

BRIEF NEWS

Man Used Telegram, Signal To Promote Radical Ideology, Arrested

Dehradun: A man from Uttarakhand has been arrested for allegedly promoting radical ideology through social media platforms and maintaining suspected links with cross-border handlers. The arrested accused, identified as Mohd Salauddin, son of Abdul Malik and a resident of Majra Sila in Udhm Singh Nagar district, was taken into custody by the Uttarakhand Special Task Force (STF) following confidential intelligence inputs.

Need to Protect Forests Across Country: SC

New Delhi: The Supreme Court on Thursday said there was a need to protect forests across India, noting that some states like Jharkhand have natural ecosystems which must be preserved. The observations came from a bench of Chief Justice Surya Kant and Justice V Mohana which was hearing a plea filed by the Jharkhand State Pollution Control Board (JSPCB). "There are few states where we can really protect our natural ecosystem and you (Jharkhand) are one of them," the CJI told the counsel appearing for the JSPCB.

■ AGENCY

Paris: The United States and Iran have signed an initial peace deal that is expected to open the Strait of Hormuz and waive U.S. sanctions on Iranian oil but reserve some of the toughest negotiations, including on Tehran's nuclear capabilities, for a 60-day period ahead.

President Donald Trump signed the memorandum of understanding during a dinner at the Palace of Versailles on Wednesday night, capping off the Group of Seven summit in France, seated between French President Emmanuel Macron and his wife, Brigitte, with Secretary of State Marco Rubio standing behind him.

"It's signed," Trump told reporters outside the venue

early Thursday local time. "Just signed it."

Iranian President Masoud Pezeshkian also signed the agreement, known as the Islamabad Memorandum of Understanding, in the early hours of Thursday, Iran's state media reported.

The signing of the 14-point memorandum comes after nearly four months of war that has depleted U.S. munitions stockpiles, crippled shipping through the Strait of Hormuz, sent energy prices soaring and proved deeply unpopular in the U.S.

A ceasefire reached in April came under intense strain this month as back-and-forth strikes flared across the region, while Trump veered between threats of further attacks and



efforts to end the war.

The deal has been welcomed by some as an end to regional instability and a move that could reduce inflationary pressure. But the bare-bones agreement has also been widely criticized as

an acceptance of the status quo from before the U.S. and Israel launched strikes on Iran on Feb. 28. Key sticking points, including Iran's nuclear capacity, remain subject to negotiations.

Pakistani Prime Minister

Shehbaz Sharif, who helped mediate, said the deal would come into "immediate effect," with Iran beginning to reopen the Strait of Hormuz and the U.S. lifting its naval blockade.

The signing "demon-

strates the commitment of both sides to a diplomatic resolution of the conflict," Sharif said, thanking authorities in the U.S. and Iran as well as in Qatar, Saudi Arabia, Turkey and Egypt who also worked to broker the deal.

The agreement was set to be signed in person on Friday by Vice President JD Vance and Iran's Parliament Speaker Mohammad Bagher Ghalibaf in Switzerland, though it was unclear whether that would still take place.

Trump defended the agreement during a 70-minute news conference Wednesday, touting the economic benefits while acknowledging disagreement among advisers over

Iran's ballistic missile program, which isn't specifically addressed in the initial deal. He also criticized Israel for its actions in Lebanon, where it is fighting Iranian-backed Hezbollah militants, saying that the country has a right to defend itself but that it had been too heavy-handed at times. "They could behave better, and frankly, they could do a better job," Trump said. The initial deal declares the "immediate and permanent" end to military operations on all fronts, including Lebanon, and paves the way for a "final deal" in the next 60 days, "extendable with mutual consent," according to the text of the memorandum shared by a senior U.S. official who read it out on the condition of anonymity.

Six Uddhav MPs Set to Jump Ship, Raut Threatens Action

■ AGENCY

Mumbai: Amid growing speculation that several of its Lok Sabha MPs are contemplating to join the Eknath Shinde-led Shiv Sena by parting ways from the party, the Shiv Sena (Uddhav Balasaheb Thackeray) on Thursday announced that it would issue show-cause notices to six of its Lok Sabha MPs for allegedly violating the party whip, and warned of legal action in case of no



response from them. The latest development came after six of its nine Lok Sabha MPs skipped the meeting called by Uddhav Thackeray-led party at its Parliamentary Party Office in Delhi.

■ AGENCY

Paris: Prime Minister Narendra Modi on Thursday met several top CEOs and business leaders here, highlighting tremendous opportunities in India's growing innovation and manufacturing ecosystem.

After concluding a successful round of meetings at the G7 Summit in France's Evian, PM Modi arrived in Paris where he received a 'warm welcome' by the Indian diaspora. "PM Modi met Arthur



Mensch, Co-founder and CEO of Mistral AI. PM highlighted the opportunities in India's growing AI ecosystem. Mr @arthur-mensch expressed Mistral AI's strong interest in collaborating with India and partnering with Indian com-

panies to drive innovation and expand AI capabilities," Randhir Jaiswal, spokesperson for the Ministry of External Affairs (MEA), wrote on X.

PM Modi also met Martin Sion, CEO of Alstom, and discussions focused on opportunities in mobility and railway modernisation.

"PM Modi noted Alstom's significant investments and manufacturing presence in India, which are contributing to job creation and the growth of India's rail sector.

Dharmendra Pradhan Reviews Preparedness for Fair, Error-free NEET Retest

■ AGENCY

New Delhi: Reviewing preparedness, Union Education Minister Dharmendra Pradhan on Thursday emphasised maintaining the highest standards of integrity, transparency and efficiency in the NEET-UG re-examination scheduled for June 21. Addressing a review meeting, Pradhan directed all authorities to remain vigilant and asked officials to ensure that necessary measures were in place for the free and fair conduct of the re-examina-



tion. Stressing the importance of coordination at all levels, the Minister said that officers designated by the Union Ministry will reach all states to coordinate activities pertaining to the re-examination process and will report to the Command Centre headed by the Director General, National Testing Agency (NTA).

Title Sponsor :



India International
Mega Trade Fair
Presents

INTERNATIONAL
Shopping
CARNIVAL



INTERNATIONAL
PRODUCTS



FABULOUS
SHOPPING



LUXURY
FURNITURE



FASHION &
ACCESSORIES



WELLNESS &
LIFESTYLE

Science City Ground, Kolkata
11th - 22nd June, 2026 | 2 pm - 9 pm



ONE DESTINATION. ENDLESS EXPERIENCES.



Free Parking Available

Ticket Price ₹50/-



EXCLUSIVE RANGE OF FURNITURE



Health Partner :



Co-Sponsor :



Exclusive Furniture Brand :



Organised by :



NEET aspirant dies after falling from 6th floor in Ahmedabad

■ AGENCY
Ahmedabad: A 17-year-old NEET aspirant died after falling from the sixth floor of a residential apartment building in Ahmedabad's New Ranip area, just three days before the nationwide NEET-UG retest scheduled for June 21. According to Sabarmati Police, the teenager, a student preparing for the medical entrance examination, fell from the balcony area of a flat in Aristo Anandam Apartments. Police received information about the incident at around 4.30 a.m. on Thursday and reached the scene to begin an investigation. An accidental death case has been registered under the provisions of the BharatiyaNagarikSurakshaS anhta pending further inquiry. The body was sent for post-mortem examination, and an inquiry was conducted to establish the exact cause of death. Sabarmati Police Inspector YuvrajsinhVaghela said the incident occurred during the night. "The incident occurred around 2-3 a.m. We received the information around 4.30 a.m. No suicide note has been recovered as of now. The cause cannot be ascertained at present, including whether the student was under stress. Investigation is going on," he told IANS. Police said they are examining the circumstances surrounding the death

and are speaking with family members, friends and others known to the student. No official conclusion has been drawn regarding the reason behind the incident. The death comes days before the NEET-UG 2026 examination conducted on May 3 following allegations of a paper leak and other irregularities. The re-examination was approved by the Central government after concerns were raised about the integrity of the test process. More than 22 lakh candidates were affected by the cancellation, which triggered widespread uncertainty among students and parents across the country. The NTA has said additional security measures have been introduced for the retest, while the Supreme Court has been informed that strengthened safeguards are in place to protect the integrity of the examination. In recent days, authorities have intensified preparations for the June 21 examination. The Indian Air Force has assisted in transporting question papers to multiple locations across the country.

Haryana digitally maps 96 pc villages under Agristack

■ AGENCY
Chandigarh: Haryana has georeferenced 1.75 crore agricultural plots and nearly 96 pc of its villages under the AgriStackprogramme, while more than 11.58 lakh farmers have been enrolled and 8.32 lakh farmer identity documents generated. The remaining villages are expected to be covered within the next two months. The details were highlighted at a steering committee meeting chaired by Chief Secretary AnuragRastogi on Thursday. Rastogi said the AgriStack initiative is laying the foundation for a transparent, datadriven agricultural administration by integrating farmer records, land ownership details, and crop information on a single digital platform. Once fully operational, the system will enable faster delivery of government benefits, reduce duplication and improve targeting of welfare schemes. During the review, it was revealed that 6,808 of the state's 7,100 villages have already been georeferenced, achieving 95.89 pc coverage. This digital mapping exercise is considered a key prerequisite for the state's upcoming digital crop survey and the creation of a verified farmer registry. Financial Commissioner (Revenue) SumitaMisra informed that enrolment under the farmer registry is being accelerated through a network of common serv-



ices centres across the state. With the centres now actively undertaking registrations, the pace of enrolment is expected to increase substantially in the coming days. Rastogi directed officers to ensure the expeditious disposal of pending verification cases and to achieve saturation of the farmer registry by linking all land parcels to existing and newly generated farmer identity documents in mission mode. He also emphasised the need for robust districtlevel monitoring to meet timelines and directed officials to conduct regular review meetings to achieve the set targets. The meeting further reviewed preparations for the Kharif 2026 Digital Crop Survey, which will cover all georeferenced plots in 23 districts. About 6,500 surveyors are expected to participate in the exercise, scheduled to commence in August this year. Officials also informed that nearly 1.75 crore farmer records available in the Revenue Department database will be leveraged to broaden coverage of the farmer registry, including farmers who are not beneficiaries under the PMKISAN scheme. The Chief Secretary said the integration of land records, crop data and farmer databases would help create a reliable digital backbone for agriculture and strengthen evidencebased decision-making in the sector.

