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NATION

Chandrababu Naidu takes oath as Andhra Pradesh CM, turns...



HOLYWOOD

Miley Cyrus steps out for a special



SPORTS

ICC Rankings: Mohammad Nabi topples Shakib Al Hasan as...

India most-represented nation in Times Higher Education Impact Ranking 2024

Team Absolute New Delhi

ndia is the world's number one best-represented nation in the Times Higher Education Impact Rankings 2024, said Phil Baty, the British magazine's Chief Global Affairs Officer, on

In a post on X, Baty shared the development and also thanked Prime Minister Narendra Modi for leading this successful interna-

"India is the world's number one best-represented nation in the @timeshighered Impact Rankings 2024. Over 100 universities are ranked, up from just 13 in 2019, thanks to the remarkably successful internationalisation drive spearheaded by @narendramodi,"

There were a total of 2,152 institutions ranked from 125 countries, and the nation with the most participation was India with

This year's results showed that some university systems are emerging as leaders when it comes to particular Sustainable Development Goals (SDGs).

Meanwhile, President of QS University Rankings Nunzio Quacquarelli has praised India for leading all G20 countries in the QS subject rankings performance growth this year.

In the latest subject rankings, Indian higher education institutions have improved their rankings in the STEM subjects, Biological Sciences, and Business Studies.

As mentioned in the report, the NEP largely drove the positive changes in higher education in the country.



INDIA RANKS 129TH ON GLOBAL GENDER GAP INDEX, ICELAND LEADS THE WORLD

- Within South Asia, India was ranked fifth after Bangladesh, Nepal, Sri Lanka and Bhutan, while Pakistan was ranked last.
- India figured among the economies with the lowest levels of economic parity, alongside Bangladesh, Sudan, Iran, Pakistan, and Morocco. All of them registered less than 30 per cent gender parity in estimated earned income.
- With a population of over 140 crore, India has closed 64.1 per cent of its gender gap in 2024 and the decline of two places from 127th last year, mainly happened due to small declines in 'Educational Attainment' and 'Political Empowerment,' parameters, while 'Economic Participation' and 'Opportunity' scores slightly improved.



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ndia has slipped two places on the World Economic Forum's LGlobal Gender Gap index to 129th place, while Iceland retained its top position in the rankings published.

Globally, Sudan was ranked last on the index of 146 countries, while Pakistan slipped three places to 145th.However, India showed the

subindex, India scored within the top-10 on the head-of-state indicator, but its scores for women's representation at the federal level, in ministerial positions (6.9 per cent) and in Parliament (17.2 per cent), remain relatively low, it added. The WEF said the world has

In the Political Empowerment

closed 68.5 per cent of the gender gap, but at the current pace it will take another 134 years -- equivalent to five generations -- to achieve full gender parity.

Since last year, the gender gap has closed by 0.1 percentage points.

"Despite some bright spots, the slow and incremental gains highlighted in this year's Global Gender Gan Report underscore the urgen need for a renewed global commitment to achieving gender parity, particularly in economic and political spheres," WEF Managing Director Saadia Zahidi said.

"We cannot wait until 2158 for parity. The time for decisive action is now," she added.

Iceland was followed by Finland, Norway, New Zealand and Sweden in the top five.

The UK was ranked 14th, while the USA was at 43rd place.

NCP bats for reservation for Muslim community in education in Maharashtra

Team Absolute Mumbai

fter a dismal perform-Aance in the Lok Sabha elections, the Ajit Pawar-led NCP on Wednesday strongly supported reservation for the Muslim community in education in Maharashtra.

This is a fresh attempt by the NCP, which won just one of the four Lok Sabha seats it contested, to step up its outreach with the Muslim community and garner their votes in the forthcoming Assembly elections slated for

September-October this year. The NCP is a part of the Mahayuti government and the party plans to make a nitch with the BIP and Ship Sena for providing educational quota to the Muslim community, which along with Dalits and Tribals voted against the Mahayuti.

They feared that their existence would come into jeopardy if the Constitution was changed by the BJP after crossing the 400-seat mark and forming the government at the Centre.The NCP will have to make a hard bargain

with big brother BJP which did not take the initiative during its rule for the implementation of reservation in educational institutions upheld by the Bombay High Court.

Maharashtra NCP chief spokesman Umesh Patil said, Ne stand firm on our posi tion that the Muslim community should get reservation in education in the state.

"The Bombay High Court accepted the decision taken by the Congress-NCP government of giving 5 per cent educational reservation to the Muslim community. However, later, the issue was pushed behind.'

However, newly-elected MP from Raigad, Sunil Tatkare

said, "We held a meeting of the party's Minority Cell yesterday and have heard their side. Another meeting will be held on this issue. After that we will declare our position on it."The NCP's move is crucial after party legislators at their meeting with Aiit Pawa last week submitted that the party lost heavily in Osmanabad, Baramati and Shirur after Muslim voters by

Vikas Aghadi candidates. They further pointed out that the Mahayuti in general was hit after Muslims, Dalits and Tribals polled against its candidates fearing loss in their reservation after change in the Constitution.

and large voted for the Maha

Two terrorists, CRPF trooper killed in 20-hour long operation in J&K's Kathua



Mumbai | Agencies

wo terrorists and a CRPF trooper were killed in the operation against hiding terrorists in J&K's Kathua district, ADGP, Jammu Zone, Anand Jain said, adding that the encounter started on Tuesday evening and lasted till Wednesday afternoon.

"Initially one terrorist was killed yesterday (Tuesday) and one more has been killed today (Wednesday). We also lost a CRPF jawan in the gunfight as well. The slain were part of a newly infiltrated group. We have not called off the operation as there may be some more terrorists hiding

in the area," he said. The CRPF trooper, who succumbed to his injuries in a hospital, was identified as Constable Kabir Dass of the 121 Bn.

"The civilian injured in the encounter is stable and out of danger," the ADGP said.

The encounter took place in Seda Sohal village of Hiranagar area in Kathua.

According to Jain, there were two terrorists, who entered the village and asked for

"As soon as the information was received, the teams of the SHO and the SDPO reached the spot and one of the terrorists was killed in the exchange of fire.

water from some houses.

Jain said that grenades, IEDs, a US-made M4 carbine and other war-like stores were recovered from the slain terrorists

The recoveries also included three magazines containing 30 rounds, one magazine containing 24 rounds, 75 rounds in a separate polythene bag, three live grenades, Rs 1 lakh in currency notes of Rs 500 denomination, eatables including Pakistan-made chocolates, dry chenna and chapatis, Pakistan-made medicines and pain killer injections, two packs of A4 battery cells, and one handset with an anten-

Meanwhile, two senior police officers escaped unhurt after hiding terrorists opened fire on their vehicles in the Hiranagar area.

More than 20 rounds were fired on the vehicles of DIG, Jammu-Kathua-Samba Range, Dr Sunil Kumar, and SSP, Kathua, Anayat

RAHUL GANDHI **HINTS AT RELINQUISHING WAYANAD**



Wayanad (Kerala): Congress leader Rahul Gandhi, who is in Kerala on Wednesday, admitted that he was in a dilemma as to which Lok Sabha constituency he should relinquish -- Wayanad or Rae Bareli - but then in Wayanad, dropped enough hints that he will be dropping the Kerala seat. State BJP chief K.

Surendran, who had contested against Gandhi and finished a distant third, termed Gandhi's indication 'cheating". Meanwhile, advertisement boards have come up in Wayanad which welcome Gandhi's sister and party General Secretary Priyanka Gandhi to contest the by-election.

Gandhi, who arrived at the Kozhikode airport in the morning, drove to Edavana in the Malappuram district which is part of his constituency. He was given a rousing welcome and in his first public meeting, he said he was in a dilemma about Wayanad and Rae Bareli.

SEVERAL DELHI MUSEUMS, HEALTH INSTITUTIONS GET HOAX BOMB THREAT EMAILS

Team Absolute | New Delhi

best gender parity in terms of enrol-

ment in secondary education, while

it scored well on political empower-

ment of women at 65th rank globally.

With regard to parity in the num-

ber of years with female/male heads

The WEF said India's economic

parity score has trended upwards for

of state for the last 50 years, India

was ranked 10th.

the past four years.

everal museums, including the National Museum and Rail Museum, and two mental health institutes -- IHBAS (Institute of Human Behaviour and Allied Sciences) and VIMHANS (Vidyasagar Institute of Mental Health, Neuro and Allied Sciences) -- have received bomb threat e-mails, officials

said on Wednesday. The officials said that nothing suspicious was found in the searches and later the calls were declared hoax.

The e-mails were received by the National Museum in Kartavya Path, Rail Museum in Chanakyapuri and Gandhi Museum in Daryaganj and several others stating that the bomb was planted in their premises, they said. Two medical facilities --IHBAS located in Shahdara and Vimhans Hospital in Lajpat Nagar -- have also received the threat e-mails containing the same contents, the officials said. An officer said that after receiv-



ing the calls and information about these e-mails, the installations were checked by the bomb detection team, bomb disposal squad, fire officials and local police but nothing suspicious was recovered from any of the places. Over the past one month, bomb threat emails have been received by many establishments, including schools and hospitals in the national capital.

Most Indians believe technology, including AI, will accelerate economic growth: Report

Team Absolute | New Delhi

ost Indians (89 per cent) believe technology, including artificial intelligence (AI), is a key enabler in integrating traditionally excluded populations into the economy, a new report showed on Wednesday.

According to PC and printer major HP, 76 per cent of global business and government leaders believe AI will help drive progress towards sustainability and social impact goals.

"We know technology can be a great equaliser and a powerful tool to drive progress. Yet, to truly narrow the digital divide in our rapidly evolving



world, we must also equip individuals with the skills to use technology," said Michele Malejki, HP Global Head of Social Impact, and Director, HP Foundation.

HP said it will soon integrate AI

training into its HP LIFE programme to promote the responsible and effective use of AI. These AI trainings will be offered free of cost under the Digital Business Skills initiative globally, including in India.

HP will also introduce next-gen AI PCs in India, a new category of powerful PCs for work and creation.

Additionally, HP is expanding its goal to enroll 27.5 lakh users in the HP LIFE free skill-building programme by 2030. The HP Foundation runs this programme.

It has already enrolled more than 12 lakh users since 2016 globally, enabling them to access job opportunities or start businesses

SHIVRAJ CHOUHAN TAKES UP 100-DAY **ACTION PLAN FOR** AGRICULTURE SECTOR



New Delhi: Union Agriculture and Farmers Welfare Minister Shivraj Singh Chouhan on Wednesday held a detailed discussion with senior officials on the 100-day action plan of the ministry. Agriculture Minister

Chouhan told the officials that they should focus their entire attention on farmeroriented works so that work can be done speedily as per the sankalp (resolution) of the Prime Minister, the ministry said in a state-

He said that the availability of quality fertilizers, seeds and other inputs to farmers should be ensured on a priority basis. The Agriculture Minister asserted that the farmers should not face any problem in this regard and special care should be taken on this.

Bhubaneswar: Mohan Charan Maihi took oath

and many other Central Ministers, including Amit

Apart from Majhi, two Deputy CMs also took

Naveen Patnaik, who was the Chief Minister of

Odisha for 24 years before the BJD lost power to

extended his greetings and good wishes to the

ing the dominant Biju Janata Dal (BJD) in the

Assembly polls. The Chief Ministers of many BJP-

ruled states also attended the swearing-in cere-

mony. Earlier in the day, Mohan Majhi paid trib-

utes to many eminent personalities of the state.

He also visited outgoing CM Naveen Patnaik at

his residence and invited him to the swearing-in

new government. Notably, this is the first time the

BJP came to power in the eastern state by unseat-

the BJP, was also present on the stage, and

as the Chief Minister Odisha on Wednesday in

Shah, Rajnath Singh, Nitin Gadkari, and party

President J.P. Nadda, among other dignitaries.

Amaravati farmers end four-year-long

CHANDRABABU NAIDU TAKES OATH AS ANDHRA PRADESH CM, TURNS EMOTIONAL

Vijayawada | Agencies

elugu Desam Party (TDP) president Nara Chandrababu Naidu turned emotional after taking oath as Chief Minister of Andhra Pradesh here on Wednesday.

Naidu hugged Prime Minister Narendra Modi soon after being sworn in by Governor S. Abdul Nazeer in the presence of a galaxy of political leaders and celebrities at a ceremony attended by lakhs

Amid loud cheers from the audience, the 74year-old took the oath of office and secrecy in Telugu. The Prime Minister presented him with a bouquet to congratulate him.

Naidu was visibly emotional as he hugged PM Modi and returned to his chair next to his wife Bhuvaneswari.

