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Ajit Doval to meet Chinese Foreign Minister for key talks after LAC border truce

► The meeting comes in the wake of recent disengagement efforts at Depsang and Demchok, signalling a potential breakthrough in the broader resolution of the border dispute.

As India and China move towards resolving the long-standing tensions along the Line of Actual Control (LAC), National Security Advisor (NSA) Ajit Doval is set to meet Chinese Foreign Minister Wang Yi for a key discussion on the issue.

The Special Representative (SR) talks, scheduled for late December, will mark the first high-level dialogue since the Galwan Valley clash in 2020. The previous SR



meeting occurred in December 2019, prior to the escalation of tensions.

The meeting comes in the wake of recent disengagement efforts at Depsang and Demchok, signalling a potential breakthrough in the broader resolution of the border dispute.

The SR talks are expected to involve multilayered discussions aimed at defining and delineating the LAC more clearly, with the ultimate goal of achieving a lasting resolution. Sources indicate that the -Ajit Doval to meet Chinese Foreign Minister Wang Yi for LAC talks First high-level dialogue since 2020 Galwan clash _Outcome to influence next military-level meeting

outcome of these talks will determine the timeline for the next Corps Commanderlevel meeting, which will focus on operational issues regarding the ongoing patrolling and buffer zones to prevent further confrontations. India and China have engaged in a series of military and diplomatic efforts to de-escalate the situation along the LAC since 2020. The upcoming talks represent a crucial opportunity for both nations to address their differences, enhance trust, and establish a more stable framework for managing their contested border.

We said Manipur, he thought Kareena Kapoor: Congress's dig as PM meets Kapoorsa

New Delhi. The Congress party took a dig at Prime Minister Narendra Modi over his meeting with Bollywood's popular Kapoor family on Tuesday. The Kapoor family had met PM Modi to invite him to MANIPUR VIOLENCE marks the legendary actor and filmmaker's 100-year legacy. Taking a dig

at the meeting, Congress leader Pawan Khera said, "We said Manipur, he thought Kareena Kapoor."

Several members of the Kapoor family, including Ranbir Kapoor, Alia Bhatt, Kareena Kapoor, Karisma Kapoor, Riddhima Kapoor Sahni, Aadar Jain, Armaan Jain, and Neetu Kapoor posed for a group picture with the

Kareena Kapoor, Raj Kapoor's granddaughter, was accompanied by her husband, Saif Ali Khan. She shared several

photos from her meeting with PM Modi. In one of the photos, the PM is seen signing an autograph for Kareena's sons, Taimur and Jeh. The dig by the Congress over meeting with the Kapoor family is the latest in a series of swipes at the Prime Minister, accusing him of deliberately avoiding a visit to Manipur, a state that has been marred by ethnic violence for over a year. Ethnic violence between the Meitei and Kuki communities has claimed more than 200 lives in Manipur since May last year.

the Raj Kapoor Film Festival, which Manipur has been witnessing sporadic violence ever since ethnic clashes broke out on May 3. The ethnic violence first



broke out after a 'Tribal Solidarity March' was organised in the hill districts to protest the Meitei community's demand for Scheduled Tribe (ST) status. At least 258 people were killed and thousands rendered homeless in ethnic violence between Imphal Valley-based Meiteis and adjoining hills-based Kuki-Zo groups since May last year.

BJP vs Congress over no-trust motion, George Soros claims stall Parliament again

Parliament updates: **Both Houses have** been briefly adjourned amid an uproar over the noconfidence notice against Jagdeep Dhankhar, and the alleged nexus between George **Soros and Sonia** Gandhi.

New Delhi. Rajya Sabha proceedings were disrupted again on Thursday following a heated exchange between the treasury benches and the opposition over the noconfidence notice against chairman Jagdeep Dhankhar, and the alleged nexus between US hedge fund tycoon George Soros and Sonia Gandhi. The Lok Sabha was also briefly adjourned following a verbal duel between BJP and Congress members over the Gautam Adani bribery case. As soon as the proceedings began in the Rajya Sabha, Union Minister JP Nadda trained his guns on Congress chief Mallikarjun Kharge



remark was "objectionable". "The Rajya Sabha chairman cannot be questioned with regard to admissibility ruling cannot be questioned or criticised. To do so is contempt of the House," Nadda said.

over his "biggest disruptor" remark The Congress-led opposition has moved a against Dhankhar. Nadda said Kharge's no-confidence motion against Dhankhar, accusing him of being "explicitly partisan" in conducting the proceedings of the House.Nadda also accused the Congress leadership of having links with Soros-backed outfits that were allegedly working to destabilise India. "The country wants to know the relationship between former Congress president Sonia Gandhi and US billionaire George Soros,"

opposition benches. or for other purposes. The chairman's On Wednesday, Kharge, addressing a press conference, accused Dhankhar of acting as a government spokesperson for his "next promotion" while defending the move to submit the notrust motion notice.

Nadda said, triggering protests from the

Trinamool MP submits written apology over remarks on Jyotiraditya Scindia

New Delhi. Lok Sabha Speaker Om Birla on Thursday said that TMC MP Kalyan Banerjee has submitted a written apology for his remarks against Union Minister Jyotiraditya Scindia besides apologising in the House.As soon as the House met, some members belonging to the ruling alliance stood up to raise the issue of the remarks made by Banerjee. However, Birla intervened and said whatever happened on Wednesday was unfortunate and no member should make any personal remark against any fellow member.

Without taking the name of Banerjee, he said any remark against women is in bad taste and it hurts their dignity and honour.

The speaker said agreements and disagreements are part of the democratic process but no member should make any personal remark

against anyone."The member concerned had apologised (in the House). He has also given me in writing too," he said and started with the day's proceedings.On Wednesday, there were verbal clashes when Banerjee was speaking in the House



during a discussion on the amendments to the Disaster Management Act. The TMC member had alleged non-cooperation by the central government during the COVID-19 pandemic, but Minister of State for Home Nityanand Rai countered it, saying it was Prime Minister Narendra Modi who helped all the states and successfully handled the crisis by taking everyone along.

Rai also alleged that the West Bengal government tried to put hurdles in the transportation of the Covid vaccines through the state. Scindia stood up to support Rai, saying that India had emerged as a "Vishwa Bandhu" during the pandemic and helped all the needy countries across the world.

Following this, Banerjee attacked Scindia and made certain remarks against the minister which were expunged by the Speaker after an uproar. The verbal spat between the treasury and opposition benches led to adjournment. When the House reconvened, Banerjee apologised for his remarks, but Scindia refused to accept it, saying the opposition members should desist from making personal attacks."Mr Kalyan Banerjee rose in this House and said sorry. But I will say that we all come to this House with the spirit of contributing to the nation's development... but we also come with a sense of self-respect.s

Shashi Tharoor pans trolls over old leg injury image: Desperate for distraction

►The pictures being circulated on social media show Shashi Tharoor in bed with a cast around his left ankle. However, the image is from 2022.

New Delhi. Senior Congress leader Shashi Tharoor has lashed out at trolls after an old image of the Kerala MP with a bandaged left foot started circulating on social media. The pictures show Tharoor in bed with a cast around his left ankle. However, the image is from 2022."When the usual troll factory is reduced to circulating a two-year-old picture of mine with a sprain led foot, accompanied by picayune comments, one realises how desperate they are for a distraction," Tharoor tweeted.



The Thiruvananthapuram MP clarified that he was absolutely fine and has been regularly attending the winter session of Parliament."For all those expressing concern about my well-being, I am pleased to say that not only is my leg alright, but I have been attending Parliament daily and spoke in the debate on the National Disaster Management bill yesterday," he said.

In 2022, Tharoor sprained his left foot after missing a step in the Parliament building during the winter session. The former Union Minister had also shared photographs of him in a hospital bed with a cast around his left ankle.

Due to the injury, Tharoor had to be taken to Parliament in a wheelchair. He had then expressed his disappointment on how poorly equipped India was for disabled people.

"This temporary disability has taught me how poorly equipped we are to support people with disabilities," the Congress MP had tweeted then. The Congress MP, who often grabs social media attention for his unique linguistic style, however, is no alien to trolls. In August, Tharoor was trolled for his "memorable day in Wayanad"

post during his visit to the landslide-hit district. The tragedy left over 300 people dead and displaced hundreds."For all the trolls: the definition of 'memorable': Something that is memorable is worth remembering or likely to be remembered, because it is special or unforgettable. That's all I meant," he

AAP's Poll Special: 1,000 A Month For Delhi Women, 2,100 If It Wins

Minutes after the AAP's announcement, the BJP's Virendra Sachdeva issued a sharp reminder; "Kejriwal should answer promises made for women before the Punjab," he said.

New Delhi. Arvind Kejriwal on Thursday announced a new scheme for Delhi women - ? 1,000 in their accounts every month, with a promise to double it? 2,100 if his Aam Aadmi Party wins February's election.

However, the initial payment of ? 1,000 cannot be credited till after the election, he said, pointing out "... poll dates will be announced in 10-15 days, so it is not possible to transfer the money now". The AAP boss, with Chief Minister Atishi by his side, also hit out at the opposition Bharatiya Janata Party, accusing them of having delayed the scheme's roll-out - by "conspiring and sending me to jail (in the alleged liquor policy case)" - and having cost Delhi women the steady honorarium. have come to make two big

announcements for the people of

Delhi... both are for women. I had

1,000 to every woman. This proposal was passed in a cabinet meeting chaired by Atishiji this morning. Now this scheme has been implemented in Delhi...""(But) elections will be announced in 10-15 days, so it is not possible to transfer money to your accounts right now. Also, some women had said ? 1,000 will not be enough -

earlier promised to give ?

due to inflation and price rise. Therefore, registration will start from tomorrow for ? 2100 per month...""This scheme is for empowering women and addressing their financial needs," Mr Kejriwal said, snapping back at criticism from the BJP - that it is merely a pollrelated freebie, or revdi. "What the BJP calls 'revdis', I see as a

step to strengthening our society. The BJP also asks, 'where will the BJP's Punjab Reminder money come from?'... but I had said Meanwhile, minutes after he A budget of? 2,000 crore has been set we will give free electricity (a promise the AAP made before the 2015 Delhi election, and which is now a party standard) and we did

"I want to tell the BJP... I am a magician. I am a magician of accounts," he declared with a

that," he reminded voters.

smile.Senior AAP leader Manish Sisodia, who was Mr Kejriwal before he was arrested in connection with the liquor policy case, added his praise for the new scheme.

'Congress and BJP could not think of these things... when the public asks they make excuses. Kejriwal announced this scheme today, and after the election, women will be given?

2100...

announced the pre-poll sop, the BJP's Delhi unit chief, Virendra Sachdeva, issued a sharp response. made for women before the Punjab election. How many women in Punjab have got it in their bank accounts?""And now, because

Vidhan Sabha elections are coming in Delhi, you give (this) lollipop?"

Deputy Chief Minister under Mr Sachdeva was speaking about a promise the AAP made before the 2022 election - to deposit? 1,000 in the bank accounts of eligible women in that state - and which has not yet happened. That amount was later raised to ? 1,110. Last month Punjab Chief Minister Bhagwant Manna acknowledged still-pending promise, and said he would make it his "mission" to execute it.

What Is AAP's 'Mahila Samman

Yojana'? aside for this scheme, which was proposed in the Delhi government's 2024/25 budget.

"Kejriwal should answer promises It is meant to benefit women with no formal source of income. Women who pay tax and those already receiving financial aid from other government schemes are not eligible.

NEWS BOX

Tamil Nadu Governor orders inquiry against BU registrar

COIMBATORE. Governor RN Ravi, who is also the chancellor of Bharathiar University (BU), has ordered an inquiry against university's registrar (in-charge) Rupa Gunseelan after Syndicate members lodged several complaints against her in June.

Former vice-chancellor (V-C) of TNOU K Parthasarathy has been appointed as the inquiry officer. He will submit the report by January 10.

Sources said the governor initiated action following complaints lodged members of the BU syndicate against her in July. According to the communication dated December 4 sent from the governor's secretariat, a copy of which is with TNIE, syndicate members of BU flagged several irregularities allegedly committed by the registrar that substantially deteriorate and disrupt functioning of university.

The members alleged that Rupa is holding back several important and urgent files even after the V-C committee members gave their approval to proceed and this has caused undue delay in accomplishing certain important tasks like scheduling of interview for principal's post in some autonomous and aided colleges. "Her act of withholding several files at her office even after approval from the higher authorities has ulterior motives of seeking personal favours from the parties concerned which can be individuals or colleges," they said. Rupa holds three pivotal positions namely registrar (in-charge), finance officer (incharge) and director of RUSA funds. But she fails to inform the V-C committee when she goes out of her office either on official or personal assignments, they added.

When contacted, Rupa told that she was yet to receive any communication regarding the

UDF's by-election success strengthens Satheesan's leadership amidst party tensions

THIRUVANANTHAPURAM. With localbody elections due later next year, gains made by the UDF in Tuesday's by-elections are being viewed as a morale booster for the opposition front.

The returns are also seen as strengthening V D Satheesan's grip on the Congress, at a time when a section of party leaders are up in arms over the leader of the opposition's alleged attempts to take control of the organisation.

The bypolls saw the UDF win 17 wards and three panchayats held by the LDF. The results have reinforced the Congress claim of a strong anti-incumbency wave against the government, say analysts.

"They show that the difference of opinion among Congress leaders has not affected the party at the grassroots level," political commentator Sreekumar Manayil told.

"The results shows that a strong mood of antiincumbency exists against the government. It is true that local-body elections are influenced by local factors. However, by sealing a comfortable win in Palakkad and securing more votes in Chelakkara, the Congress is reinforcing the strong presence of anti-incumbency. Ordinary Congress workers want a change of government at any cost. This will work in favour of Satheesan," he said. In Tuesday's bypolls to 31 local-body wards, the CPM performed well in Kollam with five wins.

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Tamil Nadu rains: Schools closed in Chennai and 14 districts amid heavy rain alert

The zone-wise cumulative rainfall report by the city corporation showed that in the 24 hours until 6 am, several parts of the city, especially in the North and Central regions, received over 7 Cms of rain.

CHENNAI. Schools in Chennai, Kanchipuram and Tiruvallur are to remain closed after the regions received moderate to heavy rainfall from Wednesday night.

The zone-wise cumulative rainfall report by the Chennai city corporation showed that in the 24 hours until 6 am on Thursday, several parts of the city, especially in the North and Central regions, received over 7 Cms of rain.

Most of the recorded rainfall came in intermittent heavy spells from Wednesday night to Thursday morning.On an average, the city received 5.3 cm of rain during this period with Kolathur receiving the highest 8.5 cm followed by Nerkundram which recorded 7.9 cm.

Greater Chennai Corporation's rain gauge stations in Tondiarpet, Perambur, Madhavaram, Basin bridge, Ayapakkam and Aminjikarai recorded over 7 Cms of rain. Thursday is expected to see the last of the rains, brought by the well marked low

pressure area over the Bay of Bengal, in



Chennai. The India Meteorological Department has flagged the possibility of moderate rain with intense spells of heavy rainfall over Tiruvallur, Ranipet, Chennai, Chengalpattu, Kancheepuram, Tiruvannamalai, Villupuram, Kallakurichi, Cuddalore, Mayiladuthurai, Kanchipuram, Ariyalur, Chengalpattu, severe rainfall. In addition to school closures, colleges in Nagapattinam, Puducherry and Karaikal will also remain shut today.

Nagapattinam, Tiruvarur, Thanjavur, Pudukottai and Ramanathapuram in its nowcast valid until 10 am on Thursday. CHENNAI. Following repeated Schools closed in 14 districts of Tamil Nadu, Puducherry and Karaikal The districts of Chennai, Villupuram, Thanjavur, Mayiladuthurai, Pudukkottai, Cuddalore, Dindigul, Ramanathapuram, Thiruvarur, Salem, Puducherry and Karaikal have declared Thursday holidays for schools due to the

The India Meteorological Department has flagged the possibility of moderate rain with intense spells of heavy rainfall over Tiruvallur, Ranipet, Chennai,

Chengalpattu, Kancheepuram, Tiruvannamalai, Villupuram, Kallakurichi, Cuddalore, Mayiladuthurai, Nagapattinam, Tiruvarur, Thanjavur, Pudukottai and Ramanathapuram in its nowcast valid until 10

Three defence witnesses turn up for actor Dileep in abduction-rape case

It was on February 17, 2017, that the survivor was abducted and raped in a moving vehicle while on her way to Kochi from Thrissur and nine accused persons, including Dileep, are facing trial in the case.

KOCHI. The three defence witnesses from the side of Dileep in the actor abduction case have turned up before the Ernakulam District Principal Sessions Court, with the trial nearing

According to the court diary, it was on November 29 that Dileep's lawyer submitted a list comprising names of three persons who were to be examined as defence witnesses. On December 5, the three defence witnesses appeared in court. While the examination of one witness was completed then, the other two were examined on December 6.

On November 27, after completing the examination of the accused under section 313 of CrPC, the court had considered a petition of an accused for acquittal under CrPC 232. After hearing the petition, the court however found there was no ground to acquit the accused.On



Wednesday, the court heard arguments from the side of the prosecution, and would continue in the coming days. After the prosecution argument, the court will hear arguments from the part of defence lawyers. Later, a final hearing would be conducted before posting the case for judgment, which the prosecution and defence lawyers expect in a months

It was on February 17, 2017, that the survivor was abducted and raped in a moving vehicle while on her way to Kochi from Thrissur. Nine accused persons, including Dileep, are facing trial in the case.

The trial that commenced in 2019 has seen several controversies including the allegation that a pen drive containing assault visuals was illegally accessed. Recently,

the victim wrote to the President of India for her intervention, claiming that there has been no action from the part of the High Court and the Supreme Court into the alleged tampering of

RTOs to tighten checks on gig workers' bikes in Tamil Nadu

A circular issued on Tuesday asked RTOs to submit daily reports starting Thursday, detailing the number of vehicles penalised for violations.

complaints about traffic violations, the transport commissioner Shunchonngam Jatak Chiru has directed Regional Transport Offices (RTOs) to inspect two-wheelers, particularly those involved in commercial activities, to ensure compliance with statutory provisions. A circular issued on Tuesday asked RTOs to submit daily reports starting Thursday, detailing the number of vehicles penalised for violations. Officials clarified that the directive is not intended to restrict the operation of bike taxis, as related cases are pending before the high courts.

The primary objective is to ensure that two-wheelers used for commercial purposes, such as food delivery, adhere to traffic regulations. The order was issued in wake of the protest staged by Tamil Nadu Road Transport Workers Association against violations of bike riders. The commissioner has issued a directive to field officers of the RTOs to conduct a special drive to enforce the Motor Vehicles Act, particularly concerning twowheelers used for commercial purposes. A senior official informed TNIE the drive will target not just bike taxis but also all motorcycles involved in commercial activities, including those used by food delivery platforms. "Frequent complaints have been received regarding the lack of insurance for pillion riders and drivers, absence of helmets, overspeeding, rash driving, and other violations involving twowheelers. Additionally, many older vehicles without emission certificates are being used, violating regulations," the official

Meanwhile, Transport Minister SS Sivasankar, speaking at the Secretariat, said, "The centre has already permitted bike taxis, and the state government is currently examining regulations for their

41-year-old welder beaten to death over petty argument, juvenile held

miscreants including a few minors over an argument here at Naranpur locality within Barang police limits late on Tuesday night.

The deceased has been identified as Tofan Samal, a resident of Marsaghai area in Kendrapara district. Police They then allegedly beat Tofan with a

have arrested a 17-year-old juvenile in

connection with the incident. As per

police, Tofan was engaged in welding

work at an apartment and was staying

along with his minor son at Deon

labour camp in Naranpur. Some youth

of nearby Economic Weaker Section

(EWS) apartment used to allegedly

pelt stones on the tin roof of the labour

camp owing to which Tofan had to

reprimand them.

CUTTACK. A 41-year-old welder was On the night of the incident, Tofan was youth pelted stones at the camp again. Irked, Tofan scolded them and a war of words ensued. The matter soon escalated and the group of youth including some minors reached the spot and dragged him out of the camp.

> wooden plank besides hitting his head with bricks, leaving him with grievous injuries. Tofan's minor son pleaded the miscreants to leave his father but to no avail. They fled soon after, police said.

