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Rajnath Singh cautions against 'perimeter fallacy', highlights India's shift to deterrence by punishment

New Delhi(Agency)

Defence Minister Rajnath Singh on Thursday cautioned against viewing national security solely from the view of safeguarding geographical boundaries, stating that it would amount to a 'perimeter fallacy', adding that modern-day challenges encompass the use of drones and unmanned aerial vehicles, cyber-attacks, lone wolf attacks, and



disinformation campaigns, in addition to the utilisation of arms and artillery by adversaries. He added that national security is linked to economic and energy security, and hostile actors may attempt to harm the economy or disrupt energy supply chains. "We've adopted a holistic approach to tackle these highly fluid threats," he said.

Addressing a gathering at a defence summit organised by News18, he also said events such as surgical strikes, the Balakot air strike, and Operation Sindoor demonstrate that India has the capability and resolve to safeguard its national interests.

PM fears youth: Congress after report flags pause in Gen Z voter enrolment

New Delhi . (Agency)

A fresh controversy has erupted after a report flagged simmering discontent within the Election Commission (EC) over the annual revision of electoral rolls to include 18-year-olds (Gen Z), which has been held up since 2024, with the Congress alleging the Prime Minister was scared of the youth. According to a report in the Economic Times, no special summary revision (SSR) of electoral rolls, an exercise through which newly eligible voters, including those turning 18, are enrolled, has been carried out after the 2024 cycle. This year too, no announcement has been made for SSR for the 2026-27 cycle. The exercise is generally declared



around the end of May. The report claimed it is due to a lack of consensus between the two election commissioners - Sukhbir Singh Sandhu and Vivek Joshi - and Chief Election Commissioner (CEC) Gyanesh Kumar. The fresh revelation comes on the back of an Indian Express investigation that found the two Election Commissioners objected 14 times to various decisions taken by the poll panel in the past 10 months.

Resign in 24 hours or face protest from Oct 2: CJP's ultimatum to Gyanesh Kumar

New Delhi(Agency)

The Cockroach Janta Party (CJP) has set October 2 as the date for the launch of its nationwide protest if Chief Election Commissioner Gyanesh Kumar does not resign within 24 hours, founder Abhijeet Dipke said on Friday.

"If Gyanesh Kumar does not resign by tomorrow, CJP will begin its nationwide protest from Mumbai on 2 October, and take it to cities across India," Dipke said in a post on X. He added, "This Gandhi Jayanti let's pledge to save democracy." The announcement came a day after the youth-led outfit demanded Kumar's resignation for allegedly "undermining" voter rights and warned of a nationwide agitation, including a proposed "Jantar Mantar 2.0", if he did not step down within 48 hours.

The CJP has launched what it calls the "Election Commission Thik Karo" campaign, focusing on the exclusion of more than 13 crore names from draft electoral rolls across 30 states and Union territories during the Special Intensive Revision (SIR) exercise.



EC COMMISSIONERS HAD RAISED QUESTIONS OVER SIR: REPORT

The remarks came a day after questions had repeatedly been raised within the three-member Election Commission by Election Commissioners Sukhbir Singh Sandhu and Vivek Joshi over issues related to the SIR of electoral rolls.

The party cited voter exclusions reported across several states during the SIR. These included more than 2 crore names in Maharashtra, more than 2 crore in Uttar Pradesh, around 1 crore in Karnataka, 97 lakh in Tamil Nadu, 90 lakh in West Bengal, 73 lakh in Telangana, 47 lakh in Delhi and 24 lakh in Kerala.

"Democracy means that people choose their government. This is not democracy, this is autocracy. Under Gyanesh Kumar, we are seeing an electoral system in which the Election Commission is deciding who remains on the voter rolls and who does not. When millions of names can disappear from draft rolls, the burden is on the Commission to establish that every exclusion is lawful, transparent and subject to meaningful review," Dipke said.

At a press conference, Dipke, flanked by CJP co-convenor Saurav Das and spokesperson Ashutosh Ranka, alleged that the electoral process had been "rigged" and that citizens' right to vote was being taken away. "If Gyanesh Kumar does not resign within 48 hours, we will start a nationwide protest, before coming for a protest in Delhi," Dipke had said. He added that if the CEC did not resign, "Jantar Mantar 2.0 will definitely happen". The CJP said it would launch a nationwide agitation followed by an indefinite sit-in in Delhi if Kumar did not resign.

The Cockroach Janta Party (CJP) said it will begin a nationwide protest from October 2 if Chief Election Commissioner Gyanesh Kumar does not resign within 24 hours.

Palaniswami targets TVK, says Madurantakam bypoll 'thrust upon' voters due to horse-trading

Madurantakam (Agency).

Madurantakam (Tamil Nadu) [India], September 25 (ANI): AIADMK General Secretary Edappadi K. Palaniswami criticised the ruling party's political developments surrounding the Madurantakam by-election, alleging that the bypoll was necessitated due to "horse-trading".

He also accused those who switched to Tamilaga Vettri Kazhagam (TVK) of forgetting the voters and said they should be taught a lesson. "The by-election has been thrust upon Madurantakam because of horse-trading. Those who forgot the people who voted for them and joined TVK should be taught a lesson," Palaniswami said during a campaign for the by-election.

Targeting TVK leader and Tamil Nadu's Chief Minister C. Joseph Vijay, Palaniswami questioned his involvement in public affairs, alleging that the actor-turned-politician does not remain

engaged with people's issues throughout the week. "Vijay goes home on Friday and does not care about the people or their problems till Monday morning," he said, adding that Tamil Nadu would not benefit from what he described as "part-time politics" where one rests on weekends.

Meanwhile, Chief Minister Vijay will campaign in Madurantakam today, on Friday, ahead of the October 6 Assembly bypoll.

According to a statement issued by TVK general secretary for headquarters and Rural Development and Water Resources Minister N Anand, Vijay's campaign will be held near the Athur toll plaza in Chengalpattu at around 3 pm.

The party said entry to the campaign has been restricted to 5,000 people, with QR-code passes issued in accordance with police guidelines. Only those who have obtained prior permission will be allowed to attend the event.



"Charaiveti-Charaiveti-Charaiveti": PM Modi recalls Deendayal Upadhyay's message of continuous service during Seva Yatra

New Delhi . (Agency)

New Delhi [India], September 25 (ANI): Prime Minister Narendra Modi on Friday recalled Pandit Deendayal Upadhyay's message of continuous service on his birth anniversary, invoking the "Charaiveti-Charaiveti-Charaiveti" mantra during a virtual interaction with participants of the Vadanagar-Varanasi Seva Yatra. PM Modi said the journey of the 'Seva Yatri' reflected the spirit of continuous service and drew inspiration from the life and philosophy of Deendayal Upadhyay. "Today is also the birth anniversary of Pandit Deendayal Upadhyay ji. Pandit Deendayal ji always gave us the message of the mantra 'Charaiveti-Charaiveti-Charaiveti' through his

life. He himself was a tireless traveller. To keep moving continuously as a service traveller is our goal, and in this, we draw great inspiration from Pandit Deendayal ji," PM Modi said. He said Deendayal Upadhyay offered a vision of

India rooted in the country's own traditions rather than through foreign perspectives. "Pandit Deendayal Ji has been one of those great figures in Indian politics who, instead of viewing India through foreign lenses, gave it a vision rooted in our own soil.

He reshaped the ethos of service anew. In his philosophy of Integral Humanism, the form of service is one that always inspires every BJP worker and every BJP government," he said. PM Modi also invoked Mahatma Gandhi's legacy as a social reformer and called for continued efforts towards positive change.



Eknath Shinde, Uddhav Thackeray acquitted in 17-year-old defamation case

New Delhi(Agency).

Maharashtra Deputy Chief Minister Eknath Shinde, Shiv Sena (UBT) chief Uddhav Thackeray and former MP Anand Paranjpe have been acquitted by a court in Kalyan in a 2009 defamation and election law violation case. The three leaders were part of the undivided Shiv Sena at the time.

The case was filed by late Nationalist Congress Party (NCP) leader Vasant Shankar Davkhare over a campaign

After a 17-year-long trial, the court found that the prosecution failed to establish what was displayed at the Shiv Sena leaders' rally and subsequently acquitted them in the NCP leader's case.



rally held during the 2009 Lok Sabha elections. Joint Civil Judge and Judicial Magistrate First Class Santosh H Aage pronounced the judgment on September 23, acquitting Shinde and Thackeray of charges related to making false statements in connection with an election, defamation and printing defamatory matter under various sections of the Indian Penal Code. A fifth accused, Sai Balam Ram Dharamdasani, died during the trial, following which proceedings against him were abated. Paranjpe had contested the 2009 Lok Sabha election against Davkhare. According to the complaint, audio and video recordings referring to Davkhare were played on a public screen during a political rally in Kalyan in April 2009.

The prosecution alleged that the accused had colluded to broadcast a doctored VCD at the rally and that the material had been manipulated to tarnish Davkhare's image and influence the election outcome. Paranjpe went on to win the election.

Akhilesh Yadav Begins Samajwadi Party's UP Poll Campaign From Rahul Gandhi's Seat, BJP Reacts

Akhilesh Yadav addressed a public meeting in Raebareli, a Congress bastion with Rahul Gandhi as its sitting MP, after reaching the city on party's 'PDA Rath'.

Raebareli(Agency).

