

Ayodhya gears up for Ram temple flag-hoisting ceremony led by PM Modi

Prior to flag hoisting, Narendra Modi will visit the Saptamandir and also offer his prayers to the idol of Ram Lalla at the main sanctum.

New Delhi.(Agency)

Ayodhya gears up with the final round of preparations ahead of the grand 'Dharam Dhwaj' ceremony tomorrow. On November 25, Prime Minister Narendra Modi will visit Ayodhya and will hoist the saffron flag on the top of the Ram Temple, marking the completion of the temple. He will be accompanied by Uttar Pradesh Chief Minister Yogi Adityanath and Rashtriya Swayamsevak Sangh chief Mohan Bhagwat.

Crowds are flocking in large numbers to witness the gala event. As reported by the news agency ANI, people from various corners across the country have come to Ayodhya. The city, as well as the temple, has been decorated with 100K flowers.

PM TO HOIST FLAG AT 12 NOON

The Prime Minister will hoist the flag at 12 pm tomorrow. Before that, he will visit the Saptamandir at 10 am. The saptamandir houses temples related to Maharsi Vashishtha, Maharsi Vishwamitra, Maharsi Agastya, Maharsi Valmiki, Devi

Ahilya, Nishadraj Guha and Mata Shabari. This will be followed by a visit to Sheshavtar Mandir. An hour later, PM Modi will also visit the Mata Annapurna Mandir and will offer prayers at the



Ram Darbar Garbh Grah. He will also offer his prayers to the idol of Lord Rama, and after all this, he will hoist the triangular flag on the top.

A LEAP FORWARD

The Uttar Pradesh government believes that the flag hoisting will mark the beginning of a new era, and

Ayodhya will make a giant leap forward with the blend of cultural heritage and modernity, inspired by Vedic philosophy. "On November 25, 2025, the name of Shri Ayodhya Dham will once again be inscribed in golden letters on the pages of history," Chief Minister Yogi Adityanath said in his speech.

Emphasising the Ayodhya Master Plan 2031 and Vision 2047, he further stated that the restoration of the Dhamma Dhwaja will transform Ayodhya into a global spiritual centre. He further noted that new connectivity, state-of-the-art infrastructure, rapid tourism development, and initiatives like smart city and solar city are establishing Ayodhya as a sustainable, inclusive, modern city on a global scale.

THE SIGNIFICANCE OF THE DAY

The flag hosting ceremony will take place on November 25. The reason behind the selection of this date lies in Hindu mythology. In the Treta Yuga, Lord Rama and Sita got married on the fifth day (Panchami) of Shukla Paksha (Waxing Phase of the moon) in the month of Margashirsha. As November 25 also falls on the same Panchami day, the date was selected.

Congress MP faces Parliament panel over 'cheerleader' swipe at Jagdeep Dhankhar

In 2023, Jairam Ramesh had criticised the then Rajya Sabha Chairman Jagdeep Dhankhar and accused him of being a 'cheerleader' for the government after the latter slammed Rahul Gandhi's remarks in the United Kingdom.

Tamil Nadu.(Agency)

Congress MP Jairam Ramesh told the Rajya Sabha Privileges Committee that he never intended to slight the presiding officer when he said the Chair should not act as a 'cheerleader' of the ruling party, a remark that triggered a breach-of-privilege complaint in 2023. The committee met on Monday to examine the complaint filed by BJP MP Sudhanshu Trivedi in April 2023. Members present included Deputy Chairman Harivansh, Sudhanshu Trivedi, Deepak Prakash, Kartikeya Sharma, Surendra Singh Nagar and GK Vasan. According to people aware of the meeting, the panel described the matter as serious and may summon Ramesh again for further clarification. Ramesh, presenting his response, told the committee, "It was never my intention to disrespect the Chair. I have great respect for the Chair".

The case stemmed from comments Ramesh made in March 2023, when he argued that the then Rajya Sabha Chairman Jagdeep Dhankhar should not appear aligned with the government.



Party will take call on Karnataka leadership, Kharde calls speculation 'unnecessary'

The Sikh Times
Simmi Kaur Babbar

New Delhi, Nov. 25: Amid persistent talks of a possible leadership change in Karnataka, Congress chief Mallikarjun Kharge on Sunday asserted that any decision on the matter rests solely with the party



between Siddaramaiah and Deputy CM DK Shivakumar. Siddaramaiah, after his meeting with Kharge on Saturday, reiterated that he would follow the high command's decision, and urged others to do the same. He maintained that the buzz around leadership change was largely driven by the media. The meeting came soon after a group of MLAs loyal to Shivakumar reportedly travelled to Delhi to meet Kharge. Shivakumar, however, stated that he was unaware of such visits. On Sunday, Ministers HC Mahadevappa and K Venkatesh, both considered close to Siddaramaiah, also met the party chief. Party sources say the CM is pushing for a Cabinet reshuffle, while Shivakumar wants clarity on the question of leadership before any such move. According to several insiders, approval for a reshuffle would be seen as a signal that Siddaramaiah will complete the full five-year term, dampening Shivakumar's hopes of taking charge. The rivalry between the two leaders dates back to the aftermath of the May 2023 Assembly elections, when both staked claim to the top post. The Congress eventually appointed Siddaramaiah as Chief Minister and Shivakumar as his deputy. Although reports had suggested a rotational arrangement under which Shivakumar would take over after 2.5 years, the party has never officially endorsed the idea.

Dharmendra, 'He-Man' of Bollywood, dies at 89 after prolonged illness

The Sikh Times

Mumbai, Nov. 24: The actor, who would have turned 90 on December 8, was not keeping well for a while and was in and out of a Mumbai hospital with the family finally deciding to continue his treatment at home earlier this month. A police statement said



Dharmendra died this morning and funeral arrangements are being made at the Pawan Hans crematorium in Ville Parle suburb of Mumbai. An ambulance and several cars left Dharmendra's Juhu residence and Hema Malini, Esha Deol, Aamir Khan, Amitabh Bachchan and Abhishek Bachchan were seen at the crematorium. Prime Minister Narendra Modi paid tribute to Dharmendra, saying his death marks "the end of an era in Indian cinema". "The passing of Dharmendra Ji marks the end of an era in Indian cinema. He was an iconic film personality, phenomenal actor who

Faith rises in every heart as a new era starts

Divya Bhavya Navya Ayodhya

First among the Saptapuris, Shri Ayodhya Dham, the sacred birthplace of Maryada Purushottam Prabhu Shri Ram.

On the auspicious completion of the divine and majestic Shri Ram Janmabhoomi Mandir, Reinstatement of the Dharma Dhwaja

the 22x11-feet emblem of faith atop the temple's spire.

by

Narendra Modi

Prime Minister



In the august presence of

Anandiben Patel
Governor,
Uttar Pradesh

Dr. Mohanrao Bhagwat
Sarsanghchalak,
Rashtriya Swayamsevak Sangh

Yogi Adityanath
Chief Minister,
Uttar Pradesh

Mahant Nrityagopal Das
President, Shri Ram Janmabhoomi Teerth Kshetra Trust

Keshav Prasad Maurya
Deputy Chief Minister,
Uttar Pradesh

Brajesh Pathak
Deputy Chief Minister,
Uttar Pradesh

Surya Pratap Shahi
Minister, Agriculture, Agricultural Education &
Agricultural Research, Uttar Pradesh

Jaiveer Singh
Minister, Tourism & Culture,
Uttar Pradesh

And other dignitaries

Date: 25th November, 2025 | Time: 12:00 Noon | Venue: Shri Ram Janmabhoomi Temple Complex, Shri Ayodhya Dham

Temple Highlights: Shri Ram Janmabhoomi : A three-storey main temple complex spread across 2.7 acres | Flag masts and kalash installed atop six temples in the parkota (dedicated to Bhagwan Shiv, Bhagwan Ganesh, Bhagwan Hanuman, Surya Dev, Maa Bhagwati, Maa Annapurna) and Sheshavtar | Temples in the Sapt Mandap dedicated to Maharishi Valmiki, Maharishi Vashishtha, Maharishi Vishwamitra, Maharishi Agastya, Ram devotee Nishadraj, Mata Shabari and Rishi Patni Ahilya | Sant Tulsidas Mandir, along with statues of Ram devotee Jayat and squirrel | Panchvati spreads over 10 acres, with a 3.5 km boundary wall, trust office, guest house, auditorium and more | Comprehensive amenities for devotees, pilgrims and visitors

Kaam Damdaar-Double Engine Sarkar

LIVE TELECAST

DD NEWS &
Youtube.com/DDNEWS



Information and Public Relations Department, U.P.



E-sports addiction deepens on college campuses

The Sikh Times

New Delhi: A growing wave of e-sports addiction is sweeping through college campuses across India, with students increasingly dedicating long hours to competitive gaming often at the cost of sleep, health and academics. While educators and psychologists raise alarms, many students insist that spending time on e-sports is a "productive investment" and even a potential career pathway. Over the past year, counsellors from Delhi University and several private colleges have reported a sharp rise in cases of students skipping classes, failing assignments and withdrawing socially due to excessive gaming. Yet, for many students, the lure of online tournaments, live streaming and virtual rankings seems stronger than ever. For many young gamers, e-sports is not just an entertainment, it feels like an opportunity. "People keep saying it's a waste of time, but for us it's a skill," said Rishabh Mehta, a DU student who spends nearly six hours a day practising competitive shooters. "Top players earn lakhs every month. Even if I don't reach that level, gaming teaches quick thinking, teamwork and strategy. It's better than scrolling Instagram for hours," he added. Aayushi Garg, a commerce undergraduate, said the community aspect keeps her hooked. "When I play, I feel confident. I feel like I belong somewhere. College is stressful, and gaming

helps me unwind. I know I play a lot, but at least I'm doing something I enjoy," she said. Some students even argue that focusing on e-sports is a viable backup plan. "Careers are changing," said Manan,



who participates in online tournaments every weekend. "Not all of us want conventional jobs. If e-sports can give me recognition or income, why shouldn't I give it a chance?" Educators and mental health professionals, however, view the trend with growing concern. "This is not casual gaming anymore. It has become compulsive for many students," said Dr Ritu Sharma, a Delhi-based clinical psy-

chologist. "We're seeing students who play until 3 or 4 am every night and struggle to stay awake in classes. Their concentration is affected, their social interactions decline and their grade sheets tell the

is becoming evident too, notably eye strain, headaches, anxiety and severe sleep disruption. Students who play long hours often skip meals, neglect hygiene or avoid social interactions outside gaming groups. "The symptoms are similar to behavioural addictions," Dr Sharma said. "Irritability when unable to play, loss of interest in other activities, craving for online recognition and repeated failed attempts to cut back." Counsellors note that many students originally preparing for competitive exams or professional programmes have lost momentum due to excessive gaming. "Several students tell us they will 'catch up later' or 'study after this season', but the cycle never ends," Prof Malhotra added. "Their long-term career goals get blurred, and the immediate thrill of gaming takes over." Institutions are now considering awareness workshops, stricter attendance checks and mental-health support systems to help affected students. Experts emphasise that the goal is not to ban gaming but to promote healthy digital habits. "E-sports can be fun and even rewarding," Dr Sharma concluded. "Without boundaries, it can derail a student's future." As e-sports continues to rise in popularity in India, colleges face the tough task of ensuring that passion does not turn into dependency and that students' virtual victories do not come at the cost of real world opportunities.

IGNOU launches 2 micro-credential courses to strengthen digital literacy

New Delhi: The Indira Gandhi National Open University (IGNOU) launched two new micro-credential courses, developed in collaboration with the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH. The launch ceremony was held at the IGNOU headquarters in the presence of distinguished national and international education leaders. The two micro-credentials—"Unpacking AI, Practical Foundations for Non-Tech Students" and "Unpacking Data, Practical Foundations for Non-Tech Students", have been created jointly by the IGNOU and GIZ to strengthen digital literacy and analytical understanding among learners. The courses will be offered on the SWAYAM platform starting January 2026. Aimed at youth, working professionals and lifelong learners, the programmes focus on introducing the fundamentals of artificial intelligence and data in an accessible format for non-technical audiences, helping them build confidence in navigating a rapidly evolving digital landscape. "These micro credentials reflect our vision to create learning pathways that are flexible, relevant and aligned with the future of work. Our collaboration with the GIZ brings global expertise and strengthens our efforts to equip learners with foundational skills in emerging areas." Representatives from the GIZ stressed the importance of providing high-quality, accessible digital learning opportunities for non-technical learners.

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15-year-old boy stabbed to death in Delhi

New Delhi: A 15-year-old boy was stabbed to death by two persons, including a minor, following an altercation at Jyoti Nagar in north-east Delhi, the police said. According to the police, they received information regarding a stabbing incident in the Kardampuri area on the intervening night of Friday and Saturday.

NAME CHANGE

I SOWATI DEVI W/O LATE PARAM SINGH R/O M14 C BASANT LANE RAILWAY COLONY PABHAN GANJ DELHI -110055, I have changed my minor child name Labis Singh to Labish Rawat

NAME CHANGE

I, Neha Sagar W/O Kokkala Abhinay Kumar Gupta R/O F-14, Harshwari Colony, Fateh Pur Bari, South Delhi, 110074, Have changed my name to NEHA GUPTA for all future purposes.

NAME CHANGE

I, KULDEEP S/o AMAR NATH R/o H.No-1/2244, Street No-14, East Ram Nagar, Shahdara, Delhi-110071 have changed my name and shall hereafter be known as KESAVA PERUMAL RAMAMOORTHY.

NAME CHANGE

I, SADAF D/o MOHAMMAD YASIN R/o WZ-NA-3B-167, 3rd Floor, Vishnu Garden, Tilak Nagar, Dist: West Delhi, Delhi-110086, declare that name of my father and my mother have been wrongly written as JOYA EJAI, EJAI KHAN and EARJANA in my 10th Class Educational Documents. The actual name of my father and my mother is MOHAMMAD YASIN which may be amended accordingly.

NAME CHANGE

I, SOHAN PAL SHARMA S/o KHAM KARAN R/o 70/C8/A4-A/4 OLD TEJAB MIL BHOLA NATH NAGAR SHAHDARA DELHI -110032, I have changed my name to SOHAN PAL Permanently

NAME CHANGE

I, AKHLAQ AHMED s/o Amer Hasan R/o H.No. 469/51, Street No.9B, Near Minara Masjid, Mohanpur, Majupur, Delhi-110053, have change my name to AKHLAQUE AHMED permanently

NAME CHANGE

I, KRISHNARANAR SHARMA S/o JAI NARAIN SHARMA R/o K-45, FIRST FLOOR, DLF PHASE II, GURGRAM HARYANA-122002 have changed my name to KRISHNARANAR SHARMA for all future purposes.

NAME CHANGE

I, Nirajan Lal Gupta S/o Bhagwan Sahai Gupta R/o A-670, first Floor, Shastri Nagar, Delhi-110052 have changed my name to Nirajan Gupta S/o Bhagwan Sahay Gupta for all future purposes.

NAME CHANGE

I, KRISHNARANAR SHARMA S/o JAI NARAIN SHARMA R/o K-45, FIRST FLOOR, DLF PHASE II, GURGRAM HARYANA-122002 have changed my name to KRISHNARANAR SHARMA for all future purposes.

