

Sabarmati Report' tax-free in UP

Sanjay Kumar

Lucknow, Nov 21: Uttar Pradesh chief minister Yogi Adityanath on Thursday announced that the film "The Sabarmati Report", based on the Godhra train burn-

was made after the CM attended the screening of Vikrant Massey-starrer 'The Sabarmati Report' in Lucknow with the film's cast. Deputy CM Brajesh Pathak was also present at the screening. Elevate

your leadership potential with University of Massachusetts Global MBA Program Enroll Now "The Uttar Pradesh government has made this (The Sabarmati Report) film taxfree," Vikrant Massey was quoted as saying by ANI. "I want to thank Yogi Adityanath ji...This is an important film and I appeal to everyone to go and watch this film..." 'The Sabarmati Report' s based on the burning of S-6 coach of Sabarmati Express

ing incident, will be tax-free in the state. Uttar Pradesh chief minister Yogi Adityanath with Bollywood actors Vikrant Massey and Raashii Khanna at a cinema hall to watch the film 'The Sabarmati Report', in Lucknow, Thursday, Nov. 21, 2024. Uttar Pradesh chief minister Yogi Adityanath with Bollywood actors Vikrant Massey and Raashii Khanna at a cinema hall to watch the film 'The Sabarmati Report', in Lucknow, The announcement

near Godhra station of Gujarat on February 27, 2002, in which 59 Hindu devotees returning from Ayodhya were burnt to death. The incident triggered riots in Gujarat that year. Dheeraj Sarna has directed "The Sabarmati Report", produced by Shobha Kapoor, Ektaa R Kapoor, Amul V Mohan and Anshul Mohan. The film features Vikrant Massey, Raashii Khanna and Ridhi Dogra. Earlier on Sunday.

Congress chief Kharge demands JPC probe after US indicts Gautam Adani policy of creating monopolies. "The Indian investigation into the "nexus involving

Simmi Kaur Babbar

New Delhi, Nov 21: Congress president Mallikarjun Kharge demanded a

comprehensive Joint Parliament Committee (JPC) probe into all aspects of the Adani group's functioning, including its foreign investments, to investigate and dismantle the alleged nexus of billionaires, bureaucrats and "certain politicians". Kharge's demand comes after US federal prosecutors alleged that Adani Green bribed government officials in Odisha and Andhra Pradesh, and possibly Tamil Nadu, Chhattisgarh, and Jammu and Kashmir (J&K), to get their power distribution companies (discoms) to commit to purchasing solar power at above market rates. Also read: Decoding Gautam Adani

indictment Kharge said the alleged indictment of a "top-ranking Indian businessman by a foreign country" tarnishes India's image on the global stage. He also linked the charges as the result of the central government's alleged National Congress has been continuously objecting to unethical business practices



which profiteer and promote certain individuals by implementing Modi Govt's policy of creating monopolies in key sectors and concentrating wealth in the hands of few by giving undue favours," wrote Kharge in a post on X. The Congress president also called for an

cronies, compromised bureaucrats and certain politicians" allegedly created by Prime

Minister Narendra Modi and industrialist Gautam Adani. "This nexus severely hurts our people - poor and middle class, aspiring entrepreneurs, MSMEs, Startups and crores of small and medium retail investors, for it widens inequalities by snatching savings and opportunities," Kharge added. He also echoed Leader of Opposition Rahul Gandhi's call that the investigation should begin with the group's founder, Gautam Adani. "A comprehensive JPC, which not only investigates every aspect of the working of the Adani Group, the deliberate institutional erosion of the SEBI, SECI and government bodies, and the deals of Adani Group in foreign countries is the need of the

hour," Kharge's post read. The Congress leader added that only such steps could reduce economic inequalities and enable a conducive environment for a free market economy that ignites the "spirit entrepreneurship for all".

Israel eyes 10,000 Indian tourists in 2024 despite unrest, plans e-visa facility

Naresh Malhotra

New Delhi, Nov. 21: Amid ongoing conflict in the Middle East, Israel is hoping that the number of Indian tourists will reach 10,000 in 2024 and is planning to launch an e-visa programme for the Indian market early next year to encourage travel to the West Asian country, an official said on Thursday. According to the Israel Ministry of Tourism (IMOT) India Director of Marketing, Amruta Bangera, around 8,500 Indian tourists visited the West Asian country till October this year. "In 2018, the country hosted 70,800 Indian visitors, marking a record, Although the COVID-19 pandemic disrupted global travel, Indian arrivals began recovering in 2022, reaching 30,900 despite minimal promotional campaigns. The momentum continued in 2023 with 41,800 Indian visitors. In 2024, 8,500 Indians travelled to Israel during the January-October period," she told. "We hope that by the end of this year, the number of Indian tourists travelling to Israel will reach around 10,000," she said. Speaking about the impact of the ongoing Israel-Hamas conflict, which has kept West Asia on edge, Bangera claimed, "Israel is safe for tourists, and the conflict is confined to the bordering areas, where tourists

are not allowed to venture." "Yes, the conflict and the news emanating from the region have impact-



ed tourist inflow. But we hope the situation will improve next year," she said. The IMOT is optimistic about the Indian market's potential and is actively engaging with Indian travel agencies to promote Israel as a preferred tourist destination,

she said. "We are planning to launch an e-visa programme early next year to attract more tourists from India," she said. Bangera stated that despite ongoing geopolitical challenges in the Middle East, Israel has witnessed a steady recovery in global tourism. The country recorded a peak of 4.9 million international visitors in 2019. While the pandemic brought travel to a near halt, Israel welcomed over 2.6 million tourists in 2022 and 3.1 million in 2023. "In 2024, the number of international tourists to Israel was 920,000 between January and October," she said. The ongoing conflict in the Middle East intensified dramatically after the Palestinian militant group Hamas launched a large-scale assault on Israel from Gaza on October 7, 2023, killing approximately 1,200 people, mostly civilians, and abducting around 250. Hezbollah began attacking Israel from Lebanon on October 8 in solidarity with Hamas, prompting Israel to launch extensive military campaigns in both Gaza and southern Lebanon. Over 43,800 Palestinians, including many women and children, have reportedly been killed in Gaza, while more than 3,400 people have died in

Lebanon due to Israeli bombardments, with 80

per cent of these casualties occurring in the past

BJP-led Mahayuti alliance to sweep Maharashtra, predicts Axis My India exit poll

Mumbai, Nov 21: The Bharatiya Janata Party-led Mahayuti alliance will sweep the Maharashtra assembly elections, predicted Pradeep Gupta's Axis My India exit polls. The ruling combine is projected to win 178-200



seats in the 288-member assembly. The Maha Vikas Aghadi comprising Shiv Sena (UBT), Congress and Sharad Pawar's NCP(SP) would be restricted to anywhere between 82-102 seats, the pollster predicted. The ruling alliance is predicted to bag a vote share of 48 per cent against opposition bloc's 37 per cent. According to the Axis My India projections, the Mahayuti alliance is predicted to win 22 out of 36 seats in the Mumbai region with a vote share of 45 per cent. The opposition Maha Vikas Aghadi is projected to bag the remaining 14 seats. In Vidarbha, the Mahayuti is predicted to win 39 out of 62 seats while the MVA may bag 20 seats. In the

Konkan and Thane region, the exit poll projected Mahayuti to win 24 out of 39 seats while the MVA might bag 13. The exit poll has predicted that the BJP-led alliance will win 30 out of 46 seats while the MVA is projected to bag 15. The Mahayuit is projected to have a vote share of 45 per cent against the opposition alliance's 38 per cent. The Shiv Sena-BJP-NCP combine is projected to sweep the

North Maharashtra region, winning 38 out of 47 seats against MVA's tally of seven. The Maha Vikas Aghadi may perform slightly better in Western Maharashtra where it could win 21 out of 58 seats, but Mahayuti is predicted to grab a lion's share of 36 seats. Most exit polls also predicted that Maha Vikas Aghadi (MVA) would put up a strong show in polls but is unlikely to cross the majority mark in the 288-member assembly

Adani Group reacts to US 'bribery'

month.

charges against Gautam Adani

New Delhi, Nov 21: Adani Group rejected charges made by US prosecutors that Gautam Adani had paid more than \$250 million in bribes to secure lucrative government contracts. Gautam Adani charged in US: The Adani Group on Thursday rejected charges made by United States prosecutors that its chairman Gautam Adani had paid more than \$250 million in bribes to secure lucrative government contracts. "The allegations made by the US Department of Justice and the US Securities and Exchange Commission against directors of Adani Green are baseless and denied," the Adani conglomerate said in a statement. US prosecutors have charged billionaire Gautam Adani for allegedly being part of a scheme to pay over USD 250 million (about ?2,100 crore) bribe to Indian officials in exchange of favourable terms for solar power contracts. Commenting on the development, the Adani group spokesperson point ed to US Department of Justice statement said "the charges in the indictment are allegations and the defendants are presumed innocent unless and until proven guilty". "The Adani Group has always upheld and is steadfastly committed to maintaining the highest standards of governance, transparency and regulatory compliance across all jurisdictions of its operations.

'Even Ajmal Kasab was given fair trial'

Navdeep Singh Sahni

New Delhi, Nov 21: The SC said that it

could order for the trial to take place inside the premises of the Tihar Jail and ask the judge to travel to Delhi for the proceedings. The Supreme Court on Thursday indicated it might set up a courtroom inside Delhi's Tihar jail for Jammu and Kashmir separatist leader Yasin Malik in a kidnapping case. The top court also remarked that "Even Ajmal Kasab was given a fair trial in our country." The top court bench of Justices Abhay S Oka and Augustine George Masih was hearing a Central Bureau of Investigation (CBI) plea against a September 2022 order of a

Jammu-based Special TADA court. Malik is currently serving a life term in Tihar jail. He was directed to be produced before the trial court in person for crossexamining the prosecution witnesses in the 1989 kidnapping case of then Union home minister Mufti Mohammad Sayeed's daughter, Rubaiya Sayeed. Hospital in Srinagar on December 8, 1989 and freed five days later after the then BIP-



backed V P Singh government at the five terrorists in Centre released exchange. "How will cross-examination be done online? There is hardly any connectivity in Jammu... In our country, a fair trial was given even to Ajmal Kasab and legal assistance was given to him in the high court," PTI quoted the bench as saying. cerns previously.

Rubaiya was abducted near Lal Ded Elevate your leadership potential with University of Massachusetts Global MBA Program Enroll Now The top court told

the CBI counsel. Solicitor General Tushar Mehta, to take instructions on the total number of witnesses in this case. During the hearing, the solicitor general highlighted security concerns and said that Malik could not be taken to Jammu for trial, the PTI report added. He accused Malik of "playing tricks" for having asked to appear personally and not engaging a lawyer. He also showed a purported photograph of Malik with 26/11 Mumbai terror attacks mastermind Hafiz Saeed. The top court said it could order trial to take place inside

the jail besides asking the judge to come to the national capital for the proceedings. The bench, however, noted all the accused persons in the matter had to be heard before it passes an order. Mehta said Malik physically appearing in the Supreme Court had raised security conMaharashtra polls: MVA will win 160-165 seats: Sanjay Raut

ST Correspondent

Mumbai, Nov. 21: A day after the Maharashtra assembly polls, Shiv Sena (UBT) MP Sanjay Raut on Thursday claimed the opposition Maha Vikas Aghadi (MVA) will win 160 to 165 seats out of the total 288 and provide a stable government in the state. The Rajya Sabha member also said the MVA leaders will be meeting on Thursday, ahead of the counting of votes which will take place on Saturday. After the polling concluded on Wednesday,



most exit polls predicted victory for BJP-led the alliance in Maharashtra while some gave an edge to the MVA coalition in the western state. "We and our allies, including smaller parties like PWP. the Samajwadi Party,

the Left parties are crossing the majority mark. We are winning 160-165 seats. There will be a stable government in the state. I can say it very confidently," Raut told reporters. While the Mahayuti alliance is making a determined bid to retain power, the opposition MVA coalition is hoping to continue its good showing in the 2024 Lok Sabha polls in the state. An estimated 65 per cent voter turnout was recorded in the Maharashtra assembly elections on Wednesday, as per the provisional figures, compared to 61.74 per cent in the 2019 state polls.

Opposition members demand more time for Waqf panel to submit report

Mumbai, Nov. 21: Opposition members on Thursday demanded extension of the tenure of the Joint Committee on Waqf Amendment Bill, contending that they need more time to study the changes to the draft legislation. At a huddle of the committee, Chairman and BJP member Jagdambika Pal announced that Thursday's meeting would be the last sitting of the panel and a draft report would be circulated to the members shortly. This led to protests by the Opposition members who resorted to sloganeering and some of them called Lok Sabha Speaker Om Birla and sought his intervention in the matter. The committee has been asked by the Lok Sabha to submit its report on the last day of the first week of the winter session of Parliament beginning Monday. The government has already listed the Waqf (Amendment) Bill for consideration and passage in the Winter session "after the report of the joint committee is presented to the Lok Sabha". In the past too, opposition members on the panel have accused Pal, a BJP MP, of doing the government's bidding.

SC orders Centre on assistance for bonded labourers

Tejinder Kaur Babbar

New Delhi, Nov 21: The Supreme Court on Thursday directed the union labour secretary to hold a meeting with his counterparts in the states to ensure that bonded labourers who are rescued receive immediate financial assistance for their timely rehabilitation. NGO Bachpan Bachao Andolan (BBA) also intervened in the court proceedings, noting that many of the rescued bonded labourers were children NGO Bachpan Bachao Andolan (BBA) also intervened in the court proceedings, noting that many of the rescued bonded labourers were children The order was passed by a bench headed by justice Bhushan R Gavai during a hearing on a 2022 petition that called for surveys by states to

identify bonded labourers in line with the top court's decision in PUCL v. State of Tamil Nadu (2013) and to provide immediate financial assistance of ?30,000 to the rescued bonded labourers under

Central Sector Scheme for Rehabilitation of Bonded Labourers, 2021. Lawyer Vanshaja Shukla appearing for the National Human Rights Commission (NHRC), which was roped into the case by the court in August, gave a note which



revealed that only 1,101 of the 5,264 rescued bonded labourers in Uttar Pradesh had received financial assistance. The bench, also comprising justice KV Viswanathan said, the figures were alarming. "There are 4,167 bonded labourers yet to receive any financial assistance," the court said. Senior advocate HS Phoolka representing the NGO Bachpan Bachao Andolan (BBA), which has intervened in these proceedings, said from

2017 till March 2024, about 11,057 children have been rescued from bonded labour in 19 states. Of these states, he added, Maharashtra, Harvana, Rajasthan, Bihar, Uttar Pradesh and NCT of Delhi were represented before the court. Yet, the NHRC informed the court that the Bihar government rescued some 467 children. Of them, 245 were child labourers and the remaining 222 were rescued from human trafficking by volun-

tary organisations from different places such as railway stations. Noting the seriousness of the situation, the bench remarked, "Why can't the Union government come out with a uniform formula to

be followed by all states." "In order to address the problem of inter-state trafficking of persons...we direct the secretary, ministry of labour and employment to have a meeting with counterparts in all states and union territories and come out with a proposal to tackle inter-state trafficking and grant of release certificate,' the court said. Advocate Abhishek Jebaraj appearing for the petitioner, Surendra Manjhi, told the court that the rescued persons need to be provided with immediate financial assistance to ensure they get rehabilitated and are not trafficked again. He added that a difficulty arises in cases where the labourers from one state are rescued from another state. Granting six weeks for this exercise to be completed, the bench further directed, "The proposal shall contain a simplified procedure that will benefit immediate payment of financial assistance." Advocate Durga Dutt who appeared for the Union government agreed to comply with the court's directions.





STATE

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News box Macaque taken from Kovai

vet dies at Vandalur zoo

CHENNAI: The baby bonnet macaque rescued from the Vellore Division and admitted to the veterinary hospital at the Arignar Anna Zoological Park at Vandalur, died on Wednesday, the zoo authorities said in a statement. While the female macaque's health had shown gradual improvement, it appeared dull over the past two days. Experts from Tamil Nadu Veterinary and Animal Sciences University (Tanuvas) were consulted, and appropriate treatment was administered. However, despite efforts, the animal succumbed on Wednesday, the statement said. The macaque, which had been admitted to the zoo hospital on October 26, was suffering from hind limb paralysis and had an abrasion wound on its back. Hematology tests revealed moderate anaemia.

'Special care was provided, including appropriate bedding to aid wound healing and prevent further injuries. The animal underwent physiotherapy and passive range-of-motion exercises, along with necessary medications, under continuous monitoring by the zoo's veterinary team, the statement said. The monkey had been under the care of a Coimbatore-based veterinarian for around 10 months after which the forest department took control of the monkey and placed it at the Arignar Anna Zoological Park. The veterinarian, Vallaiappan, had petitioned the court for interim custody of the animal, which he had treated for various ailments due to dog bites at Sholingur in Ranipet when he held an animal camp there. Stating that the monkey should be considered government property under the provisions of the Wildlife (Protection) Act, the high court dismissed the writ petition and refused to grant him custody last week.

FCI launches awareness campaign to educate public about fortified rice

KAKINADA: The Food Corporation of India (FCI) on Monday has launched an awareness campaign in Kakinada district to educate the public about fortified rice and address misconceptions surrounding it.Concerns have arisen among certain sections of the population who mistakenly believe that the fortified rice distributed through the Public Distribution System (PDS) contains plastic. As a result, some individuals have been removing the fortified kernels during the rice-cleaning process before cooking. To combat these misconceptions, FCI Divisional Manager A Reddi Sekhar has spearheaded awareness initiatives in collaboration with Kakinada Depot Managers SM Altaf Hussain, MVLS Mutyala Rao, Tabinu Tigga, and other FCI staff members.As part of the awareness campaign, FCI officials educate students in government schools about the process of enriching PDS rice with essential nutrients such as Vitamin A, D3, B12, iron, folic acid, iodine, and calcium. The fortified rice kernels (FRKs) are manufactured using broken rice flour with 11-12% moisture content, mixed with vitamins and minerals in their chemical state. These nutrients are

Seizure of 21 exotic species in AP unravels link to arrested TN ex-cop

CHENNAI: The seizure of 21 exotic species by Andhra Pradesh forest officials in Srikakulam on November 12 has exposed a well-oiled pan-Indian crime syndicate as, one of the arrested persons, Syed Liyagath Ulla from Bengaluru, is a close business associate of S Ravikumar, the dismissed Tamil Nadu cop identified as a lynchpin of the international trade in Chennai, said official sources. This has got the Indian intelligence agencies to investigate the syndicate's role in the seizure of 50 exotic species smuggled in from Thailand and Malaysia in three cases by customs at Bengaluru airport (November 8 and 12) and Hyderabad airport (November 15). One of the carriers arrested in Bengaluru is a native of Tiruchy. Several rare birds and marsupials native to Pacific Ocean islands and an alligator were part of the seizures.Liyaqath (29) was arrested with two accomplices for possession of 17 African ball pythons, three sulcata tortoises and one African serval cat which he was transporting from Bhubaneshwar into Bengaluru, where he runs Karnataka aquarium, a shop which sells exotic pets.Sources said Ravikumar, who is accused of smuggling '70 crore worth exotic



species from Thailand, sold some of these as pets through Liyaqath's shop, and his Instagram handle (syed exotic pets). They also claim to have evidence showing species like poisonous snakes, a lizard, and alligators smuggled by Ravikumar through Chennai airport were sent to Liyaqath's shop in Bengaluru using public transport. Ravikumar is currently in jail after Chennai customs arrested and later detained him under Conservation of Foreign Exchange and Prevention of Smuggling Activities Act (COFEPOSA).Liyaqath was caught when he

was bringing back animals sold to a buyer in Odisha who did not pay up, sources said. "Liyaqath's tentacles spread far and wide, and are much bigger," a top official told TNIE. Liyaqath had told officials that this trade is legal and that he has necessary documents.On Instagram, there are several videos of exotic species sold by Karnataka Aquarium. These include iguanas, a bald eagle, and snakes. Some of the animals smuggled in by Ravikumar include marmoset monkeys, sugar gliders, lizards and several varieties of snakes, sources

said.In August, officials of the Wildlife Crime Control Bureau (WCCB) and TN Forest department had discovered a house in Kolathur rented by Ravikumar where he stored these smuggled animals before selling them. The house also had several Indian tortoises and turtles which were kept ready for trafficking to Malaysia. WCCB later issued an alert linking TN wildlife smugglers to Malaysia's notorious Ninja Turtle gang. Busted

November 15: (Hyderabad air customs) Eastern spotted cuscus, brown plain cuscus (marsupials) from ThailandNovember 12: (Srikakulam Andhra Pradesh) African sulcata tortoise, African ball python, African serval catNovember 12: (Bengaluru air customs) Agile gibbon, American alligator, spider tortoise, yellow footed tortoise, iguana, Aldabra giant tortoise, red footed tortoise, bearded lizard, shingleback skink, rhinoceros iguana, Albino bat from Malaysia lovember 8: (Bengaluru air Customs) Yellow parrot, king bird-of-paradise, flame bowerbirdRavikumar smuggles animals from Thailand and Malaysia to Chennai, sends it to Bengaluru for sale via Syed Exotic Pets owned by Liyaqath.

