

# VIKRAMA VAHINI

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PRICE 3Rs

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## Petrol and Diesel Become Expensive in Karnataka

Vikrama Vahini, Bangalore:

Just days after the announcement of the 2024 Lok Sabha election results, the Karnataka Congress government has delivered a big shock to the people of Karnataka.

After a long period, petrol and diesel prices are increasing in the state. To cover the costs of the Congress government's five guarantee schemes, the Siddaramaiah government has raised the cess on petrol and diesel. The state government issued an order on June 15 (Saturday) regarding this, and it will take effect immediately.

With this tax hike, fuel prices in the state are set to become more expensive. The increase in tax rates means that petrol prices are likely to rise by Rs.3, and diesel prices by Rs.3.50. Consequently, after a long time, petrol and diesel prices are becoming expensive in the state. Previously, the retail sales tax on petrol was 25.92%, which has now been increased by 3.9% to 29.84%.

Similarly, the retail sales tax on diesel was 14.34%, and has now been increased by 4.1% to 18.44%. Thus, petrol prices are likely to increase by Rs.3, and diesel prices by Rs.3.50 in Karnataka after a long period.

## BJP to Protest Satwide on June 17 on Petrol, Diesel Price Hike

Bengaluru: The Karnataka BJP has issued a cautionary alert, urging for efforts to curb the rise in petrol and diesel prices across the state, planning a statewide protest on June 17.

Speaking with journalists on Saturday, BJP state president B.V. Vijayendra highlighted, "Primarily, the state's economic situation is deteriorating day by day. Due to guarantees, it is impossible for them to run the government. They cannot afford to increase resources." The decision of the Karnataka state government under Chief Minister Siddaramaiah's leadership to increase petrol prices by Rs. 3 per liter and diesel prices by 3.50 rupees has been strongly opposed by the BJP.

# PM Modi to release Rs 20,000 cr. under PM KISAN scheme

New Delhi: Prime Minister Narendra Modi is scheduled to visit Varanasi on June 18, 2024, to oversee the release of Rs 20,000 crore under the Pradhan Mantri Kisan Samman Nidhi (PM-KISAN) scheme. This initiative marks the 17th installment of the scheme, aimed at benefiting approximately 9.3 crore farmers across the country.

The PM-KISAN scheme, launched in February 2019, entails the transfer of Rs 6,000 annually to farmers' Aadhaar-seeded bank accounts in three equal installments of Rs 2,000 each. With this upcoming disbursement, the total amount distributed under the scheme since its inception will exceed



Rs 3.24 lakh crore.

Union Minister of Agriculture and Farmers Welfare, Shivraj Singh Chouhan, announced that Prime Minister Modi will distribute certificates to over 30,000 self-help groups designated as Krishi Sakhis during the event in Varanasi. This gesture aims to recognize their role in agricultural development and support across rural India.

Chouhan highlighted the event's scale, noting that approximately 2.5 crore farmers will participate nationwide. Additionally, 732 Krishi Vigyan Kendras (KVKs), over 1 lakh Primary Agricultural Cooperative

Societies, and 5 lakh Common Service Centres (CSCs) will engage in awareness-raising activities during the event.

The initiative underscores the government's commitment to digital transparency, ensuring direct benefit transfers to farmers without intermediaries. This approach aims to empower farmers by meeting their agricultural needs and enhancing rural livelihoods. The event in Varanasi will also feature several Union Ministers interacting with farmers at 50 KVKs to educate them about various government schemes and distribute certificates to trained Krishi Sakhis in the region.

## Modi-Meloni Moment Again Meloni Clicks Selfie Video with Modi

New Delhi: At the G7 summit, another 'Melodi' moment occurred as the Prime Ministers of India and Italy, Modi and Meloni, took a selfie together once again.

In Bari, Italy, Prime Minister Giorgia Meloni took a selfie with Indian Prime Minister Narendra Modi, reviving the 'Melodi' hashtag that had gone viral before. The new selfie has also started trending. The G7 summit took place in Apulia, Italy. Prime Minister Meloni greeted Prime Minister Modi with 'Namaste,' and they engaged in conversation. After the summit, Meloni took a selfie with Modi. This photo and video have now gone viral on social media, with Meloni sharing the selfie video on her 'X' account, captioned 'Hi Friends from Melodi.'

Last December, during the 'COP 28' summit in Dubai, their selfie also went viral. Meloni had shared the selfie with Modi on 'X' with the hashtag #Melodi, which has been trending since then. Prime Minister Modi also



responded to that photo, saying that meeting friends is always a joy. Additionally, as part of the G7 summit, Prime Minister Modi held a series of bilateral meetings on Friday. He met separately with leaders from the USA, Italy, Britain, France, Canada, and Japan. Many leaders congratulated Modi on his consistent third term as PM.

