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Man caught for hoax call to blow up Telangana Secretariat

Hyderabad: A man was arrested on charges of threatening to blow up the Telangana Secretariat here on Tuesday. As per available information, one Syed Mir Mohammed Ali (35), a resident of Langar Houz, had been calling the Secretariat claiming to have planted a bomb in the premises and that it would blow off soon. Even on Tuesday, after one such phone call, the Secretariat officials alerted the Telangana Special Police Force (SPF), who along with the City Security Wing (CSW) and Anti-Sabotage Teams checked the premises and confirmed there was no bomb. It was only after the confirmation, authorities relaxed. Based on the phone number and location, the police tracked Mohammed Ali and arrested him from Langar Houz.

Two motorists killed in separate road accidents in Medchal

Hyderabad: Two motorcyclists died and two others were injured in separate road accidents reported from Medchal police station limits on Tuesday morning, police said. In Medchal industrial area, three persons travelling on a motorcycle met with an accident when an unidentified vehicle hit their motorcycle. While M Ushappa (40) died on the spot two others Srikanth and Srinivas were critically injured. All the three hail from Karnataka and were working as construction workers. The incident occurred when Ushappa, who was driving the bike, had slowed down at a junction to take a 'U' turn. A rashly driven vehicle, suspected to be a truck rammed into their bike.

Used money to build India, not 'Sheeshmahal': PM Modi jabs Kejriwal's Delhi model



GNS News Agency, Feb 4

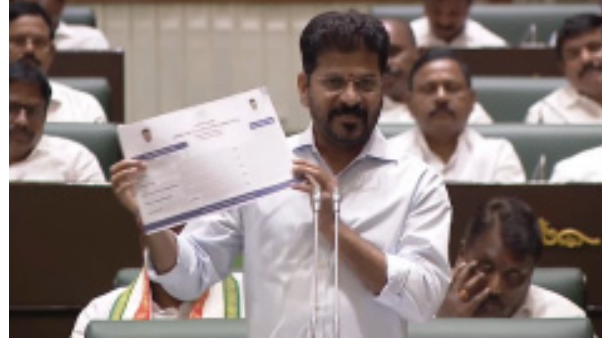
New Delhi: Prime Minister Narendra Modi on Tuesday said that his government has consistently strived to uplift the living standards of people as well as enhance their financial power, unlike the previous governments which focused on filling their own coffers and letting corruption thrive under their watch. Replying to the Motion of Thanks on President's address, PM Modi cited many public-driven projects and schemes to harness the country's resources and said that his government used the money to build the nation, and not 'Sheeshmahal', a luxurious palace for former Delhi Chief Minister Arvind Kejriwal allegedly built on the taxpayers' money. "Earlier, the newspapers were filled with news of scams and corruption. In the past 10 years, we have saved crores of rupees which have been used for the public. We have not used that money to build a

'Sheeshmahal', instead we used that to build the nation," said the Prime Minister, amid vigorous desk thumping by the treasury bench members. The Prime Minister also took a swipe at a former Congress PM and mocked his obsession for becoming 'Mr Clean'.

"A former PM used to say that when Rs 1 was sent from Delhi, only 15 paise reached the bottom. Everyone can understand who was getting the 15 paise," he said while stating that it happened at a time when there was only one party from the panchayat level to the central level. The PM was referring to ex-prime minister Rajiv Gandhi. PM Modi asserted that his government tried to find a solution and not merely keep the situation lingering for decades. "Our model is 'Bhachat bhi Vikas bhi', 'Janata ka paisa janata ke liye,' he asserted. PM Modi listed several schemes like JAM Trinity while talking about ethanol as an alternative to fuel and explained they have proven to be big money-minting projects.

"Under the Jan Aushadi Kendra, 80 per cent discount is available on medicines. Beneficiaries are saving about Rs 30,000 crore in medicines," PM Modi pointed out. "Because of our intensified focus on LED bulbs and energy saving, the prices of LED bulbs have come down from Rs 400 to Rs 40. Countrymen have saved a whopping Rs 20,000 from this," the Prime Minister said. PM Modi also quoted a UNICEF survey and said that the world body found that those families being part of the sanitation drive have saved Rs 70,000 per family in a year.

Caste Survey report approved by Telangana Cabinet, CM Revanth introduces it in Assembly



GNS News Agency, Feb 4

Telangana Cabinet approved the Socio, Caste, Economic, Education, Employment and Political survey report on Tuesday (February 4, 2025). Chief Minister A. Revanth Reddy introduced it in the special session of the Legislative Assembly.