IIM-Bengaluru students want director out, allege caste discrimination

BENGALURU: Protesters gathered in large numbers at Freedom Park on Wednesday, demanding swift action over allegations of caste discrimination at the Indian Institute of Management Bangalore (IIM-B).Organised by the All India OBC Students Association (AIOBCSA), Dr BR Ambedkar Association of Engineers (BANAE), and OBC Federation of India, the protesters demanded the resignation of IIM-B Director Professor Rishikesha T Krishnan, accusing him of violating reservation policies and neglecting diversity and inclusion on campus. They also criticised the institution for failing to uphold constitutional mandates on equity and inclusion.Sikha M, a protester, told The New Indian Express that RTI findings show a glaring lack of representation at Indian Institute of Management Bangalore. Protesters want immediate enforcement of reservation on campusOut of 120 sanctioned faculty positions, only 110 are filled, and just 16 are held by individuals from marginalized communities - five from

Scheduled Castes (SC), one from Scheduled Tribe (ST), and ten from Other Backward Classes (OBC).

Protesters slammed the severe underrepresentation as a violation of constitutional principles of equity and social justice in higher education. They called for the immediate enforcement of reservation policies for SC, ST and OBC candidates across all faculty, staff and student positions. They also demanded the creation of dedicated grievance redressal cells for SC, ST and OBC communities at IIM-B, to handle casterelated complaints and ensure accountability.Kiran Kumar Gowda, an IIMB student and national president of AIOBCSA, accused the administration of harassing faculty members who advocate diversity and inclusion. He claimed that these actions create a hostile environment for marginalised communities, aggravating exclusion and discrimination. Gowda also alleged that many faculty from marginalized backgrounds face castebased discrimination but are reluctant to speak out due to the fear of being identified.IIM-Bangalore, however,

strongly denied the allegations made during the protest and emphasised its commitment to an inclusive work environment for all, including SC/ST and OBC communities. In a statement, IIMB highlighted its Diversity and Inclusion Cell and Grievance Redressal Committee (DIGRC) as key resources for addressing grievances and ensuring a discrimination-free atmosphere."The institute is also implementing reservation for faculty positions in line with the Central Educational Institutions (Reservation in Teachers' Cadre) Act 2019. IIMB has made special recruitment efforts in 2021, 2022 and 2023, bringing over 10 new faculty members from reserved categories since 2019.

Karnataka bypoll results: Parties keep fingers crossed

BENGALURU: With just 48 hours to go before the announcement of the Sandur, Shiggaon and Channapatna bypoll results, the mood in the Congress camp is upbeat, with the party hoping to take all three seats in the kitty. However, political analysts said that the race is likely to go down to the wire in two seats, and the more likely outcome is for each of the parties - BJP, Congress and JDS winning one each. The polling was held on November 13 and counting of votes will take place on November 23. In Sandur, the Congress may have cashed in on the internal bickering in the BJP, as the saffron party giving the responsibility to win the seat to former minister and Gangavathy MLA Gali Janardhana Reddy did not go down well with some local leaders It will be a hands down win for Congress candidate E Annapoorna, wife of Ballari MP E Tukaram, a Congress leader said with confidence. The BJP's Bangaru Hanumanthu, however, gave a strong fight, but Annapoorna was the favourite of

continues, it will be a photo finish in Shiggaon as bettors are in favour of both Bharat and Pathan equally, according to

informed sources. The high voltage fight in Channapatna

Kerala: Kadalundi government school's wall transcends geographical boundaries

KOCHI: A wall is not just brick and mortar. It represents a region's culture and the technology employed in its construction.In a matter of pride for residents, a wall of Government Fisheries LP School at Kadalundi will adorn Wall House, a dream project executed by Vikram Divecha, a visiting assistant professor in Arts and Art History at the New York University in Abu Dhabi, UAE.

Though the school was established in 1921, the wall selected for the Wall House project is only 26 year old. The building was constructed using laterite stone in 1999, but the authorities decided to demolish it as it was declared unfit.""Wall House' is envisioned as an indoor centre encasing hundreds of walls and facade sections extracted from buildings slated for demolition across the globe. In this undertaking of an urgent 'archiving of the present', each wall is selected by local communities and researchers, a process of shifting of authorship that challenges the notion of traditional museology," Vikram told .

At its core, these walls are about people. Once released from architecture, they hold the potential of being reborn as a 'social object'. Each wall serves as a starting point for expansive sociocultural mappings of time and place. The wall fragments stand in as bearers of histories - of tenants, infrastructure, materiality, aesthetics, and culture. A gift to the future, these community of walls will become ambassadors of an alternative and inclusive cultural history," he explained. Vikram said he always knew a wall from Kerala will hold special meaning for Malayalis in the UAE."It was fate that I was approached by the

combined with potable water to form a dough, which is then shaped into rice-like kernels through an extrusion process involving heat and pressure. The fortified rice kernels are blended with regular PDS rice in a 1:100 ratio.

Field visits: CM to mingle with people at grassroots

VIJAYAWADA: As part of his Swarnandhra Vision 2047, Chief Minister N Chandrababu Naidu has decided to make field visits, and interact with people directly to get their feedback on various development programmes and welfare schemes and their views for the rapid economic growth of the State.Speaking in the AP Legislative Assembly on Wednesday, Naidu highlighted the development initiatives of his government in the first 150 days.Accusing the YS Jagan Mohan Reddy government of destroying the State beyond imagination, Naidu said his focus is on rebuilding Andhra Pradesh.

- Wonders will not happen overnight. Our government is rebuilding the State brickby-brick. The derailed systems have been brought back on track," he said.Laying emphasis on welfare and development, the Chief Minister asserted that the TDP-led NDA government has been functioning with the sole aim of improving the living standards of people. The NDA government is committed to implementing the Super Six schemes as promised in its election manifesto, he said.
- Making it clear that top priority has been accorded to maintenance of law and order, Naidu said the activities of social media psychos and ganja mafia will be curbed with an iron hand."It will be the last day for those who commit atrocities against women," he warned. Recalling his journey in politics since 1978 when he was elected as an MLA for the first time, Naidu said he has overcome several hurdles, besides serving as the Chief Minister and the Opposition Leader. "Lord Venkateswara gave me rebirth in the landmine blast. I really felt very bad when my family and I were subjected to humiliation in this very House," he recalled.



bettors, according to a source. The contest, which looked one-sided initially in favour Whether Housing Minister Zameer Ahmed of Bharat, gradually turned out to be neck and neck. Earlier, another Congress aspirant, Syed Azeempeer Khadri, was miffed over not being given the ticket, but later the situation turned in favour of the Congress as there was internal bickering in the BJP, a source said.During the 2024 Lok Sabha polls, the Congress had taken a lead of over 8,500 votes in Shiggaon assembly constituency, which was held by Bommai, which falls under Dharwad Lok Sabha seat. However, Union Minister Pralhad Joshi managed to win. If the trend

between Congress' C P Yogeshwara and former prime minister H D Deve Gowda's grandson and Union Minister H D Kumaraswamy son Nikhil Kumaraswamy is likely to end up in a photo-finish, too. Yogeshwara himself had predicted this.

Khan's alleged racist remarks on Kumaraswamy senior had an impact on the outcome, whether it had favoured Nikhil or Yogeshwara will be known after the results. The seat was held by Kumaraswamy who became Mandya MP. Political analysts observed that all three parties were likely to win one seat each, as it was in the 2023 Assembly polls. BJP leaders privately admitted that they may win Shiggaon and its ally partner Channapatna, but Sandur is ruled out for Faizal and Shabana Foundation about salvaging a wall from a school in Kerala. This exactly fits my approach as I want local communities to select the wall. The removal and transportation of the wall is funded by Jameel Arts Centre," he said.

Transporting wall took 8 days by road, cost Rs 1.4L

Headmistress P Reena said it was a matter of pride for the school that a wall of its demolished building will be displayed at the Wall House in Abu Dhabi."We were approached by the foundation seeking permission to preserve the wall, when we decided to demolish the building. The wall features a picture representing Kerala culture," Reena said.Ceekay Global Trading Co in Kozhikode, owned by Kerala Exporters Forum secretary Munshid Ali, is transporting the wall."The biggest challenge was taking the wall from Kadalundi to the Kochi port," said Munshid. "Though the distance from Kozhikode to Kochi is only 200 km, it took eight days for the trailer truck

Kerala High Court orders further investigation into Saji Cheriyan's controversial remarks on Constitution

KOCHI: The Kerala High Court on Thursday directed the state Crime Branch to conduct further investigation into Minister for Fisheries, Culture, and Youth Affairs Saji Cheriyan for his controversial remarks about the Constitution of India. Justice Bechu Kurian Thomas also set aside the police's final report filed before the Thiruvalla Judicial First Class Magistrate Court, which had exonerated Saji Cheriyan. The court also quashed the Magistrate Court's order accepting the final report filed by the police.Saji Cheriyan, representing the Chengannur constituency, on July 4, publicly insulted the Constitution of India in a public speech. Following the controversial remarks, Cheriyan stepped down from the cabinet, but after six months, he returned as a Minister in the Pinarayi Vijayan Ministry.In his speech, Saji Cheriyan said, "A beautiful Constitution has been written in the country. I would say the Constitution has been written in such a manner as to ensure that the maximum number of

people are looted. What the British prepared, Indians penned down. Over the last 75 years that it has been implemented, I would say this is a Constitution that ensures the exploitation of the maximum number of people in the country." During his controversial speech, Cheriyan also said that values like "secularism" and "democracy," the "kuntham and kodachakram" (spear and wheel), were just inscribed on its (Constitution) sides.

The court stated that the words used by the

Minister cannot be considered respectful.

The forensic laboratory report and the

video and audio recordings of the speech

are relevant in this case. Even without

collecting all the materials connecting the

accused, and before receiving the forensic

report, it is improper for the investigating

officer to conclude that no offense was



Magistrate accepted the final report without noticing that there were witnesses, such as media persons, who had viewed the public speech. These witnesses were not questioned. Furthermore, the investigating officer based the conclusion solely on statements from persons who attended a meeting conducted by a political party.

THE SIKH TIMES

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Advocate Mohd. Sajid Advocate Dr. A.P.Singh Advocate Manish Sharma Advocate Pooja Bhaskar Sharma

DELHI/NCR

THE SIKH TIMES

News box

Two held for opening fire in village, one on the run

Noida: Two men were arrested on Wednesday for allegedly opening fire and terrorising people in Hoshiarpur village last week. The main accused is absconding.Rahul, a resident of Sarfabad, and Tarun Pal, a resident of Sorkha village, had been in hiding ever since the firing incident was reported on Saturday. On Nov 16, Hoshiarpur's Kapil Yadav registered a complaint at Sector 49 police station, alleging that a group of men had fired guns in the area during the early hours of the day. When Kapil went out of his house, he saw his relative Rahul Yadav, a resident of Sorkha, and some of his associates shooting in the air. When the complainant started taking a video, Rahul Yadav pointed his gun at Kapil and threatened to kill him and his family.Later on Monday, a video went viral on social media platforms, in which police officials can be seen counting the cartridge shells from the guns that were used. Officials said possible hideouts of the main accused and others are being raided to find the culprits.

Transformer oil stolen, 1.2k without power for 8 hrs

Noida: Around 1,200 residents of Sector 51 had to bear with prolonged power outage for eight hours on Tuesday after thieves decamped with transformer oil on Monday night and caused the electrical equipment to break down after some time. Two transformers of 400 kVA each in D block were targeted by the thieves. Operating without oil, they overheated in a few hours and subsequently caught fire – eventually exploding around 1pm on Tuesday. This left residents in around 300 houses without power through the evening until discom officials arranged for replacement transformers after filing a police complaint."We faced severe power disruption for around eight hours



on Tuesday after two transformers exploded in D block. Officials told us that oil theft led to overheating and eventual failure of the transformers by Monday afternoon. The theft would probably have gone missing had there been no outage and officials hadn't inspected the transformers," said Sanjeev Kumar, RWA general secretary of

Block C to F of Sector 51.

As houses plunged into darkness, discom officials were notified and a police complaint was registered after an inspection of the transformers. Executive engineer Saurabh Kumar Pandey and subdivisional officer Samarth Srivastava arrived at the site late in the evening. By then, the residents of the sector had already endured a power cut lasting more than seven hours.Srivastava said supply was restored around 9pm on Tuesday. The thieves remained at large till late on Wednesday evening, prompting the RWA to increase vigilance, particularly around electrical installations in the sector. Security guards were instructed to maintain extra surveillance to prevent similar incidents in the future.Transformer oil is a highly refined mineral or synthetic oil used to insulate and cool electrical equipment like transformers, capacitors, circuit breakers, and switches.

Minimum temp falls to 10.8°C, Gurgaon records season's coldest morning

Sprinkler 'rain' as Noida condos try to tackle toxic pollution

Noida: With panic setting in because of toxic pollution levels in Delhi-NCR this week, several housing societies in Noida resorted to sprinkling water from highrise terraces to settle dust and pollutants, to create a rain-like effect. The societies that did over Tuesday and Wednesday, include Lotus Boulevard in Sector 100, Golden Palm in Sector 168, Exotica Fresco in Sector 137, Homes 121 in Sector 121, and Supertech Capetown in Sector 74. In residents' groups, this was likened to 'artificial rain' (which, though, is entirely different). Artificial rain or cloud-seeding is a technique used to modify weather by releasing silver iodide (AgI) into the atmosphere for the formation of ice crystals and enhancing cloud's ability to generate rain. While any initiative to tackle pollution is a welcome one, sprinkling of water can at best have a localised limited impact when the entire airshed is highly polluted.Prabhakar Bhardwaj of Lotus Boulevard said, "This smog blanket is making everyone sick, particularly children and senior citizens. So, we started spraying water from the terrace from 11.30 pm on Tuesday. It



continued till 4 am. We plan to do this every day for at least a week."Golden Palm resident Deependra Chaudhary said by spraying water from the terraces of the high-rise buildings, which are at least 20 floors high, they hoped dust and pollutants would settle, at least on the society's premises. While residents have largely welcomed the initiative, they sought more concerted efforts from the govt to address the annual winter

smog.Exotica Fresco AOA's president Surojit Dasgupta said sprinkling water from terraces could be a small step but was significant to tackle the alarming AQI levels. "We want Noida Authority to sprinkle water on the dusty roads of the sector. With over 50,000 residents in the area, broader action is crucial for the health and well-being of the community," he said. The society's AOA is also sprinkling water on its campus at least 2-3

At Homes 121, the AOA started sprinkling water within the campus right after Diwali. "We bought a spray pump and have been spraying water from the terrace and lobby balconies of the towers every 2-3 days as several senior citizens and children started complaining of itchy eyes and breathing issues after Diwali. However, as AQI plummeted to severe category earlier this week, we increased the frequency of spraying water," Dinesh Singh, Homes121 president, said.In Ghaziabad too, Amrapali Village AOA sprayed water from the terrace of its towers.

"As our society abuts Delhi-Meerut Expressway, vehicular pollution is especially high in these areas. We have been spraying water on the society's premises since Monday to help settle the dust in the area at least," Deepak Kumar, the society's AOA president said.

Several RWAs also sprinkled water on the roads and pavements that are adjacent to their societies.Meanwhile, the Noida Authority has also been sprinkling water on 100 to 125 km stretch daily.

Friend arrested, man poses Papers not in order, 4 schools are no longer exam centres

Noida: Uttar Pradesh Secondary Education Council disqualified four schools in the city from serving as examination centres for the upcoming At present, a total of 61 schools in board exams. The schools were barred due to delays in completing mandatory application procedures, officials said. The list of barred institutions includes Jawahar Inter College, Vishambhar Dayal Ram Murti Devi Saraswati Vidya Mandir Inter College, Shaheed Bhagat Singh Inter College, and Pandit Deen Dayal Upadhyay Govt Model Inter College. They are among 259 schools across 45 districts in Uttar Pradesh excluded from hosting exams this year. According to district school inspector Dharamveer Singh, notices have been sent out to the affected

schools. "Govt has instructed that no school on the barred list can be designated as an exam centre," he said. Gautam Buddh Nagar are being considered for the final list of centres, which will be released soon.Apart increased the number of total govt and aided schools designated as exam centres in the state. So far, the state has proposed 7,657 centres — including 940 govt schools, 3,512 aided schools, and 3,205 unaided schools.A total of over 54 lakh students — over 24 lakh for the 10th board exams and nearly 27 lakh for the 12th exams — have registered for the 2025 exams in the state. Of this, over 50 thousand

Civil hospital by 2027 &

medical college launch by April

tious project — estimated to cost approximately Rs 990 crore — is slated for completion within three years. A new medical

college in Sector 102-A is also expected to be operational by April next year. Haryana health minister Arti Rao, during her

visit to the civil hospital site in the city on Tuesday, said, "Prepare to lay the foundation stone of the new building by Dec

1. 'The old hospital building, which was declared structurally unsound, was entirely razed in Dec 2022 following six incidents

of roof collapse in 2015 and 2016, leaving patients heavily dependent on private healthcare facilities. Rao, who convened a meeting with officials from the health department and GMDA at the PWD rest house in Civil Lines, said, "We must under-

take serious and concerted efforts to enhance and expand the accessibility of health services. Our objective is to deliver top-

notch medical care, from primary treatment to advanced procedures in civil hospitals." Rao laid stress on establishing "coor-

dination among relevant departments" to accelerate the construction work. Elaborating on the progress of the new civil hos-

pital building, civil surgeon Virendra Yadav said, "The tender for the new civil hospital building, estimated to cost approxi-

mately Rs 990 crore, was floated on Aug 16. The tender will open on Nov 8. The 13-story hospital will comprise two base-

ments, one ground floor and 11 floors. The facility will also feature essential amenities such as 60 ICUs, 12 OTs and a heli-

Gurgaon. The foundation stone for the 800-bed super speciality civil hospital will be laid by Dec 1 this year. The ambi-

students have registered from GB Nagar. In the 2024 examination, around 55 lakh students were registered, and the examination was conducted at 8,265 centres - which Ghaziabad: A 74-year-old man was arrested on included 566 govt schools, 3,479 aided schools and 4,220 unaided schools.

from these exclusions, the council has Meanwhile, to enhance security, the board will deploy artificial intelligence-based cameras for 24x7 monitoring of the exam centres. "These systems will record strong room access, monitor personnel movement, and immediately alert control rooms of any irregularities. The central control room in Lucknow will oversee this surveillance to prevent malpractices like question paper leaks," Singh explained.

as retired IPS officer to get him released; held

Wednesday for allegedly impersonating a retired IPS officer and threatening police officers to release a friend, arrested in a case registered at Indirapuram police station. Anil Katyal, who retired a decade ago as the head of north India operations of a communications company, told cops he was a 1979-batch IPS officer from Manipur cadre and a former IB official. He also claimed to be an advisor in MHA.He was arrested after a complaint was filed by Neeraj Rathore, the public relations officer of DCP (trans-Hindon) Nimish Patil.ccording to Rathore, Katyal, a resident of Delhi's Greater Kailash, called him on Nov 14 around 4.30 pm. He allegedly introduced

PUBLIC NOTICE

is for general information that I ANIL UMAR S/O RAM RATAN SHAHA R/O N-1/66, Budh Vihar Phase -1, North West Delhi, Delhi - 110086 declared thet name of my minor daughter has been wrongh written as MUSKAN aged 14 year in he school record the actual name of my mind daughter is MUSKAN KUMARI respectively which may be amended accordingly

PUBLIC NOTICE

PUBLIC NUTLE Notice is hereby given that I, KIRAN PANDEY WIFE OF VINOD KUMAR BELWAL RESIDENT OF HOUSE NO.. 1893/26, GALI NO. 54I, MOLAR BAND, SOUTH DELHI, DELHI-110044 have change my name from "KIRAN BELW-AL" to "KIRAN PANDEY" and also I declare that "KIRAN PANDEY" and also I declare that "KIRAN PANDEY" and also "KIRAN BELWAL" are the names of one and same lady i.e. myself. one and same lady i.e. myself.

