

# Prime Minister Rabuka's Visit To India Is Adding A New Chapter In The Relations Between The Two Countries: Prime Minister

## Agency

**New Delhi:** Prime Minister Narendra Modi met Fiji Prime Minister Sitiveni Rabuka at Hyderabad House on Monday. The two leaders discussed ways to further strengthen the long-standing ties between India and Fiji. PM Modi and Fiji PM Rabuka addressed a joint press conference after the bilateral talks. Several important MoUs were exchanged following the India-Fiji bilateral talks.

Addressing the joint press conference, PM Modi said, "I welcome PM Rabuka and his delegation to India. In 2014, after 33 years, an Indian Prime Minister set foot on Fijian soil. I am very happy and



proud that I had this good fortune. At that time, we started FIPIC. That initiative has given new strength not only to India-Fiji relations, but also to our connection with the entire Pacific region and today with this visit of Rabuka ji, we are adding a new chapter to our

mutual relations." He further said, "India and Fiji share a deep bond of affinity. In the 19th century, more than 60,000 indentured brothers and sisters from India have contributed to Fiji's prosperity with their hard work and sweat. They have added

new colours to Fiji's social and cultural diversity. They have continuously strengthened Fiji's unity and integrity and at the same time, they have also remained connected to their roots and preserved their culture. Fiji's tradition of Ramayana Mandali is a living proof of this. I welcome Prime Minister Rabuka's announcement of Girmit Day; it is a tribute to our shared history." Prime Minister Modi said that we have decided to strengthen mutual cooperation in the field of defense and security. An action plan has been prepared for this. To strengthen Fiji's security, India will provide assistance in training and equipment. We are ready to share our experience in the areas of cyber

security and data protection. We are unanimous that terrorism is a big challenge for the entire humanity. We express our gratitude to Prime Minister Rabuka and the Fiji government for their cooperation and support in our fight against terrorism. We have decided that Indian teachers will be sent to teach Hindi and Sanskrit in Fiji University and Fiji's Pandits will come to India for training and will also participate in the Geeta Mahotsav. PM Modi said that we have taken many important decisions in our talks today. We believe that only a healthy nation can be a prosperous nation, so we decided to build a 100-bed super specialty hospital in

Suva. Jan Aushadhi Kendras will be opened, which will make cheap and high quality medicines available to every home. Meanwhile, the Ministry of External Affairs (MEA) posted, "Prime Minister Narendra Modi welcomed Prime Minister Sitiveni Rabuka of Fiji, our important South Global and FIPIC partner, at Hyderabad House. Let us tell you, Fiji's Prime Minister Sitiveni Rabuka arrived in New Delhi on Sunday 24 August. This was his first visit to India in this position. Prime Minister Modi also organized a lunch in honor of Rabuka. The Prime Minister of Fiji visited Raj Ghat and paid tribute to Mahatma Gandhi.

## BRIEF NEWS

### African market will be the solution to tariff

Kanpur exporters have a turnover of about Rs 2500 crore in the US. After the imposition of tariff, the city's small exporters are expected to be affected the most. In view of this crisis, exporters are turning towards African countries. According to export experts, there is a huge demand for leather products, garments, daily use items, equipment and safety products in countries like Ghana, Tanzania, Uganda, Kenya and Nigeria. The specialty of these countries is that there is a huge scope for exporters with small capital investment here. Alok Srivastava, Assistant Director of Federation of Indian Export Organizations (FIO), said that many Indian traders are active in the African market, who help Indian exporters. This increases the possibilities for small exporters even more. It is estimated that orders may start coming from African countries in the next two months. Asian markets are also a target: Not just the African market, the city's exporters have also started contacting buyers from Asian countries like Thailand, Singapore, Malaysia and Vietnam. Already, about Rs 500 crore worth of business is linked with these countries, but now small exporters have also started exploring possibilities here.

## Jharkhand Finance Minister presents 4,296 crore supplementary budget

### DB Reporter

**Ranchi:** Amid a walkout by the BJP, Finance Minister Radhakrishna Kishore presented the supplementary budget, asserting that the Hemant Soren government's financial management remains robust. He said the supplementary budget of 4,296.62 crore has been introduced to lay a foundation that brings relief and happiness to rural residents. The House passed the supplementary budget through a voice vote. The minister informed that the main budget stands at 1,45,400 crore, with more than 38,000 crore allocated under establishment expenditures. The minister highlighted that the government has allocated more funds to establishment expenditure in the main budget. In the plan head, 23,799 crore has been spent in just four and a half months, which accounts for nearly 26.5% of the allocation—two to two-and-a-half percent higher than last year. In terms of revenue collection, the state has achieved ₹33,707 crore—about 27% of the target—which the minister described as a



major achievement. He noted that by August 2024-25, only 18,137.19 crore, or 23%, had been spent. According to the finance minister, the state's financial management is so strong that it has not yet needed to borrow from the market. The fiscal deficit remains well below the 3% limit. If required, the state can borrow up to 18,000 crore from the market. "Our budget and planning are robust, tax management is effective, spending is under control, accounting and reporting are streamlined, and fiscal discipline is strong," Kishore said. However, he expressed concern that in the last four and a half months, the state has received only 17% of its share of central taxes.

The minister stated that the government has placed special emphasis on agriculture. From 2001 to 2018-19, agriculture spending amounted to ₹15,887 crore, which rose to ₹26,464 crore between 2019-20 and 2025-26. Similarly, water resources have been a priority. Between 2001-02 and 2018-19, ₹30,173 crore was spent, while in the past six years alone, ₹11,069 crore has been utilized for irrigation management. Explaining the need for the supplementary budget, Kishore said it is necessary to provide additional funds to meet emerging requirements. The state expects 1,476 crore from the Centre, while 1,642 crore will come from surrendered funds.

The treasury will bear an additional burden of 1,177 crore, out of which 832 crore will be met through surrendered pension funds. This leaves a financial impact of 345 crore. The finance minister also pointed out that the state has no shortage of funds. Keeping money idle in PL (personal ledger) accounts, he said, is not healthy financial practice. Between 2010-11, PL accounts held nearly 22,000 crore, of which 4,000 crore has been deposited into the treasury in the past four and a half months. Citing Labour Department data, Kishore said there are about 8 lakh registered unemployed youths in Jharkhand. Over the past five years, the government has provided employment to 1.5 lakh of them. He acknowledged that excessive rainfall poses the biggest challenge at present, with nearly two lakh acres of crops damaged. Referring to the Maiyya Samman Yojana, he clarified that it is not a free seed distribution scheme but one aimed at ensuring dignity and respect for women.