Samajwadi Party chief Akhilesh Yadav on Thursday accused the Election Commission of facilitating the "vote theft" of the PDA (backwards, dalits and minorities) bloc in the 2022 Uttar Pradesh Assembly elections, and said his party will contest the 2027 polls in alliance. Addressing a public meeting in Raebareli, a Congress bastion with Rahul Gandhi as its sitting MP, after reaching the city on party's 'PDA Rath', Yadav alleged that the EC had lost the confidence of people and claimed that the alleged "vote theft" not taken place in 2022, the Samajwadi Party would have formed the government in Uttar Pradesh. The acronym PDA was coined by Akhilesh in June 2023, and it stands for 'Pichhde'

(backward classes), Dalits and 'Alpsankhyak' (minorities). "The Election Commission has been exposed and has worked like a puppet. Such a low level of work may never have happened in a



democracy. Now, there is no trust in the Election Commission," Yadav said. He alleged that the BJP was using the election machinery because it knew that people would not vote for it on issues such as inflation. Yadav said those

pursuing the "bulldozer politics" would not be able to escape the PDA movement, asserting that this time (in 2027) the electoral verdict would not merely defeat them but would "demolish" and permanently eliminate such negative politics. On a tie-up for polls, Yadav said, "We will have an alliance" and added that the basis for deciding seats will be winnability. "Whoever can win a seat should get that seat," Yadav asserted.

Referring to the 2024 Lok Sabha election, he said, "We defeated them in 2024 and in 2027 we will work for their (BJP) permanent defeat." Yadav also invoked the party's PDA Rath, saying the chariot symbolised the battlefield of Kurukshetra and referred to the Mahabharata and Lord Krishna's teachings in the Bhagavad Gita.

Assam Approves Rules For Compulsory Registration Of Muslim Marriages

"From now on, Muslim marriages will be registered by registrars," Himanta Sarma said.

Guwahati (Agency).

Chief Minister Himanta Biswa Sarma-led Assam Cabinet has approved new rules for the registration of Muslim marriages in the state. "The 'Assam Muslim Marriage Registration (Compulsory) Rules, 2026' to establish a uniform procedural framework for mandatory registration across the state has been approved," Sarma told a press conference after chairing the cabinet meeting. "From now on, Muslim marriages will be registered by registrars," he added. He said if the number of applications increases, the government will gradually appoint some additional officers as registrars so that people do not face any difficulty in registering their marriages. He said an earlier government decision had barred 'kazis' from registering Muslim marriages,

but the alternative forum for registration was not mentioned. Sarma said the move is aimed at ensuring that Muslim marriages are properly registered through the government's registration system. The new law - The Assam Muslim Marriage Registration (Compulsory) Rules, 2026 -- makes the registration framework under the Assam Compulsory Registration of Muslim Marriages and Divorces Act, 2024, compulsory and replaces a former legislation enacted in 1935 - Assam Muslim Marriage and Divorce Registration Act had provided for voluntary registration. Although a 2010 amendment made registration compulsory.

The 2024 legislation weeds away provision of any Muslim marriage involving minors. According to the new law, the woman must be at least 18 years old and the man 21 years old at the time of marriage.



105 One8 shipments allegedly misappropriated by delivery employee

Gurgaon.(Agency)

A delivery employee of logistics company Xpressbees allegedly kept 105 high-value shoe and clothing shipments meant to be returned to fashion brand One8, instead of handing them over to the client, causing substantial financial loss to the company/client. The shipments were allegedly taken along with his regular route load and were kept by him instead of being returned through the prescribed process. The employee, identified as Hawa Singh, from Narhera village, was working with Xpressbees as a delivery boy. He was involved in receiving return shipments collected from customers, carrying them safely on his designated route and returning them to clients.According to the complaint submitted by Tilak Raj, an official of Xpressbees, the company’s internal inquiry found that Singh used to carry three to four additional high-value shoe and clothing shipments along with his regular route load. Instead of delivering or returning these shipments to the concerned client as required, he allegedly kept them with himself and misappropriated them. A total of 105 One8 shipments were found missing.“During the inquiry, police issued a notice to the complainant to produce bills of the stolen goods and other evidence. On Sept 22, Tilak Raj produced bills of the stolen goods and CCTV footage stored on a pen drive,” a cop said.After examining the complaint, bills, documents and CCTV footage, SI Ghanshyam found during the inquiry that an offence under Section 306 (theft by a clerk or servant of property in the possession of their master or employer) of Bharatiya Nyaya Sanhita had been committed and registered the case at Bilaspur police station. One8, the sportswear brand co-founded by cricketer Virat Kohli, is currently owned by Agilitas Sports with Kohli continuing as an investor.

Two killed, one injured in three separate hit and runs across the city

Gurgaon.(Agency)

Two men were killed and another was injured over 72 hours in and around Kherki Daula in separate hit-and-run accidents.In the first fatal crash, 29-year-old Mansingh was killed after an unidentified vehicle hit him near Sharda Hospital on Tikli Road, Badshahpur, on Sept 18.“His identity remained unknown for five days before his elder brother identified him at the mortuary on Sept 23 after seeing information about the unidentified body in a newspaper,” a police officer said.In the second accident, Duresh Kumar, a carpenter and resident of Kakrola village, was killed after an unidentified vehicle hit his motorcycle near Rampura flyover around midnight on Sept 24.His brother-in-law Pradeep told police that Duresh was on his way from Manesar when the hit-and-run occurred, throwing him off his bike, after which he succumbed to his injuries. Police reached the spot after receiving information about the crash and shifted the body to the mortuary. “His motorcycle was seized and an FIR under BNS sections related to rash driving and death by negligence has been filed against the unidentified driver,” an officer said.The third accident took place on Sept 22 when Rajvinay Raut was travelling to his workplace in Sector 7, Manesar, from his house in Kakrola village around 6.30am. He told police that a Toyota Rumion hit his vehicle from behind.Raut suffered a deep lacerated wound and deformities near his right ankle along with abrasions on his chest and upper abdomen, according to the medical report. He was initially taken to Silver Streak Hospital in Sector 87 and later shifted to ESIC Hospital in Sector 9.

PNG shift to start in 20 Noida condos, RWAs told to get ready

Noida.(Agency)

Twenty housing societies across Noida and Greater Noida have been selected for the first phase of a pilot project to shift domestic LPG consumers to PNG. The district administration has asked residents and society managements to facilitate the transition. On Wednesday, district supply officer Nilesh Utpal held a coordination meeting ahead of the transition. “Representatives of Indraprastha Gas Ltd (IGL), the city gas distribution company, oil marketing companies IOCL, BPCL and HPCL, and LPG distributors attended the meeting,” Utpal told TOI. The selected societies already have PNG networks and received notices more than three months ago. The transition will be carried out as per the prescribed procedure and after completion of the stipulated notice period, Utpal said.Societies selected for the pilot include Divyansh Flora GC-II, White Orchid, Saya Zion, Avenue GC 6 in Gaur City, ATS Nobility, Amaatra Homes, ATS Happy Trails, Regency Park and Vihaan Greens in Greater Noida West.In Greater Noida, Proviev Technocity in Chi 5, Oasis Venetia Heights in Surajpur Site C, Migsun Twinz in ETA 2, Omaxe Palm Green in Sector Mu have been picked. Noida’s Parx Laureate in Sector 108, Amrapali Eden Park in Sector 50, Amrapali Platinum in Sector 119, Divine Meadows in Sector 108, Golf City in Sector 75, Gardenia Glory in Sector 46 and Amrapali Silicon City in Sector 76 will also be transitioning. To ease the transition, awareness and facilitation camps will be organised inside the selected societies. Residents will be informed about PNG registration, documentation and other formalities through notices, SMS, WhatsApp and other communication channels, Utpal added.According to officials, eligible consumers would be required to complete the prescribed registration process. Once the notice period and other statutory requirements are completed.

Punjab and Haryana HC clears way for DTCP action against building code violations in housing colonies

Noida.(Agency)

Punjab and Haryana high court has settled a key jurisdictional issue that had complicated enforcement action in licensed colonies for years, holding that their inclusion within municipal limits does not divest the department of town and country planning (DTCP) of its authority to act against building violations.The ruling is crucial for DLF 1 to 5 in the city, where unauthorised construction and commercial use of residential properties have been under judicial scrutiny. The court was considering a preliminary objection raised by plot owners and occupiers, who argued that once a colony licensed under Haryana Development and Regulation of Urban Areas Act, 1975, comes within the limits of a municipal corporation, the DTCP director or his delegate can no longer proceed against individual plot holders for building violations. They contended that such

powers then vest exclusively on the corporation under Haryana Municipal Corporation Act, 1994. The court rejected the objection. The order comes against the backdrop of a long-running jurisdictional dispute over licensed colonies, which has often been cited as a reason for enforcement action getting delayed in litigation. The issue dates back to 2009 and has assumed importance in DLF’s five phases, where several residential properties have allegedly been used for commercial purposes and many constructions were purportedly carried out beyond permissible FAR or with additional floors.The division bench comprising Chief Justice Ashwani Kumar Mishra and Justice Rohit Kapoor noted that a comprehensive survey of the licensed area across DLF 1 to 5 covered 14,757 plots, including 11,008 in the general category and 3,749 in the EWS category. The survey reports identified violations such as commercial use of

residential plots and construction beyond permissible FAR or additional floors. These were classified as non-compoundable violations.Notices under



Section 10(2) of the 1975 Act were later issued, followed by restoration orders. In some cases, sealing, demolition proceedings and FIRs were also initiated.The proceedings arose from complaints alleging inaction by the district town planner (enforcement), Gurgaon, particularly in relation to violations in DLF 3. Earlier action-taken

reports had recorded large-scale unauthorised construction and recommended steps such as cancellation of occupation certificates, registration of criminal cases and disconnection of utilities. The matter also reached Supreme Court after affected plot owners challenged an earlier high court order. In Oct 2025, Supreme Court restored the petitions, observing that alleged unauthorised construction or commercial use contrary to applicable norms cannot be protected, but affected owners and occupiers must be given an opportunity of hearing. Following Supreme Court’s directions, the high court restored the proceedings and allowed affected parties to file objections. Public notices were issued in Dec 2025, after which 763 objections were received against 5,099 identified violators. The DTCP enforcement authority subsequently passed speaking orders, including one rejecting the objection to its jurisdiction.

