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CHIEF EDITOR DESK



Dear Readers,

On behalf of National Awareness Times (India's National Weekly), the editorial board and the team of our journal would like to wish all the readers a wonderful week ahead to all .

On 11 July 2026, India marked an important milestone in its journey towards becoming a knowledge-driven nation with the inauguration of the Jayaprakash Narayan Public Library at Udyan Marg in New Delhi.

Point-wise Response of the Government Excessive water consumption for ethanol production (10,000 litres of water for 1 litre of ethanol).

Deepak Singh,
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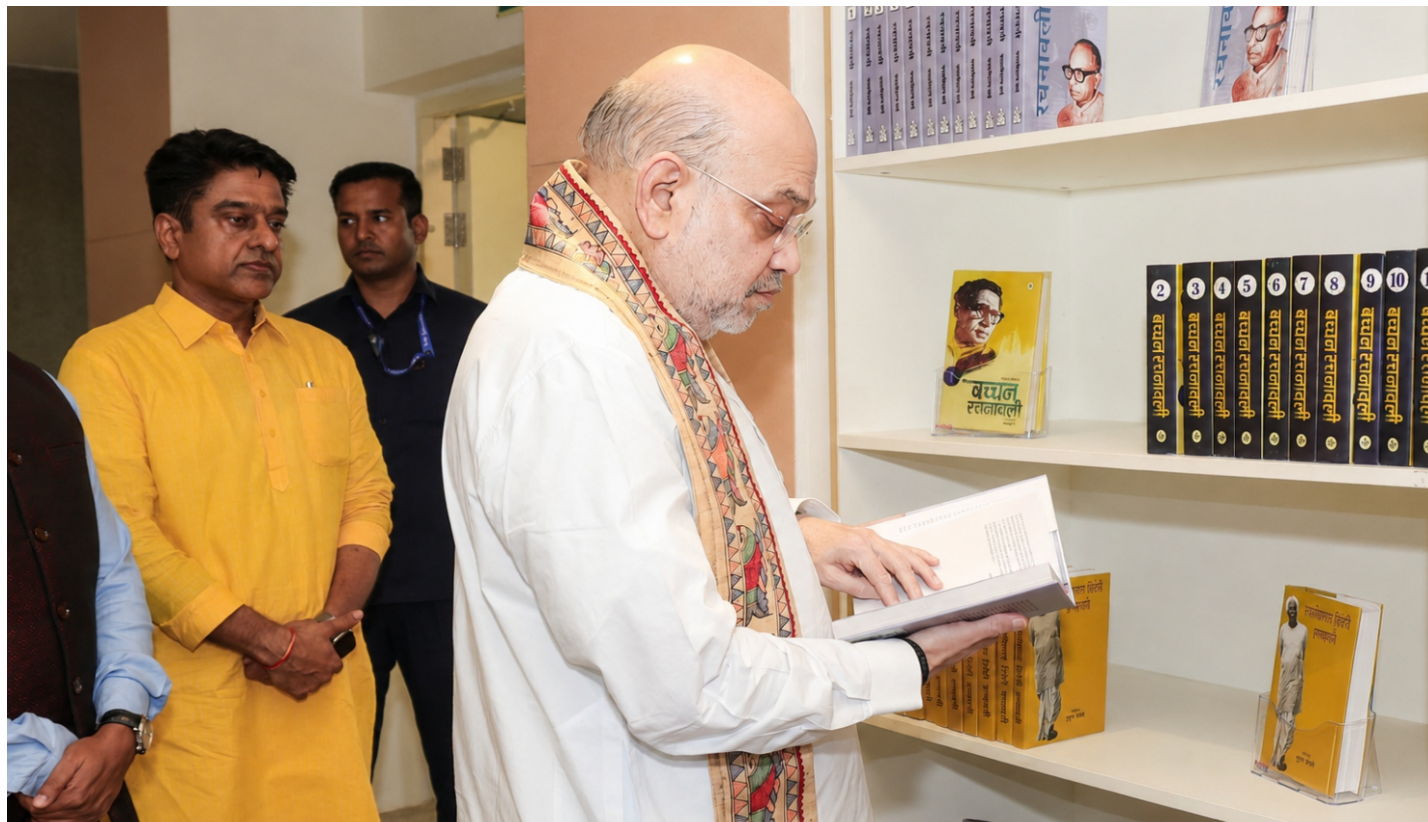
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THE DIGITAL KNOWLEDGE REVOLUTION: A NEW CHAPTER FOR INDIA'S READING CULTURE