## CAG Reports Tabled in Jharkhand Assembly Govt failed to submit utilization certificates for 1.33 lakh crore Central grant: Report



### DB Reporter

**Ranchi:** The Jharkhand government failed to submit utilization certificates for ₹1.33 lakh crore in central grants within the stipulated timeframe. In addition, it has not provided details of expenditure related to an advance withdrawal of ₹4,891.72 crore. These findings have been highlighted in the report of the Comptroller and Auditor General of India (CAG). Three CAG reports were presented in the Jharkhand Assembly during the Monsoon Session, including one related to the state's financial accounts for the fiscal year ending March 31, 2024. The report stated that the gov-

ernment is required to furnish utilization certificates for central grants after the conclusion of each financial year. However, the audit revealed that despite receiving 1.33 lakh crore in central assistance, the state did not provide the mandated certificates to the Centre on time. For this expenditure, the state was supposed to submit 47,367 utilization certificates. The report also noted a sharp decline in central assistance to Jharkhand over the past four years. In 2019-20, central grants accounted for 21.06% of the state's revenue, but this figure dropped to 10.40% in 2023-24.

## CM inspects under construction convention centre at Smart City, Dhurva

### DB Reporter

**Ranchi:** Chief Minister Hemant Soren on Monday inspected the site of the convention centre under which is construction under the Smart City project at Dhurva in Ranchi. On the occasion, the Chief Minister took information from the officials about various aspects related to the convention centre. The officers informed the Chief Minister that the construction work of the convention centre was started in the year 2018 under the Smart City



Project, but the project was stopped midway. Officials informed that under this project, a convention cen-

tre with a seating capacity of 5,000 people was to be constructed. On the occasion, Chief Minister

## CM Hemant Soren unveils book on Baba Baidyanath Jyotirlinga in Jharkhand Assembly

**Ranchi/DB Reporter:** Jharkhand Chief Minister Hemant Soren, along with MLA Kalpana Soren, formally released the book "Baba Baidyanath Jyotirling Deoghar - A Touch of the Divine" in the Jharkhand Assembly on Sunday. The book has been authored by the state's Advocate General, Rajiv Ranjan.



On the occasion, the Chief Minister extended his congratulations and best wishes to Rajiv Ranjan, appreciating his effort in documenting the religious, cultural, and historical richness of one of the most revered Jyotirlingas in the country.

## Atal Pension Yojana Has Achieved A Big Milestone, 8.11 Crore People Have Registered So Far

### DB Reporter

**New Delhi:** Atal Pension Yojana (APY) has achieved another major milestone on its 10th anniversary. According to the central government, a total of more than 8.11 crore people have been registered under it till August 21, 2025, out of which more than 1.17 crore new subscribers have been added in the financial year 2024-25 alone. This year the scheme has crossed the fastest ever figure of 50 lakh registrations, in which 46 percent of the registrations are from youth between 18 and 25 years. It is worth noting that Atal Pension Yojana is a social security scheme launched by the Government of India,



which was implemented on 1 June 2015. The objective of this scheme is to provide financial security to the workers

of the unorganized sector in old age. At the APY Annual Award Ceremony organized by the Pension Fund

Regulatory and Development Authority (PFRDA), Chairman S. Ramanna called upon all stakeholders to continue working towards building a pensioned society with dedication. He described the cooperation of the banking sector as important and informed that the asset under management (AUM) of APY is more than Rs 48,000 crore and its average annual growth rate (CAGR) has been 9.12 percent since its inception. He especially appealed to private banks to increase efforts, improve policy consistency and promote financial literacy. The scheme is being implemented in all states and union territories across the

country. It is becoming increasingly popular among women and youth. In the financial year 2024-25, 55 percent of the total registrations have been women. Among public sector banks, Bank of India (126 percent), State Bank of India (123 percent) and Indian Bank (118 percent) were among the top performers, while Punjab & Sind Bank (106 percent) and Union Bank of India (103 percent) also succeeded. Among private banks, IDBI Bank performed the best with 145 percent achievement. Among Regional Rural Banks

(RRBs), Jharkhand State Rural Bank (393 percent) and Tripura Gramin Bank (351 percent) set records, while Punjab Gramin Bank (157 percent), Andhra Pradesh Gramin Bank (152 percent) and Assam Gramin Vikas Bank (149 percent) also performed remarkably. APY has now become a reliable retirement solution for crores of people in the country. PFRDA, in collaboration with banks and post offices, reiterated its commitment to make this scheme reach every eligible citizen and ensure a safe and respectable future for all.



Sex Racket Busted in Medininagar, Seven Women and Four Men Arrested

**DB Reporter**  
**Medininagar (Palamu):** In a significant crackdown, Medininagar police have busted a sex racket operating in the town and arrested 11 individuals, including seven women and four men. The operation was carried out on Sunday near Sadiq Manzil Chowk under the leadership of Town Police Station In-Charge, Jyoti Lal Rajwar, whose vigilance and prompt action led to the exposure of the illegal trade. Although sex rackets are not uncommon in many cities across the country, the revelation of such activities in a relatively backward district like Palamu has raised serious concerns.



What is even more disturbing is the exploitation of poor and vulnerable women, lured into the trade with false promises and monetary temptations. Police have confirmed that the mastermind behind the racket, identified as Sunita Devi, has been booked under stringent sections of law and is being sent to jail. Meanwhile, the other individuals

apprehended are being released on personal bonds, pending further investigation.

**Exploiting Helplessness**  
Investigations have revealed shocking details. Sunita Devi, the mastermind, had been running the racket for the past two years. Once a daily-wage laborer herself, she gradually entered

the flesh trade and later expanded into trafficking. She primarily targeted women facing extreme financial hardships-widows, those abandoned or harassed by their families, or women otherwise trapped in vulnerable situations. Using their helplessness as leverage, she coerced them into the trade for her own profit. Police sources have also indicated that efforts are underway to identify other individuals connected to this network. Authorities have assured strict action to dismantle such operations and protect women from being exploited under the shadow of poverty and compulsion.