MCG steps up checks, fines resto and shop for waste dumping

Gurgaon.(Agency)

With MCG stepping up inspections, cleanliness drives and outreach to traders and residents on waste management, the civic body imposed penalties of Rs 25,000 on a restaurant on Old Judicial Complex Road and Rs 10,000 on a salon on Jharsa Road on Thursday for allegedly littering.Earlier, on Sept 18 and 19, MCG issued 32 penalties totalling Rs 91,500 to shopkeepers for allegedly dumping garbage outside their establishments and failing to maintain dustbins, civic officials said on Saturday.The action was carried out in Islampur, Sikanderpur Furniture Market and Sadar Bazaar. During the outreach initiative, MCG additional commissioner Yash Jaluka

and Ward 27 councillor Ashish Gupta inspected Sadar Bazaar. They engaged with local shopkeepers regarding



sanitation practices, advising them against littering external roads and allowing waste to accumulate near their shops.To keep public spaces clean, MCG is driving community participation and

introducing elected representatives to oversee local maintenance.A cleanliness drive was conducted around Shani temple and Daulatabad flyover crossing, with residents participating alongside councillor Surekha Chauhan (ward 34), and another one was carried out in ward 22 with councillor Vikas Yadav.“These campaigns are focused on discouraging littering in public spaces and encouraging residents to ensure proper disposal of waste,” said MCG spokesperson SS Rohilla.The civic body has warned that action against violations would continue and appealed to shopkeepers and market stakeholders to follow sanitation rules, keep dustbins at and around their establishments and refrain from dumping waste outside their establishments.

HSVP draws up plan for first state-owned International Baccalaureate school in Gurgaon

GURGAON.(Agency)

HSVP is planning a govt school in Sector 44 with infrastructure and facilities designed to “international standards”, marking a shift from its traditional role of making school sites available through auction.The five-acre campus, near Ramada hotel, is intended to support international curricula such as International Baccalaureate (IB). The campus is planned to have a 750-sq-metre swimming pool, two 800-seat auditoriums, a robotics lab and dedicated spaces for yoga, music and dance.The proposed five-storey school is also being planned with green-building features, solar power, heating, ventilation and air conditioning systems, extensive CCTV and security infrastructure, fire-safety installations and specialised electrical systems.HSVP has started the process of appointing a technical

consultant to prepare the detailed project report (DPR), designs, quantities and draft tender documents. The consultancy tender was issued on Sept 18 and closes on Oct 5.



The consultant will be required to complete the DPR within four months of appointment.According to the proposed layout, the ground floor will feature the

swimming pool, separate changing rooms, reception, meeting rooms, administrative offices and classrooms for UKG students. A conference room and offices for the director, principal and vice-principal are also planned.The first floor will have a cafeteria and yoga room, while the second floor will have an 800-seat auditorium, a multipurpose hall and rooms for music and dance. Another 800-seat auditorium, along with a library, classrooms, a dance room and robotics laboratory, is proposed on the third floor. Sports facilities are planned on the fourth floor.The project comes months after HSVP modified its policy for school sites to introduce provisions for the “international board standard”. The policy was uploaded by the authority on March 6.The Sector 44 project marks a shift from HSVP’s earlier approach of primarily making institutional school sites available through auction.

Noida bus fire: At mortuary, a grim wait to identify charred remains

Noida.(Agency)

For families waiting at the Sector 94 postmortem house on Thursday, the wait was not just for news. It was for certainty — a name, an identification, an answer to whether the person they had been trying to reach since morning was among the nine killed in the bus fire.The task was especially difficult because the intense blaze had left only skeletal remains of several victims. There were no straightforward visual identifications. Officials said they were matching the list of passengers shared by the bus operator with forensic evidence and other available details to establish who was inside the bus when it caught fire. By Thursday evening, six of the nine victims had been identified. The remains of those identified were handed over to their families after autopsies, while efforts continued to establish the identities of the remaining three.Among those identified was Har Sharan Gupta (53) of Orai in Jalaun. He had travelled to Noida to check on his son Om, who was unwell. The two boarded the bus from Sector 37 while returning to their hometown.According to the family,



chaos erupted after passengers realised the bus was on fire. Har Sharan pushed Om towards the exit, helping his son escape. But Har Sharan himself became trapped in the narrow passage and could not get out.After escaping, Om called his sister, who rushed to the spot from her Noida home. Once the flames were extinguished, charred bodies were recovered from inside the bus in her presence.At the mortuary, another family waited for confirmation of Saroj (53) and her cousin Mayank (28), both residents of Rath, UP. Saroj had come to Greater Noida for a family function before the

two boarded the bus from Sector 37. Saroj’s sister Nancy, in her 30s, said the relative who had booked their tickets received a call from the bus operator around 3pm. “They informed us about the fire, but did not tell us about the deaths,” she added.For another family, the search for certainty began at dawn. Sarvodaya Bharadwaj (28) said he started calling his parents around 6am after they failed to reach Mahoba, where they were travelling from Kashmere Gate for his grandmother’s cremation.“When neither of their phones, nor the conductor’s number,

connected, I became worried,” he said. Other passengers told him everyone had been moved to another bus and sent ahead. Still, he remained uneasy.

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NEWS BOX

"Souls May Be Sacrificed": Saudi's Grand Mufti To Troops Fighting Houthis

Riyadh.(Agency)

Saudi Arabia's top religious authority called on soldiers in the kingdom to be ready to lay down their lives to fight the Iran-backed Houthis until the group is ousted from power, a statement posted on the Saudi state news agency said.The rare and strongly worded message by Saudi Grand Mufti Sheikh Saleh bin Fawzan Al-Fawzan was addressed to soldiers stationed at the country's borders and drew heavily on Quranic verses and recorded sayings of the Prophet Mohammad related to sacrifice and struggle in defence of God.

It comes after weeks of escalating violence between Saudi Arabia and the Houthis which has seen the Iran-backed group attack the kingdom with salvos of missiles and drones and Saudi Arabia respond with airstrikes.Observers have been questioning whether Saudi Arabia will launch a broader military operation along with Yemeni government forces it backs."Protecting this great nation... and punishing anyone who seeks to lay a hand on even an inch of its territory are among the greatest duties and most virtuous acts of devotion, for which lives and souls may be sacrificed in seeking God's pleasure," said the statement, issued late Thursday.Asserting the authority of the Saudi-backed internationally recognized Yemeni government over the entire country was "among the most pressing obligations," it added.Those government forces lost control of the vital Bab el-Mandeb waterway to the Houthis two weeks back, a blow to the kingdom, which has been mired in the conflict since 2015 after it launched an unsuccessful operation to oust the Houthis from the Yemeni capital Sanaa.

Trade, Taiwan And AI: Five Takeaways From Donald Trump, Xi Jinping Summit

Washington .(Agency)

US President Donald Trump hosted his Chinese counterpart, Xi Jinping, for a lavish state dinner at the White House, followed by a day of pomp and ceremony that masked deep tensions between the rival nuclear superpowers. The tech-heavy event was attended by a cavalcade of billionaires, Washington power brokers, and business leaders, including Tesla's Elon Musk, Apple's Tim Cook, Nvidia's Jensen Huang, and Sam Altman of OpenAI, underscoring that trade and artificial intelligence were high on the agenda for Xi's visit.

"President Xi and I both understand we represent different systems, but the ties between our people endure, and we've never gotten along better," Trump said during his toast, adding that "together, we can continue to build a relationship that promotes prosperity and security for future generations." The US leader has done his best to impress Xi, praising their close personal relationship. During business hours, the two leaders discussed tensions over Taiwan, trade, and artificial intelligence. In his own toast, Xi noted that "President Trump has pledged to make America great again" and that "China is committed to achieving great national rejuvenation."

Trade The United States and China announced the extension of their trade truce as Trump landed in the US, but only a short one. US Treasury Secretary Scott Bessent said the two sides agreed to extend by two months a trade agreement that ended last year's trade war and was due to expire in November. The extension would give Washington and Beijing "more time to see what we can do on the economic front," he said.The extension appears to push the central questions surrounding the trade, including tariffs, Chinese purchases, rare-earth supplies, and technology restrictions, into the next round of negotiations.

"When Will You Prosecute Hafiz Saeed?" Pak's Shehbaz Sharif Confronted At UN

world.(Agency)

Pakistan Prime Minister Shehbaz Sharif on Thursday refused to answer questions regarding Lashkar-e-Taiba (LeT) chief Hafiz Saeed during his visit to the United Nations headquarters for the 81st United Nations General Assembly (UNGA). As Sharif entered the UN headquarters, reporters asked, "Prime Minister, when will you stop harbouring terrorists?" However, the Pakistani Prime Minister did not respond.Later, while leaving the UN headquarters, Sharif was again asked, "When will you prosecute Lashkar-e-Taiba (LeT) chief Hafiz Saeed?" The Pakistani Prime Minister again refused to answer.Hafiz Muhammad Saeed, a resident of Sargodha in Pakistan's Punjab province, is a designated terrorist under the Unlawful Activities (Prevention) Act, 1967, and the founder of the proscribed terrorist organisation Lashkar-e-Taiba (LeT). Saeed is wanted as an accused in the 26/11 Mumbai terror attack case. More recently,

the National Investigation Agency (NIA) has also alleged that the Pahalgam terror attack on April 22, 2025 was orchestrated by Pakistan-based operatives of the banned terrorist organisation Lashkar-e-Taiba (LeT)Its supplementary chargesheet names LeT founder and designated terrorist Hafiz Muhammad Saeed as Accused No. 8, alleging his involvement in the larger conspiracy behind the attack. A day earlier, India delivered a scathing rebuke to Pakistan at the United Nations, telling Islamabad to direct its energy towards a debt-ridden economy surviving on bailouts rather than harbouring territorial ambitions or sponsoring cross-border terrorism.Exercising its rght of reply at the UN Human Rights Council, Indian diplomat Kshitij Tyagi dismantled Pakistan's diversionary tactics, asserting that its hostile posturing would do nothing to rescue its failing financial system.. Stating that Pakistan's priorities remain fundamentally misplaced, Kshitij Tyagi remarked.

