



THE Hans India



Ayurveda and yoga restore balance
In an age dominated by stress, overstimulation, and lifestyle disorders, yoga expert, speaker, and author Anita Dua believes the world is gradually returning to an ancient truth — wellness cannot exist in fragments. For her, true health is the harmony of body, mind, and spirit. **P5**

'B Nagi Reddi: A Son's Memoir' - A heartfelt tribute to a visionary legend
B Nagi Reddi: A Son's Memoir is far more than a conventional biography. Written by B. Viswanatha Reddi, popularly known as Viswam, the book offers an emotionally rich and deeply researched account of the life of legendary filmmaker, publisher, and philanthropist B. Nagi Reddi. **P12**

The real battle is within
In the present world many people consider survival and security as prime values. They argue that if a person does not survive, then what value the other values have for him. In a similar vein, they further argue that if a person lives in a state of constant insecurity. **P13**

Nagarjuna gets emotional as 'Manam' completes 12 years
Veteran Telugu actor Nagarjuna turned emotional while reflecting on the special significance of May 23, a date deeply connected to both his personal and professional journey. The occasion became even more memorable as his cult classic family drama Manam completed 12 years. **P10**

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Cockroach party website taken down

NEW DELHI: The official website of the Cockroach Janta Party (CJP) has been taken down in the recent crackdown against the youth and Gen Z-led online movement after the party's official X handle was withheld. CJP founder Abhijeet Dipke said on Saturday that both his personal Instagram account and the party's Instagram account had also been "hacked". The platform surfaced last week after a row over remarks linked to Chief Justice of India (CJI) Surya Kant during a court hearing on granting "senior" status to lawyers, referring to "youngsters" as "cockroaches" and "parasites". Later, the CJI said his remarks had been misquoted and that they were aimed at people entering the legal field with "fake and bogus degrees". What started as an online

satire campaign later became a broader discussion of digital dissent and growing frustration among young people. Through memes and political commentary, the platform has raised issues such as unemployment, examination paper leaks and education. On Saturday, Dipke said the party's "iconic website", cockroachjantaparty.org, had been taken down as part of the latest action against the movement. The founder said 10 lakh cockroaches had registered as members through the website, while 6 lakh cockroaches had signed a petition seeking the resignation of Union education minister Dharmendra Pradhan

FOUNDER SLAMS GOVT'S 'DICTATORIAL BEHAVIOUR'



over alleged failures in the education system, particularly due to the NEET-UG 2026 'paper leak' controversy. "Why is the government so scared of cockroaches? But this dictatorial behaviour is opening the eyes of India's youth. Our only crime is we were demanding a better future for ourselves. But you can't get rid of us that easily. We're working on a new home right now. Cockroaches never die," he wrote in a post on X. As of Saturday afternoon,

CJP crossed 22 million followers on Instagram. This put it well ahead of the ruling Bharatiya Janata Party (BJP), which has around 9.2 million followers on the Meta-owned platform, and the main opposition Congress party, which has around 13.4 million followers. The party appeared after controversy broke out over CJI Surya Kant using the terms "parasites" and "cockroaches" while reprimanding a lawyer over his plea seeking senior designation. "There are youngsters like cockroaches, who don't get any employment or have any place in profession. Some of them become media, some of them become social media, RTI activists and other activists and

they start attacking everyone," the CJI said. The CJI later said he had been misquoted and clarified that the remarks were aimed only at people entering the legal profession using "fake and bogus degrees". The Cockroach Janta Party was formed a day after the CJI's remarks on May 15. It rapidly went viral and drew support from politicians, activists, artists and a large number of social media users across age groups. Political leaders such as Trinamool Congress (TMC) leaders Mahua Moitra and Kirti Azad, along with Samajwadi Party (SP) chief Akhilesh Yadav, have either interacted with or shown interest in the movement. Activists, including Prashant Bhushan and Anjali Bharadwaj, have also engaged with it.

US tightens green card rules

Applicants may now have to return home to apply



WASHINGTON

IN a major shift in US immigration policy, the administration of President Donald Trump has announced that many foreign nationals seeking permanent residency, or green cards, may now have to leave the United States and apply from their home countries. The new policy, issued by the US Citizenship and Immigration Services (USCIS) under the Department of Homeland Security (DHS), marks one of the biggest changes to the green card process in more than six decades. The move has drawn criticism from immigration lawyers, aid organisations and policy analysts, who warn that it could disrupt the lives of millions of immigrants and their families. Until now, many immigrants legally staying in the US could apply for a green card without leaving the country through a process known as "adjustment of status". Under the revised policy, USCIS officers have been instructed to decide on applications on a case-by-case basis and grant exceptions only in extraordinary circumstances. DHS said the new approach was intended to prevent misuse of immigration loopholes. "An alien who is in the US temporarily and wants a