In 2021, Naidu walked out of the Assembly after his wife was allegedly insulted by some MLAs of the YSR Congress Party and vowed to return only after taking oath as the Chief Minister.

After taking oath as a minister, Jana Sena leader Pawan Kalyan went up to his elder brother megastar Chiranjeevi and touched his feet.

Chandrababu Naidu's son Nara Lokesh was the next to take oath as the minister. Lokesh, the TDP general secretary, took the blessings of his father, Prime Minister Modi and the Governor. A total of 24 ministers of the National Democratic Alliance



(NDA) took oath at the ceremony held at Kesarapalli IT Park near Gannavaram Airport. The ministers include three from Jana Sena and one from the Bharatiya Janata Party (BJP)

TDP's Andhra Pradesh unit president K. Atchannaidu and Jana Sena political affairs committee chairman Nadendla Manohar were among the key ministers.

protest as Naidu govt sworn-in Amaravati | Agencies

ith the formation of the Chander' Naidu-led government in Andhra Pradesh, farmers of Amaravati on Wednesday called off their four-year-long protest against three capitals move of the previous YSR Congress government.

Hours after Naidu and his Council of Ministers took oath at a ceremony at Vijayawada, the farmers removed their protest camps in villages.

The farmers, including women, had been protesting for 1,631 days, demanding the YSR Congress government to develop Amaravati as the sole capital.

The protest started in December 2019 after Chief Minister Y.S. Jagan Mohan Reddy announced that his government would develop three state capitals, reversing the decision of the previous TDP government to develop Amaravati as the only state



The Jagan Mohan Reddy government planned to develop Visakhapatnam as the administrative capital, Kurnool as the judicial capital, and keep Amaravati only as a legislative capital.

The farmers of 29 villages, who had given 33,000 acres of their land under a land pooling system when the

TDP was in power, came out on the streets. They had been continuing the protest in different forms.

The Amaravati Parirakshana Samithi (APS), which was spearheading the movement against three capitals, undertook two padyatras during the last two years to mobilise public support for their demand.

Farooq Abdullah bats for talks with Pak amid terror attacks; gets sharp reply from J&K BJP chief

Team Absolute New Delhi

ational Conference (NC) President and former Jammu and Kashmir CM Farooq Abdullah on Wednesday advocated for talks with Pakistan amidst a series of terror attacks in the Jammu region in the past three days.

These terrorists are coming from across the border. The problem can't be solved by military action, the only solution is to engage in talks with the neighbouring nation. Unless that happens, terrorism will keep rearing its ugly head," Abdullah told reporters in Srinagar.

BJP's J&K unit president Ravinder Raina took strong exception to Abdullah's advocacy for talks and said that it is highly regrettable

that the NC leader is seeking dialogue with a nation that has bled India multiple

"Instead of denouncing Pakistan, showing it the mirror, (and) shaming the country for its cowardly acts of terror, the NC leader is advocating for talks with the terrorsponsoring nation," Raina said."Faroog Abdullah should stop pitching for talks with Pakistan as the latter

always worked to infiltrate terrorists in the Indian territory for killing innocent citizens," he added.He further asserted that Pakistan will be taught a lesson in the same language that it understands.

reporters that unless the government realizes that talks are the only solution to bloodshed and "unless dialogue begins, such tragedies will continue to happen".

Abdullah also told

The BJP leader berated the NC chief for "evoking sympathy" towards Pakistan while "belittling" the security forces' ability to neutralize acts of terror emanating from Pakistan.

He said that Abdullah should first explain to people whether Pakistan was behind the bloodshed in Jammu and

Cong accuses Centre of bias in funds' disbursal to Maha compared to other states

Mumbai | Agencies

he Maharashtra Congress has accused the Centre of 'discrimination' in the allocation of central funds to the state compared with other states, here on Wednesday.

Congress state President Nana Patole said that Maharashtra accounts for the highest share of collection to the Centre by way of GST and other taxes, but when it comes to ploughing back to the state, the government displays bias towards this state.

"After the new NDA government took office, the Centre has distributed funds to states out of which Maharashtra has been allocated only around Rs 8,000 crore. In contrast, other Bharatiya Janata Party ruled states, or its allies have been allocated the lion's share," said Patole.

Patole mentioned how Uttar Pradesh has been given the maximum Rs 25,000 crore, Madhya Pradesh Rs 10,970 crore, besides Bihar, led by NDA ally and Chief Minister Nitish Kumar getting Rs 14,000 crore, compared with just Rs 8,000 crore for



Maharashtra. "The BJP at the Centre has consistently discriminated against Maharashtra when it comes to funds allocations. Even other states ruled by the Opposition parties have been given small amounts, like Congress-headed Karnataka got Rs 5,000 crore, and Aam Aadmi Party-helmed Delhi getting Rs 2,525 crore. However, NDA ally Andhra Pradesh headed by CM Chandrababu Naidu was

given Rs 5,622 crore," Patole pointed out. He reiterated that the money belongs to the common taxpayers and is intended for use for development activities for the masses but the BJP regime is deliberately giving step-motherly treatment to the opposition-ruled states. Patole said that Maharashtra faced a similar predicament when the erstwhile Maha Vikas Aghadi government headed by ex-CM Uddhav Thackeray was in power (2019-2022) here.Slamming the MahaYuti government, Patole said that Chief Minister Eknath Shinde and Deputy CMs Devendra Fadnavis and Ajit Pawar "lack the courage to demand more funds as deserved from the centre", and are content with whatever is doled out, which is against the interests of the people of Maharashtra.

He warned that the people of the state are observing this and will take note of such injustice meted out by the BJP by teaching them a lesson in the upcoming October state Assembly elections, akin to the drubbing given in the recent Lok Sabha

PM MODI TO LEAVE FOR ITALY ON THURSDAY TO ATTEND G7 SUMMIT

Team Absolute New Delhi

n what would be his first overseas visit after assuming office for the third consecutive term, to Italy on Thursday to attend the Group of Seven (G7) Summit being held in Puglia from June 13-15.

PM Modi will be attending the G7 Summit's Outreach Sessions on Friday at the invitation of Italy's Prime Minister Georgia Meloni.

"The visit will provide PM Modi an opportunity to engage with other world leaders present at the G7 Summit on issues of importance to India, as also to the Global South," said Foreign Secretary Vinay Kwatra.

This will be the 11th time that India will be taking part in the G7 Summit and Prime Minister Modi's fifth consecutive participation.

The outreach sessions, where PM Modi is going to participate along with leaders of other invited countries, are expected to focus on Artificial Intelligence, energy, Africa and the Mediterranean.

"India's regular participation at the G7 Summit clearly points to increasing recognition and contribution of the efforts that India has been consistently making in trying to resolve global challenges, including those of peace, security, development and environment preservation," said Kwatra.



Prime Minister Modi is also expected to hold a series of bilateral meetings with several leaders on the sidelines of the event.

The Foreign Secretary stated that India will also be participating at the Ukraine 'Peace Summit' being held in Switzerland, later this week.

"India will be participating in the Peace Summit at an appropriate level. That consideration is currently going on in the system and as and when we have a decision on the representative from India who will be participating, we will be happy to share," said the top diplomat.

Akhilesh Yadav, Awadhesh Prasad resign from UP Assembly seats

amajwadi Party chief Akhilesh Yadav on Wednesday formally forwarded his resignation from the Karhal Assembly seat in Uttar Pradesh to Speaker Satish Mahana.

Akhilesh Yadav, who won the recent Lok Sabha elections from UP's Kannauj, also held the Karhal assembly seat.In the Lok Sabha polls, Akhilesh secured his family's stronghold Kannauj by garnering 6,42,292 votes, surpassing the incumbent BJP MP Subrat Pathak by a margin exceeding 1 lakh votes.

Samajwadi Party MLA Awadhesh Prasad also tendered his resignation from the Assembly after being



elected as a Lok Sabha MP from Faizabad.

In the recently-concluded Lok Sabha elections in Uttar Pradesh, the Samajwadi Party clinched 37 seats, while the BIP won 33 seats. The



Congress won six seats, two seats went to the Rashtriya Lok Dal (RLD), while the Azad Samaj Party (Kanshi Ram) and Apna Dal (Soneylal) bagged one seat

Eight of a family die as sand-laden truck overturns in UP's Hardoi

Hardoi | Agencies

ight members of a family died while one was seriously injured after a truck carrying sand overturned and fell on them in Uttar Pradesh's Hardoi district

The accident happened late on Tuesday night. An entire family living by

the roadside got buried under the sand that was spilled over after the truck overturned.

By the time the sand and truck were removed, and the people buried under it were taken out, eight people including four children had died.

M.P. Singh, District Magistrate, Hardoi said, "The truck was en route to Hardoi after mining sand from the banks of Ganga. Due to excess sand, it overturned at the turn and this accident took place. After getting information about the incident, the police

reached the spot and somehow retrieved the people buried under the truck, but everyone except a girl had died".

"At first, no one realised for a long time, but then it was known that one of Balla's family lived there. Immediately the police were informed and the work of removing the sand was started. When the truck was removed by a JCB machine and the sand was cleared, Balla, 45, his wife Mundi, 42, daughter Sunaina, 5, daughter Lalla, 4, daughter Buddhu, 4, besides his sonin-law Karan, 25, his wife Hero, 22, and their son Komal, 5, had died while daughter Bittu, 4, was injured. All the dead bodies have been sent for postmortem and the truck driv-

District Magistrate said. He further said that the officials were examining the cause of the accident.

er has been arrested," the

Team Absolute | New Delhi

he Supreme Court on Wednesday came down heavily on the Delhi government for not acting against tanker mafias in the city and cautioned that it would ask the Delhi Police for action to mitigate the water crisis in the national capital.

"If water is coming from Himachal Pradesh, where is the water going in Delhi? Have you taken any action or measures against these tanker mafias? There are reports that tanker mafias are working in Delhi and water is engulfed by them and you are not taking any action. If you are not taking any action, we will hand it over to Delhi Police to crackdown on tanker mafias," a vacation bench presided over by Justice P.K. Mishra told the Delhi government.The Bench, also comprising Justice P.B. Varale, wondered how the water is supplied through tankers to the common public when pipelines are dry and empty.

"If this water crisis is a recurring problem every summer, what measures have you taken to control the loss of water coming from Yamuna? File an affidavit containing action taken from May-June, 2023 to April 2024 to prevent loss of water. Any FIR against any tanker mafia or illegal transportation of water?" it asked.

In response, the counsel representing the Delhi government said that Delhi Jal Board (DJB) is supplying water through tankers and



HAVE YOU TAKEN ACTION AGAINST TANKER MAFIA, SC ASKS DELHI GOVT

most of the visuals reported in media are related to water supply by DJB tankers in lower

economic households. "We will file all the material by today itself. There are multiple actions, including massive disconnection. We will be more than happy to have the police take action," added the city government's counsel.

During the hearing, the apex court also questioned the state of Himachal Pradesh for making a "false" statement that it has excess

water in reservoirs.

It asked the Advocate General representing Himachal Pradesh, "If you are already releasing it, why was it not made known to the Upper Yamuna River Board? The other day, your Additional Advocate General said that this document (pertaining to 137 cusecs surplus water) was produced before the Board. Why are false statements made in the top court?"Posting the matter for hearing on June 13, the SC asked the Delhi government to file

an affidavit regarding the prevention of loss of water and allowed other parties to file additional affidavits if they so desired.

In the previous hearing, the top court came down heavily on the city government for taking the court proceedings for granted and turned furious after it was pointed out that the respondents (Union, Haryana and Himachal Pradesh governments) could not have e-filed the status reports/compliance affidavits in terms of the order of the apex court due to non-curing of defects by the Delhi govern-

"We will dismiss this petition. On the last date also, this was pointed out but you did not remove the defects. You do not take court proceedings for granted, howsoever important your case may be!" the SC had said.

The Supreme Court had directed the Himachal Pradesh government to release surplus water on June 7 so that it reaches the national capital "uninterruptedly" and is made available to the Delhiites for drinking purposes. "We direct that Himachal Pradesh shall release 137 cusecs of surplus water available with it on Friday so that the water reaches Hathni Kund barrage and reaches Delhi through Wazirabad. As and when surplus water is released with prior information by the state of Himachal Pradesh, the state of Harvana shall facilitate the flow of surplus water so released," it had ordered on June 6.

CHHINDWARA SOLDIER MARTYRED IN JAMMU AND KASHMIR, CM AND KAMAL NATH EXPRESSED GRIEF

abir Das, a resident of Chhindwara district of Madhya Pradesh, was martyred in an encounter with terrorists in Kathua district of Jammu and Kashmir on Tuesday night. State Chief Minister Mohan Yadav and former Chief Minister Kamal Nath have expressed grief over the martyrdom of the CRPF

It is reported that there was an encounter between security forces and terrorists on Tuesday night in Hiranagar area of Kathua district of Jammu and Kashmir. Kabir Das, a resident of Chhindwara district and CRPF jawan, was seriously injured in this encounter. He died on Wednesday morning.