Reading out findings of the survey, the Chief Minister

said that Backward Classes in A, B, C, D and E categories (including Muslims) constituted 56.33% in the State. There were 35,76,588 Muslims in Backward Classes (BC) category which constitutes to 10.08%. Number of people, other than Muslims, belonging to Backward Classes (BC) were 1,64,09,179 (46.25%); people belonging to Scheduled Castes were 61,84,319 (17.43%); 37,05,929 people belonged to Scheduled Tribes (10.45%) and 56,01,539 people, including Muslims, belonged to Other Castes (OC) which constitutes to 15.79%. 1.12 crore families covered. The survey was launched on November 6, 2024 to assess Socio, Caste, Economic, Education and Political status of people in households across the State. Enumerators [1.03 lakh] visited door-to-door with forms containing 57 questions (75 fields including sub-questions) to collect details. A total of 1,12,15,134 families were covered in 50 days, including 66,99,602 families in rural areas. The coverage was 96.9%. Report introduced 1 year after resolution. The Chief Minister said that the Cabinet approved report was introduced exactly one year after the State Cabinet on February 4, 2024 approved to conduct the survey.

KT Rama Rao slams Telangana Congress government for deceiving Backward Classes

GNS News Agency, Feb 4

Hyderabad: BRS working president KT Rama Rao lashed out at the Congress government for deceiving Backward Classes (BC) by failing to introduce a Bill for 42 per cent reservations in the Assembly, as promised in the Kamareddy BC Declaration meeting. He said the government made a mere announcement and avoided taking real legislative action. Participating in the discussion on the Chief Minister's statement on the Social, Economic, Employment, Education, Political, and Caste Survey-2024 in the Assembly on Tuesday, Rama Rao said BCs across the State had anticipated that the Congress government would introduce a Bill in the special legislative session to implement 42 per cent reservations in local body elections. However, the government had only issued a statement without taking concrete steps. "Instead, they issued a mere statement and are calling it historic. BCs will never accept this deception. A mere statement cannot be called historic," he declared.

In response to Chief Minister A Revanth Reddy's remarks, the former Minister recalled that when the Comprehensive Household Survey (CHS) was conducted under the BRS regime, Revanth Reddy publicly urged people not to provide their details. He pointed out that the CHS was conducted by the previous BRS government and had the authentic numbers of social categories which were placed in the public domain on the government website. "How can the present government refuse to recognise the data collected in an open and transparent survey?" he asked. Rama Rao explained that according to the CHS, a total of



1.03 crore families and 3.68 crore people participated in the data collection. The survey identified that BCs make up 51 per cent of the population, which increases to 61 per cent when BC Muslims are included. He slammed the Congress government for manipulating statistics, questioning how the BC population dropped from 51 per cent to 46 per cent in the present survey conducted by the Congress government. He charged the Congress government with misleading the public by making false promises about BC reservations and the BC Sub-Plan, which was expected to benefit BCs. He pointed out that a Congress MLC had even called for the burning of the current official survey report, raising concerns over the transparency of the data presented by the ruling party. He stated that BC organisations across Telangana were demanding accountability from the government.

Owaisi Warns Government Against Waqf Amendment Bill

GNS News Agency, Feb 4

In a strong address on Monday, Asaduddin Owaisi, the Chief of All India Majlis-e-Ittehad-ul-Muslimeen (AIMIM), warned the Indian government against tabling the Waqf (Amendment) Bill, 2024, in its current form, stating that it could result in social instability across the country. Owaisi expressed his concerns over the proposed Bill during his speech in the Lok Sabha, emphasizing that the entire Muslim community had rejected the amendment. He highlighted that the Bill's provisions would violate key constitutional articles, specifically Articles 25, 26, and 14, which guarantee the freedom of religion, the management of religious affairs, and equality before the law. "I am cautioning and warning this government - if you bring and make a Waqf law in the present form, which will be a violation of Article 25, 26, and 14, it will lead to social instability in this country," Owaisi asserted. "It has been rejected by the entire Muslim community. No Waqf property will be left, nothing will be left," he added. He further accused the government of attempting to revert India to the political climate of the 1980s and early 1990s, a period marked by significant communal tensions. "You want to make India 'Viksit Bharat', we want 'Viksit Bharat'. You want to take this country back to the '80s and early '90s, it will be your responsibility," said Owaisi.

The AIMIM chief also made a personal stand on the issue, stressing that as a proud Indian Muslim, he would not allow the government to take away any property associated with his faith. "As a proud Indian Muslim, I will not lose an inch of my Masjid... I will not lose an inch of my Dargah. I will not allow that," Owaisi declared. He reaffirmed that Waqf properties were an integral part of his religious worship, asserting, "It is my property, not given by anyone. You cannot snatch it away from me. Waqf is a form of worship for me." In another related development, opposition Members of Parliament (MPs) Kalyan Banerjee and Md.