Green Card must return to their home country to apply," the department said in a statement. The administration argues that the immigration system should function "as the law intended" rather than encouraging temporary visa holders to remain in the country while pursuing permanent residency. According to analysts at the Cato Institute, more than one million immigrants in the US are currently waiting for green cards. The new rules could force many applicants to leave behind jobs, homes and families while their applications are processed overseas. Immigration experts say the change could particularly hurt mixed-status families, where some members are US citizens or permanent residents while others are on temporary visas. There is also uncertainty over how pending green card applications already filed inside the US will be treated. Immigrant aid organisations strongly criticised the move. HIAS said the policy could endanger vulnerable people, including survivors of trafficking and abused children, by compelling them to return to countries they had fled. Critics also warned that the policy could worsen delays, as the US immigration system is already struggling with a large backlog of visa and residency applications.



Prime Minister Narendra Modi with US Secretary of State Marco Rubio in New Delhi on Saturday

PM gets WH invite as he talks trade & security with Rubio

NEW DELHI Prime Minister Narendra Modi on Saturday held crucial talks on security and trade with US Secretary of State Marco Rubio, who in turn extended him an invitation to the White House on behalf of Donald Trump. The three-day visit to India by Rubio comes at a time when ties between India and the US under Trump 2.0 have continued to fluctuate amid trade and energy tensions, which have only deepened amid the Iran conflict. US envoy Sergio Gor, who joined Rubio for the meeting with PM Modi, said the talks also spanned the Indo-Pacific, where China has sought to assert its strength. India has always been viewed by the US as a counterbalance to China in the crucial region. "We had a productive discussion on ways to deepen US-India cooperation across security, trade, and critical technologies... India is a vital partner to the United States!" Gor tweeted. He also said that PM Modi was invited to the White House in the "near future". In the meeting, Rubio also pitched for US energy products, saying it had the potential to diversify India's energy supply. It comes amid mounting concerns for India, which imports 80% of its crude oil needs, as the effective closure of the Strait of Hormuz continues to affect energy flows.

US & Iran close to extending ceasefire by 60 days

TEHRAN: The ceasefire between US and Iran is likely to be extended by two more months, according to reports, citing mediators. The ceasefire has been in place since April 8 and reports of extending the truce comes amid fresh diplomatic push after mediator Pakistan's Army Chief Asim Munir met top Iranian leadership in Tehran over the weekend. Earlier Asim Munir in Iran met with the top leadership, including President Masoud Pezeshkian, Foreign Minister Abbas Araghchi



and top Iranian negotiator and parliament speaker Mohammad Bagher Ghalibaf. Pakistan army in a statement on Saturday said

that Field Marshal Asim Munir concluded a short but highly productive tour of Iran, Reuters reported. Meanwhile, US secretary of State Marco Rubio on Saturday hinted that Iran could agree to a peace deal as soon as today. His remarks indicating progress in diplomatic efforts to end the war come at a time when Pakistan army chief Asim Munir met top Iranian leadership in Tehran as Pakistan has positioned itself as a mediator in the peace talks between Iran and US.

Phogat gets HC relief to take part in Asian Games trials

NEW DELHI THE Delhi High Court has given its nod to the participation of celebrated grappler Vinesh Phogat in the upcoming trials for the Asian Games, saying the Wrestling Federation of India's (WFI) selection policy is exclusionary for the lack of discretion to consider an iconic player like her, who is returning from a maternity break. A bench of Chief Justice D K Upadhyaya and Justice Tejas Karia ordered that the selection trials, to be held on



May 30-31, shall be video-recorded by the WFI and an independent observer from the Sports Authority of India (SAI) and the Indian Olympic Association (IOA) each shall also remain present. "The appellant shall be permitted to participate in the selection trials for the Asian Games, 2026, which are scheduled for 30.05.2026 and

31.05.2026," the court said in its order passed on May 22 and uploaded on its website on Saturday. "The policy and the circular are clearly exclusionary in nature as it does not give any discretion to Respondent No.1 (WFI) to consider iconic players like the appellant in view of the sabbatical taken on account of her maternity leave," it stated. The court further observed that the grounds taken in the show-cause notice "appear to be pre-mediated and reopening the closed issues" and that "it is necessary that the appellant is permitted to participate in the selection trials in the interest of the sport and justice". The court passed the order on Phogat's appeal against the May 18 order of a single-judge bench, refusing her immediate relief on the issue of her participation in the selection trials. Phogat, a wrestler of international repute, was disqualified from the 50-kg category finals in the Paris Olympics in August 2024 for being 100 gm overweight in the morning weigh-in.

