

TRICOLOUR ESTATE

THE NEWS THAT MATTERS

Saturday
4.7.2026

Pages: 4
Price: Rs.2

Volume: 1
Issue: 46

Published from Jagtial
Circulated to Telangana

PRGI Regd: TGENG/26/A3325
www.tricolourestate.com

Basar temple earns Rs 1.06 crore in 49 days offerings

Nirmal: The Gnana Saraswathi Devasthanam-Basar registered income of Rs 1.06 crore through offerings by devotees for 49 days. Counting of hundi was conducted on Thursday.

The temple executive officer Anjana Devi said that the temple earned Rs 1,06,45,359, by way of offerings made by devotees from May 13 to July 1. The temple recorded income of 78 grams of mixed gold, 4 kgs of silver and 17 foreign currency notes.

TGSRTC generates Rs 505 crore via UPI in 11 months

Hyderabad: The TGSRTC has witnessed a sharp rise in digital ticketing, with UPI payments emerging as a preferred mode of fare collection. The corporation said it has generated Rs 505.95 crore through UPI transactions by issuing 42.75 crore digital tickets over the past 11 months. City & Local Guides According to TGSRTC, daily UPI collections have grown from around Rs 2,000 during the initial rollout to nearly Rs 2.5 crore at present. Digital ticket issuance increased from 5.25 lakh tickets in March 2025 to 64.17 lakh tickets in June 2026, registering a growth of over 1,122 per cent.

DAC Clears Rs 52,000-Cr Proposals

NEW DELHI, July 3

The Defence Acquisition Council (DAC), headed by the defence minister Rajnath Singh, on Friday gave the initial nod to acquisition proposals worth ₹52,000 crore for the Army, Navy and Air Force. The approvals include the procurement of kamikaze drones, man-portable anti-tank guided missile systems (MPATGM), medium-range surface-to-air missile (MRSAM) weapon systems and very short-range air defence systems (V-Shorads).

For the Army, the DAC accorded acceptance of necessity (AoN), which is in-principle administrative approval, for the procurement of the anti-unmanned aerial vehicle (UAV) electronic warfare system "Akash Tarang", man-portable anti-tank guided missile systems, medium-range surface-to-air missile weapon systems, very short-range air defence systems, active protection

systems for tanks and the jet-based Kamikaze drone systems.

Akash Tarang will provide effective anti-UAV protection to the Army formations. The MPATGM will enhance the potential of the infantry to counter mechanised threats like tanks, especially against China at the high-altitude northern borders. The MRSAM system provides medium-range air defence against a variety of stand-off aerial threats.

The V-Shorads with multispectral sensing will enhance the countermeasure resilience and effectiveness of the Army. The V-Shorads are man-portable air defence systems and are meant for neutralising low-altitude aerial threats at short ranges.

The active protection system will be capable of im-

proving the defence mechanism of tanks and enhancing their survivability. The jet-based kamikaze drones provide better electronic warfare capability with greater lethality and survivability while also being cost-effective.

For the Navy, approval was given for the procurement of the multi-influence ground mine (MIGM), the naval shipborne unmanned aerial system (NSUAS) and the setting-up of the land-based testing facility (LBTF) for the electric propulsion system.

The MIGM will deny adversaries the freedom of manoeuvre. The NSUAS, drones which can fly from ships



and equipped with advanced sensors, will enhance situational awareness of the Navy and also help in target acquisition. The LBTF will meet the testing requirements for motors and associated propulsion systems of the Indian naval assets.

Telangana's Debt Burden Rises 9 Times Under BRS Rule, Says Bhatti

Hyderabad, July 3

Telangana's debt burden had increased from ₹90,161 crore in June 2014 to ₹8.21 lakh crore by December 2023 during the previous BRS government's tenure, according to the data released by the state government. Deputy Chief Minister and finance Minister Mallu Bhatti Vikramarka, who released the data here on Friday, accused the opposition BRS of misleading the public on the state's finances.

Bhatti also ordered a comprehensive inquiry by the director of vigilance, Singareni Collieries Company Limited (SCCL), into allegations levelled by the BRS that 40 lakh tonnes of coal had gone missing from the coal mines.

He criticised BRS leaders T. Harish Rao and K.T. Rama Rao for their remarks on the state's financial condition. He said the Congress government had borrowed ₹1.77 lakh crore since assuming office in December 2023 but had already repaid ₹2.08 lakh crore, including principal and interest, towards loans raised by the BRS government over the last two-and-a-half years.

Bhatti said the total liabilities of the BRS regime stood at ₹8,21,651 crore after accounting for borrowings within FRBM limits, loans raised by government corporations with state guarantees, pending employee dues and discom liabilities. He alleged that reckless borrowing and corruption under the BRS government had severely weakened the state's financial system and that the present government was working to restore fiscal stability.

He said the government had so far refrained from disclosing the complete financial picture to protect Telangana's reputation, but was compelled to place the facts before the public as the opposition continued to spread misinformation through social media.

Questioning Harish Rao's claim that the BRS government had borrowed only ₹3 lakh crore, Bhatti asked why such huge repayments had to be made through Reserve Bank of India transactions if that assertion was true. He maintained that despite the inherited debt burden, the Congress government was paying salaries on time while implementing welfare programmes such as Rythu Bharosa through prudent financial management.

Resignations, arrests in Ram Mandir donation theft only to mislead people: Arvind Kejriwal

NEW DELHI, July 3

AAP national convener Arvind Kejriwal on Friday alleged that the resignations, arrests, special investigation team (SIT) and the FIR in the case were merely cosmetic measures designed to create the appearance of action, while the big and powerful people behind the scam continued to be shielded.

Addressing mediapersons in Goa, Kejriwal said: "The people of Goa are deeply religious. When Ram Mandir was built, Hindus in Goa donated generously and with complete devotion. But now reports of scam and 'chanda-chori' at the temple have emerged."

