



Samantha Ruth Prabhu's upcoming film Ma Inti Bangaram, set for release on June 19, is reportedly inspired by Rajinikanth's classic blockbuster Baasha, with director Nandini Reddy reimagining the story by adding a female-centric twist and fresh narrative elements.

Ashok Leyland Limited donated a truck worth ₹31.72 lakh to the Tirumala Tirupati Devasthanams (TTD) on Saturday.



INSIDE

Good morning

We don't need to be important to everyone, but we should be meaningful to someone. Be there for those who truly need you, because genuine care is the greatest strength. Stay kind, stay humble, and spread love always.

BRIEFS

Rubio, Jaishankar Clash Over Hormuz Issue

> Vikrama Vahini | Delhi
The United States has told India that violations of the U.S. blockade in the Strait of Hormuz and illegal transport of Iranian oil will not be tolerated, following a high-level conversation between US Secretary of State Marco Rubio and External Affairs Minister S. Jaishankar.

During the call, Rubio said all commercial vessels must comply with directives issued by U.S. forces operating in the region, reiterating Washington's position on maritime enforcement in the strategic waterway.

The remarks came after Jaishankar lodged a strong protest over US Navy actions in the Gulf that reportedly led to the deaths of three Indian mariners aboard a commercial tanker off the coast of Oman. The Indian minister termed such lethal actions against merchant shipping as "not justified" and raised concerns over the safety of civilian seafarers.

Maharashtra Opposition in Defection Turmoil

> Vikrama Vahini | Mumbai
Shiv Sena (UBT) chief Uddhav Thackeray has called a crucial party meeting amid growing fears that several MPs may switch allegiance to Eknath Shinde's faction, intensifying political uncertainty in Maharashtra.

The meeting, to be held at Matoshree, comes amid reports that a section of MPs is in touch with the ruling camp, triggering speculation of a possible split within the party's parliamentary ranks. Meanwhile, the Sharad Pawar-led NCP (SP) is also facing internal turbulence, with discussions reportedly emerging about a possible merger with the Congress to prevent further erosion of its MPs. Senior leaders have neither confirmed nor denied the talks, adding to the political ambiguity. **PG2**

Bengaluru Mercedes Crash: Woman Dead

> Vikrama Vahini | Bengaluru
A woman was killed after a Mercedes-Benz car lost control and crashed into a road divider near Doddahallur close to Hoskote in Bengaluru Rural district on Saturday morning.

Police said the accident occurred on the Chennai Express Highway when the driver reportedly lost control of the luxury vehicle and hit the divider. The driver fled the spot immediately after the crash.

The woman, who was travelling in the car, died on the spot. Her identity is yet to be confirmed. The car was extensively damaged in the impact.

CM Unveils Reform, Development Push

> Vikrama Vahini | Bengaluru
Chief Minister D.K. Shivakumar on Saturday issued a series of key directives to senior officials covering anti-corruption measures, voter rights protection under SIR, infrastructure planning, education reforms, and welfare scheme monitoring after a 7-hour review meeting at Vidhana Soudha.

Zero Tolerance on Corruption, Strong Governance Push

Shivakumar directed officials to ensure a "corruption-free Karnataka," warning against any demand or acceptance of bribes at the district and taluk levels. He instructed that complaint helplines be displayed in government offices and stressed strict action against misuse of power. He also asked officials to immediately report any political or external pressure for illegal work.

Voter Rights Protection Under SIR Process

The Chief Minister emphasized safeguarding voter rights during the Special Intensive Revision (SIR) process. He instructed officials and BLOs to conduct door-to-door awareness, ensure proper enumeration, and prevent deletion of eligible voters. He said voter registration is essential for accessing government welfare schemes.

Infrastructure Push: Taluk-Level Ring Road Grid

Shivakumar directed district administrations to prepare plans for a ring road grid system at taluk and district levels to ease traffic congestion. He said planning should begin immediately even if construction happens in phases.

Education Reform: Uniforms, Books in One Month

The CM ordered that uniforms, shoes, and textbooks be distributed within one month. He reviewed data on schools with low or zero enrolment and said corrective action will be taken in



the upcoming Cabinet meeting to improve school attendance and quality education.

Rain Deficit Alert and Agricultural Preparedness

With a possible rainfall deficit of up to 30%, the Chief Minister instructed officials to ensure availability of seeds, fertilizers, and fodder. He also called for preventive measures against El Niño impact and regular inspections of hostels for food quality.

Crackdown on Fake Finance Firms, Drugs and Cybercrime

Shivakumar ordered strict action against fake financial schemes, drug networks, and cybercrime. He directed police to form special teams at station level to control rowdiness and intensify intelligence-based enforcement across districts.

CSR Policy for Rural Education Development

The government will introduce a new CSR policy requiring companies to use part of their CSR funds for building rural school infrastructure. Private institutions will be encouraged to adopt government schools to improve education standards in rural areas.

Youth Empowerment: "Yuva Yug" and India Jodo Youth Clubs

The CM announced a new "Yuva Yug" initiative to connect job seekers with private companies through a structured employment exchange system. He also proposed "India Jodo Youth Clubs" in gram panchayats and urban wards to promote sports, leadership, and cultural activities with annual funding support.

Welfare Scheme Review and Re-Application Drive

Shivakumar said the government will re-verify beneficiaries of welfare schemes, including Gruha Lakshmi, after detecting irregularities. He clarified that the schemes will continue, but only eligible beneficiaries will receive benefits after fresh applications and verification.

Bidadi Township and NITI Aayog Remarks

Responding to queries on the Bidadi township project, the CM said even the Prime Minister had appreciated the initiative and advised reducing Bengaluru's urban pressure. He also said Karnataka's welfare schemes received positive attention during the NITI Aayog meeting.

FIVE KILLED IN IAF PLANE CRASH



> Vikrama Vahini | New Delhi

Five Indian Air Force (IAF) personnel, including the pilot, were killed after an AN-32 transport aircraft crashed at the Air Force Station in Assam's Jorhat on Saturday. The co-pilot survived the accident and is currently undergoing treatment. A Court of Inquiry has been ordered to ascertain the cause of the crash, the statement said.

Rescue teams and firefighters were immediately deployed to the crash site. Visuals from the area showed thick plumes of smoke and debris scattered across parts of the Air Force Station. **PG2**

lives in the crash.

"Five Indian Air Force personnel have lost their lives in the air crash involving the AN-32 transport aircraft at the Jorhat air base in Assam. The co-pilot has survived and is being provided treatment. A Court of Inquiry has been ordered to ascertain the cause of the crash," the statement said.

Rescue teams and firefighters were immediately deployed to the crash site. Visuals from the area showed thick plumes of smoke and debris scattered across parts of the Air Force Station. **PG2**

Jaishankar Protests Death of Indian Mariners

> Vikrama Vahini | New Delhi

External Affairs Minister S. Jaishankar on Friday conveyed India's strong protest over the deaths of three Indian mariners in a Gulf shipping incident during a conversation with US Secretary of State Marco Rubio.