Palamu Administration Cracks Down on Illegal Hospitals and Clinics

**DB Reporter**  
**Medininagar (Palamu):** The Health Department in Palamu has launched a strict drive against illegally operating hospitals and clinics following the directives of Deputy Commissioner Sameera S. Civil Surgeon Anil Kumar Srivastava informed this in a press conference, stating that a three-member monitoring team has been constituted to conduct monthly inspections across all blocks. The team will include the local Circle Officer, the



Block Medical Officer-in-Charge, and the Officer-in-Charge of the respective police station. A complete list of registered hospitals and clinics has already been prepared and handed over to block medical officers to ensure strict action against unregistered or illegally run establish-

ments. The move comes in the wake of a tragic incident at KGN Clinic in Nawa Bazar, where a two-month-old infant died during treatment. Allegations suggest that clinic operator Dr. Yasin administered a wrong injection, leading to the infant's death.

M P Manish Jaiswal Highlights Key Interventions During Monsoon Session 2025

**DB Reporter**  
**Hazaribagh :** Member of Parliament from Hazaribagh, Manish Jaiswal, addressed a press conference on Monday at his MP Seva Karyalaya in Hazaribagh city, following the conclusion of the 2025 Monsoon Session of Parliament. He shared details of his participation and raised concerns over the repeated disruptions caused by the Opposition. Jaiswal noted that the Monsoon Session, held from July 21 to August 21, had 21 working days. Despite widespread disruptions, he ensured 100% attendance and submitted a total of 105 starred and unstarred questions, of which 40 were selected through lottery. These included 32 constituency-specific questions and 8 of national relevance. Additionally, 19 Zero Hour interventions were submitted, with five selected for debate-



although only one, related to the Sahara India issue, was discussed due to frequent adjournments caused by Opposition protests. He raised questions across various ministries including Environment, Education, Skill Development, Home Affairs, Minority Affairs, Civil Aviation, Road Transport, Sports and Youth Affairs, Labour, Agriculture, Commerce, IT, Renewable Energy, AYUSH, Health, Housing and Urban Affairs, Railways, and Earth Sciences. Notable issues highlighted included the use of AI in tradi-

tional medicine, organizing a Youth Spiritual Summit in Jharkhand, installation of CCTV cameras in railway coaches, curbing drug trafficking in the state, reducing excessive pesticide use, establishing an archaeological museum in Chauparan, developing a corridor at the Chhinnamastika temple, halting illegal coal mining, increasing train stoppages in the region, promoting tourism in Hazaribagh, addressing displacement issues, improving bird safety near wind turbines, achieving full literacy by 2030.

DC Aditya Ranjan Emphasizes Quality and Inclusive Education in Review Meeting

**DB Reporter**  
**Dhanbad :** Deputy Commissioner-cum-District Magistrate Aditya Ranjan chaired a comprehensive review meeting of the Education Department at the Collectorate auditorium, focusing on strengthening the quality and inclusivity of the district's education system. During the meeting, the DC conducted a detailed agenda-wise review of various educational initiatives, stressing the need for effective implementation and outcome-oriented approaches. He emphasized the importance of quality education, inclusive learning environments, and continuous monitoring of infrastructure and academic activities across government schools. Key areas reviewed included the condition of Block Resource Centres (BRCs), basic infrastructure in government schools, biometric attendance of teachers and staff, availability of smart classrooms, ICT labs, library facilities,



eco-clubs, sports activities, and midday meals (MDM). He directed officials to ensure timely distribution of books and completion of plantation drives in all schools. All BRPs, CRPs, and Block Education Officers were instructed to regularly inspect schools and report any issues promptly to the district headquarters for swift action. The DC also discussed the upcoming Railways recruitment examinations scheduled for October, which

will be conducted in 137 schools across the district. He instructed BDOs, Circle Officers, District Education Officers, and school heads to ensure effective coordination and monitoring for the smooth conduct of the exams. Further, he stressed improving attendance of both students and teachers and noted a positive trend in attendance over the past month. He directed the use of the e-Vidya Vahini portal to monitor teacher attendance consistently.

Capacity Building Workshop for Zoo Keepers of Eastern India Begins in Jamshedpur

**DB Reporter**  
**Jamshedpur :** A four-day Capacity Building Workshop for Zoo Keepers of Eastern India was inaugurated today at the Centre for Excellence, Jamshedpur. Sponsored by the Central Zoo Authority (CZA), Government of India, the workshop aims to enhance the skills and knowledge of zoo keepers across the region. The event was inaugurated by Shri S. R. Natesha, IFS, Chief Conservator of Forests (Wildlife), Government of Jharkhand. Also present were Shri Saba Alam Ansari, IFS, Conservator of Forests & Divisional Forest Officer, Jamshedpur, and Captain Amitabh, Honorary Secretary of the Tata Steel Zoological Society



(TSZS). In his welcome address, Captain Amitabh expressed gratitude to CZA for selecting Tata Steel Zoological Park as the host and reaffirmed the park's commitment to wildlife conservation and education. He emphasized the significance of such platforms in professional development for zoo personnel. Addressing participants, Shri Natesha lauded the

initiative and highlighted several projects of the Jharkhand Forest Department, including proposed zoos at Giridih and Dumka, and a Tiger Safari near Palamu Tiger Reserve. He also recounted a recent tiger rescue and translocation operation, showcasing the department's evolving capabilities in wildlife management. The workshop covers topics such

as animal care, veterinary practices, record keeping, immunization, snake biology, mock drills, and disaster preparedness. A field visit to Dalma Wildlife Sanctuary is also scheduled. With 34 participants from 23 zoos across Eastern India, the workshop provides a valuable forum for collaboration and learning in the field of zoo management.

Why is the State Government Avoiding a CBI Probe Asks MLA Pradeep Prasad

**DB Reporter**  
**Hazaribagh :** Hazaribagh Sadar MLA Pradeep Prasad, along with fellow BJP legislators, staged a strong protest at the Jharkhand Assembly premises on Monday, demanding a Central Bureau of Investigation (CBI) probe into the brutal killing of Surya Hansda. The protest was led by BJP State President and Leader of the Opposition, Babulal Marandi. Addressing the media during the protest, MLA Pradeep Prasad questioned the silence of the Jharkhand government over ordering a CBI investigation into the incident. "This is not just a murder-this is a grave question on the law-and-order situation of the state. A government that claims to represent the tribal community has failed to protect one of its own sons, allegedly killed by the police," he said. He added that the incident highlights the state government's inability to maintain public safety and law enforcement. "Despite



being a tribal-led government, the identity and safety of tribal citizens are under threat. Only an independent CBI investigation can ensure justice in this case." MLA Prasad also affirmed that the BJP will continue its fight for justice-both inside the Assembly and out on the streets. "We will not rest until the victim's family

receives justice and the guilty are punished with the harshest possible sentence," he asserted. Appealing to the public, Prasad urged citizens not to remain silent in the face of injustice. "Staying quiet on the murder of Surya Hansda is nothing short of a betrayal of justice," he concluded.