6,500 litres of adulterated ghee, raw material seized during raids in Delhi, Haryana

■ AGENCY
New Delhi: In a major crackdown on a food adulteration network, the Food Safety and Standards Authority of India (FSSAI) seized more than 6,500 litres of adulterated ghee and related raw materials during a series of enforcement operations across Delhi and Haryana. The FSSAI inspectors raided and busted two 'desi ghee' manufacturing units -- one in Delhi's Dwarka and another in Haryana's Sonipat -- recovering more than 2,500 and 4,000 litres of spurious ghee from the two locations, respectively. The entire stock of ghee was ready for market distribution and was busted in the nick of time by the officials. The FSSAI officials worked in close coordination with local police authorities and Central Food Safety officers to dismantle the inter-state supply chain, involved in the manufacture and distribution of the suspected counterfeit ghee. In Delhi, FSSAI officials uncovered mass-scale adulteration during its raids at a clandestine facility in Dwarka'sDhulsiras village. An estimated 1,020 litres of unidentified oil, suspected to be used as raw material in the production of counterfeit ghee



How the spurious ghee network was busted

The investigation into large-scale illegal ghee manufacturing began after the FSSAI identified digital and print advertisements promoting premium cow ghee and regular ghee. The company advertisements, however, lacked mandatory FSSAI licence details and labelling information, prompting the officials to smell a rat and initiate a probe. The CFSOs initiated a decoy operation, posing as consumers to contact the seller through the advertised mobile number and procure samples of the products. The collected samples were sent under a prescribed chain of custody to the NABL-accredited laboratory for detailed analysis. The findings revealed that the samples did not conform to the standards prescribed for ghee and contained a mixture of vegetable oils and other non-dairy constituents.

and 1,500 litres of suspected adulterated ghee were located and seized. In Haryana, the food officials came across an even bigger illegal facility involved in making counterfeit ghee. More than 4,000 litres of suspected adulterated ghee packaged for market distribution

were seized from M/S BalaJi Food Products, Plot No. 29A, Sector 53, Phase V in Sonipat. All seized materials were secured under the regulatory custody of the Food Business Operators (FBOs), and an FIR was registered against the miscreants for required legal action.

Kolabira Gets New Community Health Centre and Public Health Unit

RAJ KUMAR SHARMA ■
Jharsuguda:

In a major boost to rural healthcare infrastructure in , a newly constructed Community Health Centre (CHC) and Block Public Health Unit were inaugurated on Thursday. The facilities were jointly inaugurated by Odisha Health Minister and . The inauguration marks a significant step towards strengthening healthcare services in rural areas of . The



new health infrastructure is expected to improve access to primary and emergency medical services for residents of Kolabira and nearby regions. Speaking at the event, Dr. Mahaling reiterated the state government's

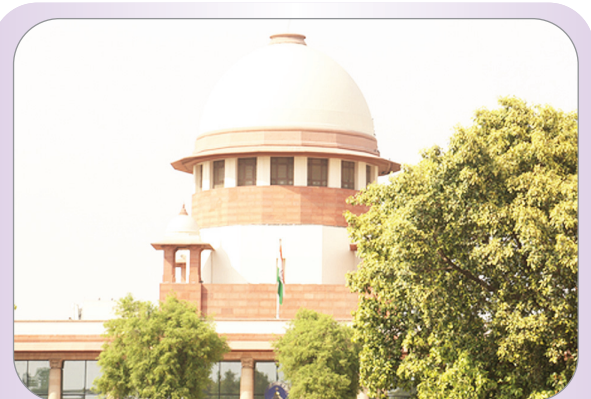
commitment to enhancing healthcare infrastructure under its "Health for All" vision, ensuring quality medical services reach every village. MLA Tankadhar Tripathy highlighted that the upgraded facilities would

greatly benefit local residents by providing affordable and accessible healthcare services. , District Collector and Magistrate of Jharsuguda Kunal Chavan, was also present and shared details regarding administrative support and operational arrangements for the health centre. The event was attended by the Chief District Medical Officer, local public representatives, block-level officials, medical staff, and a large number of residents from the Kolabira area.

MDMK likely to quit DMK alliance

■ AGENCY

Chennai: The MDMK appears set to part ways with the DMK-led Secular Progressive Alliance (SPA) and move closer to Chief Minister C. Joseph Vijay's TVK government, amid indications of growing political engagement between the two sides. Sources in the party said the MDMK is likely to formally announce its exit from the DMK alliance at its General Council meeting on June 27. The move would mark a major political realignment in Tamil Nadu, where several former DMK allies, including the VCK, IUML, CPI and CPI(M), have already extended support to the TVK-led dispensation. Unlike those parties, the MDMK could not openly back the new government as its two MLAs were elected on the DMK's 'Rising Sun' symbol. Party leaders reportedly believe the only viable option is for the legislators to resign, contest by-elections and then extend support to the ruling alliance if re-elected. Both Vaiko and his son, Tiruchirappalli MP DuraiVaiko, have publicly expressed regret over contesting on the DMK symbol.



Bengal govt moves SC against Delhi HC order granting remission to 1993 Bowbazar blast convict

■ AGENCY

New Delhi: The West Bengal government on Thursday moved the Supreme Court challenging the Delhi High Court's order granting remission and directing the release of Md. Rashid Khan, a life convict in the 1993 Bowbazar bomb blast case. The matter was mentioned before Chief Justice of India (CJI) Surya Kant, with counsel appearing for the West Bengal government seeking an urgent hearing. After hearing the request, CJI Kant assured that the special leave petition (SLP) filed by the State of West Bengal would be considered for an early hearing. In its petition, the West Bengal government has challenged the Delhi High Court's direction granting remission to Rashid Khan, who was convicted under provisions of the Indian Penal Code, the Explosive Substances Act and the Terrorist and Disruptive Activities (Prevention) Act (TADA) in connection with the Bowbazar blast case.

In a judgment delivered on June 5, a single-judge Bench of Justice NeenaBansal Krishna held that Rashid Khan, who has spent more than 33 years in prison, was entitled to premature release on the basis of the reformatory theory of punishment and his conduct during incarceration. Allowing Khan's writ petition, the Delhi High Court observed: "To keep the petitioner in jail, when he has already spent over 33

years in prison, may not be fruitful in any manner." It further said that his jail record and reports "clearly indicate a reformed person, entitled to a reformatory approach".

The judgment recorded that Khan's conduct in prison was recorded as "very very good", that he had returned to custody on time after being released on parole on multiple occasions, and that there was a "very low likelihood of the recurrence of offence" considering his advanced age and medical condition. Referring to the reformatory approach adopted in Indian criminal jurisprudence, the Delhi High Court said: "If the gravity of the offence was an important criterion for considering the remission policy, then it would have been so stated as a ground in the scheme of remission."

It also took note of the fact that co-convict PannalalJaysoara had earlier been granted remission and observed that while parity cannot be claimed as a matter of right, the gravity of the offence alone could not be used to deny remission if other criteria were satisfied. Khan was convicted in the 1993 Bowbazar blast case and has been in custody since March 1993. The State Sentence Review Board had initially recommended his premature release in March 2015, but the proposal was subsequently withdrawn amid legal uncertainties regarding remission powers in TADA cases.

Vikas Dhara Programme Marks Odisha Government's Two-Year Milestone in Kolabira

RAJ KUMAR SHARMA ■
Jharsuguda:

Vikas Dhara Odisha Sara programme was organised at the Block Office premises in on Thursday to mark the completion of two years of the BJP government in .

attended the event as chief guest and highlighted the state government's achievements over the past two years. He outlined various welfare schemes benefiting the public, including pension support for eligible citizens above 60 years and the Annapurna Housing



Scheme. Tripathy said the BJP government, with the blessings of the people, has been working to accelerate development and welfare initiatives across the state. He expressed confidence that the government would

accomplish in five years what previous administrations could not achieve in 25 years. During the programme, work orders were distributed to beneficiaries under the Annapurna Housing Pension

approvals, labour cards, loans for women SHGs and Lakhpati Didi beneficiaries, mobile phones for anganwadi workers, and livestock-related beneficiary cards were also distributed.

Exhibition stalls by departments including agriculture, horticulture, forest, animal resources and health showcased various government initiatives. The event was attended by Block Chairman Bhojaraj Patel, BDO Abinash Lakra, Tehsildar Manoj Prabhakar Kujur, public representatives, officials, SHG members and local residents.

Jharsuguda Jail Surprise Inspection Uncovers Prohibited Items, Prompts Security Overhaul

RAJ KUMAR SHARMA ■
Jharsuguda:

In a significant crackdown on security lapses, a surprise inspection at the District Jail here on Thursday led to the seizure of various prohibited articles, reinforcing the administration's resolve to maintain strict discipline within correctional facilities. The inspection was conducted under the direct supervision of Superintendent of Police GR Raghavendra. Jail barracks, common areas, and inmates' personal belongings were thoroughly searched as part of efforts to curb the entry and circulation of



common areas, and inmates' personal belongings were thoroughly searched as part of efforts to curb the entry and circulation of

banned items inside the prison premises.

During the search, authorities recovered and seized a range of

contraband, including bidis, tobacco products, gutkha sachets, matchboxes, scissors, razor blades, and a lighter. The discovery has raised concerns over possible lapses in routine checks and inmate management practices.

In addition to the physical search, SP Raghavendra reviewed key aspects of jail security, including CCTV coverage, overall inmate management, and visitor monitoring mechanisms. He issued detailed instructions to jail officials to further strengthen existing pro-

ocols and ensure full compliance with prison regulations to prevent future violations.

Speaking after the inspection, SP Raghavendra emphasised that Jharsuguda Police remains firmly committed to upholding security standards and preventing any unlawful activities within correctional institutions. "Our focus is on creating a secure environment that aligns with the objectives of the prison system," he said. The proactive inspection is being seen as a strong signal that district police will not tolerate any compromise on jail security.

