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Govt blocks websites exposing Aadhaar, PAN details of Indian citizens

Sanjay Kumar

New Delhi, Sep 26: The government has blocked a few websites exposing sensitive personal identifiable information, including Aadhaar and PAN card

reliable information, including Aadhaar and PAN card details of Indian citizens. This has been taken up seriously as the government accords the highest priority to safe cyber security practices and the protection of personal data. In line with this, prompt action has been taken to block these websites," the statement said. The Unique Identification Authority of India (UIDAI) has lodged a complaint with the police authorities concerned for violation of the prohibition under the Aadhaar (Targeted Delivery of Financial and Other Subsidies, Benefits and Services) Act, 2016, on public display of Aadhaar information. "The analysis of these websites by the Indian Computer Emergency Response Team (CERT-In) has shown some security flaws in these websites. The concerned website owners have been provided guidance about the actions to be taken at their end for hardening the ICT infrastructures and fixing the vulnerabilities," the statement said.



details of Indian citizens, an official statement said on Thursday. The action was taken after the Indian Computer Emergency Response Team (CERT-In), under the Ministry of Electronics and Information Technology, found security flaws in the websites. "It has come to the notice of the MeitY that some websites were exposing sensitive personal identi-

PM Modi ended employment system: Rahul

Simmi Kaur Babbar

Chandigarh, Sep 26: Congress leader Rahul Gandhi hit out at Prime Minister Narendra Modi on Thursday over the unemployment issue and accused him of "systematically" ending the employment system of the country. Addressing a poll rally in Assandh, the leader of opposition in the Lok Sabha exuded confidence that the Congress would sweep the October 5 Haryana assembly election. He raised the issue of caste census and also accused the BJP of dividing the people and pitting them against each other. "The Congress is going to sweep the Haryana elections. A storm is coming and we will form the government for all," Gandhi said. Congress MP Kumari Selja, former Haryana chief minister Bhupinder Singh Hooda, the party's state unit chief Udaibhan and other leaders were present at the rally. The former Congress chief referred to his recent visit to the US and said he met some youths from Haryana who went there in search of a better future as they were unable to get employment opportunities in their state. Gandhi said he found that 15 to 20 Haryana youths were staying in one room in Dallas,

Texas. The Congress leader said he asked countries such as Kazakhstan and Turkey as well as South American nations and the jungles of Panama, to reach the US. They were looted by the mafia on their way to the US and even saw their brothers dying, Gandhi said. Addressing the rally, Gandhi said he was told by one of the youths that it required at least Rs 35 lakh to reach the US which they either borrowed at an exorbitant rate of interest or got it by selling their farmland. Asked if they could have started some business in Haryana instead of spending the money on travelling to the US, they replied it was not feasible to start any business with that money, the Congress leader told the rally. A business cannot be started in Haryana with Rs 50 lakh, Gandhi said, adding he was told by the youths in Texas that had they spent the amount on starting a business in Haryana, it must have failed. One of them even tried and he failed, he said and accused the BJP government of "killing" small businesses with a "wrong" GST regime.



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well as South American nations and the jungles of Panama, to reach the US. They were looted by the mafia on their way to the US and even saw their brothers dying, Gandhi said. Addressing the rally, Gandhi said he was told by one of the youths that it required at least Rs 35 lakh to reach the US which they either borrowed at an exorbitant rate of interest or got it by selling their farmland. Asked if they could have started some business in Haryana instead of spending the money on travelling to the US, they replied it was not feasible to start any business with that money, the Congress leader told the rally. A business cannot be started in Haryana with Rs 50 lakh, Gandhi said, adding he was told by the youths in Texas that had they spent the amount on starting a business in Haryana, it must have failed. One of them even tried and he failed, he said and accused the BJP government of "killing" small businesses with a "wrong" GST regime.

Karnataka withdraws consent to CBI to probe cases in state

ST Correspondent

Bengaluru, Sep 26: The Karnataka government on Thursday decided to withdraw general consent given to the CBI to investigate cases in the state. "The notification granting general consent to the CBI to probe criminal cases in Karnataka state, under the Delhi Special Police Establishment Act, 1946, has been withdrawn," Law and Parliamentary Affairs Minister HK Patil said after a meeting of the cabinet, chaired by Chief Minister Siddaramaiah. According to Section 6 of the Delhi Special Police Establishment (DSPE) Act, 1946, the CBI needs



consent from the respective state governments to conduct investigations in their jurisdiction. Speaking to reporters here, he said: "It has been done because it is clear that the CBI or the central government while using their instrumentalities are not using them judiciously. So, case-by-case we will verify and give (consent for CBI probe), general consent has been withdrawn." Asked whether this was being done to "shield" the Chief Minister who is facing a probe in the Mysuru Urban Development Authority (MUDA) site allotment case, Patil said: "On CM there is a court order for Lakayukta probe, so there is no such question." He said there is concern being expressed "day-in-and-day-out" that the CBI is misused in several cases. Even in the cases that the state government had given to the CBI or the agency had taken up, in several of them chargesheets were not filed, Patil said. "They (CBI) refused to file chargesheets, they refused to probe umpteen number of mining cases." Asked whether the government had done this keeping in mind the demand for a CBI probe into Karnataka Maharshi Valmiki Scheduled Tribe Development Corporation fund misappropriation case by the BJP, the minister said: "It has nothing to do with it as the matter is in court, the court will decide."

ED attaches assets of YouTuber Elvish Yadav

New Delhi, Sep 26: The ED had registered a case in May and pressed charges under the PMLA after taking cognisance of an FIR and charge sheet filed against Elvish Yadav. Enforcement Directorate (ED) has provisionally seized properties worth ₹52.49 lakh in connection with a wildlife crime case involving the illegal use of snakes and exotic animals in music videos and vlogs, officials said Thursday. The assets, including agricultural land in Uttar Pradesh's Bijnor district and bank accounts, are linked to popular content creators Siddharth Yadav alias Elvish Yadav, Rahul Yadav alias Fazilpuria, and Sky Digital India Pvt. Ltd. The properties were seized under the Prevention of Money Laundering Act (PMLA), 2002, according to an ED statement. The investigation stems from two separate police cases filed in Noida and Haryana's Badshahpur between November 2023 and March 2024. The first case followed a sting operation by Noida police that uncovered agents supplying snakes and venom for private events, while the second accused Yadav and others of using snakes in music videos, violating wildlife protection laws. ED investigators revealed that Rahul Yadav and Elvish Yadav illegally used protected snake species and exotic animals, such as iguanas, in their content to boost social media followers and generate revenue.

SC junks Gujarat govt's review petition in Bilkis Bano case

Navdeep Singh Sahni

New Delhi, Sep 26: The Supreme Court on Thursday dismissed the Gujarat government's petition seeking a review of the January 8 verdict quashing the remission granted to 11 men convicted of gang-rape of Bilkis Bano and murder of her family members during the 2002 Gujarat riots. In its review petition filed in February, the Gujarat government had said the top court's adverse comments had caused "serious prejudice" to it. "The extreme observation made by this Hon'ble Court that the State of Gujarat 'acted in tandem and was complicit with Respondent No3/accused' is not only highly unwarranted and against the record of the case, but has caused serious prejudice to the Petitioner-State of Gujarat," the Gujarat government had submitted in its review petition. "In view of the errors on the face of the record, brought to the notice of this Hon'ble Court as mentioned herein-

above, the interference of this Hon'ble Court is imperative and this Hon'ble Court may be pleased to review its impugned



common final judgement and order dated 08.01.2024..." it had submitted. "Having carefully gone through the Review Petitions, the order under challenge and the papers annexed therewith, we are satisfied that there is no error apparent on the face of the record or any merit in the Review

Petitions, warranting reconsideration of the order impugned. The Review Petitions are, accordingly, dismissed," the Bench said in its order. The Supreme Court had on January 8 quashed the premature release of 11 men convicted of raping Bilkis Bano and killing seven of her family members during the 2002 post-Godhra riots, saying the Gujarat government didn't have the jurisdiction to deal with their remission pleas. It had slammed the Gujarat government for being "complicit" and acting in tandem with one of the convicts and usurpation of powers not vested in it in granting remission to the convicts. A Bench of Justice Nagarathna and Justice Bhuyan had held "that the Government of State of Gujarat had no jurisdiction to entertain the applications for remission or pass the orders of remission on 10.08.2022 in favour of respondent No.3 to 13 (the convicts) herein as it was not the appropriate government within the meaning of sub-section (7) of Section 432 of the CrPC."

'No decision taken': Himachal Pradesh govt's U-turn on eateries order after backlash

Tejinder Kaur Babbar

Himachal: Sep 26: After rebuking Vikramaditya Singh, the Himachal Pradesh government said that no decision has been taken regarding stalls displaying owner's name. The Himachal Pradesh government on Thursday, backing tracking on minister Vikramaditya Singh's statement, said that no decision regarding the mandatory display of names by stalls and eateries has been taken by the administration, reported PTI. This comes after Singh faced flak for his announcement regarding the rule, and was reprimanded by the Congress party. Singh, the public works and urban development Minister, had on Wednesday told media that it would be mandatory for street vendors, especially those selling food items, to display their identity cards at their shops. He had said that the call had been taken on the lines

of the one taken by the Uttar Pradesh government. "We have decided to make it



mandatory for the street vendors to display their ID cards given by the street vendor's committee on the pattern adopted by the Uttar Pradesh government, which pioneered the idea," Singh had said. The state government assured that it has not taken any decision on the rule

that mandates street vendors to display nameplates or other identification at their stalls. BJP leader Jai Ram Thakur, who is the Leader of Opposition in the Himachal assembly, said that Singh must stick to his words. "If Vikramaditya Singh has talked about implementing vendors' policy on the pattern of Uttar Pradesh, he should stick to his words," Thakur said. Vikramaditya Singh had said that the decision regarding the display of vendor names was taken due to "apprehension" by locals about the rising number of migrants in the state. He drew the censure of several leaders of the INDIA bloc when he posted his remarks on Facebook. The directive did not go down well with a section of the party's leaders, which slammed the decision and

demanding its revocation. The central leadership intervened in the matter following which the state government's clarification came, reported PTI quoting people aware of the matter. AICC in-charge of Himachal Pradesh Rajiv Shukla said, "They (shop vendors) will be given licences and regulated so that police do not harass them. The designated places will require identification such as Aadhaar cards and licences, but there is no requirement for them to display a sign stating their name as the owner." The senior Congress leader also debunked the notion that the Himachal government followed the footsteps of Yogi Adityanath-led UP government. "This is not on Yogi pattern, as those things are done in UP on communal pattern, which is not the case here. I want to clarify that the government has not given any such order... they (government or Vikramaditya) have not been reprimanded," Shukla said.

PM launches 3 supercomputers, tech upgradation should empower the poor

Naresh Malhotra

Pune, Sep 26: Prime Minister Narendra Modi on Thursday said a country can aim for high achievements only if it has a big vision and asserted that technology upgradation should be to empower the poor. Speaking after launching via video link three PARAM Rudra supercomputers, developed indigenously under National Supercomputing Mission, Modi asserted that today's India is carving new opportunities in the infinite sky of possibilities. "We started the national supercomputing mission in 2015 and now quantum computing technology has taken a lead which will help improve IT, manufacturing, MSMEs and startups," he said. "Mission Gaganyaan preparations have begun and by 2035 we will have our own space station," he said, adding that the first phase of the project has been approved. The three supercomputers, built at a cost of Rs 130 crore, have been deployed in Pune, Delhi and Kolkata to facilitate pioneering scientific research,

Modi said. Modi also inaugurated the Rs 850 crore High-Performance Computing system tailored for weather and climate research, and described the day as one of a



"very big achievement" in science and technology sector. "There is no sector which does not rely on technology and computing capability," Modi said. "In this revolution, our share should not be in bits and bytes but in terabytes and petabytes. Therefore,

this achievement proves that we are moving in the right direction at the right pace," he said. The significance of science is not only in invention and development, but also in fulfilling aspirations of the last person, Modi said. India is building its own semiconductor ecosystem which will be a key part of the global supply chain, Modi said. The Giant Metre Radio Telescope (GMRT) in Pune will leverage the supercomputer to explore Fast Radio Bursts (FRBs) and other astronomical phenomena. The Inter University Accelerator Centre (IUAC) in Delhi will enhance research in fields like material science and atomic physics, while the S N Bose Centre in Kolkata will drive advanced research in areas such as physics, cosmology, and earth sciences. The High-Performance Computing system is tailored for weather and climate research and the project represents an investment of Rs 850 crore, marking a significant leap in India's computational capabilities for meteorological applications.

Tirupati Laddu row: Ram Temple chief priest calls for ban on outsourced 'prasad'

Ayodhya, Sep. 26: Ram temple chief priest urged all temples nationwide to ensure that 'prasad' for the deities is prepared under the supervision of temple priests. Amid concerns about the alleged presence of animal fat in Tirupati laddus, the chief priest of the Ram temple on Thursday questioned the purity of ghee sold across the country and said that 'prasad' should only be prepared under the supervision of temple priests. Acharya Satyendra Das also called for a "complete ban" on 'prasad' prepared by external agencies in all major temples and monasteries. "The controversy over the alleged use of fat and meat in Tirupati Balaji's prasad is escalating across the country. Both seers and devotees are expressing anger and demanding an investigation," PTI quoted him as saying. In an appeal to all monasteries and temples across the country, he said, "Prasad for the deities should be prepared under the supervision of temple priests, and only such 'prasad' should be offered to the deities." He reiterated the importance of inspecting the purity of oil and ghee sold nationwide,

alleging an international conspiracy to undermine the sanctity of the country's monasteries and temples by mixing meat and fat into offerings. He also urged the government to enforce strict inspections of the purity of oil and ghee available in the market. Prominent temples which have enforced these restrictions are Alop Shankari Devi, Bade Hanuman Temple, Mankameswar Temple and Lalita Devi Temple among others. Shiv Murat Mishra, the chief priest of the famous Lalita Devi temple, said, "In the meeting of our temple management held on Tuesday, it was decided that prasad of sweets will not be offered to the goddess in the temple, but devotees have been requested to offer coconut, fruits, dry fruits, cardamom, etc." He added that plans were underway to open shops inside temple premises where 'pure' sweets will be made available to the devotees. Mahant Shridharanand Brahmachari Ji Maharaj of the Mankameswar temple said they have written to the district magistrate to test the 'laddu-peda' being sold outside the temple.

News box

16-year-old held for stabbing uncle to death in Maharashtra's Latur

NEW DELHI: A 16-year-old boy has been detained in Latur, Maharashtra, for allegedly stabbing his uncle to death following a dispute, police said. The incident occurred on Wednesday morning near Arvi locality on the outskirts of the city.

The 42-year-old victim visited his sister-in-law's house to retrieve his Aadhaar card and bank documents, which she reportedly held. An argument broke out when she denied having the documents and began to abuse him, according to an official from the MIDC police station.

The conflict escalated, and the woman's teenage son allegedly stabbed his uncle in the back with a knife. The victim was critically injured and later died. After the victim's wife lodged a complaint, the boy and his mother were detained and booked under relevant legal provisions. The boy confessed to the crime, the official said.

CPI demands comprehensive probe into Thrissur Pooram fiasco

THIRUVANANTHAPURAM: Ministers belonging to the CPI have raised the party's demand for stringent action against those responsible for disrupting Thrissur Pooram. At the online Cabinet meeting on Wednesday, Chief Minister Pinarayi Vijayan said that he received ADGP M R Ajithkumar's report with a cover letter from the DGP. The CM said the report had been referred to the Home Secretary and based on his opinion further decision would be taken. "The CM informed the cabinet that the government received the report which has been referred to the Home Secretary. Once the report with the recommendations is received, further discussions can be held. Revenue Minister K Rajan raised the party's demand that a serious investigation should be carried out into the Pooram fiasco," said sources.

The CPI is of the view that the situation has changed, compared to the time when the government decided to go for an investigation by the ADGP. So now, there should be a more serious probe. To which the CM assured a decision could be taken based on the Home Secretary's recommendations. The DGP in his covering letter to the CM on Tuesday had recommended a more comprehensive probe into the Pooram fiasco. Both CPI and Congress leaderships have been demanding a detailed probe to bring out the conspiracy behind the Pooram disruption.

Madurai tops list of TN districts with most caste atrocities prone villages

MADURAI: With as many as 45 villages that are prone to frequent caste atrocities, Madurai topped the list of districts in Tamil Nadu housing such vulnerable regions. This was recently revealed in an RTI response provided by the Social Justice and Human Rights wing of Tamil Nadu police. As per the response, of the total 394 villages that are prone to caste atrocities across the state, as many as 171 are in the southern districts. To mitigate the situation, the Social Justice and Human Rights wing has already been conducting awareness programmes in the vulnerable villages. Activists urge the state government to ensure that apart from the social justice department, the Adi Dravidar welfare and human rights departments should also jointly host more awareness campaigns to curb caste-related crimes. Other districts that topped the list are Tirunelveli with 29 vulnerable villages, Tiruchy with 24, Thanjavur with 22, and Theni with 20. Kallakurichi and Chengalpattu appear last on the list with just one such village each. According to the RTI response, 597 awareness meetings were held in 2021, 988 in 2022, 3,221 in 2023 and as many as 1,861 meetings within just the first three months of 2024. The maximum number of awareness meetings (534) was held in Coimbatore district, which was ranked 13th on the list with 11 villages. A total of just 335 meetings have been held so far in Madurai district (104 meetings in 2024).