On being informed by locals, police reached the spot and rushed Tofan to the SCB medical college and hospital where doctors declared him dead. Tofan's

brother Amar lodged an FIR in this connection following which the juvenile was arrested and sent to Juvenile Justice Board, police said. "We have arrested a 17-year-old boy in connection with the murder case. The minor has been produced before Juvenile Justice Board. Efforts are underway to nab the others involved," said a senior police officer.

Officials should pay for illegal permissions: Telangana HC

The judge observed that wasting public money for paying compensation for the mistakes committed by officials was not correct.

HYDERABAD. The Telangana High Court on Wednesday observed that officials will not work properly until orders are Justice Bhaskar Reddy made these

not issued to file criminal cases against those who approved permissions for illegal constructions and issued demolition notices later. Expressing displeasure over

giving permissions for illegal structures and demolishing them later, Justice CV Bhaskar Reddy noted that paying compensation for houses demolished by the government was not correct. The judge observed that wasting public money for paying compensation for the mistakes committed by officials

was not correct. The judge stated that the situation may warrant the court to issue errant officials. He also said that permissions to them and later

the officials would feel the pinch if their properties were confiscated.

comments while hearing a petition filed by one Sachin and Officials are committing two others against the notices irregularities and giving

issued for demolishing houses Counsel for the petitioners said allegedly constructed in the FTL and buffer zone of Mangarasikunta in Narkud village of Shamshabad mandal in Rangareddy district.

orders to collect the The petitioners contended that the compensation amounts from the officials initially accorded

issued notices for demolition. The court wondered how officials accorded permission to the petitioners to take up construction when it was illegal.

> permissions for the structures and later resorting to demolitions in the name of FTL and buffer zone, the judge noted. The court, however, made it clear that it was not against conservation of water bodies but was only finding fault with the attitude of the officials.

that notices were issued on December 4, directing his clients to remove the illegal structures within seven days. It was illegal to demolish the houses without hearing the arguments of the victims, the advocate contended.

Karnataka bids tearful adieu to former CM SM Krishna

In final farewell, thousands of people, including women and children, line up on either side of Bengaluru-Mysuru road holding portraits of former CM

MADDUR. The mortal remains of former The rituals were performed by Vedic chief minister SM Krishna were consigned to flames with full state honours at his native village of Somanahalli near Maddur in Mandya district on Wednesday evening.

A pall of gloom descended on Maddur as thousands of people paid their last respects to Krishna. The final rites were performed as per Vokkaliga traditions near Bengaluru-Mysuru highway, adjacent to the Café Coffee Day outlet.

Amartya Hegde, Krishna's grandson and son of Café Coffee Day founder late VG Siddhartha, lit the funeral pyre as people raised slogans in honour of Krishna. Police personnel played the national anthem and fired three rounds in the air as part of state

scholar Vedabrahma Bhanuprakash Sharma, who was assisted by a team of 15 priests. Adichunchanagiri Mutt seer Sri Nirmalanandanatha Swamiji and seers of various Veerashaiva mutts and priests of the local church joined Krishna's family members in performing the last rites.

Chief Minister Siddaramaiah, Deputy Chief Minister Shivakumar, Krishna's close associate and Home Minister G Parameshwara, other ministers,

Assembly Speaker UT Khader, former chief minister BY Yediyurappa and Basavaraj Bommai, Union ministers HD Kumaraswamy and Pralhad Joshi, former MP Sumalatha Ambareesh, legislators and



local leaders placed wreaths and paid their last respects to Krishna.

Siddaramaiah, accompanied by Dr Parameshwara, presented the tricolour to Prema Krishna, wife of Krishna, and family members. Earlier in the day, Krishna's mortal

remains were brought to Somanahalli from Bengaluru in a vehicle decked up with flowers. Thousands of people, including women and children, lined up on either side of the highway holding the portraits of Krishna. Posters and banners hailing Krishna were also put up along the highway.

The body was taken to Krishna's ancestral house and then to the farmhouse in a procession. Cops had a tough time managing the swelling crowd. People were forced to watch the funeral on LED

screens. Shivakumar, who is also a relative of Krishna, personally oversaw the funeral arrangements made at Somanahalli. He thanked the people for their cooperation and support of Krishna's family.

News box

He works in farms': Bomb planter's family in shock

Gurgaon. Family members of 27-year-old Sachin Taliyan, who was arrested for detonating crude bombs outside two restobars in Sector 29 on Tuesday morning, are in disbelief about his alleged involvement with an international criminal network.

"He works in a farm and occasionally drives cars and Tempo Travellers for a livelihood," his father Ved Taliyan said. "We received a call from Gurgaon police about the arrest of Sachin. He left home only two or three days ago, saying he had some personal work," he added. Another family member who accompanied Ved to the city said Sachin had no connection with any gangster and all this must be a mistake. Sachin is from Chhur village in Meerut. "Sachin's father is known as Vedu in the village. Ved lives with his wife and two sons. Sachin is the eldest, and the younger one is Nitin. Both studied up to school level, and they are not married. The family has about six bigha of agricultural land, and farming is their main occupation. Sachin also occasionally takes up driving jobs like his father, who runs a goods carrier for a tent house, but mostly works in the fields," said a Chhur elder who knows the family well.Locals were unaware of Sachin's arrest till Wednesday morning when they read news reports. "The initial news reports did not carry the village name. So no one knew. Sachin was involved in a few petty village fights, but nothing major," said another villager, who identified himself as a friend of Ved.

Chhur is in the jurisdictional area of Sardhana police station of Meerut, Sardhana SHO Pratap Singh said they had not received any information from Gurgaon police about the Chhur resident's arrest.

"We have no information about any Sachin Taliyan having a criminal record locally. Chhur is a big village. So far, we have not received any request from Gurgaon police. If they seek any assistance, we will provide,"

3 held for carjacking cab in Ghaziabad, 1 flees

Ghaziabad. Three people were held, including a woman, for allegedly robbing a car from a cab driver on Wednesday, said police, adding that one person escaped and a hunt to nab him is underway.

The accused impersonated as customers and booked the Ola cab from Modinagar to Bareilly, and during the ride, they threatened the driver at knifepoint and robbed the car, said police. According to police, the accused were identified as Muskaan Bhati (21), a resident of Modinagar; Abhimanyu Sharma (24); and Karan, alias Ravi (19), both from Indirapuram. While the fourth member of the gang, Ritik, who is absconding is a resident of Modinagar.

DCP, said that Arjun, a resident of Indirapuram, complained that a girl called him under the pretence of booking his car to Bareilly and when they were on way, the accused snatched the car midway by holding a knife to his neck. The accused were booked under BNS sections 309 (4) (punishment for robbery).

NAME CHANGE

GOURAV KUMAR DAGAR is son

o. GO-4104Y Rank- AEE (CIV), Name

ATTAN SINGH R/o HOUSE NO-26

HARPHALI(3), GADPURI, FARIDABAD HARYANA-121004, have changed my

me from GOURAV KUMAR DAGAR t

OURAV DAGAR and date of birth from

7/07/1992 to 17/07/1993 for all futur

Purposes. Vide Affidavit dated 12/12/202 before Sub Divisional Magistrate Delhi.

PUBLIC NOTICE

It is for general information that I Rajesh Vinayak S/O Purshottam Vinayak, R/O 30/7, G/F, Patel Nagar West, Central Delhi, Delhi- 110008,declare that name

of mine, my father and my mother has been wrongly written as Rajesh Vinaik, Purushottam Vinaik and Kanta Vinaik in my Passport No -B 5060033, The actual hame of mine ,my father and my mother are RAJESH VINAYAK ,Purshottam (inavak and Kanta Vinavak which may

nayak and, Kanta Vinayak, which ma

NAME CHANGE

, ADITEE VERMA is daughter of No GO-5786F Rank- AE (E&M), Name

YANESHWAR VERMA R/o VILLAG

have changed my name from ADITEE /ERMA to ADITI VERMA, and have changed my date of birth from 80/09/2005 to 30/03/2005 for all future

2/12/2024 before Sub Divisiona

NAME CHANGE

. I, SUBHVAYA is daughter of No. GO-3066F Rank- EE (CIV), Name- CHAN-

DRAMA PRASAD R/o VILL & PO

RADHAN PUR, DISTT-BALLIA

nanged my name from SUBHVAYA to

ITTAR PRADESH PIN-221712 I hav

SHUBHAVYA for all future Purpose

Vide Affidavit dated 12/12/2024 before Sub Divisional Magistrate Delhi.

NAME CHANGE

HANDRAMA PRASAD S/O LATE

GULAB CHAND, R/o VILL & PO- PRAD

AN PUR, DISTT-BALLIA, UTTAF

minor daughter name from DIY

PRADESH, PIN-221712, have change

PRASAD to DIYA for all future Purpose

/ide Affidavit dated 12/12/2024 befo

NAME CHANGE

AMARNANDA PRASAD spouse of N

O-3066F Rank- EE (CIV). Nam

PRADHAN PUR, DISTT-BALLIA, UTTAF

PRADESH, PIN-221712, have change

AMARNANDA for all future Purpose

DECLARATION

Faizan Hussain S/o Anwar Hussai

R/o G-140, Bhagirathi Vihar, Dayalpur,

Delhi – 110094, Possessing Aadhar No 9873 4608 2096 and the PAN APXPH2010P

used to follow Muslim Religion till 01.12.2024

but I have renounced the Muslim Faith

and due to my inclination towards Sanatan

Dharma, I, without any force or pressure

of any kind from anywhere, have changed

my religion on 02.12.2024, embracing

ınatan/Hindu Dharma, after performir

pooja / Anushthan at Arya Samaj Vedic

Vivah Mandal (Regd) at B-229, New

Saniay Amar Colony, Near Dr. Hedgewa

Hospital, Vishwas Nagar, Shahdara

Delhi - 110032 and received a certificate

to that effect vide Ref No. 65/24, dated

02.12.2024. I have changed my name

from Faizan Hussain to Rahul for all

future purposes, I have also published

the same in The Economic Times

Faizan @ Rahul

S/o Anwar Hussain

Dated 04.12.2024 as well

Sub Divisional Magistrate Delhi.

, No. GO-3066F Rank- EE (CIV), Na

and POST-MASOOMPUR, DISTRIC BALLIA, UTTAR PRADESH-277303,

e amended accordingly.

NAME CHANGE

I, AAKANKSHA is daughter of No. GO-5786F Rank- AE (E&M), Name-GYANESHWAR VERMA R/o VILLAGE and POST-MASOOMPUR, DISTRIC BALLIA, UTTAR PRADESH-27730 ave changed my name from AAKANI SHA to AAKANKSHA VERMA, and hav hanged my date of birth from 2909200 to 29/09/2001 for all future Purpose Vide Affidavit dated 12/12/2024 before Sub Divisional Magistrate Delhi.

NAME CHANGE

192162X Rank- DVRMT-2), Name MANGLA RAM R/o BOYAL MARG GRAM JALKHA, JALKHA, JODHPUF RAJASTHAN-342605, have change y name from PANKHUDI DEVI to PANKUDI for all future Purposes, Vic Divisional Magistrate Delhi.

NAME CHANGE

786F Rank- AE (E&M), Name SYANESHWAR VERMA R/o VILLAGI and POST-MASOOMPUR, DISTRIC BALLIA, UTTAR PRADESH-277303, ave changed my name from KUSHUN ATA to KUSUM LATA for all future Purposes. Vide Affidavit dated 12/12/2024 before Sub Divisiona

NAME CHANGE

ARADHANA KARNA spouse of No GS-185365Y Rank- STENOGRAPHER GRADE-A, Unit- HQ-DGBR, Name MANIKANT KARNA R/o VILLAGE HRIPUR, POST OFFICE- SHRIPU MAJRAHIYA VIA-BAHERI DIST SAMASTIPUR, STATE-BIHAR, PIN 347105, I have changed my name fro ARADHANA KARNA to ARADHAN KUMARI KARNA for all future Purpose /ide Affidavit dated 12/12/2024 before Sub Divisional Magistrate Delhi.

NAME CHANGE

I, AMIT KUMAR SINGH is son of No GO-4104Y Rank- AEE (CIV), Name RATTAN SINGH R/o HOUSE NO-26 HARPHALI(3), GADPURI, FARIDABAI HARYANA-121004, have changed r ne from AMIT KUMAR SINGH AMIT KUMAR for all future Purpose vide Affidavit dated 12/12/2024 befo Sub Divisional Magistrate Delhi.

NAME CHANGE

SUNIL S/o LATE RAM ASHREY R/louse No-73B, UGF, Gali No-30, Mai Sunday Bazar Road, Chander Viha Nilothi Extn, West Delhi, Delhi-110041 hereby undertake that I SUNIL want to change my name to SANAM SHRIVAS TAV and gender as Female. I SUNIL henceforth be known as SANAM SHRI VASTAV D/o LATE RAM ASHREY.

PUBLIC NOTICE

FARYAL AHSAN SIDDIQUI wife of DR AHSAN AHMAD SIDDIQUI R/C STREET NO-16, ZAKIR NAGAR AMIA NAGAR, SOUTH DELHI 11002 DIQUI" is my real daughter her corre nd exact date of birth is 01/12/2009. That in my daughter's school record mame is stated as "FARYAL AHSAN which is wrong. in my aadhar card No. 6489 5230 889

ny name is stated as "FARYAL AHSAN SIDDIQUI FARYAL AHSAN SIDDIQU ame and one person i.e. myself That my actual & correct name

want changed my name in my daugl er's school record from FARYAL AHSAN TO FARYAL AHSAN SIDDIQUI as po my AADHAR CARD

Mining still goes unchecked in Aravalis, says panel report

Gurgaon. The National Green Tribunal (NGT) has directed Haryana govt, deputy commissioner, forest dept, divisional forest officer, HSPCB and MoEF & CC to take immediate remedial and punitive actions to tackle illegal mining and nonforest activities being carried out in the forest area of Faridabad's Anangpur.

The directive follows a report from the joint committee set up by the tribunal, highlighting unauthorised activities on land classified as forest under the Forest (Conservation) Act, 1980.NGT also expressed concerns over the report, which merely referred to the patwari's report identifying the land as 'pahar' under the ownership of 'shamlat deh'. Observing that the committee failed to provide complete details of people or entities involved in illegal activities, the tribunal said, "Despite the directions and presence of vehicles, workers and electricity connections on the site, the committee could not identify those responsible. Furthermore, no immediate action was taken by Haryana and its instrumentalities despite clear environmental violations."



During a hearing on Aug 22, NGT had set up a joint committee to investigate if illegal mining activities are causing severe air and noise pollution in Faridabad's Anangpur. The move comes after residents of Lakewood City — a housing colony in Lakkarpur near Anangpur — submitted a petition to NGT, alleging that unauthorised activities "It is evident from the report of the joint

going on the forest land pose serious health hazards. During the hearing, petitioners said the forest department notified khasra number 1,387 as forest land under Section 4 of Punjab Land Preservation Act, 1990, on Aug 18, 1992. The plea emphasised that this is the same land where illegal activities are rampant.

committee that non-forest activities are being illegally carried out on land which falls in the category of forest land without permission of central govt under Forest (Conservation) Act, 1980, and the joint committee has made recommendations for closure of activities in question and restoration of the land for active plantation or draining activities," stated the order by judicial member Arun Kumar Tyagi and expert member Dr A Senthil Vel. The tribunal was hearing the matter on Dec 3.It also stated, "... despite environmental violations, no action was immediately taken by the state of Haryana and its instrumentalities. According to the office report, all respondents were duly served with notice of the present application."

The committee is tasked with closing the site immediately and banning all illegal activities, including storage of construction materials at the site, restoration of the land by active plantation activities and submission an action-taken report in two weeks. The next hearing will be held on Jan 9, 2025.

Unauthorised buildings, road, borewells razed in GMDA drive

Gurgaon. Illegal structures spread across 70 acres in Behrampur were razed in a crackdown by DTP (enforcement) of GMDA, RS Batth, and his team on Tuesday. As many as 50 police personnel and three earthmovers were deployed to demolish 100 structures, including 25 boundary walls, 10 underconstruction structures, a 1.5 km road and illegal borewells."FIRs will be filed against the property dealers responsible within seven days. During the drive, house owners showd us their agreements with local dealers. We will take further action against those exploiting buyers," said Batth, adding



that officials warned property dealers against luring buyers into illegal colonies. The enforcement team found that plots were being sold at Rs 15,000 to Rs 25,000 per square yard through general power of attorney agreements without proper legal clearances. Property dealers from the Maruti Kunj area and individuals from Delhi were identified as key players.

We will not allow anyone to misuse the hard-earned money of the poor by selling unauthorised plots," officials said. The land was originally owned by the village panchayat but was transferred to private individuals

under questionable circumstances,

Police file UAPA case on blasts at resto hub, say extort bid by Goldy Brar

Gurgaon. Police have invoked the stringent Unlawful Activities Prevention Act (UAPA) against the man who detonated two crude bombs outside two restobars in Sector 29 on Tuesday morning and launched a manhunt for two of his associates who dropped him off at the site and fled on a bike. The FIR says the bombs were planted on the instructions of US-based gangster Goldy Brar and were an attempt by him to create panic and raise money through extortion for terrorist outfit Babbar Khalsa International. The FIR also invokes sections of BNS, Arms Act, and the Explosive Substances Act against Sachin Taliyan, the youth from Meerut who was arrested from the scene by cops posted at a picket set up after similar explosions in Chandigarh in Nov. Sachin detonated two of them around 5am and claimed when caught that he was an associate of Brar. As of now, Sachin's is the only name in the accused column of the FIR.On Wednesday, Sachin was produced before a local court and taken on police remand. The FIR says a four-member armed police team stationed in the market area saw the first explosion in front of Warehouse Café. "A Scooty parked in front of Warehouse Café was damaged in the explosion. At the same time, we noticed a man running, and he hurled a bomb at the signage of Human, another restobar," said a source in the crime branch. "The place was filled with smoke. We pinned down the accused. In his backpack with yellow and blue stripes, we found two live crude bombs. From his trousers' right pocket, we seized a country-made pistol with five live rounds and an Oppo cellphone.""The arrested accused is an associate of designated terrorist Satvinder Singh alias Satinderjeet Singh alias Goldy Brar, who works for the terror outfit BKI. Brar creates panic in society through such incidents and extorts money for BKI's terror activities," the FIR states. On Jan 1, MHA declared Brar a terrorist under UAPA. In its notification, the MHA stated that the 29-year-old, who is originally from Sri Muktsar Sahib in Punjab, and had been living in Brampton, Canada, was associated with BKI, a listed terrorist organisation. The court granted police seven days' custody of Sachin. He will be questioned about other gang members, how he encountered the Brar gang, and who provided him with the firearm and the bombs, a crime branch source said. Sachin is believed to have told interrogators he acted on the instructions of Randeep Malik, a US-based associate of Brar. "Sachin claims he knew Randeep Malik, who is from Jind, through common friends. Our teams are on the lookout for the two men who dropped him at Sector 29 on a bike. We are also collecting details from Chandigarh police about the bombings at two clubs there on Nov 26.

Ghaziabad single-screen theatres in last stand. Their lifelines: Old faithful & SRK

Ghaziabad. Going to work is like time travel for Ajay Sharma. On the verge of his 25th year at the same 'box office', Sharma could be called the ultimate survivor. As can be his workplace, the 1968-born Apsara Theatre at UP Gate, among the handful of single-screen theatres that remain operational in India, making a desultory last stand in the OTT era that threatens even multiplexes, their swish new-age successors. But Sharma's days in office are not lonely, far from it. Apsara, insists Sharma, has its band of faithful, who settle into the red upholstered chairs – 350 of them and much more modern than the building itself - in its Outside the projection room, a lone airconditioned hall to watch shows that are among the cheapest anywhere. As low as Rs 100 if it's an old movie. If it's a new film, like Pushpa 2, the rate can jump to Rs 300. Sharma, the manager who joined in 2000, feels strongly nostalgic about the "old days". perhaps why he still finds in the theatre a comfort zone. "I felt like an important person then. We would get flooded with calls for movie tickets. Black marketing was the norm and a superhit movie meant we would have to call cops to manage the crowds," he said. The crowds have long gone, but

SRK. Who else? Any Shah Rukh Khan movie draws footfall, why Kavita Palace in nearby Khoda, the only other of the ilk in existence here, had a show of 'Kabhi Khushi Kabhie Gham' running."Ab to dal-roti bas nikal jata hai (now this just earns me my meals)," said Furkhan Khan, its owner. "Labourers from Bihar, UP, Rajasthan and neighbouring districts spend their free time here to watch films. Cinema is a respite from their grueling work schedule," says Khan of his clientele. "Till 2012, films were shown using traditional reel projectors, but now we use a 2x2 screen projector," adds Khan.

poster whets the appetite for the 'next change'. Khan hopes it will be a potent one, drawing in people to watch SRK as the 'anti-hero' in the 1993 blockbuster 'Baazigar', which established not only him as a superstar but also launched Kajol's career and gave cinema goers a screen pairing they would rave about for decades.

