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Kejriwal continues attack on Centre over law and order in Delhi

Sanjay Kumar New Delhi, Nov 28: AAP supreme Arvind Kejriwal on Thursday intensified his criticism of the BJP-led Central Government, accusing



of failing to ensure law and order in Delhi. Addressing a press conference at party office, Kejriwal said, "There is an atmosphere of fear and insecurity everywhere in Delhi. Women feel unsafe stepping out after 7 pm and parents worry about their daughters going outside." He alleged that incidents of extortion, shootings and public

crimes have become alarmingly common under the watch of Union Home Minister Amit Shah. "The BJP and the Home Ministry have turned Delhi into a hub of extortion and violence," Kejriwal charged. While highlighting the achievements of AAP in health, education and electricity during his tenure, the former Delhi Chief Minister criticised the BJP for its alleged mismanagement of law enforcement. He added that although the Delhi Police is under the Union Home Ministry's jurisdiction, it has "failed to fulfil its responsibilities". Party leaders Manish Sisodia, Sanjay Singh and Saurabh Bharadwaj were present during the press conference. With Assembly polls due in February, AAP and the BJP have been at loggerheads over law and order situation in the national capital.

Hemant Soren takes oath as Jharkhand Chief Minister

Simmi Kaur Babbar

Ranchi, Nov 28: Hemant Soren took oath as 14th Chief Minister of Jharkhand in a grand ceremony in Ranchi on Thursday. The swearing-in ceremony was attended by a host of prominent political leaders, including Congress president Mallikarjun Kharge, Leader of Opposition Rahul Gandhi and West Bengal Chief Minister Mamata Banerjee. Jharkhand Governor Santosh Kumar Gangwar administered the oath of office and secrecy to Soren. This marks the 49-year-old JMM leader's fourth term as Chief Minister. Soren retained his Barhait seat in the recent assembly elections, defeating BJP's Gamlivel Hembrom by a margin of 39,791 votes. The JMM-led alliance won a resounding victory, securing 56 seats in the 81-member Jharkhand Assembly, while the BJP-led NDA secured 24 seats. Schools in Ranchi city were shut on Thursday in view of the swearing in of the Hemant Soren government. The

ceremony was attended by several key opposition leaders, including AICC President Mallikarjun Kharge, Leader of Opposition Rahul Gandhi, West Bengal Chief Minister Mamata

Mann, Himachal Pradesh CM Sukhvinder Singh Sukhu, and other key leaders like Arvind Kejriwal, Uddhav Thackeray, Akhilesh Yadav, Mehbooba Mufti, and Tejashwi Yadav. Security was heightened across the city, with traffic regulations and school closures in Ranchi to accommodate the event. Posters marking the occasion were seen throughout the city, and Hemant Soren, along with senior officials, visited the Morabadi ground the previous evening to review the arrangements. While Soren took oath alone for now, the expansion of his cabinet will take place after a vote of confidence in the assembly, as confirmed by Jharkhand Congress in-charge Gulam Ahmad Mir. "It's heartening to have such esteemed leaders join us for this important occasion," said Soren, reflecting on the significance of the event.



Banerjee, NCP Chief Sharad Pawar, Meghalaya CM Conrad Sangma, Punjab CM Bhagwant

Close behind Sambhal mosque violence, 'temple inside' claims reach Ajmer Dargah

Naresh Malhotra

New Delhi, Nov 28: A Hindu outfit's claim of the existence of a Shiva temple inside the revered Dargah of sufi saint Moinuddin Chishti in Ajmer has sparked a political controversy, with the Opposition saying that it is just a tactic of the government to divert people's attention from issues that matter. Vishnu Gupta, President of the National Hindu Army who had filed a case claiming there is a Lord Shiva temple within Ajmer's Khwaja Moinuddin Chishti Dargah shrine, on Wednesday said a local court in the city has directed that notice be issued to three parties in the civil suit. What the plea seeks: Plaintiff Vishnu Gupta said they demand that the Ajmer Dargah be declared as "Sankat Mochan Mahadev Temple" and if the dargah has any kind of registration, it should be cancelled. Gupta also demanded that a survey is done through Archeological Survey of India (ASI), adding that Hindus should be given the right to worship there. Ajmer court issues notice: An Ajmer court has ordered the issuance of

notices to three parties, including the Dargah Committee, the ASI, and the Ministry of Minority Affairs, in response to the petition claiming there is a Shiva temple inside Ajmer Dargah, Syed Naseruddin Chishty, Chairman of the All India Sufi Sajjadanashin Council



said. Next court hearing: Vishnu Gupta's advocate, Yogesh Siroja, said that the suit was heard in the court of Civil Judge Manmohan Chandel. The suit, claiming that there is a Shiva temple in the Dargah, was filed in September seeking directions to start the wor-

ship in the temple again. The next hearing is on December 20. Sambhal violence: The development comes close on the heels of violence that broke out on November 24 during a court-ordered survey of a mosque in Uttar Pradesh's Sambhal, killing four people and injuring many including policemen. A local court had ordered survey of a mosque which petitioners said was built after destroying an old temple. Owaisi says BJP-RSS spreading hatred: All India Majlis-e-Ittehadul Muslimeen (AIMIM) MP Asaduddin Owaisi targeted the Bharatiya Janata Party (BJP) and the Rashtriya Swayamsevak Sangh (RSS) over the Ajmer Dargah row, highlighting the history of the place. Owaisi said that previous Prime Ministers from Jawaharlal Nehru have sent "chadars" to the dargah which has been there for 800 years. "Why have BJP-RSS spread this hatred regarding mosques and Dargahs?" Owaisi said. Khadims' body flags concerns: A body representing the 'Khadims' of the Ajmer dargah condemned the plea seeking to declare the shrine of Khawaja Gharib Nawaz as a temple, saying right-wing forces were trying to "isolate" Muslims and "disrupt" communal harmony in the country.

Lashkar terrorist, with case in Bengaluru, deported from Rwanda to India

Mumbai/New Delhi, Nov 28: A wanted terrorist, with links to the Lashkar-e-Taiba (LeT) and a terror case filed against him in Bengaluru, has been deported to India from Rwanda, an official statement said on

Bureau, Kigali (Rwanda's capital) in central East Africa. The NIA had lodged a case against him last year pertaining to criminal conspiracy, for being a member of the dreaded terror organisation (LeT) and supporting it, slapping him with offences related to the Arms Act and Explosive Substances Act. An FIR was also lodged against Khan in Hebbal Police Station in Bengaluru city for offences of supplying arms, ammunition and explosives to carry out terror activities in the Karnataka capital. Following a request from the CBI, the NIA had got the Interpol RCN issued against Khan on August 2, which was circulated to all law enforcement agencies worldwide to track him down. He was finally geo-located in Rwanda and in collaboration with the Interpol Kigali authorities, he was brought back to India to face the law by an NIA team this morning. Last fortnight, the CBI in coordination with Interpol had geo-tracked a criminal wanted by the Mumbai Police, Barkat Ali Khan, and brought him back from Saudi Arabia (on November 14).



Thursday. He is identified as Salman Rehman Khan, wanted by the National Investigation Agency (NIA) and Central Bureau of Investigation (CBI) against whom the Interpol had issued a Red Corner Notice. Khan's return was coordinated by the NIA, CBI and Interpol National Central

High Court refuses to ban ISKCON activities in Bangladesh

ST Correspondent Dhaka, Nov 28: Chinmoy Krishna Das, a Hindu leader associated with the International Society for Krishna Consciousness (ISKCON), who faces several charges, is escorted by the police at the Chattogram Metropolitan Magistrate Court, in Chattogram, Bangladesh, November 26, 2024. Reuters The High Court on Thursday refused to pass a suo motu order on banning ISKCON's activities in Bangladesh after it was informed that the government authorities have taken necessary measures. The Daily Star said. Supreme Court lawyer Md Monir Uddin placed some newspaper reports about International Society for Krishna Consciousness (ISKCON) before the HC bench on Wednesday and had prayed for a suo motu (voluntary) order to the government to ban the organisation and impose Section 144 in Chattogram, Rangpur and Dinajpur. The court had asked the attorney general to inform the steps taken by the government regarding ISKCON's recent activities. When the proceedings started on Thursday, the attorney general's office placed the information before the HC bench of Justice Farah Mahbub and Justice Debasish Roy Chowdhury. The bench hoped that the government must remain cautious about protecting the law and order situation and lives and properties of the people of Bangladesh. The Daily Star added.

Pilot, 25, dies by suicide; boyfriend forced her to quit non-veg, humiliate her, alleges family

New Delhi, Nov 28: Female pilot of Air India Srishti Tuli-who lived at the Kanakia Rain Forest building in the Marol area-died by suicide on Monday. Tuli, 25, hanged herself to death with a data cable at her rented flat in Mumbai. Her boyfriend Aditya Pandit (27) was arrested on Tuesday after one of Tuli's relatives accused him of harassing and abusing her and forcing her to stop eating non-vegetarian food, the FIR said. According to the official from Powai police station, she was from Uttar Pradesh and had been living in Mumbai for work since June last year. She and Pandit had met while pursuing a commercial pilot course in Delhi two years ago and got into a relationship. The suicide came to light after Pandit started his journey to Delhi by car. During the drive, Tuli called Pandit saying she would end her life. Pandit rushed to Mumbai and found the door of her flat locked from inside, the official said. He then got the door opened with the help of a key maker and found Tuli hanging with a data cable. She was taken to the SevenHills Hospital, where doctors declared her dead. No suicide note was found in the house, the official said. He alleging that Pandit would harass her and even humiliate her in public.

SC issues notice to Yasin Malik, others on CBI's plea to transfer trial in two cases

Navdeep Singh Sahni

New Delhi, Nov 28: The Supreme Court on Thursday sought response from J-K separatist leader Yasin Malik and others on a plea by the Central Bureau of Investigation to transfer the trial in two cases from Jammu to New Delhi. A Bench of Justices Abhay S Oka and Augustine George Masih issued notice to Malik and other accused and directed them to file response by December 18. During the proceedings, Solicitor General Tushar Mehta told the Bench that Malik need not be physically taken to Jammu court for trial in the kidnapping case as Tihar jail has a court with video-conferencing facilities. "We have filed applications for amending the cause title. We have also placed on record the fact that there already exists a fully functional court in the jail itself with all the facilities of video conferencing also, if needed. And in the

past proceedings have taken place in that courtroom in jail," SG Mehta submitted the court. The top court was hearing a



CBI plea against the September 20, 2022 order of a Jammu trial court that directed Malik, serving life term in Tihar jail, to be produced before it physically to cross-examine the prosecution witness-

es in the kidnapping case of Rubaiya Sayeed, daughter of politician Mufti Mohammad Sayeed. Observing that even Mumbai terror attack convict Ajmal Kasab was given a fair trial, the bench had earlier said that it could order trial to take place inside the jail besides asking the judge to come to the national capital for the proceedings. Mehta had said Malik physically appearing in the Supreme Court had raised security concerns previously. In 2023, Mehta wrote to then Union Home Secretary Ajay Kumar Bhalla flagging a "serious security lapse" after Malik was brought to the Supreme Court to appear in a case. Malik, serving life sentence in a terror-funding case, was brought to the high-security apex court premises in a prison van escorted by armed security personnel without the court's permission. Voicing surprise at his presence, Mehta informed the apex court there was a procedure for high-risk convicts to be allowed into the courtroom to argue their case personally.

Constitution copy in hand, Priyanka Gandhi takes oath as LS MP

Tejinder Kaur Babbar

New Delhi, Nov 28: Holding up a copy of the Constitution, Congress leader Priyanka Gandhi Vadra took oath as a Lok Sabha MP on Thursday to begin her journey as an elected representative of the people five years after she joined active politics. The 52-year-old, who joins her mother Sonia and brother Rahul as an MP in what is a rare instance of three members of a family together in Parliament, took affirmation in Hindi. The MP from Wayanad in Kerala held up a red and black copy of the Constitution, which Rahul Gandhi has been displaying at his public meetings, as she took her oath. Dressed in a cream Kasavu saree from Kerala, Priyanka Gandhi rose to take oath amid cheers of 'Jodo Jodo, Bharat Jodo' from the Congress benches. She took oath with Congress president Mallikarjun Kharge, her mother and Congress Parliamentary Party (CPP) chief Sonia Gandhi, husband Robert Vadra, son Raihan and daughter Miraya watching from the galleries. Congress MPs earlier met at the CPP office in the Parliament premis-

es where Priyanka Gandhi was greeted and congratulated by leaders. After taking oath, Priyanka Gandhi completed the formalities and then shared a warm hug with her brother and Leader of Opposition in the Lok Sabha Rahul Gandhi. Ravindra Chavan (Congress), who won the Nanded bypoll also took oath in Marathi in the name of god. The bypoll was necessitated following the demise of his father Vasantrao Chavan recently. The House was adjourned after the oaths as opposition members came to the Well of the House and raised slogans, demanding a discussion on the Adani issue and the Sambhal violence. As MPs exited the House, leaders made a beeline to congratulate Priyanka Gandhi and on the steps of the Makar Dwar. Congress MPs gathered as Rahul Gandhi clicked a photograph of Priyanka Gandhi with the Samvidhan Sadan in the background. Priyanka Gandhi also met the Congress president after taking oath and took his blessings. She took the plunge into active politics in 2019 and was later appointed

Congress general secretary. Five years after that, Priyanka Gandhi begins her journey as an elected representative of the people. With a



winning margin of more than 4.1 lakh votes, she surpassed the tally of her brother Rahul Gandhi from Wayanad in Kerala. Priyanka Gandhi's entry into Parliament comes at a difficult time for the party, which has been jolted by

electoral defeats in Haryana and Maharashtra. It would be interesting to see if she is able to give a much-needed fillip to the grand old party and help put it back on the electoral track. Often drawing comparisons with her grandmother Indira Gandhi for their similarity in looks and way of speaking, Priyanka Gandhi has been the go-to campaigner for the party since her entry into active politics and even before that when she campaigned for her mother Sonia and brother Rahul. And more than both, she is the one who many say has the easiest touch when it comes to communicating with people, individuals and crowds, and also in articulating the party's viewpoint on a range of issues. That she is often seen with her brother, sometimes teasing, sometimes chiding and always affectionate, has added to the image of the convivial politician. Frequently referring to her childhood, the pain of her father Rajiv Gandhi's assassination and her mother's grief, she steered the Congress' campaign during the general election, adroitly walking the tightrope between striking a familial chord and discussing nation-

al-level issues. She proved to be a strategist, orator and mass mobiliser - all rolled into one. Most of her speeches are akin to a conversation with the crowd, establishing a connect and giving people the impression that here was a person who was known to them, someone sharing her feelings and thoughts with them. As star campaigner and strategist, Priyanka Gandhi helped the Congress make impressive gains in some states as well as in the Lok Sabha polls held earlier in the year. Her campaign helped the Congress get 99 seats in the general election, up from 52 in 2019. Priyanka Gandhi has often been projected as a possible challenger to Prime Minister Narendra Modi from Varanasi and also as a successor to Congress veteran Sonia Gandhi in the family pocket borough of Rae Bareilly. However, soon after the Election Commission announced the Wayanad bypoll, the Congress declared that Priyanka Gandhi would be its candidate from the seat in Kerala. Rahul Gandhi, it decided, would retain the Rae Bareilly parliamentary constituency in Uttar Pradesh and vacate the Wayanad seat he won for the second consecutive time.

Tiger killed by snare set up by poachers in Tamil Nadu's Gudalur, three arrested

NILGIRIS. A three-year-old tiger that was caught in a snare (clutch cable) died due to suffocation near a tea estate at Chelukadi reserve forest in Gudalur on Tuesday night. Estate workers noticed the carcass on Wednesday morning and informed forest department. A team led by Gudalur District Forest Officer N Venkatesh Prabhu reached the spot at 9:30 am and commenced an investigation. They suspect that poachers may have placed the snare to trap wild boars. However, the tiger got caught in it, probably on Tuesday night, and died. "Nails, skin, teeth, and other parts of the animal are intact. We have picked up three persons from Chelukadi village who have previous history of theft and housebreaking cases in the Gudalur police station limit. This is the first time they are committing the wildlife offense. We are investigating with them, and they will be arrested," an official said. "The animal may have got caught in the snare on Tuesday night since the carcass was fresh. We noticed marks in the ground as the animal struggled before it died. We will be sending organ samples to SACON and Toxicology lab in Coimbatore for analysis," the official added. Postmortem examination was carried out by veterinary assistant surgeons Rajesh of Theppakkadu and Naveen Kumar of Cherambadi, following which the carcass was burned. According to sources, a total of 112 tigers died due to various reasons across the country this year so far. Of this, three deaths were reported in Gudalur forest division. Out of the three, two tigers (male sub adult and female adult) died due to suspected poisoning in Bitherkadu on August 20.

