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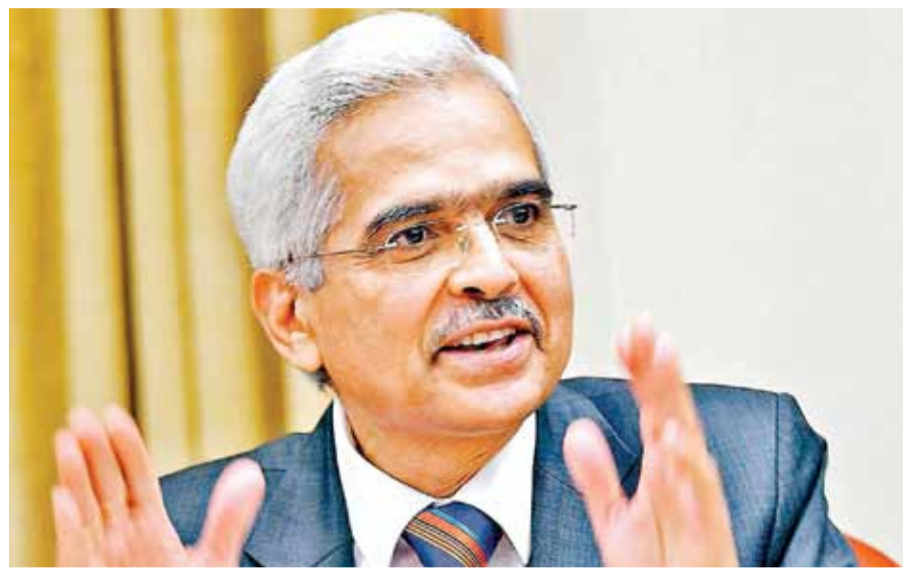
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FALSELY IMPLICATED IN SUSHANT'S SUICIDE CASE, ACTRESS RHEA CHAKRABORTY TELLS SC



Rate cut paused to curb inflation

RBI ALLOWS RESTRUCTURING OF SOME CORPORATE AND INDIVIDUAL LOANS TO REVIVE ECONOMY



MUMBAI: The Reserve Bank on Thursday kept interest rates on hold to contain elevated inflation, even as it allowed banks to restructure some corporate and individual loans as part of efforts to revive the economy that faces its first contraction in more than four decades.

It also raised the limit of loans that can be availed against gold ornaments and jewellery and announced additional liquidity measures over and above those that have already been taken to reduce the asset-liability challenges in the NBFC sector over the last 3-4 months.

After reducing the interest rate by a total of 115 basis points since February, the six-member Monetary Policy Committee (MPC) voted

unanimously in favour of the status quo, leaving repo rate at 4 per cent, RBI Governor Shaktikanta Das said on the three-day deliberations of the panel. The committee expects inflation to remain elevated in Q2 (July-September), ease only in the second half of 2020-21 fiscal.

The 115 basis point rate cut this year was on top of the 135 basis points reduction in an easing cycle last year. "Given

the uncertainty surrounding the inflation outlook and extremely weak state of the economy in the midst of an unprecedented shock from the ongoing pandemic, the MPC decided to keep the policy rate on hold," he said. Das said the central bank would remain "watchful for a durable reduction in inflation to use the available space to support the revival of the economy."

The committee, however,

unanimously decided to continue to keep its accommodative policy stance "as long as necessary to revive growth".

The RBI allowed banks to restructure loans of companies that were not in default for more than 30 days as on March 1, 2020. Lenders can grant loan extensions of as long as two years with or without a freeze on repayments. Banks will however need to set aside higher provisioning

RBI SAID

- The 115 basis point rate cut this year is on top of the 135 basis points reduction in an easing cycle last year.
- The central bank will remain "watchful for a durable reduction in inflation to use the available space to support the revival of the economy"
- The committee unanimously decides to continue to keep its accommodative policy stance "as long as necessary to revive growth"

for such a recast. There will be separate windows available for a restructuring of loans of Small and mid-size enterprises (SMEs) and individual borrowers who have been impacted by the pandemic.

Stating that the move will help companies that have been struggling with the economic fallout of the coronavirus, Das said the resolution plan may be invoked any time within 2020 and will have to be implemented within 180 days from the date of invocation. "The underlying theme of this resolution window is the preservation of the soundness of the Indian banking sector," he said. The central bank also announced setting up an expert committee headed by KV Kamath -- the former chairman of BRICS Bank and ICICI Bank -- for corporate and personal loan resolution plans, which will look into sector-specific financial parameters for restructurings.

The RBI also decided to broaden the scope of Priority Sector Lending (PSL) by including start-ups and enhancing borrowing limits for renewable energy sectors. The central bank would also increase the targets for lending to "small and marginal farmers" and "weaker sections" under the PSL. **AGENCIES**

Voda Idea Q1 losses mount to ₹25,460cr



THE COMPANY SAYS THAT THE FIRST QUARTER NUMBERS WERE IMPACTED BY THE NATIONWIDE LOCKDOWN DUE TO CORONAVIRUS

NEW DELHI: India's third largest telecom operator Vodafone Idea has reported a sharp rise in its losses to Rs 25,460 crore for the April-June quarter of 2020-21 due to high provisioning for statutory dues.

