

T NATIONAL AWARENESS TIMES S

Weekly 13-19 May, 2026 Price ₹20/-



Suvendu Adhikari Takes The Oath As

CHIEF MINISTER

of West Bengal

For Investment
and joint venture with
**Rajasthan
Government**
in following: -



Facilities

- Commercial Plots
- Industrial Plots
- Group Housing
- Educational Plots
- Hotels
- Hospitals



CONTACT US:

Modern Projcon Pvt. Ltd.

H. Q. – Plot No. H1-99, Salarpur, Bhiwadi, Rajasthan

Gurugram Office- L-22/11, DLF Phase-2, Gurugram, Haryana-122001

Mobile- 7982987829





21-11-1938 — 5-4-2006

Founder Editor:
Late Shri Harbhajan Singh
13-19 May, 2026

Price: - ₹ 20/-

Chief Editor & Chief of Bureau:
Deepak Singh

Editorial board:
Gurinder Singh, Eminent Journalist
Dr. L.C. Bhartiya,
(Member, Press Council Of India)
Padma Shri Dr. V.K. Shah
Copy Editor Ms. Keeron Ghose
Compiler & Designer Shiv Kumar
Chawla

Editor: Gaurav Singh

Head Office:

L-22/11, DLF Phase-II,
Gurgaon-122001.

Phone: - 0124-4065670,

Fax: - 011-24621636

Email:

chiefeditor@nationalawarenesstimes
.com

Website:

Www.nationalawarenesstimes.com

Owned, Printed & Published by
Deepak Singh

Pages 20 Including Cover

CONTENTS

FROM CHIEF EDITOR'S DESK	5
SUVENDU ADHIKARI TAKES THE OATH AS CHIEF MINISTER OF WEST BENGAL	6
EVENTS	9
CHINA ADMITS TECHNICAL SUPPORT TO PAKISTAN DURING OPERATION SINDOOR	11
FROM SUPERSTAR TO STATESMAN VIJAY BECOMES TAMIL NADU CM	12
NATIONAL AWARENESS TIMES PAYS TRIBUTE	13
INDIA SUCCESSFULLY TESTS ADVANCED AGNI MISSILE WITH MIRV CAPABILITY	15
ENTERTAINMENT	16
HEALTH: COCONUT WATER: NATURE'S ULTIMATE HEALTH DRINK	17
PIC OF THE WEEK	18
LEARN & PASS IT ON	19

Printed at:

**Five Stars Printers, Gaushala Marg, Karol Bagh
New Delhi-110005.**

*Publisher And Editor Are Not Responsible For The View Expressed By
The Contributor.*



**YES!
I WISH TO SUBSCRIBE**



Indian Observer

A FORTNIGHTLY ON CURRENT AFFAIRS

SUBSCRIBE NOW

Please fill the form in CAPITAL LETTERS

I am enclosing Cheque/DD No. _____

dated _____ drawn on (specify Bank) _____

favouring INDIAN OBSERVER for Rs. _____

(Add Rs. 50/- for non Delhi cheques. Not valid in case of At Par Cheques)

Kindly issue Cheque/ D.D. in favour of " INDIAN OBSERVER "

Please tick your subscription choice

TICK	TERM	NO. OF ISSUES	YOU PAY
☐	3 Years	72	1650
☐	2 Years	48	1100
☐	1 Year	24	550

Date of Birth :

Name _____

Address _____

City _____ State _____ Pin _____

Phone (Resi.) _____ Phone (Off.) _____

Mobile : _____ Email : _____

Signature _____

Send to:

Circulation Manager

INDIAN OBSERVER

F-26, Connaught Place, New Delhi - 110001 (INDIA)

Ph.: 011-23312329 • Email: indian.observer@gmail.com

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.

Suvendu Adhikari being sworn in as the Chief Minister of West Bengal after the Bharatiya Janata Party (BJP) secured a sweeping victory with 207 seats in the

294-member Assembly, the newly formed government inducted five fresh faces into the State Cabinet.

In a major geopolitical development that has sparked intense international attention, China reportedly acknowledged providing technical support to Pakistan during Operation Sindoor, an operation that has already become a significant point of discussion in South Asian strategic and diplomatic circles.

In a dramatic and historic political development, popular actor-turned-politician C. Joseph Vijay has been sworn in as the new Chief Minister of Tamil Nadu, marking a significant shift in the State's political landscape.

India achieved a major milestone in its defence and strategic capabilities with the successful test of an advanced Agni missile equipped with Multiple Independently Targetable Re-entry Vehicle (MIRV) technology.

