

PUBLISHED FROM Delhi, Haryana, Uttar Pradesh, Punjab, Chandigarh, Himachal and Jammu

The Sikh Times National Daily

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Arvind Kejriwal Bail Hearing Today

Sanjay Kumar

New Delhi, Sep. 12: The Supreme Court on Thursday reserved its verdict on Delhi chief minister and AAP convener Arvind Kejriwal's plea challenging his arrest by the Central Bureau of Investigation (CBI) and requesting bail in connection with the alleged liquor policy scam.

Putin proposes meeting with Modi at BRICS summit next month

Simmi Kaur Babbar

New Delhi, Sep 12: In a boost to peace efforts in the Russia-Ukraine conflict, Indian National Security Advisor (NSA) Ajit Doval met Russian President Vladimir Putin today and conveyed details of the discussions between India and Ukraine on possible measures for resolving the conflict.

Doval as saying, "He (Modi) wanted me to come in person and tell you about the talks that took place (in Kyiv). It was a closed format, only the two leaders were present, and I

phone, emphasising the importance of dialogue, diplomacy, and sincere engagement for a peaceful resolution of the conflict. The Kremlin stated that Putin blamed Ukraine and its 'Western friends' for what he called 'destructive policies.'



Doval with Prime Minister (Modi); I witnessed this conversation. Earlier this month, Putin suggested that China, India, and Brazil could act as mediators in potential peace talks with Ukraine at an event in Vladivostok. On August 27, Modi spoke with Putin over the

bilateral meeting between Doval and Shoigu, stating, "Both sides reviewed progress in bilateral cooperation and discussed important issues of mutual interest." In New Delhi, Ministry of External Affairs spokesperson Randhir Jaiswal said,

Involvement in criminal case no ground for demolition of property: Supreme Court

ST Correspondent

New Delhi, Sep 12: The Supreme Court asked the civic body of Kathlal in Kheda district of Gujarat to maintain status quo and not threaten to bulldoze the house of a man accused in a criminal case.



Gujarat to maintain status quo and not threaten to bulldoze the house of a man accused in a criminal case. "In a country where actions of the State are governed by the rule of law, the transgression by a family member cannot invite action against other members of the family or their legally-constructed residence.

Engineer Rashid on Article 370, being called 'BJP proxy'

Jammu, Sep 12: Awami Ittehad Party (AIP) supremo Sheikh Abdul Rashid alias Engineer on Thursday rejected the claims of him being a 'BJP proxy' for the upcoming elections in Jammu and Kashmir, saying he will be willing to support the INDIA bloc if they promise to restore Article 370 in the union territory whenever they come into power at the Centre.

Mamata Banerjee says 'ready to resign' as junior doctors protest stalemate continues

Navdeep Singh Sahni

Kolkata, Sep 12: Chief minister Mamata Banerjee waited for more than an hour to meet the agitating junior doctors. However, it did not take place as scheduled. Efforts to resolve the deadlock between agitating junior doctors and the West Bengal government stalled on Thursday after the doctors refused to engage in talks with chief minister Mamata Banerjee unless their demand for a live-streamed meeting was met.

Nabanna, Howrah, The doctors, who have been protesting against the alleged rape and murder of a female colleague at RG Kar Medical College, reached the venue around 5:25 pm, remaining outside the gates for over an hour in a tense standoff



with government officials. Mamata Banerjee, who had agreed to meet the doctors as part of ongoing efforts to end their strike, waited inside the venue for over an hour. Despite assurances from the

state government that the session would be recorded for transparency, the doctors insisted on a live telecast of the proceedings. The state's chief secretary Manoj Pant had earlier conveyed that live streaming was not feasible, but promised to provide a full video recording of the meeting.

Leaders of various political parties condole Yechury's death

Tejinder Kaur Babbar

New Delhi, Sep 12: Leaders cutting across the political spectrum condoled CPI(M) general secretary Sitaram Yechury's passing, with many hailing him as an effective parliamentarian, a pillar of the CPI(M) and an "unrepentant Marxist" with a pragmatic streak.

a leading light of the Left and was known for his ability to connect across the political spectrum," Modi said in a post on X. "He also made a mark as an effective parliamentarian. My thoughts are with his family and admirers in this sad hour. Om Shanti," the



prime minister said. The CPI(M) also expressed profound grief over the death of its general secretary and described Yechury's passing as a big blow for the Left, democratic and secular forces. The

Congress also condoled Yechury's death, with Leader of Opposition in the Lok Sabha Rahul Gandhi saying he was a protector of the idea of India with a deep understanding of the country. Party chief Mallikarjun Kharge said Yechury was an excellent parliamentarian and an outstanding intellectual who served the people of India with pragmatism blended with idealism.

munications Jairam Ramesh said Yechury was an "unrepentant Marxist with a pragmatic streak, a pillar of the CPI(M), and a superb Parliamentarian". BJP leaders and Union ministers also paid tribute to Yechury and said his contributions to public life would always be remembered.

Will socially boycott Mamata Banerjee: Bengal governor

Kolkata, Sep 12: West Bengal Governor CV Ananda Bose on Thursday said he would not share any public platform with Chief Minister Mamata Banerjee in view of people's outcry over the RG Kar hospital impasse. In a video message, Bose said he would socially boycott the chief minister. "I will not be sharing any public

As Siddaramaiah faces MUDA heat, 'loyalists' line up to replace him

Naresh Malhotra

Chandigarh, Sep 12: Karnataka, one of the only three states under the Congress rule, has again been plunged into dramatic political turmoil, which it is known for. With Chief Minister Siddaramaiah facing sustained attacks from the BJP over allegations of irregularities in allotment of land by the Mysore Urban Development Authority (MUDA), the state is again in the news for its characteristic high-voltage politics.

ing such damaging statements in future in the interest of the Congress party and the state of Karnataka". "Those who took charge as ministers should focus on implementing announcements made in the Budget. They should listen to the grievances of the public and respond to their problems. It is wrong to go around claiming to be aspirants for the CM's post," a party office-bearer was quoted as saying.

a five-member ministerial committee to review and coordinate action in connection with a



probe by the state government and investigating agencies into various "scams", especially during the BJP rule. Interestingly, however, those who have expressed the desire to replace him do not include Deputy Chief Minister DK

Shivakumar, the man considered his foremost adversary in the party and his likely replacement in case things take a turn for the worse. In fact, the clamour against Siddaramaiah is being raised by men perceived as his loyalists — according to reports from the ground, these include Home Minister G Parameshwara, PWD Minister Satish Jarkiholi, Industries Minister MB Patil, and Basavaraj Rayareddy, the financial adviser to the CM. Some others have also hinted at or openly expressed the desire to occupy the top post "if the Central leadership wanted".

platform with the chief minister. I will take proactive steps against her for violating constitutional provisions. My role as the Governor will be confined to the constitutional obligations," Bose said. "I stand committed to the people of Bengal. I reiterated my commitment to the parents of the victim of RG Kar and also to those who are demonstrating for justice. In my assessment, the government has failed in its duties," he added.

News box

Cow vigilante kidnapped, thrashed by two men in Than



Than. A 30-year-old "gau rakshak" (cow vigilante) from Kalyan in Than district was kidnapped and brutally assaulted by two men, police said on Wednesday. According to a complaint cited by the police, the victim was forcibly removed from his car by the two individuals, placed into an auto-rickshaw, and taken to a location on the Govind Wadi bypass road where he was severely beaten up at around 9.30 am on Tuesday. The attackers also verbally abused the victim, accusing him of tipping off the police about a pickup truck transporting beef, which had led to the vehicle's seizure, they said.

After the assault, the victim, described as a "gau rakshak" (cow vigilante) in the FIR, was transferred to another vehicle and dropped near a flower market in the Patripool area, according to the police.

Police identified the accused as one Aslam Mulla and his brother Sam, and said efforts were going on to apprehend them.

They have registered an FIR against the duo under sections 137(2) (kidnapping), 118(1) (voluntarily causing hurt or grievous hurt by dangerous weapons or means), 352 (intentional insult with intent to provoke a breach of peace), 351(3) (criminal intimidation), and 3(5) (criminal act done by several persons in furtherance of a common intention) of the Bharatiya Nyaya Sanhita.

Malaika's father falls from 6th floor of Bandra bldg, dies

Mumbai. Bollywood actress Malaika Arora's father, Anil Mehta (62), allegedly died by suicide after falling from the balcony of his sixth-floor apartment at Ayesha Manor in Bandra (W) on Wednesday.

Bandra police are investigating the case to determine the motive behind his action as no suicide note was found at the scene. Initial suspicions point towards old age and depression due to ill health as the reasons for this extreme step. Police are also looking for Mehta's diary hoping that it may provide insights into the exact cause behind his action, said police sources. Mehta, originally from Fazilka in Punjab, had worked in the Indian Merchant Navy.

"The deceased was in the balcony when he fell off between 10.30am and 11am. The family said they suspect it is a case of suicide. A case of accidental death report has been registered. No suicide note was found from the flat or in possession of the deceased," said an officer from Bandra police station. "We are going through the building's CCTV footage. Mehta's wife was alerted to the incident by a building resident. A resident standing near a parked car on the building premises saw him fall. The eyewitness alerted other residents who then called the police," the police officer said.

Following the incident, Malaika and her sister Amrita rushed to Ayesha Manor, while many celebrities visited to pay their respects. After the post-mortem, Mehta's body was handed over to the family. Suicide prevention helplines: Vandrewala Foundation: 9999666555; I-Call (Tiss): 9152987821 (Monday-Saturday 10am-8pm); Samaritans Mumbai: 8422984528, 8422984529, 8422984530.

Probe lapses 'indirectly help accused, state not serious in tackling deficiencies': HC

Mumbai. Bombay high court on Wednesday expressed anguish over how police investigations are being conducted into crimes against women and stressed lapses "indirectly help the accused". "The state is not serious in tackling deficiencies," it added.

"We wanted to bring to your notice that this is the state of affairs. This is not about expressing pleasure or displeasure. It is our anguish... Regularly come across such cases and we implore you to bring it to the notice of higher authorities." Justices Ajay Gadkari and Neela Gokhale told advocate general Birendra Saraf. For instance, in two cases where the accused sought quashing of FIRs under IPC Section 354 for outraging of modesty, no seizure panchama was done of the complainants' clothes that were allegedly torn. The judges noted in the Dindoshi case, Mumbai police commissioner Vivek Phansalkar had directed the torn clothes preserved by the complainant to be taken into account after the chargesheet was filed on June 12. "What happens with the most important piece of evidence?... Ultimately it results in acquittal," said Justice Gadkari. The judges also noted that in the Pune case, the investigation was done by a head constable. Saraf said the constable is suspended, but the judges said it is of no use.

46 detained after communal clashes in Mandya during Ganapati procession

The Karnataka Police detained 46 people for questioning in connection with the communal clashes that broke out in the state's Mandya district during a Ganapati procession.

►Police impose high alert in Mandya after clashes
►Relatives demand release of detained individuals
►Clashes happened in Badarikoppalu village of Mandya district

Bengaluru. The Karnataka Police on Thursday detained 46 people in connection with the communal clashes that broke out in the state's

Mandya district during a Ganapati procession on Wednesday, September 11.

According to the police, clashes happened in the district's Badarikoppalu village when stones were thrown, allegedly from near a mosque, at some people when they were taking out the Ganapati procession.

Several Hindu youths then placed the Ganesh idol in front of the police station and staged a protest seeking justice. A group also set fire to a few shops and torched tyres to express their outrage, further escalating tensions.

Following the detention of the people, their relatives gathered in front of a local police station, demanding their release.

"Our people did nothing wrong.



They were arrested for no reason," a man said while demanding the

release of the people who were detained by the police.

Meanwhile, the police said that people were brought for questioning in connection with the matter. "We have brought them in for questioning. Those who have done nothing wrong will be released," a police official said.

The police have declared a high alert in the area and imposed Section 163 of Bharatiya Nagarik Suraksha Sanhita (order issued in urgent cases of nuisance or apprehended danger) to bring the situation under control.

The incident in Karnataka comes days after six minors were arrested in Gujarat's Surat after they allegedly pelted stones at a Ganesh pandal, resulting in clashes.

Five of family killed in car crash near Chidambaram in Tamil Nadu

CUDDALORE. Five people, including two women and a child, were killed in a head-on collision between a car and a lorry near Chidambaram in the early hours of Thursday.

The victims were travelling from Chennai to Mayiladuthurai district after visiting a relative who had been hospitalised.

The victims have been identified as A Muhammad Anwar (56) of Nakkampadi, near Kuthalam in Mayiladuthurai district, along with his relatives B Shahida Begum (60) of the same village, M Arafat Nisha (27), her son M Adnan (4) of Thirumangalam, and S Yasar Arafat (38) of Karuppur, near Kumbakonam in Tanjore district. They started their return journey late Wednesday, with Yasar Arafat driving the



car. The accident occurred in the early hours of Thursday, at around 2 am, on the Villupuram-Nagapattinam highway, which is still under construction. While crossing the flyover at Anaiyankuppam, near Chidambaram in Cuddalore district,

the car collided with a lorry that was carrying soap from Chidambaram to Cuddalore. All five occupants of the car were found dead at the scene. "The car as severely damaged, and all five were trapped inside. They were already dead when we arrived," said a police official. The bodies were taken to the Government Hospital in Chidambaram for post-mortem.

Parangipettai police have registered a case and are searching for the lorry driver and cleaner, who fled the scene after the accident. "The accident likely occurred because both vehicles were travelling at high speed on the single-lane, as the road was under construction," a police source alleged. The damaged vehicles were cleared from the highway.

Ahmedabad firm to invest Rs 200 crore to set up cervical cancer screening labs

AHMEDABAD. Amid the rising incidence of cervical cancer in India, Ahmedabad-based DNA Wellness Private Limited is investing Rs 200 crore to establish around 100 cervical cancer screening labs across the country. The company has secured exclusive rights to conduct the DNA Ploidy Test in India from the British Columbia Cancer Research Agency in Canada. This test can detect cancerous cells up to two years earlier than conventional methods like the pap smear.

"The DNA Ploidy Test identifies specific changes in the body that may lead to cancer. It's non-invasive and boasts 100% specificity with 98% sensitivity. The first dedicated cervical cancer screening lab

using this test has been launched in Ahmedabad. By October 2024, we will open additional labs in Vadodara, Rajkot, and Surat," said Pathik Bhandari, co-founder of DNA Wellness, during a media interaction in Ahmedabad on Tuesday.

Cervical cancer is one of the leading causes of cancer-related deaths among women in India, with about 1.3 lakh new cases and 80,000 deaths annually. In Gujarat alone, 17,000 women were diagnosed with cervical cancer in 2023, and 1,800 deaths were reported, according to the National Cancer Registry Report 2023. "Cervical cancer remains one of the most prevalent yet preventable cancers among women in India. Early detection is crucial for saving

lives, and the DNA Ploidy Test is a significant breakthrough," said Dr. Anjana Chauhan, Gynec Oncologist. "With high sensitivity and specificity, this test allows us to detect precancerous changes long before they develop into cervical cancer, offering timely intervention and prevention. As the incidence of cervical cancer rises, such innovations are vital to improving outcomes and moving us toward a future where no woman faces this disease unchecked." The risk factors for cervical cancer include long-term HPV infections, especially in those with weakened immune systems, obesity, smoking, contraceptive use, and having multiple children.

Vellore Central Prison's Additional Superintendent shifted to Puzhal following CBCID FIR

The FIR was registered as per Madras High Court's order, issued following a petition regarding alleged torture of a convict prisoner in Vellore prison.

VELLORE. Vellore Central Prison's Additional Superintendent of Police, A.S. Abdul Rahuman, has been deputed to Central Prison II, Puzhal, following an FIR lodged by the CBCID.

On Wednesday evening, the Director General of Prisons and Correctional Services, Tamil Nadu, Dr. Maheshwar Dayal, issued an order for the deputation after the CBCID registered an FIR against Vellore

Central Prison DIG R. Rajalakshmi, Additional Superintendent A.S. Abdul Rahuman, and Jailer Arulkumaran and few other prison officials last week. The FIR was registered as per Madras High Court's order, issued following a petition regarding alleged torture of a convict prisoner in Vellore prison. The prisoner was also illegally employed as a domestic help in DIG Rajalakshmi's

house. As per the order, Rahuman, who also holds charge as Superintendent of Special Prison for Women, Vellore, has been deputed to Central Prison II, Puzhal. A. Parasuraman, Superintendent of Central Prison II, Puzhal, has been instead deputed to Vellore Central Prison, with B. Krishnaraj, Superintendent of Special Prison for Women, Puzhal, temporarily taking over Parasuraman's responsibilities at Puzhal.



Woman whose family was killed in Wayanad landslide loses fiancé in car accident

A spokesperson from Dr Moopen Medical College, where Jensen had been admitted, confirmed that he died at 8:50 pm, following a critical struggle with multiple injuries sustained in the accident.

Thiruvananthapuram. As 24-year-old Shruti was still grappling with the loss of her entire family in the catastrophic landslides that hit Kerala's Wayanad district in July, she was dealt with another devastating blow on Wednesday when her fiancé, Jensen, died from injuries sustained in a car accident.

A spokesperson from Dr Moopen Medical College, where Jensen had been admitted, confirmed that he died at 8:50 pm, following a critical struggle with multiple injuries sustained in the accident. The doctors had noted his extremely low vital signs, excessive bleeding from his nose, and severe internal bleeding in his brain, news agency reported.

Jensen's accident occurred on Tuesday when



his car collided head-on with a private bus. Shruti and several of Jensen's family members, who were also in the vehicle, sustained injuries but survived the crash. Despite the best efforts of medical staff,

Jensen, who worked at a car cleaning company, could not be saved.

The landslide disaster on July 30 claimed the lives of nine of Shruti's family members, including her parents, Shivanna and Sabitha, and her younger sister, Shreya, in the villages of Chooralmala and Mundakkai in Meppadi panchayat. The calamity left her without any close relatives. Her fiancé, Jensen, with whom she had shared a decade-long relationship, was her sole source of support during this painful

time. The couple got engaged on June 2, just weeks before the tragedy. On August 29, Shruti and Jensen visited the Puthumala crematorium where some of her family members were cremated, reaffirming

their commitment to each other in the shadow of immense loss. Days later, their world was again shattered when Jensen was critically injured in a car accident.