After giving approval, BRS now opposing its establishment: Congress on ethanol factory

HYDERABAD. The ruling Congress has accused the opposition BRS of "double standards" over the ethanol factory. The ruling party claimed that the BRS, now opposing the factory, had previously approved its establishment when it was in power. The Congress also alleged that the ethanol factory was owned by the family members of former BRS minister Talasani Srinivas Yadav. Panchayat Raj and Rural Development Minister Dansari Anasuya accused the pink party of using the factory issue to stir unrest. She stated that former chief minister K Chandrababoo Naidu and former IT minister KT Rama Rao, along with the BJP government at the Centre, had given green signal to the ethanol factory. The BRS government had issued a Letter of Intent (LoI) on April 3, 2023, and allocated

18.35 TMC of water from the Kaleshwaram Lift Irrigation Scheme for the factory, the minister added. TPCC chief B Mahesh Kumar Goud alleged that the opposition party adopted anti-people and anti-farmer policies during its tenure. He clarified that the Congress government had no involvement in approving the ethanol factory and would assess its pros and cons before making a final decision. Meanwhile, former minister Talasani Srinivas Yadav said that he or his family had nothing to do with the ethanol factory. He denied the ruling party's allegations linking his family with the issue. He advised the Congress leaders to verify facts before speaking and stated that he was ready to transfer the ownership of the factory if the Congress leaders prove their allegations.



Amid low state-wide acceptance, tribal districts of Odisha lead in male sterilisation

BHUBANESWAR. Amid low acceptance for vasectomy as an alternative mode of family planning in Odisha, tribal districts have led the way in terms of male sterilisation adoption as compared to more developed and literate coastal districts. Official sources said, districts like Koraput, Rayagada and Sundargarh emerged frontrunners in male sterilisation services in the state while Khurda, Cuttack, Ganjam and Balasore lagged behind. According to the latest data, the highest 307 vasectomy cases were recorded in Koraput, followed by 282 in Sundargarh and 264 in Rayagada in 2023-24. During the same time, Khurda reported 26 cases followed by



Cuttack (28), Ganjam (69) and Balasore (80). Malkangiri and Nabarangpur performed better than some of the coastal districts with 54 and 31 cases respectively. Several districts such as Sambalpur, Nayagarh, Angul and Dhenkanal recorded vasectomy cases in single-digit

while no men came forward for the procedure in Deogarh district. Although low as compared to other states, there has been a steady growth in vasectomy adoption in Odisha - from 719 cases in 2020-21 to 991 in 2021-22, 1,569 in 2022-23 and 1,792 in 2023-24. The number of tubectomy cases, which went up from 82,152 in 2021-22 to 92,529 in 2022-23, dropped the following year with the state reporting about 79,583 cases. Additional director of family planning Dr Muralidhar Padhi said the active participation of local health workers, ASHA and anganwadi workers in spreading awareness about the benefits of vasectomy

significantly helped overcome cultural taboos in tribal areas. "Male sterilisation is low in many districts as people are shy and reluctant about it. If health workers can convince people in tribal districts for the procedure, why can't coastal districts follow the lead? It is a matter of perception," he said. Padhi informed that coastal districts performed better in the first half of this financial year due to concerted efforts by health workers. "Balasore has already conducted 235 cases of vasectomy with Remuna block topping the list with 78 cases during the April-September period. Jagatsinghpur and Kendrapara districts are also performing well."

Need regional airshed approach to improve Mumbai's air quality, recommends pan-India study

Mumbai. While the city has focused on controlling local sources of air pollution, a pan-India study has proposed that Mumbai be integrated into a coastal airshed, which includes all its satellite cities, to effectively address and manage urban and non-urban emission sources. In this process, the regional airshed will foster cooperation among the urban local bodies, which are influencing each other's air quality. An airshed is a geographic area where air pollution is measured and managed as a whole. It recognises that air pollution doesn't stop at city or state borders—pollutants can travel across regions. As a result, effective pollution management requires cooperation between cities, states, and even neighbouring countries. The newly published study, Designating Airsheds in India for Urban and Regional Air Quality Management, highlights the urgent need for a coordinated approach for effective control instead of tackling it in bits and pieces. This peer-reviewed study, published in MDPI's Air journal, recommends dividing India into 15



regional airsheds, each tailored to the specific climatic and pollution patterns of its region. This approach, the study indicates, could significantly improve Mumbai's air quality by tackling pollution from both inside and outside the city. Mumbai's air quality worsens significantly during the winter months, driven by a combination of meteorological factors and pollution sources from both within and beyond the city limits. According to the World Air Quality Report 2023, Mumbai's PM2.5 levels rose by 23% in Jan 2023 compared to the same period in 2022, making it one of the worst-affected cities

globally during the winter season. Sarath Guttikunda, lead author of the study, said: "Mumbai is a significant regional contributor to air pollution. While the city can gain considerable benefits from managing pollution within its immediate surroundings, this relationship is reciprocal; the surrounding satellite cities also stand to benefit greatly from efforts to control emissions originating in Mumbai. Coordinated management across Mumbai and its neighbouring areas could create a positive feedback loop, enhancing air quality and health outcomes for the entire Western airshed." The study identified 11 airsheds as crucial for overall air quality management, with the Indo-Gangetic Plains (IGP) and the plateau region between the Eastern and Western Ghats emerging as priority areas. The IGP alone, which accounts for 16% of India's landmass and 41% of its population, bears a high pollution burden due to extensive industrial activity, agriculture, and energy production. "While regions like the IGP bear the brunt of industrial and agricultural pollution, contrary to popular belief, coastal

cities like Mumbai have also witnessed a spike in pollution levels, particularly in winter, despite the benefits of land-sea breezes. In an urban regional airshed, the participating members would include a broad institutional setup, involving urban local bodies, state officials, ministries, and regional stakeholders. This larger collaboration is essential to addressing shared air quality issues in coastal cities like Mumbai," Guttikunda said. The study concludes by recommending the establishment of a national system that integrates both regional and urban airsheds under a centralised air quality management framework. "A centralised system would enable better coordination between cities, states, and airsheds, helping us monitor progress and ensure that everyone is working towards the same clean air goals," Guttikunda said. "Air pollution isn't just an environmental challenge—it's a public health crisis. By creating a coordinated airshed approach, we can make significant progress in improving the air quality for cities and rural areas across India," he added.

CBI books port officer in Rs 70 lakh corruption case in Tamil Nadu

CHENNAI. The Central Bureau of Investigation (CBI) conducted searches at the residences of accused persons in a bribery case in Chennai, Tiruvallur, Thanjavur and Kanniyakumari and recovered Rs 27 lakh cash and incriminating devices, and documents on Tuesday, the agency said in a statement. CBI had registered a case on October 25 against K Pugalendi, the then Senior Deputy Director of Research (P&R Cell), Traffic Department, Chennai Port Trust Authority, and five others - S Raghul Chakravarthy, M Ludwin Rajiv, R Madhan Kumar, N Mydheen Raja and Rajalingam - who serve as proprietor, working partners and mediators of Chennai-based RS Enterprises. This was based on a complaint by the Chief Vigilance Officer of Chennai Port Trust, which was later inquired by CBI. It was alleged in the complaint that Pugalendi demanded and obtained Rs 70 lakh bribe for awarding the tender for four tugs with spares and 'Annam' (oil recovery vessel) from the five other suspects in 2019 and 2020. It was also alleged that Pugalendi provided a fake order issued by the Chennai Port Trust. A case under sections for cheating, forgery and corruption, was registered against the accused. Some other outsiders and other government agencies are also involved in the allegations made by Chennai Port Trust's vigilance wing, the CBI noted in the FIR.

Safety boost: HAL Airport installs new systems

BENGALURU. To facilitate safe landing of aircraft, the HAL Airport installed a new Instrument Landing System (ILS) on its premises recently. The replacement, done after three decades, is to plan for its future growth as well as enhance the present safety standards. It had recently installed a new radio navigation system to facilitate landing of planes safely. In October, 1,301 flyers had made use of HAL Airport. An average of 12 small aircraft, military aircraft, training, VIPs and VVIPs and a few private firms regularly use it. "The flight calibration for commissioning the ILS has been completed and approvals are awaited to commission it. It costs Rs 10.55 crore," K Anbarasu, Airport Director, HAL,



told TNIE. The key components of the ILS are Localiser, Glide Path and Distance Measuring Equipment (DME). "ILS is a precision approach aid used by aircraft to land safely, especially in poor visibility. It provides accurate lateral and vertical guidance to pilots ensuring a safe and

aligned descent to the runway," Anbarasu elaborated. The system being replaced has the same features as the earlier one as both are Category-1 type. The runway visibility would be 550 m or more and the minimum decision height is 200 ft. While the Localiser provides lateral guidance by transmitting signals that help align the aircraft with the runway's centre line, the Glide Path provides vertical guidance by ensuring the aircraft descends at the correct angle, usually around three degrees. "DME provides the distance to the touchdown point on the runway," he added. Its role in enhancing safety and improving operational efficiency makes it an indispensable tool in global air transportation. In another safety addition

recently, the Doppler Very High Frequency Omnidirectional Range (DVOR)/DME, a radio navigation system used by aircraft, was replaced with a new one and commissioned on May 1, 2024 at a cost of Rs 6.12 crore. "DVOR is used by aircraft to determine their position and stay on course. DME provides the slant range distance between the aircraft and the ground station," the Director said. The DVOR and DME are essential navigational aids used in aviation for en-route navigation, approach, and departure procedures. "The DVOR provides Azimuth information (the direction to or from the station) to aircraft. This helps pilots and onboard navigation systems determine their position relative to the DVOR station," Anbarasu added.

In October, 1,301 flyers had made use of HAL Airport. An average of 12 small aircraft, military aircraft, training, VIPs and VVIPs and a few private firms regularly use it.

Karnataka HC questions state govt over withholding civic staffer's pension

The petitioner had stated that he was surviving on borrowed money, but there has been a stony silence from the side of officials.

BENGALURU. Questioning the State Government for withholding the pension and all terminal benefits to be paid to a 72-year-old employee of a Directorate of Municipal Administration till now, though he retired in 2012, the Karnataka High Court directed the state government to pay him all benefits with interest and cost. To date, the government did not conduct an inquiry into alleged charges of misconduct against him. Imposing cost of Rs 50,000 on the state government to be paid to the petitioner, Sadashivappa, residing in Thalaghattapura in the city, the division bench of Justice Krishna S Dixit and Justice CM Joshi said. "It pains us that this is not the first case where a pensioner has been put to untold hardship and cruelty at the hands of the government, which extracted his sweat if not blood for more than 33 years of service," Directing the urban development department to

sanction and release regular pension and all terminal benefits to the petitioner within two months, with interest at the rate of 1 percent per month from the day it has been withheld, the court said the interest and costs may be recovered from erring officials of the departments concerned, in accordance with the law. The court observed that since a retired employee holds his body and soul together with the periodic pension regularly paid, withholding the same amounts to suspending the means of livelihood, which offends the fundamental right to life. The petitioner had stated that he was surviving on borrowed money, but there has been a stony silence from the side of officials. Ours being a constitutionally ordained welfare state, the government should conduct itself as a



model employer, the court added. The commissioner of municipal administration, in a letter to the urban development department in 2012, stated that

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News box

1.1k govt buildings in city to go solar under PM scheme

Gurgaon. To maximise renewable capacity and reduce dependence on electricity, all govt buildings in the city are set to have rooftop solar systems...

GMDA to build master drain on key roads

Gurgaon. GMDA will construct a master stormwater drain to tackle waterlogging in sectors 37 C, D, and the key arterial stretches of Pataudi Road...

After tie-ups to develop green belts, '46 cos fare poorly'

Gurgaon. Forty-six companies that had tied up with GMDA to maintain and develop green belts across the city were found to have performed poorly...



This document is presented to Dr. Vivek Sharma Jaipur, India for his outstanding contribution in creating health services for underprivileged children...

Rs 422cr plan: 10k new CCTV cameras to watch over city

Gurgaon. GMDA has created a roadmap to initiate the third phase of its CCTV surveillance network, which will involve installing 10,000 cameras...

Fbd student's murder: New lynching section of BNS slapped on vigilantes in

Gurgaon. Police have invoked the section of lynching — which was introduced in India's criminal laws this year after Bharatiya Nyay Sanhita (BNS) replaced IPC in July...

sheet replaces this with BNS Section 103(2), which specifies punishment for a group of five or more that commit murder on the grounds of 'race, caste, community, sex, place of birth, language, personal belief or any other similar ground'.



noodles that night, but before they could reach the eatery, the Swift tried to intercept them in Sector 21C. Thinking it was police who wanted to arrest Shanky, wanted in an assault case, Harshit hit the pedal and the accused started chasing them...

source said, citing the accused's statements given during their interrogation. The source said a bullet hit Aryan on his head near the left ear. Harshit stopped the car on noticing that Aryan was bleeding. The vigilantes stopped too.

Pataudi lawyer's body with neck injuries found in Rewari

Gurgaon. The body of a 32-year-old advocate from Pataudi, with multiple gashes on her neck, was found near a canal on the outskirts of Rewari on Tuesday.

hers. They filed a complaint, and a murder case was registered. DSP Pawan Kumar said on Wednesday. A post-mortem examination was carried out and autopsy results are awaited.

CCTV footage from different areas between Pataudi and the crime scene to identify the accused. We have some leads, and some suspects are being questioned, a senior police officer said.

New bus depot, 154 shelters with laybys & charging stns soon in city

Gurgaon. GMDA is all set to start construction of a new bus depot in Sector 48 for seamless public transport services in the city. The decision was taken in a meeting chaired by GMDA CEO A Sreenivas on Wednesday.

Cracker ban? Green or not, buying them is still as easy

Ghaziabad. The stalls displaying various types of rockets, sparklers or bombs are no longer there. But even after a blanket ban on firecrackers, getting them is as easy as buying a packet of milk.

NAME CHANGE notices: I, hitherto known as SEEMA SANGLA... I, SHANKAR RAMDAS KARWADE... I, BHAGWAN PRASAD S/O GANESH RAM...

NAME CHANGE notices: I, SARDHANA SHANKAR KARWADE... I, BHAGWAN PRASAD... I, DEVENDRA SINGH FATHER of Anvesha...

NAME CHANGE notices: I, Gayabai Rajendra Jagtap... I, Jatindra Nath Paul... I, Gurupreet Sangla...

NORTHERN RAILWAY OPEN E-TENDER NOTICE... The Sr. Divisional Engineer-III, Northern Railway, Delhi Division invites E-Tender for the following work.

NAME CHANGE notices: I, ATUL CHOUDHARY S/O MAHESH KUMAR... I, PRASHANT KUMAR SINGH S/O DAROGA SINGH...

NAME CHANGE notices: I, AMIT KUMAR S/O RAJ KUMAR... I, Gurupreet Sangla...

का्यालय लौह पुरुष सरदार वल्लभ भाई पटेल सहकारी शक्कर कारखाना मर्यादित, पण्डरिया, जिला-कबीरखाम (छ.ग.)... ई-निविदा सूचना // Contact No. 07987900070, 09907575796

NORTHERN RAILWAY OPEN E-TENDER NOTICE... Sr. Divisional Engineer-I/Northern Railway, New Delhi for and on behalf of President of India invites e-tender on the prescribed form for the under noted work.

का्यालय लौह पुरुष सरदार वल्लभ भाई पटेल सहकारी शक्कर कारखाना मर्यादित, पण्डरिया, जिला-कबीरखाम (छ.ग.)... ई-निविदा सूचना कमांक- 161945, 161946 एवं 161948

NEWS BOX

Canada is already examining tariffs on certain US items following Trump's tariff threat

TORONTO. Canada is already examining possible retaliatory tariffs on certain items from the United States should President-elect Donald Trump follow through on his threat to impose sweeping tariffs on Canadian products, a senior official said Wednesday. Trump has threatened to impose tariffs on products from Canada and Mexico if the countries don't stop what he called the flow of drugs and migrants across southern and northern borders. He said he would impose a 25% tax on all products entering the U.S. from Canada and Mexico as one of his first executive orders. But Trump posted Wednesday evening on Truth Social that he had a "wonderful conversation" with new Mexican President Claudia Sheinbaum and she "agreed to stop Migration through Mexico." "Mexico will stop people from going to our Southern Border, effective immediately. THIS WILL GO A LONG WAY TOWARD STOPPING THE ILLEGAL INVASION OF THE USA. Thank you!!!" Trump posted. It was unclear what impact the conversation will have on Trump's plan to impose tariffs. In Canada, a government official said Canada is preparing for every eventuality and has started thinking about what items to target with tariffs in retaliation. The official stressed no decision has been made. The person spoke on condition of anonymity as they were not authorized to speak publicly. When Trump imposed higher tariffs during his first term in office, other countries responded with retaliatory tariffs of their own. Canada, for instance, announced billions of new duties in 2018 against the U.S. in a tit-for-tat response to new taxes on Canadian steel and aluminum. Many of the U.S. products were chosen for their political rather than economic impact. For example, Canada imports \$3 million worth of yogurt from the U.S. annually and most comes from one plant in Wisconsin, home state of then-House Speaker Paul Ryan. That product was hit with a 10% duty.