Modi's meeting with Canadian Prime Minister Justin Trudeau also drew attention. Trudeau had previously accused Indian government agents of

involvement in the killing of a Khalistani separatist, causing a stir and straining relations between the two countries.

This was the first direct meeting between Modi and Trudeau since then. During the G7 summit, Modi also held separate meetings with Turkish President Recep Tayyip Erdogan, Brazilian President Luiz Inácio Lula da Silva, UAE President Mohammed bin Zayed Al Nahyan, Jordanian King Abdullah II, and UN Secretary-General Antynio Guterres.

## Syamala Rao appointed Executive Officer of TTD

TIRUPATI: In a recent administrative reshuffle, the new alliance government of Andhra Pradesh has appointed IAS Officer J Syamala Rao as the Executive Officer of the Tirumala Tirupati Devasthanams (TTD), one of the world's wealthiest Hindu temple trusts.

The TTD manages the Lord Venkateshwara Swamy temple

on Tirumala in Andhra Pradesh's Chittoor district. Rao, an IAS officer from the 1997 batch, replaces AV Dharma Reddy.

The General Administration (SC.A) Department issued the notification on June 14, relieving the senior Indian Defence Estates Service (IDES) officer from his additional charge as the TTD Executive Officer.

Syamala Rao has previously served as the Visakhapatnam district collector. The newly sworn-in Chief Minister, N Chandrababu Naidu, has accused the previous government of corruption and maladministration within the TTD and pledged to "purify the governance" of the Tirumala administration.



## Darshan and Gang Police Custody Extended for Another 5 Days

Vikrama Vahini, Bengaluru

Actor Darshan and his gang have been remanded to police custody for another 5 days in connection with the Renukaswamy murder case. They are accused of involvement in financial crimes related to the case, which is being heard in a special court. The court, after deliberating on the arguments presented, has issued an order for Darshan and his associates to remain in police custody until June 20.

The post-mortem report of Renukaswamy indicates that his death resulted from external injuries consistent with physical assault. Prior to this development, Darshan and his gang were apprehended by the police as suspects in the murder case. Today, the court brought the accused before it for the

murder case proceedings, and the police had initially sought custody for 9 days. However, the court has granted custody for 5 days to a total of 13 accused individuals, including Darshan and his associates.

During the court proceedings, advocate Anil Babu raised objections, stating that such a decision is not feasible.

On the other hand, advocate SPP Prasanna Kumar argued that the accused used an electric shock device to cause Renukaswamy's death. He also requested the police to conduct a similar investigation in Mysore.

This case has garnered significant attention, and the legal proceedings are ongoing as the investigation continues into the circumstances surrounding Renukaswamy's murder.

## 1,600kg Mace & 1,100kg Rama Bow Arrive in Agra, En Route to Ayodhya

1,100 kg Rama bow & the 1,600 kg Hanuman mace crafted from 5 metals, which will be installed in Ayodhya's Mandir complex

Agra: A 1,600 kg mace and a 1,100 kg large Rama bow, which were journeying from Rajasthan, reached Agra on Friday, following which a procession to Ayodhya was continued.

At the Hanuman temple facing Delhi's Divinel Kacheri, the mace and bow were welcomed. Crowds gathered to witness the event, with rituals conducted for both the mace and the bow.

From Sumerpur in Rajasthan, the mace and Rama's



bow were brought to Ayodhya via a journey organized by the Shriji Sanatan Seva Sansthan. At the Mahant Yogi Puri of the Shri Mankameswar

Mahadev Temple, rituals were performed in accordance with tradition for the divine mace and bow. The journey will proceed further, arriving in

Lucknow on Saturday.

Reflecting on the significance of these events, entrepreneur Puran Dawar stated, "Such ceremonies connect us with our sacred culture." Dr. Saraswati Devakrishna Gaur, who leads the Ayodhya expedition, emphasized the spiritual importance of the 1,100 kg Rama bow and the 1,600 kg Hanuman mace crafted from five metals, which will be installed in Ayodhya's Ram Mandir complex.

The journey commenced from Rajasthan on June 12, coinciding with Ramanavami, initiating the construction of this grand mace, measuring 26 feet in height and 12 feet in width.

Over 24 skilled artisans worked daily on its creation. The Rama bow measures approximately 31 feet in length and is also made from five metals, soon to be installed in Ayodhya's Ram Mandir complex.