THE SIKH TIMES
Edited, Printed, Published
Owned by Simmi Babbar
N - 31, Dr. Mukherjee Nagar
Delhi-110009
Printed at Qanuni Patrika Printing
Press, A-4/A-144, Tronica City
(Lodi), Ghaziabad (Uttar Pradesh)
Corporate Office:
5, Bahadur Shah Zafar Marg,
Press Area, ITC, New Delhi
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News box

In third list, Cong names its Pataudi candidate

Gurgaon. Congress general secretary Randeep Surjewala's son Aditya and five women, including an advocate, are among the 40 names declared by Congress in its third list of candidates released late on Wednesday. With the latest list, candidates for just ten of the 90 seats are yet to be announced by Congress for the Oct 5 assembly polls.

Colleges cut Rs1k as penalty for cancelling admissions

Gurgaon. Colleges can deduct a fixed amount if a student cancels their admission after enrolling and refund the remaining money, said the Department of Higher Education. This year, the amount has been fixed at Rs 1,000.

Govt employees press for old pension scheme ahead of polls

Gurgaon. As the election campaign intensifies, the debate surrounding the old pension scheme (OPS) has resurfaced. Demanding reinstatement of the old scheme, a group of govt employees wore black ribbons and bands at their workplaces in protest.

Light rain brings down mercury by 3°C

Gurgaon: The India Meteorological Department (IMD) issued an 'orange' alert for Thursday, forecasting heavy to very heavy rainfall accompanied by thunderstorms at isolated locations.

E-ricks a key last-mile link in Gzb locality, here to stay



Ghaziabad. The ban imposed on e-rickshaws plying on Ambedkar Nagar was lifted by the police on Wednesday. Earlier, police had imposed a restriction on e-rickshaws in the area with effect from Sept 12.

livelihoods of many low-income people. "We have also asked the DCP to act on illegal e-rickshaws running on roads and we will cooperate with them on this."

regard," he said. Meanwhile, DCP Rajesh Kumar said that the decision to ban to e-rickshaws on Ambedkar Road was postponed but restrictions on other roads will continue.

First flight in April 2025, NIA to get new power connection by Sept end

Noida. With flight operations from Noida International Airport likely to start by Apr 2025, the power department will start providing staggered electricity connection to the terminal.

main receiving substation (MRSS). Subsequently, two separate 2MVA connections were approved — on Oct 21, 2023, for MRSS and on Aug 17 this year for ESS.

Street vendor paying 5k 'hafta' a month gets full refund as corpn makes harasser pay up

Gurgaon. In an attempt to curb rampant extortion of street vendors, Municipal Corporation of Manesar (MCM) assisted a vendor in recovering the amount he paid to a clerk of a private firm outside which he had set up his stall.

police, demonstrating intolerance to the practice of extortion. "The clerk asked for money in exchange of allowing me to operate my business. When I didn't pay up, he locked my stall. I had a licence to operate my stall and so, I approached the corporation."

and report their issues as well. The authorities will take prompt action, it said, adding that it was committed to protecting the rights of street vendors.

8 years gone, MCG still doesn't have land for cultural complex

Gurgaon. The city's equivalent of India Habitat Centre (IHC) in Delhi, the cultural complex announced in 2016 was assigned five acres of land in Sector 53, but in the years since, officials are back to looking for a site for the project.

It was in 2015 that the cultural complex — a one-stop destination for art, performances and events in the city — was conceived on the lines of IHC on Lodhi Road in the heart of the capital.

Gir cage in Jhabua to capture Sariska tiger

Gurgaon. Four weeks after a tiger from Sariska trekked more than 120km to take up residence in a small patch of forest surrounded by wide open farmland at Jhabua in south Haryana's Rewari, the forest department has borrowed a cage from Gir National Park in Gujarat to trap the elusive cat.

retreated into thick foliage before foresters could shoot the tranquiliser dart. The tiger has made two attempts to return to Sariska, sneaking out of Jhabua at night to cross the border and reach Rajasthan, once on Aug 30 and again on Sept 7.

trees and shrubs. We haven't seen ST-2303 today (Wednesday). We can set up the cage after evaluating his path," an official said.

Haryana govt school students can apply for scholarship under Centre's scheme

Gurgaon. Students in Class 8 of govt schools in the state can now apply for scholarships. The National Means-cum-Merit Scholarship Scheme (NMMS) is being implemented across the country by the department of school education and literacy under Union ministry of education.

It is for general information that I, CHHOTI VITTI W/o SHYAM PARKASH R/o 226 Jhugga -B-Block Lakh Park, Jahangir Pur, North West Delhi, Delhi-110033 declare that name of mine has been wrongly written as CHHOTI BITTI in my Driving Licence No. DLB 2020000627. The actual name of mine is CHHOTI VITTI, which may be amended accordingly.

I, Dhamesh Kumar Gautam S/o Sri Nanak Chand Gautam R/o RZ-D12, GALI NO -08 RAJAPURI, UTTAM NAGAR WEST DELHI, DELHI-110059. Have changed my Son Minor Name Kishalay Gautam To Kishlay Gautam For All Future Purpose.

I, Aniket S/O Satish Kumar R/O D-Second, 294 Madangir Dr, Ambedkar Nagar Delhi-110062 Have Changed my name to Aniket Kumar for All future purposes.

I, KOTHAOTA GURRAMMA Mother of No. 16132595N Rank-SPR Name-KOTHAOTA KASI RAJINIANTH Presently residing on 00, THAMBALLA PALLE, P.O. THAMBALLA, DIST-GIDDALUR, DIST-PRAKASAM, ANDHRA PRADESH-523369 have changed my name from KOTHAOTA GURRAMMA to KOTHAOTA GURRAMMA for all future purposes vide Affidavit dated 12/09/2024 before Notary Public, Delhi.

Name Change It is for general information that I, TANIA D/O NARESH KUMAR residing at House No.-172, Brahmpur, Ura -Bhopura, Ghaziabad, Uttar Pradesh-201005 declare that the name of my Father has been wrongly written as NARESH CHANDELA in my 10th Class Educational Documents. The actual name of my Father is NARESH KUMAR which may be amended accordingly.

Name Change I, hitherto known as RITU alias RITU SAGAR D/o SHIV KUMAR, and W/o DHARAM VEER SAGAR R/o 599, Trikoi Pur, East Delhi, Delhi-110091, have changed my name and shall hereafter be known as RITU SAGAR, for all future purposes.

Name Change I, Rajani S/O Chand Prakash R/O Near Shyam Vatika, IMT Manesar, Gurgaon Haryana-122052 have Changed my name to Rajni for all future purposes.

PUBLIC NOTICE It is for general information that I, Md Shahid W/O Md. Idrish, R/O C-5/109 JJ Colony, Bhalwa dairy, Libas Pur, North West Delhi, Delhi-110042 declare that name of my wife has been wrongly written as Sazia in my minor daughter Nazam aged 15 years in her 10th class educational document and the name of mine and my wife has been wrongly written as Sahid and Sazia in her birth certificate no- MCDOLIR-0114-006414414. The actual name of mine and my wife are Shahid and Saiya, which may be amended accordingly.

PUBLIC NOTICE It is for general information that I, SEEMA SHARMA alias SHABNAM AHMED D/O SUBHASH CHAND SHARMA, Ex-Wife of MUKHTIAR AHMED, R/o 1223 B-1, Near Fortis Hospital Vasant Kunj, South West Delhi, Delhi-110070 declare that I got divorced from my Husband vide Court Decree No. ML No. 20/24 dated 18.05.2024. Henceforth I have changed my name to SEEMA SHARMA and embraced HINDU religion and renounced ISLAM with effect from 04.08.2024. Further I have changed the name of my minor daughters namely ALIYA AHMED aged 11 years to MEERA SHARMA and ZOYA AHMED aged 14 years to SIRAN SHARMA and also I have changed their religion from ISLAM to HINDU with effect from 04/08/2024 in future for all purposes.

Name Change I, KOTHAOTA ADEENNA Father of No. 16132595N Rank-SPR Name-KOTHAOTA KASI RAJINIANTH Presently residing at 00, THAMBALLA PALLE, P.O. THAMBALLA, DIST-PRAKASAM, ANDHRA PRADESH-523369 have changed my name from KOTHAOTA ADEENNA to KOTHAOTA ADANNA for all future purposes vide Affidavit dated 12/09/2024 before Notary Public, Delhi.

Name Change It is for general information that I, PRAMOD KUMAR TRIPATHI S/o HARIHAR PRASAD TRIPATHI R/o 13 B-Block Outub Vihar, Phase-I, Goyla Dairy, Quab Fur, South West Delhi, Delhi-110071 declare that name of mine has been wrongly written as PRAMODA KUMAR TRIPATHI in my 10th Class Educational Documents. The actual name of mine is PRAMOD KUMAR TRIPATHI which may be amended accordingly.

Name Change I, JAPHAR S/O MUMTAJ R/O H.No-175 VPO RASOOLPUR, DABHEDI MUZAF- FARNAGAR UTTAR PRADESH - 251309 HAVE CHANGE MY NAME TO JAFAR PERMANENTLY.

Name Change I, Anu Bala Uppal D/o Mangal Dass R/o H.No 2329, Sec-15, Sonipat Haryana-131001, have changed my name from Anu Bala Uppal to Anu Uppal for all future purposes.

Name Change I, hitherto known as SALMA KHATOON alias SALMA H KHAN D/O WAHAJ BEG W/O HASEEN ULLAH KHAN R/O I-2 SIF, GHAFAR KANZIL EXTN, KH NO 25, HAJI COLONY, JAMIA NAGAR, NEW DELHI-110025, have changed my name and shall hereafter be known as SALMA H KHAN.

Name Change I, JAVED S/O MUSTAQE AHMAD R/O G-79, UPPER GROUND FLOOR, RIGHT SIDE, JUMEIRAH APARTMENT, THOKAR NO.4, ABUL FAZAL ENCLAVE-1, JAMIA NAGAR, OKHLA, NEW DELHI-110025, have changed my name MOHAMMAD JAVED For all purpose in future.

Name Change I, hitherto known as QAYAMUDDIN SAIIFI S/O NOOR MOHAMMAD residing at Near 331, Bus Stand, N2211 Block, Sunder Nagar, Dist. North East Delhi, Delhi-110093 have changed my name and shall hereafter be known as KAYAMUDDIN SAIIFI.

Name Change It is for general information that I, RAJIV KUMAR S/O THAKU PASMAN, R/o House No. B E-3, Shalimar Bagh, North Delhi, Delhi-110028 declare that name of mine has been wrongly written as RAJUL PASWAN in my minor son RAHUL KUMAR aged 17 Years in his 10th Class Educational Documents. The actual name of mine is RAJIV KUMAR, which may be amended accordingly.

Name Change I, AAFREEN SABA W/O MOHAMMAD JAVED R/O G-79, UPPER GROUND FLOOR, RIGHT SIDE, JUMEIRAH APARTMENT, THOKAR NO.4, ABUL FAZAL ENCLAVE-1, JAMIA NAGAR, NEW DELHI-110025, have changed my name AAFREEN JAVED for all purpose in future.

Name Change I, NO-14859046X Rank-NK Name-SHAIKH MAJID AFSAR R/o AT HADOLI, PO-MADANSURI, TEH-NILANGA, DIST-LATUR, MAHARASHTRA-413521 have changed my minor daughter's name from SHAIKH AMAYRA MAJID for all future purposes vide affidavit dated 12/09/2024 before Notary Public, Delhi.

NORTHERN RAILWAY TENDER NOTICE Invitation of Tender through E-Tendering (E-Procurement Systems) 1. N.I.T. No. GSU_DLI_SNT_07 dated 12.09.2024 2. Name of work and its location Telecom works i.e.w Upgradation & Improvement of facade of station building & Divyang Facilities, telecom, Lighting at MOZ Station under ABSS of Northern Railway.

NORTHERN RAILWAY CORRIGENDUM Ref: I) Tender Notice No.: 41/2024-25 Dated: 09.09.2024 S.No-03 ii) Tender No.: 07243685 due on Dated-27.09.24 In reference to above tender, the tender opening dt change from 09.09.24 to 27.09.24. The Corrigendum has been published on website www.irops.gov.in.

PUBLIC NOTICE This is to inform that Mrs. Pratishtha Devi W/o Mr. Uday Kumar Thakur intends to purchase Residential Plot No. 12A & 12 (area measuring 50 Sq. Yards i.e. 41.80 Sq. Meters, out of Khata No. 208, Situated in the area of Village Giridharpur Saransi, colony known as Nand Vatika, Pargana & Tehsil Dadri, Distt. Gautam Budh Nagar, U.P. from M/s. Om Shivay Construction through its Prop. Mr. Prashant Yadav. M/s. Om Shivay Construction acquired the entire property from Mr. Gaurav Dagar and Mr. Saury Dagar through two sale deeds dated 06.05.2024. Previously, Mr. Gaurav Dagar, Mr. Saury Dagar, and Mrs. Sunita Dagar were the become owners, as per the mutation after the death of Mr. Jeet Singh, who was the recorded owner of the Khata. The same property is being financed by Mahindra Rural Housing Finance Limited, Branch Noida. If any person(s) objection & regarding subject property, then kindly may submit his/her objection within 07 days from the date of the Notice in writing. The said objection may be kindly sent to the undersigned by way of the Registered Post on the address given below and by E-mail, failing which, the claim as per aforesaid shall be treated as null and void in respect of the subject property. [ASHWANI KUMAR] Advocate Chamber No. 122, Tehsil Compound, Ghaziabad, U.P.

News box

'We Want Good Relations With India': In First Televised Address, Bangladesh's Yunus Calls For Fair, Equitable Ties

Dhaka, Bangladesh Bangladesh's Chief Adviser Dr Muhammad Yunus on Wednesday said his country wants good relations with India and other neighbouring nations on the basis of "fairness and equality".

In a televised address, marking the first month of the interim government's formation, Yunus said after he took oath as the head of the administration, many foreign leaders, including Indian Prime Minister Narendra Modi and his Pakistani counterpart Shehbaz Sharif, telephoned to congratulate him. We want good relations with India and other neighbouring nations, but that relations should be on the basis of fairness and equality," he said. Yunus said Bangladesh has already started high-level bilateral cooperation talks with India to deal with floods. "I have also taken the initiative to revive SAARC to enhance regional cooperation in South Asia," he said. SAARC comprises Afghanistan, Bangladesh, Bhutan, India, the Maldives, Nepal, Pakistan and Sri Lanka.

Typhoon Yagi sweeps through Vietnam: More than 170 dead, flood waters threaten Hanoi

World. While, the state-run power utility, EVN, announced on Wednesday that it had cut off power to some flooded areas of the capital due to safety concerns. Mai Van Khiem, director of the National Centre for Hydro-Meteorological Forecasting, stated that the Red River was at its highest level in two decades, with more rain expected over the next two days. The government has estimated that the typhoon and subsequent landslides and floods have killed 179 people, with 145 others reported missing. The Blue Dragon Children's Foundation, a charity, evacuated its office on Tuesday after authorities warned of flood risks. Spokesperson Carlota Torres Llirio expressed concern for the dozens of children and families living in makeshift houses by the river, news agency Reuters stated. EVN also reported that it had halted water discharge from the Hoa Binh hydropower dam, the second largest in northern Vietnam, into the Da River, a tributary of the Red River, to reduce water flow. Additionally, Vietnamese authorities have raised concerns about Chinese hydropower plants releasing water into another tributary of the Red River, the Lo River (known as Panlongjiang in China), though Beijing has stated that the two countries are cooperating on flood prevention. "My house's first floor is completely under water. Now we have no fresh water and electricity," Nguyen Duc Tam, a 40-year-old resident of Thai Nguyen, about 60 km (37 miles) from Hanoi, told Reuters.

Factories and warehouses in coastal industrial hubs east of Hanoi have been severely affected, with many forced to close, potentially disrupting global supply chains.

From Chinese to Italians and beyond, maligning culture via its foods is longtime American habit

NEW YORK. It's a practice that's about as American as apple pie - accusing immigrant and minority communities of engaging in bizarre or disgusting behaviors when it comes to what and how they eat and drink, a kind of shorthand for saying they don't belong. The latest iteration came at Tuesday's presidential debate, when former President Donald Trump spotlighted a false online tempest around the Haitian immigrant community of Springfield, Ohio. He repeated the groundless claim previously spread by his running mate, JD Vance, that the immigrants were stealing dogs and cats, the precious pets belonging to their American neighbors, and eating them. The furor got enough attention that officials had to step in to refute it, saying there was no credible evidence of any such thing. But while it might be enough to turn your stomach, such food-based accusations are not new. Far from it. Food-related scorn and insults were hurled at immigrant Chinese communities on the West Coast in the late 1800s as they started coming to the United States in larger numbers, and in later decades spread to other Asian and Pacific Islander communities like Thai or Vietnamese. As recently as last year, a Thai restaurant in California was hit with the stereotype, which caused such an outpouring of undesired vitriol that the owner had to close and move to another location. Behind it is the idea that "you're engaging in something that is not just a matter of taste, but a violation of what it is to be human," says Paul Freedman, a professor of history at Yale University. By tarring Chinese immigrants as those who would eat things Americans would refuse to, it made them the "other."

In the US, foods can be flashpoints

Other communities, while not being accused of eating pets, have been criticized for the perceived strangeness of what they were cooking when they were new arrivals.