Deepak Singh,
Chief Editor

Representatives Worldwide



**Dr. Nabarun
Ghose**



**Dr. Sunil
Kanti Roy**



**Gurmeet S.
Sodhi**



**Narasimhan
Ramani**



**Dr. Balbir
Singh Verma**



**Dr. Anmol S.
Kapoor**

SUVENDU ADHIKARI TAKES THE OATH AS CHIEF MINISTER OF WEST BENGAL

By Editor – Gaurav Singh



Suvendu Adhikari being sworn in as the Chief Minister of West Bengal after the Bharatiya Janata Party (BJP) secured a sweeping victory with 207 seats in the 294-member Assembly, the newly formed government inducted five fresh faces into the State Cabinet. The development marks a historic political shift in West Bengal, where the BJP formed its first-ever government after years of aggressive political expansion and grassroots mobilisation across the State. The grand swearing-in ceremony, organised at Kolkata's iconic Brigade Parade Ground, turned into a massive political event attended by senior BJP leaders, chief ministers

from several NDA-ruled States, party workers, and thousands of supporters. Prime Minister Narendra Modi, Union Ministers Amit Shah, Rajnath Singh, J. P. Nadda and Dharmendra Pradhan were present during the ceremony. Several BJP Chief Ministers, including Yogi Adityanath, Himanta Biswa Sarma, Pushkar Singh Dhami and others, also attended the event, highlighting the national importance attached to BJP's victory in Bengal. Suvendu Adhikari's rise to the top post is being viewed as one of the biggest political developments in recent Bengal politics. Once a close associate of Mamata Banerjee and an influential leader of the

Trinamool Congress (TMC), Adhikari later joined the BJP and emerged as one of its strongest faces in eastern India. His victory from both Nandigram and Bhabanipur carried immense political significance. In Bhabanipur, he defeated Mamata Banerjee, while in Nandigram he secured a convincing win against TMC candidate Pabitra Kar. Political analysts believe these victories strengthened his image as the BJP's most powerful leader in Bengal.

The newly formed Cabinet reflects BJP's strategy of balancing experienced leadership with emerging political faces. Senior BJP leader Dilip Ghosh was among



the most prominent leaders inducted into the Cabinet. Known for playing a major role in expanding BJP's organisational network in West Bengal, Dilip Ghosh is considered one of the architects of the party's rise in the State. He won the Kharagpur seat by a margin of more than 30,000 votes. As the BJP's West Bengal president between 2015 and 2021, he aggressively built the party at the grassroots level and transformed it into a major opposition force. His experience and organisational understanding are expected to play an important role in the functioning of the new government.

Another significant inclusion is Agnimitra Paul, who represents the growing participation of women leaders in BJP's Bengal politics. A successful fashion

designer before entering politics, Agnimitra Paul joined the BJP in 2019 and quickly became one of the party's prominent women leaders in the State. She secured a major victory from Asansol Dakshin by over 40,000 votes. Her political rise reflects

BJP's efforts to attract educated urban voters and women leaders into mainstream politics. She previously served as the president of BJP Mahila Morcha in West Bengal and currently holds the post of State vice-president.





Ashok Kirtania, another important addition to the Cabinet, won from Bangaon Uttar by more than 40,000 votes. His induction is seen as strategically important because of his influence among the Matua community, a politically significant community in West Bengal. Political observers believe BJP's continued outreach to the Matua population played a major role in strengthening its electoral base in several districts. Ashok Kirtania's presence in the Cabinet is expected to further consolidate support among these voters. The inclusion of Kshudiram Tudu is also politically significant. A former school teacher and first-time MLA from the tribal-dominated Ranibandh constituency in Bankura district, Tudu has worked extensively among tribal communities in the Jangalmahal region. Over the years, he actively highlighted issues related to tribal rights, rural development, employment, and infrastructure in underdeveloped areas. His induction into the Cabinet reflects BJP's focus on expanding its tribal outreach in West Bengal and strengthening its support base in rural regions. Former Union Minister Nisith Pramanik also secured a place in the new Cabinet after registering a massive victory from Mathabhanga seat by over 57,000 votes. Pramanik is considered one of BJP's strongest youth leaders in North Bengal. Before joining BJP in 2019,



he was associated with the Trinamool Congress. He later emerged as a powerful BJP leader and became one of the youngest ministers in the Narendra Modi government after winning the Cooch Behar Lok Sabha seat in 2019. His induction is expected to strengthen BJP's hold in North Bengal, where the party enjoys considerable support among young voters and rural communities.

The formation of the new government signals a major turning point in Bengal politics. For decades, the State remained dominated by regional parties and strong ideological politics. BJP's victory reflects changing political preferences among sections of urban voters, youth, middle-class families, and rural communities seeking political change and development-focused governance.