State Chief Minister Dr. Mohan Yadav has expressed grief over the martyrdom of CRPF jawan Kabir Das



terrorists carried out a dastardly

news has been received that our brave soldiers have killed a terrorist in retaliation.He further said, "I pray to Baba Mahakal to place the soul of the martyred soldier at His feet and to give full recovery to the injured soldiers soon."Expressing grief over the martyrdom of Chhindwara jawan, former Chief Minister Kamal Nath said, CRPF jawan Kabir Das, resident of Pulpuldoh, Chhindwara, was martyred in yesterday's terrorist attack in Kathua, Jammu and Kashmir. We are proud of the brave son of Chhindwara who sacrificed his life to protect Mother India. May God rest his soul and give strength to his family to bear this loss. The entire Chhindwara family is with him in this hour of grief. According to the information received, the body of martyr Kabir Das will be brought to Nagpur

by a special plane on Thursday. The

last rites will be held in his home vil-

Unique demonstration of women to save greenery in Bhopal

Team Absolute Bhopal

n Bhopal, the capital of Madhya Pradesh, protest has started against the alleged attempt to cut 29 thousand trees for the construction of houses for ministers and MLAs. Women staged a protest regarding this and registered their protest by clinging

Actually, a proposal to build new bungalows for MLAs and ministers in the capital is pending. Bungalows are proposed in Tulsi Nagar and Shivaji Nagar and it is feared that a large number of trees will be cut for the construction of bungalows. The local people are angry about this matter and have embarked on the path of agitation.

Local people staged a protest at bus stop number five. Women also participated in this. These women expressed their protest by clinging to the tree.

The women who took part in the protest said that when the poor can be settled outside the city, then why cannot bungalows be built for ministers and MLAs on the out-



Former leader of opposition and MLA Ajay Singh was the first to raise this issue and alleged that only the Chief Minister's approval was left for the plan to cut trees. He had opposed this and also warned the gov-

Former minister and Congress leader PC. Sharma says that the government is going to build bungalows for ministers and MLAs. For this, about 50 thousand trees have to be cut. Shivaji Nagar and Tulsi Nagar, where trees are planned to be cut, are the greenest areas of the capital. If the government's plan is successful, the temperature in Bhopal will

2 Die, over 80 taken ill due to cholera outbreak in Bhind

Team Absolute Bhind

t least two elderly people died and over 80 persons fell ill due to an outbreak of cholera in Madhya Pradesh's Bhind district, a health official said on Wednesday.

The outbreak occurred in ward number 5, 6 and 7 of Phoop town in the district due to water contamination.

Chief Medical and Health Officer (CMHO, Bhind) D K Sharma told a news agency, "Due to infection in water, some cases of cholera outbreak were reported after which some patients were admitted to the district hospital and some of them were treated at the local community health centre. Till now, a total of 84 people have been affected, and most of these patients have recovered and returned home. Currently, there are six patients admitted to the hospital. Two patients were referred to Gwalior who have recovered



and returned."

"Till now, two elderly people have died in the outbreak while a girl died two days ago and she died due to fever. She had vomited once and was having a fever," CMHO added.He further said that the Nagar Palika had closed the drinking water supply queue as of now and water was being supplied through other means. "The entire house in the affected area has been surveyed, amedicines and chlorine tablets have been given to them. People

have been told to drink water only after boiling it. Apart from this, the Nagar Palika has been instructed to remove water contamination wherever it is happening," he added."It seems to happen only due to contaminated water, and once the sample is tested, things will become

"Arrangements of ambulances have been made, the team of doctors has also been increased and we are keeping a close eye on the matter," he

clear, CMHO Sharma said.

WOMAN SENTENCED TO DEATH FOR KILLING **MOTHER-IN-LAW BY STABBING HER OVER** 95 TIMES

Rewa: A court in Madhya Pradesh's Rewa district has sentenced a 24-year-old woman to death for murdering her mother-in-law in 2022 by stabbing her more than 95 times. Rewa district's fourth additional sessions judge Padma Jatav convicted Kanchan Kol for killing her 50-year-old mother-in-law Saroj Kol, additional public prosecutor Vikas Dwivedi said. Kanchan, a resident of Atraila village under Mangawa police station limits, was accused of stabbing her mother-in-law with a sickle for over 95 times on July 12, 2022 following a domestic strife, he said. The victim was alone in the house at that time. Her son later informed the police and took her to a hospital, where doctors declared her dead, Dwivedi said. The public prosecutor said that victim Saroj Kol's husband Valmik Kol was also named as a co-accused in the case on the charge of inciting her, but was acquitted in the

Rats on rampage in Gwalior Government Hospital

Team Absolute Gwalio

video has surfaced on social media showing rats roaming purportedly in a ward of a government-run hospital in Madhya Pradesh's Gwalior city, prompting the authorities to order an effective pest control at the medical facility.

The opposition Congress in Madhya Pradesh on Tuesday shared the video on its X handle, claiming there were "more rats than patients" at the Kamla Raja Hospital in Gwalior, and criticised the government over the condition of health facilities in the state.

Some social media users have shared the video showing rats roaming around, claiming it to be a ward of the Kamla Raja Hospital, a woman and children's medical facility under the government's Gajra Raja Medical College in Gwalior.

The medical college dean, RKS Dhakad, told reporters on Tuesday that he has come to know of the video and has directed the hospital superintendent to take necessary steps to control the problem of rats. Pest control takes place in the wards

but the hospital authorities have been



such a situation does not arise in future, he said. Such things should not happen in a hospital where patients are present, Dhakad said.

The Congress while sharing the video on X said, "Look at the condition of

are more rats roaming than patients in Gwalior's Kamla Raja Hospital, strict vigil has to be maintained to protect patients and newborns from rats. Madhya Pradesh is at the mercy of God. Parchiwale chief minister is registering

AIIMS Bhopal Hosts Successful Health Camp in Rapadiya Village pesticide factory in Vidisha

Team Absolute Bhopal

nder the visionary leadership of Prof. (Dr.) Ajai Singh, Executive Director of AIIMS Bhopal, the Department of AYUSH organized a highly successful health camp in Rapadiya village on 11.06.2024, delivering vital health services to the community. The camp was attended by Medical Officer Dr. Ranjana Pandey and Yoga Instructor Chanchal Suryavanshi from AYUSH, providing a comprehensive range of health consultations and distributing free medicine to patients. The camp's objective was to enhance public health awareness and offer holistic health solutions.

Recognizing the growing importance of yoga in preventive healthcare, Prof. (Dr.) Ajai Singh emphasized the necessity of making yoga accessible to everyone. "By integrating yoga training into health camps,



and promote overall well-being," said

Prof. (Dr.) Ajai Singh. In alignment

vision, the initiative underscores the global benefits of adopting yoga. The AYUSH Department has also launched common yoga protocol practice sessions, running from June 1st, 7 am to 8 am daily, culminating in the celebration of International Yoga Day. The health camp saw enthusiastic participation from individuals of all ages, including many suffering from chronic conditions such as diabetes, arthritis, anxiety, and high blood pressure. Attendees benefited from personalized yoga consultation sessions, health consultations, and free distribution of medicines. The event has received widespread acclaim for its effectiveness, reach, and significant contribution to community health and well-being. The AYUSH Department's commitment to providing accessible health services through such initiatives continues to positively impact public

Massive fire breaks out in

fire broke out in a pesticide factory located in Vidisha district of Madhya Pradesh on Wednesday morning. Due to the chemical substances present in the factory premises, the fire took a serious form within a short time. Fire engines are engaged in extinguishing the fire.

According to the information received, a sudden fire broke out in this pesticide factory located in the industrial area this morning. Within no time the fire became huge. Chemical substances were kept in many drums in the factory premises, due to which the fire spread rapidly.

Along with the operation to extinguish the fire, drums of chemicals were removed

The promise of giving 3 thousand rupees



by breaking the boundary wall of the factory so that the fire does not spread there.

Four fire brigade vehicles are engaged in extinguishing the fire. Help of water tankers is also being taken. Apart from Vidisha, fire engines from Sanchi, Ganibasoda and Raisen have reached the spot. This pesticide factory is said to be owned by a BJP

It is noteworthy that recently a fire broke out in a plastic pipe manufacturing

factory in Pithampur industrial area of Dhar district. Due to the large amount of plastic material in the factory premises, the fire had taken a huge form and it took several hours to extinguish it. There was huge loss in this fire.

Complete the formalities for recruitment on the posts approved by the Council of Ministers soon: Deputy Chief Minister Shukla

Team Absolute Bhopal

eputy Chief Minister Rajendra Shukla reviewed various subjects of Health and Medical Education Department at Mantralaya Vallabh Bhawan. The Deputy Chief Minister gave instructions to complete all the formalities on priority for filling 46 thousand 491 departmental posts and 607 specialist medical posts approved by the Council of Ministers

Shukla expressed anger over the delay in shifting of Hamidia Cath Lab. The Deputy Chief Minister said that the work of Cath Lab is related to critical health service delivery. Negligence and administrative indifference in this work is unacceptable. He instructed that the process of shifting the cath lab should be completed within one



month. The Deputy Chief Minister instructed the departmental officers to take the process of technical and administrative approval on priority. He said that the cath lab shifting work would be regularly reviewed and responsibility would be fixed for unnecessary delays.

Shukla reviewed the construction work of 1 thousand 770 health infrastructures

sanctioned without buildings in the state. These include construction works of sub health centres, primary health centers and communi ty health centers etc. The Deputy Chief Minister directed that along with infrastructure development, availability of equipment, manpower etc. should also be ensured on time so that the delivery of health services can start soon.

to 'Ladli Behna' is incomplete: Jitu Patwari Team Absolute Bhopal ongress state president Jitu Patwari has taken a dig at the

decisions taken in the first meeting of Madhya Pradesh's Mohan Yadav cabinet after the Lok Sabha elections. He has said that during the assembly elections, a promise of giving three thousand rupees per month to the beloved sisters ('Ladli Behna') was made, which is incomplete.

Congress state president Jitu Patwari, referring to Chief Minister Mohan Yadav's video, wrote on social media, "Chief Minister Dr. Mohan Yadav, the 'favor' you are doing to the dear sisters by releasing the video has no meaning, because votes The promises made in the elections are still unfulfilled. By raising many election slogans like BJP's trust, Shivraj's guarantee, the sisters were kept under the illusion that they will be given Rs



3000 per month as soon as they get power. Even after six months, your government is still lying and avoiding fulfilling its promises!

Congress state president Jitu Patwari accused the BJP of not fulfilling the promises made and said, why

are lakhs of dear sisters of Madhya Pradesh being insulted? What you are citing and repeating as pride should be the biggest matter of nationwide shame for the BJP. This should also be the biggest example of political lies. Secondly, the amount you are giving

is not a favor, it is the right of the beloved sisters, because it was on the basis of this lie that BJP saved its looted power.

Congress State President has demanded that the beloved sisters be given three thousand rupees each and advised that it would be better to immediately start paying the amount of three thousand rupees per month to the beloved sisters ('Ladli Behna') and the balance of the last 6 months should also be transferred to their accounts. It may be noted that assembly elections were held in the state in December 2023. Before this election, the then Chief Minister Shivraj Singh Chouhan had launched the Laadli Bahna Yojana and had promised to give women starting from Rs 1,000 per month to Rs 3,000 per month. At present the state government is giving Rs 1250 per month under Ladli Bahna Yojana.