Biden, Trump, Kamala Harris appear together at 9/11 ceremony in New York

New York With presidential candidates looking on, some 9/11 victims' relatives appealed to them on Wednesday for accountability as the US marked an anniversary laced with election-season politics. In a remarkable tableau, President Joe Biden, former President Donald Trump and Vice President Kamala Harris stood together at ground zero just hours after Trump and Harris faced off in their first-ever debate. Trump and Biden — the successor whose inauguration Trump skipped — shook hands, and former New York Mayor Michael Bloomberg appeared to facilitate a handshake between Harris and Trump. Then the campaign rivals stood only a few feet (meters) apart, Biden and Bloomberg between them, as the hours-long reading of victims' names began. At Trump's side was his running mate, Senator JD Vance. The image was one of putting politics aside at this year's solemn commemoration of the hijacked-plane attacks that killed nearly 3,000 people on September 11, 2001. But some victims' relatives, after reading out names, delivered political messages of their own. "We are pleading for your help, but you

ignore us", Allison Walsh-DiMarzio said, directly challenging Trump and Harris to press Saudi Arabia about any official involvement in the attacks. Most of the 19 hijackers were Saudi, but the kingdom denies it was behind their plot. "Which one of you will have the courage to be our hero? We deserve better", Walsh-DiMarzio said. She's a daughter of 9/11 victim Barbara P. Walsh, an administrative assistant. Joanne Barbara was one of multiple readers who spoke out against a now-revoked plea deal that military prosecutors struck with alleged 9/11 mastermind Khalid Sheikh Mohammed and two fellow defendants. "It has been 23 years, and the families deserve justice and accountability", said the widow of Assistant Fire Chief Gerard A. Barbara. Biden, on his last September 11 in office, and Harris paid respects on Wednesday at all three 9/11 attack sites: ground zero, the Pentagon and a rural part of Pennsylvania. The president, vice president — and, separately, Trump — laid wreaths on Wednesday afternoon at the Flight 93 National Memorial near Shanksville, Pennsylvania. Biden and Harris spoke with



victims' relatives and visited the local fire department; Trump and Vance went to a New York City firehouse earlier in the day. The Flight 93 memorial stands where one of the hijacked planes crashed after crew members and passengers tried to storm the cockpit. Trump described the site as an "incredible place" in brief remarks from afar to reporters. The attacks killed 2,977 people and left thousands of bereaved relatives and scared survivors. The planes took down the World Trade Center's twin towers and carved a gash in the Pentagon, the US military headquarters, where Biden

and Harris laid a red, white and blue wreath on Wednesday afternoon. While many Americans may not observe 9/11 anniversaries anymore, "the men and women of the Department of Defense remember", Defense Secretary Lloyd Austin said earlier in the day. The attacks altered US foreign policy, domestic security practices and the mindset of many Americans who had not previously felt vulnerable to foreign extremists. Effects rippled around the world. Victims came from more than 90 different countries, and the US responded to the attacks with a "Global War on Terrorism". US-led invasions of Afghanistan and Iraq killed hundreds of thousands of Afghans and Iraqis and thousands of American troops. Communities around the country hold events on the anniversary, which Congress has titled both Patriot Day and a National Day of Service and Remembrance. Thousands of Americans commemorate it with volunteer work — among them Harris' running mate, Minnesota Governor Tim Walz. He packed meals in St. Paul for people in need.

Ohio man slams Trump, Vance for politicising son's death in immigration row

World During Tuesday's presidential debate, Donald Trump referenced Springfield, Ohio, as an example to criticise immigration and attack Kamala Harris. He alleged, "Look at Springfield, Ohio, or Aurora, Colorado. Immigrants are taking over towns, violently occupying buildings. These are the people Biden and Harris have allowed in, and they are destroying our country. They're dangerous and at the highest level of criminality." Meanwhile, in Springfield, just an hour before the debate, Nathan Clark, father of an 11-year-old boy named Aiden who died in a crash involving an immigrant's vehicle, spoke out against Trump and his ally JD Vance. Speaking at a Springfield City Commission meeting, Clark condemned the politicians for exploiting his son's death to spread hate. The 11-year-old had died after a car crossed the centreline on a two-lane road and struck a school bus carrying dozens of children. Clark, who



was thrown off the bus as it veered off the roadway and flipped, died on the spot. Hermanio Joseph, a 35-year-old Haitian national, was behind the wheels of the car that caused the accident. He was convicted of involuntary manslaughter in May and faces up to nine years in prison. The incident, which occurred over a year ago, became a flashpoint for growing tensions about the influx of Haitian immigrants to the area. The debate intensified after JD Vance, a political ally of Trump, brought national

attention to Springfield's demographic changes, labelling them as harmful consequences of Biden's border policies. These immigrants, who have legal status and work permits, have moved to Springfield to fill jobs in manufacturing and other industries. However, Vance's remarks have stoked fears and amplified false narratives. The Trump campaign further escalated the issue by posting on social media about Aiden, featuring his picture alongside that of Hermanio Joseph, the Haitian immigrant involved in the crash. Vance went a step ahead and alleged that "a child was murdered by a Haitian migrant." However, the politicisation of Aiden Clark's death is something that his parents never wanted and have now spoken against. During the meeting on Tuesday, Nathan Clark, standing beside his wife Danielle, expressed his heartbreak and frustration over the manipulation of his son's death.

34 killed as Israeli airstrikes hit United Nations school, homes in Gaza

Gaza Strip Israeli airstrikes across Gaza overnight and Wednesday hit a UN school sheltering displaced Palestinian families as well as two homes, killing at least 34 people, including 19 women and children, hospital officials said. A UN official said six staffers were among the dead. The war in Gaza is now into its 11th month, with tens of thousands of people dead, and international efforts to mediate a cease-fire between Israel and the Hamas militant group have repeatedly stalled as they accuse each other of making additional and unacceptable demands. In the occupied West Bank, Israeli troops launched raids in several towns backed by airstrikes, continuing a crackdown across the territory that the military says is targeting militants but has wrecked neighbourhoods and killed civilians. One airstrike killed five people the military said were militants threatening its troops. A second strike on a car killed at least three people, the Palestinian Health Ministry said. An attacker crashed a fuel truck into a West Bank bus stop near the Israeli settlement of Givat Assaf, killing an Israeli soldier, the military said. Officials said soldiers and an armed civilian "neutralised" the attacker. The strike on the UN's al-Jaouni Preparatory Boys School in the Nuseirat refugee camp killed at least 14, including two children and a woman, officials from Awda and al-Aqsa Martyrs hospitals said. At least 18 other people were wounded, they said. The Israeli military said it was targeting Hamas militants planning attacks from inside the school. The claim could not be independently confirmed. One of the children killed was the daughter of Momin Selmi, a member of Gaza's civil defence agency, which rescues wounded and retrieves bodies after strikes, the agency said. Gaza's schools are packed with tens of thousands of Palestinians driven from their homes by Israeli offensives and evacuation orders. The al-Jaouni school, one of many in Gaza run by the UN agency for Palestinians, or UNWRA, has been hit by multiple strikes during the war. UNWRA said six staffers aiding the displaced, including the manager of the shelter, were killed. "Humanitarian staff, premises & operations have been blatantly & unabatedly disregarded since the beginning of the war," the agency's director, Philippe Lazzarini, wrote on X.

Tajikistan's chief mufti injured in attack in Dushanbe mosque



World. Tajikistan's top Muslim cleric Sayeed mukarram Abduqodirzoda got injured in a stabbing attack outside a mosque in the capital city on Wednesday. Abduqodirzoda, the chairman of the country's Islamic Council of Ulema, was attacked following a prayer service in Dushanbe, the interior ministry said as reported by Reuters. The attacker was detained, and authorities have launched an investigation into the incident. Abduqodirzoda, 61, a respected religious leader in the predominantly Sunni Muslim country, sustained minor injuries and was released from the hospital.

Peru's ex-President Alberto Fujimori, convicted for human rights abuses, dies

Lima Former Peruvian president Alberto Fujimori, who steered economic growth during the 1990s but was later jailed for human rights abuses stemming from a bloody war against Maoist rebels, died on Wednesday. He was aged 86. Close colleagues visited him earlier in the day, reporting that he was in a critical condition. "After a long battle with cancer, our father... has just departed to meet the Lord," his daughter Keiko Fujimori wrote in a message on X, also signed by te former leader's other children. Fujimori, the son of Japanese immigrants, was the little-known chancellor of a farming university when elected to office in 1990. He quickly established himself as a cunning politician whose hands-on style produced results even as he angered critics for concentrating on power. He slayed hyperinflation that had thrown millions of Peruvians out of work, privatised dozens of state-run companies, and slashed trade tariffs, setting the foundations for Peru to become, for a while, one of Latin America's most stable economies. Under his watch, the feared

leader of the Maoist Shining Path, Abimael Guzman, was captured - dealing a crucial blow to a movement that in the 1980s seemed close to toppling the Peruvian state. Guzman died in prison in September 2021. But many Peruvians saw Fujimori as an autocrat after he used military tanks to shut down Congress in 1992, redrafting the constitution to his liking to push free-market reforms and tough anti-terrorism laws. A slew of corruption scandals during his 10-year administration also turned public opinion against him. Shortly after he won a third election in 2000, amending the constitution to run, videos emerged of his top adviser and spy chief Vladimiro Montesinos doling out cash to bribe politicians. Fujimori fled to exile in Japan. He resigned via fax from Tokyo and then unsuccessfully campaigned for a Japanese senatorial seat. Montesinos was later captured in Venezuela and jailed, convicted for the hundreds of videos he recorded of himself handing out cash bribes to politicians and business and media executives. The cases against Fujimori piled



up, including accusations that he had ordered the use of death squads in his battle against Shining Path militants. Fujimori was safe in Japan - he was a dual citizen and Japan does not extradite its citizens. So many were shocked when, in 2005 he decided to head back to Peru, apparently in hopes of forgiveness and a return to politics. Instead, he was detained during a layover in Chile, extradited to Peru in 2007, and in 2009 he was convicted and sentenced to 25 years in prison.

'FUJI-SHOCK'

Once jailed, Fujimori's public appearances were limited to hospital visits where he

often appeared dishevelled and unwell. While detractors dismissed his health complaints as a ploy to get out of prison, then-president Pedro Pablo Kuczynski briefly pardoned Fujimori in 2017. Months later, Kuczynski was impeached, and the pardon overturned by Peru's top constitutional court, sending Fujimori back to the special prison that held him and no other inmates. The court restored the pardon in December 2023, releasing the ailing Fujimori, who had suffered from stomach ulcers, hypertension and tongue cancer. In May 2024, Fujimori announced he had been diagnosed with a malignant tumour. Fujimori's legacy has been most passionately defended by his daughter Keiko, who has been close to clinching the presidency herself three times on a platform that has included pardoning her father and defending his constitution. The late Fujimori was born in Lima on Peruvian Independence Day, July 28, 1938. A mathematician and agricultural engineer, Fujimori was a political nobody when he decided to run for the presidency.

Who is Ilhan Omar, US Congresswoman whose meeting with Rahul Gandhi sparked row

World Congress leader Rahul Gandhi's meeting with Ilhan Omar, a US House of Representatives member, has stirred a row with the BJP condemning it over her alleged anti-India stance. The BJP leaders cited Omar's comments on the killing of Khalistani terrorist Hardeep Singh Nijjar, her views on Kashmir, and her visit to Pakistan, among other actions, to criticise the Congress leader's meeting.

WHO IS ILHAN OMAR?

Ilhan Omar represents Minnesota's 5th Congressional District in the US House of Representatives, which includes Minneapolis and surrounding suburbs. A policy analyst, organiser, public speaker and advocate, Omar was sworn into office in January 2019, making her the first African refugee to become a Member of Congress and the first woman of colour to represent Minnesota. She was one of the first two



Muslim-American women elected to Congress. Born in Somalia, Omar and her family fled the country's civil war when she was eight. The family spent four years in a refugee camp in Kenya before coming to the United States in 1990s. In 1997, she moved to Minneapolis with her family. Before entering politics and running for office, she worked as a community educator at the University of Minnesota, was a Policy

Fellow at the Humphrey School of Public Affairs and served as a Senior Policy Aide for the Minneapolis City Council. Omar is the Vice-Ranking Member of the House Budget Committee. She also serves on the House Education and Workforce Committee, where she is a member of the Subcommittee on Workforce Protections and Subcommittee on Health, Employment, Labour, Pensions (HELP).

She is the Deputy Chair of the Congressional Progressive Caucus and Vice-Chair of the Medicare For All Caucus.

ILHAN OMAR'S 'ANTI-INDIA' STAND

In September 2023, Omar said the US must fully support the Canadian investigation into India's alleged role in the assassination of Khalistani terrorist Hardeep Singh Nijjar. She also introduced a resolution to condemn alleged human rights violations and

violations of international religious freedom in India, including those targeting Muslims and other religious minorities.

In June 2023, Omar boycotted Prime Minister Narendra Modi's address to the US Congress. She introduced a resolution in June 2022 calling on the US Secretary of State to designate India as a country of particular concern for alleged violations of religious freedom. In April 2022, she visited Pakistan, met with top Pakistani leaders, including former Prime Minister Imran Khan, and travelled to Pakistan-Occupied Kashmir (POK). India condemned the US Congresswoman's visit to POK. In 2019, she also criticised the National Register of Citizens (NRC) in Assam, calling it a part of the "Hindu nationalism project" of PM Modi. She has also been openly critical of the decision to abrogate Article 370 in Jammu and Kashmir.

News box

Mumbai likely to get 7th Vande Bharat Express train on Kolhapur route

MUMBAI. In a significant boost to rail connectivity, Mumbai is likely to receive its 7th Vande Bharat Express, with plans underway to operate the semi-high-speed train on the Mumbai-Pune-Kolhapur route. This will be the second Vande Bharat Express from Mumbai to connect Pune, following the CSMT-Pune-Solapur route. The introduction of this train is expected to enhance connectivity for passengers travelling between Mumbai, Pune, and Kolhapur, making journeys faster and more convenient, and further boosting economic ties in the region. A senior Central Railway (CR) official said, "At present, the fastest train between Mumbai and Kolhapur is the Mahalaxmi Express, which covers the distance in around 10.30 hours."

The Mahalaxmi Express train covers a total distance of 518 kilometres. The average speed of the Mahalaxmi Express train is 48.94 Kmph.

The Vande Bharat, with its superior acceleration and deceleration capabilities, is expected to significantly reduce travel time, although the exact schedule is yet to be finalised. Another official added, "With the completion of the Pune-Miraj line doubling, there is now more track availability to allow faster train operations. This will undoubtedly result in substantial time savings compared to the existing services on this route."

With this addition, Central Railway will operate five Vande Bharat Express trains from Mumbai, while Western Railway will continue with two, running between Mumbai and Gujarat. WR's services include the Mumbai Central-Gandhinagar and Mumbai Central-Ahmedabad routes.

Maharashtra's total count of Vande Bharat Express trains will rise to 11, including existing services from Nagpur and Pune. Additionally, two more routes-Nagpur-Secunderabad and Pune-Hubli-are likely to be introduced soon. The Vande Bharat Express, celebrated for its speed, comfort, and cutting-edge facilities, remains a key component of Indian Railways' modernisation efforts, offering passengers a superior travel experience.

Now, Mumbai's Marine Drive to CSMT T2 in 30 minutes

MUMBAI. Imagine driving from south Mumbai to the international terminal of the airport in just about 30 minutes. Motorists can look forward to a signal-free drive from Marine Drive to T2 as the north-bound Coastal Road connector to the Bandra-Worli Sea Link is set to partially open on Friday, a day after its inauguration. This journey would normally take 90 minutes to two hours on a heavy traffic day. But the Coastal Road could speed up the traffic flow.

The Coastal Road from Marine Drive to Worli has been operational, but one arm of the connector bridge to the Sea Link is under construction. With the new section opening, motorists will be able to access the Sea Link, continue to Bandra, and then take Western Express Highway to the airport.

Currently, it takes less than 10 minutes to drive through the Coastal Road and another 10 minutes on the Sea Link. Nandini Chabria, a member of the Breach Candy Residents Forum, said this duration assumes minimal traffic and non-peak hours. "We frequently encounter traffic jams at the Breach Candy and Worli exits, which highlights the importance of good last-mile connectivity. If it's lacking, the entire project's benefits cannot be reaped, especially when it's built at such a high cost. That has not been an issue with Marine Drive, where exits are smooth," said Chabria. "During non-peak hours, zooming through the road is a breeze."

Gearing for 2036 bid: Nana Chiloda to also get Olympics infrastructure

Ahmedabad. In a strategic move ahead of the city's bid for the 2036 Olympics, state govt has earmarked 5.50 lakh sq m of land in Nana Chiloda for world-class sports infrastructure. This prime location will join the ranks of Motera, Bhat, Koteswar and Manipur-Godhavi as areas undergoing significant development to accommodate Olympic-level sporting events.

The state urban development department and Ahmedabad Urban Development Authority (Auda)'s Olympic cell have earmarked the land adjacent to Sabarmati Riverfront Phase 3, for Olympics infrastructure. The third phase of the riverfront includes the stretch between Indira Bridge and Narmada Canal. On Tuesday, Ahmedabad Municipal Corporation's town planning committee earmarked 1.86 lakh sq m of land in TP Scheme 241 in Nana Chiloda and 'reserved this area for commercial sale' purposes. Also, roughly 3.50 lakh sq m of state revenue-owned land was also reserved.

A senior source in AMC told, "A letter was sent by state govt's urban planning and valuation department to Sabarmati Riverfront Development Corporation Ltd's (SRFDCL) executive director and to Auda's Olympic cell to reserve private lands in TP Scheme 241 of Nana Chiloda for Olympic infrastructure."

Abode ready, but politics stalls King Mahabali's arrival at Thrikkakara

However, certain members in TDB opposed the project midway and the work was suspended.

KOCHI. The renowned Thrikkakara temple in Kochi is one of the few shrines in Kerala dedicated to Lord Vamana, the fifth incarnation of Lord Vishnu. Myth has it that Thrikkakara is also where Lord Vamana met King Mahabali, and is the reason why Onam is celebrated ardently in the region.

Hence, it was only natural that the place also serve as the abode of the benevolent and generous demon king. The decision was taken. A prominent spot on the corner of the temple's right entrance was selected for installing a bronze statue of King Mahabali. A sum of Rs 1 crore was allotted for the project.

That was in 2016. Eight years later, all that graces the spot is a half-built, fully-neglected 'Smriti Mandapam'. No statue.

The Travancore Devaswom Board (TDB) had on October 21, 2016, decided to construct the 'Smriti Mandapam' at the temple, one of the 105 Vaishnav temples in the country, and install the king's statue. The work began and the foundation and the mandapam were built within a year. Then things came to a standstill.

