 84' adds Nimrat Kaur to cast

Actor Nimrat Kaur has joined the cast of megastar Amitabh Bachchan's upcoming movie "Section 84", the makers announced Friday.

The courtroom drama thriller is written and directed by Ribhu Dasgupta of "Te3n" and "The Girl On The Trailer" fame. It will also feature actors Diana Penty and Abhishek Banerjee in pivotal roles. Kaur, known for performances in movies "The Lunchbox"



and "Airlift", said she is excited to collaborate with Bachchan and Dasgupta. "Embarking on one of the most challenging creative adventures of my life with the unsurpassable privilege of being immortalised on screen with Mr Amitabh Bachchan. So grateful to Ribhu Dasgupta for this incredible and riveting opportunity," the 41-year-old actor said in a statement.

"Section 84" marks the third collaboration between Bachchan and Dasgupta, following TV miniseries "Yudh" and "Te3n". The upcoming movie is presented by Reliance Entertainment in association with Jio Studios and produced by Reliance Entertainment and Film Hangar.

Kaur was most recently seen in Netflix's "Dasvi", co-starring Abhishek Bachchan. She will next star in social thriller "Happy Teacher's Day".

India's rising Covid cases: Experts say common cold-like spread suggests endemicity, urge precaution

The rise in Covid cases is indicative of the SARS-CoV-2 virus moving into an endemic state in India and behaving like other coronaviruses that cause common cold-like symptoms and can keep reinfecting, say scientists.

Giving the reassurance that a monster spike on the lines of the Delta wave in the spring of 2021 is unlikely due to the endemic nature of the virus, they also cautioned that the spread could be halted by following established protocols.

"COVID-19 is effectively endemic in the country, and virtually all of us will have sustained an infection by now, whether we knew it or not. The virus is behaving like coronaviruses that cause common-cold-like symptoms and can keep reinfecting us," said Gautam I. Menon, dean (research) and professor, Departments of Physics and Biology at Haryana's Ashoka University. Immunologist Satyajit Rath added

that the actual magnitude of the infection is unknown.

Questioning the reliability of reported Covid case numbers, "We are likely to keep seeing ups and downs of Covid cases, at different times in different places, for a long time to come." According to the Union Health Ministry on Friday, India recorded 6,050 fresh coronavirus cases, the highest in 203 days, with 28,303 active cases. The death toll has increased to 5,30,943 (over 5.3 lakh) with 14 new fatalities while the daily positivity rate has been recorded at 3.39 per cent. The surge is being attributed to a new COVID-19 subvariant, XBB.1.16, which has been circulating through India for the last few months.

"At the present time, there are only about 800 sequences of XBB.1.16 from 22 countries. Most of the sequences are from India and in India XBB.1.16 has replaced the other variants that are in circulation.

So, this is one to watch. It has been in circulation for a few months," the World Health Organisation said in a recent statement. According to the WHO, XBB.1.16 is very similar in profile to the earlier XBB.1.5 variant. It has one additional mutation in the spike protein which in lab studies shows increased infectivity, as well as potential increased pathogenicity. The virus uses the spike protein to infect and enter human cells. In Menon's view, the numbers will continue to rise in the coming weeks, particularly in Kerala and Maharashtra where surveillance systems are stronger. But they will not reach the levels seen during the Delta wave. "From current indications, the fraction of severe cases also appears to be far smaller than for Delta," Menon "These number surges will be the outcome of emerging virus variants, loss of vaccine- or infection-acquired protective immunity in

people, and environmental factors," Rath, professor emeritus at Indian Institute of Science Education and Research, Pune, added. Viswesvaran Balasubramanian, consultant, interventional pulmonology and sleep medicine, at Hyderabad's Yashoda Hospitals said there are active Covid cases in the hospital but the numbers are minimal.

"Most of the infections are mild and are treated on an outpatient basis," He said the need for hospital admissions in view of severe Covid infection is seen among the elderly and those with immunocompromised conditions. "Currently, COVID-19 infections are mild, with predominantly upper respiratory tract symptoms like sore throat, running nose, fever, and body aches. In patients requiring admission, cough, breathlessness, and fall in oxygen saturation are seen in most," the doctor explained.

Menon noted that the relatively small

number of people dying of Covid as of now seem to be those with pre-existing conditions or those who are elderly or immune-compromised in some way. He also observed that people are likely not being tested in sufficient numbers, as was the case during the Omicron wave. "As long as we keep careful track of mortality and severe cases, we should be able to track the disease well, even in the absence of large-scale testing," he argued. "Research suggests that a substantial part of the immunity we have built up both from prior infections and vaccinations will prevent severe COVID-19 disease, although it will not prevent infection with new variants," Menon said. Assuaging fears, the scientist explained that as the virus mutates, there may be further waves of infection but they are unlikely to have the devastating impact of the Delta variant due to the virus' endemic character.