"This theft did not just start now; it began back in 2021. There was a massive land scam. A piece of land worth Rs 2 crore was sold to the Shri Ram Janmabhoomi Teerth Kshetra Trust for Rs 18 crore within 10 minutes. Similarly, land worth Rs 3 crore was purchased for Rs 24 crore, land worth Rs 9 crore was bought for Rs 55 crore, and land worth Rs 14 crore was bought for Rs 95 crore. The documents for these transactions are in the public domain," he alleged.

Kejriwal further alleged that several valuables donated to the temple had gone missing, emphasising that devotees from across the country, including Goa, had donated to the construction of the temple with deep faith and were now hurt by reports of alleged financial irregularities.

"The details emerging are shocking. Lord Ram's



Bhatti alleged that the BRS government borrowed from commercial banks at higher interest rates of 10 to 10.5 per cent, increasing the state's repayment burden. He said the Congress government had restructured debt, reducing repayments between 2025-26 and 2031-32 from ₹34,058 crore to ₹11,915 crore, resulting in estimated savings of ₹22,142 crore.

He also alleged that liabilities incurred for projects such as Kaleshwaram and Mission Bhagiratha were kept off the government's books by routing loans through corporations, though the repayment responsibility ultimately rested with the state exchequer.

On allegations by the BRS that 40 lakh tonnes of coal had gone missing from the Singareni Collieries Company Limited (SCCL), Bhatti dismissed the charge as baseless. He said the company uses an advanced geofencing security system and asserted that not even one kilogram of coal could leave the mines illegally. However, to dispel doubts, the government has decided to order a comprehensive inquiry by the SCCL director of vigilance, while warning that such allegations damage the reputation of the company and the livelihoods of nearly 40,000 employees.



necklace, paduka and ornaments have been stolen. Diamonds and jewellery offered by devotees have vanished. Silver bricks, silver lamps and even cash donations have allegedly been stolen. The more details that emerge, the more the faith of the people is being hurt," he alleged.

RSS calls for severe punishment Deeply hurt by Ram Temple donation theft: RSS calls for severe punishment

The RSS, which led the Ram Janmabhoomi movement for three decades, today broke silence on the Ayodhya Ram Temple donation row, calling the incident "highly condemnable and exceptional", one that has "pained and angered everyone".

In a statement, the RSS second in command, Dattatreya Hosabale, while calling for severe punishment against anyone found guilty and urging the Ram Mandir Trust to do what it takes to restore the lost faith of Hindus whose sentiments have been hurt, also appealed to the community to foil the attempt of "anti-national forces to exploit the temple theft incident".

"The RSS calls upon the entire Hindu society to display necessary patience and restraint during this difficult moment and thwart the conspiracies of anti-Hindu and anti-national forces seeking to malign the Hindu dharma and society by exploiting this unfortunate incident," Hosabale said.

He said the grand temple constructed at Shri Ram Janmabhoomi had become a centre of reverence, faith and devotion for the entire Hindu society, owing to the struggles of generations and the dedication, sacrifice and martyrdom of crores of Rambhakts (devotees).

"The unfortunate incident of theft from the donation boxes kept at the Shri Ram Lalla temple in Ayodhya has deeply hurt the sentiments and faith of the entire society and devotees; we are all extremely pained and angered by this event," said the RSS general secretary.

The statement comes ahead of the Ram Mandir Trust's July 6 meeting where the fate of Trust general secretary Champat Rai and his aide Anil Mishra will be sealed.

The Sangh, in its first official remarks on the matter, has signalled to the Trust to do whatever it takes in order that the faith of Hindus is restored.

"It is natural for the entire Hindu society, including the RSS, to expect the Trust to treat this highly condemnable incident as an extraordinary matter and take effective steps to rectify all shortcomings in the temple management and operations. This is crucial to ensure that the faith and reverence of crores of Ram devotees in the Ayodhya temple remain unbroken and steadfast," Hosabale said.

He told the Trust — dominated by its affiliate VHP which was at the forefront of the Temple movement — to end the current state of confusion and uncertainty.

"In this regard, we expect the temple management and the government-appointed SIT to take all necessary initiatives. We are confident that through proper financial management, flawless and transparent operational sys-



tems, and an atmosphere imbued with purity, sanctity and true dharmika, the Shri Ram Janmabhoomi Teerth Kshetra Trust will continue to strengthen the faith and trust of the Hindu society," Hosabale said.

The top RSS functionary said it was at the request of the Trust that the UP Government constituted the SIT and initiated legal proceedings based on its recommendations.

"It is essential to ensure that anyone found guilty after the investigation faces severe punishment," Hosabale said as the SIT probe revealed several luxury properties in the name of the eight persons named as accused in the FIR registered on June 25 and arrested.

The real issue at hand is what the Trust will do with Rai and Mishra, who put in their resignations recently. The RSS, for its part, has indicated to the Trust today that the guilty should not go unpunished.

Under the Trust bylaws, a member of the Trust can be removed if a two-thirds of the Trust votes for the move. Currently two of the 14 trustees have resigned. The bylaws further provide for acceptance of the resignation of Trust members and their removal from the position they held. However, the bylaws say all members will continue to be trustees for life.

It remains to be seen how the Trust members negotiate the latter provision (Trust officials can resign but will stay trustees for life) in the case of Rai and Mishra.

The RSS today reacted 20 days after UP CM Yogi Adityanath ordered the establishment of an SIT in the matter.

The Sangh had so far been distancing itself from the issue, letting its affiliate dealing with issues of faith — the VHP — do the fielding through international president Alok Kumar.

PM Modi on 3-nation trip to Indonesia, Australia and New Zealand from July 6

Prime Minister Narendra Modi will be on a three-nation visit to Indonesia, Australia and New Zealand commencing Monday, July 6.

The visit shall span six days with the PM expected to return to New Delhi in the morning on July 12.

On Friday, New Zealand Prime Minister Christopher Luxon said Modi would make his first official visit to New Zealand next week. "Prime Minister Modi's visit is historic, with this being the first to New Zealand by an Indian Prime Minister in 40 years," Luxon said in a statement.

India and New Zealand signed a free trade agreement in April that will eliminate 95 per cent of tariffs on goods from New Zealand.