An isolated Netanyahu takes UN stage as he seeks reelection at home

For a leader who likes to portray himself as a global statesman, it is a “big, big miss for him at a time where he can’t afford misses,” Natan Sachs, senior fellow at the Middle East Institute in Washington, said of Netanyahu.

JERUSALEM.(Agency)

Israeli Prime Minister Benjamin Netanyahu began the year declaring that he stood “shoulder to shoulder” with U.S. President Donald Trump as the two countries launched a war against Iran. But this week, as world leaders gather in New

York for the United Nations General Assembly, there are no plans for the two men to be in the same room, or even in the same city.As the war with Iran has dragged on, Trump and Netanyahu have split over how to prosecute it, straining a relationship between the two allies. Netanyahu has also faced global criticism both for Israel’s war in Gaza and settler violence in the occupied West Bank. Instead of a packed itinerary, Netanyahu, who arrived on Thursday, was scheduled to meet only a handful of leaders before giving his speech.The apparent snub underscored how badly the relationship between Trump and the prime minister has fractured. Many in Washington associate Netanyahu with the increasingly unpopular fight with Iran and Trump has labored to avoid the appearance that the Israeli leader forced him into a war that Trump said would be a “little excursion” lasting only

weeks.Netanyahu's brief visit also demonstrated how isolated he is globally, three years after launching a punishing war in Gaza in retaliation for the Hamas-



led attacks on Oct. 7, 2023. He faces an election next month widely seen as a referendum on his responsibility for the security failures surrounding the attacks and his ability to defend Israel's reputation

on the world stage.Day after day this week, as other heads of state have stepped to the podium, many have harshly criticized Israel's actions, particularly in Gaza. Ahead of his visit, New York City Mayor Zohran Mamdani urged his arrest, saying the U.S. should honor a warrant for Netanyahu issued by the International Criminal Court. He is wanted for war crimes and crimes against humanity allegedly committed in Gaza, though the U.S. is not a member of the court and New York City lacks the authority to arrest him. Still, the prime minister is a master showman, and often turns to props and visual aids during speeches in flawless English to drive home his message. Last year at the summit, scores of diplomats walked out while he was speaking. But that is unlikely to faze him, as he speaks primarily to an audience of Israeli voters.

Macklemore announces concerts benefiting Palestinian aid organizations

wold .(Agency)

US rapper Macklemore, who was dropped from British pop star Ed Sheeran's tour after making pro-Palestinian comments, announced Thursday he will instead perform on his own "Free Palestine Tour."Macklemore, who was opening for Sheeran's "Loop Tour," shouted "Free Palestine!" and told Palestinians they were "not forgotten" during two concerts earlier this month in New Jersey.The "Thrift Shop" star was quickly booted from the US tour -- a decision that Sheeran said was made by tour promoters, not him -- provoking outrage among musicians and pro-Palestinian activists."What

happened to me is bigger than one artist or one stage," Macklemore, 43, said in an Instagram post."When the billionaire class can decide which voices are allowed on stage and which ones are too dangerous to hear, everyone should be paying attention," he added.Macklemore announced three shows in London, Paris and Dublin for late October, with US dates also planned, and said all proceeds will benefit pro-Palestinian organizations."It's 2026. Being apolitical during a genocide doesn't work anymore," he said."People are asking artists to show up, educate themselves and be in community. To use the stage for more than entertainment. To push back when the call for a Free

Palestine is met with attempts to silence it."Macklemore's removal has opened a can of worms for the Grammy-winning Sheeran, who has typically steered clear of making any overt political statements.But last weekend at a show in Philadelphia, he broke his silence on the Israeli-Palestinian conflict by describing the situation in Gaza as "catastrophic and unjustifiable and disproportionate."I've had to take and make difficult decisions, and I am making mistakes, and I'm so, so sorry," an emotional Sheeran told his audience, who responded with cheers.Four other supporting artists, including American singer Finneas, have also pulled out of Sheeran's tour in solidarity with Macklemore.

Diplomats walk out as Netanyahu takes podium at UN General Assembly

Delegates from several Arab and Muslim-majority countries, as well as nations including Colombia and South Africa, rose from their seats and left the assembly hall as Netanyahu took the floor.

world.(Agency)

Dozens of international diplomats staged a mass walkout at the United Nations General Assembly on Thursday as Israeli Prime Minister Benjamin Netanyahu approached the podium to deliver his address, turning the opening moments of the speech into a highly visible diplomatic protest, reports said.Delegates from several Arab and Muslim-majority

countries, as well as nations



including Colombia and South Africa, rose from their seats and left the assembly hall as Netanyahu took the floor. The departure left large sections of the chamber visibly empty, while the session chair repeatedly called for order and struck the gavel.Netanyahu responded directly to those who walked out, condemning the protest and describing the departing delegates as “moral cowards.”“If there are any

other moral cowards who haven’t left the hall, please do so now,” Netanyahu said.Those who remained in the chamber, along with members of the Israeli delegation, applauded and cheered as Netanyahu began his address.During his roughly 40-minute speech, Netanyahu defended Israel’s military operations against Hamas in Gaza and Hezbollah in Lebanon, arguing that Israel was fighting on multiple fronts and had no alternative but to continue its campaign.“We’re going to win. We have no other choice,” he said.Netanyahu also rejected allegations that Israel’s actions in Gaza amount to genocide and accused the United Nations of longstanding institutional bias against Israel.The diplomatic protest inside the General Assembly hall unfolded alongside demonstrations outside the United Nations headquarters in Manhattan.

A month after Nepal-China floods, families await answers about more than 50 missing Ukrainians



BANGKOK.(Agency)

Olena Kalynychenko was looking forward to sharing the chrysanthemum tea she had bought in China with her partner.“She said, ‘When I come back home, we will drink the tea made from Chinese flowers,’” said Oles Visich, Kalynychenko’s partner. He has now been waiting for news about her for a month, after she and thousands of others disappeared in catastrophic flooding along the Nepal-China border. Her last known location was exiting China at a border post at 10:22 a.m. local time, 15 minutes before the flood.Kalynychenko, 36, was part of a group of 56 people, mostly Ukrainians, who had traveled to Mount Kailash in Tibet for a spiritual retreat. Their families' situation is a sign of how complex and time-consuming the process is of rescuing, recovering and identifying victims lost to the disaster. Given the number of missing, the process will likely take months.They disappeared while heading from China to Nepal on their way home. Some relatives say they have received no information from authorities. The Chinese government has told at least two families that their relatives left Chinese territory before the flood struck, but they haven't been able to confirm whether they entered Nepal as Nepal's immigration complex and its records were destroyed in the floods. Little information is reaching families The floods killed more than 1,400 people and left more than 6,000 missing, most of them on the Nepali side of the border. Nepal has said that 636 foreign nationals remain missing, including 54 Ukrainians. China has reported 261 foreign nationals among the missing on its side, including one Ukrainian.Families in Ukraine say most of them have not received any answers since realizing their relatives were among the missing.We only have the statistics that are being posted online — how many people have been found, how many are alive, how many are dead, and how many are still missing,” said Stanislav Solohub, whose brother and sister-in-law went missing on Ag.

Netanyahu says Mamdani endangers Jewish New Yorkers by spreading lies about Israel's actions in Gaza

NEW YORK.(Agency)

Israeli Prime Minister Benjamin Netanyahu accused Mayor Zohran Mamdani of endangering Jewish New Yorkers with his criticism of Israel's military actions in Gaza, saying during a speech at the United Nations on Thursday that the mayor has spread lies about Israel.Calling Mamdani "the antisemitic mayor of New York," Netanyahu spent part of his time speaking to the United Nations General Assembly to assail the man who threatened to have him arrested if he came to the city."Mr. Mamdani, since you were elected mayor of this city, many Jews no longer feel safe in New York. They talk to me, they tell me 'this isn't the city we remember, it changed so quickly,'" Netanyahu said.

It's the latest in a back-and-forth between the Netanyahu and New York City's first Muslim mayor, who has long been a vocal critic of Israel's military actions in Gaza and has called Netanyahu a "war criminal" who is "the architect of a horrific genocide against the Palestinian people." Mamdani has said

that his criticism of Israel and advocacy for Palestinian rights don't amount to antisemitism.The mayor met with US President Donald Trump this week in New



York. Netanyahu, during his speech Thursday, praised the president for his support of Israel, saying “we've had no greater partner than President Trump.”In a statement, Mamdani repeated his criticism of Israel's actions in Gaza, where more than 73,000 people have been killed since Netanyahu launched a punishing war in retaliation for the Hamas-led attacks on Oct. 7, 2023.As he has done time and again, Prime

Minister Netanyahu used his speech to repeat baseless lies meant to sanitize his genocide of Palestinians. Yet no lie can change the fact that he remains the subject of an International Criminal Court arrest warrant alleging war crimes and crimes against humanity," he said in the statement.During his mayoral campaign last year, Mamdani said he would direct police in New York to execute the war crimes court's arrest warrant against Netanyahu, but has more recently acknowledged the city does not have the authority to take him into custody. The mayor has since encouraged the federal government to arrest Netanyahu, though Trump has said the prime minister will not be arrested."Mr. Mamdani, you tried to stop me from coming here. You tried to silence me. Well, you can't silence me and you can't silence the truth," Netanyahu said in his speech.Around 100 people were arrested near the United Nations during a large protest over Netanyahu's appearance, including celebrities Susan Sarandon and Hannah Einbinder, according to the advocacy group Jewish Voice for Peace.

