

WANTED UP CRIMINAL SHOT DEAD IN EARLY MORNING ENCOUNTER

The criminal has been identified as Gufran, who was wanted in several cases of murder and dacoity. Lucknow: A wanted criminal was shot dead in an encounter with the Uttar Pradesh Police in Kaushambi district today. The criminal has been identified as Gufran, who was wanted in multiple cases of murder and dacoity. According to the UP Police, around 5:00 am this morning, a special task force team was conducting a raid in Kaushambi district.



Gufran was confronted by the team and opened fire following which the cops retaliated, and in the ensuing cross-firing, he was shot and injured. Gufran was taken to a hospital for treatment, where he succumbed to his injuries.

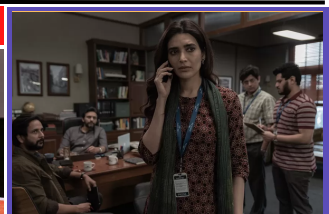
Gufran was wanted in over 13 cases including murder, attempted murder and robbery in Pratapgarh and other districts of Uttar Pradesh. The UP Police had placed a bounty of ₹ 1,00,000 for this capture. This is the latest in a series of encounters between UP Police and criminals. Since Yogi Adityanath became the Chief Minister of Uttar Pradesh in 2017, there have been over 10,900 encounters, in which over 185 criminals have been killed.



Punjab crime: Teenaged farm labourer kills minor sister over affair in Muktsar
Search on for 19-year-old farm labourer who used chaff cutter to slit throat of his 17-year-old sister in a village. A 19-year-old boy allegedly killed his minor sister, suspecting her of having an affair in a village in Muktsar district, police said on Tuesday. Gidderbaha deputy superintendent of police (DSP) Jasbir Singh said the accused, who is absconding, used a chaff cutter to slit the throat of his sister. She died on the spot. The police said it appears to be a premeditated crime as the youngster used an improvised fodder cutter that he brought home a few days ago. Efforts are to arrest him. The victim's father had passed away a few years ago and her mother was away to work in a paddy field when the incident occurred.

YOGI ADITYANATH'S CRACKDOWN ON CRIME! UP POLICE LAUNCHES 'OPERATION CONVICTION'

Uttar Pradesh Police have a new evidence and given punished strictly by the court. Under this action plan called 'Operation Conviction' to ensure speedy charges under the POC SO Act, crimes of rape, murder, robbery, punishment to the criminals involved dacoity, religious conversion, cow slaughter have been included. Crackdown on crime: The Yogi Adityanath-led Uttar Pradesh government is gearing up against crimes apart from those under the POC SO Act. In the charges crime. In order to make Uttar Pradesh free from crime, Uttar Pradesh Police the court after conducting a time-bound investigation. Within a new action plan called three days, the charge will be framed and the trial proceedings 'Operation Conviction' to ensure will be completed within 30 days. speedy punishment to the criminals it will be the responsibility of the police station in-charge and involved in heinous crimes. Under this new action plan, the police the FSL to make the test reports available within a week in the cases identified by the concerned will arrest the accused and collect commissionerate/district in-charge. evidence and give them stringent Monitoring cell will be formed punishment. Currently, in Uttar Pradesh, the accused are being offered to monitor the prosecution in the identified cases. Effective action will be ensured by reviewing the arrested, presented with scientific day-to-day proceedings of the allegations by the monitoring cell.



Scoop: Netflix show on colliding worlds of crime and media

The sensational murder of India's best known crime reporter in June 2011 and the subsequent arrest of a female crime journalist on allegations of being involved in the murder had stunned the country. Jyotirmoy Dey, popularly known as J. Dey, was shot dead in Mumbai by men on motorcycles on orders from one of India's most notorious gangsters, **Chhota Rajan** - he was convicted in 2018 and is serving a life sentence for the killing. But somehow, Jigna Vora, a newspaper journalist, got caught up in the storm and was charged - falsely - for involvement in the murder. She spent over nine months in Byculla jail before being released on bail. A single parent to a 10-year-old boy, Ms Vora was acquitted in 2018 since the police failed to produce any evidence against her. This story of a journalist's murder - and of another's wrongful confinement - is the subject of Scoop, a new webseries on Netflix that is wowing critics and viewers alike. Based on Ms Vora's 2019 memoir - Behind The Bars In Byculla: My Days in Prison - Scoop is a gripping tale of a real-life crime, Mumbai's mafia and the role of the police and the press. Many of the real-life incidents have been replicated.

