

## No decision yet: Centre backtracks on Chandigarh proposal after backlash

The move sparked fierce political backlash across Punjab, with all major parties opposing it as an attempt to dilute Punjab's claim over Chandigarh.

New Delhi.(Agency)

The Union Home Ministry on Saturday issued a clarification amid escalating political uproar in Punjab over reports that the Centre was considering bringing the Union Territory of Chandigarh under Article 240 of the Constitution. In an official post shared by PIB-Home Ministry on X, the government said that the proposal to simplify the process for central legislation for Chandigarh is merely "under consideration" and that no final decision has been taken. The Ministry emphasised that the proposal does not seek to change Chandigarh's existing governance system or alter its "traditional relationship" with Punjab or Haryana. "This proposal is only about simplifying the process of law-making for the Union Territory by the Central Government and is still under consideration at the Central Government level," the statement read. The move had triggered a storm of opposition across Punjab, with parties accusing the Centre of attempting to dilute Punjab's long-

standing claim over Chandigarh.

MOVE TRIGGERED SHARP REACTIONS FROM OPPOSITION

The proposal immediately drew condemnation



across Punjab's political spectrum. Punjab Chief Minister Bhagwant Mann called it a "grave injustice," accusing the BJP-led NDA government of "conspiring to snatch" Punjab's capital. He asserted that Chandigarh "was, is and will always remain" part of Punjab and said the state would not allow the amendment to pass. Mann argued that Punjab, as the parent state, has the sole right to its capital and has repeatedly faced injustice from the Centre. AAP convener Arvind Kejriwal also

slammed the accused of attacking Punjab's identity and constitutional rights. He said the move "tears apart the federal structure" and hurts a state that has "always sacrificed" for national security, food security and humanity. Kejriwal reiterated that "Chandigarh belongs to Punjab and will remain with Punjab."

Punjab Congress president Amarinder Singh Raja Warring termed the move "totally uncalled-for" and warned that any attempt to "take away" Chandigarh from Punjab would have "serious repercussions." He said the Congress would strongly oppose the Bill in Parliament and mobilise like-minded parties to block it. Warring demanded clarity from Punjab BJP leaders and urged Mann to engage with the Centre to "nip the proposal in the bud." Shiromani Akali Dal (SAD) president Sukhbir Singh Badal described the legislation as an "assault on the rights of Punjab" and a betrayal of commitments made by the Centre to transfer Chandigarh to Punjab. He noted that the Union government had agreed in principle to the transfer in 1970 and that the Rajiv-Longowal Accord later set a January 1986 deadline, which was never implemented. Badal warned that the Bill seeks to permanently remove Chandigarh from Punjab's administrative control and convened an emergency Core Committee meeting to plan resistance.

## BJP Mocks Congress Over Karnataka Tussle With Parrot Fortune-Telling Act

New Delhi.(Agency)

BJP workers in Karnataka have adopted a satirical approach to mock the Congress government over the power-sharing tussle in the state. In Mysuru, they used a traditional parrot fortune-telling act to target Chief Minister Siddaramiah and his deputy DK Shivakumar over their tug-of-war. A video showed some BJP workers asking the fortune-teller's parrot to predict whether the state would fare better if Siddaramiah continued to be Chief Minister or if Shivakumar

took over.

The parrot picked a card depicting chambu, a small metal vessel used to store water. The bird next chose a card showing flowers when asked if Shivakumar would become the next chief minister. The BJP used the act to launch an attack on the ruling Congress in the state. The party workers said that the Congress government had given the people an empty chambu and placed flowers on their ears,



implying that the public had been fooled. Meanwhile, in Bagalkote, Shivakumar's supporters performed a special puja at a temple for their

leader. The deputy chief minister's photo was placed before the deity, and the prayers were led by the district unit chief.

Siddaramiah and Shivakumar's supporters had been engaged in a tug-of-war over the chief minister's post, in the backdrop of a rumoured power-sharing agreement between the two Congress leaders. Siddaramiah has stressed that he will complete his term despite repeated flare-ups from the DKS camp for a leadership change.

## No one would've dared to attack India had there been Operation Sindoor after 26/11: Fadnavis

MUMBAI.(Agency)

Had India taken an Operation Sindoor-like action after the November 2008 Mumbai terror attack, no one would have dared to target the country again, Maharashtra Chief Minister Devendra Fadnavis has said. Speaking at an event at the Gateway of India on Saturday to mark the coming 17th anniversary of the 26/11 attack, Fadnavis said it was not merely an attack on the Taj and Trident hotels. Mumbai is the economic capital of India, and the attack on the city was an attack on the sovereignty of the country, he said. "Had we understood this and shown the courage to conduct an 'Operation Sindoor' then, nobody would have dared to attack us again," he said. India carried out military action under Operation Sindoor targeting terror infrastructure in Pakistan in the aftermath of the Pahalgam terror attack of April 2025. The Mumbai terror attack, during which Pakistani

terrorists entered the city by sea route on November 26, 2008, and caused mayhem, claimed at least 166 lives. Though 17 years have passed, "there is still pain in our hearts," Fadnavis said. "We have gathered here to honour the martyrs and the brave-hearts, and remember that the threat of terror still persists and we need to be alert. We need to be the eyes and ears of our country and speak in one language. We are safe if we are united," the BJP leader said. Pakistan knows it cannot defeat India in a straightforward war, and hence the terrorist attack in Pahalgam and the recent blast in Delhi took place, he said. He lauded security agencies for managing to seize 3,000 kg of RDX, which was to be used to conduct terror strikes in Mumbai and other cities. PM (Narendra) Modi has said terror and talks can go together, and gave freedom to the armed forces to take action. Through Operation Sindoor, the world saw India's might. India is a strong country, and the war (against terror) is not over," Fadnavis said. The event 'Global Peace Honours: Remembering the Heroes of 26/11 and Victims of Pahalgam Attack' was organised by the Divyaj Foundation, headed by the CM's wife, Amruta Fadnavis.



## HD Deve Gowda vows JDS will stay with NDA; slams Siddaramiah over past CM claims

BENGALURU.(Agency)

JDS national president and former prime minister HD Deve Gowda on Saturday said that his party would not sever its alliance with the NDA under any circumstance.

"We have complete faith in the leadership of Prime Minister Narendra Modi and Union Home Minister Amit Shah," he said.

Addressing party workers and leaders after inaugurating the JDS silver jubilee celebrations, Gowda said, "We stand firmly with NDA. A strong government is in place under PM Modi. Our workers and leaders must never forget this." "In the interest of the nation, we must continue to work together. The Congress must be taught a lesson for its bad governance." Gowda expressed displeasure over Siddaramiah's statement in Chamarajanagar that he would never have become the CM if he had remained in JDS.

"I was ready to make him CM," Gowda claimed. He recounted that Sonia Gandhi insisted on making Dharam Singh CM.

In Kashmir, you made Ghulam Nabi Azad Deputy CM and Mufti Mohammad Sayeed the

CM. In the same way, I went to Sonia Gandhi's doorstep three times requesting her to make Siddaramiah the CM. If Siddaramiah wants clarity, he may ask her. Sonia Gandhi knows the truth. Ahmed Patel knew it too. Sonia was opposed to making you (Siddaramiah) CM," he said. He said to help the party win 58 seats, he had borrowed Rs 2 crore at midnight from a land dealer. "Where was Siddaramiah then? When you speak, show at least some integrity." Gowda questioned Siddaramiah's claims about his credentials. "Ramakrishna Hegde served as CM for eight years. Did he make you Finance Minister? It was I who made you Finance Minister," he said. He continued, "What scholar are you? Are you a Supreme Court lawyer? You are not even a High Court lawyer. You argued just one or two cases in Mysuru. Tell us: what contribution have you made to JDS?" Referring to Siddaramiah's earlier postings, Gowda said, "Hegde made you chairman of Kannada Kavalu Samithi. Later,



you handled Animal Husbandry or some other minor department. When Veerappa Moily was CM and the government had no money to pay salaries, Rs 200 crore was borrowed from Peerless Company. After that, you were made Finance Minister. I made you Finance Minister to fix the state's financial condition. That was my mistake," Gowda said. Gowda added, "There were many occasions when

shed tears after making him Deputy CM. When I suggested making him state president of the party, Hegde held my hand and said: 'Make anyone you want, but not this man.' But I ignored Hegde's advice." "When they planned the AHINDA convention, I said it should be done on the party platform. They did not listen and instead organised it separately in Hubballi. In the end, I had no choice but to expel Siddaramiah from the party. I have no regrets," he said. "In the North, it is JDU. In the South, it is JDS," stressing, "There it is Nitish, and here it is Kumaraswamy," he added. HDK hints at 'explosive' political developments. Union Minister for Steel and Heavy Industries HD Kumaraswamy has hinted that "explosive political developments are set to unfold in Karnataka soon." Opponents of maligning former PM and JDS supremo HD Deve Gowda, saying, "Deve Gowda had always upheld values and principles in politics."

## 'You Have Votes, I Have Funds': Ajit Pawar's 'Threat' To Voters In Malegaon

The Maharashtra deputy chief minister, who also holds the Finance portfolio, made the remarks while campaigning for local body elections.

Tamil Nadu.(Agency)

Maharashtra Deputy Chief Minister Ajit Pawar set the cat among the pigeons while campaigning for local elections when he appeared to threaten voters, saying he would release funds he had promised only if all of his party's candidates were elected.

Addressing a rally for the Nagar Panchayat elections at Malegaon in Baramati tehsil on Friday, the NCP chief, who also holds the Finance portfolio, said the party had fielded 18 candidates.

"The Centre and the state have many schemes. The Prime Minister, chief minister and both deputy chief ministers have worked on these together. If all of us work together and implement these schemes properly, we can ensure development for Malegaon," Pawar said.

"I will ensure there is no shortage of funds if you elect all 18 NCP candidates. If you elect all of them, I will fulfil whatever I have promised. But if you cut my candidates, I will also 'cut' (the funds). You have the power to vote, and I have the power to release funds. Now decide what you want to do," he said.

The Opposition slammed the deputy chief minister's remarks and also wondered why the Election Commission has not taken any action.



"Funds are given from the taxes paid by the common people and not from Ajit Pawar's house. If a leader like Pawar is threatening voters, what is the Election Commission doing?" Shiv Sena (Uddhav Balasheb BT) leader Ambadas Danve was quoted as saying by news agency PTI. Elections for Nagar Panchayats will be held on December 2.

This is not the first time Pawar has landed himself in hot water with his comments. In January, he was scheduled to address a public meeting in his Assembly constituency of Baramati when he was handed memoranda with demands.

## Arrogance caused Ravana's downfall: Eknath Shinde's veiled dig at BJP

MUMBAI.(Agency)

In an apparent dig at his ally BJP, over its attempts to poach the MLAs of Shiv Sena, Maharashtra Deputy Chief Minister Eknath Shinde on Saturday said those coming after his party would face the same fate as that of Ravana. Calling for people to vote against "Ravana's arrogance," Shinde said "We have come together here against dictatorship and authoritarianism." By CM Shinde was in Dahanu to campaign for his party candidate Bharat Rajput for the Nagar Panchayat president post. Rajput is also the president of Palghar district. As both Uddhav Thackeray-led Shiv Sena and the Congress have withdrawn their candidates from the polls, the battle is between Shiv Sena and the BJP.

"Our dear sisters have voted massively in state polls and we have seen the result as well. If our sisters vote in the same way, then no one will stop us from getting the major victory in these elections. This victory will push for major development in this region," Shinde said. He further said that they want to end the corruption at its root, therefore casting the vote to his party candidates is very important in these local body polls.

Shinde also reminded that Shiv Sena contested only 80 seats and won 60 seats; therefore Sena has the capacity to do keep up with their promises and so people should vote his party's candidates in the local body polls.

Shinde said that he is a person who works for each and every community person development and progress. "Shiv Sena means development. We will develop gardens and playgrounds for children to play. The basic infrastructure will also be improved with all state-of-the-art facilities at the local level so they do not need to go anywhere for basic services," Shinde promised. Shinde's attempts to convey the internal friction within the BJP-led Mahayati alliance to the saffron party's top leadership did not go well as he was reportedly informed that the party would go ahead with its expansion plans. Shinde had reportedly expressed concern regarding BJP state president Ravindra Chavan's attempts to allegedly poach Shiv Sena leaders on the eve of the local body polls.

## News box

## Too much speed for narrow lane': 7-year-old boy crushed to death by car driven by 15-year-old in Gurgaon

Gurgaon.(Agency)

A seven-year-old boy playing outside his house with his father was crushed to death by a car being driven by a teenager in Maruti Kunj on Friday evening. Witnesses recalled the sudden roar of a Maruti SX4 as it sped down the narrow lane and crashed into Yohan, a Class II student. The boy was dragged for almost 20 metres on the bonnet of the car before the 15-year-old driver slammed the brakes. "It all happened in a flash. The car was going too fast for a lane as narrow as this. We heard a loud thud and rushed out to see what had happened," said a local resident. Yohan was the only son of Ashwani Kumar, a building materials supplier and his schoolteacher wife. Residents gathered at the scene, pulled the underage driver out of the vehicle and informed police. Yohan's family rushed him to Artemis Hospital, but he had succumbed to injuries by then. The incident left the neighbourhood shocked. "Our children play here every day. We never imagined something like this could happen right at our doorstep," said a neighbour.

An FIR was registered at Bhondsi police station under sections 106 (causing death by negligence) and 281 (rash driving) of BNS. Preliminary probe revealed that the car was not registered in the name of the minor's father, who works for a private company. "We are trying to find out the actual owner of the car," said an officer, adding that the vehicle could have been recently purchased second

## Three shoot at 21-year-old college student in Loni

Noida .(Agency)

A 21-year-old undergraduate student was shot at outside his house on Friday night in Vikas Kunj colony, under Loni Border police station. Three bike-borne assailants physically assaulted the victim, Kunal, before firing at him and fleeing the spot. Kunal was being treated at a hospital when the story was filed. Speaking to the police, Kunal's mother said the assailants knew Kunal but were no longer on friendly terms with him. The motive behind the attack remains unclear. Kunal was about to leave for a family event when the three youths arrived on a motorcycle and stopped in front of the house. Two of the riders got off the bike and began beating Kunal. The third remained seated on the motorcycle, which was parked a short distance away. He kept the engine running. Soon, one of the youths pulled out a firearm and shot Kunal in the abdomen.

The sound of the gunshot triggered panic in the locality. Neighbours alerted Kunal's family, who rushed him to a hospital and later shifted him to Delhi's GTB hospital. Doctors said he is under observation. Soon after receiving information about the shooting, police reached the spot and started reviewing CCTV footage from the area. The feed had captured three men arriving on a motorcycle and leaving immediately after the attack in the same direction. Police have begun efforts to identify and trace them. A senior officer said a case has been registered. He added that two used cartridges were recovered from the scene and teams have been deployed to nab the suspects at the earliest. Police officials assured that arrests will be made soon and the motive behind the attack will be established after interrogation of the accused.

## Planning a party You may host it in Rapid Rail coach

Ghaziabad.(Agency)

NCRTC will now allow Namo Bharat rapid rail coaches, running or stationary, to be booked for private events such as birthdays, pre-wedding shoots and small celebrations. The Noida Metro Rail Corporation (NMRC) already offers similar bookings on the Aqua line. The service, available between 6am and 11pm, will operate without disrupting regular commuters. Officials said stations at key locations like Anand Vihar, Ghaziabad and Meerut South make the option accessible across NCR. A mock-up coach at the depot in Duhai is also available for static shoots, added the official.

Booking charges will start at Rs 5,000 per hour, with 30 minutes allotted for setup and personalisation. Bookings can be made by individuals, photography teams or event organisers through an application process.

"Each celebration is organised under the close supervision of NCRTC staff and security personnel to ensure the safety of participants, protection of assets, and compliance with operational protocols," said an official. Detailed terms, conditions and booking procedure are available on the premises hiring policy available on NCRTC's website.

## Gang that targeted PGs busted, 3 held

Noida.(Agency)

An inter-state gang behind a string of mobile phone thefts across NCR was busted with the arrest of three persons, including its mastermind. The gang allegedly scouted paying guest (PG) accommodations before making their strike. The accused include Sameer, a resident of Seemapuri in Delhi; Aman from Sundarnagar in Delhi and Javed from Mustafabad in Delhi, who is also the gang leader. Police found a stolen motorcycle, 13 snatched or stolen phones, cash, a knife and other crime tools. DCP Yashwant Prasad said they recently received many complaints regarding laptops and mobile theft from PGs and residential areas.

Acting on a tip-off, a team led by ACP Swatantra Singh intercepted the accused when they entered the city on Friday with the intention of committing another theft.

All three accused have a criminal history. Javed alone has 13 cases registered against him in various Delhi police stations, along with 7 cases in different districts of Uttar Pradesh. Aman faces 7 cases in UP and 1 in Haryana, while Sameer, identified in some records as Salim, has 7 cases registered in Uttar Pradesh. The accused disclosed the names of other gang members who are still at large. A search operation has been launched to arrest the remaining members. Additional DCP Shyam Goyal said the gang targeted PGs in the morning, exploiting the open gates and chaos during cleaning.

## Noida air 'very poor', delivery companies asked to use EVs and CNG bikes

Noida.(Agency)

The city woke up to a blanket of thick smog, with visibility low through the morning. Sunshine later broke through, offering brief relief, but air quality in both Noida and Greater Noida stayed firmly in the 'very poor' category. Ghaziabad, however, continued to fare far worse. The city's air remained 'severe' for the seventh consecutive day, with its AQI climbing to 434 from 422, making it the most polluted city in the country, according to CPCB's 4pm bulletin. Noida recorded an AQI of 394, while Greater Noida slipped further to 364 from Friday's 353. Delhi, too, remained trapped in toxic air, logging an AQI of 370 and extending its two-week streak in the 'very poor' range. At AQI 433, Sector 125 monitoring station in Noida recorded 'severe' air quality, while sectors 1 (AQI 396) and 62 (AQI 353) had 'very poor' air quality. Data from Sector 116, which covers the residential sectors in 7x, was unavailable. As vehicular emissions remain a key contributor to



poor air quality, ARTO Nand Kumar met e-commerce firms and directed them to shift fully to CNG or EV delivery fleets from Jan 1, as mandated by the CAQM. In Greater Noida, Knowledge Park V recorded 'severe' air quality at AQI 410 and Knowledge Park III station recorded 'very poor' air at 319. In Ghaziabad, Loni topped the list with AQI 462, followed by

Sanjay Nagar at AQI 423 and Indirapuram at AQI 417, all in 'severe' category; Vasundhara data was unavailable. According to a CPCB report, the main sources of air pollution in Ghaziabad are vehicles, industries, road dust, construction and demolition activities. In Greater Noida, authority officials met

with bulk waste generators to brief them on Solid Waste Management Rules, 2016. Under which all bulk waste generators must manage and dispose of their waste independently. They were warned of strict action for non-compliance. Principal general manager of Greater Noida Authority, Sandeep Chandra, said a WhatsApp group has been created with bulk waste generators and the health department to streamline information sharing on solid waste management. T

he city's maximum temperature stood at 25 degrees Celsius and minimum was recorded at 11 degrees. According to Indian Institute of Tropical Meteorology, surface winds on Saturday blew from the west-northwest with speeds picking up to 10 kmph in the afternoon before dropping below 5 kmph in the evening. On Sunday, winds are expected to remain calm in the early hours, gradually rising to under 10 kmph from the northwest by afternoon, and decreasing again by evening.