"People go crazy about Shah Rukh Khan and Salman Khan here, especially their old movies, which are a mix of romance and action. Movies like 'Kabhi Khushi Kabhie Gham' run for months as people love to watch them,' said Khan, who is also now screening

NAME CHANGE

Nahida Parveen W/o Mohd Fahi

alik R/o 3896, Top Floor, Sarak Pren

Narayan Bazar, Sita Ram Bazar, Delhi

10006 have changed my name

NAME CHANGE

Lucky Sharma S/o Krishan Kum

Nagar, Amarnagar, Faridabad, Haryana 121003, declare that my Date of Birl

has been wrongly mentioned as 01/01/2005 in my CBSE 10th class Marksheet-cum-Certificate, whereas my actual and correct Date of Birth is

08/01/2006 as per my Aadhaar Card No

NAME CHANGE

I, BRAHAMVATI DEVI Mother of No 16019980K, Rank-NK, Name-MOHI KUMAR residing at VILL-NIDAWALI

PO-ALIPUR MORNA. PS-HASTINA

MEERUT, U.P-250401 have change

name from BRAHAMVATI DEVI to

RAHMVATI DEVI for all future purpos

NAME CHANGE

RAKKAIAH Father No 16126677/ ank-SPR, Name-RANJITH R residin

t VPO-CHOKKANATHAN PUTHUF

EHSIL-RAJAPALAYAM, DISTI IRUDHUNAGAR, TAMIL NADL

626121 have changed my name from

RAKKAIAH to RAKKAIYA for all futur

efore Notary Public, Delhi.

es vide Affidavit dated 12/12/2024 before

9800 0217 6258.

Notary Public, Delhi

arma R/o House No. B-110, Vina

Pushpa 2, hoping to make a windfall with raised ticket prices of Rs 150. The projector room has a collection of CDs and DVDs of Bollywood flicks, which take turns at the screen. For both Apsara and Kavita, ticket revenues are supplemented by shops that are part of the establishment and have been given out on rent. Kavita Palace was established in 2004 with a seating capacity of 1,100. But with multiplexes taking away customers the proprietor was forced to downsize and reduce the seating to 413. Raghav Sharma, in his 60s, is a regular at the shows here, saying there's no atmosphere for cinema anywhere else that is as "authentic". "Cinema dekho toh single screen mein dekho' (if you want to watch a movie, watch it in a single screen theatre). Plus, it's cheap and airconditioned. What else do you want?" asked Sharma, who drives an auto for a living in Noida but comes to Ghaziabad when "I feel like going to a theatre". Noida had nearly a dozen single-screen theatres, but they have all now closed, said JP Chand, district entertainment officer. "There were approximately 10-11 single-screen theatres in Noida. Several of these venues transformed into multiplexes and the others were deserted by.

NAME CHANGE

P GOPAL REDDY Father N 3132565W. Rank-SPR. IANOJ residing at 8-232, MUDINDL PALLI, PO- PARIGI, DISTT-ANANTA PUR, ANDHRA PRADESH-51526 REDDY to PEDDAYYA GARI GOPA REDDY for all future purposes vid Affidavit dated 12/12/2024 before Notar ublic, Delhi.

PAT SINGH Presently residing at VILL SHYAMPURA, PO-NUA, DIST-JHUN JHUNU, RAJASTHAN-333041 hav changed my daughter's name from KUMARI SANJANA KARNAWAT t SANJANA KARNAWAT for all future pu efore Notary Public, Delhi.

NAME CHANGE PAMMI KUMARI Wife of N

177362H Rank-HAV (DMT) Nam RAMOD KUMAR PANDEY Present residing at VILL-TEKENPURA, PO KUSUMAHARA, PS-SURYAPURA DIST-ROHTAS, BIHAR-802218, have changed my name from PAMM KUMARI to PAMMI PANDEY for all uture purposes vide Affidavit date 12/12/2024 before Notary Public, Delhi

Vikram Jeet Upadhyay S/o SH. Ran irth R/o House No C-7, Navjeevar mp, Govind Puri Kalkaji, New Delh 10019, I have changed my name from ikramjeet to Vikram Jeet Upadhyay fo

NAME CHANGE

NAME CHANGE Tarun Motwani S/O Bhushan Kuma

otwani R/O - K802 Tower K, Logi ossom Country, Sector 137 Noida Sautam Buddha Nagar - UP- 201305 ive changed my name to Tarun Kuma otwani for all future purposes.

NAME CHANGE

SABA PARVEEN D/O MOHAMMA ABBAS R/O 101 TOP FLOOR BACK SIDE, GALI NO.3, NOOR NAGAR EXT JAMIA NAGAR NEW DELHI-25 .inac 1/04/1987.Mv actual date of birth i 6.07.1987 ,for all purpose, accordingl ention.

NAME CHANGE SONIA W/O VIJAY GUPTA R/O D-1/ NANEEN SHAHDARA, DELHI-11003; HAVE CHANGED MY NAME TO SONIA

NAME CHANGE , RAHUL KULDIP BEDI S/O LATE DR.KULDIP BEDI R/O A-14, NIT BAGH, NEW DELHI, SOUTH DELH rom RAHUL KULDIP BEDI to RAHU BEDI for all future purposes

NAME CHANGE

HIMANI VERMA W/O GAUTAI /ERMA R/o H No 403, Sector 14, Nea unior DAV School, Gurgaon Haryana 122001 have changed my minor daugh er name from Shanvi Gurtoo to Shai ma for all future purposes

NAME CHANGE

Himani Gurtoo W/o-Gautam Veri No H No 403, Sector 14, Near Junio DAV School, Gurgaon Haryana -122001 nave changed my name from Himan Surtoo to Himani Verma for all future pu

NAME CHANGE

Neelam Chander W/o Ram Pai hander R/o R-255. Ward No-19. Mode own, Rewari, Haryana--123401 Have Changed My Name To Neelan hagwaria Chander For All Future urposes.

NAME CHANGE

/ikash S/o Vishamber Singh R/o H.No 074/31, Laxman Vihar Phase-2 urgaon hanged My Name To Vikas Khatana or All Future Purpose

NAME CHANGE

, Km Vani Chaudhary W/o Vipin Daga R/o 29 A and B, Birla Farm, A1-Block, 3rd loor, Chattarpur, South Delhi, Delh 110074 Have Changed My Name To Kr Vani Chaudhary to Vani For All Futur

PUBLIC NOTICE Notice is hereby given to the General Public on behalf of our client that Mrs

Reshma Devi is claiming to be owner of Part of Property No. RZ-2B/3A, land area Part of Property No. RZ-2B/3A, laind area measuring 50 sq. yds., (16.1/2ft. x 27.1/2ft.) out of Khasra No. 880/638, situated at Village Nasirpur Delhi state Delhi Abadi known as Gali No. 13, Indra Park Palam Colony New Delhi; vide GPA, ATS Will dated 12.01.2004 executed by Mr. Dhaneshwar Diwyedi. All per sons are hereby informed that above mentioned owner wants to sell First and second floor with roof rights of the above roperty to a person who wants to obtain a loan from our client against the sai roperty. If, anybody has any objection/s pon the ownership of above owner ove ne said property/floors, its sale/mort age/litigation, and any other objections ndly inform the undersigned in writin on the below mentioned address within

Kumar & Associates (Advocates & Consultants 200, Second Floor, 23, Shivaji Marg Moti Nagar, New Delhi - 18 PH: 011-41112527-2

the main crowdpuller hasn't changed. NAME CHANGE

NAAJIYA D/o MOHAMMAD SHAK I, NAAJIYA LIO MUHAMIMIAD SHAKIH R/o F-153 Vijay Vihar, Phase-1, Rohini Sector-7, North West Delhi, Delhi 110085, hereby undertake that I NAA JIYA want to change my name to SAIFL SHEIKH and gender as MALE. I NAA SHEIKH S/o MOHAMMAD SHAKIR.

NAME CHANGE MANVI alias ALANKRITA MANAVI SYA W/o YUDHVIR DAHIYA R/o P-8, 26/ RS Royal Hills, Near Amolik Chow ector-87, Kheri, Gujran(22), Faridaba laryana-121002, have changed m ame and shall hereafter be known a

NAME CHANGE

is for general information that RAJNI DEVI W/O MANOJ KUMAR louse Number-203/6. Block-F, Toma olony, Burari, North Delhi, Delh 10084, declare that name of mine has een wrongly written as RAJNI in n years in her school record. The actua ame of mine is RAJNI DEVI, which may be amended accordingly.

NAME CHANGE

l, hitherto known as MUSKAN alia MUSKAN PASWAN D/o JEEVAI KHYALA, NEW DELHI-110018 hav NAME CHANGE

It is for general information that I MADHULIKA SAHA D/o BANA BIHAR SAHA R/o H.No. - 119. Lok Viha nent, Vikas Puri, West Delhi, Dell . 110018 declare that name of my Fathe nas been wrongly written as SHRI B I SAHA in my B.ED and as B B SAHA i my CTET Educational Documents. The actual name of my Father is BANA BIHARI SAHA which may be amended

NAME CHANGE

OONAM KUMARI W/o KESHAV R/o H.No. - 4/2234, Street No. - 2, Nea Railway Line, Bihari Colony, Shahadra East Delhi, Delhi-110032 declare tha ame of my minor son has been wrong written as BHAVISHAY in my min on namely BHAVISHAY KUNDALIYA aged 15 year in his school record. The actual name of my minor son is BHAV-ISHAY KUNDALIYA which may be mended accordingly.

NAME CHANGE

It is for general information that I, SUNI TA DEVI W/o KARU SINGH, residing a 195, Mangolpuri, N Block ingolpuri, North West Delhi - 110083 eclare that name of my Husband has een wrongly written as ASHOK SINGH mv minor Son namely MANKUSH ago 6 years in his school record. The actua me of my Husband is KARU SINGH which may be amended accordingly.

NAME CHANGE hitherto known as SHANTI DEVI W/o

PAHLU RAM residing at 1389, Phase - 3, J J Cluster, Madanpur Khadar, Sarita Vihar, Soth Delhi, Delhi - 110076 have changed my name and shall hereafte e known as PRAKASH DEVI.

NAME CHANGE hitherto known as BINDU KUMAR % BHUBNESHWAR NATH residing a

1-9, Bishanpura, Sector-58, Noida Sautam Buddha Nagar, Uttar Pradesh 201301 have changed my name an NAME CHANGE JONY KUMAR S/o PREM CHAND

Vo I-7, Bhagat Singh Park, 66 Foota

110042 have changed the name of m

/ears and she shall hereafter be knowns TEJASVI SONI.

ninor Daughter's name AMAIRA, aged 6

NAME CHANGE P SHYAMALA Mother of N 6132565W. Rank-SPR.

ANOJ residing at 8-232, MUDINDL PALLI, PO- PARIGI, DISTT-ANANTA PUR, ANDHRA PRADESH-515261 have changed my name from P SHYA MALA to PEDDAYYA GARI SHYAMAL for all future purposes vide Affidavit date 12/12/2024 before Notary Public, Delhi.

NAME CHANGE

JC-471197Y Rank-SUB Name-SAN

NAME CHANGE

KRISHAN RATHORE S/O KAMLES RATHORE R/O C-1/74 WELCOME SEELAMPUR 3RD,NORTH EAST DELHI-110053 HAVE CHANGED MY NAME TO KISHAN RATHORE

NEWS BOX

US Brothers Charged In Luxury Real Estate Sex-Trafficking Scheme

New York, United States. Three brothers were charged by US authorities with sex trafficking on Wednesday, in a lurid case that alleges they used their high-profile connections in the luxury real estate world to assault

Oren and Tal Alexander are the founders of real estate firm Official, which has offices in Miami and New York. Alon Alexander -- Oren's twin -- worked at the family's private security firm, according to US media.

The brothers are alleged to have used "deception, fraud and coercion" -- including the promise of luxury travel accommodation -- to engage in sex trafficking as well as drugging, sexually assaulting and raping dozens of women. They used "their wealth and prominent positions in real estate to create and facilitate opportunities" to do so, the US Attorney's Office for the Southern District of New York said in a statement. The assaults date from at least 2010 to at least 2021, prosecutors said. Just two years ago, Tal, 38, and Oren, 37, were the subject of a New York Times profile detailing their successful ventures as real-estate high rollers, including the sale of a 24,000 square foot (2,230 square meter) Manhattan penthouse for \$234 million.

Tal Alexander flaunted a "no days off" lifestyle of constantly showing glamorous residences to wealthy clients. Prosecutors painted a grim picture of all three brothers luring women to events and parties, then drugging them with cocaine, mushrooms and GHB, and assaulting them. The Alexanders and those in their circle used "social media, dating applications, inperson encounters... and party promoters who would recruit women for these events," prosecutors said.

Susan Necheles, an attorney for Oren Alexander, said in a statement that her client was innocent and "the evidence will show that neither he nor his brothers ever committed a crime." Alon, 37, Oren and Tal are charged with engaging in sex trafficking conspiracy and sex trafficking by force, fraud or coercion, which both carry a maximum sentence of life in prison.

Plane Crashes Into Vehicles On Texas Highway, Splits In Half; 4 Injured

Texas, US. At least four people were injured after a small plane landed on a South Texas highway on Wednesday before crashing into three cars. After the crash, the twin-engine propeller plane split in two, leaving debris scattered across the busy roadway, the authorities said. The aircraft crashed on the State Highway Loop 463, in Victoria City of South Texas at around 3 pm, according to a report by NBC. Four people injured in the crash were taken to the hospitals, of them, three had non-life-threatening wounds. The fourth person was taken to another facility for a higher level of care, police said.

Addressing reporters, Deputy Police Chief Eline Moya of the Victoria Police Department said, "We are glad that it wasn't worse than what it is. This is not something we see every day."But we are glad that people seem to be OK, and they are getting checked out," she added. The moments before the crash and the devastation that followed were captured on camera by observers on the roadway. The footage, which is being widely shared on social media, shows the aircraft flying very low before landing on a street. The video then shows the plane splintered in two near the highway overpass, with debris scattered across the road. The plane, a twin-engine Piper PA-31, was carrying just the pilot at the time of the crash, according to a report by Fox News Digital.

The Victoria Police Department and the Federal Aviation Administration (FAA) have begun their investigation into the crash. Per a FlightAware report, the aircraft took off from the Victoria Regional Airport around 9:52 am and was airborne for around five hours before the crash

Russia Says Ukraine Used US Missiles To Attack Military Base in Rostov, Vows Response

world. Ukrainian forces launched a missile strike with Western high-precision weapons on the Taganrog military airfield in Russia's Rostov region, the Russian Defence Ministry said Wednesday. Six USmade ATACMS ballistic missiles were used, the ministry noted, adding that two of them were shot down and the rest were deflected by Russian electronic warfare systems, Xinhua news agency reported. Falling missile fragments caused casualties among the personnel, the ministry said. "This attack by Western long-range weapons will not go unanswered, and appropriate measures will be taken," it added. In a major shift of policy on the



Ukraine crisis, the US in November authorised Ukraine to use US long-range missiles to strike targets inside Russia's territory. Russia has repeatedly called it an escalation of tension around the conflict.

New Syria PM says rights of all religious groups will be 'guaranteed' under rebel-led regime

said the Islamist-led alliance that ousted president Bashar al-Assad will guarantee the rights of all religious groups and called on the millions who fled the war to return home.Assad fled Syria after a lightning offensive spearheaded by the Islamist Hayat Tahrir al-Sham (HTS) group and its allies, which brought to a spectacular end five decades of brutal rule by his clan.

Syrians across the country and around the world erupted in celebration, after enduring a stifling era during which anyone suspected of dissent could be thrown into jail or killed. With Assad's overthrow plunging Syria into the unknown, its new rulers have sought to assure members of the country's religious minorities that they will not repress them. They have also pledged justice for the victims of Assad's iron-fisted rule, with HTS leader Abu Mohammed al-Jolani vowing on Wednesday that officials involved in torturing detainees will not be pardoned.Half a million people have been detained since the start of the war, with about 100,000 dying either under torture or due to poor detention conditions, according

to the Syrian Observatory for Human Rights war monitor. We will not pardon those involved in

torturing detainees," said Jolani, now using his real name Ahmed al-Sharaa, urging "countries to hand over any of those criminals who may have fled so they can be brought to justice." In the corridors of Damascus's main hospitals, thousands of families gathered to try to find the bodies of loved ones captured years ago by the authorities. "Where are our children?" women cried out as they grasped at the walls, desperate for closure after their years-long ordeal. Starting to feel safe'

Sunni Muslim HTS is rooted in Syria's branch of Al-Qaeda and is proscribed as a terrorist organisation by many Western governments, though it has sought to moderate its rhetoric."Precisely because we are Islamic, we will guarantee the rights of all people and all sects in Syria," said Mohammad al-Bashir, whom the rebels appointed as the transitional head of government. Asked whether Syria's new constitution would be Islamic, he told Italian daily Corriere della Sera that "we



will clarify all these details during the constituent process."Bashir, whose appointment was announced Tuesday, is tasked with heading the multi-ethnic, multi-confessional country until March 1.After decades of rule by the Assads, members of the minority Alawite offshoot of Shiite Islam, Syrians now face the enormous challenge of charting a new course as they emerge from nearly 14 years of war.In Aleppo, Syria's second city and the first major one captured by the rebels in their offensive, shopkeeper Ramadan Dali, 70, said that "we are starting to feel safe."Juman Khilaly, 40, said that "there is

still a lot of uncertainty" over even the most basic aspects of life, like school for her 10-year-old child and soaring prices. "Everything is so expensive," she said.In the Assads' home village Qardaha, the tomb of the former leader's father was set alight, AFP footage showed, with rebel fighters in fatigues and young men watching it burn.

Smooth transition'

The war has killed more than 500,000 people and forced half the population to flee their homes, with six million of them seeking refuge abroad. In his interview with Corriere della Sera, which was published on Wednesday, Bashir called on Syrians abroad to return to their homeland.

Syria is now a free country that has earned its pride and dignity. Come back," he said. Syria's main international airport in Damascus, closed since the rebels overran the capital, will reopen "in the next few days", its director Anis Fallouh told AFP.

Bashir said Syria's new rulers would be willing to work with anyone so long as they did not defend Assad

Australia To Force Meta And Google To Pay For News Shared On Platforms

Sydney, Australia. Australia will force Meta and Google to pay for news shared on their platforms under a new scheme unveiled Thursday, threatening to tax them if they refuse to strike deals with local media.Traditional media companies the world over are in a battle for survival as precious advertising dollars are hoovered up online.Australia wants big tech companies to compensate local publishers for sharing news links that drive traffic to their platforms, an idea they have baulked at in the past.

'It is important that digital platforms play their part. They need to support access



to quality journalism that informs and strengthens our democracy," Communications Minister Michelle Rowland said. Social media platforms with Australian revenue of more than

US\$160 million a year will be taxed a still-to-be-decided figure earmarked to pay for

But they can avoid paying the tax if they voluntarily enter into commercial agreements with Australian media companies.It is the latest salvo in Australia's efforts to reign in the tech giants. Australia last month voted

for new laws that will ban under-16s from social media. It has also mooted slapping fines on companies that fail to stamp out offensive content and the spread of disinformation.

US, China officials to hold economic talks ahead of Trump's return and looming tariff war

WASHINGTON. Economic officials in outgoing US President Joe Biden's administration are set to meet their Chinese counterparts this week for talks, in a final effort to strengthen ties before Donald Trump's White House return. The talks come as Treasury Secretary Janet Yellen stressed in an interview on Wednesday the need for "ongoing communications at all levels" to avoid needless worsening in relations between the world's two biggest economies.