New Zealand seeks access to India's vast market, while India is interested in agricultural technology, food

processing and dairy expertise. India is the biggest milk producer globally while New Zealand is one of the top-most export-driven dairy product manufacturer.

In India, analysts see this as a visit to reinforce India's strategic outreach across the Indo-Pacific, as New Delhi seeks to deepen ties amid concerns over supply chain and access to critical minerals.

The three countries, spanning across Southeast Asia and Oceania, occupy an important place in India's Act East Policy and are increasingly viewed as vital partners in advancing a free, open and rules-based Indo-Pacific order. Indonesia is the largest economy in South East Asia and an influential member of the Association of Southeast Asian Nations (ASEAN) bloc. Its strategic location astride the Malacca Strait makes it particularly important for India's maritime interests. Both countries have increasingly coordinated their positions on Indo-Pacific affairs.

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EDITORIAL

El Niño and India's economy

The agriculture sector is particularly vulnerable El Niño, the periodic warming of sea surface temperatures in the central and eastern equatorial Pacific Ocean, is not merely a distant climatic event but a significant economic concern for India. By altering global atmospheric circulation, it weakens the Indian Southwest Monsoon, which remains the backbone of the country's agriculture and rural economy. During El Niño years, weakened trade winds reduce the movement of moisture-bearing winds towards the Indian subcontinent, often resulting in below-normal rainfall. Since nearly 70 per cent of India's annual rainfall occurs during the monsoon season, any deficiency affects agriculture, reservoir storage, and groundwater recharge, triggering widespread economic consequences. The agriculture sector is particularly vulnerable because nearly half of the net sown area depends on rainfall. A weak monsoon disrupts the cultivation of major kharif crops such as rice, cotton, soybeans, and pulses. Farmers often compensate by increasing groundwater extraction, raising irrigation costs through greater diesel and electricity consumption. Reduced crop yields combined with higher input costs diminish farm incomes and intensify rural distress, especially among small and marginal farmers. Lower agricultural production soon translates into shortages of essential food items, pushing up the prices of cereals, vegetables, and pulses. Since food constitutes a major component of India's Consumer Price Index (CPI), rising food prices contribute significantly to inflation. Higher household expenditure on necessities reduces discretionary spending, slowing overall economic demand. El Niño also intensifies heat stress. Outdoor workers in agriculture, construction, and the informal sector experience lower productivity and reduced working hours during extreme heat conditions. Urban areas face additional challenges due to the Urban Heat Island effect caused by excessive concrete structures and reduced green spaces. While affluent populations can adapt through air conditioning and better infrastructure, economically weaker communities face greater health and livelihood risks. The combined effect of lower growth and rising inflation can create a stagflation-like situation. Declining agricultural output weakens rural demand, while food inflation places pressure on monetary policy. The Reserve Bank of India (RBI) faces a difficult balance between controlling inflation through higher interest rates and supporting economic growth. Climate-related disruptions, along with global uncertainties and rising input costs, could moderate India's economic growth. The dangers of severe El Niño events are evident from history. The Great Famine of 1876-78, associated with prolonged monsoon failure linked to El Niño, caused millions of deaths across colonial India. Regions including the then Nizam's Dominions.



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Why food noise is real: It has more to do with biology than willpower, so stop guiltting



"I've just finished breakfast, and I'm already thinking about lunch." It's a sentence I am hearing with increasing frequency from my patients. They often describe a relentless stream of thoughts about food: planning the next meal while eating the current one, wondering what snacks are available, battling cravings throughout the day, or feeling as though food occupies far more mental space than they would like. Many arrive in the clinic worried that something is wrong with them. Some blame themselves for lacking discipline or self-control. But what they are experiencing is "food noise." While not an official medical diagnosis, food noise has become a widely used term to describe persistent thoughts about food, eating and cravings that seem disproportionate to actual physical hunger. As research sheds more light on the biology of appetite, these experiences may have more to do with hormones and brain signalling than with willpower alone.

What exactly is food noise?

This refers to frequent, intrusive thoughts about food, eating, cravings or the next opportunity to eat. These are not driven by genuine physiological hunger. A person may have consumed sufficient calories and nutrients but still find themselves repeatedly thinking about food. My patients often describe it as a constant internal dialogue centred around food. Occasional food-related thoughts are entirely normal. However, for others, these thoughts can become persistent enough to interfere with daily life, concentration and eating behaviours.

The brain-hormone connection

Appetite regulation is controlled by a complex communication network between the gut, brain, pancreas and fat tissue. Several hormones influence hunger and satiety, including ghrelin, leptin, insulin and a hormone known as GLP-1, or glucagon-like peptide-1. GLP-1 is naturally produced in the intestine after eating. It plays multiple roles in regulating energy balance and metabolism. It helps signal the brain that enough food has been consumed, slows the rate at which the stomach empties, reduces appetite and assists in controlling blood glucose levels. In essence, GLP-1 acts as one of the body's natural appetite regulators.

Why food thoughts can become overwhelming

The human brain evolved to seek food because survival depended on it. But today's food environment is dramatically different from the one our biology was designed

for. Highly processed, calorie-dense foods are available around the clock. Advertisements, food delivery apps, social media feeds and stressful lifestyles constantly stimulate the brain's reward pathways. At the same time, inadequate sleep, chronic stress and irregular eating patterns can disrupt normal hunger and satiety signals. The result can be a heightened focus on food that goes well beyond physical need. Researchers believe that brain regions involved in reward, motivation and impulse control play an important role in the experience of food noise. The term food noise entered mainstream discussion largely because of the experiences reported by people taking newer GLP-1 receptor agonist medications such as semaglutide and tirzepatide, which mimic the functioning of gut hormones.

One of the most common observations among patients is not simply weight loss but mental relief. Many report that food no longer dominates their thoughts. The constant internal chatter about eating becomes quieter. They feel satisfied after meals and are less likely to spend the day thinking about what to eat next. This has been one of the most striking aspects of these medications because it highlights the role biology plays in appetite regulation. By enhancing the effects of GLP-1, these drugs strengthen signals of fullness, slow gastric emptying and help reduce excessive appetite. For many patients, that translates into fewer cravings and less mental preoccupation with food. But these medicines do not eliminate hunger.