The new government is now expected to focus on employment generation, industrial revival, infrastructure development, law and order, healthcare, and rural welfare. Political observers believe that maintaining administrative stability while meeting the high expectations of voters will be one of the biggest challenges before the Suwendu Adhikari-led government.

The BJP leadership has described the victory as the beginning of a "New Bengal," promising faster development and stronger coordination with the Central government. Meanwhile, opposition parties, especially the TMC, have vowed to continue playing the role of a strong opposition in the Assembly. As Bengal enters a new political phase, all eyes will now remain on how the newly formed government delivers on its promises and shapes the future direction of the State.

EVENTS



The President, Smt. Droupadi Murmu hosted a banquet in honour of her Vietnamese counterpart, Mr. To Lam at Rashtrapati Bhavan, in New Delhi.

The Union Minister of Communications and Development of North Eastern Region (DoNER), Shri Jyotiraditya M. Scindia lighting the lamp at the dedication of the renovated Nehru Place Post Office to the public, in New Delhi.



The Union Minister for Environment, Forest and Climate Change, Shri Bhupender Yadav addressing at the launch of the logo and website of the International Big Cat Alliance Summit, in New Delhi.





Union Home Minister and Minister of Cooperation, Shri Amit Shah, reviews country's preparedness to deal with potential floods and heat waves in a comprehensive manner during an important high-level meeting held, in New Delhi.

The Union Minister for Defence, Shri Rajnath Singh addressing the Joint Commanders' Conference in Jaipur, Rajasthan.



PM addressing at the inauguration of various projects at Sardardham, Vadodara in Gujarat.

CHINA ADMITS TECHNICAL SUPPORT TO PAKISTAN DURING OPERATION SINDOOR



In a major geopolitical development that has sparked intense international attention, China reportedly acknowledged providing technical support to Pakistan during Operation Sindoor, an operation that has already become a significant point of discussion in South Asian strategic and diplomatic circles. The revelation has raised serious questions about regional security dynamics, military cooperation, and the evolving strategic relationship between Beijing and Islamabad.

According to reports, the technical assistance involved intelligence coordination, surveillance support, communication systems, and strategic guidance aimed at strengthening Pakistan's operational capabilities during the mission. While Chinese officials described the cooperation as part of routine bilateral defence engagement, the development has drawn sharp reactions from strategic experts and policymakers across the region. Operation Sindoor, which had earlier been described as a sensitive and high-level military operation, attracted widespread attention due to its implications for regional stability and national security. The acknowledgement of external technical assistance has now added a new dimension to the debate surrounding the operation and the

broader geopolitical environment in South Asia.

The relationship between China and Pakistan has often been described as an "all-weather strategic partnership." Over the years, both countries have strengthened cooperation in defence, trade, infrastructure, and technology. China has played a major role in Pakistan's defence modernisation by supplying advanced military equipment, fighter aircraft, missile systems, drones, and surveillance technologies. The latest revelation further highlights the depth of military coordination between the two nations.

Strategic analysts believe that China's admission reflects its growing confidence in openly supporting key regional allies amid changing global power equations. Some experts view the move as part of Beijing's broader strategy to increase its influence in South Asia and counter regional rivals through stronger defence partnerships. The development is expected to trigger significant diplomatic and strategic discussions within India and among international observers monitoring regional security issues. Security experts argue that external involvement in sensitive military operations can alter strategic balance and increase tensions in already sensitive regions. Analysts also note that technological and

intelligence cooperation has become a crucial element of modern warfare, where cyber systems, satellite monitoring, communication networks, and electronic surveillance play a major role in operational planning. Indian strategic commentators have expressed concern over the growing military cooperation between China and Pakistan, especially in areas involving intelligence sharing, border surveillance, and defence technology. Many believe that the partnership has evolved beyond traditional defence cooperation into a more integrated strategic alliance. At the same time, global powers and international security experts are closely observing the situation, as developments in South Asia often carry wider geopolitical consequences. The region remains strategically important due to its nuclear capabilities, economic significance, and complex political relationships.

Despite the growing debate, Chinese officials maintained that their engagement with Pakistan was consistent with bilateral agreements and aimed at maintaining regional security cooperation. Pakistani authorities also defended the partnership, calling it a reflection of strong mutual trust and long-standing strategic ties between the two countries. The revelation surrounding Operation Sindoor once again highlights how modern geopolitics is increasingly shaped by strategic alliances, technological support systems, and regional power competition. As nations continue strengthening military and technological partnerships, the balance of power in South Asia is likely to remain a subject of intense global attention.