By Editor – Gaurav Singh



On 11 July 2026, India marked an important milestone in its journey towards becoming a knowledge-driven nation with the inauguration of the Jayaprakash Narayan Public Library at Udyan Marg in New Delhi. The state-of-the-art public library was inaugurated by Union Home Minister and Minister of Cooperation Shri Amit Shah in the presence of Delhi Chief Minister Smt. Rekha Gupta, Delhi Government Minister Shri Parvesh Verma, New Delhi Municipal Council (NDMC) Chairman Shri Keshav Chandra and several distinguished dignitaries. More than the inauguration of a new public institution, the event represented India's commitment to creating a society where education, technology and knowledge are available to every citizen, regardless of age or background. In an era where information is

available instantly but meaningful knowledge often requires careful learning and reflection, the Jayaprakash Narayan Public Library stands as a reminder of the enduring value of books and public learning spaces. It combines the timeless culture of reading with modern digital infrastructure, creating an institution that serves both traditional readers and today's technology-driven generation. It is not merely a building filled with books but a knowledge centre designed to encourage lifelong learning, research, innovation and intellectual growth.

The library has been named after Lok Nayak Jayaprakash Narayan, one of India's most respected freedom fighters, social reformers and defenders of democracy. His life reflected a deep commitment to public service rather than political ambition. He actively participated in

the Quit India Movement during the freedom struggle and later dedicated himself to the Sarvodaya movement and Vinoba Bhave's Bhoodan campaign. During the Emergency of 1975, he emerged as the country's strongest democratic voice and inspired millions through his call for "Sampoorna Kranti" or Total Revolution. His vision of an informed, aware and responsible society continues to inspire generations, making it fitting that one of India's most modern libraries bears his name.

Developed by the New Delhi Municipal Council, the Jayaprakash Narayan Public Library represents a new model for public libraries in India. Unlike conventional libraries that focus mainly on physical collections, this institution blends printed resources with advanced digital technology. The library houses more than 32,000 printed



books covering literature, science, history, economics, law, philosophy, politics, technology, culture and numerous other disciplines. In addition to its physical collection, it offers access to more than one crore digital books through its advanced e-library platform, allowing visitors to explore an enormous range of educational resources free of cost.

The facilities available inside the library reflect its modern vision. Spacious reading halls provide a peaceful environment for study, while a dedicated children's section introduces young readers to the joy of books from an early age. Researchers have access to specialised study spaces and academic resources. A multipurpose auditorium has been designed to host lectures, literary events, seminars and educational programmes that encourage dialogue and intellectual exchange. The library also provides free high-speed Wi-Fi, an RFID-based book management system for efficient borrowing and returning of books, and an Online Public Access Catalogue that helps visitors locate books quickly. Integration with the National Digital Library of India further expands access to academic content from institutions across the country.

While inaugurating the library, Amit Shah spoke passionately about the role libraries play in shaping both individuals and nations. He remarked that the future of a

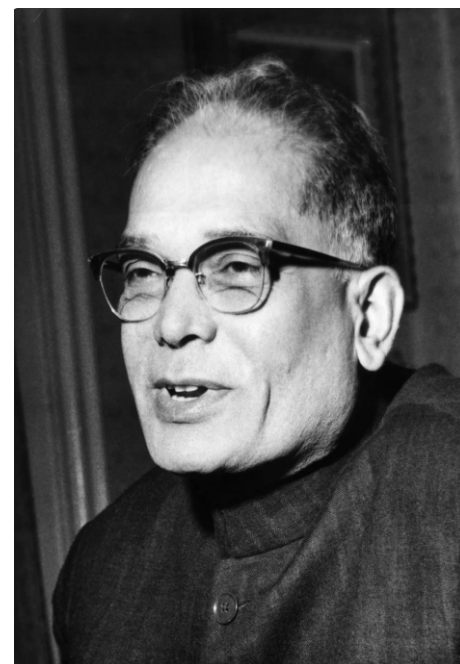
country cannot be measured solely by its industries, wealth or infrastructure. Instead, it should be judged by the number of young people studying in its libraries. His statement highlighted an important truth that education and knowledge remain the strongest foundations of national development.