Sharing details of the discussion on social media platform X, Jaishankar said India had firmly objected to the incident and stressed that the use of lethal force against commercial shipping was unjustified.

India Raises Concern with US

"Spoke to US Secretary of State Marco Rubio this evening. I reiterated India's strong protest regarding the incident that killed three Indian mariners. Such lethal actions against commercial shipping are not justified," Jaishankar stated.

The diplomatic exchange comes amid heightened concerns following the deaths of the Indian crew members aboard a vessel operating in the Gulf region earlier this week. **PG2**

Modi-Trump to Meet at G7 Summit on this 17

> Vikrama Vahini | New Delhi

Prime Minister Narendra Modi and US President Donald Trump are scheduled to hold bilateral talks on the sidelines of the G7 Summit in France on June 17, the White House confirmed on Saturday. This will be their first face-to-face meeting since February 2025.

The two leaders last met when Prime Minister Modi visited the United States after Donald Trump's return to the White House following his victory in the 2024 presidential election.

First in-person meeting since February 2025

The upcoming engagement is expected to focus on strengthening strategic cooperation between India and the United States across defence, trade, and global security issues.

Both leaders are also likely to discuss ongoing geopolitical tensions and maritime security in key international waters.

The meeting comes amid recent strain in bilateral relations following US military action targeting several oil tankers carrying Indian crew members near the coast of Oman. In one such incident, three Indian seafarers lost their lives aboard the Palau-flagged tanker

Settebello.

Following the incident, India lodged a strong protest with the United States and summoned a senior US diplomat in New Delhi. The Ministry of External Affairs expressed serious concern over the use of lethal force against civilian shipping, warning that such actions pose a threat to international maritime safety and global trade stability.

US defends action in Strait of Hormuz region

US Secretary of State Marco Rubio has reportedly defended Washington's actions, stating that the United States would not tolerate violations linked to its blockade enforcement in the conflict-sensitive Strait of Hormuz.

During a recent conversation with External Affairs Minister S. Jaishankar, Rubio reiterated that US operations in the region were aimed at ensuring compliance with security measures in one of the world's most critical shipping corridors.

The upcoming Modi-Trump meeting at the G7 Summit is expected to be closely watched, given the current diplomatic tensions and the importance of India-US strategic ties in the Indo-Pacific region.



AIADMK Opposes Mokedatu Push

> Vikrama Vahini | Chennai

AIADMK on Saturday strongly opposed Karnataka's renewed push for the Mokedatu dam project across the Cauvery river, urging the Tamil Nadu government led by TVK Chief Minister Vijay to take immediate steps to stall the proposal and protect the state's water rights.

AIADMK flags Mokedatu concerns

In a statement, AIADMK General Secretary Edappadi K. Palaniswami said Karnataka's plan threatens the interests of Tamil Nadu farmers, particularly in the Cauvery delta region, which depends heavily on timely water release from the Mettur dam.

He alleged that Karnataka has been consistently advancing the project by preparing and revising the Detailed Project Report (DPR) and seeking approval from the Union government.

Fresh DPR submitted to Centre

Palaniswami said reports suggest Karnataka Deputy Chief Minister D.K. Shivakumar, who earlier handled the Water Resources portfolio and is now



Chief Minister, recently submitted a revised DPR to the Union government after meeting Prime Minister Narendra Modi in Delhi.

He noted that the earlier DPR was returned by the Centre citing deficiencies, but Karnataka has now resubmitted the proposal after corrections.

Tribunal ruling cited

The AIADMK leader pointed out that the final award of the Cauvery Water Disputes Tribunal clearly states that no construction should be taken up on the river without the consent of lower riparian states—Tamil Nadu, Kerala, and Puducherry.

He urged the Tamil Nadu government to closely monitor developments and take legal and political steps to block the project. **PG2**

Congress Shifts MLAs to Resort Ahead of MLC Polls

> Vikrama Vahini | Bengaluru

Karnataka has once again witnessed the return of "resort politics" as the ruling Indian National Congress shifted its legislators to a private resort ahead of the June 18 Legislative Council elections amid fears of cross-voting in the contest for the crucial seventh seat.

The move comes as the Congress and the Janata Dal (Secular)-BJP alliance engage in a tight numbers battle, making every vote critical. Party leaders are reportedly keen to prevent defections and ensure legislators remain united until polling day.

High-Stakes Contest

The election has gained significance after the JD(S), backed by the BJP, entered the race for the seventh seat, complicating Congress calculations. Political observers say the contest has become an important test for Deputy Chief Minister D. K. Shivakumar, who is overseeing the party's

"The legislators have been brought together as a precautionary measure to ensure unity and prevent any last-minute confusion ahead of the MLC polls. The Congress is confident of its numbers and victory, party leadership is closely monitoring the situation to ensure a smooth and disciplined polling process."

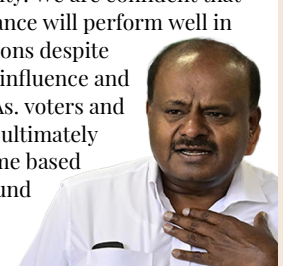


election management strategy.

Congress leaders have described the resort stay as a precautionary measure, while opposition parties have accused the ruling party of lacking confidence in its own legislators.

Familiar Karnataka Political Tradition

"The resort politics clearly shows Congress insecurity. We are confident that the JD(S)-BJP alliance will perform well in the Council elections despite their attempts to influence and control their MLAs, voters and legislators would ultimately decide the outcome based on merit and ground realities, not pressure tactics."



The development has revived memories of Karnataka's long history of resort politics, where legislators have often been housed in luxury resorts during closely fought elections, trust votes and government formation exercises. The state has witnessed several such episodes over the past

decade during periods of intense political uncertainty.

Sources said the resort has become the centre of Congress strategy, with regular meetings, briefings and monitoring of legislators ahead of the election.

Focus on Seventh Seat

Political analysts believe victory in the contest would strengthen Shivakumar's position within the party and reinforce his reputation as an effective strategist. A setback, however, could provide a major boost to JD(S) leader H. D. Kumaraswamy and the opposition alliance.

With polling just days away, the battle for a single Legislative Council seat has once again placed Karnataka's unique brand of resort politics in the national spotlight, highlighting the intense competition and political calculations surrounding the election.

Panchatantra Stories

The Four Learned Fools

Four Brahmin friends lived in a small town. Though intelligent and curious, they felt that ordinary life was not enough. They believed that true success required deep knowledge, so they decided to travel to a distant hermitage and study under a learned guru.

For twelve long years, they lived there with discipline and dedication. They studied many branches of knowledge and memorised sacred scriptures. When they felt they had gained enough wisdom, they sought permission from their guru to leave. The guru blessed them and wished them success. Carrying bundles of sacred texts, they set out on their journey.

After travelling for some time, they reached a crossroads and were unsure which path to take. While they were discussing, a funeral procession passed by. One Brahmin, quoting scripture, said that the path taken by great people must be righteous. Trusting this interpretation, they followed the procession and reached the cremation ground.