PUBLIC NOTICE

This is to inform you that Mr. Rahul Pruthi intends to purchase the third floor with roof rights of property bearing No. WZ-875, admeasuring 300 sq. yds., out of Khasa No. 328 & 352, situated in the area of Village Salempur Mazra Madpur, Delhi State, now abad known as Rani Bagh, Shakur Basti, Delhi-110034, from Mr. Tajinder Singh and Mrs. Taiveen Kaur. The original owners, Mr. Subhash Khanna, Mrs. Shashi Dutt, and Mr. Kulbir Gulati (General Attorney of Mrs. Saroj Sharma & others), sold ½ share (i.e., 150 sq. yds.) out of the 300 sq. yds. of the entire property to Mr. Praduman Kumar Jain through a Sale Deed dated 10.10.1981, and the remaining ½ share (150 sq. yds.) was transferred to Mr. Munish Kumar through a Notarized GPA, AT&S & Will dated 08.02.1988. Thereafter, Mr. Praduman Kumar Jain transferred his ½ share (150 sq. yds.) to Mr. Munish Kumar through a Notarized GPA, AT&S & Will dated 23.06.1992. Subsequently, Mr. Munish Kumar transferred the entire second floor, admeasuring 300 sq. yds., to Mr. Madan Lal through a Notarized GPA, Notarized AT&S & Will dated 04.06.1999. Mr. Madan Lal then transferred the Western Portion of the Second Floor, admeasuring 150 sq. yds., to Mr. Yash Gulati through a Registered GPA, Notarized AT&S & Registered WI dated 21.04.2004. Unfortunately, Mr. Yash Gulati expired, leaving behind his legal heirs, Mrs. Sonia Gulati, Mr. Abhishek Gulati, and Mr. Vivek Gulati. Mrs. Sonia Gulati and Mr. Abhishek Gulati relinquished their shares in favour of Mr. Vivek Gulati through a Relinquishment Deed dated 06.11.2012. Thereafter, Mr. Vivek Gulati sold the Western Portion of the Roof of the Second Floor to Mrs. Gurmeet Kaur through a Sale Deed dated 10.11.2012. Unfortunately, Mrs. Gurmeet Kaur also expired, leaving behind her legal heirs, namely Mrs. Taiveen Kaur and Mr. Tajinder Singh. Additionally, Mr. Tajinder Singh purchased the Roof Rights of the Second Floor, admeasuring 85 sq. yds., from Mr. Jawahar Lal through a Sale Deed dated 24.09.2009, and the same flat area was also purchased from Mrs. Kamlesh Rani through a Sale Deed dated 24.09.2009. Mr. Jawahar Lal and Mrs. Kamlesh Rani had earlier purchased the said floor from Mr. Madan Lal through two individual Sale Deeds dated 03.11.2004 and 30.03.2005. Furthermore, Mrs. Taiveen Kaur appointed Mr. Tajinder Singh as her SPA holder, through an SPA dated 27.04.2025. Accordingly, Mrs. Taiveen Kaur and Mr. Tajinder Singh are now the absolute owners of the aforementioned property.

Please note that the property is proposed to be financed by Bajaj Housing Finance Ltd., Ghaziabad Branch, U.P. If any person(s) objection & regarding subject property, then kindly submit his/her objection within 07 days from the date of the Notice in writing. The said objection may be kindly sent to the undersigned by way of the Registered Post on the address given below and by E-mail, failing which, the claim as per aforesaid shall be treated as null and void in respect of the subject property.

Mr. DEE/TRD&GS, Lumding NORTHEAST FRONTIER RAILWAY Serving Customers With A Smile

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Govt's GB Pant Hospital in Delhi to soon start cardiac transplants

The Sikh Times

New Delhi: Twenty-two-year-old Rahul Kumar Prajapati still remembers the day doctors told him that he would need a heart transplant. After a brain stroke left a side of his body paralysed, he laid in the intensive care unit at AIIMS for months. His condition remained critical, with his heartbeat dropping to 13-14 beats per minute at a point. The doctors had warned him that finding a donor could take anywhere between six months and three years, especially because he had the rare O-negative blood group. However in 2018, just 19 days after he was listed, he received a matching heart. "I was 22 and the donor was 21. I was told these things, but I never met his family. I will think about him all my life," he says. Rahul was among the speakers at GB Pant Hospital's second organ donation awareness session held on Saturday. The programme brought together doctors, nurses, medical students and counsellors, with experts from the National Organ and Tissue Transplant Organisation (NOTTO) and the Organ India Foundation outlining the gaps and possibilities in India's transplant ecosystem. The hospital is already an organ retrieval and transplant centre and has conducted liver transplants in the past.

But preparing for heart transplantation marks a significant expansion for a Delhi Government hospital. Dr Shiny Suman Pradhan, joint director at NOTTO, said systemic challenges continued to hold

15-20 per cent of transplant facilities in India, she added, were in the government sector, limiting access for poorer patients. Attitudes towards donation, gender disparities in access to transplants, gaps in

death, better reporting and a more equitable transplant landscape." NOTTO, which operates under the Ministry of Health & Family Welfare, was set up in 2014 as India's central authority for organ procurement, allocation and registry management. Before its creation, the country lacked an integrated national system for organ donation. Alongside NOTTO's mandate, India's transplant framework is governed by the Transplantation of Human Organs and Tissues Act, enacted in 1994 and amended in 2011, which defines brain death, regulates retrieval and transplantation, and lays down safeguards for donors and recipients. Dr Muhammad Abid Geelani, medical director at GB Pant Hospital, said building public awareness and trust was key for government hospitals. "Organ donation is not just a medical procedure but the highest form of humanitarian service," he said, adding that the hospital's transplant coordinators had begun expanding counselling for families and strengthening protocols so that when cardiac transplants started, retrieval and allocation could take place smoothly.

Organ India Foundation CEO Sunayana Singh said stories like that of Rahul showed "what timely donation could do for a life that almost ended — and for the family that received another chance".



back India's deceased organ donation rates despite the enormous patient burden. "Hospitals struggle with identifying and certifying brain stem death, which is essential for deceased donation. Many lack trained transplant coordinators and grief counsellors," she said. Only about

data reporting and logistical hurdles such as transport and donor maintenance also remain major obstacles. Delhi has around 50 hospitals with transplant facilities, but except for two or three, all are private, she noted. "We need stronger systems for deceased donor care, uniform declaration

Delhi govt notifies admission schedule for private schools for 2026-27 session

New Delhi: The Delhi Government on Saturday notified the admission schedule for entry-level classes in private schools for

lowed by the marks allotted to each child under the points system by January 16. The first list of selected students, along with the waiting list,

display the break-up of points for all criteria on their websites. They must also upload details of children admitted under open seats, including marks allotted under the points system. The circular emphasised transparency, stating that any draw of lots must be conducted in the presence of parents and its video recorded. The DoE has also clarified the age criteria for entry-level classes. For the 2026-27 session, a child must be at least three years old for nursery, four years for KG and five years for Class One as on March 31, 2026. Schools may grant age relaxation of up to one month at the level of the head of school, it read. A district-level monitoring cell will oversee compliance and address grievances related to the admission process. The DoE has also added that charging capitation fees or forcing parents to buy school prospectus is prohibited. Only a non-refundable Rs 25 can be taken as registration fee.

will be published on January 23. Parents can raise queries regarding point allocation from January 24 to February 3. The second list will be issued on February 9, it stated. The DoE has reiterated that schools cannot adopt criteria that were abolished earlier by the department and upheld by the Delhi High Court. It has also reminded schools to comply with the Rights of Persons with Disabilities Act while framing criteria. Schools have been directed to

5-year-old boy dies after falling from 22nd floor balcony in Gurugram

Gurugram: The child accidentally locked himself inside the apartment while his parents—his father, a realtor, and his mother, a doctor—were away. Representative Image/iStock A five-year-old boy died after falling from the 22nd floor balcony of a high-rise society in Sector 62 here on Saturday, police said. The incident took place at Pioneer Presidium Society around 5:30 pm, when the boy was at home at the care of a domestic help. According to reports, the child accidentally locked himself inside the apartment while his parents—his father, a realtor, and his mother, a doctor—were away. Preliminary investigation reveals that the boy had been playing in a park before the incident. When the caretaker brought him back upstairs via a lift, the boy rushed out ahead of her and slammed the main door. The smart lock reportedly activated automatically, leaving him trapped alone inside. The parents usually kept the main door unlocked and only the couple knew the lock code. Investigators said that the boy upstairs via a lift, the boy rushed out ahead of her and slammed the main door. The smart lock caretaker called out to the boy in an attempt to reopen the door, but he failed to do so. After several futile efforts, she alerted her parents and security guards for help. The child panicked and rushed toward the balcony and climbed onto a clothes stand to lean over the glass wall, possibly trying to attract attention. In the process, he slipped and fell. Police said the boy's father has ruled out any foul play. He has given a statement at the Sector 65 police station that his son died in an accident after getting locked in the apartment alone.

30% Indian women aged 15-49 have faced intimate partner violence

New Delhi: Nearly 30 per cent of women in India aged 15 to 49 have experienced intimate partner violence at some point in their lives, while over a

against Women and Girls on November 25, draws on data from 168 countries collected between 2000 and 2023. The findings also show that 8.4 per

Adhanom Ghebreyesus said. He noted that no society can call itself fair or healthy when such violence remains widespread, adding that behind each statistic is a woman or girl whose life has been permanently changed. The report said progress in reducing violence remains slow, and the global target of eliminating all forms of violence against women and girls by 2030 is unlikely to be met at the current pace. It noted that risks are increasing in the context of humanitarian crises and environmental disasters. The report also highlighted a decline in global funding for programmes aimed to prevent violence against women. In 2022, only 0.2 per cent of global development aid went to prevention-focused initiatives and funding further decreased in 2023. The authors called for stronger government action. They also stressed the need to enforce laws and policies to strengthen the rights and safety of women.



fifth faced such violence in 2023 alone, according to a new global report released by the World Health Organisation (WHO). Globally, nearly one in three women, an estimated 840 million, have been subjected to partner or sexual violence during their lifetime. The report, released ahead of the International Day for the Elimination of Violence

cent of women aged 15-49 worldwide have faced sexual violence by a non-partner. In India, about four per cent of women aged 15 and above have experienced non-partner sexual violence. "Violence against women is one of humanity's oldest and most pervasive injustices, yet one of the least acted upon," WHO Director-General Dr Tedros

Delhi pollution 'very serious', even masks not enough, says SC judge

New Delhi: As the air quality index (AQI) in Delhi continues to be "severe", Supreme Court judge Justice PS Narasimha on Thursday advised lawyers to appear virtually instead of attending court in person. "The situation is very, very serious! Why are you all appearing here? We have a virtual hearing facility. Please avail it. This pollution will cause permanent damage...," said Justice Narasimha, who headed a Bench that also included Justice Atul S Chandrakar. As senior counsel Kapil Sibal said lawyers were using masks, Justice Narasimha shot back, "Even masks are not enough. It will not suffice...we will discuss with the Chief Justice (of India) as well." The national capital has been grappling with toxic air since the beginning of the month. Its air quality has remained in the 'severe' category this week. According to the Central Pollution Control Board (CPCB), Delhi recorded an average AQI of 408 in the past 24 hours; on Wednesday, the AQI was 428. Amid reports of stubble burning resulting in worsening of air quality levels in Delhi-NCR, the Supreme Court on Wednesday asked the governments of Punjab and Haryana to spell out the steps taken by them to check it. "Let Punjab and Haryana governments respond on steps taken to control stubble burning," a three-judge Bench led by Chief Justice of India BR Gavai had said, posting the matter for further hearing on November 17.

Confusion persists over 'suspension' of DUSU joint secretary after 'slapping' incident

New Delhi: A month after a Delhi University professor was allegedly slapped by DUSU joint secretary Deepika Jha during a dispute on campus, confusion continues to surround reports of her suspension. The professor involved in the incident said he has still not received any official communication from the university. The incident took place in mid-October when Prof Sujit Kumar was allegedly confronted and slapped by Deepika Jha during an argument related to student administrative procedures. Following the incident, the university had formed a committee to investigate the matter. However, despite reports suggesting that Jha has been suspended from her post for two months, Prof Kumar said he has not been informed of any such action. Speaking to The Tribune, Prof Kumar said, "I don't have any information about the suspension of joint secretary Deepika Jha. No official order has been released till now and the committee formed by the university hasn't concluded any decision, it's been one month." He further added that if the university had indeed suspended her, he should have been formally notified. So far, Delhi University has not issued any public statement on the status of the inquiry or the alleged suspension.

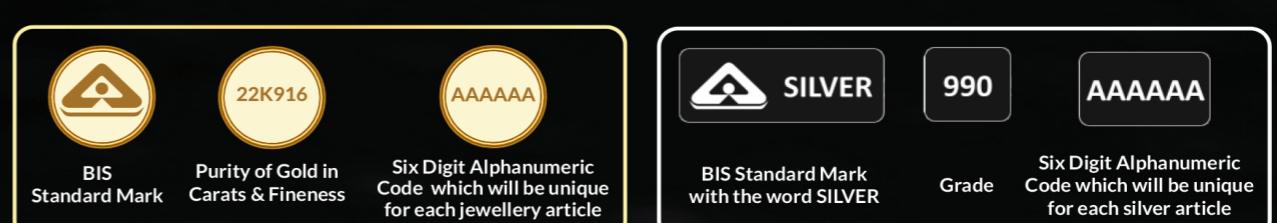
Delhi air quality remains 'very poor' as city records season's lowest temperature

New Delhi: Delhi on Monday recorded very poor air quality with an overall AQI of 356, even as the city logged its lowest minimum temperature of the season at 8.7°C, the Central Pollution Control Board (CPCB) and the IMD said. Data from the CPCB's Sameer app showed that five monitoring stations reported air quality in the 'severe' category, while 29 stations recorded 'very poor' levels with readings between 300 and 400. Four stations fell in the 'poor' category. Among the 38 AQI monitoring stations in the capital, Bawana reported the highest pollution level with an AQI of 419. Other areas in the 'severe' category included Narela (405), Jahanpur (404), Wazirpur (402) and Rohini (401). According to CPCB standards, an AQI between 0 and 50 is 'good', 51-100 'satisfactory', 101-200 'moderate', 201-300 'poor', 301-400 'very poor' and 401-500 'severe'. The India Meteorological Department (IMD) said the minimum temperature of 8.7°C was 3.6 notches below normal, with humidity at 92 per cent at 8.30 am.

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खाद्य और सार्वजनिक वितरण मंत्रालय
भारत सरकार

भारतीय मानक ब्यूरो
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NEWS BOX

At Least 3 Dead As Gunmen Attack Pakistan Paramilitary Force Headquarters In Peshawar

world. (Agency)

At least three people were killed after gunmen attacked Pakistan's paramilitary force headquarters in Peshawar on Monday. The defence complex, the headquarters of the frontier constabulary paramilitary force, was also hit by two suicide bombers, news agency Reuters reported, citing sources. Sources said the first suicide bomber carried out an attack on the main entrance of the constabulary, while the other one entered the compound. "Law enforcement personnel, including the army and police, have cordoned off the area and are carefully handling the situation, as we suspect there are some terrorists inside the headquarters," a senior official told Reuters on condition of anonymity. The headquarters of the force is located in a crowded area, close to a military cantonment. Local residents in the area told the news agency that the road leading to the defence facility has been closed for traffic and cordoned off by the army, police and (security) personnel. Soon after the attack, several videos also started circulating on social media, claiming that blasts were heard at FC Chowk Main Sadar.

US Woman In 'Slender Man' Stabbing Case Cuts Off Monitoring Device, Goes Missing

world. (Agency)

A Wisconsin woman who admitted to nearly stabbing a classmate to death in 2014 to please the online horror character Slender Man is missing after she cut off an electronic monitoring device and left a group home, authorities said Sunday. Madison police issued an alert Sunday for Morgan Geyser, now 23, saying she was last seen around 8 p.m. Saturday with an adult acquaintance. "If you see Geyser, please call 911," the alert said, adding that she had cut off a "Department of Corrections monitoring bracelet." Geyser was placed in a group home this year after being granted conditional release from the Winnebago Mental Health Institute. She was sent to the psychiatric institute in 2018 after pleading guilty to attempted first-degree intentional homicide in a deal with prosecutors to avoid prison. Geyser's attorney, Tony Cotton, said Sunday that he did not know what happened with his client and urged Geyser to turn herself in. It's in her best interest for her to turn herself in immediately and not continue with this course of action," Cotton said in an Instagram video post where he addressed Geyser directly at times. "We don't know any of the facts about what happened or who might have assisted her." Authorities say Geyser and her friend, Anissa Weier, were 12 years old when they lured their classmate, Payton Leutner, to a suburban Milwaukee park after a sleepover. Geyser stabbed Leutner more than a dozen times while Weier egged her on. Leutner barely survived. The girls later told investigators that they attacked Leutner to earn the right to be Slender Man's servants and they feared he'd harm their families if they didn't follow through.

Israel Sacks Military Officers Over "Systemic Failure" During Oct 7 Hamas Attack



world. (Agency)

In a decisive and deeply reflective address to the nation, Israel's Chief of the General Staff, Lieutenant General Eyal Zamir, announced sweeping command measures against senior Israel Defence Forces (IDF) officers for their roles in the failures surrounding the Hamas terror attacks of October 7, 2023. The announcement marks one of the most far-reaching accountability actions in IDF history. It follows what Zamir described as a "thorough, professional, and in-depth inquiry" into the systemic breakdowns that allowed the devastating assault.

Speaking on November 23, 2025, Zamir talked about the two urgent missions he carried with him upon assuming Israel's highest military post. "The first – to lead the IDF to decisive victory in a multi-area war... The second – to strengthen the public's trust in the IDF and to ensure that the events of October 7 never happen again," he said. The October 7 attack – carried out by Hamas and other Gaza-based militants – saw coordinated infiltrations by land, air, and sea. Over 1,200 Israelis were killed, most of them civilians, and approximately 240 hostages were abducted into Gaza. Entire communities near the border were overrun, and key military installations were breached, exposing profound failures in intelligence analysis, force readiness, early-warning systems, and command decision-making. Zamir emphasised that the IDF's primary mission – protecting Israeli civilians – had failed on that day. "My conclusions present an unequivocal picture: the IDF failed in its primary mission on October 7 – to protect the civilians of the State of Israel. This is a severe, resounding, systemic failure... The lessons of that day are numerous and significant."