समर्पित प्रयासों से बदल रहा विकास, जनकल्याण और सुशासन का

मध्यप्रदेश सरकार के



सुशासन से समृद्धि

- प्रधानमंत्री जी द्वारा साइबर तहसील परियोजना प्रदेश के सभी ५५ जिलों में लागू। नामांतरण, बंटवारा आदि विभिन्न राजस्व प्रकरणों के ऑनलाइन निराकरण की पहल करने वाला मध्यप्रदेश, देश का पहला राज्य
- ध्वनि विस्तारक यंत्रों की अनियंत्रित आवाज का प्रयोग प्रतिबंधित
- खुले में मांस-मछली की बिक्री पर प्रतिबन्ध
- यातायात सुगमता के लिए भोपाल में बीआरटीएस कॉरिडोर हटाने का निर्णय
- जिलों, संभागों, तहसीलों की सीमाओं के पुनर्निर्धारण के लिए पृथक प्रशासनिक इकाई पुनर्गठन आयोग बनाने का निर्णय • उज्जैन शहर के केडी गेट से इमली तिराहा मार्ग चौड़ीकरण के लिये 23 धार्मिक स्थलों को हटाने के लिये व्यवस्थापकों, पुजारियों और नागरिकों
- द्वारा सहयोग कर साम्प्रदायिक सौहार्द का उल्लेखनीय उदाहरण प्रस्तुत
- निजी स्कूलों द्वारा कोर्स की किताबें, यूनिफार्म एवं अन्य शिक्षण सामग्री किसी निर्धारित दुकान से खरीदने के लिए पालकों पर अनुचित दबाव डाले जाने के मामले में मुख्यमंत्री द्वारा स्कुलों के खिलाफ सख्त कार्यवाही के निर्देश
- २००० से अधिक पुलिसकर्मियों को मिला पात्रतानुसार उच्च पद
- बालाघाट के कमकोदादर में हुई मुठभेड़ में नक्सलियों को खत्म करने वाले २४ शासकीय पुलिस सेवकों का आउट ऑफ टर्न प्रमोशन
- पुलिसकर्मियों के लिए मुख्यमंत्री आवास योजना के अंतर्गत २५ हजार मकान बनाने का लक्ष्य • मध्यप्रदेश में आयी अपराधों में कमी, थानों की सीमाओं के पुनर्निर्धारण का कार्य तेजी से जारी
- १०५ वर्ग मीटर तक के आवासीय भू-खंडों के लिए ऑनलाइन आवेदन कर डीम्ड अनुज्ञा प्राप्त करने और ३०० वर्ग मीटर तक के आवासीय भू-खंडों
- पर त्वरित अनुज्ञा प्रदान करने की व्यवस्था लागू • दो चरणों में राजस्व महाअभियान चलाकर ३० लाख ४८ हजार से अधिक राजस्व प्रकरणों का निराकरण
- प्रदेश के सभी बोरवेलों की जानकारी रखने हेतु शासन द्वारा पोर्टल तैयार। खुले बोरवेलों को बंद करने के लिए अधिकारियों की जिम्मेदारी तय
- सभी संभागों में समीक्षा बैठकों के दौरान बड़े पैमाने पर विकास कार्यों का लोकार्पण एवं शिलान्यास
- शासकीय सेवकों के महंगाई भत्ते में 4 प्रतिशत की वृद्धि से 46% हुआ डीए

समावेशी शिक्षा से संवरता कल

- प्रधानमंत्री उच्चतर शिक्षा अभियान (पीएम उषा) के अंतर्गत ८ विश्वविद्यालयों मे अधोसंरचना तथा अन्य विकास कार्यों के लिए ₹400 करोड़ स्वीकृत
- हर जिले में पीएम कॉलेज ऑफ एक्सीलेंस की स्थापना। गुणवत्तापूर्ण शिक्षा की उपलब्धता सुनिश्चित करने हेतु ₹४८५ करोड़ के निवेश से ५५ जिलों में पूर्व से संचालित एक महाविद्यालय का पीएम कॉलेज ऑफ एक्सीलेंस में उन्नयन। इन कॉलेजों में 1750 शैक्षणिक एवं 369 तृतीय व चतुर्थ श्रेणी के पद सृजित
- पीएम कॉलेज ऑफ एक्सीलेंस को बहुसंकायी बनाने एवं स्नातकोत्तर कक्षाओं के संचालन हेतु 7 महाविद्यालयों में स्नातक स्तर पर नवीन संकाय एवं ५५ महाविद्यालयों में स्नातक व स्नातकोत्तर स्तर पर संस्कृत, बायोटेक्नोलॉजी, कम्प्यूटर साइंस विषय प्रारंभ
- पीएम कॉलेज ऑफ एक्सीलेंस में सेंटर फॉर रिसर्च इन स्कीम एंड पॉलिसी (CRISP) के माध्यम से 8 रोज़गारोन्मुखी स्किल-आधारित पाठ्यक्रमों
- आईआईटी इंदौर के सहयोग से उज्जैन में निर्मित देश के प्रथम शोध-आधारित नवाचार, प्रौद्योगिकी एवं उद्यमिता अनुभवात्मक विद्यार्जन केंद्र (डीप-टेक रिसर्च और डिस्कवरी सैटेलाइट कैंपस) का उद्घाटन
- खरगोन में ₹१७० करोड़ से क्रांतिसूर्य टंट्या भील विश्वविद्यालय का उद्घाटन
- ३६९ सर्वसुविधायुक्त सीएम राइज़ विद्यालयों का संचालन
- विश्वविद्यालयों के कुलपति को कुलगुरु कहे जाने का निर्णय • सागर में रानी अवंतीबाई लोधी विश्वविद्यालय एवं गुना में तात्या टोपे विश्वविद्यालय प्रारंभ
- आचार्य श्री विद्यासागर महाराज के नाम से होगा सागर में आयुर्वेद मेडिकल कॉलेज
- राष्ट्रीय शिक्षा नीति-२०२० लागू करने वाला देश का पहला राज्य बना मध्यप्रदेश
- अंतरराष्ट्रीय शिक्षा की गुणवत्ता से जुड़ने के लिए 12 अंतरराष्ट्रीय संस्थानों के साथ एम.ओ.यू.
- विश्वविद्यालयों में छात्र-छात्राओं की अंक सूची एवं उपाधियों को डिजी लॉकर में अपलोड करने की व्यवस्था लागू
- व्यावसायिक शिक्षा एवं सामान्य शिक्षा का एकीकरण कर ३५ व्यावसायिक विषयों का पाठ्यक्रम में समावेश
- इंजीनियरिंग-मेडिकल की तर्ज पर नर्सिंग स्टूडेंट की स्टेट लेवल पर परीक्षा का निर्णय, केंद्र के नर्सिंग एक्ट के अनुसार राज्य में आयोग गठित होगा। भविष्य में नर्सिंग संस्थाओं को मान्यता राष्ट्रीय आयोग देगा
- शिक्षा में गुणवत्ता के लिये भोपाल, ग्वालियर, जबलपुर, इंदौर, उज्जैन, रीवा के विश्वविद्यालयों में इन्क्यूबेशन केंद्रों की स्थापना
- पायलट ट्रेनिंग के लिए विश्वविद्यालयों में कोर्स शुरू होगा
- एमपी बोर्ड 12वीं में 75 फीसदी अंक पाने वाले करीब 90 हजार छात्रों को लैपटॉप के लिए दी जायेगी ₹25-25 हजार की राशि
- सागर, खरगोन और गुना में नए विश्वविद्यालयों की स्थापना
- शासकीय महाविद्यालयों में कृषि को एक विषय के रूप में जोड़ा गया

स्वास्थ्य सुविधाओं का विस्तार

- प्रदेश के दूरस्थ क्षेत्रों से गंभीर रूप से बीमार/दुर्घटनाग्रस्त लोगों को एयरलिफ्ट कर समय पर उपचार उपलब्ध कराने के लिए सरकार की संवेदनशील पहल के तहत पीएमश्री एयर एम्बुलेंस सेवा का शुभारंभ
- कार्य दक्षता के लिए चिकित्सा शिक्षा विभाग और लोक स्वास्थ्य एवं परिवार कल्याण विभाग का विलय
- आयुष्मान भारत योजना में 3 करोड़ 99 लाख से अधिक आयुष्मान कार्ड वितरित। अब तक 38 लाख से अधिक मरीजों का निःशुल्क उपचार
- जिला अस्पताल एवं सिविल अस्पतालों को एक-एक शव-वाहन उपलब्ध कराने का निर्णय
- सागर, शहडोल, नर्मदापुरम, धार, झाबुआ, मंडला, बालाघाट, श्योपुर एवं खजुराहो में नए आयुर्वेदिक महाविद्यालय स्थापित करने का निर्णय
- सिंहस्थ को देखते हुए उज्जैन में नवीन शासकीय चिकित्सा महाविद्यालय की स्थापना का निर्णय
- चिकित्सा महाविद्यालयों को पीपीपी मोड पर स्थापित करने का निर्णय। मेडिकल कॉलेजों के साथ नए नर्सिंग कॉलेजों की स्थापना के लिए
- स्वास्थ्य संस्थानों में ४६ हजार ४९१ नये पदों (नियमित/संविदा/आउटसोर्स) के सुजन की स्वीकृति
- स्वास्थ्य सूचकांकों में बेहतर प्रदर्शन के लिये स्वास्थ्य संस्थानों में चिकित्सीय विशेयज्ञों के 607 पदों पर पूर्ति सीधी भर्ती से कराने की मंजूरी

सशक्त बनती नारी शक्ति

- लाड़ली बहना योजना के अंतर्गत १ करोड़ २९ लाख बहनों के खातों में जनवरी से अभी तक ₹९ हजार ४५५ करोड से अधिक की सहायता राशि का अंतरण
- लाडली लक्ष्मी योजना अंतर्गत दिसंबर २०२३ से अभी तक ७३ हजार ८८० लाड़ली बालिकाओं के खाते में ₹ 34 करोड़ की छात्रवृत्ति का अंतरण
- ४५ लाख ८९ हजार बहनों के खातों में ₹४५० में गैस सिलिंडर की रीफिलिंग के लिए ₹११८ करोड का अंतरण
- प्रधानमंत्री उज्ज्वला योजना अंतर्गत ३ चरणों में अब तक ८८ लाख से अधिक नि:शुल्क गैस कनेक्शन दिये
- महिला स्व-सहायता समूहों को दी गयी ₹9 हजार ५६० करोड़ से अधिक की सहायता

युवा कल्याण के सतत् प्रयास

- सरकारी नौकरियों के लिए चयनित ११ हजार से अधिक उम्मीदवारों को सौंपे गए
- स्टार्ट-अप्स को प्रोत्साहित करने के लिए नई पहल के तहत, प्रदेश के स्टार्ट-अप्स को राष्ट्रीय और अंतरराष्ट्रीय आयोजनों में सहभागिता के लिए ₹50 हजार से लेकर डेढ़ लाख तक वित्तीय सहायता का प्रावधान
- राज्य स्तरीय 'रोज़गार दिवस' के अवसर पर रिकॉर्ड ७ लाख युवाओं को ₹५ हजार करोड़ का स्व-रोज़गार ऋण वितरित
- अग्निवीर योजना में युवाओं का अधिक से अधिक चयन हो, इस उद्देश्य से ३६० घंटे प्रशिक्षण देने का
- मुख्यमंत्री सीखो कमाओ योजना में फरवरी २०२४ में ८ हजार प्रशिक्षणार्थियों को ₹६ करोड़ ६० लाख का स्टाइपेंड वितरित





🥐 हमारा उद्देश्य है कि सरकार उपलब्ध संसाधनों के साथ जनहितैषी गतिविधियों को प्रभावी तरीके से क्रियान्वित करे। प्रदेश को विकास के पथ पर निरंतर आगे ले जाना और सुशासन को सच्चे स्वरूप में धरातल - डॉ. मोहन यादव, मुख्यमंत्री पर उतारना ही हमारा लक्ष्य है 🤧

अन्नदाता के जीवन में आयी खुशहार्ल

- प्रधानमंत्री किसान सम्मान निधि एवं मुख्यमंत्री किसान कल्याण योजना अंतर्गत 80 लाख से अधिक किसानों को प्रतिवर्ष ₹12 हजार की सहायता
- फसल बीमा योजना खरीफ-23 के अंतर्गत 25 लाख से ज्यादा किसानों को ₹750 करोड़ से अधिक की राशि के दावों का भुगतान
- श्रीअन्न (मिलेट्स) उत्पादन को बढ़ावा देने के लिए रानी दुर्गावती श्रीअन्न प्रोत्साहन योजना में प्रति क्विंटल ₹ 1000 का विशेष प्रोत्साहन
- रबी विपणन वर्ष २०२४-२५ में ६ लाख से अधिक किसानों से ४८ लाख ३५ हजार मीट्रिक टन से अधिक गेहूं का समर्थन मूल्य पर नकद भुगतान कर उपार्जन। प्रति क्विंटल ₹125 बोनस का भुगतान
- किसानों के लिए शून्य प्रतिशत ब्याज दर पर अल्पावधि फसल ऋण योजना लागू रखने का निर्णय
- मुख्यमंत्री सोलर पंप योजना अब प्रधानमंत्री कृषक मित्र सूर्य योजना के नाम से लागू
- सात जिलों (उमरिया, अलीराजपुर, बैतूल, मंडला, खंडवा, सीधी एवं सीहोर) में 71 हजार 345 हेक्टेयर वन क्षेत्र से लघु वनोपज के निर्यात के लिए

