

National News

From Boardroom to Bollywood, fitness is key: PM launches Fit India movement

Agency
New Delhi Aug 29,

Prime Minister Narendra Modi launched "Fit India Movement" at the Indira Gandhi Indoor Stadium in New Delhi on National Sports Day on Thursday. The programme aims to encourage all citizens to inculcate a culture of fitness.

PM Modi urged people to make fitness a part of their daily routine and raise awareness about it. He said the launch of Fit India was a step towards a healthy India. "On this day a great sportsperson was born, Major Dhyan Chand. He amazed the world with his fitness, stamina, and hockey stick," PM Modi said.

PM Modi said fitness has been an integral part of our culture. "A few decades back, a normal person would walk 8-10km in a day, do cycling or run. But physical activity has gone down with the advent of technology," he said.

The Prime Minister also administered a fitness pledge in his address, inviting all Indians to join in.

The Fit India campaign is supported by several national sports icons including World Badminton champion PV

Sindhu, sprinter Hima Das along with celebrated wrestlers Bajrang Punia and Sakshi Malik.

"I am taking the pledge, are you guys ready to take the pledge," PV Sindhu said, in a video released by Sports Authority of India on August 27, encouraging followers to take out some time everyday to keep fit.

The Prime Minister had announced the launch of the campaign during his monthly radio address, "Mann Ki Baat" on August 25 and said he wanted to see his listeners fit and make them "fitness conscious". He had indicated that the fitness programme will have fixed goals.

Arrangements were made for live viewing of the launch; University Grants Commission (UGC) has asked affiliated higher educational institutes to make arrangements for live viewing of the event by the students, faculty and staff.

Institutes have also been instructed to prepare and implement an institutional fitness plan incorporating sports/exercises/physical activities for fitness, into the daily routine. UGC has also asked institutes to encourage every person to walk 10,000 steps on Thursday.

Union sports minister Kiren



Rijju says the Prime Minister's initiative was receiving support from all sections of the society. "Tremendous supporters are coming from all sections of the society to participate in the #FitIndiaMovement to be launched by @narendramodiji on 29th Aug at 10am. Chief Ministers, Corporates and many icons are taking amazing steps to make the programme a grand success.

Fit India Movement is the latest among several other initiatives by the Prime Minister to promote fitness and health. PM is a well known supporter of Yoga and has in the past attributed his fitness to regular yoga and breathing exercises. Speaking about his fitness routine in a Google Hangout, the Prime Minister had said, "I am equally energetic from morning till night. I guess the secret

behind it is yoga and [breathing exercises]. Whenever I feel tired, I just practice deep breathing and that refreshes me again."

The Prime Minister had also accepted Indian cricket team captain Virat Kohli's fitness challenge in May 2018 as part of a social media campaign, #HumFitTohIndiaFit and posted a video a month later, of him stretching and doing several yoga poses.

"Here are moments from my morning exercises. Apart from Yoga, I walk on a track inspired by the Panchtatvas or 5 elements of nature - Prithvi, Jal, Agni, Vayu, Aakash. This is extremely refreshing and rejuvenating. I also practice breathing exercises. #HumFitTohIndiaFit," Modi had tweeted in June in response to Virat Kohli's challenge.

North East News

NIA arrests JMB operative from Agartala

Agency
Agartala Aug 29,

In a breakthrough in the Jamaat-ul-Mujahideen Bangladesh (JMB) India Bengaluru module case, the National Investigation Agency (NIA) on Wednesday said it has arrested one of its operatives from Agartala.

A senior NIA official said JMB operative Najir Sheikh aka Patla Anas, 25, a resident of Murshidabad in West Bengal was arrested from Agartala on Monday.

The official said he was produced before Chief Judicial Magistrate in Agartala on Tuesday and was brought to Bengaluru on transit warrant.

According to NIA, Najir last year was staying in Bengaluru along with other members of JMB such as Jahidul Islam, Nazrul Islam, Asif Ikbal, Arif and others.

An NIA officer said Najir Sheikh and his associates from JMB were actively involved in raising funds by committing daocities in Bengaluru. "As part of conspiracy they had set up their hideouts at various places in Bengaluru and made preparations to carry out subversive activities by procuring material and equipment for making IEDs," he said.

The arrest of the JMB operative comes days after the anti-terror probe agency in

July this year busted a sleeper module of the proscribed JMB in Karnataka and recovered hand grenades and raw material for making improvised explosive devices (IEDs) among other material.

The crackdown on a cell that operated within the jurisdiction of the Soladevenahalli police station in north Bengaluru comes five years after the group carried out the 2014 blasts in West Bengal's Burdwan district in which two people were injured.

In late June this year, the NIA got the first breakthrough as it arrested Habibur Rehman Sheikh, a

key figure in JMB, that revealed key aspects of the group's operations. The probe agency then launched a covert operation against the group in Karnataka. Later based on the disclosure of Sheikh, the NIA recovered five fabricated hand grenades, a timer device, three electric circuits, suspected explosive substance and various components for making IEDs and rockets.

Assam govt. to make 200 Foreigners Tribunals operational from Sep 1

Agency
Assam Aug 29,

Assam government has said that opportunity to prove their citizenship will be given to those whose name doesn't figure in the final NRC list. Talking to AIR, Additional Chief Secretary of the Home and Political department Kumar Sanjay Krishna said that 200 Foreigners Tribunals will become functional from 1st of September in Assam.

He said, if someone's name doesn't appear in the NRC, he or she can appeal before the Foreigners Tribunals. Mr Krishna said that Tribunals are expected to dispose off the appeal within 60 days. He said that the Centre and the Assam government will decide later on what to be done with those who fail to prove their Indian citizenship through courts.