Ex-Minister Udayan Guha Pelted with Eggs and Shoes Outside Dinhata Police Station

CTNN

Cooch Behar: A dramatic and tense situation unfolded in West Bengal's Dinhata on Thursday when former Trinamool Congress minister Udayan Guha was attacked by an angry crowd outside a police station. Protesters hurled rotten eggs and shoes at him as he was being escorted out by police, creating chaos in the area and prompting heightened security measures. According to official sources, Guha was arrested on Wednesday by Cooch Behar Police from his residence in Phoolbagan, Kolkata, in connection with a case involving alleged fraud and criminal conspiracy. Following his arrest, he was brought to Dinhata by road on Thursday for further legal proceed-



ings. News of his arrest spread rapidly across the region, drawing a large number of people to the Dinhata police station from early morning. Anticipating possible unrest, police authorities had

already tightened security arrangements around the station. The main gate was closed as a precautionary measure, and a prison van was positioned near the lock-up area to facilitate his movement while minimiz-

ing security risks. As the crowd outside the police station continued to grow, tension escalated. Police officials, aware of the possibility of protests, took additional precautions while preparing to move the former minister. Guha was reportedly made to wear a protective helmet before being escorted out of the station premises under heavy police security. However, despite the elaborate security arrangements, the situation quickly spiraled out of control when the prison van carrying Guha emerged from the police station. A section of the crowd began throwing rotten eggs and shoes at the vehicle and in the direction of the former minister. The sudden outburst created confusion and disorder in the area.

Minister Agnimitra Pal Leads Cleanliness Drive, Warns of Fines for Littering from September

CTNN

Kolkata : Reinforcing the message of civic responsibility and urban cleanliness, West Bengal Urban Development Minister Agnimitra Pal on Thursday participated in a special cleanliness drive organized under the "Swachhata Se Swagat" campaign of the Kolkata Municipal Corporation. The programme was held at the Health Centre premises in Ward No. 72 of the Bhabanipur Assembly constituency, where the minister joined sanitation workers with a broom in hand and urged citizens to make cleanliness an integral part of their daily lives. The event witnessed active participation from officials of various departments, civic representatives and local residents. As part of the campaign, extensive cleaning activities were carried out within the health centre premises and surrounding areas. The initiative was aimed at promoting hygiene, public health and environmental awareness among residents. In addition to the cleanliness drive, a tree plantation programme was also organized in the nearby park area to encourage the development of a greener urban environment. Participants planted saplings and highlighted the impor-



tance of maintaining ecological balance in rapidly growing urban centres. Officials said the combined focus on sanitation and greenery reflects the administration's broader commitment to creating a cleaner, healthier and more sustainable city. Addressing the gathering, Minister Agnimitra Pal emphasized that cleanliness should not be viewed merely as a short-term campaign or a government programme. Instead, she said, it must become a permanent part of people's lifestyle and civic culture. She stressed that no government effort can achieve lasting success without active public participation and cooperation. The minister noted that maintaining a clean and attractive city requires collective responsibility. According to her, every resident has a role to play in preserving public spaces, reducing waste and ensuring

that neighbourhoods remain hygienic. She urged citizens to support municipal initiatives by adopting responsible practices and discouraging activities that contribute to pollution and littering. During her interaction with the media, Agnimitra Pal announced that the government has provided a specific period for public awareness and behavioural change. However, she made it clear that stricter measures would come into force from September 1. Individuals found littering public places, spitting on roads, misusing plastic materials or otherwise contributing to environmental degradation would face penalties imposed by the administration. She said the objective of the proposed enforcement measures is not merely to punish offenders but to create a sense of accountability among citizens.

Patriotic Fervour Sweeps Kolkata as Maharana Pratap Jayanti Celebrated with Grand Tributes

CTNN

Kolkata: A wave of patriotism and reverence swept across Kolkata on Thursday as people from various social, cultural and community organizations gathered to celebrate the 487th birth anniversary of Maharana Pratap, one of India's most revered warrior kings. A grand tribute programme was jointly organized by Rajasthan

Parishad and the Akhil Bharatiya Kshatriya Samaj, drawing a large number of citizens who paid homage to the legendary Rajput ruler known for his courage, sacrifice and unwavering commitment to freedom. The main event was held at Maharana Pratap Udyan on Shakespeare Sarani, where the atmosphere resonated with patriotic slogans such as "Vande Mataram," "Bharat

Mata Ki Jai," and "Maharana Pratap Amar Rahein." The gathering reflected the enduring respect and admiration that Maharana Pratap continues to command centuries after his lifetime. The programme commenced with floral tributes being offered at the statue of Maharana Pratap. Rajasthan Parishad President Mohan Lal Parik, Akhil Bharatiya Kshatriya Samaj President Jai

Prakash Singh, nationalist thinker and social worker Sawar Dhanania, and Chandrakant Dhanuka of Dhanseri Foundation led the tribute ceremony by garlanding the statue. Members and office-bearers of several social and cultural organizations subsequently paid their respects and remembered the contributions of the great warrior to Indian history.

Police Commissioner Leads Yoga Session at Maithon Dam Ahead of International Yoga Day

CTNN

Paschim Bardhaman: As part of the build-up to International Yoga Day 2026, a special yoga training session was organized on Thursday along the banks of the Maithon Dam canal in the Salanpur police station area by the Asansol-Durgapur Police Commissionerate. The event aimed to promote yoga as an effective tool for healthy living, physical fitness and overall well-being. The picturesque surroundings of Maithon Dam provided an ideal setting for the session,

which witnessed enthusiastic participation from police personnel and representatives of various government agencies. The initiative formed part of a series of awareness programmes being conducted ahead of International Yoga Day to encourage people to adopt healthier lifestyles through regular yoga practice. The programme was led by Asansol-Durgapur Police Commissioner Dr. Pranav Kumar, who participated in the session along with senior police officers and personnel of the commissionerate.



Representatives from the Forest Department also joined the event, highlighting the collaborative spirit behind the initiative. During the session,

participants performed a range of guided yoga exercises under expert supervision. The training focused on improving flexibility, enhancing concentration, reducing stress and promoting overall physical and mental fitness. The participants were also educated about the long-term health benefits of incorporating yoga into their daily routines. Officials said the programme was designed not only to prepare participants for International Yoga Day celebrations but also to encourage a lasting commitment to wellness and

self-discipline. In recent years, yoga has gained increasing recognition as a holistic practice that contributes to both physical health and mental resilience, making it particularly relevant for professionals working in demanding environments such as law enforcement and public service. The event emphasized the importance of maintaining a balanced lifestyle and highlighted how regular yoga practice can help individuals cope with stress, improve productivity and enhance overall quality of life.

Man Allegedly Slits Wife's Throat to Death, Attempts Suicide in Alipurduar

CTNN

Alipurduar: A shocking case of domestic violence has emerged from West Bengal's Alipurduar district, where a man allegedly murdered his wife by slitting her throat before attempting to take his own life. The incident took place in the early hours of Thursday in Kolabaria village under the Shalkumar-II Gram Panchayat area of Alipurduar-I Block, leaving local residents stunned and prompting a police investigation. The deceased has been identified as Dhanbala Ray Adhikari. According to preliminary infor-



mation, her husband, Achintya Adhikari, allegedly attacked her with a sharp weapon inside their

residence. Police sources said the assault was extremely brutal, with the accused reportedly inflicting multiple injuries on the victim's face and head after slitting her throat. The injuries proved fatal, and the woman died at the scene. Unlike many cases in which the accused attempts to flee after committing a crime, Achintya Adhikari reportedly remained at the location and later attempted to end his own life. Investigators said he allegedly used the same sharp weapon to inflict serious injuries upon himself in what appeared to be an attempted suicide following the killing. The incident came to light after family members and local residents became aware of

the situation and informed the authorities. A team from Sonapur Police Outpost rushed to the village and initiated an investigation. Officers secured the crime scene, recovered evidence and took possession of the victim's body. The body of Dhanbala Ray Adhikari was subsequently sent to the district hospital for post-mortem examination. Police officials said the autopsy report would help establish the exact nature and sequence of injuries sustained by the victim and could provide important evidence for the investigation.

Shwashat Banerjee Tops WBJEE 2026 as 97.74% Candidates Qualify

CTNN

Kolkata : The results of the West Bengal Joint Entrance Examination (WBJEE) 2026 were announced on Thursday, with an impressive 97.74 percent of candidates qualifying for admission to engineering, technology, architecture and pharmacy courses across the state. Shwashat Banerjee emerged as the overall topper in this year's examination, according to officials of the West Bengal Joint Entrance Examinations Board. The results were formally declared by Board Chairman Gautam Bhattacharya and Registrar Dibyendu Kar, who also shared detailed statistics regarding the examination and the merit list. The announcement marked a significant milestone for thousands of students who had been eagerly awaiting the outcome of one of the state's most important entrance examinations. According to the board, a total of 1,20,856 candidates registered for the examination this year. Out of them, 94,901 students appeared for the test,

reflecting a substantial participation rate. Among those who took the examination, 67,378 were male candidates, 27,521 were female candidates, and two belonged to the third-gender category. The board reported that 92,753 candidates successfully qualified in the examination. This translates into a success rate of 97.74 percent of all candidates who appeared for the test. Among the successful candidates, 66,383 were male, 26,368 were female and two belonged to the third-gender category. The high qualification percentage indicates a strong overall performance by students across the state and beyond. Education experts noted that the results reflect both the growing competitiveness of the examination and the increasing level of preparation among aspirants seeking admission to professional courses. State-wise data released by the board showed that candidates from West Bengal accounted for the majority of successful examinees.

Hooghly launches Swachhata Swagat Abhiyan ahead of West Bengal Day

DEBASIS GHOSH

Hooghly: On the eve of West Bengal Day, the "Swachhata Swagat Abhiyan" (Cleanliness Welcome Campaign) was organized on Thursday at the Rajbari Ground in Tarakeswar.