There they saw a donkey and a camel. Misinterpreting another verse, they believed the donkey was a true friend who must always be respected, and the camel represented righteousness. In their misguided wisdom, they tied the donkey to the camel to "guide" righteousness. The animals panicked, and the angry donkey's owner chased them away with a stick.

While running, they reached a river. One Brahmin saw a leaf floating on the water and believed it was sacred enough to carry him across. He jumped in and drowned. Another Brahmin, trying to save him, recalled a scripture and, in a wrong interpretation, cut his friend into two, thinking it would ease suffering. He too failed to save him.

The remaining three continued their journey. They soon reached a village where kind villagers offered them food and shelter. But each Brahmin misinterpreted the dishes. One rejected noodles, thinking it signified danger. Another avoided frothy soup, believing it would not last. The third refused a dish with a hole, seeing it as an omen of misfortune.

The next morning, embarrassed and humiliated, they left the village. Despite years of learning, they had failed to apply wisdom in real life situations. The story ends with a clear lesson: knowledge without understanding becomes foolishness, and empty learning leads only to ridicule.

Experts to Advise on Civic Budget Use

► Vikrama Vahini | Bengaluru

Bengaluru South City Municipal Corporation Commissioner K.N. Ramesh on Friday held the first consultation meeting with experts to discuss effective utilisation of the civic body's budget allocations, as announced during the presentation of the corporation's annual budget.

Experts Ashwin Mahesh, Prasanna Rao and Padmashree Balam participated in the meeting and offered suggestions on various development initiatives. They recommended large-scale planting of native tree saplings in public spaces and along roads under the Green Bengaluru South programme to help reduce rising temperatures and improve the urban environment.

To address increasing traffic congestion, officials were directed to identify vacant government and private lands along major roads that could be developed for parking facilities, bus bays and footpaths. Engineers have been asked to submit detailed information in the next review meeting.



The experts stressed the need to reduce electricity expenditure by expanding the use of solar energy. They recommended installation of solar panels on all civic buildings and greater adoption of solar-powered streetlights. Officials were also instructed to ensure quick resolution of streetlight complaints through the CCMS monitoring system.

The Commissioner directed officials to improve maintenance of more than 74 public toilets within the corporation limits by ensuring regular water supply and cleanliness. He also called for clear assignment of responsibilities to sanitation workers and marshals to improve waste management and

eliminate garbage black spots.

Officials were instructed to prepare a comprehensive database on parks and lakes, including details of lighting, toilets, gates, fencing and CCTV facilities. The health department was also asked to submit details of nursing staff requirements at municipal hospitals and primary health centres, as several nursing colleges have expressed willingness to provide temporary nursing support.

Senior engineers and officials from horticulture, forestry and solid waste management departments were present at the meeting.

FIVE KILLED IN IAF PLANE CRASH

► From PGi

Defence Public Relations Officer Lt. Col. M. Rawat confirmed the incident and said authorities were assessing the extent of damage caused by the crash. The exact cause of the accident remains unknown. The IAF has ordered a Court of Inquiry to investigate the circumstances leading to the crash.

The latest tragedy comes months after two IAF pilots lost their lives in a Sukhoi Su-30MKI fighter aircraft crash in Assam's Karbi Anglong district, raising fresh concerns over military aviation safety.

Authorities said the aircraft had been on a routine training or transport sortie when the incident occurred, and weather conditions along with technical factors are also being examined as part of the preliminary assessment. The Air Force has assured full support to the families of the deceased personnel and said all necessary assistance, including compensation and logistical help, will be provided as per existing rules.

KSR Bengaluru Hosts Child Labour Awareness Drive



► Vikrama Vahini | Bengaluru

Bengaluru Division of South Western Railway observed the International Day Against Child Labour with a special awareness programme at KSR Bengaluru Railway Station, highlighting the importance of child protection and the eradication of child labour.

The programme was organised by the Directorate of Child Protection, Bengaluru, and the District Child Protection Unit (DCPU) in collaboration with the Railway Protection Force (RPF) and the Government Railway Police (GRP). It was inaugurated by Dr. Sneha C.V., IAS, Director of the Directorate of Child Protection, and Ashutosh Kumar Singh, Divisional Railway Manager, Bengaluru, in the presence of senior railway, RPF, GRP and DCPU officials.

Addressing the gathering, the dignitaries emphasized that the theme of International Day Against Child Labour 2026 focuses on strengthening collective efforts to ensure every child enjoys the right to education, protection and a safe childhood free from exploitation. They noted that child labour deprives children of their education, health, dignity and overall development.

Officials highlighted the crucial role of law enforcement agencies, civil society

organisations, local communities and NGOs in identifying, preventing and eliminating child labour. They stressed the need for awareness campaigns, rescue and rehabilitation measures, quality education and strict implementation of child protection laws.

According to railway authorities, the RPF Bengaluru Division has rescued 893 children, including 700 boys and 193 girls, from railway stations and trains across the division since 2024.

As part of the programme, representatives of the District Child Protection Unit and Gramseva Trust staged a street play to create awareness about the harmful effects of child labour and the importance of child protection. Passengers, porters, vendors, Travelling Ticket Examiners (TTEs) and railway employees were also sensitised about child protection mechanisms and emergency helplines, including Child Helpline 1098, Police Helpline 112 and Railway Helpline 139.

The event witnessed active participation from passengers, railway officials, RPF personnel, GRP officers and child welfare stakeholders, reaffirming their collective commitment to protecting children and eliminating child labour from society.

Jaishankar Protests Death of Indian Mariners

► From PGi

Diplomatic Engagement Continues India has also formally conveyed its concerns through diplomatic channels and emphasized the need to ensure the safety and security of international shipping routes. The Ministry of External Affairs has remained in touch with concerned authorities regarding the matter.

Maritime Security Concerns Grow

The incident has added to growing concerns over maritime security in the Gulf region, particularly around key international shipping routes. Recent developments have prompted increased attention to the safety of seafarers and commercial vessels operating in the area.

The issue comes amid rising regional tensions and continued concerns over the security of maritime trade routes in West Asia.

AIADMK Opposes Mokedatu Push

► From PGi

Concerns over Cauvery water release Palaniswami also raised concerns over the delay in opening the Mettur dam for irrigation on June 12, warning that it could impact Kuruvai crop cultivation in the delta districts.

He accused the state government of not exerting sufficient pressure at the Cauvery Water Management Authority meeting to secure Tamil Nadu's monthly water quota from Karnataka.

Call for strong political and legal action

The AIADMK demanded that the Tamil Nadu government intensify pressure on the Centre to deny clearance for the Mokedatu project and also take necessary legal measures to safeguard Cauvery water rights.

Palaniswami further urged the ruling dispensation to coordinate with the Karnataka government and ensure farmers in Tamil Nadu receive their rightful share of water.

Maharashtra Opposition in Defection Turmoil

► From PGi

Party insiders said Uddhav Thackeray is likely to personally interact with MPs during the meeting to assess their loyalty and address concerns over organisational direction.

The leadership is also expected to discuss strategies to prevent further defections and strengthen internal coordination.

Reports suggest that the growing uncertainty within Shiv Sena (UBT) has been fuelled by recent political realignments in Maharashtra, where several leaders have already shifted camps in the past. The party is reportedly working on damage control measures ahead of upcoming political challenges.