Karnataka BJP wants CBI probe over MUDA scam, wants CM Siddaramaiah to resign

BENGALURU: After the Special Court in Bengaluru directed Lokayukta Police to probe the Mysuru Urban Development Authority (MUDA) site allotment case against Chief Minister Siddaramaiah and submit the report within three months, the Opposition BJP reiterated its demand for Chief Minister Siddaramaiah's resignation and a CBI probe into the matter. On Thursday, the state BJP is staging a protest in front of the Mahatma Gandhi statue on the premises of Vidhana Soudha in Bengaluru. Senior BJP leaders, including state BJP chief BY Vijayendra, Leader of Opposition in Assembly R Ashok, Leader of Opposition in Council Chalavadi Narayanaswamy, MPs, MLAs, and MLCs will take part in the protest demonstration demanding.

Elusive leopard in Bengaluru's Electronics City captured after eight days

It is a male leopard aged four-five years. It is healthy with no injuries and all its canines are intact.

BENGALURU: After an eight-day search operation, forest officials finally captured the elusive leopard prowling at Electronics City late on Tuesday night. The animal was released into a conducive habitat after a thorough medical examination on Wednesday. According to forest officials, the operation to capture the spotted cat was different from what is normally undertaken. "Here we used thermal drone cameras 24x7 for four days and nights. We also held meetings with IT professionals and industry employees, giving them a list of dos and don'ts. We also installed many cages and kept shifting them based on the leopard's movement," said a senior forest official. Officials also decided to keep the entire operation a secret. "After the Kudlu incident wherein a leopard was shot dead during the capture operation, we did not want people gathering in large numbers and hampering the tracking operation," the official said. The leopard was captured just a day before the visit of Union Minister Jyotiraditya Scindia



to the Centre for Development of Telematics in Electronics City. It is a male leopard aged four-five years. "It is healthy with no injuries and all its canines are intact. It had made the region, located around 14 km from Bannerghatta National Park, its home for the

last three months. The area has an abundance of food -- street dogs, peacocks and small herbivores. It was trapped in a 'Tumakuru' cage. We can say that this is the first successful and smooth capture operation in a city like Bengaluru," the official

said. umkuru cages are large cages measuring 20x20 sqft. They do not look like cages as they are blended with vegetation. Three or more baits are kept. They are not like the usual cages, which have a small opening where the animal is made to crawl in. "The animal was captured between 11.50 pm and 12 am. It would not have moved around much for three days after hunting a street dog. Hence, it was not sighted by people for long," the official added. On September 17, around 3 am, the CCTV camera at Electronic City toll plaza recorded the leopard. A CCTV at Nettur Technical Training Foundation had also captured the leopard wandering outside its boundary. Electronics City houses institutions like Wipro, Infosys, Biocon, Tata Consultancy, ITI and many other companies. The forest staffers have also issued notice to industrial areas and tech companies to keep their premises clean of bushes, weeds, shrubs and garbage waste, which provide safe spaces for leopards.

Bombay HC junks circular on post facto CRZ nod for projects

MUMBAI: The Bombay high court on Tuesday set aside an administrative circular issued in 2021 by the Centre that permitted post facto approval for projects that have not obtained coastal regulation zone (CRZ) clearance for permissible activities, reports Swati Deshpande.

The high court division bench of Chief Justice Devendra Kumar Upadhyaya and Justice Amit Borka held that the Feb 19, 2021 notification is "clearly non-statutory in nature" and "post facto CRZ clearance is legally not permissible".

In another matter involving the grant of post facto environment clearance, the Supreme Court had issued a stay on another circular of the environment ministry in Jan this year and hence no project had been granted post facto environmental clearance, said a lawyer arguing the matter.

Executive instruction can't supplant rules, says HC

Bombay high court has set aside a 2021 circular from Centre allowing post facto

clearance of projects that had not obtained environmental nod under CRZ notifications.

After an exhaustive hearing, where the National Real Estate Development Council (NAREDCO) and the state of Nagaland had intervened to oppose the PIL by NGO Vanashakti, the HC held that, as propounded by Supreme Court, "it is more than clear that any executive instruction can only supplement the rules and if such executive instruction tends to supplant the rules, the same cannot be permitted to be sustained in the eyes of law". The petitioners had argued in the SC, while presenting a plea against mining by lease holders, that environment impact assessment for a project can take place only before commencement of activity and not after.

It originates from the precautionary principle which is the cornerstone of environmental jurisprudence, they contended. The state of Nagaland and others had intervened in the Bombay HC

to argue the validity of the circular issued by the ministry. The HC said the applications made by the state of Nagaland and others for CRZ clearance for their projects should now be considered and decided by the necessary authority on their own merit, expeditiously. Vanashakti had filed the public interest litigation last year, saying the circular was issued sans any legal powers. The HC said the issues before it were whether the circular was in contravention of the provisions of the 2019 CRZ notification, which has legal force.

The circular had prescribed a procedure to deal with violations arising from not obtaining prior CRZ clearance for projects, as mandated by earlier mandatory notifications, and allowed developers to seek, in CRZ areas, a post facto clearance. The circular lacks the mandate of law and was a mere executive circular containing instructions, the HC said.

Caste clash: Class 10 student brings weapons to school in TN, expelled

TIRUNELVELI: A Class 10 student of an aided school in Tirunelveli was caught carrying weapons — a sickle, two knives and an iron rod — inside his school bag, allegedly to 'protect' himself from some students belonging to a different caste. The school administration immediately issued a transfer certificate and expelled him, apart from suspending four other students on Tuesday. The five students were involved in a caste-related clash some weeks back, with two of them belonging to one caste, the other three another. The incident itself is the latest in a series of such caste-related conflicts reported among school students across Tirunelveli district in recent times. Thalaiyoothu police apprehended a Class 10 student only weeks ago for bringing a sickle to school for threatening his classmate. Last month, a Class 9 student attacked his classmate with a sickle, while three others



who brought a knife to attack their headmaster were apprehended by Nanguneri police. In the latest incident, the two groups of students had allegedly threatened to kill each other on school premises. Fearing for his life, one of them began carrying weapons in his school bag. The physical education teacher, who grew suspicious, checked his bag and found the

weapons. The student was immediately expelled, the other four have been suspended till October 2. The school administration did not report the incident to the police. This concerning trend has led to activists urging the state government to take measures to curb such clashes and ensure the safety of all students.

This is a social problem that can only be gradually corrected. We have been instructing teachers to monitor students and resolve disputes among them. We are also taking action against teachers who mislead students in the name of caste. The district administration's 'Anbaadum Mundril' initiative was inaugurated by Youth Welfare Minister Udhayanidhi Stalin to promote social harmony among students," said an official from the education department on condition of anonymity.

'Victims' vent anger at HYDRAA for demolishing houses built with government nod

SANGAREDDY: Residents of Ameenpur are seething with anger at the demolitions carried out by HYDRAA, questioning the agency how it could pull down their buildings for which clearances were given by the authorities themselves. People wonder why the government is acting post-haste in demolishing the houses as though those who constructed them were criminals. They say that they were not at fault since all the clearances were given by the officials. "They (authorities) approved our layouts, issued permission for constructions, registered our property, gave power and water connections. How can they now say the buildings are illegal?" a victim asked. Those who lost their houses say that many of them had come from various districts like Karimnagar or far-off places like Odisha and Tamil Nadu and constructed houses here. "Since Sunday morning till late into the night, the authorities relentlessly demolished 16 villas in Patलगुदा and three apartments in Kistareddyptet under Ameenpur Municipal limits with vengeance. The officials and the people's representatives should be held accountable as it was the government which

gave all the clearances," Satyanarayana, one of the victims, said.

He has migrated from Tamil Nadu and settled here. He spent about Rs 70 lakh to build his house. Satyanarayana performed "griha pravesham" (housewarming ceremony) only last week and it's now in shambles. "Even the mango leaves we had tied to our house for the housewarming ceremony were still fresh and intact," he said.

'Officials hand in glove with contractors'

Sivaram from Patलगुदा questioned whether it was right for the officials to demolish their houses long after the officials had given clearances, claiming that they came up on government land. "We are not responsible if the officials worked hand in glove with the contractors. Owning a home is a lifetime dream for everyone. It materialises after going through several hardships," he said. The victims are demanding that the properties of officials who gave permission and those of the contractors who built the houses should be seized. "We have to be compensated for our loss," he added.

They also demanded that since it is the government that has pulled down their

houses, it should take the responsibility of getting the bank loans written off. They are asking the government why the Revenue department officials have not written to the sub-registrar not to register the properties. They recall the sub-registrar registering the



properties just two days before its demolition. Vamshi, another victim, said: "We purchase a flat or house based on the clearances given by the government. The banks too sanction loans based on them. If the government is really sincere, it should confiscate the properties of the officials and compensate us for our loss." Another victim Koteswara Rao said:

Cabin of Arjun's truck, decomposed body recovered from Gangavali river

The 72-day-long search comes to an end. DNA test to be conducted to confirm the identity of remains

KOZHIKODE: After a 72-day-long search, the cabin belonging to the truck of Kozhikode native Arjun, who went missing following a devastating landslide at Shirur in Karnataka, was finally recovered from the Gangavali river on Wednesday. The truck's owner, Manaf, confirmed that the cabin retrieved from the river belonged to his vehicle. Authorities confirmed that a decomposed body, believed to be of Arjun, was found inside the cabin, marking a significant development in the search effort. DNA testing will be conducted to confirm the identity of the remains. Manaf expressed his emotional fulfillment after keeping his promise to Arjun's family. "I told them I would bring him home, and I have done everything I could to make that happen," Manaf said. The remains were carefully transferred onto a dinghy for further analysis onshore.

The cabin was located at one of the four targeted spots during an extensive search operation using dredging equipment. The search for Arjun and two other individuals — Lokesh and Jagannathan — who went missing after the landslide on July 16, resumed earlier this week. The first clue came when Arjun's truck's crash guard was found using a dredger in the river, which was the initial confirmation that the truck had sunk in the river. A subsequent inspection revealed additional metal fragments, further supporting the recovery efforts. Meanwhile, the search for the two other missing victims, Lokesh and Jagannathan, is set to continue. Karwar MLA Satish Krishna expressed his gratitude to the media for their constant attention and the pressure they applied, which he said played a pivotal role in the search efforts. On the day of the recovery, SDRF personnel inspected the cabin and carefully retrieved the remains. The remains had suffered significant decomposition after spending over two months underwater. The truck, found at a depth of 12 m beneath the river's surface, was removed during a rare lull in the river's strong currents.

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News box

Ex-banker & aide held for links with cyber fraudsters

Gurgaon. Residents of Sector 43 have complained of unsanitary conditions in their neighbourhood, accusing HSVP and MCG of mismanagement. Several vacant plots in the area have transformed into overgrown jungles, hindering residents' right to clean and safe surroundings.

"The situation is pathetic," said Colonel RS Sirohi (Retd), President of the Sector-43 RWA. "Illegal dumping of debris is rampant, turning these plots into a breeding ground for mosquitoes. If the administration doesn't step in soon, it could lead to a major health crisis."

He also expressed concern over HSVP's lack of action. "We were promised action, yet nothing has materialised on the ground. The situation is only getting worse."

Meanwhile, an official from HSVP said directions had been issued to take action as per the rules. "The matter was brought to our knowledge and needful will be done," the official said.

4 abduct, rob man, go to Mussoorie with cash; held

Gurgaon. Four men were arrested for allegedly abducting and robbing a Mandi agent near the Sector 16 vegetable market last week. After the crime, the accused went on a trip to Mussoorie, police said. He accused have been identified as Harsh and Jatun from Baselwa Colony, Soheli from Palwali village, and Vikas from Menlahpur village in Aligarh district, currently residing in Baselwa Colony.

Does colony need green clearance or not Govt faces NGT flak for delaying decision

Gurgaon. The National Green Tribunal (NGT) has criticised the Haryana State Environmental Impact Assessment Authority (SEIAA) for its "procrastination" in determining whether a 225-acre licensed colony in Sector 47 required an environmental clearance. The tribunal's remarks come following SEIAA's failure to reach a resolution in the case despite a directive issued on July 25 last year.

Teacher sexually assaults Class 10 student in empty classroom, arrested

Ghaziabad. A teacher of a private school in Kavi Nagar was arrested for allegedly sexually assaulting a Class 10 student inside an empty classroom on Wednesday. The accused, who teaches Hindi, had allegedly called the girl to the classroom after school hours on Sept 23, touched her inappropriately and tried to disrobe her, police said.

ACP Kavi Nagar Abhishek Srivastava said the teacher, in his 30s, was arrested on Wednesday morning from Madhuban Bapudham after an FIR under BNS sections 74 (assault or use of criminal force to woman with intent to outrage her modesty), 76 (assault or use of criminal force to woman with intent to disrobe), 351 (2) (criminal intimidation) and relevant sections of the Posco Act was registered. He was sent to judicial custody by court. The ACP said police teams have retrieved footage captured by CCTV cameras installed on the school's premises and are scanning them. The girl's statement will also be recorded before a magistrate.

Pushed to level of extinction, MSMEs now 2nd largest job creators in UP: CM

Noida. Chief minister Yogi Adityanath, while speaking at the second edition of UP International Trade Show in Greater Noida on Wednesday, said the most populous state is now home to 96 lakh micro, small and medium enterprises (MSMEs), the highest in the country.

Accusing previous govts of relegating the sector to "the level of extinction", he said MSMEs were now the second-largest job creators in UP after agriculture.

There are arts and artisans working in different fields for 100 years, 200 years, 300 years and so on. However, after independence, these MSMEs lacked promotion, suitable support and technological help and they reached the level of extinction. When our govt came to power in 2017, under the Atmanirbhar Bharat scheme, it launched a series of programmes, including One District One Product [to promote the sector]. We expanded the campaign by focusing on promotion, branding, marketing, design, packaging, and technology. This initiative

has since become a key driver of employment generation in UP," he said. At 75, UP has the most GI-tagged products in the country.

Yogi also said a crucial role is played by such events in shaping a state's economic strategies. The five-day trade show seeks to showcase local products, potential, cultural specialities, and social diversity on a global platform. Over 2,500 exhibitors and more than 350 foreign buyers are to attend the event. Vietnamese entrepreneurs have also put up stalls at the show. Referring to UP's target of becoming a \$1 trillion economy by 2027, the CM said no major industrial investment can advance without a strong MSME base. So, to support the sector the state has rolled out a list of measures. "The entrepreneurs just need to get their MSME firms registered. If the unit faces any damages in calamity, the govt will



give a compensation of Rs 5 lakh," he said. Vice president Jagdeep Dhankhar, who inaugurated the trade show, said under Yogi, the state has witnessed a "360-degree transformation" that ushered an ecosystem of hope and opportunity and made UP a favourite investment destination in the country. The synergy between Prime Minister Narendra Modi's vision and chief minister Yogi

Adityanath's execution, which has "no room for corruption and no tolerance for inefficiency", transformed UP into "Udyam Pradesh" — a business state, he said. "I have visited the UPITS stalls and what I have witnessed is beyond my concept, imagination and dream. This is indeed a well-thought-out platform that not only showcases what is there in UP but also gives an opportunity to people to be in touch with the best minds/artisans... I have asked my team to monitor and promote the stalls so that the nation comes to know about it," Dhankhar said. Union MSME minister Jitan Ram Manjhi, UP MSME minister Rakesh Sachan and minister for industrial development Nand Gopal Gupta 'Nandi' were also present at the event.

A drain runs through it: Panel to probe what's killing Surajpur trees

Noida. The Greater Noida authority has set up a panel to probe how untreated industrial effluents were making way into the Surajpur wetland, where numerous trees died earlier this year. The committee, comprising three senior officials from the Greater Noida authority, with representatives from the district forest office, irrigation department, and pollution department, will investigate

Date of Birth Change

I, KAVITA wife of No. 10135 493X. Hav Suresh Kumar R/o RZ-43024, Gali No. 2D, Kailash Puri Extn., Palam Village, South West Delhi-110045 have changed my date of birth from 01.06.1974 to 01.01.1974 for all future purposes. Vide affidavit No INDL61531337181987W dated 26.09.2024 before Public Notary

NAME CHANGE

I, Kartik Nayak S/o Surendra Nayak R/o Quarter No. 236, 2nd Floor, Type-2, Nimri Colony, Delhi Administration Flats, North West Delhi, Delhi-110027. I have changed the name of my Minor Daughter Muskan Aged 17 Years and She Shall Hereafter Be Known as Muskan Nayak.

NAME CHANGE

I, hitherto known as NAIIBU LAL alias FAKIRE CHANDRA S/O DATA DEEN R/O 4-408, Shahidi Sukhdev Nagar, B-Block, Industrial Area, Wazirpur, Delhi, Delhi-110052 have changed my name and shall hereafter be known as NAIIBU LAL.