A common misconception is that GLP-1 drugs completely switch off appetite. They do not. Hunger is a normal and healthy biological signal. The purpose of treatment is not to eliminate hunger but to reduce excessive cravings and persistent food thoughts that occur even when the body's energy needs have already been met. Patients still experience hunger. What changes is the intensity and frequency of food-related urges that are disconnected from genuine physiological needs.

Who can take GLP-1 drugs then?

Despite growing interest, these medications are not appropriate for everyone. Eligibility depends on factors such as body mass index, the presence of obesity-related conditions, diabetes status, medical history and overall health profile. Like all medications, GLP-1 therapies can have side effects, most commonly nausea, vomiting, diarrhoea or constipation. Their use should always be guided by a healthcare professional. Even as medications transform obesity treatment, lifestyle interventions remain essential. Several strategies can help improve appetite regulation and reduce food noise. These are as follows: Eating adequate protein and fibre. Maintaining consistent meal timings. Prioritising good-quality sleep. Managing stress effectively. Staying physically active. Limiting ultra-processed foods. Avoiding extreme or highly restrictive diets. These measures support the body's natural hunger and satiety mechanisms and can complement medical treatment where appropriate. Understanding food noise helps shift the conversation away from blame and toward biology. The goal is not simply to help people eat less. It is to help the brain and body communicate more effectively, so that food occupies its proper place in daily life — something to be enjoyed and nourished by, rather than something that constantly dominates the mind.

4 heart attacks in 5 years and 8 stents: My patient is now fit; his biggest lesson wasn't about surgery



why patients are prescribed two blood-thinning medications after the procedure. With modern drug-releasing stents and contemporary blood thinners, the risk of stent thrombosis is roughly 1 per cent during the first month. If blood-thinning medication is interrupted or does not work effectively, that risk can rise, potentially reaching 3 per cent in some circumstances. The larger threat often lies elsewhere.

Only a small percentage of these recurrences is directly related to the site of stenting. Far more commonly, fresh blockages develop in previously unaffected portions of the coronary circulation. This happens because coronary artery disease is rarely confined to a single location. Plaques can be present throughout the arterial tree, some large enough to be detected, others too small to attract attention during an angiogram. Over time, one of these plaques can become unstable, rupture and trigger a new heart attack. In many cases, therefore, the recurrence is not a failure of the original procedure. It is evidence that the disease itself remains active. Patients with poorly controlled cholesterol, diabetes, hypertension, obesity or continued smoking face the highest risks. But even among those who follow medical advice rigorously, biology can sometimes prove difficult to outrun. Aggressive cholesterol lowering, blood thinners, blood pressure control and lifestyle modifications can reduce risk by as much as 90 per cent. The remaining 10 per cent reflects factors that medicine still cannot fully control. Some patients carry a powerful genetic predisposition to atherosclerosis. Others have elevated levels of inflammatory activity within their arteries. Conditions such as diabetes and kidney disease can continue to accelerate vascular damage despite treatment. Researchers are also increasingly focusing on lipoprotein(a), an inherited cholesterol particle that appears to increase cardiovascular risk even when conventional cholesterol levels are well controlled. For these patients, treatment becomes a process of constant risk reduction rather than complete risk elimination. The encouraging news is that recurrent heart attacks are far from inevitable. Most patients, who adhere consistently to medication, maintain very low LDL levels, avoid smoking and manage associated risk factors, do not experience repeated cardiac events. The period immediately after a heart attack remains the most concerning. As time passes, the risk falls substantially. After the first year, recurrence rates typically decline to about 1 to 2 per cent annually for patients who remain compliant with treatment.

Amazon India focuses on long-term growth, big investments, says Samir Kumar

New Delhi: Amazon is in the midst of its "most aggressive phase of expansion" in India yet, country head Samir Kumar has said, adding that the ecommerce giant is firmly focused on playing the long game for market and customer wins. The comment from Amazon India's top honcho comes against the backdrop of the company's recently announced USD 35 billion investment by 2030 — building on USD 40 billion already invested — to support business expansion, AI-driven digitisation, exports and job creation. "If you look at our investments, we are one of the largest investments in India... USD 35 billion over the next five years,

After 60, they went back to college to study ageing: How this TISS course helps them take care of themselves



On a Friday evening at the Tata Institute of Social Sciences (TISS), long after most college campuses begin to empty out, a different kind of classroom slowly fills up. A retired Bhabha Atomic Research Centre (BARC) scientist walks in carrying handwritten notes. Beside him sits a former schoolteacher from Hyderabad. A homemaker in her 60s quietly adjusts her spectacles before opening a notebook. Someone else has rushed in after finishing caregiving duties at home. There are no discussions about second life placements or corporate careers. Instead, the lesson begins with a question: How to manage the process of growing old, specially when one is alone? A faculty member projects an image of the human brain and begins explaining dementia and cognitive decline. The discussion quickly moves beyond medicine. Students speak about parents forgetting names, elderly relatives repeating stories or withdrawing after their children migrate abroad. One student recalls watching his father age rapidly after his mother died. Another talks about the silent exhaustion of caregiving. In another session, soft music fills the room as students participate in dance movement therapy and art exercises later explained as methods used to stimulate memory and emotional expression among older adults. Many laugh awkwardly at first. Weeks later, the same group would stage a street play on ageing and loneliness.

These are among the experiences shaping students enrolled in TISS' one-year diploma in Gerontology, a part-time programme where elderly Indians are learning not only about ageing, but also about survival, companionship and purpose in later life. "India is witnessing a major demographic shift with people aged 60 and above projected to form nearly 20 per cent of the population by 2050. Loneliness, caregiving stress, emotional neglect, social isolation and the need for dignified ageing are emerging as critical concerns," said Dr Saigita Chitturu, assistant professor at the Centre for Lifelong Learning and faculty coordinator for the programme, which was launched in 2008. Open to candidates above 25 years of age, it combines classroom teaching with field-based experiential learning focused on the biological, psychological, social and economic dimensions of ageing. Over the last couple of years, it has opened to the elderly, helping them help themselves. The programme currently admits around 30 students each year. Classes are held on Friday evenings and Saturdays over two semesters, with course fees of around Rs 63,000.