NAME CHANGE SAURABH SINGH S/O PARAMJEE

SINGH R/O F-149, VISHNU GARDEN

NAME CHANGE

Neha Sharma W/O: Anup Sharma, R/O -104, School Block, Shakarpur, Eas

Delhi, Delhi-110092, have changed the

aged 7 years and she shall hereafter be known as MALVI SHARMA.

NORTH EASTERN RAILWAY

E-Tender Notice

Dy CME/Repair for Chief Workshop

Manager N.E. Railway, Mechanica

Workshop, Gorakhpur-for and or

ehalf of President of India invite

ender through on line E-Single Tende

NEW DELHI - 110018, have changed m name from SAURABH TO SAURABI SINGH for all future purpose.

SADIA RIAZ W/O SAMIUDDI siding at HOUSE NO-63, MASJI ANE, JOHRI FARM, JAMIA NAGAF OKHLA, SOUTH EAST DELHI-11002

NAME CHANGE

have changed my name to SADI/ KHURRAM for all future purpose. PUBLIC NOTICE

hitherto known as RAJENDRA SING alias RAJENDER SINGH S/O DAN SINGH R/o H- No-H-11 Street no - 28 Near Old Hansrai Dairy, Jaiprakash Na honda, North East Delhi - 110053 hav anged my name and shall hereafter b own as RAJENDRA SINGH

NAME CHANGE

, MAHARASIMAHARAJA wife of NO-15808744N, Rank-SEP, Name-MAHARAJA C residing at 63/3 PILL-(AR KOVIL STREET PANNIRKULAM KAYATHAR TAMILNADU-628952 have changed my name from MAHA-RASIMAHARAJA to MAHARASI P for 21/11/2024 before Notary Public, Delhi



Gurgaon: The city's minimum temperature dropped below normal for the first time this season, coming down by 1.4 notches to 10.8 degrees on Wednesday. This was nearly a notch below normal. A dense layer of fog that descended overnight and shrouded the city on Wednesday morning, reducing visibility to less than 200 metres. The sun emerged around 10.30am and the maximum temperature went up to 25.2 degrees Celsius from 24 degrees Celsius the previous day.

India Meteorological Department (IMD) categorises a day as 'severely cold' when the maximum temperature plunges below the normal by 6.5 degrees Celsius or more, whilst a 'cold day' is proclaimed when the maximum temperature drops 4.5 notches below normal, with the minimum also going down to single digits.A 'cold wave' is declared when the minimum temperature of the station is less than 4 degrees Celsius. The city has not seen any 'cold' days this season so far.For Friday and Saturday, IMD has forecast dense to very dense fog and has issued yellow alerts in the city."Wind is likely to come from the northwest direction at a velocity of 10-12 km per hour. Dense fog to very dense fog is likely to prevail on Friday and Saturday over Haryana. Weather is likely to remain dry in the state. During this period, the minimum temperature may fall by 2 to 3 degrees," said an IMD official.In its fog advisory, apart from highlighting risks associated with travelling in low visibility, IMD has listed health issues that may arise due to prolonged exposure to fog. Fog, mixed with smoke, can trigger wheezing, coughing, and shortness of breath among asthma patients. According to IMD, fog is categorised as 'very dense' when visibility ranges between 0 and 50 metres, 'dense' when it ranges between 51 and 200 metres and 'moderate' when it ranges between 201 and 500. When visibility is between 501 metres and 1,000 metres, it is classified as a 'shallow' fog condition.

As per the tender conditions, the construction work of the nev situation new civil hospital of Gurgaon will be completed in three years," said Yadav. The new hospital aspires to be a cutting-edge govt-run facility, equipped with a CT-MRI unit, radiology and oncology departments and specialised sections for nebulisation, immunisation, microbiology, clinical pathology, molecular, biochemistry and hematology units. It will also house a laboratory for blood group serology and a transfusion centre. The health minister also inspected the under-construction Sheetla Mata Hospital and Medical College in Sector 102-A, which is expected to be operational by April next year. During the meeting, GMDA CEO A Srinivas said the structural als." Rao laid stress on establishing "coordination among relevant departments" to accelerate the construction work. Elaborating on the progress of the new civil hospital building, civil surgeon Virendra Yadav said, "The tender for the new civil hospital building, estimated to cost approximately Rs 990 crore, was floated on Aug 16. The tender will open on Nov 8. The 13-story hospital will comprise two basements, one ground floor and 11 floors. The facility will also feature essential amenities such as 60 ICUs, 12 OTs and a heli-

NAME CHANGE

RAKHI wife of NO-14663356W Rank

HAV Name-NANDSEN MESHRAM

R/o LIG-362, JUNWANI, BHILAI, MOTI LAL NEHRU NAGAR, DURG, CHHAT-

my wife and my minor son are KESH

KA KUMARI and ASHESH KUMAR

spectively which may be amend

cordingly

Public, Delhi.

pad for emergency construction work of the Rs 541-crore medical college project in Sector 102A is nearly complete. He said that this 883-bed medical college will have seven floors, including the ground floor. The construction cost will be shared by GMDA (50%), the municipal corporation and Shrimata (45%)

Sheetla Mata Temple (5%). He said the medical college construction would be finalised by April 30 next year.

NAME CHANGE I, SHARAWAN DIXIT S/O BHOPAL DIXIT residing at B-10, EAST BALDEV PARK, DELHI-110051 have changed my name to SHARVAN DIXIT for al future purposes

NAME CHANGE

I, JC-471469N Rank-SUB/HONY LT Name-GOPAL JEE SINGH father o AYUSH KUMAR R/O VILL-ITALLY, PO ATUSH KUWAR RO VILL-HALL, PO-RATANPURA, TEH-MAU, DIST-MAU, UTTAR PRADESH-221706, have changed my minor son's name from AYUSH KUMAR to AYUSH KUMAR SINGH for all future purposes vide affidavit date 21/11/2024 Before Notary Public, Delhi.

PUBLIC NOTICE

My client Ramesh Kumar S/o Shri Raghunath R/o T-45Mata Mohalla Tekhand, Near Jeevan Jyoti Hospita Okhla Industrial Area Phase-I, Sout Delhi, Delhi- 110020 has severed all rela tions with his son Vishal and disowne him from his all moveable and immovable properties due to his disobedience. My client shall not be responsible for his ar civil and criminal acts

Jasram Sharma Advocate Ch. No. 706 Saket Court New Delhi 17.

PUBLIC NOTICE My client Satbir Singh S/O Mukhtiar Singh and Tara Devi W/O Satbir Singh R/O- A-23,Ranikheda, Mundka Delhi-81 nave evicted their son Kartik and daugh ter-in-law Pooja from all their movab and immovable property due to their mis behavior and have severed all relation with them. My client will not be response ble for the police/court case related to the

actual name of mine and my minor son are SANTOSH MANDAL and ASHISH MANDAL respectively which Mahendra Kumar - Advocat ay be amended accordingly

NAME CHANGE JC-343745A Rank-NB/SUB Name-AJIT SINGH father of SNEHA KUMARI NIR VAN R/O VILL-BAS BIJOLI, PO-SURAJ GARH, DIST-JHUNJHUNUN DIST-JHUNJHUNUN RAJASTHAN-333029, have changed my minor daughter's name from SNEHA KUMARI NIRVAN to SNEHA KANWAR for

NAME CHANGE , Anangpal Singh / Anakpal / Agenpa Anangpal S/o Om Pal Singh R/o VPC

all future purposes vide Affidavit date 21/11/2024 before Notary Public, Delhi.

NAME CHANGE

is for general information that SUKHDEV S/o CHARU MANDAL R/ V-203, Jhuggi No. 99/100, 20 Futa Road, Batla House, Jamia Nagar, PO: New Friends Colony, Dist.: South Delhi, Delhi-110025 declare that name of m father has been wrongly written as ASHOK in my CBSE 10th and 12th

class Educational Documents. The actual name of my father is CHARU MANDAL which may be amended cordingly

NAME CHANGE t is for general information that I, IEMANT SHARMA S/o NANDA RAM SHARMA R/o 777/16, Quilla Mohalla, Rohtak, Haryana-124001, declare that name of mine and my wife have been wrongly written as HEMANT and GEETA in my minor son namely YUVRAJ aged 17 years in his CBSE 10th class Educational Documents. The actual page of mine and my wife are ctual name of mine and my wife are IEMANT SHARMA and GITA SHAR A respectively.

NAME CHANGE

It is for general information that I MEENAKSHI SHARMA W/o ASHOP KUMAR R/o Flat No. C-103, Blk-C Kesarwani CGHS Ltd. Plot No. 4 warka Sector-5, Dwarka, South Wes Delhi, Delhi-110075, declare that name of my minor son has been wrongly writ en as AKSHAT in my minor son name by AKSHAT PANCHAL aged 08 years in his School Record. The actual name of my minor son is AKSHAT PANCHAL.

DATE: 21/11/2024

NAME CHANGE

, Rank-HAV Name-ANIL KUMAR K S XO # 11558, 2ND PHASE, NEAR SANKALPA APARTMENT, VIJAYNA-GAR, 4TH STAGE MYSORE, KAR-IATAKA-570032 have changed my ather's name from SIDDALINGA K T to SIDDALINGA for all future purpose and in my service record my father late of birth wrongly mentioned as 11/07/1956 instead of his correct date of birth as 01/01/1960, vide Affidavi ated 21/11/2024 before Executiv Agistrate, Delhi.

NAME CHANGE I, MAHEK D/O ASHISH KUMAR resid-ing at C-32, RMA GALI, NANAK CHAND BASTI, KOTLA

KOTLA MUBARAKPUR, DELHI-110003 have changed my name to MAHEK KOLI for all future purpose.

PUBLIC NOTICE

for the following work-E-Tender is informed to the public in all that n Notice No & Name of the work nt Yash Paul S/o Sh. Chhaju Ran Tender No.- "26-GKP-MWS-2024-25 Hansa R/o Plot No.&78A G-Block, Qutub " "Comprehensive AMC of CNC Axle Vihar Phase-1, Goyla Dairy, D.C.Goyla Turning Lathe Model No. Spinner-25 South-West Delhi, Delhi-110071 has dis Make-ASKAR MICRON) for 03 years owned his son namely Sagar Hansa fron all his moveable and immoable property (36 months) of Wheel Shop at GKPS because of the reason being out of contro of the client, immoral and rude behaviou Qty-01 No.["], Estimated cost (in ₹): 92.74.800.00, Earnest Money as well as Quarreling with my client as we as also severed all kind of relations from him That in future if any person deals with (in ₹): ₹1.85.500.00. Last date of tender submission: Upto 11.00 son of my client of any kind, then that per-Date: 16.12.2024, Cost of the on will be responsible himself/herself for Tender forms : Zero, Period of all the consequences of such deals done Contract: 36 Months, Note: The with the son of my client and in any way, my client will never be responsible for details of above tenders are also h acts of son of my client. SYED SHABAB HAIDER NAQVI available on Indian Railway website http://www.ireps.gov.in." ADVOCATE CH. NO.306 DWARKA COURT

Dy. CME/Repair, Mechanical Worksho CPRO/Mech-83 Gorakhpu COMPLEX SECTOR-10 NEW DELHI-110075. M.No.9711702569 "DO NOT TRAVEL WITH INFLAMMABLE ARTICLE IN TRAIN"

NOTICE

Public at large is hereby informed that our client Mrs. Krishna Devi is the wher of Plot no. B-26 (FIRST FLOOR) Plot NO.26, area measuring 126 sq. ds., khasra No.28/24/2, khewat No.14, Khatoni No.18, Situated in the are f village Khyala colony known as Sham Nagar (VISHNU GARDEN) DELH 110018 vide Relinquishment Deed dated 13/09/2000 executed by (1) Mr Sanjay Sachdeva (2) Mr. Sanjeev Sachgdeva (3) Mr. Sidhir Sachdeva an n. Prabha Sachdeva in her favour (Doc No. 9203, Vol No. 9080, Page 4) Kr No.61-63, SR-), Initially, Sale Deed dated 31/08/1955 executed by (1) Mr. La Chand and (2) Mohinder Partap in favour of (1) Mr. Nihal Chand and (2) Mr Sunder Lal in respect of said Property (Doc No. 540), Thereafter, Sale Dee lated 29/11/1969 executed by (1) Mr. Nihal Chand and (2) Mr. Sunder Lal in avour of Mr. Jaswant Rai in respect of Plot NO.26, area measuring 126 sq vds. (Doc NO.5360). Thereafter. Sale Deed dated executed by Mr. Jaswar Rai in favour of Mr. Parkash S/o Mr. Ram Narain in respect of Plot NO.26 area measuring 126 sq. yds. (Doc No.1569, Vol NO.2501, Page nO.195-196 SR-Delhi), Unfortunately Mr. Parkash died on 20/05/2000 leaving behin gal heirs (1) Mr. Sanjay Sachdeva (2) Mr. Sanjeev Sachgdeva (3) Mr. Sidh Sachdeva and (4) Km. Prabha Sachdeva and (5) Mrs. Krishna Devi, Finally Relinquishment Deed dated 13/09/2000 executed in favour of our above entioned client who intends to mortgage the said immovable property fo oonafide requirements to HDFC BANK LTD. Whosoever is having any object on to the said mortgage or anyone has claim or right or interest in the prop erty shall contact the undersigned with the objection within 07 days failin which it shall be presumed that there stands no objections NEW DELHI

PRAGYA BHUSHAN ADVOCATE Enrl. No. D/721/02

Office: L-27, GF, Kailash Colony, New Delhi-4 Mob.: 9968006418

DATE OF BIRTH CHANGE Rank-HAV Name- ANIL KUMAR H /O # 11558, 2ND PHASE, NEA ANKALPA APARTMENT VUAYN AR, 4TH STAGE MYSORE, KAR VATAKA-570032 in my service record m other's (MANJULA) date of birth wron mentioned as 01/07/1968 instead of he rrect date of birth as 01/01/1972, vid dated 21/11/2024 befor ffidavit ecutive Magistrate. Delhi.

NAME CHANGE

Manish Sachdeva S/o Vishes Kumar Sachdev R/o A2-1002 Uniworld City, Sector -30, Gurgaor Harvana), have changed my name o Manish Sachdev for all Purposes

PUBLIC NOTICE

v clients Mrs. Shakuntala Devi W/o S arachand and her husband Mr arachand S/o, Late Sh. Gordhan Singh Both are resident of H.No-780. Hol howk, Bankner, Delhi-110040, had sev red all relation and disowned their so Saniav from their all movable and immov ble properties due to disobedience, his reference a public notice was put ished in" KOMI PATRIKA and THE SIKI TIMES" newspaper dated 01.02.2017 Now my clients cancel revoke disow ment of their son and resume all relatio ith him and he is become her legal he as before disownment

JYOTI Advocat Ch. No. 511 Lawyer's Chambe

Block.Rohini court Complex New Delh

PUBLIC NOTICE

General Public to inform that Mi Client, Mr. Sagar son of Lt Mi Mahaveer, R/o Village Kheda. Pargana Dasna, Tehsil Dholana. District Hapur, U.P. is the absolute owner of House / Plot of land are measuring 60 Sq.Yds. i.e. 50.10 Sq.Mtrs., Part of Khasra No.750KA Situated at Village Khera Gaor Dasna, Tehsil Dhaulana, Distt. Hapur U.P via Gift Deed dt. 24.10.2024 exe cuted by his mother Mrs. Nirmala which is duly regd. As Doc. No. 16912, Book No. 1, Vol. No. 6832 or Pages 01-14 on Dt. 24.10.2024 read in SRO-Dholana and Now he is mort-gaging the said property with Vastu Jousing Finance Corporation Limited f Any person/bank/financial institution naving any claim/right, lien any object tion whatsoever in regard to about property, should notify to the under-signed/Adv. Aditya Verma, E-16, 1st 8 2nd Floor, Mansarovar Park Shahdara, Delhi-110053. along with documentary evidence under address hrough registered A/D within 7 days rom the date of publication of this notice, failing which any claim, lien or objection shall be deemed to hav en waived.

ADITYA VERMA, ADV E-16, 1st & 2nd Floor, Mansarov Park, Shahdara, Delhi-110053 MOBILE NO. 9999042521

NAME CHANGE LIEUTENANT COLONEL GIRISI ANDON CM S/o SHRI (LATE) CM ANDON R/o 4/38. ARJÙN VIHAR. DELHI CANTONMENT-110010, have nanged my name from TANDON GIRIŠH CM to GIRISH TANDON for all future purposes vide Affidavit dated 21/11/2024 before Notary NAME CHANGE t is for general information that I, SANTOSH MANDAL S/o CHULAHAI MANDAL R/o A-71, Gali No-7, Near Jain Dharam Sala, Kaithwara, Garhi Mendu, North East Delhi-110053 declare that name of mine and my minor son have been wrongly written as SANTOSH KUMAR and ASHISH

in my minor son namely ASHISH MANDAL aged 17 year in his 10th class educational documents. The

TISGARH-490020, have changed my name from RAKHI to RAKH name from RAKHI to RAKHI MESHRAM for all future purposes vide Palra, Gurgaon, Haryana-122001, Have Changed My Name To Anang Pa Singh For All Future Purpose Affidavit Dated 21/11/2024 before ecutive Magistrate, Delhi PUBLIC NOTICE for general information that I AJIT IAR S/O JAGDISH PRASAD R/O 203, D D A, M I G, Flat, Metro Apartments ahangirpuri. North West Delhi Delhi

10033 declared that name of my wife and ny minor son has been wrongly written as ESHIKA and ASHESH aged 16 year in s 10th class marksheet the actual na

WORLD

NEWS BOX

50 Boko Haram terrorists dead, 7 Nigerian officers missing in convoy attack



- Abuja. At least 50 Boko Haram terrorists were killed on Tuesday and seven members of Nigeria's infrastructure security force were missing following an ambush on a convoy monitoring the country's power grid installations, a spokesperson said. Boko Haram, which has waged an insurgency for 15 years mainly in the northeast, has been weakened by the military and internal fighting but remains a threat as it makes deadly attacks against civilians and government targets.Babawale Afolabi, spokesperson for the Nigerian Civil Defence Corp, a government agency set up to protect infrastructure, said security operatives were ambushed by about 200 Boko Haram terrorists during the patrol mission.
- Afolabi said more than 50 terrorists were killed in the fighting, but seven operatives were missing, adding that efforts are underway to find them in the bush. He said "a few others" of the security force were wounded
- Although Boko Haram mainly operates in the northeast, Nigerian authorities say the group has cells in the largely Muslim Niger state, where they have previously carried out attacks against the military and civilians.In a separate attack in northeast Borno state, a military spokesperson said five soldiers were killed by suspected terrorists last Saturday.

China takes part in joint anti-terrorism exercise with Pakistan

World. The Chinese People's Liberation Army (PLA) Western Theatre Command Special Forces Commandos will take part in a joint exercise 'Warrior-VIII' with Pakistan. The 20-day-long joint antiterrorism exercise in Pakistan was announced by the Chinese Defence Ministry on Tuesday, and will be held from November 20 to December 11. According to the Chinese Defence Ministry, the exercise follows an



US shuts Kyiv embassy amid strike threat after Ukraine missile attack in Russia

Kyiv. The US shut its embassy in Kyiv on Wednesday morning due to what it called the threat of a significant air attack, a day after Ukraine used American missiles to hit a target inside Russia in what Moscow described as an escalation in the war.Later, after an air raid siren in the early afternoon jangled nerves in the capital, Ukraine's military spy agency said Russia was trying to sow panic by circulating fake online messages about a massive looming missile and drone attack.The enemy, unable to subdue Ukrainians by force, resorts to measures of intimidation and psychological pressure on society. We ask you to be vigilant and steadfast," it said. A US government source said the embassy closure was "related to ongoing threats of air attacks". The Italian and Greek embassies said they too had closed their doors. The French embassy remained open but urged its citizens to be cautious. The US State Department later said it expected the Kyiv embassy to resume normal operations on Thursday.President Volodymyr Zelenskiy,



said that "panic-inducing messages circulated today only help Russia", but warned Ukrainians to pay close attention to air raid alerts.