Present at this occasion

were Cabinet Secretary Babbi Maurya, Minority Commission Chairman Ashfaq Saifi, Swagat Samiti Squadron Leader A.K. Singh, APSA Chairman Dr. Sushil Gupta, Panchmukhi Shri Hanuman Maharaj Ji Devasthan Samiti Chairman Mahendra Kumar Sharma, Prakash Group Director Rajesh Garg, Hotel Asha Deep Director Shakti Bansal, and credible India Foundation Cultural Head Ajay Sharma, along with manager Brajesh Sharma and others.

## Four from Bengaluru, Including 2-Year-Old Infant, Killed in SUV-Truck Collision

CHIKKODI: Four individuals, including a 2-year-old infant, lost their lives instantly and five others sustained injuries when an SUV collided with a truck near Chikkabennur village under Bharamasagara police limits on Saturday. The deceased have been identified as Prajwal Reddy (30), Harshita (28), Nohan (2), and Vijay Reddy. The injured were promptly taken to a hospital, where Vijay Reddy later succumbed to his injuries. The SUV occupants, residents of Thanisandra in Bengaluru, were traveling to Goa when the accident occurred. Chitradurga SP Dharmendar Kumar Meena confirmed the details and stated that a case has been registered regarding the incident.



## Tempo traveler accident in Uttarakhand gorge claims twelve lives

New Delhi: Tragedy struck on Saturday when a tempo traveller, carrying 23 passengers, plunged into a gorge on the Rishikesh-Badrinath highway near Raitoli in Uttarakhand's Rudrapur district. The accident claimed the lives of at least 12 people as the minibus fell into the Alaknanda River. Rescue operations involving teams from the State Disaster Response Force and police are underway. Sources reported that bystanders on the roadside also sustained injuries in the incident.

Expressing profound sorrow, Uttarakhand Chief Minister Pushkar Singh Dhami termed the incident "very sad news" and instructed the district magistrate to conduct a thorough investigation into the accident. He took to social media to extend prayers for the souls of the departed and strength to their grieving families. Additionally, he sought blessings from Baba Kedar for the swift recovery of the injured.

## Drunk Men on Motorcycle Assault Bus Driver

BIDAR: Two intoxicated men assaulted a KKRTC bus driver near Akka Mahadevi College on Thursday night for allegedly not giving way to their motorcycle. This marks the third such incident in the last two weeks.

The incident occurred when the bus, traveling from Hyderabad to Bhalki, entered Bidar town. The men, reportedly drunk, attempted to overtake the bus, eventually blocking its path. They then assaulted the bus driver, Hanif, accusing him of not allowing them to pass, before fleeing the scene. Hanif, who was seriously injured, received treatment at BRIMS hospital and has since filed a complaint with the New Town police.

# Yudiyurappa's Case: State Government Masterminded Conspiracy: Pralhad Joshi

Hubballi: Former Chief Minister BS Yediyurappa's bond issue with the release of a warrant has led Union Minister of Food and Consumer Affairs Pralhad Joshi to claim that the state government is the mastermind behind the conspiracy. Speaking to the media today, they stated, "Yesterday, the High Court acquitted the State Government. It clearly stated that it was wrong to issue a warrant for BS Yediyurappa's bond. Rahul Gandhi was trying to trap B. S. Yediyurappa and others into the issue."

Regarding the bail granted to Yediyurappa by the High Court, Pralhad Joshi said that Siddaramaiah's elder brother Sidharamayya,



who is known for his strict actions, has recently tried to pressure the former Chief Minister into being involved with the "confusing decision" of the government. If it doesn't solve it, the BJP will fight. The ruling Congress government in the state has done a lot to incite hatred against Hindu

activists and Hindus."

"Recently, a story about healthy indigenous cows being slaughtered in Davanagere has come out. It is being passed on to the police that they are not doing anything about it. If they say something wrong, the government should not be afraid."

## Ashok Blames State Govt. On Deaths Due to Contaminated Water

BJP leader R Ashoka sharply criticized the ruling Congress government in Karnataka, attributing recent deaths in various parts of the state to contaminated water consumption. He asserted that the deaths are a direct consequence of the government's negligence and failure to ensure clean water supply.

He pointedly accused the Congress of not allocating necessary funds for cleaning water tanks and providing adequate quality drinking water to the public.

Highlighting specific incidents, Ashoka noted

several hospitalizations and fatalities linked to contaminated water in constituencies such as Varuna and Tumakuru. He emphasized the severity of the situation by mentioning casualties in the CM's own constituency.

Ashoka's criticism extended by saying that the government is in intensive care due to its inability to address the water crisis effectively. His remarks aimed to hold the Congress accountable for what he labeled as a critical public health failure impacting citizens across Karnataka.