Drawing from his own childhood, Amit Shah shared how growing up with access to a well-stocked library transformed his personality and broadened his understanding of the world. Reading gradually introduced him to India's rich philosophical traditions, including the Vedas and the Upanishads. He encouraged every young person to become associated with a library at least once in life, believing that regular reading develops wisdom, discipline, patience and maturity. He also appealed to the Delhi Government to connect libraries with schools so that children develop reading habits early and continue learning throughout their lives. According to him, once young people discover the joy of reading, they naturally continue seeking knowledge on their own.

The inauguration comes at a time when India's education system is undergoing rapid digital transformation. Students today increasingly depend on e-books, online journals, virtual classrooms and digital learning platforms. However, quality educational resources often remain expensive and inaccessible for many

deserving students. By providing free access to over one crore e-books along with thousands of printed books, the Jayaprakash Narayan Public Library bridges this gap and creates equal learning opportunities for all sections of society.

Students preparing for competitive examinations such as UPSC, SSC, banking, engineering, medical entrance examinations and judicial services can benefit immensely from the extensive collection available in both physical and digital formats. Instead of spending large amounts on study material, aspirants now have access to high-quality educational resources free of cost. This initiative has the potential to reduce educational inequality and ensure that talent, determination and hard work become more important than financial capacity. Researchers and scholars will also find the library invaluable. Access to academic databases, reference materials, journals and research facilities under one roof creates an environment that encourages innovation and intellectual inquiry. Professionals seeking to upgrade their skills, entrepreneurs exploring new ideas and lifelong learners interested in expanding their knowledge will equally benefit from the comprehensive resources available.





Children are among the biggest beneficiaries of the library. Reading habits developed during childhood play a vital role in improving language skills, creativity, imagination and analytical thinking. The dedicated children's reading zone provides a welcoming environment where young minds can develop curiosity through books instead of depending entirely on digital entertainment. Such initiatives contribute not only to academic excellence but also to the overall personality development of future generations. Senior citizens too have much to gain from this modern public library. Many retirees seek meaningful environments where they can continue reading, learning and engaging with society. Access to literature, newspapers, historical works and cultural publications helps them remain intellectually active while participating in community life. The library therefore becomes a shared public space where people of different generations come together through their common interest in knowledge.

One of the library's greatest strengths lies in its ability to promote educational equality. Across India, countless students possess exceptional talent but lack access to quality books and learning resources. Public libraries have historically served as equalisers by making knowledge available to everyone irrespective of economic background. The Jayaprakash Narayan Public Library strengthens this tradition by combining one of the country's largest publicly accessible digital collections with an extensive physical library. It demonstrates that quality education should never be limited by financial circumstances.

The establishment of this institution also supports the broader objectives of the Digital India initiative. Technology has transformed education by making information more accessible than ever before. However, digital transformation must remain inclusive so that every citizen can participate in the knowledge economy. By integrating advanced digital catalogues, online resources, RFID technology and modern learning systems, the library shows how technology can strengthen public education while preserving the timeless importance of books and libraries.

The library also reflects India's long-term aspiration of becoming a developed nation by 2047 under the vision of Viksit Bharat. Achieving this goal requires much more than economic growth. It demands educated citizens, skilled professionals, innovative researchers and informed decision-makers. Investments in knowledge infrastructure are therefore just as important as investments in highways, airports or industries. Every child encouraged to read, every student inspired to learn and every researcher empowered to innovate contributes to building a stronger and more prosperous nation.

Another remarkable feature of the library is its potential to become a centre for intellectual and cultural activities. Its auditorium and community spaces can host book discussions, literary festivals, educational workshops, seminars and public lectures that encourage the exchange of ideas. Such programmes transform the library into a vibrant community institution where people not only acquire knowledge but also engage in meaningful dialogue and collaborative learning. Naming the library after Jayaprakash Narayan adds another layer of significance. His unwavering belief in democracy, social justice and public participation continues to inspire India. Every visitor entering the library is reminded that education is not simply a means of earning a livelihood but a pathway towards responsible citizenship, ethical leadership and national development. In this sense, the library preserves not only books but also the ideals that shaped modern India.

In today's world, where misinformation spreads rapidly through digital platforms, libraries have become more relevant than ever. They remain trusted spaces where verified information, thoughtful discussion and independent learning flourish. They encourage readers to move beyond superficial headlines, examine multiple perspectives and develop informed opinions based on facts. Such qualities strengthen democratic societies by encouraging responsible and informed citizenship. The Jayaprakash Narayan Public Library is therefore much more than a modern educational facility. It represents an investment in India's intellectual capital, democratic values and future generations. By combining advanced technology with the enduring culture of reading, it demonstrates that genuine progress is measured not only by technological advancement but also by the ability to make knowledge accessible to every citizen. As India continues its journey towards becoming a global knowledge economy, institutions like the Jayaprakash Narayan Public Library will play an increasingly important role.