Complete loser in 2020, had no compassion: Millionaire Shark Tank judge's fiery remarks on Kamala Harris

World. Kevin O'Leary, millionaire investor and "Shark Tank" judge, launched a scathing attack against US Vice President Kamala Harris, calling her a "fauly and broken candidate" after her unsuccessful bid for the Oval office, New York Post reports. Speaking on CNN's 'NewsNight', O'Leary accused the Democratic Party of bypassing democratic process after it chose Harris as their nominee without holding a primary contest. "They made an excuse of \$317 million in the kitty. They kept the same campaign manager and said we will anoint this faulted, broken candidate who was inconsequential in her vice presidency," he said, seemingly calling Kamala incompetent. "Lost in 2019. As you detailed, complete loser in 2020. Never could articulate anything. Had no compassion for people and her own advocates," he added, suggesting Harris has no regard for the American people. O'Leary also raised questions about the Democratic Party's internal decision-making process. In October, he mentioned reports that US representative Nancy Pelosi had urged Joe Biden to step aside, showing that there were doubts within the party about Harris' ability to lead. "Only 90 days ago, Pelosi went to Biden and said, 'You need to step aside,' and convinced him to do so," he said. "He made the decision, and he did actually ask her, and we've now learned this, 'Is she the right person to drive this home?'" He questioned that, O'Leary added. O'Leary expressed frustration with the Democrats' carelessness in not conducting a formal process for candidate selection. "Biden could have said, 'We need to run a process in order for me to make this move,' but they decided not to. I don't know who 'they' is. Was it [Barack] Obama? Was it Pelosi? I don't care who it was," he said.

He's trying to kill me!: Florida man charged with murder after beating golfer to death

World. A 36-year-old man faces a first-degree murder charge after police say he beat a golfer to death with the victim's clubs at a local golf course, USA Today reports. The attack happened Monday afternoon at Sandhill Crane Golf Club, northwest of West Palm Beach. Police identified the suspect as Junior Boucher and the victim as 65-year-old Brian Hildebeitel. Witnesses told police Boucher hit Hildebeitel with a golf club near the first hole. He then chased Hildebeitel to a pond. The attack continued in the water. Witnesses heard Hildebeitel yell, "He's trying to kill me!" Police say Boucher choked Hildebeitel before leaving the pond and walking, half-naked, toward a wooded area. Officers arrived shortly after and found Hildebeitel's body in the pond. Despite efforts to revive him, he was pronounced dead at the scene. Boucher was soon spotted fleeing the area and was arrested after police used an electronic control device to subdue him. Palm Beach Gardens police officer Javier Garcia told USA Today that authorities are still investigating the case, saying, "Detectives have not discovered a motive as of yet, as this appears to have been a random act of violence." Officers used an "electronic control device" to arrest Boucher before taking him to a hospital for a medical check-up. He was then transported to jail, where he remains without bond. Boucher, a West Palm Beach resident, refused to speak with detectives without an attorney present. He is set to appear in court on December 26 to face the murder charge.

White House pressing Ukraine to draft 18-year-olds so it has enough troops to battle Russia

WASHINGTON. President Joe Biden's administration is urging Ukraine to quickly increase the size of its military by drafting more troops and revamping its mobilization laws to allow for the conscription of those as young as 18. A senior Biden administration official, who spoke on the condition of anonymity to discuss the private consultations, said Wednesday that the outgoing Democratic administration wants Ukraine to lower the mobilization age to 18 from the current age of 25 to expand the pool of fighting-age men available to help a badly outnumbered Ukraine in its nearly three-year-old war with Russia. The official said "the pure math" of Ukraine's situation now is that it needs more troops in the fight. Currently, Ukraine is not mobilizing or training enough soldiers to replace its battlefield losses while keeping pace with Russia's growing military, the official added. The White House has pushed more than \$56 billion in security assistance to Ukraine since the start of Russia's February 2022 invasion and expects to send billions more

to Kyiv before Biden leaves office in less than months. But with time running out, the Biden White House is also sharpening its viewpoint that Ukraine has the weaponry it needs and now must dramatically increase its troop levels if it's going to stay in the fight with Russia. White House National Security Council spokesman Sean Savett in a statement said the administration will continue sending Ukraine weaponry but believes "manpower is the most vital need" Ukraine has at the moment. "So, we're also ready to ramp up our training capacity if they take appropriate steps to fill out their ranks," Savett said. The Ukrainians have said they need about 160,000 additional troops to keep up with its battlefield needs, but the U.S. administration believes they probably will need more than that. More than 1 million Ukrainians are now in uniform, including the National Guard and other units. Ukrainian President Volodymyr



Zelenskyy has been hearing concerns from allies in other Western capitals as well that Ukraine has a troop level problem and not an arms problem, according to European officials who requested anonymity to discuss the sensitive diplomatic conversations. The European allies have stressed that the lack of depth means that it may soon become untenable for Ukraine to continue to operate in Russia's Kursk

border region. The situation in Kursk has become further complicated by the arrival of thousands of North Korean troops, who have come to help Moscow try to claw back the land seized in a Ukrainian incursion this year. The stepped-up push on Ukraine to strengthen its fighting ranks comes as Ukraine braces for President-elect Donald Trump to take office on Jan. 20. The Republican said he would bring about a swift end to the war and has raised uncertainty about whether his administration would continue the vital U.S. military support for Ukraine. "There are no easy answers to Ukraine's serious manpower shortage, but lowering the draft age would help," said Bradley Bowman, senior director of the Center on Military and Political Power at the Foundation for Defense of Democracies. "These are obviously difficult decisions for a government and society that has already endured so much due to Russia's invasion."

President-elect Donald Trump's team reports bomb threats to cabinet nominees

WASHINGTON. Several members of Donald Trump's incoming administration have received threats including bomb alerts, a spokeswoman for the president-elect said Wednesday. "Last night and this morning, several of President Trump's Cabinet nominees and Administration appointees were targeted in violent, unAmerican threats to their lives and those who live with them," said transition team spokeswoman Karoline Leavitt in a statement. Without saying who was targeted, Leavitt said these incidents ranged from bomb threats to "swatting," the practice in which police are summoned urgently to someone's house under false pretenses. The FBI said in a statement that it is "aware of numerous bomb threats and swatting incidents targeting incoming administration nominees and appointees, and we are working with our law enforcement partners. We take all potential threats seriously, and as always, encourage members of the public to immediately report anything



they consider suspicious to law enforcement." Elise Stefanik, a Trump loyalist congresswoman tapped to be UN ambassador, said her residence in New York was targeted in a bomb threat. In a statement she said she and husband and small son were driving home from Washington for the Thanksgiving holiday when they learned of the threat. In Florida, meanwhile, the Okaloosa County sheriff's office said in an advisory posted on Facebook that it "received notification of a bomb threat referencing former Congressman Matt Gaetz's supposed mailbox at a home in the Niceville area around 9 a.m. this

morning." While a family member resides at the address, they said "former Congressman Gaetz is NOT a resident." The mailbox however was cleared and no devices were located. The immediate area was also searched with negative results. Gaetz was Trump's initial pick to serve as attorney general, but he withdrew from consideration amid allegations that he paid women for sex and slept with underage women. Gaetz has vehemently denied any wrongdoing and said last year that a Justice Department investigation into sex trafficking allegations involving underage girls had ended with no federal charges against him. As he prepares to return to the White House in January, Trump has already swiftly assembled a cabinet of loyalists, including several criticized for severe lack of experience. The Republican, who appears set to avoid trial on criminal prosecutions related to attempts to overthrow his 2020 election loss, was wounded in the ear in July in an assassination attempt.

Hindu American groups seek sanctions against Bangladesh over attacks on minorities

WASHINGTON. Condemning attacks on minorities in Bangladesh, several Hindu American groups have sought that US aid for the South Asian country be made contingent on its government taking measurable action to protect these populations. Bangladesh's minority Hindus, which constitute only about 8 per cent of the 170 million population, have faced over 200 attacks in 50-odd districts since the fall of Sheikh Hasina's Awami League government on August 5. Things took a turn for the worse this week after Hindu spiritual leader Chinmoy Krishna Das was arrested in a sedition case. He was later denied bail by a court, triggering protests by community members in various locations, including the capital Dhaka and the port city of Chattogram. Das was a member of the International Society for Krishna Consciousness (ISKCON) and was recently expelled. Vishva Hindu Parishad America (VHPA) president Ajay Shah said the news of Das' arrest, vandalism of Kali Mandir in Chittagong and the rising attacks on Hindus across Bangladesh are disconcerting. "Is this the human rights legacy the Biden administration wants to be remembered for," he asked. VHPA general secretary Amitabh Mittal said, "The silence of global media regarding the ongoing atrocities against minorities in Bangladesh is deafening. The recent arrest of an ISKCON priest and the violent attacks on Hindu temples underscore the

US sanctions Venezuela security chiefs for crackdown

WASHINGTON. The United States slapped sanctions on 21 top Venezuelan security and cabinet officials Wednesday, accusing them of a campaign of repression after President Nicolas Maduro's bitterly contested July reelection. The fresh measures come after Washington and the G7 said they recognized opposition candidate Edmundo Gonzalez Urrutia as president-elect, amid accusations of fraud against Maduro. "Maduro and his representatives' repressive actions in the wake of the Venezuelan presidential election are a desperate attempt to silence the voices of its citizens," Bradley Smith, the acting under secretary of the Treasury Department, said in a statement. Fifteen leaders of the Venezuelan security apparatus are among those hit by an asset freeze, including the heads of the intelligence service, military counterintelligence service, the national guard and the police. The sanctions also target the Venezuelan communications minister and the head of the prison service.

"All of these entities are part of Maduro's security apparatus and are responsible for violently repressing peaceful protesters and carrying out arbitrary detention," a senior US administration official told reporters. The US Treasury said Venezuelan security forces had



also issued an "unjustified arrest warrant" for Urrutia, forcing him to flee to Spain. At the same time, the US State Department said it was expanding visa restrictions on Maduro's allies. "Maduro's security apparatus has engaged in widespread abuses, including killings, repression, and mass

detention of protestors," the State Department said in a statement. In September, the United States announced sanctions against 16 Venezuelan officials over alleged election fraud. They included senior figures in the Venezuelan electoral council and Supreme Court, with the US Treasury saying at the time that they "impeded a transparent electoral process and the release of accurate election results." Maduro claimed victory in the election and defied intense domestic and international pressure to release detailed polling numbers to back up the assertion. Amid an outcry at home and abroad, the former bus driver handpicked by the late authoritarian strongman Hugo Chavez is now serving his third term. But the oil-rich country's economy is in shambles, as Venezuelans endure acute shortages of food, medicine and other basic goods.



alarming rise in religious intolerance." These incidents are part of a "broader pattern of discrimination," he alleged. "The lack of international condemnation only further emboldens the perpetrators and threatens the safety and freedom of minority communities in Bangladesh," Mittal said. In an open letter to President-elect Donald Trump, Hindus for America First (HFAF) recommended halting US funding for projects in Bangladesh tied to Beijing's ambitions and prioritising initiatives that benefit America and its allies directly. "Hindu, Buddhist, and Christian communities in Bangladesh have faced systemic violence and discrimination. We humbly ask that your administration make US aid contingent on the Bangladeshi government taking measurable action to protect these populations."

Trump after years of turbulent ties with US president-elect

The tech CEO has been seeking to change his company's perception on the right following a rocky relationship with Trump.

FORT LAUDERDAL. Donald Trump dined on Wednesday with Meta CEO Mark Zuckerberg at the president-elect's Mar-a-Lago club in Florida, bringing together the Facebook founder and the former president who was once banned from that social network. Stephen Miller, who has been appointed deputy chief of staff for Trump's second term, said Zuckerberg, like other business leaders, wants to support Trump's economic plans. The tech CEO has been seeking to change his company's

perception on the right following a rocky relationship with Trump. "Mark, obviously, he has his own interest, and he has his own company and he has his own agenda," Miller said in an interview on Fox News about the meeting. "But he's made clear that he wants to support the national renewal of America under Trump's leadership." A spokesperson for Meta confirmed that Zuckerberg and Trump met on Wednesday, saying he was invited for dinner with the president-elect and other members of his team to talk about the incoming administration. Trump was kicked off Facebook following the January 6, 2021 attack on the US Capitol. The company restored his account in early 2023. During the 2024 campaign, Zuckerberg did not endorse a candidate for president. He has since taken a more positive stance toward Trump. Earlier this year, Zuckerberg praised Trump's response



to his first assassination attempt, calling it "badass." Zuckerberg also complained that senior Biden administration officials pressured Facebook to censor some COVID-19 content during the pandemic. Still, Trump in recent months had continued

to attack Zuckerberg publicly. In July, he posted a message on his own social network Truth Social threatening to send election fraudsters to prison in part by citing a nickname he used for the Meta CEO. "ZUCKERBUCKS, be careful!" Trump wrote. The Thanksgiving eve visit also comes as tech mogul Elon Musk has become more influential in Trump's Make America Great Again movement, contributing an estimated USD 200 million through his political action committee to help elect Trump. Musk is the billionaire owner of the X social network, a competitor to Meta. Musk has spent considerable time at Mar-a-Lago since the election, and Trump selected him to lead an outside advisory panel known as the 'Department of Government Efficiency' (DOGE) to identify waste with Vivek Ramaswamy, a venture capitalist and former GOP presidential candidate.

Photoshoot at Sabarimala: Cops sent for punishment training

The photoshoot of around 30 police personnel at the sacred steps, turning their back to the sanctum sanctorum, had drawn widespread criticism.



PATHANAMTHITTA. As many as 23 police personnel who have been shifted from Sannidhanam after the controversial photoshoot on the holy steps, were sent for intensive training as a punishment.

The photoshoot of around 30 police personnel at the sacred steps, turning their back to the sanctum sanctorum, had drawn widespread criticism. Following the incident, ADGP Sreejith, who is also the chief police coordinator at Sabarimala, called for a detailed report on Tuesday.

Later, Sannidhanam special officer K E Baiju was tasked to file a report on the episode following the ADGP's directive. Speaking to , Baiju said similar to the punishment in the Army and other forces, the cops involved in the misconduct have been sent for intensive training. Meanwhile, those involved in the photoshoot submitted that it was unintentional and they were unaware that the photoshoot was against the rituals.

Andhra rains: Orange alert for South Coastal, Rayalaseema districts

VIJAYAWADA. The India Meteorological Department (IMD) on Wednesday issued an orange alert for South Coastal and Rayalaseema districts with heavy to very heavy rains likely to lash the region for the next three days under the influence of a cyclonic storm brewing in the Bay of Bengal. 'Number 1' warning has already been issued for all ports in the State.

The Deep Depression over the Southwest Bay of Bengal moved north-northwestwards at a speed of three kmph and lay centred about 320 km southeast of Nagapattinam, 420 km southeast of Puducherry, and 500 km south-southeast of Chennai at 17.30 am IST on Wednesday. It is very likely to continue moving north-northwestwards and intensify further into a cyclonic storm in the next 12 hours. Thereafter, it will continue moving north-northwestwards towards the Tamil Nadu coast, skirting the Sri Lanka coast during the subsequent two days.

State Disaster Management Authority (APSDMA) CMD R Kurmanath, who is closely monitoring the deep depression, said isolated parts of Nellore, Sri Sathya Sai, YSR, Annamayya, and Chittoor districts are expected to receive moderate to heavy rains on Thursday, while isolated parts of Kakinada, Dr BR Ambedkar Konaseema, Godavari, and Eluru districts are likely to experience light to moderate rains.

High alert to mitigate loss

On Friday, heavy to very heavy rains are likely in isolated parts of Prakasam, Nellore, Chittoor, YSR, Annamayya, and Tirupati, and on Saturday heavy rains are expected to lash isolated parts of Nellore, Anantapur, Sathya Sai, YSR, Annamayya, Chittoor and Tirupati.

Given the gales with windspeed of 55 to 65 kmph gusting at 75 kmph along the sea coast of South Andhra Pradesh, fishermen have been advised not to venture into the sea. People in low-lying areas of this district have also been put on alert.



Amaravathi dam level at 88 feet; water released, warning issued

TIRUPPUR. Water level in the Amaravathi dam reached 88 feet against its full level of 90 feet on Wednesday. As a precautionary measure, officials released 3300 cusecs of water into the Amaravathi river. As a result a flood warning was issued to people living along the banks of the river.

According to sources, 54,637 acres of farm land across Tiruppur and Karur districts are irrigated by water from the dam. Also, several drinking water



schemes draw water from the river and main canal.

On Tuesday evening, the inflow to the dam was 330 cusecs and the water level was 87.8 feet against its full level of 90 feet. On Wednesday morning, the inflow increased to 3,500 cusecs due to continuous rains in the catchment areas bordering Kerala which pushed the water level to 88 feet.

WRD officials said they are constantly monitoring the water flow to the dam. Surplus water was last released from the dam on July 18.

'Shawarma deaths': Kerala High Court orders periodic inspections of eateries

The court also emphasised taking stringent action against those violating its orders in this regard.

KOCHI. The High Court on Wednesday directed the state government to conduct periodic inspections and supervision of all eateries selling shawarma. During inspections, if it is found that any vendor, hotel, or restaurant is selling shawarma in violation of the court's directives, immediate and strict action, including licence cancellation and legal proceedings, must be initiated without delay.