## MP Sagar Khandre Acts Swiftly Following Heavy Rains in Bidar

Bidar: Recent heavy rains in Bidar district have caused significant damage, prompting immediate action from the newly elected Congress MP, Sagar Khandre. Fresh from his victory in the 2024 Lok Sabha elections, Khandre wasted no time in addressing the urgent needs of his constituency.

Khandre began his tour by inspecting the areas most severely affected by the deluge. The downpour had led to broken tanks, collapsed bridges, and damaged roads, cutting off vital connections between villages.

In Basavakalyan taluk, the roads between Kherd and Batgera Chit Kota had completely collapsed, leaving villagers isolated. Khandre assessed the extent of the damage and held discussions with district officials, emphasizing the need for rapid road repairs to restore connectivity.

Continuing his inspection, Khandre visited the rain-battered areas in Kohinoor hobli, where villages such as Kohinoor, Attur, Kohinoor Wadi, Ladavanti, and Sarajavлага had suffered



immensely. The broken tanks had released large volumes of water, flooding farmlands, washing away soil, and causing substantial losses to farmers. Khandre, accompanied by officials, gathered firsthand information on the damage and the hardships faced by the local farmers.

Determined to alleviate the suffering of his constituents, Khandre engaged in detailed discussions with the officials about the extent of the rain damage. He instructed them to take immediate and effective measures to address the situation, ensuring swift action to rectify the damage and

mitigate further losses.

As he concluded his visit, Khandre inspected the damaged crops and roads across Bidar, providing reassurance to the distressed farmers. He promised them that the government would offer appropriate relief and support to help them recover from the devastation caused by the rains.

MP Sagar Khandre's prompt response and proactive measures have brought a glimmer of hope to the residents of Bidar, highlighting his commitment to serving and supporting his community in times of crisis.

## Proposal to relax conditions for Linguistic Minority Educational Institutions submitted

Bangalore: A delegation led by MLC Puttanna submitted a memorandum to Housing and Minority Welfare Minister Zameer Ahmad Khan to apply the same standards imposed on religious minority educational institutions to linguistic minority educational institutions.

The delegation met the minister at Vikas Soudha here on Saturday and discussed several conditions imposed on linguistic minority educational institutions, including the mandatory provision of 25 per cent of seats to students from the respective linguistic minority community.

This has caused problems, and the delegation proposed relaxing these conditions to provide fair justice to both linguistic and religious minorities in accordance with their constitutional fundamental rights.

They emphasized that linguistic and religious



minorities have been granted equal special status to establish educational institutions to promote and preserve their language and religion. Therefore, the conditions and standards imposed on religious minority educational institutions should also be applied to linguistic minority educational institutions, and orders should be issued accordingly.

Zameer instructed the department officials to review the pros and cons and take further action on this matter.

Department Secretary Manoj Jain and other officials were present at the meeting.

## Sexual Assault: 20-Year Sentence, Rs.9 Lakh Compensation

RAICHUR: In a case of sexual assault on a minor girl that occurred in January 2021 within the Lingasugur Police Station jurisdiction, the court has imposed a severe punishment on the accused.

The case was filed against the 25-year-old man based on the minor's complaint. The investigation was conducted by then-Circle Inspector Mahantesh Sajjan, who filed charges against the accused.

The court examined 17 out of 20 witnesses

and concluded that the allegations against the accused were proven. The Special POC SO Court, presided over by Judge B.B. Jakati, sentenced the accused to 20 years of rigorous imprisonment and imposed a fine of Rs.15,000. Additionally, the court ordered that Rs.9 lakh from the government's victim compensation fund be awarded to the victim. Special Public Prosecutor M. Manjunath represented the government in the case.

# TRAI, RBI, SEBI, IRDAI, Telcos Tackle Spam Calls

New Delhi: The Telecom Regulatory Authority of India (TRAI) recently organized a significant meeting in New Delhi, bringing together key stakeholders including the Reserve Bank of India (RBI), the Securities and Exchange Board of India (SEBI), the Insurance Regulatory and Development Authority of India (IRDAI), over 25 banks (both government, private, and global entities), members of the Association of National Exchanges Members of India (ANMI), and major Telecom Service Providers (TSPs). This gathering was aimed at addressing crucial issues pertaining to consumer protection and operational efficiency within the telecommunications sector.



One of the major outcomes of the meeting was TRAI's decision to allocate the 160 series exclusively for transactional and service voice calls. Initially reserved for entities regulated by RBI, SEBI, IRDAI, and PFRDA,

this move intends to simplify the identification of legitimate callers and prevent fraudulent activities targeting citizens.