The losses of Vodafone Idea stood at about Rs 4,874 crore in the year-ago period. The revenue from operations came in at Rs 10,659.3 crore for the first quarter of FY2021, against Rs 11,269.9 crore in the same period of the previous year, according to a regulatory filing.

The company said it has

recognised additional charge of Rs 19,440.5 crore in June quarter towards adjusted gross revenue (AGR) liabilities.

"...during this quarter, on prudence, we have recognised a charge of Rs 194.4 billion as an exceptional item towards the total estimated AGR liability, in addition to estimated recognised liability of Rs 460.0 billion as on March 31, 2020," a company statement said.

The company said that the first quarter numbers were impacted by the nationwide lockdown due to coronavirus.

Ravinder Takkar, the MD and CEO of Vodafone Idea, said, "Q1FY21 was a challenging quarter as availability of recharges due to store closure and ability of customers to recharge on account of economic slowdown were impacted."

17 die as Air India flight skids off Calicut runway



KOZHIKODE: At least 17 persons, including the pilot and co-pilot, were killed and more than 150 injured when a Vande Bharat mission flight from Dubai overshot the runway at Calicut International Airport, broke into two parts and fell into a deep gorge around 8 p.m. on Friday.

The injured passengers were shifted to hospitals in nearby Kondotty and various hospitals in Malappuram

and Kozhikode districts. The condition of many passengers at the Kozhikode Government Medical College Hospital and the MIMS Hospital is said to be critical.

Rescue operations were led by the disaster management team, police and fire and rescue personnel from both Kozhikode and Malappuram districts. More than a dozen ambulances from Kozhikode were sent to the airport. An

NDRF team also reached the site to assist with the rescue operation.

The Boeing aircraft, carrying 189 passengers and six crew, attempted to land amidst heavy tailwinds and rain on the table-top runway. It failed to hold on the runway due to poor weather conditions, and skidded for more than 75 m.

The accident was similar to the fatal crash of another Air India Express aircraft that overshot the Mangalore International Airport 10 years ago, following the accident, the airport was closed and flights diverted. The Directorate General of Civil Aviation has ordered a detailed inquiry into the matter.

The Indian consulates in Dubai and Sharjah have activated five helpline numbers to provide information to the family members of the Air India Express flight. **AGENCIES**

A charter of rights for taxpayers soon

NEW DELHI: Finance Minister Nirmala Sitharaman on Friday said taxpayers are nation-builders and the government would come out with a charter of rights for them.

The minister also said the government has taken several measures towards simplification, improving transparency and moderation in rates as part of efforts to bring in ease for honest taxpayers.

"So I'm so happy that we are part of a government being led by a Prime Minister who honestly thinks the Indian taxpayer needs to be served better. And one of the announcements, which of course I made and I shall not elaborate on it now, is to give the Indian taxpayer a charter of its rights," she said.

The minister was addressing a centenary celebration programme of eminent jurist Nani Palkhivala, organised by Sastra University.

There are only a few countries in the world, like Australia, the UK and US, where there is a Charter of Rights for the taxpayer, she said.

"It clearly states this obligation towards the nation as much as clearly pronouncing the rights. We are attempting that. I had announced it as a part of the Atmanirbhar campaign. We are very keen to provide to taxpayers Charter of Rights. We shall be coming with that," Sitharaman said.

The Budget had an-



nounced a taxpayers' charter, which is expected to have statutory status and it will empower citizens by ensuring time-bound services by the Income Tax Department.

Sitharaman emphasised that Prime Minister Narendra Modi addresses taxpayers as "nation-builders" and an honest taxpayer helps build this country.

They help government after government to carry forward social welfare programmes which are absolutely critical for the livelihoods of the poorest of the poor, she said. The Prime Minister has made it very clear that this country has to make tax simple and easy for compliance for taxpayers, she said.

To fulfil this objective, the government has introduced faceless assessment, reduction in scrutiny and pre-filled tax form, among others.

"In September 2019, we took a major step to bring

down the corporate tax, and even then and now too India stands as one of those countries where we have the lowest of rates and also the corporate tax methodology itself has been so simplified, that there are no exemptions, there are no benefits," she said. Speaking during the virtual session, Tata Sons Chairman N Chandrababu Naidu said India's judicial system has a huge capacity issue.

"As per the National Judicial Data Grid, somewhere around 3 crore cases are pending in one court or another. If you take high courts and Supreme Court, we have over 45 lakh cases that are pending..."