However many brutal and treacherous attacks by Russia we have endured... it is always important to pay attention to air raid warnings," he said in his nightly video address. "We have a neighbour that is insane."Zelenskiy also expressed thanks for a new \$275 million US military aid package announced by the State Department focusing on ammunition, drones and missiles. Ukraine on Tuesday used US ATACMS missiles to attack an

arms depot inside Russia, making use of **PSYCHOLOGICALOPERATION** outgoing administration of US President Joe Biden on the 1,000th day of Russia's full-scale invasion of Ukraine.Russia has been signalling to the US and its allies for weeks that if they give permission to Ukraine to strike deep into Russian territory with Western-supplied missiles then Moscow will consider it a major escalation."Out of an abundance of caution, the embassy will be closed, and embassy employees are being instructed to shelter in place," the US Department of State Consular Affairs said in a statement on the embassy's website."The US Embassy recommends US citizens be prepared to immediately shelter in the event an air alert is announced."The Kremlin said it had no comment.Russian foreign intelligence chief Sergei Naryshkin said in an interview published on Wednesday that Moscow would retaliate against Nato countries that facilitate long-range Ukrainian missile strikes against Russian territory.

newly granted permission from the In the early afternoon, the Ukrainian air force told people to seek shelter because of a missile threat. Senior officials told people not to ignore the alert.

That came shortly before Kyiv's top military spy agency GUR issued a warning about a Russian psychological operation it said involved fake messages claiming to have been sent by the agency."A message is being spread via messengers and social networks ... about the threat of a 'particularly massive' missile and bomb strike on Ukrainian cities today," GUR said in a statement. Two Ukrainian military personnel told Reuters they received messages informing them that Russia would launch more than 300 drones and also use warships, warplanes and groundbased systems to fire missilen a huge salvo. Reuters could not immediately determine how the messages were sent. One sodier said he received one from a friend. The war is at a volatile juncture, with nearly a fifth of Ukrainian territory in Russian hands, North Korean troops.

UK Parliament Approves Bill To Renationalise Rail Services

London. Legislation put forward by the UK's new Labour government to renationalise the country's rail services, most of which are privately owned, was on Wednesday given the go-ahead by parliament. The bill will bring rail operators into public ownership when the private companies' contracts expire -- or sooner in the event of poor management -- and will be managed by "Great British Railways".The TSSA rail union

hailed the law as a "landmark" after an attempt by the opposition Conservatives to amend the legislation was defeated in the House of Lords, the upper house of parliament, by 213 votes to 210."This really is a landmark

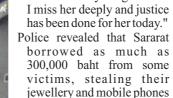


moment paving the way for our railways to return to public hands, where they belong, as a vital service," said TSSA General Secretary Maryam Eslamdoust.Labour triumphed over the Conservative party in elections on July 4, re-entering Downing Street after 14 years in opposition with promises to fix the country's ailing transport services. The government has said it will be able to avoid having to pay compensation fees to rail operators, with all the current contracts set to expire by 2027. The privatisation of rail operations took place in the mid-1990s under the Conservative prime minister John Major, but the rail network remaned public,

run by Network Rail.Four of 14 operators in England have been taken over by the state in recent years because of poor performance, but this was meant to be a temporary fix before a return to the private sector.

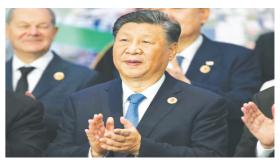
Thai Woman Gets Death Sentence After **Poisoning 14 Friends With Cyanide** want to tell my daughter that

Authorities have since linked Sararat to a



Xi Jinping Calls For Peace In Ukraine, Ceasefire In **Gaza During Brazil Visit**

Braslia. Chinese leader Xi Jinping urged "more voices" to end the Ukraine war and a ceasefire in Gaza, as he conducted a state visit to Brazil's capital, Chinese state media said.Brazilian President Luiz Inacio Lula da Silva echoed those points as he met with Xi in a redcarpet welcome in Brasilia, and stressed a joint roadmap for peace in Ukraine that they are proposing. 'In a world plagued by armed conflicts and political strife, China and Brazil put peace, diplomacy and dialogue first," Lula said.Xi said he wanted to see "more voices committed to peace to pave the way for a political solution to the Ukraine crisis," the Chinese



state news agency Xinhua reported.He also called for "a ceasefire and an end to the war at an early date" in Gaza, the agency said.On Ukraine, the China-Brazil roadmap for mediating peace has been endorsed by Russia -- which is China's ally -- but rejected by Kyiv and its Western backers. The Chinese president's appeal for a halt to fighting in Gaza -- where Israel is pressing an offensive against Hamas -- echoed one he and the other G20 leaders made during a summit held Monday and Tuesday in Rio. That summit's joint statement called for a "comprehensive" ceasefire in both Gaza and Lebanon, where Israel is also waging an offensive against the Iran-backed Hezbollah group.

annual schedule and reflects agreements reached by the militaries of both nations.

The Chinese People's Liberation Army (PLA) Western Theatre Command Special Forces Commandos will take part in a joint exercise 'Warrior-VIII' with Pakistan. The 20-day-long joint anti-terrorism exercise in Pakistan was announced by the Chinese Defence Ministry on Tuesday, and will be held from November 20 to December 11.According to the Chinese Defence Ministry, the exercise follows an annual schedule and reflects agreements reached by the militaries of both nations.

Hamas Says No Hostage-For-**Prisoner Swap With Israel** Unless Gaza War Ends

- Cairo.Hamas' acting Gaza chief Khalil al-Hayya said in an interview with Al-Aqsa TV released on Wednesday that there would be no hostages-forprisoners swap deal with Israel unless the war in the Palestinian enclave ended."Without an end to the war, there can be no prisoner swap," Hayya said in a televised interview with the group's Al-Aqsa television channel, reiterating the group's position on how to bring the war to an end.
- If the aggression is not ended, why would the resistance and in particular Hamas, return the prisoners (hostages)?" he said. "How would a sane or an insane person lose a strong card he owns while the war is continuing?"Hayya, who led the group's negotiating team in talks with Qatari and Egyptian mediators, blamed the lack of progress on Israel's Prime Minister Benjamin Netanyahu, who in turn holds the Islamist group responsible for the stalled talks."There are contacts under way with some countries and mediators to revive this file (negotiation). We are ready to continue with those efforts but it is more important to see a real will on the side of the occupation to end the aggression," said Hayya."The reality proves that Netanyahu is the one who undermines it (negotiations)," he added.Speaking during a visit to Gaza on Tuesday, Netanyahu said that Hamas would not rule the Palestinian enclave after the war had ended and that Israel had destroyed the Islamist group's military capabilities.Netanyahu also said Israel had not given up trying to locate the 101 remaining hostages believed to be still in the enclave, and he offered a \$5 million reward for the return of each one.
- Hamas wants a deal that ends the war and sees the release of Israeli and foreign hostages held captive in Gaza as well as Palestinians jailed by Israel, while Netanyahu vowed the war can only end once Hamas is eradicated.

series of cyanide poisonings dating back to

2015.

Cairo.A Thai woman, accused of being On Wednesday, a court in Bangkok one of the country's most prolific serial killers, has been sentenced to death for poisoning a friend with cyanide. This is the first of 14 murder trials involving Sararat Rangsiwuthaporn, 36, whose alleged crimes have shocked the nation, according to The Guardian.Sararat, described as an online gambling addict, is accused of swindling large sums of money from her victims before killing them with cyanide. Thai media reports that she borrowed thousands of dollars from



her victims and later killed tem to fund her gambling habit.

convicted Sararat for the murder of her friend, Siriporn Khanwong. The two met near Bangkok in April 2022 to participate in a Buddhist ritual of releasing fish into the Mae Klong River. Shortly after the ritual, Siriporn collapsed and died. Investigators later found traces of cyanide in her body.

Authorities have since linked Sararat to a series of cyanide poisonings dating back to 2015. "The court's decision is just," said Siriporn's mother, Tongpin Kiatchanasiri, following the verdict. "I

after killing them. She reportedly lured 15 people, of whom only one survived, to consume poisoned "herb capsules."Deputy National Police Chief Surachate Hakparn explained Sararat's motives: "She asked people

she knows for money because she has a lot of credit card debt ... and if they asked her for their money back, she started killing them."Sararat faces charges for 13 additional murders and has been accused of around 80 offences in total

Her ex-husband, a police lieutenantcolonel, was sentenced to 16 months in prison, while her former lawyer received a two-year sentence for complicity in Siriporn's murder. Thailand has witnessed several high-profile poisoning cases in the past, but Sararat's alleged crimes stand out for their scale and severity.

On Wednesday, the UN Security Council held a vote on a resolution calling for "an immediate, unconditional and permanent ceasefire" in Gaza, but it was vetoed by Israel's ally the United States.

China filling 'vacuum'

Xi's state visit to Brasilia showcased closer relations between the biggest economies in Asia and Latin America, which analysts said also reflected shrinking US influence. The two leaders signed 35 cooperation accords on areas including agriculture, rade, technology and environmental protection.Xi said China-Brazil relations "are at their best in history" and the two countries are now "reliable friends," according to Xinhua.Lula said he believed the growing Brazil-China ties "will exceed all expectations and pave the way for a new phase of bilateral relations."He added that he looked forward to welcoming Xi to Brazil again next July for a BRICS summit. The Chinese leader figured prominently at the G20 summit, and at an APEC one held last week in Peru -- in contrast with outgoing US President Joe Biden, who cut a spectral figure.

Trump's lawyers seek dismissal of hush money case against US President-elect

WORLD. Donald Trump's lawyers told a judge that the Republican's conviction for illegally covering up hush money payments to a porn star should be dismissed because he won the US presidential election and sentencing would threaten government stability. In a letter filed on Tuesday and made public on Wednesday, the Republican president-elect's lawyers asked New York State Supreme Court Justice Juan Merchan for permission to file a formal motion laying out their arguments by December 20.

"Just as a sitting president is immune from any criminal process, so too is President Trump as President-elect," the lawyers wrote. Trump, 78, had been scheduled to be sentenced on November 26, but Merchan last week put all proceedings in the case on pause at the request of Manhattan District Attorney Alvin Bragg's office.Bragg's office has said it will oppose Trump's bid to The Republican Trump was convicted in May dismiss the case and suggested it should be paused until Trump completes his four-year



presidential term beginning on January 20, though it stopped short of explicitly endorsing that option. Trump, president from 2017-2021, is hoping to enter office for a second term unencumbered by any of the four criminal cases he has faced and which some opponents had predicted would derail his 2024 candidacy to return to the White House.

of falsifying business records to cover up a \$130,000 payment his former lawyer

Michael Cohen made to adult film actress Stormy Daniels for her silence before the 2016 election about a sexual encounter she says she had with Trump, who denies it. It was the first time a US president - former or sitting - had been convicted of or charged with a criminal offence.Trump pleaded not guilty in the case, which he has long portrayed as a politically motivated attempt by Bragg, a Democrat, to interfere with his campaign.In their letter on Tuesday, Trump's lawyers said continuing the case after his election victory would be "uniquely destabilising" and threaten to "hamstring the operation of the whole governmental apparatus."Falsification of business records is punishable by up to four years in prison. Before he was elected, experts said it was unlikely - but not impossible - that Trump would face time behind bars, with punishments such as a fine or probation seen as more likely.Trump's victory over Democratic

Vice President Kamala Harris in the November 5 election made the prospect of imposing a sentence of jail or probation even more politically fraught and impractical, given that a sentence could have impeded his ability to conduct the duties of the presidency.

Trump was charged in three additional state and federal cases in 2023, one involving classified documents he kept after leaving office and two others involving his efforts to overturn his 2020 election loss.A Florida-based federal judge in July dismissed the documents case. The Justice Department is now evaluating how to wind down the federal election-related case. Trump also faces state criminal charges in Georgia over his bid to reverse his 2020 loss in that state, but the case remains in limbo.

As president, Trump would have no power to shut down the New York or Georgia cases because they were filed in state courts. His Justice Department may close the federal cases

STATE

Maharashtra polls: In a first, names in EVM appear in Kannada

News box

BELAGAVI: Time and again, political leaders from Maharashtra rake up language and border issues during elections to woo Marathi speakers along the Karnataka-Maharashtra border villages in Belagavi. But the truth is there are lakhs of Kannada speakers in Maharashtra border villages as well, whose voice was suppressed for decades. Now for the first time, the Election Commission in Maharashtra has included the names of candidates in Kannada as well as Marathi in EVM machines in 15 Assembly constituencies for the polls in the neighbouring state. In these 15 Assembly constituencies, including Latur, Mangalwed, Akkalkot, Jatt and south Solapur, Kannada speakers are in the majority. There are at least 50 to 60 lakh Kannada speakers in these constituencies of Maharashtra, most belonging to the Veerashaiva-Lingayat community.

Realising the importance of this block, candidates of various parties had invited prominent Kannadiga leaders from Karnataka as star campaigners in this election. The Maharashtra Ekikaran Samiti (MES), recently met with political parties in Maharashtra and asked them to include the issue of resolving the Karnataka-Maharashtra boundary row in their manifesto. Interestingly, in what can be seen as a snub to the MES, no party or candidate raised the border issue in their election speeches. Instead, they printed posters and handbills in Kannada to reach out to Kannada voters.In many Maharashtra border villages, Kannada speakers had launched a movement to condemn the apathy of the government towards them and even passed resolutions in panchayats expressing their desire to merge their villages with Karnataka.

APSCPCR orders probe after two girls attempted suicide at Sattenapalli hostel

GUNTUR: The Andhra Pradesh State Commission for the Protection of Child Rights (AP SCPCR) has taken suo-moto cognizance of the attempted suicide by two students at the Sattenapalli SC Welfare Girls Hostel and directed district authorities to investigate. The students, Saritha (19) and Akhila (16) reportedly consumed sleeping pills on Sunday, citing harassment by the hostel warden, whom they accused of retaliating after they complained about poor living conditions.During a surprise inspection on Tuesday, Commission member Bathula Padmavathi expressed shock at the appalling state of the hostel.Over 250 students are forced to share a single functioning bathroom, leading to severe inconvenience. Stale food, unsanitary conditions, and stray animals, including dogs and pigs, roaming the premises were among the numerous health hazards identified.She assured parents that urgent action would be taken to address the students' grievances. She instructed officials to record written complaints from the students and take steps to improve living conditions. Measures include weekly medical camps, better sanitation, and enhanced basic amenities.

44.7 per cent Muslim families have at least one member abroad

THIRUVANANTHAPURAM: More people from Muslim households in Kerala opt to migrate abroad. Among migrant families those having at least one member abroad - Muslims comprise the majority (44.7%) followed by Hindus (38.2%) and Christians (17%), says a new research on Kerala's migration and standard of living.Among non-migrant families, Hindu households form the majority (63%) followed by Christian (21.2%) and Muslim (15.6%) households. Among Muslim households themselves, around 43% have at least one member in a foreign country. The study also showed that a substantial portion of Kerala households without migrants fall below the poverty line (BPL). Around 42.38% of non-migrant families are in the BPL category, much higher than the state average of 38%. The research, based on the Centre for Development Studies (CDS) 2018 migration study, was carried out by three researchers from the International Institute for Population Sciences, Mumbai - Afsal Kalangadan, Muhammad Thalil, and Reshmi Ramachandran Sukumari. Published in September, it revolves around "the pivotal role played by international remittances in fostering upward income mobility among



migrant households, leading to tangible transformations in their living standards".

It shows marked disparities among households with and without migrants across different dimensions like poverty indicators, housing quality, asset ownership and consumer durables. Almost 95% of the households, irrespective of their migration status, possessed valid ration cards.Going by the findings, migrant households not only surpass non-migrant ones in land ownership but also allocate more resources to house construction, positioning a higher proportion of them above the poverty line. When it comes to the standard of living, 42.1% of migrant families have significantly 'high' living standards, while 35.7%

fall under the category of 'middle' living standards. Among nonmigrant families, it is 28.9% and 31.9% respectively. The lowcategory of living standards is significantly high among nonmigrants (39.2%), compared to migrant families (22.2%). The study revealed that 16.3% migrant families reside in houses categorised as 'luxurious', while 38.7% live in 'very good' houses. In non- migrant households, it is 10.4% and 27.8%, respectively.A higher proportion of non-migrants

higher proportion of non-migrants live in houses classified as 'poor' (17.8%) and 5.2% of families live in low-cost traditional houses constructed with mud, bamboo or corrugated sheets. However, in migrant families, only 8.2 per cent live in houses classified as 'poor' and 0.7 per cent live in low-cost traditional houses. As much as 4% of migrant families and 5% of nonmigrant families live in rented houses. A substantial proportion (14.7%) of nonmigrant families constructed houses that cost less than Rs 1 lakh and 30.3% spent between Rs 1-Rs 5 lakh on house construction. However, migrant families allocated a larger house construction budget exceeding Rs 5 lakh. When it comes to possessing land, 74.2% of migrants and 69.7% of nonmigrants own properties.

Tiruppur animal husbandry department bats for aid to farmers for goats killed by dogs

TIRUPPUR: The department of animal husbandry has stated that 195 goats have died due to stray dog attacks in Tiruppur district till September this year. The department has written to the District Collector to take steps to get compensation to the affected farmers.S Pugazhenthi, joint director of the animal husbandry department of Tiruppur, in his letter to the District Collector, stated, "Animal husbandry is one of the main occupations of farmers in rural areas. In this, goats continue to die due to stray dogs in various rural areas of Tiruppur district. This has affected



the farmers severely. This year, 195 goats have died due to stray dog bites till September. Steps should be taken to get due compensation from the government to the affected farmers."Officials from the district administration said a detailed letter has been sent to the government by the district administration regarding compensation.

Amidst this, a section of farmers have announced a protest in Tiruppur on Saturday seeking steps to prevent the death of livestock due to stray dogs.P Velusamy, President of PAP Vellakoil Branch Canal Water Conservation Movement, said, "So far this year more than 1,000 goats have been killed by stray dogs in the district.However the animal husbandry department has taken into account only the goats that have undergone post-mortem. The government should take a policy decision on this matter. Relief should be given to all goats that died. We will stage a protest on Saturday to emphasize this."

CCMC to survey illegal advertisement hoardings, punish violators

COIMBATORE: The Coimbatore City Municipal Corporation (CCMC) has removed illegal hoardings and banners along the Kavundampalayam flyover on Mettupalayam Road and in other parts of the city several times in the past. But they have resurfaced, leaving motorists worried about safety. CCMC Commissioner M Sivaguru Prabakaran said the civic body will crackdown on violators on Thursday.

Motorists say advertisement hoardings, placed atop iron railings erected on the b u i l d i n g s a l o n g s i d e t h e Kavundampalayam flyover pose significant risks, especially at night. "The banners are not just an eyesore; they are dangerous distractions for motorists. When driving on a flyover, any visual



disruption can lead to accidents," said R P arthiban, a motorist from Urumandampalayam who regularly uses the route. "Authorities must prioritise safety and penalise those responsibe for allowing this," he added.N Natarajan, an activist, echoed similar view emphasising the need for stricter enforcement. "Despite clear guidelines and previous action, the illegal installations continue to appear. Building owners must be held accountable. The railings should be removed entirely to prevent further misuse. While on the one hand the flyover is shrouded in darkness due to the absence of street lights, on the other hand officials allow illegal banners," he saidIn the past, CCMC conducted multiple drives to remove unauthorised banners and hoardings. However, their resurgence points to gaps in enforcement and the absence of sustained deterrents.

Besides posing a safety threat, the banners raise questions about compliance with the High Court orders on unauthorised advertisements in public spaces. Activists argue that such violations reflect poorly on the city's governance and overall urban planning. "The recurring nature of this problem indicates negligence on multiple fronts.

This cannot be allowed to continue," Natarajan added.Speaking to, CCMC Commissioner M Sivaguru Prabakaran said, "I held a meeting with officials on Tuesday with regard to the illegal flex banners and hoardings installed across the city. The officials suggested taking an assessment of the total number of illegal advertisement banners and then take necessary action.However, I've instructed the officials not to wait for assessment and take immediate action. We will regularise hoardings and remove illegal ones simultaneously.