The court also emphasised taking stringent action against those violating its orders in this regard. The court further directed the state government to pay Rs 25,000 as litigation costs to the mother of the deceased.

Justice Devan Ramachandran issued the order while disposing of a petition filed by Prasanna E V of Kasaragod, seeking strict enforcement of the Food Safety and Standards Act, 2006. The petitioner also sought Rs 1 crore as compensation for the death of

her daughter, who passed away after consuming shawarma from an eatery at Cheruvathur in Kasaragod in 2022.

The court instructed the Additional Sessions Court in Kasaragod to urgently consider granting compensation to the victim's parents under Section 65 of the Food Safety and Standards Act, 2006. This process must be completed within two months, as per the directive.

The petitioner pointed out that eligible compensation had not yet been offered by the government. The government responded by stating that the trial in the case is still pending before a subordinate court. However, the High Court noted that Section 65 of the Act mandates that either the adjudicating officer or the court must provide compensation to the victim or their legal heirs within six months of the incident. Given that the petitioner's daughter died in 2022, the statutory timeline appears to have been violated.



Uber enhances rider safety with SOS integration, audio recording in app

Mumbai. On Wednesday, Uber launched a new feature allowing riders to share live location and trip details directly with police through the app's SOS integration switch. Uber will share with the police department complete driver details, the car's GPS, number, name, and colour in real-time, so that they can respond if the rider presses the SOS button on the app.

Uber additionally introduced a pioneering audio recording capability for passengers within the app, whereby they can document audio if they experience discomfort or safety concerns during journeys. Uber maintains no access to the audio unless the passenger opts to present it within a safety report. It can be furnished to law enforcement authorities as evidence should a grievance arise against the driver.

A third innovative feature utilised Machine Learning (Artificial Intelligence) ensuring women drivers have the option to exclusively accept women passengers, particularly



beneficial during night-time hours. Implemented following driver feedback, this optional feature facilitated over 21,000 journeys nationwide, with few women drivers operating across MMR.

"The SOS button (in app) integration with state police is a new feature apart from our 24x7 helpline on the app. It is designed to provide immediate support when every second counts. The feature is live in Telangana, and the pilot project was launched across Maharashtra," said Sooraj Nair, Head — Safety Operations, Uber India.

Uber collaborated with Bengaluru-based NGO Durga, intensifying efforts to educate drivers regarding appropriate conduct, particularly concerning female passengers. Priya Varadarajan, founder of Durga, said: "This partnership will encompass sessions for drivers to comprehend and address the distinctive safety concerns of women passengers. Our emphasis will be on sensitising drivers to behave appropriately with women passengers and ensure their security throughout the journey."

Uber additionally launched 'Safety Preferences' whereby passengers can automatically activate technology-driven safety features during each journey. The feature enables passengers to customise their safety settings—from automatically sharing journey details with trusted contacts to enabling audio recording and RideCheck alerts. Passengers can configure safety features to activate based on time or location, such as night-time journeys or rides from specific localities.

There's a possibility of cabinet, portfolio reshuffle: Satish Jarkiholi

BELAGAVI. With reports of a possible cabinet reshuffle going viral after the bypolls held in three assembly segments of the state recently, several ministers continue to hint at it.

However, the party high command and Chief Minister Siddaramaiah remain non-committal on the issue.

According to sources, some of the underperforming ministers in the cabinet are expected to make way for new faces in the next few weeks. However, there is no clarity on this matter, as the government is unlikely to make any changes to its cabinet until the end of the winter session of the legislature, scheduled to be held from December 9 to 20 in Belagavi. Commenting on the



possible cabinet reshuffle, PWD Minister Satish Jarkiholi said that discussions were ongoing (within the party) regarding the reshuffle and potential changes to the portfolios of some ministers. "I am not sure when the reshuffle or change of portfolios will take place," he added.

He further stated that it was the prerogative of the Congress high command to decide whether a cabinet reshuffle would take place. "Nobody has told me that

some ministers in the cabinet will be replaced exactly after the completion of two years of the government's term. The party leaders in Delhi will make that decision," Jarkiholi said. He mentioned, "Everything in the Congress party (Karnataka) will change once a list of ministers who will exit from the cabinet comes from New Delhi. All the listed ministers will have to vacate their houses and step down." On the topic of whether the party would appoint a new KPCC Chief, he said he was not lobbying for the top party position. It was not easy to work as KPCC Chief, as it carried a huge responsibility. So far, no discussions had been held regarding the replacement of the KPCC Chief, he added.

BELAGAVI. Despite the Union government's indifference to Karnataka's demands for approval to proceed with the Kalasa-Banduri project along the Goa border, the state government continues to exert pressure on the Centre. On Wednesday, Deputy Chief Minister and Water Resources Minister D.K. Shivakumar met Union Forest Minister Bupendra Yadav in New Delhi, urging his immediate intervention to help the state secure the necessary forest and wildlife clearance to implement the Kalasa-Banduri project. Shivakumar also submitted a memorandum to the minister, detailing all the official and legal formalities that the state government has completed regarding the project. In its 80th meeting held in October 2024, the Standing Committee of the National Board for Wildlife deferred Karnataka's proposal to use 10.88 hectares of forest land for the



Kalasa project in the Western Ghats. The Board directed Karnataka to submit a written representation addressing the legal issues raised during the meeting.

The National Board for Wildlife had rejected Karnataka's proposal, citing ongoing legal disputes between Goa, Karnataka, and Maharashtra over the Mahadayi Water Dispute Tribunal's award, which is still pending before the Supreme Court. However, Karnataka contested the National Board's decision, arguing that the Supreme

Court has not restrained the state from proceeding with the project. Karnataka also clarified that the 10.88 hectares of forest land required for the project was not part of the wildlife sanctuary but was located in the tiger corridor. Additionally, the state listed the benefits of the project, stating that it would create a water body for wildlife in the area, according to the memorandum.

"Karnataka has reduced the forest land requirement for the Kalasa project from the original 258 hectares, which was approved in principle in 2003, to just 26.92 hectares. Similarly, we reduced the forest land requirement for the Banduri project from 243 hectares to 28.44 hectares. This reflects our commitment to conservation. It is in the state's best interest that the Union government ensures this project is cleared without further delay," the memorandum added.

15-min route takes 90 min! Residents blame BWSSB

These villages were absorbed into BBMP following delimitation 16 years ago, and it was decided to provide water and sewer lines.

BENGALURU. The residents near Whitefield and surrounding areas face traffic issues during peak hours as Bangalore Water Supply and Sewerage Board (BWSSB) has dug up the 80-foot road to install sewer lines on GEAR School Road. The residents say, the 10-15 minute drive earlier has been costing 1 to 1.5 hours from the last few weeks, due to vehicles slowing down due to the bad stretch.

BWSSB works are ongoing on GEAR School Road for beyond eight months now. The road is full of dust and bad patches leading to total inconvenience to the public, say residents.

"Five schools and multiple IT companies like Flipkart, Intel, EXL have their office on this

road. Daily there is a huge traffic jam on this road because of the bad road. In the name of BWSSB projects, kids and office goers are made to suffer everyday.

This is an inefficient management by BWSSB and BBMP. Unfortunately, no elected representative is addressing the concerns," said Ashok Mrutyunjaya, a resident.

A senior BWSSB engineer associated with Cauvery Stage V said, that last week a meeting was held with the board's Project Works team and it was decided to restore the road back to its original shape as



the sewers lines connection to areas like Panathur, Kariyamma Aghrahara, and

Kadubeesanahalli have been completed.

These villages were absorbed into BBMP following delimitation 16 years ago, and it was decided to provide water and sewer lines. As the work was in progress for the last eight months, motorists had to face inconvenience.

"An agency has been awarded the contract and the contractor will start the work in December second week and complete the road patchwork in a week in the stretch covering over 1.5 km," said the BWSSB official.

Punjab's road initiative shows the way to safer highways

To tackle road safety issues and the alarming number of road fatalities in the state, one of the major challenges of Punjab, Chief Minister Bhagwant Mann held a meeting of the Chief Secretary, Transport Minister, Director General of Police (DGP), ADGP (Traffic) and Traffic Adviser, Punjab, in April, 2023. Around 12 to 13 persons die in mishaps every day. An innovative and determined approach to reduce the accidents was decided upon. The Punjab Road Safety and Traffic Research Centre (PRSTRC) was directed to identify accident-prone routes using a real-time data-driven approach. The PRSTRC mapped 144 critical routes spanning 4,100 km, where at least 60 per cent of the mishaps happened, usually between 6 pm and midnight, when the enforcement was lean. With only 1,800 traffic personnel for over 1.3 crore vehicles, 180 cities and towns and more than 72,000 km of highways, Punjab's 15-year-old highway patrol system, with its ageing fleet and outdated gadgets, was ill-equipped to handle the rising challenges.

Determined to find a speedy solution, the financial and procedural obstacles were cleared by the CM. On August 11, 2023, the Cabinet approved the creation of the Sadak Surakhya Force (SSF). Designed for 24/7 patrolling on the identified high-risk routes, the SSF was set up with 1,600 personnel in its first phase, including 1,255 fresh recruits. They underwent a rigorous six-month training. The SSF team has an average age of 22, with women constituting 28 per cent of the strength, marking a significant step towards gender equality in law enforcement.

Women were earlier excluded from vehicle driving and maintenance training due to outdated norms. The SSF became the first Punjab Police unit to have 350 women in motor transport training. Incidentally, all of them had volunteered for it. A 12-module course was introduced, covering crash investigation, emergency response, road engineering basics and advanced navigation technology. Conducted at the in-service training centre in Kapurthala, it focused on imparting practical skills. Data from the National Crime Records Bureau reveals that 650 to 700 police and paramilitary personnel lose their lives every year while on duty and 80 to 90 per cent of these fatalities are due to road accidents. These numbers underscore the critical need for improved road safety, especially for those enforcing it. To address this issue, uniforms and vehicles were designed for enhanced visibility and safety, particularly for night operations. The uniforms feature retroreflective piping and jackets with reflective bands. The vehicles, Toyota Hilux models, selected for their safety standards and off-road capabilities, are also equipped with retroreflective markings and painted in white, red and yellow colours, ensuring maximum visibility in foggy and low-light conditions, commonly experienced during the winter months. The SSF was officially launched in January this year. Operational since February 1, it has been providing round-the-clock patrolling in all 144 high-risk routes. Each team has four members, including at least one woman, and stationed every 30 km to ensure that accident victims receive medical care within 15 minutes.

Strategic halting points, that have been determined by using three years' accident data, ensure optimal coverage and response time. Patrolling routes and schedules (morning, evening, late night and lean hours) are planned using crowd-sourced data from Google Maps and TomTom, ensuring near-real time response and comprehensive coverage. The second phase will focus on enforcing violations such as speeding, drunk driving, use of mobile phone while driving and non-compliance with helmet and seatbelt laws. The SSF vehicles are equipped with night-vision speed guns and public address systems to guide the road users. This evidence-based data-driven strategy has shown immediate results. Within eight months, the SSF has reduced the average emergency response time to just six minutes and 41 seconds, saving numerous lives.

Why scaling back troops on LAC is risky

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INDIA and China appear to be moving swiftly towards the normalisation of relations following the meeting between Prime Minister Narendra Modi and President Xi Jinping on October 23 in Kazan, Russia, held on the sidelines of the BRICS Summit. A key outcome of the talks was the initiation of Coordinated Joint Patrolling along the Line of Actual Control (LAC). India's stance on its relationship with China in recent years has been firmly anchored in the principle of resolving friction points along the LAC as a precondition for any meaningful progress. Experts have long stressed the importance of a structured approach to normalisation, involving de-escalation, disengagement and the eventual de-induction of troops from sensitive border areas.

However, given the deep trust deficit between the two Asian powers, any move to revert the troop levels to the pre-2020 conditions poses significant risks for India. Recent weeks have seen a substantial momentum in multilateral diplomacy, with platforms like the Shanghai Cooperation Organisation (SCO) summit and the G20 meetings fostering an environment conducive to breakthroughs between the two nations. Agreements reportedly under discussion include the resumption of direct flights, reciprocal accreditation of journalists and improved visa facilities, signalling a potential thaw in bilateral relations. While these developments are welcome, they represent only the low-hanging fruit. Any temptation to scale back troop deployments to the pre-2020 levels must be resisted as such a move could prove disastrous. This caution is rooted in China's history of violating border agreements, including the Five Principles of Peaceful Coexistence (1954), the Border Peace and Tranquillity Agreement (1993), the Agreement on Confidence-Building Measures (1996), the Protocol for the Implementation of Military Confidence-Building Measures (2005) and the Working Mechanism for Consultation and Coordination (2012). Despite 31 rounds of talks under the Working Mechanism for Consultation and Coordination framework and 21 Corps

Commander-level discussions yielding some progress, these mechanisms have failed to prevent incidents like the 1962 war, the 1967 Nathu La conflict, the 1975 firing incident and the more recent



confrontations at Sumdorong Chu, Chumar, Depsang, Doklam, Galwan and Yangtse. This history underscores the need for continued vigilance in managing bilateral relations and securing the LAC. The critical question for India is how much trust can be placed in Xi Jinping's leadership. Time and again, China has embarrassed India by expanding its claims to previously undisputed areas. For instance, Galwan Valley, once considered uncontroversial, became a flashpoint. Similarly, in Bhutan, China arbitrarily raised the Sakteng Wildlife Sanctuary as a disputed area to pressure India. Disputes along the LAC are categorised as either contested areas or zones of differing perceptions of the boundary. Beyond territorial issues, China's "grey zone" tactics include cyberattacks — India is the second-most targeted country in Asia after Taiwan — causing losses amounting to billions of dollars. Moreover, China actively interferes in India's neighbourhood, straining relations with Nepal, Bangladesh, Sri Lanka, the Maldives and, to a lesser extent, Bhutan.

Instances like its near-success in turning the Maldives against India, gaining port access in Sri Lanka, and suspected military activity on Myanmar's Coco Islands highlight China's strategic manoeuvring to contain Indian influence in the Indian Ocean region. In this complex and high-stakes environment, it is difficult to trust China's overtures or confidence-building measures. India must ask: What assurances, if any, has Xi Jinping provided to guarantee that China will not engage in future conflicts? Without credible commitments, any premature de-induction of troops could embolden Beijing to initiate further incursions, forcing India into a settlement on unfavourable terms. At a time when trust between India and China is at its nadir and China holds an upper hand in economic, military, intelligence and technological domains, troop de-induction from the LAC must not be entertained under any circumstances. For the first time since Independence,

Chinese troops are deployed outside their peacetime accommodations in the challenging high altitudes of the Great Himalayan ranges. This has created significant challenges for Beijing, including backlash from families due to the one-child policy, high sickness rates among Han Chinese soldiers and the need to recruit local troops better suited to the harsh conditions of Tibet and Xinjiang. Despite efforts at theaterisation, the Tibetan and Xinjiang military regions remain distinct, reflecting Beijing's logistical and organisational challenges. India must maintain consistent military and diplomatic pressure to compel China to resolve the border issue on favourable terms. Any haste to normalise relations by withdrawing troops will only encourage China to launch another major incursion (the Big One), further undermining India's position. While economic ties with China — India's largest trading partner — offer short-term benefits, these gains should not come at the cost of national security and military readiness.

Guiding the way

DISCIPLINE in India is undergoing a transformative shift. In Faridkot, Punjab, a group of rowdy students, who allegedly endangered police officers during a clash recently, were met with an unusual punishment: a week of assisting the traffic police for two...

DISCIPLINE in India is undergoing a transformative shift. In Faridkot, Punjab, a group of rowdy students, who allegedly endangered police officers during a clash recently, were met with an unusual punishment: a week of assisting the traffic police for two hours daily after school. This innovative disciplinary approach aims to teach civic responsibility while deterring future misconduct. In Srinagar, a tragic car accident involving underage drivers in mid-November led to a crackdown on violations. The authorities seized vehicles and implemented stricter licensing policies while counselling parents and students to address the root causes of rash behaviour. This holistic tactic underscores the need for behavioural reform rather than mere retribution. In schools, innovative methods are gaining ground. For example, rowdy students in UP schools are assigned such tasks as organising books or assisting peers. Meanwhile, creative punishments like rewriting lessons or engaging in debates channel energy constructively and emphasise growth over reprimand.



Discipline should not be about just imposing consequences

but also guiding young minds toward self-awareness and societal contribution. Restorative justice, community service and counselling are replacing outdated corporal punishment, which often leaves emotional scars. Nevertheless, these reforms require collective commitment. Policymakers must institutionalise such practices, educators must adopt empathetic approaches and parents must support these efforts. Experts from NIMHANS (National Institute of Mental Health and Neurosciences) have stressed the importance of balancing love and limits at home to complement school-based initiatives. Constructive discipline reflects the society's recognition that youth's missteps often stem from immaturity, not malice. By transforming mistakes into learning experiences, we not only shape better individuals but also foster a more compassionate community. It's time to make responsibility the cornerstone of discipline, steering youth away from chaos and towards civic-mindedness.