SP Ajay Kumar Holds Crime Review Meeting in Ramgarh, Issues Key Directives

**DB Reporter**  
**Ramgarh :** SP Ajay Kumar convened a crime review meeting at the SP Office Auditorium in Ramgarh, focusing on improving policing efficiency and public service delivery across the district. During the meeting, SP Kumar reviewed court-related matters, use of intelligence networks, and pending and sensitive cases, including those involving murder, POCSO, arson, Naxal



activities, cyber fraud, NDPS violations, and property crimes like theft, robbery, and burglary. He directed police officers to listen to public complaints at police stations and outposts with

seriousness and ensure their swift redressal. Officers were instructed to conduct daily morning meetings, ensure biometric attendance, and profile active TSPC/PLFI members and repeat

offenders recently released from jail. Instructions were also given for timely disposal of warrants, summons, passport and character verifications, pending items in the malkhana (evidence room), and cases from the PG Portal and commissions. Emphasis was placed on resolving POCSO and rape cases within two months, verifying criminal gangs, updating CCTNS forms, and installing CCTV cameras

under CRPC Section 144 or BNSSA Section 163. Other key directives included ensuring compensation for hit-and-run victims, timely action on Dial 112 complaints, uploading fingerprint data to NAFIS, and using the e-Sakshya app under the new criminal laws. The SP also stressed on conducting awareness campaigns for traffic rules and road safety, and initiating intensive raids against gambling, illegal liquor, and drug ped-

Grizzly School Shines at CBSE East Zone Yogasana Championship 2025-26

**DB Reporter**  
**Koderma:** Students of Grizzly School, Tilaiya Dam, delivered an exceptional performance at the CBSE East Zone Yogasana Championship 2025-26, held from August 4 to 8 at Scholar High Boarding School, Ramgarh. The Under-17 Boys Group Event team-comprising Love Kumar Sharma, Shubham Kumar Rana, Diwakar Kumar, and Ayush Kumar-secured third place, bringing pride to the school and district. In individual categories,



Love Kumar Sharma clinched first place in Individual Yogasana and second place in Under-17 Artistic Yogasana. Tejas Kumar Vishwakarma earned fifth place in the Under-14 Artistic Yogasana category, qualifying for the national championship.

Both Love Kumar Sharma and Tejas Kumar Vishwakarma have been selected to represent the East Zone at the CBSE National Yogasana Championship, scheduled from September 13 to 16, 2025, at Shriram Global School, Karnal, Haryana.



# Deputy Commissioner Reviews Progress of Education Department Schemes

**DB Reporter**  
**Hazaribagh :** In a district-level review meeting held at the Collectorate auditorium on Monday, Deputy Commissioner Shashi Prakash Singh thoroughly examined the progress of various schemes under the Education Department and issued important directives to officials.

The Deputy Commissioner instructed the department to submit detailed activity reports and implementation schedules for the Annual Work Plan and Budget 2025-26 for the Samagra Shiksha program within one week. He also urged officials to expedite the enrollment process at Jharkhand Girls' Residential Schools and Netaji Subhash Chandra Bose Residential Schools.

The meeting emphasized increasing biometric attendance of teachers and ensuring 100% student attendance marking on the e-Vidyavahini portal. Preparation for Direct Benefit Transfer (DBT) payments for uni-



forms for students from Class 1 to 8 was also highlighted.

Officials were directed to complete SDMS data entry under U-DISE within a week and textbook distribution entries on the EVV portal within three days. The formation of Eco Clubs and achieving 100% targets for plantation drives by August 31 were also stressed.

Further, the Deputy Commissioner empha-

sized timely completion of entries related to the Chief Minister's Swachh Vidyalaya Abhiyan and rail examination data by August 31, warning that negligence would lead to identification and action against the concerned schools.

All officers present were instructed to ensure that benefits of all schemes reach the students on time and that all tasks are completed within the stipulated deadlines.

## Police Raid Illegal Gambling Den in Ichak, Six Arrested, Over 1.19 Lakh Seized

**DB Reporter**  
**Ichak :** Acting on a tip-off, Ichak police conducted a raid on an illegal gambling den operating in Barkakala village under Ichak police station limits. The operation led to the arrest of six individuals and the seizure of ₹1,19,960 in cash along with six bundles of playing cards.

Addressing a press conference on Monday, Additional SP Amit Kumar informed that police had received

confidential information about large-scale gambling taking place in a secluded building in Barkakala. A special raid team was promptly formed under the leadership of Ichak Police Station In-Charge Rajdeep Kumar. During the raid, police successfully apprehended six gamblers while several others managed to flee, taking advantage of the darkness and heavy rainfall. The arrested individ-



uals have been identified as Pradeep Mehta (40), Ganesh Prasad Mehta (42), Bengali Prasad Mahato (52), Anil Mehta (28), Rahul Kumar (26)-all residents of Barkakala-and Rajan Kumar (25) from Kurha

village. A case has been registered under Ichak P.S. Case No. 123/25, Sections 112 of the IPC and Section 13 of the Public Gambling Act. Police are currently identifying other suspects and locations involved.

## Urea Shortage and Rain Hit Farmers: Memorandum Submitted to Minister

**DB Reporter**  
**Ramgarh:** Sudhir Manglesh, Chairman of the Dulmi Block 20-Point Committee and District Spokesperson cum Media Chairman, met Jharkhand Agriculture, Animal Husbandry and Cooperation Minister Shilpi Neha Tirkey on Monday to highlight the severe challenges faced by farmers in Ramgarh district. He submitted a memorandum outlining the crisis.

The memorandum states that farmers in the region are grappling with a severe shortage of urea. Due to



limited availability through official channels, farmers are being forced to buy urea from the open market at exorbitant prices ranging from ₹500 to ₹600 per bag. This has significantly increased their input costs, pushing them further into financial distress.

## Workshop on Mental Health Organized at Radha Govind University

**DB Reporter**  
**Ramgarh:** A workshop on mental health was organized by the Training and Placement Cell at Radha Govind University on August 25, 2025, in the university's seminar hall. The event aimed to raise awareness among students about the importance of mental well-being in today's demanding academic and professional environments.

The welcome address was delivered by Registrar Prof. (Dr.) Nirmal Kumar Mandal, who greeted the guests and emphasized the importance of time management, discipline, and goal-oriented efforts for student success.

