

4 arrested within a day for kidnapping TODDLER

Woman kidnaps one-and-half-month-old on the pretext of issuing birth certificate

HANS NEWS SERVICE
BALLARI

IN a shocking incident, a one-and-half-month-old infant was kidnapped in Ballari under the pretext of helping the mother secure a birth certificate. The Ballari police acted swiftly and cracked the case within 24 hours, arresting four accused Shameem, Ismail, Basha, and Basavaraj.

According to police, Sridevi of Benakal village in Ballari taluk had given birth to a baby boy on July 28. Last Friday, she visited the district hospital along with her mother to obtain the child's birth certificate. At the hospital, she came into contact with Shameem, who introduced herself as someone familiar with the process and offered to take them to the municipal office.

While at the municipal premises, Sridevi's mother briefly left to use the restroom, leaving the baby in Shameem's hands. Taking advantage of the situation, Shameem fled with the infant. Despite frantic searches by the family, the baby was not found, forcing them to



to lodge a complaint at the Brucepete police station.

Ballari Superintendent of Police Shobharani confirmed that Shameem had handed over the baby to her husband Ismail, who in turn, along with cleric Basha of Toranagallu, sold the child to Basavaraj and his wife a couple who were childless. "Preliminary investigation

has revealed that Basavaraj had expressed his desire to adopt or purchase a baby. Motivated by greed, Basha conspired with Shameem and her husband to kidnap the infant and sell it," SP Shobharani said.

Police traced the culprits based on CCTV footage, which showed Shameem leaving with the baby. A special

team quickly followed the leads and managed to rescue the infant safely. "Thanks to timely action, the baby was recovered within a day, and all four accused are now in custody," an investigating officer said.

Investigations further revealed that Shameem had a prior record. In 2013, she was convicted in a similar

case of kidnapping a baby from VIMS Hospital in Ballari.

Police now suspect that her family may have been engaged in repeated child trafficking activities and are expanding their probe. The rescued baby has since been reunited with his mother, bringing relief to the family and villagers alike.

Free legal aid centre launched for defence personnel, veterans



HANS NEWS SERVICE
SHIVAMOGGA

A dedicated free legal aid initiative for defence personnel, ex-servicemen, and their dependents was launched in Shivamogga under the Veer Parivar Sahayata Yojana-2025. The programme is jointly organised by the National Legal Services Authority (NALSA), Karnataka State Legal Services Authority, Shivamogga District Legal Services Authority, and the Department of Sainik Welfare and Rehabilitation.

The centre was inaugurated virtually by Justice Anu Sivaraman, Judge of the Supreme Court and Executive Chairperson of the Karnataka State Legal Services Authority. She described the scheme as "a vital support system for retired soldiers who devoted their youth to national service and now face legal challenges."

Speaking at the event, Wing Commander (Retd) M.S. Lolaksha, Director of Sainik Welfare and Rehabilitation, said the initiative would help ex-servicemen

resolve a wide range of legal issues. "This is a golden opportunity for our veteran community to seek timely redressal," he added.

District Principal Sessions Judge Preeti K.P., Senior Civil Judge and DLSA Member Secretary Santosh M.S., and other judicial officers were present.

Dr. C.A. Hiremath, Deputy Director of the department, explained that veterans and their dependents from Shivamogga, Chitradurga, and Davangere districts could avail themselves of free legal aid. Weekly services will be provided at the Shivamogga office by Dr. H.M. Nataraj, a retired army officer and legal expert.

The facility will cover pending and fresh cases, including pension disputes, land and property issues, inheritance rights, and family disputes, with no charges. For details, beneficiaries can contact 08182-220925 during office hours or call the national helpline 15100.

Several ex-servicemen's associations, officials, and veterans attended the launch.



New complaint MURDER debate over case

HANS NEWS SERVICE
MANGALURU

MORE than a decade after the sensational Soujanya murder in Dharmasthala, a fresh complaint filed at Belthangady police station has reignited debate over the case.