गरीब वर्ग को मिला सम्मानजनक जीव

- इंदौर की हुकुमचंद मिल के 4 हजार 800 श्रमिक परिवारों को ₹224 करोड़ वं राशि का भुगतान
- स्वामित्व योजना में 23 लाख 50 हजार लोगों को स्वामित्व अधिकार पत्र वितरित
- श्रमिकों को ई-स्कूटर खरीदने के लिए ₹४० हजार की आर्थिक सहायता का निर्णय 'मुख्यमंत्री जनकल्याण (संबल) योजना 2.0' के अंतर्गत 30 हजार से अधिक श्रिमक परिवारों को ₹670 करोड़ से अधिक की अनुग्रह सहायता राशि का अंतरण
- दिव्यांगता और मृत्यु के आधार पर मिलने वाली सहायता राशि को बढ़ाकर ₹४ लाख किया
- विभिन्न श्रेणी के ऊर्जा उपभोक्ताओं के लिये २४ हजार ४२० करोड़ रुपये की सब्सिडी का निर्णय

कमजोर वर्ग के साथ प्रदेश सरका

- सामाजिक सुरक्षा पेंशन योजनाओं के माध्यम से प्रतिमाह ५५ लाख ६० हजार से अधिक हितग्राहियों को पिछले एक वर्ष में लगभग ₹४ हजार करोड़ से अधिक
- तेंदूपत्ता संग्राहकों का मानदेय ₹३००० प्रति बोरा से बढ़ाकर ₹४००० हजार किया। लगभग ३५ लाख तेंदूपत्ता संग्राहक लाभान्वित
- पीएम जन-मन योजना अंतर्गत विशेष पिछड़ी जनजाति बहुल जिलों में ₹७३०० करोड़ से अधिक की लागत से हो रहे अधोसंरचना के कार्य। कुल ११ लाख से अधिक भाई-बहन लाभान्वित होंगे। साथ ही बैगा, भारिया और सहरिया परिवारों के अविद्युतीकृत घरों तक बिजली पहुंचाने की
- आहार अनुदान योजना अंतर्गत विशेष पिछड़ी जनजातियों की बहनों के खातों में जनवरी से अभी तक ₹148 करोड़ से अधिक की राशि अंतरित

आर्थिक समृद्धि की ओर बढ़ता मध्यप्रदे

- मध्यप्रदेश के चौतरफा और तेज गति से विकास के लक्ष्य को लेकर चल रही मध्यप्रदेश सरकार की पहली प्राथमिकता अंत्योदय और विकसित मध्यप्रदेश के संकल्प को पूरा करना है। इस दिशा में कदम बढ़ाते हुए प्रदेश सरकार द्वारा वर्ष 2024-25 के लिए ₹ 1 लाख 45 हजार करोड़ से अधिक का लेखानुदान प्रस्तुत
- पिछले ६ माह में जीएसटी अंतर्गत कुल ₹१९०९१ करोड़ का राजस्व प्राप्त ,जो पिछले वर्ष से २८% अधिक है। अप्रैल की जीएसटी राजस्व वृद्धि दर में मध्यप्रदेश देश में प्रथम स्थान पर
- राजस्व वृद्धि के विशेष प्रयासों से ₹4150 करोड़ का अतिरिक्त राजस्व स्क्रूटनी प्रवर्तन, ITC रिवर्सल आदि के माध्यम से प्राप्त हुआ

औद्योगिक निवेश को प्रोत्साहन

- आष्टा (सीहोर) में लगभग ₹60,000 करोड़ के निवेश से पेट्रोकैमिकल कॉम्प्लेक्स तथा इथेन क्रेकर परियोजना की स्थापना का प्रस्ताव
- १ एवं २ मार्च, २०२४ को उज्जैन में रीजनल इंडस्ट्री कॉन्क्लेव ऐतिहासिक रूप से
- कॉन्क्लेव में २८३ इकाइयों को ५०८ हेक्टेयर भूमि के आवंटन-पत्र प्रदान किये। इन इकाइयों द्वारा ₹ 12 हजार 170 करोड़ से अधिक का निवेश से 20 हजार से अधिक लोगों को रोज़गार
- ₹10 हजार करोड़ लागत की 60 से अधिक उद्योग इकाइयों का शुभारंभ हुआ, जिनसे 17 हजार से अधिक रोज़गार सृजित होने की सम्भावना है
- ₹1 लाख करोड़ से अधिक के व्यवसाय और उद्योग निवेश प्रस्ताव मिले
- कॉन्क्लेव में कुल 12 देशों और 650 से अधिक औद्योगिक निवेशकों की भागीदारी हुई, 2100 से अधिक बिजनेस-टु-बिजनेस बैठकें, 4000 से अधिक डेलिगेट्स ने लिया भाग
- उज्जयिनी विक्रम व्यापार मेला एवं ग्वालियर व्यापार मेला-२०२४ में वाहनों के आरटीओ पंजीयन पर ५०% की छूट पर उज्जैन में हुई २३,०००
- व्यापार मेले में हस्तशिल्प और हाथकरघा उत्पादों के क्रय-विक्रय के जरिए लोकल को बनाया गया वोकल। ₹2300 करोड़ का हुआ कारोबार

तेज गति से अधोसंरचना विकास

- पार्वती-कालीसिंध-चंबल लिंक परियोजना के लिए मध्यप्रदेश, राजस्थान और केंद्र सरकार के बीच समझौता। 10 जिलों को मिलेगा लाभ
- केन-बेतवा लिंक परियोजना के लिये ₹24 हजार 290 करोड से अधिक की राशि स्वीकृत। परियोजना के दौधन बांध के निर्माण हेतु ₹5,137 करोड़ लागत की निविदा स्वीकृति के अंतिम चरणों में। प्रेशराइज्ड पाइप प्रणाली के निर्माण हेतु ₹12 हजार 210 करोड़ लागत की निविदाएं आमंत्रित
- ₹308 करोड़ की लागत से खरगोन जिले में जलूद ऊर्जा संयंत्र का भूमिपूजन
- ग्वालियर-बेंगलुरु, ग्वालियर-अहमदाबाद और ग्वालियर-दिल्ली-अयोध्या विमान सेवा का शुभारंभ
- इंदौर उज्जैन सिक्स लेन परियोजना को स्वीकृति
- इंदौर में ₹350 करोड़ से एलिवेटेड कॉरिडोर का भूमिपूजन। भोपाल, देवास, ग्वालियर, जबलपुर एवं सतना में भी बन रहे हैं एलिवेटेड कॉरिडोर
- ₹१० हजार करोड़ से अधिक की लागत से ७२४ किमी लम्बी २४ सड़क परियोजनाओं का लोकार्पण एवं शिलान्यास
- माननीय प्रधानमंत्री जी के कर-कमलों से ₹२४ हजार ५०० करोड़ की अधोसंरचना परियोजनाओं का लोकार्पण और शिलान्यास • प्रधानमंत्री जी द्वारा अमृत भारत स्टेशन योजनांतर्गत मध्यप्रदेश के ३३ स्टेशनों के पुनर्विकास कार्य का शिलान्यास एवं १३३ रेल ओवर ब्रिज एवं
- प्रदेश को 364 रेल परियोजनाओं की सौगात। प्रदेश की चौथी सेमी-हाई स्पीड वंदे भारत एक्सप्रेस खजुराहो से हजरत निजामुद्दीन ट्रेन मिली • भोपाल में वंदे भारत ट्रेनों के रख-रखाव और सुविधाओं के लिए लगभग ₹100 करोड़ की लागत से नए कोच कॉम्प्लेक्स का शिलान्यास
- निशातपुरा-संत हिरदाराम नगर रेल खण्ड का लोकार्पण
- राष्ट्रीय राजमार्ग परियोजनाओं के निर्माण और सुदृढ़ीकरण के लिए ₹3 हजार 500 करोड़ की राशि स्वीकृत
- जबलपुर में ₹485 करोड़ से अधिक की लागत से मध्यप्रदेश राज्य न्यायिक अकादमी को स्वीकृति
- उउजैन-जावरा के मध्य 4-लेन ग्रीनफील्ड एक्सेस कंट्रोल्ड हाई-वे निर्माण के लिये ₹5 हजार 17 करोड़ से अधिक की स्वीकृति। इस मार्ग के निर्माण से उज्जैन, इंदौर एवं आस-पास के क्षेत्र मुम्बई-दिल्ली ८ लेन इंडस्ट्रीयल कॉरिडोर (एक्सप्रेस-वे) से जुड़ेंगे
- ₹1540 करोड़ की लागत से बनने वाले भोपाल मेट्रो के नए 8 स्टेशनों का भूमिपूजन, नगरीय निकायों को विकास कार्यों के लिए ₹1 हजार करोड़
- मुख्यमंत्री शहरी क्षेत्र अधोसंरचना (चतुर्थ चरण) निर्माण योजना के लिए ₹1630 करोड़ से अधिक राशि स्वीकृत
- भोपाल, इंदौर, ग्वालियर, जबलपुर, उज्जैन एवं सागर में प्रधानमंत्री ई-बस सेवा योजना में ५५० से अधिक शहरी ई-बसों के संचालन का निर्णय
- कायाकल्प अभियान के अंतर्गत ₹२५०० करोड़ के निवेश से बदल रही है शहरों में सड़कों की सूरत • प्रदेश के सभी प्रमुख शहरों में PNG पाइपलाइन से गैस कनेक्शन व्यवस्था करने का निर्णय
- देश में सबसे कम समय में बनकर तैयार हुये मध्यप्रदेश के सबसे बड़े राजमाता विजयाराजे सिंधिया एयरपोर्ट (ग्वालियर) का उद्घाटन

सांस्कृतिक एवं आध्यात्मिक अभ्युदर

- पर्यटकों को हवाई यात्रा की सुविधा उपलब्ध कराने के लिए 'पीएमश्री पर्यटन वायु सेवा' एवं 'पीएमश्री धार्मिक पर्यटन हेली सेवा' का शुभारंभ
- नदी, तालाबों, कुओं, बाविड्यों एवं अन्य जल स्रोतों के संरक्षण एवं इनके पुनर्जीवन के लिये 5 जून विश्व पर्यावरण दिवस से 16 जून गंगा दशहरा तक जल-गंगा संवर्धन अभियान चलाया जा रहा है
- विक्रम सांस्कृतिक पर्व का १ मार्च से ९ अप्रैल, २०२४ तक किया गया आयोजन। इस दौरान कालजयी महानायकों की तेजस्विता पर केन्द्रित भारत के अपने किस्म के पहले संग्रहालय 'वीर भारत न्यास' का शिलान्यास एवं उज्जयिनी गौरव दिवस का आयोजन
- २९ फरवरी, २०२४ को प्रधानमंत्री जी के कर-कमलों से विक्रमोत्सव के अवसर पर विश्व की पहली 'विक्रमादित्य वैदिक घड़ी' का शुभारंभ कर भारतीय काल गणना परंपरा का साक्षात्कार पूरी दुनिया से कराया गया
- पूर्व प्रधानमंत्री भारत रत्न स्व. श्री अटल बिहारी वाजपेयी जी की स्मृति में ₹२० करोड़ की लागत से बनने वाले अटल स्मारक का भूमिपूजन
- शासकीय कैलेण्डर में विक्रम संवत अंकित करना प्रारंभ
- मंडला में वीरांगना रानी दुर्गावती की प्रतिमा का अनावरण
- 1450 किमी लंबे श्रीराम वन गमन पथ के निर्माण का निर्णय
- जहाँ-जहाँ भगवान श्रीकृष्ण के चरण पड़े, उन स्थानों को तीर्थ के रूप में विकसित करने का निर्णय
- सिंहस्थ-२०२८ की तैयारी प्रारंभ, टास्क फोर्स गठित
- इंदौर से उज्जैन एवं ममलेश्वर ज्योतिर्लिंग तथा जबलपुर से चित्रकूट और ग्वालियर से ओरछा एवं पीताम्बरा पीठ के लिए हेलीकॉप्टर सेवाएँ
- वर्ष प्रतिपदा नव सम्वत्सर के शुभारंभ एवं सृष्टि आरंभ दिवस को पूरे प्रदेश में भव्य रूप में मनाने का निर्णय
- मध्यप्रदेश के श्रद्धालुओं की सुविधा के लिए अयोध्या में एक आस्था भवन (धर्मशाला) निर्माण करने का निर्णय
- देवालयों में लगने वाली सामग्री जैसे- भगवान के वस्त्र-आभूषण, श्रंगार सामग्री, धातु व पत्थर की मूर्तियों के निर्माण को कुटीर उद्योग के अंतर्गत प्रोत्साहित करने स्व-सहायता समूह तथा क्षेत्र के युवाओं को इसके लिए प्रख्यात कलाकारों से प्रशिक्षण उपलब्ध कराने और मंदिरों में इन सामग्रियों के विक्रय के लिए स्टॉल की व्यवस्था करने का निर्णय
- स्वदेश दर्शन योजना २.० के अंतर्गत चित्रकूट के घाट पर अध्यात्म के अनुभव की नवीन परियोजना का भूमिपूजन
- चित्रकूट नगर के प्राकृतिक, ऐतिहासिक और धार्मिक विकास के लिये चित्रकूट विकास प्राधिकरण की स्थापना को स्वीकृति
- यूनेस्को के विश्व हेरिटेज सेंटर द्वारा भारत की अस्थायी सूची में मध्यप्रदेश की ६ धरोहरें सम्मिलित। ग्वालियर किला, धमनार का ऐतिहासिक समूह, भोजपुर का भोजेश्वर महादेव मंदिर, चंबल घाटी के रॉक कला स्थल, खूनी भंडारा बुरहानपुर और रामनगर मंडला का गोंड स्मारक इसमें
- 🔹 क्रूज टूरिज्म को गति देने के लिए मध्यप्रदेश में ओंकारेश्वर स्थित एकात्म धाम (स्टैच्यू ऑफ वननेस) से गुजरात के कावड़िया में स्थित स्टैच्यू ऑफ यूनिटी तक क्रूज संचालित किये जाने का निर्णय