"Typically case takes 4-5 years for resolution and normally 40 per cent of the total disputed settlement is already spent during this period but if you take into account the time value of money, almost 100 per cent is gone. **AGENCIES**

Ambala to make Rafael aircraft spare parts

SATISH HANDA

Scientific instruments manufacturers of 'Science City' Ambala Cantt having over nearly 1500 micro, and small units in the town since past over 120 years supplying scientific goods, glass wares and instruments would now manufacture spare parts and testing instruments for Rafael fighter

aircraft supplied from France. The instrument manufacturers at Ambala area already manufacturing testing equipment and components for Miraz, Jaguar, Light Combat Aircraft, Brahmos and Agni Missile and Hindustan Aeronautics Ltd as told by Dr Anil Jain President of Vaiseshika Electron Devices one of the prominent manufacturer of

testing instruments since past many years.

Information reveals, a team from the manufacturers of Rafael fighter aircraft Desalt Aviation Ltd had discussion with nearly 70 manufacturers in the country and finally shortlisted nine manufacturers to develop spare parts and testing equipments.

7 officers suspended, many more on hit list in Gurugram

SATISH HANDA

Haryana state government has suspended seven officers including a Tehsildar and six Naib Tehsildars and action is likely on over a dozen Patwaris in Gurugram, also known as financial capital of Haryana state.

Dushyant Chautala Deputy Chief Minister Haryana said that these officers have been charge-sheeted and action to be taken by the government under Section-17 notified in 1975.

He expressed deep concern over thousands of illegal registries done in the state in about three dozens control areas in the state during lock down period when registration of properties were

opened in the state.

He said, state government is waiting for detailed report of irregularities in registration of properties in the district from Deputy Commissioners in the state when stern action will be taken against all officers and staff found involved in corrupt practices and cases would be registered against them with police after suspending them.

According to Haryana Chief Minister Manohar Lal Khatter, BJP government in the state believes in corruption-free working as well as transparency in government offices and such type of irregularities as well as corrupt practices by a handful of corrupt officials adversely affecting the reputation of party as well as image of government in the state.

Covid-19 drags business optimism to record low

NEW DELHI: Business optimism for the July-September quarter slumped to a record low due to sharp rise in COVID-19 cases, the extension of lockdown in containment zones and staggered easing of restrictions, according to a report. Dun & Bradstreet Composite Business Optimism Index for the July-September quarter fell to a record low of 29.4. The index registered a decline of 40.6 per cent over the last quarter. The BOI covered about 350 senior executives in June this year.

"The spike in the number of positive COVID-19 cases, the extension of lockdown in containment zones and the staggered easing of restrictions affected the business optimism levels," said Arun



Singh, Global Chief Economist, Dun & Bradstreet. All six optimism indices -- volume of sales, net profits, selling prices, new orders, inventories and employees -- have registered a decline as compared to the previous quarter, the report said.

"Our hope is that this year we will get into top 50," he said. India attracts \$22 billion FDI during COVID-19: Amitabh Kant

"The plethora of containment and non-containment zones, which are near-impossible to track in real time, and the rapid change in guidelines adopted by the various local governments have led to considerable uncertainty amongst businesses that are planning to resume their operations"

gence of the country's exports, Goyal said the current numbers of outbound shipments are reflecting signs of significant improvement. Music to ears for those worried about recovery: India's export has grown in July, says Piyush Goyal

"The plethora of containment and non-containment zones, which are near-impossible to track in real time, and

bursments might have also affected the optimism levels". Besides, states like West Bengal and Odisha have been severely impacted by the super cyclone 'Amphan', and floods have affected millions in Assam. Moreover, the India-China border conflicts have also added to the uncertainty in the business environment, he said. "The steep fall in the business sentiment indicates the concern amongst businesses about the delay in the full-fledged recovery of the economy," Singh noted.

Meanwhile, the Reserve Bank of India on Thursday said that the protracted spread of the COVID-19 pandemic poses "downside risk" to the domestic economy, which is expected to remain in the negative zone this fiscal. **AGENCIES**

Curbing Covid-19 spread may end economic woes

The output of the eight core industries hints at tentative signs that the pandemic-hit economic contraction may have begun to bottom out. The government's provisional figures show that while overall production at the infrastructure industries extended their year-on-year decline to a fourth straight month in June, shrinking 15 per cent, the pace at which activity contracted slowed for a second consecutive month following April's 37 per cent plunge. The sector-wise performance also affirms that the gradual reopening since June appears to have helped tease back some smattering of demand in the economy. Of the seven industries that extended their contractions, only coal shrank at a faster pace (-15.5 per cent) than in May, when production had dipped 14 per cent. Refinery products, the largest weight on the index contributing 28 per cent, shrank 8.9 per cent marking an improvement from the 21.3 per cent contraction seen the previous month. The lifting of restrictions on inter and intra-State movement of persons and goods revived both vehicular movement and, consequently, demand for auto fuels. With personal modes of mobility preferred given the fear of infection, petroproduct consumption grew 11 per cent month-on-month in June. With the IMD forecasting above average rainfall in August and September as well, the outlook for the agriculture-reliant rural economy is far more promising than for most other sectors. To be sure, the economy is still a fair distance from a sustained turnaround with other data flagging the risks to a recovery. The significant shortfall in GST collection point to the difficulties the central and State governments are facing in garnering crucially needed revenue. This has already swelled the fiscal deficit at the end of the Q1 to 83 per cent of the full year's target. With the new infections curve showing no signs of plateauing as yet, policymakers have the unenviable task of stemming the Covid-19 tide without dampening economic momentum.