Furthermore, discussions revolved around the transition of the 140 series, currently used for promotional purposes, to a Distributed Ledger Technology (DLT) platform. Simultaneously, the implementation of digital consent mechanisms for scrubbing will be prioritized. These initiatives are expected to significantly reduce the occurrence of spam calls originating from 10-digit numbers, thereby ensuring a more secure and reliable communication environment nationwide.

A central focus of the meeting was also the Digital Consent Facility (DCA) established under TRAI's Telecom Commercial Communications Customer Preference Regulations (TCCPR) 2018. This facility empowers TSPs to secure digital consent from customers, allowing entities such as banks and insurance companies to deliver promotional communications via SMS and voice, irrespective of the customer's Do Not Disturb (DND) preference.

Key decisions included in the meeting encompassed measures such as whitelisting URLs/Apks in content templates, minimizing the use of headers and content templates,

and enforcing strict actions against entities misusing sender credentials. These steps are designed to promote responsible communication practices and prevent potential breaches of consumer trust.

Overall, the meeting facilitated constructive dialogues among regulators, financial institutions, and telecom operators, aiming to optimize the utilization of allocated resources while maintaining compliance with regulatory frameworks. It underscored the collective responsibility of stakeholders in ensuring a secure and transparent telecommunications environment for consumers across India.

## Modi, Japan's Kishida Discuss Mumbai-Ahmedabad High-Speed Rail Project at G7 Summit

Apulia: Prime Minister Narendra Modi engaged in a bilateral meeting with Japanese Prime Minister Fumio Kishida on the sidelines of the G7 Summit in Apulia, Italy. The focal point of their discussion centered around the Mumbai-Ahmedabad High-Speed Rail project, a significant initiative backed by a targeted 5 trillion yen investment in India.

The Prime Minister's office underscored the importance of boosting India-Japan relations, highlighting the productive nature of the meeting between Modi and Kishida. They explored avenues to strengthen business ties, enhance people-to-people interactions, and foster government-to-government



cooperation, while also identifying as defense and high-speed rail promising trade opportunities. Key strategic sectors such infrastructure were emphasized during their talks. Both leaders

expressed satisfaction with the progress of the India-Japan Special Strategic and Global Partnership, now marking its 10th year. They reaffirmed their commitment to prioritize bilateral ties, with Modi thanking Kishida for his congratulatory wishes on assuming office for his third consecutive term.

In addition to the Mumbai-Ahmedabad High-Speed Rail project, which is expected to revolutionize mobility in India, discussions included Japanese investments totaling 5 trillion yen planned for India between 2022 and 2027. The India-Japan Industrial Competitiveness Partnership aimed at enhancing manufacturing cooperation was also highlighted as a crucial area of collaboration.

The bilateral meeting provided an opportunity to review ongoing cooperative efforts, with both leaders looking forward to continuing discussions at the next annual India-Japan summit. Modi expressed his pleasure at meeting Kishida, stressing the importance of strong ties between India and Japan for promoting a peaceful, secure, and prosperous Indo-Pacific region.

Modi shared his sentiments on social media, emphasizing the potential for collaboration in defense, technology, semi conductors, clean energy, and digital technology. He also expressed the desire to advance infrastructure projects and cultural exchanges between the two nations.



### 8 Naxalites, 1 Soldier Killed in Encounter in Abujmad

NARAYANPUR: An intense encounter between security forces and Naxalites in the forests of Abujmad, located in Chhattisgarh's Narayanpur district, has resulted in the deaths of at least eight Naxalites, officials confirmed on Saturday.

The skirmish, which has been ongoing for the past two days, also claimed the life of one brave soldier in the line of duty, with two others sustaining injuries, according to authorities. The operation involves joint efforts by Narayanpur-Kondagaon-Kanker-Dantewada District Reserve Guards (DRG), Special Task Forces (STF), and Indo-Tibetan Border Police's (ITBP) 53rd Battalion. Officials suspect that several other Naxalites have been injured during the exchange of fire. Currently, security forces have initiated a thorough search operation in the area.

The clash erupted across the Kutul, Farashbeda, and Kodtameda regions within the Abujmad forests. Earlier, on June 8, another encounter resulted in the deaths of six Naxalites during a confrontation with security forces in Bastar, Chhattisgarh. This operation targeted the People's Liberation Guerrilla Army (PGLA) Military Company No. 6, where casualties included a People's Party Committee Member, a Deputy Commander, two party members from Company No. 6, and an Area Committee Member from the Bayanar Area. The anti-Naxal operation spanned the Amdai Area Committee region of East Bastar Division, involving coordinated efforts across districts.

### MASS RELOCATION



El Salvador's government said it moved thousands of suspected gang members to a recently opened 'mega prison', the latest step in a controversial crackdown on crime that has caused the Central American nation's prison population to soar.