Learning to Teach At 67, when most people are expected to settle into retirement, Prakash Apte walked into the classroom to study ageing. "For years, I have seen older people around me struggling with loneliness and neglect. I wanted to understand what ageing really means and how society can respond to it," said Apte, a student from the 2021-22 batch of TISS' Diploma in Gerontology programme. A yoga teacher, he said the course gave him a structured understanding of the challenges faced by senior citizens, from loneliness and declining health to the absence of support systems. "India's elderly population is rising rapidly but support for them is still extremely limited. Most policies remain on paper," he said. He now conducts awareness sessions for senior citizen groups, combining gerontology lessons with yoga practices suited for older adults. He also hopes to launch a social enterprise focused on helping elderly people living alone. Students are allowed to ask the most uncomfortable of questions, from retirement planning and elder abuse to grief, emotional neglect and the fear of dependency — Who will care for you in old age? What happens when children move away? How does one emotionally prepare for ageing?

For 76-year-old Arun Rahulkar, a retired senior scientific officer from BARC, the course became a way to rebuild purpose after retirement. "Retirement creates a vacuum. Your children grow up and move away, and suddenly you are left wondering what your purpose is. This course taught me how to age with dignity and meaning," he

said. After completing the diploma, Rahulkar enrolled in a three-year light music course. He now spends time travelling, practising music and conducting awareness sessions for senior citizens. "People think retirement means sitting idle. But if you remain engaged and socially connected, ageing becomes easier," he said. For Milind Patil, 59, who works in the oil and gas sector, the course helped him process years of caregiving stress after caring for ageing parents. His mother died in 2020, while his 95-year-old father continues to live with him. "I have seen ageing very closely inside my own house," said Patil, a student from the 2024-25 batch. He is now constructing a senior citizens' home in rural Amravati. "Migration has left many elderly people in villages and small towns ageing alone," he said.

Practical life lessons The learning often extends beyond the classroom. Students visit old age homes, NGOs, hospitals and low-income settlements, including Dharavi, where they spend time listening to elderly residents speak about abandonment, illness and isolation. One student recalls interviewing an elderly woman while her son repeatedly shouted at her in front of them. Another remembers bedridden seniors who simply wanted someone to sit beside them without rushing away. The course introduced students to concepts such as neuroplasticity, cognitive stimulation and dementia care, while field visits exposed them to the realities faced by economically weaker elderly populations. Patil said modules involving art therapy, music therapy and street theatre also helped students overcome social hesitation and reconnect emotionally with themselves. "At 59, I had never performed before an audience. I have gained confidence and empathy," he said. For many women, the classroom became a space for rediscovering identity after decades spent caring for others. Ela Thakur joined the programme in 2012 at the age of 60 after years as a homemaker. "I had lost my sister and was emotionally broken. Initially, I felt intimidated because many students were professionals or doctors. I was just a housewife. Then I started developing my own views and expressing myself. Today I write regularly and participate in discussions. I realised older people too need identity and self-worth," she said.

Dr Anita M Kumar, a former radio producer who spent years caring for her elder sister with polio, described the programme as a refuge after emotional burnout. Now she conducts virtual support sessions while her weekly programme, Dil Se Dil Tak, is a space where senior citizens openly discuss loneliness, grief and emotional struggles. "People literally cry during these sessions because many have nobody to talk to. Sometimes what elderly people need most is for someone to sit beside them, maintain eye contact and simply listen," she said. Her field visits reinforced how widespread loneliness among elderly Indians has become. "Children are not always intentionally neglectful. Modern life is demanding. But the result is that many elderly people spend entire days without meaningful human interaction," she said.

Education for Self-reliance Dr Prasan Chatterjee, Group Clinical Lead, Geriatric Medicine and Longevity Science at Apollo Hospitals, New Delhi, said educating people about ageing, including its medical, social, physical and familial aspects, can help them prepare better for later life. "Ageing in India has largely happened by chance, not by preparation. Courses on ageing science help older adults understand their own health, remain mentally engaged and also support others in their peer group who may be struggling," he said. Emphasising the need for meaningful engagement post-60, he feels gerontology, which focusses on the social aspects of ageing, should be promoted as the country's elderly population continues to grow. "Every family will eventually deal with ageing. Basic understanding of elderly care and ageing should not be limited only to senior citizens, but extended to caregivers, healthcare workers and younger generations as well.

Older caregivers often understand the emotional and physical needs of elderly people better than younger caregivers because they themselves are going through similar experiences," he said. He also pointed to the shortage of trained geriatric specialists and caregivers. "There are very few trained geriatricians and geriatric nurses in the country despite the growing elderly population. India needs stronger caregiver training systems, health educators and community-based support structures for older adults," he said. For elderly students, a diploma is no longer an academic course. It has become a way of reclaiming visibility in a society that often sidelines the elderly once their professional and familial roles begin to fade.

Researchers find a protein that halts brain decline



Scientists may have uncovered a hidden biological switch that helps control how quickly the body ages. Research published in PLOS Biology suggests that declining levels of a brain protein called Menin can trigger inflammation, memory decline and other age-related changes throughout the body.

Researchers find a protein that halts brain decline Menin levels dropped sharply in the hypothalamus of lab mice as they grew older. It's a protein that helps suppress inflammation. Scientists may have uncovered a hidden biological switch that helps control how quickly the body ages. Research published in PLOS Biology suggests that declining levels of a brain protein called Menin can trigger inflammation, memory decline and other age-related changes throughout the body. In experiments with mice, restoring the protein reversed several signs of ageing, while a simple amino acid supplement improved cognitive function. The findings add to growing evidence that ageing may be strongly influenced by the hypothalamus, a small but powerful brain region that regulates metabolism, hormones, body temperature, sleep and stress responses. Researchers increasingly view the hypothalamus as a central command centre

for aging itself.