FIVE OBSERVATIONS

ON MANOJ SINHA TAKING CHARGE AS NEW LG OF JAMMU & KASHMIR

- BEST CHOICE IN THE PRESENT LOT**
Sinha is a senior BJP politician, a former minister, a leader rooted in the politics of Uttar Pradesh, and reportedly enjoys PM Narendra Modi's confidence. All this makes him the best choice for the post.
- IMPASSE IN KASHMIR IS POLITICAL**
The fact that a political figure has been sent to J&K is a positive sign, for the impasse in Kashmir is fundamentally political. He is likely to understand and resolve the issues in the UT more efficiently.
- OUT-OF-THE-BOX SOLUTIONS NEEDED**
Politicians often have deftness, agility, interpersonal skills, the ability to reconcile contradictions, and look for out-of-the-box solutions that bureaucrats lack as they are trained to follow processes and rules.
- INVOLVE ALL THE STAKEHOLDERS**
But being a politician alone is not enough. Sinha needs to understand the nuances of Kashmiri politics and society, the security scenario, and establish a cordial relations with all stakeholders.
- CREATE DEMOCRATIC ENVIRONMENT**
He must reach out to mainstream political leaders and bring them back into the political process and create a more democratic environment for civil society to function. Pollings should resume soon.

LETTERBOX

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MADAN B LOKUR SLAMS UNCHECKED PREVENTIVE DETENTION AND DIFFICULTY IN ACCESSING INFORMATION

Violating rights in the Valley

A few human rights concerns have emerged in the Kashmir Valley over the last one year since the abrogation of Article 370 of the Constitution. Till the time of writing, the national portal of India website india.gov.in continued to show this Article as a part of the Constitution! What is the truth?

Unchecked preventive detention — whether in the form of house arrest (admitted or denied) or preventive detention in jail in the Valley or outside the erstwhile State — is a matter of grave concern. So is the difficulty in accessing information whether through normal channels of communication or through electronic means such as the Internet.

The concept of house arrest is not specifically mentioned in the criminal manual but the state is empowered to declare a building or house as a sub-jail. Through such declarations, residential accommodations of some political leaders have been converted into sub-jails. The resident of a sub-jail is automatically and undeniably under detention and what is commonly known as house arrest.

When a residential accommodation is declared a sub-jail, the state virtually acquires and takes over the property for its own purposes. The owner of the property is entitled to rent or compensation for the use and occupation of the property. So, in a sense, a person under house arrest without receiving compensation is doubly jeopardised. Compulsory takeover of property even for a limited period has been an issue of great concern in Mizoram where vast tracts of land were taken over by the armed forces to quell an insurgency. Many of these landowners have petitioned for compensation, though with little effect. Residents of the Valley will perhaps face the same problem as the Mizos.

A variation of house arrest was employed during the Emergency when a few tourist resorts close to Delhi were declared as sub-jails and prominent political leaders incarcerated therein, without taking over their property. In a sense, therefore, some Emergency steps have now been adopted to quell dissent.

Preventive detention under the Public Safety Act (PSA) has caused immense hardship to a very large number of persons. Preventive detention is based on a prognosis of future events on the basis of past conduct. Like all preventive detention laws, the PSA is draconian but our Constitution provides important procedural safeguards that must be followed by the state or else the detention order will be quashed. Among them is the fundamental right to be communicated, as soon as may be, the grounds on which the order has been made and the earliest opportunity of making a representation against the order. Decisions of the Supreme Court hold that if there



is an unexplained delay of even one or two days in dealing with the representation, the order of preventive detention is vitiated. A challenge to an order of preventive detention can be mounted on these and other procedural grounds. The law regulating the PSA is no different. Many preventive detention orders have been challenged through habeas corpus petitions but unfortunately many of them are still pending in the concerned High Court. This did not happen even during the Emergency. What is the truth behind the delay?

And now a new theory has been advanced by the state. In the case of one political leader, it was stated in an affidavit in the Supreme Court that he had not been preventively detained or kept under house arrest, which means that his residence was not declared a sub-jail. In other words, he was a free person. In that event why was his house swarming with policemen and why was he not free to move around? What is the truth?

A Constitution Bench of the Supreme Court held in the case of A.K. Roy v. Union of India (1981) that, "Laws of preventive detention cannot, by the back-door, introduce procedural measures of a punitive kind... The normal rule has to be that the detenu will be kept in detention in a place which is within the environs of his or her ordinary place of residence. If a person ordinarily resides in Delhi to keep him in detention in a far of place like Madras or Calcutta is a punitive measure by itself which, in matters of preventive detention at any rate, is not to be encouraged... Whatever smacks of punishment must be scrupulously avoided in matters of preventive detention." Although the PSA permits a detenu being detained outside the erstwhile State, such detention should ordinarily not be resorted to for a variety of reasons. But unfortunately the view of the Supreme Court has been followed more in the breach in the case of

several PSA detenues. One gets the impression that resort to preventive detention is actually as a measure of punishment or conviction without a trial.