The keynote speaker was Karmveer Singh, CEO of Healing First, Ranchi. He guided students through various mental exercises and techniques to manage stress effectively. Over 100 first-year students actively participated in the session.



Chancellor B.N. Sah congratulated the Training and Placement Cell for organizing the workshop. Secretary Priyanka Kumari, in her address, highlighted the critical need for mental health awareness among students.

Placement Cell Coordinator Dr. Prashant Kumar noted that mental health challenges are increasingly prevalent among youth and

that such workshops are essential for their personal and professional development. The event was coordinated by cell member Manoj Karmali. Also present were Vice-Chancellor Prof. (Dr.) Rashmi, Finance Officer Dr. Sanjay Kumar, Controller of Examinations Prof. (Dr.) Ashok Kumar, and other university officials, faculty members, and students.

## Radha Govind University Students Shine at Ramgarh District Yoga Competition

**DB Reporter**  
**Ramgarh:** Students from Radha Govind University made a remarkable mark at the Ramgarh District-Level Yoga Competition held on August 24, 2025, at Shri Guru Nanak Public School, Ramgarh. Participants from various educational institutions across the district showcased their skills in the event.

Khushi Kumari from the Department of Mathematics, Priya Kumari from BPES, and Shubham Verma from the Yoga Diploma program secured gold medals with their dedication, discipline, and exceptional performance. Their yoga



techniques and physical balance stood out among the competitors.

Chancellor B.N. Sah congratulated the students on their achievement and wished them success in their future endeavors. University Secretary Priyanka Kumari appreciated the students' consistent efforts and expressed joy over their growing excellence in yoga, extending best wishes for their future competitions.

Vice-Chancellor Prof.

(Dr.) Rashmi, Registrar Prof. (Dr.) Nirmal Kumar Mandal, Finance Officer Dr. Sanjay Kumar, Controller of Examinations Prof. (Dr.) Ashok Kumar, Management Committee Member Ajay Kumar, Head of the Department of Physical Education Dr. Aman Verma, and Head of the Department of Mathematics Dr. V.K. Pandey also congratulated the students for their outstanding performance.

## Mosquito Nets and Bed Sheets Distributed to 40

## Women Labourers by Prajwala Mahila Mandal in Sijua

**DB Reporter**  
**Sijua, August :** Under the guidance of Mrs. Mili Dutta, President of Diksha Mahila Mandal, and in collaboration with Prajwala Mahila Mandal, a welfare event was organized near the Old Sijua Area Office in the premises of the Staff Recreation Club. During the event, 40 women daily wage workers were provided with mosquito nets and bed sheets, keeping in view the increased threat of mosquitoes during the



monsoon season. The distribution was carried out by Mrs. Sharmistha Chakraborty, President of Prajwala Mahila Mandal. Speaking on the occasion, Mrs. Chakraborty empha-

sized the group's commitment to supporting the underprivileged and marginalized sections of society. "Prajwala Mahila Mandal continues to work for the upliftment of the

poor, the voiceless, and the needy. These efforts are made possible under the able leadership of Mrs. Mili Dutta," she stated. The event was also attended by Mrs. Bhashwati Kundu, Mrs. Rekha Kumar, and other active members of the organization, who extended their support to the noble cause.

Such initiatives reflect the ongoing commitment of women-led groups toward community welfare and grassroots support.

## "I Will Renovate Chanpur Crematorium and Senior Citizens' Office" - Aruna Shankar



**DB Reporter**  
**Medininagar (Palamu):** As part of her "Chainpur Charcha" campaign, Palamu's first Mayor Aruna Shankar visited the office of the Senior Citizens' Committee in Chainpur, where she met and honored the elderly members with traditional angavastras. During the interaction, she patiently listened to

their concerns and assured prompt action. The members requested repair and renovation of their office building. Responding immediately, Mayor Shankar instructed her staff to undertake repair and painting work, stating, "These elders are our guardians; their office must be well-maintained."

## Rain Destroys Home in Panki's Bankheta, Family Forced to Live Under Open Sky



**DB Reporter**  
**Medininagar (Palamu):** In a heartbreaking incident, the mud-and-thatch home of Saurabh Kumar Singh in Bankheta village, under Panki block, collapsed around 2 a.m. on Sunday night due to heavy rainfall. The family was asleep at the time but miraculously escaped unharmed. However, the collapse has left them homeless and struggling to survive under the open sky amid the ongoing monsoon. The family's modest home housed their entire living arrangement-including the kitchen, sleeping area, and shelter for elderly and children. With its destruction, they now face severe hardship,

especially with children and aged members forced to sleep outdoors in harsh weather. Local villagers expressed concern over the family's situation, pointing out that they have not yet received assistance under the Pradhan Mantri Awas Yojana or the state's Abua Awas Yojana. "This tragedy could have been avoided with timely housing support," a resident said. The family has appealed to local authorities for urgent help, demanding immediate relief from the Disaster Relief Fund and permanent housing. "We are completely homeless," said Saurabh Kumar Singh.

## Koderma Police Arrests Accused in Theft Case, Sends Him to Jail

**DB Reporter**  
**Koderma :** Koderma police have arrested an accused in connection with a recent vehicle theft case and sent him to jail. The incident occurred on the night of August 11, 2025, when unidentified individuals stole a stepney (spare



wheel) from a Toto vehicle parked near

Jalwabad and Lokai under the Koderma police station area. Following the theft, a formal complaint was lodged on August 12 by Umesh Yadav, a resident of Jalwabad. Acting swiftly on the complaint, the police launched an investigation and successfully arrested one of the

accused within 24 hours. The arrested individual has been identified as Santosh Kumar Yadav, alias Rahul Yadav, son of Dinesh Yadav, a resident of Barsotiyabar village in Koderma. He has been charged under Koderma Police Case No. 145/25.