Nadimul Haque raised serious concerns over the removal of key portions from their dissent notes regarding the Waqf (Amendment) Bill, 2024. Both MPs had submitted their objections to the Joint Parliamentary Committee (JPC), but their dissenting views were deleted without any prior notice or explanation.

The MPs have written a letter to the Lok Sabha Speaker, Om Birla, expressing their dismay over the issue. "To our dismay and utter surprise, we found that the following objectives and dissent notes have been deleted by the Chairman without informing us and without our consent," Banerjee and Haque stated in their letter dated February 3, 2025. The allegations have sparked further controversy, as the opposition claims that the government's actions could undermine transparency and the democratic process in Parliament. The Waqf (Amendment) Bill, 2024, has become a flashpoint in the ongoing political discourse, with both opposition MPs and leaders like Asaduddin Owaisi fiercely opposing its provisions. As the debate continues, the government's next steps in navigating this sensitive issue will be closely scrutinized, given its potential to impact both religious freedoms and the social fabric of India.

Congress MLC burns Telangana Chief Minister's statement on caste survey



GNS News Agency, Feb 4

Hyderabad: Even as the Congress government is boasting about having conducted a transparent "Socio, Economic, Educational, Employment, Political and Caste Survey", Congress MLC Teenmaar Mallanna dubbed it fake and went to the extent of burning a copy of Chief Minister A Revanth Reddy's statement on the survey report.

Chief Minister A Revanth Reddy had made a statement in the Assembly on Tuesday on the report. However, the report was not tabled in the House. He explained the methodology adopted in conducting the survey and data outcomes from the survey, which was conducted with a cost of Rs 160 crore. However, the Congress MLC called the survey a conspiracy to bury the socio-political aspirations of BC leaders. It was all fake figures, he said, adding that the intentions of the government were exposed and no justice would be rendered to the BCs, he charged in a video

that is going viral on social media platforms. "Compared to the voters list, there is lot of variation in the BC population figures. This is done deliberately and is humiliation to the BCs. I will not accept this survey," Mallanna said and burnt a copy of the Chief Minister's statement.

Five shot at adult education centre in Sweden



GNS News Agency, Feb 4

Orebro (Sweden): Five people were shot at an adult education centre in Sweden on Tuesday, police said. Authorities said that the danger wasn't over and urged the public to stay away from the school. The extent of the victims' injuries wasn't immediately clear. The adult education centre is about 200 km (125 miles) west of Stockholm. Students are being sheltered in nearby buildings. Other parts of the school were evacuated following the violence.

BRS MLC Kavitha demands clarity on BC quota in local body polls

GNS News Agency, Feb 4

Hyderabad: BRS MLC K Kavitha on Tuesday demanded a clarification from the Congress government regarding its promise to increase reservations for Backward Classes (BCs) in local body elections. She wanted the government to clarify whether local body elections would be conducted only after increasing BC reservations. Participating in a discussion in the Legislative Council on the recent caste census in Telangana, Kavitha criticised the government for merely repeating previous statements without announcing concrete steps.

"Everyone expected the government to outline its next course of action on the caste census. Instead, it simply reiterated what Cabinet Sub-Committee chairman Uttam Kumar Reddy said in a press conference two days ago. What is the use of such an announcement in the Council?" she questioned. Criticising the government's stance on BC and BC Muslim population in the State, the BRS MLC said the data was being manipulated to underestimate the actual numbers. She found fault with the government's claims that there was no definite data. "The 2011 Census is available, and global and national trends suggest a 13.5 per cent population increase per decade. By that estimate,



Telangana's population should now be 4.18 crore. However, the government's survey shows a decline in SC, ST, and BC populations, while indicating an increase in the OC population. How can only one category grow while others shrink?" she asked. Raising concerns over the survey's accuracy, Kavitha pointed out that many people complained that enumerators never visited their homes. "The government must explain what steps it is taking to re-survey and collect missing data," she demanded.

16 Indian workers return from Libya after months of ordeal

GNS News Agency, Feb 4

Sixteen Indian workers who have been stuck at the Libyan Cement Factory's plant in Benghazi for almost six months without pay and held in what they described as "prison-like" conditions for protesting long work hours, unscheduled shifts and erratic pay are expected to arrive in New Delhi in the early hours of Wednesday (February 5, 2025). The workers were on a Turkish Airline flight from Benghazi to New Delhi, with a stop-over at Istanbul.