## Cons use bank's logo, cheat retired Army officer of Rs 32 lakh in Noida

Noida .(Agency)

A retired colonel of Army lost Rs 32 lakh to cyber-fraudsters who used SBI's official logo and a photo of SBICAP Securities' chief business officer to promote a fake investment scheme.

The victim was first contacted on Sept 5 by a woman claiming to offer high returns through SBI Securities. To appear legitimate, the gang initially gave him a small profit on his investment and later demanded an additional sum for investment and taxes. Convinced by the branding, he transferred the money in seven instalments till Sept 25. However, when he sought to withdraw his funds, the scammers demanded another Rs 38 lakh as "clearance charges" and then disappeared. He has filed complaints on the NCRC portal and with the Cyber Crime police station. The victim told police that he was contacted by a woman who identified herself as Neetika Bhalla from SBI Bank. She promised him monthly profits and, subsequently, added him to a WhatsApp group that already had several members. The victim was convinced by the scheme after seeing daily discussions on the group. For 15 days, the scammers provided him training on how to invest in shares. He then invested Rs 25,000 and received a profit of Rs 1,000, which was credited to his account. Encouraged by this, he then started investing bigger amounts and, by Sept 25, ended up transferring Rs 32.5 lakh into accounts provided by the fraudsters. The fraud came to light when he tried to withdraw his money. The group demanded more money as tax. When he refused, the fraudsters removed him from the group and blocked his number. The victim later approached police, and a complaint was filed on the NCRC portal and with the Cyber Crime police station. The complainant also visited the SBI Securities office in Sec 18 only to find that no employee by the name Neetika Bhalla worked with them and that the group was fake.



Government Inter College in Noida's Sector 12. Traffic sub-inspector Vinay Tomar said Noida has been consistently issuing around 10,000 challans daily this month.

On Friday too, cops issued 10,589 challans,

including 4,830 manual fines and 5,759 ITMS-generated ones. Awareness campaigns were also conducted at Lotus Valley Public School, DPS Noida in Sector 122, and at EK Murti and Shabari in Greater Noida West.

The scale of enforcement also reflects the city's rising violations. Between Jan and Oct, traffic police issued nearly 22 lakh challans. Last Nov, they issued 3.2 lakh challans, including 2.2 lakh for riding without helmets. Other major violations included unauthorised parking (20,415), PUC lapses (6,184), faulty number plates (4,811), seatbelt violations (4,660), triple riding (3,002), tinted windows (1,849) and drunken driving (1,055). In total, police issued 27 lakh challans in 2024. Despite intensive enforcement, road accidents remain a major concern. In 2024, the city recorded 1,165 accidents, causing 462 deaths and injuring 966 people. From Jan to Aug this year, 311 people were killed and 585 others injured in 797 accidents.

## SIR: Lagging in digitisation work, 181 BLOs in Noida to get termination notice

Noida .(Agency)

District magistrate and district election officer Medha Roopam has ordered termination notices to be issued to 181 booth-level officers (BLOs) from anganwadi cadre after their digitisation work was found to be below 5% in the ongoing Special Intensive Revision of electoral rolls. Calling the performance of several anganwadi BLOs "unacceptable", she asked the district programme officer to issue termination notices to 181 workers for persistent negligence. She also directed that adverse entries and departmental action be taken against child development project officers supervising them. After physically collecting enumeration forms and verifying them, BLOs need to upload the final names online to digitise the data.

Basic education officer has also been asked to initiate inquiries against 191 assistant teachers and 113 shiksha mitras who have digitised less than 15% of their assigned

work. Roopam issued the orders during a review meeting on Friday, where she assessed the distribution, collection and digitisation of voter enumeration forms ahead of the 2026 assembly roll revision. She instructed officials with less than 5% progress to immediately complete their targets. "If someone is yet to start digitisation, they will lose a day's salary. Those who deliberately delay or obstruct the exercise will face FIRs," she warned. Roopam emphasised that door-to-door visits, timely form collection and daily presence at polling stations are core responsibilities. "Your presence at the booth is non-negotiable. Voters should never have to search for the BLO," she said. She directed electoral registration officers and assistant EROs to physically inspect every polling station to ensure BLOs are present and actively working. Department heads were asked to ensure staff deployed for the SIR complete their tasks on time and maintain transparency.

FIR against 60 BLOs The district administration has registered FIRs against 60 BLOs and seven supervisors for negligence, non-compliance and ignoring official directions during the ongoing SIR of electoral rolls under Section 32 of the Representation of the People Act, 1950. The largest action came from the Sadar subdivision, where the SDM, also the electoral registration officer for Dadri, lodged an FIR at Ecotech police station against 32 BLOs and one supervisor for persistent negligence and disobedience. In Noida, FIRs were filed against 11 BLOs and six supervisors. In Jhajjar, FIRs were against 17 BLOs for failing to perform even basic field tasks, including distributing and collecting forms, despite repeated instructions. Under Section 32, breach of official duty during electoral roll preparation can attract imprisonment of three months to two years, along with fines.

## Feeling low and fatigued It could be foul air: Docs



Noida .(Agency)

Residents are reporting soaring anxiety, migraines, fatigue and brain fog as AQI swings between 'very poor' and 'severe'. Doctors say prolonged exposure to smog and dust is sharply driving up such symptoms. Neurologists warn that high PM2.5 levels inflame the body and disrupt serotonin and dopamine—key chemicals that keep emotions steady and thinking clear. Doctors warn that pollution is not only harming the lungs but also the brain. "When the outdoors looks perpetually foggy, dusty, and dull, the brain reacts instinctively. Visual monotony, especially the absence of clear sunlight, reduces stimulation of the retinal pathways that influence mood. People often describe feeling 'closed in', 'heavy', or inexplicably irritable. This isn't imagination. Chronic exposure to polluted skies subtly signals the brain that the environment is unsafe, triggering a low-grade stress response," said Dr Amit

Shrivastava, senior director, Max Super Speciality Hospital, Noida. A study published in the journal JAMA Psychiatry linked long-term exposure to multiple air pollutants with higher risks of depression and anxiety. Neurologists explain that high concentrations of PM2.5 raise the body's baseline

said, "As I wake up every morning, I feel unusually irritated, sometimes with a mild headache even after a good sleep. I thought it was stress, however, my doctor told me it might be because of the air pollution."

"Even a short walk outside leaves my eyes burning and my head heavy. We keep windows shut all day," said Ravi Narayan, a sector 62 resident. Polluted air may lower brain productivity, as the brain gets less oxygen, which may lower one's ability to focus or think clearly, said Dr Neha Pandita, senior consultant of neurology at Fortis Noida. "People may feel more sluggish, worn out, or mentally foggy, even after a good night's sleep. Things that come easy start to take greater effort. The mind becomes distracted, motivation drops, and creativity fades," she added. "In some, the smog may be correlated with the onset of seasonal affective disorder, which is a type of mood disorder

in which the winter months are associated with emotional dysregulation.

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# All stray dogs to be rounded up in Delhi-NCR, moved to shelters

**The Sikh Times**

New Delhi: Describing the stray dog menace as "extremely grim", the Supreme Court on Monday directed the Delhi Government, MCD, NDMC and Noida, Gurugram authorities to pick up strays



from stray dogs. You should not find a single stray dog moving around in any locality of the city or in the outskirts," a Bench led by Justice JB Pardiwala said, terming it the first step towards solution of the problem. The Bench which also

deployed there to sterilise and immunise the canines. Dog shelters will be monitored by CCTV to ensure no dogs are taken out, it said. "We have noticed one very absurd and unreasonable rule, if you pick up a stray dog from one part, you sterilise the dog and put him in the same place, that's absolutely absurd and doesn't make any sense at all. Why should that stray dog come back to the locality and for what?" it wondered. The top court warned that if any person or organisation obstructed the removal of

stray dogs by the civil authorities, strict action will be taken against them. The authorities can use force, if necessary, to pick up stray dogs, it said, seeking a report before the next hearing. "Infants and young children, not at any cost, should fall prey to rabies. The action should inspire confidence that they can move freely without fear of being bitten by stray dogs. No sentiments should be involved..." said the Bench which had on July 28 taken suo moto cognisance of a news report about death of a six-year-old

girl in the national capital due to rabies caused by stray dog bites. Directing the authorities to create a helpline within a week to enable people to immediately report dog bite cases, the Bench said, "We are issuing these directions keeping larger public interest in mind." Everyday, hundreds of dog bites were being reported in the city and on its outskirts, leading to rabies and ultimately, children and the elderly were falling prey to the dreadful disease, the Bench had noted on July

**Police arrest teenage realtor for gunning down gardener over closed gate in south Delhi**

New Delhi: Santal, who also worked as a caretaker of the property, was shot in the chest. Police have arrested 19-year-old Piyush Yadav, a local real estate agent, for gunning down the older man. They said the incident took place around 2 am near the Shamshai Ghat in Dera village. "A police team rushed to the spot after receiving information that women were crying loudly in the neighbourhood. Upon reaching, it was found that a man had been shot and was lying motionless near the cremation ground," an officer said. An empty cartridge was recovered from the spot, he said. "During the investigation, it was revealed that the accused had a verbal altercation with the victim over the closing of a gate of the property. The altercation escalated, and in a fit of rage, Piyush allegedly shot Santal and fled the spot," the officer said. When questioned, Piyush confessed to the crime and led the police to the gun he had hidden in his house. Police said Santal took care of several properties in the vicinity, while Piyush Yadav ran his real estate business from Chhattarpur Phase 2. Santal's body was taken to Safdarjung Hospital for a post-mortem.

**Delhi University rolls out 'zero tolerance' policy for campus defacement**

New Delhi: With the Delhi University Students' Union (DUSU) elections for fast approaching, the university administration has announced a stringent "zero tolerance" policy against defacement, under the banner of its "Green Election, Clean Election" initiative. The announcement was made following a meeting on Tuesday, attended by the Chief Election Officer, members of the Proctorial Board, Maurice Nagar SHO, DUSU office bearers and student representatives. An official statement from the DU Election Committee said, "The committee also apprised the representative that there would be zero tolerance for defacement during the current DUSU elections." All candidates have been directed to use only handmade posters and to strictly adhere to specified campaign expenditure limits. The university's crackdown follows complaints from past years, when graffiti, unauthorised banners and posters covered walls, flyovers, and metro pillars across both North and South campuses. This year, authorities say, enforcement would be much more vigilant.

**Panipat man charred to death, another injured as car catches fire after accident in Delhi**

New Delhi: A 40-year-old man was charred to death while another was injured after their car caught fire following an accident in outer north Delhi's Hulambi Khurd area in the early hours of Sunday, an official said. The incident occurred around 2 am near Jhanda Chowk on Urban Extension Road II, under the jurisdiction of Narela Industrial Area police station, the official added. According to the police, a PCR call was received and a team rushed to the spot where they found a white Ertiga in a burnt condition. The driver was found dead, while another was rescued from the adjacent seat. He was injured. The driver was identified as Vipender and the injured as Jagbir, both residents of Haryana's Panipat, police added. Jagbir was immediately shifted to the SRHC Hospital in Narela, while the dead body was moved to the BJRM Hospital, a police officer said. Initial investigation suggests that the Haryana-registered SUV might have lost control and crashed before catching fire, though the exact cause is still under investigation, the officer said. A case has been registered, and further investigation is under way to ascertain the cause of the fire and the circumstances surrounding the accident, the officer added.

**3 held for performing car stunts on road**

New Delhi: The police have arrested three individuals for performing dangerous car stunts on a public road, after a video of the incident went viral on social media. Three vehicles used during the stunts have also been seized. According to the police, the video, which circulated widely online, captured the suspects engaging in risky behaviour near the Shobha City traffic signal in Sector 108, under the jurisdiction of Rajendra Park police station. In the footage, three young men were seen standing atop a moving car. Behind them, several others were spotted in 8 to 10 vehicles, with sunroofs open and some individuals emerging from windows while filming the stunt and performing hazardous manoeuvres. The arrested accused has been identified as Himanshu (22), a resident of Khaita village near Sohna, Sagar (24) and Kaushal (24), residents of Peeragarhi in Delhi. "The accused not only endangered their own lives but also put the safety of others at risk by performing these stunts on public roads," said a police spokesperson. "We have recovered three vehicles used in the act — two Mahindra Thars and one Toyota Fortuner. A further investigation is underway, and more arrests are expected soon."

**Married man killed by live-in partner for talking to his ailing wife**

New Delhi: A 40-year-old scrap dealer was stabbed to death by his live-in partner in the DLF Phase 3 area here early on Saturday after an argument over him talking to his wife, police said. Harish Sharma, a resident of Baliawas village in Gurugram, had been in a live-in relationship with the 27-year-old accused, Yashmeet Kaur, for more than a year. They lived in a rented flat. Sharma was married and had two daughters who lived with his wife in the village. His wife was not keeping well for some time, and Sharma would

often talk to her, which infuriated Kaur, police said. On Friday night, Kaur saw Sharma talking to his wife, and the couple had a heated argument. In a fit of rage, Kaur stabbed Sharma in the chest with a kitchen knife. He was taken to a hospital but was declared dead on arrival. A friend of the deceased, Vijay alias Sethi, who was reportedly present in another room, is also under the scanner.

The victim's nephew has alleged in his complaint that both Kaur and Vijay planned the murder. Kaur, a resident of Delhi's Ashok Nagar, has been arrested and has confessed to the crime, police said, adding that the murder weapon and a blood-stained T-shirt were seized from the flat.

## Mid-entry window for UG admissions in Delhi University to open

New Delhi: Delhi University will open its mid-entry admission window for undergraduate programmes from 5 pm on Friday, allowing fresh candidates who missed earlier rounds to apply for the current academic session. The university released its list of vacant seats on Thursday, following the conclusion of the latest round of upgrade. The mid-entry provision, available under the Common Seat Allocation System (CSAS), will remain open until 4:59 pm on August 10. Candidates who did not register earlier or failed to complete the second phase of admissions can apply by paying a fee of Rs 1,000. "This is an opportunity for those students who were unable to participate in the CSAS earlier due to various reasons. Through mid-entry, they can now enter the admission process," a university official said. The latest data shared by Delhi University shows that 71,130 students have already secured admission across 79 undergraduate programmes being offered in 69 colleges. The university has a total of 71,624 UG seats for the 2025-26 academic year. As part of the previous allocation round, DU had reopened its upgrade window from August 2-3. Of the eligible students, 34,069 applied for a higher preference, while 35,889 chose to freeze their existing allocation. As a result, 5,930 students received upgraded seats. The process of document verification and fee payment for the latest upgraded allotments continued until August 7. After the closure of the mid-entry window, Delhi University will release its third allocation list on August 13. This will be followed by the first allocation lists for ECA, sports, and CW quotas on August 15. The university has announced that the entire UG admission process will be completed by August 19.

## City shivers, witnesses coldest Nov morning in 3 years at 8.7°C

New Delhi: Delhi woke up to its coldest November morning in three years on Monday as the minimum temperature dipped to 8.7 degrees Celsius, 3.6 degrees below normal, even as the city continued to battle hazardous air quality. The India Meteorological Department (IMD) said this is the lowest minimum temperature for the month since November 29, 2022, when the mercury had fallen to 7.3°C. In comparison, the lowest minimum temperature in November stood at 9.2°C in 2023 and 9.5°C in 2024. Humidity in the city was 92 per cent at 8.30 am, with the maximum temperature reaching 27.1°C under mostly clear skies. Mahesh Palawat, vice-president (Meteorology and Climate Change) at Skymet, said temperatures could fall further once the Capital receives rainfall. "Till it rains, the day temperature will not fall. After rain, temperatures will dip more rapidly," he said, adding that light rain in the coming days may

### Stabbed outside school, Delhi boy reaches police station with knife lodged in chest

New Delhi: Three minors have been apprehended for allegedly stabbing a 15-year-old boy outside his school in central Delhi's Paharganj area, police said on Saturday. The incident took place on September 4, when the injured boy reached the Paharganj police station with a knife lodged in his chest, police said in an official statement. He was rushed to Kalawati Saran Hospital and later referred to RML Hospital, where doctors successfully removed the knife from his chest, they said. Preliminary inquiry revealed that about 10-15 days ago, one of the accused minors was beaten by some boys and he suspected the victim of having instigated the assault. To take revenge, the boy and his two associates confronted the victim near his school gate and stabbed him, according to police. "One of the minors stabbed him with a knife while his associates restrained him. One of them even threatened the boy with a broken beer bottle before the stabbing," Deputy Commissioner of Police (Central) Nidhin Valsan said. A case has been registered under the Bharatiya Nyaya Sanhita and the Arms Act at Paharganj police station in the matter. Through local intelligence and quick raids, all three accused, aged 15 and 16, were apprehended from the Aram Bagh area within hours of the case being registered, police said.

## Mother Dairy slashes prices across dairy, processed foods

New Delhi: Mother Dairy on Tuesday announced a price reduction over select value added dairy products and processed foods (under Safal brand), effective September 22, passing on the benefits of the recent Goods and Services Tax (GST) rate cut directly to consumers. The wholly owned subsidiary of the National Dairy Development Board (NDDB) said the move ensures that its entire range of products now falls under the nil or lowest 5 per cent GST slab. With the revised prices, ultra high temperature (UHT) milk (toned; tetra pack) (1 litre) will retail at Rs 75, down from Rs 77, while UHT milk (double toned; pouch) (450 ml) will now cost Rs 32 instead of Rs 33 and paneer (200 gm) has dropped from Rs 95 to Rs 92. Butter (100 gm) will cost Rs 58 instead of Rs 62, cheese cubes (180 gm) will now cost Rs 135 instead of Rs 145, cheese spread (180 gm) will cost Rs 110 instead of Rs 120 and cow ghee jar (1 litre) has seen a major cut from Rs 750 to Rs 720. Milkshakes (180 ml) have been reduced from Rs 30 to Rs 28. Ice creams too have seen notable cuts — choco vanilla cone (100 ml) will now cost Rs 25, down from Rs 30, and strawberry crush tub (1 litre) has come down from Rs 330 to Rs 300. The company's Safal portfolio has also seen a uniform GST reduction from 12 per cent to 5 per cent across frozen snacks, jams, pickles, coconut water and tomato puree. Consequently, frozen french fries (400 gm) will cost Rs 95 instead of Rs 100, frozen aloo tikki (400 gm) Rs 85 instead of Rs 90 and frozen nuggets (300 gm) Rs 105 instead of Rs 110. Processed foods like lime pickle (400 gm) have been reduced from Rs 130 to Rs 120, coconut water (200 ml) from Rs 55 to Rs 50 and mixed fruit jam (500 gm) from Rs 180 to Rs 165. Announcing the revision, Manish Bandlish, Managing Director, Mother Dairy, said: "The recent GST reduction across a wide range of dairy and processed food products represents a progressive step that will significantly boost consumption and accelerate the adoption of safe, high-quality packaged offerings. As a consumer-centric organisation, we are passing on 100 per cent of the tax benefit to our patrons, effective September 22, keeping up with the spirit of this reform." He said the move is expected to have a positive impact across the value chain — benefiting consumers with affordable pricing, while also boosting demand and supporting farmers. It is noteworthy that pouch milk in poly packs including full cream, toned and cow milk, has always remained exempt from GST, and therefore sees no change in its MRP. Mother Dairy emphasised.