The rat race is ruining education

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RECENTLY, I read an illuminating piece written by Henry Giroux — one of the finest educationists of our times. While reflecting on the grand victory of Donald Trump in the US presidential election, Giroux examined the crisis in education. If education is reduced to a set of "instrumental skills needed to compete in the global economy" or if it continues to privilege "standardised tests over critical thinking", as he reminded us, it will lose its radical and emancipatory potential. His complaint is that even the democrats or liberals in America have failed to recognise what education ought to be — "not merely a service or a tool for economic adaptation, but the very foundation of democratic life". As the prevalent practice of education seeks to produce "compliant workers rather than active/informed citizens," argues Giroux, "Americans find themselves in a world where ignorance is weaponised and truth is under siege". No wonder he sees with deep anguish the rise of "a band of white supremacists, neo-Nazis, radical Christian nationalists and cruel band of misogynists and neoliberal fascists" in the US. Moreover, as neoliberal universities tend to prioritise "profit over democratic values, civic responsibility and critical thought", we see the invasion of 'pedagogical terrorism' that suppresses critical thinking, distorts history, stifles dissent and dehumanises the oppressed. Indeed, in the age of 'fascist dream-worlds', as Giroux argues passionately, "what is needed is a collective determination to reshape mass consciousness through critical pedagogy".

It seems that we, too, can draw a couple of lessons from his insights and his plea for a creatively nuanced critical pedagogy. In fact, the rise of Trump is not an

isolated phenomenon in the age of right-wing nationalism. Even our own country, despite the ritualisation of periodic elections, is not altogether free from the monologues of 'populist/charismatic' leaders, the tyranny of majoritarianism, the celebration of hyper-masculine nationalism and some kind of Hindu supremacist thinking. In this context, I will make two arguments.

First, in India too, we are witnessing some sort of 'pedagogical terrorism' — particularly, the way our children are getting increasingly deprived of the taste of self-reflexive, libertarian education. Yes, their formative years are primarily spent preparing for standardised tests like JEE, NEET and CUET. As this sort of coaching centre-driven instrumental strategy becomes more important than the joy of creative learning, critical thinking and the aspirations for a just and humane world, it becomes exceedingly difficult for them to celebrate a vision of life beyond careerism, consumerism and economic productivity. It destroys all alternative strivings, kills the power of the imagination and makes them accept that the ultimate destiny of life is to become 'compliant workers' rather than politically awakened, culturally sensitive and active citizens in search of a democratic living. Second, we are witnessing the systematic decay of our public universities. In recent times, the organised attack on

some of our leading public universities indicates that it is becoming increasingly difficult to retain the spirit of academic freedom, the culture of nuanced debates and conversations and the ethos of cultural pluralism. Is it, therefore, surprising that, according to the 2023 Academic Freedom Index, India is ranked



161st out of 179 countries? Imagine the fate of a university if the authorities get panicky when a professor plans to organise a seminar on the Palestine crisis or the way Israel violated all sorts of international laws, engaged in war crimes, didn't spare even schools, hospitals and residential buildings and killed no less than 43,000 people over

the past 13 months! While the vibrancy of critical thinking is repressed, universities are asked to engage in an absurd game — the strategic act of pleasing the 'ranking agencies' through the production of largely meaningless research papers, seminars and projects. What do you do with a 'top-ranking' university if it loses its soul and conscience, robs education of its transformative potential and produces only a bunch of conformists? In fact, together with the decline of public universities, we are also seeing the corporatisation of universities. These corporate/neoliberal universities sell education as a 'product' to their rich and affluent 'clients'.

For instance, a fancy private university in India charges more than Rs 12 lakh per year for an undergraduate programme. Even if the university claims that it wants to help students become "well-rounded individuals who can think critically", the fact is that, barring exceptions, young learners from an elitist/exclusivist/corporate university are likely to miss what, as my experience as a faculty member at Jawaharlal Nehru University suggests, a sensitive student from an inclusive public university experiences. This includes the empathy that an exposure to cultural diversity generates, the art of listening to the tales of caste/class/ethnic/gender violence that some of his/her friends might have experienced and hence the art of resistance against casteism, religious fundamentalism, majoritarianism, patriarchy and gross economic inequality.



Cleanse your system with these Foods

Here are some detox foods you must eat

Cabbage
This food has sulfur inside of it, which is essential when it comes to breaking down chemicals in your body. Sulphur also removes unwanted items from your body.

Lemons
Packed with vitamins and antioxidants, lemons are known to remove chemicals from the body and clean your system, and even protect your liver.

Broccoli
Before you turn up your nose at this vegetable, read on. Broccoli is packed with antioxidants and nutrients that make it a perfect detox candidate. And because it is high in enzymes, it helps your digestive system work properly.

Garlic
Sulfur is found in high quantities in garlic — which makes it a good detox food and its antibiotic properties heal your body.

Avocados
While not many people are fans of avocados, some are big fans. But whether you like them or no, avocados are full of antioxidants. They have glutathione, which detoxes your body by removing harmful toxins and chemicals, making your body healthier.

Cranberries
While they are more popular as fruits that help prevent urinary tract infections,

known to remove toxins from your body.

While all fitness does involve weight loss, all weight loss does not involve fitness. One can lose weight - the unhealthy way - through crash dieting, over-exercising, weight loss pills and several other, equally, harmful quack weight loss methods.

There is a finer point here: Unhealthy weight loss involves losing mostly muscle and a little bit of topical fat. Visceral fat, or fat that is stored internally around organs, does not budge with unhealthy weight loss practices. In fact, it increases manifold due to the starvation mode that you set off with unhealthy dieting.

Pursuing general fitness and well being, on the other hand, takes care of the harmful body fat, while giving you a healthier mind and body and, yes, burning, calories. Weight loss is about losing weight rapidly. Fitness is about healthy living and longevity.

Fitness is a combination of exercise, diet and rest. Weight loss is a short term routine of exercise, diet and rest. When weight loss is your only target, you tend to ignore the other benefits of living a healthy life.

Importance of Fitness: To the Respiratory and Circulatory system

The easiest way to understand the impact of fitness is to look at what your body needs to live a long, ailment-free, healthy life. This state of being depends entirely on your body's systems, which in turn depend on organ, vessel and tissue health.

This brings us, first, to the respiratory and the circulatory systems.

You know the heart is a muscle that pumps blood and oxygen to the body. Exercise helps the heart in circulation of blood and oxygen. That means healthy skin, alertness and a healthy system. Similarly, a healthy diet, aids your circulatory and respiratory



Ways to drink more water

While we all know water is essential to our basic well-being, not many of us can manage to gulp down more than a daily dose of one or two litres. Water, after all, is plain and can tend to get boring beyond a point. But with a little imagination and initiative, you can easily increase your daily water consumption. Here are some tips...

1. First things first. So, as soon you wake up in the morning, down a glass of water. Coffee, tea, milk — whichever you prefer — can follow a little later. Apart from making you feel good about sticking to your resolution, it also kick-starts your metabolism.
2. Make that water bottle your constant companion. No matter where you are — at home or office — keep taking small sips. Go for a water bottle in your favourit

colour. That will make the idea of drinking from it more appealing. Fancy glasses will also do the trick.

3. Water can be made interesting and healthier. Add a flavour of your choice and relish the taste. Squeeze half a lemon, crush some berries, add a few mint leaves or fruit slices — the options are many.
4. Try to have some fun while drinking water. For example, lay a bet with a colleague, friend or spouse on who will drink more. You can also compete with yourself, increasing the quantity each day. Also, keep taking small water breaks with friends and colleagues while at work. It's called 'healthy' bonding.
5. If you have the habit of conveniently forgetting to drink water at frequent intervals, set reminders on your phone. Asking friends/family/colleagues to remind you is also a good idea.



Why do you exercise - only to lose weight or for fitness? If you're slim and lean, you don't have to pump iron - true or false? As long as I watch what I eat I am healthy, do you agree? Most people believe in these false and mythical 'facts'.

Fitness is a product of healthy diet and exercise, sleep and well being. 'Physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations' as mentioned in Wikipedia. Fitness. Here is why fitness is a far better goal than weight loss in the long run.

Importance of Fitness: To the Digestive system

When we are constipated or feeling bloated we look for a change in diet to relieve us from our discomfort. Even exercise can help you avoid digestive problems. Breathing, walking, and other physical activities can improve your digestive system.

A poor digestive system leads to a poor state of being. Quick weight loss ignores this fact of life. The result of crash dieting is usually the Irritable Bowel Syndrome, and plenty of abdominal fat the minute you stop crash dieting.

Instead, focusing on general fitness through balanced eating and exercise will give you a smoother digestive function.

Importance of Fitness: To the Lymphatic system

The lymphatic system is a part of the circulatory system, comprising a network of conduits called lymphatic vessels that carry a clear fluid called lymph,' as mentioned on Wikipedia, Lymphatic system. A healthy lymphatic system reduces swelling, improves circulation, metabolism and flexibility. Stretching, strength training and aerobic exercises improve the Lymphatic system.

Importance of Fitness: To the Cardiovascular system

Enough research has proved, time and again, that pursuing fitness is the best way to achieve better cardiovascular health. This means that your cardiovascular system is able to function a lot better when you're fit, within your desired weight range, and live an active life with healthy eating. The cardiovascular system is responsible for circulating oxygen to the

system by preventing thickening arterial walls and better blood circulation.

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Why fitness is better than Weight loss



healthy life. By pursuing weight loss, without any thought toward fitness and the correct way to achieve it, your mind will experience fatigue and negativity. External motivation, such as weight loss only for vanity, is not a good motivator. Most who rely on this as motivation alone, tend to drop out of their 'fitness' routine.

Therefore, relying on a balanced diet and good exercise over a long period of time, because you want to be fit instead of a size zero, is a better solution.

Importance of Fitness: To the Musculoskeletal system

This is the easiest association to make. We use muscles everyday, consciously or subconsciously. Exercise improves the musculoskeletal system or overall health of the physical, weight bearing and tangibly active part of the human body. A healthy mealplan nourishes these actions by giving the body what it needs to function well.

All aspects of exercising, from resistance training to flexibility and cardio training, and eating right improve the musculoskeletal system.

When you focus on weight loss alone, and quick weight loss at that, you ignore your body's actual needs. A common sign of rapid weight loss is weakness. This is because your body loses muscle a lot faster than fat. With muscle loss, your metabolism rate drops, causing imbalances and fat storage. The result: Short term weight loss, and long term weight gain.

Importance of Fitness: Overall Health

- Improves performance and stamina
- Healthy life - reduces your chance of experiencing lifestyle diseases
- Fitness equals longevity
- Fitness prevent excess body fat
- Prevents body pain
- Improves your mood
- Improves confidence
- Induces sleep

For the over-weight and obese, fitness does involve weight loss. But this is sustainable weight loss that comes with a shift in lifestyle habits and definitely not quick weight loss for an event. If your only concern is to look good in that Diwali outfit or that wedding dress, then you will set yourself up for failure, as you would not have really evaluated long term fitness goals. Chasing the short dream always ends in disaster.

Opting for fitness, instead of quick weight loss, will help you avoid diseases related to the cardiovascular system like heart attack and stroke. Strength, stamina, agility also gets a boost with a well functioning cardiovascular system. Cardio exercises are the key to a functioning cardiovascular system.

However, many make the mistake of associating 'cardio' exercise with rapid weight loss. This usually leads to long hours of unnecessary cardio that cause fatigue and over-work your body, causing effects of over-training to come into play. What does this mean? Over-training leads to more fat storage in your body. So, if you walk/run/jog/swim more than you need to, your body will start craving more food and you will get simple carb cravings very frequently.

Importance of Fitness: To the Nervous system

The nervous system comprises the brain and the spinal cord. Physical activity makes the brain sharp and alert. It also makes you agile. Exercising the nervous system is also beneficial for over-weight individuals. This is one area of diet and exercise that is often over-looked by quick weight loss solutions. Mental health is crucial for a

Eyes are the most neglected especially when we spend hours straining our eyes in front of the screen - computer or smartphones.

Ten commandments for good eye Health

This negligence can cause blindness or vision impairment in the long run. Follow the Ten Commandments for good eye health and vision, to keep your window to a colourful life safe.

Wash your hands
Wash your hands thoroughly before touching your eyes. Our hands are filled with dirt and minute pollutants, when they meet your eyes can cause eye infections and conjunctivitis.

Quit smoking
Smoking is bad for the human body including your eyes. Excessive smoking or constant chewing of tobacco can cause macular (eye-nerve) degeneration or blindness, due to the presence of harmful compound, nicotine.

UV protect your eyes

Yes, sunshine is good for eye health, but nothing in excess is ever good. If your work demands you to stay outdoors, then always wear good UV protected sunglasses. This will help prevent or delay the problem of cataract.

Wear safety goggles
Eye injuries can also impair your vision in a great way; in order to avoid it always remember to wear safety goggles or eyewear, while working with chemicals, playing sports, bursting crackers or while swimming.

Stare at a distance
All work and no play will surely make your lethargic and add strain to your eyes. Take a break and change the focus of your eyes to greener or look at a distance. Practice eye exercises for good vision.

Eat healthy food
Nourish your eyes with foods that improve your eyes like carrots, apricots and blueberries. All these foods are rich in beta-carotene and are good for vision.

Go for a routine check-up
Even if you have good vision and have no trouble in reading, go for a vision check at least



once a year. This is a good way to detect various eye related ailments and prevent it with timely treatment.

Do not ignore
If you face any abnormality with your vision never neglect it. Take action and consult an ophthalmologist at that instance. This action of yours will help prevent major problem in the future.

Blink your eyes regularly
Keep blinking your eyes, to keep your eyes fresh and avoid eyestrain. Computer users tend to blink their eyes far less, thus it is recommended that they should follow the eye exercise of blinking their eyes every three-four seconds.

Splash water
Splashing your eyes with water will help to relieve your eyes from excessive stress. Thus, whenever you feel your eyes are strained, go splash some water on them.



Chargesheet Filed Against Foreign Service Officer In Money Laundering Case

A special court in Lucknow has taken cognisance of the prosecution complaint (chargesheet) on November 25. It was filed on September 2, the agency said in a statement.

Neeharika Singh, her husband, and his companies as part of an alleged investment fraud linked money laundering case. A special court in Lucknow has taken cognisance of the prosecution complaint (chargesheet) on November 25. It was filed on September 2, the agency said in a statement. The IFS officer, her husband Ajit Kumar Gupta, Anee Bullion and Industries Pvt. Ltd., Anee Commodity Brokers Pvt. Ltd., and Anee Securities Pvt. Ltd. have been named as accused in the chargesheet filed under various sections of the Prevention of Money Laundering Act (PMLA). Singh was questioned by the ED in this case and she was last stated to have been posted with the Ministry of External Affairs (MEA) in Delhi.



The money laundering investigation began in 2019 after the ED took cognisance of 33 FIRs registered by the Uttar Pradesh Police against Gupta and various other persons/entities, for "cheating and fraud worth ₹ 110 crore by "luring" various people to invest in "fraudulent" schemes with the intention to defraud them between 21.02.2020 to 26.10.2020, according to the ED. Police have also filed 25 chargesheets in at least 12 cases, it said. Gupta, the agency alleged, in connivance with his other associates collected huge money from gullible investors by floating "fraudulent" schemes like daily deposit schemes, monthly recurring deposit schemes, and fixed schemes through his

proprietorship concern Anee Bullion Trader with a promise of "exorbitant" rate of returns at 40 per cent per annum, which they "failed" to return. Later, he started collecting money from investors by using the account of Eye Vision Credit Co-operative Society Ltd. through his close associates who were the office bearers of the said society in the name of new return-linked investment schemes, the probe found.

These investments were "never returned" and innocent people were cheated to the tune of ₹ 60 crore, the ED alleged. "The proceeds of crime generated by Ajit Gupta by luring the gullible investors was further layered through various companies of Anee Group and was used for purchase of various immovable properties like house, agriculture land etc. for himself and in the name of his IFS wife Neeharika Singh and others," it said. Assets worth more than ₹ 9 crore were attached by the ED in this case earlier.

Lashkar terrorist, accused of funding terrorism in India, extradited from Rwanda

Salman Rehman Khan is accused of involvement in criminal conspiracy, membership in a terrorist organisation, and providing material support to the Pakistan-based LeT.

New Delhi: The Central Bureau of Investigation (CBI) has extradited a Lashkar-e-Taiba (LeT)-linked terrorist accused of providing funds and arms and ammunition to Bengaluru-based militant modules from Rwanda, officials said. According to the officials, Salman Rehman Khan's extradition was part of a highly confidential operation conducted by the CBI's Global Operations Centre in collaboration with the National Investigation Agency (NIA) and Interpol's National Central Bureau in Kigali. Khan is accused of involvement in criminal conspiracy, membership in a terrorist



organisation, and providing material support to the Pakistan-based LeT.

The NIA registered a case in 2023 against him under the Arms Act, the Explosive Substances Act, and various provisions related to terrorism. He is alleged to have facilitated the supply of arms, ammunition, and explosives for terrorist activities in Bengaluru. The case originated with the Bengaluru City Police following a major arms seizure at the Parappana Agrahara Central Prison. During a raid last year, authorities recovered seven pistols, four hand grenades, one magazine, 45 live rounds, and four walkie-talkies.