In the case of NCP (SP), sources indicate that discussions around a possible merger or alliance expansion are still at a preliminary stage.

However, the speculation has added pressure on the party leadership, which is trying to retain its remaining MPs and maintain unity within the faction.

Senior leaders in both parties are also closely monitoring the situation in Delhi, where political activity involving Maharashtra MPs has reportedly increased. Party strategists believe that any further defections could significantly alter the balance of power within their respective parliamentary groups.

Meanwhile, political observers say the current turbulence reflects a broader pattern of instability among opposition parties in Maharashtra, where leadership disputes and shifting alliances continue to reshape the state's political landscape ahead of future elections.

NEWS

RAHUL TO LEAD YOUTH CAMPAIGN

► Vikrama Vahini | New Delhi

The Congress on Saturday announced a nationwide campaign against paper leaks, examination irregularities and unemployment, with Leader of Opposition Rahul Gandhi set to lead a series of student conventions across the country.

The campaign, launched under the guidance of Congress President Mallikarjun Kharge, aims to highlight concerns over examination scandals, recruitment delays and rising unemployment among youth. Congress General Secretary K. C. Venugopal said the initiative seeks to provide a platform for students and job aspirants affected by repeated paper leaks and examination irregularities.

As part of the first phase, Rahul Gandhi will address student conventions in Kota on June 17, Allahabad on July 10, Patna on July 11 and Delhi on July 14. The events are expected to bring together students, competitive exam



aspirants, educators and youth organisations.

The party said its student and youth wings, including the National Students' Union of India and the Indian Youth Congress, will conduct outreach programmes through campus interactions, visits to coaching centres, social media campaigns and direct engagement with students. Congress also reiterated its demands for stronger action against paper leak rackets, greater accountability in examination systems, decentralisation of NEET and reforms aimed at ensuring fair recruitment processes.

The campaign comes amid continuing political debate over examination integrity and employment opportunities, with opposition parties accusing the Centre of failing to safeguard the interests of students and job seekers. The government, however, has maintained that it is taking measures to strengthen examination systems and curb malpractice.

Karnataka Cabinet Portfolio Row Continues

► Vikrama Vahini | Bengaluru

Dissatisfaction over cabinet portfolio allocation has surfaced within the Karnataka government just 10 days after formation, with multiple ministers reportedly lobbying for key departments.

Minister Krishna Byre Gowda has reportedly insisted on being allotted BDA and BMRDA along with Bengaluru Urban Development, expressing dissatisfaction over his current portfolio. He is said to be camped in Delhi for the past three days to press his demand.

Meanwhile, Minister Zameer Ahmed Khan met Chief Minister Siddaramaiah and AICC President Mallikarjun Kharge, discussing

recent political developments and reported internal differences. Sources indicate efforts are underway within the party to ease tensions and address concerns over his cabinet position.

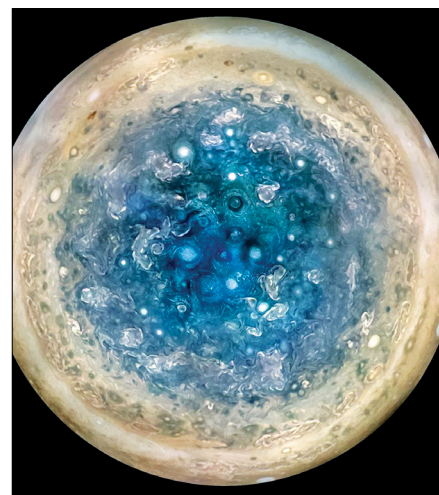
Former minister R. Manjunath (Rajanna) is also attempting reconciliation, with his son Rajendra Rajanna meeting Deputy Chief Minister D.K. Shivakumar in Delhi for discussions on possible accommodation within the ministry. In another development, Congress MLA Hampanagouda Badarli has intensified his lobbying efforts for a ministerial berth, while his supporters held a 20-km padayatra and performed special prayers seeking his elevation.

Juno Captures Stunning Views of Jupiter

► Vikrama Vahini | Washington

NASA's Juno spacecraft continues to provide breathtaking insights into Jupiter, capturing extraordinary images of the solar system's largest planet and its turbulent atmosphere. Orbiting Jupiter since 2016, Juno remains the most distant operational planetary orbiter and has transformed scientists' understanding of the gas giant.

The spacecraft's JunoCam instrument, originally designed for public outreach, has produced a remarkable collection of high-resolution images showcasing Jupiter's powerful storms, lightning activity, jet streams and massive cyclones.



Lightning and Giant Storms

Among the latest images are spectacular views of lightning flashes near Jupiter's North Pole, highlighting the intense atmospheric activity taking place deep within the planet's thick cloud layers. Scientists say such storms are far more energetic than those found on Earth due to Jupiter's enormous size and



powerful weather systems.

Another image reveals a vast storm complex in Jupiter's northern hemisphere, where swirling clouds and turbulent winds create dramatic patterns stretching thousands of kilometres across the planet.

Massive Cyclones and Powerful Winds

Juno has also captured detailed images of giant cyclones measuring up to 1,000 kilometres in diameter. These enormous storm systems cluster around Jupiter's poles and interact in ways rarely seen elsewhere in the solar system.

The spacecraft recorded a prominent jet stream known as "Jet N3" in Jupiter's northern hemisphere. The image highlights the planet's powerful atmospheric bands, where winds can reach speeds of several hundred kilometres per hour.

Shadow of Io Captured

One of the most striking photographs shows the shadow of Jupiter's volcanic moon, Io, moving across the giant planet's cloud tops. The image offers a rare perspective on the dynamic relationship between Jupiter and its many moons.

Science Meets Art

Several JunoCam images have also been processed by citizen scientists and imaging specialists, transforming raw spacecraft data into visually stunning artworks that reveal the beauty and complexity of Jupiter's

atmosphere.

NASA scientists say Juno's mission continues to deliver valuable information about the planet's internal structure, magnetic field, atmosphere and weather systems. As the spacecraft continues its extended mission, it is expected to provide even deeper insights into the mysteries of the giant planet and the formation of our solar system.

Scientists say the data from Juno is helping researchers better understand how Jupiter's deep atmospheric layers interact with its powerful magnetic field. These findings are expected to shed light on the planet's core



structure and long-term weather patterns.

With each close flyby, Juno continues to expand knowledge about the early formation of the solar system. NASA teams believe the mission will remain crucial in studying gas giants and improving future planetary exploration missions beyond Earth.

The mission has also highlighted the role of public participation in space science, as citizen scientists continue to process and enhance JunoCam images, turning raw data into widely shared visual insights that bridge professional research and public engagement.

SCIENCE & Technology

LT GEN DHIRAJ SETH NAMED NEXT ARMY CHIEF

► Vikrama Vahini | New Delhi

The Centre has appointed Lieutenant General Dhiraj Seth as the next Chief of the Army Staff (COAS). Currently serving as Vice Chief of the Army Staff, he will assume charge on June 30, 2026, following the retirement of General Upenendra Dwivedi.