More and more Ugandan men seek DNA paternity tests, often with heartbreaking results

NABUMALI. (Agency)

Among the most sensitive family disputes Moses Kutoi mediates are those involving upset men questioning why some of their children don't resemble them. For the Ugandan clan leader attuned to the wisdom of his ancestors, the matter is taboo, never to be discussed with others. Yet Kutoi feels compelled to intervene in the hope of saving marriages that sometimes turn violent and are on the verge of breaking. "Even me, I don't resemble my father," the clan leader recently told one disbelieving man he was helping. Paternity has become a key test of faith in this east African country as DNA testing becomes more widely available, fueled in part by published reports of well-known Ugandans who eventually discovered they were not the biological fathers of some of their children. The matter has become so heated that clerics and traditional leaders now urge tolerance and a return to the kind of African teachings that village elders like Kutoi say they stand for. At last year's Christmas Day service, the Anglican archbishop of Uganda, Stephen Kaziimba,

cited the example of the virgin birth of Jesus — the bedrock of Christian belief — in a sermon that sought to discourage DNA testing among the faithful. "You take DNA and you find out that out of the four children, only two are yours," he warned. "So just take care of the children the way they are, like Joseph did."

Paternity disputes are proliferating

The Ministry of Internal Affairs runs a government-accredited lab that conducts court-ordered investigations. It says the number of men seeking voluntary DNA testing has soared recently, with often "heartbreaking" outcomes. "About 95% of those coming for DNA tests are men, but more than 98% of the results show these men are not the biological fathers," Simon Peter Mundeyi, a spokesman for the Ministry of Internal Affairs, told reporters in July. His advice for men was not to seek DNA proof of paternity "unless you have a strong heart," he said. DNA testing centers have sprouted all over Uganda, with aggressive advertising by clinical labs on radio and in

public spaces. Some passenger taxis in Kampala, the Ugandan capital, have had their back windows plastered with ads for facilities offering DNA testing. In



Nabumali, a small town where Kutoi is the mayor, most families can't afford DNA testing fees, which exceed \$200 at the only private laboratory equipped to do such work in nearby Mbale city. The couples who seek Kutoi's assistance can barely tolerate each other by the time they approach him. He tries to ease the tension with self-deprecating jokes and by sharing his own experience with the taboo topic.

Kutoi likes to point out that although he doesn't resemble his father, he was picked as the family heir anyway, allowing him to become a clan leader among the Bagisu people. In the past, if a man spoke publicly about paternity concerns, community elders would pay him a visit. He could be punished, including being forced to pay a fine, Kutoi said. "You are not supposed to pronounce that I am suspecting that this child is not mine," said Kutoi, adding that being drunk was no excuse for such an utterance. Disputes are tied to property and divorce proceedings.

These days, many paternity disputes in Uganda revolve around the distribution of property after the family patriarch has died, but also during divorce proceedings when spousal support is contested. In the most prominent recent case, court-ordered DNA testing showed a wealthy academic in Kampala was not the father of one of his three children. That case has been widely covered by the local press, underscoring paternity as an issue affecting a wide range of families.

Geneva talks marked 'most productive, meaningful meeting' as US, Ukraine report good progress

World. (Agency)

US Secretary of State Marco Rubio said the talks in Geneva on President Donald Trump's proposal to end Russia's war on Ukraine were the "most productive and meaningful meeting" since the Trump administration came to power."

Rubio made the remark after meeting senior Ukrainian envoys on Sunday. He told journalists that a second round of discussions would take place later on Sunday night. "This will ultimately have to be signed off by our presidents, although I feel very comfortable about that happening given the progress we've made," said Rubio, who was accompanied by Army Secretary Dan Driscoll and Trump's special envoy Steve Witkoff. He added that Russia would also have to approve the final peace plan. The head of the Ukrainian delegation, presidential chief of staff Andrii Yermak, also confirmed that an initial session had wrapped up and that another meeting was expected shortly.

"I want to confirm that we had a very

productive first session with the distinguished American delegation. We have made very good progress and are moving forward to a just and lasting peace," he said. "Very soon today the second meeting will take



place, where we will continue to work on joint proposals with the engagement of our European partners. Final decisions will be taken by our Presidents." However, tensions surfaced during the talks after President Donald Trump slammed Ukraine for showing a lack of "gratitude" for Washington's support

against Russia's invasion.

Zero gratitude for our efforts'

The US President, who is known for blowing hot and cold on Ukraine, earlier said on his Truth Social platform that Ukraine's leadership "EXPRESSED ZERO GRATITUDE FOR OUR EFFORTS," referring to his plan to end the nearly four-year conflict, which adhered to some of Moscow's demands. In an attempt to appease Trump after the outburst, Ukrainian President Volodymyr Zelensky took to X a few hours later in a conciliatory tone. "Ukraine is grateful to the United States, to every American heart, and personally to President Trump for the assistance that -- starting with the Javelins -- has been saving Ukrainian lives," Zelensky wrote on X.

Starmer and Trump phone call

Meanwhile, Downing Street said UK Prime Minister Keir Starmer spoke with Trump by phone, with both leaders agreeing that "we all must work together at this critical moment".

Mamdani stands by Trump criticism despite friendly White House meeting

WASHINGTON. (Agency)

New York City Mayor-elect Zohran Mamdani didn't back down in an interview that aired Sunday from past criticism that President Donald Trump acted like a despot and a fascist after a surprisingly friendly White House meeting between the two men. The newly elected democratic socialist and the Republican president have fiercely criticized each other in the past. Trump called Mamdani a "100% Communist Lunatic" in a social media post following the incoming mayor's election victory, and Mamdani has said Trump was attacking democracy. Yet the two political foils emerged smiling after the meeting Friday and spoke of shared goals. Pressed about his past criticism during a "Meet the Press" interview conducted Saturday, Mamdani said his views remained unchanged. "Everything that I've said in the past, I continue to believe," Mamdani said. "And that's the



thing that I think is important in our politics, is that we don't shy away from where we have disagreements, but we understand what it is that brings us to that table, because I'm not coming into the Oval Office to make a point or make a stand. I'm coming in there to deliver for New Yorkers." Trump had brushed aside Mamdani's criticisms Friday and even jumped in on his defense several times. When a reporter asked if Mamdani stood by his comments that Trump is a fascist, Trump interjected before Mamdani could fully answer the question. "That's OK. You can just say yes. OK?" Trump said. "It's easier. It's easier than explaining it. I don't mind." Asked about the fascist criticism on "Meet the Press," Mamdani said, "That's something that I've said in the past. I say it today."

Kevin Hassett, director of the National Economic Council, said on CNN's "State of the Union" talk show that Trump wants to work with everybody who cares about the future of the American people.

"We're at times disagreeing about policies," Hassett said, "but I think that the objective of making life better for everybody is something that a lot of people share on the Democratic and Republican side."

G20 summit in South Africa ends with glaring absence of US after Trump's boycott

World. (Agency)

JOHANNESBURG: The Group of 20 summit in South Africa ended Sunday with the glaring absence of the United States, the next country to lead the bloc, after the Trump administration boycotted the two days of talks involving leaders of the world's richest and top developing economies.

South African President Cyril Ramaphosa declared the summit in Johannesburg closed by banging a wooden gavel on a block like a judge would, in a G20 tradition. The gavel would normally be handed over to the leader of the next country to hold the rotating presidency, but no U.S. official was there to receive it.

The world's biggest economy boycotted a summit meant to bring rich and developing nations together over President Donald Trump's claims that South Africa is violently persecuting its Afrikaner white minority.

The White House said it intended in a

last-minute decision for an official from its embassy in South Africa to attend the G20 handover. But South Africa refused that, saying it was an insult for Ramaphosa to hand over to a junior embassy official. In the end, no U.S. delegation was accredited for the summit, according to the South African Foreign Ministry.

South Africa said the handover would happen later, possibly at its foreign ministry. Trump has said the U.S. will hold next year's summit at his golf club in Doral, Florida. "This gavel of this G20 summit formally closes this summit and now moves on to the next president of the G20, which is the United States, where we shall see each other again next year," Ramaphosa said as he closed the summit, making no reference to the U.S. absence in his speech. Breaking with tradition

The first G20 summit in Africa also broke with tradition on Saturday by issuing a leaders' declaration on the

opening day of the talks, when declarations usually come at the end of the summit. The declaration was significant in that it came in the face of opposition from the U.S., which has for months been critical of a South African agenda for the group that largely focused on climate change and global wealth inequality, focuses the Trump administration derided. Argentina said it also opposed the declaration after Argentine President Javier Milei, a Trump ally, also skipped the summit. Other G20 nations, including China, Russia, France, Germany, the U.K., Japan and Canada, backed the declaration, which called for more global attention on issues that specifically affect poor countries, such as the need for financial help for their recovery efforts after climate-related disasters, finding ways to ease their debt levels and supporting their transition to climate-friendly green energy sources.

In Geneva, US and Ukraine officials report progress on ending Russia's war but offer few specifics

The 28-point blueprint drawn up by the U.S. to end the nearly four-year war has sparked alarm in Kyiv and European capitals.

GENEVA. (Agency)

Top U.S. and Ukrainian officials said Sunday they'd made progress toward ending the Russia-Ukraine war but provided scant details after discussing the American proposal to achieve peace that has sparked concerns among many of Washington's European allies that the plan is too conciliatory to Moscow. U.S. Secretary of State Marco Rubio said high-stakes talks in Geneva were "very worthwhile" and constituted the most productive day in a very long time. "I feel very optimistic that we can get something done," Rubio said. But he offered very little information on what was discussed. He also downplayed a Thursday deadline set by President Donald Trump for Ukraine to respond to the plan,

saying simply that officials want to see fighting stop as soon as possible and that officials could keep negotiating Monday and beyond. He said that higher-level officials may eventually have to get involved. "This is a very delicate moment," Rubio said of what still needed to be worked out. "Some of it is semantics, or language. Others require higher-level decisions and consultations. Others, I think, just need more time to work through." The 28-point blueprint drawn up by the U.S. to end the nearly four-year war has sparked alarm in Kyiv and European capitals. Ukrainian President Volodymyr Zelenskyy has said his country could face a stark choice between standing up for its sovereign rights and preserving the large pieces of territory.

In a subsequent statement Sunday night, the White House said the Ukrainian delegation "affirmed that all of their principal



concerns — security guarantees, long-term economic development, infrastructure protection, freedom of navigation, and political sovereignty — were thoroughly addressed during the meeting." It added that the Ukrainians "expressed appreciation for the structured approach

taken to incorporate their feedback into each component of the emerging settlement framework." The White House said changes made to the proposal now reflect "their national interests" and provide "credible and enforceable mechanisms to safeguard Ukraine's security in both the near and long term."

But language of such positive steps came only after concerns about the original, Trump-endorsed deal intensified. A bipartisan group of U.S. senators said Rubio told them Saturday that the plan had originated with Russia and was actually a "wish list" for Moscow, rather than a serious push for peace.

German Chancellor Friedrich Merz said that he'd spoken to Trump and made clear there were some parts of the plans key European nations could agree on but others where they could not. "I told him that we are fully in line with Ukraine, that the sovereignty of this country must not be jeopardized," Merz said in an interview with DW.

NEWS BOX

41 acres of illegal poppy farms destroyed in Manipur

Imphal. (Agency)

Security Forces, in coordination with the Manipur Police, Forest Department, and the Narcotics Control Bureau (NCB), carried out a series of intensified anti-narcotics and law-enforcement operations across Manipur yesterday, targeting illegal poppy cultivation networks.

In a significant operation in the hill ranges of Kotlen village under Kangpokpi Police Station, authorities destroyed approximately 41 acres of illicit poppy plantations. During the raid, teams also dismantled 23 makeshift huts and seized cultivation materials including nine bags of fertilizers, eleven packets of herbicides, four bags of salt, and other tools. Officials described the operation as a major setback to the district's poppy-based opium supply chain.

The crackdown continued with the arrest of Lunkhahao Kipgen the village chief of Gunphabung under Saikul Police Station. Security Forces apprehended him at Bongmouli village under Kangpokpi Police Station and seized 986 grams of opium along with a mobile phone. Authorities believe the recovered opium may be linked to the wider network of poppy cultivation in the hill districts, which has been the subject of heightened surveillance in recent months. In a separate incident, Security Forces arrested Sheikh Basir Ahamad of Lilong Nungei, Thoubal district, at the Moirang Police Station gate checkpoint in Bishnupur district. From his possession, personnel recovered three soap cases containing heroin powder weighing approximately 74 grams. Officials noted that the heroin was likely being transported for distribution across the valley areas.

IIM student killed in hit-n-run accident in Nagpur

Nagpur. (Agency)

A student of the Indian Institute of Management (IIM) Nagpur died in a hit-and-run incident after an unidentified vehicle rammed into his motorcycle on a flyover in Nagpur district, police said today. The accident occurred around 9:30 pm on Saturday at the Mihan flyover on Wardha Road. The victim, Anuj Pathak (22), a native of Uttarakhand, was pursuing his studies at IIM Nagpur. Pathak was riding his motorcycle when an unknown vehicle struck it, causing him to crash into the flyover railing. A passerby informed the police, who arrived at the scene to find him lying dead on the road. The front portion of his motorcycle was severely damaged. Police said an investigation is underway to identify the vehicle and the driver involved in the hit-and-run case.

MP Nilesh Lanke Leads Cleanliness Drive at Sinhagad Fort.

Pune. (Agency)

NCP (Sharadchandra Pawar faction) MP Nilesh Lanke conducted a cleanliness and conservation drive at the historic Sinhagad Fort here today.

Lanke has undertaken a mission to clean and preserve forts that were integral to Chhatrapati Shivaji Maharaj's Swarajya. As part of this ongoing initiative, similar cleanliness and conservation activities have already been carried out at forts including Shivneri, Dharamveer Gad, Rayreshwar, Ramsej, Tikona, Pratapgad, Vishramgad, and Bhudargad under his leadership.

Speaking about the drive at Sinhagad Fort, Lanke said he felt honoured to contribute to the service of Swarajya by helping restore and preserve the heritage of these iconic forts.

Two Killed in accident on Pune-Mumbai Expressway.

Pune. (Agency)

Two people died while four others were injured on the Pune-Mumbai Expressway Sunday when a truck crossed over to the other lane, crashing directly into a car.

One person in the Mumbai-to-Pune car died instantly, while another perished later.

Due to the accident, traffic on the Pune-Mumbai Expressway came to a halt for nearly an hour and a half. The Pune-bound lane saw traffic queues stretching up to 10 kilometers. The accident-damaged vehicles have now been cleared, and traffic movement has resumed smoothly, said police.

IAC President demand death penalty for Malegaon incidents

Pune. (Agency)

India Against Corruption's National President and OBC leader Hemant Patil today condemned recent incident of rape and brutal murder of a three-year-old girl at Dongarale village in Malegaon taluka of Nashik district and demanded that this case be tried in a fast-track court and the perpetrator should be given the death penalty. He said that to ensure swift justice, the case should be tried in a fast-track court and that the state government should take steps to ensure that the guilty (if proven guilty) receives the death sentence as soon as possible. On the financial assistance of Rs 10 lakh given under the state government's Manodharya Scheme to the victim's family, he said that this is merely immediate relief, and the inhuman loss suffered by the family cannot be compensated by any amount.

Phase-3 double decker corridor will not ease traffic in Bengaluru

Traffic flow study from Kadabagere-Hosahalli and JP Nagar-Hebbal shows that even with the elevated corridor, ground-level congestion barely eases compared to current conditions.

BENGALURU. (Agency)

While the city administrators are trying hard to decongest roads and coming up with several projects, including the 37-km double-decker (flyover-cum-Metro) corridor along the Phase-3 of Namma Metro, the Feasibility-cum-Detailed Project Report (DPR) for the project revealed that it may not help reduce the traffic as expected.

According to the executive summary of the report, the traffic flow analysis at junctions between Kadabagere and Hosahalli and along JP Nagar to Hebbal corridor shows that even with the elevated corridor, ground-level traffic does not reduce significantly compared to the existing road. This suggested that the tolled elevated road will fail to relieve existing surface road congestion.