Meghalaya CM Conrad Sangma walks to work as part of 'Fit India movement'



Courtesy Northeast today
Shillong August 29,

The chief minister of Meghalaya celebrated Fit India-Healthy India movement by walking from his residence till the Secretariat on Thursday.

"To stay healthy, I think we should walk to work at least once a week, which of course I am planning to do", said

Sangma. Furthermore, he also appealed the citizens of the state to emulate this practice as it is not only healthy but cost efficient. He said that walking has multiple benefits, it reduces emission of smoke from vehicles, it will reduce traffic jam and lots more.

He added, "I encourage you, in the days to come may be

you could walk to office once every week and I think this would ensure that we have a fit Shillong, a fit Meghalaya and a fit India and I think that will be great for the future of our country". Fit India Movement is a mass movement which was initiated by the government of India to encourage fitness and wellness for all citizens of the country.

Sports News

India's Varun Kapur and Thailand's Benyapa Aimsaard headline draws at Yonex Sunrise India Junior International Grand Prix 2019

Meiraba, Crasto-Bhatt pair will look to make an impact

By a Correspondent
Pune, August 29

On the heels of PV Sindhu and Sai Praneeth achieving grand success at the BWF World Championships 2019, India is gearing up to host the Yonex Sunrise India Junior International Grand Prix 2019, in memory of Sushant Chiplakatti here at the P E Society's Modern PDMBA Sports Complex from August 29. The four-day tournament, which is also the only Grand Prix event to be played in India, will see India's Junior World No. 9 Varun Kapur and Thailand's Junior World No. 6 Benyapa Aimsaard heading the draws in the boys' singles and girls' singles sections respectively.

With handsome prize money of \$15000 and Yonex Sunrise as the title sponsor, it will feature 249 participants from 8 countries including Malaysia, Indonesia, Japan, Thailand, Uganda, Bangladesh, Nepal and an encouraging number of Indian promise.

Kapur's main challenger will be his compatriot, Meiraba Luwang, currently ranked 15th in boys' singles, especially after succumbing to the Manipur shuttler in the final of the Russian Junior White Nights 2019 in July. In girls' singles, the inclusion of the two rising Thai stars, Benyapa Aimsaard and Pornpicha Choikeewong heightens the challenge for the other girls in the draw.

While Aimsaard captured the bronze at the Asian Junior Championships this year, Pornpicha, the fourth seed and Junior World No. 20, has been a consistent performer and made it to the final of the Mongolia Junior International Series in June. India's Smit Toshniwal, Tanya Hemanth and Treasa Jolly have occupied the sixth, seventh and eighth spots in the seedings in this category and will hope to ride on the



Manipuri Shuttler Meiraba Luwang

vociferous home support to put up impressive performances.

In girls' doubles, all eyes will be on the dominant fourth-seeded duo of Tanisha Crasto and Aditi Bhatt as they look to bring their imperious form from their twin-title winning run at the All India Junior Ranking tournaments held in Panchkula and Bangalore over the last couple of weeks.

Ishaan Bhatnagar and Vishnu Vardhan Goud Panjala made a brilliant run to the summit showdown at the Bulgaria Junior International recently only to fall at the last hurdle. The fourth-seeded boys' doubles pair will look to make amends and taste glory at home.

The tournament will be inaugurated today by Mr Annasaheb Natu, Sr. Vice President, PDMBA.

Schedule of play:

DAY	DATE	PLAY
Thursday	29.08.2019	Qualification Rounds, Main Draw
Friday	30.08.2019	Main Draws
Saturday	31.08.2019	All Quarter Finals and Semi-Finals
Sunday	01.09.2019	All Finals

Virat Kohli set to surpass MS Dhoni, on verge of breaking Indian cricket's biggest records

Agency
New Delhi Aug 29,

Indian captain Virat Kohli is on the verge of breaking former India captain MS Dhoni's long-standing record in Test matches. India will take on West Indies in the second and final Test match at Sabina Park cricket stadium in Jamaica from Friday and if India manage to win that, Kohli will overtake Dhoni as the most successful Indian skipper in terms of number of wins. A victory will also give India a 2-0 series win and 120 points – 60 each for a two-match Test series – in the World Test Championship.

Kohli had equalled Dhoni's tally of 27 Test wins as captain when

India thrashed West Indies by 318 runs in the first Test in the Sir Viv Richards Stadium at Antigua. A win in Jamaica will take Kohli's number of Test victories as captain to 28 – the most by any Indian captain. Kohli also went past Sourav Ganguly's tally most away Test wins as captain in India's last victory. Under Virat Kohli, India has now won 12 matches in overseas conditions compared to Ganguly's 11. Dhoni only had 6 away Test victories to his name.

Under Virat Kohli, India has now won 12 matches in overseas conditions and the skipper overtook Sourav Ganguly to be the most successful Indian captain in overseas conditions.

Also, with this win, he equalled MS Dhoni's record of most Test wins for India – 27.

Kohli also has the best win ratio as Indian Test captain. The win rate of Virat Kohli in test matches is 57.44 % - The only Indian captain to have win-rate over 50% (min. 5 matches as captain) Kohli did not set the stage on fire in the first Test but his 51-run knock in the second innings and the important fourth-wicket stand with eventual centurion Ajinkya Rahane was invaluable in the context of the game.

Kohli would once again look to score big and set it up for the lethal fast bowling combination of Jasprit Bumrah, Ishant Sharma and Mohammed Shami in the second Test match.