## 'Lady Don', 7 others chargesheeted in Seelampur teen's murder case

New Delhi: Feared across the narrow lanes of Seelampur and known to wield more authority than many local gangsters, Zikra Khan, who is widely known in the area as 'Lady Don', is now at the centre of a chilling murder case that has exposed the dark underbelly of Delhi's street vendettas. Once whispered about in fear and rarely named aloud, Zikra now stands formally charged, alongside seven others, for the brutal stabbing of a 17-year-old boy, Kunal, a crime, the police say, that was plotted with ruthless pre-

cision as an act of revenge. For months, her name had instilled silence in street corners. But on July 26, in a courtroom far removed from the world she once controlled, her alleged empire of fear began to unravel as a judicial magistrate took cognisance of the police findings. The chargesheet, filed under multiple provisions of the Bharatiya Nyaya Sanhita (BNS), paints Zikra not just as a conspirator, but also as the architect of a revenge plot that ended in a teenager's death, all for a grudge rooted in a past assault on her cousin.

Judicial Magistrate First Class (JMFC) Anmol Nohria took cognisance of the case and said, "From the perusal of material available on record, I take cognisance of the offence." Zikra, along with her cousin Sahil Ansari, believed to be the key conspirators, were produced before the court from judicial custody. The court has also issued summons to the remaining accused identified as Zahida, Shahid, alias Shuaib, Anas, Aneesh, Nafees and Vikas. The matter is now scheduled for further hearing on August 8. The

murder dates back to April, when Kunal, a minor, was allegedly stabbed to death in the Seelampur locality. During custodial interrogation, Zikra confessed that her cousin Sahil was attacked in November last year by two individuals, Lala and Shambhu, who were reportedly close friends of Kunal. While Kunal was present during the attack, he was not named in the FIR due to his minor status. Zikra and Sahil allegedly suspected Kunal of having orchestrated the assault and decided to retaliate. Following her

arrest in April, Zikra was remanded to judicial custody by the Karkardooma Court. Sahil was also taken into police custody for two days before being remanded to judicial custody. Investigators believe the revenge plot was meticulously planned, with each accused playing a role in executing the fatal assault. The chargesheet has been filed under Sections 103(1), 61(2), 351(3), 3(5), 249(a) and 238(a) of the BNS, indicating a broad spectrum of offences tied to premeditated murder and criminal conspiracy.

## NEWS BOX

**Ukraine Peace Plan "Not Final Offer", Says Trump After Giving A Deadline****world. (Agency)**

US President Donald Trump said Saturday that his plan to end the war in Ukraine was not his final offer, and that "one way or the other," he hoped the fighting would stop. When asked by reporters if his 28-point proposal -- which would see Ukraine cede territory, cut its army, and pledge to never join NATO -- was his "final offer to Ukraine," Trump replied: "No."

"We're trying to get it ended. One way or the other, we have to get it ended," he said. Ukrainian President Volodymyr Zelensky has reacted coolly to the plan, saying he would propose "alternatives." Russian leader Vladimir Putin said he was willing to discuss the plan's details but if Kyiv refused it, Moscow would push on with its offensive in Ukraine, launched in February 2022. On Friday, Trump said that November 27 - when the United States celebrates Thanksgiving - was an "appropriate time" to set for Zelensky to agree a deal, but he indicated it could be flexible. He'll have to like it, and if he doesn't like it, then you know, they should just keep fighting," Trump told reporters. "At some point he's going to have to accept something."

US Secretary of State Marco Rubio and Trump special envoy Steve Witkoff are scheduled to arrive in Geneva on Sunday to discuss the plan, a US official told AFP. European officials are also expected in Switzerland.

**21 Dead In Gaza As Israel, Hamas Trade Truce Violation**  
**Harvard University Database Hacked In Latest Ivy League Cyberattacks****world. (Agency)**

A Harvard University database of alumni, donors, some students and faculty was accessed by "an unauthorized party" after a phone phishing attack, the latest cyberattack on Ivy League schools and the second time Harvard has investigated a breach this year. The breach, which happened Tuesday, includes personal contact information, donation details, and other data from fundraising and alumni engagement, Harvard said on its website. Harvard is the oldest and richest US university and is a fundraising powerhouse, typically raising more than \$1 billion annually. In October, Harvard said it was investigating reports that its data was compromised in a hacking campaign targeting Oracle Corp. customers.

The university didn't identify any possible suspects in the attack. Harvard "acted immediately to remove the attacker's access to our systems and prevent further unauthorized access," Tim Bailey, director of communications at Harvard University Information Technology, said in a statement. "We are working with third-party cybersecurity experts and law enforcement to investigate this incident." US colleges have been a hacker target for years, though Ivy League schools have been especially hard-hit in recent months. A Princeton University database with information on alumni, donors, students and other members of the school's community was compromised on Nov. 15. The University of Pennsylvania discovered that a some information systems "related to Penn's development and alumni activities" were compromised on Oct. 31.

**Mossad's Bombshell Revelation: Hamas Built Secret 'On-Command' Terror Army Across Europe For Mass Attacks****world. (Agency)**

Europe has been sitting on a ticking time bomb, and most people had no idea. Deep beneath the surface of everyday life in major European cities, a sinister network has been quietly spreading, weapons stockpiled, operatives positioned, targets identified, all waiting for a single command to unleash coordinated chaos across the continent. The scope of what's been uncovered is absolutely chilling.

Now, Israel's legendary Mossad intelligence service has blown the lid off this terrifying conspiracy. In a bombshell public statement, the agency has revealed that Hamas, the same terrorist organization behind the horrific October 7 attacks that killed more than 1,200 innocent men, women, and children, has been cultivating an operational terror network across Europe through covert sleeper cells, preparing "on-command" attacks against Israeli and Jewish communities. This isn't speculation. This is real, verified intelligence backed by arrests, seized weapons, and disrupted plots. According to Mossad's explosive statement, cooperation with European security services has led to the discovery of hidden weapons caches, the arrest of multiple terror suspects, and the prevention of planned mass attacks that would have devastated communities across the continent. European intelligence partners helped disrupt deadly plots aimed specifically at Israeli and Jewish targets, plots that were moments away from execution. Joint operations in countries including Germany and Austria resulted in several suspects being detained and the seizure of weapon stockpiles that were prepared for immediate use "on command" against innocent civilians. These weren't amateur operations; these were professionally organized terror cells waiting for orders from Hamas leadership. One of the most shocking discoveries came in Vienna last September. Austria's DSN security service uncovered a weapons stash containing handguns and explosive materials and what investigators found next sent shockwaves through intelligence circles worldwide.

**Israel launches airstrikes in Gaza, at least 24 killed as fragile ceasefire is tested****GAZA. (Agency)**

At least 24 Palestinians have been killed in a spate of Israeli drone and missile attacks throughout northern and central Gaza, with dozens of others wounded, in the latest test of the ceasefire that began on October 10. Health officials in Gaza reported at least 24 people killed and another 54 wounded, including children. Saturday was one of the deadliest days since the US-brokered truce between Israel and Hamas came into effect on October 10, after two years of war. The Israeli military said an "armed terrorist" had crossed the so-called Yellow Line within the Gaza Strip, behind which Israeli forces have withdrawn, and fired at Israeli soldiers. In response to the incident in southern Gaza, which it said was on a route used for humanitarian aid deliveries in the territory, the Israeli military said it "began striking terror targets in the Gaza Strip". Israel has previously carried out similar waves of strikes after reported attacks on its forces during the ceasefire. At least 33 Palestinians were killed over a 12-hour period Wednesday and Thursday, mostly



women and children, health officials said. According to the health ministry in Hamas-run Gaza, as of Thursday, 312 Palestinians had been killed by Israeli fire since the truce took hold. Palestinians, some displaced, gather to look at a destroyed vehicle targeted by the Israeli military, in Gaza City on November 22, 2025.

**Truce violation claims**

Israeli Prime Minister Benjamin Netanyahu's office accused Hamas of breaching the truce agreement. "Hamas

violated the ceasefire again, sending a terrorist into Israel held territory to attack IDF soldiers," it said on X. "In response, Israel eliminated five senior Hamas terrorists." "Israel has fully honoured the ceasefire, Hamas has not. We again call on the mediators to insist that Hamas fulfil its side of the ceasefire." In a statement, Hamas said the "escalation" of Israeli violations were "attempts to undermine the ceasefire". "We call on the mediators to intervene urgently and exert pressure to

stop these violations immediately." The Palestinian foreign ministry, based in the Israeli-occupied West Bank, condemned the strikes. It urged the international community to put "immediate pressure" on Israel in order to "stop the massacres".

**Ceasefire pointless**

The UN humanitarian agency OCHA said the ceasefire scale-up of aid deliveries into Gaza "is still being held back by restrictions affecting visas and import approvals, too few crossing points operating" and other impediments.

Jihad Abed Al-Aziz, who was displaced to Khan Yunis in southern Gaza, was at a food distribution point where dozens of people jostled for a pan of rice. "A ceasefire is pointless," the 55-year-old told AFP.

"The crossings do not bring in enough to give us food, supplies, or even the basics of life."

"We have lost our jobs, our homes, and everything in our lives. Life itself has no meaning any more." The war was sparked by Hamas's October 7, 2023 attack on Israel, which resulted in the deaths of 1,221 people. Israel's retaliatory assault on Gaza has killed.

**G20 declaration calls on countries to refrain from 'using force' against 'political independence' of another state****United States. (Agency)**

Leaders from the G20 group of top economies endorsed Saturday a declaration at a summit in South Africa that highlights issues related to access to critical minerals and measures to cope with climate change. South Africa chose "Solidarity, Equality, Sustainability" as the theme of its presidency of the G20, which comprises 19 countries and two regional bodies, the European Union and the African Union and accounts for 85 percent of global GDP. Here are some highlights from the declaration from the first G20 summit on the African continent which was boycotted by the United States.

The declaration addressed major global conflicts underway by calling for a "just, comprehensive, and lasting peace" in the Occupied Palestinian Territory, Ukraine, Sudan, the Democratic Republic of Congo.

It called on countries to "refrain from the threat or use of force ... against the territorial integrity and sovereignty or political independence of any state."

While Ukraine was only mentioned once



in the 30-page document, Western leaders attending the summit also scrambled on the sidelines to respond to a unilateral plan pushed by US President Donald Trump to end the war in Ukraine on terms favouring Russia.

**Critical minerals**

Leaders said they would seek to protect the global value chain of critical minerals from "disruption", whether due to geopolitical tensions, unilateral trade measures inconsistent with World Trade Organization (WTO) rules, pandemics, or natural disasters. Many countries are intensifying efforts to secure access to these minerals, which are abundant in Africa and essential to the transition to green energy, used in electronics from phones to solar panels and electric cars.

China's dominance of critical mineral supply chains has emerged as growing area of concern for the world's industrialised democracies.

The declaration also supported "increased exploration of critical minerals, particularly in developing countries" for which they said the resource should be a driver of development and value-addition "rather than just raw material exports".

**Meta Buried 'Casual' Evidence Of Social Media Harm: US Court Filings****World. (Agency)**

Meta shut down internal research into the mental health effects of Facebook and Instagram after finding causal evidence that its products harmed users' mental health, according to unredacted filings in a class action by US school districts against Meta and other social media platforms.

In a 2020 research project code-named "Project Mercury," Meta scientists worked with survey firm Nielsen to gauge the effect of "deactivating" Facebook and Instagram, according to Meta documents obtained via discovery. To the company's disappointment, "people who stopped using Facebook for a week reported lower feelings of depression, anxiety, loneliness and social comparison," internal documents said. Rather than publishing those findings or pursuing additional research, the filing states, Meta called off further work and internally declared that the negative study findings were tainted by the "existing media narrative" around the company. Privately, however, staff

assured Nick Clegg, Meta's then-head of global public policy, that the conclusions of the research were valid.

"The Nielsen study does show causal impact on social comparison," (unhappy face emoji), an unnamed staff researcher allegedly wrote. Another staffer worried that keeping quiet about negative findings would be akin to the tobacco industry "doing research and knowing cigs were bad and then keeping that info to themselves." Despite Meta's own work documenting a causal link between its products and negative mental health effects, the filing alleges, Meta told Congress that it had no ability to quantify whether its products were harmful to teenage girls. In a statement Saturday, Meta spokesman Andy Stone said the study was stopped because its methodology was flawed and that it worked diligently to improve the safety of its products.

"The full record will show that for over a decade, we have listened to parents, researched issues that matter most, and made real changes to protect teens," he

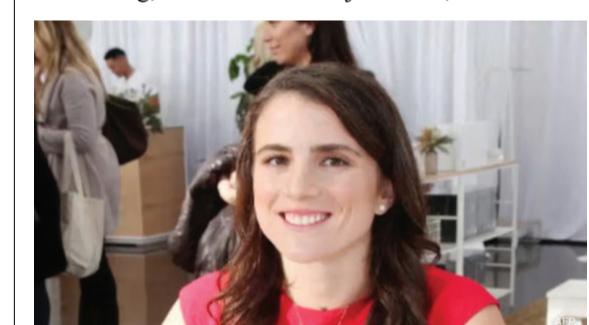
said. Plaintiffs allege product risks were hidden. The allegation of Meta burying evidence of social media harms is just one of many in a late Friday filing by Motley Rice, a law firm suing Meta, Google, TikTok and Snapchat on behalf of school districts around the country. Broadly, the plaintiffs argue the companies have intentionally hidden the internally recognized risks of their products from users, parents and teachers. TikTok, Google and Snapchat did not immediately respond to a request for comment. Allegations against Meta and its rivals include tacitly encouraging children below the age of 13 to use their platforms, failing to address child sexual abuse content and seeking to expand the use of social media products by teenagers while they were at school. The plaintiffs also allege that the platforms attempted to pay child-focused organizations to defend the safety of their products in public. In one instance, TikTok sponsored the National PTA and then internally boasted about its ability.

**"Nothing I Can Do": John F Kennedy's Granddaughter On Terminal Cancer Diagnosis****world. (Agency)**

John F Kennedy's granddaughter disclosed Saturday that she has terminal cancer, writing in an essay in "The New Yorker" that one of her doctors said she might live for about another year and criticizing policies pushed by her cousin, Health and Human Services Secretary Robert F Kennedy Jr.

Tatiana Schlossberg, the daughter of Kennedy's daughter, Caroline Kennedy, and Edwin Schlossberg, said she was diagnosed in May 2024 at 34. After the birth of her second child, her doctor noticed her white blood cell count was high. It turned out to be acute myeloid leukemia with a rare mutation, mostly seen in older people. Her essay was published on the 62nd anniversary of her grandfather's assassination.

Schlossberg, an environmental journalist, wrote she has



undergone rounds of chemotherapy and two stem cell transplants, the first using cells from her sister and the next from an unrelated donor, and participated in clinical trials. During the latest trial, she wrote, her doctor told her "he could keep me alive for a year, maybe." Schlossberg also said policies backed by RFK could hurt cancer patients like her. Caroline Kennedy urged senators to reject his confirmation. "As I spent more and more of my life under the care of doctors, nurses, and researchers striving to improve the lives of others, I watched as Bobby cut nearly a half billion dollars for research into mRNA vaccines, technology that could be used against certain cancers," the essay reads. Schlossberg wrote about her fears that her daughter and son won't remember her. She feels cheated and sad that she won't get to keep living "the wonderful life" she had with her husband, George Moran. While her parents and siblings try to hide their pain from her, she said she feels it every day. For my whole life, I have tried to be good, to be a good student and a good sister and a good daughter, and to protect my mother and never make her upset or angry," she said.

**UN climate deal increases money to countries hit by climate change, but no explicit fossil fuel plan**

**Many gave the overall deal lukewarm praise as the best that could be achieved in trying times, while others complained about the package or the process that led to its approval.**

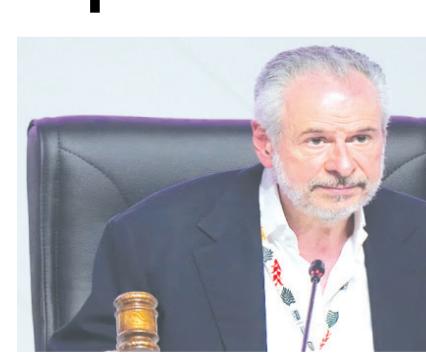
**BELEM. (Agency)**

United Nations climate talks in Brazil reached a subdued agreement Saturday that pledged more funding for countries to adapt to extreme weather's wrath. But the catch-all agreement doesn't include explicit details to phase out fossil fuels or strengthen countries' inadequate emissions cutting plans, which dozens of nations demanded. The Brazilian hosts of the conference said they'll eventually come up with a road map to get away from fossil fuels working with hard-line Colombia, but it won't have the same force as something approved at the United Nations

conference called COP30. Colombia responded angrily to the deal after it was approved, citing the absence of wording on fossil fuels. The deal, which was approved after negotiators blew past a Friday deadline to wrap up, was crafted after more than 12 hours of late night and early morning meetings in COP30 President André Corrêa do Lago's office.

Do Lago said the tough discussions started in Belem will continue under Brazil's leadership until the next annual conference "even if they are not reflected in this text we just approved." Do Lago has said a fossil fuel transition plan will be in a separate proposal issued later by his team.

Deal gets mix of lukewarm praise and complaints. Many gave the overall deal lukewarm praise as the best that could be achieved in trying times, while others complained about the package or the process that led to its approval. "Given the circumstances of geopolitics today, we're actually quite pleased with the bounds of the package that came out," said Palau Ambassador Ilana Seid, who chaired the coalition of small island nations. "The



alternative is that we don't get a decision and that would have been a worse alternative. "This deal isn't perfect and is far from what science requires," said former Ireland President Mary Robinson, a fierce climate advocate for the ex-leaders group The Elders. "But at a time when multilateralism is being tested, it is significant that countries continue to move forward together." Some countries said they got enough out of the deal.

COP30 has not delivered everything Africa asked for, but it has moved the needle," said Jiwoh Abdulai, Sierra Leone's

environment minister. What really matters, he said, is "how quickly these words turn into real projects that protect lives and livelihoods." U.K. Energy Minister Ed Miliband said the agreement was "an important step forward," but that he would have preferred it to be "more ambitious." He added: "These are difficult, strenuous, tiring, frustrating negotiations."

**Swift final push prompts complaints**

The deal was approved minutes into a plenary meeting open Saturday to all nations that were present. After the main package was approved and gavelled in by Do Lago — to applause by many delegates — angry nation after angry nation took the floor to complain about other parts of the package and about being ignored as Do Lago moved quickly toward approval. The objections were so strong and uniform that Do Lago temporarily halted the session for more talk to try to calm things down. Colombia's Daniela Duran Gonzalez objected to sections on helping nations cut emissions and reaching worldwide temperature limits that were previously agreed upon.

## NEWS BOX

## By Speaker Vinay Kumar tenders resignation

Shimla . (Agency)

Deputy Speaker of the Himachal Pradesh Assembly and Congress leader, Vinay Kumar, has resigned from his post, clearing the deck for his likely elevation as the next President of the Himachal Pradesh Congress Committee (HPCC). Confirming the development, Vidhan Sabha Secretary Yashpal Sharma told UNI today that the Deputy Speaker's resignation submitted around 8 p.m. this evening has been formally accepted by the Assembly Secretariat. Kumar, a three-time MLA from Shri Renukaji, has for weeks been considered the frontrunner for the top organisational post. His resignation is being widely viewed as the most concrete signal yet that the party high command may soon announce his appointment as the new state Congress chief. According to party insiders, the All India Congress Committee (AICC) has already conducted several rounds of consultations to finalise the successor to the outgoing HPCC president.

Highly placed sources stated that Vinay Kumar's name has received near-unanimous endorsement within the senior leadership. Both Chief Minister Sukhvinder Singh Sukhu and Deputy Chief Minister Mukesh Agnihotri are learnt to have broadly agreed on his elevation, paving the way for an imminent decision.

