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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 .

The Bharatiya Janata Party (BJP) has begun preparing aggressively for

the 2027 Punjab Assembly elections, and one of the most notable developments in this strategy is the growing role of Haryana Chief Minister Nayab Singh Saini in Punjab politics.

India has once again witnessed a sharp increase in petrol and diesel prices, creating concern among citizens across the country.

Gurindervir Singh created history in Indian athletics by clocking an incredible 10.09 seconds in the men's 100m race at the Federation Cup Athletics Championships held in Ranchi.

Cockroach Janta Party, popularly known as CJP, has rapidly emerged as one of the most talked-about political satire movements in India.

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WHY BJP HAS PICKED HARYANA CM SAINI TO SPEARHEAD MISSION PUNJAB

By Editor – Gaurav Singh



The Bharatiya Janata Party (BJP) has begun preparing aggressively for the 2027 Punjab Assembly elections, and one of the most notable developments in this strategy is the growing role of Haryana Chief Minister Nayab Singh Saini in Punjab politics. Over the past few months, Saini has frequently visited Punjab, attended religious and community events, interacted with party workers, and sharpened his attacks on the ruling Aam Aadmi Party (AAP) government. His increasing visibility is being seen as a clear indication that the BJP has chosen him to lead its “Mission Punjab.”

This decision is not merely political symbolism but part of a

carefully planned strategy by the BJP to strengthen its independent presence in Punjab after the collapse of its long-standing alliance with the Shiromani Akali Dal (SAD). For decades, the BJP largely depended on the Akali Dal for political relevance in the state. However, after the farmers’ protest movement and the eventual breakup of the alliance, the BJP realised the need to create its own support base in Punjab.

Nayab Singh Saini’s selection is closely linked to Punjab’s changing political and social equations. Saini belongs to the influential Saini community, which is classified among the Other Backward Classes (OBCs). The Saini community

has a significant presence not only in Haryana but also in several parts of Punjab. By promoting Saini as a prominent face, the BJP hopes to attract non-Jat communities, OBC voters, urban Hindus, and sections of Dalits who together form a substantial part of Punjab’s population.

The BJP’s strategy appears similar to the political model it successfully used in Haryana, where it expanded beyond traditional caste politics by building support among non-Jat communities. In Punjab, the party believes there is an opportunity to create a new political coalition that moves beyond the dominance of traditional regional parties. Saini is being projected as a leader



who can connect with these sections naturally because of his background and social identity. Another major reason behind the BJP's choice is Saini's cultural and linguistic connection with Punjab. He is comfortable speaking Punjabi and often presents himself as culturally close to the state. In Punjab politics, cultural identity plays a very important role, and leaders who appear disconnected from local traditions often struggle to gain acceptance. Saini's image helps the BJP present itself as more rooted and relatable rather than an outsider party controlled entirely from Delhi. The BJP is also trying to soften its image among Sikh voters after the tensions created during the farmers' protests against the now-repealed farm laws. During that period, the party faced strong criticism in Punjab, and many Sikh farmers viewed the BJP with suspicion. By sending Saini frequently to religious places and Sikh gatherings, the party hopes to rebuild trust and reduce hostility among sections of the Sikh community. Saini has visited several

important religious and cultural sites in Punjab, including gurudwaras and community events. These visits are aimed at showing respect for Sikh traditions and Punjab's heritage. At the same time, the BJP has carefully projected him as a leader focused on development, governance, and welfare rather than only ideological politics. In his speeches, Saini often highlights Haryana's development model and claims

that Punjab can benefit from stronger coordination with the central government. The BJP's message revolves around infrastructure development, employment opportunities, industrial investment, better law and order, and welfare schemes. The party believes that dissatisfaction with the current state government could help it gain ground in the coming years. Saini has also emerged as a sharp critic of the Bhagwant Mann-led AAP government. He has targeted the Punjab government over issues such as rising debt, unemployment, drug abuse, law and order concerns, and migration of industries from the state. By taking direct political aim at the AAP leadership, the BJP is trying to position Saini as one of the main challengers in Punjab politics. Another factor behind the BJP's decision is the current weakness of traditional rivals in Punjab. The Congress continues to face internal leadership struggles, while the Shiromani Akali Dal is attempting to recover from electoral setbacks and declining influence. The BJP believes this





political vacuum provides an opportunity for expansion. Instead of remaining confined to urban Hindu-dominated seats, the party now wants to emerge as a statewide force.