The complaint targets activist Snehamayi Krishna, who had earlier accused Soujanya's uncle, Vittal Gowda, of killing the teenager in 2012. The petitioner alleges that Krishna's statement was defamatory and baseless, causing emotional distress to the family and confusing the ongoing legal discourse.

Soujanya, a 17-year-old student, was raped and murdered near Dharmasthala in October 2012. The crime triggered mass protests across Dakshina Kannada and beyond, forcing authorities to hand the case over to the CBI. While the trial has been protracted, the case remains a sensitive subject in the region.

Police confirmed the receipt of the complaint against Krishna and said the matter would be examined in accordance with the law. Legal experts believe that the development could complicate proceedings further, given the emotive nature of the case and its impact on local communities.

CAMPCO posts Rs 3,632 cr turnover, Rs 51.85 Cr profit in FY25

HANS NEWS SERVICE
MANGALURU

THE Central Arecanut and Cocoa Marketing and Processing Co-operative Ltd. (CAMPCO) has announced a turnover of ₹3,632 crore and a net profit of ₹51.85 crore for the financial year 2024-25.

Announcing the results, CAMPCO President Kishore Kumar said the cooperative had navigated price fluctuations and chal-

lenges in both the arecanut and cocoa markets. With its operations spread across southern states, CAMPCO has emerged as a crucial institution for farmers, providing assured procurement and marketing support.

Founded in 1973, the cooperative has steadily expanded its reach beyond arecanut to include cocoa and other plantation crops, building a reputation as a farmer-friendly organisation.

Summit at Alliance University

Wadiyar stresses on indigenous knowledge and cultural roots



HANS NEWS SERVICE
BENGALURU

INDIA is making rapid progress in every sector, including technology, and the same pace of development must reflect in education, said Yaduveer Krishnadatta Chamaraja Wadiyar.

Speaking at the International School Leaders' Summit organised at Alliance University near Anekal, Wadiyar emphasised that India, with its deep-rooted guru-shishya tradition and cultural heritage, must preserve and promote its own philosophies rather than merely adopting Western influences. "Technology and innovation may serve as foundations, but imagination, resilience, and cultural grounding give education its permanent character. Reviving Indian philosophy and promoting a knowledge system rooted in indigenous wisdom is essential," he said.

He added that nurturing local culture and traditions would ensure the survival of India's unique heritage. Wadiyar also noted that forums such as the summit help shape a better future for students by connecting them with dedicated teachers and principals.

Alliance University Chan-

cellor Abhay Chhabbi, addressing the gathering, highlighted that education plays a decisive role in transforming not just the economy but every aspect of society. He stated that India, driven by its youth power, is now at the center of global attention, and it is crucial to extend quality education from rural areas to urban centers.

During an interactive session, Wadiyar responded to questions from principals and educators from across the country. Topics discussed included the need for better support for sports in education, addressing human-elephant conflict in regions like Anekal and Kodagu, and policies to support farmers cultivating paper crops in southern Karnataka.

On the issue of sports, Wadiyar acknowledged the concern that athletes often lack opportunities for growth despite their achievements. He pointed out that initiatives like Khelo India are paving the way forward and emphasized that the Karnataka government too must prioritize sports infrastructure.

He further spoke about the need to hold the state government accountable for reforms in education that may not always be benefi-

cial, while also assuring that the central government is working with states to ensure development-focused policies.

On addressing local challenges, Wadiyar said discussions have already been held at the central level regarding human-elephant conflict and railway safety. He also mentioned efforts toward providing zero-interest loans to farmers in regions like Kodagu, Sakaleshpur, and Dakshina Kannada to support paper crop cultivation.

When asked about political differences, he remarked, "It is natural to have conflicts when the BJP is in power at the Centre and Congress in the State. But ultimately, our goal remains to work together for development and prioritize people's welfare."

Wadiyar also reiterated his earlier stand against Kannada-bashing remarks made by Banu Mustaq in 2023, stressing that such divisive statements must not be repeated in Karnataka.