Investigations revealed that the weapons were part of a larger network aimed at spreading radical ideology and supporting LeT operations. The NIA took over the case on October 25, 2023, and identified Khan as a critical operative responsible for facilitating the transportation of arms, ammunition, and funds to Bengaluru-based terror modules. The case gained momentum when Interpol issued a Red Notice on August 2 this year at the CBI's request. Following intelligence inputs, he was tracked to Rwanda. A security team from the NIA brought him back to India for prosecution. This is the third wanted criminal to be extradited by the CBI this month. On November 14, Barkat Ali Khan, wanted in a rioting and explosives case registered in Mumbai, was extradited from Saudi Arabia. The CBI had issued a Red Notice against him in December 2022. Raihan Arabikkalalakkal, accused of raping a minor in Kerala, was also tracked to Saudi Arabia. He was brought back on November 10, following a Red Notice issued in December 2023. Since 2021, the CBI has coordinated.

New Delhi: The Enforcement Directorate on Wednesday said it has filed a chargesheet against Indian Foreign Service officer

Sambhal violence: Audio clip reveals how more people were called in with arms

New Delhi: An audio clip, exclusively accessed by India Today, has revealed how more people were mobilised with weapons during the violence that broke out in Sambhal over a court-mandated survey of a mosque. The violence, during which a mob clashed with police, resulted in the death of five people. The investigation team recovered the audio clip from mobile phones that were seized from the suspects. In the clip, an unidentified person can be heard giving a call for more people to be mobilised near the Mughal-era Shahi Jama Masjid. "Saman lekar aa masjid ke paras, mere bhai ka ghar hai (bring weapons and come near the mosque, my brother's house is nearby)," the person can be heard saying. The police have arrested 25 people so far and registered seven FIRs. Samajwadi Party MP Zia-ur-Rehman Barq and local MLA Iqbal Mehmood's son Sohail Iqbal are named in the FIRs. In its FIR, police alleged that Barq visited the Shahi Jama Masjid days before the violence and made provocative remarks that led to the incident. Tension started in the Uttar Pradesh city after a local court ordered a survey of the Shahi Jama Masjid following claims that a temple previously stood at the site. Violence erupted on Sunday as protesters gathered near the mosque and clashed with police accompanying the survey team. The violence saw stones being pelted at security personnel and arson. Vehicles were torched, and over 20 police personnel were injured. Earlier this week, the Uttar Pradesh police released images of the suspects involved in the violence. The government said pictures of the accused would be put up in public places, and those helping identify the suspects would be rewarded.

Nuclear-capable ballistic missile tested from INS Arighaat: Sources

New Delhi: India has tested a nuclear-capable submarine-launched ballistic missile (SLBM), designed for a strike range of 3,500 km, from the newly commissioned nuclear-powered submarine INS Arighaat, sources said. Sources said the test, which took place off the coast of Visakhapatnam, involved the K-4 missile, a solid-fueled SLBM. This was the first test of the K-4 missile from the INS Arighaat, which was commissioned into the Indian Navy in August. The K-4 has so far only been tested from submersible pontoons over the last several years. India had issued a Notice to Airmen (NOTAM) and a public warning for an intermediate-range missile test over a 3,490-km flight corridor between November 27 and 30.

A detailed analysis of the test results is underway to



determine whether the missile successfully met its trial parameters and objectives, sources said. The K-4 missile was developed by Defence Research and Development Organisation (DRDO) to arm the country's nuclear-powered submarines. Countries like the US, Russia and China already have over 5,000-km range SLBMs. The 6,000-tonne INS Arighaat is India's latest nuclear-powered submarine, strengthening the country's second-strike capability. The first nuclear-powered submarine, INS Arihant, which was commissioned into service in 2016, is armed with only 750-km range K-15 missiles.

The third of these submarines, which will have a displacement of 7,000 tonne, is set to be larger and more capable than the current two submarines. It is likely to be inducted next year. Last month, the Cabinet Committee on Security (CCS) approved the construction of two more nuclear-powered attack submarines to boost India's presence in the Indo-Pacific.

Probe Agency Team, Investigating Cyber Fraud Case, Attacked in Delhi

New Delhi: An Enforcement Directorate (ED) team was attacked during a raid in Delhi's Bijwasan area today. One ED officer was injured in the attack, police said, adding that a case has been registered in connection with the incident. The ED team, part of the agency's High-Intensity Unit (HIU), was conducting a search operation related to a cyber app fraud case investigation. The accused, identified as Ashok Sharma and his brother, along with family members, allegedly attacked the team during the search. The situation turned violent, resulting in injuries to an Assistant Director of the ED. The accused fled the scene in the ensuing chaos. Local police were called to the spot immediately to control the situation and ensure the safety of the officials. An FIR has been registered, and authorities are now working to track down the attackers. According to ED sources, the operation was designed to target a sophisticated money-laundering racket run by dubious chartered accountants. The ED



worked alongside the Indian Cyber Crime Coordination Centre (i4C) and the Financial Intelligence Unit-India (FIU-IND) to analyse thousands of cybercrime cases. Their findings uncovered a scheme to launder stolen money through a network of 15,000 "mule accounts."

The modus operandi involved layering funds through these accounts. Debit and credit cards linked to these accounts were used to transfer money to virtual accounts hosted by Pyypl, a UAE-based payment aggregator. The funds were then used to purchase cryptocurrency.

Ex-poll body chief on big variation in Maharashtra final turnout data

Maharashtra Election: In Maharashtra, which went to polls on November 20, the voting figures at 5 pm was 55%. The final voter turnout, released the next day, saw it go up to 67%.

NEW DELHI: Former Chief Election Commissioner (CEC) SY Quraishi voiced concern over the wide variation between the provisional voter turnout figures and the final data in the Maharashtra Assembly polls. In Maharashtra, which went to polls on November 20, the voting figures at 5 pm was 55%. The final voter turnout, released the next day, saw it go up to 67% -- the highest in almost three decades. In an interview with India Today, SY Quraishi, who was the CEC between 2010-2012, said voter turnout figures are recorded in real-time and the huge variation was "worrying".



Explaining the process of how voter turnout is recorded, Quraishi said, "That definitely worries me. These figures are updated in real time. When we go to vote, there is a form 17A and our attendance is marked by the presiding officer. At the end of the day,

form 17C is filled with the total happenings of the day. Only after it is filled and the signatures of the agents of the candidates are taken, the presiding officer goes home." Form 17C records the number of votes polled at each polling station. "This is real-time data generated on the same day. Then how can the data change the next day I fail to understand," Quraishi further

said. The former Chief Election Commissioner said the issue should be answered and explained by the poll body. "The way the doubts are spreading across the country, if it gets into everybody's head, then the entire system will not be trusted," he said.

A similar concern was raised by the opposition during the May 2024 Lok Sabha elections, citing discrepancies of 5-6% between initial and final turnout figures. The Association for Democratic Reforms (ADR) had filed a petition in the Supreme Court for the release of polling station-wise voter turnout data within 48 hours of each polling phase.

However, the Supreme Court declined the request, citing practical challenges. The Election Commission had also argued that such disclosures could pose logistical difficulties.

Cyclone Fengal set to intensify, heavy rainfall in several Tamil Nadu districts

Cyclone Fengal is expected to intensify and cross Tamil Nadu-Puducherry coasts by November 30. The Indian Navy is actively preparing for relief and rescue operations to mitigate the storm's impact.

New Delhi: Cyclone Fengal is expected to intensify and cross Tamil Nadu-Puducherry coasts by November 30. The Indian Navy is actively preparing for relief and rescue operations to mitigate the storm's impact. With heavy rain lashing the region for the second consecutive day, over 1,200 residing in low-lying and vulnerable areas in the coastal delta districts were shifted to

shelters and temporary relief camps on Wednesday. The cyclonic storm led to heavy rainfall and disrupted normal life in Cuddalore districts, especially coastal areas which were severely affected with rough seas and waves rising over 10 feet.

In Nagapattinam, where an orange alert was issued, people from low-lying areas were accommodated across 12 camps in the district. While most were moved as a precaution, others were moved to safety following flooding in vulnerable areas. The deep depression currently over the southwest Bay of Bengal, is on track to intensify into a cyclonic storm, named Cyclone Fengal. In its 5.30 am IST weather update, India Meteorological Department (IMD) stated the system was centered near latitude 9.1°N and longitude 82.1°E, approximately 110 km east-northeast of Trincomalee in Sri Lanka, 310 km southeast of Nagapattinam, 410 km southeast of Puducherry, and 480 km south-southeast of Chennai. The storm was moving north-northwest at a slow pace and is expected to skirt the Sri



Lankan coast over the next 12 hours. It is projected to make landfall as a deep depression with wind speeds of 50-60 kmph, gusting up to 70 kmph, between Karaikal and Mahabalipuram on the morning of November 30. There is potential for it to briefly intensify into a cyclonic storm with winds reaching 65-75 kmph and gusts up to 85 kmph by November 29. On November 28, orange alert was issued for Kancheepuram, Chengelpattu, Villupuram and Cuddalore district and Pondicherry with forecast of heavy to very heavy rainfall. Anticipating potential impacts, the Indian Navy's

Eastern Naval Command, in collaboration with the Tamil Nadu and Puducherry Naval Area, has activated disaster response measures focused on Humanitarian Assistance and Disaster Relief and Search and Rescue operations.

The key preparations include, emergency supplies such as food, water, medical supplies, and other relief materials were being stockpiled. Naval teams, including diving units and helicopters, were on standby for rapid deployment. Flood Relief Teams were positioned for immediate response to affected areas.

CYCLONE NAMING AND BACKGROUND

Cyclone Fengal's name was contributed by Saudi Arabia under the naming conventions established by the World Meteorological Organization (WMO) and the Economic and Social Commission for Asia and the Pacific (ESCAP). This system aims to enhance public awareness and streamline communication during storm events.

Top 20 tips to prevent

Arthritis



intake. For a post menopausal woman, hormone replacement therapy and additional calcium and vitamin D are important. Practice yoga or simple stretching.

- Use of good body mechanics.
- Make are that your shoes are the right size and make sure that they are padded.
- Avoid inflammatory foods

Often chronic inflammation is associated with a host of diseases, some of which are even life threatening like cancer and heart disease. You will be surprised to find that most of the internal inflammatory conditions occur due to the increased consumption of certain foods such as: salt, sugar,

Arthritis in different forms affects a large number of people all over the world. There can be primary and secondary causes of arthritis, the most common being a degenerative form of arthritis, which can be due to the ageing process. There is also wear and tear of the cartilage between the two articulating bones, which forms the joint and in some cases, due to osteoporosis bones are already weaker and softer and susceptible to deformation. Dr. Rajesh Badiyani, Consultant Orthopaedic Surgeon, Sai Snehdeep Hospital, Navi Mumbai lists out the 20 ways to prevent arthritis in men and women. Physical activity like choose stairs instead of lifts, walk 500 metres before getting into the car.

- Start mild to moderate exercises and weight management.
- Indulge in distressing activities like meditation.
- Protect your joints from fresh injury as well as the existing injuries.
- Drink plenty of water.
- Increase your calcium intake.
- Increase your vitamin intake.
- Treat injuries.
- Reduce repetitive motion in your daily life.
- Avoid smoking.
- Avoid alcohol consumption as it weakens bone health and structure.
- Try taking glucosamine and chondroitin.
- Drink milk regularly, and in case you are lactose intolerant than switch to calcium and broccoli for calcium



- sweeteners, alcohol, caffeine, injected meat, common cooking oil, trans fats and red meat.
- Mustard oil
- Turmeric
- Epsom salt
- Cinnamon
- Fish oil
- Alfalfa
- Cherries
- Borage



Nowadays, we are constantly bombarded by myths about food, sex, exercise, nutrition and pretty much everything else. Tim Crowe - Nutrition Academic at Deakin University and freelance writer at Thinking Nutrition helps us bust some of these myths.

Top 5 myths about Weight Loss



According to Tim, some common nutrition and exercise myths are...

Myth 1: Exercise makes you eat more and gain weight

We think that all our hard work at the gym will sabotage our weight loss efforts, as we end up eating more after we exercise. Tim says, 'every little bit of exercise can help in shifting unwanted flab.'

According to various researches, exercise is the best way to reduce body fat. The mantra is, the more you move, the more you lose.

Myth 2: 'Negative calorie foods' like celery burn up

more energy

There is actually no such thing as 'negative calorie food'. Tim says, 'Even the humble stick of celery, while being about 95% water, still contains a small amount of kilojoules from carbohydrate (65 kJ to be exact).' He further explains, 'There certainly is an energy cost to our body in digesting food, but that equates to about 10% of the energy in the food. So even celery adds some kilojoules to our diet, and while it's a small number, it's definitely not a negative number.'

Myth 3: A slow metabolism is to blame for most people's weight gain

People, who try to lose weight, always blame it on metabolism for their failure or slow down. According to some research, resting metabolism, which is the number of kilojoules used by the body at rest, increases rather than decreasing as people gain more weight. As someone gains more weight from storing fat, the body needs to support that extra weight so more muscle is added. So, the conclusion is, the more muscle you have, the higher your metabolic rate tends to be even at rest.



Myth 4: You need to exercise in the 'fat burning zone'

Tim says, 'the truth is, you need to exercise at a low-to-moderate level of intensity to burn fat. Yes, it is true that the body burns the greatest percentage of fat at lower intensities of aerobic exercise, but at higher intensities you burn way more total kilojoules - and more fat kilojoules overall. If you do low intensity workouts, it will help promote weight and fat loss; but you need to do them for a longer period.'

Myth 5: You gain weight when you stop smoking

The truth is, when you check over a long period of time, smokers do not control their weight any better than non-smokers. In fact, according to studies, very heavy smokers gain more weight than light smokers. Tim says, the 'thin smoker' image arises because thin people are more likely to take up the habit in the first place. Once they start smoking, they gain just as much, and sometimes even more, weight as the rest of the non-smoking population.'

To control cholesterol, turn to pistachios

Simple dietary changes like adding pistachio nuts to the diet can lead to multiple health benefits -- diabetes could be controlled, and the propensity for heart disease may be reduced in Indians, a new study has found.

The study, the first of its kind with a trial period of six months, was carried out by the Diabetes Foundation of India (DFI) and the National Diabetes, Obesity and Cholesterol Foundation.

The results of the study were released Monday, even as the prevalence of obesity and diabetes are rapidly rising in India.

Nuts (mainly pistachios, almonds and walnuts) have been shown to have beneficial effects on glycemic and lipid parameters.

Pistachios have a low glycemic index, are naturally cholesterol free, and are source of protein, fibre and antioxidants, the study found.

These properties make consumption of pistachios potentially useful for those at risk for obesity and heart disease.

"Pistachios are part of the traditional Indian diet. However, the health effects have not been clearly understood. This study shows multifaceted beneficial effects of pistachios suitable for the Indian body type, for the alleviation of multiple risk factors," said Anoop Mishra, chairman, Fortis Centre of Excellence for Diabetes Metabolic Diseases and Endocrinology (CDOC).

Seema Gulati, research head at the National Diabetes, Obesity and Cholesterol Foundation, said: "Based on this study, we can say that pistachios provide an excellent snack option, especially for those at risk of metabolic problems and diabetes. They provide a beneficial effect in two ways: One, by displacing energy from other unhealthy sources, and second, due to their own intrinsic nutritional properties".

Diabetes has taken epidemic proportions in India, and emerged as one of the most serious healthcare problems.



Suraksha Diagnostic IPO opens tomorrow: Check price band, issue size, GMP

NEW DELHI. The initial public offering (IPO) of Suraksha Diagnostic Limited is set to open for bidding on Friday, November 29, 2024. The IPO aims to raise Rs 846.25 crore through an offer for sale (OFS) of 1.92 crore shares. The issue will remain open for subscription until December 3, 2024, with the listing expected on December 6, 2024, on both the BSE and NSE. Founded in 2005, Suraksha Diagnostic Limited provides comprehensive medical services, including pathology, radiology testing, and medical consultations. The company operates a central reference laboratory, complemented by 8 satellite laboratories and 215 customer touchpoints as of June 30, 2024. Suraksha Diagnostic has a strong presence in eastern India, covering states like West Bengal, Bihar, Assam, and Meghalaya. The company also offers online and offline medical consultations through 44 diagnostic centres housing 120 polyclinics and over 750 doctors. The IPO is being managed by ICICI Securities Limited, Nuvama Wealth Management Limited, and SBI Capital Markets Limited. Kfin Technologies Limited is the registrar for the issue. Since the IPO is an OFS, the company will not utilise the funds for operations or growth. Instead, the proceeds will benefit the existing shareholders selling their stakes.

Nine Adani Group firms trade higher; Adani Total soars nearly 19 per cent

NEW DELHI. Shares of nine of the 11 listed Adani Group firms were trading higher during morning trade on Thursday, with Adani Total Gas soaring nearly 19 per cent.