Economic and trade tensions between Washington and Beijing have continued to flare during Biden's time in office. But temperatures could rise further under Trump, who has threatened sweeping tariff increases on Chinese goods ahead of his presidency, most recently over concerns surrounding the flow of illegal fentanyl into the United States."It's critical to have open channels of communication," Yellen told Bloomberg Television, warning that Trump's universal tariffs proposal would likely trigger retaliation. For now, US



officials are seeking to reinforce communication channels on economic issues. On Thursday, Treasury Under Secretary for International Affairs Jay Shambaugh is due to meet Chinese Vice Minister of Finance Liao Min for an economic working group meeting on the sidelines of Group of 20 talks in South Africa, said the Treasury Department."The United States and China are the two largest economies on the globe, and the American people expect that we should be able to communicate directly with Chinese officials on both areas where we agree and especially on areas where we don't," said Shambaugh. Treasury officials are expected to raise issues of concern like recent Chinese export restrictions on certain key minerals, a department spokesperson said. They will also discuss China's macroeconomic imbalances and excess industrial capacity, which they believe recent policy stimulus efforts by Chinese lawmakers have not fully addressed. Treasury officials and representatives from other agencies will travel to the eastern Chinese city of Nanjing as well, for a financial working group meeting taking place Sunday and Monday."This upcoming meeting will continue our work to strengthen efforts to

preserve financial stability and counter illicit finance

threats like fraud and drug and human trafficking.

William, Kate Preparing To Be King And Queen "Sooner Than Expected": Report



world.Prince William and Kate Middleton are reportedly accelerating their preparations to assume their future roles as king and queen, as the royal family navigates a year marked by King Charles' health concerns and evolving responsibilities.The Prince and Princess of Wales have also been through a challenging time, particularly after Middleton, 42, underwent treatment for cancer earlier this year. Following her diagnosis during a scheduled abdominal surgery in January, she spent much of the year focusing on recovery, while Prince William scaled back his public engagements to prioritise family time.

With the princess now cancer-free, the couple has gradually resumed their public duties. According to royal biographer Sally Bedell Smith, this also meant stepping up preparations for William's eventual ascension to the throne. "Although the King is carrying out his duties with typical determination, he has had to accept limitations during his cancer treatment. As a result, William has been taking on more responsibilities, and he and Kate have been preparing for their future roles sooner than they would have expected," Bedell Smith shared with People Magazine.King Charles III has also been a huge concern for the royal family and it has led to adjustments in his commitments. These circumstances have prompted his eldest son to represent the monarchy at key events. William made a solo appearance at the reopening of Notre Dame Cathedral in

Prince William and Kate Middleton are reportedly preparing for their future roles as king and queen earlier than expected.

Paris on December 7."They are next in line for the biggest job of their lives, and of course, Kate's health has taken priority, but it's also allowed everyone to take a step back and figure out what's important right now," People quoted a royal family insider as saying.

Royal insiders have indicated that formal succession plans have been in development since Charles' coronation in May 2023. These plans reportedly gained urgency earlier this year due to the king's health. "It is something the institution is always mindful of," a palace source said, adding, "It is an institutional preparedness.

The increased focus on William and Kate's future roles has reshaped the dynamics within the royal family, according to a report in the New York Post. Insiders suggest the relationship between the Prince of Wales and his father has evolved, particularly as William has assumed more prominent responsibilities.

Wounds reopen as sectarian clashes flare in Pakistan's border region

PARACHINAR. Once again, Ali Ghulam receives mourners at his home -- his brother and nephew killed 40 years apart in the same sectarian conflict that was reignited this year in northwest Pakistan, claiming 200 lives since July alone.

Thousands of residents are stranded without food and medicine in parts of remote Kurram district, which borders Afghanistan, as the government struggles to end clashes between Sunni and Shiite Muslims stemming from decades-old tensions over farmland."Our generations yearn for peace," 72-year-old Ghulam told AFP at his home in Parachinar, the main town and a Shiite bastion of the restive district. The latest flare-up of violence has "reopened wounds" he said, recalling how his brother was killed in an attack in 1987 that also wounded another three of his brothers.Kurram, known as the "Parrot's Beak" for its protrusion into neighbouring Afghanistan, is bounded by dizzyingly high mountains, the northern flank of which includes the Tora Bora caves where

Al Qaeda founder and 9/11 mastermind Osama bin Laden once hid.Pakistan's northwestern border districts have long been a haven for various militant groups, with militants and weapons able to flow largely unchecked in and out of Afghanistan."I have never experienced peace in my life and have no hope my coming generations will live free of fear," Ghulam said. Tribal and family feuds are common in Pakistan.But they can be particularly protracted and violent in the mountainous tribal northwest, where communities live by traditional codes of honour and revenge. The latest round of violence in Kurram erupted in May and intensified in July, when gunmen opened fire on a council of elders attempting to settle the latest round of disagreements over land. Various truces announced since then have held for only weeks or days at a

More than 300 shops and over 200 homes in Sunni areas have been destroyed, often by fire, and hundreds of families have fled.



Bin Laden, Tehran and the Taliban

Pakistan is a Sunni-majority country with Shiites making up 10 to 15 percent of the

population, or at least 25 million people. Members of the two sects have periodically clashed in Kurram, where Shiites are particularly vulnerable as they must pass through Sunni-majority neighbourhoods to access essential services.Kurram's location on the frontier of Pakistan and Afghanistan put it at the heart of the religious and political upheavals of the last five decades.In 1979, Shiites led a revolution in Iran and later that year the Soviet Union

invaded Afghanistan, prompting Sunni hardliners there to rise up against them.

Pakistan's military ruler Zia-ul-Haq aligned with them, funnelling thousands of Sunni militants into Afghanistan through

'It became a hub for arms supply to Afghanistan, including landmines, mortar shells, and weapons of all kinds. Every household in Kurram had a stockpile of weapons," Malik Attaullah Khan, a local tribal elder told AFP.Khan, who signed a 2007 agreement aimed at bringing peace to Kurram, criticised the government for failing to "fulfil in its responsibilitie" in enforcing land settlements. The ethnic Pashtun heartland was merged into the Khyber Pakhtunkhwa province in 2018, but the Pakistani state maintains limited control in the merged districts. In rural areas of Pakistan, villages often bypass the formal justice system and men-only "jirgas" or councils made up of respected village elders resolve disputes, sometimes in the form of fines or land reallocation.

News box

23.4k street vendors in eight zones, survey ends on Dec 20



BENGALURU. The survey of street vendors in BBMP limits is to end on December 20, Special Commissioner for Health and Family Welfare (BBMP) Suralkar Vikas Kishore

A survey of urban street vendors is being conducted as per the Street Vendors (Protection of Livelihoods and Regulation of Street Trading) Act, 2014, and the Karnataka Street Vendors (Protection of Livelihoods, Regulation and Licensing of Street Trading) Scheme, 2020. The survey of street vendors was undertaken in the eight zones of the corporation, and was conducted by enumerators.

"The survey is being conducted through mobile software, and so far, about 23,407 street vendors have been identified zonewise through the survey. Identity cards and certificates will be distributed to eligible street vendors. Town Vending Committees will be formed at the zone level and the Street Vendors' Scheme will be implemented as per the Street Vendors Act, 2014, and Karnataka Street Vendors (Protection of Livelihoods, Regulation and Licensing of Street Trading) Scheme, 2020," said Kishore.

The Palike has informed that street vendors should cooperate with the enumerators assigned by the welfare department, and necessary documents provided during the

Chennai auto driver robs customer's gold chain, son turns him in



CHENNAI. It's not every day that you see a son choose to call out the crime of his father, that too without any hesitation or delay. This is exactly what happened on Wednesday, as a 50-year-old auto driver who allegedly robbed a gold chain from his passenger was handed over to the cops by his son.

Tambaram police commissionerate said Vasantha (80) was robbed off her 10 sovereign chain by auto driver K Ganesan who was ferrying her from Meenambakkam to Tambaram on Wednesday. Ganesan had diverted the auto to Pachamalai hills near Chromepet to commit the crime. Vasantha filed a complaint with Tambaram police.

To the surprise of the cops, G Ramachandran (22) handed over his father Ganesan to them just as they were registering the case. Ramachandran questioned his father's act and chose to turn him over along with Vasantha's gold chain, winning appreciation from the officials. Police commissioner Abin Dinesh Modak appreciated Ramachandran's honesty and gave him a certificate of appreciation.

'CM Majhi must give reason for delinking of Waltair division': Odisha opposition

BHUBANESWAR. The decision of the Railways Ministry to remove the profit-making Waltair division from ECoR and merge it with the newly-formed South Coast Railway found resonance in the Assembly on Wednesday with the Opposition BJD and Congress demanding a clarification from CM Mohan Charan Majhi on the issue.

Raising the issue during zero hour, BJD member Ranendra Pratap Swain and CLP leader Ramachandra Kadam said ECoR will lose annual revenue of about Rs 10,000 crore after the Waltair division is delinked from it.



Railway Minister Ashwin Vaishnaw over the issue and demanded a statement from Majhi to clarify on

Swain targeted

the present situation.

"I feel ashamed that we voted for a man who has been working against Odisha's interest after becoming Railway Minister," he said. Swain demanded that the Waltair division be merged with the proposed Rayagada division instead of being included in the South Coast Railway zone. Kadam threatened that the

Congress will launch an agitation if the Waltair division is taken out from ECoR. Deputy CM KV Singh Deo said under the BJP government at the Centre different railway projects worth Rs 73,000 crore are being implemented in the state. While Waltair division is getting delinked, ECoR is getting a new Rayagada division, he said.

Bengaluru Locals take initiative to stop illegal construction

BENGALURU. The residents of Chickpet have taken upon themselves to stop illegal constructions, as the Assistant Executive Engineer (AEE) of VV Puram Sub-Division is alleged to have deliberately ignored taking action against eight under construction buildings for violating norms. Residents allege that the AEE reported to the

Zonal Commissioner (ZC) about only two such violations despite complaints from the public. Enraged by this inaction, the VV Puram residents warned of dragging the Chief Commissioner to court for contempt of court issue on illegal construction. Following this, Chief Commissioner Tushar Girinath ordered the Zonal Commissioner to suspend the AEE of Krishna Kumar if he fails to take action in the next two weeks.Srikar, Joint Secretary, VV Puram Resident Welfare Association said, the association have complained about the illegal constructions in VV Puram to area MLA Uday Garudachar, Executive Engineer (EE) of Chikpete, AEE, VV Puram Sub-Division and also Assistant Engineer of VV Puram ward, but none of them showed interest in

preventing such illegal constructions. The AEE Krishna Kumar who is responsible to check on such violation, issue notices and also stop them has not done anything. Instead of giving a report on eight such buildings which we had complained about, the AEE had checked only on two and reported on it and spared



others giving rise to suspicion," said Srikar. Further, if the association now approaches the court for contempt of court against some of the buildings, the BBMP Chief Commissioner Tushar Girinath will be held liable, opined Srikar. Lokayukta or High Court should take Suo Motu and pull Chief Commissioner and fix him, only then bandicoots in form of engineers will do their duty," said a resident. The RWAs say they will also approach the court against BBMP for inaction.A complainant Anthony Das Kala said, "I had complained about BJP Leader Suresh Babu's nine floor illegal building. It is ready for opening and

completed due inaction by Executive Engineer of Chickpet Valu Rathod and AEE of Hombegowda Nagar ward Nagendra and ward engineer Shashikumar." The Chief Commissioner in August pulled up South Zone Commissioner for no action on the illegal building belonging to a BJP leader. The EE, AEE assured me that they would act when I approached them. But these two officials from September 1 to 10 just were dragging and allowed the owner to approach court on September 11. If Girinath has any concern towards the City, he should suspend these two officials for inaction," said Kala.

Skill enhancement programme for teachers held at VIT-AP

The programme focused on equipping teachers with software skills for solving mathematical problems and enhancing experimental design and conduction abilities in physics and chemistry.

VIJAYAWADA. A one-day skill enhancement programme for government high school teachers from eight mandals in Guntur district was inaugurated on Wednesday at Vellore Institute of Technology-Andhra Pradesh (VIT-AP) University by its School of Advanced Sciences.

The initiative, suggested by HRD & IT Minister Nara Lokesh, is part of VIT-AP's outreach efforts, which also include adopting five government schools in Sakhamuru, Velagapudi, and Inavolu villages within Amaravati's capital development region.



The programme focused on equipping teachers with software skills for solving mathematical problems and enhancing experimental design and conduction abilities in physics and chemistry. A total of 47 teachers attended the event.

Vice-Chancellor Prof. SV Kota Reddy highlighted VIT-AP's commitment to social responsibility through initiatives like the STAR Scheme, which provides free education and hostel facilities to government junior college toppers from AP's 26

CPI outfit blocks road in front of Secretariat, draws public criticism

THIRUVANANTHAPURAM. Even as 'big brother' CPM is drawing flak for holding a party programme recently by blocking an arterial road in Vanchiyoor, a service organisation affiliated to the CPI, the second-largest ally in the LDF, has invited criticism after its members conducted a protest in front of the Secretariat by occupying the road.

The CPI-affiliated Joint Council erected a stage in front of the Secretariat in connection with its 36-hour protest, which kicked off on Tuesday, demanding pension protection from the state government. The protesters even encroached on the footpath by arranging chairs. Their act disrupted traffic in the area and also caused inconvenience to pedestrians who were forced to walk on the road.

The Cantonment police have booked around 100 protesters for obstructing traffic. Inaugurating the protest, CPI leader Pannian Ravindran had said holding agitation that causes hardships to the public was not appropriate and this aspect will be considered while holding such programmes in future. The Joint Council's act is in contravention with the Kerala High Court order banning the conduct of party programmes on roads and road margins, and comes at a time when a petition seeking action against CPM state secretary M V Govindan over the Vanchiyoor fiasco is under the HC's consideration. On December 5, CPM workers blocked an entire lane of a road in connection with the party's Palayam area



committee conference. The stage was erected across the road, fully blocking vehicular movement, right in front of the

Vanchiyoor for the public event held in Vanchiyoor police station, which itself is just a stone's throw from the Vanchiyoor

> court complex. School buses and hospital-goers had difficulty navigating the road. And though the police personnel fielded a large number of men to handle the situation, they could do little what with the entire road being blocked.

Following the incident, the Vanchiyoor police booked the event's organisers, including Palayam area secretary Vanchiyoor Babu and other area committee members.

Later, on a complaint filed by a Kochi native, the High Court had censured the state government and the organisers for flouting its standing order.

Laid to rest with garbage, mosquitoes: Sorry story of Velachery burial ground

from the garbage strewn around, and burial ground have to endure.

Residents said the burial ground, which is situated in a low-lying area, has no provision to drain out water. The pathways are also in a poor condition, affecting access to the cremation area. When visited the spot, there was stagnant water around the tombstones and garbage strewn all over. Residents said family members are taken aback by the state of the burial ground when they bring

'Many avoid this place owing to its poor maintenance. They are forced to travel at least 7 km to an alternative crematorium in Besant Nagar," residents said. The Janaki Manohar (50), who lives only a

CHENNAI. Stagnant rainwater, stench graveyard is primarily used by residents of ward 172 in Adyar zone.

infestation of mosquitoes - these are People have also raised health concerns foul smell of garbage enter our house what people who come to the Velachery due to prolonged waterlogging. Soniya



unbearable. Mosquito bites also cause severe skin allergies."

compound wall away from the facility, said, "Smoke owing to cremation and directly."People also alleged that the

place is often left unlocked at night, and the absence of watchmen allows miscreants to misuse it.

When contacted, a corporation official said, "We have proposed development plans to address water stagnation. We are also working to relocate the garbage dumping area. Once we finalise the plan, we will start the cleanup process.'

Vishwanathan, a resident of KR Ramasamy Nagar, said, "The stench is denied the allegations, claiming that the denied the allegations, claiming that the burial ground was well-maintained. However, he later assured to look into the

Panchayat members pay for road work



BENGALURU. Wednesday marked a major achievement for the residents of Halanayakanahalli off Sarjapur Road. After relentlessly pursuing the need for a motorable main road for nearly six years, the 250 potholes dotting the 3-km road were filled up after three days of work.

Following threats from citizens that the property tax would not be paid, 15 members of the Halanayakanahalli panchayat paid nearly Rs 5 lakh out of their own pockets.

The road in question, called the Doddakannahalli-Chikkanayakanahalli Main Road is a short cut from Whitefield/Bellandur via Gatahalli to Electronic City by passing the Outer Ring Road. Incidentally, it falls under the Mahadevapura Zone, the highest tax payers out of all BBMP zones.

A local volunteer group, Citizens Movement East Bengaluru led the demand for a road for the nearly 8,000 families dotting this stretch and was fully supported by many smaller volunteer groups in the

Citizens Movement volunteer Arif Mudgal told TNIE, "The road was laid six years ago. Many IT professionals have purchased homes here. We have been knocking at the doors of literally everyone to help us for some years. We met Aravind Limbavalli when he was the MLA of Mahadevapura and then his wife Manjula S Limbavalli recently who told us funds were not earmarked for it. We visited DCM DK Shivakumar's office in the Vidhana Soudha and left a petition in his office after we could not meet him." In the past, the group has pooled money from the residents and filled up the potholes with wet mix."This time we have been telling the Panchayat that the property tax will not be paid by any of us if the road is not set right. We also kept stressing that we were planning major protests over the issue," he added. Finally, the Panchayat members decided to rectify the road although it came under the purview of the PWD department. Work stretched through two consecutive days and was completed on December

Savitha Reddy is the president of Halanayakanahalli panchayat. Her husband V Babu Reddy said, "We spent a total of Rs 5 lakh to fill up the potholes with wet mix and cement, hiring tractors and pay the labourers. Our family gave the major share and the other panchayat members too contributed." A private builder, Adarsh Builders, has agreed to asphalt it free of charge in public interest.

Long-awaited Muthalapozhi Harbour upgrade to begin in January 2025 after years of protests

The department is also preparing estimates for the comprehensive development and modernisation of the harbour.

years of protests by fisherfolk and a spate of accidents and fatalities, the longawaited Muthalapozhi harbour upgradation project is set to begin in January 2025.

The Rs 177-crore project, approved by the Centre under the Pradhan Mantri Matsya Sampada Yojana, aims to address the persistent dangers at the harbour mouth, which has become a deathtrap for fishermen. The hazardous harbour mouth at Muthalapozhi has claimed over 70 lives in recent

An official with the Harbour Engineering Department (HED) has confirmed to TNIE that preliminary preparations, including tender invitations, are underway. "A survey is being conducted at the harbour to measure its depth and finalise the estimates for the proposed breakwater," the official says.

THIRUVANANTHAPURAM. After "The harbour currently has a 330m-long breakwater, and the new project proposes the construction of a 425m breakwater. This is expected to enhance the safety of the harbour and accommodate more



fishing vessels."The department is also preparing estimates for the comprehensive development and modernisation of the harbour. "We will finalise the estimates and invite tenders in January. The project is expected to commence within the next two months," the official adds.

To ensure smooth and timely execution, the project will involve multiple contractors. The detailed project report, developed following a study by the Central Water and Power Research Station, addresses issues stemming from unscientific

"Pre-qualification criteria will apply, and

we plan to engage multiple contractors to

work simultaneously. Entrusting the

entire project to a single contractor could

lead to delays," the official explains.

breakwater construction at the harbour. The HED submitted the proposal to the Union ministry of fisheries in February this year. However, approval was delayed due to elections and a change in government at

the Centre.

Initially estimated at Rs 164 crore, the project cost increased after incorporating suggestions from the Centre. The Centre will provide 60% of the funding, while the state government will contribute Rs 70.8 crore. Administrative sanction for the project was granted on November 22.

The troubled state of India-Bangladesh ties

MONDAY'S talks in Dhaka between India's Foreign Secretary Vikram Misri and his Bangladeshi counterpart Mohammad Jashim Uddin had, as their background, the squally passage buffeting ties between the two countries since Sheikh Hasina's ouster as Bangladesh's Prime Minister on August 5.Going by reports, the talks may not have been a slugfest, but they left unresolved all contentious issues between Delhi and Dhaka, particularly that of the persecution of minorities in Bangladesh.While Misri flagged India's concern over it, Jashim Uddin said the reports were false and exaggerated and, in any case, it was Bangladesh's internal affair and India had no business to interfere.