NAME CHANGE

I, SANJEEV KUMAR S/O YOGENDRA KUMAR, R/o House No. 694/11, near Mangal Bazar Chowk, Vivekanand Nagar, Bahadurgarh, Haryana - 124507 declare that name of mine and my wife has been wrongly written as SANJEEV SINGH and KAMLA in my minor son namely RAJVEER SINGH, aged 17 year in his 10th class Educational Documents. The actual name of mine and my wife is SANJEEV KUMAR and KAMLA DEVI respectively, which may be amended accordingly.

NAME CHANGE

I, HINA AMIR W/O MOHAMMED AMIR residing at C-23, NIZAMUDDIN WEST, DELHI-110013 declare that my minor daughter ARFA AMIR, date of birth mentioned as 29/08/2012 in her school record but the actual date of birth of my daughter is 29/08/2011.

NAME CHANGE

I, hitherto known as S K KHANNA alias SHARVAN KUMAR KHANNA S/O PREM SAGAR R/O 3109, SUBHASH NAGAR, TAGORE GARDEN, WEST DELHI, DELHI-110027 have changed my name and shall hereafter be known as SHARVAN KUMAR KHANNA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

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NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

Date of Birth Change

I, KAVITA wife of No. 10135 493X. Hav Suresh Kumar R/o RZ-43024, Gali No. 2D, Kailash Puri Extn., Palam Village, South West Delhi-110045 have changed my date of birth from 01.06.1974 to 01.01.1974 for all future purposes. Vide affidavit No INDL61531337181987W dated 26.09.2024 before Public Notary

NAME CHANGE

I, hitherto known as PRABHAWATI W/O PURANMASI YADAV D/o LAHORI SINGH R/O 20/173, JJ Colony Dakshinpur, Dr Ambedkar Nagar, South Delhi Delhi - 110062 have changed my name and shall hereafter be known as KAUSHALYA YADAV

NAME CHANGE

I, hitherto known as SHUBHRA AMBASHTHA W/O SHRIYARANJAN PARASHAR R/O LP-43/D, Maurya Enclave, Palampur, Delhi-110034 have changed my name and shall hereafter be known as SHUBHRA PARASHAR for all future purposes. I have complied with all legal formalities in this connection.

NAME CHANGE

I, hitherto known as Ganesh alias Ganesh Sharma S/O Jagannath Sharma, R/O House No.-K-11, 3rd Floor, Near Shyam Lal College, Navestri, Shalidaara, Shalidaara, PO:Shalidaara, DIST:North East Delhi, Delhi, 110032, have changed my name and shall hereafter be known as GANESH SHARMA.

NAME CHANGE

I, HINA AMIR W/O MOHAMMED AMIR residing at C-23, NIZAMUDDIN WEST, DELHI-110013 declare that my minor daughter ARFA AMIR, date of birth mentioned as 29/08/2012 in her school record but the actual date of birth of my daughter is 29/08/2011.

NAME CHANGE

I, MOHAMMAD MAROOF KHAN S/O NASRAT KHAN R/O C-28 C, KESHAV PURAM, NORTH WEST DELHI, DELHI-110035 HAVE CHANGED MY NAME TO MOHD MAROOF KHAN FOR ALL FUTURE PURPOSES.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as RAMAJOIE alias DHEERAJ KANOJIYA S/O RAMDAS KANOJIYA R/O GRAM- RAJAPUR SEKTAR OR ROHANI, ROHINI, PO: ROHINI SECTOR-7, DIST: NORTH WEST DELHI, DELHI-110085 have changed my name and shall hereafter be known as DHEERAJ KANOJIYA.

NAME CHANGE

I, hitherto known as DHARAMBEER S/O MAM CHAND R/O 13082, PATEL CHEST DHAKA VILLAGE, Dr. MUKERJEE NAGAR SO, NORTH WEST DELHI-110009 have changed my name and shall hereafter be known as DHARAMVIR.

NAME CHANGE

I, NO-15426742X Rank-HAV Name-ANAND KUMAR R/O VILL-SIMARA SHEKHUPUR, TEH-KALPI, DIST-JALAU, U.P-285130 have changed my Minor daughter's name from ANEHA KULSHRESHTHA to ABHA KULSHRESHTHA for all future purposes vide affidavit dated 26/09/2024 before Notary Public, Delhi.

NAME CHANGE

I, JAGDISH CHANDER father of NO-15183561M Rank-HAV Name-MADAN LAL residing at VILL-BHURANPURA, PO-CHAHUWALI, TEH-TIBBI, DIST-HANUMANGARH, RAJASTHAN-335526 have changed my name from JAGDISH CHANDER to JAGDISH for all future purposes vide affidavit dated 26/09/2024 before Notary Public, Delhi.

NAME CHANGE

I, JAGDISH CHANDER father of NO-15183561M Rank-HAV Name-MADAN LAL residing at VILL-BHURANPURA, PO-CHAHUWALI, TEH-TIBBI, DIST-HANUMANGARH, RAJASTHAN-335526 have changed my name from JAGDISH CHANDER to JAGDISH for all future purposes vide affidavit dated 26/09/2024 before Notary Public, Delhi.

NAME CHANGE

I, TANDRA DEVI wife of JG-730141M Rank-SUB Name-GAUTAM KUMAR R/O VILL-ADAMPUR, PO-JURANPUR, PS-KALIGANJ, DIST-NADIA, WEST BENGAL-741150 have changed my name from TANDRA DEVI to TANDRA PAUL for all future purposes vide affidavit dated 26/09/2024 before Executive Magistrate, Delhi.

NAME CHANGE

I, MD. MUBARAK S/O MD. ALLAUDDIN, R/O E-1/65 Gali No. 4, Pratap Vihar Part-3, Kirori Suleman Nagar North West Delhi-110086, declare that name of mine and my minor son has been wrongly written as MD. MUBARAK ANSARI and MD. ZISHAN ANSARI in my minor son name- MD. ZISHAN aged 13 years in his school record. The actual name of mine and my minor son are MD. MUBARAK and MD. ZISHAN.

NAME CHANGE

I, MD. MUBARAK S/O MD. ALLAUDDIN, R/O E-1/65 Gali No. 4, Pratap Vihar Part-3, Kirori Suleman Nagar North West Delhi-110086, declare that name of mine and my minor son has been wrongly written as MD. MUBARAK ANSARI and MD. ZISHAN ANSARI in my minor son name- MD. ZISHAN aged 13 years in his school record. The actual name of mine and my minor son are MD. MUBARAK and MD. ZISHAN.

NAME CHANGE

I, SULOCHNA mother of NO-15183561M Rank-HAV Name-MADAN LAL residing at VILL-BHURANPURA, PO-CHAHUWALI, TEH-TIBBI, DIST-HANUMANGARH, RAJASTHAN-335526 have changed my name from SULOCHNA to SILOCHANA DEVI for all future purposes vide affidavit dated 26/09/2024 before Notary Public, Delhi.

NAME CHANGE

I, JAGMOHAN GODWAL S/O KHEM CHAND, R/O WZ-3355, RAJOURI GARDEN EXTN, TAGORE GARDEN, WEST DELHI, DELHI-110027 have changed the name of my minor daughter EKTA aged 17 years and she shall hereafter be known as EKTA GODWAL.

MORE FESTIVAL SPECIAL TRAINS - 2024

In continuation to already announced Festival Special Trains-2024, Railways have planned to run following additional Festival Special trains as per details given below :-

Table for 09603/09604 Udaipur City - Shri Mata Vaishno Devi Katra - Udaipur City Special Express (Weekly) with 14 trips. Includes departure and arrival times for Udaipur City and Shri Mata Vaishno Devi Katra.

Days of run : 09603 from Udaipur City on every Wednesday from 02.10.2024 to 13.11.2024 and 09604 from Shri Mata Vaishno Devi Katra on every Thursday from 03.10.2024 to 14.11.2024

Accommodation : 2 Tier AC, 3 Tier AC, 3 Tier AC Economy, Sleeper & General.

Stoppages : Rana Pratap Nagar, Mavli, Chanderya, Bhiwara, Mandal, Bijainagar, Nasirabad, Ajmer, Kishanganr, Phulera, Ringas, Sikar, Nawalgarh, Jhunjhunu, Chirawa, Surajgarh, Loharu, Sadulpur, Siwani, Hisar, Dhuri, Ludhiana, Jalandhar Cantt., Pathankot Cantt., Jammu Tawi and Martyr Captain Tushar Mahajan Stations.

Table for 04062/04061 Anand Vihar T. - Barauni - Anand Vihar T. Special Express (Weekly) with 14 trips. Includes departure and arrival times for Anand Vihar T. and Barauni.

Days of run : 04062 from Anand Vihar T. on every Sunday from 06.10.2024 to 17.11.2024 and 04061 from Barauni on every Monday from 07.10.2024 to 18.11.2024

Accommodation : 3 Tier AC.

Stoppages : Aligarh, Tundla, Etawah, Kanpur Central, Lucknow, Sultanpur, Jaunpur, Ghazipur City, Ballia, Suraimanpur, Chhapra and Hajipur Stations.

Table for 02246/02245 Hazrat Nizamuddin - Patna Nj. - Hazrat Nizamuddin Special Express (Bi-Weekly) with 32 trips. Includes departure and arrival times for Patna Nj. and Hazrat Nizamuddin.

Days of run : 02246 from Hazrat Nizamuddin on every Monday & Wednesday from 07.10.2024 to 27.11.2024 and 02245 from Patna Nj. on every Tuesday & Thursday from 08.10.2024 to 28.11.2024

Accommodation : 1st AC, 2 Tier AC, 3 Tier AC

Stoppages : Govindpur, Prayagraj, Pt. Deen Dayal Upadhyaya, Buxar, Ara and Danapur Stations.

04526/04525 Sirhind - Saharsa - Ambala Cantt. Special Express (Weekly) with 14 trips

Table for 04526/04525 Sirhind - Saharsa - Ambala Cantt. Special Express (Weekly) with 14 trips. Includes departure and arrival times for Sirhind, Ambala Cantt., and Saharsa.

Days of run : 04526 from Sirhind on every Monday from 07.10.2024 to 18.11.2024 and 04525 from Saharsa on every Tuesday from 08.10.2024 to 19.11.2024

Accommodation : General

Stoppages : Rajpura, Yamunanagar Jagadhri, Saharanpur, Moradabad, Bareilly, Sitapur, Gonda, Gorakhpur, Siwan, Chhapra, Hajipur, Muzaffarpur, Samastipur, Barauni, Begusarai, Khagaria and Simri Bahaktiyarpur Stations.

04224/04223 Lucknow - Tatanagar - Lucknow Special Express (Weekly) with 02 trips

Table for 04224/04223 Lucknow - Tatanagar - Lucknow Special Express (Weekly) with 02 trips. Includes departure and arrival times for Lucknow and Tatanagar.

Days of run : 04224 from Lucknow on 16.10.2024 (Wednesday) and 04223 from Tatanagar on 17.10.2024 (Thursday)

Accommodation : Sleeper.

Stoppages : Raebareilly, Amethi, Varanasi, Pt. Deen Dayal Upadhyaya, Sasaram, Gaya and NSC Bose Gomoh Stations.

04226/04225 Lucknow - Tatanagar - Lucknow Special Express (Weekly) with 02 trips

Table for 04226/04225 Lucknow - Tatanagar - Lucknow Special Express (Weekly) with 02 trips. Includes departure and arrival times for Lucknow and Tatanagar.

Days of run : 04226 from Lucknow on 20.10.2024 (Sunday) and 04225 from Tatanagar on 21.10.2024 (Monday)

Accommodation : Sleeper.

Stoppages : Raebareilly, Amethi, Varanasi, Pt. Deen Dayal Upadhyaya, Sasaram, Gaya and NSC Bose Gomoh Stations.

For detailed information regarding stoppages and timings of above trains, please call RailMadad Helpline No. 139 or visit enquiry website: www.enquiry.indianrail.gov.in

Advertisement for RailMadad Helpline No. 139, featuring a QR code and the Northern Railway logo with the tagline 'Always at your service'.

NAME CHANGE

It is for general information that I, ANITA W/O VLAY PRAKASH R/O W-16/A167, H M B, CAMP NO-4, NANCOLI, JALALA PURI, WEST DELHI, DELHI-110087, declare that name of mine has been wrongly written as NEETU in my minor daughter RIYA aged 15 years in her school records. The actual name of mine is ANITA, which may be amended accordingly.

NAME CHANGE

I, SHAKTI ARORA D/O RAMESH KUMAR, R/O RZ-1099, AMRIT PURI-9 GARHI EAST OF KAILASH, NEW DELHI-110065, DECLARE THAT I HAVE CHANGED MY MINOR DAUGHTER'S NAME FROM AADHYA TO MISHTY, AND ALSO CHANGED HER FATHER NAME FROM HIMANSHU BALUUA TO MANOJ VERMA, FOR ALL FUTURE PURPOSES.

NAME CHANGE

It is for general information that I, CHANDA DEVI W/O SUNIL KUMAR R/O RZ-338/338, GALI NO-3, JACDAMBA VIHAR WEST SAGAR PURI, SOUTH WEST DELHI, DELHI-110046, declare that name of mine has been wrongly written as CHAN-DA KUMARI in my minor son NEIL SAH aged 16 years in his school records and birth certificate MCDOLR08186180. The actual name of mine is CHANDA DEVI, which may be amended accordingly.

PUBLIC NOTICE

My client Smt. Raj Kumari Gupta (Aadhar No.6363 3323 9866) W/o S. Prem Chand Gupta and S. Prem Chand Gupta (Aadhar No. 2985 2215 8334) S/o. K. Prasad R/o House No. A-370, Chhattarpur Enclave Phase-1 P O Chhattarpur, Dist. South West Delhi-110074, have severed all relations and disowned his son Ashutosh Kumar (Aadhar No.3779 0530 2673) and daughter in law Laxmi W/o Ashutosh Kumar (Aadhar No. 9286 1856 0715) W/o Ashutosh Kumar from his all movable and immovable properties due to his disobedience. My client shall not be responsible for their any acts in future.

PUBLIC NOTICE

NOTICE is hereby given to public at large that Shri. Yash Devay is the owner of land measuring 1 Bigha 4 Biswas, i.e. being 1/8th Share in total land measuring 9 Bighas 12 Biswas, out of Kharsa No. 38/(94-16) and 124-(4-16), Situated at Village Kapashera, Tehsil Kapashera, New Delhi vide Gift Deed dated 27.08.2024 and intend to get the financial assistance from Piramal Capital & Housing Finance Limited which will provide the financial assistance. If any person has any objection or claim(s) with respect to the right, title or interest in the said property may please contact us within 07 days from the date of this notice on the address mentioned herein below, failing which my client(s) shall not be responsible in any manner whatsoever.

PUBLIC NOTICE

It is for general information that I, M D WASIM PARWEZ S/O: AYSHANUL, R/O Plot No-348, Kh-20/2024, Block-G, Inder Enclave Ph-2, Kirari Suleman Nagar, PO:Sultanpuri C, DIST:North West Delhi, Delhi, 110086 declare that the name of mine has been wrongly written as Mohammad Wasim Parwez and Md Ehsanul Haque in my driving Licence no DL 11 20190008950. The actual name of mine and my father are MD WASIM PARWEZ and AYSHANUL which may be amended accordingly.

PUBLIC NOTICE

News box

Secret Service agent probed for sexual misconduct towards Kamala Harris staffer

World The Secret Service is investigating one of its agents after an incident involving someone in Democratic Vice President Kamala Harris' office, her office said in a statement on Wednesday. A US Secret Service (USSS) spokesperson said separately that the employee was placed on administrative leave pending the outcome of the investigation into "a misconduct allegation involving an employee," without providing further details. Harris' office has "zero tolerance for sexual misconduct," its statement said. Senior officials "were alerted by the USSS about an incident involving an agent and informed that USSS initiated an investigation," it read.

Neither the Secret Service agent nor the person in Harris' office were named in the statement by Harris' office. The office said it would not provide further information.

A Secret Service agent allegedly forced himself onto a Harris staffer in a hotel room in Wisconsin this week, Real Clear Politics reported, as the group scouted future campaign stops. Harris faces Republican former President Donald Trump in what polls show to be a tight race for the November 5 US elections.

The Secret Service, which protects U.S. political leaders and their families, has been under scrutiny in recent weeks over the security of Trump, who survived an assassination attempt on July 13 during a rally in Pennsylvania. The agency's former boss resigned in the aftermath and a probe found lack of diligence ahead of that shooting.

BAPS Hindu temple in California vandalised with hate message graffiti; 2nd incident in US within 10 days

WASHINGTON. Unknown miscreants have vandalised the BAPS Hindu temple in California's Sacramento, desecrating it with expletive-laden graffiti saying "Hindus go back!", the BAPS Public Affairs said.

"Less than 10 days after the desecration of the @BAPS Mandir in New York, our Mandir in the Sacramento, CA area was desecrated last night with anti-Hindu hate: "Hindus go back!" We stand united against hate with prayers for peace," the BAPS Public Affairs said in a post on X. Wednesday night's incident comes after the desecration of the BAPS Shri Swaminarayan Mandir in Melville, New York, on September 17. "Our condemnation of hate remains resolute; our sadness has only deepened; and our prayers for all, including those with hate in their heart, have grown stronger," the organisation said in a statement.