There are several other reasons why the incarceration of hundreds of persons in the erstwhile State is a gross human rights violation. What makes the situation worse is that a very large number of children have had to suffer what is euphemistically called detention for their own good. The welfare and best interests of a child can hardly be decided in a police station without the involvement of the parents of the child.

Taking a step back

Access to information might not yet be a fundamental right but it is certainly a human right. For the last one year, the residents of the Valley have been deprived of the benefit of 4G Internet. This has had an adverse impact on various aspects of daily life. For students, the joy of learning has become an imposition with 2G Internet. Medical professionals have difficulty in advising and counselling their patients. The right to health is an essential component of the right to life and this has been denied to a large number of patients. Businessmen have suffered, the economy in the Valley has taken a hit and it appears that the powers that be are in no mood to relent. The Supreme Court has twice intervened but with no tangible effect. Orders concerning the Internet were required to be reviewed under the rules by a committee headed by the Cabinet Secretary. The committee has been downgraded and is now headed by the Home Secretary. In other words, rather than a step forward towards access to information, a small step back has been taken.

While it may be that uncontrolled access to Internet could pose a security risk through misuse by terrorists and militants, today's technology is so far advanced that it is possible to block access even in a limited way. For example, thousands of child pornography sites have been successfully blocked in different parts of the world, including India. Therefore, where there is a will to checkmate militants and terrorists through the effective use of technology, it is possible to do so, but taking a short cut by permitting download only by 2G possibly does more harm to a greater number of people than is necessary and is disproportionate.

It is time to introspect and make the human rights of all our citizens an inclusive subject of free and frank discussion. If we keep beating about the bush, its leaves will eventually fall. What happens then?

Justice (ret'd.) Madan B. Lokur is a former Supreme Court judge. Views expressed are his own



JATIN DESAI CALLS FOR RELEASE OF IMPRISONED FISHERMEN IN BOTH INDIA AND PAKISTAN

Straying into troubled waters

Along the coastal areas of Porbandar, Mangrol, Veraval in Gujarat and the Union Territory of Diu on India's western coast are hundreds of families whose lives have been torn asunder, the men of their households missing with only stray hopes of their return, women and children struggling to make ends meet and see another sunrise. The men are currently in jail in Pakistan, their families barely aware of their health and welfare. Their only 'crime' was that they were really fishermen and not spies, but, in these times of suspicion, the value of their lives lies at the altar of bilateral relations. Consequently, their families suffer. On average, these men would have spent one-and-a-half years in prisons. Uncertainty hangs over them like the proverbial Damocles's



sword, given that in their prison cells, they have little knowledge of when they will be released and repatriated.

This is not a new problem; it has dragged on for years together, without a resolution in sight. To address this issue, in 2008, India and Pakistan had formed a judicial committee consisting of four retired judges from each country. The committee used to visit prisons of the other country specifically to meet the prisoners, examine consular access, status of their cases, delay in release and repatriation, their health condition, and so on. It unanimously suggested release

and repatriation of fishermen and a few women prisoners. The governments of both countries praised their work but did not implement the recommendations. The last meeting was held in October 2013. Five years later, there was a move to revive the panel. India nominated its four members but Pakistan did not. It is yet to take a step in that direction. Islamabad must do so urgently and call a meeting, given that the last meeting was held in India.

Returning their boats

Further, when fishermen are arrested,

their boats are also confiscated. Their release means little till they get back possession of their boats from the other country. Both the countries should release those boats which can sail with some repair work. It is also time that the two countries now consider adopting a 'no-arrest policy' in the case of fishermen.

In the coastal villages of both the countries, when men are imprisoned in the other country, women bear the brunt of the load, while somehow holding their families together. The pain is the same on both sides of the border. There are many examples across villages where the children of the arrested fishermen have lost their childhoods. As the COVID-19 pandemic wreaks havoc in both countries, there are growing concerns for the health of the arrested fishermen among their families. There is hardly any communication between the two except for some stray letters which are delayed. The families have no definite way to know that their loved ones are safe from the virus. For the arrested fishermen, it is an issue of survival. For India and Pakistan celebrating their Independence Days this month, it should become a humanitarian issue and an appropriate occasion to release and repatriate fishermen. Let the fishermen too have their freedoms back.

Jatin Desai is with the Pakistan-India Peoples' Forum for Peace and Democracy. Views expressed are his own

BOOKS: REVIEW

Key to remain healthy and competitive lies in mind

The key to stay fit and competitive lies in the mind, writes Shayamal Vallabhjee in "Breathe, Believe, Balance — A Guide to Self-discovery and Healing" (Pan) that is aimed at both high performance sportspersons and individuals looking to lead a healthier and more fulfilling life. And, to make it easier, Vallabhjee — a South African sports scientist with a Masters in Psychology — includes "9 Realizations" as a step-by-step approach to achieving your goals.