12-YEAR-OLD SEXUALLY ASSAULTED BY THREE MINORS, TWO APPREHENDED

The accused had threatened to kill the victim if she told her family. In a village in Punjab's Dasuya, an incident of an alleged sexual assault of a 12-year-old girl has come to light. All the three accused are minor boys and are residents of the same village where the incident occurred. While the main accused are students of Class 12th, the victim is of Class 8th. The victim's mother lodged a complaint with the police against the three accused. ASI Bhupinder Singh, the investigating officer, and women cell in-charge Kamleshwar Kaur took the victim to the Dasuya Civil Hospital for a medical examination on Monday. The investigating officer said that the victim's mother informed the police in her statement that her daughter often went to the village's ground to play. On Monday, she went to the same ground, but when she returned home, she was frightened. When questioned, she revealed that three boys from the village took her to an abandoned rest house, and one of them sexually assaulted her, while the other two molested her. The girl also disclosed to her mother that she had been raped on June 22 as well by the same boy, Bhupinder added. During this time, the accused had threatened to kill the victim if she told her family. The police have registered a case under sections 376D, 354 of IPC, and the POC SO Act, Balwinder Singh, the station in-charge said. Two of the accused have been apprehended by the police, presented in court and sent to a juvenile home, while the third one is still at large, the police official added.

COVID JUMBO CENTRES SCAM: RS 22 CRORE LAUNDERED THROUGH SHELL COMPANIES, SAYS ED PROBE

According to ED sources, of the Rs 32 crore spent by the Brihanmumbai Municipal Corporation (BMC) for the services and materials from Lifeline Hospital Management Services, around Rs 22 crore was laundered through shell companies. An investigation by the Enforcement Directorate (ED) into the alleged Covid-19 jumbo centres scam has revealed that money trail has been established. It through contracts awarded to added that for the purpose of Lifeline Hospital Management Services, a firm in which Shiv Sena made to eligible individuals who UBT leader Sanjay Raut's aide Sujit later returned the money in cash to Patkar is a partner, Rs 22 crore was the suspects. The ED, however, said allegedly laundered via shell that at this stage it cannot be companies, officials said, disclosed where the money trail. According to ED sources, of the Rs ends. 32 crore spent by the Suraj Chavan grilled Brihanmumbai Municipal On Monday, the ED grilled Yuva Corporation (BMC) for the services Sena functionary Suraj Chavan, and materials from Lifeline close aide of Shiv Sena (UBT) MLA Hospital Management Services, Aaditya Thackeray, for more than around Rs 22 crore was laundered eight hours.



MUMBAI DEVOTEES ALL SET TO CELEBRATE 'ASHADI EKADASHI' WITH FAITH AND FERVOUR

'Ashadi Ekadashi' or 'Devshayani Ekadashi' on June 29 (Thursday) is observed during the 'Ashada' month of the Hindu Calendar. It marks the commencement of the slumber of Lord Vishnu (Lord Vitthal) on the 'sheshnag' for a four month period also called 'Chaturmas'.

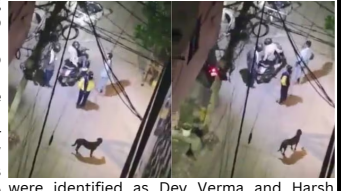
Mumbai: On Sunday night, unmindful of the rains that lashed the metropolitan region, 68-year-old Rachana Vaidya made sure that she packed her belongings to leave for Pandharpur. At Pandharpur, she will make it a point to visit Lord Vitthoba Temple (Shri Vitthal-Rukmini Mandir) on the day of 'Ashadi Ekadashi' (June 29) to have darshan and seek blessings. An avid devotee of Lord Vitthoba, she has completed the 21-day 'wari' (pilgrimage walk) for 12 years. "Now due to age that is not possible. But she makes it a point to stay there for the entire Chaturmas (four months) period besides availing the darshan on Ekadashi day and listening to Dnyaneshwari Keertan and Tukaram Gatha," said Kshitija Vaidya, her daughter who also makes it a point to go to Pandharpur. "Since my daughter was born, I have been