Naval helicopter 'Saaras' finds new home in Vizag

VISAKHAPATNAM: The Indian Navy's UH-3H helicopter, retired in June 2024 after 17 years of service, was officially installed on RK Beach Road on Wednesday. The helicopter joins an impressive lineup of naval assets on display, including an anti-submarine aircraft and a Sea Harrier fighter plane, as part of the TU-142 Aircraft Museum in Visakhapatnam.Speaking to TNIE, Visakhapatnam Metropolitan Region Development Authority (VMRDA) Commissioner KS Viswanathan stated, "The estimated cost of the project is around Rs 3 crore. With this project, we aim to offer tourists what it feels like to be inside a UH-3H helicopter. We are also in contact with the Navy to include additional features, such as exhibits detailing the helicopter's components and history." The project is expected to be completed in three months, he

added.The UH-3H helicopter named

numerous rescue efforts under challenging circumstances.Brought to India in 2007 along with INS Jalashwa, the Saars became a symbol of 'Strength, Valour, and Perseverance,' as represented by the squadron's crest. It actively contributed to offshore security,

'Hair dryer' shipped to neighbour bursts, Bengaluru woman loses fingers

Man, uncle drink pesticide mistaking it for water, die in Odisha

JAGATSINGHPUR: A 42-year-old man and his uncle died after allegedly consuming pesticide, mistaking it for water, at Sirasata village in Jagatsinghpur's Tirtol area on Tuesday night. The deceased were identified as Bibhuti Samal, a betel shop owner and his uncle, 75-year-old Gopinath Samal. The uncle-nephew duo consumed alcohol together in the evening. The duo was to attend a meeting but had to return home as they felt uneasy due to excess drinking.Police said, later in the night Gopinath went to Bibhuti's house and since both were thirsty, they drank from a bottle kept nearby mistaking it for water, unaware that it was pesticide meant for mushroom crops. Bibhuti apparently had kept the pesticide in the bottle but had forgotten about it.Shortly after consuming the liquid, the duo complained of severe stomach ache and uneasiness following which their families rushed them to Pattamundai Community Health Centre.As their condition deteriorated, they were shifted to the Kendrapara district headquarters hospital (DHH) where doctors declared them dead on arrival, police said.

Gopinath's son Nutan later lodged an FIR with Kendrapada Sadar police in this connection following which an unnatural death case was registered and the bodies sent for postmortem.Jagatsinghpur SP Bhabani Shankar Udgata said Tirtol police too, are investigating the case. "Kendrapara Sadar police registered the UD case as the deaths occurred at Kendrapara DHH. As per preliminary investigation, the victims consumed pesticide from a bottle mistaking it for water. The bottle has been seized for forensic analysis. Further investigation is underway to ascertain the exact cause of their death," he added.Meanwhile, locals alleged the uncle-nephew duo died due to consumption of spurious liquor. They complained that illicit liquor was being sold openly in their locality and urged police to crack down on the illegal trade.



'Saaras' was inducted into the Indian Navy on March 24, 2009, at Indian Naval Ship (INS) Dega under Indian naval air squadron (INAS) 350. The name is derived from the Indian crane (Sarus crane), symbolising strength, grace, and vigilance.Over its service period, it played a pivotal role in special operations, search-and-rescue (SAR) missions, and humanitarian assistance and disaster relief (HADR) operations. Its advanced SAR capabilities proved invaluable during natural disasters, contributing to

logistical support, and safeguarding India's maritime boundaries. The deinduction ceremony, held on June 28, 2024, at INS Dega, marked the end of its distinguished chapter in Indian Naval Aviation. During the event, Vice-Admiral Sameer Saxena, Chief of Staff, Eastern Naval Command, presented a commemorative plaque to the State government, received by District Joint Collector K Mayur Ashok. The installation of the UH-3H helicopter at RK Beach will be a notable attraction for tourists and an educational highlight, showcasing the history and contributions of the Indian Navy's aerial assets.

completed by their IT friends group. The



BAGALKOT: Receiving a parcel containing a hair dryer proved painfully costly for the widow of a deceased soldier in Ilkal city of Bagalkot district on Wednesday.Basamma Yaranal, the wife of Papanna, a soldier who was killed in a short-circuit accident in Jammu and Kashmir in 2017, ended up grievously injuring her fingers, forearms and face after the hair dryer exploded in her hands.Basamma had received a courier addressed to a neighbour, Shashikala, the widow of another deceased soldier. The parcel also bore Shashikala's name and mobile number. However, since she was out of town when it arrived, Shashikala requested Basamma to receive it on her behalf and check its contents.Basamma did as requested, and opened the parcel to find a hair dryer inside. She then tried to demonstrate the device in front of other neighbours by switching it on, when it suddenly exploded with a loud bang, resulting in Basamma losing nine of her fingers, while also severely wounding her forearms and face.

Neighbour didn't order hair dryer, reveals probe

The explosion was so intense that it caused the victim's blood to splatter across her home, leaving neighbours in a state of shock. She was immediately rushed to the hospital for treatment.Soon, the Ilkal police launched an investigation, which apparently revealed that Shshikala had never ordered a hair dryer, making the situation murkier, and raising ore questions about the parcel's origins. Accordingly, the police are now probing how the hair dryer, reportedly manufactured in Visakhapatnam, reached Bagalkot, before being couriered to Shashikala. They are also trying to investigate if there was any foul play, while also tracing the order and payment details to determine the source of the alleged explosive device.

Palakkad couple on overlanding mission to plant one lakh trees in five years

THIRUVANANTHAPURAM: If one happens to spot a rugged 4x4 camper somewhere in the remote areas of the country, it must probably be Sangeeth, Kavya and their pet dog Drogo planting the seeds of tomorrow's forests.When most people prioritise luxury and leisure, this couple from Palakkad has chosen to overland across India in their modified 4x4 SUV with a mission - to plant one lakh trees in five years. Their journey 'Mission Mother Tree' is a project towards sustainability, adventure and making a difference. It started as a simple plan - leave a living memory in the form of trees across places they visit. It quickly became a full-scale drive. They left the security of their corporate jobs to pursue a life closer to nature. Sangeeth, who was previously a sales and marketing officer, and Kavya, a professional in dairy technology now pursuing research, packed up their lives, outfitted their vehicle and set off on a path that would take them to some of India's most remote regions. Their goal is to explore responsibly and give back to the earth."Over the past two years, we have covered 45,000 kilometres across the country. Our travels aren't just the thrill of overlanding but driven by a sense of

purpose. We have successfully planted over 10,000 native saplings across the remote regions of India, with the help of a



growing community of 4,000 volunteers who joined through social media and the acquaintances between travels," Sangeeth told .Their Instagram page 'lifeonroads' is where they document their journey, and it has crossed over 2.4 lakh followers. To keep their journey sustainable and affordable, Sangeeth and Kavya transformed their Force Gurkha SUV into a camper, all for just Rs 20,000. All the work on the camper was

couple prepare their meals on the road, sharing their experiences with their companion, Drogo, who is as much a part of the adventure as they are. The couple relies on locally sourced seed balls, which they gather with the help of volunteers from the areas they visit. This ensures that the plants are suited to the local soil and climate, increasing the chances of survival. Their saplings span ten varieties of native trees, and they have achieved a 60% survival rate. For Kavya, the journey is about creating something lasting."One lakh trees may seem like a drop in the bucket against climate change, but we're doing the best we can to build a community that values life on this planet," Kavya said.Not only do they plant these saplings but also keep track of their growth through an application, Tree Tag. Each sapling they plant is tagged and tracked using GPS coordinates via the app Tree Tag. Like a live report card, volunteers across the country too regularly update the couple on the progress of these plants. "We note down the GPS coordinates of each tree we plant and track it through Tree Tag. It is a collective effort that wouldn't have been possible without the support.

EDITORIAL



The true state of being

This incident clearly depicts how Duryodhana made a mountain out of a molehill.



- How do we increase our 'state of being'? The Bhagavad Gita highlights three key aspects for this: Ananda Lahari (waves of joy), Prema Lahari (waves of love), and Soundarya Lahari (waves of beauty). We should approach this understanding with ananda, or joy. If we do not fully understand it, our happiness should not depend on achieving that understanding. Instead, we should set our consciousness free. Our happiness should not be dependent on success or failure. This freedom leads to awakening: if your happiness is not tied to success or failure, you transcend them both. This is awakening, or jnanam jagrata.
- Why should our happiness depend on success or failure? It will depend on them only when there is a flaw in our consciousness. Therefore, whatever we do should be accompanied by Ananda Lahari, which leads to a different 'state of being'
- We can delve into the situations of life, state of mind, and state of being, which are three essential pointers in the Bhagavad Gita. How do we change our state of mind? If our state of mind needs to change, our samskaras must change. This means our patterns should transform. A Hindu is traditionally required to go through sixteen samskaras over the course of life.
- Duryodhana followed a bad pattern. When he visited Indraprastha, he encountered the pride of the city-the palace of illusions. As Duryodhana entered, he felt an air of mystery. An entourage of maidservants appeared through a wall and lined up before the guests.
- The courtyard was divided into two sections: one part had a surface that appeared to ripple like the surface of a lake, while the other seemed as solid as granite flooring. Duryodhana stepped onto the seemingly solid part and found himself waist-deep in water, drenched.
- Draupadi, observing from the balcony, burst into laughter, though she later felt embarrassed, as she had not intended to insult her guest. However, Duryodhana felt deeply humiliated that Draupadi and her maids had witnessed his plight. In revenge, he swore that Draupadi would one day pay for this embarrassment.
- This incident clearly depicts how Duryodhana made a mountain out of a molehill. It was the beginning of what led to the war at Kurukshetra, resulting in widespread bloodshed-all because of a single laugh from Draupadi! This happened because Duryodhana's mind did not follow the right pattern. There is another story in the Mahabharata: Jarasandha intensely disliked Lord Krishna, as Krishna had killed Kamsa, the husband of his two daughters, Asti and Prapti.
- As a result, Jarasandha repeatedly attacked Mathura. However, Lord Krishna's adaptability ed him to move to Dwarka to establi

Putting women at centre of global climate action

Women bear the brunt of climate change much more than men. On the other hand, they are more effective in working at climate solutions. Yet, centuries of patriarchy has curbed their access to resources and decision-making.

The COP29 climate summit going on in Baku has scheduled November 21 as 'gender day' to focus on women's participation in global climate action. But are they adequately represented at the COP high table? Only eight of the 78 world leaders Lancet Planetary Health, in a 2022 report titled participating in COP29 are women; the 2023 COP summit featured 15 women among a total of 133.

This is not to say that women's voices are not being heard. The UN claims that more than four-fifths of the parties at COP have looked closely at gender in their latest nationally determined contributions and

adaptation plans. There is good reason for that. It has long been established that women-especially those in developing nations-bear the brunt of climate change more than men. Different reports, including quite a few from various UN offices, have highlighted this over the years.

As far back as 2009, a UN report noted, "Women are more vulnerable to the effects of climate change than men-primarily as they constitute the majority of the world's poor and are more dependent for their livelihood on natural resources that are threatened by climate change." It pointed out that women don't have many of the freedoms they require

political setbacks. Then, as recently as last year, a report

by UN Women estimated climate change would plunge at least 158 million women and girls into poverty by 2050, which is 16 million more than men and boys. Displacement due to extreme weather But even as women and girls are hit hard by climate events like ravaging floods, storms, heatwaves, cyclones and droughts adds to the challenge. Researchers say women and children are 14 times more likely to die due to climate-change-induced disasters than men. For instance, 70 percent of the 230,000 people killed in the 2004 Indian Ocean The suffering can get compounded by pollution, tsunami were women.

The social turmoil that follows such events tends to push up violence on women too. The Sixth assessment report of UN's Intergovernmental Panel on Climate Change also established the link between the climate crisis and gender vulnerabilities. For instance, forced marriages and human trafficking witnessed a rise in Bangladesh during and after Cyclone Roanu and other storms.

'Extreme events and gender-based violence: a mixed-methods systematic review', also revealed links between extreme weather and climate disasters with an increase in gender-based violence against women across the world. The study underlined the causes-"economic instability, food insecurity,



mental stress, disrupted infrastructure, increased exposure to men, tradition, and exacerbated gender inequality".

emergencies, less than a third of the countries have some sort of national climate action plan that includes a commitment to upholding sexual and reproductive health, the UN Population Fund reported in 2023.

another emergency aggravated across Indian cities by the changing climate. A 2021 Lancet report analysed data from over 34,000 mothers who had had at least one pregnancy loss. The large number of miscarriages reported from India was found to be

caused mostly due to exposure to bad ambient air, especially the fine particles present in it. It concluded, "Suboptimal air quality contributes to a considerable fraction of total pregnancy loss in South Asia." The 2023 UN report corroborates it and adds it isn't a worry only in India, "Climate change poses an existential threat to all of us, but pregnant women, babies, and children face some of the gravest consequences of all."

Then there are the patriarchal norms and rights that come in the way. For instance, women constitute 50-

80 percent of the world's food production workforce; however, they own less than 10 percent of the land. Hence their decisionmaking powers including those to tackle climate's vagaries are curbed.

Hence, it is crucial to increase all attempts aimed at involving women in climate action at global, national, local and hyperlocal levels. The primary reason is that women are more vulnerable to climate disasters. Hence, the success of the global fight against them would depend on the participation of more women and their commitment to the net-zero targets.

But it's also imperative to include more women in climate action because their intervention is often more effective. Women's participation is seen to galvanise climate action. A 2005 research found that nations with higher proportions of women in parliament were more prone to ratify environmental treaties than other nations. Moreover, women are often the first responders to the climate change crisis at the community level.

Women-led action yields far better results in climate solutions. For instance, women are known to have increased agricultural yields by 20-30 percent when given the same access to resources as men. Women are known to have produced even better results when given proper training, resources and technology to engage in sustainable farming. This would reduce the climate-induced production troubles and the resultant food insecurity that worries almost every major agricultural producer now.

The conclusion is clear: empowering women to mitigate and adapt to the climate change crisis means stronger and more climate-resilient action.

Next gen taking T20 Cricket to next level

Since Rohit Sharma, Virat Kohli and Ravindra Jadeja bid adieu to the shortest format after the T20 World Cup, the next generation has taken to international cricket like fish to water.

And just like that, India have racked up another T20 international series win-this time against South Africa in South Africa. It's their fourth successive series victory since being crowned the T20 World Champions in Barbados in June. While the results may not be as surprising, the manner in which it happened tells the story of the 'IPL generation' of cricketers.

Since Rohit Sharma, Virat Kohli and Ravindra Jadeja bid adieu to the shortest format after the T20 World Cup, the next generation has taken to international cricket like fish to water. These players grew up watching sixes hit for fun in the IPL. Their comfort with the new coaching manual for big-hitting has made them run-scoring machines. With the old generation giving way to the new, the scoring rate has increased exponentially. Scoring 100s in 40-plus balls has become a norm. Openers Sanju Samson and Abhishek Sharma are giving starts that India could have only dreamt



(171.81). Then there is Yashasvi Jaiswal (170), Rinku Singh (143.8) and Nitish K Reddy (180). This generation grew up by and large playing T20s, and so it has become their second nature to bat the way they have so far. To do it in a league like IPL, where each team has some uncapped bowlers to target, is one thing; but to replicate such hitting against South Africa stamps their class. India, for the longest time, were perceived as a team lagging in batting in the shortest format. Rohit and the then head coach Rahul Dravid ensured that it changed, and they signed off with a global title to remember. The next generation under Suryakumar Yadav is taking that legacy forward. It is only fitting that Yadav is leading India into the future, for he has been a pioneer of explosive T20

Jarasandha's ego kept mounting, and he failed to learn from his defeats. He allied with Kalayavana, a powerful warrior who had performed tapas to gain strength. Kalayavana had received a boon from Lord Shiva that he would not die at the hands of a man or a woman, would not perish in heaven or on earth, and could not be killed by anyone born in this yuga, the Dvapara Yuga. Knowing about Muchukunda, who was sleeping in a cave, Lord Krishna lured Kalayavana into the cave by pretending to flee.

of a decade ago. Tilak Varma is striking sweet and fast. It is only natural that the leading run-scorers since the World Cup final have strike rates past 170-Sanju Samson (180.91 SR), Tilak Varma (198.58) and Abhishek Sharma

batting irrespective of the circumstances. With these nextgen superstars to assist him, it would be fair to say that Indian cricket is in safe hands.

The impact of Trump 2.0 on India's security

The priority for Indo-US relations during Trump's second stint is likely to be the strategic partnership driven by shared concerns about China. Iran could be a tougher test.

The second coming of Donald Trump as POTUS is The priority for the Indo-US relationship under his likely to have a significant impact on the world and on India too. At least three characteristics of his last incumbency project his style and focus, which could have a bearing in the future.

- The first is his propensity to use his position to criticise perceived adversaries in the media, foreign officials, personalities in both political parties, and even foreign heads of state. Not one to take much advice, the conventional style of diplomacy followed by the state department, for example, doesn't gel with him. In four years, he had nine officials serve with him as secretaries of state and defence, and as national His administration will likely continue to security adviser-all key appointments. Consistency and ability to get along aren't Trump's high marks, although he advocates peace at most times.
- Second, his willingness to challenge norms was a hallmark of his presidency. He was willing to overturn past customs and expectations of presidential behaviour. His obsession with America First and Make America Great Again may not necessarily allow rational decision making because he could be restricted in thinking to first order effects of decisions.
- Third, his outspoken nature was a trait that defined his presidency. His morning tweets sometimes seemed to reflect the subject and strategy of his dreams. Yet, to think Trump is not capable and his decisions always border on a maverick's would be entirely incorrect; because over four years, he could bring his influence to almost every area of US interest.
- The above were some important observations from the American media to begin with while attempting to analyse the coming of President Trump 2.0. There is no special relationship with India that he looks at, but apparently the attitude and approach towards India was and will be positive.

presidency is likely to be strategic partnership, driven by shared concerns about China's growing influence in Asia. His view on India's proximity to Russia is expected to be pragmatic. The last time, it will be recalled that the Indo-Russia S-400 deal worth \$5 billion had all the potential to scuttle much in Indo-US relations due to India's continued insistence about its strategic autonomy. Yet, the Countering America's Adversaries Through Sanctions Act was not applied to India.

encourage India to reduce its dependence on Russian military equipment, citing Russia's increasing international isolation due to its actions in Ukraine. Trump may focus on strengthening defence cooperation with India, potentially offering alternative military equipment and technology. Yet, a lot will depend upon the fate of the war in Ukraine and the status of US-Russia relations, which probably will see some improvement. Stopping hostilities in Ukraine would give Russia a chance to deliver to India more on its promises as it seeks continuity in its long-standing defence relationship. If sanctions were to be diluted or lifted altogether, India would find it easier to do business with Russia from whom it has purchased weapons and equipment worth over \$60 billion in the last many years.

Trump is apparently far more comfortable with India's strategic autonomy and independent decisionmaking than the Democrats were. Therefore, should the Ukraine situation improve, India and Russia may be back in defence business, with due emphasis on manufacturing in India. However, there is always the potential of something different happening too. If



Russian President Vladimir Putin does not play ball even under Trump's supposed friendly coercion, the consequences could be quite unpredictable.

The Biden administration had looked at India's equidistance from Ukraine and Russia as an issue of interest in the larger build-up to possible negotiations. Whether Trump 2.0 will follow that with any interest may be doubtful as he perhaps perceives he knows the Russian president best and can handle this himself. The reported possibility that Florida Senator Marco Rubio is likely to be named secretary of state may be music to the ears of some strategic circles in India. He is a known hardliner on China and is likely to aim to foster a strong India-US partnership to counterbalance China's expanding influence. He has been among the most outspoken senators on the need for the US to be more aggressive on China. For that, he may expect India to be a ready partner.India's recent agreement on patrolling rights and reducing tension at the Line of Actual Control has

been a positive development almost five years after China attempted shades of coercion in Ladakh to apparently temper our and the world's perception of India's rise. The challenge before India will therefore be on how to balance the improvement of its relations with China with the more aggressive designs the Trump administration could bring to bear in the approach towards China. India's strategic decisions regarding its border dispute with China are guided by its national interests, and the US respects that sovereignty. The US-India partnership will then need to build on promoting regional stability, security and economic cooperation, rather than perpetuating confrontation. Trump's West Asia policy will be watched with much interest. It's in his time that the Western Quad

was mooted and the US, UAE, India and Israel established the special equation. An end to the Gaza and Lebanon conflicts will allow this and the India-Middle East-Europe Economic Corridor to rise to expectations. It's only Trump who can effectively ensure an end to Israeli intransigence and take initiatives with the Arab states to seek ways of achieving Palestinian aspirations without Hamas.

Prime Minister Narendra Modi's focused approach on West Asia has provided ample scope and opportunity to expand India's ties with that region. This can be realised to a higher potential by a major Trump approach to peace and stability in the area. Unfortunately, the Iran factor will continue to dog the region's peace potential. It will take much of Trump's decision making to either opt for a conciliatory or a confrontationist approach with Iran. The relationship with Iran is likely to prove a greater test for Trump 2.0 than perhaps the one with even China.

How to know if your

HEALTH

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is deficient in these 5 essential

vitamins

E nsuring that your child gets the right proportion of nutrients will ensure proper growth, development, and well-being. While most parents are eager to see to it that their children eat enough food at each given chance, vitamin deficiencies slip through cracks leading to long-term health issues. Such vitamins include vitamin D, which play important roles in immune function, bone health, and cognitive development. Therefore, it is absolutely essential to know early signs of deficiency. The following are the five most essential vitamins and how to identify when your child may be deficient in them.