"BAPS is working with law enforcement authorities on this hate crime," the statement said. "The BAPS Shri Swaminarayan Mandir in Sacramento is home to a vibrant Hindu community engaged in numerous activities and projects to support the larger community. We are and shall remain an integral part of this community's fabric," the statement added. The temple community, in response to the incident, gathered for a prayer ceremony and called for peace and unity, remembering His Holiness Mahant Swami Maharaj's ideal of harmony and respect. This was the second incident of desecration at a BAPS temple in less than a month in the US amidst the growing trend of temple vandalism as part of a systematic hate crime against the Hindu community in the country.

Israel prepares for ground operation in Lebanon as US and allies call for immediate 21-day ceasefire

World Israel is preparing for a possible ground operation in Lebanon, its army chief said Wednesday as Hezbollah fired dozens of rockets across the border and a missile aimed at Tel Aviv that was the militant group's deepest strike yet. This comes after the deadliest barrage since the 2006 Israel-Hezbollah war, as Israel bombed Lebanon this week, killing more than 600 people. The US, France, and other allies have jointly called for an "immediate" 21-day ceasefire to allow for negotiations in the escalating conflict. The joint statement, negotiated on Wednesday on the sidelines of the UN General Assembly in New York, says the recent fighting is "intolerable and presents an unacceptable risk of a broader regional escalation." "We call for an immediate 21-day cease-fire across the Lebanon-Israel border to provide space for diplomacy," the statement reads. "We call on all parties, including the governments of Israel and Lebanon, to endorse the temporary ceasefire immediately." Other signatories include the European Union, Japan, Saudi Arabia, United Arab Emirates and Qatar. There was no immediate reaction from the Israeli or Lebanese governments or Hezbollah, but senior US officials said all parties were aware of the call for a ceasefire and would be speaking for themselves in the coming hours.

New York Mayor Eric Adams indicted on federal corruption charges after probe

New York. New York City Mayor Eric Adams said on Wednesday he expected to be charged with federal crimes and declared he was innocent, after the New York Times reported he had already been indicted following a long-running federal corruption investigation.

Adams, a Democrat who would become the first of the city's 110 mayors to be criminally charged while in office, said in a video statement that if charges were filed they would be "entirely false, based on lies." He vowed to remain in office while fighting them. "If I'm charged, I know I'm innocent. I will request an immediate trial so New Yorkers can hear the truth," Adams said. Defying calls from Democratic politicians for him to resign, he said: "You elected me to lead this city, and lead it I will."

The indictment was likely to be unsealed on Thursday when Adams may appear in court, the Times reported. In the meantime the exact charges remained uncertain. It also remained unclear whether Adams would be arrested or voluntarily surrender. Other media later reported that a federal grand jury

had indicted Adams, citing unnamed sources. The charges come after the FBI last November searched Adams' electronic devices, and in the wake of a slew of resignations by top city officials in recent weeks as multiple federal corruption investigations entangle his administration. A spokesman for the US Attorney's office in Manhattan, which brought the charges, declined to comment. Adams' lawyers did not immediately respond to a request for comment except to send a transcript of his video statement.

One of his lawyers has said that the mayor was cooperating with an investigation but did not say what it was about. Adams said the charges "would not be surprising" based on the "leaks and rumors" that he said were aimed at undermining his credibility. If he were forced out of office, Public Advocate Jumaane Williams would become mayor of the United States' largest city with a population of about 8.3 million. He is likely to complicate any Adams bid for reelection in 2025. Other Democratic politicians, including New York City comptroller Brad Lander, plan to challenge



Adams - once a key ally of Democratic President Joe Biden - for the party's nomination. "The most appropriate path forward is for him to step down so that New York City can get the full focus its leadership demands," Lander said on X, joining a growing list of politicians to call for his resignation. Before the news broke, US Representative Alexandria Ocasio-Cortez, also a Democrat, became the first member of congress to urge him to step down, saying it would be "for the good of the city." Shortly before the announcement, Adams appeared at a reception in New York at the Metropolitan Museum of Art attended by

President Joe Biden and Jill Biden, both of whom made remarks. Adams did not address the gathering. The Times, citing a search warrant, reported in early November 2023 that federal authorities were investigating the possible acceptance by Adams' 2021 campaign of illegal donations, including by the Turkish government. The probe, conducted by the US Attorney's office in Manhattan, focused on whether Adams' 2021 mayoral campaign conspired with a Brooklyn construction company to funnel foreign money into the campaign through a straw-donor scheme, the Times said. Authorities have also sought information about Adams' interactions with Israel, China, Qatar, South Korea and Uzbekistan, according to the Times. Adams, 64, a former police officer who rose to the rank of captain, has repeatedly denied wrongdoing and said he is cooperating with the probe. His lawyers said in a statement on Aug. 15 they had conducted their own investigation into the matters prosecutors were probing and had not found evidence of illegal conduct by Adams.

Author Jhumpa Lahiri declines award over New York museum's ban on kaffiyehs

Washington. Pulitzer Prize winning author Jhumpa Lahiri declined to accept an award from New York City's Noguchi Museum after it fired three employees for wearing keffiyeh head scarves, an emblem of Palestinian solidarity, following an updated dress code. "Jhumpa Lahiri has chosen to withdraw her acceptance of the 2024 Isamu Noguchi Award in response to our updated dress code policy," the museum said in a statement on Wednesday. "We respect her perspective and understand that this policy may or may not align with everyone's views." Lahiri received the Pulitzer Prize in 2000 for her book "Interpreter of Maladies." The New York Times first reported the news. Across the world, in protesters demanding an end to Israel's war in Gaza have worn the black-and-white keffiyeh head scarf, a symbol



of Palestinian self-determination. Anti-apartheid South African leader Nelson Mandela was also seen wearing the scarf on many occasions. Israel's supporters, on the other hand, say it signals backing extremism. In November, three students of Palestinian descent in Vermont were shot in an attack. Two were wearing keffiyeh. Israel's ongoing assault on Gaza has killed tens of thousands and displaced nearly

everyone there. It followed a deadly attack by Palestinian Hamas militants on Israel on Oct. 7. Last month, the art museum - founded by Japanese American sculptor Isamu Noguchi - announced a policy prohibiting employees from wearing anything that expressed "political messages, slogans or symbols." Three employees were sacked. Other people in the United States have also lost their jobs due to their stance on the Israel-Gaza war. Last month, the art museum - founded by Japanese American sculptor Isamu Noguchi - announced a policy prohibiting employees from wearing anything that expressed "political messages, slogans or symbols." Three employees were sacked. Other people in the United States have also lost their jobs due to their stance on the Israel-Gaza war.

Will blow your country to smithereens: Donald Trump blasts Iran amid death threats

World Former US President and Republican presidential candidate Donald Trump on Wednesday (local time) hit out at Iran, saying it will be "blown to smithereens" if the Islamic country is involved in assassination attempts on former presidents and presidential candidates. This came as Trump alleged "big threats" to his life from Iran after surviving two assassination attempts in two months. "If I were the president, I would inform the threatening country, in this case, Iran, that if you do anything to harm this person, we are going to blow your largest cities and the country itself to smithereens. We're going to blow it to smithereens," Trump said amid cheers at a rally in Mint Hill, North Carolina. "There have been two assassination attempts on my life that we know of, and they may or may not involve, but possibly do, Iran, but I don't really know," he added. Trump made the remarks after US intelligence officials briefed him on Tuesday on "real and specific threats from Iran to assassinate him", according to his campaign.

Federal authorities are investigating the assassination attempts on Trump at his Florida golf course earlier this month and at a rally in Pennsylvania in July. There has been no indication of involvement of Iran or any other foreign power in both the incidents. During the North Carolina rally on Wednesday, Trump questioned why Iranian President Masoud Pezeshkian, who is in New York for the UN General Assembly, is being protected by US law enforcement. "We have the president of Iran in our country this week, we have large security forces guarding him, and yet they're threatening our former president and the leading candidate to become the next president - certainly a strange set of circumstances," said Trump, who faces Vice President and Democrat Kamala Harris in the November 5 election.

On Tuesday, Trump alleged "big threats" to his life from Iran and that an attack on him was a "death wish" for the attacker. "Big threats to my life from Iran. The entire US military is watching and waiting. Moves were already made by Iran that didn't work out, but they will try again."

Biden forgets he's in New York, welcomes world leaders to Washington

World US President Joe Biden appeared to be confused as he addressed world leaders in New York with a "Welcome to Washington" - delivering yet another jaw-dropping blunder after being forced to end his presidential campaign over concerns about his mental and physical well-being. Addressing the gathering of world leaders at the InterContinental New York Barclay hotel, Biden stated, "Thank you, thank you, thank you. Welcome to Washington. Without stopping to realise his mistake, the 81-year-old leader pressed on with his speech. Reiterating his support for Ukraine, he stated, "Fellow leaders,



friends, for 944 days Russian President Vladimir Putin has waged his vicious onslaught against Ukraine." The event was strategically scheduled to align with the annual United Nations General Assembly in New York, where

Biden delivered his address on Tuesday. Biden repeatedly called his Ukrainian counterpart Volodymyr Zelenskyy "Mr President" without using his surname. This came after Biden's twin gaffes at the NATO summit in July, where he shocked attendees by introducing Zelenskyy as "President Putin." The slip came just hours after he mistakenly referred to Kamala Harris as "Vice President Trump." Biden, Zelenskyy, UK Prime Minister Keir Starmer, and Italy's Prime Minister Giorgia Meloni (via video feed) addressed the event.

Temple defaced in US with 'Hindus go back' message, 2nd incident in 10 days

The Sacramento Police said that the vandalism incident was being classified as a "hate crime". Police added that the accused also cut water lines at the property.

World The BAPS Shri Swaminarayan Mandir in California was on Wednesday desecrated with anti-Hindu messages, the second such incident in the US in the past 10 days. The BAPS Public Affairs said their temple in Sacramento was desecrated with a "Hindus go back" message. "We stand united against hate with prayers for peace," the organisation said in a post on X. The Sacramento Police said that they were investigating "vandalism being classified as a hate crime" at the BAPS Hindu Temple in Mather. Police further stated that the

accused also cut water lines at the property. Meanwhile, members of the Hindu community gathered at the temple following the incident for a prayer ceremony to promote "harmony". "Community leaders gathered for a heartfelt prayer ceremony at the BAPS Mandir in Sacramento, CA, following the desecration of the mandir. Inspired by Mahant Swami Maharaj, we remain dedicated to promoting harmony and standing against intolerance. Together we will defeat hate," the organisation said while posting pictures on X. Indian-American Congressman Ami Bera reacted to the incident and called upon people to stand against intolerance.

"There is no place for religious bigotry and hatred in #SacramentoCounty. I strongly condemn this apparent act of vandalism in our community. All of us must stand against intolerance and ensure that everyone in our community, regardless of faith, feels safe



and respected," the Sacramento County representative said on X. Notably, BAPS Shri Swaminarayan Mandir in Melville,

New York, was vandalised earlier this month with hate messages inscribed on the driveway and the sign of the temple outside the gate. The Consulate General of India in New York had condemned act, calling it "unacceptable", following which the matter was also raised with US authorities. "Unfortunately, this is not an isolated incident. Similar acts of desecration have occurred at various Hindu Mandirs across North America," BAPS Shri Swaminarayan Mandir in New York said in a statement. A Hindu temple in California's Newark was vandalised last year. The Shri Swaminarayan Mandir Hindu Temple was vandalised with pro-Khalistani slogans, with the incident drawing widespread attention. External Affairs Minister S Jaishankar, while reacting to the incident, reiterated that extremists and separatists should not be given space.

Bangladesh Police on high alert ahead of Durga Puja over unrest concerns

Dhaka. Police would be placed on the highest alert at every puja mandap in Bangladesh's capital to ensure that the Hindu community celebrate Durga Puja peacefully, a top police official said on Wednesday, amid concerns of possible unrest during the festival.

Durga puja will be celebrated in Bangladesh from October 9 to 13. "We have already started taking measures to ensure the security of the puja mandaps," Dhaka Metropolitan Police Commissioner Md Mainul Hassan was quoted as saying by the state-run BSS news agency. Hassan said that police both in uniform and plain clothes will be on the highest alert to ensure unprecedented security arrangements during the Durga Puja. "Besides, SWAT, crisis response team, quick response team, crime scene van and bomb disposal unit will



be kept ready to make the security measures foolproof," he said. He made the remarks while presiding over a meeting on security, law and order and traffic management centring the Sharodia Durga Puja at its headquarters here. Senior police officers and

leaders of the Hindu community were present at the meeting. Hassan said they have chalked out the security plan in three phases - pre-puja, during puja and the immersion of the goddess Durga -- to ensure foolproof security to celebrate the puja peacefully, the agency said. The official called upon the leaders of the Puja Udjapn Parishad to ensure sure effective operation of the closed circuit camera television (CCTVs) round the clock during the festival, alongside appointing own volunteers at the puja mandaps to help police in ensure peaceful celebration of the festival. "We hope the Durga Puja will be celebrated in a festive and peaceful manner with collective efforts of all," he said. Earlier this month, the interim government's Religious Affairs

Adviser AFM Khalid Hossain warned tough action against those disrupting communal harmony or targeting places of worship during the Hindu festival. He urged the Hindu community to celebrate their festivals with enthusiasm and religious fervour and assured them that no one would be allowed to harm their temples. The minority Hindu population faced vandalism of their businesses, properties and destruction of temples during the student-led violence that erupted following the ouster of Prime Minister Sheikh Hasina. After unprecedented anti-government protests that peaked on August 5, Hasina resigned as prime minister and fled to India. In August, thousands of Hindus staged protests in Dhaka and the northeastern port city of Chattogram, demanding protection.

News box

Yarn not supplied, power loom weavers yet to start Pongal dhoti & saree production in TN

ERODE: Power loom weavers say production of free dhoti and sarees meant for distribution to PDS card holders for the Pongal festival has not started as the government has yet to supply the yarn. On August 27, the state government issued an order regarding the distribution of free dhoti and saree to PDS card holders. In 2025, sarees and dhoties are to be distributed to nearly 1.77 crore PDS cardholders. The production was to start in the first week of September. But weavers said they are yet to receive yarn because of which they could not start production. B Kandavel, joint coordinator of the Tamil Nadu Federation of Power Loom Associations, said, "This year, the entire production of free dhoti and saree has been given to power looms. We have informed the government that only if we start production by the first week of September, can we complete it on time. But yarn is still not fully distributed. So production has not started." Around 10,000 tonnes of yarn is required of which 7,000 tonnes will be procured through tender. The remaining 3,000 tonnes will be procured from six cooperative mills. Of this, only 200 tonnes of yarn have come from cooperative mills to societies and only 50 tonnes of yarn came from tenders. Therefore, weavers were unable to commence production," he added. Further, he said, "If this delay continues we will only be able to complete 60% of production by Pongal." A senior official in the handloom and textiles department of Erode said, "Yarn varieties for free dhoti and saree production are currently under testing. In a couple of days, yarn will be distributed to the power looms through the weaver cooperative societies."

International traffic drives Bengaluru Airport growth

BENGALURU: The Kempegowda International Airport (KIA), Bengaluru, continues its upward growth with a 13.3% surge in patronage in August 2024 as compared to the corresponding period last year. International flyer traffic during the period of comparison has shot up by a significant 25.8%. The Airports Authority of India (AAI) made public its monthly Air Traffic Report on Wednesday. The report reveals that airports across the country have recorded 3.26 crore flyers last month as compared to 3.04 crore in August 2023 marking an overall growth of 7.5%. International traffic continues to drive Bengaluru airport as it recorded 4,55,723 passengers versus 3,62,388 passengers during the compared period. This forms a good chunk of the overall recorded flyer figure of 33,90,189 in August this year versus 29,93,061 of August last year. Mangaluru, which operates Karnataka's only other international airport, has recorded 51,961 international flyers in August 2024 versus 43,939 in August 2023, an 18.3% increase. Its overall patronage stands at 1,99,748 versus 1,69,459 in the compared period, a 17.9% increase. Belagavi airport is bouncing back, thanks to Indigo airline connecting it with New Delhi. In August 2024 it had 27,945 versus 21,308 in August 2023. Its Director S Thiyagarajan, told TNIE, "Indigo's connectivity to New Delhi is the key reason for our improved performance. It carries an average of 150 passengers per day though it can carry a maximum of 180 if needed. Star Air routes to Jodhpur, Surat and Indore were stopped by them which caused a major dip for us."

Three steel majors to fix new crest gates for Tungabhadra dam in Karnataka

HOSAPETE: After the state government announced reinstatement of all 33 crest gates of the Tungabhadra dam, authorities have claimed that they don't have any worry about sourcing iron metal for the work. It was because of the confidence the authorities have in three steel companies in the area as they helped the administration fix the crest gate issue earlier. Now, sources said the JSW steel plant, located in the undivided Ballari district, will play a major role in providing iron for the crest gate reinstatement project. Two other companies, Narayana and Hindustan Engineering Works, are also ready to lend a helping hand. An expert team had installed a temporary stoplog gate after the TB dam crest gate was broken and washed away in the river on August 10.