Mutual expressions of goodwill and a resolve to carry the ties forward, doubtless, followed. Nevertheless, expectations of India-Bangladesh relations soaring amicably hereafter, are a chimera. Animosity towards India is a defining element of the interim government's ethos. Consider two incidents. In Agartala, Tripura, on December 2, supporters of the Hindu Sangharsh Samiti, protesting against the arrest of the Sommilito Sanatan Jagaran Jot's spokesperson, Chinmoy Krishna Das, and atrocities on minorities in Bangladesh, attacked the premises of Bangladesh's Assistant High Commission, damaging property and burning Bangladesh's flag.

damaging property and burning Bangladesh's flag. On that day itself, India suspended three police officers for failing to fend off the demonstrators and arrested seven of the latter. It has since bolstered security around the mission. Besides announcing the deployment of additional security details at Bangladesh's High Commission in New Delhi and other diplomatic missions in the country, India's Ministry of External Affairs deeply regretted the incident. It affirmed that "diplomatic and consular properties should not be targeted u n d e r circumstances."Notwithstanding all this, Bangladesh's foreign ministry, in a stronglyworded statement issued on December 2 itself, reminded India that it was the host country's responsibility to "protect diplomatic missions from any form of intrusion or damage." It called upon India "to take immediate action" to thoroughly investigate the incident and "prevent any further acts of violence against the diplomatic missions of Bangladesh in India, including the safety and security of the diplomats and the nondiplomatic members of staff and members of their families." The statement further affirmed that the "accounts received" had "conclusively attested" that the protesters were allowed to enter the premises in "a pre-planned manner."

Among other steps, it summoned the Indian High Commissioner to Bangladesn, Pranay Verma, to its foreign office and served him with a formal protest, suspended all visa and consular services at the Agartala Assistant High Commission, and recalled its acting Deputy High Commissioner in Kolkata and the Assistant High Commissioner in Tripura, for consultations.

Bangladesh has reason to protest against what happened in Agartala and Kolkata. In the latter, demonstrators protesting against Chinmoy Krishna Das' arrest, set Bangladesh's national flag and Muhammad Yunus' effigy aflame on November 28, 2024. Dhaka's response, however, suggested an attempt to dramatise the incidents and stoke anti-India sentiments at home.

The second incident mentioned above occurred on August 5, 2024, when, in the aftermath of Sheikh Hasina's exit, a violent mob in Dhaka attacked and vandalised the Indira Gandhi Cultural Centre (IGCC) — the hub of India's cultural activity in Bangladesh — setting some sections of it on fire.

With the security personnel fleeing, the mob ransacked the premises from the evening of August 5 to August 6, looting books—the library had 21,000 of them—computers and even stationery. With mobs ruling the streets, the High Commission gathered all its officials, staff and their families within its premises and contacted Bangladesh's army for protection. The latter sent troops, but made it clear that it would not fire on any mob.

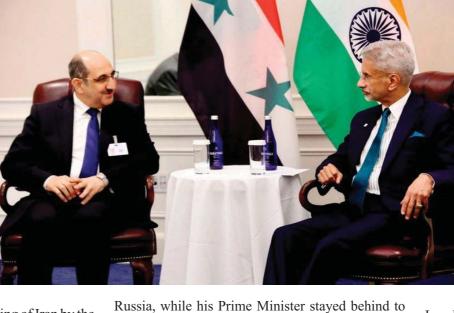
Syrian crisis and risks for India

India must mobilise friendly Arab states to prevent a destructive dynamic taking hold

ANY political turmoil and violence in the Gulf and West Asia directly and significantly impact India's security interests. One, the welfare and safety of nine million Indians living and working in this swathe of territory on our western flank are a huge preoccupation. Two, this region is critical to India's energy security as it supplies a significant part of our oil and gas requirements. Three, of late, the Gulf countries have become major economic and commercial partners, with rising trade and investment flows. And, four, India has become much more deeply engaged with Israel, which is now a significant defence and technology partner and this

adds a complex dimension to our West Asia policy.Both on Syria and Iran, Indian interests may be at odds with Israel. India has maintained a friendly relationship with the Assad (both Hafez and Bashar) regime in Damascus over the past six decades. Iran is the most proximate power to India in the Gulf region and lies on the western flank of Pakistan, a perennial adversary. It impinges directly on India's maritime security. It provides access to Central Asia through the Chabahar port and the "northern corridor" of rail and roads connecting Afghanistan and beyond. The longstanding and deep civilisational ties which bind India and Iran are important in themselves.

If, encouraged by the serious weakening of Iran by the decimation of Hezbollah in southern Lebanon and now the fall of Assad in Syria, Israel and the US launch an attack to cripple Iran's nuclear and oil facilities, as some are loudly advocating both in Tel Aviv and Washington, the entire western flank of India is likely to go up in flames. All vital interests of India listed above will be damaged severely and over the long term. The Arab states are also deeply worried about the risks of such a war. They may have been wary of Iran, but not to the extent of risking a regional war. On this critical issue, their interests should be closely aligned with India's. Should India be prepared to confront Israel and the US to safeguard its interests? Should it mobilise friendly Arab states to prevent a destructive and dangerous dynamic taking hold? It should. The events in Syria leave several questions unanswered. Assad would have known that the fall of Aleppo would leave Damascus dangerously exposed. This was probably the most fiercely fought-over city when Assad began to regain the territory lost in the initial phase of the civil war post 2012. And yet, Aleppo fell to the Hayat Tahrir al-Sham (HTS) militant group, led by Mohammad al-Jolani, after half-hearted resistance from the Syrian military. From Aleppo to Damascus, there were virtually no Syrian military forces to deter the advancing rebel army, which literally walked into Damascus unopposed. There was time for Assad and his family to take a flight out to



Russia, while his Prime Minister stayed behind to announce that he would stay in office to help with the "transition" of power.Jolani announced that there would not be any reprisals against those who had worked in Assad's government and that only the intelligence agencies which had oppressed and tortured Syrian people would be brought to justice. These are reassuring words. The Iranians evacuated from Damascus in advance of the advancing rebels, making no attempt to fight along with Syrian soldiers. The Russians, too, kept a low profile and were assured that their naval base in Tartus on the Mediterranean coast and military facilities and personnel in the Latakia province would not be targeted.

There is no word about the 900 US military personnel who are based in the area controlled by the Syrian Kurds, who have maintained an autonomous swathe

of territory, supported by the US.

Turkey controls the adjacent area as a buffer and has reportedly backed the HTS and associated militant groups in carrying out the operations against the Assad regime. The HTS is proscribed as a terrorist organisation and the US has a bounty of \$10 million on head of its leader Jolani. Will that be pursued or quietly dropped? Was this a deal put together behind the scenes by the key stakeholders, including the US, Russia, Turkey and, perhaps, even Iran? With Hezbollah neutralised, the Iranians would have been reluctant to enter the fray themselves. The Turks may have seen a chance to expand their presence and

influence in Syria not only to begin the repatriation of the large Syrian refugee population in Turkey, but also, most importantly, to keep a check on the activities of the Kurds who are considered a major security threat to Turkey.

This would suggest that the likelihood of Syria emerging as an independent, sovereign state with control over all the territories within its formal borders is minimal. It will continue to be the playground of proxies that it has been for several decades now, though the nature of play may be different. The HTS has criticised Iran, declaring that Syria would no longer be a playground for Iranian ambitions. But there have also been video clips of HTS fighters declaring their intent to advance into Gaza and to occupy Jerusalem. If the HTS leadership reverts to a pro-Palestinian and anti-Israel posture, Israel would not hesitate to use coercive military measures against it.

Israel has already carried out air raids against suspected missile and chemical weapon storage sites within Syria.It is an irony of history that the only two secular and plural countries in the West Asian region — Iraq and Syria — were destabilised and subverted by the US and its allies. They proved to be an anachronism in the western strategy of sowing sectarian divisions and creating a so-called "Sunni crescent" to isolate Shia Iran after the Islamic revolution there in 1980. They may have been ruled by autocratic leaders, but their societies accommodated diverse ethnic and religious communities. A plural India shared a sense of affinity with them. One should learn a lesson from our western neighbourhood. Succumbing to sectarian impulses can unravel nations, even those that have long histories of embracing diversity.

Thawing the frost

India, Bangladesh seek common ground

THE meeting between the foreign secretaries of India and Bangladesh in Dhaka on Monday marks a cautious attempt to mend ties strained since the ouster of Sheikh Hasina's government. The political upheaval in Bangladesh and the ensuing asylum provided to Hasina by India cast a shadow over bilateral relations. This shift, compounded by rising tensions over minority harassment and diplomatic incidents, underscores the complexities of managing a relationship deeply rooted in shared history and mutual interests. The discussions in Dhaka focused on contentious issues, such as attacks on minorities, including Hindus, and the arrest of Hindu monk Chinmoy Krishna Das on sedition charges. While New Delhi raised concerns over the safety of minorities, Dhaka argued that these incidents stem from political, not religious, factors. Such narratives reveal the challenges of bridging divergent perspectives, particularly when public sentiment and political optics are



involved.Interim leader Muhammad Yunus' administration has emphasised the need for a pragmatic relationship with India, balancing dignity with

cooperation. His call to "forget transient matters" highlights the urgency to de-escalate tensions and prioritise long-term goals, such as trade and border management. India's insistence on protecting minority rights, coupled with Bangladesh's call for equity, underscores the need for nuanced diplomacy that respects each nation's sensitivities.

India, with its strategic commitment to a stable South Asia, must tread carefully. Overplaying its hand in domestic Bangladeshi politics risks alienating the current regime, potentially eroding trust. Meanwhile, Dhaka must recognise that India's concerns about minority safety and political stability are not merely rhetorical but reflect broader regional stability imperatives. This diplomatic reset is a crucial opportunity. By focusing on shared interests and

maintaining open communication, the two neighbours can ensure that their relationship remains resilient amid political turbulence.

Loneliness and lack of self-worth can also be killing

A majority of those who ask for medically assisted suicide do not mention pain as the reason for their choice as often as they do loneliness and neglect.

LONELINESS and a feeling of neglect can lead to a loss of dignity. This is not physical pain, but can also drive those who are incurably sick to opt for a quick, early death. This option does not exist in most countries, but the British Parliament recently allowed the terminally ill the right to medically assisted suicide. The focus was more on physical pain, not as much on mental trauma.

No description of bodily agony, the sheer torture, that many terminally ill patients go through can capture their actual misery. This aspect was covered in depth and profundity in the many passionate accounts by several British MPs. Emotional as they were, the aspect of loneliness and neglect did not receive adequate notice in the emotionally charged debate. Undoubtedly, to witness somebody enduring such physical pain is impossibly wrenching. British Parliamentarians conveyed that grim sentiment very effectively. In this context it is interesting to note that a majority of those who asked for medically assisted suicide, did not mention pain as the reason for their choice as often as they did loneliness and neglect.

For this kindof psychological anguish there is no medical relief. That maybe why it did not receive as much attention in the British Parliament. For physical pain there are morphine tablets and fentanyl patches. When these are administered by palliative care specialists, they can vastly improve the quality of life for the terminally ill and bring about a peaceful closure. Oregon was the first state in the US where medically assisted suicide was

allowed. There have been a few surveys of those who have taken the lethal dose, under medical supervision, and their results are interesting. In one such study, of 367 patients, inadequate pain control was mentioned by 34.3 per cent, but loss of dignity was the reason why as many as 63.8 per cent wanted to die. There are several attendant factors that together contribute to the loss of dignity and they don't directly refer to pain. In the 2022 Oregon survey 89% most frequently reported end of life concern was the "decreasing ability to participate in activities that made life enjoyable." In the US,

pain has not been the leading motivation for

people to seek medically aided death.

The freedom to die is the ultimate democratic right, so said the majority in the British House of Commons late last month. In this case, those for and against, voted across party lines, according to their conscience. Though medically assisted suicide for terminally ill patients has now been accepted by Parliamentarians in the UK, there are still hurdles before it becomes a law. The supporters of the Bill emphasised the horrific pain that some terminally ill patients, particularly those with cancer, have to go through in their final stages. First-hand accounts of caring after loved

stages. First-hand accounts of caring after loved ones suffering such misery were what swung the majority to vote for the Bill. The debates were heart wrenching and there were hardly any absentees, or empty benches, in the House.

Those opposing the right to die argued primarily that this was a slippery slope which would make the marginal even more vulnerable. Older people, with little ability to actively intervene, and the socially deprived, could easily be persuaded by relatives and interested parties to opt for assisted suicide. The tipping factor, in such cases, could be medical expenses. Though there have been several surveys of what terminally ill patients really want, the full picture, somehow, did not quite get the coverage it deserved in the British Parliament. It is also true that



matters like loneliness, inability to enjoy pleasures of life, loss of control over bodily functions, do not convey the pathos of the terminally ill as vividly as unbearable pain does. Pain is the main reason why Canada, Switzerland, Holland, Belgium, Luxembourg, Spain and Austria have already

allowed medically assisted suicide for the terminally ill. USA, the richest country in the world, ranks a low 43rd out of 81 countries, in the quality of care given to end of life patients. Poor countries fall behind, but not all rich nations are that caring either. This support for end of life medically assisted suicide has societal connotations too. Britain was on top in the various surveys conducted on services to the terminally ill, but funding cuts to its public health

sector, over years, made it difficult for it to retain its premier position. This may be why, after rejecting assisted suicide for long, the UK's lawmakers finally passed it.

Loss of dignity does not really concern medical professionals. According to Erik Finklesten, Director of the well-known, Lien Centre of Palliative Care, a doctor's focus is too much on trying to keep people alive and not enough on helping people die gracefully." Needless tests and futile clinical procedures, add to a patient's physical and financial stress, all to no avail.

In urban settings today, loneliness is not uncommon for circumstances have changed. Ties with family and friends are not as intense, and cannot be. If medically assisted suicide is ever legalized in India, the stress again will be on pain and, of course, expenses, especially for cancer patients. But the neglect that the terminally ill often experience, can be devastating too.

We all hate to work; why? Because

we are usually too tired from the

previous day's work or because

to no energy for a fun evening.

each work day leaves us with little





Well, we give you 10 foods that will boost your energy in an instant, guaranteed. Firstly, to pump up your energy you need foods that provide sufficient calories and stimulants. Secondly, you need foods that will increase your metabolism. So pull up your socks, stop making excuses and get ready to do the locomotion.

Glucose - This component is found in carbs. Yes! You need carbohydrates; it is a means of providing energy to the brain, muscle and the nervous system. But bad carbs can increase the level of sugar in the blood that will not only increase your appetite but also the fat accumulation. Hence when it comes to carbohydrates, stick to whole wheat bread, cereals, brown rice - essentially, the good carbs that aren't processed and refined.

Caution: Consume in moderation.

Fiber - It has several reasons to be part of your daily diet, since it curtails certain types of cancer, improves memory as well as energy, and aids smooth digestion. Fiber takes longer to digest, which results in higher energy supply. A great way to start your day is oatmeal. Other foods with plenty of fiber are: Fruits, grains, lentils, vegetables, nuts and beans.

Caution: Choose high-fiber foods that aren't loaded with calories or fat. Ex - even though almonds are rich in fiber, you can't eat too many

Dry fruits - Almonds, dried figs and cashews

10 foods that boost your

may be a great accompaniment with alcohol, but there's more to it than meets the eye. Unsalted nuts, closest to their natural state, contain magnesium that converts sugar into energy, while dried figs purge your blood of toxins. However, figs are naturally high in sugar so don't over indulge in them.

Caution: The nuttier you are, the more magnesium you have.

Lean meat - Meat eaters will love this one. Whether you love chicken, pork, beef or turkey you're assured of sustained energy. 'But' it has to be skinned and trimmed, in other words, as lean as possible. Your brain needs two types of chemicals - dopamine and norepinephrine, and both are propelled by tyrosine found in meat.

Caution: Strip the fat, but consume in

Fatty fish - It's strange that meat has to be lardfree while fish needs to be fatty. But before you reach for those frying pans, what we are looking for is Omega 3 in fish - a natural oil that your body

needs for general health. your energy as well as help fight heart related

Caution: Eat in moderation and use healthy cooking methods

Leafy greens - The key ingredient in leafy vegetables is folate or B-9. It increases metabolism, as well as increases blood count which improves the intake of oxygen. This, in turn, produces energy. Spinach is 'the' veggy for folate. As you may recall Popeye had a surge of energy after he ate spinach, now you know why.

Caution: Wash spinach well and add a little bit of salt to it while soaking prior to

Fresh fruits - Slice

Water - Everyone must have told you to drink 8 glasses of water a day. And now you know why. Science says that if you're tired, you're dehydrated, which results in lowering the rate of metabolism. Also no water, no energy and coke, caffeine or tea won't do as substitutes.

Caution: Drink up and make sure the loo is accessible.

the most versatile energy foods of all. a meal. Addictives These, in our

Caution: Have a fruit salad as a snack not as

everyday lives, imply

Watermelon, pineapple, various berries, oranges, etc are freely available in every market. It can be a midday snack or dessert. You can add fruits to your cereals for breakfast, to some yogurt for a snack, or some nuts and honey for a dessert. Fresh fruits are

us over-indulge in them, which is bad, some consume them within limits. This helps increase your energy levels in an instant. You are alert and bright but for a short **period of tim-e.** Consume in small quantities after long intervals, and you're assured to be awake from nine to five.

Caution: Don't get addicted.

Coconut water - The summer drink as well as a great hangover cure can also boost your energy levels. Coconut water hydrates your system and washes out toxins. Coconut water is organic and

Caution: Induge in coconut water but limit the



What is Mediterranean diet?

The Mediterranean diet is as one of the healthiest diet option available. It is diet wherein good taste and good health comes in hand-in-hand. A person who follows Mediterranean diet consumes more of leaumes, unrefined cereals, fruits, vegetables and more consumption of dairy products. Consumption of meat and meat products is usually very low.

A person who follows sugar. Mediterranean diet possess The basics of very low risk of developing serious diseases like some types of cancer, type-2 diabetes Alzheimer's and also increases longevity. Mediterranean diet includes fresh, seasonal foods like vegetables, fruits, beans, whole grains, olives, fish and eggs. All these foods are rich in micronutrients, antioxidants, minerals and essential vitamins.

Mediterranean diet consists of very less amount of saturated fat, sodium and

Mediterranean diet are

-Getting plenty of exercise-Eating plant-based foods as far as possible-Replace butter with healthy fats such as olive oil and canola oil-Use herbs and spices instead of salt to flavor foods

-Limit red meat usage to not more than a few times a

-Eat fish and poultry at least twice a week -Drinking red wine in



Jin Ji Du Li: Chinese method of healing

Here is the exercise: Stand on one leg while your eyes are closed. If you are not able to stand for less than 10 seconds, it means that your body has degenerated to 60 to 70 years old level in other words, you may be only 40 years old, but your body has aged a lot faster. Many people think that it is an easy one but they discovered much to their surprise that while they could stand easily on one foot with their eyes open, trying the same thing with eyes closed was another story! They couldn't keep their balance for more than two to three seconds before they started wobbling and hopping around.

The Chinese are really very advanced in their knowledge of the human body. Frequent and regular practice can help one recover their sense of balance. In fact, Chinese specialists suggest daily practice of Jin Ji Du Li for one just minute as it

Table sugar does not up fatty liver disease

A new study has found compelling evidence that shows that consumption of both high fructose corn syrup (HFCS) and sucrose (table sugar) at levels consistent with average daily consumption does not increase liver fat in humans - a leading cause of non-alcoholic fatty liver disease (NAFLD). What is Mediterranean diet?

The findings also added to an already well-established body of science that HFCS and table sugar are metabolically equivalent.

The study, conducted by James Rippe, MD, Founder and Director of the Rippe Lifestyle Institute and Professor of Biomedical Sciences at the University of Central Florida, examined 64 people, who consumed low-fat milk sweetened with

either HFCS or sucrose with the added sugar matching the 25th, 50th and 90th percentile population consumption levels of fructose for ten weeks.

The results showed that fat content of the liver was unchanged when the six HFCS and sucrose groups were averaged.

Fat content in muscle tissue also remained unchanged over the 10 weeks when the six HFCS and sucrose groups were

The two largest sources of fructose in the human diet are sucrose (containing 50 per cent fructose and 50 per cent glucose) and HFCS which is present in the human diet in two forms: HFCS-55 (which consists of 55 per cent fructose, 42 per cent glucose and 3 per cent other carbohydrates) and HFCS-42 (which consists of 42 per cent fructose and 58 per cent glucose).

The essence of the exercise is that your "eyes must be closed" when you are doing this exercise. You must practice Jin Ji Du Li with your eyes closed.

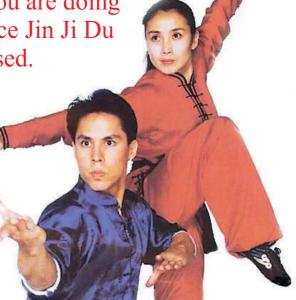
Specialists say that daily practice of Jin Ji Du Li can help in healing many illnesses or diseases like -

Hypertension,

High Blood Sugar or diabetes, Neck and Spinal diseases,

it can also prevent you from getting dementia.