The study, led by Lige Leng and colleagues at Xiamen University in China, focused on Menin, a protein that helps suppress inflammation in the brain. Earlier work had already shown that Menin plays an important role in controlling neuroinflammatory activity. The team wanted to know whether losing this protective protein might contribute to ageing. Their experiments revealed that Menin levels dropped sharply in the hypothalamus as mice grew older. The decline occurred specifically in neurons within the ventromedial hypothalamus (VMH), a region linked to metabolism and systemic ageing. Interestingly, Menin levels did not significantly decrease in nearby support cells such as astrocytes or microglia. To investigate what this loss might mean, the researchers engineered mice in which Menin activity could be selectively reduced. The effects were striking. Younger mice with lower Menin levels developed increased brain inflammation, thinning skin, lower bone mass, impaired balance, memory problems and a shorter lifespan compared to normal mice. The results suggest that Menin may act as a protective "anti-ageing" factor inside the brain. One of the most surprising discoveries involved D-serine, an amino acid that also functions as a neurotransmitter in the brain. D-serine helps regulate communication between neurons and is important for learning and memory. When Menin levels fell, D-serine production also dropped. The researchers traced this effect to reduced activity of an enzyme required for D-serine synthesis, which itself appears to be regulated by Menin. D-serine naturally occurs in foods including soybeans, eggs, fish and nuts, and is also sold as a dietary supplement. The connection caught the attention of researchers because other studies have linked declining D-serine levels with ageing-related cognitive impairment and reduced synaptic plasticity, which means the brain's ability to strengthen neural connections involved in memory and learning.

Goldman Sachs hikes India's GDP growth forecast



Global investment and financial services firm Goldman Sachs has raised its calendar year 2026 real GDP growth forecast for India by 30 basis points to 6.8% and FY27 forecast by 40 bps to 6.5% in the wake of the fall in crude oil prices. The recent US-Iran peace deal should improve India's growth outlook — lower oil prices have taken out the risk of additional fuel pass-through to consumers, while easing supply constraints were already beginning to support a recovery in investment related indicators in May from their March-April troughs, the firm said in a report.

On June 5, the RBI's Monetary Policy Committee lowered the growth projection from 6.9% to 6.6% and hiked the inflation forecast from 4.6% to 5.1%. International benchmark Brent crude futures for August were 3.2% lower at \$72.83 a barrel on Friday. "While the fuel price hikes already announced will continue to feed through into inflation over the coming months, the lower oil price path suggests that the risk of additional pass-through has diminished materially," Goldman Sachs said. The firm said lower crude oil prices have also been accompanied by a decline in petrochemi-

cal product prices. "Although the earlier increases in polymer price are still likely to lift core goods inflation in the near term, we now expect the impact to be limited (vs. our earlier expectations), with a lower likelihood of incremental price increases across the core goods basket," it said. Reflecting the lower oil price assumptions and reduced manufactured goods inflation pressures, Goldman Sachs lowered its core goods inflation forecast for CY26 and FY27 by 30 basis points and 50 bps each to 3.2% and 4.1% respectively. "Going forward, we expect consumption growth to moderate in Q2 and Q3 on earlier pump fuel price increases. We have also seen deterioration in the RBI's urban and rural consumer confidence surveys (90.7 in May vs. 93.2 in April for the urban confidence index)," Goldman Sachs said. However, the recent decline in oil prices reduces the likelihood of further fuel price increases, implying no further incremental drag on consumption growth from Q4, it said. Further, the sharp correction in global urea prices is likely to limit the increase in the government's fertilizer subsidy bill relative to our earlier expectations. "Recent import tenders have cleared at substantially lower prices than those seen at the peak of the Middle East conflict, prompting the government to indicate that the FY27 fertilizer subsidy requirement could be reassessed. Together with lower oil prices, this should help alleviate near-term fiscal pressures," it said. Goldman Sachs said the Indian economy remained resilient through the West-Asia shock, as fiscal and quasi-fiscal measures absorbed much of the increase in energy costs and limited pass-through to consumers. As a result, consumption held up in March and April, even as investment somewhat softened amid supply disruptions and commercial LPG allocations remained around 70 per cent of pre-conflict levels, it said.

US warns tariffs will be back 'exactly where they were' as India eyes trade deal

"We have rebooted the tariff program. Right now, we have something called Section 122 tariffs, which is a 10 per cent global tariff. Currently, USTR Ambassador Jameson Greer is doing studies for Section 301s, and if those studies are successful, and I have no reason to believe they won't be, but we don't know until they are — then the tariff rates are going to go back to exactly where they were," Bessent said in a TV interview. The International Emergency Economic Powers Act (IEEPA) tariffs on India were set at 25 per cent before it was brought down to 18 per cent in February, just days before the US President Donald Trump's powers under the IEEPA were declared illegal. Washington has already proposed 12.5 per cent tariffs on India, which is expected to come into effect on July 7. The results of another Section 301 are also expected before the end of next month.

"I would say the good thing about having used IEEPA in 2025... it allowed us very quickly to get to trade deals that we never would have gotten to before. You know, the EU... the EU is going to pay us 15 per cent, and they are going to charge us zero. So we have had a big rebalancing there. And they are bringing down their non-tariff trade barriers, many of their unfair financing practices. And it's the same around the world, whether it's Japan, Korea, our allies... whether it's China," he said. The Commerce and Industry Minister on Thursday said that the India-US trade deal was confirmed by both the countries on February 6 based on IEEPA tariffs, which gave India a competitive edge over competing countries such as Vietnam, Thailand, the Philippines, Indonesia, Malaysia and China and that India is looking for a similar advantage in the new US tariffs architecture.