## Vijay to address party workers and public at hall meeting, two months after Karur stampede

Chennai. (Agency)

In a first, actor-turned-politician and Tamilaga Vettai Kazhagam president Vijay is addressing 2,000 party workers and public at a hall meeting being held at a private engineering college in neighbouring Kancheepuram district on Sunday, November 23.

Interestingly, only the 2,000 participants with the invite having 'QR' code, will be allowed entry, party general secretary 'Bussy' N Anand said in a statement, posted on 'X'.

This is the first time he is meeting party supporters along with the public and after the September 27 killer stampede at his Karur rally, which claimed 41 lives, including women and children.

Having extended a solatium of Rs 20 lakh each to the families of the victims, the film star had invited them to Mamallapuram and individually met them at an hotel.

Though Vijay had convened a special general council of the TVK, which declared him as the Chief Ministerial candidate and authorised him to take decisions on alliance, this is the first time he is addressing supporters, that too at a hall meeting. The TVK is deploying its in-house security volunteer force, trained by retired police officers. This hall meeting is seen as a precursor for resuming his public rallies, suspended following the Karur stampede, after which the party turned went into silent mode.

## Husband—wife duo arrested for running honey-trap extortion racket

Moradabad. (Agency)

Moradabad police have arrested a husband—wife duo for allegedly running a honey-trap extortion racket that targeted men through social media. The gang used fake profiles to lure victims, record compromising videos of them, and then blackmail them for money.

The arrested accused have been identified as Wasim and his wife Muskan, police said on Saturday.

According to the police, the case came to light after a woman lodged a complaint stating that her husband, Naseem, had been trapped through a pre-planned honey-trap and extorted of Rs 1.6 lakh.

The accused later threatened to leak his video online and even file a false rape case if he failed to pay more money.

Acting on the complaint, police arrested Wasim and Muskan. Investigations revealed that the gang operated systematically. They allegedly created fake social-media profiles on WhatsApp, Facebook, Instagram, and other platforms using female identities. Attractive photos were sent to potential victims to initiate conversations. Once the victim's trust was gained, he would be called to a hotel or secluded location, where a woman from the gang would trap him in a compromising situation while secretly recording videos.

Following this, the extortion would begin. Police said the gang extracted anywhere between Rs 10,000 to Rs 60,000 from each victim by threatening to leak the videos or send them to family members. In some cases, they changed phone numbers and re-appraised the same victims to continue blackmailing them.

The gang is suspected to have been active for several months and to have trapped multiple people. The investigation also revealed that another couple, Shahbaz and Saba, were involved in the racket and are currently absconding.

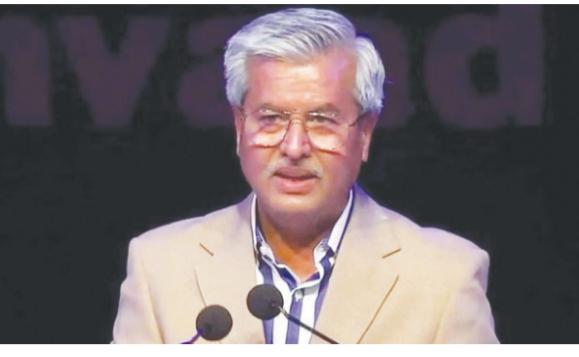
Main accused Wasim reportedly has a long criminal history and has previously been jailed under the Gangsters Act. Moradabad SP City Kunwar Ranvijay Singh confirmed that efforts are underway to track down the absconding accused. Meanwhile, Wasim and Muskan have been sent to jail.

## If judges are unwilling to stand up during testing times, democracy is not safe: Dushyant Dave

Ahmedabad. (Agency)

Sardar Vallabhbhai Patel is now the "hero of a certain ideology" but he was a "very different man" who not only consolidated India but also gave us fundamental rights. These rights are untouchable and sacrosanct, Senior Advocate Dushyant Dave said on Saturday. "But some judges [in the past] failed us and proclaimed themselves to be "liberal" and "socialist". However, they didn't stand up for us when the testing time came. At the time of tests, if the judges are unwilling to stand up, democracy is not safe. That's what is happening today. Our judges are just not being able to stand up," he said.

Dave, a former President of the Supreme Court Bar Association, was speaking at the 25th Professor Ramlal Parikh lecture on 'Basic Human Values under the Constitution of India', organised at the Ahmedabad Management Association (AMA). "You're not changing the constitution, but merely changing the form of the constitution. This is serious. Today, we are witnessing this change in the form of the government as we did during the Emergency. That was a declared Emergency and today, we have an 'undeclared emergency'. So, we see citizens being killed in encounters, homes of citizens being demolished by bulldozers. There is no



punishment called bulldozing someone's home in the Indian Penal Code..." said Dave.

He said, "Jail is the exception and bail is the rule but they have forgotten this. Are judges, right from the lower courts to the Supreme Court, insisting that one must be in jail because one is presumed to be guilty? But the law says one is presumed to be innocent. That is the fundamental principle of criminal jurisprudence."

On the Preamble, he said, "The American constitution was drafted in under four months, but our constitution was deliberated upon for a long time. Sovereign, democratic and republic were the basic foundation of the constitution although [the then Prime Minister] Indira Gandhi added the words "socialist" and "secular" much later in 1976. The constitution

framers were wondering how to put these basic values in the constitution. And in one paragraph, which is called the preamble, they have put these basic human values. This preamble is a work of genius and as we know, Dr B R Ambedkar was the chairman of the drafting committee. The basic values were also solidified in the fundamental rights chapter... Sardar Vallabhbhai Patel was the adviser to the fundamental rights sub-committee. Today, people make Sardar Vallabhbhai statues but forget that he gave us these rights which are unfortunately not being recognised today, much less respected."

He spoke on the four pillars of the Constitution, justice, liberty, equality and fraternity.

On individual rights, Dave said, "For centuries, there has been an individual and state and there is a constant struggle between the two about the individual claiming the rights and the state trying to trample upon those rights. From the time liberty was thought of, rulers have tried to target the citizen whenever the citizen has tried to speak up.

Freedom fighters had experienced this during the British rule. We cannot imagine the kind of atrocities committed by the British upon our people. The constitution framers put all their pain, sorrows and experiences while drafting the constitution."

## Merely 1/4th of Maharashtra human rights body orders accepted by state: RTI

Mumbai.(Agency)

Just 24% or 44 of the 183 orders issued by the Maharashtra State Human Rights Commission (MSHRC) in the past 12 years have been accepted by the state govt, reveals a recent reply to a Right to Information (RTI) Act query filed by an advocate. "The remaining 76% of the total orders are still pending with the govt, without any action, comments, reports, proposed action, and are void of any justification for their non-implementation," said the petition filed by advocate Satyam Surana who submitted the RTI query after moving the Bombay High Court over alleged poor implementation of MSHRC orders.

Citing RTI, the PIL stated high court judgments from different states affirming the recommendations of human rights commissions involve unpaid amounts totalling around Rs 3.4 crore since 2013. An MSHRC official said there had been internal discussions

within the rights commission about approaching the high court against the state govt for not accepting its recommendations, as legal provisions allow such action. However, no final decision has been taken in this regard. The MSHRC has investigative and recommendatory powers. It investigates human rights violations and recommends



compensations and disciplinary action or changes in policy. It takes suo motu cognizance of rights violations or after receiving complaints. After hearing the sides, it passes an order, mainly awarding compensation, which the concerned govt department must implement. The commission has the legal option to go to the high court against the state for implementing its order but it has never used the option, said an MSHRC official. "The govt and its authority needs to act upon such orders, or the body will remain toothless," said an MSHRC official, which is also made a party to the PIL. "Now that the PIL has been filed, the MSHRC will present its position strongly to ensure its orders are either implemented or legally challenged," said an official. Most of the recommendations not accepted by the govt were addressed to Mantralaya officials—primarily departmental secretaries—followed by the police.

## Man kills wife, triggers 7-hour rooftop standoff to evade arrest in Rampur

Rampur. (Agency)

A man allegedly shot dead his wife in Shahbad's Saifni police station area and attempted to evade arrest by staging a dramatic rooftop standoff that lasted nearly seven hours on Saturday.

Police ultimately arrested the accused without further incident.

The incident took place in Raipur's Majra village, where Ram Bahadur lives with his son Ramvir (35), daughter-in-law Sheila (30), and three young grandchildren. According to Ram Bahadur, the episode began around 9 a.m. when Sheila was in the kitchen preparing food for the children. Ramvir came out of his room carrying a country-made pistol and shot her, resulting in her death on the spot. Hearing the gunshot, Ram Bahadur rushed inside and saw his daughter-in-law lying dead while his son attempted to reload the

weapon. He said Ramvir intended to harm the children as well but was stopped when he intervened and raised an alarm.

Seeing people approach, Ramvir fled towards the nearby forest area while brandishing the weapon. During his escape, he also fired two warning shots in the air, causing further panic in the village. Saifni SHO Ajay Mishra reached the spot with a police team. Additional SP Anurag Singh and CO Harshita Singh also arrived to coordinate the search operation. With support from local residents, police began looking for the accused. He later returned in the noon and triggered a tense standoff by climbing onto a rooftop while armed. He threatened to kill himself if anyone tries to arrest him. Police managed to arrest him safely after nearly seven hours of persuasion.

## Mumbai's redevelopment wave sweeping up home rent rates to dizzying heights

Mumbai. (Agency)

One would imagine Mumbai's rental pressure to have eased by now, given the redevelopment spree that started soon after the pandemic, with new towers sprouting and a burst of fresh stock. Instead, the opposite has happened. As one housing society after another signs redevelopment agreements, actual rental supply has shrunk, and prices have shot up rather than cooled. In Khar West, a builder and a housing society signed a development agreement two years ago that promised members alternative accommodation at Rs 140 per square foot per month. Due to construction delays, the society vacated a month ago but now faces

market rents of Rs 250 per sq ft per month, compelling members to pay the shortfall out of pocket. Market sources said developers were reluctant to revise rents since



development agreements were executed two to three years ago under different market conditions. In Bandra's Carter Road, Pali Hill and Union Park areas, three to four societies have entered

## Man from Sirmaur returns home 45 years after recovering from head injury

Shimla/Nahan. (Agency)

You may have often seen stories in films about people losing their memory after suffering an injury and regaining it years later. But today, we're introducing you to a man who actually returned home after years of memory loss.

This incident is from Sirmaur district, Himachal Pradesh. The man's return after nearly 45 years is met with celebration in his family. This film script has become a reality for 62-year-old Rikhi Ram of Nadi village, in the Giripar area of the district.

Rikhi Ram lost his memory in a road accident in his youth and lived a new life under a new name for years. However, when he suffered another injury, he gradually began to recall his old memories, and now, after nearly 45 years, he has returned home. While it may be difficult to believe, this is a true story. All this has happened with Rikhi Ram. His parents also passed away during this period, but when his siblings found him with them, they were overjoyed and welcomed him home with great enthusiasm.

Rikhi Ram returned home from Mumbai on November 15, but the revelation only came to light when this unusual incident turned into a celebration. Currently, there is an atmosphere of extraordinary joy in Nadi village, located in the Satauna area, considered the gateway to the Shillai-Paonta Sahib assembly constituency of Sirmaur district.

In fact, Rikhi Ram, a son of the village, went missing in 1980 at the age of just 16. Rikhi Ram explained that in 1980, he went to Yamunanagar, Haryana, in search of work, where he started working in a hotel. One day, while travelling to Ambala with a hotel employee, they were involved in a serious road accident. The head injury he sustained in the accident left him with no memory.

After this accident, he was completely cut off from his village and family. There was no one who could connect him with his family, nor were there adequate means of communication for his family to contact him. In this situation, his partner gave him a new name, Ravi Choudhary, and he began a new life under that name. He continues to live under that name.

redevelopment and received notices to vacate within four weeks. This generated urgent demand for nearly 150 units of two and three-bedroom flats, but supply remained extremely limited. As a result, rentals rose by 10 to 20%.

"Once that happens, it will be very challenging for members to find flats at the rental rates agreed upon in their development agreements. Many licensees may end up paying a substantial amount from their own pocket to bridge the gap," said property consultant Ashok Narang. "This situation is becoming increasingly common across Mumbai, and the trend is expected to continue for at least the next 3-4 years, as the supply of rental."

## 4 deaths in a week: 2 woman assistant BLOs die of 'heart attack' in Gujarat amid concerns on 'SIR work pressure'

Surat, Vododara. (Agency)

TWO WOMAN assistant Booth Level Officers (BLOs) died of heart attack in Gujarat, sparking further concerns on the stress being faced by those deployed on duty for the ongoing Special Intensive Revision (SIR) of electoral rolls in the state. In the first incident, a 56-year-old government school principal working as assistant BLO reportedly died of a heart attack in Tapi district on Thursday night.

The deceased has been identified as Kalpanaben Patel, who was engaged in SIR work in Beldha village. Patel, a resident of Madhi village in Bardoli taluka of Surat district, was working as the principal of a government primary school in Beldha village (Tapi district) which is around 10-15 kms from her home.

Tapi District Collector Vipin Garg

told The Indian Express, "She (Patel) was working as Assistant BLO and returned to her home on Thursday when she complained of chest pain. She was rushed to a hospital in Bardoli where doctors declared her dead."

In another incident, a 50-year-old woman assistant BLO collapsed on duty at a school in Kadak Bazaar on Saturday and was declared dead at SSG hospital in Vadodara.

The deceased has been identified as Usha Solanki, a clerical staff of the Women's Industrial Training Institute and Skill Certification Center in Gorwa in Vadodara. Solanki's husband Indrasinh said she was a heart patient and had requested to be excused from BLO duty. However, the Vadodara District Collector said that no formal request was made by the assistant BLO or her family to excuse her from the exercise. With

the two cases, the number of deaths of BLOs in Gujarat this week rose to four. A BLO from Kheda reportedly died of heart attack on Thursday and another BLO allegedly died by suicide in Gir Somnath district on Friday.

'Additional pressure'

Sources close to Kalpanaben Patel's family said that many of the teachers were facing problems due to BLO assignments that caused them stress, like "late hours at work" and "long distances from their homes". Kalpanaben Patel is survived by her husband Shantilal Patel, a retired government school teacher, and two children. Patel, hailing from Vansda taluka in Navsari district, had been working as the principal in Beldha village school for the past few years. Sources close to the family said that she had "no history of chest pain or high blood pressure". Narsinghbhai Chaudhary, the BLO to whom Patel reported, told The Indian Express that she was "doing a good job". "She had completed 80 per cent of the work. Beldha village has been classified as a green zone (indicating positive progress). We are saddened to hear of her death," Chaudhary said.

"There are 300 voters in Beldha village and she had to visit the houses, get the necessary documents of voters filled in the forms and later upload the details on the mobile application. She has been working as Assistant BLO for the last five to six days," he added.

Speaking to The Indian Express, Usha Solanki's husband Indrasinh said, "She was a heart patient and had requested that she be excused from the BLO duty. Yet, she was handed out the duty and had been working in the field for over a week... She was waiting for her supervisor to arrive when she collapsed. The doctors have said that she suffered a heart attack..." Indrasinh added that his wife, apart from working in ITI and handling the duty as Assistant BLO, was doing daily chores at home, leading to added stress. "All women work at home too... There was obviously stress due.



## The Bangladesh dilemma beyond 'l'affaire Hasina'

It would be puerile to believe that the death sentence passed by Bangladesh's International Crimes Tribunal (ICT) on Sheikh Hasina was fair. The trial was riddled with faults on various judicial counts. Hasina was found guilty of mass murder by the ICT, which itself was set by the Hasina government in 2009 to try those accused of war crimes during the 1971 War of Liberation. A majority of the war criminals were from the Jamaat-e-Islami (Jei), the largest pro-Pakistan organisation that had collaborated with the Pakistani Army in committing genocide. Some Jei leaders were hanged, and others jailed for life after conviction. The proceedings against Hasina were initiated from the very beginning after Muhammad Yunus, a sworn enemy of Hasina nursing political ambitions, was foisted on Dhaka as the head of an interim government (IG). This interim arrangement is widely considered unconstitutional when parliament and the Constitution are both suspended. The Jei and other Islamist outfits, all deeply connected to Pakistan, are now the backbone of the IG and are calling the shots. The ICT's mandate was changed by adopting unconstitutional methods that were rubber-stamped by the partisan judiciary. The chief prosecutor in Hasina's case is a Jei lawyer who had defended the war criminals. Hasina was not permitted to choose her defence team. All these factors have raised serious questions about the validity of the judgement.

The IG's ire against Hasina and the Awami League (AL) is well known. They are weaponising a compromised judiciary to attack opponents while the media remains bludgeoned into submission. Judges have been forced out and new ones affiliated to Jei appointed en masse. The IG has systematically conducted a campaign of revenge, allowing mobs to kill Awami workers and destroy their properties. Thousands have lost their lives and many have fled the country. Scores of journalists and civil society activists have been jailed with false murder charges and been denied bail. Minority communities have also been attacked all over the country, with Yunus dismissing it as 'political violence' or Indian propaganda. Such violence has caused trans-border tremors in India. Hasina's opponents, from Yunus downwards, are elated at the verdict and hail that she has been held accountable for her crimes. Ironically, Yunus himself dodged accountability in legal cases in which he was accused of tax evasion and money laundering by promptly annulling these cases when he took over as head of the IG. The recent visit by Bangladesh's National Security Advisor for a multilateral meeting in Delhi came on the heels of the Hasina verdict. It is likely that the demand for handing over Hasina would have been made. Will India comply and allow Hasina to be taken to the gallows?

It seems very far-fetched that India will comply after an unfair trial with a pre-arranged verdict. The bilateral extradition treaty between the neighbouring countries explicitly exempts extradition for 'an offence of a political character' (Article 6). In truth, Bangladesh was the victim of a regime-change operation. Such operations are conducted by hegemonic powers to pursue their geopolitical interests. When the leader of a country refuses to accept certain demands, they are overthrown by the traditional gunboat diplomacy and direct operations by intelligence agencies that attempt to oust the incumbent leader, as we are witnessing against Venezuela.

The other option is the more subtle one—fluence operations via non-governmental organisations and/or social media platforms to exploit an agitation on domestic issues. Bangladesh was a victim of this kind of operation. American NGOs like the National Democratic Institute and the International Republican Institute are well known for such activities under the radar of 'promoting democracy' and 'human rights'. They are known to work in tandem with the American deep state. On a visit to the US, Yunus acknowledged that the regime change was 'meticulously' planned.

Operation Sindoos is still underway, with none other than Defence Minister Rajnath Singh only a week ago in Delhi applauding the 'high state of operational readiness' being displayed at the tri-service 'Trishul' exercise in the northern Arabian Sea and western front with Pakistan. Singh added that intelligence agencies will soon get to the bottom of the suicide bombing at the Red Fort, in which 14 people were killed — six people have since been arrested. According to The Indian Express, the shadowy long arm of the Islamic State from places like Syria and Turkey may be connecting terrorists inside India with terror-training modules. It is also believed that Dr Shaheen Saeed, one of the six terror accused, heads the women's wing in India of the Jaish-e-Mohammed terror group that is headquartered in Pakistan.

Think about it, dear Reader. Operation Sindoos is ongoing, which means that the enemy outside, Pakistan, continues to be on the watchful radar of India's security agencies.