Indeed a survey of 1,000 respondents was conducted as part of the DPR. As per it, 78% reported peak-hour congestion between 6 am and 9 am and 48% between 6 pm and 9 pm. However, it was found that 91% of commuters were unwilling to pay tolls for improved road infrastructure. As per the executive summary, traffic projections for the Kadabagere to Hosahalli corridor showed that the proposed

elevated corridor brings only marginal relief to ground level traffic in most sections. In 2031, traffic between Kadabagere and Magadi Road would drop from 1,837 to 1,369 Passenger Car Units (PCUs), and in 2041 it would drop from 2,095 to 1,640 PCUs and so on with the other



two junctions of the corridor, the summary noted.

Similarly, the traffic flow between the five junctions of the JP Nagar to Hebbal corridor showed that the PCUs between the JP Nagar and Sarakki Junction would drop from 2,895 to

2,701 in 2031. And in the year 2041, from 3,465 to 3,222 PCUs. Similar marginal reductions are consistent with the other four junctions of the corridor.

Commenting on the minimal effect the double decker flyover along the Phase-3 has on ground traffic, Satya Arikutharam, an independent mobility expert, said, "There is no transport case for building the double decker structure throughout the Phase-3 alignment. A tolled facility doesn't remove any significant surface road congestion. And if it is free, it impacts Metro viability." "Integrated structures only make sense in short sections where it can make the road network efficient, like Goraguntapalya Junction," he added. Traffic expert Prof Sreehari M N said, "Flyovers are not the solution. Anywhere in the world, flyovers have failed to solve congestion. They quickly become uneconomical."

He explained that the actual reduction in ground-level traffic is minimal because Bengaluru's traffic pressure is highly uneven, with peak and off-peak hours behaving differently.

"During peak hours, the priority should be to increase the carrying capacity of public transport, not build more flyovers," he said.

LP Area over Bay to become Depression, intensify further as Cyclonic storm, TN to get rains



Chennai. (Agency)

The Low Pressure Area over the Bay persisted and it will intensify into a Depression tomorrow before concentrating into a Cyclonic Storm in the subsequent

48 hrs, even as Cauvery delta, southern and south coastal districts of Tamil Nadu were lashed by heavy rains. Meanwhile, a new Low Pressure Area is likely to form tomorrow, which would further intensify the Northeast monsoon rainfall activity, promising more wet days ahead across the state.

Met office today said yesterday's Well Marked Low Pressure Area over Strait of Malacca and adjoining south Andaman Sea persisted over the same region of today. It is very likely to move west-northwestwards and intensify into a Depression over southeast Bay of Bengal and adjoining south Andaman Sea during the next 24 hours.

It would continue to move further west-northwestwards and is very likely to further intensify into a Cyclonic Storm over southeast Bay of Bengal during the subsequent 48 hours. Yesterday's upper air cyclonic circulation over Comorin area and neighbourhood persisted over the same region and under its influence, yet another Low Pressure Area is likely to form over Comorin and adjoining areas of southwest Bay of Bengal and Sri Lanka tomorrow.

Meanwhile, heavy rains continued to lash cauvery delta, southern and south coastal districts. Some parts of North coastal districts like Cuddalore also was battered by heavy rains. It said Oothu in the southern Tirunelveli district recording a maximum of 23 cm of rain during the last 24 hrs ending at 0830 hrs this morning.

Guru Tegh Bahadur's 350th martyrdom day: Why Dec 10, Human Rights Day, should be dedicated to ninth Sikh guru this year

Jalandhar.(Agency)

JAs the world grapples with rising intolerance,

religious persecution, and identity-driven conflicts, the message embedded in the martyrdom of Guru Tegh Bahadur, the ninth Sikh guru, has re-emerged as a timeless beacon of human dignity and freedom. US-based Sikh scholar and writer Gurcharanjit Singh Lamba has written to the Shiromani Gurdwara Parbandhak Committee (SGPC) and several other organisations, urging them to request the United Nations to dedicate Human Rights Day, which is observed on December 10 every year, to Guru Tegh Bahadur in 2025.

Lamba argues that the guru's principles align remarkably with the Universal Declaration of Human Rights (UDHR) and that his sacrifice remains just as relevant today as it was 350 years ago. He further emphasises that the Government of India should take this proposal to the UN, highlighting to the world

that the earliest and greatest victory for human rights occurred in 1675 at Chandni Chowk in



Delhi, where Guru Tegh Bahadur gave his life to protect the religious freedom of Kashmiri Pandits. explains how Guru Tegh Bahadur's message and principles align with the UDHR and why it is particularly meaningful to

dedicate Human Rights Day 2025 to him: Why does Guru Tegh Bahadur's martyrdom hold global and historical significance when it comes to human rights?

Guru Tegh Bahadur laid down his life in 1675 to defend the right to freedom of religion, becoming Hind Di Chaadar (Shield of India). He gave his life not for his own community, but to protect the religious freedom of Kashmiri Pandits facing forced conversions under Mughal emperor Aurangzeb. There is no other example of such sacrifice in world history. The sacrifice was for the cause of dharma and righteousness.

"Guru Tegh Bahadur-ji's message of 'fear none, frighten none' embodies the essence of universal human rights. His sacrifice predates, yet perfectly aligns with the principles later included in the UDHR adopted by the UN in 1948, particularly the freedoms of conscience, belief and religion," says Lamba.

Eight killed, over 30 hurt as two pvt buses collide in TN

Chennai. (Agency)

In a tragic incident, eight people were killed and over 30 others, including children, injured when two private buses collided in the southern Tenkasi district of Tamil Nadu on Monday. Police sources said the deceased included five women. Reports received at the police headquarters here confirmed that eight people were killed in the mishap.

The accident took place at Idaikal village near Kadayanallur and rescue and relief operations were on. Acting on information, police, fire service and revenue department officials rushed

to the spot and shifted the bodies to the government hospital for post

speeding. The condition of some of the injured was said to be serious. Senior police and district officials, including Tenkasi District Collector Kamal Kishore, rushed to the accident spot and monitored the rescue and relief works.



Nagpur centre of culture & literature: Fadnavis

Nagpur. (Agency)

Maharashtra Chief Minister Devendra Fadnavis today described Nagpur as a centre of culture and literature, noting that the city has historically shaped the country's intellectual and cultural direction.

Speaking at the inauguration of the nine-day Nagpur Book Festival jointly organized by the National Book Trust (NBT), the Government of Maharashtra, and the Zero Mile Youth Foundation, Fadnavis termed Nagpur as a centre of culture and literature, noting that the city has historically shaped the country's intellectual and cultural direction.

He highlighted Nagpur's legacy from the RSS tradition of nationalism to Lord Gautam Buddha's first turning of the wheel of Dharma and the contribution of the Gond kings and the Bhonsle period to the advancement of knowledge and literature. Fadnavis also recalled

the contributions of prominent writers from Vidarbha, including Shripad Krishna Kolhatkar, Ram Shewalkar, Mahesh Elkunchwar, Suresh Bhat, Poet Grace, Madakholkar, Maruti Chitampalli and Parashuram Khune. Vidarbha is a land where languages

importance of reading in the digital age. "At a time when digital media is seen as a challenge to reading habits, this festival becomes even more relevant," he said.

He noted that more than 300 publishers and over 1.5 million books are available at the event, benefiting students and residents of the region.

Addressing the gathering, Vijayrao Deshmukh said that while foreign invasions had once weakened local culture, Chhatrapati Shivaji Maharaj restored pride in the Marathi language and Indian traditions.

"This book festival is a continuation of that legacy," he stated.

He added that under the leadership of Prime Minister Narendra Modi, Chief Minister Fadnavis and RSS chief Mohan Bhagwat, India is witnessing a new phase of development and the festival reflects this transformation.

The programme was conducted by Vedika Mishra, while Yuvraj Malik delivered the vote of thanks.

meet. Marathi and Hindi literature flourish here side by side, he said.

Praising the organizers, he added that the NBT has played a significant role nationwide in promoting reading culture and that the Nagpur festival will further elevate this effort.

State Minister Dr. Pankaj Bhoyar emphasized the growing

importance of reading in the digital age. "At a time when digital media is seen as a challenge to reading habits, this festival becomes even more relevant," he said.

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Canada courts turn down asylum claims linked to Khalistan activism

Chandigarh. (Agency)

In 2025, Canadian federal courts and the Immigration and Refugee Board (IRB) rejected dozens of refugee claims from Punjabi migrants who allege persecution in India for supporting the Khalistan movement, with judges repeatedly describing the applications as opportunistic or lacking credibility.

One emblematic case highlighted in a July 2025 investigation by the National Post involved 22-year-old Gagandeep Singh from Haryana, who initially claimed he fled India after being framed for murder but later amended his story to include pro-Khalistan activism in Canada. The Refugee Appeal Division (RAD) overturned an initial grant of protection, calling it "yet another fraudulent refugee claim" because Singh's narrative was "strikingly similar" to nearly 200 others prepared by the same

Brampton-based consultant, Deepak Pawar. Federal Court Justice Guy Régimbald subsequently criticized the RAD for focusing too heavily on "form over substance," noting in his ruling that "asylum narratives are not exercises in creative writing," and sent the file back for redetermination, according to the National Post.

Similar outcomes have become routine. In August 2025, Justice Benoit M. Duchesne upheld the rejection of Amandeep Singh and Kanwaldeep Kaur, a couple who arrived on visitor visas in 2018 and, facing removal, suddenly declared themselves Khalistan supporters complete with Sikhs for Justice (SFJ) voter cards and protest photos, a case recorded in Federal Court file IMM-4214-24. The

RAD had already ruled their political conversion "disingenuous and lacking good faith."

Official IRB statistics underscore the scale of the phenomenon, with Indian nationals—predominantly

IRB figures, reported that Indian claims soared from just 225 in 2013 to more than 13,000 in the first eight months of 2024, with rejection and abandonment rates double the global average, in an update published in September 2025.

At least 30 Federal Court judicial reviews of Khalistan-linked claims were dismissed in 2025, with only four sent back for rehearing, according to an analysis of CanLII dockets, and judges have consistently given "minimal weight" to last-minute social-media posts, SFJ referendum cards and templated affidavits from Punjab. Immigration Minister Marc Miller said in a March 2025 interview with Global News that the



from Punjab—filing 9,947 refugee claims in the first six months of 2025 alone, representing 18% of all claims processed by the Board, according to IRB data on "Claims by Country of Alleged Persecution – 2025." CBC News, which cited

government is intensifying audits of consultants and accelerating inadmissibility screenings in response to what some officials privately call abuse of the "Khalistan card." Refugee advocates caution against blanket skepticism, and York University professor Sean Rehaag said CBC that acceptance rates for Indian claims reached approximately 50% by 2022, reflecting documented human rights concerns in some cases. Nevertheless, the courts' message is clear: participation in Canadian Khalistan rallies or possession of an SFJ voter card, without evidence of pre-flight risk, is no longer enough to win protection.

As winter removal flights resume, thousands of Punjabi claimants whose work or study permits have expired now face a stark choice: prove genuine, individualized persecution or return home.

Many moons ago, and occupation forces now

These last few years have been disillusioning for people of my vintage, brought up to regard the moon — that “silver deity of secret night”, as the poetess Lady Mary Montagu put it — as an object of mystery and romance cloaked in an impenetrable celestial halo. It has been the staple of Hindi films of my era: remember Mukesh’s ‘Ae meri jaan chand sa gora mukhra...’, or that haunting duet of Raaj Kumar and Meena Kumari, ‘Chalo dildar chalo, chand ke paar chalo’? Ours was also the moon that belonged to everyone, the Hindu wives at Karva Chauth and the Muslim brothers and sisters at Eid. No more, unfortunately, as more and more countries target it for profit, stripping it of all its mystery and wonder. It has now been appropriated by scientists, engineers, salivating capitalists, and politicians wishing to burnish their nationalist credentials. I distinctly remember when this planetary disrobing began, 56 years back on a night in 1969. I was then in St Xavier’s College hostel on Park Street, Calcutta. A few of us had gathered in the house of a friend, Karan Deva, on Camac Street, to listen to the live commentary of the first manned mission to the moon, and to Neil Armstrong’s historic words — “A small step for man...” — which would have got him into a lot of trouble in today’s woke world for being sexist and disregarding the other 16 genders. The journey that began with that small step has more or less culminated, for me at least, with the landing of Chandrayaan and the Vikram Rover on the south pole of the moon on August 24, 2023. Some vestiges of the mystery still remained, however, as I watched the spacecraft hovering over its landing spot, but even that disappeared the moment Mr Modi made his inappropriate appearance on the TV screen. Poets, songsters, lovers and dreamers will now have to go back home and seek some new source of inspiration, for the moon now belongs to the politicians, rabid nationalists and venture capitalists counting their dollars. Its days are numbered. In a few years, it will be carved out among whoever constitutes the G-20 or G-420 then. Its innards shall be mined and extracted to cater to the relentless greed of a species which by then would have fouled its own nest irretrievably and made it unliveable. Those who destroyed our own planet will be the ones who will leave and build their condos on already identified spots like Alphonsi, Lunar Maria, Mare Tranquillitatis, and, not to forget, our very own Jawahar Sthal and Shiv Shakti. And that Biblical prophecy — “The meek shall inherit the earth” — will finally come true, for the rich will abandon it and the meek shall have no other choice but to continue to languish here.

The revelations of Chandrayaan so far are a mixed bag. Bangaloreans have much cause to rejoice, for the Rover evidently has had to negotiate its way through myriad craters, something which the residents of this city do twice every day: they will feel at home on the lunar surface. Our tipplers from Kerala and Punjab are also a relieved lot: Chandrayaan has reported that the moon has plenty of ice and water, so our Bacchanalians need to carry only Blender’s Pride and Uncle Chipp’s on their inter-stellar journey. Our faithful wives should also be a happy lot: it appears that the moon’s surface has no water of its own, all the water there consists of the millions of litres offered to the moon by devout wives for millennia at the Hindu festival of Karva Chauth. It’s good to know that their water has not been wasted, but will now be recycled by their husbands in conjunction with the daughter of grapes. The bad news, of course, is that the admiring Romeos and Lotharios will now have to find some other simile to describe the objects of their affection: the Rover has established that the moon’s surface is not, as hitherto thought, as smooth as Meena Kumari’s cheeks, but is more like Om Puri’s virile, pock-marked kisser. As someone said, however, you win some, you lose some. And talking of winning, here’s an idea for Niti Aayog (which appears to have run out of them for quite some time now): the government should hand over ISRO to our leading industrialist and the 23rd richest man on earth (give or take a few ranks). After all, this gentleman already controls all other modes of transport with his airports, sea ports, terminals and highways.

Mirpur refugees, Jammu's Bakshi Nagar, and bus stop drama

A house with a stream of visitors, but there was often a hush. Now I know why those silences came

My mother’s family were refugees from Mirpur. This is now in Pakistan-occupied Kashmir. In Jammu, November 25 is still marked as ‘Mirpur Balidan Divas’. On that day in 1947, and in the couple of days that followed, in the aftermath of Partition, one of the most heinous massacres took place. It is one that has rarely been talked or written about. India had been Independent for over three months when Mirpur was attacked by what are believed to be contingents of the regular army and by irregulars and mercenaries from Pakistan. This attack was followed by what is believed to be a pogrom in which around 18,000 Hindus and Sikhs were massacred. My mother’s family escaped death (or worse), as they were in Jammu at the time. In a separate incident, my grandfather’s older brother, Chaudhry Amar Nath, who was the Wazir-e-Wizarat, Governor of Skardu (Baltistan), Gilgit and Ladakh, had already been brutally killed and his wife, who escaped with their young children, wore a metal strap on a leg and a special shoe, as she too had been shot and badly wounded.

Most of the survivors from Mirpur were settled in what was to become Bakshi Nagar in Jammu. That is where my grandparents lived and where my parents, my sister and I spent a couple of months every winter. Over the years, one watched the house grow from a very basic structure to something rather grand. It was a house that had a constant stream of visitors. Something was always coming out of the kitchen. Conversation was often hushed. When we children were around, the elders would often stop talking. Today, I know why those silences came. They did not want us to hear about all those times and their unanswered questions about who could still be alive and who got killed. And yet, it was a house filled with laughter and great love. It was also a place where the easier and funnier sides of life could be observed. A little below the house was a bus stop. A short slope, past a couple of ber trees, led to a trifurcation. One slope went up to the main section of Bakshi Nagar. A mild descent led down to the canal where, often enough, I would join my parents and uncles on their evening walk. That was only if the family dog, who went by the eponymous name of Doggie, chose that direction. That dog was a canine of many moods and of considerable character. At some point, he had moved into the house from an indeterminate place and with an equally indeterminate ancestry. He would choose where we would go. Doggie ji, as he was respectfully known, in deference to his firmness and determination, would grab the lead walker’s legs and cling on till his chosen route for the evening was



approved. The trifurcation of the roads was where this world-changing decision would be made. That trifurcation also had the bus stop. For reasons best known only to him, Doggie ji did not like the old three-wheel tempos. These stopped there to pick and drop passengers. There, at the bottom of the ‘dhukki’, as an incline was locally called, dramas would periodically unfold. Some were verbal arguments that could occasionally turn into an exchange of fistfights and some were pure entertainment. Of the former, many stemmed from the tempos trying to catch as many ‘fish’, as passengers were called, and stuff them into their tempo-nets. Rattling away and spewing smoke, off they would race to disgorge one lot of cramped passengers that emerged in assorted yogic postures to harvest the next catch.