The appointment was approved by President Droupadi Murmu. The Ministry of Defence announced that Lt Gen Seth will take over in the substantive rank of General and serve as Army Chief until August 31, 2028.

Distinguished Military Career

An alumnus of National Defence Academy, Lt Gen Seth was commissioned into the Armoured Corps in December 1986. During a military career spanning nearly four decades, he has held several key operational, command and strategic assignments.

He has commanded an Armoured Regiment, an Armoured Brigade, a Counter-Insurgency Force



in Jammu and Kashmir, the Sudarshan Chakra Corps (21 Corps), and the Delhi Area. He also headed both the South Western Command and Southern Command, a distinction achieved by only a few senior officers.

Decorated Officer

Lt Gen Seth is a recipient of the Param Vishisht Seva Medal (PVSM), Uttam Yudh Seva Medal (UYSM) and Ati Vishisht Seva Medal (AVSM) for distinguished service to the nation.

He attended the Higher Command Course, the National Defence College and advanced military training programmes in France. Defence officials described him as an experienced leader who has played a significant role in enhancing the Army's operational capabilities and long-term transformation.

The government said his extensive experience across operational, strategic and institutional domains makes him well-equipped to lead the Indian Army in the coming years.

Ramchander Rao Hails DRDO Defence Breakthrough

► Vikrama Vahini | Hyderabad

Telangana BJP president N. Ramchander Rao on Saturday congratulated scientists of the Defence Research and Development Organisation (DRDO) for the successful testing of the multi-layered ballistic missile defence system and the medium-range naval anti-ship missile.

The BJP leader said the achievement reflects India's growing technological capabilities and strategic strength, while reinforcing the vision of Atmanirbhar Bharat. He noted that the successful tests have further strengthened India's position among a select group of countries possessing advanced missile defence capabilities. Rao praised the dedication and expertise of DRDO scientists and defence personnel, stating that their efforts have significantly enhanced the country's security and deterrence capabilities.

Mamata Slams Police Raid on Abhishek's Home

► Vikrama Vahini | Kolkata

Former West Bengal Chief Minister Mamata Banerjee on Saturday alleged that police forcibly entered the Kalighat residence of Abhishek Banerjee and conducted a search operation despite court directions.

According to Trinamool Congress leaders, a large contingent of state police and Kolkata Police personnel arrived at the residence in the early hours of Saturday. After reportedly receiving no response, officers allegedly broke open the lock and carried out an extensive search inside the premises. Central armed forces personnel were also deployed outside during the operation.

Mamata Banerjee, who rushed to the spot after learning about the development, condemned the action and termed it unprecedented. Abhishek Banerjee later claimed that officers searched every part



of the house and that the entire operation had been recorded.

The search comes amid multiple investigations involving the Trinamool Congress leader. Earlier this week, Abhishek Banerjee appeared before the state CID for questioning in connection with an alleged Assembly signature-forgery case following directions from the Calcutta High Court. The High Court had granted him protection from coercive action for two weeks while directing him to cooperate with investigators.

SWRWWO Bengaluru Donates Essentials to Old-Age Home

► Vikrama Vahini | Bengaluru

The South Western Railway Women's Welfare Organization (SWRWWO), Bengaluru Division, carried out a welfare initiative by visiting Lavalavike Old-Age Home at Vijayanagar on Saturday.

A team led by SWRWWO Bengaluru Division President Smt. Reena Singh, along with Vice Presidents Smt. Amita Mohanpuria and Smt. Jayashree Kataraki, Secretary Smt. Swati Priya, Treasurer Smt. Bhagyashree and other members, interacted with senior citizens and spent time with them.

During the visit, the organisation donated groceries and medical consumables worth ₹75,000



to support the needs of the residents.

The initiative reflected SWRWWO Bengaluru

Division's continued commitment to social welfare and care for senior citizens.

UP SETS UP SIT ON RAM MANDIR DONATIONS

► Vikrama Vahini | Ayodhya

The Uttar Pradesh government has constituted a three-member Special Investigation Team (SIT) to probe allegations and rumours regarding alleged irregularities and theft of donations from the Ram Temple in Ayodhya.

The move follows a request from the Shri Ram Jannabhoomi Teerth Kshetra and transparent inquiry amid rising public concern and conflicting claims over donation

handling.

According to the government order, the SIT has been directed to submit a preliminary report within seven days and a final report within 15 days. The team will examine all aspects of donation collection, storage, and banking procedures. The SIT will be headed by Vijay Vishwas Pant, IAS, Divisional Commissioner of Lucknow. It also includes Kiran S. IPS,

Inspector General of Police (Range), and Neel Ratan, Special Secretary, Finance Department.



K'taka HC Upholds Judges' Housing Plan Amid Shortage of Official Homes

► Vikrama Vahini | Bengaluru

The Karnataka High Court has dismissed a Public Interest Litigation (PIL) challenging the State government's decision to allot land from the Karnataka Veterinary Animal and Fisheries Sciences University (KVAFSU) campus at Hebbal for construction of official residences for High Court judges.

A Division Bench comprising Justice D.K. Singh and Justice T.M. Nadaf upheld the government order dated January 8, 2026, which transferred seven acres of land—four acres for judges' residential quarters and three acres for a super-speciality hospital.

The court noted that only 19 official residences are available against the sanctioned strength of 62 judges, observing that several judges are currently staying in rented accommodation.

"Several judges are living in rented accommodation not befitting the stature of a constitutional authority," the



Bench said, stressing the need for adequate housing facilities for the judiciary.

The petitioners, including veterinary associations and alumni bodies, had argued that the land transfer would affect the institution's academic and research activities. However, the court rejected the plea, noting that the university has about 317.73 acres of land, while regulatory norms require only 30 acres.

Karnataka High Court has upheld the state government's decision to allot land from KVAFSU campus at Hebbal for construction of judges' residences and a super-speciality hospital, dismissing a PIL and noting that adequate housing for judges is essential given the shortage of official accommodation.

The Bench further observed that the proposed construction would not interfere with the functioning or future expansion of the college and would come up near the existing judges' residential complex at Nyayagrama.

Emphasising judicial independence, the court said proper infrastructure, including housing, is essential for constitutional authorities. It also held that policy decisions cannot be interfered with unless found to be arbitrary or

illegal.

The court added that the allocation of land for a super-speciality hospital would serve public interest by improving healthcare facilities.

Concluding that no public interest or institutional harm had been established, the court dismissed the petition and upheld the land transfer.

The court also observed that decisions relating to allocation of government land for institutional purposes fall within the policy domain of the executive, and judicial intervention is limited unless there is clear violation of law or constitutional provisions.

Further, the Bench noted that strengthening judicial infrastructure is essential for efficient functioning of courts, and the proposed residential complex would help address long-pending accommodation shortages for judges, thereby supporting smoother administration of justice.

ENTERTAINMENT

Mahesh Babu Launches Rao Bahadur Teaser

► Vikrama Vahini | Hyderabad

The makers of Rao Bahadur have released an exciting new teaser of the upcoming Telugu psychological drama, with actor Mahesh Babu unveiling the glimpse on social media. Starring Satyadev in the lead role, the film is directed by Venkatesh Maha and is scheduled for theatrical release on July 3.