With regional tensions and geopolitical rivalries continuing to evolve, the admission by China has added another important chapter to the complex strategic relationship between China, Pakistan, and the wider South Asian region.

FROM SUPERSTAR TO STATESMAN VIJAY BECOMES TAMIL NADU CM



In a dramatic and historic political development, popular actor-turned-politician C. Joseph Vijay has been sworn in as the new Chief Minister of Tamil Nadu, marking a significant shift in the State's political landscape. The oath-taking ceremony, attended by thousands of supporters, political leaders, film personalities, and public figures, reflected the massive popularity and influence Vijay enjoys among the people of Tamil Nadu.

The swearing-in ceremony took place at Chennai's Raj Bhavan amid tight security and grand celebrations. Supporters gathered in large numbers across the State, bursting crackers, distributing sweets, and waving party flags to celebrate what many described as the beginning of a "new political era" in Tamil Nadu. Vijay's rise from cinema superstar to the highest political office in the State has become one of the most talked-about political journeys in recent Indian politics.

Known for his immense fan following and socially conscious film roles, Vijay had gradually built a strong political image over the years before officially entering active politics. Through his speeches, public interactions, welfare initiatives, and youth outreach programmes, he successfully transformed his popularity into a

powerful political movement. His party's campaign focused heavily on employment generation, education reform, anti-corruption measures, healthcare improvements, and welfare for ordinary citizens.

Political observers believe Vijay's victory represents the growing influence of youth-driven politics and public desire for change. His campaign particularly resonated with young voters, first-time voters, middle-class families, and urban populations seeking fresh leadership and a modern governance approach. Many analysts compared the political enthusiasm around Vijay to earlier eras when film personalities played transformative roles in Tamil Nadu politics.

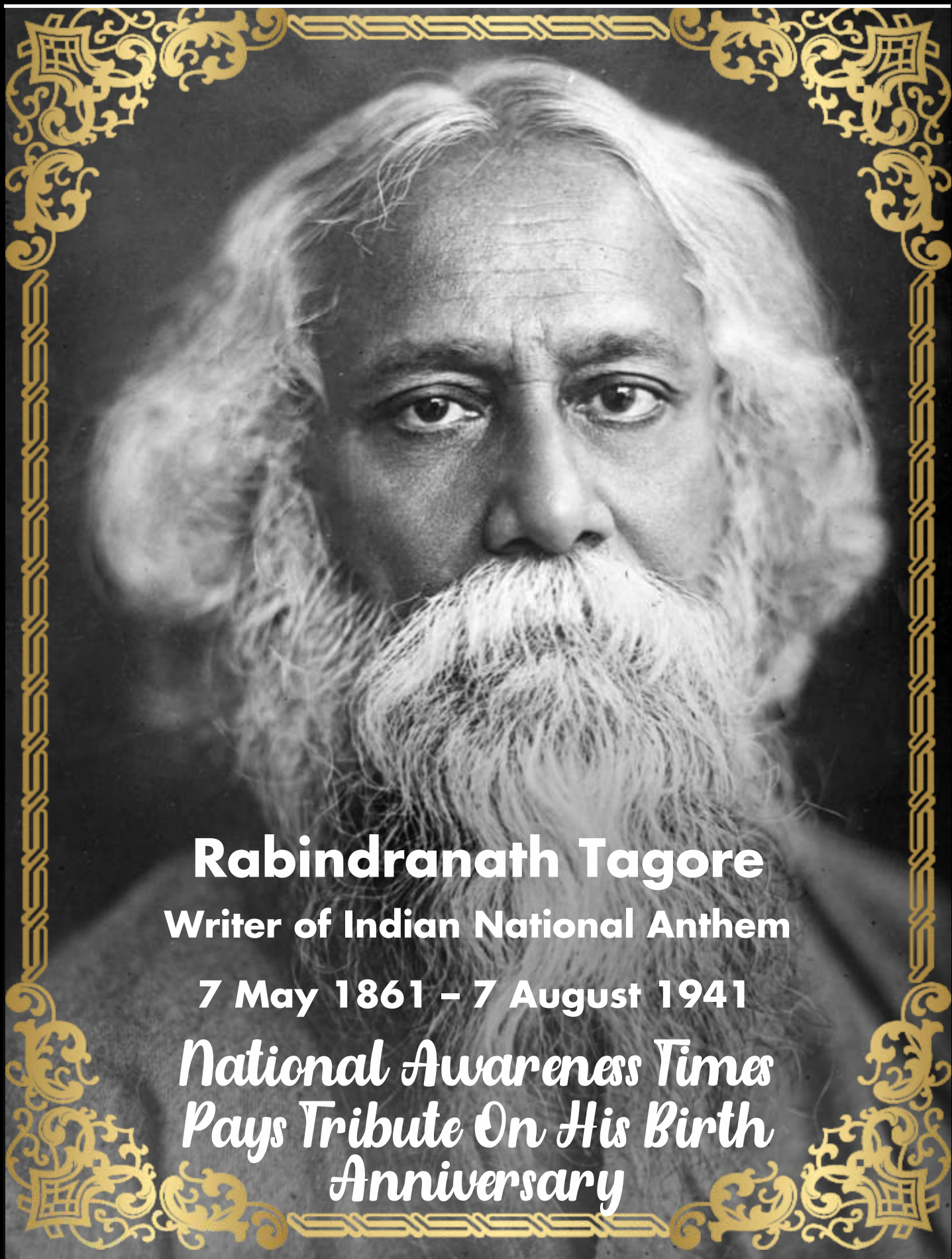
In his first speech as Chief Minister, Vijay thanked the people of Tamil Nadu for their trust and support. He promised transparent governance, faster development, and people-centric administration. Emphasizing unity and progress, he stated that his government would work beyond political divisions and focus on improving the lives of ordinary citizens. He also highlighted the importance of education, technology, women's empowerment, industrial growth, and employment opportunities for the State's youth.