In its weekly briefing on December 20, 2024, a day after The Hindu reported on the plight of the workers, the Ministry of External Affairs (MEA), acknowledged their "difficulties" and mentioned efforts were on to address the work-

ers' immediate concerns of safety, food and water. Twelve days after The Hindu's reporting, on New Year's Eve, the workers were shifted to what appeared like two garages on a video call with this reporter. "At first, we were told it's for a medical check-up. We were hustled into two buses with all our belongings, and they brought us here," said Mithlesh Vishwakarma, one of the workers over the phone. They believed it was the backyard of a man they described as their contractor, a Libyan national named Abu Bakkr, who facilitated the worker's tourist visas from Dubai to Benghazi. In subsequent communications, the MEA acknowledged that efforts were on to repatriate the workers, but that Libyan formalities, such as "exit cards" for those without legal work authorisation were required.

Indian Chronicle English Daily

Sobering Survey

The pre-Budget Economic Survey offers a sobering picture of the Indian economy, which is expected to expand by a modest 6.3-6.8 per cent in the coming financial year. This figure is nowhere near the growth rate of nearly 8 per cent that is required over the next two decades to achieve the grand goal of becoming a developed nation (Viksit Bharat) by 2047.

The 'Make in India' initiative, launched in 2014 with the objective of transforming the country into a global hub for design and manufacturing, remains a work in progress. It's a major challenge to dovetail this flagship mission with the 'Make for the world' goal, which needs a booster shot to scale up India's export competitiveness and enhance its participation in global supply chains.

Signs of a thaw in bilateral ties might further skew the trade situation in favour of Beijing. The 'Make in India' initiative, launched in 2014 with the objective of transforming the country into a global hub for design and manufacturing, remains a work in progress.

GBS outbreak in Pune: Private water tanker services found to be supplying contaminated water in city



The Pune Municipal Corporation (PMC) has introduced a slew of measures to ensure clean and safe water for its citizens in light of the recent GBS cases. The administration has been testing water samples from various sources and overhead tanks besides examining the tap water in localities where the outbreak has been witnessed.

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The PMC has also appealed to citizens to test the water in their localities by sending samples to the civic laboratory. Citizens have to pay Rs 340 for testing the biological content of water and Rs 1,620 for a detailed chemical analysis. Sirdeshpande, however, said that despite the outbreak, there wasn't much of an increase in the water samples submitted for testing.

BMRL erects composite steel girders over railway track near Rainbow Hospital



The Bangalore Metro Rail Corporation Limited (BMRL) Friday informed that it has successfully completed the erection of four composite steel girders over the railway track near Rainbow Hospital, between the ISRO and Doddanekundi metro stations.

The project posed significant challenges due to the lack of a service road and restricted access through the

Cash, liquor, drugs worth Rs 194 cr seized ahead of Delhi polls

Valuable items such as cash, liquor, drugs, precious material and freebies worth Rs 194 crore have been seized to date, ahead of the Delhi Assembly polls, reveals data shared by the Chief Electoral Office of Delhi.

A total of 1.2 crore monetary value of cash, liquor, drugs, precious material and freebies have been seized at 175 inter-state border checkpoints. The total value of seizure made till date is Rs 194 crore... this includes Rs 8.92 crore intercepted by the Flying Squad Team (FST/SST).

Sharing details about arrangements for polling day, Vaz said 210 polling stations across Delhi will be equipped with upgraded facilities to ensure a seamless and voter-friendly experience. Moreover, 70 polling stations — one in each assembly constituency — will be fully managed by women staff.

After 6-month-long hearings, Bombay HC reserves verdict on death confirmation pleas and appeals against convictions

After six months of hearings, the special bench of Bombay High Court Friday reserved its judgment on death confirmation pleas filed by the state and appeals by the accused against their conviction in the 7/11 train blasts case of 2006.

On July 11, 2006, a series of bombs ripped through seven western suburban coaches, killing 189 commuters and injuring 824. After an over eight-year trial, a special court under the Maharashtra Control of Organised Crimes Act (MCOCA) in October 2015 awarded the death penalty to five of the convicts and life terms to seven others.

Story continues below this adThe state government had in 2022 told the high court that the hearing on confirmation petitions would take at least five to six months as there were 92 prosecution witnesses and over 50 defence witnesses. Evidence in the case ran over 169 volumes and judgments of death sentences nearly 2,000 pages.

railway underpass. Additionally, the road at this location crosses the railway track at an angle, further limiting crane operations. Under normal circumstances, two 400-500 MT cranes would be deployed on either side, necessitating a full road closure.

Won't release film without CBFC nod, trailer to have disclaimer, 'Delhi 2020' producers assure high court



Contesting the challenge to the release of 'Delhi 2020' film, purportedly based on the 2020 communal riots in the national capital, the production house assured the Delhi High Court on Friday that the movie will not be screened in any theatre or on social media platforms without a CBFC certification, and that they will be adopting a disclaimer for the trailer and the film if and when it is released.

The assurance came even as Additional Solicitor General Chetan Sharma, appearing for the Union government's Ministry of Information and Broadcasting as well as the Central Board of Film Certification (CBFC), informed Justice Sachin Datta that no CBFC certification is required for the release of the film's trailer on social media.