Editorial

Tata Steel Celebrates 119 Years of Building a Nation

On this day in 1907, in the town of Sakchi- now Jamshedpur-a bold industrial dream began to take shape. Tata Iron and Steel Company (TISCO), envisioned by the pio- neering Jamsetji Nusserwanji Tata, laid the foundation not only for a steel plant but also for industrial India. As Tata Steel marks its 119th Foundation Day, it continues to stand as a symbol of resilience, innovation, and nation-building. Jamsetji Tata’s vision was ahead of its time. At a time when few believed in India’s indus- trial potential, he dared to dream of a steel plant that would empower a young nation. Tata Steel, India’s first integrated steel plant, emerged not just as a manufacturing giant but as a force for social progress and inclu- sive growth. From the outset, Tata Steel defined its suc- cess not merely by production output or profits, but by its social impact. Long before the concept of Corporate Social Responsibility (CSR) became mainstream, the Company invested heavily in the welfare of its workers and communities. Guided by the founder’s philosophy that "the communi- ty is not just another stakeholder in busi- ness but is in fact the very purpose of its existence," Tata Steel’s CSR initiatives touched 5.77 million lives across India in FY 2024-25. Over the past century, Tata Steel has weath- ered world wars, economic crises, and rapid technological shifts. Its evolution-from a sin- gle-location operation to a global steelmak- er with a diversified product portfolio-has been powered by resilience and innovation. In recent years, the Company has sharp- ened its focus on sustainable growth. FY 2024-25 saw the commissioning of India’s largest blast furnace at Tata Steel Kalinganagar and progress in low-emission steelmaking with electric arc furnace proj- ects underway in Ludhiana and Port Talbot (UK) . Tata Steel has committed to achieving net- zero carbon emissions by 2045. It is advancing this goal by investing in green technologies, renewable energy, digital transformation, and circular economy prac- tices. As it steps into its 120th year, Tata Steel remains steadfast in its mission: to drive progress that serves both society and the planet. It continues to lead by example- strengthening industry, uplifting communi- ties, and shaping a sustainable future.

India's secular culture is in crisis

Many Indian thinkers believe that India's secularism can survive only if governments maintain a princi- pled distance from all religions, or promote them equally. But they are expecting too much from politicians. As recently, the Chief Minister of Assam (and Hindutva follower) asked: "How can Himanta Biswa Sarma be secular? I am a staunch Hindu. Similarly, how can a Muslim be secular? He is a staunch Muslim." Today, after another Independence Day, let us consider whether we really want to end our secular legacy....

Bhanu Dhamija

The most memorable moment in modern Indian histo- ry... Independence, which came 78 years ago this month... was also one of our most painful moments. For the first time in history, India, a country where pluralism flourished for millen- nia, was divided along religious lines. Partition cast a dark shad- ow over our pluralistic, multicul- tural society. Today, sadly, many Indians consider secularism a bad word, and the country is hell-bent on becoming a Hindu nation. Before it is too late, let us rethink this situation and reclaim our world-renowned heritage of religious tolerance, equality and respect for diverse beliefs. Imagine what loss will hap- pen to India if secularism ends. About 4000 years ago, our Vedic sages coined the idea that "Truth is one, and the wise call it by different names.' This simple idea led our ancestors to thou- sands of years of unparalleled progress and prosperity. It allowed people of all kinds of beliefs...pantheistic (Hindus), atheists (Charvakas), material- ists (Ajivikas), atheists (Buddhists) and spiritualists (Jains)...to live and prosper together. In the third century B.C., at the peak of our prosperi- ty, Emperor Ashoka adopted Buddhism, but issued a decree: "One should respect the religion of others...by doing so one helps one's own religion to prosper and at the same time serves the reli- gion of others." Buddhism took this Indian philosophy to almost all of Asia and eventually to every continent on the face of the earth. In 1937, a Chinese states- man, Hu Shi, lamented that "instead of sending troops to conquer China culturally, India sent only a few missionaries." These pluralistic traditions



survived despite the violent con- quests of Muslim rulers around the eighth century. Some Muslim emperors, such as Aurangzeb, brutally persecuted other reli- gions, but others, such as Akbar, respected them. Akbar appoint- ed people from different reli- gions to his cabinet and promot- ed a syncretic religion (Din-i Ilahi). When the British came to India in the 18th century, there was still a deep brotherhood between Hindus and Muslims. In 1857 they together revolted against the British and symboli- cally united under the leadership of Bahadur Shah Zafar, the last Mughal emperor of India. Both Hindu and Muslim rulers like Rani Lakshmibai and Begum Hazrat Mahal fought against the British. India’s secular culture contin- ued even during the freedom struggle. The 1916 pact between Motilal Nehru and Mohammad Ali Jinnah, who represented the Congress and the Muslim League respectively, was hailed as a sym- bol of Hindu-Muslim coopera-

tion. Gopal Krishna Gokhale, a Brahmin and Congress leader, called Jinnah the 'best apostle of Hindu-Muslim unity'. When Mahatma Gandhi led the free- dom struggle, he took religious solidarity to new heights. He said, "My Hinduism is not com- munal. It includes the goodness of all religions, Islam, Christianity, Buddhism and Zoroastrianism, which I like best." But this ancient relationship came under deep strain after India's independence. The turn- ing point had come a decade ear- lier, when Jawaharlal Nehru refused to accommodate any Muslim League leader in the provincial governments formed by the Congress Party in 1937. It was not that Nehru was against Muslims, he simply did not want representatives of communal parties in government. But this harsh, one-sided decision made Jinnah angry and vindictive, and every attempt to bring him back to nationalist ideology failed thereafter. Jinnah raised the slo- gan 'Islam is in danger' and unit-

ed Muslims for a separate nation called Pakistan. Partition dealt a severe blow to goodwill between independent India's two largest communities. Hindutva came into the main- stream in the 1990s and is now India's leading political move- ment. Today, many Hindus are rallying behind Hindutva, which aims to establish Hindu hegemo- ny in the form of a Hindu nation. The followers of Hindutva feel that the Muslim minority is not committed to the welfare of India. This feeling is hardening day by day and is turning into hatred. And as is natural in the feeling of hostility, it is spreading reciprocally. Today, it is hard to deny that many Muslims and Hindus in India fear and even hate each other. If India wants to retain its centuries-old values ??of multi- culturalism, this negative cycle of hatred based on religion must end. Since Hindutva is now polit- ically dominant, it is important that any form of religious appeasement or persecution be constitutionally banned.

Worshipping Vinayak on Ganeshotsav destroys all physical and mental obstacles

Uday Kumar Singh

Ganeshotsav has a deep signifi- cance in the lives of all of us Indians. During the ten days of Ganesh Utsav, Ganpati Bappa is installed in every house and devotees worship him with all their heart. The tradition of installing Ganpati on the first day and immersing him on the last day makes this festival special. This year Ganeshotsav will begin on 27 August and end on 6 September. Ganesh Chaturthi will be celebrated on 27 August. On this day Lord Ganesha will be installed. This festival lasts for 10 days, in which Ganesh immersion is done on Anant Chaturdashi. Lord Shri Ganesha has extraordi- nary importance among the gods. Our body has five sense organs, five organs of action and four inner organs. The powers behind them are called fourteen deities. The original motivator of these gods is Lord Ganesha. Lord Ganesha is the sym- bol of the word Omkar. Lord Ganesha is the destroyer of obsta- cles. Therefore, by worshipping him, all the tasks are completed without any obstacles. Lord Ganesha is the son of Uma-Maheshwar. He is the God of Ganas. He is the form of Swastik. He has infinite names. Worshipping him brings knowledge, marriage, children, wealth, success, joy and happiness. Wednesday is considered the best day for worshipping Lord Ganesha. Ganesha is considered the god of wisdom. Hence, worshipping him on Wednesday has special importance.