The way excessive fishing has reduced marine life in certain seas, similarly, arguments stemmed from moments when one tempo had trawled the road and left no

‘fish’ for the next one. And when a bus came by, it was like the local industrial scale trawler that would dredge the area with a catch that could have been collected by several tempos. That was when all the tempo drivers would suddenly become convivial and polite to each other. They would line up neatly and wait for passengers. The big shark had swept away all fish and now that common enemy had made friends of all the rival littler fishing tempos. As entertainment was limited, as a child, one hung around that bus stop — and occasionally took a bus to Raghunath Bazaar. Two incidents remain parked in memory. The first was of a lady who berated the driver as he refused to wait till ‘Beeji finished her bath’. The second was the moment when another lady was short of money for the fare, and couldn’t understand why the conductor couldn’t put the rest from his own pocket. (For the readers who speak Dogri or Punjabi, please translate these lines to get the real effect of the conversations!)

States stuck with Governor delays as SC reaffirms separation of powers

The Bench held it impermissible for courts to adjudicate on a bill’s contents in any manner before it becomes law

The Supreme Court’s advisory opinion on the 16th Presidential Reference refrained from charting a definitive path for states grappling with legislative paralysis caused by gubernatorial delay. The five-judge Constitution Bench affirmed that courts cannot usurp the functions of the President or governors by allowing ‘deemed assent’ to bills passed by the legislature if any court-mandated deadline lapses. Such judicial overreach would not only contravene the spirit of the Constitution but also the hallowed doctrine of separation of powers, the top court held. It answered the President’s reference to the court in May, which was prompted by a two-judge Bench’s ruling on the Tamil Nadu governor’s delay in giving assent to bills. Under Article 200 of the Constitution, a governor has three options: to accord assent to a bill, to reserve it for presidential consideration, or to return the bill to the legislature with comments, provided it is not a money bill. The Constitution Bench agreed with the smaller Bench’s opinion delivered this April that withholding assent



strikes at the root of federalism and constitutes a diminution of the legislative authority vested in elected assemblies. Equally, it held it impermissible for courts to adjudicate on a bill’s contents in any manner before it becomes law. The question would not have come before the top court had governors of several states, not just Tamil

Nadu, not indulged in protracted procrastination, with some bills hanging fire for years. The advisory opinion addressed the 14 constitutional questions the President asked of the top court, not the Tamil Nadu verdict that triggered the reference. So the opinion’s words forbidding “prolonged and evasive inaction” do not amount to clarity on the recourse Tamil Nadu or other states have if they face the same predicament again. Parties like the DMK intend to make political fodder out of the opinion. Tamil Nadu Chief Minister M K Stalin, reaffirming his commitment to federal principles and state autonomy, has vowed to continue the fight until the Constitution is amended to enshrine a binding timeline for governors. That was, in effect, the suggestion of the Supreme Court when it reaffirmed the line between judicial and legislative powers. If politicians are truly convinced of the need for deadlines, they have to practise their principal art — persuasion, on each other in parliament, or on voters at the next hustings.

Touchstones: Keeping the house running

If women decided public policy and conflict resolution, the world would be more just and peaceful



With Delhi and NCR’s air declared the filthiest in the country, we decided to run away to Uttarakhand along with a band of friends. This time, we planned to explore a little-known hill station called Lansdowne, which is also the headquarters of the Garhwal Rifles. As a proud Kumaoni, I was prepared to pooh-pooh the Garhwali part of Uttarakhand (an old feud between these two territories), but what we saw blew my prejudices away. The resort we stayed in offered the most spectacular vista of the Garhwal Himalayas, called the Kedarnath range that straddles the horizon like a fortress of snow. From the first ray of the sun that tinges these awesome peaks pink to the colourful sunset that paints the entire sky orange, we were treated to sights that nourish the soul. This stunning range stands behind the Kedarnath temple and is part of the Gangotri group of peaks. It is the western range of the Panchachuli range that is visible in Kumaon and the peaks that we proudly point out there — Trishul, Nanda Ghunti, Nanda Kot and Nanda Devi — look so remote and tiny beside this vista of Chaukhamba, Kedarnath, Badrinath and Gangotri. As for the sky, I know now what cerulean blue means. The area is also one of the few blue pine forests left in the country and the densely forested ranges around us were a feast of blue and green. Pretty terraced fields add to the picture-perfect villages that dot the area. Thanks now to solar power, the isolated houses there glow like fireflies in the stygian darkness that envelops our mountains after sunset. Thankfully, the Army has kept the area inviolate so far but already there are momo-sellers and Maggi points all along the way to this hard-to-find hill station. I dread the onslaught of the intrepid Indian tourist who will surely come to pollute the mountains and leave empty packets of chips, plastic bottles and play loud music. Just as I was forced to confront the old Kumaon-Garhwal snobbery, I have to confess that the Indian Army runs its cantonment areas far better than our civilian governments. Within the Army headquarters area, there was not a trace of litter. Their spit and polish of the old colonial bungalows have kept them exactly as

they were when first built 102 years ago. The furniture (Burma teak, no less), the parade ground and the mess (with a billiards room) have to be lauded. I was reminded of the equally beautiful properties that our civilian officers were bequeathed and rue what they have been reduced to. The Parade Ground was full of Agniveer recruits being made to practise for their passing-out parade at the end of the month. For many of these fresh-

faced youths, this was their first encounter with the rigour and discipline of a structured routine. Many may be absorbed by the Army and paramilitary organisations, others by security agencies, while some will get seed capital to start a venture. No wonder we saw young village boys running up and down the hills to prepare for a life in the ‘paltan’, always a popular outlet for hill people. Several countries make army service compulsory

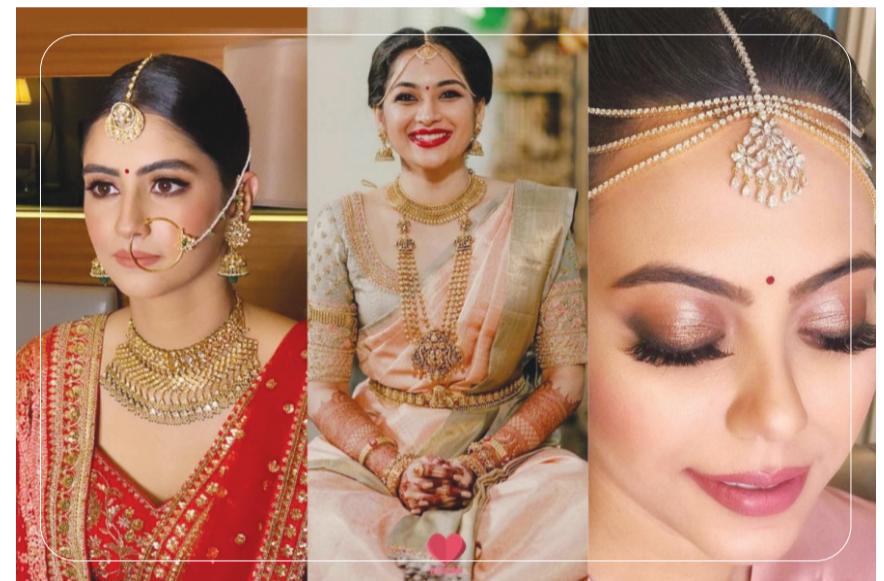
for all pre-college girls and boys so that they get a taste of the hard life they must face after they pass school. There are many who have issues with this form of indoctrination, yet given the alternate drifting life when many take to drugs, alcohol and crime in the absence of a purpose in life, I have altered my views on this scheme. Now for a takeaway from the Bihar elections that most commentators have pronounced as a victory gifted by the women of Bihar to Nitish Kumar and the NDA. The most important fallout of this for me is that women voters will henceforth be taken very seriously by all our political parties and more space will have to be made for them in government budgets, jobs and political representation. As a woman, I rejoice at the recognition (however grudgingly made) of the power that women hold in dislodging the patriarchal system that has used its brute and brutish power to keep them invisible within homes and behind veils. Not just in Bihar and India, if the world were to move in the direction of giving women a chance to decide public policy and conflict resolution, you can take it from me the world would be a more just, equitable and peaceful place. Giving women a role in forest management, ecological matters and care for the aged and infirm would tap into wisdom that Nature has blessed women with. Men are completely deficient in emotional intelligence (I often say this is a manufacturing defect), so keeping the house running smoothly with everyone cared for is always considered a woman’s job. What else is running a country but a scaled-up version of running a home and family? Above all, women are less prone to corruption, though there are exceptions we cannot forget.

So hurrah for the women of Bihar, and for Nitish Kumar who has spent many decades pulling up the women of his state from the miserable plight they were doomed to live under the patriarchal system that never recognised their worth. One day, when I am long gone, my granddaughters will inherit a world that they will thank us for fighting for their liberation.



5 bridal makeup ideas that are valid for every wedding season

Your bridal makeup should be a top priority on your checklist to achieve your dream look on your wedding day. Makeup plays



a crucial role in bringing the entire look together. While many brides curate Pinterest boards with unique makeup inspirations for their big day, it's essential to remember some classic and timeless bridal looks. Embrace these timeless ideas and ask your makeup artist to deliver some of the most

popular bridal looks that are subtle, alluring, and always in style.

The fearless bright eye bride

Don't shy away from bold colors paired with glitter and defined eyeliner. This striking eye makeup look can make your eyes appear larger and more vibrant, complemented by a subtle base. Eyes are often said to be the windows to the soul, and this trendy yet timeless bright eye look enhances your natural beauty and suits every lehenga style and color.

Opt for an eye-catching lip shade

Playing with lip colors on your wedding day can be daring, but shades like pop red, maroon, and subtle purple can make a statement. Bold lip colors not only add a stylish flair but also make your face look sharp and your lips fuller, boosting your confidence and radiance. If you choose a bold lip shade, start with a subtle base, fine contouring, and a touch of highlighter for balance.

Blush like a Goddess

Achieving a perfect bridal look involves careful attention to detail, especially when it comes to blush and bronzer. A rose pink blush combined with bronzer and fine contouring adds a flattering touch, enhancing your natural glow. For a 2000s Bollywood-inspired effect with a 'no makeup' touch, this look remains a timeless favorite.

The highlighter glow

A highlighter is a staple for achieving a radiant bridal glow. The key is to find the right balance—too much glitter can be overwhelming, while too little might go unnoticed. A glowing makeup look with a natural finish requires skillful blending. Pair it with subtle lipstick shades like pink, mauve, or nude for a harmonious appearance.

Dramatic smokey eyes

For a glamorous look, consider smokey eyes in maroon shades blended with red and a touch of sparkle or glitter. This style accentuates your eyes, making them appear larger and more dramatic. The smokey eye effect should be neat and sharp, creating a beautiful curve that enhances your overall look while being balanced with a subtle base.

A bride should carefully decide on her makeup style well in advance. To avoid last-minute chaos, start with sample makeup sessions ahead of your big day.

Consider how the makeup looks with your chosen jewelry and final outfit before making a final decision. For Indian brides who often wear heavy jewelry, a well-blended and subtle makeup look will enhance your features and create a perfect balance.

Side effects of applying Foundation on your face regularly



Regularly applying foundation to your face can have various effects, both positive and negative, depending on factors such as skin type, the quality of the product used, and individual sensitivities. While foundation is a staple in many makeup routines, it's essential to be aware of potential side effects and take steps to minimize them for healthy, radiant skin. One of the most common side effects of using foundation regularly is clogged pores and acne breakouts. Foundation, especially if not removed properly at the end of the day, can trap dirt, oil, and dead skin cells on the skin's surface, leading to the formation of blackheads, whiteheads, and pimples. To prevent this, it's crucial to cleanse the skin thoroughly before and after applying foundation and opt for non-comedogenic formulas that won't clog pores.

Another potential side effect of foundation is skin irritation and allergic reactions. Some ingredients commonly found in foundations, such as fragrances, preservatives, and certain pigments, can cause sensitivity or allergic responses in some individuals.

Symptoms may include redness, itching, swelling, or a rash. To minimize the risk of irritation, choose foundations labeled as hypoallergenic or formulated for sensitive skin, and perform a patch test before applying the product to your entire face. Over time, frequent use of foundation can also lead to skin dehydration and dullness. Many foundations contain ingredients like alcohol or matte-finish powders that can absorb excess oil from the skin, resulting in dryness and a lack of radiance. To combat this, look for hydrating foundations enriched with moisturizing ingredients like hyaluronic acid or glycerin, and be sure to moisturize your skin thoroughly before applying foundation to maintain its natural moisture balance.

In addition to these potential side effects, long-term use of foundation may contribute to premature aging of the skin. Some foundations contain ingredients like chemical sunscreens or synthetic fragrances that can cause oxidative stress and damage to the skin cells,



leading to the formation of wrinkles, fine lines, and age spots. To protect your skin from premature aging, choose foundations with broad-spectrum SPF protection and antioxidants like vitamin C or green tea extract to shield against environmental aggressors and free radicals. Finally, it's essential to consider the psychological

impact of relying on foundation to achieve a flawless complexion. While makeup can enhance confidence and self-esteem, becoming dependent on foundation to conceal perceived flaws or imperfections can lead to negative body image and self-consciousness. Embracing your natural beauty and taking care of your skin from the inside out through a healthy diet, adequate hydration, and a consistent skincare routine can help reduce the need for heavy makeup and promote a more positive relationship with your appearance.

While foundation can help create a smooth, even complexion, its regular use may also pose certain risks to the health and appearance of your skin.

By choosing high-quality, skin-friendly products, practicing proper skincare hygiene, and being mindful of your skin's needs, you can enjoy the benefits of foundation without experiencing adverse side effects. Remember that true beauty comes from within, and healthy, radiant complexion is the best foundation for any makeup look.

Supreme Court agrees to Rs 5,100 crore settlement by fugitive Sandesara brothers

The Supreme Court has agreed to drop all CBI, ED and PMLA cases against the fugitive Sandesara brothers in the Sterling Biotech fraud case.

In a first, ex-CJI BR Gavai leaves official car for successor Justice Surya Kant

New Delhi.(Agency) Former Chief Justice of India BR Gavai on Monday set a new precedent by leaving the official Mercedes-Benz car for his successor Surya Kant at the Rashtrapati Bhavan after the latter's swearing-in ceremony. Justice Gavai, who superannuated on November 23, reached the Rashtrapati Bhavan in the official car and left for his residence in his personal vehicle after the function. "After the oath ceremony, Justice Gavai left the official vehicle designated for the chief justice and returned in



an alternative vehicle from the Rashtrapati Bhavan, ensuring that the official car is available for use by his successor for going to the Supreme Court," a person privy to the development said.

Justice Surya Kant was administered oath as the 53rd CJI by President Droupadi Murmu at a brief ceremony on Monday morning. He took the oath in Hindi in the name of God. Justice Kant was appointed the next CJI on October 30, and will remain in the post for nearly 15 months. He will demit office on February 9, 2027, on attaining the age of 65. Vice President C P Radhakrishnan, Prime Minister Narendra Modi, and former CJI Gavai were among the dignitaries who attended the ceremony.

AQI nears 'severe' category in Delhi, NCR towns cross 400

New Delhi.(Agency) Delhi's air quality continued its downward slide on Sunday, inching closer to the 'severe' category as temperatures began to dip across the region. The city's average Air Quality Index (AQI) was recorded at 391, only nine points short of the 'severe' threshold, according to the Central Pollution Control Board (CPCB). Forecasts from the Air Quality Early Warning System (AQEWS) indicate that pollution levels are expected to remain in the 'very poor' bracket for the rest of the week.

Thirteen monitoring stations in the capital registered AQI readings in the 'severe' category, while 25 reported



'very poor' air, CPCB's Sameer app showed. Localities such as Wazirpur (AQI 464), Vivek Vihar (458), Rohini (457), Jahangirpuri (451) and Bawana (446) were among the worst hit on Sunday.