## Kashi Vishwanath Temple Introduces Virtual Reality Darshan for Devotees

VARANASI: Devotees visiting the Kashi Vishwanath Temple in Uttar Pradesh will now have the opportunity to experience not only physical darshan but also 'virtual' darshan. The temple administration has launched an 11-minute and 50-second virtual reality darshan, allowing devotees to avoid long queues and the scorching heat.

The temple administration has initiated this service on a trial basis and plans

to make it permanent based on feedback from devotees.

Commenting on the new initiative, Vishwa Bhushan Mishra, Chief Executive Officer of Kashi Vishwanath Temple, stated, "3D virtual reality technology, previously implemented in temples like Ujjain's Mahakaleshwar and Mata Vaishno Devi, has now been introduced here. The company that provided this technology to those temples approached Kashi

Vishwanath Temple Trust with the same proposal."

"From May 5 to June 4, a total of 363 of our employees and priests viewed the virtual darshan and gave positive feedback. Subsequently, it was made available to devotees from June 4 to June 30, during which 282 devotees experienced it. Depending on devotee response, it will be formalized under mutually agreed modalities and terms," he added.

This initiative enables devotees to witness rare scenes of Bholenath and participate in the five-part aarti at the 'Durlabh Darshan Kendra' in just under 12 minutes. The concept draws inspiration from temples like Ujjain's Mahakaleshwar and Mata Vaishno Devi.

"It was an amazing and realistic experience. It felt like being inside the temple...I could observe all the aartis," remarked Chhavi Gupta, a devotee from Gwalior.

Ek plan ki suraksha  
do generations ki raksha

INTRODUCING

Kotak  
Gen2Gen  
Protect



## Kotak Life Insurance Introduces Kotak Gen2Gen Protect

Mangalore, June 15, 2024: Kotak Mahindra Life Insurance Company Ltd ("Kotak Life") has launched an innovative protection plan, Kotak Gen2Gen Protect. This groundbreaking product allows for the coverage of two generations under one plan, ensuring a legacy of protection.

Kotak Gen2Gen Protect features a 100% guaranteed return of premium benefit upon survival and offers the flexibility to transfer complete risk cover to the child when the parent (primary insured) reaches sixty or sixty-five.

The child's coverage then continues until they turn sixty.

The plan includes comprehensive

coverage with built-in wellness benefits and riders such as Accidental Death Benefit, Permanent Disability Benefit, and Critical Illness Plus. Additionally, female policyholders receive an extra 5% death benefit.

Mahesh Bala subramanian, MD of Kotak Mahindra Life Insurance, stated,

"Our commitment is to innovate and create products that surpass our customers' expectations. Kotak Gen2Gen Protect secures two generations with a single term plan, reflecting the deep value Indians place on family and legacy. This product aligns with IRDAI's vision of 'Insurance for All' by 2047."

## Heart Attack Or Acidity? Here's How To Differentiate



**H**eat attack pain is a sensation of diffuse discomfort throughout the body. Heart attack pain is a sensation of diffuse discomfort throughout the body. If the pain starts to subside after taking an antacid or drinking water, it is more likely to be due to acidity.

It's a common misconception that heartburn or acidity is a heart attack. While they can both cause chest pain, it is important to understand the differences in order to seek the right medical attention. Chest pain can be caused by various factors, which can be confusing for many people as one cannot be sure if it indicates muscle pain, a heart attack, or acidity. But ignoring it can be dangerous. Heart attack pain is not a typical sharp pain, but rather a sensation of diffuse discomfort throughout the body. The

pain usually starts from the chest and spreads to the jaw, neck, arms, and sometimes the back.

Individuals experiencing sudden chest pain often panic, but it is crucial to understand how to differentiate heart attack pain from acidity. One of the key indicators is how the discomfort responds to antacids and water. If the pain starts to subside after taking an antacid or drinking water, it is more likely to be due to acidity and not a heart attack. If there is no relief after taking antacids, it may indicate a heart problem that requires immediate medical attention. As per Dr Sanjeev Chaudhary, Clinical Director Cardiology, Marengo Asia Hospitals, Gurugram, "Another important factor to consider is the relationship between physical exertion and pain. If the pain or discomfort

increases with physical activity, it is more likely to be related to the heart. This kind of exertion-related pain is a common symptom of cardiac issues, including heart attacks. If the pain does not change with physical exertion, it is more likely to be non-cardiac in origin."

Many people mistakenly attribute heart attack symptoms to acidity and continue to take antacids, believing the problem will cure itself. This difficulty in distinguishing between heart attack pain and acidity results in delayed treatment. This delay in getting proper medical treatment can have serious consequences. It is essential to seek medical attention if there is any uncertainty about the nature of the pain. Recognizing these differences and responding promptly can be life-saving.