EVENTS



PM receives warm welcome by Indian community, in Melbourne, Australia.

The Union Minister for Finance and Corporate Affairs, Smt. Nirmala Sitharaman addressing the CII GCC Business Summit, in New Delhi.



Trump and Zelenskyy held high-level talks on military assistance and the future of the Ukraine conflict during the NATO Summit.



Governments reviewed progress on the Sustainable Development Goals, climate action, and international development at UN Headquarters.

The UK Parliament approved the Hillsborough Law, introducing a stronger legal duty of candour for public authorities.



Security experts and policymakers discussed rising tensions, maritime security, and Indo-Pacific geopolitics.

PURI PRAISES MODI FOR ETHANOL BLENDING PROGRAM

CONTINUED FROM PREVIOUS ISSUE



Point-wise Response of the Government

a) Excessive water consumption for ethanol production (10,000 litres of water for 1 litre of ethanol).

It is pertinent to note that paddy and wheat cultivation in India is primarily driven by the MSP mechanism coupled with assured procurement by the FCI. Farmers cultivate these crops because of assured procurement for food security purposes and not because of ethanol demand. Therefore, attributing the entire agricultural water footprint of paddy cultivation to ethanol production is fundamentally incorrect. Only surplus rice, as determined and permitted by the DFPD after meeting national food security requirements, is diverted for ethanol production. Such rice would otherwise remain in excess

Government stocks. The premise that water consumption for ethanol production begins at the agricultural field level is therefore baseless. The Rice basket for ethanol production also takes the broken/damaged rice grains, yielding economic returns to the farmers.

It is well known that sugarcane is a moderately high water-intensive crop, with over 350 litres of water required to produce 1 kg of Sugarcane. Sugarcane crops are largely grown in distillers' catchment area and procurement mechanism of sugarcane is governed under the FRP system for assured payouts to sugarcane farmers. DFPD regularly monitors the sugarcane production in collaboration with various State Governments through respective Sugarcane/Sugar Control Orders to ensure sufficient supply of

sugar in the domestic market and timely payment of dues to the sugarcane farmers by millers. It is only after sufficient availability of Sugar in the domestic market that DFPD permits the diversion of surplus feedstock for ethanol production. **Thus, the water which has already gone in the harvest of sugarcane (which also includes the surplus production) is not on account of ethanol production.**

Further, Maize is less water-intensive than paddy, requiring only partial irrigation on roughly 29% of its acreage. It serves as a more climate-resilient alternative in semi-arid zones. Maize also supports high ethanol yields which are estimated at 360–400 litres per tonne and enables year-round feedstock availability by allowing for multiple seasonal crop cycles, including Rabi and spring maize. The co-product of



ethanol processing, DDGS, feeds into the poultry and livestock sectors, contributing to a circular economy.

Government has consciously promoted maize as a preferred ethanol feedstock because of its substantially lower water requirement compared to paddy. MSP for maize has increased significantly over the years (from approx Rs. 1300/qlt over a decade ago to about Rs. 2,400/qlt presently), incentivising farmers to shift from rice which is a water-intensive crop. Today, maize contributes more than 40% of the ethanol supplied under the Ethanol Blended Petrol Programme, demonstrating the Government's conscious effort to improve both water efficiency and feedstock sustainability. Therefore, the Ethanol Blended Petrol Programme has emerged as a transformative intervention for Indian agriculture by ensuring timely payments to sugarcane farmers, improving farm incomes, creating an assured market for surplus agricultural produce in the form of ethanol, encouraging

paddy crop shifting to maize, reducing financial stress in the sugar sector and contributing significantly towards reduction in greenhouse gas emissions. Considering a typical ethanol plant, ethanol production requires only 3-5 litres of processed water per litre of ethanol. Moreover, modern distilleries often utilize **Zero Liquid Discharge (ZLD) technology** to recycle water and reduce environmental impact.

b) The agitation from some local residents and farmers based on unfounded concerns regarding environmental impact, groundwater depletion, and potential harm to agriculture. The issue refers to establishment of a Dedicated Ethanol Plant at Hanumangarh, Rajasthan.