Meanwhile, India has accelerated its attempts to strike more and more trade deals. The UK trade deal is set to come into effect next month, EU by the end of the year. The India-Oman deal also came into effect on June 1. Indian negotiators are also in talks with the Russia-led Eur-



asian Economic Union (EAEU), Canada, Peru and Chile. Notably, the United States Trade Representative (USTR) was due to visit Uzbekistan after India this week. While the India-US deal was not announced, the US and Uzbekistan agreed to an early harvest of trade commitments to strengthen the bilateral ties. USTR had launched two sets of broad Section 301 investigations based on forced labour and excess capacity. India, China, the European Union, Japan, Vietnam, Taiwan, Switzerland and South Korea feature in both the lists, and the US has already proposed the first set of tariffs. However, countries like the UAE, the UK, Israel, Qatar, Saudi Arabia, as well as Pakistan only feature once and may face lower tariffs compared to other countries. US proposed a lower rate of 10% on Pakistan, Canada, Ecuador, the European Union, Indonesia and Mexico, stating that they have demonstrated a commitment to addressing forced labour imports and have committed to imposing and enforcing a forced labour import prohibition through a formal Agreement on Reciprocal Trade (ART) with the United States. Separately, the US has launched a third investigation on Vietnam and a fresh case against Germany. China has also been facing Section 301 tariffs since Trump's first administration.

Govt, RBI's June 5 bond measures working; pull 8 months of foreign money in two weeks



The measures announced by the government and the Reserve Bank of India (RBI) on June 5 to attract foreign capital into Indian sovereign bonds have started to work as hoped — debt falling under the fully accessible route (FAR) category has seen inflows to the tune of \$2 billion in the subsequent two weeks, almost equal to the money that had come in the previous eight months combined. Data from the National Securities Depository Ltd (NSDL) showed that foreign portfolio investors (FPIs) have net bought FAR bonds on all but one day since capital gain taxes on government bonds were done away with and the pool of securities in this category expanded. This has led to net inflows in these bonds in June rising to \$2.2 billion — the highest in 15 months.

In March 2025, FPIs had invested \$3.34 billion in FAR bonds — a category of government bonds that foreigners can invest in without any restrictions. According to Radhika Rao, Senior Economist at DBS Bank, foreign investors have "turned constructive" on rupee debt. "Sentiment has been supported in part by expectations that Indian government bonds could be considered for inclusion in Bloomberg's global bond indices," Rao said on Wednesday.

The removal of long- and short-term capital gains as well as the withholding tax on investment by foreign investors in government bonds was aimed at spurring their inclusion in the Bloomberg Global Aggregate Bond Index, which economists predict could pull in anywhere between \$20 billion to \$30 billion of passive foreign funds over a period of 10 months post inclusion. Several global funds track the weight a certain country has in these bond indices and invest accordingly. In January, Bloomberg Index Services Ltd (BISL) had deferred the inclusion of Indian government bonds into its flagship global index, saying it will provide another update by mid-2026. Over the last couple of years, Indian government debt has been added to bond indices of JPMorgan, Bloomberg's Emerging Market Local Currency Index and that of FTSE Russell.

Nifty and Sensex post weekly gains as crude oil prices decline

Mumbai: The Indian equity benchmarks posted a third consecutive week of gains, aided by a sharp correction in crude oil prices to pre-Iran war levels and improved traffic through the Strait of Hormuz. Nifty added 0.18 per cent during the week and edged up 0.14 per cent on the last trading day to reach 24,056. At the close, the Sensex was up 109 points, or 0.14 per cent, at 77,100. It added 0.39 per cent during the week. The domestic markets navigated a week of mixed signals with notable resilience, even as broader indices, especially mid-caps, faced modest selling pressure.

Meet leafy seadragon, the ocean's most remarkable master of disguise



At first glance, it looks less like an animal and more like a piece of floating seaweed. With delicate, leaf-like structures covering its body, the leafy seadragon is one of the ocean's most extraordinary masters of disguise. Found off the southern and western coasts of Australia, this unusual marine creature has evolved an appearance so convincing that predators often struggle to spot it among underwater vegetation. Despite its dragon-like name, the leafy seadragon is actually a close relative of seahorses and pipefish. Growing up to about 35 centimetres long, the animal is covered in elaborate appendages that resemble drifting leaves. Surprisingly, these "leaves" aren't used for swimming. Their main purpose is camouflage.

As the seadragon gently sways with ocean currents, its leaf-like extensions move too, helping it blend seamlessly into kelp forests and seagrass meadows. To both predators and prey, it can appear almost indistinguishable from the surrounding plants. Although it looks fragile, the leafy

seadragon is a skilled hunter. It feeds primarily on tiny crustaceans, plankton, and small shrimp-like animals. Instead of chewing, it uses its long tube-shaped snout like a straw, sucking prey directly into its mouth. Unlike many fish, leafy seadragons have no teeth and no stomach. Food passes through their digestive system quickly, meaning they need to eat frequently throughout the day. Another fascinating feature is how they swim. Most fish rely on powerful tail movements to propel themselves through the water. Leafy seadragons, however, use nearly transparent fins that are so small they are difficult to see. These tiny fins allow them to glide gracefully through the ocean while maintaining the illusion of drifting seaweed. Interestingly, unlike seahorses, leafy seadragons cannot curl their tails around plants or objects for support. Instead, they rely heavily on their remarkable camouflage to stay safe from predators. Like their seahorse relatives, leafy seadragons also have unusual parenting habits. After mating, the female deposits her eggs onto a specialised brood patch under the male's tail. The male then carries and protects the eggs for several weeks until they hatch, taking on the role of primary caregiver. The species is so beloved in Australia that it has been named the official marine emblem of South Australia. Today, leafy seadragons face threats from habitat degradation, pollution, and climate change. Their reliance on healthy kelp forests and seagrass habitats makes them particularly vulnerable to environmental changes. Fortunately, they are protected in Australian waters, and conservation efforts are helping researchers better understand and safeguard these remarkable creatures. With its leaf-covered body, gentle movements, and almost mythical appearance, the leafy seadragon looks like something straight out of a fantasy novel. Yet it is very real — and proof that some of nature's most impressive disguises are hiding beneath the waves.