The toxic haze was not confined to Delhi alone. AQI readings from the National Capital Region painted an equally grim picture, with Ghaziabad (437), Noida (418) and Greater Noida (399) all breaching the upper end of the 'very poor' range. Faridabad (237) and Gurugram (295) fared comparatively better but still remained in the 'poor' category.

Data shows that Delhi's average AQI has remained stubbornly high over the past week — fluctuating between 351 and 392 — with Sunday's 391 matching levels seen earlier in the week.

New Delhi.(Agency) The Supreme Court on Monday agreed to drop all criminal proceedings against the fugitive Sandesara brothers in the Sterling Biotech fraud case, on the condition that they pay a one-time settlement of Rs 5,100 crore to the lender banks by December 17. The order stipulates that all cases filed by the CBI, ED, and under the Prevention of Money Laundering Act (PMLA) against Nitin and Chetan Sandesara and other co-accused can be closed once the settlement amount is deposited.

The verdict followed the government's confirmation that a one-time settlement (OTS) had been formally sanctioned in the case, which involves an alleged bank fraud of over Rs 5,383 crore linked to Sterling Biotech.

However, the court made it clear that the relief granted is specific to the unique circumstances of this case and cannot be cited as precedent in future



matters. The Sandesara brothers, promoters of the Vadodara-based Sterling Biotech and leaders of a business empire spanning pharmaceuticals to energy, fled India in 2017 using Albanian passports after being accused of defaulting on domestic bank loans. They denied

any wrongdoing. The investigation had revealed the Sandesara Group's overseas companies had secured loans worth thousands of crores from foreign branches of Indian banks. The loans were sanctioned by a consortium of banks led by Andhra Bank, UCO Bank, State Bank of India, Allahabad Bank, and Bank of India. The probe also uncovered that the funds obtained through these loans were diverted for unauthorised purposes, layered, and laundered through a complex network of domestic and offshore entities. The main promoters allegedly siphoned off the loan amounts not only to finance their Nigerian oil business but also for personal gains.

The ED had attached properties of the Sandesara Group worth Rs 9,778 crore in the Sterling Biotech case.

Judge Who Sought Favours Dodges In-House Probe With Retirement? Maybe Not

New Delhi.(Agency) A high court chief justice who tried to influence a National Company Law Appellate Tribunal member in Chennai for a ruling in favour of a company has narrowly escaped an in-house inquiry due to his retirement and other reasons. This does not mean he is completely out of the arc of accountability. The new Chief Justice of India Surya Kant can still recommend filing of a first information report (FIR) under the Prevention of Corruption Act.

Former Chief Justice of India BR Gavai had sought a report from National Company Law Appellate Tribunal (NCLAT) judicial member Justice Sharad Kumar Sharma, who had revealed in an open court that "one of the most revered members of

the higher judiciary of this country" had approached him to secure a favourable order and recused himself from hearing the case. By the time



Justice Sharma sent a detailed report, the high court chief justice in question had retired. Due to this, a formal in-house inquiry could not be ordered against him.

During a hearing in the Supreme Court on November 14, lawyer Prashant

Bhushan had said that according to his information, "the message came from the Chief Justice of a high court" to the judicial member of the company's appellate tribunal. The Supreme Court then told NCLAT chairperson Justice Ashok Bhushan to hear the matter in a bench headed by him and adjudicate the dispute at the earliest. The Supreme Court also directed the interim resolution professional (IRP) appointed by the National Company Law Tribunal at Hyderabad to proceed in the insolvency dispute.

According to the bench, the judicial member recorded the incident in his order before recusing himself from hearing the matter, and that was enough for looking at the issue on the administrative side.

15 arrested for using 'pepper spray' on Delhi Police during air pollution protest

New Delhi.(Agency) The Delhi Police has arrested 15 people on charges of obstructing its personnel and assaulting them, besides blocking the road during a protest at the India Gate over rising air pollution levels in the national capital, an official said on Monday.

On Sunday, the situation at the protest escalated as some demonstrators allegedly used pepper spray on police personnel while being removed from the scene, the official added.

According to a senior police officer, the protesters had gathered close to the C-Hexagon and were told that their demonstration at that

location was obstructing ambulances and medical personnel trying to pass through.

"The situation then turned into a



scuffle, and some protesters used pepper spray on our personnel, which is unusual and rare," the officer said,

adding that so far, 15 protesters have been arrested. The Delhi Coordination Committee for Clean Air, in a statement, said the city's worsening air quality has become a serious risk to public health and alleged that authorities have failed to address the root causes of pollution. It further alleged that air quality has remained in the severe category, while the government relies on cosmetic measures such as water sprinklers, cloud seeding and spraying near Air Quality Index (AQI) stations instead.

Lens on under-construction madrasa funded by Delhi blast accused doctor: Sources

The partly underground madrasa near Faridabad's Al-Falah University is allegedly funded by key Red Fort blast accused Dr Muzammil Ganji.

New Delhi.(Agency) As investigative agencies dug deeper into the Red Fort blast case, a suspicious underground madrasa near Al-Falah University in Faridabad has come under scrutiny. Officials suspect that the partially constructed structure was funded in part by Dr Muzammil Ganji, a key accused in the Delhi blast. Ganji was arrested from Al-Falah University just hours before the Delhi explosion, in which his associate, Dr Umar un Nabi, detonated a device that killed 15 people. Investigators had also seized 2,900 kg of explosives from near the institution.

The madrasa is located in the middle of a village, barely two kilometres from the terror-tainted university campus, and was reportedly being built with government assistance. Spread across nearly 4,000-5,000 sq ft, the structure



remains incomplete, with large sections lying 7-8 feet below ground level. Only an upper portion, extending about three feet above the surface, has been

constructed so far. The plot itself is level, indicating that an underground structure was not required for the structure. Yet the construction has been carried out below

ground, without proper ventilation. Investigators who surveyed the site noted that the foundation and design deviate significantly from typical madrasa architecture.

The walls are about 23 cm thick, and beneath them are platform-like formations nearly 1.9 metres wide. These platforms run along the entire periphery of the underground section, raising questions about their intended purpose.

The roof area features stairs descending to ground level, and mats were found placed on the raised platforms, indicating that children may have been using the space for classes. Agencies are now investigating Dr Muzammil's involvement in financing the madrasa and whether funds for its construction may have been routed through channels connected to the blast conspiracy.

NEWS BOX

New Zealand's Kane Williamson returns for West Indies Tests, Kyle Jamieson rested

New Delhi. (Agency)

Kane Williamson has been recalled to the New Zealand squad for the upcoming three-Test series against the West Indies in December, marking his return to red-ball cricket after missing the one-day internationals and the Test series against Zimbabwe earlier this year. His selection comes alongside experienced seamer Blair Tickner and promising pacer Zak Foulkes joining the 14-man squad, with Kyle Jamieson rested for at least the series opener. The squad also welcomes back Daryl Mitchell, who has recovered from the groin injury he sustained during the recent ODI series against the West Indies. Williamson, who recently retired from international T20 cricket, has not featured in a Test match since December last year. His inclusion is viewed as a stabilising presence for Tom Latham's side, with head coach Rob Walter saying, "Kane's ability on the field speaks for itself and it will be great to have his skills as well as his leadership back in the test group." Walter added, "He's had a bit of time off to get himself ready for red-ball cricket."



With Jamieson unavailable due to his red-ball return-to-play plan, Blair Tickner is in line for his fourth Test cap after more than two years. Tickner, 32, has shown strong form of late, collecting two Man of the Match awards in the ODI series against England last month. Jacob Duffy, who made his Test debut against Zimbabwe earlier this year, is also included as a pace option, strengthening the seam attack. Zak Foulkes, 23, earned his place after a standout Test debut against Zimbabwe in August, where he took nine wickets for 75 runs—the best match figures by a New Zealander on Test debut. The fast-bowling group is rounded out by Duffy and Matt Henry, with injuries to Will O'Rourke and Ben Sears limiting further options. Walter said.

Eberechi Eze adds an aura to Arsenal: Arteta praises hat-trick hero after Spurs win

New Delhi. (Agency)

Eberechi Eze delivered a performance of rare authority and brilliance to send Arsenal six points clear at the top of the Premier League, with Mikel Arteta hailing the England international for bringing an "aura" the team had been missing. The 26-year-old struck the first hat-trick of his career in a commanding 4-1 win over Tottenham, punishing the club that came close to signing him in the summer before Arsenal secured his £67.5m move from Crystal Palace. Leandro Trossard set Arsenal on their way, but it was Eze who seized control of the contest. His first goal arrived after a silky dribble that cut open a static Tottenham back line, allowing him to slot home with confidence and precision. Arsenal went into the break 2-0 up and within 36 seconds of



the restart Eze doubled his tally, reacting sharply to extend the lead. He completed his hat-trick late on, capping a dominant display even after Richarlison had pulled one back for a Spurs side that mustered only 0.07 expected goals. "Things happen for a reason," Arteta said, reflecting on the club's decision to move for Eze after three consecutive runners-up finishes. "After the international duty, he had two days off, and after one day he wanted to train, and he wanted to improve, and he wanted to do extra practice and he was asking me questions about this and that. When a player has such a talent, and his desire is at that level, then these things happen. And he fully deserves it. I'm so happy for him, because since the day that he came, he brought something else to the team. So it's a joy, it's an aura that this team needed and hopefully it will give him a lot of confidence, to him and the team, that at any moment he can win us a game. And that's the ability that he has and he certainly needs to fulfil that talent."

IT'S DO OR DIE

It is not impossible for India to still force a

Lionel Messi powers Inter Miami to 1st East final, thrash Cincinnati in semis

Inter Miami progressed to their first-ever Eastern Conference final following a commanding 4-0 victory over FC Cincinnati. Lionel Messi led with one goal and three assists, while Tadeo Allende and Mateo Silvetti contributed crucial goals. Miami continues their historic playoff run and will next face either Philadelphia or NYCFC.

New Delhi. (Agency)

Inter Miami booked their place in the MLS Eastern Conference final for the first time in club history with a decisive 4-0 victory over FC Cincinnati. The win builds on Miami's growing momentum in the postseason, as the club posted back-to-back 4-0 playoff results under coach Javier Mascherano. Lionel



Messi led the attack with a goal and three assists, continuing his consistent involvement in every Miami goal during this playoff campaign. The result eliminates Cincinnati at home for the third consecutive season, extending their streak of postseason disappointments just short of the conference final. Messi delivered a commanding performance, scoring the opening goal and assisting on three others to drive Miami's attack. His header in the 19th minute set the

tone for the match, and he was directly involved in the build-up for each subsequent goal. Messi now has six goals and six assists in the postseason.

MLS Playoffs: Full coverage

Tadeo Allende continued his standout postseason form with a brace in the second half, scoring in the 62nd and 74th minutes. Both goals came from swift transition plays initiated by Messi, who orchestrated the attacks by winning possession high up the

pitch and quickly releasing Allende into space. Allende's contributions further cemented his importance during this deep playoff run.

Mateo Silvetti, aged 19, made a significant impact by assisting Messi's opener and adding a goal of his own to make it 2-0. Silvetti finished off a well-worked move that began with a right-side throw-in and a clever exchange with Messi. His performance reinforced the value of Miami's youthful frontline, which flourished in the absence of Luis Surez, who was available after suspension but did not start. Miami's tactical approach under Mascherano has produced high-scoring, disciplined playoff performances. The decision to keep Surez on the bench allowed the younger attackers to continue their effective pressing and quick attacking transitions. Miami's system proved too difficult for Cincinnati to contain, leading to the win. Looking ahead, Miami will face the winner of Philadelphia versus NYCFC in the Eastern Conference final, aiming to extend their best-ever MLS Cup Playoff run.

IND vs SA: Anil Kumble explains why Sanju Samson deserved chance in India's ODI squad

GUWAHATI. (Agency)

Former India cricketer Anil Kumble has expressed disappointment at Sanju Samson's absence from India's ODI squad for the three-match series against South Africa, beginning on 30 November. Speaking on Day 3 of the second Test in Guwahati, Kumble suggested the selectors may have misjudged the wicketkeeper batter's recent form when choosing the squad. The Board of Control for Cricket in India has opted to bring back Rishabh Pant for the ODI leg of the tour. Pant last played an ODI in August 2024 against Sri Lanka in Colombo and now returns as India continues to rework its white-ball combinations. Kumble said Samson was one of the names he had expected to see in the squad. Reflecting on Samson's ODI record, he said: "One name that I would have wanted to see was Sanju Samson as well, because I think the last ODI that he played a couple of years ago, I know he was not a part of the Australia ODI squad, but Sanju got a hundred." Samson's most recent ODI appearance came in December 2023 in Paarl, where he scored a composed 108 off 114 balls while batting at number three. Across 16 ODIs, he has accumulated three fifties and a century and has



to stay calm, stay together, and plot our way back into this series, as we have done before." England's struggles in Australia continue to mount; they have now lost 14 Tests, drawn two and won none in the country since their last Ashes triumph there 15 years ago. Perth had offered a genuine chance to break that run. At 160 for 5 on day one, England appeared set for a competitive

total before losing five wickets for 12 runs to be bowled out for 172. They bounced back by skittling Australia for 132 and later moved to 65 for 1 in their second innings, seemingly poised to seize control. But another collapse left Australia needing 205, a target they chased down comfortably. He also reminded everyone that this isn't the first time his side has taken a two-day punch. "We've been in this situation before.... We played South Africa and lost in two days that first Test and came back and won that series 2-1," he pointed out, framing Perth as a setback within a larger pattern rather than a referendum on Bazball itself. Brendon McCullum even

leans into the risk. "Sometimes we get beaten, and sometimes it looks pretty ugly, but having that mentality allows us to still believe in our abilities next time we step out to play," he said. In other words, if Bazball creates the kind of chaos that just burned England in Perth, it is also the same fire he trusts to light their way back into the series.



opportunities set the tone for Al Nassr's relentless attack as Joao Felix soon took center stage. His performance in the first half helped his team assert control. Al Nassr's tactical approach centered on sustained attacking play, which left Al Khaleej's defense under constant pressure. Felix opened the scoring in the 39th minute, with Wesley doubling the lead three minutes later. Murad Al-Hawsawi cut the deficit down in the 47th minute, but Sadio

Mane restored the two-goal cushion in early in the final quarter of the second half. Defensively, Al Nassr managed the game with discipline, limiting Al Khaleej's opportunities. The turning point came late in the match when Al Khaleej was reduced to ten men following a sending off, making it increasingly challenging for them to mount any comeback against Al Nassr's high-tempo play. The match's most notable moment occurred in the final play, as Cristiano Ronaldo scored his 955th goal with a spectacular bicycle kick. Statistically, the fixture reflected Al Nassr's control, with Ronaldo's late goal serving as the most spectacular among several throughout the match. The 955-goal milestone further solidified his position as a prolific scorer. Joao Felix's involvement in both a goal and an assist added to the team's overall impressive numbers.

40-year-old Cristiano Ronaldo scores stunning bicycle kick for Al Nassr

New Delhi. (Agency)

Cristiano Ronaldo rolled back the years with a sensational overhead kick as Al Nassr continued their impressive season with a decisive win over Al Khaleej. Ronaldo's strike drew comparisons to his goal against Juventus in the Champions League final in 2017, as the 40-year-old showed why he is one of the greatest players of all time.

Al Nassr's dominance was evident from the outset, maintaining control throughout. Joao Felix played a leading role in the first half, registering both a goal and an assist to set the pace for the win. The opening phase saw Al Nassr apply early pressure, with multiple opportunities created. Cristiano Ronaldo threatened to open the scoring on two occasions—first with a shot from the edge of the area and later with an effort inside the box that required a strong save from Al Khaleej goalkeeper Moris. These initial

South Africa 1-0 India Why a draw is likely in Guwahati Test

SEVILLE. (Agency)

At different points of the last two days in Guwahati, the second Test between India and South Africa looked like a contest swinging between two extremes. First, India had the visitors on the ropes at 247 for 6. Then, suddenly, the game slipped away, not through top-order domination, but through defiance from the tail. In a matter of hours, South Africa did not just recover. They built a mountain. The damage was caused largely by Senuram Muthusamy and Marco Jansen. Muthusamy's maiden Test century and Jansen's fighting 93 turned a vulnerable position into a formidable 489. From a potential 350 to 375, South Africa pushed India into a space where the match no longer feels winnable through normal means. It now feels like a survival exercise rather than a shootout.