Jin Ji Du Li helps to Strengthen body immunity rapidly It is suitable for everyone generally. It is the basic cure for "Cold Feet Disease" and it can also strengthen the body's immunity. You do not have to wait until you have any illness to start practising Jin Ji Du Li. It is especially beneficial for young people, when they practice it daily while they are healthy, so that their chances of contracting the various illness associated with aging is



"Tortured Day And Night": When Delhi Saw Case Similar To Techie's Suicide

New Delhi. As the suicide of a Bengaluru Complaint Letter To Police techie due to alleged harassment by his In his six-page letter to Sarita estranged wife and her family sparked a massive outcry, a similar case of torture and intimidation had taken place in Delhi, where a man died by suicide reportedly after he was falsely implicated in rape and dowry cases in 2017.

A written complaint addressed to then Sarita Vihar Police Station in-charge and a suicide note purportedly written by Arvind Bharti claimed his wife, Richa, wrongly accused him and his family of various acts, and harassed them with false cases even after their divorce. Arvind Bharti, a resident of Yamuna Vihar, said he was "blackmailed and tortured day and night" by Richa, and that she was solely responsible for his death. He also said he had little hope from the police in the matter. Has seen copies of the written police complaint and the purported suicide note, both of which are written in Hindi. While the complaint letter was written a day before Bharti's death, it is not clear when it was submitted to the police.

Bharti, who worked as a physiotherapist before he joined a computer firm, died by suicide on December 15, 2017. Richa was arrested following his death and later granted bail. The trial in the case is

Vihar Police, Bharti explained how his wife pushed him to take the extreme step. He said he and Richa had a love marriage in 2008 but her behaviour towards him and his family changed drastically after that"She used to register false police complaints, due to which we stayed together only for a few days. She later filed a false dowry case against me. I was discharged in the case by a Delhi court in 2013," Bharti

said. He said the couple eventually parted ways in 2016 but the alleged harassment still did not stop. Richa often followed Bharti to his office and his coaching institute to insult him and her actions also cost him his job, he claimed.Bharti also alleged that his former wife once lodged a false case of rape against him. "The police physically and mentally tortured me and refused to register my complaint (against her). A compromise was reached and they sent me to Richa's house where her family stripped me and locked me in a room. I was Bharti alleged it was easy for Richa to neither given any water to drink nor food to eat," he said. Bharti said Richa filed a fresh



Vipin, arrived with the police to rescue him days later.Bharti alleged Richa often pressured him with her demands for money. ... I cannot even complain to anyone because I know that another false case will be filed against me," he said. He said on one occasion, Richa told him, "You haven't been able to do anything to me. Even the police and the Human Rights (Commission) have not accepted your and your father's complaint".

No Faith In Police

NIA

blackmail and threaten him since her false complaints were always registered. rape case against him when his brother, He alleged that, on one occasion, Richa

his office laptop, wallet, his bike documents, money and a company's invoice with a cheque of ? 32 lakh. "I am listening to Richa for one last time and killing myself. Otherwise, I shall die this way everyday," he added. Suicide Note

forcibly took away his bag with

In the four-page note, Bharti said he was writing his "last letter" and urged his family to not mourn his death. He provided details of the items that were reportedly forcibly taken away by Richa, and of money that he owed to

some of his friends. He also urged his family to move on with their lives. "God will punish her (Richa)," he said.He continued: "I used to suffer day and night and I knew I would have to take this extreme step one day or the other... I am very tired and I cannot suffer for another second. Please do not take action against Richa... I will no longer be alive and your life might also get spoiled."

'Miss Him Even Today'

Arvind's mother said she misses her son. "I do not hang Arvind's photo on the wall because I miss him even today. His former wife was arrested and later released on bail. The matter is still in court," she said.

questioning. During the searches then,

the NIA teams seized several

incriminating documents, electronic

magazines.

devices, pamphlets and

The fresh searches

conducted this morning

were arranged after the

agency found lead after

questioning the arrested

person and examination of

evidence against the

suspects whose premises

were searched in October

this year. The NIA then said

that the suspects were

engaged in radicalising

individuals associated

with JeM, and were

engaged in disseminating

terrorist-related

SC grants bail to two in **Waqf Board money** laundering case

Noting that the trial is not likely to commence soona as even charges have not been framed, the apex court, in its order, granted him bail.

NEW DELHI. The Supreme Court on Wednesday in it order granted bail to two men arrested in connection with the Delhi Waqf Board money

While grating bail to accused -- Zeeshan Haider and Daud Nasir, a two-judge bench of the apex court, led by Justice Abhay S Oka and Justice Augustine George Masih observed that the duo were in jail since their arrest on November 11, 2023, in the case and even the charges had not been framed against them yet.During the hearing, the apex court also made it clear that if the hearing of the complaint is delayed due to any act or omission on part of the appellants, it will be open for the



respondent (ED) to apply for cancellation of bail before the special court. The apex court passed the order of granting bail to the two accused duo --Haider and Nasir -- keeping in view their prolonged incarceration and unlikelihood that the trial would begin in the near future.

"The Appellants (Accused duo) have been in custody for approximately one year and one month. Charges have not been framed in the complaint filed under the PMLA (Prevention of Money Laundering Act). In the complaint, 29 witnesses have been cited, and about 50 documents are being relied upon which run into more than 4,000 pages," the bench of the apex court, in its order, said.

Noting that the trial is not likely to commence soon as even charges have not been framed, the apex court, in its order, granted him bail. The apex court directed the men to be produced before the special court within a week to execute its order and to complete the bail formalities and to be released on bail on appropriate terms and conditions, which include abiding by the undertakings filed in the top court. The SC bench also noted the appellants' undertakings of Dec 6 and Dec 9, 2024, filed before it would be part of the record and its compliance would be a bail condition.

Delhi records season's coldest morning as minimum temperature drops to 4.5°C

New Delhi. Residents shivered as Delhi recorded the season's coldest morning on Thursday, December 12, as the minimum temperature dropped to as low as 4.5 degrees Celsius, the weather department said. The Safdarjung weather station recorded the minimum temperature at 4.5 degrees Celsius at 8:30 am, which was four notches below normal, according to the India Meteorological Department (IMD).A drop of 0.4 degrees Celsius in the 24-hour average temperature was recorded on the second consecutive day of cold wave on Thursday as school children and office-goers



found it very hard to fight off the chill. People could be seen sitting around bonfires to keep themselves warm amid the biting cold.

Meanwhile, the minimum temperature recorded by the Palam weather station stood at 6 degrees Celsius at 8:30 am, which was three degrees below normal. The Palam station saw a -0.2 degrees shift in the 24-hour average temperature.

On Wednesday, Delhi's minimum temperature was recorded at 4.9 degrees Celsius, the previous coldest this season, dropping 5 degrees below normal for the first time this winter season. The significant dip comes just days after the Met Department had predicted a sharp dip in temperature by Thursday in the national capital due to a cold wave which is also expected to affect the states of Punjab, Haryana and Uttar Pradesh. According to the IMD, a cold wave in the plains is declared when the minimum temperature dips to 4 degrees or below, and also when it drops between 4.5-6.4 degrees from the normal.

Sadhguru On Parliament Disruptions And Attack On Big Businesses

New Delhi. Amid Congress protests in Parliament over the Adani issue, spiritual leader Sadhguru has said wealth creators and job providers of the country should not become the "subject of political rhetoric" and that it is important for Indian business to thrive. Sadhguru has said it was "disheartening" to observe disruptions in

'It is disheartening to observe disruptions in the Indian Parliament, particularly when we aspire to be a beacon of democracy for the world. The wealth creators and job providers of India should not become subject of political rhetoric... If there are discrepancies, that can be handled within the framework of law, but should not become political football. Most important that Indian businesses must thrive. It's the only way Bharat will become Bhavya Bharat," he said in a post on X.

The Winter Session of Parliament, which started on November 25, has seen little business due to repeated adjournments. The session is likely to end around December 20 before the year-end holidays.

When the session started, Congress MPs demanded a discussion on the US Department of Justice indictment against the directors of Adani Green. This led to differences within the Opposition ranks because Congress allies like Trinamool Congress wanted the House to function and raise issues such as price rise, Manipur unrest and unemployment. The Adani Group has maintained that Gautam Adani, his nephew Sagar Adani, and senior executive Vneet Jaain are clear of bribery charges. Gautam Adani has said this is not a challenge the group has faced for the first time and stressed that "every attack makes us stronger". Other issues that have halted business in the two Houses include the Opposition's no-confidence motion against Vice President and Rajya Sabha Chairman Jagdeep Dhankhar and the ruling BJP's allegations that the Congress worked with US billionaire George Soros to destabilise the country. The main Opposition has denied

Anti-Terror Agency Raids 19 Locations Across J&K, Assam, 3 Other States

New Delhi. The National Investigation Ayubi. Ayubi was taken into custody Agency (NIA) conducted searches at

of its ongoing investigation into a case linked to the radicalization of individuals associated with the proscribed terrorist organisation Jaish-e-Mohammed.

The raids were underway since early morning at the hideouts of suspects in Jammu and Kashmir, Assam, Maharashtra, Uttar Pradesh, and Gujarat. The operation focuses on the dissemination of

terrorist propaganda and efforts to counter extremist activities. The move comes two months after the anti-terror agency conducted searches at multiple locations in five states and arrested one person namely Sheikh Following the operation, several other

after searches at 26 locations in the 19 locations across five states as part states of Assam, Maharashtra, Uttar

> Pradesh, Delhi and Jammu and Kashmir. The accused was arrested on

> > 13/2024/NIA/DLI).

account of his incriminatory role in the conspiracy case (RC-

Sultn Salah Uddin Ayubi alias suspects were rounded up for

propaganda and radicalising and recruiting youth into the Jamaat outfit

NIA

"These suspects were involved in motivating youth into committing violent terror attacks across India,"

Emerge From Inside Bus During Mumbai Crash That Killed 7

inspired by JeM.

Visuals from the street show the bus mowing down pedestrians, followed by people cornering the bus driver.

New Delhi. Chilling visuals emerged showing rash driving by a BEST bus driver, moments before he crashed the vehicle into pedestrians and vehicles on Monday in Mumbai's Kurla, killing seven people and injuring 42 others.

Cameras inside the bus showed passengers struggling to maintain balance by tightly holding poles and grabbing handles, while others rose from their seats to fathom what was happening on the streets as the bus moved forward. The bus then came to a halt and people jumped out of the emergency exit. The last to leave was bus driver Sanjay More, who picked two backpacks before jumping out of the bus. Meanwhile, visuals from the street show the bus mowing down pedestrians, followed by people cornering the bus driver.

CCTV footage from inside the bus suggested "the entire horror unfolded within a span of 52 to 55 seconds," an official told PTI. The e-



bus covered a distance of 400 to 450 meters since it dashed the first vehicle and finally crashed into the compound wall of a housing society on S G Barve Road while heading to Sakinaka from Kurla station, the RTO officials said. A quick intervention by police and a local lawyer saved More's life, who

was assaulted by an angry mob. Ashif Hussain, 30, a resident of the area near the accident site on SG Barve Road, said he intervened and urged people to not assault the driver. "I took a few blows in the process, but with the help of the police, we managed to get the driver to safety," he told PTI. He said the bus conductor hid himself in a nearby dentist's clinic to escape the mob's

sMore, later arrested and booked for culpable homicide, told Mumbai Police during interrogation that before taking the e-bus on road, he was drove the bus thrice during training rounds by the contractor in a single day. The BEST standard operating procedure requires a driver to undergo refresher training for six weeks. According to police sources, accused Sanjay More has a lot of experience in driving a bus, but he did not have experience in driving an e-bus, which is

Supriya Sule, Kanimozhi praise Railways for improved cleanliness at stations

In response, the **Railways Ministry** said the "kind words" of the two **Opposition leaders** "inspired us to strive for excellence".

NEW DELHI. NCP (SP) leader Supriya Sule and DMK MP Kanimozhi praised the Indian Railways for improved cleanliness and maintenance at train stations across the nation. In response, the Railways Ministry said the "kind words" of the two Opposition leaders

"inspired us to strive for excellence".During a discussion in the Lok Sabha on the Railways (Amendment) Bill, 2024, Sule on Wednesday said, "The Railways Ministry is doing good work in Maharashtra. I would like to compliment the Ministry's team for improving the cleanliness at a lot of stations in the state."But she also raised the issue of reducing stoppages at Daund, Nira, Jejuri train stations in her Baramati constituency.

"Earlier, 80 trains stopped at Daund, but now only 40 stop. The Railways Ministry says that reducing stoppages is to increase efficiency. But due to this, the area is not benefitting economically. I alternative solution to increase efficiency," she added.

Also addressing the discussion, Kanimozhi complimented Union Railways Minister Ashwini Vaishnaw and added that not only stations, but



response, the Railways Ministry thanked the two MPs, saying their "kind words have inspired us to strive for excellence".

urge the Ministry to look for an LOK SABHA PASSES RAILWAYS (AMENDMENT) BILL, 2024

On Wednesday, the Lok Sabha passed the Railways (Amendment) Bill, 2024, by a voice vote. The Bill which seeks to enhance the functioning and independence of the Railway Board was

introduced in the Lok Sabha during the previous Parliament session. As part of a plan to improve railway operations, it also includes provisions to appoint an independent regulator that will oversee matters like fare determination and ensure the competitiveness of the Railways.

Railways Minister Ashwini Vaishnaw stressed the need to significantly enhance the capacity of the country's railway system."Ours is a country of 1.40 crore people which is a rapidly growing economy. There is a need to significantly enhance railway's capacity. There has been a lack of investment in railways for over 50-60 years. When PM Modi took over in 2014, the railways budget which used to be around Rs 25,000-30,000 crore, was increased to Rs 2.52 lakh crore," he said.s"Railway tracks up to 31,000 km have been added since then, including 5,300 km within the last year, which is more than Switzerland's entire railway coverage."

10 Healthy Reasons to eat Apples

Apples combine certain nutrients in a way that sets them apart from all other fruits and makes them a food of choice for achieving several health goals. Here's what apples can do for you when it comes to your health

Data courtesy: Washington Apples Unique support for heart health

Apples are a rich source of phytonutrients known as quercetin, catechin, phloridzin and chlorogenic acid. These unique phytonutrients help protect the cardiovascular system from oxygen-related damage. In addition, the high fibre content (pectic) in apples helps keep your LDL ("bad") cholesterol levels low and under control. People who eat two apples per day may lower their cholesterol by as much as 16 percent.

Alzheimer's prevention

A study on mice at Cornell University found that the quercetin in apples may protect brain cells from the kind of free radical damage that may lead to Alzheimer's disease

Lung cancer prevention

According to a study of 10,000 people, those who ate the most apples had a 50 percent lower risk of developing lung cancer. Researchers believe this is due to the high levels of the flavonoids quercetin and naringin in apples.

Breast cancer prevention

A Cornell University study found that eating one apple per day can reduce the risk of breast cancer by 17 percent. By eating three apples per day can reduce the risk by 39 percent and those who eat six apples per day can reduce their risk by 44 percent.

Colon cancer prevention

One study found that rats fed an extract from apple skins had a 43 percent lower risk of colon cancer. Other research shows that the pectin in apples reduces the risk of colon cancer and helps maintain a healthy digestive tract.

Liver cancer prevention

Research found that rats fed an extract from apple skins had a 57 percent lower risk of liver cancer. Diabetes management

The pectin in apples supplies galacturonic acid to the body which lowers the body's need for insulin and may help in the management of diabetes. Weight loss

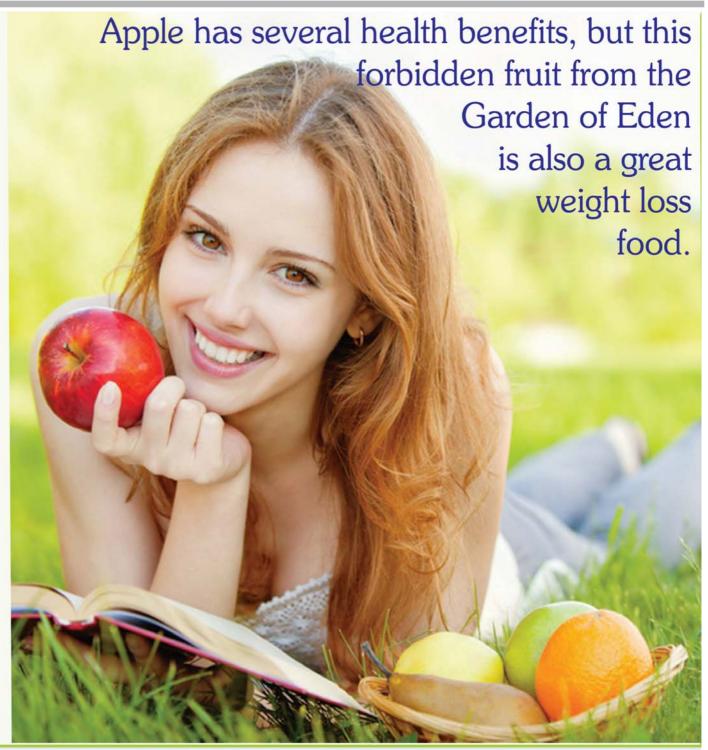
A Brazilian study found that women who ate three apples or pears per day lost more weight while dieting than women who did not eat fruit while dieting.

Bone protection

French researchers found that a flavanoid called phloridzin that is found only in apples may protect post-menopausal women from osteoporosis and may also increase bone density. Boron, another ingredient in apples, also strengthens bones.

Asthma help

One recent study shows that children with asthma who drank apple juice on a daily basis suffered from less wheezing than children who drank apple juice only once per month. Another study showed that children born to women who eat a lot of apples during pregnancy have lower rates of asthma than children whose mothers ate few apples.





Here are some exercises you can do to banish the extra flab under your chin

Double chin is common among overweight men and women. And if you are sporting one too, you certainly know how unflattering it is.

And alternate names like turkey neck, chin twin, second chin, etc. just proves the point. However, getting rid of a double chin is not that easy and one has to religiously do exercises for the neck and chin to make the extra flab

Exercises to get rid of double chin

disappear.

Sadly, women are more prone to it It's not like women have a shortage of body

issues that they needed one more added to their list. Since women have a tendency to accumulate fat deposits in the body, they are more prone to having a double chin, says fitness expert Leena Mogre.

Reduce overall body fat

When a person is fat, there is accumulation of fat everywhere on the body and hence, as a result occurs a double chin. "Spot reduction is a myth. You can't get rid of double chin with certain neck and chin exercises alone. One has to reduce fat percentage overall. Double chin exercises will work only when coupled with diet and weight training," explains Mogre. Sometimes, people can get a double chin due to hereditary reasons and in such cases they could opt for a cosmetic procedures to get rid of it, she adds.

What you can do...

Fitness expert Samir Purohit, too, says that there no specific exercises in Pilates for a double chin and reducing overall body fat will help instead. He shares two exercises:

Platysma exercise

In this exercise, you open the mouth as wide as possible, then stretch the lower lip and jaw over your top row of teeth. This will tighten the area around the chin and help you lose a double chin. Repeat five to 10 times.

Chin lift

Another exercise is the Chin Lift, as it stretches and tones the various muscles of the face eg. the jaw and neck. Sit erect and tilt your head back until you are looking toward the ceiling. Lips

should be pursed tightly, as if you wanted to kiss the ceiling. Just use your lips, do not engage facial muscles. Hold your lips for a five seconds and then release. Repeat five to 10

Other exercises: Neck roll

Sit straight and inhale while turning the head to one side such that the chin touches the shoulder. Now exhale and slowly lower the head such that the chin is resting on the chest. Inhale again and gently lift your head to the other side where the chin touches the other shoulder. Repeat 5 to 10 times.

Chin slap

Using the back of your hand, slap gently underneath your chin. Whilst gently slapping, gradually build up speed. Do this for a couple of minutes, 2-3 times a day.

10 Leading causes of

sensitivity

Do you always scream in pain every time you indulge in your favourite ice cream treat? Or when you sip a piping hot

If your answer is YES, you might be suffering from tooth sensitivity. Anyone who has experienced that sharp, biting sensation will agree that "Tooth sensitivity" sounds too harmless and too mild a word to describe this condition.