1. Vitamin D: Essential for bone health

Vitamin D is one of the notable requirements for the growth and immune system of your child. It also facilitates an easy intake of calcium for your body, which serves as an enhancement for the growth of firm bones. You may observe that your child is low in vitamin D by traits that include bone pain and weakness in the muscles, or even poor growth and development. If your child often falls ill or is prone to infections, this might be a signal that she/he might not be getting enough vitamin D. Sources that provide good amounts of vitamin D include exposure to sunlight and foods such as fortified milk and eggs, though in some children, supplements may be the best way of ensuring they get adequate amounts. According to the National Institutes of Health, deficiency in vitamin D is common in children who spend most of their time indoors.



children and causes morbidity and mortality3. Vitamin C: Boosting immunity Vitamin C is an antioxidant in the body that fights infections and helps

also favoured in children by the World Health Organization that keeps common illnesses at bay.

4. Vitamin B12: For cognitive function

Vitamin B12 is vital for brain development and the production of red blood cells. Lack of B12 leads to frequent bouts of weakness, lassitude, poor concentration, pale skin, or even neurological issues. Vegetarians and children who have a limited diet may be at higher risk for B12 deficiency. Foods rich in vitamin B12 are generally sources of meat, dairy, and fortified breakfast cereals. If your child shows signs of tiredness or cannot concentrate, you may need to check your child's B12 level.

5. Folate: For healthy cell growth

Folate, or vitamin B9, is essential for healthy cell growth and development. A lack of folate can cause poor growth, fatigue, and irritability. It's particularly important during times of rapid growth, such as in infancy and adolescence. Foods like leafy greens, beans, and fortified cereals are good sources of folate. Research from the National Institutes of Health links folate deficiency with developmental delays and increased risk of anemia in children. If your child shows signs of low energy or growth delays, it could be a sign of a folate deficiency.

When to see a doctorIn case you notice symptoms similar to those of vitamin deficiency, see a pediatrician. A pediatrician can easily determine whether your child is deficient in any of the essential vitamins by simply conducting a blood test. Then again, your child's diet may also be adjusted for a proper round-up of nutrients. They can help monitor your child regularly to detect any forms of deficiencies early before they cause longterm health issues. Your child requires the right mix of vitamins for growth and development. If any deficiency is suspected, then keep an eye out on symptoms such as fatigue, skin issues, or slow growth. Provide a nutrient-rich diet to your child and required to help support supplement them as your child's health to grow robustly and healthily.

Applying sunscreen to prevent skin cancer? 6 habits you should strictly follow



very day, people cover huge portions of their

2. Vitamin A: For healthy vision and skin Vitamin A acts similarly and plays a critical role in healthy vision, skin, and immune function. A deficiency can cause night blindness, dry skin, and even recurring infections. If your child usually complains of difficulty seeing in dim light or has dry, rough skin, it could be a sign of vitamin A deficiency. This vitamin is found in food staples such as carrots, sweet potatoes, and spinach. These nutrients will be sufficiently supplemented through continued consumption of these food items, but a severe deficiency may need supplementation. As per the study published in Frontiers, The clinical manifestations of vitamin A deficiency (VAD) involve night blindness, bitot's spots, corneal xerosis, and corneal scars. It is the most important cause of preventable childhood blindness a m o n g

heal wounds. Deficiency in vitamin C may manifest as bleeding gums, dry skin, or slow healing of wounds. In extreme cases, it leads to scurvy, which will be accompanied by aching joints and lack of energy, perhaps drowsiness. Good sources include orange, strawberry, and bell peppers. These foodstuffs will make sure that your child gets the nutrients to keep them in a healthy condition about their immunity. Such diets are bodies with sunscreen. As a basic rule, sunscreen should be applied 20 minutes before venturing outside in order to maximize its advantages. Sunscreen use lowers the incidence of melanoma and squamous cell skin cancers, according to a number of well-conducted, long-term follow-up randomized controlled trials by the National Library of Medicine.

Commercial sunscreens use chemical or physical components to guard against UV radiation's detrimental effects on the skin. As part of a comprehensive photoprotection strategy, the Canadian Dermatology Association advises most adults and children to use a sufficient amount of a broad-spectrum sunscreen with a UV protection factor of at least 30.Besides using sunscreen, here are 6 simple yet effective habits that help us prevent skin cancer:

Avoid sun in peak hours

According to Dr. Akshay Tiwari, Senior Director, Musculoskeletal Oncology, Max Super Speciality Hospital, Saket, "There are many other ways to avoid exposure to sunlight, such as avoiding exposure to sun in peak hours from 10 am to 4 pm, especially during summers. Use of long-sleeved shirts, pants instead of shorts, use of wide hats, and sunglasses are some of these."

Prevent direct heat to body

Avoid habits that expose the skin of a particular area to repeated injury; for example, prolonged exposure to heat by using heating devices (like Kangri) continuously over one particular area for months or years is known to cause skin cancer. Keep the source of heat indirect, give intermittent periods of relief, and keep changing the area exposed.

Get regular checkups of scars

Persons having old scars (like old burns or extensive scars from old injuries) may develop skin cancer in the scarred area. Regular self-/medical examination should be done for these scars; any new ulcer that doesn't heal in 2-3 weeks should be examined by a specialist, who will biopsy it if needed.

Always keep your weight in check

Keeping a check on weight is essential, as the increased belly fat can be a gateway to many serious health complications. Maintaining a healthy weight and a healthy diet rich in vegetables, fruits, nuts, and antioxidants is also recommended, as with other cancers.

Get a biopsy

Take a look at your body and skin for any significant changes. Any ulcer or new skin lesion that doesn't heal in 2-3 weeks should be subjected to a biopsy to rule out skin cancer.

New Delhi, Friday, 22 November 2024

NATIONAL



Delhi Air Quality Improves, But Still "Very Poor"; Flights, Trains Delayed

► Delhi Police directed social media and ecommerce platforms to immediately cease the online sale of firecrackers within the National Capital Territory

most part of the past eight days.According to the data of the Central Pollution Control Board (CPCB), the Air Quality Index (AQI) recorded in Delhi was 379, categorised as 'very poor', as of 8 am. The Air Quality Index remains in the 'severe' category in Anand Vihar at 405, Ashok Vihar at 414, Bawana at 418, Dwarka Sector-8 at 401, Mundka at 413 and Wazirpur at 436. The AQI measured at Chandni Chowk is 338, IGI Airport (T3) is 370, ITO is 355, Jawaharlal Nehru Stadium is 354, RK Puram is 387, Okhla Phase 2 is 370, Patparganj is 381, Sonia Vihar is 394 and

Aya Nagar is 359, categorized as 'very poor'.Some flights were delayed since morning, as per FlightRadar24, while ANI reported several trains either getting late or rescheduled.

though the air quality improved to the 'very poor' category after remaining 'severe' for

New Delhi: A blanket of smog continued to The Commission for Air Quality envelop Delhi and NCR on Thursday, even Management (CAQM) activated Stage-IV Management (CAQM) activated Stage-IV of the Graded Response Action Plan (GRAP), imposing restrictions like bans on



truck entry and a halt to public construction projects. The Delhi government announced that all government offices functioning under the Delhi Government and Municipal Corporation of Delhi will operate with 50 per cent of the staff strength and the remaining 50 per cent of staff will work from home.Further, a per revised GRAP guidelines, it will now be mandatory for NCR states to discontinue physical classes up to Class V under GRAP Stage III and up

to Class XII under GRAP Stage IV. Under GRAP Stage IV, a "mask advisory" has been introduced, urging individuals to wear masks when stepping outdoors during periods of hazardous air quality. The revisions come even as the India Meteorological Department (IMD) has forecast moderate to dense fog over Delhi-NCR in the coming days, potentially exacerbating the pollution crisis.Earlier on Wednesday, Delhi Police directed social media and e-commerce platforms to immediately cease the online sale

and delivery of firecrackers within the National Capital Territory (NCT) amid rising air pollution levels.

Meanwhile, toxic foam was seen floating on the Yamuna River in Kalindi Kunj and Okhla Barrage. Visuals also showed fog covering the Taj Mahal amid 'moderate' air quality in Agra. An AQI is considered "poor" between '200 and 300', "very poor" at '301 and 400', "severe" at '401-450," and 450 and above is "severe plus."

Court asks Himachal to close 18 state-run hotels: Burden on exchequer

A single-judge bench of Justice Ajay Mohan Goel ordered the corporation to shut down the properties by November 25. The

corporation's managing director was asked to ensure the enforcement of the order.



NEW DELHI: The Himachal Pradesh High Court ordered the closure of 18 hotels run by Himachal Pradesh Tourism Development Corporation (HPTDC), pointing to the financial losses suffered by these properties, which the court considered an unsupportable burden on the state exchequer.A single-judge bench of Justice Ajay Mohan Goel ordered the corporation to shut down the properties by November 25. The corporation's managing director was asked to ensure the enforcement of the order.Criticising the corporation's ability to turn these properties profitable, the court said, "The continuation of the functioning of these properties but natural is nothing but a burden on the exchequer of the state, and the court can take judicial notice of the fact that there is a financial crunch, which is daily being propagated by the state in the matters being listed before the court involving finances.

"Calling the properties "white elephants," the court said, "To ensure that public resources are not wasted by the Tourism Development Corporation on the upkeep of these white elephants, it is hereby ordered that the following properties of the Tourism Development Corporation shall be closed forthwith.

'The Palace Hotel (Chail), Hotel Geetanjali (Dalhousie), Hotel Baghal (Darlaghat); Hotel Dhauladhar, Hotel Kunal Dharamshala, and Hotel Kashmir House (Dharamshala); Hotel Apple Blossom (Fagu), Hotel Chandrabhaga (Keylong), Hotel Devdar (Khajiar), Hotel Giriganga (Kharapatthar), Hotel Meghdoot (Kiarighat), Hotel Sarvan (Kullu); Hotel Log Huts, Hotel Hadimba Cottage, and Hotel Kunzum (Manali); Hotel Lihagsa (Mcleodganj), The Castle (Naggar), and Hotel Shivalik (Parwanoo) will be closed by this Monday, as per the order, news agency PTI reported. The corporation submitted occupancy figures for the past three years for its 56 hotels, following the court's previous order. On Tuesday, the court said keeping these properties operational is a burden on the state exchequer. It noted the state is facing a financial crunch, as reflected in cases related to finances brought before the court.

Baba Bageshwar Calls For 'Vande Mataram' In Temples And Mosques To Identify **True Patriots**

New Delhi: Acharya Dhirendra Krishna Shastri, the Peethadhishwar of Bageshwar Dham, on Thursday proposed that the national song "Vande Mataram" be sung after the Aarti in both temples and mosques. He believes this practice would help identify true patriots and differentiate them from anti-nationals.

'In temples and even in mosques, Vande Mataram should be sung. If this is implemented, it will clearly show who are true patriots and who are anti-nationals," he told to ANI.Shastri further added that this initiative would not only instil patriotism but also bring clarity to the intentions and loyalties of people,Shastri said that such steps could foster national unity and strengthen bonds among citizens, transcending religious barriers."This Hindu spirit is growing and becoming a unique identity. There is a surge of fervent Hindus, reminiscent of the atmosphere during the time of independence. The current environment is one of Hindu unity. People are excited and participating enthusiastically. We feel truly revitalised," he added.Addressing the issue of religious conversions among Adivasis, Acharya rejected the term "Adivasi" and suggested referring to them as "Anadiwasis" to highlight their timeless connection to Indian culture."We want to give them a new identity. They are not just Adivasis; they are Anadiwasis--eternal members of this land who have always been with us. They stood with Bhagwan Shri Ram and are from Mata Sabari's lineage. These are remarkable people, and they must be honoured and included," he said, ANI reported.

Over 17,000 WhatsApp accounts blocked in crackdown on digital arrest fraud

NEW DELHI:In a crackdown on digital arrest frauds, the Ministry of Home Affairs (MHA) has blocked over 17,000 WhatsApp accounts. According to sources, most of these accounts were traced to countries like Cambodia, Myanmar, Laos, and Thailand, where they were allegedly being used for cyber fraud. This action, taken by the Home Ministry's cybercrime coordination centre, is based on complaints filed by victims through online platforms. The Home Ministry reviewed the complaints, flagged suspicious accounts, and directed WhatsApp to block these numbers. The development comes after an investigation by India Today exposed fraudulent call centres operating out of Cambodia, Myanmar, and Laos. The fraudsters mostly operate from call centres situated in Chinese casinos in Cambodia.The investigation has also revealed how human traffickers are luring Indian citizens to Cambodia with the



promise of jobs, and then they are forced to carry out online financial scams and cyber crimes. Digital arrest' involves fraudsters impersonating law enforcement officials to deceive gullible people and pressuring them to transfer large sums of money. The scammers, posing as CBI agents, income tax officers, or customs agents, intimidate the victims by falsely accusing them of illegal activities.Recently, Prime Minister Modi also issued a warning to the public regarding this scam, urging them to report any such incidents to the cyber helpline.Sources in the Home Ministry's cyber wing said scammers were siphoning off around Rs 6 crore every day through digital arrest frauds. In the first 10 months of this year alone, scammers have siphoned off Rs 2,140 crore. Till October, the cyber wing has reported 92.334 cases related.

Even Ajmal Kasab got fair trial: Supreme Court to CBI in Yasin Malik's case

NEW DELHI: Even 26/11 Mumbai attack terrorist Ajmal Kasab was given a fair trial, the Supreme Court observed while hearing an appeal by the Central Bureau of Investigation (CBI) challenging a Jammu court order asking Kashmiri separatist leader Yasin Malik to appear in person. Yasin Malik is the main accused in the killing of four Indian Air Force personnel near Srinagar in 1990 and the 1989 kidnapping of Rubaiya Sayeed, the daughter of then Union Home Minister Mufti Mohammed Sayeed. The court asked Solicitor General Tushar Mehta to explore the possibility of holding proceedings inside Tihar Jail, where Yasin Malik is currently held. Mehta responded that he would seek instructions on the matter. He emphasised that Malik could not be taken to Jammu for trial, citing concerns over the safety of witnesses. The Solicitor General informed

will cross-examination be done online? Connectivity in Jammu is hardly reliable

No shelter for homeless as Winter Action Plan falls flat in Delhi

NEW DELHI: Despite the Delhi government's recent launch of a winter action plan aimed at supporting the homeless, significant gaps in infrastructure persist, particularly in areas around AIIMS.A daily occupancy report by the Delhi Urban Shelter Improvement Board (DUSIB) listed 35 tents with a combined capacity of 350 people near AIIMS. However, a spot check on Wednesday revealed that none of these tents had been erected, leaving many homeless individuals exposed to the cold and dangerous air pollution. The area around AIIMS is already a hub for families of outstation patients who are seeking medical treatment but are unable to afford nearby accommodations. As a result, many people end up sleeping on footpaths, under flyovers, or in other open spaces. A representative from the agency responsible for the tents mentioned that about 10-12 tents, with a total capacity of 800, would be set up the next day. "Our total capacity will not be enough to accommodate the thousands of people in need of shelter around the hospital, but we lack proper space to set up additional tents," he said.

During the pandemic, a permanent shelter structure in the area had provided accommodation for up to 250 homeless individuals, but it has since been removed.In the absence of adequate shelter, individuals are forced to endure harsh conditions. Night-time temperatures have dropped to as low as 11°C, and the already dangerous air quality, worsened by traffic congestion and dust on the main roads, poses a significant health risk to those sleeping outdoors. The government's winter action plan to support the homeless includes setting up 200-250 waterproof, fire-retardant pagoda tents to accommodate around 2,000 people.

Ground reality: Noble ideas, no action plan

The government's winter action plan to support the homeless includes setting up 200-250 waterproof, fireretardant pagoda tents to accommodate around 2,000 people. This is supposed to supplement the 197 shelters already operated by the Delhi Urban Shelter Improvement Board, which currently house 7,092 individuals.

The initiative is backed by a Rs 3 crore budget and runs from November 15, 2024, to March 15, 2025. Additionally, 16 teams are to be formed to operate between 10 pm and 4 am, rescuing homeless citizens from open spaces and transporting them to shelters or hospitals.

The CBI has challenged Jammu court's order, arguing that Yasin Malik's physical

appearance could disturb the situation in Jammu and Kashmir and put

witnesses at risk.



the bench that Malik had insisted on appearing in person and refused to engage a lawyer.

Mehta also presented a photograph of Malik sharing a stage with Hafiz Saeed, the founder of Lashkar-e-Taiba, and argued that Malik was not an ordinary accused. The bench raised concerns about conducting cross-examinations online, noting, "How

The court remarked, "In our country, a fair trial was given even to Ajmal Kasab," and asked the Solicitor General to provide details on the number of witnesses in the trial.Yasin Malik is serving a life sentence in Delhi's Tihar Jail for a terror funding case. In 2022, a court handling Terrorist and Disruptive Activities (Prevention) Act cases directed Malik to appear in person. The court scheduled the next hearing for November 28 and allowed the CBI to amend its petition to include all accused as respondents.

The CBI argued that under Section 268 of the Criminal Procedure Code, a state order can restrict a prisoner from being removed from prison to attend court. It claimed the Additional Sessions Judge committed a serious error in allowing Malik's physical appearance despite this provision.

Chief Of Defence Staff Anil Chauhan **Highlights 3 Key Trends In Modern Warfare**

New Delhi:General Anil Chauhan, Chief of could involve humans versus Defence Staff (CDS), addressed an audience at the International Centre on Wednesday, highlighting the transformative changes in modern warfare driven by technological advancements.Speaking at the C.D. Deshmukh Auditorium, he elaborated on the evolving nature of warfare and India's preparedness for future conflicts.

CDS Chauhan identified three major technological trends reshaping future warfare: robotics and automation, celerity (speed and velocity), and the intelligentisation of warfare."Warfare has always been a contest between humans. One may be better armed, equipped with superior body armour, a sword, a lance, or a modern rifle, or possess better mobility. Yet, at its core, combat has always been between human beings," he explained.He warned of an impending shift to humanmachine warfare, stating, "We are at the cusp of a new era. While combat today remains between humans, tomorrow it

machines or even machines versus machines."Discussing the second trend, 'celerity,' he noted advancements in hypersonics, drones, and orbital defence systems."The second trend I've identified is celerity, which relates to velocity and speed. This is being driven by technologies like hypersonics--glide and cruise-fractional orbital systems capable of circling the globe, and stealth technologies. Small cross-section drones, often deployed in swarm formations, are becoming armed,

invisible, inaudible, and undetectable -- making them untargetable," he said.He further highlighted the third trend of "intelligentisation," focusing on the digitisation of the battlefield through artificial intelligence and other advanced technologies."The third change is the intelligentisation of warfare,



encompassing artificial intelligence, machine learning, big data, large language models, supercomputing, and edge computing. The result is the pervasive digitisation of the battlefield," he said. Stressing the need for adaptability, he called for a "resilient and layered defence" system."You could be targeted anywhere in the world, creating what can

be termed as ultimate non-linearity in warfare. This paradigm shift demands a resilient, layered defence, particularly in air defence," he added.CDS Chauhan also emphasised the importance of breaking away from the "catch-up game" with advanced militaries.

We aim to enter the third revolution in military affairs alongside the world's advanced militaries. Achieving this will require a shift in mindset and new thinking within the armed forces," he stated.He concluded by highlighting the shift from "net-centric warfare" to "data-centric warfare.""What we are witnessing is a gradual transition from net-centric warfare, which focused on information superiority, to data-centric warfare, where cognitive superiority in decision-making is paramount. The Chinese have described this as a move from information warfare to intelligent warfare, and from net-centric warfare to data-centric warfare," he said.

to shrink

quickly

HEALTH



here is a plethora of information on the internet on how to lose those extra kilos. Belly fat remains a pain point, as no matter what you do, it is difficult to get rid of. While many somehow manage to lose weight, the stubborn belly fat often refuses to budge.