In 2003, Vallabhjee was hired to work with the Indian team at the Cricket World Cup in his native South Africa as its technical analyst, responsible for studying the opposition, analyzing pitch conditions, and mapping data points that showed trends in performance. India made it to the

finals but lost to Australia. He then trained the Indian tennis team that was preparing for the 2008 Beijing. He spent six years on the ATP Tour with professional tennis players and after the 2012 London Olympics, set up a business in India that grew to be a multi-million dollar brick and mortar physiotherapy and physical rehabilitation business.

There is no single reason why some athletes become superhumans, or for that matter, why the average individual also cannot become so, Vallabhjee points out.

"It is an intricate, dynamic balance between multiple domains that allows a chosen few to rise to the pinnacle of their potential. My thirst for knowledge sent me down the rabbit hole in search of the ideal balance. I did not find a single secret or formula. Instead,

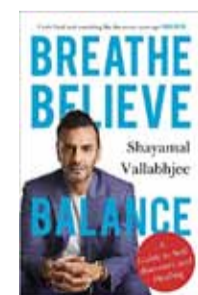
It is an intricate, dynamic balance between multiple domains that allows a chosen few to rise to the pinnacle of their potential.

I was able to identify three broad principles that we must keep in mind during this journey," Vallabhjee writes.

What is this magic trio?

It's the importance of mindfulness in balance, an appreciation of the fluidity of dynamic balance, and the essential role of the fulcrum (point of support) in achieving the balance.

"With these three principles as our north star, we can all find



Breathe Believe Balance: A Guide to Self-discovery and Healing
By Shayamal Vallabhjee
Publisher: Pan
Pages: 304
Price: Rs 218

the balance that works best for us," the author states.

Yoga is often called the art of balance, which shows in a trained yogi's fluid and graceful movements.

"Conversely, imbalance often brings with it a feeling of great difficulty — a lack of ease. We may feel like we are slogging our way through mud: physically, mentally, or spiritually. Nothing seems to come easy. Even the smallest of things exhaust us. Ease and effort are often the most reliable indicators of the presence or absence of balance," the book states.

Thus, a recurring theme of the

book is the importance of taking personal inventory: of our thoughts and emotions, of our body, of our relationships, and of the many dimensions of our lives.

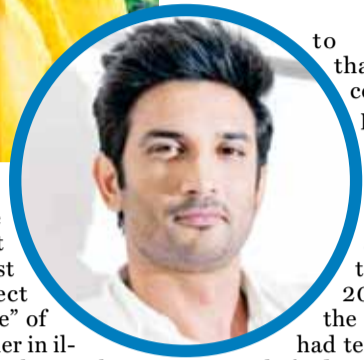
"Imbalance can manifest subtly at first in our minds and then in our bodies. One of the reasons to practise mindfulness is that it allows us to be more alert to these subtle signs. When properly fine-tuned, both our minds and bodies are marvellous instruments. With mindfulness we can see the early signs of imbalance and take corrective steps," the author points out.

Of major significance is the ability to be emotionally mindful. "When we are aware of our own thoughts and feelings, and those of others, we are better equipped to make clear and grounded decisions about the words we speak and the actions we take. This quality of emotional intelligence is increasingly being recognized in the business world and elsewhere as a key factor in performance, success, and happiness.



has been in deep trauma due to the death of the actor and moreover getting rape and death threats. "Petitioner has also received various death and rape threats and she is in deep trauma due to the loss of deceased, which is multiplied further due to the media sensitivity of the case," it said, adding that she has also filed a complaint at Santa Cruz police station against the rape and death threats. She said, "It is pertinent

FALSELY IMPLICATED: Rhea Chakraborty to SC



THE BOLLYWOOD ACTRESS TELLS THE APEX COURT THAT SHE WAS LIVING WITH SUSHANT TILL JUNE 8

Bollywood actress Rhea Chakraborty has alleged before the Supreme Court that actor Sushant Singh Rajput's father has used his "influence" in roping her in the FIR lodged at Patna in Bihar accusing her of abetment of suicide of his son. Rajput, aged 34, was found hanging from the ceiling of his apartment in suburban Bandra in Mumbai on June 14 and since then the Mumbai police has been probing the case keeping in mind various angles.