गौ-संरक्षण एवं संवर्धन

- भारतीय नव वर्ष अर्थात इस चैत्र माह से अगले वर्ष तक गौ-वंश रक्षा वर्ष मनाने
- गौशालाओं में गौ-वंश के लिए बेहतर आहार हेतु प्रति गौ-वंश मिलने वाली ₹ 20 की राशि बढ़ाकर ₹40 करने का निर्णय
- चरनोई की भूमि से अतिक्रमण हटाए जाएंगे
- गौशालाओं को भूसा प्रबंधन के लिये आधुनिक मशीनों एवं उपकरणों के लिये अनुदान तथा प्रोत्साहन • प्रत्येक ५० किलोमीटर पर घायल गायों को इलाज के लिये परिवहन हेतु हाइड्रोलिक कैटल लिफ्टिंग वाहन का टोल व्यवस्था के अंतर्गत प्रबंध
- अधूरी गौशालाओं का निर्माण पूर्ण कर नई गौशालाएं प्रारंभ करने का निर्णय

स्वच्छ भारत अभियान में मध्यप्रदेश बना सिरमौर

- स्वच्छ सर्वेक्षण-२०२३ में देश के सबसे स्वच्छ शहर का पुरस्कार लगातार सातवीं बार इंदौर को मिला
- मध्यप्रदेश, देश का दूसरा स्वच्छतम राज्य और भोपाल स्वच्छतम राजधानी बना
- प्रदेश के ७ शहर वाटर प्लस, ३६१ शहर ओडीएफ डबल प्लस, एक शहर ७-स्टार, एक ५-स्टार, २४ शहर ३-स्टार और १३२ शहर १-स्टार गार्बेज फ्री

अन्य उपलब्धियां

- ५०वें खजुराहो नृत्य समारोह के अवसर पर १ हजार ४८४ कथक कलाकारों ने एक साथ कथक नृत्य का बनाया गिनीज़ वर्ल्ड रिकॉर्ड
- ग्वालियर में आयोजित ताल दरबार में प्रदेश के 1300 से अधिक कला साधकों ने वंदे मातरम् की धुन बजाकर **गिनीज़ वर्ल्ड रिकॉर्ड** में प्रदेश का **नाम दर्ज** किया
- देश में सर्वाधिक खनिज ब्लॉकों की नीलामी कर पाया प्रथम स्थान
- प्रत्येक जिले में जिला पुलिस बैंड का गठन
- भारत सरकार के गृह मंत्रालय द्वारा देशभर के 10 सर्वश्रेष्ठ थानों में देवास के सिविल लाइन थाने का चयन • राज्यों की स्टार्टअप रैंकिंग २०२२ और राष्ट्रीय स्टार्टअप पुरस्कार २०२३ के अंतर्गत मध्यप्रदेश 'लीडर' के रूप में पुरस्कृत
- 'एक जिला-एक उत्पाद' के अंतर्गत बुरहानपुर को केला प्रसंस्करण क्षेत्र में विशेष कार्य के लिए राष्ट्रीय सम्मान
- प्रधानमंत्री आवास योजना (शहरी) के क्रियान्वयन में मध्यप्रदेश को बेस्ट परफार्मिंग स्टेट अवॉर्ड की श्रेणी में दूसरा स्थान
- मध्यप्रदेश टूरिज्म बोर्ड देश के बेस्ट टूरिज्म बोर्ड के रूप में सम्मानित
- मध्यप्रदेश टाइगर और चीता स्टेट के बाद बना लेपर्ड स्टेट अशोकनगर के चंदेरी के प्राणपुर ग्राम में ₹७ करोड़ से अधिक की लागत के देश के पहले 'क्राफ्ट हैण्डलूम टूरिज्म विलेज' का लोकार्पण
- 'एक जिला-एक उत्पाद' के तहत विभिन्न प्राचीन कलाओं को प्रोत्साहित करने के लिए परी बाजार, भोपाल में 'गोलघर स्मारक' का

• पंडित खुशीलाल शर्मा शासकीय स्वशासी आयुर्वेद महाविद्यालय के चिकित्सालय को एनएबीएच सर्टिफिकेशन

भारत सरकार की योजनाओं के क्रियान्वयन में लगातार अग्रणी

- पीएम स्व-निधि योजना • प्रधानमंत्री ग्राम सड़क योजना
- पीएम आवास योजना
- कृषि अवसंरचना निधि
- प्रधानमंत्री मातु वंदना योजना • स्वामित्व योजना
- नशामुक्तभारत अभियान
- आयुष्मान भारत योजना • मछुआ क्रेडिट कार्ड योजना • राष्ट्रीय पशु रोग नियंत्रण कार्यक्रम

• स्वच्छ भारत मिशन

- प्रधानमंत्री आदर्श ग्राम योजना
- राष्ट्रीय आजीविका मिशन







hollywood



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Jennifer Lopez & Ben Affleck Are Reportedly Selling Their Home

Los Angeles | Agencies

ennifer Lopez and Ben Affleck's marital status continues to make headlines. According to a new report, the spouses – who have been married since 2022 — are selling their Los Angeles home. Over the weekend, the duo reportedly visited their house in Beverly Hills for several hours.

Per pictures published by Page Six on Monday, June 10, Ben, 51, was seen leaving the home on June 9, while Jennifer, 54, was inside the house with her husband for four hours. However, the property has not formally been listed on the market at the time of publication.

ket at the time of publication.
Last month, rumors swirled that the Argo actor and the

Selena actress were living apart. Additionally, multiple outlets reported that they were having marital issues. However, neither Ben nor Jennifer has publicly confirmed or denied the speculation.

Celine Dion

Says she went from 2 mg to fatal 90 mg of Valium during health struggles

Los Angeles | Agencies

Singer-songwriter Celine Dion looked back at her health journey through a lens of gratitude after managing undiagnosed stiff-person syndrome symptoms for 17 years.

The music superstar opened up about the symptoms that began manifesting in the mid-2000s, including muscle spasms, difficulty breathing and singing, reports People magazine.

She spoke about her "crisis" episodes during which her entire body locked up which caused pain. The first time she felt a spasm nearly 20 years ago, she was in Germany on tour.

She told People: "I had breakfast, and I suddenly started to feel a spasm. My vocal exercise made it worse."

The singer is set to give fans an in-depth look at her fight against stiff-person syndrome in an emotional new documentary, 'I Am: Celine Dion'.

As per People, the singer tried remedies ranging

from steam showers to over-the-counter medications and made appointments with ear, nose and throat physicians and ophthalmologists, all of which were unfruitful.

As her symptoms intensified, the 'My Heart Will have a provision and

Go On' singer, beloved for her vocal precision and inimitable stage presence, was advised to take prescription medications, including muscle relaxants like Valium.

"We started with two milligrams to see if it would help, and then 2.5, and then three, and 15 and 50," she said noting the medication began wearing off so

quickly that at one point she took 90 milligrams of Valium to power through a performance.

"It could have been fatal. I did not question the level because I don't know medicine. I thought it was going to be okay. It worked for a few days, for a few weeks, and then it doesn't work anymore," she said.

"I did not understand that I could have gone to bed and stopped breathing. And you learn — you learn through your mistakes." Currently, the singer is "very, very happy and fortunate" that she's able to share her learnings with others.



Miley Cyrus steps out for a special sushi date

Los Angeles | Agencies

Singer-songwriter Miley Cyrus and her beau Maxx Morando are going strong. Recently, the couple stepped out for a date night in West Hollywood.

The two appeared to be in great spirits while out on a date to enjoy an oriental meal, reports People magazine.

A source said: "Max and Miley were on a date night eating sushi at Jinpachi in West Hollywood and were really cute. They seem happy together. They were also friendly with everyone around them, talking to strangers about how good the food was and how it's one of their favourite spots. She's just cool all around."

In February, a source told People that the couple is living together and Miley, 31, is "very happy with him."

"Miley has changed a lot in the past couple of years. She seems more calm and harmonious. Everyone loves Maxx," the source added. "He's a great guy. She is very happy with him. He's private and doesn't like being in the press. It's been good for her."

The singer and Morando were first linked in 2021 when they were photographed holding hands healesters and denoing to provide the PM

hands backstage and dancing to music at her NBC special, Miley's New Year's Eve Party. Since then, public sightings have been minimal — though she gave him a sweet shout-out as she took home record of the year for 'Flowers' at the 66th annual Grammy Awards in February.

BILLY RAY CYRUS FILES FOR DIVORCE



Los Angeles | Agencies

Billy Ray Cyrus and Firerose's flame has burned out. The 62-year-old country music singer filed for divorce from his 35-year-old wife earlier this week following seven months of marriage, citing "irreconcilable differences" and "inappropriate marital conduct," according to a new report.

Per court documents obtained by E! News, Billy Ray also requested an annulment on the grounds that "consent to marriage was obtained by fraud." His official date of separation from Firerose was listed as May 22, the outlet reported. Although it's still unclear what happened between the spouses, they haven't shared photos of one another to social media since April.

That month, Firerose called her husband her "best friend" and celebrated six months of marriage by sharing photos from their wedding.

"6 months ago I married this man," she wrote alongside pictures of her and Billy Ray on April 12. "Life isn't always easy... but it sure helps when your husband's also your best friend. Thank you Lord!"

The "Achy Breaky Heart" hitmaker and the "New Day" artist tied the knot in October 2023 in an intimate wedding ceremony. They shared photos from the event to their respective Instagram pages, with Billy Ray gushing, "Long live love," in a caption.



Los Angeles | Agencies

isgraced actor Kevin Spacey, who has been accused of sexual assault on many counts, has revealed that his house has been foreclosed on as he owes "many millions" of dollars in legal fees from his sexual misconduct trials.

The actor said on 'Piers Morgan

Kevin Spacey owes millions in legal fees, but he insists he has no money

Uncensored' that he no longer has a permanent home and barely has any money left to his name, reports

He said: "It's funny you ask that question because this week, where I have been living in Baltimore is being foreclosed on. My house is being sold at auction, so I have to go back to Baltimore and put my things

The actor said that he is not sure where he is going to live now. He has been in Baltimore since he started shooting

'House of Cards' there.

"I moved there in 2012. This (house)
has been my home since 2016. I can't pay
the bills that I owe," he added.

When asked if he is facing bankruptcy, he said: "There's been a couple of times

when I thought I was going to file but we've managed to dodge it, at least as of today"

As per Variety, since claims of Spacey's alleged sexual assaults and inappropriate behaviour first arose in the wake of the #MeToo movement in 2017, several legal cases were brought against the two-time Oscar winner.

In 2022, a jury in New York concluded that he did not molest actor Anthony Rapp, who had accused him of sexual assault in the early 1980s when Rapp was 14. The next year, a UK court found Spacey not guilty of nine charges of sexual assault from four complainants. Several other charges and lawsuits have been dropped. Spacey has denied all the allegations.



KEVIN JONAS REVEALS HE HAS CANCER

Los Angeles | Agencies

Singer-songwriter Kevin Jonas has skin cancer. The 'Leave Before You Love Me' singer took to his social media to reveal that he had surgery to remove skin cancer. He captioned a clip of himself at a medical facility before and after the procedure: "Friendly reminder to get your moles checked," reports People magazine.

As the video begins, Jonas is seen laying down for the selfie video. "So today I am getting a basal cell carcinoma removed from my head," he said while positioning the camera closer to the exact location of the skin abnormality.

era closer to the exact location of the skin abnormality.