Pollution related: The modern ethanol plants are set up with environmental clearance by MoEF&CC under the relevant category of License, which requires the norms related to use of ground water and mandates Zero Liquid Discharge (ZLD) System. These Zero Liquid

Discharge (ZLD) plants generally operate using biomass-based electricity generation. These unique features of ethanol plants make them one of the most environment friendly sector by not only having the best industrial practice to curb factory-level emissions, but also produce a biofuel (ethanol) which causes significantly reduced carbon tail-pipe emissions from vehicles. Also, emissions owing to carbon molecule in ethanol is biogenic, i.e it does not cause any net-increment in carbon emissions in the environment at vehicle's tail-pipe level.

c) Claims of ants/bees getting attracted towards the fuel tanks of the vehicles because of E20fuel.

BPCL has examined the claims circulating on social media regarding ants congregating around vehicle fuel filler caps and their alleged association with E20 petrol. Fuel-grade ethanol used for petrol blending is produced through fermentation and distillation processes that eliminate residual sugars from the final product. Further, fuel ethanol contains denaturants, which are repellent to insects. Upon blending, the characteristic hydrocarbon odour of petrol remains dominant over any inherent ethanol odour. In addition, ethanol-blended petrol exhibits lower fuel vapour formation compared to conventional petrol. As a result, there is no identifiable attractant associated with E20 fuel that would cause ants or other insects to congregate around vehicle fuel caps. Therefore, claims suggesting a link between E20 fuel and ant attraction have no scientific basis. The claims being circulated on social media are baseless and are not supported by scientific evidence.



d) Drastic drop in mileage of the vehicles because of the use of E20 fuel.

e) Vehicle/ Engine parts getting damaged/corroded due to the use of E20 fuel.

f) Insurance companies / Car manufacturers are denying insurance/warranty claims if E20 fuel is used.

Government tasked ARAI to undertake study on 'Material compatibility and emission performance measurement with ethanol blended gasoline (E20)' in September 2014. The study was undertaken by IOCL, ARAI, IIP-Dehradun and SIAM. The findings have shown that the carbon monoxide emission decreased by about 50% in two-wheelers and 30% in four-wheelers. Unburnt hydrocarbon emissions reduced by about 20% with E20 as compared to normal gasoline in both two-wheelers and passenger cars. No issues were



reported in most parameters including drivability, startability, metal compatibility, plastic compatibility. Only in case of certain older vehicles, some rubber parts and gaskets may have to undergo replacement earlier than in case non blended fuel was used. Further, the efficiency drop (if any) in E 10 vehicles was seen only a marginal decline as compared to neat petrol. The extensive field trials included 40,000 km for cars and 20,000 km for 2Ws, which did not show any significant negative effect.

It has been reported by this Ministry through Press Release, supported by scientific evidence, that the use of E-20 fuel gives better acceleration, better ride quality and lowered carbon emissions by approximately 30% as compared to E10 fuel. Ethanol's higher-octane number (~108.5 compared to petrol's 84.4) makes Ethanol-blended fuels a valuable alternative for higher- octane requirements that is crucial for modern high-compression engines. RON 95 with blending of Ethanol 20, results in better anti knocking properties and performance. Vehicles tuned for E20 fuel deliver better acceleration which is a very important factor in city driving conditions. Additionally, Ethanol's higher heat of vaporization reduces intake manifold temperatures, increasing air-fuel mixture density and boosting volumetric efficiency. E20 causes a "drastic" reduction in fuel efficiency are misplaced. Vehicle mileage is influenced by a variety of factors beyond just fuel type. These include driving habits, maintenance practices such as oil changes and air filter cleanliness, tyre pressure and alignment, and even air conditioning load. Regarding the concerns that unfounded concern of insurance/ warranty of the vehicles going void, it has been clarified by



insurance companies/OEMs that usage of E20 fuel has no impact on the validity of insurance/warranty of vehicles in India. Further, PIB has also done a fact-check on 'X' handle vide its post dated 16.06.2026, stating that such misleading information are incorrect.

Speaking on behalf of the Indian automobile industry, SIAM has conveyed that Automobile manufacturers will continue to honour warranty in accordance with the applicable warranty terms & conditions for their respective vehicles operating on fuel meeting the Government-notified specifications for which the vehicle has been validated.