On Thursday, activist and 2020 Delhi riots accused Sharjeel Imam and six others had moved three petitions before the Delhi High Court seeking a stay on the release of the movie, which is slated for February 2. One of the petitions was moved by five people — riot victims Sahil Parvez, who lost his father, and Mohd Saeed Salman, whose mother was burnt alive; and three accused in the riots cases, namely, Akil Ahmed, Sonu and Tasleem Ahmed (who is still in jail).

Imam's petition seeks the court's direction to take down all pre-release material such as posters, images and trailers, among others, until his trial is completed. Both petitions seek a stay on the release of the film until the trial in the cases involving the complainants or the accused are completed.

The production houses for the film — Midas Touch Films and Visual Birds Studio — represented by senior advocate Jayant Mehta, emphasised before the court that the film is inspired by the true events of the Delhi riots of 2020, as the trailer claims, and that it is only "inspired by and is not a true depiction." Mehta went on to add that they have applied for certification before the CBFC but have not yet received the same. Both Mehta, as well as ASG Sharma contested the maintainability of the petitions, adding that it is premature in the absence of CBFC certification, and that such a challenge cannot be made without taking recourse under the IT (Intermediary Guidelines and Digital Media Ethics Code) Rules.

Unemployed youth protest against Congress government at Osmania University campus

Hyderabad: With a slogan 'Congress party Hatao, Job Calendar Bachao', unemployed youth vowed to campaign against the grand-old party in the ensuing MLC and local body elections in the State.

"The unemployed youth will ensure that Congress does not get a single vote in the local body elections as it failed to release the job notifications as assured," said Mithilal Naik, leader of OU JAC. The unemployed youth, along with Osmania University (OU) students, staged a protest demanding the State government release the job calendar and recruitment notifications at OU Main Library here on Friday.

Stating that they were silent due to SC sub-classification and BC reservation implementation issue, the Naik said the unemployed youth would now be staging indefinite rallies, demanding the release of job notifications.

The Congress government cannot be trusted as it went back on its assurance on job notifications to unemployed youth, he said, adding that "Why should the unemployed vote for Congress when it did not issue the job notifications? Rallies will be conducted in Ashok Nagar, Dilsukhnagar and all libraries in the State. This is a peaceful protest, which will be held until the government issues notifications," he said.



delays, and ensure a smoother voting process on election day," said Vaz. Data also shows that a total of 21,584 ballot units (BUs), 20,692 Control units (CUs) and 18,943 VVPATS have been prepared for the election and commissioning is completed. "Mock polls were also conducted in EVMs selected at random in the presence of contesting candidates/their representatives as per the guidelines of Commission. ... Due to more than 16 contesting candidates in two Assembly constituencies — Janakpuri and New Delhi — double BUs will be used in every polling station," said Vaz.

After 6-month-long hearings, Bombay HC reserves verdict on death confirmation pleas and appeals against convictions



After six months of hearings, the special bench of Bombay High Court Friday reserved its judgment on death confirmation pleas filed by the state and appeals by the accused against their conviction in the 7/11 train blasts case of 2006. The high court will pass the verdict in due course.

through 'torture' were inadmissible in law. They said that while the accused had not initially confessed, their extrajudicial confessions were obtained after MCOCA was invoked against them, and the same raised suspicion about the probe.

Appearing for two of the convicts — Muzammil Shaikh and Zameer Shaikh — senior lawyer S Muralidhar (former Delhi HC judge) earlier this month argued that they were innocent and had been languishing in jail for 18 years without any sufficient and substantial evidence to prove charges against them. Muralidhar had said that the prime years of the accused are gone in incarceration. On Friday, during the last hearing, one of the accused Navee Hussain, lodged at Nagpur Central Prison, appeared before the court through virtual mode and alleged that he was falsely implicated in the case and had no role in the same. He said that "while the people lost their lives in the train blast, retribution should not mean that innocent people are hanged."

How to calculate income tax online for FY 2025-26



while those falling in Rs 7-10 lakh and Rs 10-12 lakh to pay 10 and 15 per cent of their income as tax respectively.

But, how to calculate your income tax online?

Once the new tax slabs are in, you can use Indian Express's income tax calculator to calculate your tax for financial year 2025-26. Income Tax Calculator for FY 2025-26: Steps to check Select Financial Year: Choose the financial year for which you want your taxes to be calculated. Select Age Group: Select your age group. This is because tax liability as per the government rules is based on the age of the income taxpayer. Proceed to Next Step: Click on 'Go to Next Step'. Enter Taxable Salary (Old Tax Slabs): Enter your taxable salary after deducting exemptions such as HRA, LTA, etc.