Ajay Tharayil, the then TDB member, blamed some members for stalling the project mid-way by giving it a "political and religious contour." "The TDB decided



to set up a bronze statue of the Mahabali, considering the region's historical prominence with regard to the demon king, as per the myth. A sum of Rs 1 crore was allotted in the budget too. However, certain members in TDB opposed the project midway and the work was suspended. There has been no progress since... think the TDB has dropped the project," said Ajay, a Congress leader under whom the project took shape. "People could connect the myth related to the harvest festival of Onam, that is centered around the Mahabali. That was our idea, but then it was given a political and religious contours," Ajay said. "Difference of opinion in TDB over statue's design stalled project" Ajay expressed

confidence that if the Congress comes to power, the project will be implemented.

In between, a writ petition was filed against installation of a statue of King Mahabali within the "precincts of a temple dedicated to Lord 'Vamana'". However, sources said it was disposed of, after the TDB contended that it purchased 5.680 cents for the purpose just outside the temple compound.

When contacted, temple secretary P C Pramod Kumar said the temple administration has got nothing to do with the project. "The project to install the statue has been lying idle for the past several years. It's a matter concerning the TDB," he told.

Meanwhile, Hindu Aikya Vedi denied that right-wing Hindu outfits were against the statue's installation. "We have no objection... What led to the project getting stalled is difference of opinion within TDB over the statue's design. The one finalised was a drawing of Mahabali by former Travancore King Marthanda Varma in which the king is depicted as a warrior as against his common image as a fat, pot-bellied person," said senior Hindu Aikya Vedi leader R V Babu.

Locations shortlisted for GMB's port-led city

Ahmedabad. Reviving its port-led city project envisaged over a decade ago, the Gujarat Maritime Board (GMB) is making progress by finalizing four locations to realize this ambitious project.

The state maritime regulator has shortlisted Porbandar, Bhavnagar, Surat and Valsad for this urban transformation project, often touted to be built on the lines of global shipping hubs like Dubai and Singapore. The project promises industrial growth, job creation and a thriving maritime ecosystem that can push Gujarat to the forefront of global trade and development. The locations were carefully chosen, factoring in deep-water access, ample waterfront space, strong road and rail connections, and their potential to support long-term industrial growth.

Rajkumar Beniwal, MD of GMB, highlighted the project's scale: "We are developing a port city with a complete ecosystem, much like Dubai or Singapore. After an international consultant's study, we narrowed down from 10 to four prime locations. The port city will be built over 300-400 sq km in phases. It will feature a port, industrial zone for MSMEs, logistics hub with warehousing, and residential-commercial zones. It's set to attract major investments. The final site will be chosen in three months." Among the shortlisted sites, South Gujarat stands out with its excellent connectivity and proximity to key cargo hubs like SEZs. Bhavnagar is another strong candidate, thanks to its deep draft and strategic location. Other coastal areas of Gujarat were also considered, widening future opportunities for similar developments. Senior GMB officials explained that the final four locations were selected through a multi-criteria analysis framework, ensuring they met all maritime, industrial and environmental requirements.

No full-time chief fire officer in 4 major cities

Surat/Rajkot/Ahmedabad/Vadodara.

When a disaster strikes a city, whether it is a fire, flood or an accident, the fire and emergency service (FES) department is the first to be called upon. However, despite the crucial role it plays, the process of recruiting a chief for the department is not met with the urgency it deserves. For over a decade now, Surat and Vadodara have not had a full-time or regular chief fire officer (CFO). In Ahmedabad, the post of CFO has been held by an in-charge officer for the past 42 months.

Rajkot, which witnessed one of its worst fire tragedies just four months ago, is without a CFO after the officer and his deputy were arrested for alleged dereliction of duty in connection with the TRP Game Zone fire that claimed 27 lives. These vacant posts

come at a time when there has been considerable thrust of fire safety regulations and firefighting infrastructure in the state.

Ahmedabad: Lack of suitable candidates. For the past 42 months, the CFO position at the Ahmedabad Municipal Corporation (AMC)'s FES has been held by an officer in charge, with the process of appointing a permanent CFO still ongoing.

Following the retirement of former CFO M F Dastur in Jan 2021, Rajesh Bhatt, the then-additional CFO, was given the charge. However, he left the position on Feb 28, 2022. Since March 2022, Jayesh Khadia has been the in-charge CFO.

In June, the AMC announced direct recruitment for several positions, including one CFO, one additional CFO, and two deputy CFOs. Out of the 53 applications

received for the CFO's position, only two candidates qualified. As a result, the recruitment process was cancelled in Aug. A new announcement was made to fill the CFO's position in accordance with the recruitment rules of the state govt and AMC. The document verification process is underway.

Surat: Legal battle hampers recruitment

In Surat, the CFO's vacancy has persisted for over a decade despite the city expanding and its population growing significantly during the period. The absence of a permanent CFO was underscored by the Takshashila Arcade fire tragedy in May 2019 that claimed the lives of 22 students. Former Surat CFO Pankaj Patel was dismissed in 2014. While his dismissal was revoked after he went

the court, he was placed under suspension. As a result, the Surat FES has been operating without a regular CFO.

"As the matter was pending in the court, nobody was recruited on the post. But the Surat civic body has worked out an alternative and created the post of additional CFO until the regular CFO is appointed," a senior officer of the Surat Municipal Corporation (SMC) explained.

The additional CFO was given the CFO's responsibilities which include managing the fire and emergency service operations in the interim. Recently, Patel reached the age of retirement, making his potential reinstatement impossible even if the court ruled in his favour. In the wake of this development, the SMC has now initiated the process to recruit a new CFO.

Onam special trains from Karnataka, Telangana

Train no. 07044 Kacheguda-Kollam Festival Special will leave Kacheguda at 4pm on September 14 and reach Kollam at 11.20 pm, the next day.



THIRUVANANTHAPURAM. The Railways has announced Onam special trains from Karnataka and Telangana.

Train no. 07119 Secunderabad-Kollam Festival Special will leave Secunderabad at 5.30pm on September

13 and reach Kollam at 11.20pm the next day. In return direction, train no. 07120 Kollam-Secunderabad Festival Special will leave Kollam at 2.30am on September 15 and reach Secunderabad at 10.30am, the next day. Train no. 07044 Kacheguda-Kollam Festival Special will leave Kacheguda at 4pm on September 14 and reach Kollam at 11.20 pm, the next day. In return direction, train no. 07045 Kollam-Kacheguda Festival Special will leave Kollam at 2.30am on September 16 and reach Kacheguda at 10.30am, the next day. Train no. 07333 Hubballi-Kochuvelli Express Special will leave Hubballi at 6.55am on September 13 and reach Kochuvelli at 6.45am, the next day. In return direction, train no. 07334 Kochuvelli-Hubballi Express Special will leave Kochuvelli at 12.50pm on September 14 and reach Hubballi at 12.50pm, the next day.

Andhra Pradesh: Yeleru canal breach inundates Peddapuram



The Collector further mentioned that boats and support teams are conducting relief operations.

KAKINADA. For the third time, the Yeleru canal has breached, submerging villages and crops in the district. Deputy Chief Minister Pawan Kalyan enquired about the situation over the phone with District Collector Shan Mohan, who briefed him on the measures being taken.

Due to the release of surplus water from the Yeleru reservoir, a breach occurred at Kandrakota village in Peddapuram mandal, following two earlier breaches at Rajupalem in Kirlampudi mandal and Kandriga village in Pithapuram mandal. The previous breaches severely impacted two villages, submerging thousands of acres of agricultural land. Pawan Kalyan spoke with the District Collector to assess the flood situation, with approximately 62,000 acres submerged due to heavy inflows from the Yeleru and Tandava reservoirs following intense rains. He was also informed that mudslides and waterlogging had caused traffic disruptions on the Pithapuram-Raparathi, Peddapuram-Gudivada, and Samalkot-Pithapuram roads in the Pithapuram and Peddapuram constituencies. Vehicles were diverted onto the national highway at Gollaprolu. The Collector further mentioned that boats and support teams are conducting relief operations.

On Wednesday, a local resident of Surampeta, Esarapu Suribabu (62), passed away due to illness, and with no transport available, revenue officials arranged a boat to ferry the body to the burial ground. Residents of Gollaprolu, Pithapuram, and Kirlampudi mandals are facing severe hardships due to the ongoing floods.

Kerala Finance Ministers' conclave to call for revision of tax devolution mechanism

THIRUVANANTHAPURAM. Kerala's own tax revenue rose by Rs 30,000 crore during the past three years, Finance Minister K N Balagopalhas said. "The revenue rose from Rs 47,000 crore in 2020-21 to Rs 77,000 crore in 2023-24. But the state did not gain much from this as there was a considerable drop in central share of funds," he said.

"The decline in central share has pushed the state into a financial crisis. The 16th Finance Commission should formulate its policies in view of this situation," he said in a statement released ahead of the finance ministers' conclave. Ministers of five states will meet in Thiruvananthapuram on Thursday to discuss the approach towards the 16th FC. The union government fixes the borrowing ceiling for states on the basis of the FC recommendation, Balagopal said. But Kerala witnessed an unusual experience when it was denied even an eligible borrowing limit. "Kerala had the right to



borrow 3.5 c of the GSDP, including the 0.5 pc for power sector reforms. But in 2022-23 and 2023-24, the state was allowed to borrow only 2.44 pc and 2.9 pc only. The revenue loss to the state was Rs 16,000 crore. It affected development and welfare activities of the government. The conclave is aimed to gather the opinion of other states on matters like this," he said. The minister said the current devolution system required an overhaul. "The FC has the responsibility to protect the rights of

state governments, values of federalism and constitutional principles. Kerala hopes that the FC will execute its responsibility. Our demand is to end the disproportionate devolution from the divisible pool to states," he said. **CM TO INAUGURATE FINANCE MINISTERS' CONCLAVE TODAY**

Chief Minister Pinarayi Vijayan will inaugurate the conclave at Hotel Hyatt Regency here at 10 am on Thursday. The meeting will have the participation of Tamil Nadu, Karnataka, Telangana and Punjab. Balagopal will preside over. Deputy Chief Minister and Finance Minister of Telangana Mallu Bhatti Vikramarka, Karnataka's Revenue Minister Krishna Byre Gowda, Punjab Finance Minister Harpal Singh Cheema, Tamil Nadu Finance Minister Thangam Thennarasu and Kerala's Opposition Leader V D Satheesan will attend. Finance secretaries of the five states will also attend.

What a JVP President may mean for India

AFTER a tumultuous three years during which Sri Lanka went broke and public protests forced the President to flee the country, it will elect a new President on September 21. The next President has to steer the country through the economic crisis, engage with the IMF over the financial bailout it received in 2023, address pending post-war issues of justice and accountability as well as political resolution of the Tamil question. He (all candidates are male) must also deal with the regional rivalry between India and China and big power geopolitics in the Indian Ocean.

A record 38 candidates are in the fray. Only three count. Incumbent Ranil Wickremesinghe, who took charge after President Gotabaya Rajapaksa fled, is banking on his two-year record of managing a bankrupt country and his acceptability to the international donor community. Sajith Premadasa, son of late President Ranasinghe Premadasa who was assassinated by an LTTE suicide bomber in 1992, is campaigning on his promise of a just government that works for "the welfare of all". Anura Kumara Disanayake of the National People's Power, a coalition led by the Janatha Vimukthi Peramuna (JVP), who contested the elections in 2019, and polled just over three per cent of the vote, is campaigning as the candidate of the 'change' that voters want to see. Of the three, the 75-year-old Wickremesinghe is the only one who can claim experience of running a government. But he appears least likely to win. He is literally alone in this race, with no party or political support to speak of. His United National Party (UNP) is close to extinction after its rout to nil seats in the 2020 parliamentary election. Wickremesinghe's presidency is propped up in Parliament by the Sri Lanka Podujana Peramuna, the party of the reviled Rajapaksas. This association has made him even more unpopular. Plus he is taking the rap for conditions imposed by the IMF in return for its bailout package, negotiated on his watch, which have inflicted more economic pain. Premadasa is far more popular than Wickremesinghe. He walked out of the UNP with several others in 2020 when he realised Wickremesinghe would never hand over the party leadership to him. His Samagi Jana Balawegaya (SJB) or United People Power won more than 50 seats in Parliament, and is stronger than the parent party. He won brownie points for not succumbing to the lure of the prime ministership or the presidency in 2022 when it became evident he would have to depend on the Rajapaksas to keep him in office. Premadasa has promised to renegotiate the IMF deal so that its conditions do not hurt the people. He is going all out to woo not just the majority Sinhalese voters, but also the Tamil and Muslim communities. He is the only candidate to mention in his manifesto the 13th Amendment, a provision in the Sri Lanka Constitution to share political power with Tamils, with the promise of its "full implementation". This may hurt his campaign in the Sinhalese south, where devolution and federalism are bad words, much like Article 370 in India. Disanayake is said to be the strongest contender. He is seen by most young voters as the symbol of "system change", the demand of the public uprising against the Rajapaksas. He was the first to call for renegotiating the IMF deal. The party's formidable cadre-based grassroots mobilisation has been laying the groundwork for over three years. But for those old enough to have witnessed the JVP's insurgencies in 1971 and from 1987-1990, the promise of Disanayake is laced with memories of the violence of those years, and concerns about its political ideology. The JVP, which began as a radical left organisation, was banned after its first attempt to take over the state. But the JVP rose up again in 1987 against the Sri Lanka state, this time as a Sinhala chauvinist force opposing the Indian intervention that led to political concessions to the Tamil minority in the 13th Amendment to the Constitution, and the arrival of the Indian Peace Keeping Force in northern Sri Lanka.

SEBI's credibility at stake

Allegations against chairperson Madhabi Puri Buch highlight deep systemic failures

THE integrity of the Securities and Exchange Board of India (SEBI), which regulates the fifth largest capital market in the world, is under intense scrutiny. Revelations involving SEBI chairperson Madhabi Puri Buch are spilling out on a daily basis, raising significant concerns about conflict of interest and inadequate disclosures at the top of this critical institution. In fact, held to the standards of its own orders regarding disclosures by key management persons (KMP) of listed companies and insider trading, it is clear that the chairperson's transparency is woefully inadequate. So far, three sets of entities are making these allegations: Hindenburg Research was the first to put out 'whistleblower' documents, alleging conflict of interest; the Congress party has held a series of press conferences, making a series of charges and demanding an independent inquiry; and Subhash Chandra Goel, founder of the Zee group and himself under SEBI's lens, has levied charges of corruption against Buch.

A few things stand out and beg clear answers. They are based on the very standards that SEBI has applied to market participants, financial intermediaries, market infrastructure institutions and listed companies while filing prosecution cases against them or levying serious penalties on them. The first thing is by Hindenburg Research — about Buch's failure to recuse herself from the Adani investigation although she and her husband had offshore derivative investments in the same set of nested entities that were under a high-profile investigation of the Adani group, monitored by the Supreme Court. Hindenburg's second allegation is that she continues to hold a 99% stake in a private advisory entity — which is admittedly being used by her husband since his retirement — and has received income from 'well-known' Indian entities. The Congress first said that during her current employment as a regulator, she earned five times as much as (Rs16.80 crore) she did in ICICI Bank. It turns out that Buch was exercising shares granted to her under the Employee Stock Options Plan (ESOPs). Given that SEBI has handled several regulatory issues pertaining to ICICI Bank, the fact that Buch exercised ESOPs almost every year and benefited from the price rise raises disclosure issues and questions about whether she had access to unpublished price-sensitive information when she exercised her ESOPs. The Congress has also released documents about the

renting of her personal property to the associate of a listed entity which has been under SEBI's investigation. A separate issue has simultaneously blown up. It pertains to SEBI employees' discontent over the unprofessional work culture, unreasonable productive expectations and issues relating to perks, housing allowances and compensation. Like the Hindenburg allegations, this was badly handled, leading to a public protest by a few hundred employees, asking the management to withdraw the inaccurate press release which claimed that employees were influenced by

avoid actual impropriety but also the appearance of it. SEBI demands high standards of transparency from those it regulates. The same strictures don't seem to apply to its own leadership, a hypocrisy not lost on market observers. Even more surprising is the National Democratic Alliance (NDA) government's decision to pretend that it has seen and heard nothing. The government, including the Finance Minister, has buried its heads in the sand. In the process, the powerful SEBI board has been rendered meaningless. Apart from the chairperson and three whole-time members, the board includes the Secretary, Department of Economic Affairs, the Secretary, Ministry of Economic Affairs, a Deputy Governor of the Reserve Bank of India and an academic, who is the public representative. There was a time, under the United Progressive Alliance (UPA) government, when a joint secretary in charge of capital markets was a SEBI board member and wielded more power than the chairperson. This time around, the SEBI board is behaving like the proverbial three monkeys who 'see no evil, hear no evil and speak no evil'. To my mind, their role as members of a regulatory body do not give them that choice. Contrast this with what SEBI expects from boards of listed companies. Over the past two decades, SEBI has repeatedly tightened corporate governance requirements and listed rules casting onerous responsibilities on independent directors in connection with corporate disclosures, price-sensitive information and fiduciary responsibility. Every time these directors fail to question the management, proxy advisory firms are quick to issue sanctimonious missives, highlighting their failure and advising institutional investors on how to respond. The government members on the SEBI board have an even greater responsibility to ensure that they meet a higher standard of transparency and accountability. By refusing to question the SEBI chairperson or conduct an impartial inquiry and take steps to protect SEBI's credibility, the SEBI board has clearly failed. This exposes an important loophole in the regulatory system. It shows that there is nothing that stakeholders can do to hold a regulator accountable if the administrative ministry and the government refuse to initiate corrective action. Most people seem to think litigation would also be futile.



'misguided external elements.' The SEBI employees claimed that the management was 'spreading lies about employees.'