The installation was done within a week and it was because three companies, especially JSW Steel Plant, played a major role in providing the huge metal. Now, the company showed interest in helping TB dam authorities. The Tungabhadra dam authority is waiting for the official announcement of installation of the new crest gates. Four days ago during the bagina offering programme to the dam, Chief Minister Siddaramaiah promised farmers that the dam crest gates installation work will be started soon. DyCM and Water Resources Minister D K Shivakumar announced that the work will be finished by the end of this year.

20-year wait ends as Pattabiram ROB partially opened in Chennai

Officials from the highways department said a four-metre-long flyover above the railway line needs to be built to complete the project.



CHENNAI: Commuters on the Chennai-Tirupati Highway and residents of western suburbs have expressed relief as the Road Over Bridge (ROB) in Pattabiram, which has been under construction for nearly six years, was partially opened for public use on Wednesday. The two-lane arm of the four-lane ROB, built over level crossing gate 2 between Pattabiram and the

Pattabiram Military siding stations, will facilitate two-way traffic between Avadi and Thiruninravur. With a width of 11 metres and a length of 780 metres, this bridge is expected to address a demand that has persisted for 20 years among residents in the area. The ROB was constructed at a cost of Rs 55 crore. Officials from the highways department said a four-

metre-long flyover above the railway line needs to be built to complete the project. "The remaining work on the ROB can only proceed once the level crossing is closed. We will complete the tasks soon," an official stated. Additionally, plans are in place to build a roundabout in front of the Pattabiram police station, with land acquisition already completed. T Sadagopan, a local resident and activist, noted, "Residents previously had to take a detour of 6 to 7 km, spending nearly 45 minutes to cross the Pattabiram LC gate 2. Since construction began in 2018, vehicles from Ambattur and Poonamallee heading towards Thiruninravur/Tiruvallur were redirected via Pattabiram-Poonamallee road to reach the Chennai-Tirupati Highway near Outer Ring Road roundabout, just 500 metres from the LC gate." He also mentioned that the ROB construction had led to the cancellation of MTC buses, resulting in lost connectivity to various areas. "All the bus routes that operated before 2017-18 need to be restored," he added.

Panel for donating Lawrence's body, Asha not OK

KOCHI: After three days of uncertainty, the advisory committee set up by the Ernakulam Medical College Hospital (MCH) has recommended handing over the mortal remains of CPM leader M M Lawrence for medical research, even as his daughter Asha Lawrence, who wants to bury her father as per Christian rituals, has decided to move the High Court against the suggestion. The committee constituted under MCH principal Dr Prathap Somnath made the recommendation after its hearing on Wednesday. Sources said it will take two to three days to complete the proceedings to hand over the body. At the hearing, M L Sajeewan, Lawrence's son, presented two witnesses -- Rajan Sunny Pollayil and Abi Lazar -- saying his father had expressed the desire to hand over his body for medical research in their presence. Rajan is the son of Lawrence's brother-in-law Sunny, and Abi Lazar is the son of Lawrence's elder brother M M Lazar and an employee of CPM mouthpiece Deshabhimani. The committee found the witnesses' statements were reliable. Moreover, Sajeewan had lawful possession of his father after his death, a report of the committee said.

Asha accuses brother of presenting fake witnesses. The committee added that the witnesses' statements also subscribed to the provisions under the Anatomy Act. The committee had summoned Sajeewan, Asha and Lawrence's elder daughter Sujatha Boban for the hearing, during which Sujatha withdrew her consent to hand over his body to the MCH. While Sujatha's sudden U-turn remains unexplained, sources said Asha had threatened to lodge a complaint against Sujatha's son too for attempted manhandling of Asha and her son, prompting her to take a neutral stand.

First Valmiki Research Centre opens in Andhra Pradesh

VIZIANAGARAM: The first Valmiki Research Centre, established in Vizianagaram in collaboration with the National Sanskrit University in Tirupati, is set to be inaugurated on Thursday. Former Vice-President of India M Venkaiah Naidu will inaugurate the Valmiki Research Centre, located at Ramanarayanam-Sri Madramayana Pranganam, and a three-day mega conclave on Valmiki Ramayana.

Ramanarayanam-Sri Madramayana Pranganam is a spiritual centre built in the shape of a bow with a 60-ft tall statue of Anjaneyaswamy. It was built by Narayanam Narasimha Murthy, the founder-chairman of

NCS Charitable Trust, to promote the essence of human values from the Ramayana. The theme park has 72 idols with murals depicting the entire Ramayana in Telugu, English, and Hindi corresponding to 72 Ghattas as per the Valmiki Ramayana. They have also been playing a laser show of Hanuman Chalisa and various aspects of the epic Ramayana through 3D mapping on the statue of Lord Hanuman every day. The light and sound show on the statue of Hanuman is a feast to watch. The family of Narayanam Narasimha Murthy, including Ramanarayanam CEO Narayanam Niraja Srinivas, is continuing the legacy by developing

the Ramanarayanam as Uttarandhra Ayodhya by setting up a Vedic school, Sri Ramastupam, a Yoga centre, a meditation centre, and other cultural activities. Speaking to this newspaper, Ramanarayanam CEO Narayanam Niraja Srinivas said, "My father dedicated his life for upholding and spreading the supreme ideals of the Ramayana to the future generations. We have also been conducting a three-day mega conclave on Valmiki Ramayana in the name of Sri Ramayana Sankharavam which will have three sessions, Dharmam, Daivam and Desam. I hope it is also help in spreading the message of Valmiki culturally, spiritually and socially."



SC reserves judgement on A Raja's plea against Kerala HC order cancelling his election as MLA

NEW DELHI: The Supreme Court on Thursday reserved its judgement on a plea filed by CPI(M) leader A Raja challenging the order of the Kerala High Court which set aside his election from Devikulam Assembly seat in Idukki district. Congress leader D Kumar, who was the runner-up in the 2021 Assembly polls, has alleged that Raja was not qualified to contest the Devikulam seat reserved for the Scheduled Caste (SC) community. A bench comprising Justices Abhay S Oka, Ahsanuddin Amanullah and Augustine George Masih heard submissions from senior advocates V Giri and Narendra Hooda appearing for Raja and Kumar respectively. The top court was hearing a plea filed by Raja against the March 20, 2023 order of the Kerala High Court. The high court had passed the order on an election petition filed by Congress leader D Kumar, who was the runner-up in the 2021 Assembly polls, alleging that Raja was not



qualified to contest the Devikulam seat reserved for the Scheduled Caste (SC) community. Raja, opposing the plea, had contended that he belonged to the Hindu Parayan community in relation to the state of Kerala and the caste certificate issued by Tahsildar, Devikulam proved the same. He had also contended that the Returning Officer rightly rejected the objection by Kumar to the nomination paper filed by him. The CPI(M) leader also claimed that his parents had never converted to Christianity, he was never baptised, his

wife was a Hindu and that his marriage was according to Hindu rites which included lighting of a customary lamp and tying of 'thali' around his wife's neck. n his plea, Kumar had alleged that Raja was a Christian, baptised at a CSI church in the hill district, and submitted a fake certificate to prove that he belonged to an SC community.

Kumar, who was defeated by a margin of 7,848 votes in the 2021 polls by Raja, had also claimed that even the wife of the CPI(M) leader was a Christian and they were married in accordance with Christian religious rites.

Agreeing with the contentions of the Congress leader, the high court had said it was well evident from the evasive answers given by Raja regarding his marriage and the ceremony that there was a "conscious effort" on his part to conceal the truth.

The dress worn by him and his wife are indications of a Christian marriage, the court had noted.

Low supply, festive demand make veggies dear in Tamil Nadu

On an average, the Madurai market receives 20 truckloads of tomatoes, which has taken a hit now due to the reduced supply.



MADURAI: A dip in the arrival of stock and increasing demand has caused prices of vegetables to gradually rise in Madurai central market and other parts of the state. While farmers said there has been a slight dip in harvest yields due to the climatic conditions, experts said that the festival season is likely to push the prices up further. When compared to the previous week, the prices of several vegetables such as tomatoes, coconuts and drumsticks have increased in Madurai. At the central vegetable market in Mattuthavani, a 15 kg crate of tomato was priced at Rs 600. The price was well below Rs 350 last week. Similarly, drumsticks were sold at Rs 90 per kilo, a substantial rise from Rs 60 per kilo last week.

Coconut prices have also skyrocketed, with a kilo of coconut selling for Rs 55 in Madurai. On Tuesday, during the weekly coconut auction at Vadipatti regulatory market, a single coconut fetched Rs 28. Speaking to TNIE, N Chinnamayam, president of Central Market All Traders Federation said, "For tomato, the Madurai market has to rely on cultivators from neighbouring districts such as Dindigul during harvest season, and a major portion comes in from Andhra Pradesh during the off-season.

Following the recent floods in Andhra Pradesh, farmers from the neighbouring state are opting to buy from Tamil Nadu farmers, causing the price of vegetables to increase here as well. The prices are only set to soar ahead of the festival season. On an average, the Madurai market receives 20 truckloads of tomatoes, which has taken a hit now due to the reduced supply." P Dhayalamoorthy, a tomato trader from Dindigul told TNIE, "Last week, we received more than 20,000 crates. For the past two days, just 7,000 boxes have arrived at the Oddanchatram wholesale market. Most arrivals are from Oddanchatram, Palani, Dharapuram, Thomppampatti, Madathukulam and other villages in Dindigul.

TTD complaint on AR Dairy for allegedly supplying adulterated ghee

Police said as per the agreement, the TTD can file a criminal case against the supplier if terms agreed upon are violated.

VIJAYAWADA: The TTD lodged a complaint with police against Tamil Nadu-based AR Dairy Foods Private Limited for allegedly supplying adulterated ghee. In a written complaint, TTD's marketing and procurement wing general manager Murali Krishna said AR Dairy violated the tender agreement by supplying adulterated ghee even though higher officials had flagged the low quality. Police said as per the agreement, the TTD can file a criminal case against the supplier if terms agreed upon are violated.

'Ghee supplied by AR Dairy did not meet standards'

Stating that the TTD purchases ghee for preparation of Swamivari Laddu and other Prasadams as per Dittam, the complaint read, "We expect values, quality, and



authenticity. We were disappointed to discover that the ghee supplied by AR Dairy Food Private Limited, Dindigul, recently did not meet the expected standards.

Ghee is an essential part of the preparation of

Swamivari Laddu and other Prasadams as per Dittam and its quality directly affects both health, religious sentiments, and beliefs of crores of devotees of Lord Sri Venkateswara. Adulterated ghee not only compromises taste, but can also pose serious health risks to devotees.

We were made to believe that AR Dairy Food Private Limited has been maintaining strict quality control measures to ensure that their products meet safety and quality standards, but the sample results were otherwise.

Besides explaining the process of inviting tenders for the supply of ghee, the quoted price by AR Dairy, the contract, and samples of ghee collected and tested by NDDB CALF, the TTD also attached the test results and conditions it had set for ghee quality.

Renaming of Port Blair steeped in jingoistic politics

IF there is one place in the country that needs no lessons on patriotism or the constitutional idea of 'unity in diversity', it is the Andaman and Nicobar Islands. The majority of its population (around five lakh) is composed of the descendants of freedom fighters incarcerated by the British. Others include subsequent settlers and the members of native tribes like the Negrito Jarawas, Onges, Great Andamanese and Sentinelese (arguably the last protected tribe unconnected with the outside world), or Mongoloid tribes like Shompen and Nicobarese. This distant outpost underpinning the 'idea of India' is today a surreal amalgamation of India's myriad diversities. The freedom struggle and the infamy of 'Kala Pani' (owing to the penal settlement and the Cellular Jail) drew prisoners mostly from Bengal, Punjab, Bihar and Uttar Pradesh; most of them have remained unsung in the national imagination. For their proud descendants, a sense of communal harmony is exemplified by the usage of a quaint 'Hindustani' dialect that cuts across religions, regions and ethnicities. Bengalis, Tamilians, Purvanchalis and Punjabis live cheek by jowl, uncorrupted by the toxic polarisation and manufactured political 'divide' that consume the Indian mainland. In a perverse manner, the distance (1,200 km from either Chennai or Kolkata) and natural isolation from the vile politics of the mainland have ensured the ideal 'mini-India' there.

The dominant 'us vs them' narrative is not among religions or ethnicities but in the collective 'islanders vs mainlanders' realm, where the mainlanders are viewed as usurpers. On the islands, views on history are far more nuanced than the binary understanding in the mainland. For example, there are mixed feelings about Netaji Subhas Chandra Bose's three-year alliance with the Japanese, as those years are associated with the kind of brutality that outdid that of the British.

These peaceful islanders have embraced their tumultuous, complicated and wounded history as their factual identity without resorting to revisionism or the rewriting of history. It is believed that when two wings of the Cellular Jail were demolished after Independence, many freedom fighters had objected to attempts at tinkering with a place that signified their pain, as they believed that it also represented an important chapter of history. Their peaceful cohabitation with each other and even with its dark past ensured that it remained among the most inclusive societies in the country.

In 2006, as the administrator and gubernatorial appointee, I was tasked with conducting relief and rehabilitation on the islands that had suffered from the deadly tsunami of December 2004. As we recovered from the socioeconomic ravages caused by the natural disaster, I found immense succour in the way society held together. As a former combatant, I witnessed a sense of social conviviality, timeless patriotism and a larger national purpose that is unique to far-flung border areas of the Leh region, Kashmir highlands or the extreme northeastern regions and remains unseen and underappreciated by the 'rest of India'. Admittedly, a lot was achieved, but much remained to be done; the strategic location (overlooking the Chinese 'choke point' of the Strait of Malacca) of these islands — as also the instinct to protect vulnerable tribals and the natural green cover — necessitated certain constraints on conventional 'opening up' for development on the lines of Goa and Kerala. It needed a lot of government support in the absence of private development — the challenge of infrastructure, civic facilities and employment opportunities persisted. Yet the 'shining outpost' of India held fast to its unique ways and history.

But it wasn't long before the winds of mainland 'normalcy' reached the pristine islands. One such phenomenon was the changing of names of popular places to promote nationalism.

Centre must pull Manipur back from the brink of ruin

President's rule should be imposed to bring the situation under control as people have lost faith in the state government.

A brief spell of fragile peace in the strife-torn Manipur was shattered by drone and rocket attacks early this month. The strikes were allegedly carried out by Kuki-Zo outfits against Meiteis. The fresh violence claimed 11 lives in just 10 days. Marked escalation led to widespread protests by locals. Students took to the streets demanding the resignation of state DGP Rajiv Singh and Security Adviser Kuldiep Singh for their allegedly inept handling of the situation.

Manipur has been on the boil for the past almost one-and-a-half years, making it evident that the state government has failed to resolve the contentious issues. There is also a general impression of callousness on the part of the Central Government to solve the deep-rooted problems. In the absence of viable political initiatives, the Manipur crisis has aggravated sharply. Known for its historic fault lines, Manipur has a diverse cultural-religious profile, coupled with its demographic and economic asymmetries. Consequently, different communities have vied for the state's land and other natural resources. The underlying cause that led to the ongoing conflict was the controversial High Court order passed in March 2023, which recommended the inclusion of Meiteis in the list of Scheduled Tribes (STs). It implied that Meiteis, a majority and prosperous community, could purchase land and/or settle in the hill areas predominantly inhabited by the minority Kukis.

This contentious ruling was resisted by the Kukis, leading to the build-up of tension in the state. In the beginning of May last year, the situation took a serious turn, resulting in clashes between the two communities which had so far lived in harmony. Within days, over 100 persons were killed and around 60,000 displaced. The violence has been continuing since then, with the death toll mounting to around 240. Due to the prolonged conflict, the divide between the two communities has fragmented the state. While Meiteis control the Imphal valley, Kukis dominate the hill districts of Churachandpur, Senapati and Tengnoupal. The Kukis are now demanding a separate hill state. Nagas are another major group in Manipur. Although they have stayed away from the present conflict, the Nagas, too, harbour a longstanding demand for a separate administrative entity to include areas inhabited by them. Apparently, Manipur faces the threat of Balkanisation. Meiteis and Kukis have heavily fortified their respective enclaves. The state looks like a war zone, with rival sides separated by buffer zones manned by the security forces to prevent clashes. Both communities have well-trained militias, largely composed of erstwhile militant outfits, armed with sophisticated weapons. These private armies often resort to savage killings and extortion.

Procuring modern arms is not a problem for any group, as



there is a gun-running trail originating from China and traversing through Myanmar. Further, the 'rebel groups' waging war against the military junta in Myanmar are also a lucrative source of weaponry. Besides, around 6,000 arms were looted from the state police armouries by locals with only a handful being recovered by the security forces till now. It is obvious that the state and Central governments have chosen to override the problem, resorting to crisis management rather than finding a lasting solution. There is no roadmap to bring back normalcy in the region. The Union Ministry of Home Affairs (MHA) is practically governing Manipur through the Unified Headquarters. Presently, the ground situation is such that the Chief Minister and his cabinet colleagues are reportedly unable to move around even in Imphal city. Further, the state authorities are not on the same page. The DGP has openly admitted to the inability of the local police to handle the situation and has sought Central forces to take over. On the other hand, Rajkumar Imo Singh, an MLA and the CM's son-in-law, has asked the MHA to remove Central forces as they have proved to be 'ineffective'. Incidentally, the CM has also made a representation to the Governor, demanding the control of the Unified Headquarters. There is a rift between the Assam Rifles and the police, with both often indulging in a blame game. The current crisis is no longer a conflict between two communities but has turned into a serious national security issue. It is high time to avoid political posturing and put a comprehensive action plan in place to salvage the situation. The major reasons for the

current mess are poor governance, political authoritarianism marked by a heavy-handed approach, polarised security forces, resurgence of militant outfits and heightened animosity between the belligerent communities. In addition, there is a strong perception among the locals that the Central Government is not serious about resolving the conflict, but rather wants to keep it simmering.