According to astrology, Mercury gives wealth and wisdom to Ganesha. Hence, by worshipping him, Ganesha resides in the house of his devotees along with his wives Riddhi-Siddhi and sons Shubh- Labh. Wednesday is also the best day for worshipping Gods for wisdom and success, because this day is consid- ered a special day for worshipping Lord Mercury in addition to Lord Ganesha, the giver of wisdom. From a religious point of view, Mercury is considered to give wis- dom and prosperity. The auspicious effect of Mercury gives success in business, knowledge, concentration and good memory as well as relief from unnecessary tensions. By wor- shipping Lord Budh on Wednesday, all the bad effects of planet Mercury are destroyed and worshippers get the desired results. Importance of Ganesh Chaturthi in human life The tradition of celebrating Ganesh Chaturthi fast in India is very ancient. But in Maharashtra, this festi- val is celebrated with more impor- tance and joy, it is the gift of the kings of that place. According to his- torians, Ganesh Puja was given more importance in Maharashtra during the rule of the great hero of the Maratha Empire, Chhatrapati Shivaji Maharaj, i.e. from 1627 to 1680. After this, the Peshwa empire was established in the entire Maharashtra province under the leadership of Bajirao Peshwa. It is

said that Shri Ganesh was the favorite deity of Bajirao Peshwa. Ganeshotsav was celebrated with joy for the last time in the Peshwa Empire in 1815. After the fall of the Peshwa king- dom, from 1818 to 1892, Ganeshotsav was limited to the fam- ilies of Maharashtra only. But the public worship of Lord Ganesha was started in Pune in 1893 (1893) by Lokmanya Bal Gangadhar Tilak. Through the Ganeshotsav festival, he tried to unite various provinces, castes, languages ??and cultures. Bal Gangadhar Tilak was successful to a great extent in his objective. He made Ganeshotsav a symbol of inde- pendence. Since that time, not only in Maharashtra, but also in other provinces of the country, grand idols of Ganesha are installed. At present, not only in Maharashtra, but also in other provinces, Ganeshotsav is celebrated with devotion and gaiety. On the occasion of Ganeshotsav, various images of Indian art and culture are seen. Colourful programs are pre- sented everywhere at night. On the last day of Ganeshotsav, the idols are immersed with great pomp in river banks, lakes or sea. Ganeshotsav is also celebrated with devotion in foreign countries. Lord Ganesha is an integral part of Indian culture. Therefore, since ancient times, Ganpati is worshipped first to complete the work without any obstacles. Whoever worships Lord Ganesha with devotion, never

faces obstacles. This is the reason why Ganesh Chaturthi or Ganeshotsav is being celebrated in foreign countries since ancient times. It is true that there was a time when the holy festival of Ganesh Chaturthi was celebrated with great pomp in countries like Japan, China, Cambodia, Indonesia, Thailand, Malaya and Mexico. The abundance of Ganesha idols found in these countries is also a proof of this. In that period, Ganesh Puja was recog- nized worldwide and Lord Ganesha was accepted as the President of the Republic. The faith of devotees towards Lord Ganesha, the first worshipped among the gods and the destroyer of obstacles, is not less even in foreign countries. In Britain, the non-resi- dent Indians celebrate this festival with full rituals. In London, Ganeshotsav was first celebrated in the year 2005 in the Vishwa Hindu Mandir by an organization called Hindu Culture and Heritage Society. Ganesh pandals were made here and idols of Ganapati were installed in them and worshipped with full rites and rituals. Why is Lord Ganesha worshipped first? Why is Lord Ganesha the first to be worshipped? Why was he chosen to be worshipped first among the thirty-three crore gods and goddess- es? How did he get such a great hon- our? Why is Ganesha worshipped first in every religious ceremony? Actually, there are different sto-

ries in different Puranas about the origin of Ganesha and his being wor- shipped first. Some of these have similarities in specific contexts. If we talk about the Ramayana period, then Goswami Tulsidas ji remembers Lord Ganesha in the first Mangal Shloka of the composition of Shri Ramcharitmanas and says, Varnaanamarthasanghanaam Rasaanaam Chhandasaampi. Mangalanaam Cha Kartaarau Vande Vanivinyakau? Meaning: I worship Mother Saraswati and Lord Ganesha, who created letters, mean- ing groups, emotions, verses and auspicious words. There is a very interesting story about why Lord Ganesha is wor- shipped first. According to the story, once there was a dispute between the two brothers Shri Ganesh and Kartikeya in front of Lord Shiva about who is the elder among the two. Hearing this, Lord Shiva said that the one who first circumambu- lates the entire universe with his vehicle and returns to me, will be considered the elder. On hearing this, Lord Kartikeya set out to circumam- bulate the universe on his vehicle peacock. But Lord Ganesha, sitting on his vehicle mouse, circumambulated his parents and first stood in front of them with folded hands. He said that my cir- cumambulation is complete. Because my world lies in my parents. Hearing this intelligent answer of child Ganesh, Lord Shiva was so pleased that he gave the boon of being the first to be wor- shipped to Shri Ganesh ji.







# Over 30 and hitting the gym? 5 medical tests doctors say you must not skip

**New Delhi:**If you're over 30 and have a family history of heart disease or are beginning a new fitness regimen, you'd better undergo a basic routine cardiac work-up with a few tests. According to Dr M. Sudhakar Rao, Consultant Cardiology, Manipal Hospital, Sarjapur Road, some of these tests may be optional; a few of these tests are critical and cannot be skipped.

In this article, the doctor has explained which tests need to be done frequently if you go to the gym regularly and want to stay fit in the long run.

**Routine cardiac tests**  
If someone in the family or a first-degree relative has a history of cardiac disease or premature coronary artery disease, it's important to undergo routine cardiac evaluation with fasting sugar and lipid profile to evaluate for risk factors. Sometimes additional cardiac tests like lipoprotein-a and hs-CRP may be helpful for risk stratification, based on which additional tests like CT coronary angiogram or treadmill tests may be recommended.