Story continues below this Enter Gross Salary (New Tax Slabs): Enter your salary without deducting exemptions such as HRA, LTA, professional tax, etc. Provide Additional Income Details: Enter details such as interest income, rental income, interest paid on a home loan for rented property, and interest paid on a loan for self-occupied property. Income from Digital Assets: For income from digital assets, enter the net income (sale consideration minus the cost of acquisition). This income is taxed at 30% plus applicable surcharge and cess.

Tax Saving Investments (Old Tax Slabs): If you want to calculate your taxes under the old tax slabs, enter your tax-saving investments under sections 80C, 80D, 80G, 80E, and 80TTA. Calculate Tax Liability: Click on 'Calculate' to get your tax liability. You will also see a comparison of your pre-budget and post-budget tax liability under both the old and new tax slabs.

income tax slabs, union budget 2025 Once the new tax slabs are in, you can use Indian Express's income tax calculator to calculate your tax for financial year 2025-26. Income Tax Calculator: As Union Finance Minister Nirmala Sitharaman gears up to present her eighth budget under Prime Minister Narendra Modi-led NDA government today, there are rising expectations regarding some form of relief for the taxpayers, especially the vocal "middle class". People are looking forward to the budget anticipating significant changes in the tax slabs under the new tax regime as well as a hike in standard deductions and Section 87A rebates.

In the Union Budget 2024-25, presented by Finance Minister Nirmala Sitharaman soon after the NDA was back in the government for the third consecutive term under Modi, the new tax regime got better for the middle class with the increase in standard deduction to Rs 75,000 from Rs 50,000. The tax slabs were also tweaked with those falling in Rs 3-7 lakh income bracket requiring to pay 5 per cent as tax

Production of extra long staple fibre cotton to get boost: Nirmala Sitharaman



have managed to increase their global export share in major job-creating sectors by up to 2 per cent between 2015 to 2022. India's textile and garment exports have remained stagnant at around \$35 billion, while Vietnam and Bangladesh have gained market share, bolstered by free trade agreements (FTAs) and Least Developed Country (LDC) status, which provide a 10-15 per cent duty concession in the Western countries.

Nirmala Sitharaman Union Finance Minister Nirmala Sitharaman upon her arrival at the Parliament House complex to present the Union Budget 2025-26?, in New Delhi, Saturday, Feb. 1, 2025. Sitharaman on Saturday will present her eighth consecutive Budget, which she will deliver from a digital tablet enclosed in a traditional 'bahi-khata' style pouch.

Finance Minister Nirmala Sitharaman on Saturday during the Union Budget announced a 5 year mission focused on improving the production of cotton, particularly extra long staple (ELS) cotton. India is highly import dependent on ELS cotton fibres that are longer than 35 mm and are known for its use in making high-quality fabrics. "The best of science and technology support will be provided to the farmers. This will help in increasing farmers income and ensure steady supply of quality cotton for rejuvenating India's traditional textile sector," Sitharaman said. The World Bank in September last year had said that India's share in global exports of labour-intensive sectors such as apparel, leather, textiles, and footwear has declined. Meanwhile, countries like Bangladesh, Vietnam, Poland, Germany, and France

able to do so the investment rate has to increase by 4 percentage points from 31% to 35%, manufacturing has to be boosted and investments have to be undertaken in AI, robotics and biotechnology. It also mentions the need to create over 7 million non-farm jobs, to develop world-class infrastructure at scale and with speed, and of course to skill and enable the workforce to take up these jobs by improving the quality of our education. It acknowledges the role of MSMEs in the growth journey and calls for the regulatory burden to be brought down so that MSMEs have incentives to grow and not stay dwarfs.

The Survey exhorts states to look at not necessarily the best practices but to go for the 'minimum necessary, maximum feasible' option for regulation. The Economic Survey clearly outlines the imperatives for India for it to achieve its aspirations to be a Viksit Bharat. It outlines the need for efficiencies in manufacturing and trade, deregulation by governments at the Centre and more so at the state level, investments in health and education to harness the power of demography, diversification and efficiency in the agricultural sector, as well as the need for adaptation measures in the face of climate change. The message for fiscal policy is to continue on the path of prudence and provide higher allocations to productive expenditure in infrastructure, health, education, technology and agriculture. The nudge to monetary policymakers is to look at inflation with a different lens and not be captive to the vagaries of food inflation.

Washington: President Donald Trump has once again warned that he will impose 100 per cent tariffs against BRICS nations if they attempt to replace the US dollar in international trade, telling them to go and find "another sucker nation." BRICS is an intergovernmental organisation of ten countries — Russia, India, China, South Africa, Egypt, Ethiopia, Indonesia, Iran and the United Arab Emirates. "The idea that the BRICS countries are trying to move away from the dollar, while we stand by and watch, is OVER," Trump said on Thursday in a post on Truth Social, a social media platform owned by him. Trump said he wanted a commitment from these "seemingly hostile" countries that they would neither create a new BRICS currency nor back any other currency to replace the "mighty" US dollar. "Or they will face 100 per cent tariffs, and should expect to say goodbye to selling into the wonderful US economy," Trump said.