# Sonali Reveals Song Shoots Gave Her Sleepless Nights

In the world of Bollywood, songs often make or break a film, and for actress Sonali Bendre, they were a significant part of her career journey. Known for her iconic appearance in hit songs like "Humma Humma," Sonali recently opened up about the challenges she faced during song shoots, revealing that they caused her many sleepless nights and much anxiety.

## The Early Struggles

Starting her career without any formal dance training, Sonali found herself in a challenging position. She recalled her early days on film sets where she had to learn dance moves under immense pressure. "It is ironic. I am not a trained dancer or actor. I have never done theatre. Shooting songs was a nightmare for me, causing sleepless nights

and stress-induced acidity. I was always scared of songs," she admitted.

## The Turning Point: "Humma Humma"

Despite these challenges, Sonali's big break came with the song "Humma Humma" in Mani Ratnam's "Bombay." The song became a massive hit in the '90s, cementing her place in Bollywood. "Even if the movies didn't do well, the songs did. My first song, 'Sambhala Hai Maine...', involved just walking and expression. It's the songs that have carried me through," she reflected.

## Support from Saroj Khan and Ahmed Khan

During the filming of "English Babu Desi Mem,"

Sonali faced significant challenges with the dance sequences. Renowned choreographer Saroj Khan was particularly tough on her, which only added to her stress.

Sonali shared, "Saroj Khan was ready to kill me because I couldn't dance, and I was playing a bar dancer. Every hour I wasn't working, I was learning to dance."

Amidst this pressure, Saroj Khan's assistant at the time, Ahmed Khan, played a crucial role in helping her overcome her fears.

Ahmed's unique method of support included bribing her with chocolates and ice cream. "Ahmed would bribe me with chocolates and ice cream, encouraging me like a child," Sonali recounted. This sweet encouragement

helped her push through her anxiety and perform better.

## A Career Built on Songs

Reflecting on her career, Sonali acknowledged the pivotal role songs played in her success.

"My career, surprisingly, is based on them. Even if the movies didn't do well, the songs did. It's the songs that have carried me through," she said.

## Recent Projects

Sonali Bendre continues to stay active in the industry and was recently seen in "The Broken News 2."

Despite her initial struggles, she has become a well-respected figure in Bollywood, known for her perseverance and dedication.



# Even When She Is 'Slumping,' Taapsee Pannu's Pics Break the Internet

Taapsee Pannu, who will soon be seen in "Phir Aayi Haseen Dilruba," has once again set the internet ablaze with her stunning photos. The actress, known for her impeccable style, recently shared a series of glamorous pictures on Instagram that have captured everyone's attention.

## Glamorous and Captivating

Amid her busy schedule, which includes gearing up for the releases of "Khel Khel Mein" and "Phir Aayi Haseen Dilruba," Taapsee made a dazzling appearance at the Flipkart Glam Up Fest 2024. For the event, she chose a daring look that left fans in awe.

In the photos, Taapsee is seen striking poses on a sofa, donning a sexy floral halter-neck dress with a low neckline, paired with a black latex strapless bralette. Her subtle nude makeup, curly open tresses, and minimal accessories enhanced her stunning appearance. One photo, in particular, shows her lying on the sofa, flaunting her enviable curves and locking eyes with the camera, making it impossible to look away.

## Taapsee's Wit and Charm

Displaying her characteristic wit, the "Badla" actress captioned her post,

"Someone said glam it up n I went from sit to slump to 'ab mujhe jaane do' in the last picture." Her playful caption perfectly complemented the series of pictures, which showcased her in various poses, from sitting elegantly to slumping on the sofa.

## Upcoming Projects

Taapsee is on a roll with two major releases lined up. "Khel Khel Mein," in which she stars alongside Akshay Kumar, was initially slated for a September release but has been preponed to hit theatres on Independence Day, August 15. Directed by Mudassar Aziz, the film also features Vaani Kapoor, Ammy Virk, Aditya Seal, Pragya Jaiswal, and Fardeen Khan in key roles.

Her highly anticipated film "Phir Aayi Haseen Dilruba," a sequel to "Haseen Dilruba," is creating a buzz among fans. The teaser, released on February 29, introduced Taapsee as Rani, Vikrant Massey as Rishu, Sunny Kaushal as Abhimanyu, and Jimmy Shergill as Mrityunjay. The teaser was captioned, "Rishu aur Rani ki kahaani me pyaar aur pagalpan, dono abhi baaki hain. Phir Aayi Haseen Dilruba is coming soon, only on Netflix!" Directed by Jayprad Desai and written by Kanika Dhillon, the film's release date is eagerly awaited.