The BJP's larger national strategy also explains Saini's role in Punjab. Over the years, the party has consistently tried to expand in states where it once had limited influence. Similar efforts have been made in states like West Bengal, Telangana, and Tamil Nadu. Punjab is now being treated as another important frontier where the BJP wants to establish itself independently. However, the road ahead remains challenging. Punjab has a unique political culture shaped by regional identity, religion, agriculture, and federal issues. Many voters still remember the farmers' protest movement, and the BJP continues to face resistance in rural areas. Critics argue that symbolic outreach alone may not be enough to change public perception. Despite these difficulties, the BJP appears determined to continue its long-term strategy in Punjab. Nayab Singh Saini's growing involvement reflects the party's belief that he can become an important bridge between the BJP and Punjab's diverse communities. His leadership style, caste background, cultural familiarity, and governance-focused image make him a key figure in the BJP's attempt to reshape Punjab politics. Whether this strategy succeeds electorally remains uncertain, but one thing is clear: the BJP no longer wants to play a secondary role in Punjab. By choosing Nayab Singh Saini to spearhead Mission Punjab, the party has signalled its ambition to emerge as a serious political contender in the state's future.

EVENTS



The Union Minister for Defence, Shri Rajnath Singh in a group photograph during the India–Republic of Korea Defence Industry Business Roundtable at Seoul, in South Korea.

The Minister of State for Science & Technology (Independent Charge), Earth Sciences (Independent Charge), Prime Minister's Office, Personnel, Public Grievances & Pensions, Atomic Energy and Space, Shri Jitendra Singh deliver the keynote address during the "Dedication of UMMID Network to the Nation" at Prithvi Bhawan.



The President of India, Smt. Droupadi Murmu meets the President of the Republic of Cyprus, Mr. Nikos Christodoulides at Rashtrapati Bhavan, in New Delhi.



The Union Home Minister and Minister of Cooperation, Shri Amit Shah addresses the 'Janjati Sanskritik Samagam' on the occasion of 150th birth anniversary year of Bhagwan Birsa Munda, in New Delhi.

The Union Minister for Social Justice and Empowerment, Dr. Virendra Kumar and the Minister of State for Consumer Affairs, Food & Public Distribution and Social Justice & Empowerment, Shri B. L. Verma at the launch of the Mobile app & PM-Ajay portal, in New Delhi.



The Union Minister for External Affairs, Dr. Subrahmanyam Jaishankar addressing the joint press meet with the U.S. Secretary of State, Mr. Marco Rubio, in New Delhi.

RISING FUEL PRICES INCREASE BURDEN ON COMMON CITIZENS



India has once again witnessed a sharp increase in petrol and diesel prices, creating concern among citizens across the country. The repeated rise in fuel prices has added pressure on household budgets and increased the overall cost of living. Since petrol and diesel play a major role in transportation and industrial activities, even a small increase in their prices affects almost every sector of the economy.

The recent hike in fuel prices is mainly linked to rising crude oil prices in the international market. India imports a large portion of its crude oil requirements from other countries, making domestic fuel prices highly dependent on global conditions. Geopolitical tensions, supply disruptions, and fluctuations in the value of the rupee against the US dollar also contribute to higher fuel costs.