But what of the radicalisation within? Why are young men and women, many of them highly educated, so angry that they are ready to kill themselves and spread mayhem in the country, especially when the economy is growing at a comfortable clip? Let's look at the international context first. India's enemy, Pakistan, is just not being feted by powerful countries in the West — Trump calls Asim Munir "my favourite Field Marshal", all the while continuing to insist that he not only brokered the truce at Op Sindoos, but that PM Modi called him and told him that "we're not going to war" with Pakistan — it is also reviving its relationship with Bangladesh, that had been almost non-existent since 1971. Now we all know that Sheikh Hasina and the Awami League kept the ISI out of Bangladesh as long as she was around — no mean feat. Which is why India held its nose all these years even when the former Bangladesh PM turned her country into a security zone, misjudged the strength of the democratic students protest and totally stifled the opposition parties — but that's another story, to be discussed at another time. The fact of the matter is that, today, the ISI is not just back in Bangladesh, it is flaunting its presence there and has access to the top leadership. Moreover, a Pakistani warship docked in the Chittagong port earlier this month, for the first time in 54 years.

This means that India has to be watchful on its western as well as its eastern flank. As if this wasn't challenge enough to the Indian state from without, the question of why young Indians are being radicalised within must fill us with even more concern. A short, pop quiz may reveal some answers. What's common, for example, between Muzammil Shakeel Ganai, Adeel Ahmed Rather, Shaheen Saeed, Irfan Ahmad Wagay, Amir Rashid Ali and Jasir Bilal Wani, all of whom are accused of conspiring to

## The Indian Muslim problem

### THE GREAT GAME: Why are they plotting terror acts and blowing themselves up at Red Fort



overthrow the state in the Red Fort blast?

Second, what's common between Umar Khalid, Sharjeel Imam, Meeraan Haider, Gulfishah Fatima, Shifa ur-Rahman, Mohammad Salim Khan, all of whom are accused of conspiring to overthrow the state via the 2020 Delhi riots? Third, what's common between Mohammad Akhlaq, Mazlum Ansari, Imtiaz Khan, Pehlu Khan, Alimuddin Ansari, Rakbar Khan, Qasim, Mohammad Zahiruddin, Lukman Ansari and Afan Abdul Ansari, all of whom were lynched over rumours that they were transporting beef? The short answer is that all these people are Muslim. Think about it. Those involved in the Red Fort blast, those picked up by the police and thrown in jail under UAPA in the Delhi riots case as well as those lynched over beef-carrying rumours by cow vigilantes — the common denominator between these widely varying groups of Muslims is their faith. Muzammil Shakeel is a doctor, Irfan Ahmad is a mufti, Umar Khalid did his M.Phil from JNU, Gulfishah Fatima studied at Delhi University and Akhlaq and the rest are transporters from UP and Jharkhand and Rajasthan. These men and women straddle the socio-economic strata in India — they are as different as chalk from cheese. The problem is that we are painting them all with the same brush. Shakeel and Irfan and Umer un-Nabi, the Red Fort suicide bomber, must surely be given the harshest punishment — they

attempted to undermine the state from within. But Umar Khalid, Sharjeel, Gulfishah and others who have been in jail for five years without bail — their case is finally being heard in the Supreme Court these days — have right from the start pleaded their innocence. As for Akhlaq & Co, they never got even a chance, death got to them first.

Now it seems that Yogi Adityanath's government in Uttar Pradesh is withdrawing the case against all those accused of lynching Akhlaq 10 years ago in Dadri. No one knows why, under what circumstances and whether that can happen. If it does, it's not clear what it does to the rule of law. But back to the original question. Why are Indian Muslims plotting terror acts and blowing themselves up at Red Fort? Why did Umer un-Nabi blow himself up — like LTTE terrorists used to do in an earlier era or jihadis continue to do in parts of Afghanistan-Pakistan — and not let off his anger by protesting within the safety net of the democratic state? What is the extraordinary problem that these Indian Muslims face that Indian Hindus or Indian Sikhs or Christians or others from other faiths don't seem to comprehend? The point of this column is to try and understand the grave predicament that India is passing through at this moment in its existence — an insecurity without, with the country's foreign policy in a state of uncertainty and flux, as fast friends waver and wane, and an insecurity within.

## Cloudy global horizon, robust macro ground

**Morgan Stanley has set a bull-case Sensex target of 1,07,000 by December 2026. But these projections are based on the premise that oil prices will stay low, global trade shifts will be favourable, and global growth will look up**

Year 2025 has been volatile for the Indian stock markets. It began with a period of correction and remained under pressure owing to the tariff war, while overvaluations and weak corporate earnings weighed on sentiment. Around this time last year, India was among the three best-performing markets, with one-year gains placing it ahead of Japan, Hong Kong, China, the UK, and South Korea. But with a mere 5 percent rise this year, it's the worst-performing major global market. All three broad categories—the large, mid, and small caps, which saw strong one-year returns last November—are either flat or in the red. If Nifty 100, Nifty Midcap 150, and Nifty Smallcap 250 delivered 31, 42, and 45 percent returns, respectively, till November 2024, this year the first two segments turned in a marginal gain of 3 percent, while the latter declined 5 percent. The benchmark Sensex, too, has gained only 9 percent so far this year, as against robust growth in 2024. All of this begs the question: can Sensex scale the projected 90,000 level by December 2025?



Analysts believe so, citing a revival in personal consumption and private investments to uplift domestic growth, while improved corporate earnings and easing inflation are set to boost the outlook for 2026. After five quarters of depressed earnings, the coming quarters may see a turnaround, with MSCI India estimating robust

earnings growth. Morgan Stanley has set a bull-case Sensex target of 1,07,000 by December 2026. But these projections are based on the premise that oil prices will stay low, global trade shifts will be favourable, and global growth will look up. Importantly, pro-growth policies such as GST rate rationalisation, interest rate cuts, and external sector measures offer key macro support. In other words, there are significant structural positives for the Indian markets. That said, if 2025 is about staying the course, it's uncertain if 2026 will get any better as the global markets navigate geopolitical and other risks including recession, the return of inflation, and trade tariffs, all of which may trigger bouts of volatility. A recent Natixis survey found that US institutional investors see a 49 percent probability of a market correction in 2026 owing to fears of an AI-driven tech bubble and concerns over China's rare-earth dominance. In short, the outlook for 2026 remains clouded. Investors must tread with caution.

## Lex has always been a flex

**Newer generations often borrow from the past to devise their own lexicons. The opening line of Freddie Mercury's 'Bohemian rhapsody'—Is this real life?—could be about a generation that's delulu, a Gen Alpha derivation from delusional. New coinages are like codes used as a flex or boast**

It is fashionable to say in India that we did long ago what the West is doing now—though not always with sufficient evidence. So what? Nationalistic licence can match poetic licence in stretching things.

Dictionary.com's choice for word of the year 2025 has gone to a number—6-7, pronounced six-seven—which I understand is Gen Alpha slang for stuff that is run-of-the-mill or so-so. For the uninitiated, this is the generation born after 2010, as successors to Gen Z. The wordly-wise website that conferred the dubious honour was candid in expressing its own confusion about the word, saying it is "meaningless, ubiquitous, and nonsensical", with the hallmarks of 'brainrot'—Oxford University Press's word of 2024. It's a long way from floccinaucinihilipilification, an old coinage meaning the act of estimating something as worthless. Should we be at sixes and sevens over Gen Alpha exhuming an old English idiom that signifies a state of disarray or confusion? As a shudh-desi, I am a tad upset to hear 6-7 being described as new. In my not-so-humble patriotic opinion, its structure is a play on the old Hindi idiom, 'Unees-bees ka farak hai', meaning it doesn't make a difference. The venerable Cambridge Dictionary has come up with its own word of the year—parasocial—an intellectual-sounding word defined as a relationship felt by someone between themselves and a famous person they don't know. It might break Gen Z hearts to learn that the word in question was, academically, first used circa 1956, when their grandparents were young. But then, today the celebrity afflicting the parasocial could even be an AI chatbot. Six-thousand words have entered the Cambridge lexicon, including delulu, a derivation from delusional meaning believing things that are not real, often by choice. Now, I can argue with conviction that Freddie Mercury's famous opening line from Bohemian Rhapsody—"Is this real life? Is this fantasy?"—was prescient about a delulu generation.

As a wordplay lover growing up at the intersection of



many tongues, I think lingo-tracking can be a full-time job with a new generation emerging every 15 years or so. The young often invent new words to avoid adults, even while borrowing their ideas. Words and expressions offer clues on how the world has changed, and with it, attitudes and perspectives. One of my favourite subjects is sociolinguistics, the study of language in relation to social factors such as gender, dialect, class, and region. We may add to that the increasingly important generation factor. Take Tradwife, which was recently listed on both Dictionary.com and the Cambridge

lexicon. It's short for traditional wife—a woman who embraces traditional gender roles in marriage. What was common in the not-so-distant past, is still practised in most parts of the world, thanks to patriarchy. The word of choice used to be housewife. Sociolinguistically, that became a contested term as economies evolved: some would refer to a woman as 'only a housewife'—as if she did nothing. For others, the term usually referred to an unpaid, homebound person who played many roles: cook, caregiver, relationship manager, psychotherapist, seamstress, and much else. The journey from

'housewife' to 'homemaker' to 'stay-at-home mom' to the latest 'tradwife' reflects a social arc in which relationships are fluid and the family a fungible institution—a far cry from the patriarchal one-size-fits-all days. Tradwife also denotes a conscious choice of someone to be a homemaker, not one upon whom the status is thrust by social pressures. Some words are pure-play generation separators, with not much change in the implied meaning. When I was a university student, the people later referred to as 'cool' were called 'cats', which was short for 'hepcat' to some, which meant a fashionable person in the jazz culture. 'Hep' and 'hip' have common origins in referring to those who follow the latest in style. Not to be undone by neocolonial linguistic tyranny from America, a collegemate in Delhi once referred to a person as "Ati sheetal billi", which was apparently the translation of an exalted student honour: "Total cool cat." Macaulay may as well do a reverse swing in his grave.

Technology has thrown up words that are truly new, not just reverse-swingers as generation-separators. Words like selfie, trolling, and clickbait are difficult to imagine without a new tech-infused culture, unlike a hipster or hepcat. In my childhood, we used to mock the difficulties of translating post-industrial expressions into Hindi, with examples like 'loh-path gamin' (a vehicle that runs on iron tracks) to describe a train, which is now just rail-gadi. It is fascinating to separate the psychology behind words from the technology that thrusts new expressions upon us. This exercise can be a pain for many because language-watching is not everyone's 'flex'—that word invented by Gen Z to describe the phenomenon of people boasting about something, especially on social media. Like many words, the context defines whether it is used in a positive or a negative way.

## NEWS BOX

## CPM workers assault candidate, media persons

Thiruvananthapuram. (Agency) Three prominent media professionals and election committee members were brutally assaulted by CPM leader and LDF candidate Vanchiyo Babu in an incident that unfolded directly in front of the Returning Officer during the scrutiny of nomination papers, triggering shock and public outcry in Kerala's capital.

Babu, along with Shaheen and Ajith Prasad, allegedly attacked the group outside the Election Office at the PMG Employment Building. According to eyewitness accounts and formal complaints, independent candidate and former Press Club Secretary M. Radhakrishnan, Press Club Secretary P. R. Praveen and Election Committee General Convener Adv. Vimal Jose were assaulted by CPM workers.

Radhakrishnan and Praveen were reportedly kicked and repeatedly struck on their back and head, leading to the loss of ₹4,000 from Radhakrishnan's pocket and the disappearance of Praveen's mobile phone. The violence is said to have broken out after Babu confronted Radhakrishnan over an online news report predicting the CPM's defeat in local wards and highlighting that Babu and his daughter were contesting alternately. When Adv. Jose intervened, Shaheen allegedly struck him on the cheek.

Radhakrishnan described the incident as a "brutal assault" carried out in broad daylight in the presence of election officials. He alleged that the attack amounted to political intimidation during the sensitive nomination phase. The victims claim the aggression stemmed from unfavourable media coverage, heightening concerns about rising political violence during Kerala's local body elections.

## Half dozen more booked in Shoolini University shooting incident

Solan. (Agency)

Following the arrest of two students of Shoolini University over a shooting incident, the police today registered another case against several others in connection with the incident. The accused persons were also seen at the scene carrying weapons, sticks, and batons. Notably, an incident of assault and firing into air had taken place between two groups of Shoolini University students and their parents at village Bajhol, two days ago. In connection with this, a case was registered at the Solan Sadar Police Station and one accused, Dharan, was arrested.

Superintendent of Police Gaurav Singh stated that further investigation into the case revealed that some members of the complainant's side were also seen brandishing rifles, sticks, and other weapons.

In this regard, a case has been registered against these people in Police Station Sadar under sections 326(2), 191(2), 191(3), 190, 351(2) BNS and section 25 of the Arms Act, the investigation of which is ongoing. During the investigation, it was found that on the day of the shooting incident, some people including Aditya Kumar, resident of Durga Basti Post Office and Tehsil Samalkha, District Panipat, Haryana, age 18 years; Aryan Kashyap, resident of Village Post Office Shahar Malpur, Tehsil Samalkha, District Panipat, Haryana, age 18 years; Rajbali Shah, resident of Durga Basti Post Office and Tehsil Samalkha, District Panipat, Haryana, age 41 years; Narendra Singh, resident of Village Sairampur, Post Office Bhioli, Tehsil Samalkha, District Panipat, Haryana, age 45 years; Bhushan Shah, resident of Village Murli Post Office Gauripur, Tehsil Sikta, District Bettiah, Bihar, age 32 years, currently residing in Durga Basti Post Office; and Tehsil Samalkha, District Panipat, Haryana, age 32 years and Shilpi Kumar, 23, a resident of Samalkha, District Panipat, Haryana, has also been found involved.

## First FIR filed in Kota under Rajasthan's recently enacted anti-Conversion law

Jaipur. (Agency)

The first FIR has been filed at Borkheda police station of Kota against two Christian missionaries under the recently legislated Rajasthan Prohibition of Unlawful Conversion of Religion Act 2025.

As per the FIR, lodged on Thursday night, two Christian missionaries - Chandi Varghese of Delhi and Arun John of Kota - organised a major programme "Atmik Satsang" and lured some Hindus to baptism in Christianity between November 4 and 6. The district administration had given permission for the sake of a spiritual satsang. However, the two missionaries lured some Hindus to baptism.

They were allegedly baptised by sprinkling sacred water and read the baptism pledge. The accused had allegedly made offending utterances against Hindus and the state government.

The police has opened investigation in the case. The State Assembly had passed the anti-conversion Bill during its monsoon session on September 9, while the gazette notification for governor's consent and enactment of the law was issued on October 9, and the Home Department notified the date of the promulgation of the law in the state on October 29, 2025.

## Maharashtra: 4.75 lakh candidates to appear for TET amid fear among in-service teachers

Mumbai. (Agency)

Over 4.75 lakh candidates including thousands of in-service teachers will appear for the Teachers Eligibility Test (TET) across Maharashtra Sunday, marking the first such exam held in the state after the Supreme Court's September ruling made TET mandatory for both new and serving teachers. The court directed that TET would now be compulsory not only for all fresh appointments to Classes I to 8 but also for in-service teachers in non-minority schools who have more than five years left before retirement.

These teachers must clear the test within two years or face compulsory retirement. Those with less than five years of service remaining may continue but will be ineligible for promotions. While states such as Kerala and Tamil Nadu have signalled plans to file review petitions against the order, Maharashtra remains indecisive on implementing the SC ruling. Amid uncertainty, a record number of candidates - a surge caused by in-service teachers - are to appear for TET on Sunday at more than 1,400 centres across the state. Amid this massive turnout, a section of teachers including those honoured at the state and national levels have chosen not to appear, hoping the Maharashtra government will intervene or clarify its stand on the retrospective application of TET.

Among them is Amit Kulkarni (name changed), a national award-winning teacher from a Zilla Parishad school in Pune district.

After having been rewarded for his extraordinary accomplishments in teaching, now, Kulkarni finds himself in the uncertain category of roughly 1.5 lakh in-service teachers who were

that the Maharashtra government has remained largely silent, offering no clarity on whether it intends to offer relief, seek a review, or press ahead with full implementation of the court order.

One of them is Rohan Patil (name changed), a Zilla Parishad school teacher from Beed district who was among the winners of the national teachers award for his initiative of using art and music to boost student confidence and connect rural children to school.

Speaking about the uncertainty leading to panic among teachers, Patil said that as an award-winning teacher many believe he has clarity on the issue and he receives calls daily seeking answers. He said he tries to encourage other teachers despite having no clarity himself. According to Patil, it is unfair for in-service teachers to now study for a test which is far removed from what they have been teaching for years.

Kulkarni however raised concerns about the structure of the test. "After over 20 years of service as a teacher I am not afraid of an exam," he said. "But how does the government plan to assess a teacher's merit based on a test requiring rote learning. The TET is a competitive test with no emphasis on evaluating teaching capacities. It is unjustified to assess in-service teachers on the same scale as new applicants," added Kulkarni.

## State hires over 4,400 as Class 3 employees, CM tells new recruits: 'You represent a sensitive govt'

Ahmedabad. (Agency)

THE STATE government on Saturday gave out appointment letters to over 4,400 new recruits, all in the Class 3 category. Chief Minister Bhupendra Patel, while distributing the letters to youths for various jobs in the state government, said this should be accepted as an "opportunity for nation building". The appointments were made for Class 3 positions through the Subordinate Services Selection Board (SSSB) at Mahatma Mandir, Gandhinagar on Saturday. Of the total 4,473 appointments made, the CM in the presence of Deputy CM Harsh Sanghavi personally handed out letters to some 21 candidates.

Sanghavi also announced that by the month-end, the government would begin the recruitment process for 14,507 new posts in the police force,

## निमिषक पत्र खोनायत समारोह



of which 13,591 will be those of sub-inspectors and Lok Rakshaks while 916 would be "technical cadres."

Addressing the new recruits, the CM said, "You have to constantly assure people of good governance. It is expected that newly appointed youths should work with integrity and ensure,

through their speech, behaviour and conduct, that they represent a sensitive government... they should be able to resolve problems of the most underprivileged of citizens, wipe the tears of a widowed mother and become the support for those without it." A government release issued on Saturday said that the SSSB had conducted 101 competitive exams since April, "making a new record." The appointments on Saturday saw the highest number, 2,828, taken as junior clerks, 92 sub-registrars, 22 stamp inspectors, 229 senior clerks, 138 head clerks, 20 assistant social welfare officers, 144 social welfare inspectors and 882 wardens, office assistants, depot managers, assistant depot managers, assistant tribal development officers, accountants, deputy accountants and surveyors.

## Kin say was under stress after assault on train: Abetment of suicide case filed after 19-yr-old's death in Kalyan

Mumbai. (Agency)

The Kolsewadi police registered a case of abetment of suicide against unidentified persons in connection with an alleged suicide by a 19-year-old student Arnav Khaire in his residence at Kalyan. The deceased's father Rajendra Khaire alleged that his son was assaulted by a group of four to five people on a local train after an argument over not speaking in Marathi.