This backdrop sets the stage for a deep dive into how these charges — the lack of adequate disclosures, appropriate recusal and the failure to sufficiently sever her financial ties upon transition to SEBI's leadership — impact SEBI's credibility in regulating the capital market and expose the absence of a robust framework to deal with conflict. In contrast, developed countries which have a revolving door between public and private sectors provide a sharp counterpoint. In the US, regulatory chiefs are required to divest themselves of holdings that could present potential conflicts or place such assets in a blind trust. Such stringent measures ensure that the individuals in public positions as heads of regulatory bodies are free from influences that could compromise their roles. This principle is underscored by the famous Pinochet case, which held that judges should not only

GST Council meet

Central, state govts have fared poorly

IN its outcomes, the 54th meeting of the Goods and Services Tax (GST) Council has been a mixed bag. The wait for relief on 18 per cent GST on health insurance and life cover premiums has got longer. The council has chosen the standard response to the growing clamour to reduce the levy. A Group of Ministers has been asked to review the demand. That said, the stiff 50-day deadline for a relook at the tax structure indicates a sense of urgency. There is little to justify the high GST on insurance policies. A political consensus on rationalisation of the tax slabs will help in the quick resolution of the matter, hopefully in the November meeting of the council. A rate cut could significantly lower insurance costs for policyholders. A welcome course correction is the exemption of GST on research and development grants from the private and public sectors to recognised



educational institutions. Several institutions across India

had received show-cause notices last month, demanding unpaid taxes. Allegations of tax terrorism had put a question mark on the Centre's R&D policy push. The relief is expected to boost research programmes and achieve global tax parity. The decision to lower the GST on some cancer drugs from 12 to 5 per cent is in line with the Budget announcement on lower customs duty. GST collections have risen steadily after the Covid-led dip. There's a perception, and not without reason, that both the Centre and the states are averse to changing the taxation structure when revenues are healthy. The multiplicity of slabs runs contrary to the aim of streamlining the complex taxation system. An organic tax readjustment based on positive or negative end results is essential.

Drone attacks in Manipur must set alarm bells ringing

The Indian establishment has been ambivalent in its approach to the resolution of the crisis in Manipur.

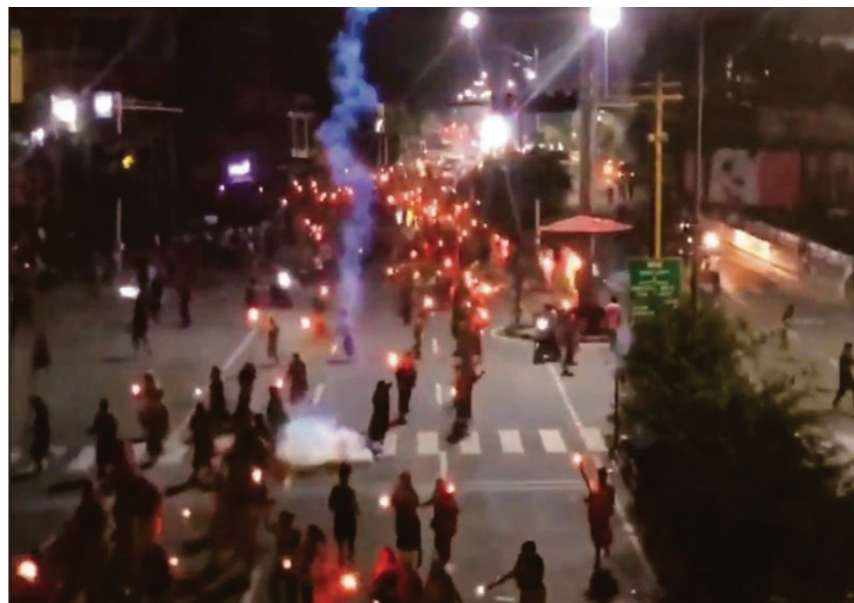
THE September 1 drone bomb attack on Koutruk and Kadangband villages in Manipur's Imphal West district marked an escalation in the violence between the Kukis and Meiteis. Two persons were killed and nine injured in this first such use of drones by insurgents to target civilians. This was followed by more attacks the next day. They destroyed three India Reserve Battalion bunkers at Meikhang village in Imphal East district.

Since the security forces have explicit 'shoot-at-sight' orders against those crossing the buffer zone between the valley and the hill tribes, this new mode of attack could become the preferred tactic by insurgents. These weaponised drones can operate between 500 m and 15 km. Capable of carrying various explosives, including hand grenades and mortar bombs, these can hover and capture images, adding to the threat complexity. Their value lies not just in their destructive ability, but also in documenting the kills.

The recent attacks targeted Meitei-dominated villages. The Kuki-Zo militias are suspected to be behind these attacks. The use of drones to target civilians has been documented since August 2021, when such attacks were witnessed in the neighbouring Myanmar, in areas bordering Mizoram, not far from south Manipur. The drones were being used by the People's Defence Force (PDF) against forces of the Myanmar junta. The PDF is the armed wing of the Myanmar National Unity Government, which has been Myanmar's government-in-exile since the military junta-led coup in February 2021. It now controls all areas across the Manipur border, except the two pockets of Moreh and Ukhrul. Some hardware and ammunition/bombs could have been sold by the PDF and other Myanmar rebel groups (some supported by China) to valley-based banned Meitei groups and groups of Chin-Kuki ethnicity that

fuel the conflict in Manipur.

The security forces in the beleaguered Manipur are too busy separating the warring factions to guard the Indo-Myanmar border. Armed cadres belonging to the radicalised militia Arambai Tenggol and separatist terror group United National Liberation Front (UNLF) openly roam the streets and flaunt weapons (including those looted from state police armouries in May, last year). This, despite a peace agreement signed between the UNLF and the Centre in the presence of Home Minister Amit Shah in November, last year. Taking advantage of the ambiguity in the peace accord, UNLF cadres have not been restricted to camps and designated areas. Nor have weapons been withdrawn by the state government, which uses these Meitei militias to dominate the Imphal valley with impunity and challenge the remit of the Army and Assam Rifles (AR) checkpoints. The Army, AR and Central Armed Police Forces, which made tremendous sacrifices in the past while waging a successful battle against separatist elements, have effectively been sidelined by the removal of the Armed Forces (Special Powers) Act from the Meitei-dominated Manipur valley. The Army and the AR face a serious challenge in maintaining the fragile internal security situation, controlled by the predominantly Meitei state government. This freedom accorded by the state government to the factions responsible for last year's ethnic violence in Manipur is a serious security concern; the possibility of orchestrated violence or an offensive against the



Kuki-Zo tribals and an escalation in armed response remains.

Two extraordinary threats to India's security have manifested themselves in the past four years. One threat is that of the Chinese incursions in Ladakh, which saw the occupation of Depsang, Chumar and Chang Chenmo by China's People's Liberation Army. Despite several rounds of negotiations and mutual disengagement in the Pangong Tso lake area, the status quo ante has not been restored, as demanded by the Indian Government. While the security forces are being augmented by weapon and equipment procurements (an inordinately long process), a gradual sidelining and deliberate

diversion from the issue of incursions by the government and the media have fostered a sense of acceptance in the minds of the populace. This is an encouragement to China in many ways.

The second threat is the situation in Manipur that had been festering since early 2023 and escalated in May 2023. The ineptitude of the state government and the subsequent induction of 60,000 paramilitary forces and the Army by the Centre has not resulted in the de-escalation of violence. Conversely, new dimensions have emerged in the attacks, as the recent drone bombings show. The ongoing disturbances in Manipur have a debilitating effect on security as the open, porous border with Myanmar is ripe for exploitation. The Indian establishment has been ambivalent in its approach to the resolution of the crisis in Manipur. In the initial period, after clashes broke out in May 2023, the Centre had rushed Central and Army forces into the state. But thanks to a lack of coordination and partisan handling of the state police forces, which are predominantly Meitei, there was no let-up in the ethnic clashes. Then, in last December, the government took its eye off the ball and entered the General Election mode. Consequently, national security was relegated to local political expediency. The escalation through drone bombings is an act of terror. The new level of the destabilising effects of a prolonged conflict and the exploitation of the situation by China should be of concern to the security establishment. Let us hope that it doesn't come to a point when concerted military action will be the only solution to the crisis.



Top 5 ideas to De-stress this weekend



images in my mind. If I asked you now, whatever you do, do not think of a blue ball, what happens? Exactly, you conjure up an image of a blue ball and I might even guess that it showed in the top right hand corner of your "internal screen". The premise is that you can't visualize nothing, and what you visualize, you are giving power to, so if you "see" pictures of what you don't want, guess what? You will end up attracting what you don't want. We cannot bring into our world what we have not been able to at least imagine first.

Stressed due to exams? Try these foods

daily is a must for school going children. Calcium is important for physical development in children, and helps build immunity as well. **Protein:** Whether through eggs, dairy or meat, adequate quantities of protein is a must for a child's growth. An appropriate supply of protein leads to muscle boosts and helps your child remain physically alert, active and fit. **How to reduce stress in daily life** **Tips to control stress:** In order to lead a healthy and stress-free life, it is vital to follow certain guidelines or steps. They will help you get a better control over life and alter the way you view stress or its trigger factors. **Regular exercise:** Not surprisingly, exercise is one of the best

conflicts or any other stressful situation. Try to keep yourself calm in every way and avoid indulging in unnecessary situations. **Sleep:** Finally, a regular 7-8 hours of uninterrupted Sleep is also important to relax your mind and body. If you face any difficulty in sleep, you can also make use of relaxation techniques like listening to music or reading a book. **Beat stress with these yoga poses** **Corpse Pose or Shavasana:** Lie flat on the back with legs together and (palms facing up) arms close to the body. Relax your body and mind with this pose. **Half-moon Pose or Ardha-chandra-asana:** This pose benefits the lower back, abdomen and chest by stretching and balancing the body. Start with your feet together and arms by the side. Bring both the hands at the chest with



Caught up with work, life and traffic this week? It's time to let go and unwind over the weekend. Stress is a silent killer that claims many lives each year. Whether through cardiac issues, mental instabilities, or projections of unhappiness into one's relationships, stress is not a weak enemy to conquer. And conquer we must. Today we've lined up our top five tips for combating stress. So, take off those work shoes, release the tension in your shoulders and neck, and settle down to read some de-stressing news.

Take a mental vacation

Who wouldn't mind a relaxing vacation on a beach, away from life's daily stresses from work, socialising and technology. The constant battle for 'me' time leaves most of us frustrated and exhausted week after working and socialising week. Whether it's constant connectivity to social media, your Blackberry, or endless computing work at a work station, we think it's time you took a mental vacation for a day - right where you are - in your city, even in

your own home.

Meditation through visualization

Life Coach Malti Bhojwani takes us through the technique of visualization and how it can help us meditate effectively, and in a way that we can affect positive change in our lives. Meditation has many connotations and some of them may trigger different reactions from all of us. When I was younger, I thought it was the most boring thing anyone could indulge in and I conjured up an image of bearded yogis up in the Himalayas who starved and smelled. Today however, thanks to the holistic awareness, movements towards personal development and the amalgamation of Eastern and Western thoughts becoming more and more popular, meditation has taken on a more marketable name. I meditate and in my personal experience, I call it 'plugging-in'. In fact as I am working on my book, there is an entire chapter dedicated solely to "plugging into the Universe". Visualization to me is constant, I think with

Oranges: Studies suggest that when a child is under too much pressure his/her vitamin C levels tend to dip, thus making him/her more vulnerable to illnesses. So, incorporate oranges in their diet. **Spinach:** Spinach is a rich source of iron and calcium along with vitamin A. Iron in spinach helps in developing a strong immunity and helps in developing social and cognitive development during childhood as it aids in the formation of haemoglobin and essential enzymes. Calcium, on the other hand, helps in the formation of strong bones and vitamin A is beneficial in reducing eye strain to a great extent. **Water:** Water aids digestion and helps avoid conditions related to stressed kidneys and constipation. It helps regulate and maintain body temperature. Water also aids several other functions within the human body that relate to energy, wakefulness and performance. **Milk:** Ideally, around 600 milligrams of calcium

ways to deal with stress. A regular 20-30 minutes of physical activity every day is vital to decrease stress hormones like cortisol and increase your body's feel good chemicals called endorphins. Besides this, certain forms of exercise like martial arts or boxing can act as an outlet for releasing all your vent-up emotions and frustrations. **Relaxation techniques:** This not only involves taking time to relax everyday but also employing certain basic relaxation techniques. This involves deep breathing techniques, meditation and practicing different yoga postures to relax your body muscles. **Balanced diet:** What you put inside your body also determines your ability to cope with stress or anxiety. A balanced diet comprising fresh fruits and vegetables is a must to reverse the negative impacts of stress and lead a healthy life. **Avoid stressful situations:** As far as possible, ensure that you avoid unnecessary arguments,

palms lightly pressed against each other. Breathe-in while raising the arms straight up keeping palms pressed lightly together. Arch your body backwards while keeping the arms alongside your neck and head. **Downward-Facing Dog Pose or Adho Mukha Svanasana:** The Adho Mukha Svanasana helps to cure backaches, relieve stress and mild depression and revitalizes energy. **Forward Bend Pose or Padahasthasana:** Stand straight with arms by your side, exhale and bend touching the floor with your hand. This pose helps in stretching the hamstring of the legs and helps spine and internal organs. **Straight Angle Pose or Samakonasana:** Start the asana with sitting on the ground and stretch the legs forward. Keep you legs straight and be rested on the ground. Now, slowly stretch your legs sideways so that it should form a straight line and keep the body straight. Stay in this posture for a few seconds and then slowly bring back the legs to the normal position.

How I start my day

Starting your day is like building a foundation for a house. It doesn't matter how well your house is designed - without a stable foundation, it'll crumble. My morning routine actually begins the night before. I am very disciplined about having all gadgets off in my house by 10 pm. I wrap up my day with a shower, brushing my teeth, stretching, reading, and finally, my gratitude blessing. By doing this, I have prepared my mind and body for a deep rest in tune with the circadian rhythms.



Ideally, I wake up before the sun rises. The first thing I do is scrape my tongue with my tongue scraper to remove the ama (white toxins). Then I brush my teeth, and drink a large glass of warm water with a dash of apple cider vinegar or lemon juice. Then I move. Depending on the weather, I surf, go to the gym, do yoga, stretching or swimming. Then it's time for stillness - meditation. It works on every level - physical, mental, emotional and spiritual. Once that is done, it's time for breakfast and to get cracking with my day.

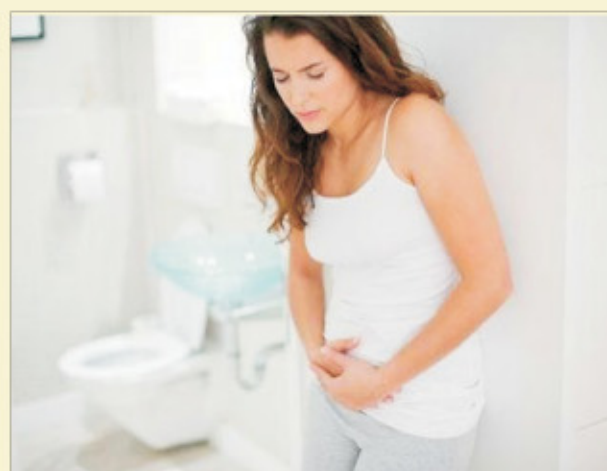
Smoking prompts Crohn's relapse after surgery

People with Crohn's disease -- a serious bowel condition -- are more likely to experience a recurrence after surgery if they continue to smoke, new research has found.

Crohn's disease occurs when the immune system attacks the lining of the gut and bowel to cause severe inflammation. It results in abdominal pain, urgent diarrhoea, sickness and profound lethargy.

Doctors recommend people with the condition stop smoking to avoid their illness worsening.

"Our study confirms that the most important thing somebody with



Crohn's disease can do for their health is not to smoke," said Jack Satsangi, Professor at University of Edinburgh in

Britain.

Most patients with Crohn's disease require surgery to remove the affected section of their bowel. Surgery is not curative, however, and the condition often relapses.

The researchers also assessed whether a drug treatment that is commonly used in treating the disease is effective at preventing it from coming back after surgery.

They found that the therapy had limited beneficial effects for non-smokers in preventing relapse after surgery. It did, however, offer protection for smokers.

A class of drugs called thiopurines have often been prescribed to patients after surgery to try to prevent relapse but until now, it was not clear whether the therapy offers any benefit.

The researchers conducted a trial of the therapy involving 240 people with Crohn's disease.

Patients were monitored for three years after they had undergone surgery. Some 128 patients were treated with a drug from the thiopurine family called mercaptopurine and 122 were given a dummy medicine.

Only three of 29 smokers treated with the therapy experienced a relapse compared with 12 of 26 who received the dummy drug. The rate of relapse in the non-smoking group was much lower and was unaffected by treatment with the medicine, showed the findings published in The Lancet Gastroenterology and Hepatology.

"There is an unmet need to identify therapies or life-style changes that prevent Crohn's disease recurrence after surgery to avoid patients having to undergo multiple operations," Satsangi said.

SC to deliver verdict on Sep 13 on Arvind Kejriwal's bail plea in excise policy case

Kejriwal has filed two separate petitions challenging the denial of bail and against his arrest by the CBI in the corruption case filed by the central agency.

NEW DELHI. The Supreme Court is scheduled to deliver on Friday its verdict on Delhi Chief Minister Arvind Kejriwal's petitions seeking bail and challenging his arrest by the CBI in the excise policy 'scam'.

As per the cause list of September 13 uploaded on the apex court website, a bench headed by Justice Surya Kant is slated to pronounce the verdict. The bench, also comprising Justice Ujjal Bhuyan, had on September 5 reserved its verdict on the pleas.

Kejriwal has filed two separate petitions challenging the denial of bail and against his arrest by the CBI in the corruption case filed by the central agency. The AAP chief was arrested by the Central Bureau of Investigation (CBI) on June 26. He has challenged in the apex court the Delhi High Court's August 5 order which upheld his arrest in the corruption case. The high court had noted that the loop of evidence against Kejriwal got closed after collection of relevant evidence following his arrest by the



CBI and it cannot be said that it was without any justifiable reason or illegal. The high court had also granted him liberty to approach a trial court with his plea seeking bail in the case. The matter relates to alleged corruption in the formulation and execution of the Delhi government's excise policy for 2021-22, which has now been scrapped. The Enforcement Directorate (ED) has also lodged a separate money laundering case linked to the alleged excise policy 'scam'. According to the CBI and the ED, irregularities were committed while modifying the excise policy and undue

favours extended to licence holders.

On July 12, the apex court had granted interim bail to Kejriwal in the money laundering case.