In many cities, petrol prices have crossed ₹100 per litre, while diesel prices have also increased significantly. This rise has directly affected daily commuters, transport operators, and businesses. People who rely on private vehicles for work and travel are now spending much more on fuel than before. Auto-rickshaw drivers, taxi operators, truck owners, and delivery workers are among those most affected because fuel

expenses form a major part of their daily income and operations. One of the biggest consequences of rising fuel prices is the increase in transportation costs. When transportation becomes expensive, the prices of essential goods such as vegetables, fruits, milk, medicines, and household items also rise. This creates inflationary pressure throughout the economy. Businesses often pass on increased transportation costs to consumers, making everyday products more expensive for ordinary people. Middle-class and lower-income families are feeling the greatest burden. Many households are already struggling with high food prices, electricity bills, school expenses, and medical costs. The fuel price hike further reduces their savings and affects their monthly financial planning. For salaried employees and small business owners, rising expenses without a corresponding increase in income create additional stress.

The agriculture sector is also impacted by the rise in diesel prices. Farmers use diesel for tractors, irrigation pumps, and transporting crops to markets. Higher diesel costs increase farming expenses, which can eventually lead to higher food prices for consumers. Many farmer groups have expressed concern that

continuous fuel price hikes make agricultural activities more costly and difficult.

Economists warn that increasing fuel prices can slow economic growth if inflation continues to rise. When people spend more on fuel and essential goods, they tend to reduce spending on other products and services. This affects businesses, markets, and overall consumer demand. Rising fuel costs can also discourage industrial production because transportation and manufacturing become more expensive.

The government has defended the price hikes by stating that international crude oil prices and import costs have increased significantly. Officials argue that oil companies also face financial pressure when global oil rates rise sharply. However, opposition parties and critics believe that taxes on petrol and diesel remain too high and should be reduced to provide relief to the public.

On social media and public platforms, citizens have expressed frustration over the continuous rise in fuel prices. Many people feel that petrol and diesel hikes eventually affect every aspect of daily life, from public transport fares to food delivery charges and school transportation expenses.

The rise in petrol and diesel prices has once again highlighted the importance of finding long-term energy solutions. Experts believe India must continue investing in renewable energy, electric vehicles, and alternative fuel sources to reduce dependence on imported crude oil.

As fuel prices continue to rise, their impact is being felt across households, businesses, and industries. For ordinary citizens, the increase is not just about paying more at petrol pumps but also about managing a more expensive and financially challenging daily life.