Shiv Sena MP Shrikant Shinde visited Khaire's family on Saturday and assured them that police will investigate the matter. Deputy Chief Minister Eknath Shinde also interacted with Arnav's family members via a video call, and said the government was committed to providing justice in the case. Khaire, who lives in Tisgaon Naka of Kalyan East, had given a written complaint in the Kolsewadi police station after his son's death. He alleged that his son Arnav Khaire was going to college in Mulund by local train from Kalyan railway station on November 18 and as he did not speak in Marathi, a group of people beat him up. He further alleged that his son was under mental stress due to assault and died by suicide, said a police officer. Khaire's



statement was recorded again and a case has been registered under section 108 (abetment of suicide) and 115(2) (voluntarily causing hurt) of the BNS against unidentified persons, said a police official. Two separate police teams have

been formed to investigate the crime, and the investigation is underway with the help of the Railway Police. Earlier, the police had registered an accidental death report. The police have identified the train in which the victim had travelled on November 18 around 8:30 am. He returned from the college and reached Kalyan around 12 pm and after that he went directly home. The police are analysing the CCTV footage to identify the person who was travelling with him and assaulted him. The incident came to light when his father,

## Centre okays repair of vulnerable sections on NH-154A in Himachal

Shimla. (Agency)

Following repeated representations to the Centre, the Himachal Pradesh government has secured major sanction for repair of National Highway 154A. The Centre has approved Rs. 93,55,59,489 for the special repair of embankments at vulnerable locations on NH-154A. Public Works Minister Vikramaditya Singh said the state had been consistently pursuing the matter due to repeated damage caused to the highway during the monsoon.

He said losses were assessed after the monsoon disaster in Chamba district. Singh stated that he personally visited the affected areas and, after discussions with the local administration and concerned authorities, the issue was taken up with the government of India for immediate release of financial assistance.

The state government repeatedly highlighted the need for strengthening embankments because of frequent landslides, erosion and risks to commuters, he maintained. "The union Ministry of Road Transport and Highways has issued technical and administrative approval after examining the detailed proposal submitted by the Public Works Department. The project will be executed under close monitoring to avoid delays and cost overruns for special repair of embankments at vulnerable locations on the Chakk-Banikhet-Chamba-Bharmour road in the Chamba district," he said. Vikramaditya Singh said the work plan includes 30 percent completion in 2025-26, full physical completion in 2026-27,

followed by structured maintenance up to 2031-32. This phasing aims to ensure long-term protection of vulnerable stretches and enhance the durability of the highway. He added that such long-term maintenance approval is a significant step secured after persistent representation by the state government. He said NH-154A is a crucial route for tourism, trade, and daily connectivity for local residents, and strengthening its embankments will help reduce road closures and disruptions during heavy rains.

The state repeatedly stressed that frequent slippages on the highway not only posed risks to commuters but also affected essential services and economic activities, he added.

He said the sanction will strengthen the state's efforts toward improved road safety and disaster preparedness.

The government remains committed to securing similar approvals for other vulnerable stretches on national highways to ensure smooth movement across the hill state," he said.

The Minister said the Regional Officer of the Ministry posted in Shimla will act as the Drawing and Disbursing Officer for the project, and the work will be carried out as per the technical note issued by the Ministry. He reaffirmed that the State Government is continuously working to upgrade road infrastructure and that its persistent follow-up has resulted in major sanctions from the Centre, including approval for NH-154A.

## Never seen such a situation': Rain damaged Kharif crops, now water-logging delays Rabi sowing in N Gujarat

Ahmedabad. (Agency)

Ramsinh Rajput was barely able to harvest his castor, jowar and bajra as unseasonal rains destroyed most of the standing crop. And now with a good part of his 50 bighas of farmland in Vav taluka in north Gujarat remaining waterlogged, he has to delay the sowing of the Rabi crop - he is planning to take up in the next cycle. Most of the farmers of north Gujarat, where water does not drain easily because of the terrain, are facing the same predicament. The farmers, who have suffered crop loss after the heavy rainfall in September, have been affected by unseasonal rainfall in October, leading to massive crop damages across the state. The farmlands in several districts including Vav-Tharad, Banaskantha, Patan, Kutch and

Junagadh still remain waterlogged after weeks of rainfall. The chances of water receding from the field any time soon are slim, adversely affecting the sowing of Rabi crops.

Further, with the land remaining under water for over two months, the farmers are worried that the land may turn barren and non-fertile. "The sowing of wheat can still wait for another 15 days but with the present condition, water is not likely to recede even in another 60 days. Most of the farmers in the villages of low-lying areas of Suigam, Vav, Tharad talukas including Bharadva, Kanothi, Lodrani, Asara and Naldoda are facing the worst situation of their lives. We have never seen such a situation," Rajput tells The Indian



Express.

Rajput says he lost all his castor, jowar and bajra crops to the heavy rainfall. "As of today, we cannot reach our farms even by tractors. More than 30 inch rainfall barely in three days in September had left nothing for

## Two newborns found dead in Jhansi drain

Jhansi. (Agency)

Shock and panic spread across town today morning after the bodies of two newborns - a boy and a girl - were found in a drain near the famous Lakshmi Temple in the Nagar Kotwali area.

The infants had been wrapped separately in black plastic bags and dumped into the flowing drain. The horrifying discovery was made by Vrindavan Rayakwar, an employee of the Jal Nigam, who was cleaning the drain near the sewage pumping station (STP) when he noticed a suspicious black polythene bag stuck in the mesh installed inside the drain. When he tore it open, he found the body of a newborn boy. Alarmed, he immediately informed local Ward 23 Councillor Rahul Kushwaha.

Just five minutes later, while continuing to clear the garbage, another similar black bag floated in. Upon inspection, it too contained a newborn - this time a girl. Rayakwar stopped work immediately, and residents began gathering at the scene as news spread. Councillor Rahul Kushwaha rushed to the spot after receiving the call. A local midwife was called in to inspect the bodies and confirmed that both were fully developed nine-month-old fetuses, suggesting that the deliveries had likely taken place very recently.

The drain where the bodies were found carries waste from the Elite Chauraha area and passes through 20-25 colonies before reaching the sewage pumping station. From there, wastewater flows to the Narayan Bagh STP plant, where it is treated before being released into the Lakshmi Tal.

Local resident Jaiba Devi, who was making cow-dung cakes near the drain, said the bodies had been trapped in the mesh. "When the worker threw the garbage up from the drain, the polythene bags came out. When we checked, we saw the newborn boy and girl. It seemed they were delivered very recently. Whether they belonged to an unmarried girl or some woman, nobody can say," she added.

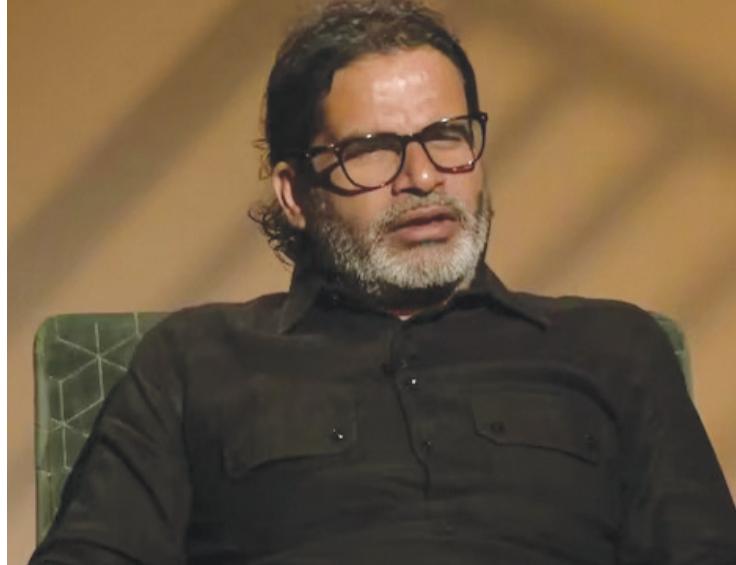
Police arrived soon after being informed and took possession of the bodies. They have been sent for post-mortem examination.

# Polls were rigged, but have no proof: Prashant Kishor opens up on Bihar rout

New Delhi.(Agency)

Jan Suraaj founder and former poll strategist Prashant Kishor on Sunday broke his silence after his newly formed political party drew a blank in the Bihar Assembly elections, claiming that the polls were 'rigged', though he admitted he has no proof to back the charge at this stage.

Kishor, whose party contested statewide for the first time, said the defeat was 'crushing' but insisted his campaign had traction on the ground. He claimed the voting trends did not match the feedback his team gathered during the months-long Jan Suraaj yatra, adding that he believed "something went wrong". "There were some invincible powers at play. Parties that people barely knew ended up with lakhs of votes. Some people are asking me to raise my voice and say the EVMS were manipulated. This is something people allege after losing. I have no proof. But many things don't add up. Prima facie, it appears something went wrong, but we don't know what," Kishor said while speaking to India Today TV's Managing Editor Preeti Choudhary. Furthermore, the Jan Suraaj founder also accused the National Democratic Alliance (NDA) of distributing money to thousands of women voters in Bihar to manipulate the election outcome. From the day the



election was announced till voting day, women were handed ten thousand rupees. Even that amount wasn't enough for what they were being promised. They were told they would receive two lakh rupees in total, and this ten thousand was

just the first instalment. If they went and voted for the NDA, for Nitish Kumar, they would get the rest. In Bihar, or anywhere in the country, I don't recall a government ever handing out money like this to 50,000 women," Kishor said. "By the final phase of the campaign, many voters assumed Jan Suraaj wasn't in a position to win. Their worry was simple: if they voted for us and we didn't make it, it might somehow pave the way for Lalu's jungle raj to return. That fear definitely drove some people away," he said.

He also dismissed commentary that his political career was over. When asked about critics writing his obituary, Kishor shot back: "These are the same people who applauded when I was winning. If they're writing my obituary, it's not about them. It's about what I do next. If I succeed, they will clap again. They are doing their job and I am doing mine. The ones criticising me are the most curious about me. That only shows I am not dead yet. Abhi kahani baki hai [the story is far from over]". The Jan Suraaj Party, which threw its weight behind 238 of 243 seats in Bihar elections, scored a zilch. It did not win a single constituency and, by its own early estimates, managed only about 2 to 3 per cent of the vote. Most of its candidates lost their deposits.

## Delhi Bomber Differed With Co-Accused Over Al-Qaeda Ideology, Skipped His Wedding: Sources

New Delhi.(Agency)

Umar-un-Nabi, who was driving the Hyundai i20 that exploded near Delhi's Red Fort on November 10, had skipped the wedding of a co-conspirator, Adeel Ahmed Rather, due to differences over their ideologies and finances for the blast, sources told NDTV on Sunday.

Umar, a Kashmiri doctor who was affiliated with the Al-Falah University in Haryana's Faridabad, a varsity that is now central to the Delhi car blast case, followed the ideology of the terror group ISIS, while other accused believed in the terror outfit al-Qaeda, sources said. While both ISIS and al-Qaeda share roots



in Salafism and Jihadism, their core ideologies differ significantly in their strategic priorities, the use of violence, their sectarian approach, and the timing and nature of establishing a caliphate.

It was because of this difference that Umar, who was the most radicalised among the 'white-collar' terror module behind the Delhi blast, skipped the wedding of Adeel, who has now been arrested, in Jammu and Kashmir earlier this year. He then visited Jammu and Kashmir's Qazigund in October to reconcile differences with the group members to ensure that they can achieve their mission of carrying out multiple blasts, sources said. Umar also had differences with other members over finances and the method of executing the attack. He was handed about Rs 26 lakh for explosives and other logistics but was unhappy when he was asked to give details about expenditure, sources said. While Umar contributed Rs two lakh, Adeel gave Rs eight lakh.

## Few Jackals Escape From Delhi Zoo Enclosure, Search Teams Deployed

New Delhi.(Agency)

A few jackals escaped from their enclosure at Delhi's National Zoological Park on Saturday morning, prompting authorities to launch a search operation in the forested area behind the animal exhibits, according to an official.

Meanwhile, calls and messages to the Administration Department of Delhi zoo went unanswered, and there was no immediate response on the incident. The breach, reported on the Saturday morning, has once again brought the zoo's preparedness and animal management under scrutiny. An official privy to the matter said, the jackals slipped out from the rear side of the enclosure, which opens into a dense forest patch forming the zoo's outer boundary. There was no threat to visitors, who remained unaware of the situation, he added.

He said the escaped jackals are suspected to have taken advantage of a gap in the fencing at the back of the enclosure. Zoo teams have been deployed across the forested area to locate and secure them. The jackal enclosure is surrounded by high wire mesh and includes burrows, shaded areas, and a shelter structure. The section where the breach occurred is now being examined to determine how the animals managed to get through, the official added.

Another official said initial assessments suggest the jackals have not moved towards the visitors' pathway and are likely still within the zoo premises.

## India, Afghanistan Discuss Expanding Spice-Related Cooperation: Taliban Minister

New Delhi.(Agency)

Afghanistan's Minister of Industry and Commerce, Al-Haj Nooruddin Azizi, met members of the Spices Board of India during his ongoing five-day visit to New Delhi. Both sides discussed expanding spice-related cooperation, increasing exports, and exploring joint investment opportunities. In a statement on X, Afghanistan's Ministry of Industry and Commerce said the Indian side expressed interest in greater collaboration, including setting up spice production factories in Afghanistan. The discussions also covered issues related to medicine imports, improving spice quality, investment potential, and challenges affecting the bilateral medicine trade.

In this meeting, the Indian side expressed keen interest, emphasised the need for expanding collaborations and increasing spice exports to Afghanistan, and expressed its

readiness for joint investment and establishing spice production factories in Afghanistan," the Ministry wrote on X on Saturday evening. The ministry said that Minister Azizi assured the



possibilities for setting up pharmaceutical production units and expanding exports. The Afghan ministry noted that the Indian council includes around 57 standardised factories as members. The Minister further wrote on X, "Afghan spice sector officials and activists will visit advanced and reputable spice factories in India, and in return, a delegation from the spice sector of the Republic of India will travel to Kabul to explore practical opportunities for establishing pharmaceutical production factories in Afghanistan and expanding exports. It is worth mentioning that this council has approximately 57 standard and world-class quality factories as members." The meeting with the spice council comes after a series of high-level engagements during Azizi's five-day visit from November 19-23.

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## Jamiat Chief Backs Al Falah University Amid Delhi Blast Probe, BJP Hits Out

New Delhi.(Agency)

Jamiat Ulema-e-Hind president Arshad Madani has courted controversy over his remarks in connection with the ongoing probe into the Delhi blast. Madani has alleged discrimination against Muslims in the country, citing the Al Falah University and politician Azam Khan as examples. His remarks drew sharp reactions, with the BJP accusing Madani of looting Muslims and not working for the community's progress. "Today, a Muslim, Madani, can become the mayor of New York. A 'Khan' can become the mayor of London. But in India, a Muslim cannot become the vice chancellor of a university. And if he does, he will end up in jail like Azam Khan. Look at what is happening in Al-Falah. He (the founder) is in jail, and who knows how many years he will have to be there," said Madani. The Al Falah, the

common link between the terror suspects arrested in the 10/11 blast case, is being probed for alleged money laundering and terror financing. Its founder, Jawad Siddiqui, is in the ED's custody. Arshad Madani said the world believes that Muslims have become helpless and the community is finished. But I don't think so, he thundered, pointing out that Zohran Mamdani has become the New York mayor and Sadiq Khan was the mayor of London. "The government wants the ground to slip from under their feet," alleged Madani. Congress Leader Backs Madani Congress's Udit Raj said he supports Madani's statement that Muslims are facing discrimination in the country. "I agree that someone has done terrorist activity in the Al-Falah University. There can be no forgiveness for terrorism. But the university should not be targeted.

Probe as per the law if there was any financial irregularity. But why are the homes of Muslims being looted?" asked Raj. Drawing an analogy with the US, he added, "The US is great because there is no discrimination."

Ghanshyam Tiwari of the Samajwadi Party said the Prime Minister should address a press conference and give a clarification.

### BJP Targets Madani

The BJP rashed Madani's charges. Party leader Mohsin Raza accused him of double standards and looting the country's Muslims. "Arshad Madai and his family have looted the country's Muslims and played blame-game politics. This has been their dual character. They kept receiving grants in the name of Muslim minorities for years but did nothing for them. They do politics in the name of Muslims," said Raza.

## Trinamool MLA vows new Babri Masjid in Bengal, BJP calls it Hindu intimidation

**Trinamool Congress MLA Humayun Kabir's call to lay a "Babri Masjid foundation stone" has triggered fierce pushback from the BJP, which sees the announcement as calculated polarisation ahead of the Bengal Assembly election.**

New Delhi.(Agency)

Trinamool Congress MLA Humayun Kabir has kicked up a political storm by declaring that a "foundation stone of the Babri Masjid" would be laid on December 6 in West Bengal's Murshidabad district, timed with the 33rd anniversary of the mosque's demolition. Speaking to news agency ANI, he said the ceremony would

be held in Beldanga and asserted that several Muslim leaders would attend the event. "We will lay the foundation stone of Babri Masjid on 6th December in Beldanga, Murshidabad district. It will take three years to complete. Various Muslim leaders will participate in that event," Kabir said. His remarks drew an immediate and sharp response from the BJP, which accused the ruling party of weaponising religious identity ahead of next year's Assembly election in West Bengal. BJP spokesperson Gaurav Bhatia called Kabir's claim "the height of criminal politics", arguing that the announcement was being made as per the wishes of Chief Minister Mamata Banerjee.

"The height of criminal politics is this: that when every Indian, every Hindu, is rejoicing a magnificent Ram temple at Ayodhya, Humayun Kabir announces, as per the wishes of Mamata Banerjee, that there would be construction of a Babri Masjid in West Bengal starting from December 6. This clearly reflects the kind of hatred that Mamata Banerjee has for

Hindus and the love that she has for illegal immigrants. Mamata Banerjee's thinking and ideology are deplorable and worrisome," Bhatia said. The BJP leader went further, describing Mamata Banerjee

as "the epitome of communal politics and appeasement politics", and claimed she knew she would lose the upcoming Assembly polls. "It is unfortunate that there is a leader in India, Mamata Banerjee, who has become the epitome of communal politics and appeasement politics. Mamata Banerjee is afraid and scared, as she is well aware that she is going to lose the forthcoming Assembly

elections in West Bengal," he told ANI. Union Minister Sukanta Majumdar echoed the attack, warning that Bengal's Hindus should see the statement as evidence of an attempt to 'intimidate' them and destroy the atmosphere of harmony in Bengal.

"The Hindus of Bengal should take this as a message of how people like him, backed by Mamata Banerjee, are trying to intimidate Hindus and preparing to destroy the atmosphere of harmony in Bengal," Majumdar said. Even Uttar Pradesh Deputy Chief Minister Keshav Prasad Maurya joined the attack and said "no brick will be laid in the name of a foreign invader on the soil of India".

"No brick will be laid in the name of a foreign invader on the soil of India. A campaign is underway across the country against infiltrators. They will be selectively removed from India. Union Home Minister Amit Shah has announced this. The entire country is prepared for this. In 2026, the people of West Bengal will uproot and throw out TMC. We will form the government in West Bengal as well," he said.



## NEWS BOX

Liverpool manager Arne Slot accepts blame for Nottingham Forest hammering

New Delhi. (Agency)

Arne Slot has taken the blame for Liverpool's latest loss to Nottingham Forest as their poor run of form continues in the Premier League. Liverpool suffered a 3-0 defeat to Nottingham Forest at Anfield, equaling their joint-heaviest home Premier League loss in history. Forest, who began the match in the relegation zone, capitalised on Liverpool's continued poor form to secure a famous win. Goals from Murillo, Nicolo Savona, and Morgan Gibbs-White sealed a comprehensive victory for the visitors and left Liverpool under further pressure ahead of a tough run of upcoming matches. After a competitive opening half-hour, Liverpool lost control of the game following the first goal. Slot said the team started well but could not sustain their performance after conceding, and he accepted full responsibility for the outcome. "Another big disappointment," Slot told reporters. "We started off quite well for the first half an hour. We conceded the 1-0, and we weren't able to play the way we did in the first half hour."