**ECG (Electrocardiogram)**  
A basic but powerful test, the



ECG records the heart's electrical signals. It can detect abnormalities like arrhythmias and help predict the risk of sudden cardiac arrest. A



high voltage on the ECG may also predict underlying diseases like

hypertrophic cardiomyopathy, hypertension, or other rare muscle disorders. However, a normal baseline electrocardiogram does not necessarily rule out the possibility of future events.

**2D Echo (Echocardiography)**  
This ultrasound scan provides live images of the heart, assessing its structure and function. It helps in ruling out conditions like hypertrophic cardiomyopathy, valve disorders, and other heart defects that might otherwise go unnoticed. It should be well reinforced that a normal baseline echocardiogram does not rule out the possibility of coronary artery disease.

**Treadmill or Stress test**  
It is recommended that gymgoers, especially those over 40 years old, undergo a treadmill test to see if they are able to tolerate high-intensity exercises. If there are red flags, further medical intervention is required, and the person should not opt for high-intensity workouts. An early stress test after 30 years of age is recommended if there is a strong family history of coronary artery disease and someone is planning to start a fitness regime.

## Can low B12 worsen hypothyroidism? Pune doctor explains symptoms and treatment

**New Delhi:** Though there is no real cause-and-effect relationship per se (i.e., low B12 leading to thyroid problems), a strong association exists, especially with hypothyroidism and autoimmune diseases of the thyroid, such as Hashimoto thyroiditis.

In this article, Dr Arun Kamble, Consultant - Physician, Wanowire Ruby Hall Clinic, Pune, interpret this association as a possible vicious cycle.

Is there a link between Vitamin B12 deficiency and thyroid problems?

Hypothyroidism has been studied in association with vitamin B12 deficiency, which exhibits high prevalence in individuals with hypothyroidism. This is because Hashimoto's thyroiditis has a similar autoimmune process that may also cause pernicious anaemia, which interferes with the body's ability to absorb B12 found in food.

Can low B12 make hypothyroidism symptoms worse?

Low B12 can aggravate the symptoms of hypothyroidism. Most symptoms are similar, e.g., fatigue, weakness, and neurological problems. An individual with low-acting



thyroid and little B12 can have worse or more sustained symptoms.

**Effect on Thyroid:**  
Low levels of B12 may affect the production and regulation of thyroid hormones.

**Overlapping symptoms of low B12 and thyroid problems**

The main reason why the link is not identified more often is that the symptoms of the two disorders are quite similar. An individual who develops such symptoms can be labelled to have a problem in the thyroid, and yet the B12 deficiency is still there, causing more anguish.

## Why do some people sweat more than others? Explained by a doctor

**New Delhi:**The body keeps its temperature in check by means of evaporation through sweat. But for some, it feels like the sweat glands have truly gone into overdrive, and they sweat even when others can stay dry. So the nagging question remains: why do I sweat more than others?

With this in mind, we interviewed Dr. Shrey Srivastava, the Senior Consultant - Internal Medicine at Sharda Hospital, Greater Noida. According to the doctor, the patterns seen in sweating may vary greatly and usually depend on several overlapping factors. Let's dig deeper!

**Genetics play a big role**  
"One of the major reasons why people sweat more than others is genetics," Dr. Srivastava said. If excessive sweating runs in the family, chances are higher that an individual will experience the same. He explained that some people are simply born with sweat glands that are



more active or respond more readily to heat, stress, or exertion.

**The nervous system connection**

Beyond genes, the body's internal wiring also matters. "The autonomic nervous system controls automatic functions, including sweating. If it is overly sensitive, it can trigger sweat even in situations where it isn't required," Dr. Srivastava pointed out. This is why

some people sweat during cooler weather or in moments of nervousness, when the body's stress response kicks in despite no physical exertion.

**Hormonal shifts can make a difference**

Hormones are another important factor. "Menopause, puberty, and pregnancy are stages where hormonal fluctuations can drive excessive sweating," he said. Stress hormones like

adrenaline and cortisol can also make sweat glands more aggressive, especially in high-pressure or emotionally charged situations.

**Body size and composition**

Dr. Srivastava noted that body type can influence sweat levels, too. "People with larger body sizes or higher body fat percentages tend to sweat more because their bodies generate more heat and need more sweat to cool down," he explained.

# Why monsoon affects insulin response and how diabetics can stay safe

**New Delhi:**Insulin response changes during the monsoon, making blood sugar control in the season somewhat difficult. Diabetics can thus celebrate the season with an equilibrium of health, mindful eating, exercise, hydration, and constant monitoring. It is important to test your glucose levels regularly to keep them in check and quickly detect any irregularities.

With a few lifestyle changes, one can manage how different variables affect glycaemic control. According to Dr Vishal Tyagi, Consultant at Fytika Healthcare, the key lies in glycobalance: maintaining steady glucose levels despite seasonal temptations. Diabetics can thus

celebrate the season with an equilibrium of health, mindful eating, exercise, hydration, and constant monitoring. Want to get more information on diabetes? We got you covered!

**Eating strategies for diabetics in the rainy season**

Fresh seasonal fruits and vegetables

Fresh seasonal green vegetables, which are low in starch, help in natural blood sugar regulation. Bitter gourd, tomato, bell peppers, aubergine, onion, mushroom, and spinach are some low-glycaemic vegetables that can be added to meals for better control.

**Significance of complex carbohydrates**

Refined carbohydrates are digested quickly, caus-



ing rapid spikes in glucose levels. Instead, opt for complex carbohydrates found in

whole grains, legumes, and high-fibre vegetables. Such foods are digested slowly,

giving continuous energy and keeping blood sugar steady for the day.

**Avoid high sugar and junk foods**

It is during the monsoon that fried and sweet snacks are really craved a lot, but they trigger instant spikes in sugar levels. Substitute them with nutrient-rich options like roasted nuts and seeds or herbal teas without any sugar added. These satisfy hunger without harming blood glucose levels.

**Drink a sufficient amount of water**

Hydration is often overlooked in the rainy season. Drinking enough water supports kidney function, flushes out toxins, and aids metabolic balance. Herbal teas and soups can be included, but avoid added sugar or too much salt.



A midfielder, he made his debut in the 1997 SAFF Championship in Nepal, where India emerged champions. He was part of the Indian squads for the 2002 FIFA World Cup Qualifiers and the 2001 Merdeka Tournament. In his club playing career, Jamil won the National Football League, two Federation Cups and two IFA Shields with Mahindra United.