NEWS BOX

IIT Bombay rethinks disciplinary action, mentor support after Sahil Wakode’s suicide

BENGALURU(Agency). Days after Sahil Wakode’s suicide at the IIT Bombay hostel after being allegedly caught using his mobile phone for answers, the newly formed committee at the institute has proposed ways to handle such cases — which include allowing students to speak to their mentors before a disciplinary action is taken against them. Among other things is listing consequences for exam malpractice on the first page of answer sheets. The proposals are part of a planned overhaul of how such cases are handled at IIT Bombay. These are among the measures being discussed by a newly constituted committee at IIT Bombay that will frame student-friendly Standard Operating Procedures (SOPs) for invigilators and review the manner in which incidents of suspected academic misconduct are dealt with. The committee will have equal representation of faculty and students, a move that comes days after students included greater representation in decision-making bodies among the 18 demands in a charter submitted to IIT Bombay director on September 20. The move comes days after the death of Sahil Wakode, a second-year BTech student, who was allegedly found with a mobile phone inside an examination hall during the mid-semester examinations. IIT Bombay’s initial statement had said he was allegedly found using an AI platform to seek answers to questions.

National security paramount over individual interests, says Karnataka HC, upholding land acquisition for DRDO

BENGALURU (Agency). National security is paramount and must always take precedence over individual interests or personal rights, the High Court said, upholding the acquisition of land for the Defence Research and Development Organisation (DRDO) at Benniganahalli in the city. A division bench of Justice DK Singh and Justice H Shanthi Bhushan passed the order while allowing the appeals filed by the DRDO challenging the single judge’s order on April 30, 2015. “While personal rights are undoubtedly precious, they cannot be asserted in a manner that compromises the safety and security of the nation. The nation must come first, for the protection of the country is the foundation upon which all individual rights and freedoms securely rest”, the court observed. The court also said that institutions such as the DRDO, through their continuous research, technological innovation and development of advanced defence systems, work tirelessly to safeguard the nation and strengthen its security. In the modern era, when the nation faces increasingly sophisticated threats in the fields of cyber warfare, artificial intelligence and advanced technology, the research and functioning of the Centre for Artificial Intelligence and Robotics (CAIR) assume vital importance, it added.

Signal snag disrupts suburban services at Gummidipundi; trains delayed by 90 mins

CHENNAI(Agency). Suburban train services were disrupted due to a signal failure at Gummidipundi yard on Thursday morning, leaving commuters waiting at the railway station for up to 90 minutes. Commuters told that trains from Gummidipundi to Chennai Central were delayed, with one train running up to 40 minutes late. A Sullurpeta-bound train, due at 5.30 am, arrived only at 7 am, they added. Railway authorities said the restoration



work began at 6.30 am. S Suresh Babu, advocate and Gummidipundi Railway Passengers Welfare Association president, said he had to spend Rs 1,000 on a taxi service to reach court due to delay in train services. “I take the 7.05 am suburban train from Gummidipundi to reach court. Due to the signal failure, the train did not arrive until 7.40 am,” he said, adding that normal services resumed around 9.30 am. Another commuter, NC Surya, said between 6.30 am and 7.30 am, no trains were operated from platforms 3 and 4 (typically used for suburban services); instead trains were operated from platforms 1 and 2. “The 7.30 am train from Gummidipundi to Chennai Central did not arrive on time,” he said.

‘Mockery of democracy’: Congress leader after IE’s EC investigation

Gujarat saw the highest number of deletions among states that saw the SIR in the 2nd phase with 13.4% of voters removed from the rolls.

Ahmedabad (Agency).

The Gujarat Congress has demanded an “explanation” regarding the “irregularities” in the Special Intensive Revision (SIR) process as exposed in an investigation by The Indian Express on September 23. Congress Legislature Party (CLP) leader and former Union minister Tushar Chaudhary said, “According to The Indian Express report, the two commissioners (Sukhbir Singh) Sandhu and (Vivek) Joshi, who work with Chief Election Commissioner Gyanesh Kumar have complained 14 times in the last 10 months that there are serious irregularities in the SIR process: Voters are being denied their right to vote and dropped from the electoral rolls. When their own team members make such serious allegations, the Election Commission (EC) needs to give an explanation as this amounts to a mockery of democracy which is a serious matter.”Gujarat saw the highest number of deletions among states that underwent the SIR in the second phase with 13.4% of voters (68.12 lakh) removed from the rolls.



When asked about the Congress’s next move, Chaudhary said, “We made representations to the Chief Electoral Officer back then. Now we will plan our move after Rahulji’s (Leader of Opposition Rahul Gandhi) press conference. Chief Election Commissioner Gyanesh

Kumar was in Gujarat on a two-day tour on September 10-11 when he spoke extensively about the SIR. As reported in The Indian Express, Kumar had said there were “zero appeals filed against deletions” in the 12 states where the SIR process was complete before district collectors.

33 years after last campus vote, Maharashtra moves to revive student elections

Mumbai(Agency).

Students in Maharashtra last took part in a campus election in 1993. Thirty-three years later, the state government has taken a fresh step towards bringing back student elections, setting up a 12-member committee to examine how campus polls can be held across higher education institutions. The Higher and Technical Education Department issued a Government Resolution (GR) on Thursday appointing the committee, headed by former Mumbai University Vice-Chancellor Prof Suhas Pednekar. It has been given a month to submit its report. The committee will consult stakeholders and recommend measures for peaceful, transparent and inclusive elections, with safeguards against external political interference and commercialisation of the process. It will also examine the management and audit of student council funds, orientation and training of elected representatives, and the use of digital

systems for nominations, scrutiny and grievance redressal. Representation will also be examined, including mechanisms for women, students from all reserved categories



and those involved in the National Service Scheme (NSS), National Cadet Corps (NCC), sports and cultural activities. The committee comprises former vice-chancellors and pro-vice-chancellors, principals, a senior law officer and university officials. Maharashtra’s student elections were banned in the early 1990s following a series of incidents of

campus violence, including the 1989 killing of NSUI student leader Owen D’Souza outside a Mumbai college during campaigning. The Maharashtra Universities Act, 1994, subsequently barred direct, competitive student elections, bringing an end to a system that had allowed students to elect their representatives on campuses. The first formal attempt to revive student elections came in 2016, when the Maharashtra Public Universities Act provided for elected Students’ Councils in universities, colleges and departments. Detailed rules were framed in 2018, and universities prepared to hold elections in 2019. The state cabinet, however, deferred the polls citing law-and-order concerns and their proximity to the Assembly elections. The elections were never held. The issue remained dormant through the Covid-19 pandemic. It returned to focus after the recent Gen Z protests, which saw significant participation by young people across Maharashtra.

Kanpur murder: Husband was ‘in shock’ as wife sat in jail. Then he was arrested

Shalu’s family had spent nearly three weeks defending her after she was arrested for her father-in-law’s murder in Kanpur. On Thursday, police arrested her husband, Subrat, alleging he had planned the killing and framed her.

Lucknow(Agency).

For nearly three weeks, Shalu’s family believed she had been wrongly accused of her father-in-law Vineet Minocha’s murder. They had publicly demanded a fair investigation and tried repeatedly to speak to her husband, Subrat. On Thursday, they were stunned to learn that Subrat had been arrested for allegedly plotting the crime. “We always believed Shalu was innocent, but we never expected Subrat could be involved,” said her elder brother, Dheeraj Arora, a businessman who lives in Lucknow. “We had publicly demanded a fair investigation from the Kanpur police. But today’s revelation has left us shocked — that it was entirely Subrat’s plan,” he said.

The case

Vineet, 63, a pharmaceutical businessman,

was found dead in his first-floor flat at Ratan Orbit Apartments in Kanpur on September 6. He had been stabbed 26 times. The two men who allegedly killed him — Vishal Gautam and Raj Kishore — had entered the flat using a duplicate key while Subrat, Shalu and their five-year-old son were at a ‘kitty party’. The day after the murder, police arrested Shalu and the two men. Vishal, a former employee at Vineet’s pharmacy on Birhana Road, told police that Shalu had allegedly hired him for Rs 6 lakh to kill her father-in-law. Shalu had denied the allegation during questioning. The case took a turn during the police custody remand of the three accused, when investigators confronted Subrat with the others. After several rounds of questioning and cross-

examination, police said Subrat admitted to his role. Police now allege that Subrat had



paid the two men to kill Vineet and had instructed them to pin the blame on Shalu if they were caught. ‘Arranged marriage’

Shalu, 30, is the youngest of three siblings. Her family runs a bakery business in Lucknow. She holds a B.Ed degree. She and Subrat got married in 2020 in an arranged marriage, Dheeraj said. After the wedding, she moved into her in-laws’ flat in Kanpur. The family had considered it a good match. Vineet was among Kanpur’s leading pharmaceutical businessmen, with a retail and wholesale medicines business, while Subrat worked for his father. Shalu had never told her family about facing any problems at her in-laws’ house. “There may have been minor issues, as in any family, but she never shared any such concerns with us. She never told us about any dispute between her and her father-in-law,” he said.

‘Played with minor rape victim’s life’: HC orders probe after hospital delivers baby

Court orders probe, says fit case for action against doctors for having ‘played with the life’ of a minor girl

Lucknow (Agency).

Stating that its order for termination of pregnancy in a minor rape victim was not complied with, the Allahabad High Court has ordered the Principal Secretary (Medical and Health) to probe into the role of the Head of the Gynaecology Department at Moti Lal Nehru Medical College and doctors at its associated Swaroop Rani Hospital in Prayagraj for putting the life of the girl at risk by performing C-section surgery to deliver the child. The court stated that it was a “fit” case for action against the doctors for having “played with the life of a rape victim”. Hearing a petition for the termination of pregnancy of a minor rape victim, the bench of Justice Ajit Kumar and Justice Garima Prashad had earlier

constituted a medical board to give its opinion on the request. While giving no categorical opinion either in favour of or against the termination of pregnancy, the medical board had recorded that the foetus, of approximately 29 weeks, had crossed the stage of viability and that, since it was a high-risk pregnancy, both its continuation and termination carried associated medical risks. While the girl’s Aadhaar card put her age at 13 years, the radiological examination, carried out by the medical board in August, estimated her age to be 16 years.