The formation of the new

government has generated widespread discussion across political circles. Supporters believe Vijay's clean image, communication skills, and direct connection with people could bring a fresh style of leadership to Tamil Nadu. His political rise is also being viewed as a reflection of changing voter preferences in a State long dominated by traditional Dravidian politics. At the same time, political experts believe the new Chief Minister faces significant administrative and political challenges. Managing governance, balancing welfare commitments, handling economic growth, and maintaining political stability will require careful planning and strong decision-making. Critics have also questioned whether celebrity popularity alone can translate into effective governance in a complex State like Tamil Nadu.

However, Vijay's supporters remain highly optimistic. Many believe his leadership could inspire greater youth participation in politics and encourage transparent administration. His welfare-oriented promises and emphasis on inclusive development have created high expectations among the public. Tamil Nadu has historically witnessed strong links between cinema and politics, with several film stars successfully transitioning into political leadership. Vijay's rise continues that legacy while also representing a new generation of leadership shaped by modern communication, digital outreach, and youth engagement.

As C. Joseph Vijay begins his tenure as Chief Minister, all eyes are now on how he transforms public expectations into governance. His victory has undoubtedly opened a new chapter in Tamil Nadu politics, one that combines celebrity influence, public aspirations, and the promise of political transformation.



Rabindranath Tagore
Writer of Indian National Anthem

7 May 1861 – 7 August 1941

*National Awareness Times
Pays Tribute On His Birth
Anniversary*

LOVED BY ME TRUSTED BY MILLIONS

95% of women feel LUX gives them soft, beautiful glowing skin.*

One of the many reasons, LUX is loved and used by over **150 million** households.

LUX IS
INDIA'S
MOST
TRUSTED
SOAP[^]



LUX

*Data as per consumer market surveys conducted by IPSOS during the period 2019 and 2020

INDIA SUCCESSFULLY TESTS ADVANCED AGNI MISSILE WITH MIRV CAPABILITY



India achieved a major milestone in its defence and strategic capabilities with the successful test of an advanced Agni missile equipped with Multiple Independently Targetable Re-entry Vehicle (MIRV) technology. The successful launch marks a significant step forward in strengthening the country's strategic deterrence system and demonstrates India's growing technological expertise in missile development and national security.

The test was conducted under the supervision of the Defence Research and Development Organisation (DRDO), which has played a crucial role in developing India's missile programme over the years. Defence officials described the mission as highly successful, with all objectives being achieved accurately. The missile was launched from a strategic test range and tracked through advanced monitoring systems that confirmed its precision and operational capability.

MIRV technology is considered one of the most advanced features in modern missile systems. It allows a single missile to carry multiple nuclear warheads, each capable of hitting

different targets independently. This significantly increases the effectiveness of a country's strategic strike capability and strengthens deterrence against potential threats. With this achievement, India joins a select group of nations possessing operational MIRV capability, highlighting the country's growing presence in advanced defence technologies.

The Agni missile series has long been a cornerstone of India's strategic defence programme. Developed under the Integrated Guided Missile Development Programme, the Agni missiles are designed to provide credible deterrence and long-range strike capability. Over the years, India has continuously upgraded the Agni system with improved accuracy, navigation systems, mobility, and advanced payload technologies. The latest test reflects India's emphasis on modernising its defence infrastructure amid changing global security challenges. Defence experts believe that MIRV-equipped missiles significantly improve survivability and strategic flexibility because they make missile interception much more difficult for enemy defence systems.