"Yes, that is an actual little skin cancer guys that started to grow, and now I have to

get surgery to remove it," he added.

According to Mayo Clinic, "Basal cell carcinoma is a type of skin cancer" that "begins in the basal cells — a type of cell within the skin that produces new skin cells as old ones die."

The medical organisation added that it "often appears as a slightly transparent bump on the skin, though it can take other forms." "So here we go," the 'Camp Rock' alum said before the video switched to a clip of him after the basal cell carcinoma was removed. As per People, Jonas showed himself lifting the gauze that covered his fresh scar, but he made sure to block out the graphic image with an emoji.

"Alright, I'm all done," he continued, this time sitting in a vehicle with his seatbelt on. "Now it's time to heal, heading home." Before ending his video, the 'Burnin' Up' hitmaker left his fans with a final request. "Make sure to get those moles checked, people". The Jonas Brothers are currently on a break from touring. Their last date was April 30 in Cancun, Mexico.

ABSOLUTE PIC OF THE DAY



T20 WORLD CUP: INDIA QUALIFIES TO S-8 WITH SEVEN-WICKET WIN OVER USA

New York | Agencies

Suryakumar Yadav scored a 49-ball unbeaten half-century after Arshdeep Singh claimed a four-fer as India thrashed USA by seven wickets in a Group A match to qualify for the Super Eight stage in the ICC Men's T20 World Cup at the Nassau County International Cricket Stadium.

It was India's bowlers who set up the win as they delivered a masterclass in seam and swing bowling, setting the stage for their batsmen to chase down a manageable total and secure a vital victory in their T20 World Cup campaign. Arshdeep claimed four wickets for nine runs in four overs while Hardik Pandya bagged 2-14 as India restricted USA to 110/8 in 20 overs.

After setting a modest target of 111, USA's Saurabh Netravalkar shocked India with early wickets -- Virat Kohli got out nicking behind for a golden duck while Rohit Sharma was caught by Harmeet Singh for three. It was the stuff of dreams for the 32-year-old, who had spoken about the desire to chat with Kohli, among others, after the match.

Skipper Rohit Sharma was opened up by an in-swinger from Netravalkar. On both occasions, Netravalkar had the ball slanting away from the right-handers. Rohit turned the bat face a tad early to get a leading edge to mid-off where Harmeet Singh, Rohit's junior at school, took an excellent catch running back.



Out came Suryakumar Yadav, Netravalkar's close friend from Mumbai. The two have known each other from their Under-15 days and played club cricket together before being teammates at in the Ranji Trophy. Yadav added 29 runs in 32 deliveries for the third wicket with Rishabh Pant. Pant was cleaned up by Ali Khan for 18 runs as the ball shot low and skidded through the batter's defence.

With another Mumbaikar Shivam Dube as his new partner, Yadav repaired the innings. He began with his trademark flick for six over long leg but was treading caution. With 55 needed off 45 balls, Yadav looked to create shots out of the box

Earlier in the day, India's clinical bowling display, spearheaded by Arshdeep Singh, restricted hosts USA to a modest total of 110/8. On a day when conditions favoured the bowlers with abundant swing and seam movement, India won the toss and elected to field.

Brief scores

USA 110/8 in 20 overs (Nitish Kumar 27, Steven Taylor 24; Arshdeep Singh 4-9, Hardik Pandya 2-14) lost to India 111/3 in 18.2 overs (Suryakumar Yadav 50 not out, Shivam Dube 31 not out; Saurabh Netravalkar 2-18, Ali Khan 1-21) by seven wickets.

SHARDUL THAKUR UNDERGOES SUCCESSFUL FOOT SURGERY IN LONDON

New Delhi | Agencies

India's bowling all-rounder Shardul Thakur has undergone a successful foot surgery in London. The surgery, which took place in London, was necessitated by a foot injury he sustained during the 2019 Indian Premier League (IPL) season.

In a social media post on 'Instagram' Thakur shared his post-surgery photograph and wrote in the caption, "Operated successfully."

During his debut Test against the West Indies, Thakur sustained a groin injury, and a hamstring issue kept him out of the iconic Lord's Test against England in 2021. Earlier this year, an ankle injury during the South Africa tour forced him to miss a crucial Ranji Trophy clash against Kerala.

Despite these setbacks, Thakur made a strong return to India's premier first-class tournament, the Ranji Trophy, and asked for the BCCI to provide longer breaks in the schedule to ensure players have adequate recovery and preparation time.

The IPL 2024 season was a tough one for Thakur. In nine matches, he managed to take only five wickets, with an economy rate of 9.76 and an average of 61.80, far below his usual standards. His most challenging game came in a must-win match against Royal Challengers Bengaluru, where he recorded figures of 2/61 from four overs. Despite taking the key wickets of Rajat Patidar and Glenn Maxwell, Thakur's expensive spell marked the second-worst figures by a Chennai Super



Kings bowler in IPL history, second only to Lungi Ngidi's 0/62.

Thakur's last appearance for the Indian team was in December 2023 during a Test against South Africa at Centurion. It was a difficult match for him, as he finished with figures of 1/101 in an innings defeat by 32 runs.

Despite this, Thakur's resilience and determination shone through in the Ranji Trophy, where he was instrumental in Mumbai's victorious campaign. He scored 255 runs and took 12 wickets in five games, earning the Player of the Match award in the semi-final against Tamil Nadu with a stunning century and four-wicket haul.

Tennis: Nadal, Alcaraz to team up in doubles for Spain at Paris Olympics

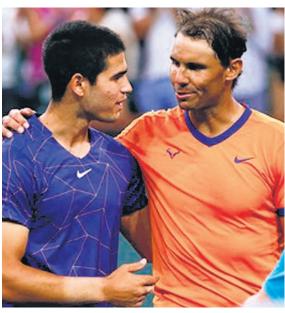
Madrid | Agencies

The Spaniards Carlos
Alcaraz and Rafael
Nadal are set to join
forces as doubles partners at
the upcoming Olympic
Games in Paris, to be held on
the storied clay courts of
Roland Garros.

Carlos Alcaraz, the 21year-old prodigy who recently captured his third Grand Slam title at the French Open, will be back at the site of his latest triumph with a burgeoning legacy and the confidence of a champion. On the other side, Rafael Nadal's return, with clay court dominance and an unparalleled record of 14 French Open titles and 22 major wins overall, at the Roland Garros is always met with reverence.

Nadal's participation was uncertain earlier this year due to a series of injuries, but his tenacity saw him return to the clay courts in April, determined to give one last memorable performance.

David Ferrer, Spain's national team coach and a



former top player himself, couldn't contain his excitement as he confirmed the dream pairing. "One pair, which I think everyone knows and was hoping for, is Carlos Alcaraz and Rafael Nadal," Ferrer announced. "Rafa and Carlos will be playing together in Paris."

Nadal won his first and

only Olympic gold medal in singles at the Beijing Games in 2008, a crowning achievement in his illustrious career. Now, with the Paris Games potentially marking his swan song, the opportunity to mentor and compete alongside Alcaraz adds a layer of significance to his participation.

FIFA WC Qualifiers: India lose out on qualification dreams with controversial 1-2 loss against Qatar

Doha Agencies

Indian football fans were again left seething in frustration as the side fell against Asian Champions
Qatar despite taking the lead in the first half. The scoreline ended 2-1 in favour of the home side at the Jassim Bin Hamad Stadium in a game surrounded by controversy.

In their first game without former skipper Sunil Chhetri, Gurpreet Sandhu started the game with the captain's armband and came agonizingly close to leading the team to their first-ever trip to the third round of the FIFA WC Qualifiers. The loss also means that India will not receive automatic qualification to the AFC Asian Cup 2027.

Qatar started the game on the front foot and almost took the lead through a well-worked corner which was saved by the vigilant skipper in goal. Mahtab Singh rescued the side in the opening minutes as Qatari forward Alrawi was in an excellent position to score but a brilliant block by the defender led to a goal-line clearance.

Despite a rocky start India grew into the game and came close to scoring on multiple occasions with Manvir Singh, Rahim Ali, and Lallianzuala Chhangte coming close to opening the scoring. The break-



through came in the 37th minute through a brilliant pass by Brandon Fernandes who found Chhangte inside the box which the 27-year-old slotted into the back of the net.

Controversy broke out during the 75th minute as Yousef Aymen scored a goal despite the ball having clearly rolled out of the pitch in the build-up. The Indian players and captain

Sandhu all pleaded with the referee, but the absence of VAR led to the goal standing which meant the game remained tied. All hopes ended for India as the side lost all momentum and ended up conceding the second goal in the 85th minute through a brilliant finish by Alrawi from outside the box.Kuwait won their fixture against Afghanistan (1-0), securing

their progress to the next round. It was a brilliant turnaround by the side that started the day from the bottom of the table.

It is back to the drawing board for India who will have to take the result with a pinch of salt. A new era of the sport awaits the team, one without Sunil Chhetri and hopefully one with more moments to celebrate.

FORMER PLAYER, ACE FOOTBALL COACH TK CHATHUNNI DIES AT 79



Kochi: T.K. Chathunni, a renowned former footballer from Kerala, known for his coaching prowess, passed away at a private hospital on Wednesday at the age of 79

following a battle with cancer.
In his days as a player he represented the country and Services. He has played for Kerala and Goa in Santosh Trophy. After his retirement, Chathunni entered into the coaching arena.

In his coaching stint, he coached the Kerala team besides several major clubs in the country, including Mohan Bagan, F C Kochin and Dempo Goa

The highlight of his coaching career was promoting talented players like I.M. Vijayan

and several others.

"I owe everything to him as it was he who made me
Vijayan the footballer," said
Vijayan.

T20 World Cup: 'Vastly experienced' Jadeja will win matches for India, says Mhambrey

New York | Agencies

India bowling coach Paras Mhambrey has backed 'vastly experienced' Ravindra Jadeja to come good in the Men's T20 World Cup, saying that the left-arm spin all-rounder will be winning matches for the team later in the competition.

In the ongoing tournament, Jadeja is yet to pick a wicket with the ball and was dismissed for a golden duck by Mohammed Amir in India's thrilling six-run win over Pakistan at New York on June 9.

With Axar chipping in with valuable all-round contributions in India's win over Pakistan and in-form Kuldeep Yadav waiting in the ranks to be in the playing eleven, Jadeja is on a sticky wicket in terms of his position in the side."I think it's a team game, right? It's going to be 11 guys. You really don't expect all of them coming into form. It's going to be performed every game that will happen. For me, I personally feel whatever conversations Rahul (Dravid, head coach) and Vicky (Vikram Rathour, batting coach) are having around, I've been pretty happy with it. You expect a one-odd game out there. But it's a long tournament.

"For someone like Jadeja, who's so vastly experienced, he just needs a game out there to just get his root and feel around. We know that the skills and experience he has, he's going to go ahead and win you games. So that confidence we have in not only Jadeja, but honestly with someone like (Shivam) Dube and others as well.

"You can have one odd game and people will have conversations saying you are being given a game, and you're going to have that one bad game. That's fine, but the team will back you and that's what is important in a tournament like this," said Mhambrey ahead



of India's clash against USA on Wednesday night. With Kuldeep yet to get a game in the tournament due to seam-friendly nature of New York drop in pitches, Mhambrey said the left-arm wrist spinner understands that him being not in the playing eleven is down to team balance. "It will depend on the opponents and surface. With Axar also, if you look at the IPL, he's bowled very well. I think that's an advantage that we have out here for us. In terms of the performance and the rhythm, in terms of the confidence, he's up there.

"Dropping a seamer and playing a spinner (does happen by) looking at the conditions, but also the other thing that Axar does is, he gives you that depth as well in terms of the batting, which was pretty evident in the last game."Because we had to promote someone like him, we had to take a chance. He played a very critical role for the team, got those runs at that stage, because the ball was challenging at that situation – seaming and swinging," he said.

Asked if India will always have their number eight position based on the batting returns, Mhambrey stated, "I don't think so. I think it's (the) surface. It's purely on the opponents, purely on the surface. If you feel, maybe on a surface, you need one extra bowler. We

will go with that combination."

Mhambrey has also been pleased with the pitches becoming better to play on now at the Nassau County International Cricket Stadium. "The pitches have looked a bit better now, but the first 1-2 games, there was odd bounce."As a batter, it's hard to go through with your shots when that happens. Sure, it's challenging, but the bowlers are finally getting some help and that's good too. We saw what happened during the IPL, big, big scores, so this sort of evens it out a bit."

The bowling coach signed off by lavishing praise on USA left-arm fast-bowler Saurabh Netravalkar, who previously represented India in the 2010 Men's U19 World Cup and also played domestic cricket for Mumbai.