The medical board told the court that the minor “appeared to understand the nature and consequences” of the termination of pregnancy, and expressed her desire not to continue the pregnancy, saying that its

continuation would cause further harm to her mental health. The bench, earlier on September 16 and again on Monday,



directed the chief medical superintendent (CMS) of the Swaroop Rani Nehru Hospital in Prayagraj to admit the minor and terminate the pregnancy on Tuesday by the “safest medically permissible procedure”, after completing the requisite

Maharashtra SIR challenged in Bombay High Court, pleas seek restoration of deleted

Mumbai(Agency).

After The Indian Express reported that two Election Commissioners had objected to decisions taken during the Special Intensive Revision (SIR) exercise, two writ petitions were filed in the Bombay High Court on Thursday challenging the SIR process in Maharashtra. The pleas seek several directions to the Election Commission of India (ECI), including placing on record 14 decisions concerning the SIR, criteria for polling station rationalisation and ECINET specifications. They also seek restoration of every voter deleted during the SIR process in Maharashtra, or quashing of the SIR directions for the state and a stay on forthcoming Assembly elections until the electoral rolls are made “legally compliant”.

One of the pleas seeks the appointment of an independent judicial committee to “investigate the data deletions and software blockages implemented during the current SIR process”. A writ petition filed by four Maharashtra residents and registered voters through advocate Asim Sarode before the Kolhapur circuit bench cited the Express investigation and claimed they were “aggrieved by the systematic erosion of constitutional norms governing the management of electoral rolls”, which they said directly affected their fundamental rights.

The plea is likely to be mentioned on Monday, September 28. The petition also claimed that the action was “contrary” to past Supreme Court judgments, alleging that the CEC and ECI had exercised their powers in a manner “detrimental to the democratic perspective and against the interest of the general public”.

The four petitioners have sought quashing of the 14 “unilateral administrative orders” and modifications, disclosure of recorded dissents, restoration of all deleted voters and formation of an independent judicial committee to probe the deletions. The plea also seeks a direction to put on hold all forthcoming Assembly elections across the country “until fresh, untainted, and legally compliant electoral rolls are approved”.

Federating the nation zone by zone

September 25 will mark the 110th birth anniversary of Pandit Deendayal Upadhyay, one of the founding fathers of the Jan Sangh, the BJP’s predecessor. This year will also feature the 75th foundation day of the Jan Sangh. It’s a moment as good as any to remember that the Jan Sangh and the BJP have always had their own perspectives on federalism. The Jan Sangh was always a votary of integrationist policies. Upadhyay minced no words while writing, “India has been declared a sovereign State, but adequate arrangements to protect its sovereignty have not been made,” adding the reminder: “The body (of the Nation) is not a collection of different limbs; on the other hand, the limbs are integral parts of the body.”The ideal has found various expressions over time. While Atal Bihari Vajpayee’s regime carved out three new states and tried to do justice to tribal communities and hill-dwellers, Narendra Modi has rightly been pursuing the cause of ‘Ek Bharat, shrestha Bharat’ passionately.

But high-sounding slogans need to be translated into flesh-and-bone. In the science of organisation, it is important to ensure that every person gets some work to do, and for every work, there is a person to own up. While this sutra is indisputable in public life, not too often does one come across a situation where a right person is selected for a job.The ISC’s efficacy hinges upon the zonal councils. It is educative to take a look at the performance of these zonal councils before and after 2014. Between 2004 and 2014, in all 25 meetings of the ZCs were conducted; since 2014, the number has gone past 70.Over the years, these meetings have also become more productive. Importantly, ZC meetings serve as a sounding board that helps the Union government to seek an informed feedback on how central schemes are implemented. There have been many remarkable outcomes over the years. On financial inclusion, ZC deliberations led to a decision ensuring a financial point of service, including India Post payment centres, within 5 km of every inhabited village. Feedback gathered helped the central government open over 5,000 post offices with over 13,000 sanctioned jobs across the country.ZC meetings also shaped key policy decisions such as extending minimum support price to crop varieties like little millet, approving actions for de-silting water bodies, establishing three regional fishery management councils for three southern states and signing of an inter-state road transport agreement between Bihar, Odisha and West Bengal.Deliberations at ZC meetings also helped the government sanction 775 fast-track special courts in 29 states to deal with sexual crimes, including 398 to deal exclusively with POCSO cases. During 2023-26, these newly established courts heard as many as 3.45 lakh cases. ZCs also took a serious note of the absence of proper town-planning in new townships, leading to the preparation of master-plans for over a thousand new urban centres.Possibly the most notable outcome of ZC meetings has been the settlement of decades-old inter-state water disputes. During 2018-26, as many as nine consequential river-water-sharing disputes were resolved. They include an agreement between the UP, Madhya Pradesh and Union governments on the Ken-Betwa linking project, between Rajasthan, MP and the Union on the Kalisindh-Chambal link, and between Bihar, Jharkhand and the Union on allocation of Son river water.Having provided such development impetus during the Modi regime, zonal councils have served as an excellent forum where irritants between the Centre and states, and among the states themselves are resolved through discussions and consultations. Compared to the meetings of the National Development Council and the Governors’ or Chief Ministers’ conferences, ZCs have proved to be more productive. The ZCs’ compact composition, focused agendas and give-and-take approach lead to more result-oriented deliberations.

BRICS for an economic bridge

Intra-BRICS trade is still punching way below the bloc’s potential. The Rio Declaration and Jaipur Consensus must be taken forward to broaden smaller enterprises’ access to trade finance

The global economic landscape is undergoing a fundamental transformation. Geopolitical tensions, fragmentation of trade, restructuring of supply chains, rapid technological change and uncertainty around established multilateral institutions are reshaping the rules of globalisation. At the same time, economic left is steadily shifting towards emerging markets and the Global South.Meanwhile, BRICS has evolved from a relatively small grouping of emerging economies into a significant geoeconomic force that accounts for about 40 percent of global GDP and over a fourth of global trade.

For India, therefore, BRICS is not simply another multilateral forum. It is an opportunity to shape a more balanced and multipolar global economy while advancing India’s economic and strategic interests. So India’s 2026 BRICS chairship came at an important juncture.The objective was to move it from a platform that articulates the concerns of emerging economies to one that delivers tangible economic outcomes for businesses and people. India’s humanity-first approach and emphasis on building for a more resilient, innovative, cooperative and sustainable future provides a strong foundation for this transition.

The most immediate opportunity lies in trade and investment. The volume of intra-BRICS merchandise trade has grown 13-fold from 2003 to \$1.17 trillion in 2024. Yet, considering the combined economic weight of the grouping, there remains considerable untapped potential.The next stage of cooperation should focus on lowering the cost of doing business when crossing borders. This involves improving customs procedures, working together on standards, enhancing trade finance, improving logistics connectivity, using digital documentation, expanding trade in services, facilitating investment and ensuring greater participation by smaller enterprises in global value chains.This is particularly relevant for India given the ambition to become a trillion-dollar economy needs deeper export penetration of established markets and diversification into emerging ones. BRICS can become an important platform for this effort not only by expanding India’s exports of engineering goods, pharmaceuticals, electronics, automobiles, chemicals, textiles and processed foods, but also by opening new opportunities in services.

Technology will increasingly determine competitiveness, and BRICS has the potential to become an important hub for it. India brings significant strengths in information technology, digital payments, start-ups, digital public infrastructure and global capability centres. Other



BRICS economies bring complementary capabilities in manufacturing, research, energy, natural resources and advanced technologies. Connecting these can create a powerful ecosystem for innovation. India’s experience with UPI also offers a model for interoperable digital solutions that can promote inclusion and efficiency.

During India’s chairship, discussions on the BRICS Economic Partnership 2030, resilient and diversified global value chains, trade in services and the digital economy provide a strong foundation for translating cooperation into tangible business outcomes.

Greater financial connectivity should be an important part of this agenda. Rather than pursuing a common currency, BRICS can focus on facilitating cross-border transactions through local-currency settlements where feasible, interoperable payment systems and stronger financial linkages. The Rio Declaration of 2025 already called for ongoing efforts on the BRICS cross-border payments initiative and for greater interoperability among national payment systems. Building on these efforts can reduce transaction costs, enhance resilience and provide greater choice to businesses engaged in cross-border trade and investment.Medium, small and micro enterprises (MSMEs) must be central to this process. Smaller enterprises often face the greatest barriers to internationalisation particularly access to

finance, technology and markets. The Jaipur Consensus and guiding principles for credit assessment of export-oriented MSMEs seek to address precisely this challenge by improving access to trade finance.

At the same time, economic growth must increasingly be aligned with sustainability. BRICS can help mobilise investment in renewable energy, green infrastructure, clean technologies and climate-resilient systems, while deepening cooperation on green finance and the energy transition. This can create new avenues for investment, technology partnerships and innovation, while supporting the sustainable development priorities of member economies.The most important opportunity for India is to position BRICS as a bridge between emerging countries and the wider global economy. As the grouping moves from recognition to delivery, its focus must increasingly be on outcomes—more trade and investment, stronger connectivity, greater innovation and deeper economic cooperation.India’s engagement with BRICS must also be viewed within its broader international partnerships, including the G20, Quad, the European Union, US, ASEAN and Gulf economies. These are complementary platforms through which India can advance its economic and strategic interests. BRICS should complement, not fragment, the global economic system, with the World Trade Organization at its core.