IT'S DO OR DIE

It is not impossible for India to still force a

result. On a surface built for batting, a long first-innings effort, a quick South African collapse, and a final-day chase do exist as theoretical outcomes. In reality, however, those scenarios sit well beyond probability. While Test cricket has a habit of surprising, the conditions in Guwahati and the time already lost heavily restrict India's options. On a pitch that has offered very little to bowlers, the most realistic result is a draw. The only alternative is a surprise South African win, if the surface unexpectedly deteriorates. Even on a wicket Kuldeep Yadav described as "like a road," India's route to victory is layered with complications. To force a result, the hosts must first bat long enough to wipe out the massive deficit. They must then bowl South Africa out quickly, and finally chase or defend a target in a shrinking time window. This is not only about skill. It is about precision, timing and flawless execution



across every session. India's batters now find themselves in a unique situation where time at the crease may matter more than runs. To even keep the series-leveling dream alive, they must bat deep into Day 4 and possibly part of Day 5, before thinking about pushing for a result. Anything less, and overs will disappear faster than wickets.

RACE AGAINST TIME

Overs are already vanishing from the match.

With delays and slow over rates, an average

of 10 to 11 overs has been lost per day in Guwahati. Across a five-day Test, that works out to roughly 50 to 55 overs gone, nearly two full sessions erased. By realistic calculation, the equivalent of two days and two sessions from the match have already drifted away. Arguably, yes. Their lower order may not have secured a win, but they have almost certainly ruled out a defeat. With such a huge total on the board and time draining fast, the Proteas have removed the immediate threat of collapse. At worst, they are chasing a draw. At best, they might yet force a victory if India stumble. For India, the implications stretch beyond this series. A home Test series defeat would complicate their World Test Championship calculations significantly. These are the conditions in which the hosts are expected to collect points. Falling short here means India must make up lost ground against equally.

Huma Qureshi

Demands Equal Penalty For Online Abuse And Street Eve-Teasing, Says 'Stop Commenting On Women'

Huma Qureshi is earning widespread acclaim for her back-to-back OTT performances in Delhi Crime Season 3 and Maharani Season 4. In a recent conversation on The Male Feminist, the actor opened up about the sexism she faces online, the policing of women's bodies, and why cyber harassment should carry the same punishment as physical eve-teasing on the streets.

What Huma Said About Online Harassment

Speaking candidly, Huma revealed the kind of comments she regularly receives on social media. "There are comments like 'post a picture in a bikini,' and I am like, 'kar kya rahe ho boss?' It is very disgusting, and it is quite sad," she said. She argued that online abuse should be taken just as seriously as harassment in public spaces. "Mere hisaab se toh jaise aap ladki ko physically ya kahin sadak pe chalte hue tease karne ki punishment milti hai, online ki bhi same punishment honi chahiye. There is no difference."

'Please tippani dena band kar dijiye'

Huma added that men often believe virtual misconduct is harmless, but it carries the same violation of dignity. "You are slipping into my DMs and sending me dirty pictures or writing dirty

comments on my post, toh aapko bhi wahi saza milni chahiye jo kisi ko badtameez on the road pe milti hai." She urged people to stop policing women for every aspect of their lives.

"Main sirf ek basic common sense ki baat bolna chahti hoon ki ladkiyon ko unke kapdon ke baare mein, unke make-up ke baare mein, woh kaise life jeeti hain, kya kaam karti hain, kitne bajre ghar wapas aati hain, unka wazan kya hai... unke baare mein please tippani dena band kar dijiye."

Huma's Recent Work

Huma first broke out with Anurag Kashyap's Gangs of Wasseypur Part 2 in 2012 and has since carved a niche with powerful, layered characters. She recently headlined Maharani 4, played a cop in Bayan — which premiered at the Toronto International Film Festival (TIFF) — and also appeared in Jolly LLB 3.

Avneet Kaur

Serves Sexy Sunlit Look In Brown Lace Co-ord Set

Avneet Kaur, who continues to cement her place as one of Gen-Z's most reliable fashion trendsetters, has once again stepped out in a look that feels fresh, sunlit, and straight off an editorial mood board. The actor-influencer turns a simple indoor setting into a warm, fashion-forward frame in her latest pictures. In the new photos, Avneet is seen wearing a ribbed brown co-ord set that strikes the perfect balance between cute, cosy, and chic. The fitted tank top features delicate cream lace along the straps and hem, while the matching shorts echo the same feminine detailing. The soft lace trims add romance to the look, and the subtle text printed across the top introduces a playful street-style vibe without taking away from the elegance.

Her hair, styled in long, soft waves with a centre part, flows seamlessly down her back and catches the sunlight beautifully, creating dimension and warmth. Avneet's makeup stays true to her signature soft-glam aesthetic — clean, dewy skin, lightly defined eyes, fluttery lashes, and a peachy-nude lip that ties the entire look together. A dainty necklace and a simple bracelet complete her accessories.

What brings the photos alive is Avneet's effortless posing. In one frame, she glances over her shoulder with a soft intensity; in another, she stands poised and glowing in natural light; and in the final shot, she stretches back in a dramatic, editorial posture that showcases both the outfit's fit and her expressive presence. Each pose feels confident and camera-ready, making the series look like curated frames from a fashion magazine.

Avneet Kaur began her journey in showbiz as a tiny powerhouse on Dance India Dance Li'l Masters in 2010, later joining Dance Ke Superstars. By 2012, she had smoothly transitioned into acting with Meri Maa, followed by Tedhe Hain Par Tere Mere Hain and a memorable stint on Jhalak Dikhhla Jaa, where she became the youngest contestant ever. Her acting graph only climbed higher with roles in Savitri – Ek Prem Kahani, Ek Mutthi Aasmaan, and Hamari Sister Didi, before making her film debut in Pradeep Sarkar's Mardaani (2014). Over the years, Avneet impressed in Chandra Nandini and as the fierce Yasmine in Aladdin – Naam Toh Suna Hoga. On the big screen, she's been seen in Chidiakhana, Tiku Weds Sheru, Luv Ki Arrange Marriage, and the murder mystery Party Till I Die. Most recently, she starred in Love in Vietnam, India and Vietnam's first co-production, alongside Shantanu Maheshwari and Kha Ngan.



Ranveer Singh Reveals His Romance With Deepika Padukone 'Blossomed' In Udaipur: 'Very Lucky For Love Stories'



Ranveer Singh and Deepika Padukone are undoubtedly one of Bollywood's most loved couples. Their love story began during the shoot of Sanjay Leela Bhansali's film 'Goliyon Ki Raasleela Ram Leela' in 2012. Ranveer is currently in Udaipur, where he performed at Netra Mantena and Vansi Gadiraju's sangeet ceremony. A recent video shows the actor calling Udaipur a 'lucky charm' for love stories, and revealing that his romance with Deepika also began here, while they were shooting for Ram Leela.

Ranveer Singh Opens Up On His Love Story With Deepika Padukone

A video from the sangeet ceremony that is going viral on social media shows Ranveer Singh on stage, addressing the couple and the guests. He called Udaipur a 'special place' and went on to reveal how his own love story with Deepika Padukone blossomed here. "I want to tell you, Udaipur is like a lucky charm for love stories. I shot a movie here, called Ram Leela. It was back in the day, and I was starring opposite your Bhabhi. And it was on the long Udaipur schedule of Ram Leela that our love story blossomed. Since then it has been 13 years of togetherness, seven years of marriage, and one beautiful baby girl. So you see? Udaipur is very, very lucky for love stories," he said. Check out the video below!

Ranveer Singh and Deepika Padukone tied the knot on 14 November 2018 at Lake Como in Italy. They welcomed their first child, daughter Dua Padukone Singh, in September last year.

Ram Leela Completes 12 Years

Sanjay Leela Bhansali's film 'Goliyon Ki Raasleela Ram Leela' was released in theatres on November 15, 2013. The film recently completed 12 years, and screenwriters Siddharth-Garima shared several unseen behind-the-scenes photos from the sets of the film. Fans were delighted to see some lovely candid pictures of Deepika and Ranveer, along with director Sanjay Leela Bhansali and other team members. Goliyon Ki Raasleela Ram Leela starred Deepika Padukone and Ranveer Singh in the lead roles, with Priyanka Chopra's special appearance in the song 'Ram Chahe Leela'.

Aishwarya Rai Surprises Abby V At His Concert, Singer Says He Can 'Happily Retire' After Her Praise



Actor Aishwarya Rai Bachchan, who was recently in Puttarapthi for the centenary celebrations of Sri Sathya Sai Baba, made a surprise appearance at singer-composer Abby V's concert. The Canadian-Tamil musician shared new pictures with the actor on his Instagram, calling the moment a career milestone he would "happily retire" after.

Aishwarya, dressed in a rich golden ensemble with intricate embroidery and a soft, luminous shimmer, is seen smiling beside the singer in the photos. Her presence at the concert clearly left Abby overwhelmed.

"So yeah Aishwarya Rai came to my concert and said the kindest things about my music. We bonded over our South Indian roots and my new Tulu song from Kantara. That's it. I can retire now. Good night," Abby wrote in his caption, capturing both the surreal joy and humour of the moment.

Who Is Abby V? A Voice Rooted in Devotion and Classical Excellence

Abby V, born Abhishek Venkatachalam, is an award-winning singer, composer and producer known for blending classical Indian forms with contemporary soundscapes. His devotional and spiritual repertoire has earned him global acclaim, and he recently lent his voice to "Brahmakalasha" from Kantara Chapter 1, further cementing his position as one of the most exciting vocalists in the indie-classical space.

Aishwarya's Message for PM Modi at Sathya Sai Baba's Centenary

Before attending Abby's concert, Aishwarya was part of the centenary celebrations honouring Sri Sathya Sai Baba, an event that saw the presence of Prime Minister Narendra Modi, Sachin Tendulkar, and several prominent dignitaries. In her address, Aishwarya said, "I extend a heartfelt thank you to our honourable Prime Minister Narendra Modi ji for being here with us today and for honouring this special occasion. I am looking forward to listening to your wise words, impactful and inspiring as always, to enthral us today."

Aishwarya's Current Work Front

Aishwarya Rai Bachchan was last seen in Mani Ratnam's Ponniyin Selvan II, the concluding chapter of the acclaimed historical epic. The film featured an ensemble of celebrated actors including Vikram, Karthi, Trisha, Jayaram, Prabhu, Sarathkumar, Sobhita Dhulipala, Aishwarya Lekshmi and others. The actor has not officially announced her next project, leaving fans eagerly awaiting news of her upcoming work.

News box

Cousins on bike die in hit-&run accident near Pataudi Chowk in Gurgaon

Gurgaon.(Agency)

Two cousins died after a speeding vehicle rammed their motorcycle near Pataudi Chowk on Saturday evening. The victims, Vikas Babu (21) and Ankush Pal (25) from UP, worked at a packaging factory in Sector 8, IMT Manesar and were returning to their rented accommodation in Noida when the crash occurred. Police said the duo had left work around 7pm and were barely 10 minutes into their commute when the unidentified vehicle hit them with great force. Both died on the spot. The driver fled after the collision. Passersby alerted the police, who took the bodies to the civil hospital, where they were declared dead. The bodies were sent for a postmortem. A case under sections 281 (rash driving) and 106 (death by negligence) of the BNS has been registered at IMT Manesar police station. "CCTV footage is being scanned to trace the vehicle involved," an officer said. Police suspect the vehicle was travelling at high speed and may have been trying to overtake when it hit the motorcycle.

Months gone, drains not desilted, commuters wade through sewage

Gurgaon.(Agency)

Residents of Sector 40 are facing hardship with persistent sewer overflow across multiple lanes in the area. They said that the municipal corporation has failed to act despite repeated reminders over the past several months. Several lanes of the sector are dotted with pools of sewage, with dirty water spilling onto internal roads and even entering parks. Residents said the situation has become so chronic that they have begun avoiding the parks entirely. According to residents, the issue was flagged to the corporation numerous times, but no cleaning work started. They claimed that while the MCG allotted work for desilting and cleaning the sewer network around 2 months ago, the project stalled even before it began.

"We were told that the agency appointed for the job was blacklisted. These are internal matters of MCG. Why should common people be made to suffer for it? If one agency cannot work, they should hire another. We are completely fed up," said Abhimanyu Yadav, RWA president of Sector 40. Several spots in the sector witness overflowing sewage every few days. Stagnant water often spreads across internal roads, and the stench hangs in the air. Residents pointed out that while some parts of the sector saw temporary relief after cleaning work in 2022, the remaining portions continue to suffer.

"All MCG does is take temporary steps. But we need a permanent solution. Because of sewer overflowing, road construction behind HSVP market could not be taken up and now with the implementation of GRAP, the work is further hampered. Now the stretch is filled with wastewater. Why are we bearing the brunt of MCG's negligence," asked Virender Yadav, joint secretary of the RWA.

Contractor fined Rs 58 lakh for drain project delay in Gurgaon

Gurgaon.(Agency)

Gurugram Metropolitan Development Authority (GMDA) has slapped a Rs 58 lakh penalty on the contractor responsible for the construction of a drain along Sector 17-18 after it found no work had begun even six months after the project was awarded.

The work order for the 2.8-km drain, planned from IFFCO Chowk to Atul Kataria Chowk, was issued in May this



year, but officials said there was no progress on the site despite repeated reminders. The Authority has also warned the agency of further action, including termination of the contract, if it fails to mobilise manpower and machinery. According to officials, the Authority will simultaneously undertake removal of encroachments along the drain's alignment and shift several utilities that obstruct the corridor once the work starts. This includes the demolition of a nearly 1-km boundary wall of the IFFCO Society, built directly over the existing drain. A high-tension power line installed by DHBVN within the designated right of way for the stormwater drain will also be relocated.

Man held for firing at college student in Ghaziabad

Ghaziabad.(Agency)

A 24-year-old man was arrested on Sunday for shooting at a 21-year-old college student late on Friday night in the Loni Border police station area following a dispute. The victim, Kunal, was shot in the abdomen and is currently receiving medical treatment. Two other suspects are still at large, police said. The arrested man has been identified as Vipin Verma alias Vishu, while the absconding suspects are Rahul and Aman Prajapati, all residents of Vikas Kunj Colony. According to the FIR filed by Kunal's mother, he stepped outside his house on Friday night when the three arrived on a motorcycle. Two of them got down and allegedly beat him, while the third waited with the engine running. One of the attackers then pulled out a gun and fired at Kunal before all three fled the spot. Police said the accused were previously acquainted with Kunal but had fallen out over unknown reasons. After his arrest, Vipin told police that Rahul and Aman came to his office on Friday evening, took his phone and called Kunal, asking him to meet them.

PM2.5 dominant pollutant in Gurgaon on most days in November: Data

Ghaziabad.(Agency)

PM2.5 was the prominent pollutant on 15 days of Nov so far. On most of 23 days, the overall AQI stayed in the 'poor' range, driven primarily by the fine particulate matter. Doctors have flagged risks for children, the elderly and people with asthma. Senior consultant (pulmonology) at Narayana Hospital Dr Piyush Goel said, "PM2.5 is one of the most harmful pollutants in the air. Air pollution is a serious concern in Delhi-NCR and that's why doctors advise people to use N95 or surgical masks for protection." The city's worst spell this month was between Nov 6 and Nov 17, when PM2.5 continued to remain the lead pollutant without interruption, according to the data accessed from the city's air quality dashboard. On Nov 22, the AQI stood at 302, again with PM2.5 as the main pollutant. If the current pattern holds, the city may enter Dec with particulate-led pollution already at peak levels for the

winter season. Officials said the spike was largely because of low wind movement, construction activity and peak traffic hours that allowed particulate matter to accumulate in the lower atmosphere. Doctors say prolonged PM2.5 exposure this month already translated into an increase in cases of breathlessness, persistent cough and throat irritation reported at private hospitals. While two days — Nov 3 and Nov 4 — CO dominated the AQI, four days were dominated by PM 10. On Sunday, the AQI was 295, which was 286 on Saturday. Sector-level figures showed sharp variations: Sector 51 at 326, Gwal Pahari at 325, Vikas Sadan at 280 and Teri Gram at 214, indicating stronger local sources in some clusters. Dr Goel of Narayana Hospital added, "PM refers to particulate matter and 2.5 indicates its diameter in microns, which is incredibly small. These particles are made up of dust, industrial toxins, emissions from

vehicles, heavy metals, sulphur dioxide, nitrogen dioxide, carbon monoxide, and even water vapour. Because they are so fine, they travel deep into the lungs when inhaled. From there, they can enter the bloodstream. Once in the blood, they can reach the heart and raise the risk of a heart attack. They can also travel to the brain and trigger a stroke. These particles move across the body and damage whichever organ they reach. Long-term exposure is increasingly being linked to infertility among young adults." Officials

maintained that night patrolling teams are checking dust-generating stretches and overloaded vehicles will be fined, but did not specify when reinforced restrictions could begin if the trend continues into Dec. For now, the data makes it clear that PM2.5 remained the pollutant driving Gurgaon's air this month, with only a few days of temporary relief. ir analyst at Centre for Research on Energy and Clean Air (CREA) Manoj Kumar said, "The rise is coming from combustion sources, not dust. Unless enforcement shifts to fine particles — vehicles, diesel generators, waste burning — the winter spikes will continue. The state needs to acknowledge what its own numbers are saying and recalibrate its strategy accordingly." The capital's air quality worsened on Sunday, edging close to the severe bracket, as low wind speeds and dipping temperatures trapped pollutants close to the surface.