The stock of Adani Total Gas soared 18.58 per cent, Adani Power zoomed 11.44 per cent, Adani Energy Solutions jumped 9.99 per cent and Adani Green Energy surged 9.99 per cent on the BSE.

Shares of Adani Enterprises climbed 5.32 per cent, NDTV (3.35 per cent), Adani Wilmar (3.17 per cent), Adani Ports (2.25 per cent) and Sanghi Industries (2.19 per cent). Adani Energy Solutions and Adani Green Energy also hit their highest trading permissible limit for the day.

However, ACC and Ambuja Cements were trading marginally lower. The BSE benchmark Sensex traded 688.82 points lower at 79,545.26 and the NSE Nifty quoted 222.20 points lower at 24,052.70.

On Wednesday, shares of all Adani Group firms ended sharply higher, with Adani Total Gas and Adani Power soaring nearly 20 per cent. Embattled billionaire Gautam Adani and his aides have not been charged under the US Foreign Corrupt Practices Act, an Adani Group entity said on Wednesday, adding that they faced three other charges, including securities and wire fraud that are punishable with monetary fines. The US Department of Justice's (US DOJ) indictment filed in a New York Court last week does not mention Gautam Adani, founder chairman of the ports-to-energy conglomerate, his nephew Sagar, or Vneet Jaain in any count related to conspiracy to violate the FCPA, Adani Green Energy Ltd (AGEL), said in a stock exchange filing.

AGEL is at the heart of the allegation of USD 265 million bribes being paid to Indian officials to secure solar power sale contracts that could bring in USD 2 billion of profits over a 20-year period to the firm.

The three -- executives at AGEL -- have only been charged with securities fraud conspiracy, wire fraud conspiracy, and securities fraud, the company said.

In general, the penalties for such charges are less severe than bribery. Adani Group had last week denied all allegations as baseless, and said it would seek legal recourse to defend itself.

SoftBank CEO meets startup founders

BENGALURU: SoftBank CEO Masayoshi Son on Wednesday discussed Artificial Intelligence (AI), Gen AI potentials, investments and collaborations with portfolio start-up founders. Over 10-12 founders including Paytm's Vijay Shekhar Sharma, Flipkart CEO Kalyan Krishnamurthy, Lenskart's co-founder Peyush Bansal, Ola's Bhavish Aggarwal and InMobi founder Naveen Tewari were present, and the meeting was focused on AI and its future, sources aware of the meeting said. Later, he met a few founders one-on-one including Tewari and Aggarwal, among others. Sources said Tewari discussed works of InMobi and Gance in GenAI space. SoftBank made its first investment in InMobi in 2011. The consumer tech company leverages AI to drive growth and in 2019, InMobi built Gance, the AI-based software company. In 2011, SoftBank invested \$200 million and InMobi became the first start-up in the country to turn into a unicorn. Sources added Son was excited to know about Gance and it looks like in future the Japanese firm might invest in Gance, which currently counts Google and Jio Platforms as its investors. Aggarwal also had a meeting with Son and shared the picture on X and said, "Always amazing to meet @masason.. Such an energising discussion on AI, AGI, Energy and India. We will make the future here in India together."

Son visited India last year and SoftBank's India portfolio consists of close to 27 start-ups including Swiggy, Ola Electric, First Cry, InMobi and Lenskart, among others. Earlier, as per reports, Son had met Reliance Industries' Mukesh Ambani. Apart from InMobi, SoftBank's other portfolio company OfBusiness is also targeting to go public next year. Reports claimed Microsoft-backed OpenAI is allowing its employees to sell \$1.5 billion worth of shares to SoftBank.

The Japanese investor, posted \$7.7 billion profit in September quarter, has been betting big on AI and investments in India. It has invested about \$15 billion in Indian firms. Sources said he spoke about India's opportunity in chip design and also made collaboration commitments and that the firm might invest more in the country.

From grain to glass: How this firm is blending sustainability in India's alcohol industry

The company's innovative approach, dubbed 'Grain to Glass', is transforming how businesses can contribute to environmental and social development.

NEW DELHI. Corporate responsibility has a new face in India's alcohol beverage industry. In an era where corporate responsibility is more than just a buzzword, Pernod Ricard India is setting a new benchmark in sustainable business practices within the alcohol beverage industry. The company's innovative approach, dubbed 'Grain to Glass', is transforming how businesses can contribute to environmental and social development. SUSTAINABLE SIPs:

THE 5R STRATEGY

At the heart of their strategy is a comprehensive 5R approach: Rethink, Reduce, Reuse, Recycle, and Respect. Since 2019, the company has made significant strides in water conservation, creating over 2,300 water recharge structures that generate 4.8 billion liters of water potential. By FY30, we aim to cut Scope 1 and 2 emissions by 54%, FLAG (Forest, Land, and Agriculture) Scope 3 emissions by 30.3%, and non-FLAG emissions by 25%, with a 90% reduction in these emissions by FY50," says Gagandeep Sethi, Sr VP of Integrated Operations, Sustainability & Responsibility. The company has already achieved a remarkable 94% reduction in direct carbon emissions by shifting to biomass at its distillery. "To achieve these goals, we've installed rooftop solar power plants, complied with RE100 through solar energy, and aim for 100% recyclable or compostable packaging by 2025, including lighter bottles, higher recycled glass content, FSC-certified paper, and 30% PCR content in rPET,"



said Sethi.

PACKAGING WITH A PURPOSE

Packaging is another critical focus area. Currently, 40% of their glass comes from post-consumer recycled material, and 82% of their cardboard is FSC-certified. By eliminating permanent mono-cartons, they've reduced CO₂ emissions by 7,000 tons and waste by 18,000 tons. But Pernod Ricard India's commitment extends beyond environmental initiatives. The company has integrated government programs to support community development, reaching 1,600

villages across 22 states. Their "Rural Women Beyond 4 Walls" program ensures 50% female representation in Water User Committees, positively impacting 18,078 individuals.

The company has empowered 31,546 women economically, supported 125,000 women in healthcare and education, and trained 200 differently-abled women annually. Their 'Pink' program supports over 100,000 children, demonstrating a holistic approach to social responsibility.

TECH-DRIVEN SUSTAINABILITY

Technological innovation plays a crucial role in their sustainability journey. Using IoT and AI-driven analytics, they track environmental performance in real-time, optimising resource consumption and ensuring a more eco-friendly supply chain. By 2025, Pernod Ricard India aims to advance regenerative farming in eight wine regions and achieve 100% recyclable or compostable packaging. Their ambitious targets reflect a commitment to not just creating "Good Times" but doing so from "A Good Place".

Explained: Why LIC share price gained nearly 4% in early trade

NEW DELHI. Shares of Life Insurance Corporation of India (LIC) rose nearly 4% in early trade after a media report indicated that the state-owned insurer has moved closer to acquiring half of ManipalCigna Health Insurance.

This potential deal would mark LIC's entry into the growing health insurance market, diversifying its business from its core life insurance offerings. LIC shares were trading 2.09% at Rs 935.840 on the Bombay Stock Exchange (BSE) at 11:17 am. ManipalCigna Health Insurance is a joint venture between the Manipal Group, which holds a 51% stake, and Cigna Corporation, which owns 49%. An Economic Times report suggested both parties have signed a non-disclosure agreement, with discussions underway for LIC to acquire

approximately half the company. If finalised, the deal is expected to help LIC tap into the increasing demand for health insurance, which constitutes



37% of India's Rs 3 lakh crore general insurance market. A person familiar with the talks told The Economic Times that the Manipal Group and Cigna Corporation may reduce their stakes proportionately to facilitate LIC's

entry. The health insurer could be valued at approximately Rs 4,000 crore, making LIC's investment for a 50% stake around Rs 1,750-2,000 crore. Unlisted ManipalCigna's valuation is based on gross written premium (GWP) metrics common in the sector. The insurer reported a GWP of Rs 1,691 crore in FY24. For context, listed standalone health insurers such as Star Health & Allied Insurance and Niva Bupa Health Insurance have valuations of 2-3 times their GWP.

LIC's interest in the health insurance sector has been evident. Managing Director and CEO Siddhartha Mohanty recently indicated during an earnings call that the company aims to acquire a stake in a standalone health insurer within the current financial year.

Ola Electric shares continue positive rally, rise above Rs 90. Time to buy

NEW DELHI. Ola Electric Mobility Ltd extended its rally on Thursday, with shares rising over 6% to hit a high of Rs 93.60 in early trade. With this, the stock has gained over 35% in the last five sessions and has surpassed the Rs 90 target set by Citi on November 26. The brokerage had initiated coverage with a 'Buy' rating, citing Ola Electric's dominance in the Indian electric two-wheeler (E2W) market and its long-term growth potential. Citi highlighted Ola Electric's leadership position with a 38% market share in FY25 YTD. It also factored in the company's broad product portfolio, robust R&D focus, vertical integration including Li-ion cell manufacturing, and large-scale production. Upcoming launches such as motorcycles and electric three-wheelers are expected to be key volume drivers. While service-related concerns have been a challenge, Citi expects these issues to diminish over time.

"We admit service perception has been negative of



late but expect it to subside over the medium term as back-end supply chain catches up with volume growth," the brokerage said. Valued at 4x FY26 EV/sales, Citi sees Ola's leadership in the E2W market as a strong advantage.

"Our target multiple is based at 10% premium to the average of the implied target EV/sales multiples for the 4 listed 2W OEMs under our coverage. We believe the premium is merited given Ola's dominance in the E2W segment and potent long-term growth opportunities," Citi noted. Despite its positive stance on Ola, Citi still prefers Eicher Motors and Hero MotoCorp over Ola Electric due to their established positions and better profitability metrics. The brokerage highlighted Ola's lack of EBITDA profitability but added that economies of scale and technology investments could improve its profitability over time. Ola's upcoming Gen 3 platform and increased capacity utilization are expected to enhance profitability, according to Citi. However, risks like low EV penetration, stiff competition, and sustained service quality concerns could weigh on its prospects in the near term. As of 12:41 pm, shares of Ola Electric were trading 3.06% higher at Rs 90.86 on the Bombay Stock Exchange (BSE).

SpiceJet share price rises after Aircastle drops insolvency case



NEW DELHI. Low-cost airline SpiceJet's shares rose in early trade on Thursday after aircraft lessor Aircastle withdrew its insolvency case against the airline. This development followed a mutually agreed settlement between the two parties. SpiceJet announced the news in a press release, marking a step forward in its efforts to strengthen relationships with its partners. Following the announcement, SpiceJet's shares climbed to Rs 63.40, a nearly 3% increase. By 11:10 AM, the shares were trading at Rs 61.98, up

almost 1%. In September, SpiceJet announced the resolution of a \$23.39 million dispute with Aircastle (Ireland) Designated Activity Company and Wilmington Trust SP Services (Dublin) Limited. The settlement amount was agreed at \$5 million, along with specific terms for handling certain aircraft engines. The mutual agreement helped avoid prolonged legal battles and ensured the withdrawal of all ongoing disputes from various legal forums. SpiceJet, in an exchange filing, said, "This follows a mutually agreed-

In September, SpiceJet announced the resolution of a \$23.39 million dispute with Aircastle (Ireland) Designated Activity Company and Wilmington Trust SP Services (Dublin) Limited.

upon settlement, marking a positive turn in the airline's efforts to rebuild and strengthen ties with its partners." The resolution with Aircastle is part of SpiceJet's broader initiative to settle disputes with several partners, including aircraft lessors. The airline has been actively working on rebuilding its financial stability and operational efficiency. Last month, SpiceJet successfully raised Rs 3,000 crore through a Qualified Institutional Placement (QIP). The funds are being used to address pending liabilities, improve fleet operations.

As inflation pinches, govt mulls reducing food weightage in CPI. Here's why

The govt is exploring a reduction in food's weight in the Consumer Price Index to reflect changing consumption patterns and manage inflation, as food prices remain volatile and seasonally driven

NEW DELHI. The government is reportedly considering reducing the weight of food items in the Consumer Price Index (CPI) basket to address inflation concerns. The move follows findings from the Household Consumption Expenditure Survey (HCES) 2022-23, which highlighted a decline in household spending on food.

According to The Economic Times, the weightage of food items in the CPI basket could be reduced by up to 6.5 percentage points in rural areas and 3.4 percentage points in urban areas. This proposal comes amid rising calls to adjust how food items impact inflation data. The 2023-24 Economic Survey suggested excluding food from inflation calculations, with Chief Economic Adviser V Anantha Nageswaran citing volatile food prices as a primary driver of inflation spikes. Removing highly volatile commodities like tomatoes, onions, and potatoes could reportedly lower retail inflation to 4 per cent.

Why does food dominate CPI in India?

Historically, food has been a dominant component of CPI in India for several reasons: • A significant portion of household income, particularly in rural areas, has been spent on food. • The agricultural base of India ties consumption patterns directly to food prices. • Food prices are highly volatile, influenced by monsoon dependency and supply chain disruptions.



However, recent government initiatives, such as the Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY), have provided free rations to over 80 crore people, reducing the burden of food costs for many households. A report by the Economic Advisory Council to the Prime Minister revealed a sharp decline in food's share of household spending. In rural areas, it fell from 53 per cent in 2011-12 to 46.5 per cent in 2022-23. Urban areas saw a drop from 42.7 per cent to 39.2 per cent over the same period. How food items impact inflation Food and beverages currently account for 45.9 per cent of the CPI basket, with over

120 food items included. The weight differs between rural and urban centres. In October, food inflation surged to a 15-month high of 10.9 per cent, pushing overall retail inflation to 6.2 per cent. The 2023-24 Economic Survey noted significant contributions to inflation from cereals (33.3 per cent), vegetables (30.6 per cent), spices (18.3 per cent), and milk (14.3 per cent).

Plans to update the CPI base year

Experts have called for updating the CPI base year, last revised in 2012, to reflect current consumption patterns more accurately. The government is reportedly considering 2024 as the new base year. Additionally, some outdated items like horse cart fares and video cassette prices may be removed from the index.

RBI's stance on interest rates

The RBI has held the repo rate steady at 6.5 per cent since February 2023, citing the risks of premature rate cuts. RBI Governor Shaktikanta Das recently cautioned that a rate cut would be "very risky," despite calls from the industry to reduce rates to spur growth.

NEWS BOX

India not playing cricket in Pakistan is unacceptable: PCB chief Mohsin Naqvi

New Delhi. Pakistan Cricket Board chairman Mohsin Naqvi has hit out at India once again ahead of the Champions Trophy 2025. Speaking at a press conference on Thursday, November 28, Naqvi said that it was not acceptable that India do not come to play an ICC tournament in Pakistan, despite the Pakistani side travelling to India for the 2023 ODI World Cup. Naqvi, who is struggling to keep the Champions Trophy entirely in Pakistan due to political differences between the two countries, said that he will do what is best for Pakistan cricket. Naqvi said that he was in touch with the ICC delegates on the matter and that the PCB was clear that they wanted to host the entire tournament in Pakistan.

"I promise we'll do what is best for Pakistan cricket. I'm constantly in touch with the ICC chairman and my team is talking to them constantly. We're still clear in our stance that it's not acceptable that we play cricket in India, and they don't play cricket here.



Whatever will happen, will happen on the basis of equality. We've told the ICC very clearly, and what happens next we'll let you know," Mohsin Naqvi said in the press conference on November 28. Naqvi further confirmed that they had not received any written communication from the Board of Control for Cricket in India (BCCI) about not travelling to Pakistan. "Whatever we do, we will make sure the best outcome for Pakistan is achieved," Naqvi said. "But I repeat, and I am sure you know what I mean, it's not possible that Pakistan play in India, and they don't come here." The ICC is set to hold its board meeting on Friday, 29 November, to discuss the Champions Trophy and finalise the schedule for the eight-team event, which is slated to take place early next year, India Today has learnt. The announcement of the fixtures for this marquee ODI tournament has been delayed. Pakistan holds the hosting rights for the Champions Trophy, but India's decision not to send its cricket team to play in Pakistan has created an impasse. The PCB has been adamant about not adopting a hybrid model, which would involve hosting some matches at a neutral venue.

Royal Challengers Bengaluru face backlash over launch of X account in Hindi

New Delhi. Days after the Bengaluru-based IPL team, Royal Challengers Bangalore (RCB), launched a Hindi account on X, the decision has sparked a heated debate among fans and pro-Kannada activists. The social media account, which was started in October 2024, has only five tweets in it. As of November 28, the @RCBinHindi account has nearly 2,500 followers. Several pro-Kannada groups and fans have criticised the move, accusing RCB management of imposing Hindi on Kannada-speaking followers. Many have taken to social media to express their displeasure, with some even initiating an online petition urging the management to reconsider the decision. The social media account currently has AI videos



of the recent players that RCB bought in the IPL Auction. In one of the videos, England batter Liam Livingstone can be seen greeting the fans in Hindi.

HINDI SPEAKERS FACE DISCRIMINATION

Recently, many Hindi speakers have faced discrimination on the basis of language in Bengaluru, the city that RCB is based out of. Videos have gone viral of auto and cab drivers demanding passengers to either speak in Kannada or leave their state.

A Twitter user, by the name of Shaani Nani spoke about her struggles in Bengaluru.