The allegations in the FIR lodged at Patna against Rhea "reflect the influence" of Rajput's father in illegally roping her in the case, said the petition filed by her on Wednesday seeking transfer of the FIR from Patna to Mumbai. "The Petitioner is an actress and is into acting since 2012. In the peculiar facts and circumstances of the present case, the Petitioner has been falsely implicated in the present case filed at the instance of Krishna Kishore Singh-father of the deceased...", the plea said. Rhea in her plea admitted that she was in a live-in relationship with Rajput and

offence would still lie with the Bandra Police Station. "However, in the present case, after recording the FIR, the investigation has been mechanically commenced wholly without jurisdiction by sending report to the Additional Chief Judicial Magistrate 3, Patna Sadar, instead of sending the FIR to the jurisdictional ACMM, Bandra, Mumbai and Bandra Police station," the plea said. She said that it becomes abundantly clear that the commencement of investigation in Patna is erroneous in absence of any cause of action having arisen thereto in Patna. The entire cause of action as alleged in the FIR had arisen at Bandra in Mumbai, her plea said. "It would be just and expedient, if the transfer of the case is directed from Patna to Mumbai. No prejudice would be caused to the respondents (father of the Sushant and Bihar police), if the direction sought herein is issued by this court," the transfer plea said. **AGENCIES**



You will forever be my crush: Namit Das to Sushmita Sen

"I HAVE BEEN WANTING TO DO THIS FOR A LONGTIME. BUT I JUST HAVEN'T HAD THE COURAGE NOR THE RIGHT WORDS TO EXPRESS THIS. LET ME JUST SAY, THERE ARE SOME PEOPLE IN THIS WORLD WHOSE BEAUTY ISN'T LIMITED TO PHYSICAL PERCEPTION"



Actor Namit Das cannot stop gushing about Sushmita Sen. Namit worked with Sushmita in the recent web series "Aarya", and is clearly floored by the former beauty queen. "I have been wanting to do this for a longtime. But I just haven't had the courage nor the right words to express this. Let me just say, there are some people in this world

whose beauty isn't limited to physical perception. It's more of an energy. A powerful force that helps you become more beautiful. That's Sushmita Sen for you," he wrote on Instagram. "I have had the privilege to share her aura during our show 'Aarya'. You are truly beautiful Miss Sen. You absorb everything around you. All the gazes, All those men shifting around you, All the

people everyone disappear into beautiful silhouettes when your radiant self shines on set. I have seen that. I have been that shadow. A huge respectful bow to the queen that you are. You will forever be my crush from 'Main hoon na' & my dream girl 'Miss Universe'. Thank you for 'Aarya'. Thank you for all these million things you do to make people comfortable around you. Thank you for being 'you,' he concluded. "Aarya" marked Sushmita's return to showbiz after a gap of half a decade. She was last seen in the 2015 Bengali art film, "Nirbaak". Namit, who started his journey on television with the show "Pancham", became a household name with his act in the TV series "Sumit Sambhal Lega". His recent outings are the OTT shows "Aarya" and "Mafia". **AGENCIES**

I'm not here for fame Radhika Apte

Actress Radhika Apte says she does not want to get stuck in something convenient or be satisfied, and she is not chasing fame. "I'm not here for fame. I do like the perks sometimes, but I don't take success and failure seriously," Radhika said. "Because these are temporary and all very relative. You can't take either seriously, but you can't just ignore them. They are very important aspects in your journey -- you need appreciation, you need to pat your back many a time, you have to love the appreciation as well and you have to also learn from your failure and not get dejected. So, (I have) a balanced approach," she added.



"Kabali", "Phobia", "Badlapur" and the short film "Ahalya". The actress is credited for breaking the stereotypical image of the Bollywood heroine with her roles in "Phobia", "Badlapur", "Manjhi: The Mountain Man", "Lust Stories", "Sacred Games", "Pad Man" and "Ghoul". After spending so many years in the industry, the actress feels she has evolved. "I think you evolve (constantly). With so much work, you learn things, you sharpen your skills and you learn what not to do. So, it is a constant process. It doesn't mean you don't make mistakes but you make new ones. What I would like to do is just challenge my work constantly, not get satisfied and stuck in something convenient," she said. Radhika was recently seen in the Netflix film "Raat Akeli Hai". It is the story of a murder in an affluent family in a small town that sends a tough yet narrow-minded police officer on a twisted investigation, as he navigates into the dark past and toxic patriarchy of the family. The film marks casting director Honey Trehaan's directorial debut, and also features Nawazuddin Siddiqui, Aditya Srivastava, Shweta Tripathi, Ila Arun, Khalid Tyabji, Shivani Raghuvanshi and Tigraanshu Dhulia. **AGENCIES**

Rakul Preet Singh misses being goofy and elegant on the sets

Actress Rakul Preet Singh wants to go back to work as she misses being goofy on the sets. Rakul took to her Instagram stories, where she shared two clips of herself from her photo-shoots. In the first video, Rakul is seen wearing a black lacy dress paired with black boots and a bag. On the clip, she wrote: "Miss being goofy on set". In the other video, the actress is seen posing in a stunning midnight blue ruffled long gown. She completed her look with a messy bun and a beautiful diamond neck piece. "And then miss being poised and elegant," she wrote on the second clip. Coming up for Rakul Preet is a rom-com co-starring Arjun Kapoor. She will also be seen in Kamal Haasan's ambitious upcoming film "Indian 2", which co-stars Kajal Aggarwal and Siddharth. **AGENCIES**