Titled "JUST A TEASER," the latest glimpse offers audiences a deeper look into the mysterious and visually rich world of Rao Bahadur. The teaser introduces Satyadev as a fearless prince caught in a psychological battle involving fear, hallucinations, delusions and supernatural forces.

The teaser suggests that the story revolves around a protagonist haunted by inner demons, with doubt emerging as the central theme of the narrative. Combining elements of psychological drama and mystical realism, the film appears to explore complex human emotions against the backdrop of a royal and aristocratic setting.

Satyadev's striking transformation and intense screen presence have already drawn praise from cinema lovers. The teaser also highlights the film's grand production values, lavish visuals and atmospheric storytelling, making it one of the most anticipated Telugu releases of the year.

Mahesh Babu Praises the Team

Sharing the teaser with fans, Mahesh Babu expressed his

admiration for the project and its creative team. He congratulated the filmmakers for bringing the unique vision of Rao Bahadur to life and urged audiences to experience the film on the big screen when it releases next month.

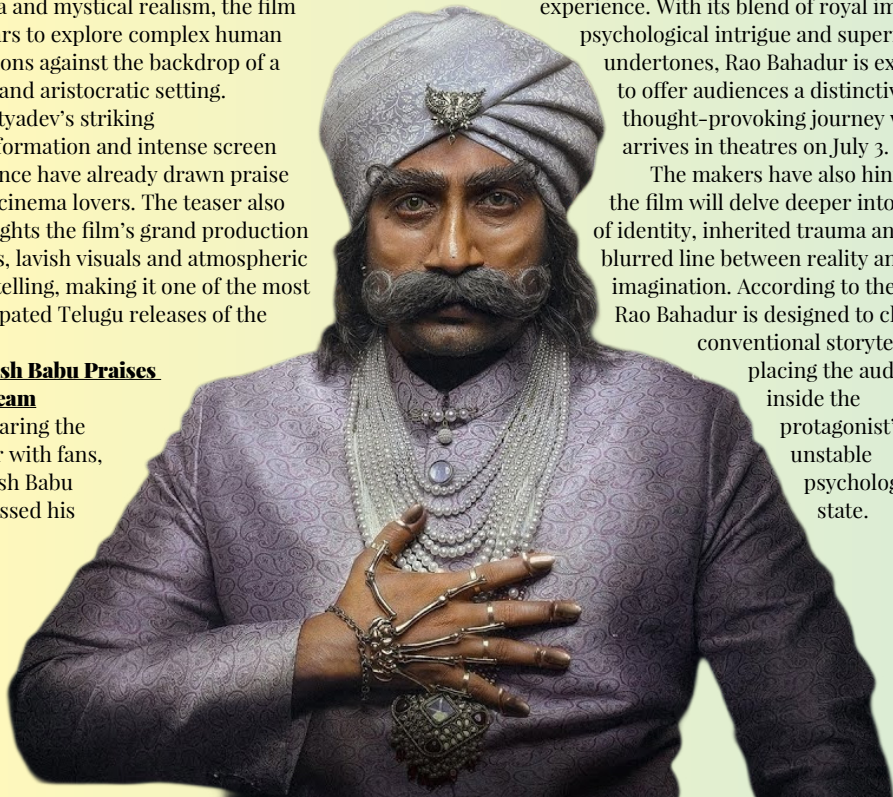
Music and Visuals Add to Buzz

The film has already generated significant attention with its first song, O Sundari, which emerged as a chartbuster. Featuring Satyadev and actress Deepa Thomas, the romantic number captures the elegance of a bygone era and has been praised for its melody and visual appeal.

The film's technical team includes cinematographer Kartik Parmar, music composer Smaran Sai and production designer Rohan Singh. Venkatesh Maha has handled writing, direction and editing, shaping what appears to be a visually stunning and emotionally layered cinematic experience.

With its blend of royal imagery, psychological intrigue and supernatural undertones, Rao Bahadur is expected to offer audiences a distinctive and thought-provoking journey when it arrives in theatres on July 3.

The makers have also hinted that the film will delve deeper into themes of identity, inherited trauma and the blurred line between reality and imagination. According to the team, Rao Bahadur is designed to challenge conventional storytelling by placing the audience inside the protagonist's unstable psychological state.



Rukmini Vasanth Joins Another Top Tollywood Star Film

► Vikrama Vahini | Hyderabad

Kannada actress Rukmini Vasanth is continuing her steady rise as a pan-India star, with a string of projects across Telugu, Tamil and Kannada cinema. After gaining wide recognition for Sapta Saagaradaache Ello and her association with Kantara: Chapter 1, the actress is now set to feature in another major Telugu project.

Rukmini, who has already worked in Telugu films and is currently part of Jr NTR's Dragon, has reportedly signed a new film being produced by actor Nani. According to sources, Nani himself has selected her for the female lead role after being impressed with the script. The actress is said to be excited about the opportunity and has already given her nod to the project.

The upcoming film will be directed by Murali Kanth Devasoth, who previously helmed Dandora, a content-driven film that received attention for its unique storytelling despite featuring no major star cast. The director is currently finalising the screenplay and completing pre-production work, including casting supporting roles and assembling the technical team.

Interestingly, Nani will not be playing the lead role in this project. The team is currently in search of the male protagonist, and discussions are underway to finalise the casting.

Nani, through his production banner Wall Poster Cinema, has been actively backing fresh storytelling and emerging filmmakers. The actor has already produced successful projects like HIT 3 and is also reportedly investing in a film starring Megastar Chiranjeevi.

The Rukmini Vasanth-starrer is expected to go on floors in August, and further official announcements regarding the cast and crew are awaited.



BUSINESS

India Out of MSCI EM Top 10 Amid AI Rally

► Vikrama Vahini | Kolkata

For the first time in nearly two decades, no Indian company features in the MSCI Emerging Markets top 10, as a sharp global rally in artificial intelligence-related stocks reshapes the index composition.

India's long-standing representatives in the elite bracket—HDFC Bank and Reliance Industries—have slipped to the 11th and 12th positions respectively, marking a significant shift in global market leadership. The fall comes amid a broader underperformance in these heavyweight stocks, with HDFC Bank declining about 26% and Reliance Industries falling nearly 20% over the period.

In contrast, technology and AI-driven stocks from East Asia have seen extraordinary gains. Taiwan Semiconductor Manufacturing Company (TSMC), Samsung Electronics, and SK Hynix have surged by 48%, 147%, and 194% respectively, driven by strong global demand for AI infrastructure and semiconductor products.

As a result, India's weight in the MSCI Emerging Markets Index has dropped to around 10.87%, a six-year low. Interestingly, India had briefly topped the index in late 2024 before being overtaken by China in subsequent rebalancing cycles.

MSCI (Morgan Stanley Capital International) is a global financial services firm that creates widely followed stock market indices used by investors worldwide to track market performance across regions. Market analysts say India's relative decline in index weight is not only due to domestic stock performance but also the extraordinary rise of Asian technology markets benefiting from the global AI boom.