Face 100 per cent tariff if you attempt to replace US dollar: Donald Trump warns BRICS

Why you should eat your meals in the sun



Ever noticed how food seems to taste better during a picnic under the sun? Or how dining by a sunny window instantly lifts your mood? It's not just in your head—eating with natural light streaming in may be one of the most underrated health hacks.

Holistic health and wellness coach Isha Lall points to

growing research linking sunlight exposure during meals to better digestion, hormonal balance, and overall well-being. Here are some key benefits of eating in natural light:

1. Improved Circadian Rhythm: Sunlight exposure strengthens your circadian rhythm, the body's internal clock, which regulates digestion, metabolism and sleep. A study in Nature Reviews Endocrinology (2019) highlights that eating in sync with natural light improves nutrient absorption and reduces the risk of metabolic diseases like Type 2 diabetes.

2. Hormonal Balance: Natural sunlight boosts serotonin (feel-good hormone) production, which not only uplifts your mood but also helps regulate hunger hormone ghrelin that appetite, and leptin that signals fullness. A study published in the Journal of Clinical Endocrinology & Metabolism (2014) found that serotonin increases with bright light exposure, potentially curbing overeating and indulgence.

3. Vitamin D and Metabolism: While sunlight isn't directly consumed, exposure during meals can increase your body's Vitamin D synthesis. Vitamin D plays a crucial role in calcium absorption, immune health, and even gut microbiota balance.

Pratiksha Kadam, chief dietitian, Kokilaben Dhirubhai Ambani Hospital, Mumbai, said that when sunlight hits your body, it enhances the production of vitamin D, and this, in turn, increases calcium absorption and improves bone density. "You biologically perform better during the day, so when you eat in the sun, it aids your body in optimal digestive enzyme output. Studies have found that eating in the daytime helps with blood sugar control, resulting in weight management and better metabolic health," she said.

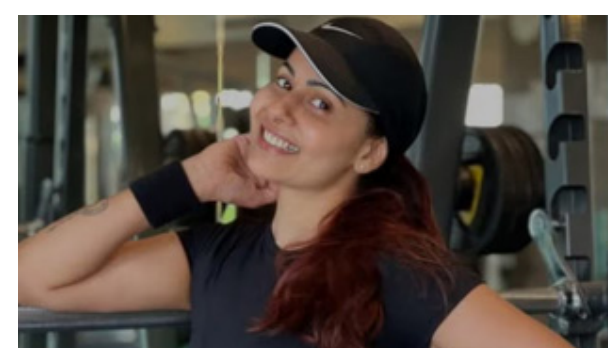
'I peed and did not even realise it': Chhavi Hussein reveals the surprising consequence of postpartum overexertion

Despite her body's exhaustion and the need for recovery, Chhavi Hussein, eager to get back to her fitness routine, decided to hit the gym soon after delivering her baby. Despite her body's exhaustion and the need for recovery, Chhavi Hussein, eager to get back to her fitness routine, decided to hit the gym soon after delivering her baby. (Source: Instagram/Chhavi Hussein) Postpartum recovery is a critical phase where the body undergoes significant healing and adjustments.

Actor Chhavi Hussein recently opened up about her challenging experience with normal delivery and the physical toll it took on her body. She said on her podcast, "I keep telling a lot of mothers ki jab aapki normal delivery hoti hai, because you are pushing out a baby, you're putting everything in your power to push the baby out and I had a very tough normal delivery." She shared how she had to summon every ounce of strength to push through the difficult 45-minute labour, describing the moment as physically taxing, with her insides feeling "very low" afterward. Despite her body's exhaustion and the need for recovery, Hussein, eager to get back to her fitness routine, decided to hit the gym soon after delivering her baby. "Aur main chali gayi gym aur maine skipping karna shuru kar dia. Toh meri mummy horrified... baaki sab thik hai, skipping mat karna (she said)." Her mother had warned her that her body was still in a fragile state, but Hussein was resolute. She decided to go skipping at the gym again and her decision led to an unexpected and challenging experience. "As embarrassing as it is, I had an incontinence episode where I peed and I did not even realise it."