# Is an Actress the Reason for Yuvarajkumar and Sridevi's Divorce?

Divorce news is escalating in Sandalwood, with Yuvarajkumar from the Dodmane family being the latest to file for divorce from Sridevi Byrappa on June 6.

The couple, who married out of love, are ending their marriage, leaving fans puzzled about the cause. Speculations are rife that Yuvarajkumar's growing closeness to a popular actress, who has featured in several hit films, is the reason behind their separation.

Reports suggest this relationship caused domestic strife, leading to their separation. This marks the first divorce case in the esteemed Dodmane family, known for its strong family values. How fans will react to this unprecedented situation remains a significant question.

# MACHU PICCHU

## The Ancient Inca Marvel and UNESCO World Heritage Site

Machu Picchu is an ancient Inca site located approximately 50 miles (80 kilometers) northwest of Cuzco, Peru, nestled in the Cordillera de Vilcabamba of the Andes Mountains. This historical sanctuary sits atop a narrow saddle between two prominent peaks—Machu Picchu ("Old Peak") and Huayna Picchu ("New Peak")—overlooking the Urubamba River valley at an altitude of 7,710 feet (2,350 meters). It is one of the few major pre-Columbian ruins that remain nearly intact and was designated a UNESCO World Heritage site in 1983.

## Historical Significance and Discover

Although Machu Picchu eluded the Spanish conquerors, it may have been visited by the German explorer Augusto Berns in 1867. However, it wasn't until 1911 that the site gained international attention when Hiram Bingham, a Yale University professor, "discovered" it. Led to the site by Melchor Arteaga, a local Quechua-speaking resident, Bingham was initially searching for Vilcabamba, the "lost city of the Incas." He believed Machu Picchu was Vilcabamba, supported by evidence from his 1912 excavations, but this interpretation is no longer widely accepted. Later investigations linked Vilcabamba to Espiritu Pampa, another site discovered by Bingham and extensively excavated by Gene Savoy in 1964.

## Excavations and Research

Subsequent excavations at Machu Picchu were carried out by Bingham in 1915, the Peruvian archaeologist Luis E. Valcarcel in 1934, and Paul Fejos in 1940-41. These studies revealed that Machu Picchu was part of a network of pucaras (fortified sites), tambos (travelers' inns), and signal towers along the Inca foot highway.

The construction and layout of Machu Picchu suggest it was built and occupied from the mid-15th to early or mid-16th century, likely serving as a palace complex for the Inca ruler Pachacuti Inca Yupanqui (reigned c. 1438-71).

## Architectural Feature

Machu Picchu is renowned for its well-preserved architecture and intricate design. The site includes several distinct areas such as the Sacred Rock (Temple of the Sun), the Temple of the Three Windows, and the Intihuatana (a ceremonial sundial).

The Main Plaza, located at the north-central end, is connected to other sections by walkways and thousands of steps. The agricultural terraces around Machu Picchu were once irrigated by an aqueduct system and were still in use by local indigenous people when Bingham arrived.

## Modern Interpretations and Touris

Early interpretations suggested



## How many days in Machu Picchu is enough?

For most people, one day is sufficient, but an extra day lets you explore the site and its surroundings more fully and at a more relaxed pace. However, in order to see everything and fully appreciate the site, we recommend spending two days at Machu Picchu.

that Machu Picchu was a sanctuary for the Virgins of the Sun based on skeletal remains. However, modern analysis has shown a significant diversity in physical types, indicating it was more likely a royal retreat. The exact reason for the site's abandonment remains unknown, but a possible cause could be the lack of

## How hard is Machu Picchu hike?

The Inca Trail to Machu Picchu is a hiking route of moderate difficulty. There are very demanding mountainous sections but there are also very simple descending sections surrounded by incredible nature. Most visitors like this type of hike. However, people who are not in good physical condition can also do the route.

water.

Today, Machu Picchu is Peru's most significant tourist attraction, drawing visitors from all over the world. It can be reached by a narrow-gauge railway followed by a serpentine road ascent from the Urubamba River

## What is the best time?

Machu Picchu is a year-round destination. The most popular time to visit is during the dry season (April to October) with the peak months being June through August when the weather is at its best.

valley, or by hiking the Inca Trail. The trail itself is a feat of engineering, with stone-cut steps, retaining walls, tunnels, and ruins along its route.

The site includes a hotel with a restaurant and nearby thermal baths in Aguas Calientes. Restoration efforts continue to preserve Machu Picchu's structural integrity amidst growing concerns over the impact of tourism and potential infrastructure developments like a proposed cable-car link.