"India's weight in emerging-market indices has declined over the past two years despite new listings. This is mainly due to the strong AI- and tech-led rally in Taiwan, South Korea and China, which is attracting a larger share of global capital," said Abhilash Pagaria, Head of Alternative and Quantitative Research at Nuvama.

Together, major AI and semiconductor firms from these markets now account for a dominant share of the index, with Taiwan, South Korea and China contributing nearly 70% of its composition.

Analysts also warn that the growing concentration of AI-linked stocks in the MSCI EM Index could increase volatility.

SPORTS

India vs Pak Women WC Clash Time

► Vikrama Vahini | New Delhi

The high-voltage encounter between India and Pakistan in the Women's T20 World Cup 2026 will be played on June 14, marking the opening match for both teams in the tournament. India enters the contest as strong favourites, backed by a dominant head-to-head record against Pakistan in women's international cricket.

The match will be held at Edgbaston Stadium and is scheduled to begin at 7 PM Indian Standard Time. Fans can watch the live broadcast on the Star Sports Network, while live streaming will be available on JioHotstar.

India and Pakistan have faced each other 16 times in women's cricket across ICC events, Asia Cup, Asian Games, and Commonwealth Games, with India winning 13 matches compared to Pakistan's three victories. In T20 World Cup history, India has also maintained superiority, winning six of the eight encounters between the two sides.

Their most recent meeting came during the 2024 T20 World Cup, where India defeated Pakistan by six wickets, further strengthening its dominance in the rivalry.

Both teams will be playing their first match of the tournament and will aim to start their campaign with a victory.

Harmanpreet Kaur (captain), Smriti Mandhana, Shafali Verma, Jemimah Rodrigues, Richa Ghosh, Deepti Sharma, Yastika Bhatia, Renuka Singh, Radha Yadav, Arundhati Reddy, Kranti Gaud, Shreyanka Patil and others.

Fatima Sana (captain), Muneeba Ali, Aliya Riaz, Nida Dar, Nashra Sandhu, Diana Baig, and others.

India Get Boost in IND vs AFG ODI Series

► Vikrama Vahini | Chennai

India's three-match ODI series against Afghanistan began on a damp note as rain delayed the opening game, while the team also continued to deal with injury setbacks to key players.

Virat Kohli has been ruled out of the series due to a muscle strain, with Yashasvi Jaiswal named as his replacement. Meanwhile, star all-rounder Hardik Pandya has also withdrawn from the series due to injury, though the selectors are yet to announce a replacement.

Amid these setbacks, there is positive news for Team India as young pacer Harshit Rana is expected to join the squad ahead of the third ODI in Chennai on June 20.

According to reports, Rana is currently undergoing rehabilitation and is bowling 9-10 overs daily while also working on his batting fitness. He is expected to receive clearance from the Centre of Excellence soon before linking up with the team.

Rana had earlier been sidelined due to a knee injury that required surgery, which also kept him out of the 2026 T20 World Cup. However, his return now provides a timely boost to India's pace bowling resources.

The right-arm pacer has also been included in future India assignments, including upcoming overseas tours, as selectors continue to groom him as a backup pace all-rounder.

UKRAINE WAR OUTLASTS 1ST WORLD WAR

► Vikrama Vahini | New Delhi

The Russia-Ukraine war has crossed a significant milestone, officially lasting longer than 1st World War. The conflict entered its 1,568th day on Thursday, surpassing the 1,568-day duration of the First World War, which ended in November 1918.

Military historians and analysts say the ongoing conflict increasingly resembles 1st World War due to prolonged trench warfare, limited territorial gains and a largely stagnant frontline. Russia's initial offensive towards Kyiv in 2022 failed to secure a decisive victory, leading to a prolonged battlefield deadlock similar to the trench warfare that dominated Europe during 1st World War.

Large stretches of the front line have remained largely unchanged for months, with opposing forces often fighting from trenches



located only a short distance apart. Territorial advances are measured in metres rather than kilometres, reflecting the slow pace of the conflict.

Experts note that the war has become a

modern version of attrition warfare, where neither side has been able to achieve a decisive breakthrough despite years of fighting.

While the conflict shares similarities with 1st World War, military technology has transformed the nature of warfare. Drones have emerged as a crucial tool for surveillance, reconnaissance and precision attacks, significantly influencing battlefield tactics.

Analysts describe the conflict as "1st World War with drones," highlighting how modern technology has altered traditional combat methods while preserving many characteristics of earlier trench warfare.

The war has claimed an estimated 500,000 lives since it began in February 2022. Although far lower than the military deaths recorded during 1st World War, the humanitarian and economic impact continues to grow.

Monsoon Set to Advance Across Telangana

► Vikrama Vahini | Hyderabad

Conditions are favourable for the further advance of the southwest monsoon across Telangana and adjoining states over the next two to three days, according to the Meteorological Centre.

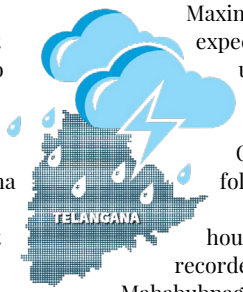
The weather department said the monsoon is likely to progress into the remaining parts of Telangana, Karnataka, Andhra Pradesh, West Bengal, Odisha and southern Chhattisgarh. Heavy rainfall is expected at isolated places in Nalgonda, Suryapet, Rangareddy, Wanaparthy and Narayanpet districts during the next 24 hours.

The Centre has forecast thunderstorms accompanied by lightning and gusty winds of 30 to 50

kmph at isolated places across Telangana over the next five days. Light to moderate rain or thundershowers are also likely in several parts of the state during the coming week.

Maximum temperatures are expected to remain largely unchanged for the next two days before falling by 2 to 3 degrees Celsius over the following three days.

During the last 24 hours, heavy rainfall was recorded in Rajanna Sircilla, Mahabubnagar, Jagtial, Nagarkurnool and Vikarabad districts. While many parts of the state received rain, isolated pockets of Nizamabad district continued to experience heatwave conditions.



INDIA JOINS ELITE MISSILE DEFENCE CLUB

► Vikrama Vahini | Hyderabad

India achieved a significant milestone in defence technology after the Defence Research and Development Organisation successfully demonstrated advanced ballistic missile defence and anti-ship missile capabilities through a series of flight tests.

Defence Minister Rajnath Singh praised the achievement, describing it as a major boost to the country's ability to counter emerging security threats. He said DRDO conducted three consecutive flight tests showcasing a multi-layered Ballistic Missile Defence (BMD) system designed to intercept long-range ballistic missiles.

According to the Defence Minister, the interceptors successfully engaged their designated targets with precision, validating India's



growing missile defence shield. The successful trials have placed India among a select group of nations possessing advanced BMD capabilities capable of countering ballistic missile threats, including intercontinental Ballistic Missiles (ICBMs).

In another major breakthrough, DRDO successfully carried out the maiden flight test of the Naval Anti-Ship Missile-Medium Range system.