IIT must ensure probe into tragedy, follow with reforms

The lessons and victories of the Jantar Mantar protest must not be ignored or frittered away by the stakeholders concerned. Matters must now move from accusation to inquiry and reform

Developments at IIT Bombay following the death of reserved-category student Sahil Wakode deserve a calmer reading than the noise around the campus has allowed. The institute has reversed its earlier statement, acknowledging that it was inappropriate to present matters as settled before an inquiry. The students have issued a more measured statement, clarifying that their protest was not to defend cheating, but that the death raises questions beyond the exam violation. That distinction is important.Wakode’s parents’ anguish cannot be set aside. They have repeatedly alleged caste-based harassment. The institute has maintained it had not received a complaint earlier. The police have registered a case under the SC and ST (Prevention of Atrocities) Act, and the professor named has been removed from his administrative position pending inquiry. These matters require a fair and independent investigation, not competing claims. If Wakode violated exam rules,



consequences were called for. But discipline must be administered fairly, transparently and without humiliation. An allegation of discrimination, meanwhile, cannot be dismissed based on the exam violation. Both questions require evidence.The students’ latest statement offers an opening. Their demands have been placed before

the institute’s director, who has acknowledged them even as calls for his resignation continue. An open house also allowed students to put their concerns directly to the administration. The task now is to turn this into real change: credible grievance mechanisms, transparent disciplinary procedures, support for students under pressure and an impartial probe of discrimination allegations.IITs reflect a contradiction visible elsewhere in India. The country is expanding its technological and scientific capacity even as hierarchy, patriarchy, authority and exclusion continue to shape everyday life in classrooms, offices, hospitals and public institutions. Political polarisation tends to deepen these divisions. The lessons and victories of the Jantar Mantar protest must not be ignored or frittered away by the stakeholders concerned. Matters must now move from accusation to inquiry and reform.For Wakode’s parents, nothing can undo their loss.

Punjab faces a moral test

The woman who has come forward to make a complaint deserves a fair, time-bound probe

AT some personal cost, a woman from Sangrur goes to a police station in Anandpur Sahib and names a senior office-bearer of the Shiromani Akali Dal and the Shiromani Gurdwara Parbandhak Committee (SGPC). She alleges rape, wrongful confinement and criminal intimidation in a series of incidents between February and August 2026. She then repeats that account, formally and on oath, before a judicial magistrate.In Punjab, that is not a small act. It requires a woman to calculate precisely what it will cost her to be heard against institutions that are accustomed to being believed. To file a complaint is to invite scrutiny of herself. To repeat it before a magistrate is to put herself within the reach of the perjury law, knowing that the man she has named has access to resources, networks and platforms she does not.If this is what she dared to do, it should have prompted every authority concerned to take immediate action. The FIR was registered at Anandpur Sahib on August 21 under sections of the Bharatiya Nyaya Sanhita dealing with rape, wrongful confinement and criminal intimidation. Nearly a month later, the public record shows almost nothing. The accused was already out of the country.Reports differ on the exact date of his departure, but they converge on the central fact that he had left before the FIR was even registered. This is indeed an institutional failure. Indian law, for reasons learned from decades of such cases, gives investigators very little discretion to sit on a complaint of this nature. An investigation into a rape case is required by statute to be completed within two months of the registration of the FIR. That rule came into existence precisely because cases involving powerful people have a documented history of drifting in a way that complaints against ordinary citizens rarely do. The law presumes that delay is not neutral and

favours the powerful.Half of that statutory window has now passed. The case, which names a man who sits at the intersection of two of Punjab’s most influential institutions, was entrusted to an Assistant Sub-Inspector. There was no special investigation team, no senior supervisory officer named as being in charge, no public statement of a plan for an investigation. The police repeatedly stated that evidence is being collected, and no arrests have been made so far.No one has answered, on record, the elementary questions a serious investigation would have had to address in the first 72 hours. Was a Look Out Circular issued? If so, when? If not, why not, given that the accused was known to travel frequently abroad? Were his bank accounts, phone records and travel history secured? Were the premises where the alleged confinement occurred examined? Was the complainant offered protection, given her allegation of threats? The absence of answers is itself an answer.When a woman with far less power than the man she has accused forces her complaint all the way to a magistrate’s chamber, and the system’s visible response is a month of near-silence, something has already failed her. That failure exists independently of what a court eventually decides about the underlying facts. It tells every other woman in Punjab who is weighing whether to report a powerful man exactly what to expect. The religious dimension of this case is more complicated than it first appeared, and it deserves to be stated fairly. The SGPC’s early response was weak. It suspended the additional head granthi of the Akal Takht and a driver posted at Takht Sri Kesgarh Sahib, the two employees named in the complaint, and announced merely an internal inquiry, which indeed amounted to only procedural housekeeping, not a moral reckoning.



from any Sikh institution or religious platform. Anyone familiar with Sikh institutional history will understand the weight of that sanction. This declaration must be recorded as such, rather than being folded into a generic complaint about institutional silence.What that sanction does not do is answer the harder question that precedes it. Sources close to the complainant have suggested that she informed several people connected to the SAD and the SGPC of the alleged abuse well before she went to the police, and that efforts were made to persuade her to keep the matter private. If that is true — and it must be investigated, not assumed — a body capable of excommunicating a man, by the same account, and told of the allegation in private,

chose restraint over recourse to the law.This is the philosophical distinction that matters here. A religious institution does not require a verdict of guilt to act morally. It requires only a credible allegation of serious wrongdoing within its own ranks to advise a complainant to go to the police at once, and to ensure that she can do so safely. Moral authority is ultimately tested when private knowledge makes action inconvenient. There is a third context that cannot be ignored. The Punjab Assembly elections are approaching, and every political actor with a stake in the Akali Dal’s fortunes has a rational incentive to want this story to trudge along slowly, or to move only in a direction that is expedient. That is exactly the condition under which the law is supposed to be most punctilious. The temptation to let the electoral calendar set the pace of justice is most dangerous precisely when politics has the most to lose. A police force that allows the electoral timetable to overpower its operational duties draws attention to its apparent allegiance.None of this settles what happened between February and August. The accused denies the allegations and calls the case a conspiracy against him. He is entitled, as anyone is, to be judged on evidence. But entitlement to a fair hearing is not entitlement to a head start. The right to defend oneself does not include the right to a month in which the investigation remains visibly thin while the accused is abroad. A month of official silence, with the accused already abroad, looks a great deal like the grant of impunity being given time to organise itself.From the moment her statement was recorded before a magistrate, this woman had the legitimate right to immediacy of action. Not one sentence recycled for 30 days that investigations are ongoing, but a public account of what has been done.

GBA to up waste transportation to 9000 tonnes a day

Bengaluru Development Minister Krishna Byre Gowda said improving the system would require both government action and citizen participation.

BENGALURU (Agency).

The Greater Bengaluru Authority plans to overhaul Bengaluru's waste-management system by increasing waste transportation capacity to around 9,000 tonnes per day and introducing GPS tracking for all garbage-collection vehicles. The move comes as the city generates around 6,500 tonnes of waste daily, against the existing collection



capacity of about 5,200 tonnes. Speaking at a stakeholder consultation on solid waste management on Thursday, Bengaluru Development Minister Krishna Byre Gowda said improving the system would require both government action and citizen participation. The existing 27 Assembly constituency-based packages have been reorganised into 33 packages under the new system. Larger two- and three-tonne vehicles will be deployed, with around

4,500 vehicles expected to operate. GPS tracking will be made mandatory to monitor whether vehicles follow assigned routes and provide the required service. The minister said the government's responsibility was to ensure that garbage vehicles reached every doorstep, while citizens must segregate waste and hand it over to the collection vehicles rather than dumping it on roadsides. Gowda also highlighted

the role of around 50,000 bulk waste generators. According to him, only around 2,000 have entered into arrangements with authorised vendors, while bulk waste generators contribute nearly 1,000 tonnes of waste daily to the household collection system. He said bulk generators must comply with waste-management rules and process or compost waste at source wherever required. The consultation also saw citizens and stakeholder groups put forward several suggestions. These included establishing ward-level waste infrastructure, decentralised processing facilities, dry-waste collection centres, wet-waste processing units and RRR centres. Participants also sought accurate ward-level data on waste generation and updated microplans based on actual waste quantities.

NFR Introduces AI-Based Wagon Door and Seal Inspection System

IIT Guwahati Collaborates with NFR to Develop Project DRISHTI for Enhanced Freight Security

The Sikh Times

Maligaon, 26th September: Northeast Frontier Railway (NFR), in collaboration with IIT Guwahati, has introduced Project DRISHTI, a cutting-edge AI-based technological solution aimed at enhancing the safety and security of freight wagons over Northeast Frontier Railway. The system was formally inaugurated at a programme held at NFR Headquarters, Maligaon, on 25th September, 2026. Project DRISHTI is being developed to strengthen the monitoring of freight wagon doors, locks and seals through advanced technology. The system brings together high-speed cameras, intelligent lighting, secure networking and Artificial Intelligence to enable efficient monitoring of wagon locks and seals and facilitate timely detection of possible irregularities or pilferage during transit. Representatives of IIT Guwahati and senior railway officials were also present on the occasion. Addressing the gathering, Shri Chetan Kumar Shrivastava, General Manager, NFR, highlighted the critical role of freight transportation in sustaining the nation's supply chains, transporting essential commodities and supporting industries and agriculture. He noted that freight transportation is particularly important for NFR, where geographical and environmental challenges make

road transport difficult, making railways a lifeline for the regional economy. He further highlighted the importance of ensuring that freight wagon doors are properly closed and securely



sealed to safeguard cargo. Earlier, this process was carried out manually and could be challenging and time-consuming, particularly during night hours and adverse weather conditions. Project DRISHTI addresses these challenges through faster, more reliable and efficient technology enabled inspection. As trains pass through designated monitoring points, the system is designed to examine freight wagons, identify wagon numbers and assess the condition of their doors, locks and seals. It can help identify whether seals and locks are intact

or whether a possible irregularity requires attention. The system will also facilitate digital recording of inspection findings, supporting timely action by railway personnel. The technology-enabled monitoring is expected to help safeguard consignments, reduce delays and facilitate the work of frontline railway personnel, including RPF and commercial staff. By enabling faster identification of possible irregularities, the system is expected to strengthen freight monitoring while reducing the dependence on manual inspection alone. The collaboration between NFR and IIT Guwahati brings together academic expertise, Artificial Intelligence and railway operational experience to address a practical challenge in freight transportation. The initiative also reflects the potential for technology-driven solutions to improve railway operations and strengthen freight security. Speaking on the occasion, the General Manager congratulated the teams of IIT Guwahati and NFR officers, supervisors and technicians for their contribution towards transforming the concept into a technological solution. He expressed hope that Project DRISHTI would achieve further success and that the initiative would pave the way for more such collaborative projects between NFR and IIT Guwahati in the years ahead.