"Extremely happy for him. I remember Saurabh playing a couple of games for Mumbai and in practice sessions. So, prior to my time, I watched a couple of Ranji Trophy games that he's played. It must be a tough decision, like it's not easy to leave something like that and make that step out to USA.

"But I'm so happy that he's taken that step, and he's been successful. For others who are around, he gives hope by saying that if things don't really work out here, there are other options too. But it's still an option - if someone like Saurabh can make it, why can't others do it? So, in terms of giving others hope, it's great. "I'm very happy the way he's gone about it. I also heard he works for Oracle right and it's tough. I don't think it's pure professional but he's a semi-professional cricketer who's working as well. We heard of the stories of players in older generation who used to work, and then practice, play, and go to work again. It's similar with him, which is not easy, but it's great that he's managing and I'm very happy about it,"

HAVE TO BE AT OUR BEST TO BEAT A WORLD-CLASS INDIAN TEAM, SAYS SOUTH AFRICA SKIPPER

Bengaluru | Agencies

South Africa skipper Laura Wolvaardt insisted her team will have to be at their best if they are to beat a 'world-class' Indian team in the upcoming multi-format series, ahead of their warm-up match against Board's President XI on Thursday. South Africa will begin their tour of India with three ODIs at the M Chinnaswamy Stadium on June 16, 19 and 23, followed by a one-off Test and three T20Is at the MA Chidambaram Stadium in Chennai. The last time South Africa toured India; they won the five-match ODI series 4-1 in March 2021.

"We've had a couple of good tours before this where we sort of tried different combinations. In the T20Is against Sri Lanka, we definitely gave a bunch of youngsters some opportunity to try and put up their hand. If everyone is healthy and fit, we'll be looking to play our best 11. We won't be experimenting too much or taking this Indian side too lightly."

"They're a world-class side and we're going to have to be at our best to beat them. So, trying to get everyone settled into their roles before the T20 World Cup is pretty important as well, with it being some of our last cricket that we're going to be playing before then," said Laura in a pre-series press conference.

The tour to India is South Africa's last international assignment before the Women's T20 World Cup happens in Bangladesh from October 3-20. The three ODIs hold huge importance as they carry ICC Women's Championship points, where South Africa are placed in the third spot and are in line for automatic qualification for the 2025 Women's ODI World Cup in India.

"There's a lot that we're focusing on at the moment, obviously, with the ODIs having points up for grabs, the T20Is being in prep for the World Cup and then the Test match being pretty special too. We've tried to sort of cover everything and there isn't really one that's massively more important than the other. So, we'd like to do well all around and there isn't any format that we're taking light-

ly," added Laura.

Iy, added Laura.

Asked what South Africa are aiming to achieve from the lone warm-up game, Laura remarked, "Warm-up games are always a tricky one. You don't want to do too well and get overconfident. But you always don't want to do too bad and start on the back foot. But I think tomorrow is mainly about conditions

"We're lucky to be playing on the ground where our games will be as well. That doesn't happen too often for a warm-up game. So conditions will be crucial to see how much it turns and bounces. It'll be more about that and making sure that the whole squad sort of gets a chance on the conditions and has a look of it"

look of it."

"They obviously have world-class players.
So we've done a lot of sort of homework and discussion on that. So, hopefully, we have our plans sorted out by the first game. When I was here, it was a very nice wicket to bat on. So I'm not sure if it'll be similar at this time of

Last year in November, Laura was confirmed as South Africa's full-time captain after taking the job on a temporary basis. Quizzed about the impact of leading South Africa as a batter and human being, Laura admitted there has been a lot to learn for he

admitted there has been a lot to learn for her. Importantly, the trip to India is South Africa's first series post the departure of longserving coach Hilton Moreeng, who left after more than 11 years in charge. For now,

Dillon du Preez is the interim coach.

"It's obviously been a bit different for us.
Hilton was on every single tour for the past
11 years. So to not have him here is a bit
weird. But luckily Dillon was in the setup and
the environment for about four or five years.
So nothing has really changed too much
from sort of an operational point of view."

"We still try to keep things as much the same as before, just so that it's not completely new and fresh. But then at the same time, the new additions that we have in the group have brought a lot of outside energy and some outside knowledge as well. So it's been good and I've really enjoyed the new, fresh people," concluded Laura.

Bhopal, Thursday, June 13, 2024

entertainment





Content is the king, writers are the emperors: Karan Johar

Team Absolute Mumbai

ilmmaker-producer Karan Johar,has called writers the soul of a film. Karan Johar said, "If content is the king, writers are the emperors. "The film industry functions because a writer pens a script and takes it to the makers. If the writer is the director of the film that he or she has written, it's a glorious combina-

tion. The foundation of any movie is the story... A story has to work for all departments to function properly. 'Kill' is dubbed as the most violent film from India, taking over the reins from Anurag Kashyap, who is known for his use of gut-squirming violence in his films.

Karan said violence in cinema demands to be looked upon as an art form, adding that films that use violence as a tool belong to a specific genre and have a very niche audience with a palette for such content.

He also spoke about the huge cost incurred by the producers because of the superstars in the industry. "Trust me, entourage costs are the least of the worries for the producers. The real trouble is the cost of a superstar. Sometimes a producer caves into their demands just because he or she wants to make that film.

"But many times it becomes practically impossible to accommodate that cost. There can be a break up of sorts on the cost of actors or they can take profits in slabs as per the performance of the film, but many stars need to reconsider their costs because a lot of them are not in touch with reality," Karan told the media.

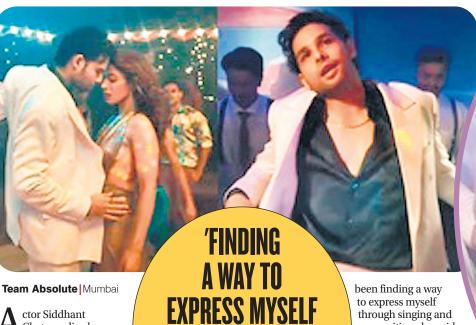


Rajkummar Rao, Patralekha seek Lord Shiva's blessings at Kashi

Team Absolute Mumbai

ollywood actor Rajkummar Rao, who has been receiving a lot of positive response to his films 'Srikanth' and 'Mr & Mrs Mahi', is in Varanasi shooting for his upcoming film. The actor, on Wednesday, visited Kashi Vishwanath temple there, along with his wife Patralekha Paul. The couple sought blessings of Lord Shiva. They also observed the beauty of the temple. The pooja on their behalf was done by priest Sachin Pandey. The actor also clicked self-

ies with fans at the temple. Rajkummar earlier visited Varanasi during the promotions of 'Mr and Mrs Mahi' along with his co-star Janhvi Kapoor. The two performed Ganga Aarti at the Dashashwamedh Ghat.



SIDDHANT

ctor Siddhant Chaturvedi, who unveiled his new track titled 'Ittefaq' on Wednesday, shared how he has always been finding a way to express himself through singing and songwriting, alongside acting and dance.

The two-minute 48-second song is sung by Siddhant and Savera and is with infectious melody and str ning visuals. Siddhant has also written the song's catchy lyrics.Talking about the song, Siddhant, who was last seen in the movie 'Kho Gaye Hum Kahan' shared: "Music has always been a huge passion for me. For a long time, I've

to express myself through singing and songwriting alongside acting and dance."

THROUGH SINGING': "Ittefaq' feels like the perfect amalgamation of all these passions. I poured my heart into the creation of this song, and I'm thrilled to finally share it with the world," added Siddhant. The music video, directed by Arjun Varain Singh, showcases a whole new side of Siddhant. He

ntre stage with impressive dance moves cho graphed by Ankan Sen and Sahil M Khan.

The music video stars actress Wamiqa Gabbi, alongside Siddhant and their chemistry is undeniable. The music composers of the song are OAFF and Savera.



SONAKSHI-ZAHEER WEDDING: COUPLE WILL HAVE A REGISTERED COURT MARRIAGE ON JUNE 23

Team Absolute Mumbai

ollywood actress Sonakshi Sinha is all set to get married to beau Zaheer Iqbal. The couple will have a registered court marriage on June 23. As per media reports, the invitations have been sent on the couple's behalf to their dear ones. However, the invitation doesn't detail any elaborative wedding ceremony. There's going to be just a celebration of their union as per the itinerary.

Earlier, it was revealed that the dress code for the wedding is formal and festive with the celebrations happening at Bastian - At The Top restaurant in the Dadar area of Mumbai. The couple has been reported living together for a year. They reportedly met at a party hosted by Bollywood superstar Salman Khan, and soon hit it off with growing companionship and chemistry.

Both Sonakshi and Zaheer started their journey in cinema with Salman Khan Productions. While Sonakshi made her debut in 2010 with 'Dabangg', Zaheer made his foray with the 2019 film 'Notebook'.

Earlier, Zaheer wished Sonakshi on her birthday through a heartwarming post on Instagram as she spent her special day working on a antic thriller directed by Karan Rawa

Kriti Kharbanda marks 15 years in cinema, shares unheard story

Team Absolute Mumbai

ctress Kriti Kharbanda, who is known for Shaadi Mein Zaroor Aana, 'Karwaan,' 'Housefull 4' and others, has completed 15 vears in cinema. On Wednesday, the actress took to her Instagram and penned a long note looking back at her journey.

She also shared an interesting story from the time when her Kannada film 'Googly' released.

The actress, who made her debut with the Telugu film 'Boni' in 2009, began her note as she wrote: "I've spent the last 15 years, pretty much the majority of my life, being an actor. What started out as a hobby, as a way to pay the bills and being recognised slowly grew into a passion! A passion that I didn't even know existed inside of

She shared that during her journey, she grew as a human being and as an actor. Her deeper understanding of the business along the way brought more fascina-

tion with regard to the film industry for her. He further mentioned: "Today as I mark 15 years of being an actor, I want to share a story with you. I used to run a boutique with my mum since my teenage years. We used to shop, design and spend a lot of time picking up fabrics and what not. So a few days after the release

of my Kannada movie, 'Googly' we were out in a mall." When the actress entered the store everything was fine. As she exited she realised there were hundreds of

people outside the store. "I looked up and noticed people standing around the aisle and staring down at me. I didn't quite understand

what was happening till the crowd started chanting 'doctree doctree'. I couldn't believe my ears and my eyes! I was so overwhelmed, that I held my dad's arm and said, 'parking main chalo pa, we need to leave! That was the day I realised the power of cinema and our industry. I went from being a teenager, to an actor and eventually into a star all so quickly, I was afraid to blink. Soon after this, life changed," she continued.

In these 15 years, the actress has worked with some of the biggest stars of Indian cinema like Pawan Kalvan, Yash and others, She made her foray into Bollywood with 'Raaz: The Reboot'.

The actress shared: 'Today I want to take this opportunity to thank me. The younger, naive, trusting, passionate, brave me. I'm here

because of her today, because she could have given up. I know she wanted to when things got hard, but she didn't. She kept going. And I want to thank me for today. I'm so proud of the person I've become and I wouldn't change a thing about me."

"A big thank you to everyone who's been a part of this incredible journey. My family, my siblings, my husband and my friends, but most of all, the people who offered me work and believed in my talent, and the fans who kept me going with their love for me. Thank you for trusting me with entertaining you. Thank you for watching my movies and thank you for believing in me. Lots of love #kritikharbanda #15yearsofkritikharbanda", she

Pilates allows 'foodie' Sherleen Dutt to stay fit

Team Absolute | Mumbai

ctress Sherleen Dutt is a selfconfessed foodie, but she doesn't let that get in her way in maintaining her physique.

Sherleen, who is making her Bollywood debut with 'Koi Jaaye Toh Le Aaye', said: "As a bigtime foodie, I don't believe in restrictive diets. Instead, I focus on a balanced approach. I enjoy all my favorite foods but in moderation. And I ensure my meals are rich in proteins, healthy fats, and fibers, and include plenty of vegetables and fruits."

"Balancing my love for food with a commitment to fitness, both physical and mental, has been essential for my wellbeing. Pilates has been a wonderful

addition to my routine, allowing me to stay fit while enjoying the food I love," said Sherleen, who has been a part of projects like 'KINK', 'Honey Trap Squad', and others. For Sherleen, mental fitness is also equally important.

"It's the foundation of overall health. To maintain mental fitness, I meditate for at least 10 minutes once a day to stay calm and centred," she said. To unwind, Sherleen spends time with family and friends -- "Cooking, eating my favourite foods, and watching my favourite films help me unwind and stay happy".

Talking about fitness and diet tips, Sherleen said: "Two tips that have really helped me are -- drinking plenty of water throughout the day keeps me energised and aids digestion. And consistency is the key. Even on busy days, I make sure to fit in some form of physical activity, whether it's a short Pilates session or a brisk walk.





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