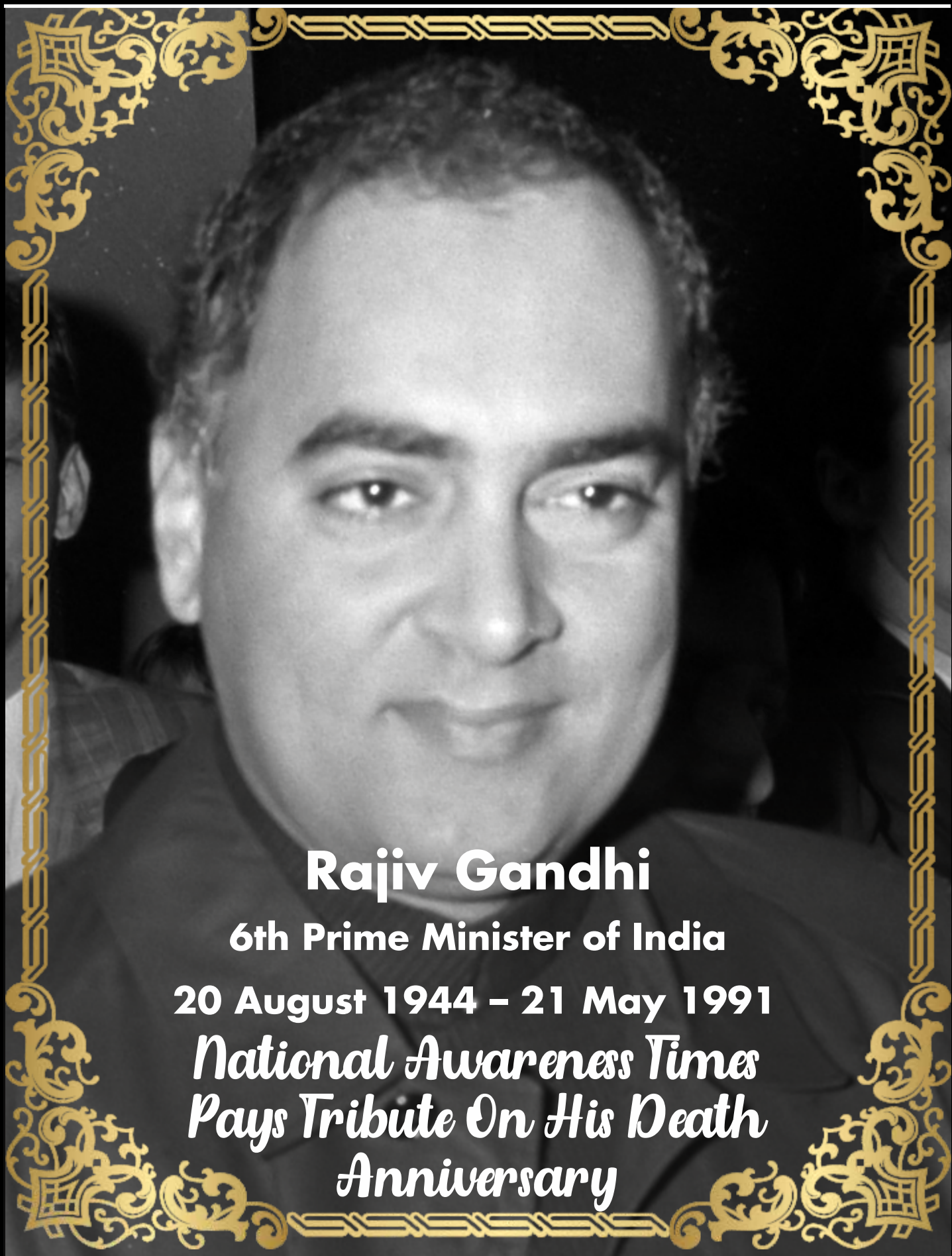
GURINDERVIR SINGH BECOMES INDIA'S FASTEST MAN WITH HISTORIC 10.09S SPRINT



Gurindervir Singh created history in Indian athletics by clocking an incredible 10.09 seconds in the men's 100m race at the Federation Cup Athletics Championships held in Ranchi. With this outstanding performance, Gurindervir became the fastest Indian ever in the 100m sprint and the first Indian athlete to break the 10.10-second barrier. His achievement is being celebrated as a landmark moment for Indian track and field athletics. The historic race took place at the Birsa Munda Stadium in Ranchi, where fans witnessed one of the greatest performances in Indian sprinting history. Gurindervir's remarkable timing not only earned him the gold medal but also shattered the previous national record. The atmosphere at the stadium became electric as the young sprinter crossed the finish line and saw his timing displayed on the screen. Interestingly, the competition itself turned into a dramatic battle for the national record. Earlier during the event, Gurindervir had already impressed everyone by clocking 10.17 seconds in the semifinals. However, fellow Indian sprinter Animesh Kujur later recorded

10.15 seconds, temporarily becoming the new national record holder. In the final race, Gurindervir responded brilliantly and reclaimed the record with his sensational 10.09-second run. The achievement marks a major turning point for Indian sprinting. For decades, Indian athletes struggled to compete with the world's best sprinters, and breaking the 10.10-second barrier seemed nearly impossible. Gurindervir's performance has now changed that perception and given new hope to Indian athletics. Born in Punjab and raised in a farming family, Gurindervir's journey to becoming India's fastest man is a story of dedication, discipline, and hard work. Like many athletes, he faced challenges, injuries, and financial difficulties during his career. Despite these struggles, he continued to train with determination and gradually improved his performances year after year. Sports experts believe that Gurindervir's success reflects the growing improvement in India's athletics system. Better coaching facilities, improved training methods, sports science support,