It is further clarified that the present E20 blend has already undergone extensive scientific evaluation and validation prior to its nationwide implementation. Any future enhancement in the base ethanol blending level beyond E20 will be undertaken only after detailed testing and validation of higher ethanol blends by ARAI across different categories of vehicles, in consultation with automobile manufacturers and other stakeholders.

g) Government is experimenting the 20% ethanol blending at present and will assess its impact next year.

The proceedings before the Hon'ble Supreme Court did not concern the merits of the Ethanol Blended Petrol Programme. The issue before the Court related to interpretation of contractual provisions of procurement of ethanol by OMCs from DEPs. Certain selectively edited and misleading reports attempted to portray the proceedings as questioning the E20 programme itself. This is entirely incorrect. The learned Attorney General's submissions were confined to the procurement framework, annual allocation methodology, interpretation of the 'best endeavour' clause and the need for transfer of similar matters pending before different High Courts to the Hon'ble Supreme Court for authoritative adjudication.

The Office of the Attorney General for India has issued a detailed clarification vide Press Release dated 30.06.2026. It has been clarified in explicit terms that any suggestion that the Government described the E20 programme before the Hon'ble Supreme Court as an "experiment" is incorrect and does not represent the submissions made on behalf of the Union of India. The Office of learned AGI has also cautioned members of the media to report judicial proceedings

with due accuracy, particularly in matters involving important national policy initiatives.

h) Concerns regarding entry of water into fuel tanks due to the presence of E20 fuel in the vehicle.

The Government continuously monitors the implementation of the Ethanol Blending Programme in consultation with oil marketing companies, automobile manufacturers, fuel testing agencies and other stakeholders. Regarding the claim of entry of water into vehicle's fuel tank due to E20 fuel, it has been clarified by a Press Release from MoP&NG dated 23.06.2026 that the entry of water into the fuel tank is undesirable for any fuel, whether ethanol blended or otherwise. Modern vehicles are equipped with design features and safeguards to prevent water entry into fuel tanks. Moreover, the underground fuel tanks at retail outlets are equipped with all the necessary safety gears including silica gel trap, gaskets, sealants etc. to avoid water ingress in petrol/diesel fuel tanks.

i) Certain individuals are creating and sharing videos on social media falsely portraying sugarcane juice as being mixed directly with petrol.

MoP&NG vide above mentioned press release has made it clear that the claims being made are misleading and baseless. Ethanol used for fuel blending is produced through established industrial processes and conforms to stringent quality specifications before blending with petrol.

Videos which are showing separated Petrol and Diesel are fake. Videos deliberately created to spread falsehood and rumour messaging as ethanol blended petrol does not separate at room temperature.

GOLDMAN SACHS SEES STRONG UPSIDE IN 15 INDIAN STOCKS



Global investment banking firm Goldman Sachs has released a list of 15 Indian stocks that it believes are well-positioned to perform strongly during the second half of 2026. The brokerage remains optimistic about India's economic outlook, highlighting strong domestic demand, improving corporate earnings, supportive government policies and the expected return of foreign institutional investor (FII) inflows as key factors driving market growth. The brokerage's recommended stocks span multiple sectors, reflecting confidence in India's diversified economy. The 15 recommended stocks are:

- Reliance Industries Ltd.
- HDFC Bank Ltd.
- Kotak Mahindra Bank Ltd.
- Adani Enterprises Ltd.
- Adani Power Ltd.
- NTPC Ltd.
- Power Grid Corporation of India Ltd.
- Adani Green Energy Ltd.
- Hindustan Aeronautics Ltd. (HAL)
- Mazagon Dock Shipbuilders Ltd.
- InterGlobe Aviation Ltd. (IndiGo)
- Indian Hotels Company Ltd. (IHCL)
- HDFC Life Insurance Company Ltd.
- Eternal Ltd. (formerly Zomato)
- MakeMyTrip Ltd.

Goldman Sachs believes the banking sector will continue to benefit from healthy credit growth and strong profitability, while energy and infrastructure companies are expected to gain from rising power demand and continued investment in development projects. Defence companies such as HAL and Mazagon Dock Shipbuilders have also been highlighted due to increasing government spending on military modernisation and indigenous manufacturing. The brokerage is equally positive on the travel, hospitality and digital sectors. IndiGo, Indian Hotels, MakeMyTrip and Eternal are expected to benefit from rising consumer spending, tourism and the continued growth of India's digital economy.