The programme was attended by Minister of State, Department of Health and Family Welfare, Sumana Sarkar; MLA of Tarakeswar, Santu Pan, MLA of Pursurah, Biman Ghosh; MLA of Arambagh, Hemanta Bag; MLA of Jangipara, Prasenjit Bag; Additional District Magistrate (Zilla Parishad), Anuj Pratap Singh; District Panchayat



and Rural Development Officer, Partha Karmakar; Sub-Divisional Officer of Chandannagar, Ashutosh Kumar; Block Development Officer of Tarakeswar, Seema Chand; along with many other distinguished guests.

The programme began with a pledge to make Hooghly a clean and model district. After the pledge, the dignitaries, government officials, and local residents actively participated in the cleanliness drive.

Kolkata Gears Up for International Yoga Day 2026 as Statewide Preparations Gather Momentum

CTNN

Kolkata: Preparations for the International Yoga Day celebrations are in full swing across West Bengal as the state gears up for the grand observance scheduled on June 21. This year, Kolkata has been chosen to host the main national event, which is expected to witness the participation of Prime Minister Narendra Modi along with thousands of yoga enthusiasts, officials and dignitaries. The centerpiece of the celebrations will be held at the iconic Red Road in Kolkata, where extensive arrangements are being made to accommodate a large number of participants. In the run-up to the event, yoga practice sessions have already begun across the state, reflecting growing enthusiasm among people from different age groups and backgrounds. Educational institutions, community centers, government offices and various public venues in several districts are actively organizing yoga training sessions and awareness programmes. Students, teachers, government employees and members of the public are participating in these activities as part of a statewide effort to promote the benefits of yoga and encourage a healthier lifestyle. This year's International Yoga Day theme, "Yoga for Healthy Ageing," focuses on the role of yoga in improving physical and mental well-being, particularly among older adults. The theme highlights the importance of adopting yoga as a regular practice to maintain flexibility, balance, strength and emotional wellness throughout life. Even before the official celebration date, districts across West Bengal have witnessed a series of yoga camps and practice sessions. Participants have been learning various asanas,



breathing techniques and meditation practices under the guidance of trained instructors. Organizers believe that these pre-event activities will help create greater awareness about the long-term health benefits of yoga and encourage more people to incorporate it into their daily routines. The growing preparations have transformed the upcoming Yoga Day into a statewide movement rather than a single-day event. Local authorities and educational institutions have been working together to ensure maximum participation, while health experts continue to emphasize yoga's role in preventing lifestyle-related diseases and improving overall quality of life. International Yoga Day has gained worldwide recognition since 2014, when Prime Minister Narendra Modi proposed the idea at the United Nations General Assembly. The proposal received overwhelming support from member nations, leading to the declaration of June 21 as International Yoga Day. Since then, the annual event has evolved into a global celebration of India's ancient wellness tradition, attracting participation from millions of people across countries and cultures.

PWD (GOVT OF WB) TENDER
Offline Short Notice Inviting Tender No.- 32/City (M) of 2026-27 from bonafied and resourceful contractors having credential in similar urgent nature of works and as per Govt. rule. Last date & time of application for obtaining permission will be on **19.06.2026 up to 12.00 hrs.** Other details may be seen from the web site: **www.pwdwb.in**
Sd/-
Executive Engineer-I,
City Division, P.W.D.

S. E. RAILWAY – TENDER
For and on behalf of President of India, the Sr. Divisional Electrical Engineer/TRD/ Kharagpur-721301 invites e-tender for the following works before 15:00 hrs. on the date mentioned against items and will be opened at 15:30 hrs. **Tender Notice No.: TRD - KGP - W - 2026 - 27 - 08 R**
Dated: 17.06.2026; Description of works : Electrical/TRD for the work of Uluberia (ULB): Increasing of CSL of DN Main, Middle Line & Up Main Line at Uluberia Station and Provision of signaling facility and connectivity of Tower Wagon Shed with EMU Stabling line along with signaling facility for EMU Stabling line at Howrah end; **Tender value :** ₹ 1,01,53,695.00; **EMD :** ₹ 2,03,100.00; **Cost of tender document :** Nil; **Date of Opening :** 13.07.2026; **Completion Period :** 12 (Twelve) Months; **Date of Submission :** upto 15:00 hrs. of 13.07.2026; Interested Tenders may visit website **www.irops.gov.in** for full details, description, and specification of the tender and submit their bids online. In no case manual tender for this work will be accepted. **Note:** Prospective bidders may regularly visit **www.irops.gov.in** to participate in all tenders. **(PR-346)**

English Daily Choice Times, Kolkata is Published by Surojit Roy Chowdhury from National Media Publication 3, Jagabandhu Modak Road, Flat no.101, Sovabazar, Kolkata - 700005 on behalf of Sanjeev Kumar Mishra, Edited by Debasis Dutta and Printed by Ritesh Vajpevi at L.S.Publications Pvt.Ltd at 4, Canal West Road, Kolkata - 700 015, (M) - 9830233515, Mail id : choicetimeskolkata@gmail.com, PRGI No. : WBENG/2008/25751

France to get its first traditional Hindu temple built with Indian stones

■ AGENCY: Paris : Members of the Indian diaspora in France on Thursday announced that the country will soon have its first traditional Hindu temple, with its inauguration scheduled for September. Speaking to IANS, members of the Indian community expressed pride over the development. Bhavi Parekh, a member of the Indian diaspora, said, "We are feeling very proud after welcoming Prime Minister Narendra Modi. Another major occasion for us is the opening of France's first traditional Hindu temple in September. We welcome everyone to visit. The speciality of this temple is that it has been crafted in India and assembled in France." Another member of the Indian diaspora associated with BAPS said the temple is being built using stones sourced from India. "The temple has been made in India and built in France. We invite people from France, India, and the Hindu community worldwide to visit. A 15-day programme will be organised

here in September, and everyone is welcome to attend," he said. After concluding a successful round of meetings at the G7 Summit in France's Evian, PM Modi arrived in Paris on Thursday morning, where he received a 'warm welcome' from the Indian diaspora living here. The Prime Minister said that he was "proud of the Indian community's efforts in bringing India and France closer to each other". He also added that the "India-France partnership is vital for the progress of the planet Earth". Taking to his official social media platform X, Prime Minister Modi wrote: "Reached Paris a short while ago to a warm welcome by the Indian diaspora. I am proud of their efforts in bringing India and France closer. The India-France partnership is vital for the progress of our planet." Earlier on Wednesday evening, PM Modi said he had a productive round of meetings and interactions at the G7 Summit in Evian, where he presented India's views on governance.

Russia-ASEAN Summit Adopts Kazan Declaration, Strengthens Strategic Partnership

■ AGENCY: Kazan (Russia): Russia and the Association of Southeast Asian Nations (ASEAN) have agreed to further strengthen their strategic partnership by adopting the Kazan Declaration at a summit held to mark 35 years of relations between the two sides. Four key documents were approved at the summit. These include the Kazan Declaration titled "ASEAN-Russian Federation: Unity in Diversity—35 Years Together," a Joint Statement on Energy Cooperation, a Joint Statement on Cultural Cooperation, and the ASEAN-Russia Strategic



Partnership Plan of Action for 2026–2030. ASEAN said on social media platform X that the adoption of these documents reflects the shared commitment of both sides to

advance their strategic partnership and provides a clear framework for cooperation in the years ahead. The summit was co-chaired by Russian President Vladimir Putin and

Philippine President Ferdinand Marcos Jr., who serves as ASEAN Chair for 2026. Leaders or representatives of ASEAN member states, ASEAN Secretary-General Kao Kim Hourn,

and delegations from various countries attended the meeting. During the executive luncheon held after the meeting, discussions focused on integration processes in the Eurasian region. The Secretary-General of the Shanghai Cooperation Organisation and the Chairman of the Eurasian Economic Commission also participated. According to Yuri Ushakov, an aide to the Russian President, special emphasis was placed on the commitment to building a fair and democratic multipolar world order based on the principles of the United

Nations Charter and international law. According to the declaration, both sides are prepared to deepen cooperation in key areas such as energy and food security, transport and logistics, agriculture, digitalization, science and technology, artificial intelligence (AI), tourism, and innovation-driven production. Notably, ASEAN was established in 1967. The current organization comprises Brunei, Timor-Leste, Vietnam, Indonesia, Cambodia, Laos, Malaysia, Myanmar, Singapore, Thailand, and the Philippines as members.

US Senate panel advances South China Sea bill to strengthen coordination with partners in Indo-Pacific

■ AGENCY: Washington: A bipartisan US Senate committee on Wednesday approved legislation aimed at strengthening American diplomatic coordination with allies and partners in the Indo-Pacific amid growing concerns over China's actions in the South China Sea. The South China Sea Strategy Act, introduced by Senators Tammy Duckworth, a Democrat from Illinois, and John Curtis, a Republican from Utah, cleared the Senate Foreign

Relations Committee and now heads to the full Senate for consideration. "Our nation must stay laser-focused on the Indo-Pacific, making sure we are working with our partners and using all the tools at our disposal to address threats in a sustainable way that prioritises diplomacy," Duckworth said. "As a Pacific nation ourselves, the United States' national and economic security depend on a stable Indo-Pacific," she added. Duckworth said passage of the bill through committee

sends a signal that Washington remains committed to working closely with regional partners "to protect our mutual interests and security." "I urge the Senate to pass this critical legislation as swiftly as possible," she said. Curtis described the legislation as an effort to improve US preparedness in a strategically important region. "The Committee's approval today will help ensure the United States is better prepared to respond to potential challenges in the Indo-Pacific," he

said "By strengthening both diplomatic planning and strategic preparedness, this legislation takes an important step toward deterring conflict and promoting stability in the region." According to the bill, the State Department would be required to designate a lead office responsible for coordinating South China Sea diplomatic engagement and develop a comprehensive diplomatic strategy covering security, diplomatic, legal and economic issues.