"I was working in Bangalore for 1.5 years. Married in Punjab, I wore choora for the entire 1 year as it is a part of my tradition. It was clearly evident I was from North India (sic)," she said. Explaining how she had a very bad experience with locals, the woman said, "What a harassment it was to commute in auto from flat to office and back. The audacity of local auto drivers to strike a conversation on why I was in Bangalore when I belonged to North, if I was learning Kannada, asking if I like anything apart from weather, asking for more money as I was newly married and pretending not to understand a word when I would talk in Hin/Eng (sic).

Rishabh Pant's ambitions are clear, he wants to captain India: DC co-owner

Delhi Capitals co-owner Parth Jindal said that Rishabh Pant is very clear in his ambition. Jindal said that Pant one day, wants to captain the Indian cricket team.

New Delhi. Delhi Capitals co-owner Parth Jindal has revealed that Rishabh Pant has his eyes set on becoming the captain of the Indian cricket team. Speaking to ESPNcricinfo after the Indian Premier League auction, Jindal said that he knows very clearly what Pant wants to achieve in his life.

Rishabh Pant was bought by Lucknow Super Giants in the IPL mega-auction. The franchise shelled out a record Rs 27 crore for the wicket-keeper batter. It is expected that Pant will be captaining

the LSG side. "We were quite clear that we know his ambitions, we know where he wants to go. He's made it amply clear that his dream and desire is to captain India and that starts with captaining an IPL team," Parth Jindal recalled a chat between Pant and the DC team owners. Jindal also opened up on the next captaincy candidates in the Delhi side and said that Axar Patel and KL Rahul are equally good candidates for the job. Jindal spoke in details about Axar, who is known to be a jolly fellow in the dressing room. The DC co-owner said that Axar knew the culture of the Delhi team and was the best all-rounder in T20 cricket at the moment.

"Axar has been with the franchise for a long period of time. He has been a tremendous player for the franchise. He is probably the best all-rounder in the game today in T20s. Obviously, the successor to Jaddu (Ravindra Jadeja) is Axar in all respects. So he's been phenomenal for us and he's done a great job as the vice-captain of the franchise.



Whenever Rishabh was not available, whenever Rishabh was injured, Axar did step in and play a big role. He's a jovial fellow, he keeps the dressing room very light. He's an uncomplicated character and he's someone who, I think, can do a great job. So we have to take a decision, but I haven't even spoken to Axar about it. I haven't spoken to anybody about it, but he's definitely someone we consider to read

the game very well. He's definitely someone who keeps the dressing room together, which are good characteristics for a leader," Jindal concluded on Delhi's captaincy. Delhi Capitals' co-owner Parth Jindal bid an emotional goodbye to Rishabh Pant with a heartfelt note on social media. Jindal hoped that he would reunite with Rishabh in the future. "To Rishabh Pant, you are and will always remain my younger brother - from the bottom of my heart I love you and I have tried everything to make sure you are happy and have treated you like my family. I am very sad to see you go and I am very emotional about it. You will always be in DC and I hope one day we can reunite. Thank you for everything Rishabh and remember that we will always love you - go well champ, the world is at your feet. Best wishes from all of us at Delhi Capitals - other than when you play DC I will be cheering and hoping for the best for you!" Parth Jindal wrote on Twitter.

Rohit Sharma all smiles as Indian team lands in Canberra for 2nd Test

New Delhi. The official social media handle of the BCCI shared a special video of Team India's travel day out. The Indian team, led by captain Rohit Sharma, landed in Canberra from Perth. The players looked in a very relaxed and chilled out mood as they arrived for the 2nd Test in Australia's capital. The Indian team were donning their travelling kit and looked stylish yet comfortable in their airport look. India will face Australia in the 2nd Test match at the Adelaide Oval. The much-anticipated Test match will start on December 6 and will be played with Pink ball. India boast of a decent record in the Pink ball Test, although they have not played a lot of it. India has played four matches and won three of those. However, India's only loss in pink ball Test came against Australia in 2020. India infamously bundled out to their lowest total in Test cricket for just 36 runs as



Australia won the 1st Test by 8 wickets. Meanwhile, India hosted three Pink ball Tests at home and won all of them against

The Indian team travelled from Perth to Canberra for the 2nd Test match, set to be played in Adelaide. The Pink ball Test will begin on December 6, Thursday.

Bangladesh, England and Sri Lanka. India beat Australia in the 1st Test match to take 1-0 lead in the 5-match series of the Border Gavaskar Trophy. India registered a 295-run victory over Australia in the 1st Test at Optus Stadium in Perth. They managed to breach the Perth fortress to become the first-ever visiting team to

KL Rahul hopes to win IPL with Delhi Capitals, wants love and respect: Parth Jindal

New Delhi. Delhi Capitals co-owner Parth Jindal revealed that he spoke to KL Rahul after the IPL auction. Rahul, who was bought by DC for Rs 14 crore by DC is still hunting for the elusive Indian Premier League title, having played for multiple franchises. Including DC, Rahul has played for 5 IPL franchises. Speaking to ESPNcricinfo, Parth Jindal said that he knew KL Rahul and his wife Athiya Shetty personally and had been friends with them for years. Jindal said that Rahul told him that he wants to win the IPL with DC and wants love and respect from the management and the fans. "He's very happy, very excited to be part of Delhi. He knows me for a long time. He's a Bangalore (Bengaluru) boy. I own Bengaluru FC (in the Indian Super League), so he's watched a few games with me. I know his wife Athiya (Shetty) really well. She's been a close family friend growing up in Mumbai. So he (Rahul) was like, "I just want to play cricket. I just want to get the love and support from the franchise. I just want to get the respect and I know Parth from you, I

Virat Kohli will have a big series: Rahul Dravid warns Australia

Star India batter Virat Kohli will have a big series in Australia, said Rahul Dravid ahead of the 2nd Test match at Adelaide. Dravid said that Kohli has been batting really well overseas and getting a hundred early against Australia will free him up.

New Delhi. Senior India batter Virat Kohli will have a big series in Australia, said former India head coach Rahul Dravid. Speaking on Star Sports, Dravid said that Kohli had been batting well on difficult pitches overseas and could end up tormenting Australia in the ongoing Border Gavaskar Trophy.

The Indian talisman hit a gritty century on the first Test match against Perth in Australia. Kohli was sensational in the second half of that innings, after his initial struggles. Kohli became the fourth Indian batter to hit 30 centuries in Test cricket after Sachin Tendulkar, Rahul Dravid and Sunil Gavaskar. "He's been batting really well, even in South Africa a few months ago when



we were there, I thought he was batting really well on a couple of difficult wickets. It's just nice for him to be able to get that hundred at the start of the series. I think he could have a big series," said Dravid on Star Sports. During the Perth Test match, former India cricketer Sunil Gavaskar had spoken about the visible difference in Virat Kohli's approach with the bat in Perth.

"His body was completely relaxed when he came into bat in the second innings. In the

first innings, he came out to bat when India had lost two early wickets, he might have been under pressure. In the second innings, I think he gave himself a little more time to play the ball and, apart from the wider stance, I think he allowed himself to play the bounce by being a little bit more upright," Gavaskar told the broadcasters at the end of the Perth Test. Coming into the Test series, Kohli had a terrible outing against New Zealand at home, scoring just 93 runs across 3 Test matches. The batter changed his stance, worked on his game and tried to dominate Australia from the go in the first Test match at Perth. Kohli's hundred, combined with terrific performances from Yashasvi Jaiswal, KL Rahul and Jasprit Bumrah, helped India secure their first-ever win at the Optus Stadium by a massive 295-run margin. In fact, this was Australia's first Test match loss at the Optus. India will next play a Pink Ball Test match against Australia in Adelaide, starting on 6 December.



will get that and just can't be more excited to play for a friend and let's make Delhi win. I have never won (IPL). Delhi has never won. Let's do it together," Parth Jindal told ESPNcricinfo. But who will captain Delhi in the IPL 2025? Jindal remained coy on the plans and said that there were two captaincy candidates - KL Rahul and Axar Patel and the final decision will be made after a meeting of owners and team management. Earlier, Jindal had said after the auction that both KL Rahul and Axar Patel were going to lead the side. "We were looking for stability in the top order, someone with experience who can build the innings. And, I think KL Rahul, given his record in the IPL, he's someone who's consistently given more than 400 runs every season. I think with the Kotla wicket, it is going to suit his game.

Who is Beau Webster: Uncapped Australian all-rounder added to Adelaide Test squad

AUS vs IND: Tasmanian all-rounder Beau Webster has been added to Australia's squad for the 2nd Test vs India. He came into the squad amid fitness concerns for Mitchell Marsh.

New Delhi. Tasmanian all-rounder Beau Webster has been added to Australia's squad for the second Test against India, set to begin on December 6 in Adelaide. Webster's selection comes as cover for Mitchell Marsh, who experienced soreness after Australia's 295-run loss in the first Test in Perth. While Marsh remains in contention to play as a specialist batter, concerns over his bowling fitness prompted Webster's



inclusion. Webster's rise to the national squad is the result of consistent performances in domestic cricket. Named the Sheffield Shield Player of the Year last summer, the 30-year-old achieved a rare milestone by scoring over 900 runs and

taking 30 wickets in a single season—matching a feat previously accomplished only by Sir Garry Sobers. His form has continued this summer, with 448 runs at an average of 56 and 16 wickets, including key contributions for Australia A

against India A. In the recent Sheffield Shield match against New South Wales, Webster scored 61 and 49, and his late two-wicket burst sealed Tasmania's first win of the season.

Who is Beau Webster

He also boasts of being a versatile cricketer. Webster transitioned from an off-spinner to a medium pacer four years ago. He now combines his seam-bowling prowess with occasional off-spin when conditions demand it. Additionally, he is regarded as one of the finest slip catchers in Australian cricket, which further enhances his value to the team. To get a few runs and wickets (for Australia A) was pleasing against a strong Indian side," Webster said ahead of the announcement. "Any time you're playing 'A' cricket, it's the one step below Test level, so it does hold you in good stead." To get the call from 'Bails' (men's selection chair George Bailey) at the end of the NSW game was a really proud moment and.



Nothing Here, Just

Rasha Thadani

Slaying Girl-Next-Door Vibe



Rasha got work-related

the paparazzi made sure to capture her in a delightful video, later sharing the same on social media. The clip shows Rasha Thadani heading to the building, holding a sipper in her hand. Despite the rush, she made sure to acknowledge the shutterbugs and stopped for a while. She quickly posed and greeted them with a bright smile. Before exiting the venue, she also waved at them, showcasing her grounded demeanour. Her casual look for the day comprised of a blue mom-fit denim, a white fitted top and an olive green shirt for layering. Speaking of Rasha Thadani's debut film *Azaad*, it is produced by Ronnie Screwvala's RSVP and Pragy Kapoor's Guy In The Sky Pictures. Besides Rasha Thadani, *Azaad* will also mark the acting debut of Ajay Devgn's nephew Aaman Devgn. Essaying a skilled horse rider in the film based on a family's love for their horse in pre-independent India, Aaman is tasked to locate the missing animal. Rasha, on the other hand, will be playing his love interest in the film. Apart from the debutant duo, *Azaad* also stars Ajay Devgn, Diana Penty, Mohit Malik and Piyush Mishramore in the key roles. Ritesh Shah, Suresh Nair and Abhishek Kapoor came together to write the story of the film. Keeping the excitement intact around the film, its makers unveiled the teaser on November 5. Ajay Devgn shared the teaser on Instagram along with a caption that read, "Harr jung mein, harr bahadur yodha ke saath, ek wafadaar ghoda zaroor raha hai. *Azaad* Teaser Out Now. Witness the adventure on big screens this January 2025." The teaser opens with the voice of a woman narrating the story of the faithful horse. Later, Ajay Devgn is introduced, followed by Aaman Devgn. We can also see a glimpse of Rasha in the glimpse. Exuding royalty, her character seemed promising, raising anticipations about her big screen debut.

Aamir Khan Says Salman Khan Was The Reason He Got The Title *Dangal* For His Film: 'He Played A Big Role'



Actor Aamir Khan has recently revealed how Salman Khan helped him secure the title for his film *Dangal*. During a press conference, Aamir shared an intriguing story about how Salman played a crucial role in obtaining the rights to the title. The PK actor shared, "There's another thing I need to thank Salman for, which is the title *Dangal*. I don't know if you know this, but the title *Dangal* was already written in the script. However, when we checked, the rights were with Puneet Issar. I knew Salman was very close to Puneet, so I called Salman on a Monday and said, 'I need the title *Dangal*. Can you request a meeting between Puneet and me?'" He added, "Actually, Salman called Puneet and told him that I needed the title, even though he was making *Sultan* and people were saying that we were competing with each other since both were wrestling films. But that wasn't the case at all. Salman really helped us, and he played a big role in getting us the *Dangal* title. He called Puneet, and Puneet and I met, and Puneet was very sweet."

Dangal, directed by Nitesh Tiwari, featured Aamir Khan in the role of Mahavir Singh Phogat, an amateur wrestler who trains his daughters Geeta Phogat and Babita Kumari to become India's first world-class female wrestlers. Fatima Sana Shaikh and Sanya Malhotra portrayed the adult versions of the two Phogat sisters. The 2016-released sports drama was a commercial success, setting several records at the box office, including the highest-grossing Hindi film. Meanwhile, Salman Khan is gearing up for his next release, *Sikandar*, produced by Sajid Nadiadwala and directed by AR Murugadoss. The film is slated to hit theatres on Eid 2025.

Anil Kapoor With Wife Sunita At The Iconic Taj Mahal, Pictures Inside



Bollywood actor Anil Kapoor recently shared glimpses of his visit to Agra with his wife, Sunita Kapoor. The couple posed against the backdrop of the iconic Taj Mahal. In the Instagram photos, the 67-year-old actor looked dashing in an all-black ensemble paired with a white shirt, trousers and stylish sunglasses. Sunita showcased two chic looks – one featuring a white top layered with a dark green overlay and another in an off-white dress complemented by a cream-coloured coat. In one of the photos, the couple is seated in front of the Taj Mahal, smiling lovingly at each other. Another picture captures a sweet moment as Sunita holds Anil's arm. In the caption, Anil quoted Alain de Botton on Love: "Perhaps it is true that we do not really exist until there is someone there to see us existing, we cannot properly speak until there is someone who can understand what we are saying in essence, we are not wholly alive until we are loved."

Anil Kapoor is currently in Agra for the shooting of his upcoming film, *Subedar*. The shoot began on Tuesday morning near Jwala Talkies in the Jaipur House area. The shooting attracted a huge crowd of fans who were eager to catch a glimpse of the veteran actor. To recreate the setting of a village, the production team built a detailed set on an open plot. Some scenes will also be filmed in nearby shops and streets. Filming is expected to continue in Agra for 15 days, as per the reports from the production unit. There are several scheduled shooting venues in Agra.

The first look of *Subedar* was unveiled by Prime Video on Instagram. "In an adrenaline fuelled action drama, *Subedar* Arjun Singh grapples with civilian life, navigating a strained relationship with his daughter and societal dysfunction. The man who once fought for the nation, must now fight enemies within to protect his home and family," the post read.

Subedar is backed by Anil Kapoor Film & Communication Network (AKFCN) and Opening Image Films. In *Subedar*, Anil takes on the role of Subedar Arjun Maurya, a retired soldier. The film's story revolves around his efforts to tackle societal challenges while trying to mend his strained relationship with his daughter, played by Radhika Madan. In an interview with *Variety*, Anil Kapoor shared his excitement about *Subedar*. He said, "I have done a lot of action films, but this is a pure action film, a dramatic action film. I'm excited about it."

Alice Kaushik

Takes Back 'Death Wish' On Karanveer Mehra? Says 'He Made Personal Comments...'

When Alice Kaushik was in the *Bigg Boss 18* house, she was always at loggerheads with her co-contestant Karan Veer Mehra. During one of their arguments, Alice even lost her cool when she went on to say, "If Karan Veer dies, I will be responsible". Now that the former *Pandya Store* actress is out of the controversial reality show, she explained why she made a 'death wish' on Karan Veer. Alice Kaushik was recently speaking to *Instant Bollywood* when she clarified her 'death wish' comment about Karan Veer Mehra from *Bigg Boss 18*, saying it was said in anger after he made personal comments.



"I can also make personal comments. I also know several things about his personal life. Maybe he is not aware that I know these things. I did not say any of those things because it is beneath me. I got very angry. I was shocked. He should have given a valid reason for nominating me. He made comments about my personal life just because he had no reason to nominate me. I got very angry and at that moment, I said it. I did not mean it," she said. Asked if she would like to change that statement now, Alice

nodded positively and said, "Yes, of course." However, she refused to forgive Karan Veer. Previously, in an exclusive interview with *News18 Showsha*, the former *Pandya Store* actress also attacked Karan and said that his gameplay lacked strategy or substance. "He has no game. He is only sitting there. All he does is idhar ki baat udhar and udhar ki baat idhar. He has no guts to argue himself. He makes sure others fight on his behalf. That's not what I call a game," she told us. *Bigg Boss 18*, hosted by Salman Khan, airs on Colors TV.