The top court had referred to a larger bench, preferably of five judges, for in-depth consideration of three questions on the aspect of "need and necessity of arrest" under the Prevention of Money Laundering Act (PMLA). The ED had on March 21 arrested Kejriwal in connection with the money laundering case. During the arguments on September 5 on Kejriwal's plea in the corruption case, the chief minister had vehemently opposed in the apex court the CBI's contentions that he should have approached the trial court first for bail in the corruption case.

Questioning the maintainability of Kejriwal's pleas, Additional Solicitor General S V Raju, appearing for the CBI, had submitted that even in the money laundering case in which he had challenged his arrest by the ED, he was sent back by the apex court to the trial court.

MCD captures stray cattle in Delhi's Keshavpuram zone

NEW DELHI. In an effort to tackle the issue of stray cattle and illegal dairies across the city, the Municipal Corporation of Delhi (MCD) has launched a special drive in the Keshavpuram zone, leading to the impounding of 18 stray cattle on Wednesday.

The operation, carried out by the Veterinary Services Department with the assistance of local police, is part of MCD's larger plan to reduce the problem of stray cattle within its jurisdiction. The MCD has been actively conducting raids and impounding stray cattle in different parts of the city to address the ongoing issue. The corporation's veterinary department is also focusing on taking action against illegal dairies that contribute to the stray cattle problem.

An MCD spokesperson emphasised that the civic body is committed to addressing the menace of stray cattle and illegal dairies in urban zones. "This is just one step in a series of measures. More stringent action will be taken in the coming days," the spokesperson added. According to MCD data, 9,984 head of cattle have been impounded this year between January and July.

No ventilator in Delhi govt-run hospital, six-day-old infant dies

The infant was battling breathlessness and high fever and was put on oxygen support, but without access to a neonatal ventilator, her condition deteriorated.

NEW DELHI. A six-day-old baby lost her life in the absence of a neonatal ventilator at a Delhi government-run hospital, sources said on Wednesday. The incident took place at Babu Jagjivan Ram Memorial Hospital on Tuesday in Jahangirpuri. Born to 24-year-old Kavita, the infant was battling breathlessness and high fever. She was put on oxygen support, but without access to a neonatal ventilator, her condition deteriorated. "Since no neonatal ventilator was available, we put the child on oxygen support and administered antibiotics. Her SPO2 level was maintained with the support of oxygen. But she died," a doctor said. Hospital's Medical Superintendent Digbijoy Dutta said all nearby government hospitals, including Baba Saheb Ambedkar and Lok Nayak Hospital, were contacted but none of them responded positively. He said the hospital had only one ventilator bed, which was occupied by another patient.

FORDA threatens nationwide strike if action taken against West Bengal junior doctors

FORDA president Dr Aviral Mathur said if the Bengal government initiates punitive action against the protesting junior doctors, "we will resume the nationwide strike."

NEW DELHI. Expressing solidarity with the junior doctors in West Bengal, who have defied a Supreme Court directive to return to work amid the state government's claims of a healthcare crisis, resident doctors in the national capital are contemplating a renewed strike.

The Federation of Resident Doctors Association (FORDA) has warned of escalated protests if any coercive action is taken to end their Bengal counterparts' peaceful demonstration.

"The movement for justice for Abhya continues to be undermined by the very institutions meant to protect the rights and safety of our society," FORDA said in a letter. "We had hoped for a swift and fair resolution to this horrific crime, but instead, the proceedings have taken a disappointing turn. It is not only the court's inaction but also the appalling defense put up by representatives of the West Bengal government, led by Kapil Sibal, that shocked us," the letter further read. "We understand the anger, frustration and the deep sense of betrayal that has driven this protest. We will not allow it to be silenced," the letter said, adding that FORDA shall consider intensifying its protest after discussion with all stakeholder RDAs.

FORDA president Dr Aviral Mathur said if the Bengal government initiates punitive action against the protesting junior doctors, "we will resume the nationwide strike."

'Address women quota in DUSU polls': Delhi High Court

A bench of Acting Chief Justice Manmohan and Justice Tushar Rao Gedela urged Delhi University to resolve the petition within three weeks.

NEW DELHI. The Delhi High Court on Wednesday directed the Delhi University Vice-Chancellor to swiftly address a representation seeking the introduction of women's reservation in the upcoming Delhi University Students' Union (DUSU) poll.

A bench of Acting Chief Justice Manmohan and Justice Tushar Rao Gedela urged the university to resolve the petition within three weeks. Filed by Shabana Hussain and represented by advocate Ashu Bidhuri, the plea calls for a 50 per cent reservation for women in the DUSU polls, emphasising the lack of female participation due to the influence of money and muscle power in the elections.

It also calls for the Centre, UGC, and the university to reserve 50 per cent of seats for female candidates in both DUSU and college student union elections. The plea stresses the need for reservation for women to foster gender equality. It notes that a notification for the DUSU polls has



been issued, with nominations starting on September 17, 2024, and the election scheduled for September 27, 2024.

Hussain has raised concerns about challenges faced by women despite 75 years of Independence. She underscored that the Constitution guarantees equality and participation for women, and highlighted the importance of political representation for women in a male-dominated society to achieve genuine empowerment.

'Bio-decomposer will be sprayed free of cost to stop stubble burning': Delhi environment minister

Stubble burning, included in this year's 21 focus points, also plays an important role in increasing the problem of pollution in the winter season.

NEW DELHI. Aiming to curb pollution during the upcoming winter months, the Delhi government has decided to spray bio-decomposers free of cost to decompose stubble in farmlands.

The government said that by spraying bio-decomposer, farmers will not have to burn stubble, which will prevent air pollution and will also increase fertility of fields.

Delhi Development Minister

Gopal Rai, following a high-level meeting with officials and experts, announced that so far 841 farmers have already signed up for the initiative aimed at curbing pollution and promoting sustainable farming practices in both Basmati and non-Basmati paddy fields within the



capital. Giving more details about the meeting, Rai said, "In order to solve the problem of pollution occurring in the winter season inside Delhi, the Kejriwal government is constantly moving towards making its Winter Action Plan by meeting with different departments."

The Delhi Development Minister continued, "All the departments have been assigned different responsibilities on 21 focus points regarding the Winter Action Plan, under which the Environment Department will prepare a joint action plan for it. Stubble burning, included in this year's 21 focus points, also plays an important role in increasing the problem of pollution in the winter season."

He said that this year the government will spray bio-decomposer free of cost in more than 5,000 acres of land to decompose the stubble. Right now the farmers are being asked to fill the form.

Delhi BJP Sikh cell protests Rahul Gandhi's remark in US, seeks apology

NEW DELHI. The Delhi BJP's Sikh cell - Sikh Prakosth - on Wednesday staged a protest against Congress leader Rahul Gandhi for his alleged controversial remarks in the United States concerning Sikhs in India.

The protesters, including women, attempted to march towards Gandhi's residence but were not allowed by the police. As the protesters tried to disobey the police orders, they were subsequently detained but later released after a warning. The protesters demanded an apology from Gandhi, the Leader of Opposition in the lower house of Parliament, for his recent remarks in the US while addressing a gathering of Indian Americans in a Washington DC suburb. "The fight is about whether a Sikh is going to be allowed to wear his turban in India or a kada in India. Or he, as a Sikh, is going to be able to go to Gurdwara. That's what the fight is about. And not just



for him, for all religions," Gandhi had said. BJP's Sikh Cell convener Sardar Charanjeet Singh Lovely condemned this statement and remarked that

Congress has historically been the party that caused the most harm to Sikhs. "The Sikh community and the nation can never forget or forgive these atrocities by it Operation Blue Star, Rahul Gandhi must apologise to the Sikhs across the country and retract his statement," Lovely said.

The Delhi BJP accused Rahul of being the first leader of the opposition who makes controversial statements on India's internal matters in front of the foreign media.

Party's national spokesperson RP Singh stated that Gandhi should refrain from making such statements, especially about the Sikh community. Meanwhile, Delhi BJP president Virendra Sachdeva also slammed Gandhi for his comments on caste-based reservation. Gandhi during his address had said that his party will "think of ending reservation when India is a fair place".

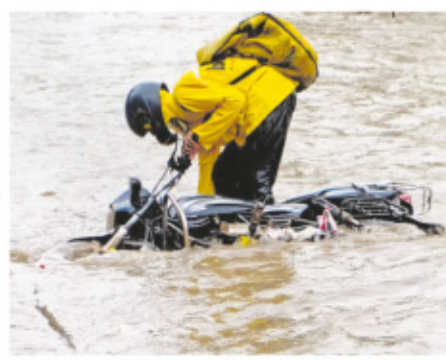
Gurgram battles civic woes as municipal polls pending for two years

Elections to the Municipal Corporation of Gurgaon (MCG) were last held in 2017, with the term of the councillors and the mayor ending in 2022.

NEW DELHI. Every year, the onset of monsoon brings about a familiar site for the residents of Gurgram - heavily waterlogged streets that make daily commute nearly impossible. Residents often take to social media to ridicule the city's misgovernance with many sarcastically praising authorities for turning their flats into "sea-facing" luxury apartments.

Flooding, however, is not the only issue plaguing the 'Millennium City'. Residents frequently complain of overflowing sewers, water scarcity, damaged roads and irregular garbage collection. Some of the city's Residents Welfare Associations (RWAs) even went so far as to boycott the recently-held Lok Sabha polls until conditions improved.

"The situation has gotten consistently worse in the last 2-3 years," said Raj Kumar Yadav, president of Sector 46 RWA. According to Yadav, garbage collection is one of the worst-hit services with private contractors selling off their tenders from one to another with no accountability to residents. "Garbage collection is usually delayed by several days and despite fixed rates for garbage collection, based on plot size, contractors also grossly overcharge us. These contractors are no better than goons and threaten us if we complain to the



Municipal Corporation," he said. The situation in private societies under the management of the Municipal Corporation of Gurgaon (MCG) is no better. Mayfield Garden, a private colony spread over 327 acres was recently taken over by the MCG. Residents had been pooling their funds together and managing the locality on their own ever since the group of builders that developed the area stopped its maintenance in 2012.

"We have made several representations to MCG officials but nothing has been done to improve our situation. A single hour of rain can easily flood our entire locality," said RK Sharma, president of Mayfield Garden-BRWA.

Notably, elections to the MCG House were last held in 2017, with the term of the councillors and the mayor ending in 2022. Fresh elections were supposed to be held within six months but were delayed as the delimitation exercise could not be completed. Elections can be held only after the delimitation is carried out and approved by the state government, said officials. In the absence of elected officials, residents' pleas often go unheard in the MCG.

According to Kuldeep Singh Bohra, who served as a councillor from 2017 to 2022, elected representatives play a crucial role in bringing residents' concerns to the attention of civic officials.

Fit enough to Cycle?

You must cycle to stay fit and be fit enough to keep cycling. Your route to a healthy ride...

Step out of your homes early morning and you'll be pleasantly surprised by the number of cyclists on the roads. Clad in funky cycling gear, this is a mix of fitness enthusiasts, sportspersons preparing for a cycling expedition or just laymen cycling to work daily. They all have different reasons for resorting to the pedal - from challenging the smoking habit and fighting bad cholesterol to tackling diabetes, and of course, getting in shape. It's an excellent way to strengthen the body and calm the mind.

However, since cycling is strenuous, it can make you weak.

Eating the right foods before, during and after your ride, helps to replace the fuel your body demands. If you are active for longer periods, it is important to consume carbohydrates, proteins and other nutrients that can be rapidly absorbed by hungry muscles.

Kills Insomnia
Cycling is a complete exercise for the body, especially the legs. Just like any other sport or fitness regimen, it helps to improve muscle strength, decrease stress, build better posture and focus. It is a great fat killer and sleep propeller! Yes, cycling induces sleep like very few other workouts can, and is therefore highly recommended for insomniacs.

It keeps your body responsive irrespective of age or gender too. Cycling isn't just meant for youngsters, it helps you in every age to keep the bones strong and the body in shape.

Doctor's Permission
A cyclist should be flexible, have good stamina, leg strength and should have done good cardio before getting into this sport. Legs and back are the biggest assets on a bike, so people with problems in these areas should secure a doctor's permission and a preparedness to take to the wheels. A strong core, active involvement in other forms of fitness like yoga, running, sprints, lifting heavy weights should help a person in getting actively involved in cycling. Once into the habit, the level of fitness can be

easily attained if one gradually starts with 15 to 20 minutes and then moves to a longer duration and distance.

Ideal Diet
Carbohydrate is the high grade fuel for your muscles. Having lots of carbs is what lets you ride fast and far. The body is only able to store a relatively small amount of carbohydrate, which

is why keeping it topped up is important. So hoard on whole meal breads, bananas and high-fibre cereals. Good fat is another important part of the diet including Omega3. Protein-rich meats and vegetables combined with whole grains will help to restore your muscles while keeping fat levels down. If you face a lengthy drive home following a long bike ride, be sure to have some protein bars and a recovery drink

on hand to start the recovery process within the optimal time period.

Raise The Game
Following a disciplined lifestyle is a must for a daily cyclist. Alternating workouts help in building energy and stamina. Skipping is a great way to warm up. Crunches are a great workout for the core and can be performed indoors. One could alternate between picking weights and

other cardio-based sports, like running and dancing, including two days of stretches - yoga and meditation (instilling mindfulness). A good sleep and a well-rested body will ensure the body is energised and calm enough to raise the fitness levels.

Water burns fat while cycling, it helps in getting toxins out of the body and absorbs nutrients easily. This helps cyclists to optimise this sport and do long distances.



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10-minute exercises for busy corporate employees

We all need to work out every single day.

While health experts prescribe 30 minutes of cardio, four times a week, if you have a crazy schedule and are hard-pressed for time, there's no need to lose out. Short burst fitness moves have been hailed every bit as effective. Here are ways to sneak exercise into your day and get recharged....

Skipping: All it takes is 10 minutes to get ship-shape with a jump rope, or skipping. It works on the core, arms and legs and experts say it can burn over 100 calories in a single 10-minute session, daily. Try this before your breakfast or cart a rope along to the office and do a short single-leg or double-leg session there. Use a rope that's your size and remember, this can place some stress on the ankles and knees so do a few ankle rotations before starting out. If you suffer from chronic knee pain, consult a doctor first. Benefit:

Reduces belly fat, builds endurance

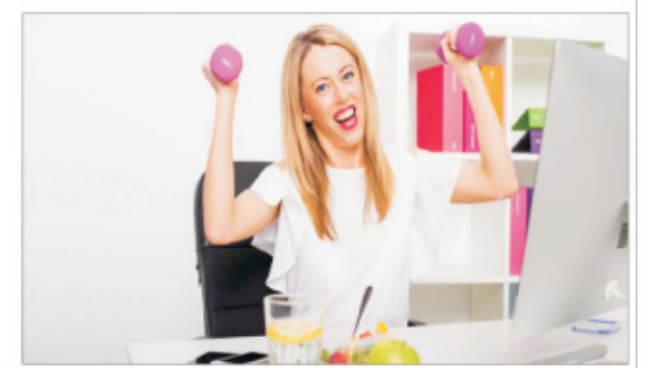
Stairwell walk/run: Got no time for the gym? No sweat! Ditch the elevator and take the stairs. This is a great cardio workout and a calorie torcher too! Any aerobic activity lessens bad cholesterol, raises good cholesterol levels and boosts circulation, among things. And as the body uses effort to lift upwards, it helps engage more muscles, even tiny ones, in the leg. Did you know walking up 200 steps twice a day increases aerobic fitness levels by 17%? Try it today. Benefit: Increases circulation, cuts risk of heart attack by 25%

Stability ball: Several studies have been suggesting that you swap the office chair with a stability ball. It can repair bad posture because when you try and balance, the body is forced to automatically get into the correct one. This also engages the core and since you have to change your position often it does away with the damage

caused by a chair when you tend to sit long hours in the same slouched position. Remember to keep the back straight when you try this one. Benefit: Alleviates back pain, builds the core

TRX: The resistance band regimen is one of the best workouts to reduce aches and muscular tightness in the neck, shoulder and upper back that arises out of long hours of sitting. The band is a portable tool and can be set up anywhere. Place it under your feet and holding each handle, lift the arms up to shoulder level and slowly release them back to the start. Or do a lunge with the band under the feet, while you hold each handle. What happens is the stretching that ensues increases blood flow and oxygen to your muscles and lessens pain, which in turn also reduces headaches. Benefit: Headache and stress reliever In-office cycling: More corporates in the West are

opening up to the idea of a 'cycle-in office' where you pedal push your way around the premises a la the movie, The Intern. As per a report, London is set to open such an office. Though it needs space, we hope it happens back home, too! If not, you can always cycle to work. The low-impact exercise can help ward off obesity, stroke and arthritis and builds muscle tone.



Home remedies to deal with acidity

- Eat an overripe banana to beat an especially bad bout of acidity.
- Have cold milk without any additives like sugar.

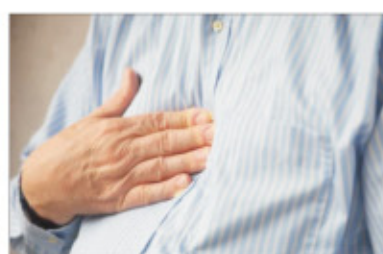
-If you frequently suffer from acidity, drink a glass of lukewarm water every day before going to sleep and immediately after waking up in the morning.

-Eat an overripe banana to beat an especially bad bout of acidity, as they tend to contain more potassium which makes it the perfect antidote.

-Have cold milk without any additives like sugar. You could mix it with a spoon of ghee to make the remedy

even more effective.

-Boil one cup of water and add 1 tsp of aniseed (saunf). Cover and leave overnight. Strain the water in the morning and add 1 tsp of honey. Take this thrice a day to prevent acidity.



5 golden benefits of waking up early



"The early morning has gold in its mouth," said Benjamin Franklin. The analogy by Franklin is by no means long drawn because getting up before the sun has many perks. Following is a list of reasons which will convince you to set your alarm for 6 a.m. tomorrow.

More productivity

Getting up early gives you a kick start for the day ahead. Besides allowing you more hours for your work, it also boosts your speed. Studies have suggested that when a person gets up early, he is more energetic and takes lesser time to do a task that would take more time otherwise. He is also more adept in taking better decisions, planning and

achieving goals.