Overall, Goldman Sachs views India as one of the most promising investment destinations among emerging markets. However, while these recommendations reflect the firm's positive outlook, investors are advised to conduct their own research, assess company fundamentals and consider their financial goals and risk tolerance before making investment decisions. A diversified portfolio remains the key to long-term wealth creation.

RAJPAL YADAV SENTENCED TO THREE MONTHS IN JAIL IN CHEQUE BOUNCE CASE



The Delhi High Court on Friday sentenced actor Rajpal Yadav to three months' simple imprisonment in a cheque bounce case after observing that he repeatedly failed to honour settlement commitments made before the court. Justice Swarana Kanta Sharma delivered the verdict in a batch of seven cases filed by M/s Murli Projects Private Limited. While Yadav was sentenced to three months' imprisonment in each case, the court directed that all sentences would run concurrently.

Apart from the jail term, the High Court ordered the actor to pay Rs 1.05 crore in each of the seven cases. His wife, Radha Rajpal Yadav, was also directed to pay a fine of more than ₹5 lakh in each matter.

During the proceedings, the court noted that Yadav had been given several opportunities to resolve the dispute and clear the

outstanding dues but failed to fulfil the assurances made before the court. Explaining the decision, Justice Sharma observed, "Opportunities were granted to honour the settlement. He [Yadav] and his counsel made several statements and assurances, and despite these repeated opportunities and assurances, he failed to honour the undertakings." The judge also granted Yadav two months to challenge the order before a higher court.

The legal dispute has been ongoing for more than two years. In May 2024, a sessions court had convicted Yadav in a cheque bounce case and sentenced him to six months' imprisonment.

The Delhi High Court later suspended that sentence after the actor's legal team assured the court that the matter would be settled amicably. The dispute was subsequently referred to the Delhi High Court Mediation Centre in an attempt to reach a resolution.

However, despite multiple adjournments and repeated assurances, the settlement did not materialise. The High Court observed that Yadav failed to deposit several amounts that he had undertaken to pay, including Rs 2.5 crore, for which he had sought permission to make payments in instalments.

In February 2026, the High Court directed Yadav to surrender before jail authorities after finding that he had failed to comply with its earlier directions. His request seeking additional time to surrender was also rejected.

The actor eventually surrendered on February 5 and remained in custody until he was granted interim suspension of sentence after depositing Rs 1.5 crore with the complainant.

SPAIN DEFEATED BELGIUM TO REACH FIFA WORLD CUP SEMI-FINALS



Spain secured a dramatic 2-1 victory over Belgium in the FIFA World Cup 2026 quarter-finals, booking their place in the last four after a thrilling contest at Los Angeles Stadium. The win sets up a highly anticipated semi-final clash against France as Spain continue their quest for a second World Cup title.

Spain dominated possession from the opening whistle and were rewarded in the 30th minute when Fabián Ruiz reacted quickest to score after Thibaut Courtois had parried Dani Olmo's initial effort. Belgium responded strongly, and Charles De Ketelaere equalised in the 41st minute with a well-taken header, sending the teams into the break level at 1-1.

The second half was fiercely contested, with both sides creating chances. Belgium suffered a major setback when goalkeeper Thibaut Courtois was forced off through injury in the 70th minute. Spain continued to press, and their persistence paid off in the 88th minute when substitute Mikel Merino capitalised on a rebound after a long-range effort to score the decisive goal. Merino's late strike sparked jubilant celebrations among the Spanish players and supporters, sealing Spain's place in the semi-finals.

Spain's disciplined performance highlighted their balance of experience and youthful energy. They controlled much of the match, created numerous opportunities and showed resilience after Belgium's equaliser. Belgium, despite a spirited display, were unable to recover from Courtois' injury and fell just short of forcing extra time.

With this victory, Spain advance to face France in one of the tournament's biggest encounters. Having overcome Portugal and Belgium in the knockout rounds, La Roja now stand just one win away from reaching the FIFA World Cup final, while Belgium exit the tournament after a determined and competitive campaign.