Many women, eager to return to pre-pregnancy routines, may unknowingly strain their bodies and encounter complications. This raises essential questions about safe postpartum practices and how women can balance fitness with recovery. Common physical changes in the body after a normal delivery

Dr Nancy Nagpal, consultant gynaecologist at Salubritas Medcentre, tells indianexpress.com, "After a normal delivery, common physical changes include vaginal discharge (lochia), which can be dark red, pink, or brown, and may have a foul smell if concerning; breast changes, such as soreness, engorgement, and size/colour alterations; perineal pain due to stretching; temporary hair loss;



stretch marks on the hips, thighs, and abdomen; weight loss; uterine involution, where the uterus returns to its normal size; and irregular bleeding. "These changes typically take three to four months to recover, though some may persist for up to eight months. If symptoms are prolonged or accompanied by heavy bleeding or other issues, it's important to consult a gynaecologist.

Why is overexertion potentially harmful during postpartum recovery?

Overexertion, Dr Nagpal notes, especially intense physical activity soon after delivery, can be harmful because the body is still in a healing phase. After childbirth, there is hormonal imbalance, and bleeding may vary depending on physical activity. Engaging in aggressive physical activities can increase bleeding and strain the body. "The body undergoes both internal and external changes, and pushing it too hard too soon can hinder the healing process. Only after the body has healed fully should one consider resuming physical activity," the doctor stresses. Story continues below this adTypes of exercises or activities are recommended for women in the early postpartum period Some recommended exercises by Dr Nagpal include: Yoga and stretching exercises: These should be done under supervision, and they can help promote flexibility and gentle strengthening of the body. Walking: A daily walk for about 20 minutes is a great way to stay active and improve circulation without overstraining the body. Mild stretching: Light stretching exercises for about 20 minutes each day are beneficial for regaining flexibility and strength.

'Avoid eating out, especially paneer, cheese and rice': Doctor warns as Guillain-Barre Syndrome (GBS) cases continue to spike

A doctor has issued a warning about the dangers of consuming contaminated food and water, particularly paneer, cheese, and rice, amid a rise in Guillain-Barré Syndrome (GBS) cases. The rare but serious neurological disorder, which can lead to muscle weakness and even paralysis, has been linked to bacterial infections. Dr Priyanka Sehrawat, MD Medicine and DM Neurology at AIIMS Delhi, has highlighted gastroenteritis as a major trigger for GBS, cautioning against the dangers of consuming contaminated food and water. In the caption of the video posted on Instagram, she wrote, "One major cause is gastroenteritis due to a bacteria Campylobacter jejuni. Although there are many other causes, this is the one that you all should be aware of because this is one cause that we can avoid." Dr Sehrawat also stressed, "Avoid eating out, especially paneer, cheese and rice as they are more prone to having bacterial growth if not taken care of properly."

So, how can contaminated food and water contribute to the development of Guillain-Barré Syndrome?

Dr Pranav Honnavara Srinivasan, consultant surgical gastroenterologist at Fortis Hospitals, tells indianexpress.com, "Contaminated food and water can be a major trigger for Guillain-Barré Syndrome (GBS) because they can harbour harmful bacteria, particularly Campylobacter jejuni, which is strongly linked to the condition. When a person consumes contaminated food or drinks unclean water, they may develop a gastrointestinal infection, leading to symptoms such as diarrhea, nausea, and abdominal cramps. While most people recover from such infections without complications, in some cases, the immune system reacts abnormally." He adds, "The bacteria contain molecules that mimic certain components of nerve cells, which can confuse the body's defense mechanisms. As the immune system fights off the infection, it may mistakenly attack the nervous system, leading to inflammation and damage to the peripheral nerves. This can result in muscle weakness, numbness, and in severe cases, paralysis — hallmarks of GBS." Most effective ways to prevent bacterial contamination in foods like paneer, cheese,



and rice Preventing bacterial contamination in foods like paneer, cheese, and rice requires strict hygiene measures, stresses Dr Srinivasan. "Dairy-based products such as paneer and cheese are particularly prone to contamination if made from unpasteurised milk or stored improperly. It is important to ensure that these products come from reliable sources that follow proper hygiene protocols. Refrigeration is crucial, as bacteria multiply rapidly at room temperature. Consuming fresh paneer and cheese and avoiding those sold in open markets where hygiene cannot be guaranteed can help reduce the risk of infection," he states. Rice is another high-risk food if not stored properly. Dr Srinivasan explains that when cooked rice is left at room temperature for too long, it becomes a breeding ground for Bacillus cereus, a bacterium that can cause food poisoning. "It is advisable to refrigerate leftover rice promptly and reheat it thoroughly before consumption. Eating rice from unregulated street vendors, where food may have been left exposed for long hours, should be avoided."

Dr Srinivasan informs, "Other foods that pose a high risk of bacterial contamination when eaten outside include raw salads, cut fruits, and undercooked meat and seafood. These foods may be washed with unclean water or stored in unhygienic conditions, increasing the likelihood of foodborne infections.