US Senate panel advances bill targeting foreign influence

■ AGENCY: Washington : A bipartisan group of US senators has welcomed the passage of legislation by the Senate Foreign Relations Committee that seeks to tighten disclosure requirements for foreign agents and curb influence campaigns by countries such as China, Russia, Iran, North Korea and Cuba. The Preventing Adversary Influence, Disinformation and Obscured Foreign Financing (PAID OFF) Act would close what lawmakers describe as loopholes in the Foreign Agents Registration Act (FARA), allowing some foreign-linked lobbyists to avoid registering with the US government. "American policy should not in any way reflect the handiwork of foreign adversaries who are actively working to tip the scales in their favour and undermine our interests," Sen. John Cornyn of Texas said after the bill cleared the committee. "By exposing the efforts of countries of concern like China or Russia to exert malign influence, this legislation would better safeguard US decision-making." The measure is backed by Republican and Democratic lawmakers, including Sens. Sheldon Whitehouse, Jim Risch, Tom Tillis, Chuck Grassley, Deb Fischer, Peter Welch and John Kennedy. Supporters of the legislation argue that foreign adversaries have increasingly used commercial relationships and lobbying exemptions to influence policy debates in Washington without fully disclosing their activities. "When foreign adversaries skirt loopholes to lobby Congress, they directly threaten our democracy," Whitehouse said. "This bipartisan legislation is long overdue and will help prevent unregistered foreign agents from putting a thumb on the scale of American policy." Risch said foreign powers had exploited weaknesses in US lobbying laws for years. "For years, the United States' biggest adversaries have exploited loopholes in US lobbying laws to influence senior government officials and advance their geopolitical goals," he said.

Moscow facing massive drone attack from Ukraine: Russian media

■ AGENCY: Moscow: Russian air defence forces have shot down approximately 180 UAVs as Moscow continues to tackle a massive drone attack from Ukraine, the local media reported on Thursday. Moscow's Mayor Sergei Sobyanin stated that it is the largest drone attack on the Russian capital in the last two years, the country's state-owned Tass media reported. "The air defence's work continues," the Mayor emphasised. An oil refinery in the Kapotnya district was also attacked by several drones. The Mayor noted that the aftermath of the attack is being dealt with. Moscow also temporarily closed down several airports, and the aviation operations are under special control of the Ministry of Transport and the Federal Air Transport Agency (Rosaviatsiya). "Sheremetyevo, Vnukovo, Domodedovo, and Zhukovsky airports are currently temporarily not accepting or departing flights. These restrictions are necessary to ensure flight safety. This is a priority," stated the Ministry. According to Moscow Region Governor Andrei Vorobyov, 16 people,



including two children, aged 10 and three, were injured as a result of the drone attacks. "All emergency and operational services are working in an enhanced mode and are doing everything possible to ensure the safety of residents. All victims are receiving the necessary medical care and are under constant medical supervision. We are in contact with their families and will provide all necessary support to everyone affected by this attack," he added. US President Donald Trump on Monday stated that his administration would turn its attention to the Russia-

Ukraine war following what he described as a breakthrough agreement with Iran, expressing optimism that Moscow and Kyiv may be open to negotiations. Earlier this month, Russian air defence forces shot down 144 Ukrainian drones over the Leningrad region during an aerial attack, regional Governor Alexander Drozdenko said on social media. Drozdenko said no major damage was reported. However, falling drone debris was reported in several districts, causing minor damage to residential buildings.

Indian women peacekeepers exemplify UN role in giving hope to women in conflicts

■ AGENCY: United Nations: Women peacekeepers give hope to vulnerable women in conflict situations, serving as symbols of female empowerment, and the more than 160 women in UN missions exemplify this role, according to India's Permanent Representative to UNP. Harish. Indian Army Major Abhilasha Barak, who was awarded the UN Peacekeeper's Gender Advocate Award this month, and the two other Indian women awardees before her,

are outstanding examples of this role, P. Harish told the Security Council on Wednesday.

CHANGE OF NAME
I, BIDHAN BIHARI LAHIRI (OLD NAME), SON OF NIKUNJA BEHARI LAHIRI, RESIDENT OF B-8/51, KALYANI, NADIA-741235, WEST BENGAL, DO HEREBY DECLARE THAT I HAVE CHANGED MY NAME FROM BIDHAN BIHARI LAHIRI (OLD NAME) TO BIDHAN BEHARI LAHIRI (NEW NAME) AND HENCEFORTH I SHALL BE KNOWN AS BIDHAN BEHARI LAHIRI (NEW NAME) IN ALL PURPOSE, VIDE AFFIDAVIT NO 33 SWORN BEFORE THE NOTARY PUBLIC AT KOLKATA ON 15/06/2026. BIDHAN BEHARI LAHIRI (NEW NAME) AND BIDHAN BIHARI LAHIRI (OLD NAME) BOTH ARE SAME AND ONE IDENTICAL PERSON.

CHANGE OF NAME
I, Mausumi Sikdar, Daughter Of Sri Dilip Kumar Sikdar, R/O-1D/2/1, Raipur Road East, PO+ PS- Jadavpur, Kolkata-700032, declare Mausumi Sikdar And Mausami Sikdar is the same identical person sworn before 1st Class Judicial Magistrate At Kolkata, Affidavit No: 52003 dated: 10/06/2026

CHANGE OF NAME
I, FAJILA BEGAM (OLD NAME), WIFE OF SK YAKUB ALI, RESIDENT OF SARKARPOOL B.B.T. ROAD, MAHESHTALA, SOUTH 24 PGS-700143, WEST BENGAL, DO HEREBY DECLARE THAT I HAVE CHANGED MY NAME FROM FAJILA BEGAM (OLD NAME) TO FAJILA KHATUN (NEW NAME) AND HENCEFORTH I SHALL BE KNOWN AS FAJILA KHATUN (NEW NAME) IN ALL PURPOSE, VIDE AFFIDAVIT NO 39 SWORN BEFORE THE NOTARY PUBLIC AT KOLKATA ON 17/06/2026. FAJILA KHATUN (NEW NAME) AND FAJILA BEGAM (OLD NAME) BOTH ARE SAME AND ONE IDENTICAL PERSON.

CHANGE OF NAME
I, JAGANNATH SAHA (OLD NAME), SON OF PARESH CHANDRA SAHA, RESIDENT OF 5/64/A BAGHAJATIN PALLY, BAGHAJATIN, KOLKATA-700086, WEST BENGAL, DO HEREBY DECLARE THAT I HAVE CHANGED MY NAME FROM JAGANNATH SAHA (OLD NAME) TO SHANKAR SAHA (NEW NAME) AND HENCEFORTH I SHALL BE KNOWN AS SHANKAR SAHA (NEW NAME) IN ALL PURPOSE, VIDE AFFIDAVIT NO 34 SWORN BEFORE THE NOTARY PUBLIC AT KOLKATA ON 16/06/2026. SHANKAR SAHA (NEW NAME) AND JAGANNATH SAHA (OLD NAME) BOTH ARE SAME AND ONE IDENTICAL PERSON.

Change of Name
I, ASHIT KUMAR GHOSH, S/o. Late Sarbajit Nath Ghosh, residing at 18, P.K.M. Lane, Chandani P.O. Baidyabati, P.S. Bhadreswar, Dist. Hooghly, Pin-712222, W.B. hereby declare that in my Service Book & in my Admit Card of West Bengal Secondary Education bearing Index No. 260-161, Roll-SER & No. 640 wherein my father name has been recorded as SHOMBHU NATH GHOSH in place of SAMBHU NATH GHOSH. That SAMBHU NATH GHOSH & SHOMBHU NATH GHOSH is same & one identical person vide affidavit no. 13377, dt. 17.06.2026 sworn before the Ld. Judicial Magistrate, 1st Class Court at Serampore, Hooghly.

Change of Name
I, PRASENJIT DATTA RAY, S/o. Late Rohini Ranjan Datta Ray, residing at 181/33, Flat 2B, Dakshindari Road, P.O. Sreebhumi, P.S. Lake Town, Dist. North 24 Parganas, Pin-700048 hereby declare that inadvertently in my Aadhaar Card vide no. 7722 9668 3433 my name has been recorded as Prasenjitdattaray & in my PAN Card vide no. ADAPD0705E my name has been recorded as PRASENJIT DATTARAY in place of my actual name Prasenjit Datta Ray. That PRASENJIT DATTA RAY, Prasenjitdattaray & PRASENJIT DATTARAY is same & one identical person vide affidavit no. 13542, dt. 17.06.2026 sworn before the Ld. Judicial Magistrate, 1st Class Court at Sealdah.

CHANGE OF NAME
I, PARTHAJEET SAHA (OLD NAME), SON OF GULAL CHANDRA SAHA, RESIDENT OF 180/A/1A, GOSWAMI PARA ROAD, BALLY, BALLY (M), HOWRAH-711201, WEST BENGAL, DO HEREBY DECLARE THAT I HAVE CHANGED MY NAME FROM PARTHAJEET SAHA (OLD NAME) TO PARTHAJIT SAHA (NEW NAME) AND HENCEFORTH I SHALL BE KNOWN AS PARTHAJIT SAHA (NEW NAME) IN ALL PURPOSE, VIDE AFFIDAVIT NO 22410 SWORN BEFORE THE LD 1ST CLASS JUDICIAL MAGISTRATE AT ALIPORE ON 04/06/2026. PARTHAJIT SAHA (NEW NAME) AND PARTHAJEET SAHA (OLD NAME) BOTH ARE SAME AND ONE IDENTICAL PERSON.

CHANGE OF NAME
I, SHAIKH YEAAQUB (OLD NAME), SON OF SK DANESH ALI, RESIDENT OF SARKARPOOL B.B.T. ROAD, MAHESHTALA, SOUTH 24 PARGANAS-700143, WEST BENGAL, DO HEREBY DECLARE THAT I HAVE CHANGED MY NAME FROM SHAIKH YEAAQUB (OLD NAME) TO SK YAKUB ALI (NEW NAME) AND HENCEFORTH I SHALL BE KNOWN AS SK YAKUB ALI (NEW NAME) IN ALL PURPOSE, VIDE AFFIDAVIT NO 38 SWORN BEFORE THE NOTARY PUBLIC AT KOLKATA ON 17/06/2026. SK YAKUB ALI (NEW NAME) AND SHAIKH YEAAQUB (OLD NAME) BOTH ARE SAME AND ONE IDENTICAL PERSON.