Mental fitness

One very significant benefit of waking up early is reduced stress level. When you rise early, it eliminates the need to rush in the morning. You can then start your day on an optimistic note and such positivity often stays with you throughout the day.

Better sleep quality

Early risers often go to bed early. Getting up early is not something that should be followed irregularly but it needs to be established as a routine in your life. This translates into better sleep quality as your body's internal clock adapts to your new sleep routine.

Bigger scores

A research conducted by Texas University has identified that students who were early risers scored better grades than those who were late to rise. Their GPAs were higher than the latter. One can link it to an enhanced productivity and quality of sleep.

Brighter world

Getting up early instils you with positivity. A research has suggested that people who got up early were happier, not just for a short duration but overall in life.

Bajaj Housing Finance IPO allotment: Step-by-step guide to check status

New Delhi. The excitement surrounding IPOs has been strong this year, and Bajaj Housing Finance's IPO is no exception. Investors have eagerly put their money into the public issue, which appears to be on track to double their returns. Imagine a queue stretching miles with people vying for a golden ticket—that's how the Rs 6,560-crore IPO of Bajaj Housing Finance has felt as it attracted a mind-blowing Rs 3.2 lakh crore in bids.

The IPO received a total subscription of 67.43 times. As of 6:19 PM on September 11, 2024, the retail segment was subscribed 7.41 times, the qualified institutional buyer (QIB) category saw a subscription of 222.05 times, and non-institutional investors (NII) subscribed 43.98 times. Investors who have bid for Bajaj Housing Finance IPO can check their allotment status online. They can log in to either the BSE website or the website of Kfin Technologies Limited, the registrar for the issue. The latest Grey Market Premium (GMP) for Bajaj Housing Finance's IPO stands at Rs 74, as of 08:27 AM on September 12, 2024. Given the price band of Rs 70, the projected listing price for the IPO is Rs 144 (which is the cap price plus the current GMP). This suggests an anticipated gain of 105.71% per share.

The price band for Bajaj Housing Finance's IPO was set at Rs 66-70 per share. Investors could apply for a minimum of 214 equity shares, with applications accepted in multiples thereafter.

SpiceJet: HC orders to ground three engines

NEW DELHI. The Delhi High Court on Wednesday upheld a ruling mandating budget airline SpiceJet to ground three of its aircraft engines due to overdue payments to French lessors. A Division Bench, consisting of justices Rajiv Shakdher and Amit Bansal, decided not to overturn the previous single-judge order issued on August 14 regarding non-payment of dues for engines leased from two French companies. The airline had contested this order, but the Division Bench's ruling reinforces the enforcement of the initial directive. While pronouncing the judgement, the bench noted that "...The record reveals SpiceJet is in default, and past and current outstanding dues remain unpaid. At the risk of repetition, it must be stressed that SpiceJet has violated an agreed interim arrangement for payment of dues, which included a term that, upon breach, it would ground the engines that Team France and Sunbird France could then repossess". This ruling delivers a significant blow to SpiceJet, which has been grappling with financial challenges, including legal battles over aircraft leases.

"...the fact that the financial condition of SpiceJet is weak is evident from its conduct and the stand taken on its behalf in court, which is that it is attempting to infuse funds through loans and/or equity. If the position in which SpiceJet is at this juncture, Team France and Sunbird France could well end up both without its engines or the monies due under the engine lease agreements." The bench modified the impugned order to a "limited extent".

Restructuring: Samsung to cut 200 jobs in India

NEW DELHI. Technology giant Samsung is planning to lay off nearly 200 employees in India as part of its cost-cutting measures, as per company sources.

The move is part of Samsung's global restructuring plan, which aims to cut up to 30% of its global workforce across various divisions. As per reports, the job cuts will primarily impact sales, marketing, and administrative staff in regions such as the Americas, Europe, Asia, and Africa. It has halted new hiring and is not filling roles left vacant by voluntary exits. Reports indicate its management recently summoned Indian team to South Korea to discuss ongoing issues and restructuring efforts.

In India, Samsung fell to third place in volume in the April-June quarter of 2024, as per IDC. Its smartphone shipments fell by 15.4%, marking its third consecutive quarterly decline, with its market share dropping to 12.9%. It is facing competition from rivals like Apple in the smartphone market and SK Hynix in the high-end memory chip sector.

In China, the company plans to cut 30% of its sales staff. It employed 267,800 people as of the end of 2023, with over half, or 147,000 employees, based overseas, according to its latest sustainability report.

UP to clear investment of Rs 10L cr soon

NEW DELHI. The Uttar Pradesh government will soon organise the groundbreaking ceremony of investment proposals worth Rs 10 lakh crore, Chief Minister Yogi Adityanath said on Wednesday.

Inviting semiconductor industry to invest in the state, he highlighted that Uttar Pradesh offers incentives such as land subsidies and capital subsidies of 25% for chip units under a policy. Together with the Centre's incentives of 50%, chip units can get subsidies of up to



75% for investment proposals, the chief minister stated. Addressing the international conference on semiconductors, Semicon India, Adityanath said the state has attracted huge investment proposals from the industry. He recalled that a team which was preparing for an investor summit in the state earlier told him investment proposals of Rs 20,000 crore would come in UP. "Same Uttar Pradesh after 7 years has brought investment proposals of Rs 40 lakh crore.

Out of which, Rs 10 lakh crore was done in February. Rs 10 lakh crore investments are in pipeline, for which we will soon do a groundbreaking in the state," he said.

Sensex, Nifty open in green as Fed rate cut hopes grow after US inflation data

The S&P BSE Sensex added 230.45 points to 81,753.61, while the NSE Nifty50 gained 97.40 points to 25,015.85

New Delhi. Benchmark stock market indices opened higher on Thursday driven by gains in metals and IT stocks. This upward tick came as expectations for increased foreign inflows grew, following US inflation data that strongly indicated a Federal Reserve rate cut in the upcoming week. The S&P BSE Sensex added 230.45 points to 81,753.61, while the NSE Nifty50 gained 97.40 points to 25,015.85 as of 10:28 AM. Dr VK Vijayakumar, Geojit Financial Services said that the latest US inflation numbers are mildly positive for markets. "August CPI inflation coming at 0.2% has brought down the 12-month

inflation to 2.5% from 2.9% earlier. This paves the way for a rate cut by the Fed in September. But since core inflation continues to remain high at 3.2% the Fed is likely to be cautious and refrain from a 50bp rate cut, finally settling for a 25bp rate cut. CPI inflation in India also is expected to be low at around 3.5% in August. This can facilitate a rate cut by the MPC in 2024 itself. In brief, the benign inflation conditions and prospects for rate cuts are positives for stock markets," he said.

"FIIs turning buyers in the cash market during the last three days is another indication that the market will continue to be resilient. The record Rs 3.23 lakh crore application money from 89 lakh investors for Bajaj Housing Finance IPO is a reflection of the humongous liquidity chasing stocks in the Indian market now.



The bullish undercurrent of the market will continue," added Vijayakumar. The Nifty Midcap100 index rose by 0.57%, while the Nifty Smallcap100 index also performed well, though more modestly, increasing by 0.36%, suggesting continued interest in smaller firms. Meanwhile, the India VIX, often referred to as the fear gauge of the market,

experienced a decline of 3.35%. Early trade saw positive performance across all Nifty sectoral indices, with no sectors in the red. The healthcare sector led the gains, with Nifty Midsmall Healthcare rising 1.37% and Nifty Healthcare Index climbing 1.18%. Nifty Pharma also showed strong performance, increasing by 0.87%. The consumer-oriented sectors performed well, with Nifty Consumer Durables and Nifty FMCG advancing 0.87% and 0.42% respectively. The auto sector saw significant gains, with Nifty Auto rising 0.61%. Financial services sectors showed modest growth, with Nifty Financial Services up 0.27%, Nifty Financial Services 25/50 increasing 0.25%, and Nifty Bank climbing 0.25%. Nifty Private Bank saw a slight uptick of 0.17%, while Nifty PSU Bank performed better with a 0.61% increase.

Ayushman Bharat to cover senior citizens above 70: All you need to know

New Delhi. The Union Cabinet has approved a major expansion of the Ayushman Bharat Pradhan Mantri Jan Arogya Yojana (AB PM-JAY) to cover all senior citizens aged 70 years and above. This change allows anyone in this age group to be eligible for health insurance, regardless of their income level. After the Cabinet meeting, Union Minister Ashwini Vaishnaw said, "Prime Minister Narendra Modi had made a commitment that all senior citizens above the age of 70 years will be given coverage under Ayushman Bharat PM Jan Arogya Yojana. There are many families which are already covered and have senior citizens. In such families, additional coverage, top-up coverage will be Rs 5 lakh." This expansion aims to address the healthcare needs of the elderly, who often face higher medical expenses as they age. By lifting income restrictions, the government is ensuring that more senior citizens can benefit from much-

needed health coverage, which will help ease the financial burden of healthcare.

How does the scheme work?

The AB PM-JAY now covers an additional 6 crore individuals from 4.5 crore families, focusing on seniors aged 70 and above. Each senior citizen will be given a health card, allowing them easy access to healthcare services under the scheme. The scheme provides Rs 5 lakh coverage annually per family. If there are multiple senior citizens in the same family, this coverage is shared among them. The scheme is particularly beneficial for nuclear families, where the financial burden on elderly members can be more difficult to manage. Eligibility - All senior citizens aged 70 and above are eligible for Rs 5 lakh health coverage, regardless of income or social status.

Top-up coverage - For families already enrolled in Ayushman Bharat, senior members will receive an extra Rs 5 lakh top-up, which is solely for their use.

Private insurance - Senior citizens with private health insurance can still take advantage of the scheme without any conflict with their existing coverage.

Public health schemes - Seniors who are part of other public health schemes like the Central Government Health Scheme (CGHS), Ex-Servicemen Contributory Health Scheme (ECHS), or Ayushman Central Armed Police Force (CAPF) will need to choose between their current insurance and the new Ayushman Bharat health coverage. New health cards - All eligible senior citizens will receive a separate health card, which will help them access the scheme's benefits more efficiently.

Who pays for the coverage?

The cost of this expanded coverage will be Rs 3,437 crore initially. State governments will bear 40% of the expenses, while the Centre will cover the remaining 60%. For states in hilly and northeastern regions, the Centre will fund 90% of the costs.

Evs get Rs 11k crore boost from government

NEW DELHI. The Union Cabinet, chaired by Prime Minister Narendra Modi, has approved the proposal of the Ministry of Heavy Industries (MHI) for the implementation of 'PM Electric Drive Revolution in Innovative Vehicle Enhancement (PM E-DRIVE) Scheme' to promote electric mobility in the country.

The PM E-DRIVE has replaced the FAME scheme and the temporary Electric Mobility Promotion Scheme (EMPS) 2024. The new scheme has an outlay of Rs 10,900 crore over a period of two years. Subsidies/demand incentives worth Rs 3,679 crore have been provided to incentivise electric two-wheelers, electric three-wheelers, e-ambulances, e-trucks and other emerging EVs. The scheme will support 24.79 lakh e-2Ws, 3.16 lakh e-3Ws, and 14,028 e-buses. There isn't much for electric car buyers.

The scheme allocates Rs 500 crore for the deployment of e-ambulances. A

sum of Rs 4,391 crore has been provided for procurement of 14,028 e-buses by STUs/public transport agencies. The demand aggregation will be done by CESL in the nine



cities with more than 40 lakh population namely Delhi, Mumbai, Kolkata, Chennai, Ahmedabad, Surat, Bangalore, Pune and Hyderabad. Intercity and Interstate e-buses will also be supported in consultation with states. The scheme will promote the deployment of e-trucks in the country. Rs.500 crore has been allocated for incentivising e-trucks. The government said the scheme addresses range anxiety of

EV buyers by promoting the installation of electric vehicle public charging stations (EVPCS). "These EVPCS shall be installed in the selected cities with high EV penetration and on selected highways. The scheme proposes installation of 22,100 fast chargers for e-4Ws, 1,800 fast chargers for e-buses and 48,400 fast chargers for e-2W/3Ws. The outlay for EV PCS will be Rs 2,000 crore," said a statement issued by the Cabinet. Further, the government has approved an outlay of Rs 780 crore to modernise the test agency. The Ministry of Heavy Industries (MHI) is introducing e-vouchers for EV buyers to avail demand incentives under the scheme. At the time of purchase of EV, the scheme portal will generate an Aadhaar authenticated e-Voucher for the buyer. A link to download the e-voucher will be sent to the registered mobile number of the buyer.

Crude oil prices decline below \$70; petrol, diesel unlikely to get cheaper

Brent Crude Future prices dropped below \$70 a barrel on Tuesday, triggered by OPEC+'s downward revision of its demand forecast.

NEW DELHI. Even as crude oil prices declined below \$70 a barrel for the first time since December 2021, analysts believe that petrol and diesel prices in India are unlikely to come down anytime soon. They indicated that oil marketing companies (OMCs) would prefer to see a sustained trend of lower crude prices for a longer period before making any decisions on domestic fuel prices.

"Oil marketing companies would possibly like to see sustenance of the trend of lower crude prices for longer before they take a call on prices," said Prashant Vasishth, VP & co-head, corporate ratings, ICRA. Brent Crude Future prices dropped below \$70 a barrel on Tuesday, triggered by OPEC+'s downward revision of its demand forecast. Though the prices rebounded early on Wednesday, they fell below the \$70 mark. Brent crude futures was trading at \$69.68 a barrel and US West Texas

Intermediate (WTI) crude at \$66.37 at 7:56 PM IST.

"Crude oil prices have been depressed owing to repeated instances of increasingly weak demand from China even as US production is high at over 13 million barrels a day. Additionally, OPEC+ has extended oil production cut by two months leading to fears that there is disagreement on further production cuts leading to a bearish scenario. It is unclear whether this is a short term phenomenon as OPEC+ may after all increase cuts which could lead to increase in prices," said Vasishth. Indian oil marketing companies have made revision of the prices of petrol and diesel across the country in March 2024 by Rs 2 per litre. Now, the elections approaching in Haryana and Jammu & Kashmir, there is speculation that oil marketing companies might consider reducing fuel prices. Moreover, Indian oil marketing companies, including Indian Oil Corporation Ltd (IOCL), Bharat Petroleum Corporation Ltd (BPCL), and Hindustan Petroleum Corporation Ltd (HPCL), have reported significant profits in recent quarters, with a combined consolidated net profit of Rs 7,371 crore in the first quarter of this fiscal.



NEWS BOX

Vinicius apologises to fans for Brazil defeat, addresses Real Madrid comparisons

New Delhi. Brazilian winger Vinicius Junior issued an apology to fans following Brazil's 0-1 defeat to Paraguay in the FIFA World Cup Qualifiers on September 11. This loss continued Brazil's troubling run, leaving them in a precarious position in the CONMEBOL standings. In his statement, Vinicius expressed regret for the team's poor form and assured fans of his commitment to improving his own performance. Vinicius acknowledged the difficult situation Brazil is in, as the five-time World Cup winners now sit fifth in the standings with just 10 points from eight games. This places them behind Argentina, Colombia, Uruguay, and Ecuador, and only narrowly ahead of Venezuela on goal difference. With only



the top six teams qualifying for the World Cup, Brazil's current position is alarming. "We apologise to the fans, who are always on our side... But this is a difficult time, we just want to improve... I know my potential, I know what I can do for the national team. Of course it's been a very difficult process, because when you don't have confidence, you don't get goals, you don't get assists and good performances," Vinicius told Sportv. "We know the situation we're in, we want to get Brazil out of this situation at any cost, we all have to go home now and start thinking about what we can do to get back to playing well. We cannot come here, lose these points and play the way we did," Vinicius added. Vinicius also addressed criticism regarding his performances, noting that while he has excelled at Real Madrid, he has struggled to replicate that success with the national team. He promised to work harder to meet expectations.

"It's completely different [tharazil's next World Cup Qualifiers will be crucial, with matches against Chile on October 11 and Peru to follow. These games will be vital for Brazil's hopes of securing a spot in the tournament, and for Vinicius, who will be under pressure to lead his team to victory and turn their fortunes around.

Is Carlos Alcaraz's second-half slump in 2024 a cause for concern

New Delhi Carlos Alcaraz and Jannik Sinner have solidified their status as the leaders of the next generation in men's singles tennis, sharing all four Grand Slam titles between them in 2024. Alcaraz claimed victories at the French Open and Wimbledon, while Sinner completed the hard-court double,



winning both the Australian Open and the US Open, heading towards finishing the year as the World No. 1. While Sinner's performance only grew stronger, culminating in his US Open triumph after successfully distancing himself from the noise surrounding his doping case, Alcaraz experienced a late-season slump. Though not alarming, questions have surfaced about the Spaniard's ability to win on his bad days — a trait that often distinguishes legends from the rest. In 2023, Roger Federer expressed concerns about placing immense pressure on young tennis stars, cautioning that unrealistic expectations could hinder their development. It seems the very scenario Federer warned about may now be unfolding. "I always don't like to put too much pressure on younger players, especially like, 'He's going to do this.' But he's (Alcaraz) the type of player who says, 'Well, I'm coming to Wimbledon, I'm coming to win. I'm coming to Paris, I'm coming to win.' So he's putting that pressure on his own, which is great," Federer told CNN Sports in 2023. Despite Alcaraz's impressive achievements in 2024, some fans have been quick to speculate whether the mounting pressure is beginning to affect the four-time Grand Slam champion. Since his Wimbledon triumph in July, Alcaraz has suffered three concerning defeats — in the final of the Paris Olympics to Novak Djokovic, a second-round loss to Gaël Monfils at the Cincinnati Masters, and a shocking second-round exit to World No. 68 Botic van de Zandschulp at the US Open. These defeats have led to concerns that Alcaraz might be a victim of his own success. Some argue that the high standards Alcaraz has set are starting to impact his mental game, potentially causing him to lose his usual flair during crucial moments.

Ponting praises 'rough diamond' Jake Fraser-McGurk: Can be an all-format player

Ricky Ponting has hailed young Jake Fraser-McGurk as a future all-format star for Australia but cautioned that the 22-year-old must refine his aggressive style to fulfill his potential as a key player for Australia.