Tooth sensitivity is a common dental problem that affects almost 70% of people across the world. It refers to the sudden, shooting pain in the teeth on consuming very hot or cold foods and very sweet or sour foods. In extreme cases, a sip of cold water may also evoke the same reaction.* Data courtesy: Ambika Choudhary Mahajan, a lifestyle blogger

who write for mymagicmix.com, a blog where you will find a refreshingly delicious chutzpah of information on a variety of topics including health. Leading causes of tooth

sensitivity

The basic underlying cause which brings about this condition is the wearing away of the hard, overlying layer of enamel on the teeth due to which the underlying softer parts (i.e. the pulp) gets exposed. Now, this pulp contains the sensory nerves of the teeth.

When this area becomes exposed, the feelings of hot and cold, sweet and sour gets many magnified many times over, causing the sudden, jerking reaction in people suffering from this condition.

The 10 leading causes which cause the nerves of this area to be exposed are:

Receding of gums: Receding gums can be caused by advancing age, due to improper brushing techniques, vigorous or over enthusiastic brushing. When the gums recede, the dentine and the root of the tooth get bared leading to feelings of hot and cold, sweet and sour being blown out of

Gingivitis: Gum disease or gingivitis weakens the gums which hold the teeth in their place. As this worsens and causes

inflammation of gums around the base of the tooth, the underlying root and nerves get exposed, leading to heightened

A cracked tooth: Any external crack on the surface of the tooth allows bacteria inside the mouth to find their way to the root of the tooth and cause an infection. Left untreated, it can become a cause of major headache later and cause hypersensitivity in a tooth or teeth.

Unhealthy eating habits: Whatever goes into your mouth affects your teeth before anything else. Consuming too many sweet and sticky foods (like chocolates, candies, ice-creams), food with acidic content (like pickles, strawberries), carbonated drinks like colas and very hot or very cold foods also takes a toll on the enamel present on the teeth and lead to tooth sensitivity over a period of time.

Bruxism: People who grind their teeth habitually or involuntarily (during sleep)- a condition called Bruxismmight also lose the hard enamel layer gradually and suffer from tooth sensitivity over a period of time.

Dental procedures: Some dental procedures like scaling of plaque, crown placement, tooth restoration, etc might lead to heightened sensitivity for a few days after the treatment. In most cases, sensitivity caused due to such procedure subsides on its own after few days without calling for medical intervention.

Using very hard toothbrushes with or without abrasive

toothpastes: Using either or both of them has the same effect as sandpaper rubbing on wood. That is, thinning and wearing away of enamel on the surface of the teeth, thereby making them

more prone to sensitivity. Prolonged use of mouthwash: Most mouthwashes available in the market do indeed help make your breath fresher. But their acidic contents cause the erosion of enamel present on the surface of the teeth, making them weaker and also more vulnerable to tooth sensitivity.

Whitening treatments: We all love shining white teeth. So much so that the ones amongst us who

have slightly paler ones go for expensive whitening treatments to get our pearls milky white. While that might help brighten up the smile, they cause untold damage to the enamel- which will make sure that you will be shedding tears for that later! If you must go in for whitening, make sure to check with the dentist about the damage caused to the tooth

Unusual medical conditions: At times, the acid content in the mouth might be extremely high due to medical conditions like GERD and bulimia. The high acid level in the mouth corrodes the enamel and makes the dentine more sensitive.

What to eat for a brighter

you get that glowing skin you've always craved for Shelling out that last penny in the salon and still, women fret about maintaining a glowing complexion throughout the year. It's no secret

Here's a list of edible items that can help

that drinking about eight to 10 glasses of water on a daily basis will help clear those impurities and give you a healthy looking skin. But it's not just water that will add to your skin's radiance. There are many edibles that will keep you glowing. Here's an index of what you

should add to your daily food slot to look bright

Strawberries

Yes, this is one secret that has been out of grandma's kitchen trove for the longest time. Strawberries are known to be brilliant as it benefits the skin in more than one way. This accessory fruit is known to be rich in coenzyme Q10, a substance that helps fight free radical damage, and lessens the pace of aging, increases both the adeptness and rate of cellular energy production. Quite high in alpha-hydroxyl acid, this fruit helps get rid of dead skin cells and helps the body build collagen. Another great thing about strawberries, it's highly concentrated with vitamin C, an essential antioxidant that helps prevent skin blemishes, fights the aging process and the harmful effects of the sun.

Tomatoes

There are many reasons to toss a tomato in your diet, it adds to the content of collagen in the skin, thus

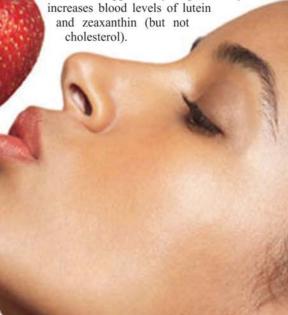
preventing it from sagging. Also, tomatoes have higher antioxidants, this helps reduce fine lines on the skin. Also, eating tomato sauce and tomato juice can help

Oranges

Another fruit apart from the strawberry that is extremely high in antioxidants are oranges. These help brighten the skin. Orange, a citrus fruit, contains vitamin C, that helps prevent conditions like skin inflammation. One thing known about vitamin C is that, it helps improve the absorption of Vitamin E and iron in the body, and this in turn gives you a radiant complexion. You might have noticed, there are many skin care products that have orange extracts in them.

Eggs are great for the skin, they help soften, firm and

hydrate the skin. It is known to contain amino acids that help in generation of new skin cells. A study states that two major antioxidants that eggs contain, lutein and zeaxanthin, is known to increase more than four times the protection against the UV damage that leads to lines, brown spots, and cancer. Apparently, eating about one egg a day significantly





PF withdrawals via ATMs likely from 2025. How will it work

NEW DELHI. Starting January 2025, Employees' Provident Fund Organisation (EPFO) subscribers may be able to withdraw their provident fund (PF) savings directly from ATMs.Labour Secretary Sumita Dawra told news agency ANI that the Labour and Employment Ministry is upgrading its IT systems to streamline PF withdrawals and improve service

According to Dawra, the IT infrastructure of EPFO will be on par with banking systems once the IT 2.1 upgrade goes live next year. This will enable claimants, beneficiaries, and insured individuals to access their PF funds with minimal human intervention."We are enhancing our IT system to simplify claim settlements. PF withdrawals through ATMs will soon be a reality," Dawra stated.

HOW WILL IT WORK?

The improved system will include a dedicated PF withdrawal card, similar to a bank ATM card. However, withdrawals will be capped at 50% of the total PF balance.Dawra highlighted that claim processing has already become faster, with unnecessary procedures eliminated as part of the IT overhaul. The government also reaffirmed its commitment to improving social security, including extending benefits to gig and platform workers under the Code on Social Security, 2020.

While a timeline for implementing these benefits wasn't specified, efforts are reportedly in advanced stages. Currently, EPFO has over 70 million active contributors. Withdrawal rules remain unchanged: employees cannot withdraw PF while employed.

If unemployed for one month, they can withdraw 75% of their balance, and after two months, the entire amount becomes accessible.

The initiative is part of the government's broader push to improve ease of living and ensure social welfare for India's vast workforce, which includes over 64 crore economically active individuals.

Indian Share Market Opens Higher Ahead Of CPI Data

Mumbai. The Indian stock market opened higher on Thursday ahead of the consumer price index (CPI) data. In the early trade, selling was seen in Nifty's auto and PSU bank sectors. At around 9:30 am, Sensex was trading at 81,633.07 after gaining 106.93 points or 0.13 per cent, while the Nifty was trading at 24,658.25 after rising 16.45 points or 0.07 per cent. The market trend remained positive. On the National Stock Exchange (NSE), 1,124 stocks were trading in green, while 1,065 stocks were in red. According to market experts, "The range-bound consolidation construct of the market is set to continue. The bull run in the US is continuing unabated with Nasdaq setting a new record and closing above 20,000 yesterday.""The 'Magnificent Seven' stocks continue their resilience and uptrend despite elevated valuations. The strength of the mother market, which indicates that the global market rally is intact, is a support for other markets, too," they added. Nifty Bank was up 65.80 points or 0.12 per cent at 53,457.15. Nifty Midcap 100 index was trading at 59,381.40 after rising 88.45 points or 0.15 per cent. Nifty Smallcap 100 index was at 19,704.60 after gaining 47.25 points or 0.24 per cent.In the Sensex pack, Tech Mahindra, Bharti Airtel, TCS, Infosys, M&M, HCL Tech, Axis Bank and SBI were the top gainers. Titan, Tata Motors, Asian Paints, L&T, Tata Steel and Bajaj Finance were the top losers.

In the Asian markets, except Jakarta, the markets of Hong Kong, Bangkok, China, Seoul and Japan were trading in green. In US stock markets the S&P 500 and Nasdaq Composite ended 0.82 per cent and 1.77 per cent higher, respectively. The Dow Jones Industrial Average ended 0.22 per cent down on the previous trading day.

Multiple powertrains to coexist in market: Toyota



NEW DELHI. Toyota Kirloskar Motor (TKM) said on Wednesday that multiple powertrains and fuel options will continue to exist in the passenger vehicle (EV) market even as other carmakers in India have taken an aggressive electrification policy.

TKM said the national goal is to cut down carbon emissions and fuel imports and studies have shown hybrids are playing a key role in this. "Global perspective, clearly the trend is toward sustainable mobility and many cleaner technologies.

Globally, last year hybrids sales grew by 33% and EVs sales grew by 31-32%. In the Indian context, there is a huge space out there that needs to be addressed. 95% of the market continues to be fossil fuel based petrol or diesel," said Toyota Kirloskar executive VP, Vikram Gulati.

He added, "Going forward, we feel that many technologies, whether electric or biofuel, are going to be relevant in our pursuit of green mobility and decarbonisation." Gulati called for an inclusive approach that extends tax incentives beyond fully electric vehicles. Gulati's approach towards multiple powertrains comes as rival carmakers like M&M and Tata Motors are expanding their EV line-up. In the months to come, Hyundai is expected to unveil the electric version of its Creta SUV as well. TKM on Wednesday launched new Camry hybrid EV at a price tag of Rs 48 lakh. It is equipped with advanced 5th-gen hybrid technology, improved fuel efficiency of 25 km/l.

Google's willow to usher in a new tech order

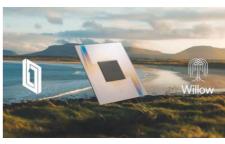
Prof. Debabrata Das, Director of IIIT-Bangalore says, 'Willow' is a remarkable discovery that has the potential to revolutionize various fields, from health to weather, banking, businesses, security, defence, and morebesides creating employment opportunities

BENGALURU. Will Google's monumental tech revolution-the nextgen quantum computing chip, Willow-bring about civilizational change, or will it usher in a paradigm shift in services and applications across critical areas?On December 9, the tech giant announced Willow, a next-generation quantum computing chip that "performed a computation in under five minutes, which would take one of today's fastest

supercomputers 1025 years—or 10 years)," said Google.Willow was fabricated in Google's new state-of-theart facility in Santa Barbara, USA.

"The most remarkable result achieved by the Google Quantum AI team is in the challenging area of quantum error correction. They have demonstrated that errors decrease exponentially as the number of qubits increases, thus underlining the real possibility of scalable quantum computers," said Prof. Bhanu Das, Director of the Centre for Quantum Engineering, Research, and Education (TCG CREST) in Kolkata and Professor Emeritus at the Tokyo Institute of Technology, Japan. "Willow is a remarkable discovery that has the potential to revolutionize various fields—from health to weather, banking, businesses, security, defence, and more—besides creating employment explained Prof. Das. opportunities," said Prof. Debabrata Das, He added that weather monitoring and Director of the International Institute of Information Technology-Bangalore (IIIT-B), speaking to TNIE.

"Research and innovation are meant to improve performance and reduce latency



in computing. Willow will be a game- Das further said that quantum computing, changer in the health sector by enabling accurate and fast decoding of genes and viruses, which will lead to precise diagnoses and treatments. For example, during the COVID-19 pandemic, it took four to five months to decode the virus. With a quantum computing chip like Willow, virus and gene decoding will likely become much faster and more accurate. Medicines and vaccines could then be specifically tailored to the virus,"

modeling systems, which currently lack 100% accuracy, could also greatly benefit. "With climate change being a pressing reality, we need better, faster, and more accurate systems for monitoring and

preparedness," he emphasisedDas countered apprehensions around 'Willow' and future of fast paced technology and said, "technology has helped society grow manifolds. In the early 90's, there were apprehensions in the banking sector regarding computers; that people will lose their jobs. Today, technology has digitised the banking sector and made it universal and seamless," he added.

when combined with artificial intelligence (AI), would yield groundbreaking advancements. "It will revolutionize critical applications in security, defense, agriculture, businesses, energy, and more," he remarked.

On concerns about energy usage in quantum computing, Das explained, "Performance in computing depends on latency, energy consumption, and heat dissipation. Quantum computing significantly reduces latency for large and complex computations, enabling faster processing with less energy."

However, Das acknowledged the need for further research into quantum security as the world transitions from electronic to quantum-based security systems.

Explained: Why Delta Corp shares fell after rising sharply in previous session

NEW DELHI. Delta Corp's share price was down by 2.94% to Rs 124 on December 12, 2024 (at the time of writing), following an 8% surge the previous day. This decline in share price can be attributed to profit bookings by investors.On December 11, the gaming-focused company's stock reached an intraday high of Rs 131.40, rising from its opening price of Rs 122.35.The surge in share prices came after Chief Economic Advisor, V Anantha Nageswaran's remarks at the Confederation of Indian Industries' (CII) Global Economic Policy Forum 2024 in New Delhi on December 11.

CEA ADVOCATES BALANCED REGULATION

Speaking at the event, Nageswaran mentioned the importance of fostering innovation in emerging sectors like cryptocurrencies and online gaming. "Regulators should not stand in the way

of innovation — whether it's crypto or online gaming," he said.He also highlighted the need for regulatory bodies to exercise caution regarding their unelected powers and called for greater accountability and transparency in their operations. The CEA's remarks sparked interest, particularly in the online gaming and cryptocurrency industries, as they underscored the potential for growth without unnecessary regulatory hurdles. His balanced approach suggests a willingness to support innovative sectors while remaining mindful of their social costs and benefits.

BROADER IMPLICATIONS FOR **CRYPTOCURRENCIES**

Nageswaran's comments come at a crucial moment for the cryptocurrency market. Bitcoin recently surpassed the \$100,000 mark, signalling growing global acceptance.Countries like El

Salvador have embraced cryptocurrencies, with reserves exceeding \$600 million, while Canada's Vancouver is considering allowing cryptocurrency payments for taxes and other services. In the event, the CEA raised the question of how regulators can balance fostering groundbreaking innovations with addressing societal concerns in areas such as cryptocurrencies, Bitcoin, and online gaming. He emphasised the importance of applying the same principles of transparency and accountability to regulators as are applied to the industries they oversee.

Meanwhile, Delta Corp's net revenue

from operations for FY 2023-24 declined by 4.06% to Rs 925.30 crore, compared to Rs 964.47 crore in FY 2022-23, primarily due to the GST impact on its offline and online skill

Rekha Jhunjhunwala-backed Inventurus Knowledge IPO opens: Should you invest

NEW DELHI. The initial public offering of Inventurus Knowledge Solutions Limited opened for bidding on Thursday aiming to raise Rs 2,497.92 crore entirely through an offer for sale of 1.88 crore shares. Rekha Jhunjhunwalabacked IPO has a price band of Rs 1265-1329 per share and will close for bidding on December 16, 2024. Investors need to bid for a minimum of one lot which has 11 shares in it.Retail investors would need to shell out an amount of Rs 14,619 for a single lot. The



Bitcoin crosses \$100K again: What drove the fresh rally

On December 12, Bitcoin surpassed \$100,000, bolstered by US inflation data and rate cut speculation, leading to a surge in altcoins and the overall crypto market.

New Delhi. Bitcoin, the world's largest cryptocurrency, surged past the \$100,000 mark on December 12, following recent US inflation data that bolstered expectations of a Federal Reserve interest rate cut, as per reports. After hitting an all-time high of \$103,800 on December 5, Bitcoin struggled to maintain its position above \$100,000 due to profit bookings. However, renewed optimism surrounding a potential Fed rate decision lifted the token by nearly 4% to \$100,665 at the

MARKET MOMENTUM BACKED BY INFLATION DATA The November Consumer Price index

reported a 0.3% monthly rise and a



2.7% annual increase, aligning with forecasts and fuelling hopes for rate cuts at the Fed's December meeting next week. Avinash Shekhar, Co-Founder & CEO of Pi42, stated that Bitcoin demonstrated bullish momentum by climbing back above \$100,000, regaining its stance following macroeconomic data and hinting at rate reductions from the Fed. Rebounded back from the \$94,000 and support at 20-day EMA, the retest signals a presence of bullish trends in the market.He expressed optimism that BTC might target \$112,000 and could go up another level to hit \$125,000. Resistance at \$104,088 could keep volatility in check in the shorter term as the market can see consolidations. ON THE RISE

The global cryptocurrency market cap increased by 5.89% to \$3.66 trillion, with Bitcoin commanding a 54.7% market share, according to CoinMarketCap.Major alteoins mirrored Bitcoin's rally, with Ethereum rising 6.77%, XRP gaining 3.94%, Solana climbing 4.95%, and Cardano surging by an impressive 14.11% over the last 24 hours, as of the time of writing. Meme coins also benefited, with Dogecoin increasing by nearly 6% and Shiba Inu soaring by almost 9% since the past day. This broad-based crypto rally underscores the impact of macroeconomic factors, particularly inflation data, on market sentiment as traders anticipate the Federal Reserve's upcoming policy

minimum investment required for small noninstitutional investors (sNII) is 14 lots, equivalent to 154 shares, costing Rs 2,04,666. For big non-institutional investors (bNII), the minimum investment is 69 lots, or 759 shares, amounting to Rs 10,08,711.Inventurus Knowledge Solutions Limited secured Rs 1,120.18 crore from 61 anchor investors at a price of Rs 1,329 per share.

the 8,428,730 equity shares allocated to anchor investors, 2,809,577 shares—33.33% of the total anchor allocation—were distributed to 12 domestic mutual funds through 23 schemes.

SHOULD YOU SUBSCRIBE?

"Investors should also look at IPO offers which come with 100% OFS i.e Rs.2498 cr issue which is an area of concern for new investors. As it is backed by over 15 years of experience and long-standing client relationships, IKS is well-positioned to capitalise on the growing demand for integrated healthcare solutions. Hence, looking at all attributes we recommend investors to "SUBSCRIBE" the Inventurus Knowledge Solutions Ltd IPO for long term perspective," said Rajan Shinde, Research Analyst, Mehta Equities Ltd. At the upper price band of Rs.1329, IKSL is available at a P/E of 54.6x (on FY25 Annualised), which appears fairly priced. Considering its asset light and scalable model with high margin operations, diversified product offerings, significant expansion potential post acquiring Aquity Holdings, we recommend Sub-scribe rating to the issue on a medium to long term basis," said an IPO report from Geojit.

EPFO Pension Alert! Will Govt Increase Minimum Pension Amount EPF Scheme Check What FinMin Said

Pankaj Chaudhary, Minister of State for Finance, stated that the Ministry of Labour and **Employment has received** representations from stakeholders, including trade unions, requesting an increase in the minimum pension amount under the EPS.

New Delhi. Employee unions have long advocated for increasing the minimum pension amount under the Employees' Pension Scheme (EPS), 1995, with representations from employees and other stakeholders.

Regarding an increase in the pension amount, Member of Parliament Asaduddin Owaisi raised questions in the Lok Sabha about any proposal to increase the minimum pension amount under EPS, 1995. He asked about any pensioner representations under EPS, 1995,



pension amount and seeking details of the proposed proposal.Pankaj Chaudhary, Minister of State for Finance, stated that the Ministry of Labour and Employment has received representations from stakeholders, including trade unions, requesting an increase in the minimum pension amount under the EPS.Owaisi inquired about the government's assessment of representations to increase EPS pensions, based on the observation by the Standing Committee on Labour, Textile and Skill Development's 30th

In his reply, the minister said, "the EPS, 1995 is a 'Defined Contribution-Defined Benefit' Social Security Scheme. The corpus of the Employees' Pension Fund is made up of (i) contribution by the employer @ 8.33 per cent of wages; and (ii) contribution from Central

Government through budgetary support @ 1.16 per cent of wages up to an amount of Rs 15,000/- per month. All benefits under the scheme are paid out of such accumulations. The fund is valued annually as mandated under paragraph 32 of the EPS, 1995 and as per the valuation of the fund as on 31.03.2019, there is an actuarial deficit."The parliamentarian inquired about the government's intentions to allocate funds for an increase in pension under the EPS, 1995, and if so, the reasons behind this decision. The Minister replied, "Government, for the first time, in the year 2014, provided a minimum pension of Rs 1000 per month to the pensioners under the EPS, 1995 by providing budgetary support, which was in addition to the budgetary support of 1.16 per cent of wages provided annually towards EPS to Employees' Provident Fund Organization (EPFO)."