going to Pandharpur during the Kartiki Ekadashi. As it falls closer to Dilwai and my daughter has vacation, we go together," said Vaidya. On the day of Ashadi Ekadashi, Vaidya visits Lord Vitthal Mandir and Dnyaneshwar Mandir in Thane. "At home, I offer 1,001 Tulsiji at the feet of Lord Vitthal. Tulsi-ji is his favourite. I also fast on this day," said Vaidya. Ashadi Ekadashi' beginning of 'chaturmas' 'Ashadi Ekadashi' or 'Devshayani Ekadashi' on June 29 (Thursday) is observed during the 'Ashada' month of the Hindu Calendar. It marks the commencement of the slumber of Lord Vishnu (Lord Vitthal) on the 'sheshnag' for a four month period also called 'Chaturmas'.

WATCH: DELHI ROBBERS TRY TO ROB COUPLE AT GUNPOINT, END UP GIVING THEM RS 100 BECAUSE...

Viral CCTV footage shows two robbers handing Rs 100 to a Delhi couple they were trying to rob at gunpoint just seconds earlier. In a bizarre incident, two Delhi robbers who were trying to rob a couple at gunpoint ended up giving them Rs 100 and left the scene without harming them in any way. Footage of the empathetic robbers and their attempted robbery was captured on CCTV cameras at the Farsh Bazaar area of east Delhi's Shahdara on June 21. The footage shows two men, both wearing helmets, stopping their two-wheeler near the couple. One man gets off the scooter and points a gun at the couple, while the other appears to frisk them. Realising that they had nothing on them except Rs 20 banknotes, the robbers were seen handing them something to the couple before driving off. The couple later told police that the bike-borne robbers gave them a Rs 100 note, according to an NDTV report. Police managed to trace the robbers after analysing footage from nearly 200 CCTV cameras installed in the vicinity. The accused



were identified as Dev Verma and Harsh Rajput. They were both inebriated at the time of the incident. "Both the robbers had consumed a lot of alcohol at the time of the incident. After examining the CCTV footage, it was found that these robbers had created panic in many areas. We have recovered the pistol," said DCP Shahdara, Rohit Meena. The two robbers told police that they were trying to join the gang of gangster Neeraj Bawana and were influenced by his YouTube videos. Cops recovered around 30 stolen cellphones from their possession.

AIR INDIA PASSENGER DEFECATES, URINATES ON FLOOR OF FLIGHT MID-AIR

A passenger on the Mumbai-Delhi Air India flight defecated, urinated and spat in the aircraft while it was mid-air. An FIR was booked against the man, and he was arrested on arrival at the airport. A passenger on an Air India flight was arrested for allegedly defecating and urinating on the floor of the Mumbai-Delhi flight mid-air. The incident occurred on flight AIC 866 on June 24, police said. The passenger, identified as Ram Singh, was seated at 17F. He defecated, urinated and spat in row 9 of the aircraft, according to the case filed against him. The cabin crew issued a verbal warning to the passenger and isolated him from others when they first noticed the misconduct. The pilot-in-command was also alerted to the situation, and a request for security assistance upon arrival was sent to the company. The act left several passengers agitated. Upon landing, the head of Air Indias' security was present to escort the accused passenger to the local police station. A case was registered under sections 294 (obscene acts) and 510 (misconduct in public

MUMBAI: KANDIVALI POLICE ARREST THREE PERSONS FOR KIDNAPPING INSURANCE AGENT, EXTORTING MONEY



The Kandivali police has apprehended three individuals who allegedly kidnapped an insurance agent and extorted money from him following a money dispute. The arrested suspects have been identified as Achhelal Yadav (52), Manohar Devghare (36), and Manish Pancharas. They have been produced in court. The Kandivali police has apprehended three individuals who allegedly kidnapped an insurance agent and extorted money from him following a money dispute. The arrested suspects have been identified as Achhelal Yadav (52), Manohar Devghare (36), and Manish Pancharas. They have been produced in court. According to police sources, the complainant, who works as an insurance agent, had a prior acquaintance with Yadav. Several years ago, after becoming acquainted, the complainant asked Yadav to invest in an insurance policy. However, a dispute arose between them regarding the money involved. Four days ago, while the complainant was in the Malad area, Yadav contacted him and asked to meet. Yadav, accompanied by his two associates, forced the complainant into an auto-rickshaw and took him to Kurar village in Malad East. There, they compelled him to transfer Rs 2.75 lakh. Additionally, they took him to an ATM in Goregaon and withdrew Rs 1 lakh from his account. They also made him sign some documents before allowing him to leave. The complainant subsequently reported the incident to the Kandivali police station.