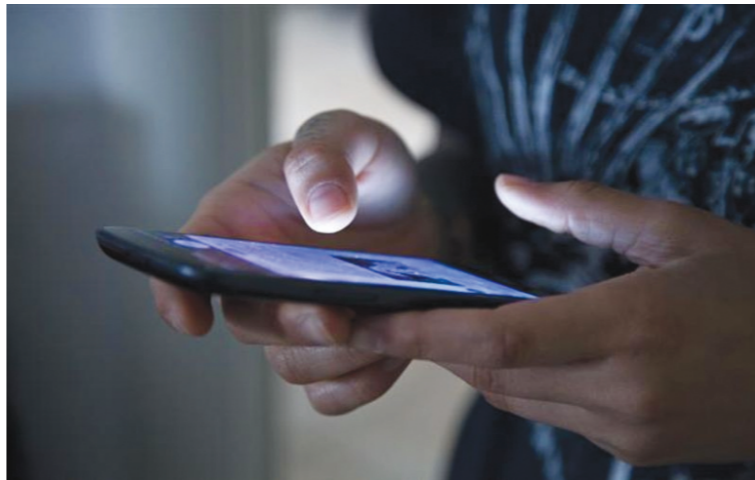
To restore normalcy in Manipur, it is imperative that President's rule is imposed as people have lost faith in the state government, which is being seen as partisan. A new administrative structure needs to be put in place with a clear chain of command. The Unified Headquarters must be reconstituted. The Army needs to be given a free hand to undertake operations to disarm the militant groups and create a conducive environment for restoring peace. For this, the Armed Forces Special Powers Act (AFSPA) will be required to be imposed in sensitive areas. Alongside, there is an urgent requirement for effective border management, given the turbulent conditions in the neighbourhood.

Above all, earnest efforts are needed to build trust between Meiteis and Kukis by involving civil society organisations. The ruling dispensation ought to shed its status-quo mindset and explore fresh alternatives. Manipur is on the edge, in a state of intense distress, deeply divided and bruised. It beckons the nation to take a call and resolve the long-pending conflict on priority, lest the situation deteriorate further, which would prove catastrophic.

Fighting child porn

SC sends out zero-tolerance message

CORRECTING an 'egregious error' made by the Madras High Court, the Supreme Court has ruled that downloading and watching sexually explicit content involving children are offences under the Protection of Children from Sexual Offences (POCSO) Act and the Information Technology Act. This implies that even viewing child pornographic material — without storing or sharing it — is tantamount to its possession. The landmark judgment is expected to go a long way in curbing the all-pervasive menace of sexual exploitation of children. Kids are vulnerable to being targeted by predators everywhere — at home, on the school campus and in public places. Sexual abuse of minors is the elephant in the room, particularly in countries like India. Fearing ignominy, victims' families tend to sweep the sordid matter under the carpet. In many cases, close family members commit these despicable crimes behind a veil of secrecy. With



UNICEF flagging the widespread use of digital technologies as a factor behind this menace, it is very important to safeguard kids and deter potential offenders

with a robust legal mechanism. The POCSO Act does have some stringent provisions, but their diverse interpretations by high courts have proved to be a stumbling block.

Child pornography — the very term is on the way out as the Supreme Court has told courts not to use it in any judicial order or judgment and instead prefer 'child sexual exploitative and abuse material'. This sends out a strong message to society at large that such acts will be countered with a zero-tolerance approach. Sexual harassment in any form leaves the kids psychologically scarred for life. It adversely impacts not only their studies and relationships — their entire personality, in fact. It is hoped that the SC's intervention will motivate parents, educators and others to talk openly about sexual matters without a sense of stigma or shame.

These stakeholders must also monitor the smartphone usage of children to ward off harmful influences.

The lure of 'maximum government'

There is a need to carry out a cost-benefit analysis of the districts created in the past few decades

MINIMUM government, maximum governance — it's an appealing and apt notion. The other popular notion is that the governance structure in India has only three powerful pillars: Prime Minister (PM), Chief Minister (CM) and the District Magistrate (DM), making PM-CM-DM the trinity that rules India. I couldn't find the exact number of districts that existed in India at the time of Partition, but there were 402 at the time of the first post-Independence Census in 1951, and there were 27 states and three Union Territories (UTs). As per the latest count, there are 28 states and eight UTs and 806 districts. Five of them were added recently in Ladakh — the youngest UT, created in 2019 — taking the number of its districts from two to seven. The Census-wise number of districts was: 1951 — 402; 1961 — 436; 1971 — 449; 1981 — 461; 1991 — 476; 2001 — 593; 2011 — 640. Seventy-four districts were added till 1991. The next decade (1991-2001) saw the addition of 117 districts; this number dropped to 47 in the decade between 2001 and 2011. The last 13 years have seen the creation of 166 districts. In 1951, Andhra Pradesh (AP) had 19 districts and Hyderabad state had 17; today, AP has 26, while Telangana, which was carved out of AP, has 33. Similarly, the number has gone up from 13 to 35 in Assam, 18 to 38 in Bihar, one to 11 in Delhi, six to 12 in Himachal Pradesh, six to 20 in Jammu & Kashmir, 12 to 23 in Punjab, 13 to 30 in Odisha, 21 to 50 in Rajasthan, 40 to 75 in Uttar Pradesh and from 15 to 30 in West Bengal. The record of some of the new states created after the enactment of the States Reorganisation Act, 1956, is revealing. Haryana has 22 districts, up from the seven in 1966, when it was created. Telangana's count has gone up from 10 to 33, Uttarakhand from nine to 13, Jharkhand from 18 to 24, and Chhattisgarh from 16 to 33.

The creation of a new district, essentially an administrative unit, doesn't seem to follow any rational principle. There are no defined geographical or demographic criteria for the creation of a district. Kutch, the largest district in India, has an area of 45,674 sq km and a population of 2,092,371. Mahe, the smallest district, has an area of 8.69 sq km and a population of 41,816. North 24 Parganas, the biggest district by population, has 10,009,781 people and an area of 4,094 sq km, while Dibang Valley, the smallest, has a population of 8,004 and an area of 9,129 sq km. The population of undivided Leh district is 133,487, with an area of 45,110 sq km, and Kargil's population is 140,802, with an area of 14,086 sq km. Now Drass and Zaskar have been created out of Kargil and Changthang, Nubra and Sham Valley out of Leh. Their geographical demarcation and population are not clear from the announcement of their birth. It is true that the original Ladakh district was too huge to be administered. Kargil and Leh were culturally distinct, which made both regions unique. This led to the creation of Kargil as a separate district in 1979. The truncated Leh district continued to be the second largest district in the country geographically.

New districts in India generally are the outcome of a political demand rather than any objective criteria. For example, in the case of Ladakh, there were protests for the creation of a new Muslim-majority district of Sankoo out of Kargil, ostensibly as it remained cut off from Kargil during winters. Similar demands were made by the people of Zaskar for a new district out of Kargil. The same could be said of Drass, Changthang, Khaltis and Turtuk, all parts of Leh. However, is the mere demand for granting the status of a district enough justification for creating a new administrative unit that imposes a financial



burden on the exchequer? A new district entails additional manpower and the construction of new office and residential buildings. A new district is generally an upgrade from subdivision headquarters with the expectation that an attendant setup like a superintendent of police and other district-level offices would be established. That is often not the case as the other commensurate offices take a long time coming up. Sometimes, the upgradation of all departmental offices is neither eeded nor possible due to budgetary constraints. The key point is that a new district doesn't lead to any greater devolution of authority to the district head. Therefore, it is hard to understand how an official who couldn't effectively administer a larger area can be administratively more effective in a smaller area exercising the same powers. This was perhaps justified in times when physical distance contributed to delays, but in an era of technology-driven governance with a vast functional communication network, it might be more useful to delegate authority, as was done in the far-flung snowbound districts when they became inaccessible, and to develop decision-making systems that do not depend on the physical presence

of higher authorities at the local level. am not aware if it is possible to lay down objective parameters for the creation of new administrative units. I am not sure if we could even evolve the concept of a viable district. There is a need to carry out a cost-benefit analysis of the districts created in the past few decades. A new district would have certainly led to more construction and urbanisation, but has it improved the quality of governance and the environment? For example, it is a moot point whether Ladakh, which was earlier administered by a DC and had an empowered autonomous elected council, is better governed with the creation of the office of the lieutenant governor, a chief secretary, half a dozen secretaries, a similar high-ranking hierarchy in other departments, and whether all this would improve the quality of development taking place in the ecologically fragile region. When my daughter was the DM of Leh a few years ago, she would often joke that the district she headed was bigger than the entire state of Haryana where I served. A five-hour drive in any direction from Leh city would still keep you in the same district, whereas a mere three-hour drive from the centre of Haryana would take you outside the state boundaries. The craze for creating new administrative units reminds me of the time when we were under trainees in Haryana in 1981. One of us was in Hisar district that had Adampur village, which had been upgraded to a block headquarters because the then chief minister belonged to that place. The divisional commissioner of Hisar would jokingly tell my batchmate that he would retire as the divisional commissioner of Adampur division. Although that prophecy didn't come true, who knows how far the lure of 'maximum government' would go.

5 workouts that don't feel like Workouts

For most of us, the word 'workout' conjures up images of sweat soaked t-shirts, bulging muscles, a gym trainer, or running shoes. This image may not be entirely real because there are a few things you can do in your daily life, or maybe weekly life, which have the ingredients of a good workout without necessarily being one.

Many of these chores are left entirely up to domestic help, but there is no reason for us not to make them part of our weekly routines, if only just to ingrain more activity into our busy schedules.

However, we are not suggesting that you replace regimented strength and cardio workouts with the following five activities. This post is meant to encourage daily chores or activities that offer variations in your body's activity levels, and not offer any alternatives to real workouts.

1. Clean your house: Start with your bedroom. Re-arrange furniture, pick things up, bend, squat, lift heavy things. Cleaning your house and re-arranging furniture has all the elements of a good gym session though you may not even



know it. This may not be a weekly routine, but it can certainly be made part of something you do on a regular basis, when you have time to yourself at home. Not to mention, this one is truly therapeutic with good music to keep you moving.

2. Go on a hike: This one's clearly not for people well encased within miles and miles of metro city traffic. But perhaps even city dwellers can find some park, nearby town, or natural feature to visit over weekends? Try and incorporate hiking into your weekend activity. Sunday's are a great day to take off outside the city and spend time hiking, climbing a hill. Take a picnic basket and soak in all the vitamin D that you have missed out on during the week.

3. Bathe your dog: Even better, bathe your cat. If you have a larger dog, or a cat, you will know what a great exercise it is. First the battle to hold on firm, the usage of your body weight to get the upper hand, the scrubbing, the rinsing, and then the drying. All the while holding on to dear life. If this isn't a workout, then we don't know what is!

4. Play with your kids: Anything goes. Your kids will truly love it and there will be no dearth of action. Pillow fights, go to a park and throw a ball around, go to a pool and have races, and of course ask the kids for more ideas. Physical playtime is a great workout and also an unparalleled family bonding time.

5. Walk in a mall: Ladies, the ideal workout! For the men, a nice way to spend time in a mall while your better half disappears. Of course the idea is to walk, climb stairs, and keep a decent pace. Walking is a good exercise to stay active and to stay on your feet more.



Globally, Indian food has a reputation to be oily, spicy and heavy to digest. Is this really true?

We take a look at popular Indian dishes that are delicious and healthy at the same time. Remember that there are certain rules; you must control the levels of oil, butter, spices, cream and cheese. Find out which Indian foods come under the top 5 low-calorie Indian foods list: Buttermilk - This thick delicious dairy product goes well with any dish and is relished by family members.



Belly fat is a return gift that our haphazard lifestyle and wrong eating habits give us. It not only destroys your image but also

increases your risk to many health ailments. Try these Ayurveda tips to lose the fat deposits around your belly.

Start your day with lemon juice:

This is one of the best therapies to eliminate belly fat. Pinch some yellow juice into a glass of warm water and add some salt to it. Continue drinking this every morning to boost your metabolism and to get rid of that paunch.

Running short of breath:

Being out of breath during exercise is fine, but if you find yourself panting more often than not while working out, this indicates that you are overdoing it. When you take a break or pause, your panting should slow down within 60 seconds. Being unable to catch your breath means you pushed yourself too hard. In that case, it takes longer to recover, but your body goes back to functioning normally. However, if you experience additional symptoms such as swelling in your feet and ankles, high fever, cough, chills, blue fingertips, or wheezing you may want to consult your doctor as these could be signs of a heart attack.



Chest discomfort:

Aside of the panting, if your chest feels uncomfortable after a strenuous exercise regime, do not take it lightly. Chest discomfort is a major indicator of a heart attack or angina (a blockage in the blood vessels of the heart that reduces blood and oxygen flow to the heart). Note: Not all chest pain is the same; it can feel like burning, stabbing, or tightness.

Nausea and vomiting:

It should be obvious that throwing up after or during exercise is not a desirable result. If you push yourself so hard that you throw up, you may want to reassess your regimen at the gym. Getting nauseous from your workout can also indicate that you are dehydrated or experiencing heat exhaustion. Heat

exhaustion can be treated with rest in a cool place but, if ignored, it can lead to heat stroke, which can cause organ damage, and, sometimes, death.

Fever:

Exercising while sick is not advisable, especially if you have fever. If the fever is over 100.5 degree, you should not work out. You put yourself at risk of viral myocarditis. Viral myocarditis is inflammation of the heart muscle and can be fatal. Evidence suggests that exercising while feverish increases the risk of developing this dangerous disorder as well as dehydration and overheating.

Sore muscles:

You may also experience some joint soreness during your workout or half an hour later. Beyond that, you may want to be more cautious. If the next morning you're having joint pain that you can attribute or associate to your workout or activity the day before, you've probably pushed yourself too hard. Also, if the soreness is getting in the way of normal daily functioning, you should give it some rest.

Decrease in performance:

If you are working out religiously, you should see your performance improve or at least stay the same. If you feel unusually exhausted by your usual workout, you might be overtraining. So, when you are working out, try to focus on quality, not quantity. Those additional reps of the same form are not nearly as beneficial as you think.

Mood swings: If your physical performance is not entirely on track, there could be a chance that you may feel a slightly mentally drained as well. While physical activity is often linked to decreases in depression and anxiety, overtraining can increase irritability, and moodiness. A common sentiment amongst athletes who are overtrained is that they lose their competitive spirit.

Strange sleep patterns: Being active during the day can help us rest well at

8 signs you're overdoing it at The gym



night. If you are overtraining, the opposite may occur. Pushing your body too hard can cause restlessness, insomnia or oversleeping. If that is the case, slow down at the gym and your sleeping pattern will return to normal.

Top 5 low-calorie Indian foods

Calorie intake - 30 calories per glass

Ragi dosa - A popular South Indian dish that is made from ragi and not from rice. It is still a winner among dosa lovers.

Calorie intake - 87 calories per dosa

Oats idli - Idlis are a great way to begin your day. Again, it is a South Indian delicacy that has Indians lapping it up with hot sambar. If you are

going the healthy way prepare the idlis from oats, it is healthy and a great way to start your day.

Calorie intake - 26 calories per idli

Sprouts salad - Sprouts are healthy; add a dash of sour lime and a pinch of spice and you have a great combination sprout salad.

Calorie intake - 93 calories per 100gms



Consistent rant: BJP leader on Kangana Ranaut's 'baseless' farm law remarks

BJP spokesperson Jaiveer Shergill said that Kangana's "consistent rant, useless, baseless and illogical statements against the Sikh community" and the farmers of Punjab damaged the "good work" being done by Prime Minister Narendra Modi.

NEW DELHI. BJP spokesperson Jaiveer Shergill said on Thursday that Mandi MP Kangana Ranaut's statement seeking the restoration of the three farm laws was "baseless and illogical". Talking to news agency ANI, Shergill said that Kangana's "consistent rant, useless, baseless and illogical statements against the Sikh community" and the farmers of Punjab damaged the "good work" being done by Prime Minister Narendra Modi. Shergill further said that the "bond that Prime Minister Modi" shares with the farmers of Punjab "was unbreakable" and "shouldn't be judged" through the "lens of irresponsible comments" by Kangana Ranaut. Ranaut stirred a controversy on Tuesday, after she

said that the three farm laws, which were repealed after protests by the farmers, should be brought back by the government. The BJP has distanced itself

Kangana's statement on farm laws is "a personal statement".

"Kangana Ranaut is not authorised to make such a statement on behalf of BJP, and it doesn't depict BJP's view on the farm bills. We condemn this statement," he added.