PARLIAMENT SECURITY BREACH 13,967-page 4th supplementary chargesheet filed in court

NEW DELHI THE fourth supplementary chargesheet of 13,967 pages has been filed before a Delhi court in the 2023 Parliament security-breach case. Additional Sessions Judge Amit Bansal noted on Friday that the matter is listed for further arguments regarding the charges against accused Neelam Ranolia and Amol Dhanraj Shinde. He said the investigating officer (IO) has filed the fourth supplementary chargesheet, consisting of 13,967 pages, against the accused under anti-terror law Unlawful Activities (Prevention) Act (UAPA) and Indian Penal Code (IPC) provisions. The court posted the matter for further proceedings, including a scrutiny of documents, on



May 29. On December 13, 2023, in a major security breach on the anniversary of the 2001 Parliament terror attack, two persons -- Sagar Sharma and Manoranjan D -- jumped into the Lok Sabha chamber from the visitors' gallery, unleashed a yellow smoke from canisters and shouted slogans, before being overpowered by some MPs and watch-and-ward staff. Around the same time, two other accused -- Shinde and Ranolia -- also sprayed a coloured gas from canisters while shouting "tanashahi nahi chalegi" (dictatorship cannot go on) outside the Parliament premises.

Petro prices hiked again

NEW DELHI: Petrol and diesel prices were increased again on Saturday, marking the third hike in less than 10 days as global crude oil prices continue to surge amid the ongoing West Asia conflict and disruptions around the Strait of Hormuz. Petrol prices were raised by up to 87 paise per litre, while diesel prices increased by as much as 91 paise per litre across major cities. In Delhi, petrol now costs Rs 99.51 per litre, up from Rs 98.64, while diesel prices rose from Rs 91.58 to Rs 92.49 per litre. Compressed Natural Gas (CNG) prices were also increased by Re 1 per kg, marking the third hike in less than 10 days. With the latest revision coming into effect immediately, CNG in Delhi will now cost Rs 81.09 per kg. Prices in Noida, Greater Noida and Ghaziabad have risen to Rs



89.70 per kg, while Gurugram will see CNG priced at Rs 86.12 per kg. The latest hike follows a Rs 2 per kg increase announced on May 15 and another Re 1 per kg hike on May 17. With the latest revision, CNG prices in Delhi climbed to Rs 80.09 per kg, breaching the Rs 80-mark for the first time. The latest hikes come as India faces mounting pressure from soaring global crude oil prices triggered by the West Asia conflict and disruptions to shipping routes through the Strait of

Hormuz, one of the world's most critical oil transit chokepoints. Expressing concerns over the issue, citizens, as well as the taxi drivers, raised concerns over the hike. The taxi drivers said that the increase in prices does not mean an increase in fares for them. Delhi residents raised concerns over the increase in fuel prices, with no effective increase in income. Some held the government responsible for the hike and for dismissing the public concerns. A local said, "It's affecting the middle class. Petrol prices are increasing. It's a loss. But what can we do? People who have work will have to use a car. People are carpooling as asked. But petrol is expensive. There is no alternative. Electric cars are so expensive."

Centre asks Delhi Gymkhana Club to vacate by June 5

NEW DELHI: The Centre has asked Gymkhana Club in Lutyens' Delhi to hand over the premises by June 5, citing that the 27.3-acre plot was required for "strengthening and securing defence infrastructure". The order, issued by the Land & Development Office (L&DO) under the Union Housing and Urban Affairs Ministry, stated that the premises, located in a highly sensitive and strategic area of Delhi, is critically required for the strengthening and securing of defence infrastructure and other vital public security purposes. Nestled in the heart of Lutyens' Delhi, the sprawling Delhi Gymkhana Club stands adjacent to the prime minister's residence on Lok Kalyan Marg. In its letter to the club's secretary on May 22, the L&DO said the premises situated at 2, Safdarjung Road, were leased to the



Imperial Delhi Gymkhana Club Ltd (now known as Delhi Gymkhana Club Ltd) for the specific purpose of maintaining a social and sporting club. The land is essential to fulfill urgent institutional needs, governance infrastructure and public-interest projects, integrated with the resumption of adjoining government lands, the L&DO said. "In exercise of the powers conferred under Clause 4 of the Lease Deed, the President of India, through the Land & Development Office, hereby determines the lease and orders re-entry of the aforesaid premises with immediate effect," it stated.