For Advertisements, Please Contact :
8100358833

Kim Jong-un's sister slams G7 call for denuclearisation, defends nuclear arms as 'means of self-defence'

■ AGENCY: Seoul : Kim Yo-jong, the sister of North Korean leader Kim Jong-un, on Thursday denounced international calls for denuclearisation, describing the country's nuclear weapons as its "core interests" and denuclearisation as a "line of no retreat that can never be crossed," Pyongyang's state media reported.



In a statement carried by the Korean Central News Agency (KCNA), Kim Yo-jong criticised the United States and its allies for making what she called "anachronistic" demands for North Korea's denuclearisation, Yonhap news agency reported. Kim's remarks came in response to a joint statement issued by leaders of the Group of Seven (G7) nations at their summit in Paris on Wednesday, which reaffirmed their commitment to the "complete denuclearisation" of North Korea in line with UN Security Council resolutions. Dismissing the G7's demand outright, she said denuclearisation was "an irreversibly finalised agen-

da" that "can never be realised." "Nuclear weapons are powerful means of defending sovereignty and a cornerstone for ensuring peace, defined by the law of the DPRK," she said, claiming its nuclear arsenal is "a means for self-defence." DPRK stands for North Korea's official name, the Democratic People's Republic of Korea. "Anyone who tries to hurt the core interests of a nuclear weapons state would make the worst option of inviting disaster," she warned. The leaders of the United States, Britain, Canada, France, Germany, Japan and Italy issued the statement on geopolitical issues concerning the Indo-

Pacific, the Middle East and Ukraine, following their meeting in Evian-les-Bains from Monday to Wednesday. "We express deep concern about North Korea's nuclear and ballistic missile programs and reaffirm our commitment to the complete denuclearization of North Korea in accordance with U.N. Security Council resolutions," they said in the statement. They also urged Pyongyang to "immediately" resolve the issue of abductees, who are thought to have been kidnapped by North Korea in the 1970s and 1980s, and reiterated the need to jointly address North Korea's cryptocurrency thefts and cyber-crimes.

Chinese FM Wang Yi to visit India for BRICS NSA meeting

■ AGENCY: Beijing: Chinese Foreign Minister Wang Yi will visit India to attend the 16th Meeting of BRICS National Security Advisors (NSAs) and High Representatives on National Security set to be held from June 22-23. Confirming the visit, spokesperson for the Chinese Ministry of Foreign Affairs said on Thursday that Wang Yi will visit India at the invitation of National Security Advisor (NSA) Ajit Doval. "At the invitation of India's National Security Advisor Ajit Doval, Wang Yi, Member of the Political Bureau of the CPC Central Committee and Director of the Office of the Central Commission for Foreign Affairs, will attend the 16th Meeting of BRICS National Security Advisors and High Representatives on National Security to be held in India from June 22 to 23," the ministry spokesperson posted on

X. India holds the BRICS chair in 2026 guided by the theme of 'Building for Resilience, Innovation, Cooperation and Sustainability', reflecting a people-centric and humanity-first approach articulated by Prime Minister Narendra Modi at the 17th BRICS Summit held in Rio de Janeiro in 2025. On May 15, China's Ambassador to India, Xu Feihong, congratulated India for successfully hosting the BRICS Foreign Ministers' Meeting. He stated that BRICS Chair's statement and outcome document demonstrate broad consensus on international and regional issues, the future development of BRICS and the reform of global governance and the multi-lateral system. In a post on X, Xu Feihong stated, "Congratulations to India on successfully hosting the BRICS FMM. In the face of a complex global landscape, BRICS countries engaged in in-depth and constructive discussions

on a wide range of issues." "The Chair's Statement and Outcome Document demonstrate broad consensus on international and regional issues, the future development of BRICS, as well as reform of global governance and the multi-lateral system. As incoming Chair, China stands ready to work with all partners to deepen solidarity and cooperation, and looks forward to welcoming colleagues to China next year," he added. India issued a Chair's statement instead of a joint statement at the conclusion of the two-day BRICS Foreign Ministers' Meeting in New Delhi, insisting that there were differing views among members with regard to the situation in West Asia and the Middle East. The high-level gathering was chaired by External Affairs Minister (EAM) S Jaishankar and witnessed participation of foreign ministers and senior representatives from BRICS member countries and partner nations.

Tata Motors to hike commercial vehicle prices by up to 2.5 pc from July

■CTBUREAU
Mumbai : Leading automobile firm Tata Motors on Thursday announced a price increase of up to 2.5 per cent across its commercial vehicle range, with the revised prices set to take effect from July 1. The company said the price hike is being undertaken to partially offset the impact of rising commodity prices and other input costs. According to Tata Motors, the extent of the increase will vary depending on the model and variant. "The price increase is being undertaken to partially offset the impact of rising commodity prices



and other input costs," the company said in a statement. Earlier this month, Tata Motors Passenger Vehicles (TMPV) announced a price increase of up to 1.5 per cent across its passenger vehicle portfolio, including internal combustion engine (ICE) and electric vehicle (EV) models, effective next month. The company had then said the increase was aimed at partially offsetting the impact of rising input costs and continued inflationary pressures, while continuing

to absorb a significant portion of the cost escalation internally. Automobile manufacturers have increasingly resorted to calibrated price hikes in recent months to protect margins amid fluctuations in raw material prices and higher operational expenses. Last month, Hyundai Motor India announced a price increase of up to Rs 12,800 across its model range, citing higher commodity prices, rising input costs and elevated operating expenses. Similarly, Maruti Suzuki India revised prices across several models earlier this year to mitigate the impact of rising production costs. Shares of Tata Motors Commercial Vehicles (TMCV) on Thursday were trading flat at Rs 404.85 apiece on the NSE. The auto stock touched a 52-week high of Rs 509 and a 52-week low of Rs 306.30 on the exchange.

NSE IPO likely to unlock massive gains for SBI, LIC



■CTBUREAU
Mumbai : The proposed initial public offering (IPO) of the National Stock Exchange (NSE) is expected to unlock massive gains for several state-owned financial institutions, including State Bank of India (SBI), while also highlighting the embedded value of holdings owned by Life Insurance Corporation of India (LIC), according to reports. According to the NSE's draft red herring prospectus (DRHP), SBI plans to divest 2.475 crore shares through the offer for sale. At an assumed IPO price of about Rs 2,000 per share, the stake sale would be worth nearly Rs 5,000 crore, the reports said. The disclosures show that SBI acquired its shares at a weighted average cost of just Rs 0.80 per share. In addition, several other public sector institutions that backed NSE in its early years are also poised to reap substantial gains. Shares of Life Insurance Corporation of India (LIC) may attract attention as the insurer remains NSE's largest shareholder with a 10.72 per cent stake, despite not being among

the selling shareholders in the proposed IPO. Bank of Baroda, with a weighted average acquisition cost of Rs 0.54 per share, would sell shares worth about Rs 2,197 crore at the assumed IPO price. Meanwhile, Stock Holding Corporation of India Ltd. is expected to monetise holdings worth around Rs 2,178 crore, despite acquiring its shares at a weighted average cost of Rs 0.46 apiece. Among insurers, The New India Assurance Company and National Insurance Company acquired their shares at a weighted average cost of Rs 0.32 each. At the assumed IPO price, the shares being offered by New India Assurance would be worth around Rs 2,100 crore, while National Insurance Company's stake would fetch nearly Rs 1,200 crore. United India Insurance Company, whose acquisition cost stood at Rs 0.50 per share, is also set to sell shares worth about Rs 1,200 crore. General Insurance Corporation of India, with a weighted average acquisition cost of Rs 5.26 per share, would monetise shares worth more than Rs 2,131 crore.

Indian Pharmacopoeia standards comparable with leading global pharmacopoeias: Officials

■CTBUREAU
New Delhi : The standards of the Indian Pharmacopoeia are comparable with leading international pharmacopoeias, and the country has been recognised for its leadership in developing and establishing quality standards for several medicines, the government said on Thursday. A delegation from the Indian Pharmacopoeia Commission (IPC) led by Dr V Kalaiselvan, Secretary-cum-Scientific Director, along with Dr Pawan Saini and Dr Shruti Rastogi, participated in the 16th International Meeting of World Pharmacopoeias (IMWP) and the accompanying Stakeholders' Meeting held in Brazil, from June 15-17. The meeting was coordinated by the World Health Organization (WHO). Dr Kalaiselvan presented key updates on the Indian pharmacopoeia, highlighting recent advancements in pharmacopoeial standards, modernisation initiatives, and India's contributions towards



global harmonisation of medicine quality standards. India was also recognised for its leadership in developing and establishing quality standards for anti-tuberculosis medicines, anti-cancer therapeutics, blood and blood products, medicines used in the management of anaemia, and other

complex pharmaceutical molecules, reflecting the country's growing scientific, regulatory, and pharmacopoeial capabilities. According to Health Ministry, the Indian delegation contributed to discussions on modern microbiological methods, pharmacopoeial convergence, and environ-

mental sustainability in pharmaceutical standards. Dr Kalaiselvan showcased its role in strengthening public health through science-based standards and regulatory support, while emphasizing the importance of international cooperation in ensuring the quality, safety, and efficacy of medi-

cines worldwide. India's participation at the 16th IMWP further strengthened collaboration with international pharmacopoeias and reaffirmed the country's growing leadership in shaping global pharmaceutical quality standards for the benefit of patients worldwide. The event brought together representatives from leading pharmacopoeias worldwide, including the Brazilian Pharmacopoeia (Brazil), European Pharmacopoeia (Europe), Indian Pharmacopoeia (India), Japanese Pharmacopoeia (Japan), Korean Pharmacopoeia (Republic of Korea), Mexican Pharmacopoeia (Mexico), Russian Pharmacopoeia (Russian Federation), British Pharmacopoeia (United Kingdom), United States Pharmacopoeia (United States of America), State Pharmacopoeia of the Republic of Uzbekistan (Uzbekistan), Vietnamese Pharmacopoeia (Vietnam) and The International Pharmacopoeia of WHO.