TN BJP Thanks Centre For Removing TN From Coal Blocks Auction List

With the Centre removing Tamil Nadu's delta regions from the coal blocks auctioning, state BJP chief K Annamalai on Saturday thanked the former for doing so on the 'request' of the party's state unit. Union Minister Pralhad Joshi, who also holds the Coal and Mines portfolio had tweeted that the decision to exclude Tamil Nadu from the auctioning ambit was taken in the interest of the people of the state after Annamalai had flagged the matter with him.

"@BJP4TamilNadu Pres.@annamalai_k rushed to call upon me in Bengaluru with request to exclude 3 Lignite mines from auctions in 7th tranche. In the spirit of cooperative federalism & keeping in mind the interest of

people of TN, I have directed to exclude them from auction," Joshi had tweeted. A row had erupted over the inclusion of the state's fertile Cauvery delta regions for the coal block auctioning, with Chief Minister M K Stalin asserting in the state Assembly that his government will never allow coal mining in the delta region.

We thank our Hon PM Thiru @narendramodi avl & Hon Minister Thiru @JoshiPralhad avl for considering our request and removing the coal blocks in TN's Delta region from the coal auction list," Annamalai said in a tweet. PM Modi places importance on farmers' welfare and stands with them, he added. He had earlier taken up the matter with Joshi.

Opposition must heed Pawar's statement on Adani Maha CM says in swipe at Cong Uddhav

Maharashtra Chief Minister Eknath Shinde has taken a swipe at the Congress and Shiv Sena (UBT) leader Uddhav Thackeray by asking them to heed the words of Nationalist Congress Party supremo Sharad Pawar on the Adani issue.

United States-based Hindenburg Research had alleged large scale stock manipulation and accounting fraud in the firms of billionaire Gautam Adani, leading to strident protests by the opposition Congress and others against the Narendra Modi government. The group had refuted the allegations.

In an interview to NDTV, Pawar came out in support of the Adani Group and criticised the narrative

around Hindenburg Research's report on the conglomerate.

"Such statements were given by other individuals earlier too and there was a ruckus in Parliament for a few days but this time out-of-proportion importance was given to the issue," he said. "The issues that were kept, who kept them, we had never heard of these people who gave the statement, what is the background. When they raise issues that cause a ruckus across the country, the cost is borne by the country's economy, we cannot disregard these things. It seems this was targeted," Pawar had said.

Speaking to the media after a

property exhibition in Kalyan on Friday night, CM Shinde said,

"The Congress started an agitation seeking explanation of Rs 20,000 crore in the Adani group. Even Uddhav Thackeray continuously spoke on this issue. Now Pawar has commented and those who are protesting should heed these comments."

Pawar is a very senior politician and must have spoken on the Adani issue after much study, and, therefore, those protesting should clarify their stand, the CM said in a swipe at the Congress and Shiv Sena (UBT), which are allies with the NCP in the Maha Vikas Aghadi.



Congress slams centre after NGT forms panel to revisit environmental nod to Nicobar project

The Congress has criticised the Centre over the National Green Tribunal constituting a committee to re-examine the environmental nod to the Great Nicobar Island project, alleging that the Modi government has embarked on "ecocide" and what is being pushed through is an "ecological nightmare".

The National Green Tribunal has constituted a high-powered committee to re-examine the

environmental clearance granted to the Andaman and Nicobar Islands Integrated Development Corporation (ANIDCO) for the multi-component mega project in the Great Nicobar Island.

Alongside the development of an international container transshipment terminal, the project also involves the construction of a military-civil dual-use airport, a gas-, diesel- and solar-based power

plant, and a township.

Tagging a media report on the committee's constitution, Congress general secretary and former Union environment minister Jairam Ramesh on Friday said, "When we are applauding 50 years of Chipko Andolan and Project Tiger and 40 years of the historic decision to protect Silent Valley, the Modi government has embarked on ecocide in Great Nicobar."

"What is being pushed through is an ecological nightmare," Ramesh said.

The National Green Tribunal was hearing appeals against forest clearance and environmental clearance provided to the project proponent ANIDCO. On January 11, it had sought a response from the Union Ministry of Environment, Forest and Climate Change and the project proponent.

A bench of chairperson Justice AK Goel along with judicial members Justice Sudhir Agarwal, Justice B Amit Shalekar and Justice Arun Kumar Tyagi said there was a need for adequate studies on the adverse impact on coral reefs, mangroves, turtle nesting sites, bird nesting sites, other wildlife, of erosion, disaster management and other conservation and mitigation measures.