The event witnessed an hour-long dialogue between educators, students, and the Mysuru royal, marking a constructive exchange on shaping the future of Indian education while preserving cultural values.

Simple guide to healthy eating

Eat right for a better life: Dr Tirupati Ramalakshmi

BENGALURU

THE key to good health is not a crash diet or unhealthy trend, but a balanced diet. Renowned dietitian Dr. Tirupati Ramalakshmi of Vasavi Hospitals, Bengaluru said that a balanced diet is the foundation of well-being, providing the body with the right proportion of nutrients to function correctly, build strength, and protect against disease. "For understanding the principles of eating right, food can be categorised in three major groups.

Firstly, energy yielding foods including cereals, grains, oils, fats, and sugars which provide the necessary fuel for daily physical activity and bodily functions. Secondly, the body-building foods which consist of protein-rich foods like pulses, milk, eggs, meat,



fish, and nuts. They are vital for growth and help to build and repair body tissues, muscles, and cells.

Thirdly and most importantly-Protective Foods including fruits and vegetables which are packed with vita-

mins, minerals, and antioxidants that protect the body from infections, strengthen immunity, and support overall health," she said.

Planning a Balanced Plate

Many are confused as to what to and what shouldn't be included in the meals. So, Ramalakshmi has suggested a simple method for planning meals.

"Fill half of your plate (50%) with a variety of fruits and vegetables. Dedicate one-quarter of the plate (20%) to whole grains such as rice, millets, or oats. The last one-quarter of the plate (20%) should include proteins like eggs, lentils, milk & milk products, lean meat. However, it should be remembered that fats, such as those from nuts and seeds should be limited to just about 10% of daily calories", she added.

Tips for Healthier Habits

To complement a balanced diet, Ramalakshmi offered the following tips. "Drink at least 8-10 glasses of water daily, along with other fluids like buttermilk, Tender Coconut water, fresh fruit juices, ragi malt, and soups.

On the other hand, it is very important to reduce the consumption of carbonated beverages, alcohol, and processed snacks that are high in salt, sugar, and fat. It is always better to eat small and frequent meals at regular intervals which help in regulating appetite and prevent overeating.

Let me clarify that eating right is not about strict rules, but about the right balance, moderation, and variety to prevent lifestyle diseases and lead a healthier life", Ramalakshmi added.

B'luru auto driver helps passenger get back her air pods

HANS NEWS SERVICE
BENGALURU

A simple ride home turned into a 90-minute adventure for Palak Malhotra, a Bengaluru-based marketer, after she accidentally dropped her AirPods in an autorickshaw.

Malhotra realised the AirPods were missing only after reaching home a few days ago. She first called her gym and checked with the auto driver through Rapido's platform, but he said he couldn't find anything.

Using Apple's 'Find My' feature, she saw the AirPods were moving across HSR Layout.

"I booked another Rapido ride and explained the situation to the new driver, Darshan," Malhotra told PTI on Sunday.

He agreed to help and drove her to three different locations, following the AirPods' signal.

"When I was ready to give up, Darshan told me, 'You can't go home without finding them. He took it as his own mission," Malhotra said.

Finally, they found that the AirPods were picked up by another passenger who had taken the earlier ride. At first, he got angry when confronted, but after Darshan warned that the police could get involved, he returned them.

Malhotra was moved by Darshan's kindness. Over tea, he told her that he is a B.Com graduate, driving his father's auto to save money for his MBA.

"I have ideas but no money. After my MBA, maybe someone will support me," he said.

Sharing the story on X, Malhotra wrote that Darshan drove her around for over 1.5 hours to help her recover the AirPods worth Rs 20,000.

Rapido responded to her post, saying, "Thank you for sharing such a heartwarming story, Palak. We will be rewarding the captain for this thoughtful gesture."

Malhotra said what could have been a frustrating evening turned into a feel-good experience due to Darshan's determination