Bhagyashree shares home remedy for PMOS: 'Without side effects'

Polycystic ovary syndrome (PCOS) — recently renamed to Polyendocrine metabolic ovarian syndrome (PMOS) — is a condition many women silently struggle with on a regular basis. Bhagyashree recently took to Instagram to share a simple home remedy "without side effects" that can help reduce disruptions to your everyday life. As a part of her 'Tuesday Tips with B' series, the Bollywood actor suggested drinking mulethi water to ease symptoms. "PCOS is a condition in which there's an excess of male hormone androgen in the body, which leads to irregular periods, unwanted facial hair, etc. Mulethi decreases the androgen level in the body and solves all your problems," she could be heard saying in the video. Dr Gayathri Karthik Nagesh, Program Director — Department of Obstetrics & Gynaecology, Aster CMI Hospital, Bangalore says that Bhagyashree's suggestion of drinking licorice water for managing PMOS is based on traditional use of mulethi, which may provide mild supportive benefits but is not a standalone treatment or cure for the condition.

She suggests always combining it with proper medical guidance, healthy diet, exercise, and lifestyle changes for better long-term results. "Licorice contains active compounds like glycyrrhizin that may help reduce excess androgen (male hormone) levels, support adrenal gland function, and reduce inflammation," she tells indianexpress.com, adding that all of this can slightly improve common PMOS symptoms such as acne, unwanted facial hair, irregular periods, mood swings, stress, and digestive discomfort. "It



also has antioxidant and soothing properties that may support metabolism and hormonal balance, but scientific evidence is still limited and effects vary from person to person, so it should be seen only as a supportive home remedy rather than a proven treatment," she elaborates. However, important precautions must be followed because regular or high intake of licorice water can cause serious side effects. Dr Nagesh recommends watching out for increased blood pressure, reduced potassium levels, water retention, weakness, fatigue, and in severe cases heart rhythm problems. "People with hypertension, kidney disease, or heart conditions should avoid it, pregnant women should be especially careful, and those taking medicines like diuretics, steroids, or blood pressure drugs should consult a doctor before using it," she shares.

This is what happens to the body if you swim daily for a month



There is a reason swimming is often called the "perfect workout". It is low-impact, full-body, and surprisingly meditative. But what actually happens if you commit to it every single day for a month? Or, more importantly, is it even a wise idea? According to Dr Manjusha Agarwal, Consultant — Internal Medicine, Gleneagles Hospital, Mumbai, the changes go far beyond just feeling fitter. One of the first things to improve is your cardiovascular fitness. Swimming consistently trains your heart to pump more efficiently, which boosts circulation and endurance over time. Dr Agarwal explains, "Daily swimming strengthens the heart, improving blood circulation and overall cardiovascular endurance." You may notice this in small ways — less breathlessness while climbing stairs or an ability to swim longer laps without needing breaks. Lungs learn to work smarter. Unlike many other workouts, swimming forces you to control your breathing. Over 30 days, this has a noticeable impact. "It enhances lung capacity by training controlled breathing, helping the body use oxygen more efficiently," says Dr Agarwal. The result is better breath control, im-

proved oxygen use, and benefits that carry into other physical activities. Weight loss, muscle toning start showing up.

Swimming is deceptively intense. Because water creates resistance, your entire body is constantly working — even when movements feel smooth and easy. "Swimming daily helps burn calories and supports weight loss by engaging the whole body in continuous movement," Dr Agarwal notes. At the same time, it tones multiple muscle groups — arms, legs, core, and back — without the harsh strain of gym workouts. Over the course of a month, your body may feel tighter, stronger, and more balanced. Your joints get a break — but your mobility improves. One of swimming's biggest advantages is how gentle it is on the body. The water supports your weight, reducing pressure on joints. "Regular swimming is gentle on the joints as water supports body weight, reducing stress and risk of injury," says Dr Agarwal. At the same time, the fluid, full-range movements help improve flexibility and overall mobility, making your body feel looser rather than stiff. Mind feels calmer, more balanced. The mental benefits are just as powerful as the physical ones. Swimming has a naturally calming rhythm — breath, stroke, glide — that can feel almost meditative. "Swimming regularly helps reduce stress by promoting relaxation and releasing feel-good hormones like endorphins," Dr Agarwal explains. Swimming daily without rest can lead to fatigue or overuse injuries, especially in the shoulders. Dr Agarwal cautions, "Swimming every day without adequate rest can lead to muscle fatigue, shoulder strain, and overuse injuries." The key is balance — mix intense sessions with lighter swims or rest days to allow proper recovery and prevent burnout.

Smart rings gain popularity as discreet alternative to smartwatches for health tracking

Hyderabad: Smartwatches may have dominated the wearable technology space for years, but smart rings are quietly emerging as a sleek alternative for those looking to track their health without a screen on their wrist.

Designed to look like ordinary rings, these devices can monitor a range of metrics including heart rate, blood oxygen levels, body temperature, sleep quality, stress levels and daily activity. Some models also provide menstrual cycle insights and recovery scores, helping users better understand their overall well-being. For many users, the appeal lies in their discreet design and the ability to collect health data around the clock. "I wanted something less distracting than a smartwatch. I want to use it to track fitness, but smartwatches keep showing messages and notifications too, and the ring has been perfect," says Riya Menon, a lawyer who is into fitness.

Apart from their compact form, smart rings are also

helping users make small but meaningful lifestyle changes. By offering insights into sleep quality, stress and recovery, they can encourage better habits such as maintaining a regular sleep schedule, taking breaks and staying active. Many users say these changes have helped improve their energy levels and overall sense of well-being.

Others say the device has encouraged healthier lifestyle choices. "I never paid much attention to recovery or stress levels before," says Rahul Verma, a software engineer. "Seeing those insights every day pushed me to take regular walks and prioritise sleep. Small changes have made a noticeable difference in my energy levels." Among the better-known options in India is the Gabbit Smart Ring, starting at around Rs 13,000-Rs 15,000 depending on the variant and offers, the ring tracks sleep, heart rate, stress, activity and calorie metrics. As wearable technology continues to evolve, smart rings are proving that health tracking no longer has to come in bulky or highly visible forms.