"If things go well or things go bad, it's my responsibility. We weren't able to create

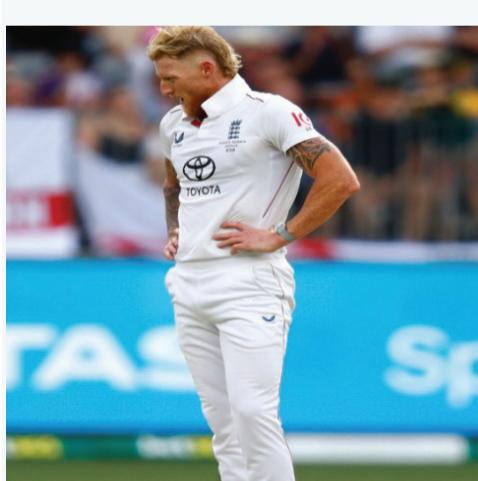


enough. I tried to adjust a few things, but it didn't work out. We were unable to score a goal," Murillo opened the scoring for Nottingham Forest, taking advantage of Liverpool's defensive vulnerabilities. The visitors maintained composure and organisation, restricting Liverpool's attacking options. Nicolo Savona then doubled the lead immediately after half. Of course, it was damaging. It was already hard to be 1-0 against a team blocking everything," said Slot. The early second-half goal triggered a collapse for Liverpool, exposing gaps in their defensive structure and leading to increased frustration among home supporters. Morgan Gibbs-White added Forest's third to compound Liverpool's problems.

### Impossible to take England seriously: Boycott calls out stupid mistakes in Perth loss

New Delhi. (Agency)

England's heavy defeat in the first Ashes Test in Perth has sparked strong criticism from former captain Geoffrey Boycott, who accused the team of repeating the same "stupid mistakes" and questioned their mindset after yet another self-inflicted collapse. His comments came just days after Ben Stokes had dismissed criticism from former England players, branding them "has-beens" and insisting that the modern



game had moved on. Boycott, however, made it clear that experience still matters, particularly when basic, avoidable errors continue to cost England crucial matches.

From this has-been the message is simple: when you keep throwing away Test matches by doing the same stupid things it is impossible to take you seriously," Boycott wrote in his column. Despite England bowling well in patches and securing a valuable 40-run first-innings lead on a fast, bouncy Perth surface, their batting once again proved their undoing. At around 100 for 1, with Ben Duckett and Ollie Pope looking in command, England appeared well-placed to take the game away from Australia. Instead, another familiar collapse followed. Duckett got a good ball but Pope gave it away for the second time in this match, driving at a very wide ball outside off stump. How can he not realise it is a sucker ball tempting him to do something daft?" Boycott questioned. Harry Brook lasted just three balls before flashing at another wide delivery and getting out for a duck, while Joe Root fell trying to force an extravagant drive against Mitchell Starc.

**The opening Ashes Test in Perth wrapped up inside two days after a flurry of rapid scoring and aggressive play, leaving Cricket Australia staring at an estimated loss of more than \$3 million in ticket revenue.**

New Delhi. (Agency)

Cricket Australia is facing an unexpected financial setback after the first Ashes Test in Perth ended inside two days, costing the board more than \$3 million in ticket sales planned for days three and four. The match wrapped up late on day two, driven by standout performances—including a Travis Head century—and England's aggressive approach, leaving the governing body with significant revenue concerns. The early



finish meant thousands of fans who had bought tickets for the remaining days missed out, despite a record 101,514 spectators across the first two days—51,531 on Friday and 49,983 on Saturday. Head called it "an amazing two days" but added, "Feel sorry for the people who can't come tomorrow. I think it was a full house again," he told the Seven Network after the match. The financial

impact goes well beyond ticket revenue. Cricket Australia chief executive Todd Greenberg acknowledged the wide-ranging implications, saying on SEN, "It's difficult for a number of different groups. Our broadcasters first of all. Certainly us, on ticket sales and our partners and sponsors. There's a big economic impact on this series." Under Cricket Australia's refund

policy, spectators holding single-day tickets for days that will not be played are entitled to full refunds. While this offers some relief to fans, it adds to the estimated multi-million-dollar loss from the shortened Test. The setback comes soon after Cricket Australia reported an \$11.3 million loss at its annual general meeting, a figure criticised by Cricket Victoria chair Ross Hepburn. That loss came despite a summer that included a five-Test tour from India, underscoring the organisation's broader revenue challenges. Cricket Australia's chair Mike Baird placed the recent financial results in context, noting that separating white-ball and Test matches across different financial years had affected the numbers. "In a normal scheduling, you'd have the white-ball cricket as part of that tour, but that's being played in this financial year," Baird said in October. "If they were in the same financial year, you would have seen a different position." Despite the setback, Cricket Australia remains upbeat. "We're in a position where it's a significant uplift, an over \$20m improvement," Baird said. "Hang on to your hats because next year we are going to have a record year in cricket."

### How Kevin Pietersen's IPL rise sparked friction within the England team

GUWAHATI. (Agency)

Legendary England cricketer Kevin Pietersen enjoyed both an entertaining and controversial international career. Since making his debut in 2005, the swashbuckling batter revolutionised England's batting with his flamboyant strokeplay and fearless approach. Pietersen quickly earned widespread praise for his ability to dominate some of the world's best bowlers. His rise reached a defining peak during the 2005 Ashes, where he played a pivotal role in helping England secure a historic series victory over Australia. His sensational 158 at The Oval—featuring audacious strokes against Glenn McGrath, Brett Lee and Shane Warne—has since become one of English cricket's most iconic innings. Pietersen's scintillating batting also made him one of the most sought-after overseas players in the Indian Premier League (IPL). After England



throughout the season, found himself well-marshalled by the Newcastle backline, with Nick Pope making crucial interventions to keep the score level. The breakthrough came just after the hour mark, when Harvey Barnes fired in a low finish to put Newcastle

James' Park erupted as Barnes celebrated his brace, and Newcastle's energy visibly increased as they pushed to maintain their advantage against the reigning champions. With this result, Arsenal now have the advantage with them playing Tottenham Hotspur in the North London derby on Sunday.

#### LIVERPOOL HUMBLED AGAIN

At Anfield, Nottingham Forest delivered a significant result by defeating Liverpool 3-0, achieving their first back-to-back league wins at the ground in 62 years. Forest broke the deadlock in the 33rd minute when Murillo finished after a Liverpool defensive lapse at a corner. Seconds into the second half, Nicolo Savona doubled the lead, converting a cut-back from Neco Williams. Morgan Gibbs-White completed the scoring by netting from a rebound after Alisson's save in the 78th minute. Forest's pressing and clinical finishing exposed Liverpool's defensive frailties, and the visitors looked confident throughout, controlling key moments and capitalising on Liverpool's mistakes.



ahead. Manchester City equalised five minutes later through Ruben Dias, whose deflected shot found the net. However, Newcastle responded rapidly, with Barnes scoring again after reacting first to Bruno Guimaraes' header hitting the bar, restoring the lead for the home side. The crowd at St

James' Park erupted as Barnes celebrated his brace, and Newcastle's energy visibly increased as they pushed to maintain their advantage against the reigning champions. With this result, Arsenal now have the advantage with them playing Tottenham Hotspur in the North London derby on Sunday.

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### Max Verstappen wins Las Vegas Grand Prix, Lando Norris closes on F1 crown

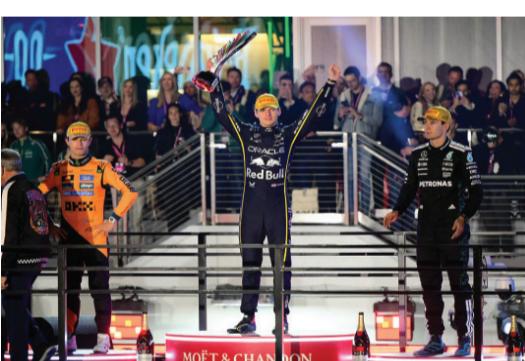
New Delhi. (Agency)

Formula One world champion Max Verstappen produced a masterful drive to win the Las Vegas Grand Prix on Saturday as McLaren's Lando Norris finished second to edge closer to a maiden drivers' title.

Red Bull ace Verstappen pounced on a slip by pole-sitter Norris on the first turn of Sin City's street circuit to grab the lead and controlled the race thereafter to claim the 69th Grand Prix win of his career, finishing more than 20 seconds clear. Britain's Norris tightened his grip on the season standings, with his second place leaving him on 408 points with two races remaining, 30 clear of team-mate Oscar Piastri, who finished fourth. Mercedes' George Russell was third.

After the drama of Friday's qualifying, when heavy rain made for a treacherous surface that Verstappen likened to driving on ice,

Saturday's 50-lap race under the glittering lights of Las Vegas got under way in cool,



dry conditions. Verstappen, who could mathematically still win a fifth consecutive title after a result that leaves him 42 points behind Norris with two races remaining, was quick to exploit the improved weather.

Norris, who had arrived in Vegas fresh from back-to-back wins in Mexico and Sao Paulo, attempted an aggressive move to block Verstappen right from the start. The move backfired and Norris ran off the track and allowed Verstappen to grab first place. Norris dropped back to third after he was passed by Russell into second. Norris

"Too punchy" "I made the mistake into turn one," Norris said. "You know you've got to be punchy into turn one, but I was just a bit too punchy and that cost me. But second is still a good result, good points. It's not like I'm too disappointed. I went for it, I let Max have a win, let him go and have a nice race."

I wanted to put on a show right, that's why we're here in Vegas. It was not my best performance. But when a guy wins by 20 seconds it's because he's done a good job out there."

players were barred from the inaugural season in 2008, he was snapped up by Royal Challengers Bengaluru in 2009 for what was then the highest fee of USD 1.5 million.

Following two seasons with RCB, during which he also captained the side in a few matches in 2009, Pietersen moved to the now-defunct Deccan Chargers in 2011 for USD 650,000. However, a double hernia injury ruled him out of the season. He was then transferred to the Delhi Daredevils (now Delhi Capitals) in 2012, where he was once again highly valued, fetching Rs 12.5 crore at the auction. As Pietersen's stock continued to rise, his lucrative IPL deals reportedly sparked envy within the England dressing room. He detailed the incident in his autobiography, 'KP: The Autobiography' (Little, Brown Book Group) revealing how he confronted then head coach Andy Flower about the resentment brewing among some teammates. "I asked some questions in return."

### England would be amateurish not to play pink-ball warm-up after Perth loss: Vaughan

SEVILLE. (Agency)

Former England captain Michael Vaughan has delivered a stinging assessment of England's Ashes preparation, urging Ben Stokes' side to schedule a pink-ball warm-up match after their bruising two-day defeat to Australia in Perth. With Australia leading the five-match series 1-0 and the second Test, a day-night fixture, set to begin in Brisbane on December 4, Vaughan's remarks come amid growing scrutiny of England's readiness for conditions in which Australia excel. England's loss in Perth was both swift and damaging. After enjoying a position of control at lunch on day two, England imploded to 164 all out in their second innings, leaving Australia to canter to an eight-wicket win. Travis Head's whirlwind century sealed the result and exposed glaring gaps in England's composure and adaptability heading into the next Test.

Those concerns have only deepened given Australia's formidable pink-ball record. They have won 13 of their 14 day-night Tests, including all three previous encounters against England. Despite that, England's only fixture before Brisbane is a match against a Prime Minister's XI on November 29, and even that will not involve the Test squad. The England Lions development side will take the field instead, leaving Stokes' main group with no competitive pink-ball practice. Vaughan, speaking to Test Match Special, was blunt in his criticism of this approach. "It's amateurish if England don't go out and practise between now and then," he said, questioning why the team would risk entering a crucial day-night Test underprepared. He stressed that even a brief, focused session under lights could have

tangible benefits. "What harm is it playing two days of cricket with the pink ball under lights? I can't be so old school to suggest that by playing cricket they might get a little



bit better," Vaughan said, arguing that match exposure remains irreplaceable ahead of such a specialist contest.

Offering his own blueprint, Vaughan urged

England to be proactive. "My method would be, you've got a pink-ball two-day game. You go and grab it, go and take it, play those two days and give yourself the best chance." In his view, this is the only way England can genuinely prepare for what awaits in Brisbane. The fallout from Perth has already prompted introspection within the camp. Ben Stokes admitted his side were shell-shocked by the speed of the collapse, while former captain Nasser Hussain said England must respond with resilience. "They have to go into their bunker and dig deep. The one thing about this England side is that they do bounce back under Stokes and coach Brendon McCullum. They drew the last Ashes series in England from 2-0 down," Hussain told Sky Sports.

## New Labour Reforms Will Transform Workers' Lives: NFITU

### New Delhi.(Agency)

Dr. Deepak Kumar Jaiswal, National Convenor of CONSENT and National President of the National Front of Indian Trade Unions (NFITU), on Saturday welcomed the Prime Minister Narendra Modi government's new labour codes, calling them a landmark step toward ensuring dignity, safety and speaking to IANS, he said the reforms reflect Prime Minister Narendra Modi's commitment to strengthening worker justice and modernising India's labour ecosystem in line with global standards. Dr. Jaiswal praised the provision of time-bound minimum wages, describing it as a historic initiative that will directly curb exploitation and bring long-overdue stability to labour. "The recent discussions with Union Minister Mansukh Mandaviya further reinforced the government's intention to deliver reforms that genuinely benefit workers," Dr. Jaiswal mentioned. He added that the new laws will bring visible improvements to the lives of millions of labourers. "Fair wages for India's workforce. Highlighting the focus on women in the workforce, Dr. Jaiswal applauded the rules ensuring equal pay and eliminating gender discrimination, as well as provisions for safer workplaces. He said women constitute half of the population and are increasingly part of the labour force, and the government has addressed their concerns with seriousness and sensitivity. He also lauded the decision to extend social security coverage to more than 40 crore workers, calling it a major step that demonstrates the Prime Minister's commitment to providing protection and respect to every Indian worker.

With 14 major organisations associated with NFITU, he said extensive consultations took place before the reforms were finalised, ensuring that workers' voices were adequately represented. On the introduction of double wages for overtime and free health check-ups for workers above 40 years of age, Dr. Jaiswal said these measures clearly show that the Modi government places the dignity and quality of life of workers at the forefront.

## India becomes fastest growing economy post Covid pandemic, leaves behind US, China

### CHENNAI.(Agency)

Harvard University professor Jason Furman has described India as the fastest growing economy in the world. He backed his claim through data. According to him, after the Coronavirus pandemic, India has left behind economic superpowers like America, China and Russia. Jason shared a graph on 'X' which shows India's economic performance, compared to US, China and Europe and Russia. He wrote in his post about how the world's major economies are performing now compared to before the Coronavirus pandemic. He posted a graph that compares GDP as a percentage of pre-pandemic trends for the US, Euro area, China, Russia and India from the third quarter of 2019 to 2025. According to this graph, India's GDP is projected to rise and reach +5% by mid-2025 and emerge as the only major economy to grow over the long term.

Pandemic induced recession and uneven recovery. According to the professor, all 5 economies went into negative territory in 2020. The Euro zone experienced the steepest declines, up to 25%, followed by China at 10%, the US at 5%, India at 5% and Russia at nearly 8%. However, their recoveries since then have varied considerably. The US bounced back quickly, supported by aggressive fiscal interventions such as the American Rescue Plan. Furman previously credited these measures with helping the US grow by approximately +2% above trend by 2025. Yet, even this performance pales in comparison to India's extraordinary progress.

## Bitcoin crash: Price tumbles near \$80,000; corporate crypto holdings hit hard

### New Delhi.(Agency)

Bitcoin fell sharply on Friday, closing at \$80,553, while ether also hit a four-month low, as cryptocurrencies led a sell-off in riskier assets. Analysts warned that dropping below \$80,000 could bring even bigger losses for the world's largest digital currency. The decline comes amid investor concerns about expensive tech stocks and uncertainty over near-term US interest rate decisions. Cryptocurrencies, often seen as a measure of market risk appetite, have reflected weak sentiment in the markets, with AI-focused stocks falling and volatility rising. Bitcoin has lost 12% in the past week, wiping out its gains for the year, and ether is down nearly 19% so far in 2025. The drop comes after a strong rally earlier this year that pushed bitcoin above \$120,000 in October, helped by favorable global regulations for crypto. Analysts said the market remains sensitive after last month's record single-day liquidation of more than \$19 billion in positions. "If it's telling a story about risk sentiment as a whole, then things could start to get really, really ugly, and that's the concern now," said Tony Sycamore, market analyst at IG, as quoted by Reuters. The fall also puts pressure on crypto treasury companies, which hold large amounts of bitcoin and other cryptocurrencies on their balance sheets. Standard Chartered said a drop below \$90,000 could leave around half of these holdings "underwater," meaning the assets are worth less than what was paid. Some firms may need to raise funds or sell part of their holdings, which could push prices lower. Listed companies hold about 4% of all bitcoin and 3.1% of ether, according to Standard Chartered. Citi analyst Alex Saunders noted that \$80,000 is an important level, around the average price that bitcoin is held at in exchange-traded funds. Market tracker CoinGecko said the total value of all cryptocurrencies has fallen by roughly \$1.2 trillion in the last six weeks.

## Pay low EMIs and your tenure stretches, increasing your interest costs. Pay higher EMIs, and you could save years and lakhs on the total interest you pay.

### New Delhi.(Agency)

Buying a home in India is a lifetime dream and investment and, for most of us, it requires financing. How you manage the loan can make a world of difference. Pay low EMIs and your tenure stretches, increasing your interest costs. Pay higher EMIs, and you could save years and lakhs on the total interest you pay. For instance, consider a loan of Rs 85 lakh at 8% interest for 20 years. Your EMI would be Rs 70,043, with total interest of about Rs

83.10 lakh. Stretch it over 15 years instead and your EMIs rises to Rs 80,252, but the total interest drops to Rs 60 lakh, reducing your total repayment to around Rs 1.45 crore. Just an extra Rs 10,209 a month cuts five years off your tenure and saves nearly Rs 23.10 lakh in interest. Smart EMI planning isn't about paying a loan, it is about freeing up your finances for life's other goals – from vacations to investments. Here's how you can optimise your home loan and save big:

### PAY HIGHER DOWN PAYMENT

A larger down payment right at the beginning can reduce the amount we need to borrow. Repaying a smaller loan principal amount is more manageable and reduces the risk of financial burden. Also, since interest is calculated on the outstanding loan balance, borrowing less means paying less in interest throughout the loan's term.

### MULTIPLYING EMI ANNUALLY

As your salary increases over time or you receive an annual bonus, you can consider

increasing your EMI. Doing so will help reduce your interest outgo and loan tenure. For instance, a home loan of Rs 59.65 lakh at 8% interest over 20 years would have an EMI of around Rs 49,894,



totalling roughly Rs 1.20 crore in repayment.

By increasing your EMI to Rs 59,894, you could finish the loan in roughly 14 years and save nearly Rs 21 lakh in interest.

### REFINANCING THE LOAN

Refinancing outstanding home loans can reduce your overall repayment amount.

Continuing with our previous loan example, your total loan commitment stands at around Rs 1.20 crore.

But if you get the same loan at 7.8%, your EMI will come down to Rs 49,154 (instead of 49,894), and the loan repayment will be slightly over Rs 1.17 crore.