and greater exposure to international competition are helping Indian athletes perform at higher levels. His achievement is also expected to inspire a new generation of young sprinters across the country. Representing the Indian Navy, Gurindervir showed tremendous confidence before the race. Reports suggest that he had set a personal target of breaking the 10.10-second mark, and he successfully achieved it in spectacular fashion. Soon after his victory, congratulatory messages poured in from athletes, coaches, sports officials, and fans from across India. Social media platforms were flooded with praise for the young sprinter. Many people described the moment as historic and emotional, while others called it one of the greatest achievements in Indian athletics in recent years. Fans also praised the healthy rivalry between Gurindervir Singh and Animesh Kujur, saying that such competition could help Indian sprinting reach even greater heights. The record-breaking run has also strengthened Gurindervir's chances of performing strongly in upcoming international events such as the Asian Games and Commonwealth Games. Athletics enthusiasts now hope that Indian sprinters can become more competitive on the global stage in the coming years. Gurindervir Singh's 10.09-second sprint is more than just a national record. It represents years of sacrifice, determination, and belief. His historic achievement has inspired millions of Indians and proved that with dedication and hard work, Indian athletes are capable of reaching world-class standards in sprinting.



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COCKROACH JANTA PARTY: THE VIRAL VOICE OF INDIA'S YOUTH



Cockroach Janta Party, popularly known as CJP, has rapidly emerged as one of the most talked-about political satire movements in India. What began as an online joke quickly transformed into a massive youth-driven digital campaign attracting millions of followers across social media platforms. The movement has especially gained popularity among Gen Z users, unemployed youth, students, and social media communities frustrated with rising unemployment, examination controversies, inflation, and political disconnect.

The Cockroach Janta Party was created in May 2026 by political communication strategist Abhijeet Dipke. The movement reportedly started after controversial remarks made during a public discussion in which unemployed youth were compared to “cockroaches” and “parasites.” The comments triggered anger and outrage online, particularly among young Indians already struggling with job shortages, competitive exam stress, and economic uncertainty. Instead of reacting with direct political protests, many young people turned the insult into a symbol of resistance. The phrase “Main Bhi Cockroach” soon began trending across social media platforms, and this eventually led to the birth of the Cockroach

Janta Party. The name itself was designed as satire, using humour and irony to challenge the political establishment while drawing attention to real public concerns.

The creators of the movement described it as the “Voice of the Lazy and Unemployed.” However, behind the humour and memes, the movement focused on serious issues affecting Indian youth. The party's online campaigns highlighted unemployment, paper leaks in competitive examinations, rising living costs, freedom of expression, corruption, and political accountability. Many supporters felt traditional political parties were failing to address these problems honestly. One major reason behind the rapid rise of the Cockroach Janta Party was its strong connection with internet culture. Unlike conventional political organisations, CJP used memes, short videos, viral hashtags, digital posters, and sarcastic commentary to communicate with young audiences. Its language was informal, relatable, and heavily influenced by social media trends, making it extremely popular among first-time political participants.

The movement also reflected growing frustration among educated youth. Many students and graduates face difficulties finding stable jobs despite years of education and preparation for competitive exams. Frequent

examination paper leaks, recruitment delays, and economic pressure have created disappointment among many young Indians. CJP used satire to transform this frustration into a collective online movement.

The party's manifesto included demands related to transparency, accountability, women's representation, media independence, and electoral reforms. Supporters claimed the movement was less about traditional politics and more about creating awareness regarding issues ignored by mainstream parties. Volunteers associated with the campaign also participated in cleanliness drives, digital campaigns, and public awareness activities.

At the same time, the Cockroach Janta Party has also attracted criticism and controversy. Some political observers believe the movement is more of a social media trend than a serious political organisation. Others accused it of promoting negativity or indirectly favouring opposition politics. There were also debates online regarding whether satire alone could bring meaningful political change. Despite the criticism, the rise of the Cockroach Janta Party highlights the changing nature of political expression in India. Young people are increasingly using digital platforms, humour, and viral culture to express dissatisfaction with governance and social conditions. The movement demonstrated how internet-driven activism can quickly capture national attention, especially among younger generations.