By carrying multiple warheads and deploying them separately during flight, the missile can engage several targets simultaneously, thereby enhancing overall operational effectiveness. The successful test also demonstrates the growing self-reliance of India's defence sector under the government's push for indigenous military technology. Scientists and engineers involved in the programme were praised for their contribution to strengthening national security through advanced research and innovation. The achievement is expected to further boost confidence in India's domestic defence manufacturing ecosystem.

Prime Minister Narendra Modi congratulated the scientists, engineers, and defence personnel associated with the mission, describing the achievement as a proud moment for the nation. Senior defence officials stated that the successful test reflects India's commitment to maintaining a credible minimum deterrence policy while ensuring national security preparedness. Strategic analysts have observed that the successful MIRV test comes at a time when geopolitical tensions and regional security dynamics continue to evolve rapidly. Many experts see the development as an important enhancement of India's strategic posture, especially considering advancements in missile defence systems worldwide.

Apart from its military significance, the test also showcases India's scientific and technological progress on the global stage. The achievement highlights the capabilities of Indian scientists in developing sophisticated defence systems that match international standards.

As India continues to modernise its armed forces and invest in advanced technologies, the successful test of the Agni missile with MIRV capability stands as a symbol of the country's growing strength, innovation, and determination to safeguard its national interests in an increasingly complex global environment.

NORA FATEHI TO PERFORM AND SING AT FIFA WORLD CUP 2026 OPENING CEREMONY IN TORONTO



Nora Fatehi is set to perform and sing at the FIFA World Cup 2026 Opening Ceremony, which will take place on 12th June 2026 at BMO Field in Toronto, Canada marking another major milestone in her international journey. The appearance further cements her growing presence on one of the world's biggest and most-watched entertainment and sporting platforms.

Nora will join an exciting global lineup featuring Alanis Morissette, Alessia Cara, Elyanna, Jessie Reyez, Michael Bublé, Sanjoy, Vegedream, and William Prince. Meanwhile, the USA opening ceremony lineup includes global music icons Anitta, Future, Katy Perry, Lisa, Rema, and Tyla, making FIFA World Cup 2026 a spectacular blend of international music, culture, and entertainment. Her inclusion in the lineup highlights her rising stature as an internationally recognised performer with a strong cross-cultural appeal.

Having previously delivered a memorable showcase during FIFA World Cup celebrations in 2022, Nora's return to the global stage reflects the

increasing demand for her as a performer who seamlessly blends music, dance, and stage spectacle. This moment also stands out because of her dual role as both singer and performer, reinforcing her identity as a multifaceted global entertainer.

Over the years, Nora Fatehi has built a strong association with international stages and global sporting events, including appearances linked to the T20 World Cup. With every performance, she has continued to strengthen her reputation as a dynamic artist capable of connecting with audiences across the world.

Her upcoming act at the FIFA World Cup 2026 Opening Ceremony is expected to be another defining moment in her global career. As she takes the stage in Toronto alongside internationally celebrated artists, all eyes will be on Nora Fatehi as she brings her signature energy, music, and performance power to one of the grandest spectacles in the world. Meanwhile, Nora Fatehi is also gearing up for the release of her I-Pop track 'Body Roll' featuring Honey Singh, dropping today. With its global appeal, the track has already created massive anticipation among audiences worldwide.

DEEPIKA PADUKONE FEATURES AMONG INDIA'S TOP BOX OFFICE STARS UNDER 50: REPORT



Deepika Padukone continues to strengthen her position as one of the most influential and commercially successful stars in Indian cinema. The actress has now featured in a prestigious report listing the "Top 10 Indian Stars Under 50 Ruling the Box Office," created in collaboration with Ormax Media and a leading publication. The list celebrates actors who have consistently shaped Indian cinema through blockbuster performances, audience popularity, and long-standing careers.

The report highlighted Deepika's ability to strike a rare balance between mainstream commercial success and critically acclaimed performances over the years. Reflecting on her journey, the publication described her as one of Hindi cinema's "most bankable and enduring forces."

"There is a stillness to Deepika Padukone's stardom that almost feels deceptive. Beneath the poise lies one of Hindi cinema's most bankable and enduring forces an actor who has consistently threaded together spectacle and nuance across two decades," the

report stated. It further acknowledged the range of her filmography, citing performances in films such as Piku, Padmaavat, and Pathaan. According to the report, Deepika has managed to move seamlessly between emotionally layered characters and large-scale entertainers without losing her individuality as a performer.