Southampton. Former Australia captain Ricky Ponting has heaped praise on young batter Jake Fraser-McGurk, highlighting him as one of the most promising talents in world cricket. While Ponting lauded Fraser-McGurk's explosive batting abilities, he also pointed out that the 22-year-old has room for improvement, particularly in refining his style of play.

Although Fraser-McGurk did not feature in Australia's first T20I against England on September 11 at The Rose Bowl, his reputation as a hard-hitting batsman has grown significantly since his debut in the Indian Premier League (IPL) in 2024 with the Delhi Capitals. Ponting, speaking to



SkySports, emphasized that Fraser-McGurk's potential is immense, and with a more well-thought-out approach, he could become a key player for Australia across all three formats. "He's an extreme talent. He's a ball striking talent. He's still very much of a rough diamond though. Like I, I'm not sure in his own head he's actually worked out

exactly the right way to go about it yet. I mean, he only goes one way, but when he's thinking about hitting the ball to different parts of the ground is when you see the best Jake Fraser-McGurk quite often," Ponting said. "He'll get sort of stuck in trying to hit him one which is normally down over long on or to mid wicket. But if he thinks about

scoring 360 degrees around the ground, he's as clean a striker as I think I've ever seen. He's probably 5 ft 10, he's not a big kid, but he hits the ball extremely hard and he's got no fear, and he's a gun in the field. He's someone that I think that in the future can be a three-format player for Australia," Ponting added. Ponting's remarks come at a time when Australian cricket is transitioning after the retirement of veteran opener David Warner. Cricket fans and pundits alike have been quick to predict Fraser-McGurk as a potential successor at the top of the order, a role he has performed brilliantly for Delhi Capitals in the IPL.

Despite his absence from the T20I series opener against England, Fraser-McGurk remains a player to watch. Ponting's comments underline the belief in the young batter's ability to rise to the occasion, provided he continues to develop his game.

As Australia looks to the future, Fraser-McGurk's journey will be closely followed by fans eager to see if he can fulfill the high expectations set by legends like Ponting. The young batter's aggressive style and potential to become a mainstay in the national team make him one of the most exciting prospects in Australian cricket.

Shubman Gill training hard in gym ahead of IND vs BAN Test series

New Delhi. Shubman Gill geared up for the upcoming big Test season as he trained hard in the gym. In a video, Gill was spotted sweating it out in the gym as he engaged in a hard-core workout. He would be aiming to be at his utmost fitness as India would be having a gruelling season, which included 10 Tests this year. Gill's training involved a mix of both cardio and weightlifting exercises as he looked charged up during the session. Gill would also have a huge responsibility on his shoulders, given he would bat at the No. 3 position. Gill, considered as one of the next all-format star players, opened up about not being able to meet his expectations fully. He made his Test debut later in December 2020 during the Test series against Australia. He managed to score runs at an average of 35.52 and has scored 4 hundreds and 6 fifties in 25 matches.

"Yes, I've not been up to my own expectations [in Test cricket]," he told PTI on the eve of the



Duleep Trophy opener in Bengaluru. "But we have ten Tests coming up together. Hopefully, after these ten Tests end, I'd be up to my expectations or more," he added. The 25-year-old had started his career as an opener but has now taken up the role of No. 3, following in the footsteps of Rahul Dravid and Cheteshwar Pujara. While there were a few difficult moments for Gill during the England series earlier in the year at home, he was able to turn a corner and score 2 hundreds and finished as the second highest run-getter in the series with 452 to his name from 5 matches. Earlier, there were doubts whether Gill, a traditional opener, would be able to transition into the new role. However, slowly but surely, he proved himself as India's No. 3 batter. However, his biggest challenge would be the upcoming 5-match Test series against Australia. He would aim to be in good form and the foundation of which would be laid in the Bangladesh and New Zealand Test series, which would be played at home.

Unstoppable Jannik Sinner will make things difficult for Alcaraz: Toni Nadal

New Delhi. Toni Nadal, the uncle and former coach of tennis legend Rafael Nadal, recently showered praise on Jannik Sinner, the current World No. 1, following his impressive US Open triumph. Toni Nadal described Sinner as "practically unstoppable," especially after the Italian distanced himself from the controversies surrounding his doping case.

Sinner's victory at the US Open marks a significant milestone in his career, as he now shares the four Grand Slam titles of 2024 with Carlos Alcaraz. Sinner secured victories at the Australian Open and the US Open, while Alcaraz claimed titles at Roland Garros and Wimbledon. Today, he has become a player who is practically unstoppable for the vast majority of his opponents. He is capable of delivering each of his strokes with great speed and of making very few unforced errors," Toni Nadal wrote in his column for El Pais. "In the week before the start of the competition we were wondering how the incessant controversy generated by his possible double doping



could affect him. After the final and his magnificent performance, the Italian has shown once again that he not only has one of the best games on the circuit but also has the temperament to face really complicated situations," Toni Nadal added.

However, Toni Nadal expressed concerns about Alcaraz's ability to handle the mental challenge posed by Sinner's rapid rise. After an outstanding start to 2024, including wins at Wimbledon and Roland Garros, Alcaraz's momentum faltered following his loss to Novak Djokovic in the Paris Olympics gold

medal match. "I must say that I still enjoy Alcaraz' game more - I like him even more - but I must also admit and fear that the current leader's notable improvement, especially on a mental level, will make things really difficult for him. The rivalry is definitely on," Toni Nadal added.

This defeat was followed by unexpected early exits at the Cincinnati Masters and the US Open, raising questions about Alcaraz's capacity to manage mental pressure in crucial matches. Despite these setbacks, Alcaraz has shown signs of resilience, beginning his Davis Cup 2024 campaign with a strong victory over Czech tennis star Tomas Machac, who retired in the third set due to cramps. This win has fueled speculation that the 22-year-old is poised to make a robust comeback to his winning form. As the competition between Sinner and Alcaraz intensifies, Toni Nadal's insights highlight the mental and physical battles that lie ahead for both rising stars in the tennis world.

Recalling Bangladesh's Test debut vs India: Dhaka witnesses history in 2000

New Delhi The 1999 ODI World Cup holds special memories for Bangladesh. It started with Aminul Islam Bulbul's men taking down a red-hot Pakistan at the County Ground in Northampton. With the likes of Saeed Anwar, Inzamam-ul-Haq and Wasim Akram in their ranks, beating Pakistan wasn't a walk in the park back then, but the Tigers did the unthinkable and neutralized their opponents. On the back of their impressive showing, Bangladesh got Test status in June 2000. Later that year, they made history after playing their maiden Test match against India, captained by Sourav Ganguly. Naimur Rahman Durjoy had the honour of captaining Bangladesh in front of a packed house at the Bangabandhu National Stadium in Dhaka. India went into the game as the favourites and they won by

nine wickets, a result which wasn't any different from expectations. But it was Aminul Islam, who etched his name in the history of Bangladesh cricket by becoming their first centurion. He scored 145 runs off 380 balls with 17 fours and helped his team post an impressive 400 in their very first Test innings. Skipper Naimur also made history, becoming the first Bangladeshi with a five-wicket haul in Test cricket. With figures of 44.3-9-132-6, Durjoy allowed India to take a lead of only 29 runs. The match was well and truly in the balance until the opening session of the fourth day. But then, gap of experience between the two teams showed. India bowled their opponents out for 91 in 46.3 overs and set themselves a target of 63. Rahul Dravid's brisk 49-ball knock of 41 made sure that India romped past the finish

line in 15 overs. Sunil Joshi walked away with the Player of the Match award after he took five wickets in the first innings followed by a three-wicket haul.

Bangladesh yet to open their account

Since 2000, India and Bangladesh have faced each other 13 times in Test cricket. While India have won 11 times, the Tigers are yet to get on the board. Habibul Bashar and Mushfiqur Rahim are the Bangladeshi skippers to have led their team to draws in 2007 and 2015 respectively. Back in December 2022, Bangladesh got close to beating India for the first time in Test cricket. They gave themselves a more than realistic chance of pulling off a massive heist at the Sher-e-Bangla National Stadium in Mirpur. Defending 145 in the fourth innings.

R Ashwin begins hunt of Glenn McGrath, Nathan Lyon's records in Bangladesh Tests

← Legendary India spinner R Ashwin will resume his international season with the Test series against Bangladesh. Ashwin, who has 516 wickets to his name has been the standout bowler at home in recent years.

New Delhi India spinner Ravichandran Ashwin will resume his international season with the home Test matches against Bangladesh. Ashwin, who has 516 wickets to his name in the red-ball format will be eyeing to clasp a few more in the series vs Bangladesh and New Zealand before flying out to Australia to play the Border-Gavaskar Trophy. The mystery spinner is one of India's finest bowlers of all time and has been especially effective in the last three years. It



is not like Ashwin has had a dip in form ever in home Tests, but since 2021, Ashwin has 109 wickets at home nearly double that of the next-best Indian bowler - Ravindra Jadeja - who has 56 wickets. Ashwin, who is easily one of the two greatest spinners in the Test format in recent times, will hope to solidify his position in the echelons of history in the next 5 Test matches. At the moment, Ashwin's tally of 516 wickets puts him in the 9th position among all-time

wicket-takers in Test history.

Can Ashwin surpass McGrath?

Immediately ahead of Ashwin, there are Courtney Walsh (519), Nathan Lyon (530) and Glenn McGrath (563). It is a real possibility that Ashwin will chase down Lyon's tally in the home Tests itself, which will give a nice flavour to the Border Gavaskar Trophy, set to begin in the month of November. Apart from Lyon and McGrath, Ashwin is also chasing Stuart

Broad in a different list altogether. Ashwin, who has 363 wickets at home will look to go ahead of Broad, who has 398, while playing in Test matches at home in England. In fact, Lyon is the greatest home spinner of all time, where he took over Anil Kumble (350) in the previous series against England. Ashwin picked 26 wickets in 5 matches against the Ben Stokes side. If he continues the same touch, he might just pull off a stunner and go over Broad in 2024 itself. Ashwin will have a fantastic support cast around him including the likes of Jasprit Bumrah, Kuldeep Yadav, Jadeja and Axar Patel. The spinner will hope for a terrific precursor to the Border-Gavaskar Trophy, potentially his final one in Australian soil. Ashwin has 39 wickets in Australia in 10 Test matches and is expected to be one of the main threats Down Under due to his experience and guile. The mystery spinner, who is in his last legs in international cricket will hope to secure his legacy as one of the best of all time in the next run of 10 Test matches before potentially playing the World Test Championship Final in Lord's.

Shilpa Shetty

Is Ageing Like A Fine Wine And We Have Proof

Shilpa Shetty Kundra never ceases to amaze people with her impeccable fashion sense. At 49, the Bollywood actress still can give the young actresses a run for their money with her toned physique and stunning looks. Recently, Shilpa mesmerised everyone with her looks in a beautiful silk saree. The paparazzo page Viral Bhayani shared a video of Shilpa on the set of a show, where she was seen walking in a multicoloured silk saree featuring a beaded, shimmery border. She paired the saree with a heavily embroidered and multicoloured half-sleeved blouse, perfectly complementing her vibrant look. Shilpa opted for pearl-studded sandals, a heavy polki necklace, a nose pin and two oxidised bracelets to accessorise her look. Meanwhile, she kept her soft-curled hair open in a middle partition and used shimmery eyeshadow and nude lipstick to finish off her look.

On Tuesday, Shilpa was spotted with her husband, Raj Kundra and her mother as they offered their prayers at Lalbaugh Cha Raja. In several paparazzi videos, the actress looked resplendent in a simple red-striped saree featuring a golden border. She paired the saree with a matching blouse and opted for heavy pieces of jewellery. Most notably, the actress and her husband walked barefoot to the pandal. Like every year, Shilpa and Raj welcomed Ganpati to their home with much pomp and zeal this time. In a post shared on her Instagram account, the actress was seen in festive spirits along with her husband and daughter. She was seen wearing a Johari skirt set from Punit Balana's collection. Her outfit comprised an embroidered waistcoat, tissue skirt and dual-toned contrasting dupatta. Sharing the post, Shilpa wrote, "Opening our hearts and doors to welcome Bappa, Favorite time of the year."

Meanwhile, on the day of Ganpati Visarjan, Shilpa twinned with her daughter, Samisha, in a mustard yellow floral shararas and choli sets. The actress opted for earrings and adorned her well-tied braid with latkans. In the video that she shared on her Instagram account, the entire family was seen offering prayers before bidding adieu to Lord Ganesha.

Sharing the video, Shilpa wrote, "Never easy to say goodbye to our Gannu Raja. We bid him farewell with heavy hearts, but full of gratitude and love. Can't wait to welcome you next year. On the work front, Shilpa was last seen in Rohit Shetty's Indian Police Force alongside Vivek Oberoi and Sidharth Malhotra. She will be next seen in the Kannada film KD-The Devil.



Karan Sharma On Wife Surbhi Chandna's 35th Birthday: 'My Reason To Be'



Fans and celebrities have flooded social media with heartfelt birthday wishes for Surbhi Chandna as she turned 35 today. However, the sweetest message came from her husband Karan Sharma who posted a touching video encapsulating the couple's 14-year journey together. Attached to the clip was a short but sweet caption that read, "Happy Birthday My Reason To Be." The wholesome clip opens with Karan Sharma playing the "Happy Birthday" tune on the piano for his loving wife Surbhi Chandna. Sitting beside him and smiling, the birthday girl is visibly excited. Then, it cuts to a glimpse of Karan's smartwatch which displays the picture of the actress as the wallpaper. As the clock strikes midnight, he pans the camera towards Surbhi and says, "Happy birthday, baby. 12 baj gaye." The couple is seen seated inside a plane, seemingly heading for a holiday to ring in the television star's birthday.

As the clip proceeds, a message then flashes on-screen reading, "Life with you is like a never-ending vacation. Happy Birthday to the one who makes me fall in love with her every day." Attached next are cute glimpses wherein the married couple is seen engrossed in some sweet moments as Karan adorably carries his ladylove on his back and takes her out on a date night. Do not miss the highlights from their pre-wedding shoot and the one where Surbhi lovingly feeds Karan a biscuit. The video concludes with another note reading, "14 years and counting."

Fans and followers were quick to shower the cute couple with love and adoration. One user wrote, "Everything is so beautiful here," while another mentioned, "The caption brought a wide smile on my face."

Meena Kumari And Kamal Amrohi's Love Story To Be Turned Into Film, Sanjay Dutt Wishes Luck



The untold love story of legendary actor Meena Kumari and filmmaker Kamal Amrohi is set to come to the big screen. Directed by Siddharth P Malhotra, the film, titled Kamal Aur Meena, will explore the couple's timeless journey, delving into their personal lives as well. Officially announced as a joint project by Saregama and Bilal Amrohi, Kamal Amrohi and Meena Kumari's grandson, the news has garnered attention. Actor Sanjay Dutt extended his heartfelt wishes to Bilal and his wife, Saachi Kumar Amrohi, following the announcement. Sharing the announcement teaser on his Instagram handle, Dutt wrote, "Dear Saachi and Bilal, all the best for your new venture. May it be a successful one! Love always, from Sanjay Mamu. It's a must-watch."

For those unaware, Saachi Kumar Amrohi is the daughter of Namrata Dutt, sister of the Bollywood actor. Both Saachi and Bilal have joined the project as producers, states a Pinkvilla report. Speaking about the video, it begins with a series of vintage pictures of the late actor along with some letters in Urdu. What follows are the voices of Meena and Kamal in the background as they call out to each other with some endearing nicknames. "A filmmaker, A Muse, Their star crossed love story, A dream that refused to die, A love that went beyond the grave," read the on-screen captions amid the music of Chalthe Chalthe from Paakeezah.

More Details About 'Kamal Aur Meena'

While the Maharaj director takes on the project, it also involves a star-studded lineup of talents like AR Rahman, Irshad Kamil, Bhavani Iyer, and Kausar Munir.

Speaking to Zoom, Siddharth P Malhotra revealed that the entire Amrohi family will be a part of the project.

"They are producing it. The casting will be done in November," he added. Bilal Amrohi also shared his views and said that he wishes to show their "heart-wrenching" story to the world. "Over 500 handwritten letters exchanged between my grandparents Kamal Sahaab and Meenaji, as well as personal journals detailing their lives together," he said, as quoted by Hindustan Times.

Neha Gowda

And Pavithra Gowda Flaunt Pregnancy Glow In Viral Pic

Kavitha Gowda and Neha Gowda started their Kannada television journey with Lakshmi Baramma in 2013. It is the second longest-running television show in the Kannada television industry. It has two seasons. Apart from the lead actresses, the serial also starred Chandan Kumar, Vijay Suroya, Deepa Ravishankar, Bhagyashri Rao and Vijay in the lead roles. Neha Gowda recently announced her pregnancy in a heartwarming video with her husband Chandan Kumar. Coincidentally, Kavitha Gowda is also expecting her first child now. She congratulated the actress and said that she is feeling grateful to share her happy moments with her dear friend Kavitha Gowda. She posted a bunch of pictures in which they were seen hugging each other with matching outfits. The photos have gone viral now.

In the latest viral post of Neha Gowda, the actress is seen posing with Kavitha Gowda.

The duo shared a joyous moment as they both cherished their unborn babies. The actresses donned similar sarees with pink and green borders. Neha Gowda was seen wearing a green pearl necklace while Kavitha Gowda donned gold plated necklace. In the series of pictures, the actresses looked like sisters. On this occasion, the actress Neha Gowda wrote, "I feel grateful to have shared my pregnancy journey with my little one, and now she's expecting her baby soon! Wishing her a happy, healthy, and safe delivery. May this new chapter bring immense joy and happiness to her life!" Take a look at the post. The fans flocked to the comments section of the post to congratulate the actress for her post. Kavitha Gowda replied, "To the both of us" on the post. One of the users pointed out that the saree worn by the actress has also been used in the popular serial Lakshmi Baramma. "Neha madam you wore this saree in Lakshmi Baramma serial right," wrote one of the users. Kavitha Gowda debuted in the film industry with the film Srinivasa Kalyana in 2017. It is directed by MG Srinivas who also appears in the lead role.