Kangana Ranaut issued a public apology on Tuesday after facing backlash, and said, "I take my words back." Notably, this is the second time that the BJP has distanced itself from Kangana Ranaut's statements. Last month, Kangana Ranaut said that the farmer protests were a build up to a "Bangladesh-like situation in India", and claimed that dead bodies were found hanging and rapes were taking place at the



from her statements and said that she had not been authorised to speak on the issue on behalf of the party. BJP's spokesperson Gaurav Bhatia said on Tuesday that

sites of agitation, triggering a row. The BJP had distanced itself from her statements and had warned her not to give such statements in the future.

"900 Kuki Militants" Report Not Substantiated On Ground: Manipur Security Adviser

The statement comes amid a shutdown called by Kuki groups in Manipur's Churachandpur and Kangpokpi districts over what they called a baseless report and part of a larger narrative, possibly intended to justify aggression against the Kuki tribes

New Delhi: The Manipur Security Adviser today said intelligence received from "different quarters" about infiltration by 900 Kuki militants from Myanmar could not be substantiated on the ground, and so "there is no basis currently to believe in any such input." The statement comes amid a shutdown called by Kuki groups in all Kuki-dominated areas over what they called a baseless report and part of a larger narrative, possibly intended to justify aggression against the Kuki tribes. The Kuki tribes had also protested demanding the resignation of the Security Adviser, following his "900 Kuki militants" comment.

Kuldip Singh, the Security Adviser, on September 20 had told reporters in the state capital Imphal that "unless and until it [intelligence report] is proved wrong, we believe that it is 100 per cent correct." "... If it doesn't come true, then there are two things. Either it didn't happen at all, or because of your efforts it didn't happen. You cannot take it lightly," Mr Singh had told reporters. Today, a statement signed by the Security Adviser and the Director General of Police Rajiv Singh said, "In view of the recent reactions from different communities regarding input of infiltration of 900 trained Kuki militants from Myanmar to carry out attacks on Meiteis on Sept 28, it is clarified that the input was verified from different quarters, but it could not be substantiated on ground. There is no basis currently to believe in any such input. However, security forces deployed on the ground are placed on a high alert to protect lives and properties of citizens. All communities are assured of their safety. They are advised not to believe in any rumours or unverified information."

Shortly after the Security Adviser and the DGP's statement came, the Manipur Chief Minister's Office in a note said, "Based on information gathered on movement of armed groups, this office had shared intelligence inputs vide UO note bearing no. 1/25/2024-CM dated 16.09.2024 to enable Police Department to use its machinery and network to develop the said information so as to determine actionability. It is now ascertained that possibility of any such misadventure by armed groups is remote. The public need not worry further in this regard." Calling the intelligence report an excuse to attack Kuki villages, the Kuki Inpi Manipur has said it plans to hold a press conference on September 28 to reveal what it claims are the "ulterior motives of the state government and certain radical Meitei groups".

Vikramaditya Singh rebuked by Congress over eateries' order as party faces fire

NEW DELHI. Himachal Pradesh minister Vikramaditya Singh was summoned to Delhi and reprimanded by the Congress brass over a controversial order issued by his department mandating food outlets across the state to display the name and address of their owners. The development came as the Congress came under fire on social media as well as within the party over the move as it had criticised a similar move by the Uttar Pradesh government during the Kanwar Yatra a few weeks back.

Sources told India Today that Vikramaditya Singh, who heads the PWD and Urban Development ministry, has been asked not to give controversial remarks on this matter. Sources said Congress president Mallikarjun Kharge was upset with Singh. The Himachal Urban Development Ministry's order came under criticism from Congress leader TS Singh Deo, who called it a reprehensible and discriminatory move.

"I don't understand why it should be done. Because the Uttar Pradesh government took a decision during Kanwar Yatra, why do we have to name an individual's shop? Don't understand the logic behind it. You are not selling the individual, you are selling the brand. There is absolutely no necessity to name a person," the former Chhattisgarh Deputy Chief Minister told India Today.

AIUDF MLA Rafiqul Islam said the Congress was now toeing the BJP's line and spreading hatred. The AIUDF leader also attacked the party for adopting the "UP model" days after Yogi Adityanath directed mandatory display of names of operators, proprietors and managers at eateries across the state. "What is the difference left between the BJP and the Congress? The BJP always spreads hatred. The Congress is also following the same line, instigating fights between Hindus and Muslims. It is unfortunate that Congress is also adopting the Uttar Pradesh model," Islam said.

'Killed Mahalaxmi, Chopped Her Into 59 Pieces...': Bengaluru Fridge Murder Suspect Confesses In Chilling Suicide Note

NEW DELHI. Mukthirajan Roy, the suspected killer who dismembered 26-year-old Mahalaxmi from Bengaluru and stored her body parts in a fridge, confessed in his suicide note that he committed the gruesome act because he was fed up with her behavior, news agency IANS reported. The police found the note, written in his diary, where he admitted to the crime that shocked the city. I killed my lover Mahalaxmi on September 3," Roy wrote. He detailed how he went to her house, got into a fight over personal issues, and ended up killing her after she assaulted him. Enraged, he chopped her body into 59 pieces and stored them in the fridge.

The police discovered the note while gathering information at Roy's residence. He had hanged himself and was found in a village in Bhadrak district, Odisha. Locals found his body after he had arrived in the village on Wednesday, stayed at home, and then left on a two-wheeler.

"The suspected killer had arrived at the Pandi village on Wednesday and stayed at home. He had left his home on a two-wheeler. His body was found by the locals," IANS quoted police sources as saying. Roy had disappeared after the murder, prompting the Karnataka Police to send four teams to Odisha to find him. He had stopped going to work from September 1, the same day Mahalaxmi last worked. Initially, the police suspected she was killed on September 2 or 3. Roy was the team head at Mahalaxmi's workplace. The murder came to light last Saturday when neighbors noticed a foul smell from Mahalaxmi's house and alerted her relatives. Her mother and sister discovered the horrifying scene: Mahalaxmi's dismembered body in the fridge, infested with maggots despite the fridge being operational. A suitcase was found nearby. Mahalaxmi, originally from Tripura, worked at a popular mall and had been living alone in the area for five months. She didn't interact much with her neighbors, though her brother stayed with her for a few days. The police also found out she was married and had a child but lived separately.

Government extends AFSPA in parts of Nagaland, Arunachal for 6 months

AFSPA has been extended in parts of Nagaland and Arunachal Pradesh for six more months after a review of the law and order situation in the two northeastern states.

NEW DELHI. The government has extended the Armed Forces (Special Powers) Act (AFSPA), which allows certain areas to be declared as "disturbed" for the convenience of security forces, in eight districts of Nagaland, three districts of Arunachal Pradesh, and some other areas for another six months. The decision came after a review of the law and order situation in these northeastern states. AFSPA gives the armed forces operating in disturbed areas broad powers to search, arrest, and open fire if necessary for maintaining public order. The Union Home Ministry issued a notification stating that districts and 21 police stations in five other districts of Nagaland will continue to be classified

as "disturbed areas" under the AFSPA from October 1, 2024, unless withdrawn earlier.

According to the notification issued on Wednesday, the districts in Nagaland



where AFSPA remains in effect include Dimapur, Niuland, Chumoukedima, Mon, Kiphire, Noklak, Phek and Peren. The areas in Nagaland falling within the

jurisdiction of Khuzama, Kohima North, Kohima South, Zubza and Kezocho police stations in Kohima District; Mangkolemba, Mokokchung-1, Longtho, Tuli, Longchem and Anaki 'C' police stations in Mokokchung District; Yanglok police station in Longleng District are also declared 'disturbed'. In a separate notification, the Union Home Ministry extended AFSPA in Arunachal Pradesh's Tirap, Changlang, and Longding districts, as well as in areas within the Namsai district that border Assam, starting from October 1, 2024. Union

Home Minister Amit Shah had earlier mentioned that AFSPA had been removed from 70 per cent of Northeastern states, although it remains in force in Jammu.

Heart attacks among young adults doubled post-Covid: Study

NEW DELHI. A day after a video of a woman in skimpy clothing went viral in Indore, Madhya Pradesh Minister, and senior BJP leader Kailash Vijayvargiya condemned the attire, stating it tarnished the city's image and warned such behaviour would not be tolerated. His comments drew sharp criticism from the Opposition, with Congress questioning, "Who are you to dictate what a woman should wear?" A young woman sparked controversy after posting videos of herself in revealing clothing while walking through popular street food markets in Indore. The videos, shot at the well-known Meghdoot Chaat Chowpaty and 56 Dukan Chaat Chowpaty, were shared under the title "Public Reaction" and drew sharp criticism from some users on social media, news agency PTI reported. On Wednesday, the woman, who identified herself as a Dubai resident, issued an apology for her actions. In an emotional statement delivered in Hindi, she expressed deep regret and mentioned



suicidal thoughts in the wake of the backlash. "A woman approached me and complained that some girls are roaming around the city in revealing clothes, which is tarnishing the city's reputation," Vijayvargiya said in a statement. "This is the city of Mata Ahilya, and

such behaviour is unacceptable here. People can't just wear anything and walk around. I've made it clear to the authorities that this will not be tolerated in Indore. Some are walking around the market in extremely short clothes. Should we stand by and watch the dignity of women being compromised? We will not allow the deterioration of Indore.

His comments, which evoke both cultural and moral concerns, have set off a wave of outrage among political opponents, who view the BJP Minister's remark as an attempt to police women's choices. Reacting to Vijayvargiya's remarks, Madhya Pradesh Congress Women Wing President Vibha Patel issued a scathing response. "BJP leaders are intoxicated by power. They have no awareness of what they say. Who are they to decide what women should wear?" Patel questioned. "With changing times, the mindset needs to evolve. Leaders cannot force women to dress a certain way or dictate what they should or shouldn't wear."

"If A Company Needs 16 Hours...": Shashi Tharoor Visits EY Staff's Parents

Anna Sebastian Perayil, a 26-year-old chartered accountant who worked at EY's Pune office, died in July, allegedly due to work pressure.

New Delhi: Congress leader Shashi Tharoor on Wednesday met the parents of a 26-year-old employee at tax consultancy major Ernst & Young (EY), who allegedly died due to work pressure, and slammed the "toxic work culture". Anna Sebastian Perayil, a chartered accountant (CA) from Kerala who worked at EY's Pune office for four months, died in July. A letter by her

mother, Anita Augustine, to EY India Chairman Rajiv Memani, flagging the "glorification" of overwork at the multinational consulting firm, went viral this month. Sharing pictures with her "anguished" parents during his "emotional" visit on X, Mr Tharoor said he discussed with them the need for an inquiry and accountability, new laws and regulations to reform the "toxic work culture" of "bottom-line-obsessed understaffed establishments, and better training for mid-level managers".

The Congress leader, who is a Member of Parliament from Kerala's Thiruvananthapuram, alleged that Anna died of a heart attack from "overwork and intolerable stress and pressure from her managers." "If a company needs 16-hour days and nights from its employees all the time, it needs to hire more people, not abuse the rights of those it recruits and exploits," he said.

Earlier last week, Shashi Tharoor spoke to Anna's father, Sibi Joseph, and suggested

a 40-hour work week. "He (Anna's father) suggested, and I agreed, that I raise the issue of legislating, through Parliament, a fixed calendar for all workplaces, whether in the private sector or the public, that



would not exceed eight hours a day, five days a week," Mr Tharoor posted on X on September 20. "Inhumanity at the workplace must be legislated out of existence with stringent punishment and

finer for offenders. Human rights do not stop at the workplace," the Congress MP wrote. He also said he would raise the matter at the "first opportunity" during the next session of Parliament, which is likely to be held in December. "Told Her To Quit": EY Employee's Father

Anna Sebastian Perayil's father spoke to the media last week and said he had advised her to quit as she had to work through the night, till 12.30 am, at the EY India firm. "We advised her to quit, but she insisted that this stint would provide valuable professional exposure," Mr Joseph said. He also claimed the issue of extreme work pressure was mentioned before the senior officials of the EY, but no action was taken. "She had complained to the assistant manager, but they insisted on working even at night," he said.

The family alleged that the company responded only after her mother's letter went viral. "We are not planning to move legally, but we don't want anyone else to face the same fate."



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.



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.

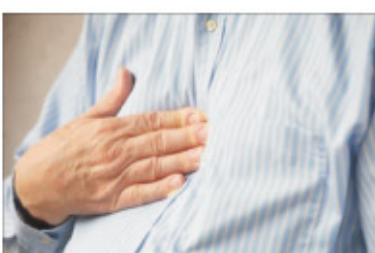
-If you frequently suffer from acidity, drink a glass of lukewarm water every day before going to sleep and immediately after waking up in the morning.

-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 instills 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.

NEWS BOX

Sensex, Nifty hit record high as rally extends for 5th straight session

New Delhi. Benchmark stock market indices opened Thursday's trading session positively, extending the record run for five consecutive days. The S&P BSE Sensex rose to an all-time high of 85,333.23 in early trade, while the NSE Nifty50 climbed to 26,056. However, investors should note that both the benchmark indices traded marginally higher, while other broader market indices were mixed. The Nifty IT index was the top gainer among sectoral indices, while most others struggled for momentum. The top five gainers on the Nifty50 were Maruti, Tata Motors, LTIM, Nestle India and Tata Consumer Products. On the other hand, the top losers were Hero MotoCorp, ONGC, Power Grid, NTPC and Hindalco. Dr. V K Vijayakumar, Chief Investment



Strategist, Geojit Financial Services, said, "There are no immediate near-term triggers that can take the market sharply up or down." "Up moves may attract selling by FIIs who are likely to move some more money to China and Hong Kong since these markets are cheap and are witnessing an uptrend now. But FII selling is unlikely to push the market down significantly since the ample domestic liquidity can easily absorb such selling," he noted. "A range-bound market is the near-term scenario and, therefore, the real action will be stock-specific," Vijayakumar said, adding that investors should give priority to safety and prefer largecaps since smallcap and midcap segments are overvalued.

Zerodha's net profit in FY24 grows by 62% to Rs 4,700 crore

NEW DELHI. At a time when most new-age companies are struggling to turn profitable, stock broking platform Zerodha again stunned the market as it reported a staggering 62% rise in annual profit for the financial year 2023-24. Zerodha's profit came in at 4,700 crore in the financial year 2023-24 as against Rs 2,907 crore profit in FY23. The profits don't include the Rs 1,000 crore of unrealised gain. The country's leading stock broker's revenue grew 21% to Rs 8,320 crore as against Rs 6,875 crore revenue in FY23. "We continued our tremendous financial track record, and FY23/24 was a fabulous year in terms of both revenues and profitability. The profits don't consider the Rs 1,000 crore of unrealised gain, which will show in our financials," said founder and CEO Nithin Kamath in a blog post. The limited data highlights that Zerodha's operating margin, excluding the unrealised gain, may have come at about 57%. Kamath said Zerodha's customers hold over Rs 5.66 lakh crore with them (in their demats) and are sitting on over Rs 1 lakh crore of unrealised gains. The founder wrote about the risks the stock broking industry is facing. "...Many of the regulatory changes we were anticipating have come to pass. The True to Label circular, SEBI paper on index derivatives, STT going up, annual maintenance charges impacted due to increased BSDA limits, and hit to our partner/referral business."

Clean energy: Hit by China's predatory pricing, India 'exploring ties with West'

NEW DELHI. Adani Group chairman Gautam Adani met aircraft manufacturing company Bombardier CEO Eric Martel on Tuesday and discussed partnership in aircraft services and the defence sector. "Powering India's aviation growth! Had a great discussion with @Bombardier CEO Eric Martel on transformative partnerships in Aircraft Services, MRO and Defence. Together, we are harnessing synergies for a stronger, self-reliant India," Gautam Adani said in a post on X. Adanis operate seven airports in the country, while Bombardier is a Canadian aircraft jet manufacturer. Adani Group has presence in the defence sector via a subsidiary Adani Defence & Aerospace. The meeting between Adani and Bombardier chief comes amid India's effort to set up local maintenance, repair, and operation (MRO) facilities. Civil aviation minister Rammohan Naidu last month had said the Indian government has introduced new reforms to strengthen maintenance, repair, and overhaul (MRO).

Hyundai Motors IPO: Can it beat Maruti Suzuki's market valuation

Hyundai, the second-largest automaker in India, has maintained a steady market share of 15-17% since 2008. But does it have what it takes to beat market leader Maruti Suzuki's valuation



Hyundai Motor India has received approval from the Securities and Exchange Board of India (Sebi) to launch its much-anticipated Rs 25,000 crore initial public offering (IPO). This move is expected to boost the parent company, Hyundai Motor Company's, visibility and brand image in India, as well as provide added liquidity. According to Nomura India, Hyundai Motor India deserves a higher valuation compared to Maruti Suzuki, especially as Maruti's market share has been

shrinking. Hyundai, the second-largest automaker in India, has maintained a steady market share of 15-17% since 2008. In 2023, the company achieved its highest-ever domestic sales of 6,02,000 units, reflecting a 9% growth compared to the previous year. This success has largely been driven by its popular SUVs,

particularly the Creta, Exter, and Venue models. Nomura also noted that while Hyundai's year-to-date sales through August grew by 2%, slightly behind the overall industry's 6% growth, the company's performance is expected to pick up speed in 2025-26 with the introduction of new models, including the

Creta EV and a petrol-hybrid SUV set to be produced at the newly acquired General Motors plant in Maharashtra.