Electronics manufacturing becomes 3rd-largest goods export category from India: Minister

■AGENCY
New Delhi : Electronics manufacturing has surged forward to become the third-largest category among goods exported from India, according to Union Minister for Electronics and IT, Ashwini Vaishnaw. The minister lauded the vision of Prime Minister Narendra Modi in transforming electronics manufacturing into a premier pillar of the national economy. India's electronics manufacturing industry has surged to an unprecedented value of Rs 13 lakh crore. From initially targeting a place in the top 10 export categories, electronics consecutively climbed from the 9th rank up through 7th, 5th, and 4th positions. Vaishnaw, along with Maharashtra Chief Minister

Devendra Fadnavis, inaugurated the high-tech advanced manufacturing facility of Jabil at Ranjangaon, Pune. The minister highlighted how artificial intelligence (AI) has evolved into a pow-



erhouse for global progress, stressing the strategic necessity of anchoring its infrastructure within the country. He emphasised that AI data centres have become a very large growth engine across the world today, making it a crucial priority under the Prime Minister's 'Make in

India' plan to ensure that the major electronic components powering these data centres are manufactured domestically. The minister stated that while electronics manufacturing and exports from India were considered unthinkable just a few years ago, the clear vision of PM Modi has transformed India into a trusted global manufacturing partner. Jabil will manufacture these crucial data centre components in Pune through their modern, advanced, and high-tech facility. Boasting an exceptional operational capacity, the plant is fully equipped to meet India's domestic tech requirements while simultaneously driving exports to global markets across the world, according to an official statement.

Primary coolant pump test facility inaugurated at Tarapur atomic power station

■AGENCY
New Delhi : Ajit Kumar Mohanty, Department of Atomic Energy (DAE) Secretary and Atomic Energy Commission (AEC) Chairman, inaugurated the Primary Coolant Pump Test Facility at the Tarapur Atomic Power Station (TAPS) on Wednesday and reviewed the recently granted 10 years' life-extension of the world's oldest operating twin reactors, TAPS 1 and 2. Mohanty interacted with scientists, engineers and personnel of Nuclear Power Corporation of India Limited (NPCIL), and commended their dedication towards ensuring the safe, reliable and efficient operation of India's first nuclear power station. Speaking on the occasion, the Department of Atomic Energy (DAE) Secretary and Atomic Energy Commission (AEC) Chairman said: "The continued operation of the world's oldest running nuclear reactors TAPS Units 1 and 2 is a testimony to the dedication of generations of scientists, engineers and operators, and the maturity of our regulatory and technological capabilities. The life-extension of a decade reflects India's transformation from technology acquisition to technological self-reliance and inspires confidence in our ability to build a sustainable and energy-independent 'Viksit Bharat'." Commissioned in 1969, TAPS 1 and 2 marked the beginning of commercial nuclear power generation in the country and established Tarapur as the first nuclear power sta-



tion in Asia outside the Soviet bloc. Over the past five-and-a-half decades, the station has played a foundational role in shaping India's nuclear engineering capabilities, operational practices and safety culture. V. Rajesh, NPCIL Chairman and Managing Director (Additional Charge), said that "Tarapur Atomic Power Station Units 1 and 2 stand as a testament to India's enduring commitment to nuclear safety and engineering excellence. Through continuous upgrades, innovation, and a strong safety culture, these units have successfully transitioned from pioneering installations to resilient assets sup-

porting the nation's clean energy goals." The recent approval by the Atomic Energy Regulatory Board for continued operation of TAPS 1 and 2 follows an extensive life-extension and modernisation programme undertaken under stringent regulatory oversight and guided by a strong safety-first philosophy. Ajay Kumar Bhole, Tarapur Maharashtra Site Director, said, "The successful life-extension and modernisation of TAPS 1 and 2 reflect NPCIL's technical maturity and its unwavering focus on safety. The project-mode execution with a 'Zero Harm' philosophy demonstrates how legacy nuclear assets can be revitalised to meet present-day regulatory and technological expectations." The life-extension programme involved comprehensive inspection, refurbishment, replacement and renewal of critical systems and components, deployment of advanced indigenous technologies for reactor integrity assessment, modernisation of electrical systems and implementation of measures to further enhance long-term operational reliability and safety. Over the years, TAPS 1 and 2 have generated more than 100 billion units of clean electricity, contributing significantly to the nation's energy security while avoiding more than 86 million tonnes of carbon dioxide equivalent emissions. "As India advances towards the vision of 'Viksit Bharat', nuclear power will play an increasingly important role in delivering reliable, round-the-clock and low-carbon electricity," Ajay Kumar Bhole added.

Delhi court sends former Reliance Group executive Satish Seth to 14-day judicial custody

■AGENCY
New Delhi : A Delhi court on Thursday sent former Reliance Group executive Satish Seth to 14 days' judicial custody in connection with an ongoing money laundering investigation being conducted by the Enforcement Directorate (ED). Seth, a close associate of industrialist Anil Ambani and former Group Managing Director of the Reliance Group as well as former Vice-Chairman of Reliance Infrastructure, was brought to Delhi from Mumbai on transit remand following his arrest in the case. The Dwarka court sent Seth to judicial custody for 14 days after the federal anti-money laundering agency produced



him before the court a day before the expiry of his ED custody. His custodial remand was scheduled to end on June 19. The ED had arrested Seth and former Reliance Telecom Director Gautam Doshi in Mumbai under the provisions of the Prevention of Money Laundering Act (PMLA) as part of its probe into an alleged bank loan fraud case. The money laundering investi-

gation stems from a Central Bureau of Investigation (CBI) case relating to an alleged loan fraud of Rs 114.98 crore involving Reliance Telecom Ltd and the State Bank of India (SBI). According to the CBI, Reliance Telecom Ltd, along with its then Directors Seth and Doshi, was booked on charges of criminal conspiracy and cheating in connection with the alleged fraud. The Central agency has also invoked provisions of the Prevention of Corruption Act against unknown public servants and others. The SBI, in its complaint, alleged that the accused entities and individuals caused a wrongful loss of Rs 114.98 crore to the bank.



FSSAI directs food businesses to replace rusted knives, warns of action for non-compliance

■AGENCY
New Delhi : The Food Safety and Standards Authority of India (FSSAI) on Thursday said that it has directed food business operators (FBOs) across the country to ensure the use of only food-grade and corrosion-resistant knives, blades, and other cutting equipment during food handling and processing activities. In an advisory, the food regulator expressed concern over reports that some food businesses are using rusted, corroded, chipped, painted, damaged, or otherwise unsuitable cutting tools during food preparation, processing, slicing, packaging, and related operations. According to FSSAI, the use of such equipment poses a serious food safety risk as it may lead to physical, chemical, and microbiological contamination of food products. The authority said that the practice violates the sanitary and hygiene requirements laid down under Schedule 4 of the Food Safety and Standards (Licensing and Registration of Food Businesses) Regulations, 2011. The regulator reiterated that existing food safety norms require all equipment, utensils, and food-contact surfaces involved in food handling, preparation, processing, packaging, and storage to be made from food-grade, non-toxic, and corrosion-resistant materials. FSSAI has instructed food businesses to ensure that all knives, blades, and cutting equipment remain in sound hygienic condition and are free from rust, corrosion, cracks, chipping, paint, breakage, or any other defects that could contaminate food. "FSSAI has directed all Food Business Operators (FBOs) across the country to ensure the use of only food-grade, corrosion-resistant knives, blades and other cutting equipment in food handling and processing operations," it said. It also emphasised the need for regular cleaning, sanitisation, and sterilisation of such equipment wherever applicable. The authority further advised businesses to immediately remove and replace rusted, damaged, or otherwise unsuitable cutting tools to prevent contamination risks. Adequate cleaning and disinfection procedures should be implemented at prescribed intervals to maintain food safety standards, it added. Warning of strict action against violators, FSSAI said that non-compliance with the advisory could attract penalties under the provisions of the Food Safety and Standards Act, 2006.

Can't Start Studying? Try the 5-Minute Lie You Tell Your Brain

■ **AGENCY**
You sit at your desk. The textbook is open. The clock ticks. Ten minutes pass. You have read nothing. Your mind is everywhere except the chapter in front of you. This is not laziness. This is the starting hurdle - and almost every Class 8 to 10 student faces it. The good news? There is a ridiculously simple trick that bypasses it completely.
The 5-minute rule:
Tell yourself: "I will study for only 5 minutes. After that, I can stop." Set a timer. Study. After 5 minutes, something magical happens: you usually continue. Why? Because starting is far harder than continuing. Your brain resists the idea of "two hours of study-

ing." But 5 minutes? That feels easy. And once you are in motion, momentum takes over.
Why this works (the science):
Psychologists call this task initiation. The brain's prefrontal cortex (responsible for willpower) gets exhausted just by contemplating a difficult task. But once you begin, a different brain system takes over - one that does not require willpower. The 5-minute rule tricks your brain into skipping the exhausting contemplation phase and jumping straight into action.
How to use the 5-minute rule effectively:
Step 1 - Prepare your environment before the 5 minutes

Keep your phone in another room. Keep water on your desk. Keep your notebook open. Do not give yourself any excuse to stop after 5 minutes.
Step 2 - Set a visible timer
Use a kitchen timer or your phone's timer (but put the phone away after starting). Seeing the countdown creates gentle pressure.
Step 3 - Do not negotiate
When the timer starts, study. Do not think. Do not check messages. Do not sharpen pencils. Just study for 300 seconds.
Step 4 - After 5 minutes, check in
Ask yourself: "Do I want to stop?" Most days, the answer will be no. You will have built momentum. Continue for

another 25 minutes. On days you genuinely want to stop, stop without guilt. You still studied for 5 minutes - which is infinitely more than zero.
The 5-25-5 pattern for

longer sessions:
► First 5 minutes: Ease in (re-read previous day's notes, skim the topic)
► Next 25 minutes: Deep focus (new material, problem-solving)
► Last 5 minutes: Summarize (write 2-3 lines about what you learned)
Real example:
Kavya, Class 9, used to waste 30 minutes every evening just sitting at her desk, overwhelmed by her study plan. She started the 5-minute rule. "The first day, I stopped after 5 minutes. I felt silly. But the second day, I continued for 40 minutes. Within a week, I was studying 90 minutes without realizing it. The hardest part

was always the first 5 minutes."
The 2-minute emergency version:
On extremely low-energy days, drop to 2 minutes. Yes, 120 seconds. Anyone can do 2 minutes. Often, those 2 minutes become 20. And even if they do not, 2 minutes of focused study is better than 60 minutes of pretending to study.
Your mission today:
The next time you feel resistance to studying, do not argue with yourself. Do not wait for motivation. Set a timer for 5 minutes and begin. Motivation does not lead to action. Action leads to motivation. Start tiny. Win big.