Future history books will need a new chapter just for 2020 Urvashi Rautela

Looking ahead in time, actress and former beauty queen Urvashi Rautela feels history books in the future will need to dedicate an entire chapter to the year 2020. From forest fires to the COVID-19 pandemic and now a blast in Beirut, the year has seen one disaster after the other. "Future history books will need one chapter just for the year 2020," said Urvashi. She is devastated by the recent explosion in Beirut. "My thoughts and prayers are with Beirut, Lebanon. I am heartbroken by the loss of life in this tragic event. Solidarity to all those affected and those working tirelessly to help. I

can't even imagine the predicament of the people witnessing this out there. So many lives (have been) lost, thousands of people (are) injured," she said. Urvashi has friends in Lebanon and is upset that she can't reach them. "My friend Yara is a Lebanese singer and Cynthia Samuel is Miss Universe Lebanon. They both are close friends and it's quite sad that they both live in Lebanon and I can't reach them," she said. On the professional front, Urvashi Rautela was seen in the film 'Virgin Bhanupriya' which also featured Gautam Gulati, Archana Puri, Archana Puri Singh, and Delnaaz Irani among others. **AGENCIES**



'Mother India', 'Naya Daur' Actress Kumkum Dies At 86

Veteran actor Kumkum, who featured in over 100 Hindi films and popular songs such as "Kabhi aar, Kabhi paar" and "Mere Mehbob Qayamat Hogi", passed away on Tuesday. She was 86. Kumkum, whose real name was Zaibunnessa, died at around 11.30 am at her Bandra residence due to age-related issues, her sister-in-law Shenaz told PTI. "Her last rites took place at Mazgaon cemetery," she added. Kumkum hailed from Hussainabad in Sheikhpura district, Bihar. Her most memorable film appearances include "Mr X in Bombay", "Mother India", "Kohinoor", "Ujala", and "Naya Daur". She also starred in the first Bhojpuri film "Ganga Maiyya Tohe Piyari Chadhaibo" in 1963. **AGENCIES**



But her popularity rests mostly on the songs that were picturised on her be it "Madhuban Mein Radhika Nache Re" from "Kohinoor" (1960); "Kabhi Aar Kabhi Paar" from "Aar Paar" (1954) or "Yeh Hai Bombay Meri Jaan" from 1956's "CID". She was discovered by actor-director Guru Dutt in the 1950s, who cast her in "Aar Paar" song for which she later earned a small role in Dutt's "Pyaasa". **AGENCIES**

Punjabi music industry limping back amid pandemic

With the Punjabi music industry facing major cash flow challenges with live performances and recordings being hit the most by the coronavirus pandemic, the industry—with longer delays being even more devastating—is limping back with ways to monetize music consumption. For Punjabi music video director Navi Lubana, the ban on mass gatherings and live streaming is unlikely to be reversed until 2021. So it's time to go back to business amid health protocols to engage the fans digitally. He launched his 25th directorial four-and-a-half minute song "Giddha" featuring Canada-based Elly Mangat and Afsana Khan on July 18 that attracted nearly 3.3 million live viewers. "The Punjabi music and film industry is facing insolvency. Job losses have been reported on a mass scale

with small-time artistes and part-time shooting crew the worst hit," he said. "The 'Giddha' song was recorded in a day with the minimum crew in a heritage property in Ropar. The present norms are limited only to indoor shooting and the scenes are to be adjusted within the new circumstances," he said. In the pre-Covid days, the crew strength was usually 75 to 100. "Now we have to limit less than 50." Lubana, 29, earlier directed songs featuring singers like Shehnaz Gill and Sultan. Chandigarh-based Punjabi film critic Sapan Manchanda told IANS

that the industry with an annual turnover of Rs 300-Rs 400 crore was the worst hit by the pandemic. Contrary to the single-track videos, he said films were very badly hit. "On an average 40-45 Punjabi films are produced in a year. The working schedule of a Punjabi film is from March to December owing to foggy weather in the plains in the winter. This year only two films were released in March and after that there was no release. There was no shooting of a film," he said. "With cinema halls shut, the coronavirus has threatened the box office numbers of upcoming releases before the pandemic with a budget



that can go up to Rs 5 crore," he said. Music venues have been closed since mid-March, and the government has not allowed the return of live performances. Trade insiders say at least 70 per cent of the technical crew in the Punjabi film industry are daily wagers, and they have been badly affected. To help the industry tide over the grim period of zero revenue during the lockdown, Punjab Chief Minister Ama-

with the fresh state guidelines and started shooting songs," a trade insider told IANS. Upbeat over the government's decision, energetic Lubana, who started his career in showbiz by walking on a ramp while studying at California State University, said he has plans to direct two music videos this month at locations across Punjab. He said in the absence of Punjabi films output, fans are playing song videos. State Special Chief Secretary (Home) Satish Chandra said the state has issued comprehensive guidelines granting permission to shoot films and music videos, subject to certain conditions. The guidelines stipulate that the duration of shooting should be restricted to the minimum possible time and not more than 50 people should be present. Shooting would commence only after all persons involved are thermally scanned and cleared. **AGENCIES**