HEALTH BENEFITS OF OLIVE OIL



Olive oil has long been regarded as one of the healthiest cooking oils in the world. Extracted from the fruit of the olive tree, it has been a cornerstone of the Mediterranean diet for centuries. Rich in healthy monounsaturated fats, antioxidants and essential vitamins, olive oil is known for supporting heart health, improving digestion and promoting overall well-being. When consumed in moderation as part of a balanced diet, it can be a valuable addition to a healthy lifestyle. One of the most significant benefits of olive oil is its positive effect on heart health. It contains monounsaturated fats that help reduce bad cholesterol (LDL) while maintaining or increasing good cholesterol (HDL). This balance lowers the risk of heart disease, stroke and other cardiovascular conditions. The antioxidants found in extra virgin olive oil also help reduce inflammation and protect blood vessels from damage caused by free radicals. Olive oil is equally beneficial for brain health. Research suggests that its healthy fats and antioxidant

compounds may help improve memory, support cognitive function and protect brain cells from age-related decline. Regular consumption may contribute to better mental health and lower the risk of certain neurodegenerative diseases. The oil also plays an important role in maintaining a healthy digestive system. It supports smooth digestion, promotes healthy bowel movements and may help prevent constipation. Its natural anti-inflammatory properties can also contribute to better gut health and overall digestive comfort. For those aiming to manage their weight, olive oil can be a smart dietary choice. Although it is calorie-rich, its healthy fats increase the feeling of fullness, helping to reduce overeating and unhealthy snacking. Replacing saturated fats such as butter with olive oil may also support better weight management when combined with regular exercise. Olive oil is widely recognised for its beauty benefits as well. Rich in vitamin E and antioxidants, it helps nourish the skin, improve hydration and protect against premature

ageing. It can also strengthen hair, reduce dryness and add a natural shine, making it a popular ingredient in many skincare and haircare products. Additionally, olive oil contains natural compounds that may help regulate blood sugar levels, making it beneficial for people at risk of type 2 diabetes when used as part of a healthy diet. It also supports the absorption of fat-soluble vitamins such as A, D, E and K, allowing the body to make better use of essential nutrients from food. While olive oil offers numerous health benefits, moderation is key. It is best used as part of a balanced diet that includes plenty of fruits, vegetables, whole grains, lean proteins and regular physical activity. Choosing extra virgin olive oil, which is the least processed form, ensures the highest levels of nutrients and antioxidants. Incorporating olive oil into your daily meals is a simple yet effective way to support long-term health. From protecting the heart and brain to improving digestion and enhancing skin health, this natural oil truly lives up to its reputation as one of nature's healthiest gifts.

PIC OF THE WEEK



Triptii Dimri

There's something about the VS T-Shirt CoolBra™ that just feels right. Light, breathable, and so comfortable that it's become my everyday favorite.

Source: Instagram

9 July, 2026

HOW TO STAY CALM WHEN ANGRY



Anger is a natural emotion that everyone experiences at some point in life. It can arise from disappointment, stress, unfair treatment or misunderstandings. While feeling angry is completely normal, the way we express it can have a lasting impact on our relationships, health and decision-making. Losing control in the heat of the moment often leads to words and actions that cannot be taken back. Learning to stay calm during moments of anger is therefore an essential skill for leading a peaceful and balanced life.

The first step in managing anger is to recognise its early signs. A racing heartbeat, clenched fists, tense muscles or a raised voice are common signals that anger is building. Once you notice these signs, pause before reacting. Taking a few slow, deep breaths allows your mind and body to relax, giving you time to think clearly instead of responding impulsively.

It is also important to identify the real cause of your anger. Sometimes the issue is not the immediate situation but accumulated stress, lack of sleep or personal worries. Asking yourself why you are upset can help you understand your emotions better and prevent unnecessary arguments. Instead of blaming others, focus on finding a practical solution to the problem.

Stepping away from the situation for a few minutes can also make a big difference. A short walk, listening to calming music, reading a book or practising meditation can help reduce emotional intensity. Physical exercise is another excellent way to release built-up tension and improve your mood naturally.

Good communication is equally important. Express your feelings respectfully without shouting or using hurtful words. Listen carefully to the other person's point of view, even if you disagree. Calm conversations often resolve conflicts much more effectively than angry confrontations.

Developing healthy habits can also make anger easier to manage. Getting enough sleep, eating a balanced diet, exercising regularly and practising mindfulness improve emotional control and reduce stress. Spending time with supportive friends and family can also help you maintain a positive outlook.

Finally, remember that staying calm does not mean suppressing your emotions. It means expressing them wisely and constructively. True strength lies not in reacting with anger but in responding with patience, understanding and self-control. Every moment of anger presents an opportunity to practise emotional maturity and make better choices. By learning to manage your emotions, you not only protect your mental and physical well-being but also build stronger relationships and create a more peaceful environment for yourself and those around you.



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