Environment Design Creating a Distraction-Free Fortress



■ **AGENCY**
You want to focus. But your desk has yesterday's snack crumbs, a phone buzzing, a stack of old papers, and a comic book peeking out. Your brain is trying to study while constantly saying "What is that? Should I eat something? Oh, a notification!" You are not fighting laziness. You are fighting environmental chaos. Fix your space, and half your focus problems disappear.
Why environment matters more than willpower:
Willpower is a limited resource. Every time you resist checking your phone, resist eating a chip, resist looking at a distraction, you use up willpower. After 20 minutes, your willpower is exhausted - and you give in. Environment design removes the need for willpower by making distractions invisible.
The 7-step desk makeover (do this today):
1. The clear desk rule: Only three things belong on your desk during study time:
► What you are studying right now (one subject, one notebook)
► A pen/pencil and eraser
► A water bottle
Everything else - other books, phone, snacks, gadgets, old papers - goes away. Off the desk. Out of sight.
2. The phone jail: Phone in another room or locked in a drawer. Non-negotiable.
3. The lighting prescription: Study with a desk lamp (warm white light) plus room light. Good lighting reduces eye strain by 40% and keeps you alert. Dim lighting signals "sleep time" to your brain.
4. The temperature sweet spot: Too hot? You feel sleepy. Too cold? You feel uncomfortable. Ideal study temperature: 22-25°C (room temperature). Adjust fans or AC accordingly. Keep a thin sweater nearby.
5. The sound strategy: What music helps focus?
► **YES:** Instrumental (classical, lo-fi, ambient, nature sounds) - no lyrics to distract your language processing
► **NO:** Songs with lyrics (your brain unconsciously processes words), loud beats, or silence if you are sensitive to household noises
Try "brown noise" (deeper than white noise) on YouTube - many students find it blocks distractions better than music.
6. The posture setup
► Chair: feet flat on floor, back straight, hips slightly higher than knees
► Desk: elbows at 90 degrees when typing/writing
► Screen (if using laptop): top of screen at eye level (stack books underneath)
► Distance: screen/book at arm's length
7. The visual cue: Place one small object on your desk that says "study mode" to your brain. Could be a specific pen, a small statue, or a sticky note saying "Focus." Use it only during study. Over time, seeing this object triggers automatic focus.
The 5-minute reset ritual:
Before every study session:
► Clear everything off your desk except current materials
► Wipe the surface (cleanliness signals new beginning)
► Arrange your pen and notebook
► Take 3 deep breaths
► Begin
This ritual takes 5 minutes. It tells your brain: "We are switching to focus mode now."
What about studying in other places (library, living room)?
The same principles apply. Claim a specific spot. Use headphones for sound control. Keep your back to distractions (e.g., face a wall, not a window or TV).
The 1-month test:
Most students who redesign their study environment report:
► 50% less time wasted between tasks
► Noticeably lower anxiety before studying
► Ability to study 30-45 minutes longer without fatigue
Try it for one week. Your environment is either your greatest ally or your worst enemy. Make it an ally.

How a Simple Notebook Can Train Your Focus Muscle

■ **AGENCY**
You sit to study. Within 2 minutes, you remember you forgot to reply to a friend. Within 5 minutes, you wonder what is for dinner. Within 10 minutes, you are planning next weekend. This is not failure. This is your default mode network - the part of your brain that wanders when you are not actively engaged. The solution is not to stop wandering (impossible). It is to notice, record, and return.
The Distraction Log technique:
Keep a small notebook or a sticky note next to you while studying. Whenever you notice your mind wandering, do NOT fight it. Do NOT get

Distraction Log		
Time	Distraction	Action Taken
10:15 AM	Phone buzzed (Insta notification)	Put phone on "Do Not Disturb"
11:30 AM	Hungry / Pizza thought	Got a healthy snack (apple)
2:00 PM	Cricket match thought	Listened to a focused music track
3:45 PM	Random daydream	Took a short 5-minute break

frustrated. Simply write down the distraction (2-3 words) and immediately return to studying. Writing the distraction does two things:
1. It externalizes the thought -

it is now on paper, not in your head. Your brain stops repeating it because it is "saved."
2. It trains awareness - over time, you catch distractions faster, sometimes within seconds instead of minutes.

Tomato Power: Why the World's Most Famous Focus Method Works for Class 8-10

■ **AGENCY**
In the 1980s, a university student named Francesco Cirillo was struggling to focus. He took a tomato-shaped kitchen timer (in Italian, "pomodoro"), set it for 25 minutes, and promised himself: "I will study with absolute focus until the timer rings." The Pomodoro Technique was born. Today, it is used by millions of students worldwide - including thousands of Class 8 to 10 toppers.
What is the Pomodoro Technique?
It is brutally simple:
► Study for 25 minutes with zero interruptions
► Take a 5-minute break



► Repeat 4 times
► After the 4th Pomodoro, take a longer break (15-30 minutes)
Why 25 minutes?
Research shows that the average human attention span for a difficult task is 20-35 minutes before performance drops. 25 minutes is the sweet spot - long enough to

get into deep work, short enough that your brain does not rebel.
How to do Pomodoro correctly (most students get the break wrong):
Step 1 - Prepare before starting
Keep water, your notebook, pens, and any needed materials at your desk. Use the bathroom. Turn off your

phone. A Pomodoro is sacred - no interruptions for any reason.
Step 2 - Set the timer 25 minutes. Start.
Step 3 - Study with absolute focus
If a thought comes ("I need to reply to Rohan"), write it on a "distraction sheet" (a separate paper). Do NOT act on it. Return to studying. The Pomodoro is the boss.
Step 4 - Stop when the timer rings: Even if you are in the middle of a sentence. Stop. This trains your brain to work with urgency.
Step 5 - Take a 5-minute TRUE break
This is where most students fail.

The Energy Cycle: Studying with Your Body, Not Against It

■ **AGENCY**
You force yourself to study at 6 AM because your parents say "morning is best." But you feel groggy. You cannot remember anything. By 9 PM, you are wide awake and focused - but now you have to sleep. You are not lazy. You are not wrong. You are simply studying at the wrong time for your body clock.
Every person has a biological rhythm - an internal clock that determines when you naturally feel alert and when you feel sleepy.
► Larks (morning types): Wake up early, feel sharpest 6-10 AM, crash by 9 PM. About 25% of students.
► Owls (evening types): Struggle to wake up, feel groggy until noon, peak focus 6-11 PM. About 25% of students.
► Hummingbirds (neither): Flexible, can adapt. About 50% of students.
Which are you? Answer honestly:
► Without an alarm, when do you naturally wake up? (Lark: early; Owl: late)
► When do you feel most "awake" and ready to solve problems? (Lark: morning; Owl: evening)
► When do you have your best ideas? (Lark: before lunch; Owl: after dinner)

Phone Lockdown: Turning Your Biggest Distraction into Your Greatest Ally

■ **AGENCY**
Ding. You are studying. You ignore it. Ding. You glance. Ding. You pick it up. "Just one reply." Twenty minutes later, you are watching videos of cats. The phone is not your enemy - but your brain's relationship with it is. Here is the hard truth: willpower is not enough. You need to design your environment so that distraction is impossible.
The science of phone distraction:
When your phone is in the same room - even face down, even on silent - your brain reserves a portion of its attention to "monitor" the phone. This is called attention residue. You are not studying at 100%. You are studying at 60% while 40% of your brain waits for a notification. The only solution is physical separation.
The Phone Jail Method (3 levels of lockdown):
Level 1 - Basic (for good

days):
Place your phone face down across the room. Turn off all notifications. This helps, but your brain still knows the phone is there. Good for low-distraction subjects like reading.
Level 2 - Serious (for most study sessions):
Put your phone in another room. Not your bag. Not under your pillow. Another room with a closed door. If you need a timer, use a kitchen timer or a watch. This removes the attention residue completely.
Level 3 - Extreme (before exams or for deep focus):
Give your phone to a parent or sibling. Say: "Return this to me after 2 hours." This adds social accountability. You cannot give in to temptation because the phone is not in your possession.
But what if I need my phone for studying?
Honest answer: Most students do not. They say "I need



the calculator" - but a ?20 physical calculator exists. They say "I need the dictionary" - but a physical dictionary works. They say "I need to see the time" - but a watch exists.
The phone is a convenience, not a necessity.
If you genuinely need digital

access (e.g., online class research), use the "Single Tab Rule":
► Close all tabs except the one you need
► Use website blockers (Chrome extensions like "StayFocusd" or "Forest")
► Study in a public area of your house (living room)

where someone can see your screen
The 30-minute test:
Try one study session without your phone in the room. Just one. Time how long you stay focused before your mind wanders. Compared to a normal session. Most students find they study 2-3x longer

before the first distraction.
What to do with the time you save:
The average Class 9 student checks their phone 50+ times during a 3-hour study session. Each check lasts 1-2 minutes. That is nearly 2 hours lost daily. Reclaiming that time. Use it for sleep, hobbies, or more studying. Your marks will reflect the difference.
The emergency message protocol:
If you are worried about missing something urgent:
► Tell your parents your study hours. They can call (not text) if truly urgent.
► Check messages only during scheduled breaks (e.g., after 1 hour of study, 5 minutes of phone time).
► No one has ever missed a life-changing opportunity because they did not reply to a meme within 30 seconds.
Your phone is a tool. You are not a tool for your phone. Put it in another room.

ing play from the midfield, while Manpreet Singh went on to break Dilip Tirkey's record of 412 caps to become the most capped Indian player in history. With 413 international appearances, Manpreet now sits fifth on the all-time list of men's international caps, behind Belgium's John-John Dohmen (481), the Netherlands' Teun de Nooijer (453), Australia's Eddie Ockenden (451), and Great Britain's Barry Middleton (432). India started the match well by controlling possession, which build early pressure.