### LEVERAGE WINDFALL GAINS

Use monetary windfalls like annual bonuses, investment returns or matured fixed-deposits to make partial or full prepayments. This can substantially reduce your financial burden. Always remember to check your lender's prepayment policies first to avoid penalties or hidden charges.

### BE CAUTIOUS OF TENURE EXTENSIONS

Extending your loan tenure may relieve high EMIs in the short term, but it can increase total interest cost and push the repayment closer to retirement, when savings are crucial.

## New labour codes: 10 key changes every employee should know

Whether someone works full-time, on a contract, or in sector-specific roles like media, plantations or factories, the new framework affects nearly everyone. Here are the key updates workers should be aware of, along with several other important changes that haven't received enough attention.

### New Delhi. (Agency)

India's new labour codes are finally in force, replacing a patchwork of older laws with one clearer set of rules. These changes affect everyday basics like wages, leave, working hours and workplace security. Whether someone works full-time, on a contract, or in sector-specific roles like media, plantations or factories, the new framework affects nearly everyone. Here are the key updates workers should be aware of, along with several other important changes that haven't received enough attention.

### GRATUITY AFTER A YEAR FOR FIXED-TERM EMPLOYEES

A uniform definition of wages now applies across all labour laws, reshaping how benefits are calculated. One of the biggest shifts is **gratuity**. Fixed-term employees—workers hired on time-bound contracts commonly seen in IT, manufacturing, media, logistics and services—can now qualify after just one year of service instead of five.

Kartik Narayan, CEO of Apna's Jobs Marketplace, says this formal recognition "gives employers hiring flexibility while ensuring workers are not left without basic protection."

**PAID LEAVE BECOMES EASIER TO QUALIFY FOR**  
Employees now need 180 days of work in a year to qualify for annual paid leave. Earlier, the threshold was 240 days. The lower requirement helps workers in seasonal or shift-heavy roles who couldn't previously meet the longer eligibility period.

### CLEARER WORKING HOURS AND BETTER OVERTIME PAY

The eight-hour workday and forty-eight-hour workweek remain, but governments now have more flexibility to structure the weekly schedule — whether four long days, five medium days or six standard days. Overtime must be voluntary and paid at twice the normal rate, and states can now allow higher overtime limits than before.

Narayan says this framework "balances flexibility for employers with safety and predictability for workers."

### APPOINTMENT LETTERS NOW MANDATORY

Every worker must receive a written appointment letter spelling out wages, duties, working hours, and entitlements. This ends the ambiguity many workers, especially in services, trades, and media, have.

**MINIMUM WAGES EXTEND TO ALL SECTORS**  
Minimum wages will now apply across the board, not just in scheduled industries. The Centre will set a national floor wage, and no state can fix wages below it.

## Q2 GDP Data, Global Signals To Drive Domestic Indices This Week

### New Delhi. (Agency)

The second quarter (Q2) GDP data, foreign institutional investors' (FIIs) movement and global cues are projected to drive the Indian stock market sentiment this week. According to analysts, investors will have a close eye on trade developments and economic data like IIP and Q2 FY26 GDP data. "With macro signals turning mixed and global cues offering limited clarity, a balanced approach is advisable. Investors may prioritise sectors with visible earnings traction and renewed interest—such as banking, auto, IT, and consumption—while remaining selective in other pockets," said Ajit Mishra of Religare Broking Ltd. Traders should exercise caution around expiry and key macro releases, using a buy-on-dips strategy only near established support levels, he added. Nifty gave a decisive close above the 26,000 resistance, demonstrating sustained strength and buyers' willingness to defend higher levels. "The index continues to trade above its key moving averages—the 20-day,



50-day, and 200-day EMAs—further confirming a broader bullish undertone. As long as it remains above these levels, market sentiment is expected to stay constructive and upward-biased," according to Amruta Shinde of Choice Broking.

Domestic equity indices edged 0.68 and 0.50 per cent higher last week to close at 26,068 and 85,231, respectively. The upward momentum was supported by stronger second-quarter (Q2) earnings, easing inflation and optimism around the India-US trade negotiations.

Broader indices underperformed, with the Nifty Midcap100 and Smallcap100 ending the week down 0.76 per cent and 2.2 per cent, respectively. Though IT stocks faced selling pressure due to weakness in the US tech shares, it was the biggest weekly gainer. Nifty Auto and Services followed as the sectoral gainers during the week.

"The market may witness some profit booking in the near term if the pressure on the Indian rupee persists. In the week ahead, investors will also have a close vigil on trade developments and economic data like IIP and Q2 FY26 GDP data to get the market direction," said analysts.

## Applying Aadhaar For Your Baby? Follow These Simple Online Step-by-Step Guide

### Kolkata . (Agency)

Aadhaar is a crucial identity document in India. It is a 12-digit unique ID number issued by the UIDAI (Unique Identification Authority of India) that serves as valid proof of both identity and address. While adults provide biometric details for Aadhaar, the system also supports young children through Baal Aadhaar, a special Aadhaar version for newborns and kids. It carries essential details like the child's name, photo, date of birth, and gender, and is linked to the Aadhaar of one parent without requiring fingerprints or iris scans, since biometrics for infants are many essential identity documents including a passport now require Aadhaar for verification and linking. So, if you're

planning to travel abroad with your newborn or simply want to ensure smooth access to services in the future,



to easily get your baby's Aadhaar for kids below 5 Online Method (Appointment Booking)

- Visit the UIDAI website. Go to: My Aadhaar → Book an Appointment. Select your city, enter mobile number, and verify with OTP. Choose a date and time to visit your nearest Aadhaar Seva Kendra or enrolment centre. Book the appointment.
- The parent/guardian must give biometric verification and show their Aadhaar.
- Submit the child's birth/certificate documents and the Aadhaar application form. Aadhaar card made available developing.

getting a Baal Aadhaar becomes very important. But don't worry as the process is simple! Below, we've listed all the steps and documents you'll need

to easily get your baby's Aadhaar for kids below 5 Online Method (Appointment Booking)

### MENTAL CAPACITY

Courts need clear evidence before striking down a will. Gaggar noted, "Under Section 59 of the Indian Succession Act, only a person of 'sound mind' is recognised as capable of making a will." She added, "To prove such lack of testamentary capacity or undue influence, evidence such as medical records showing cognitive impairment, witness testimonies about the testator's mental state, and documentation of suspicious circumstances is required to be presented before the court." Interestingly, courts do not insist on medical proof alone.

Gaggar pointed out, "The Supreme Court has held that determination of capacity need not be established solely through medical evidence; it can also be proven by showing that the testator's actions were not in line with their usual behaviour."

### IF YOU ARE LEFT OUT OF A WILL, DO YOU STILL HAVE A CLAIM?

Gaggar explained this very clearly. She said, "A testator has the right to distribute their self-acquired property as they wish, even if it means excluding their next-in-line or Class I heirs from their estate."

## Whether it is a sudden change in beneficiaries, unequal division of property, or doubts about the person's mental state when the will was written, such situations often create confusion, anger, and emotional stress.

### New Delhi.(Agency)

Families break apart not only after a person's death, but at times because of what is written in their will. Whether it is a sudden change in beneficiaries, unequal division of property, or doubts about the person's mental state when the will was written, such situations often create confusion, anger, and emotional stress.



Her advice is simple: "It's important to act promptly and gather evidence to substantiate claims and consult a legal professional to assess the way forward."

### LEGAL GROUNDS TO CHALLENGE A WILL IN INDIA

Gaggar outlined the specific legal grounds clearly and stressed that a challenge must fit into one of them. She said, "Primarily, a will can be challenged on grounds of lacking formal validity (improper execution, absence of 2 witnesses, for instance); lack of testamentary capacity – testator did not possess a 'sound mind'; fraud or undue influence or coercion, preventing the testator from exercising 'free will'." HOW TO PROVE PRESSURE, FRAUD OR LACK OF

## Feel cheated by a family will Know your legal rights

prevents families from falling into deeper disputes. In this part of the will series, legal experts break down what families should do if they suspect foul play, what the law considers "valid grounds" to challenge a will, and what happens if a court finally declares it invalid. WHAT SHOULD YOU DO IF YOU SUSPECT A WILL IS UNFAIR Radhika Gaggar, Partner (Co-Head – Private Client), Cyril Amarchand Mangaldas, said that the first reaction should not be to panic but to understand that unfairness alone is not a legal ground. She said, "Each individual is free to dispose of owned property in the manner they desire. India recognises testamentary freedom (with few exceptions under personal law). Whether such dispositions are considered 'unfair' may not be relevant."

However, she clarified that you can act if there are signs of wrongdoing. Gaggar explained, "Someone who has an interest in the deceased's estate may challenge the validity of the will if they believe that the will is made in suspicious circumstances – such as unclear signatures, missing witnesses, unreliable statements or dispositions that appear unnatural and need to be examined as being indicative of foul play."

# Jasmin Bhasin's

## Life Is All About Fashion, Friends And Fun Lately



Jasmin Bhasin is frequently praised for her fashion sense and admirers appreciate her ability to easily transition between casual and conventional ensembles. Recently, the actress shared a photo dump of how her life has been lately and admirers cannot get over some stunning Brown dress look. Jasmin posed in a short brown dress with a halter neck design and subtle golden accessories. In the following pictures, the actress was also seen partying with some friends. Jasmin also shared glimpses of Bharti Singh's baby shower.

### Jasmin Bhasin's Kind Gesture

Jasmin Bhasin is one of those rare celebrities that not only lights up the screen but also captivates audiences with her grounded and pleasant demeanour. Some time back, Jasmin demonstrated that kindness and elegance can coexist. The actress was photographed in the city last dressed casually but chicly in a classic white tee and blue denim pants. Before entering her car, Jasmin observed a man with a disability and surreptitiously offered him money. The encounter, however brief, said much about her sympathetic side. Meanwhile, the paparazzi seized every opportunity to photograph her as she immediately posed for a few shots, greeting the photographers with her usual warmth and radiant grin.

### Jasmin Bhasin's Career So Far

Jasmin Bhasin's acting career began in 2011 with the Tamil film Vaanam. She then acted in a few Malayali and Telugu films before making her television debut in Zee TV's iconic love drama Tashan-e-Ishq. Jasmin Bhasin, who most recently appeared in Karan Johar's The Traitors, has worked on several successful television dramas, including Dil Se Dil Tak, Dil Toh Happy Hai Ji, and Naagin 4. Aside from Bigg Boss, Jasmin has also been in the action reality show Fear Factor: Khatron Ke Khiladi – Made in India. She made her Punjabi film debut in 2022 with the film Honeymoon, co-starring Gippy Grewal.

# Yami Gautam

## Lauds Aditya Dhar's Dhurandhar And Team: 'The Madness Is Real'

Yami Gautam has been vocal about her excitement for her husband Aditya Dhar's upcoming film, Dhurandhar, which is set to release this December. Ever since the trailer dropped, Yami has taken to social media to express her admiration for the film and the team behind it. Sharing the trailer on her official Instagram account, Yami congratulated the entire cast and crew while enthusiastically sharing her personal reaction.

She wrote: "Have watched it over countless times & still can't get over it! That's how you do it! The madness is real... the hype is real... May you fly highest #DHURANDHAR !!!"

Yami Gautam Applauds Aditya Dhar and the Ensemble Cast In her post, Yami showered praise on her husband Aditya Dhar and the film's team, highlighting the ensemble cast and production crew. She added, "And this monstrous team of insanely talented people Ranveer Singh, Sanjay Dutt, R. Madhavan, Arjun Rampal, Akshay Khanna, Vikash Nowlakha, Biswadeep Chatterjee & warm welcome to the lovely Sara Arjun, Mukesh Chhabra, Preetisheel Singh, Smriti Chauhan, Vijay Ganguly, B62 studios, Jio Studios & entire

team."The post received warm responses, including a heart from Sara Arjun and Jio Studios commenting: "It's Insane! It's Incredible. They are Invincible."

This isn't the first time Yami has spoken about Dhurandhar. In an interview with The Hollywood Reporter India, she opened up about her emotional connection to the script. Yami said, "I really believe that Dhurandhar will be one of your last multi-starrers. And whatever I watched of the film, whatever I knew and read of the film, it moved me right from Day 1. I had read a couple of scenes and we were still shooting for Article 370. And Aditya said, 'I have written something, would you like to read?' I said yeah sure. And by the time he was back, I was so moved. I had tears in my eyes. He says 'what happened, are you okay?' She added that the film's strong narrative and impactful script will leave a lasting impression on audiences. Dhurandhar's Stellar Ensemble Cast and Production Team Dhurandhar boasts a remarkable ensemble, led by Ranveer Singh and featuring Sanjay Dutt, Akshay Khanna, R. Madhavan and Arjun Rampal.



Shahid Kapoor Breaks Into A Little Dance Post Workout, Fans Call Him 'GOAT'



Shahid Kapoor's fitness has always impressed fans, and the actor has maintained his toned physique over the years in Bollywood. He recently took to Instagram to share a fitness video, giving fans a glimpse of his intense gym session. Fans got an extra treat when, after his workout, Shahid also broke into a little dance. In the video he posted, Shahid can be seen lifting dumbbells while wearing a white vest and shorts, paired with a cap. After completing his sets, the Jab We Met actor broke into a short, groovy dance as well. He captioned the video, "Chasing the pump with my boy @bodyholics back to it like old times."

Besides this, Tanya, who is also a qualified architect, runs a business. Reportedly, she was just 19 when she launched her brand, Handmade Love by Tanya, which offers handbags, sarees, and other lifestyle accessories.

### Fans Call Shahid 'GOAT'

The comment section of Shahid's post was filled with appreciation for the Haider actor. A comment on the post read, "GOAT." Another user added, "Ustaad." Someone wrote, "The OG chocolate boy." An individual remarked, "Come on Shahid go for it you can do it oooohhh!!!" A user requested Shahid, "Please post a couple workout with Mira Kapoor too." Shahid's post motivated a fan, who wrote, "Broo! And me scrolling with a bag of chips. Yeah I am gonna start working out for real, by the way that was 8 months ago." An individual added, "Shahid is back, old version." A user also advised the actor to take some rest between sets in the comment section.

### Shahid's Selfie Game Is Strong

Shahid is quite active on Instagram. In a recent post, he shared a carousel featuring a series of selfies. Some were taken at the gym, others were mirror selfies, and a few were candid shots. No matter the style, he looked effortlessly handsome in all of them.

Fans obviously went gaga over Shahid's post and filled the comment section with praises. A user wrote, "Oh my god what pictures!" Another added, "Thank you for these pics." An individual commented, "Shahid is looking really dapper. I think he's ageing in reverse." The post garnered over three lakh likes on the social media platform.

## He's My Answered Prayer': Priyanka Chopra's Takes Pride In Being Nick Jonas' Wife



Global star Priyanka Chopra subtly attracted attention by reposting an Instagram Story this weekend that encapsulated her feelings for husband Nick Jonas. The post, originally shared by an account featuring relationship-quotes, stated: "I will always be my husband's girl... He's not merely my partner. He's my answered prayer."

The actress effectively embraced the concept and invited fans to join her by reposting it. Currently, Priyanka Chopra is one of the top actors in the entertainment industry.

Her Bollywood performances have won over millions of hearts, and she's currently causing a stir in Hollywood as well. The actress is constantly active on social media, sharing posts from her frequent visits to India to film her next project to her touching moments with daughter Malti Marie Chopra Jonas.

### Nick Jonas is Priyanka Chopra's "Answered Prayer"

Priyanka views her relationship with Nick as an alliance based on mutual support rather than merely as a celebrity pair, as seen by her caption-free repost. Her willingness to accept the moniker "husband's girl" shows that she is at ease in her position rather than being subservient; she presents it as something "precious" rather than "simple."

The post by Moms Quotes Inspire that caught Priyanka's eye reads: "I will always be my husband's girl. Not because it's simple, but because it's precious."

God knew I required someone patient enough to comprehend me, strong enough to bear what I cannot express, and gentle enough to love me through every tempest. He's not merely my partner. He's my answered prayer."

Nick Jonas, on the other hand, has also shown affection for his wife in public. During Priyanka's recent title release for her upcoming movie, SS Rajamouli's 'Varanasi,' he posted pictures of her with the phrase "My Desi Girl," a light-hearted and loving reference to her Indian heritage and his prominent support. Priyanka previously shared a post on Instagram that highlighted fun memories from their latest family vacation to the Disney Park in Orlando. In one picture, Priyanka and Nick were the epitome of a couple, but in every other picture, Malti Marie was the focus.



# How to master Self-discipline

and be successful, as per psychology

## Effective ways to master discipline

Ever find yourself saying, "I'll start that tomorrow"? We've all been there, stuck in procrastination. But here's the good news: Discipline isn't just something you're born with; it's a skill you can develop. If you want to get more done, eat better, or achieve your goals, building discipline can help you get there. Here are five easy tips from psychology to help you strengthen your discipline and reach your

potential.

### Set clear goals

Clear goals offer purpose and direction. They give you something actual and solid to aim for, which is a great way to boost motivation. Write down the particular goals you want to achieve. Break them down into smaller and doable steps. For instance, say 'I will exercise for 30 minutes, three times a week', instead of saying 'I want to be fit.'

### Develop routines

By developing routines, you get a sense of pattern, and a sense of habit formation, making it easier to follow your routines and stick to your plans without having to think about them constantly. Simply figure out the major activities you want to add to your day; it can be anything from exercising and reading to work tasks, and then, set specific times for them.

### Practice self-evaluation

Practicing self-evaluation means

tracking your progress. It increases responsibility and transparency while also helping you identify and get an understanding of the patterns in your behaviour. To keep track of your progress, you can keep a simple journal where you note your daily activities related to your goals.

### Use positive reinforcement

Positive reinforcement is another great method to master discipline. Rewards create a positive correlation with disciplined and consistent behaviour, making it more likely you'll repeat those behaviours. After reaching a small achievement, treat yourself to something you like. Not necessarily something expensive, it can be as simple as your favourite snack, a day off, or enjoying your favourite movie.

### Foster mindfulness

Mindfulness helps you pay attention to your thoughts and feelings so you can make better choices instead of acting on impulse. Start by taking just a few minutes each day to focus on your breath or notice your thoughts without judging them. Over time, this can help you notice what tempts you and give you the strength to say no.

# 5 Creative activities to spark joy and reduce Stress



In this busy day-to-day lifestyle, we are all stressed out because of our future, workload, responsibilities, and duties. It becomes difficult to take a breath. As students, adults, or parents, we are constantly worried about what is ahead of us rather than facing what's in front of us. Stress is a part of our lives, and it will never go away. So rather than fixating on what's going to happen next, let's focus on the present. Here we list some creative activities to spark joy and reduce stress.

1. Photography: Every hobby and passion has love and true intentions behind it. Photography is a great skill; it

makes you look different from others; it gives you light and stories to cover. It can help reduce stress and draw your attention to joy and happiness.

2. Journaling: Journaling works for many people. Once you start journaling, you start understanding your thoughts, emotions, and views better which helps you accepting life. 3. Watch a movie: Entertainment can help you relax and give you a break from this harsh reality. Watching a movie can help you forget stress for sometime, and enjoy the moment. It can make you feel completely lost in the story, plot, and characters. 4. Gardening: Gardening can be a

therapeutic experience for some people. if a person surrounds themselves with plants and flowers, it can give them happiness and satisfaction. It helps them become distracted and stop worrying about the stressful situation. Such creative activities can help heal a person.

5. DIY something: Creating new and exciting art can be a thrilling and therapeutic experience for many people. Decorating your phone case or your room can be calming and rewarding. It's a great way to enhance mindfulness and patience.