PRAGATI MAIDAN TUNNEL LOOT CASE: 7 HELD, RS 5 LAKH RECOVERED; 25-YEAR-OLD USMAN FROM BURARI PLANNED CRIME, SAYS DELHI POLICE

NEW DELHI: Delhi Police said on Tuesday that a 25-year-old youth named Usman from Burari, a debt-ridden delivery boy, planned the loot at the Pragati Maidan tunnel. So far seven people have been arrested and Rs 5 lakh has been recovered in connection with the crime that took place on Saturday, police said. "Usman also roped in his cousin Irfan for the job. His accomplices included people from Loni and Baghpat in UP," ANI quoted special commissioner of police, Crime Branch, Ravinder Yadav as saying. One Anuj Mishra alias Sunky, a mechanic working at Delhi Jal Board in Adarsh Nagar, was one of the motorcycle drivers, he said. "Sumit aka Akash, a vegetable seller, was also involved in the act. The accused include Pradeep, the suspected mastermind, and one Bala arrested from eastern UP. They conducted a recon for three days and selected the tunnel as the location to commit the crime thinking that other cars would not stop inside the tunnel," Yadav said.

SHIV SENA (UBT) LEADER ANIL PARAB BOOKED, FOUR OTHERS ARRESTED FOR ASSAULTING MUMBAI CIVIC OFFICIAL



Mumbai police has filed a case against Shiv Sena (UBT) leader and former Maharashtra transport minister Anil Parab, among others, and have arrested four party workers for allegedly assaulting a Brihanmumbai Municipal Corporation (BMC) official during the demolition of a Shiv Sena shakha (branch office). The incident took place on June 22. According to civic officials, Shiv Sena (UBT) workers had organized a protest highlighting the issue of contaminated water supply in several areas. A delegation went to meet the assistant commissioner, Swapnaja Kshirasagar, to discuss the matter. However, a commotion broke out during the discussion at the BMC office in Santacruz, Mumbai, and escalated into arguments. In a viral video confirmed by the Mumbai police, the BMC official who allegedly led the demolition is seen being slapped, kicked and shoved by Shiv Sena workers, including Anil Parab.

'YOGA DOES NOT HELP YOU LOSE WEIGHT,' SAYS DOCTOR IN VIRAL POST, TWITTER DISAGREES

Dr Cyriac Abby Philips, who goes by the name The Liver Doc on Twitter, posted a tweet that is blowing up on the internet. In his viral tweet, he debunked some of the common myths associated with particular food items, exercise, yoga etc. He summarized his post with 20 points which debunked some perceptions and myths that we have been holding onto. From the consumption of green tea for losing weight to popping a biotin pill for healthy hair, he refuted all these popular claims in his post. However, the post garnered a lot of traction due to this point about yoga. In his post, Dr Philips wrote, "Yoga does not help you lose weight." Now, this point raised many brows. The internet seemed triggered by the point he was trying to make about yoga. "Others may or may not be true, but saying "Yoga does not help lose weight" is same as saying - "no point in exercising as it does not help lose weight", a user contradicted. "Yoga was never invented to lose weight. It was designed for something else.. People later found its benefits and started marketing about it for various purposes," another user added. After the post blew up online, Dr Cyriac Abby Philips thought it was necessary to elaborate on the reason for his statement. He shared links of research and studies to substantiate his claims in subsequent tweets. What are your thoughts? Tell us in the comments section below.

TheLiverDoc @TheLiverDoc

To summarize:

1. One whole egg with yolk a day does not increase blood cholesterol
2. Green tea does not help you lose weight
3. Jaggery, honey or sugarcane are not healthier than white sugar
4. There is no "healthy alcohol"
5. Ashwagandha does not reduce stress or help you... [Show more](#)

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VIRAL TWEET