The report also noted that her success has remained steady in an industry often driven by constant competition and changing trends. It described her career as one built on "longevity, instinct, and quiet control," further underlining her consistent connection with audiences across generations.

Adding to her achievements this year, Deepika was recently named the "Number 1 Heroine In The Country" for the 14th consecutive time in a bi-annual popularity poll, reinforcing her continued dominance in the entertainment industry.

Over the last two decades, the actress has delivered several commercially successful films while also redefining the portrayal of female leads in mainstream Hindi cinema. Her performances have often combined emotional depth with mass appeal, helping her maintain relevance across evolving cinematic landscapes.

COCONUT WATER: NATURE'S ULTIMATE HEALTH DRINK



Coconut water has become one of the most popular natural beverages across the world, admired for its refreshing taste and impressive health benefits. Found inside young green coconuts, this clear liquid is often called “nature’s energy drink” because of its rich nutritional value and hydrating properties. In tropical countries like India, coconut water has been consumed for generations as a traditional remedy to beat the heat and maintain overall wellness.

One of the biggest advantages of coconut water is its ability to keep the body hydrated. It contains essential electrolytes such as potassium, sodium, magnesium, and calcium, which help replenish fluids lost through sweat. During hot summer days or after physical exercise, coconut water acts as a natural and healthier alternative to sugary soft drinks and packaged beverages. Its cooling effect makes it especially popular in regions with warm climates.

Coconut water is also known for being low in calories and fat-free, making it a preferred choice for health-conscious individuals. Unlike many artificial energy drinks, it contains no harmful additives or excessive sugar. The natural sweetness and light flavor make it both nutritious and enjoyable. Many fitness enthusiasts include coconut water in their diet because it supports recovery after workouts and helps maintain energy levels naturally.

Apart from hydration, coconut water offers several health benefits. The high potassium content may help regulate blood pressure and support heart health. It also contains antioxidants that assist the body in fighting harmful free radicals. Some studies suggest that regular consumption of coconut water may improve digestion and help maintain healthy skin due to its hydrating and detoxifying properties. Coconut water has also gained popularity in beauty and wellness routines. Many people

use it as part of a healthy lifestyle because it helps keep the body refreshed from within. In traditional practices, it is often considered a natural remedy for fatigue and dehydration. During illnesses such as fever or stomach infections, doctors sometimes recommend coconut water to help restore lost minerals and fluids.

Beyond its health benefits, coconut water also supports sustainable and eco-friendly consumption. Since coconuts are natural products with minimal processing, they generate less environmental waste compared to heavily packaged beverages. Street vendors selling fresh coconuts are a common sight in many coastal and tropical areas, offering people a healthy drink directly from nature.

However, like any food or beverage, coconut water should be consumed in moderation. Excessive intake may not be suitable for people with certain kidney conditions or those who need to control potassium intake. Choosing fresh coconut water is often better than packaged versions, which may contain added sugar or preservatives. In a world increasingly focused on healthy living, coconut water continues to stand out as a simple yet powerful natural drink. Its refreshing taste, nutritional richness, and numerous health benefits make it more than just a summer beverage. Whether enjoyed after exercise, during travel, or simply on a warm afternoon, coconut water remains one of nature’s finest gifts for health and hydration.

**PIC OF
THE WEEK**

Krithi Shetty

Jasmine Magic

Source: Instagram

9 May, 2026

MOTHER'S DAY: A CELEBRATION OF UNCONDITIONAL LOVE



Mother's Day is more than just a celebration marked on the calendar it is a heartfelt reminder of the unconditional love, strength, and sacrifices that mothers bring into our lives every single day. Across cultures and generations, a mother is often seen as the first teacher, strongest supporter, and the emotional foundation of a family.