Whether the Cockroach Janta Party evolves into a long-term political force or remains a temporary viral phenomenon is still uncertain. However, its sudden popularity clearly reflects the concerns, frustrations, and political awareness of India's youth. More importantly, it showed how satire and social media can become powerful tools for modern political expression in the digital age.

RHEA CHAKRABORTY ANNOUNCES SOCIAL MEDIA BREAK, SAYS “I’VE BEEN MISSING MYSELF A LITTLE”



Rhea Chakraborty has announced that she is taking a temporary break from social media, saying the constant digital noise had started affecting her mental well-being. The actor shared an emotional note on Instagram, explaining that she wanted to step away from the pressure of online life and reconnect with herself through real-world experiences.

In the note shared with her 3.6 million followers, Rhea wrote, “Lately, I’ve been missing myself a little. The constant noise, the scrolling, the keeping up — it’s all started to feel heavier than I expected... So, I’m taking a step back for a while — to slow down, breathe a little deeper, and reconnect with what feels real. Choosing lived moments over posted ones, for now.”

The actress has been slowly rebuilding both her personal and professional life after facing intense media scrutiny in 2020

following the death of actor Sushant Singh Rajput. Over the years, Rhea has largely stayed away from the spotlight while gradually returning to public life through selective appearances and projects.

On the professional front, Rhea is now preparing for a major acting comeback. She has been cast in filmmaker Hansal Mehta’s upcoming Netflix drama series *Family Business*. The show also stars Anil Kapoor, Vijay Varma, Neha Dhupia, and Dhruv Sehgal in key roles. The project marks her return to a significant acting role after several years, with her last feature film appearance being in the 2021 thriller *Chehre* alongside Amitabh Bachchan.

Meanwhile, Rhea also recently received legal relief after a special court ordered the defreezing of her bank accounts. The Narcotics Control Bureau had frozen the accounts during the investigation linked to Sushant Singh Rajput’s death in 2020. According to reports, the court accepted her plea that keeping the accounts frozen for years had caused financial hardship and was no longer justified.

VARUN DHAWAN IN TALKS FOR HOLLYWOOD DEBUT? HERE’S WHAT WE KNOW!



Varun Dhawan may soon be taking a major step in his career, with reports suggesting that the actor is in talks to make his Hollywood debut. While there has been no official confirmation from the actor or his team yet, the buzz around the possible international project has already caught the attention of fans online.

According to a report by Pinkvilla, discussions regarding the project have been moving ahead steadily over the past few weeks. The publication quoted a source saying, “Varun has been offered a Hollywood project, and the discussions have been progressing steadily over the last few weeks. He recently connected with Lawrence Kasanoff, and both sides are currently in advanced talks. While things are still being finalised, the project could mark a significant global step in Varun’s career.”

The report has become even more interesting because Varun had earlier spoken about wanting to debut in Hollywood. During an appearance on the podcast *Be A Man, Yaar!* in March this year, the actor opened up about his early ambitions and revealed that acting had always been his dream career.

Sharing details about his plans from his younger days, Varun said, “I enrolled in various acting classes. In fact, my plan was to debut in Hollywood to show my father. I wanted that either Steven Spielberg or Anurag Kashyap should launch me. Papa ko jhatka sirf in dono cheez se lag sakta hai (my father would have been shocked only by these two things). But he was also shocked when Karan launched me.”

On the work front, Varun was last seen in *Border 2*, which released earlier this year in January. The actor is currently busy promoting his upcoming film *Hai Jawani Toh Ishq Hona Hai*. The romantic entertainer also stars in key roles and is slated to hit theatres on June 5.