While battery electric vehicles (BEVs) and hybrid electric vehicles (HEVs) make up only a small part of India's car market—2% and 3%, respectively—Nomura expects the demand for these vehicles to grow in the coming years. Hyundai's market cap in Korea currently stands at \$39.6 billion. If the Indian unit achieves a market cap of \$18-20 billion post-IPO, it would represent about 45-50% of Hyundai's total market value. In the IPO, Hyundai Motor India will offer shares with a face value of Rs 10 each, consisting of a primary offering through an offer for sale (OFS) by the Korean parent company. With Hyundai's solid performance and future growth prospects, the IPO has the potential to position Hyundai Motor India as a strong contender in the market.

The real question is whether its valuation can ultimately surpass that of Maruti Suzuki, given the shifting dynamics in the Indian auto industry.

FM Nirmala Sitharaman discusses enhancing bilateral cooperation with Uzbekistan's President

Sitharaman discussed about the cooperation in fintech and a cross-border real-time payments system that would benefit to students, tourists and businesses on both countries.



NEW DELHI. Finance Minister Nirmala Sitharaman on Wednesday called on Uzbekistan President Shavkat Mirziyoyev and discussed ways to strengthen bilateral ties in the area of fintech, renewable energy

and climate action. During the meeting held on the sidelines of the 9th annual meeting of the Board of Governors of AIIB in Samarkand,

Sitharaman suggested to the Uzbekistan president that discussion on cooperation in fintech and a cross-border real-time payments system would benefit to students, tourists and businesses on both sides. Recognising the potential for further enhancing bilateral cooperation, the President appreciated India's proposals to collaborate in new areas such as digital technologies, and renewable energy in addition to strengthening traditional areas of cooperation, the finance ministry said in a post on X. Appreciating Uzbekistan's efforts towards sustainable development, Sitharaman said, both nations can explore ways to cooperate on green technologies and climate action initiatives.

Make in India fails to lift manufacturing share in GDP in 10 yrs

The share of value addition by manufacturing sector is 15.9% in 2023-24 compared to 16.7% of GDP (in constant price) in 2013-14.

NEW DELHI. The government has said it will take some time to build momentum in favour of manufacturing as the share of manufacturing in GDP remains below the 2013-14 levels even as the its Make in India programme completes 10 years.

The share of value addition by manufacturing sector is 15.9% in 2023-24 compared to 16.7% of GDP (in constant price) in 2013-14. The target of the government is to achieve 25% manufacturing share in GDP by 2030. It will take some time to build momentum, says DPIIT secretary Amardeep Singh Bhatia while addressing the media. "In many places, the bottlenecks are not just of investment but also of technology. Investment should bring technology, build capacity and skills, and when all these come together the momentum is built," said Bhatia when asked about the failure of the Make in India

to increase the share of manufacturing in GDP. The DPIIT secretary said the focus of the government is to bring in technology along with investments under the Make in India programme. The programme was launched in 2014 to raise share of manufacturing in GDP. Various reform measures have been taken by the government under the programme. They include Semicon India programme with an

and 29 states/UTs, facilitating rapid approvals; PM Gati Shakti National Master Plan to facilitate data-based decisions related to integrated planning of multimodal infrastructure, thereby reducing logistics cost; and National Industrial Corridor Development Programme.

On the question of the Indian manufacturing sector losing out to countries like Mexico, Vietnam and Bangladesh due to higher costs, Bhatia said that interaction with industry shows that cost at factory gate is same as these countries, however, India losses out to higher logistics cost. "The PM Gati Shakti scheme is aimed at bringing down the logistics cost," said the DPIIT Secretary. Speaking on the PLI schemes introduced in 2020, Bhatia said so far Rs 1.4 lakh crore investments have been made, manufacturing output worth Rs 12 lakh crore achieved and 8.5 lakh jobs have been created, thanks to the PLI scheme. Goods exports of Rs 4 lakh crore have been made by companies availing the scheme.



outlay of Rs 76,000 crore to give an impetus to semiconductor manufacturing; production-linked scheme for 14 manufacturing sectors; National Single Window Programme to integrate clearances from 32 ministries/departments

SEBI report unveils Gujarat's Rs 8,888 crore F&O loss, national traders lose Rs 75,000 crore

SEBI's findings further disclose that across India, 86.26 lakh traders collectively lost around Rs 75,000 crore in F&O trades during the same period.

AHMEDABAD. A report by the Securities and Exchange Board of India (SEBI) has revealed a concerning trend while the Indian stock market continues to hit record highs. Gujarat's 10.1 lakh traders involved in Futures and Options (F&O) suffered a massive Rs 8,888 crore loss in the 2023-24 financial year, ranking the state second nationwide. SEBI's findings further disclose that across India, 86.26 lakh traders collectively lost around Rs 75,000 crore in F&O trades during the same period.

A recent SEBI report "Analysis of Profit & Losses in the Equity Derivatives Segment (FY22-FY24)" reveals that over half of the F&O traders in 2023-24 hailed from just four states—Maharashtra, Gujarat, Uttar Pradesh, and Rajasthan. Maharashtra topped the list with 18.8 lakh traders (21.7%), followed by Gujarat with 10.1 lakh (11.6%), Uttar Pradesh at 9.3 lakh (10.7%), and Rajasthan contributing 5.4 lakh traders (6.2%) in the equity derivatives market.

In Gujarat, F&O traders faced an average loss of Rs 88,000 per person, while those in Maharashtra, Uttar Pradesh, and Rajasthan saw personal losses of Rs 74,000, Rs 73,000, and Rs 83,000 respectively. The SEBI report reveals that Maharashtra's traders lost a staggering Rs 13,912 crore, with Uttar Pradesh traders incurring losses of Rs 6,789 crore. Nationally, 1.81 crore traders have collectively lost Rs 1.81 lakh crore in the F&O segment during the 2022-2024 financial years. The SEBI report said "A significant 76.3% of loss-making traders



continued to engage in F&O trading despite facing consecutive losses over two years. Out of 24.4 lakh investors who experienced losses in both FY22 and FY23, 18.6 lakh persisted with trading into the third year, while 5.8 lakh decided to stop. However, only 8.3% of those who continued trading in the third year, despite earlier losses, managed to turn a profit in that period." "The primary reason for most people losing money in futures and options is the lure of quick profits with minimal investment—it's akin to gambling or a lottery," says stock

market expert Jaydev Chudasama. He points out that following the COVID-19 pandemic, there has been a significant surge in F&O investments, especially among those under 35. "Young traders often dive into F&O trading without proper research or strategy, incurring heavy losses," Chudasama adds. He also highlights a worrying trend: despite the growing losses, the rate of F&O investments continues to climb, with more people opting for options over futures, further amplifying their financial setbacks. "The Gujarat Congress has sharply criticized the ruling government, accusing it of turning a blind eye while the state's youth suffer. The party claims the government is ignoring the growing crisis, allowing Gujarat's young investors to face financial ruin. "Why are crores of rupees, including family savings, hard-earned money, and retired employees' funds, being wiped out in the stock market's futures and options segment over the last three years?" questioned Hiren Banker, spokesperson for the Gujarat Pradesh Congress Committee.

Semiconductor venture: Zoho CEO Vembu says application still pending

BENGALURU. SaaS unicorn Zoho Corp's CEO and co-founder Sridhar Vembu on Wednesday said the company is not directly involved in the semiconductor venture and it is only an investor in Silectric Semiconductor Manufacturing, which is awaiting clearance from the government.

"Zoho has no expertise in the area (semiconductor). We know software, technology... We don't know about semiconductors, that's why we are only an investor and the application is still pending," he told TNIE. This clarification comes days after reports suggested Zoho's semiconductor venture will come up in Odisha. "The government is evaluating the proposals critically in terms of what technologies are brought in, who is providing those technologies, long-term prospects of those companies... these questions must be asked and I am glad the government is asking these questions. We are not yet sure that we will be among the selected approved applicants and only after that can we even comment on the location," he explained. Once Silectric receives clearance it would build semiconductor factories for power electronics. Vembu's two classmates, and a couple of more people have been onboarded for this venture. Speaking about data centres, Vembu said they will cover every country and so far they have 18 data centres. Zoho, which has two data centres in India—Mumbai and Chennai, is also looking for additional locations, mostly rural locations closer to where its customers are. The Chennai-headquartered tech company on Wednesday announced its foray into the Open Network for Digital Commerce (ONDC) network.

It launched a seller app Vikra on the ONDC network and going forward, it also plans to launch a buyer app on the network. It also announced on the sidelines of Zoholics India, its annual user conference, the launch of Zoho IoT, a low-code IoT platform.

Vembu also expects India to be the company's largest market in terms of revenue in another ten years. Currently, India is the company's second largest after the US. "New vendors do very well in the growing market as new customers are easier to persuade," Vembu said, adding that he is also bullish on Global Capability Centre's (GCC) boom in the country. In 2023, Zoho saw a customer growth of 31% in India.

Talking about Vikra, Zoho's global head of finance and operations Sivaramakrishnan Iswaran highlighted the scope of the country's e-commerce market as at present e-commerce penetration in the retail segment is only 6-7%.



Priyanka Chopra

Drops Stunning Pics With Samantha Ruth Prabhu From Citadel: Honey Bunny's Screening

Priyanka Chopra is a global star and was recently at the Citadel: Honey Bunny's screening in London. She was seen posing with Samantha Ruth Prabhu who is the lead in the web series. And today the actress took to her social handle and shared some stunning photos. Fans are calling her gorgeous. Taking to her Instagram handle, Priyanka wrote, "The Women and team of the Citadel universe. Citadel (US) Citadel (India): Honey Bunny Citadel (Italy): Diana." Priyanka looked gorgeous in an orange colour gown while Samantha stunned in blue colour off shoulder gown. As soon as she shared the photos, fans reacted. One of the fans wrote, "You are the another level of elegance." Another wrote, "So beautiful so elegant just looking like wowwww." Speaking of being a part of the series, Samantha said, "I never would have imagined that I would do action. But today, for me, being at this event is already such a victory for me, because the last moment I didn't really think I could do it. I didn't think I would be a part of Citadel. I'm extremely grateful to Raj, DK, Sita and Amazon for really coming to my rescue. I just had to prep physically. I am just so incredibly proud already that this is the way it is, this is the way it looks. I can't believe - this is how it looks." Karan Johar then said, "Both you and Varun have literally owned it." Priyanka and Samantha reunited months after the Yashoda star flew to London to attend the premiere of Citadel. At the time, Samantha was joined by Varun Dhawan and the makers of Citadel: Honey Bunny, Raj & DK. Citadel: Honey Bunny is the Indian spin-off of Citadel. The teaser was released last month. Priyanka had turned cheerleader for Varun and Samantha at the time. She shared the teaser and wrote, "Raj and DK in full form. Varun Dhawan and Samantha are incredible. When you watch this series, look for the connection to Nadia... Breadcrumbs all over Citadel. You just have to find them." Meanwhile, Priyanka is already shooting for the second season of Citadel.



Preity Zinta

Shares 'Quick Selfie' With Mother And Little Bunny, Says 'Spreading Love'; See Here

Preity Zinta has recently melted hearts after sharing an adorable selfie with her mother and a cute little bunny. The actress took to Instagram to post the "quick selfie," delighting her fans with a glimpse into her family life. The photo has gone viral. Captured during a fun outing at a petting zoo, she shared the moment with the caption: "While the kids ran around, mom & I managed to take a quick selfie with this little bunny... Spreading love at a petting zoo. #Mom #Weekend #ting." The post beautifully highlights the joy of family time and the little moments that bring us together. One of the fans wrote, "My favorite and beautiful face with dimple actress in india back pashmeena movie." Another wrote, "Aww! So Cute". On the personal front, Zinta married Gene Goodenough at a private ceremony in Los Angeles on February 29, 2016. In 2021, they became parents to twins, a boy and a girl, through surrogacy named- Jai and Gia. Preity made her debut in 1998 with a supporting role in the romantic thriller film 'Dil Se...' Co-written and directed by Mani Ratnam, the film set against the backdrop of insurgency in Assam, starred Shah Rukh Khan and Manisha Koirala in the lead. She then starred in the commercially successful thriller 'Soldier'. The action thriller directed by Abbas-Mustan, featured Bobby Deol, Rakhee Gulzar, Farida Jalal, Suresh Oberoi, Dalip Tahil, Sharat Saxena, Salim Ghouse and Ashish Vidyarthi. Preity has been a part of films like- 'Sangharsh', 'Kya Kehna', 'Har Dil Jo Pyar Karega', 'Mission Kashmir', 'Chori Chori Chupke Chupke', 'The Hero: Love Story of a Spy'. She is best known for her role in the 2003 science fiction film 'Koi... Mil Gaya' directed and produced by Rakesh Roshan. It stars Hrithik Roshan, Preity and Rekha. She has appeared in 'Kal Ho Naa Ho', the 2003 romantic film directed by Nikhil Advani. The film starred Jaya Bachchan, Shah Rukh Khan, and Saif Ali Khan. Preity played the lead in 2004 epic romantic film 'Veer-Zaara' directed and produced by Yash Chopra. It starred Shah Rukh Khan as Veer and Preity as Zaara Hayaat Khan. She next has 'Lahore 1947' in the pipeline. The film is directed by Rajkumar Santoshi.



Celina Jaitley Shares Throwback Pic With 'Beloved Mentor' Feroz Khan On 89th Birth Anniversary; Fans React



Celina Jaitley made her debut with Janasheen directed by late actor and director Feroz Khan. And today marks his 89th birth anniversary. On this special day, Celina shared a throwback photo featuring Feroz Khan and Zeenat Aman. She also penned a long note and called him her beloved mentor. Fans too reacted. Taking to her Instagram handle, Celina shared a photo and wrote, "In loving memory of my beloved mentor, late MR FERAZ KHAN on his 89th birthday. My beloved mentor and best friend who opened the door to my journey in hindi cinema and believed in my potential before I even knew it existed. As I remember you fondly on your birthday Mr Khan.. I recall how your wisdom, guidance, and passion shaped me as an actor and as a person. I carry your lessons in every role, and your spirit in every step I take on this path. Thank you for lighting the way. Happy Birthday Mr Khan ... I will always be your CELINE. She also mentioned, "This image is a beautiful memoir from @mtvindia awards where I had the privilege of presenting a melange of his film iconic songs thereby paying tribute to my iconic mentor Mr Feroz Khan at the MTV Awards, a legend whose larger-than-life persona and groundbreaking contributions to cinema continue to leave an indelible mark. Stepping into the aura of a superstar who redefined style, swagger, and storytelling was an unforgettable experience. Honoring his legacy on such a stage was truly a moment of pride and deep respect for a trailblazer who will forever inspire." One of the fans wrote, "Your thoughts are beautiful and you convert them into precious words, you always care and respect to your love one, with lots of love." Earlier, Fardeen Khan also shared a video recalling his father birthday. Feroz Khan, who passed away in 2009, remains one of Bollywood's most respected and influential figures.

Tanya Abrol Recalls The Time Shah Rukh Khan Sneaked In Cashews For Her On Chak De India Set



Tanya Abrol is popularly known for playing the role of Balbir Kaur in the 2007 film Chak De India. The actress worked with Bollywood superstar Shah Rukh Khan in the movie. In an interview with Times Now, Tanya recalled her work experience with the actor. She mentioned that Shah Rukh once sneaked cashews on set for her when she was hungry. Tanya said, "He helped me out once while we were shooting. We were not allowed to take food on the turf, there were strict instructions. I was really hungry. Shah Rukh Khan sir got some cashews for me in his pocket. I was like 'aap to star ho hum naye hai hume daant padegi production house se.' He is very down-to-earth." When asked if she is still in touch with Shah Rukh Khan, Tanya Abrol said, "No, no aisa nahin hain. (It's not like that) But when we meet at promotions, etc, he is very kind to me. He ask me, 'yaha kya kar rahi hain? (What are you doing here?)' I laugh and say, 'bas kaam kar rahe hain' (Just working)". Tanya said that she still considers Chak De India a blessing and the film has given her a character that everyone remembers. She said, "First day at Badal (her new television show), the character who played Swati (Bani's mom), their parents were on the sets. They came up to me and said, 'We've watched your film more than 100 times.' How often do people get to hear that? They remember my character too. Kabhi kabhi typecast ki problem aati hai but it's fine. (Sometimes I get typecasted but it's fine). Directed by Shimit Amin, Chak De India featured an ensemble cast including Vidya Malvade, Chitrashi Rawat, Sagatika Ghatge, Tanya Abrol, Anaita Nair and more. Shah Rukh Khan played an ex-Indian hockey coach, who was previously accused of cheating his country in a global hockey tournament. He starts coaching the Indian women's national hockey team to show his devotion to the nation. In addition to Chak De India, Tanya Abrol has been part of television shows like Best of Luck Nikki and CID. She is currently starring in the Sony TV series Badall Pe Paon Hai. She is playing the role of Lali, the new housekeeper in the Khanna household.