Modi Begins Key Europe Tour

► Vikrama Vahini | New Delhi

Prime Minister Narendra Modi on Saturday departed for a six-day visit to France and Slovakia, aimed at strengthening strategic partnerships, boosting innovation-driven cooperation and participating in the G7 Summit.

The visit will begin in the French city of Nice, where Modi will hold bilateral talks with French President Emmanuel



Macron and jointly inaugurate the 'Bharat Innovates' programme.

Following his engagements in France, the Prime Minister will travel to Slovakia for a State Visit,

the first by an Indian Prime Minister since the country's independence in 1993. Modi is scheduled to meet President Peter Pellegrini and Prime Minister Robert Fico to discuss cooperation in trade, investment and technology. Modi will return to France to attend the G7 Summit 2026 on June 16 and 17. India has been invited to the summit for the eighth consecutive year, reflecting

its growing global influence. The Prime Minister said India would use the platform to highlight the concerns and aspirations of the Global South while engaging with world leaders on major international issues.

The visit is expected to further strengthen India's engagement with Europe and expand cooperation across strategic, economic and innovation sectors.

TMC Rebel Row Deepens

► Vikrama Vahini | New Delhi

In a major political setback for the Trinamool Congress (TMC), senior leader Sudip Bandyopadhyay has joined the party's rebel camp and met Union Minister Bhupender Yadav in Delhi along with MP Satadip Roy.

The development comes as dissident MPs prepare to approach Lok Sabha Speaker Om Birla on Monday, seeking recognition as a separate parliamentary group amid deepening internal turmoil in the party.

The rebel faction claims support of around 19 Lok Sabha

MPs and is pushing for recognition as the "real" TMC parliamentary group. It is also seeking seating arrangements alongside the BJP-led NDA in Parliament.

TMC leaders have rejected the claim, calling it legally untenable under constitutional provisions and alleging that lawmakers cannot split from a party in this manner.

The crisis has intensified following growing dissent within the party, with both sides preparing to present their claims before the Lok Sabha Speaker in the coming days.

BJP Alleges Anna Bhagya Diversion Scam

► Vikrama Vahini | Bengaluru

The discovery of 35,000 Anna Bhagya scheme-branded bags in a private warehouse has sparked a political controversy in Karnataka, with the BJP alleging large-scale diversion of food grains meant for beneficiaries of the state government's flagship welfare programme.

State BJP president B. Y. Vijayendra claimed that recent Lokayukta raids on warehouses and related locations in Bengaluru uncovered irregularities involving ration rice and ragi supplied under the Anna Bhagya scheme.

He alleged that food grains intended for economically weaker sections were being diverted and sold in the open market through an organised network.

According to Vijayendra, investigators recovered 35,000 bags carrying the Anna Bhagya logo from a private warehouse and also detected an alleged operation involving the polishing, repackaging and resale of subsidised rice.

He demanded a high-level probe and strict action against those responsible.

Leader of Opposition R. Ashoka



BJP has alleged large-scale diversion of Anna Bhagya scheme food grains after 35,000 branded bags were reportedly found in a private warehouse during Lokayukta raids in Bengaluru, triggering a political row and demands for a high-level probe.

also targeted the Congress government, alleging that subsidised food grains meant for poor families were being illegally diverted to private storage facilities.

He claimed that the alleged scam had caused losses worth crores of rupees to the public exchequer.

The BJP further pointed to the reported absence of CCTV

surveillance, inventory management lapses and the recovery of hundreds of undocumented rice bags as evidence of systemic irregularities in the distribution chain.

The party has demanded accountability from officials involved in implementing the Anna Bhagya scheme and sought immediate action against those allegedly connected to the diversion racket.

The Congress government had not issued an official response to the allegations at the time of filing the report.

The BJP has intensified its attack on the state government, stating that the alleged irregularities point to a deep-rooted failure in monitoring welfare distribution systems.

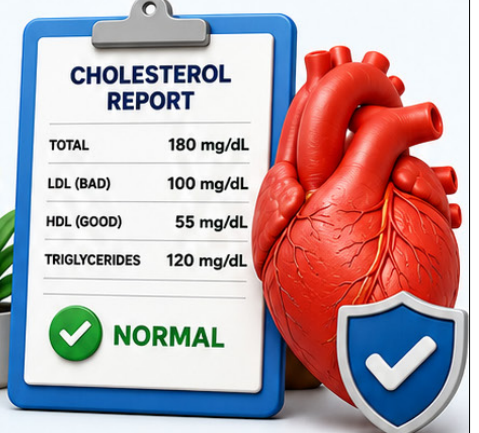
Party leaders said that repeated complaints of diversion of subsidised food grains highlight the need for stronger enforcement mechanisms and real-time tracking of stock movement.

Meanwhile, political tensions have escalated in the state, with opposition leaders demanding the resignation of responsible officials if irregularities are proven.

VIKRAMA VAHINI | INFO GRAPHICS

CHOLESTEROL REPORT ALONE CANNOT PREDICT HEART ATTACK RISK SAYS CARDIOLOGIST

Normal cholesterol does not always rule out heart risks. Doctors assess multiple factors before judging heart attack chances.

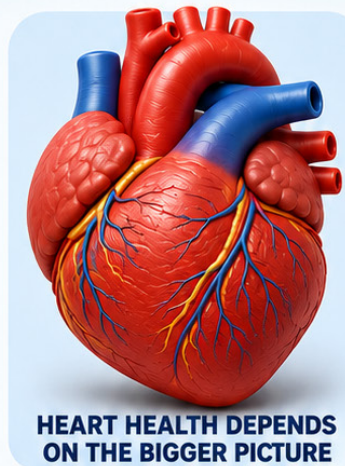


CHOLESTEROL IS IMPORTANT, BUT NOT EVERYTHING



High LDL (bad cholesterol) can cause plaque buildup in arteries.

Heart disease is influenced by many factors, not just cholesterol.



HEART HEALTH DEPENDS ON THE BIGGER PICTURE

HEART ATTACKS CAN HAPPEN EVEN WITH NORMAL CHOLESTEROL



Plaque can rupture and form a clot, blocking blood flow.

That's why doctors assess your overall heart risk.

RISK FACTORS THAT MATTER



SIGNS TO WATCH OUT FOR

- Heart (Chest pain or heaviness)
- Lungs (Breathlessness)
- Arm (Pain spreading to arm or jaw)
- Head (Unexplained sweating)
- Face (Dizziness or fainting)
- Body (Extreme fatigue)

Do not ignore these signs, even if cholesterol is normal.

SMART HEART CHECKUP

- Check blood pressure
- Blood sugar tests
- Lipid profile
- Weight assessment
- ECG when advised
- Review lifestyle & family history

Extra tests may be advised based on symptoms and risk factors.

PREVENTION IS THE BEST PROTECTION

- Eat healthy
- Stay active
- Maintain healthy weight
- Manage stress
- Quit smoking
- Regular checkups
- Follow doctor's advice

HEART HEALTH CANNOT BE MEASURED THROUGH ONE REPORT ALONE. Check all risk factors. Detect early. Prevent better. Live longer.