MAKHANA: THE HEALTHY SUPERFOOD FOR A BETTER LIFESTYLE



Makhana, also known as fox nuts or lotus seeds, is a popular healthy snack widely consumed in India. Derived from the seeds of the lotus plant, makhana has been a part of traditional Indian diets and Ayurvedic practices for centuries. In recent years, it has gained popularity as a superfood because of its impressive nutritional value and numerous health benefits. Makhana is low in calories and rich in essential nutrients such as protein, fiber, calcium, magnesium, iron, and antioxidants. Since it contains very little fat and no cholesterol, it is considered an excellent snack option for people trying to maintain a healthy weight. The high fiber content keeps the stomach full for a longer time, reducing hunger cravings and helping in weight management. One of the major health

benefits of makhana is its positive effect on heart health. The magnesium and potassium present in it help regulate blood pressure and improve blood circulation. Its low sodium content makes it a heart-friendly food that can reduce the risk of cardiovascular problems. Antioxidants in makhana also help fight harmful free radicals

and protect the body from various diseases.

Makhana is highly beneficial for people with diabetes as it has a low glycemic index, which helps control blood sugar levels. It is also considered good for digestion because of its fiber-rich nature. Regular consumption can improve metabolism and prevent constipation.

Another important benefit of makhana is its role in strengthening bones. Being rich in calcium, it supports bone health and is especially useful for children and elderly people. Additionally, makhana is believed to have anti-aging properties that help maintain healthy skin and reduce signs of aging.

Whether roasted with mild spices or added to desserts and curries, makhana is a nutritious and versatile food. Including it in the daily diet can contribute greatly to a healthier lifestyle and overall well-being.



**PIC OF
THE WEEK**

Kriti Sanon

Mashooqa soaking the Sicilian sun

Source: Instagram

20 May, 2026

GANGA DUSSEHRA A FESTIVAL OF FAITH, PURITY AND DEVOTION



Ganga Dussehra is one of the most revered Hindu festivals celebrated with immense devotion across India. The festival marks the divine descent of the holy River Ganga from heaven to earth. Observed on the tenth day of the waxing moon in the Hindu month of Jyeshtha, usually during May or June, Ganga Dussehra holds deep spiritual and cultural significance for millions of devotees. The day is considered highly auspicious, and people believe that taking a dip in the sacred waters of the Ganga cleanses the soul, removes sins, and brings peace and prosperity.

According to Hindu mythology, the story of Ganga Dussehra is connected to King Bhagiratha, whose ancestors were cursed and unable to attain salvation. Determined to free their souls, Bhagiratha performed severe penance for many years to please Lord Brahma and request the descent of Goddess Ganga to earth. Moved by his devotion, Lord Brahma granted the wish. However, the force of Ganga's descent was so powerful that it could have destroyed the earth. To prevent this, Lord Shiva captured the mighty river in his matted hair and gently released her streams onto the earth. From there, the holy river flowed across the land, purifying everything in its path. This divine event is celebrated as Ganga Dussehra.

The festival is celebrated with great enthusiasm, especially in cities situated along the banks of the River Ganga. Places like Haridwar, Varanasi, Prayagraj, and Rishikesh witness massive gatherings of devotees who arrive to participate in prayers and rituals. Pilgrims wake up early in the morning to take a holy dip in the river, believing that it purifies both the body and the mind. Devotees also offer flowers, diyas, milk, and prayers to Goddess Ganga while chanting sacred hymns and mantras.

One of the most beautiful sights during Ganga Dussehra is the evening Ganga Aarti performed at river ghats. Priests hold large lamps and perform rituals accompanied by devotional songs, bells, and the sound of conch shells. The atmosphere becomes spiritually uplifting as thousands of lamps float on the river, creating a mesmerizing view. Many people also donate food, clothes, and money to the poor on this day, considering charity an important part of the celebration.

Beyond its religious importance, Ganga Dussehra also reminds people about the significance of rivers in human life. The River Ganga is not only a symbol of spirituality but also a lifeline for millions of people who depend on it for water, agriculture, and livelihood. In recent years, awareness about protecting the river from pollution has become an important message associated with the festival.



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