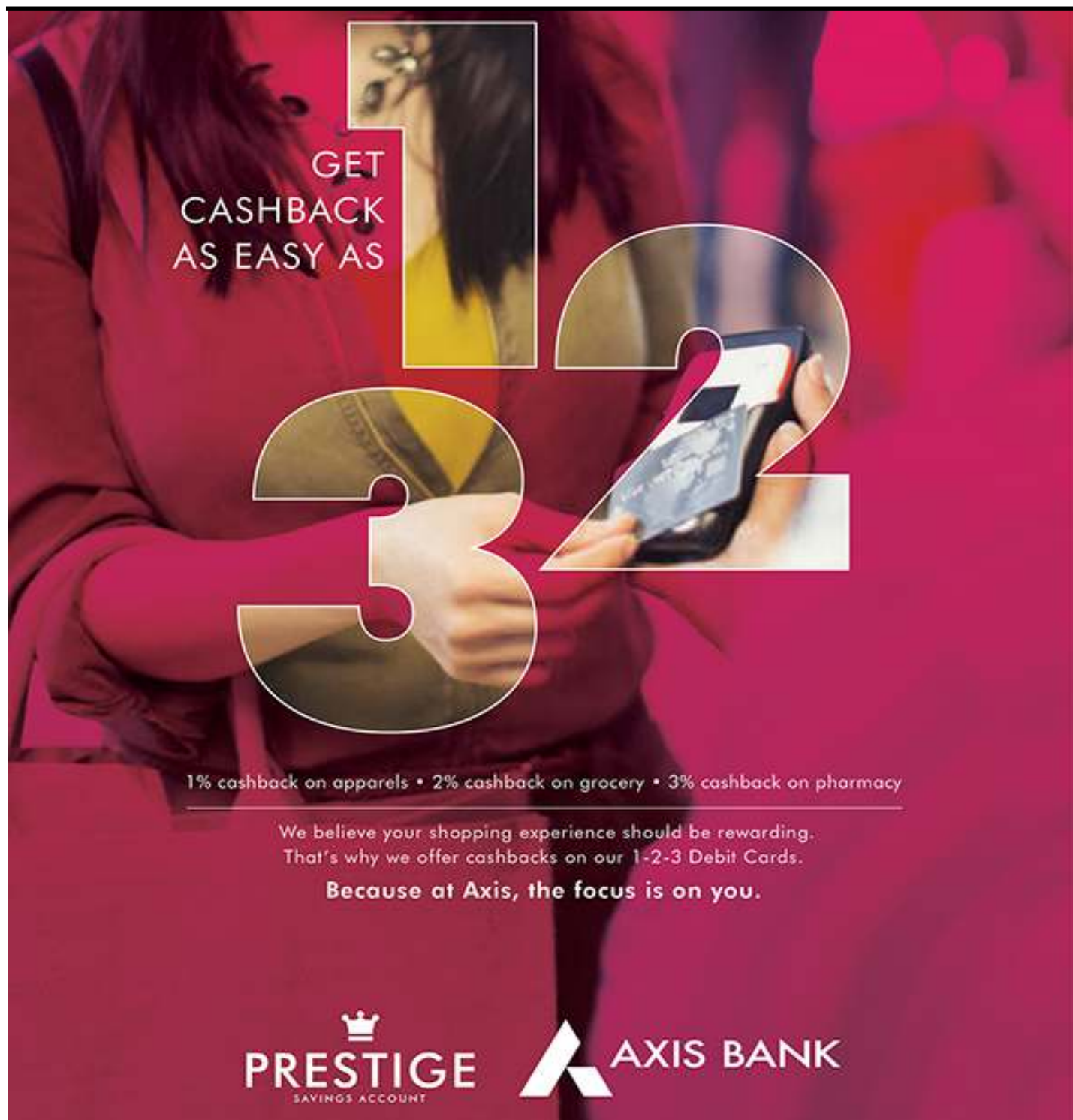
From waking up early to caring for the smallest needs of her children, a mother's efforts often go unnoticed. Yet, her presence shapes values, builds confidence, and creates a sense of comfort that stays with us throughout life. Whether she is managing a home, building a career, or balancing both, a mother carries countless responsibilities with patience and dedication.

Mother's Day offers an opportunity to pause and express gratitude. While gifts and flowers are beautiful gestures, the true spirit of the day lies in appreciation, respect, and spending meaningful time together. A simple conversation, a handwritten note, or even saying "thank you" can make a mother feel deeply valued.

In today's fast-moving world, where people are often busy with work and technology, emotional connections within families are becoming increasingly important. Mother's Day reminds us to reconnect with the people who have supported us silently through every success and failure. It is a celebration of warmth, care, and lifelong bonds.

The beauty of motherhood lies not in perfection, but in endless love and resilience. Every mother has her own journey filled with challenges and sacrifices, yet she continues to give without expecting anything in return. That selfless affection is what makes mothers truly extraordinary.

Mother's Day is not just about one special day it is about recognizing and honoring mothers every day, for they are the guiding light that makes every house feel like a home.



GET
CASHBACK
AS EASY AS

1% cashback on apparels • 2% cashback on grocery • 3% cashback on pharmacy

We believe your shopping experience should be rewarding.
That's why we offer cashbacks on our 1-2-3 Debit Cards.

Because at Axis, the focus is on you.

  **AXIS BANK**

If Undelivered, Please Return To :

T NATIONAL AWARENESS
IMES
INDIA'S NATIONAL WEEKLY

L-22/11, DLF Phase-II, Gurgaon-122001.