Eating fibre and protein-rich food and cutting high-fat and sugary treats is often recommended for fat loss, but it's always a good idea to include some exercises in your routine. In case you have a busy schedule, mini-workouts can be extremely helpful.A new research has highlighted the importance of micro walks, deeming them even more beneficial than longer walks. This small study published in Proceedings of the Royal Society B involved 10 participants who walked for varying lengths of time, including short bursts with breaks lasting several minutes, and walking longer durations of up to four minutes. Researchers from the University of Milan discovered that when people walked in stints of 10 to 30 seconds, taking in breaks, they used more energy and burned more calories than continuously walking the same distance. There are The classic go-to exercise for toned belly is crunches. several types of workouts that can help with weight loss, including aerobic exercise (brisk walking, biking, swimming, and dancing) high-intensity interval training (HIIT), strength training using weights, resistance bands, spinning, yoga, pilates, jumping jacks, mountain climbers, burpees, rowing, jumping rope, cross training, and kickboxing. The number of calories you burn depends on the exercise you do, how hard you work, and other factors as well. However, there are a certain type of exercises that help one loose the belly-fat faster. Though spot reduction is not possible, while losing weight, you can certainly incorporate some exercises that help tone abdominal muscles and thus gradually reduce fat Yes, yes, Russian twists might around the belly.

sets of mini workouts can fit easily into your everyday routine. Let's get ready to burn those stubborn belly fat, tone that core, and feel great! Grab some water, find a mat, and a towel. Let's begin the fitness journey!

belly fat

Burpees

7 mmi-workouts

Burpees are the best way to work out your entire body. All the jumping action will help you to burn the overall fat. Burpees work well on your belly fat, however, the trick is in the consistency.

Cardio Blast

Cardio exercises are the quintessential way to fat loss. It is best to incorporate 15 minutes of cardio into your everyday workout routine. If you are a gym person, you can use the cardio machines. Outdoor exercise lovers can go for running, cycling, or dancing. Make sure to maintain the high-intensity activity for 15 minutes.

Crunches

Crunches are the most effective workout for burning abdominal fat. By performing crunches regularly, you can engage your core, strengthen your midsection, and increase your overall calorie burn.

Mountain climbers

To burn the stubborn belly fat, you need to engage your core muscles. Mountain climbers target belly fat. This exercise works on your whole body, by engaging multiple muscle groups, including your core, arms, and legs. Mountain climbers also improve cardiovascular fitness.

magic. This exercise enhances your obliques and muscle definition. Though it might take a few days to get the hang of it, Russian twists are great for core strengthening. You can elevate the Russian twists with medicinal balls or weight plates.

Inclined Running

Running has its own benefits, but when burning belly fat is your goal, go for an inclined run. Running helps with improving your cardiovascular health. You can choose to go on a run, either on the treadmill or on a trek.

Plank

No matter how easy it might sound, planks are not so simple. They work on your whole body. Hold the plank position anywhere between 30 seconds to 1 minute. The only thing to keep in mind is to ensure your body is in a straight line. Remember that in any kind of weight loss, the 80/20 rule is applicable. 80 percent constitutes your diet, and 20 percent your exercise. Excess sugar intake is a major cause of weight gain in many people. Cutting processed

sugar in your diet can be beneficial in achieving a toned belly. A healthy lifestyle comprising of a clean diet and lifestyle choices can help you in getting those washboard abs.



Whether you're a beginner or just short on time, these

Russian twists

seem a bit too much, but trust us, this exercise works like

it shoes to From warming up 5 safety rules to follow while

Talking is one of the simplest and most beneficial exercises we can do daily, but like any physical activity, it's very much important to prioritise safety. A safe, effective walk isn't just about moving your legs; it's about choosing the right shoes, warming up properly, and being careful of your stride and form. Here's a guide on 5 essential safety rules to make our walk a healthier, safer experience.

Choose the right shoes

Your shoes are the foundation of a safe walk, and not all footwear is created equal for walking. Look for shoes that provide proper arch support, cushioning, and stability. Walking shoes should be slightly flexible at the ball of the foot to allow natural movement but not overly loose, as they could cause ankle strain. Avoid flat, unsupportive shoes or shoes with high heels; these can lead to joint discomfort or even injury over time. Also, consider trying on shoes later in the day when your feet are more swollen to ensure a true fit.

Don't skip the warm-up

A quick warm-up before walking can prepare your muscles and joints for the activity, reducing the risk of injuries like pulled muscles or cramps. Try starting with



some gentle ankle rolls, calf stretches, or even a minute or two of brisk marching in place. Focus on activating your legs, hips, and lower back muscles to improve flexibility and circulation. This short warm-up will prepare the body for increased movement, making each step feel smoother and more comfortable.

Maintain the right stride

An overly long stride helps us walk faster, but it can actually put more strain on our muscles and joints. The key to a safe, effective stride is to keep your steps at a natural, comfortable length. Focus on landing your foot underneath your body rather than reaching out too far with each step. Shorter strides reduce the impact on your joints and make it easier to maintain a steady, comfortable pace, preventing unnecessary stress on your knees and hips.

Pay attention to your walking angle

Walking posture plays a huge role in avoiding strain and injuries. Ideally, your head should be up, shoulders relaxed, and your gaze should be about 10 to 20 feet ahead. Avoid slouching or leaning too far forward, as this can create tension in the neck, shoulders, and lower back. Instead, keep a slight forward lean from your ankles-not from your waist-to help move you forward naturally.

Stay aware of the surroundings

Safety during walking isn't just about physical form; it's also about being alert to your surroundings. Whether you're in a busy urban area or a quiet park, pay attention to obstacles like uneven sidewalks, puddles, or cyclists. Avoid distractions like checking your phone or wearing both earbuds if you're on a busy street. Staying mindful of what's around you helps you react quickly to any unexpected situations, making your walk both safe and enjoyable.

BUSINESS

Flare-up in tension between Russia, Ukraine pushes up gold prices

MUMBAI: Gold has reversed the losing streak it saw after the conclusive win that Donald Trump made in the recent US presidential polls, after the flare-up in the 1,000-day-old war that Russia has been waging on Ukraine. The immediate trigger for the rally in gold price is the fear in the Western capitals that Kiev firing long-range US-made ballistic missiles deep into a Russian military base on November 19 may force Moscow to use nuclear weapons on Ukraine. The Ukrainian attack came on the same day President Vladimir Putin lowered Russia's threshold for the use of nuclear weapons in case Nato-supplied more tactical weapons were used against the Kremlin or its close ally Belarus, which could be eligible for a nuclear strike back from Russia.In the run-up to the US polls, gold had scaled to record high of over 2,750/ounce dollar but as soon it became clear that Trump was on his way to a second office in White House, price crashed and lost over 6% since then. But the Russian-Ukraine war flare up has already reversed half of that.Back home, this wedding season is one of the biggest with 18 most auspicious days and as many as 4.8 million marriages are set for this season, up from 3.5 million last year, which are going to see spendings to the tune of Rs 6 lakh crore, up from 4.25 lakh crore last year. Of the total spending, 15% are likely to be on jewellery alone."Gold prices have seen a shift towards safe-haven demand following a significant weekly decline and a sixday losing streak amid rising geopolitical tensions. This was further supported by declining US treasury bond yields, which prompted profit-taking in the dollar, benefiting gold," S Abdul Nazar, a national director at All India Gem and Jewellery Domestic Council, told.

Advent International Eyes **Controlling Stake In VIP** Industries, Promoters **Revive Sale Talks**

NEW DELHI: Global private equity firm Advent International is reportedly in advanced discussions to acquire a controlling stake in VIP Industries, a listed luggage and travel accessories manufacturer. According to a report by Mint, this development revives sale discussions initiated nearly a year ago by the Dilip Piramal-led promoter group.



'The deal has been revived, and Advent is the front-runner," the report quoted a source, noting that negotiations remain inconclusive and could still fall through. The promoters, holding a 51.74% stake in VIP

Industries, have reportedly put their entire stake up for sale. This move could trigger an open offer, as mandated by regulatory guidelines. As of the September 2024 quarter, the promoter stake is valued at approximately Rs 3,379 crore, based on the company's market capitalisation of Rs 6,531.91 crore. The transaction is expected to include a 10-5% premium over the current market price of Rs

Adani Group stocks nosedive after US indictment over alleged bribery, investor fraud

MUMBAI: The Adani group counters plummeted over 22 per cent to hit lower circuits in early trade Thursday. This followed after New York federal prosecutors last night charged founder Gautam Adani along with six other key people of the group in an alleged USD 250-million bribery scheme to win solar power contracts. The collateral damage also has the lenders led by State Bank and the group's key investor GQP Partners also tanking. At 11:15

hrs, the stock mayhem is by the flagship Adani Enterprises, Adani Green Energy Adani Energy Solutions and Adani Ports losing as much as 9-22 per cent in the opening trade. While Adani Enterprises are locked in a lower circuit down by 21 per cent, Adani Green Energy is down by 19 percent, Adani Energy Solutions tanked 20 per cent to hit the lower circuit at Rs 697.25 and Adani Ports tumbled by



19 per cent. Ambuja is down by 11 percent, ACC cracked by 10 percent.

Moody's Ratings in a quick commentary said, "The indictment is credit negative for the Adani group companies. Our main focus when assessing the group is on the ability of its companies to access capital to meet their liquidity requirements and on its governance practices."On Wednesday a New York federal court prosecutors charged Gautam Adani and

six other key officials with participating in an alleged USD 250 million bribery scheme to secure solar energy contracts in the country. The indictment, filed in Brooklyn, New York, accused Adani, along with Sagar Adani and Vineet Jaain and others of orchestrating an elaborate scheme involving false statements to US investors in violations of federal laws.

The allegations also include bids to obstruct justice by deleting electronic evidence and

misleading the Justice Department, the Securities and Exchange Commission, and the FBI. In addition to the criminal charges, the SEC has filed a separate civil lawsuit. The indictment has hit Adani Group's international securities as well, with its dollar-denominated bonds falling sharply.On the other hand stocks of the lenders to the group also suffered sharp declines. Its key lenders include State Bank of India, ICICI Bank, Axis Bank,

Yes Bank, IndusInd Bank, IDFC First Bank, Bank of India, RBL Bank, Central Bank of India, Union Bank of India, IDBI Bank and REC. The shares of these lenders are trading 4-8 percent down.After the Hindenburg report in January 2023, several domestic banks and financial institutions had publicly disclosed their exposure to the Adani Group. At the time, LIC revealed an exposure of Rs 35,920 crore, consisting of Rs 30,130 crore in equity and Rs 5,790 crore in debt. SBI has a total exposure of around Rs 27,000 crore to the conglomerate, Axis Bank has Rs 9,220 crore and PNB and REC have Rs 7,000 crore each.Another collateral damage is GQG Partners which fell by 10 percent. The investor made good out of its billions of investment in Adani group after they were up for song following the Hindenburg allegations in January 2023. The airports and ports to the edible oil group have 10 listed companies including two cement makers which it bought out in 2022.

First half slowdown behind us, private spends back in full swing: RBI bulletin

MUMBAI: Even as admitting that the global economy is lurching towards protectionism with Donald Trump getting back to White House with more radical plans. The in-house economists at the Reserve Bank believe that the domestic economy is insulated from all these headwinds and is on course for a strong growth this fiscal and that the slowdown seen in the first half of the fiscal are behind us. The bulletin, at the same time, also warns against going soft on inflation saying this can scupper all the hard earned gains made in recent years saying uncontrolled price rise can undermine prospects of real economy if allowed to run unchecked. In an article edited by the deputy governor Michael Debabrata Patra and his team of

economists as their personal views, and

published in the RBI November

bulletin on Wednesday, they said "the slack in speed (of GDP growth) observed in the second quarter of FY25 is behind us as private consumption is back to being the driver of domestic demand with festival spending lighting up real activity in Q3. And that the medium-term outlook remains bullish as the innate strength of the macro fundamentals reasserts itself."The

PLI disbursement negligible in Fy25

NEW DELHI: The disbursal of payments under the Productionlinked Incentive Scheme (PLI) has been negligible in the current financial year, and the government is clueless about the reasons why companies are not claiming the benefits.Government



corrections with relentless hardening of the US dollar and equities being under pressure from persistent portfolio outflows on one hand on the other October saw a massive spike in inflation with food prices on the boil again. The article attributed the lacklustre private investment in the first half to subdued corporate earnings. "Yet moderation in staff cost growth and rise in non-operating income boosted net profit even after excluding the moribund oil & gas sector and the high performing financial services sector," they said. The authors go onto note that "private consumption is back to being the driver of domestic demand, although with mixed fortunes," with festival spending has lighted up real activity in the third quarter.

bulletin also notes that domestic

financial markets are seeing

disbursement from annually to quarterly to reduce delays in processing of claims. However, sources say that even the quarterly disbursement has found not many takers. The government is now hoping that claims would come in the last quarter (January-March) of the year. Industry

Nifty PSU Bank Index Suffers Sharpe Decline; PNB, BOB, Canara, SBI dip up to 7%

NEW DELHI: Several bank stocks came under pressure amid a broad market sell-off on November 21, exacerbated by news of US federal courts alleging bribery charges against Gautam Adani and other group executives, traders said.Public sector bank stocks saw significant declines on Thursday, with some falling up to 7 per cent.

The Nifty PSU index dropped nearly 5 per cent, weighed down by SBI, Bank of Baroda, PNB, and Canara Bank.SBI shares fell 5 per cent to Rs 761.55, Canara Bank dropped 5.4 per cent to Rs 92.52, PNB slipped 6 per cent to Rs 94.81, and Bank of Baroda led the decline, falling 7.3 per cent to Rs 219.85. The sharp drop in PSU bank stocks followed news that Gautam Adani, founder and Chairman of the Adani Group, along with other executives, faced bribery charges from US prosecutors. They are accused of allegedly bribing Indian officials with \$250 million to secure renewable energy supply contracts in India.In addition to PSU banks, state-owned financial institutions such as REC (Rs 469.25) and Power Finance Corporation (Rs 433) saw declines of 9% and 8%, respectively.Adani Green Energy, part of the Adani Group, canceled a \$600 million bond issue on Thursday after US prosecutors formally charged Gautam Adani in connection with the alleged bribery scheme.

In a regulatory filing, Adani Green Energy announced that the US Department of Justice (DOJ) and the US Securities and Exchange Commission (SEC) had filed criminal indictments and civil complaints, respectively, in the Eastern District of New York against Gautam Adani, Sagar Adani, and board member V

459.95 per share on the NSE.

'No Salary For First Year, Pay Rs 20 Lakh': Zomato **CEO Lays Out Criteria For** Chief Of Staff Job

New Delhi: Zomato founder and chief executive officer Deepinder Goyal is on the lookout for a Chief of Staff position, he said in a social media post on Wednesday. Goyal shared a detailed job description, laying out some unconventional instructions that state the candidate will not be paid a salary for the first year but will instead have to donate Rs 20 lakhs for charity. "Update: I am looking for a chief of staff for myself," his tweet read. In the notice, Goyal also specified that the chief of staff is required for the Gurugram headquarters, followed by other ideas on the job description, details and application procedure.

To begin with, the post mentioned that the candidate must be "hungry, have a lot of common sense, empathy, should be down to earth, and have zero entitlement" followed by Grade A communication skills, a learning mindset, and will to do the right thing. While the job requires the candidate to do "anything and everything" to build the future of Zomato, in return, it will offer 10 times more learning experience and the chance to work closely with Goyal and some of the smartest people in consumer tech. The most interesting part is the salary details. "There is no salary for this role for the first year. You will have to, in fact, pay Rs 20 lakhs for this opportunity. 100 per cent of this fee will be paid in the form of a donation directly to Feeding India," it said further adding that Zomato will also contribute Rs 50 lakhs to a charity of the candidate's choice. Ultimately, the candidate will start receiving the usual salary from the second year, which Goyal specified to be more than 50 lakhs. However, salary discussions will only begin at the start of Year 2.

Explaining the logic behind paying such a huge amount for a job, the notice states that people should take it as a learning opportunity or a fast-track learning programme. Interested ones can simply write a cover letter of 200 words, without the need to send any resume, it mentions at the end.

The unconventional job opportunity has already triggered a mix of praise and criticism from social media users. While some praised the chance to learn directly from a leading entrepreneur, others argued that the high fee can be inaccessible for most of the candidates.

sources told TNIE that there has been little change in the amount paid under

the scheme till March 2024.Till last financial year, the

crore, and this year the disbursement has been less than Rs 1,000 crore. Most of the claims for incentive payment have been received from electronics manufacturers."We have no idea why the companies are not claiming the benefits. In our meetings with them, no one has raised any issues as yet," said a An official said that though exports was government official on the condition of anonymity. The same official, however, said that the government is not bothered as the PLI scheme has been achieving its main targets of getting investments and employment



generation.

government had paid nearly Rs 10,000 According to government officials, total investments under the PLI scheme have crossed Rs 1.5 lakh crore, while production/sales by PLI companies had reached Rs 13 lakh crore. The investment made under the scheme has led to the generation of 8 lakh employment.

> not the main objective of the PLI scheme, it has actually resulted in Rs 4 lakh crore-worth of exports mostly electronics and smartphones. It is to be noted here that the government this year increased the frequency of

insiders attribute the reluctance to claim the incentives to the huge compliance burden. In one

particular case, smartphone manufacturer Samsung received an incentive of Rs 500 crore for FY21 in December 2023. The claims were delayed due to discrepancies found in documents submitted by the South Korean electronic major. The company got the amount paid only after it revised the claimed amount.The government started the PLI scheme with an outlay of Rs 1.97 lakh crore in 2021. The incentive is given to 14 manufacturing sectors. In the July Budget, the government increased the PLI allocation for FY25 by 33% to Rs 6,200 crore.

Jaain.Following these developments, Adani Green Energy stated that its subsidiaries had decided to suspend the planned USDdenominated bond offerings.

Meanwhile, the Indian rupee hit an all-time low on Thursday, pressured by expected foreign outflows from local stocks and a strengthened US dollar, as investors adjusted expectations regarding aggressive rate cuts by the US Federal Reserve.

The rupee fell to a low of 84.4225 during early trading, before stabilizing at 84.4150 as of 9:30 AM IST, unchanged from its previous session's close.Disclaimer:Disclaimer: The views and investment tips by experts in this News18.com report are their own and not those of the website or its management. Users are advised to check with certified experts before taking any investment decisions.

Zinka Logistics Solution share price: What does GMP suggest ahead of listing?

Zinka Logistics Solution listing: The IPO of Zinka Logistics Solution, held from November 13-18, offered shares at a price band of Rs 259-273 per share with a lot size of 54 shares.

New Delhi.Zinka Logistics Solution shares are set to make their market debut on Dalal Street amid volatility and cautious market sentiment. The last few IPOs that have listed on the stock exchanges have not been able to give investors strong listing gains and the public offering of Zinka Logistics Solution might also see a weak or decent debut.Founded in 2015, Zinka operates the BlackBuck App, a digital platform offering truck operators services like payments, telematics, a load marketplace, and vehicle financing. The IPO of Zinka Logistics Solution, held



from November 13-18, offered shares at a 24%. price band of Rs 259-273 per share with a lot size of 54 shares.

The company raised Rs 1,114.72 crore, comprising Rs 500 crore via fresh issue and Rs 564.72 crore through an offer-forsale. The IPO saw an overall subscription of 1.86 times, with strong demand from employees (9.88 times) and QIBs (2.76 times). Retail investors subscribed 1.66 times, while the NII category lagged at

PRE-LISTING VIEW OF ZINKA LOGISTICS (BLACKBUCK IPO)

Shivani Nyati, Head of Wealth at Swastika Investmart Ltd said that while the IPO has received a decent subscription of 1.87 times, the current grey market premium (GMP) of 0% indicates a potential for a flat or even negative listing."The company's strong network effects and position as a leading platform in the

logistics industry are positive factors. However, financial challenges, including ongoing losses and negative cash flow, raise concerns.

Additionally, the company's legal challenges and recent employee layoffs indicate operational difficulties. The low promoter holding further adds to investor skepticism. Given the company's financial performance, operational challenges, and the lack of a clear valuation metric, investors are advised to exercise caution," she added.

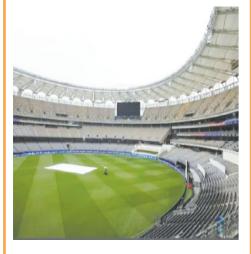
LATEST GMP FOR ZINKA LOGISTICS IPO

The grey market premium (GMP) for Zinka Logistics has dropped to zero, signalling a weak listing for investors. Earlier, the GMP stood at Rs 24 before the IPO opened. Shares are scheduled to list on the NSE and BSE on Friday, November 22.(Disclaimer: The views, opinions, recommendations, and suggestions expressed by experts/brokerages in this article are their own and do not reflect the views of the India Today Group. It is advisable to consult a qualified broker or financial advisor before making any actual investment or trading choices.)

SPORTS

NEWS BOX AUS vs IND, Perth Weather Report: Will rain affect Border-Gavaskar Trophy opener?