Minimum pension of Rs 1,000 under EPS95 The central government announced a minimum pension of Rs 1,000 per month for pensioners under EPS, 1995 in September 2014. However, the labour ministry proposed doubling the pension to Rs 2,000 per month under EPS-95, but it was not approved.

NEWS BOX

Did Yashasvi Jaiswal's 'too slow' remark lead to Starc revival Ponting reacts

New Delhi. Ricky Ponting feels that Yashasvi Jaiswal's cheeky remark during the Perth Test could have led to Mitchell Starc's revival during the second match of the Border-Gavaskar Trophy in Adelaide. During the first match of the series, Jaiswal scored a brilliant 161 in the second innings which set up India's win During the knock which set up India's win. During the knock, there was a moment when the young opener would have an exchange with Starc.Jaiswal said that the Aussie pacer was 'too slow' and Starc would respond with a smile. However, in the Adelaide Test, the pacer would have his revenge as he dismissed Jaiswal for a golden duck with the first ball of the match and ended up registering his best career figures of 6 for 48 in the first innings. Speaking on the recent episode of the ICC review, Ponting suggested that the exchange with the Indian opener could have given extra motivation for Starc."He's actually a pretty level-headed guy, Mitchell Starc. He doesn't get flustered too much, even you see when he's bowling now," Ponting said. "And if one of the batters does happen to say something, he generally responds with a little smile on his face. "But I think that smile on his face might be just a bit of a cover for the fire that's burning inside. Look, he



bowled beautifully in Adelaide didn't he." Ponting hails Starc's adaptabilityPonting also praised Starc for changing his bowling style in recent times to prolong his career. The former Aussie skipper claimed that Starc isn't slowing down, and it is just the way he is bowling at the moment. "He certainly deserves high praise. I mean, he's probably in the last accurate of years been botton than he's aver couple of years been better than he's ever been," Ponting noted."And the reason that I say that is I think he's a more consistent bowler now than he's ever been before, yet his pace is still about the same as it always was. I mean, he could bowl over 150km/h probably a few years ago and he's in absolute prime now. He's sort of operating in the mid-140s, but his consistency, the way he's starting spells is really good now as well."I was really impressed by how he started his first spell in Perth and then the way he started his first spell in Adelaide was obviously unbelievably good. So his pink-ball record speaks for itself and I think talking to some of the players as well, I think the reason why his pink ball record is so good is I think the pink ball actually performs very similar to the white ball.

Decisive footwork, off-stump discipline: Inside Virat Kohli's **Brisbane** nets session

New Delhi. Virat Kohli seems to be all set for the Brisbane Test as the star batter engaged in an intense and focused nets session on Thursday, December 12. Kohli, who had scored a hundred in the Perth Test, would struggle in the Adelaide loss. The star batter's weakness outside off-stump was exploited by the Aussie bowlers as he was dismissed for 7 and 11 in the second Test.

Kohli had decided to work on this just after the pink-ball Test, as was seen during the nets session in Adelaide on December 10. The Indian team would engage in their first training session in the city on Thursday and the focus was primarily on Kohli. The Indian star would lead the huddle and deliver a passionate and energetic pep talk to his teammates before the start of the training session. The Indian star seemed very



energetic and started off with some warmup exercises. He would follow it up with some fielding drills, which included slip catching.Kohli would then spend one and half hours in the nets in Brisbane. Kohli was very focused during the time he spent in the nets and similar to the one in Adelaide, the star batter was leaving a lot of deliveries outside off. There was also a lot of backfoot play involved during the session, which saw Kohli bring out some cut shots and pulls.

Kohli would spend a lot of time with the throwdown specialists before facing the best of the Indian bowlers. The star batter focused the last half an hour on what he wanted specifically out of the session. Kohli would play a lot of backfoot punches and cover drives as well to conclude his long net

Kohli's record in Brisbane

Kohli has played just one match in Brisbane so far in his Test career. This was during the 2014 series and the star batter could only manage 20 runs across both innings. The Indian team will be expected to have one more practice session on December 13 before the match gets underway.

Champions League: Barcelona edge past Dortmund, Manchester City beaten again

Ferran Torres was the hero for FC Barcelona as they edged past Borussia Dortmund in a 5-goal thriller on Wednesday, December 11 in the UEFA Champions League. Manchester City's poor run continued as they were beaten by Juventus in Turin.

New Delhi. In a thrilling UEFA Champions League match on Wednesday, December 11, FC Barcelona secured a hard-fought 3-2 victory over Borussia Dortmund. The win was largely thanks to substitute Ferran Torres, who scored twice, including the decisive 85th-minute winner. The match saw a dramatic five-goal second half, with Torres making a significant impact after coming on in the 71st minute. His goals

Lucknow Super Giants (LSG) owner

Sanjiv Goenka recently revealed that

he extended support to Naveen-ul-

Haq after his verbal spat with Virat

New Delhi. Lucknow Super Giants (LSG)

owner Sanjiv Goenka recently opened up on

the Virat Kohli-Naveen ul Haq verbal spat

during the Indian Premier League (IPL) 2023. Notably, Kohli and Naveen had a

heated exchange during Match 43 of the tournament between Royal Challengers Bengaluru (RCB) and LSG in

Lucknow.Following the incident, Kohli also

had an altercation with the LSG mentor

Gautam Gambhir at the end of the game. In

the aftermath of the incident, the trio were

Kohli during the IPL 2023.



them in second place with two games remaining in the league phase. Borussia Dortmund, despite their efforts, were unable to overcome the deficit for a third time. Serhou Guirassy scored both of Dortmund's goals, but Torres's second goal, set up by a pass from Lamine Yamal, sealed the victory for Barcelona. This result dropped Dortmund to ninth place in the standings with 12 points, while the top eight teams will qualify automatically for the round of 16.

Manchester City's woes continue helped Barcelona move to 15 points, placing In other Champions League matches,

Told Naveen that we are there to support

you after spat with Kohli: Sanjiv Goenka

fined heavily by the BCCI (Board of Control

Sanjiv Goenka opened up on the incident

and revealed that he had extended his

That situation took place during a game. So I

will not comment on whether it was right or

wrong. It is easy to be judgmental but it is not

for us to judge. I just told Naveen that if you

need any support or you are feeling insecure,

we are there to support you," Goenka said on

support to Naveen after the incident.

Juventus dealt a significant blow to Manchester City's hopes by winning 2-0. Dusan Vlahovic and Weston McKennie scored the goals for Juventus, with Vlahovic's header in the 53rd minute and McKennie's volley in the 75th minute securing the victory.he breakthrough for Juventus came when Vlahovic scored with a close-range header. Kenan Yildiz delivered the ball to the back post, and Vlahovic's header barely crossed the line, confirmed by goal-line technology. Despite City's increased pressure and attempts to equalise, Juventus capitalised on the counter-attack.

the TRS Podcast.Further speaking

ahead, Goenka also mentioned how

he motivated the Afghanistan seamer

to give a strong reply with his

Kohli and Naveen sorted out their

'But it is not about showing that you

have the spirit to fight. If I was in your

position, I would have said - You said

this to me. Now I will bowl in such a manner that I will take all of your

differences during World Cup

team's wickets," he added

sorted out their differences during the ODI

World Cup 2023 match between India and

Afghanistan in Delhi. The Afghanistan

bowler was welcomed with 'Kohli-Kohli!'

chants when he walked out to bat and also

during his bowling spells. However, Kohli

performance.

for Cricket in India). Recently, LSG owner After the big controversy, Naveen and Kohli

a spectacular volley from Timothy Weah's cross, doubling Juventus' lead against the run of play.Manchester City had several scoring opportunities, most notably a missed chance by Erling Haaland in the first half. Another chance saw Ilkay Gundogan unleash a powerful long-range strike that Di Gregorio managed to push wide. With this result, Juventus moved to 11 points in the Champions League group phase, levelling them with Atalanta and just two points shy of the top eight position. Meanwhile, Manchester City plummeted to 22nd place, just one point above the bottom 12 places, which would result in elimination from the competition. City face daunting matches against Paris Saint-Germain and Club Brugge in their remaining group stage fixtures. Meanwhile, Arsenal took a significant step towards the Champions League knockout stage with a 3-0 win over AS Monaco. Bukayo Saka scored twice, with his first goal coming in the 34th minute from a Gabriel Jesus cross, and his second in the 78th minute. Substitute Kai Havertz added a third goal to seal the victory for Arsenal, moving them up to third place in the standings. AC Milan and Atlético Madrid also secured wins over Red Star Belgrade

Boland knows how to trap Kohli

and Slovan Bratislava respectively.

New Delhi. Former India cricketer Mohammad Kaif feels Indian bowlers need to target Australia batter Travis Head the same way opposition bowlers target Virat Kohli. Notably, Head has been India's chief tormentor over the past year having scored match-winning centuries against them in the World Test Championship (WTC) final and the ODI World Cup 2023 final. In the ongoing series as well, Head has been in phenomenal form with scores of 89 and a match-winning 140 in the second Test in Adelaide. Mohammad Kaif feels India need to exploit Head's weakness, the same way the opposition targets Kohli by bowling outside off stump against him."If Boland knows how to trap Kohli then why can't we do the some for Travis Head? If his weakness is outside the off-stump, why don't we consistently bowl there? Every batsman has weaknesses. Everyone knows Virat Kohli's weakness. You bowl it outside the off-stump and he will nick it. You'll need to adopt the same strategy against Travis Head as well. You need to

then why can't we do same for Head: Mohammad Kaif

move ahead with proper planning. You need

AUS vs IND: How India batters trained

in Brisbane ahead of 3rd Test his fitness by bowling full throttle.

→ Team India engaged in intense practice in their first session in Brisbane as batters spent a long time in the nets. Fast bowler Jasprit Bumrah was also seen bowling full throttle, shutting down any concerns on his fitness.

New Delhi. The Indian batters were seen engaging in a long practice session after their disappointing show in Adelaide. Notably, the entire squad arrived in Brisbane on Wednesday, December 11 and had their first nets session. After the loss in the second who failed to continue their good show from the second innings in Perth and could only score 180 and 175 in the two innings



respectively. Hence, the batters seemed determined to put their bad performances behind them and worked on their weaknesses. Star batter Virat Kohli showed great discipline in leaving the balls outside off stump and was decisive in his footwork. India skipper Rohit Sharma started by facing the spinners and then faced an intense spell from Navdeep Saini, Yash Dayal and left-arm throw-downs with a special focus on leaving deliveries outside the off stump. Border Gavaskar Trophy: Full Coverage

Test, the focus has been on the Indian batters KL Rahul, who's been promoted to open in the ongoing series, was also seen having a long chat with head coach Gautam Gambhir. Ace speedster Jasprit Bumrah shut down talks on

Opening batter Yashasvi Jaiswal was also seen rolling his arm over as he bowled to Akash Deep. On the other hand, fast bowler Mohammed Siraj looked determined to work on his line and length and give good support to Bumrah in the upcoming Test.

India eager to bounce back in Brisbane The players also engaged in catching drills as

Virat Kohli, Sarfaraz Khan and KL Rahul among others, honed their skills. India will be eager to once again take a lead in the series in the upcoming Test, which could well decide which way the series heads. After a thumping 295-run victory in the first Test in Perth, the Rohit Sharma-led side was completely blown away in Adelaide against the pink ball as Australia hammered them by ten wickets. Hence, it's extremely crucial for the visitors to get a much-needed win under their belt in Brisbane and put the hosts under pressure once again. They will take inspiration from their last triumph at the venue during the 2020-21 tour when they



to attack him from the first ball; you need to make a fixed plan to exploit his weakness, and then you can get him out," said Kaif in a video shared on his social media handles. Head's marvellous form since 2021

Head has transformed his career ever since the 2021-22 Ashes in Australia where he scored a blistering 152 (148) in the first Test in Brisbane. Since 2021, the southpaw has scored 2260 runs from 32 matches (53 innings) at an average of 45.20 and a strike rate of 79.68 with six hundreds and ten fifties to his name.ead has scored 955 runs from 12 Tests (21 innings) against India at an average of 47.75 which includes a scintillating 163 (174) in the WTC final 2023. The 30-year-old became a thorn in India's flesh in the ODI World Cup 2023 final as well with his gamechanging knock of 137 (120). Hence, India desperately need to find a way to keep Head quiet for the rest of the series as he's looked the only batter to trouble them so far in the first two matches.

Pat Cummins, Mitchell Starc, Josh Hazlewood signed as BBL supplementary players

Australia's pace trio of Pat Cummins, Mitchell Starc and Josh Hazlewood have been signed as supplementary players for the upcoming season of the Big Bash League. Cummins will be joining the Sydney Thunder and Starc and Hazlewood will be heading back to the Sixers.

New Delhi. Australia's pace trio Pat Cummins, Mitchell Starc and Josh Hazlewood have all been signed as supplementary players for the upcoming Big Bash League season 14. While Cummins will be a part of the Sydney Thunder side, Starc and Hazlewood will represent their crosstown rivals, the Sixers for the upcoming season. Both franchises would go on to confirm the signings on Thursday, December 12. Given that the trio will be busy with their international

commitments, it is expected that they will not be taking a part a lot in the upcoming season. However, the trio are expected to be a part of the off-field side of things whenever their schedule permits. Cummins had been a part of the Thunder from the fifth to the ninth season, which was his last one in the competition. Starc and Hazlewood have been with the Sixers from the very start and won the inaugural BBL title with the team, alongside Cummins as well.

What Cummins said about the move

Cummins claimed that he was really proud to be a part of the Thunder. The Australia captain said that the current squad is shaping up to be a special one. As a Western Sydney guy at heart, I'm really proud to be a part of the team this summer. While international duties mean I can't be around as much as I'd

like, I'm excited to have a voice and fully back the guys throughout the season.""It's fantastic to have talent like Sam Billings back. I first played with him in Penrith, so our Western Sydney connection runs deep. He's a great addition to the squad."

Having Davey Warner locked in for a full season is huge for us. It's great to see the balance in the team, with so many leaders stepping up alongside the talented youth coming through.""This squad is shaping up to be something special, and it's set to be an unreal season of Big Bash cricket. A big thank you to our fans - I can't wait to see you out at a game during the season," said Cummins.The Sixers will start their BBL 14 campaign against the Melbourne Renegades on

December 16, while the Thunder will face the Adelaide Strikers a day later. Cummins, Starc and Hazlewood are all currently involved in the Border-Gavaskar Trophy series against India.





Sanjay Dutt And Maanayata Dutt

Are The Coolest Couple And We Have Solid Proof



The couple, married for 16 years, are proud parents to twins, a son named Shahraan and daughter a Igra.

anjay Dutt and Maanayata Dutt are among the most popular Bollywood couples. The duo has been married for 16 years and are proud parents to twin kids, a son named Shahraan Dutt and a daughter Iqra Dutt whom they welcomed in October 2010. The couple often share insights from their personal and professional lives on social media and their recent video is a true testament to their loving and unbreakable bond.

The Khalanayak actor along with his wife shared a joint post on Instagram which depicted Sanjay having a conversation with Maanayata over a call. As the actor picks up the phone, Maanayata could be seen asking him, "Kab aa rahein hain aap (when are you coming back?)," to which the Munna Bhai MBBS actor replied, "Jaldi bas kaam khatam ho jaaye (Soon after completing the work)." She continued "Wrap ho gaya?", Sanjay responds, "Bas wrap hi to kar raha hun (Just wrapping

As the clip moves forward, the 46-year-old is seen asking about the type of role will be performing on screen. To which he responds, "Zabardast. Is saal mere 7 se 8 behtareen roles aane waale hain (Amazing, I have 7 to 8 excellent roles coming this year.)" "Uff! Kitna kaam krenge aap (Oh God! How much work will you do)," says Maanayata, to which the actor replies, "Dubai aake bataata hun (Will tell you after I come to Dubai)."

Meanwhile, on the work front, Sanjay Dutt was last seen in the Telugu action drama film Double iSmart in a negative role. Helmed by Puri Jagannadh, the film also featured Ram Pothineni, Kavya Thapar and Sayaji Shinde in lead roles.

He will be next seen in a Punjabi film titled Sheran Di Kaum Punjabi which also stars Punjabi actor and singer Gippy Grewal in the lead role. Apart from that, he also has a Pan-India release KD: The Devil, a comedy entertainer Housefull 5, an untitled project with Ranveer Singh and Akshaye Khanna, and the action thriller Baaghi 4 in his kitty.



Aishwarya Rai Bachchan's Sister-**In-Law Shares Another Cryptic** Note: 'I Respect My Value'



mid the ongoing speculations around the rift between Aishwarya Rai Bachchan and Abhishek Bachchan, the actress' sister-in-law Shrima Rai continues to dominate headlines. Reason? Reddit users pointed out that Shrima, married to Aishwarya's brother, Aditya Rai, never posts about the actress or her niece, Aaradhya Bachchan on social media, hinting at their strained relationship. Days after setting the record straight about the speculations, Shrima has now added a new post on her Instagram stories. The post featured a cryptic note about respect, love and goodness of life.

The note read, "I respect my value and honor my worth. I will never settle for anything less than I deserve. I am deserving of love, respect and all the goodness life has to offer."

A subsequent paragraph read, "I am always in a state of growth. All of the things that I am currently experiencing are taking me to the next level of my life. By respecting myself, I naturally attract experiences and relationships that reflect my true value and uplift my spirit. Nothing is impossible when I am rooted in love."

Earlier this month, Shrima Rai, a popular beauty influencer, also broke her silence on the controversy surrounding her relationship with Aishwarya Rai Bachchan. Responding to a user who mentioned that she was unaware of her connection with the actress, Shrima shared that she doesn't post about the actress or her niece Aaradhya for a reason, writing "I want people to see me for me."

Before this, Shrima Rai hogged the limelight for sharing the picture of the flowers sent by Abhishek Bachchan's sister Shweta Bachchan and her husband Nikhil Nanda. As Shrima thanked the couple for their beautiful gesture through a post on Instagram, viewers online started criticising her for sharing the photo amid Aishwarya and Abhishek's divorce rumours. Later, she dropped an elaborate note on the photo-sharing application to slam the trollers. Clarifying, she shared that the flowers were sent for her birthday on November 21 and added that she never tried to "open any business with anyone's name".

Gauri Khan Redefines Evening Wear In Black Slit Dress And Denim Jacket

Gauri Khan was captured attending former Miss India and beauty brand owner Queenie Singh's birthday party in Mumbai.



enowned interior designer and Shah Rukh Khan's wife Gauri Khan never misses out on an opportunity to impress fans with her fine sartorial choices. Whether it is an award ceremony or a casual outing in the city, the businesswoman's sense of style is always spot on. Gauri was recently captured attending former Miss India and beauty brand owner Queenie Singh's birthday party in Mumbai. As always, the star wife set fashion goals with her chic ensemble.

Several pictures and videos of Gauri Khan surfaced on social media. In a video, she could be seen posing for the shutterbugs outside a restaurant in Mumbai. The clip featured Gauri looking effortlessly glamorous in a stylish long black slit dress. The evening number displayed an attractive blue and silver buckle holding the dress together. For an additional appeal, she paired the dress with a blue denim jacket.

On the glam front, Gauri went with minimal accessories letting her outfit shine. She chose silver danglers that complemented her dress. Her makeup reflected a subtle glow, perfect for the evening. It included contoured cheeks, smokey eyes and pink lipstick to seal the look.

Soon after the video appeared on social media, fans took to the comments section to praise her look. A user noted, 'Gorgeous' while another mentioned that she looked 'Very Cute'. Many other fans dropped heart and fire emojis.

Apart from being a significant partner at Red Chillies Entertainment, the production house of Shah Rukh Khan, Gauri Khan is the owner of her interior design firm Gauri Khan Designs (GKD). Her usual clients include high-profile personalities such as Mukesh Ambani, Karan Johar, and Roberto Cavalli, among others.