Residents of Gurgaon Sector 99 demand lighting on dark stretch

Gurgaon.(Agency)

As the streets become dark, deserted and foggy at night with winter approaching, residents of Sector 99 have raised concerns over a 1km stretch between Pareena Laxmi and Garhi village that has remained without lighting for more than a year. Streetlights were installed along this revenue road last year, but the stretch has yet to be illuminated, forcing commuters to travel in complete darkness. Residents said they have repeatedly taken up the issue with Municipal Corporation of Manesar (MCM), but no action has followed. They noted that the poles and wiring are in place, yet the lights have never been switched on. "The streetlights were put up last year, but they are still not operational. Every evening, the entire road plunges into darkness. We complained multiple times, but there is no response from MCM," said Santosh Singh, a resident of Pareena Laxmi. Residents also pointed to safety concerns along the narrow road, which is riddled with potholes, many hidden under stagnant water. Without lighting, commuters often struggle to judge the depth of potholes or avoid waterlogged patches. "Driving here after sunset is risky. The road is narrow, uneven, and has waterlogged sections. In the dark, you cannot see potholes until you are almost into them," said Sandeep Walia, another resident. Commuters said the stretch is a key link between Gopalpur, Garhi, Chandu village and residential societies in Sector 99, yet it has received little attention from the civic body. Mandeep Dhankar, executive engineer, MCM, said the corporation is in the process of securing an electricity connection from DHBVN. "We already applied for a permanent connection from DHBVN, and it is expected to be approved soon. In the meantime, we made temporary arrangements to make the streetlights operational. But it seems like there were some technical issues. Our team will inspect the site and address the



Faridabad.(Agency)

The National Commission for Minority Educational Institutions (NCMEI) has issued a show-cause notice to Al Falah University, seeking to know why its minority status should not be revoked at a time when two of its doctors are being investigated for their role in the Nov 10 blast that killed 15 persons in Delhi. The NCMEI's move comes amid a flurry of regulatory action. The university, which anyway lacks accreditation from National Assessment and Accreditation Council (NAAC), has already faced questions over its funding and governance. Its founder, Jawad Ahmad Siddique, has been arrested by the Enforcement Directorate. If Al Falah loses its minority status, the impact on students could be significant. Many of them, who rely on govt scholarships and grants to fund their studies, could actually lose them.

"We are worried about our children's education and whether their degrees will remain valid or not. We need clear answers from the university and authorities," said a parent who joined others in submitting a letter to the vice-

protected," he said. However, the possibility of strict proceedings looms large if the university fails to provide the extensive documentation demanded by NCMEI, including trust deeds, funding details, and audited accounts.

The education department, meanwhile, claimed it had not yet received the NCMEI notice. An official, however, admitted that compiling detailed records on the private university would be a challenge. "We have been asked for information before, but as a private institution, much of the data is not directly available to us," the official said. NCMEI's hearing — scheduled for Dec 4 — will require both the university registrar and principal secretary of the education department to present their cases. The commission will examine whether the varsity is still managed by the minority community for which it was granted special status, and whether there has been any shift in ownership or

chancellor on Saturday. A professor at Al Falah, requesting anonymity, sought to reassure families. "The university won't shut down. We are cooperating fully with the authorities and will ensure students' interests are

Interstate cancer drug racket busted; 3 land in police net in Ghaziabad

Chandigarh.(Agency)

An interstate racket in high-value cancer drugs has been busted with the arrest of three people. A huge consignment of life-saving medicines worth several lakhs was seized, along with Rs 8.85 lakh and an SUV with UP licence plates, on Saturday. The joint operation, comprising Ghaziabad police commissionerate's SWAT team, crime Branch and the drug department, led to the arrest of Vishwas Tyagi (35) of Nandigram; Akash Sharma (34) of Agra; and Prince Tyagi (28) of Moradnagar. The accused — who were involved in large-scale black marketing and smuggling of oncology medicines — failed to provide any purchase or sale invoices, licences or prescriptions. Vishwas confessed that he and his associates were smuggling the medicines and selling them at rates close

to the MRP to earn huge profits. Police believe the accused were sourcing fake bills and supplies from medical wholesalers in Ghaziabad and Delhi. The medicines were then allegedly distributed to pharmacies in Mumbai and Delhi through such shell firms as Thrive Pharma, Yatnesh Pharma and Brisa Pharma. One seized vial of Keytruda, with a retail price of approximately Rs 2.16 lakh, was supplied to him through Akash. The drug was meant for CGHS supply and carried the "Not for Sale" marking, but the gang allegedly paid a pharmacy in Delhi to remove the label and repackaged it before selling. A case has been registered under relevant sections of the Drugs and Cosmetics Act and under other provisions. Additional deputy commissioner of police Piyush Kumar Singh said many seized

drugs are high-cost anti-cancer medications that require strict cold-chain maintenance between 2°C and 8°C. However, the gang stored these medicines in regular cartons and bags, which, authorities say, compromises their quality and effectiveness, posing serious health risks. Police seized one vial of Keytruda, four Enhertu 02 injections, ten GEFTIB strips, one Bilypsa, 200 tablets of Cacit 500 mg, 38 vials of Zolasta 05 mg and 50 vials of Novotex 100 mg. Officials said some medicines recovered from the vehicle had already expired; Novotex had an expiry date of May 2025. Drug inspector Ashutosh Mishra said a case was earlier registered against Vishwas, in 2023, for running a racket in injections from his medical store.

Boards up, stations ready, but RRTS opening keeps commuters guessing

Faridabad.(Agency)

Delay in opening the Meerut Metro-cum-RRTS corridor has frustrated commuters, who had believed their travel to and from work would ease considerably this winter. Parag Aggarwal, a Meerut resident, said he has been watching trial runs at closed stations since Feb. "Why isn't it being opened?" he asked. "The boards are up, the platforms are finished, and the security staff are there. Everything looks ready. But the stations stay shut. We don't know whether a technical clearance is pending or if the inauguration is stuck. That uncertainty is the most frustrating part." The 23km Meerut stretch from Meerut South to Modipuram includes stations at Begumpur, MES, Partapur and other densely populated pockets. Visibly complete, the section has already received key safety approvals and was set for a Sept launch. Yet, two months later, it remains out of bounds to the public. For people like Asim, who lives in Begumpur, the hold-up means

they now have to break their journeys at Meerut South and rely on expensive autos or slow shared vehicles to enter the city. "Every morning, I take a Rs 50 shared auto to Meerut South. It takes 35-40 minutes. If the metro services had started, I could simply walk to Begumpur station and save almost an hour," he said. The gap is even more glaring for those travelling between Delhi and Meerut. Old Delhi resident Mohd Arif, who often visits Meerut for business, said his trips have become unnecessarily long. "RRTS gets me to Meerut South quickly, but after that, it's another 45 minutes to an hour to reach the city centre. Post 8pm, getting an auto is a battle. If trains went straight to Modipuram, my day would be far smoother," he said.

For families with medical needs,

Nazma, who travels frequently to Delhi for her son's treatment, described how the partial corridor forces them to start their journeys far earlier than necessary. "To reach AIIMS by 9am, we leave home at 6.30am. The RRTS is excellent, but the

missing piece is too big to ignore." Officials say the wait may soon end. An NCRTC official said preparations for full commissioning are underway and may be completed by the end of next month. "Meerut divisional commissioner Bhanu Chandra Goswami recently inspected the section along with NCRTC. Dec 25, former PM Atal Bihari Vajpayee's birth anniversary, is being considered for inauguration by Prime Minister Narendra Modi, though official confirmation is awaited," an official said. The Delhi-Meerut rapid rail corridor is now operational between New Ashok Nagar and Meerut South, which is around 55 km of its planned 82km route. Full-length operations will see the trains run from Sarai Kale Khan in Delhi to Modipuram in Meerut in 55 minutes. Officials have asserted that the entire project is ready for operation, yet they have remained silent on reasons for the delay. They said the service from Sarai Kale Khan to Modipuram in Meerut could

commence at any time, leaving the decision to the authorities concerned. The NCRTC spokesperson didn't respond to repeated queries from TOI about the project's. **THE SIKH TIMES**
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Here's why you should avoid Washing your hair at night

We have always found ourselves drenched in sweat and dirt after a hectic day at the office. But, impromptu plans are always there to make up for the day. However, having a greasy hair section instantly brings down your morale and lands you in a debate with yourself answering the popular question, "Should I wash my hair in the morning or at night?"

There have been many arguments and debates on this question with people thinking to save time, but unknowingly they are damaging their stands and promoting hair fall. Yes, you heard it right. Let's learn more about why one should avoid washing their hair at night.

Weakens the protective barrier

Washing your hair at night means going to bed with wet hair or damp hair which is a fragile state. Because of the action of water, the keratin scales of our roots that protect our hair shaft simply loosens up and weakens the protective barrier making our hair porous and more sensitive to any damage caused.

Increase in dandruff issues

Taking wet hair to bed increases the humid level of the scalp which can cause irritation, redness, and dry scalp issues as well which would encourage the development of white flakes and dandruff at night.



Increase in hair fall

We always face issues of detangling after shampoo which bids goodbye to our hair volume and requires a day to settle down. Because of wet hair in bed, you will have a porous hair fibre and the pillow rubbing issue therefore increases the chances of tangle and hair breakage promoting hair fall in the morning.

Greasy hair quality in the morning

If you think you would get your volume back in the morning with a clean and breathable scalp then it's a big no. Your hair will tend to grease



overnight because of the increased humidity and wet strands, making it sticky and heavy the following morning.

Bottom line

Hurried mornings might justify at times washing your locks at night but always think over the consequences rather than convenience. Not

only does it trigger damage to your hair strands and scalp, but it can also lead to instant illness with a spot of breeding yeast and fungal infection as well. As these small creatures breed in warmth and moisture, and you're offering one, try to get into the bed after blow drying your hair or wait till your hair naturally dries up at night and then let the silk or satin pillowcase make your hair strands comfortable and carefree.

Eating egg vs applying egg Which is best for your hair?

Eggs are one of those fabulous food/beauty combinations that people use interchangeably as add-ins for food or applied right to the hair. Containing proteins, vitamins, and minerals, eggs are said to have a lot of benefits towards general health and hair health. When it comes to boosting the quality and growth of your hair, a lot of people ask whether or not it is better to consume eggs or apply them topically to your hair for the best effect. Let's discuss both options to help you come to a conclusion which method may have been the best for you.

Comparing eating vs applying eggs for hair health

How eggs work for hair from the inside (Eating)

When eggs are taken, the body extracts all nutrients found and distributes them throughout the entire system to individual follicles at the scalp, which aid in strengthening and growing hair over time. In this case, therefore, when you take eggs regularly, it makes sure that your body is always loaded up with all the bits it needs to keep on making hair. Furthermore, the health

of skin and nails improves, just like hair, due to similar nutrient input from eggs.

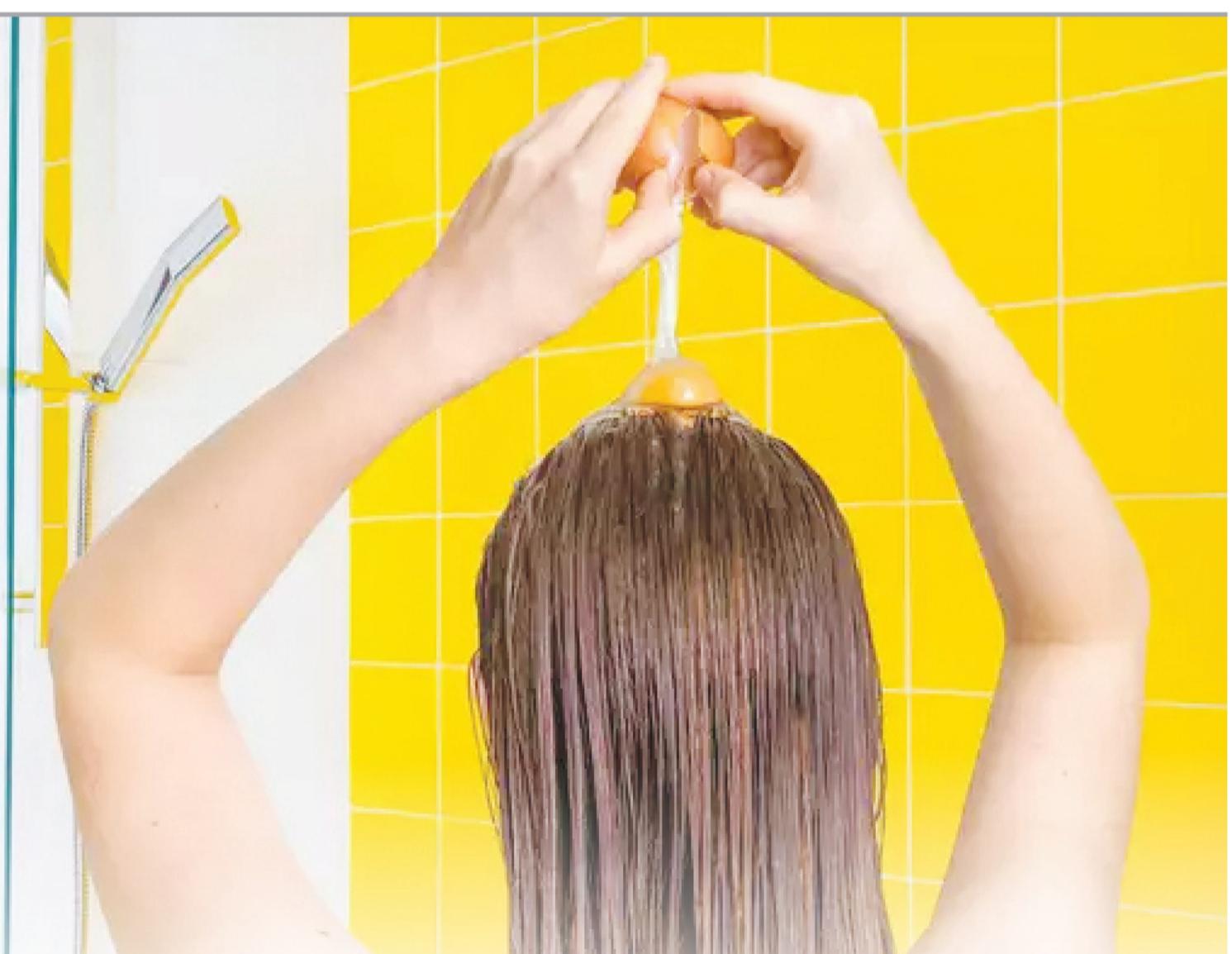
However, results may appear slower in hair health while consuming eggs since they take time to appear because they act from within the body.

A well-balanced diet incorporating good amounts of proteins, fats, vitamins, and minerals is crucial for healthy, long-term hair health.

How eggs work for hair from the outside (Applying)

The advantage of employing eggs with your hair is that their application is nearly immediate and is directed towards the outer health of the hair. Thus, the protein within the egg temporarily smoothes out and closes the cuticle, giving your hair a shiny look while making it feel softer to the touch. Fats from the yolk moisturize deeply, whereas egg whites help cleanse and purify the scalp.

Topical egg treatments will act quickly because the treatment applies directly to the scalp and hair.



egg hair wash

However, the effect is also not long-lasting; hence hair may need to be treated over and over again for hair to appear lengthy and beautiful as if with envy.

Which method is better?

Rather, to deliver both topically and internally the nourishment necessary for hair health, you should consume and apply eggs. In this manner, taking eggs gives your hair internal nourishment that will help

with long-term hair development and strength, whereas application helps your hair in the short run by treating it for hair health. This way, you are dealing with both the internal and external influences of hair health. Both egg eating and egg application have some specific advantages for your hair, and the final choice would depend upon what you want to achieve for your hair. The basis of egg eating lies in the fact that it keeps your body healthy in the long term, provided with all proteins, vitamins, and minerals that promote growth and strength of the hair strands. Egg application to your hair provides short-term results, such as glowing shine and softness and fewer breakages in hair.

Eggs can either be added to your diet and hair maskings or even within some conditioners, providing the best of both worlds with regards to optimal hair health. You can consume eggs or apply them to your hair, or even do both. In all cases, you are nourishing healthy hair with healthy beauty.