New Delhi. India and Australia are set to lock horns once again. The highly-anticipated Border-Gavaskar Trophy will kick off on 22 November at the Optus Stadium in Perth. The Indian cricket team, set to be led by Jasprit Bumrah, will take on Pat Cummins' Australia in the opening Test match of the series. The Optus Stadium, where Virat Kohli has a terrific record will host the first Test. Perth curator Isaac McDonald had said that they were trying to mimic the classic WACA pitch at the Optus which would have had pace and bounce on offer. However, due to untimely rains in the city, that preparation took a big jolt. It has rained in Perth in the build up to the opening Test match and rain is expected to play a part in the opening day,



and is expected to influence the toss on Friday, November 22. As per predictions, there are 25 per cent chances of rainfall on Day 1 of the Perth Test match. The showers will take place in the morning, which will make the conditions conducive to fast bowling at the Optus Stadium. PERTH WEATHER UPDATE

Apart from the opening day morning, there are absolutely no chances of rain in Perth for the rest of the Test match. There might be cloud cover here and there but the game should not face any hindrance due to the weather.

PERTH PITCH REPORT

The Perth curator had hoped that cracks would develop in the pitch as the game goes on, but that now seems unlikely. In that case, one can expect a lot of pace and bounce in the first two days of the Test match, but there on, it might turn out to be a batter's paradise. INDIA'S POSSIBLE COMBINATION

India are likely to play three pacers + one fast bowling all rounder in Nitish Kumar Reddy. At the moment, it seems like they will lean towards Jasprit Bumrah, Mohammed Siraj and Akash Deep.In that case, either Ravichandran Ashwin or Ravindra Jadeja will play as the lone spinner.

Harshit Rana can be a great asset in Border-Gavaskar **Trophy: Bharat Arun**

Perth Test: IPL Auction not a distraction for Australia players, says Pat Cummins

Border-Gavaskar Trophy: Australia captain Pat Cummins expressed confidence that his players won't be distracted by the IPL auction, which will coincide with Days 3 and 4 of the Perth Test.

New Delhi. Australia captain Pat Cummins said the Indian Premier League (IPL) mega auction will not be a distraction for his team during the first of the much-awaited five-Test series against India at home. The series opener in Perth clashes with the IPL auction, which will be held on November 24 and 25 in Jeddah. The broadcasters have ensured that the two big-ticket events don't clash as the first day of the IPL auction will get underway after the end of the third day's play in



Perth.However, Australia will be without their assistant coach Daniel Vettori, who was granted permission to leave the Perth Test and be at the auction with SunRisers Hyderabad.Cummins backed Australia's decision to allow Vettori to join the auction and said his players will be focused on the job in hand in Perth Test. Yeah, I think he is there in the auction. I don't think so (it will be a distraction). Dan has flown over there, but he has been here for the whole prep. Done all the meetings, done all the chats, watching it. We came to know that anyway," Cummins told the press in Perth on the eve of the first Test.

"So, for the players, I don't think so. Most of these guys have been there in the auctions before. They know they can't really do

anything. You are a sitting duck and seeing whether you get selected or not. It doesn't ... doesn't make a difference to how we go about the first two days. It is not a distraction as far as I can see it," he added.

Pat Cummins and Travis Head were the only two Australian players who were retained on the deadline day. Most of the players from Australia's 13-man squad, including Steve Smith and Mitchell Starc, are part of the auction pool. The clash of dates could have been avoided as there was a nine-day gap between the two Tests.

Former Australia captain Ricky Ponting called it the 'worst possible scenario'. Ponting, who will be coaching Punjab Kings in IPL 2025, and Justin Langer, who is in charge of Lucknow Super Giants, will fly out of Perth after completing their commentary duty on Day 1. Ponting also highlighted that players from both teams are part of the auction pool and it might serve to be a distraction.

"We for the last couple of months felt that it was probably going to be in the gap between the Test matches. It takes all the pressure off the players from both teams, there's a lot of players in both teams in the auction," Ponting told Australian media.

Virat Kohli is ready for Australia challenge, don't want to jinx him: Jasprit Bumrah

Germany wins both singles matches to top Canada, reach Davis Cup semifinals one."

MALAGA: Germany kept alive its hopes of winning the Davis Cup for the first time in more than three decades by beating Canada in Wednesday's quarterfinal.Jan-Lennard Struff rallied to defeat Denis Shapovalov 4-6, 7-5, 7-6 (5) and clinch the victory in the second singles match of the tie. Daniel Altmaier had given Germany the first point with a 7-6 (5), 6-4 win over Gabriel Diallo.Germany will next face the Netherlands on Friday for a spot in the final. The Dutch defeated Spain 2-1 on Tuesday in a tie that marked Rafael Nadal's retirement from professional tennis."It was very close. Just happy to get it over the line," Struff said. "We are in the semis now. We are very happy. Let's look forward to Friday."In the last two quarterfinals this year, the United States faces Australia and defending champion Italy takes on Argentina. Both ties will be on Thursday.Germany had last made it to the semifinals in 2021. It lifted the last



of its three Davis Cup trophies in 1993. Canada's lone title came in 2022, when Struff also defeated Shapovalov in three sets in the quarterfinal round."Definitely very disappointed for the team. I feel like I let them down. I felt like I had the match in my hands, had a lot of chances," said Shapovalov, who had 27 aces and 13 double faults in Wednesday's loss. "It just slipped away from me, so it's definitely a tough in the first singles on Wednesday, Altmaier served 10 aces against nine from Diallo. The German had only one double fault against six of his opponent."I haven't played a Davis Cup match throughout the whole year, and then right away playing in such an important match which is to lead the tie, so I'm really happy (with) the way I could handle it mentally," Altmaier said.Diallo said he wasn't "as loose" as he

wanted."It was quite patchy," Diallo said. "Some bits and pieces, moments where I was playing well, moments where I was a little bit more scrappy. But sometimes that's how it goes. Sometimes the moment gets a little bit to you. Today in some moments it got to me, and I didn't manage to find my rhythm and find my strides to get a win."Both nations were without their topranked players — No. 2 Alexander Zverev for Germany and No.



New Delhi. India captain Jasprit Bumrah issued a warning notice to Australia, saying Virat Kohli is warming up for the Border-Gavaskar Trophy well and that the star battler looked in good shape during the preparation. Bumrah addressed the press conference on the eve of the first Test, exuding a lot of confidence as the stand-in captain of the team.Jasprit Bumrah played down concerns around Virat Kohli's recent form, talking up the impact that he has had in Australia. The fast bowler, who will lead India for only the second time in his career, recalled playing under Virat Kohli when he toured Australia the first time.

Virat Kohli headed to Australia with concerns surrounding his form. He managed just 93 runs in three Tests against New Zealand in the series in which India were blanked 0-3 in a shocking result at home."I don't have to say anything about Virat Kohli, the batter. He is one of the greats of the game. I don't need to give him any special input. He is the utmost

Mohammed Shami slams Sanjay Manjrekar in Insta post over IPL auction prediction

New Delhi. India pacer Mohammed Shami has snapped back at Sanjay Manjrekar for his IPL comment. Shami took to Instagram to hit out at Manjrekar and sarcastically asked him to keep it to himself. Shami's post came in relation to Manjrekar predicting that the pacer's value will see a sharp decline in the Indian Premier League 2025 megaauction.Shami posted an Instagram story on Thursday morning, November 21, a day before the Perth Test match. Shami wrote that Manjrekar should keep his knowledge to himself and save it for the future."Baba ki jai hoooooo. Thoda sa gyan apne future k lie bhi bacha loo kaam ayega Sanjay G? Kisi ko future janna ho to sir se mile," Shami posted on his Instagram story. Earlier, Manjrekar had predicted on Star Sports that Shami would see a drop in his value owing to his injury history in the recent times. Shami recently returned to competitive action after a year's break due to his ankle injury. Shami had to undergo a Shami was the purple cap winner in his last

New Delhi. Brave and tall Harshit Rana can be a great asset in Australian conditions, said former India bowling coach Bharat Arun. Speaking to RevSportz ahead of the Border-Gavaskar Trophy. Bharat Arun highlighted that Harshit Rana's ability to extract bounce in the Australian pitches might prove to be useful for India.Rana is in the reckoning for a debut in the tour of Australia. Due to the absence of Mohammed Shami and given that the Test series is 5 matches long, India are expected to rotate their bowlers. Rana might be given a chance as the 4th pacer in the opening Test match, due to bouncy conditions in Perth.So



what is Harshit Rana's standout attribute? Bharat Arun felt that it was his confidence. "His confidence. He is very sure of his ability and isn't scared of the big stage. He is a tall bowler and he will be able to generate bounce. What goes in his favour is also his ability to get movement. Someone who gets bounce and movement is rare, and in Australian conditions, he can be a very useful bowler for India. Having seen him very closely, his confidence is something that has stood out for me," Bharat Arun told RevSportz.

Harshit Rana's rise has been metoric since his incredible campaign in the Indian Premier League. Rana took 19 wickets for KKR in the 2024 season of the competition and played a big hand in the team's title win. The pacer had to go to the National Cricket Academy to work on his strength and conditionin before the Australia series.

India's Squad vs Australia

Rohit Sharma (c), Jasprit Bumrah (vc), Yashasvi Jaiswal, Abhimanyu Easwaran, Shubman Gill, Virat Kohli, KL Rahul, Rishabh Pant, Sarfaraz Khan, Dhruv Jurel, Ravichandran Ashwin, Ravindra Jadeja, Mohammed Siraj, Akash Deep, Prasidh Krishna, Harshit Rana, Nitish Kumar Reddy, Washington Sundar.

surgery after the ODI World Cup 2023 final in Australia."There will definitely be interest from teams, but given Shami's injury history-and this recent one took a significant amount of time to recover-there's always a concern about a potential breakdown during the season. If a franchise invests heavily and then loses him mid-season, their options become limited. This concern might lead to a drop in his price tag," Manjrekar said on Star Sports.

highest wicket-taker having scalped 28 wickets from 17 innings at an average of 18.64 and an economy of 8.03. Hence, the speedster will be on the radar of several franchises especially after a breathtaking campaign in the ODI World Cup as well where he again finished as the highest wicket-taker with 24 wickets to his name.Meanwhile, after a brilliant comeback in the Ranji Trophy, Shami has been named in the Bengal squad for the Syed Mushtaq Ali Trophy (SMAT) 2024-25 as well.

The fast bowler's fitness will be further assessed by the BCCI (Board of Control for Cricket in India) in the tournament set to begin from November 23. The medical staff and the national selection committee want Shami to play a few more matches before taking the flight to Australia to see how his body is holding up after playing multiple matches even if it's a white-ball game. Hence, the speedster has shown great progress and will be soon put on a flight to Australia.

professional. He is one of the leaders. I made my debut under him. He knows what he is doing. Okay, one or two series, here and there, can up and down," Jasprit Bumrah said on Thursday, November 21."But, the confidence he has at this moment, I have no doubts about how he has prepared. He is looking to contribute. The signs are ominous, I don't want to jinx it by saying anything else, but he is looking in very good shape,." he added.Virat Kohli hasn't enjoyed the best of forms in Tests in 2024, but he will look to take confidence from his past success in Australia. Kohli scored six hundreds in 13 Tests at an average of 54.Kohli looked confident in similarly bouncy and pacey conditions in South Africa earlier this year. The batting superstar has been in the spotlight ever since he arrived in Perth. A group of Australian newspapers put Kohli on the front page of a special issue, talking up his popularity and exploits. Former Australian cricketers have lavished praise on Kohli and warned against poking the former captain.India will need Kohli to step up and deliver in the Perth Test as they will be without captain Rohit Sharma and No. 3 star Shubman Gill

Pakistan focusing on Champions Trophy: Newly appointed Aaqib Javed outlines goals

New Delhi. Pakistan cricket team are now focusing on Champions Trophy, set to be played early in 2025, said newly appointed white-ball coach Aaqib Javed. Javed took over from interim coach Jason Gillespie under whom Pakistan beat Australia in the ODI series.Speaking ahead of the tour of Zimbabwe, Javed said that his goal was to make a settled squad in the white-ball team which could play in the Champions Trophy. Pakistan are expected to host the tournament in 2025, however there is no confirmation of the schedule from the International Cricke Council due to BCCI's issues with travelling to the country. Our main focus at the moment is on ODI cricket ahead of the Champions Trophy," Aaqib Javed said in a press conference ahead of the white-ball tour of Zimbabwe

"You'll see a settled team in this format. You'll see changes in the T20I format. We plan to give new players chances in the Zimbabwe series. It is a message and opportunity to the new players to take the chances they've been given. If you don't give new players chances,

you'll never get the opportunity to improve your bench strength.Javed credited the side under the captaincy of Mohammad Rizwan for their 2-1 win Down Under. This was Pakistan's first ODI series win in over a decade in Australia."Australia has never been an easy tour. When the team went, if we had said we were going to win the series, people would have thought it impossible. Under the new captain [Mohammad Rizwan], they showed the world they could do it after 22 years [by winning 2-1]. They also had chances in the three T20Is, but if you don't avail your chances, you won't win,' Javed concluded.Pakistan's Zimbabwe tour will starts with the ODIs on November 24, 26 and 28 followed by the T20Is on December 1, 3 and 5. All games

Pakistan's ODI squad for Zimbabwe:

will be played in Bulawayo.

Aamir Jamal, Abdullah Shafique, Abrar Ahmed Daniyal, Arafat Minhas, Haris Rauf, Ahmed, Ahmed Daniyal, Faisal Akram,



Haris Rauf, Haseebullah (WK), Kamran Ghulam, Mohammad Hasnain, Mohammad Rizwan (WK), Muhammad Irfan Khan, Saim Ayub, Salman Ali Agha, Shahnawaz Dahani and Tayyab Tahir.

Pakistan's T20I squad for Zimbabwe:

Haseebullah (WK), Jahandad Khan,

Mohammad Abbas Afridi, Mohammad Hasnain, Muhammad Irfan Khan, Omair bin Yousuf, Oasim Akram. Sahibzada Farhan. Salman Ali Agha, Sufyan Muqeem, Tayyab Tahir and Usman Khan.

PAK'S PROBLMES WITH HOSTING CHAMPIONS TROPHY

India Today has learnt that top cricket administrators are currently emphasising the importance of India's participation in the marquee International Cricket Council (ICC) tournament, given the significant following and revenue the Men in Blue bring.

The PCB has also been made aware of the financial consequences if they withdraw from the event. Pakistan has been urged to refrain from making statements against the Board of Control for Cricket in India (BCCI) and to start working towards a hybrid model to facilitate smooth planning for the eightteam tournament.

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Interrupts Her Work, Screams

THE SIKH TIMES (

Rajkumar Hirani Birthday: 3 Idiots To Dunki, Top Movies By The Filmmaker



opular film producer, director and Popular film producer, director and screenwriter Rajkumar Hirani has gifted Indian cinema timeless masterpieces that are cherished for their impactful dialogues, heartwarming storylines and unforgettable songs. His films masterfully blend emotions, hundre and how From the inonic land, Ki laughter and love. From the iconic Jaadu Ki Jhappi in Munnabhai M.B.B.S. to the uplifting All Is Well in 3 Idiots and the thoughtprovoking narrative of PK, Hirani has carved a niche like no other. Rajkumar Hirani has won numerous awards throughout his career, including several National Film Awards.On his 62nd birthday today, let's revisit some of the blockbuster films that have cemented his legacy as one of Bollywood's most popular filmmakers.

3 Idiots

This story of friendship, starring Aamir Khan, R. Madhavan and Sharman Joshi, became a cultural phenomenon. Beyond its impactful cultural phenomenon. Beyond its impactful storyline about chasing talent over success, its songs like All Izz Well, Give Me Some Sunshine and Behti Hawa Sa Tha Woh are unforgettable. 3 Idiots won three National Film Awards including Best Popular Film Providing Wholesome Entertainment.

Munna Bhai M.B.B.S.

This iconic Sanjay Dutt starrer was Rajkumar Hirani's directorial debut. Munna Bhai M.B.B.S. revolved around a lovable goon with a golden heart. Arshad Warsi, Boman Irani and Jimmy Shergill also played pivotal roles in the movie.

Lage Raho Munna Bhai

Building on the success of Munna Bhai M.B.B.S., Hirani brought us Lage Raho Munna Bhai and introduced the idea of "Gandhigiri". With Sanjay Dutt, Arshad Warsi, Vidya Balan and Boman Irani leading the cast, this movie is a classic example that proves truth is the foundation of meaningful life.

Kangana Ranaut REACTS Shah Rukh Khan's Son Aryan Khan's **Debut As Writer-Director:** 'Look Forward To His...'





lia Bhatt's daughter Raha is winning the internet A courtesy her adorable scream. Earlier this week, Alia gave a shoutout to ALT EFF aka ALT Environmental Film Festival and revealed that her production house, Eternal Sunshine Productions, is collaborating with the film festival. The shared a video featuring Alia talking about the upcoming event. Several fans noticed that Raha made a cameo with her little screamed out for her 'maa'."Hi everyone. I'm so thrilled to announce that Eternal Sunshine Productions is once again partnering with the All Living Things Environmental Film Festival for its 2024 edition. This festival is truly special. It's a celebration of films that uplift, showcase nature's resilience and remind us. How beautiful it is to protect our planet. It's an opportunity for all of us to see and feel the real impact of environmental change through powerful storytelling. With over 100 screenings across India, Alt EFF brings together some of the most compelling stories about our climate, our planet and the future shaping together. So don't miss out," she said in the video.

Alia's fans noticed that Raha had called out for her while she was recording. A distant but clear call for 'Maa' byRaha was heard. Check out the video below: Raha has been winning hearts and how lately! She was recently seen having a fun time with her father, Ranbir Kapoor. The father-daughter duo was seen attending a gathering. Ranbir held Raha close as they entered the venue. The little one appeared to be in a naughty mood and flashed big smiles as she played with Ranbir. Raha was born in November 2022. Alia and Ranbir had introduced her to the world at the Kapoor family's Christmas gathering last year. She broke the internet.

Nayanthara **On Converting From Christianity And Her Wedding** with Vignesh Shivan: 'I've Become A Hindu...'

ayanthara and Vignesh Shivan had a grand wedding in 2022 after dating for years. Initially planned at the Tirupati temple, the venue was changed last minute due to logistical issues, and the couple tied the knot at Sheraton Grand Chennai Resort and Spa in Mahabalipuram, with all arrangements completed in just ten days.Shaadi Squad, known for managing weddings of stars like Virat Kohli-Anushka Sharma and Katrina Kaif-Vicky Kaushal, organised the ceremony. Speaking in Nayanthara: Beyond the Fairytale, planners revealed that despite the venue change, the couple insisted on keeping the same wedding date. The



actress also shared her wish for a Hindu wedding after converting from Christianity to Hinduism. She said, "Because I am a born Christian, my mom always wanted to see me in that Christian attire - the wedding gown kind of a thing. But, since have become a Hindu, and we have to do a Hindu wedding, I just thought it should be like a beautiful mix of both a Hindu and a Christian wedding. So we kept it a Hindu wedding with an English touch."

Born Diana Kurien, Nayanthara changed her name when she entered the film industry. Nayanthara's wedding was attended by many top names in Indian cinema, including Rajinikanth, Mani Ratnam, Shah Rukh Khan, Atlee, Suriya, and Jyotika. The couple visited the Tirupati temple for

blessings the day after their wedding. They are now parents of twin sons, Uyir and Ulag, born via surrogacy.Meanwhile, Nayanthara has publicly called out Dhanush for suing her over the use of a BTS video from the Naanum Rowdy Dhaan sets in her upcoming documentary, Nayanthara: Beyond The Fairy Tale. In an open letter, she accused Dhanush of ignoring her request for a No Objection Certificate (NOC to include the footage in the film and levelled serious accusations at him.



film families are going beyond just wanting to wear make up, loose weight, doll and think they are actors. We should collectively uplift up the standards of Indian cinema, that is the need of the hour. and those who have resources often end up taking easiest roads. We need more people behind the cameras, good that Aryan Khan is taking road less travelled. Look forward to his debut as a writer and filmmaker. THIS 2025: NETFLIX AND RED CHILLIES ENTERTAINMENT COME TOGETHER FOR A ONE OF A KIND BOLLYWOOD SERIES PRODUCED BY GAURI KHAN, CREATED AND DIRECTED BY ARYAN KHAN. NETFLIX RED CHILLIES ENTERTAINMENT.

Meanwhile, Expressing his excitement about the project, Shah Rukh Khan shared, "We are excited to present this new series with Netflix that offers a refreshing look into the glamorous cinematic world and what it takes to succeed as an outsider. It's a unique narrative brought to life by Aryan, many passionate minds, and the team at Red Chillies Entertainment. This one's going to be all heart, all hustle, and a whole lot of entertainment."The project aims to offer a unique perspective on Bollywood, exploring themes of ambition, hustle and survival while maintaining a lighthearted tone. Fans of Shah Rukh Khan and Aryan Khan are eagerly anticipating this fatherson collaboration.