NRI siblings offer 'US dollar-garland' to Lord Ganesh in Gujarat village

They offer currency notes worth \$ 400 to string a garland for an idol of 'Devsar no Raja' (King of Devsar); We can celebrate in America, but we don't get the excitement there, they say

Surat (Agency).

IN a village in Navsari district of Gujarat, a Ganesh idol garlanded with US dollar currency notes has become a major attraction. A brother-sister duo — Yash Patel and his sister Shivani who live in the US — who are in their hometown to celebrate Ganeshotsav, offered currency notes worth \$ 400 to string a garland for an idol of 'Devsar no Raja' (King of Devsar), the local title for Lord Ganesh, installed in a Ganesh pandal in Devsar village of Gandevi taluka. Yash Patel, who works in a hotel and has been in the US for the past 15 years, said, "We feel blessed coming to our hometown and celebrating the festival with villagers. We can also celebrate in America, but we don't get the excitement of being with the people of our hometown. We are very much attached to them and we go to the fields and at night, sit and chat with them. We also support people in our village who face financial problems for medical treatment and studies. It is our duty to serve the people in our own hometown, where we grew up." Since the 'dollar-garland' was donated by the siblings on Sunday, the Ganesh pandal had several

visitors from Devsar and villages around it and even from the adjoining Bilimora taluka till Thursday, the last day of the festival before the immersion on Friday (September 25). The village with a population of over 8,000 has a good number of NRIs, mostly based in the US, United Kingdom, France and other European countries.

Connected to their roots

Like Yash, several other NRIs have returned to their native place in Navsari for the festival and they contribute in their own unique ways to the local communities — sponsoring meals or even helping fellow villagers in need. The district witnessed the highest number of deaths in July when heavy rain pounded the state leading rivers to overflow, flooding villages. In the neighbouring Vandsa taluka, residents of Champawadi village welcomed Satish Patel, who has roots

in the village, and his family for the Ganesh festival. Satish Patel moved to the US five years ago and works in a private firm there.

They visit Vandsa every year for the Ganesh festival and go back to the United States once the celebrations are over. This year, the family installed an idol of Lord Ganesh in the village square and performed rituals for 10 days. Earlier in the week, Satish said he and his wife visited the Champawadi anganwadi and distributed biscuits and chocolates to the children. In July, heavy rains caused flooding of the Kaveri River, affecting many families in Champavadi Faliya. During that difficult time, Satish Patel's family stepped in: They covered



the cost of replacing the roofing sheets of the house of one of the affected families. "We feel blessed spending time with the people of my village and helping them in their difficult times," says Satish.

50-hour Mohali raid, 8 officers confined: ED's clue search against AAP leaders

GMADA deals in urban planning and master plan enforcement, land acquisition, infrastructure development and regulating private real estate, residential and commercial plot allotments.

Chandigarh (Agency).

The Enforcement Directorate's over 50 hour search and survey operation in Greater Mohali Area Development Authority (GMADA) headquarters in Mohali's PUDA Bhawan building concluded Thursday afternoon. For over 50 hours (since Tuesday noon), ED teams kept eight top GMADA officials inside the premises, as the central agency's Jalandhar zone searched, scanned and copied official GMADA documents, cloned the mobile phones of the officers, scanned the GMADA servers, computers and other electronic devices and took a bunch of electronic devices and documents with them. GMADA deals in urban planning and master plan enforcement, land acquisition, infrastructure development and regulating private real estate, residential and commercial plot allotments. In a statement issued Thursday, ED claimed that "searches have revealed that AAP leaders Satyendar Jain and Manish Sisodia have been regularly holding unofficial meeting with GMADA officials regarding the master plans and site auctions. Critical decisions including fresh auctions and acquisitions by GMADA as well as determination of compensation were all taken informally under the

instructions of Jain". The prolonged searches led the state government to approach the Punjab and Haryana High Court late on Wednesday. Satya Pal Jain, Additional Solicitor General of India, who appeared for ED in the HC told The Indian Express that "the Punjab government is trying to shield the main accused in the case. It is a scandal worth hundreds of crores. There are hawala transactions." AAP, however, denied ED's claims. On the claims concerning Sisodia and Jain, the AAP said,



"The reports are completely false, baseless and politically motivated. Neither Sisodia nor Jain has any role in GMADA's projects, functioning or official matters. Their role in Punjab is purely political, and they have no involvement in GMADA's functioning or projects." "Punjab government would take the strongest possible legal action against those found responsible for any illegal conduct during the [ED's] operation," AAP said, adding that the Bhagwant Mann government will not remain silent when Punjab is subjected to such pressure. "The people of Punjab have always stood up whenever Delhi has tried to impose its will, and they will stand up again," it said.

Surat medical college PG student 'dies by suicide'

The doctor injured himself at his department's hall, say police; second incident at the college in two months

Surat (Agency).

A 28-year-old postgraduate student at the Government Medical College in Surat allegedly died by suicide by slitting both his hands on Thursday afternoon, police said. Dr Yogendra Prajapati, who was a third-year student in the anatomy department, allegedly injured himself at the dissection hall of the department, the Khatodara police added. This was the

to cut blood vessels near the elbows of both his hands, they added. The reasons for his extreme step were not clear, the officials said. Dr Prajapati was found unconscious on the floor by one of the students. Dr Vadgama, Dean Dr. Jayesh Brahmabhatt and the police control room were then informed. The police said a case of accidental death had been registered against the incident and that they spoke to



second such incident at the Surat medical college in under two months. "Dr Prajapati had been in the dissection hall since morning and was involved in the undergraduate students' examination. His own third-year exams had concluded last week, and he was completing some remaining terms," in-charge Medical Superintendent Dr Parul Vadgama was quoted as saying by. Dr Prajapati lived with his wife, four-year-old son and parents at the college's hostel quarters. Police sources said Dr Prajapati, a resident doctor at New Civil Hospital, had been at the dissection wing since the morning. When alone after his colleagues left in the afternoon, he allegedly used a sharp object

the family members.

Khatodara police inspector N V Bharwad said, "We have not found any suicide note. The reason behind him taking such a drastic step is not yet known. This year was his last of his MD in anatomy. At present, it is difficult to say anything, but we are probing the case." On August 9, a 30-year-old student identified as Harsh Pandya allegedly died by suicide at his hostel room.

A probe found that the first-year student of the microbiology department had faced verbal abuse and humiliation, and four senior resident doctors were subsequently booked in a criminal case and suspended.

GBA chief urges people to finish SIR process

Rao said in cases where notices have not been received, booth level officers are making repeated attempts to contact the voters.

BENGALURU (Agency).

In light of the Special Intensive Revision (SIR) of Electoral Rolls-2026 being underway in the Greater Bengaluru Authority (GBA) jurisdiction, district election officer and GBA chief commissioner Maheshwar Rao appealed to eligible voters to submit Form 6 for including their names in the draft roll if they have not been included yet. Rao said at present, hearings in around 13,40,663 cases have been completed while around 2,56,935 cases are pending. Rao said on Thursday, "Voters who have inadvertently submitted Form 8 should also submit Form 6 to include their name in the electoral roll. Form 8 is meant for corrections in name, address and other particulars when the name is already included in the roll." Rao said in



cases where notices have not been received, booth level officers are making repeated attempts to contact the voters. Where voters cannot be reached by telephone, officials are visiting their homes to serve the notices, he

said. Cases pending for the first-stage hearing, cases with minor deficiencies in documents or documents are in order but are still shown as pending have been asked to be examined separately, Rao said.

Army officer faces court martial over contact with Pakistani operatives

Chandigarh (Agency). A serving Indian Army officer posted at Army Headquarters in New Delhi is facing a court martial for contact with Pakistani intelligence operatives and having banned applications on his smart phone. The Lieutenant Colonel is posted in the Staff Duties (SD) Directorate in Army Headquarters and is currently attached to 226 Company Army Service Corps (Supply) Type 'G'. The nine charges levelled against him relate to the period when he was performing duties as General Staff Officer-1 at SD Directorate Army Headquarters in New Delhi.



The first three charges, framed under Section 45 of the Army Act (unbecoming conduct of an officer), allege that between December

24, 2019 and September 16, 2022 he was in contact with two numbers described as suspected Pakistan Intelligence Operative numbers and with ten Pakistan-based numbers beginning with the +92 country code. He is accused of contacting a foreign national identified as 'Anatoly' between January 2020 and August 2022 without permission. The charge sheet does not itself record a finding of guilt. Under military law the officer is entitled to a trial before a court martial, where the prosecution must prove each allegation and the accused may defend himself.

On Camera, 6 Men Assault Woman With Slippers At Tourist Site In Bihar

A video of the incident, which took place on September 3, went viral recently, showing some men misbehaving with a woman and assaulting her with slippers.

Delhi. (Agency)

A woman was allegedly assaulted by a group of young men at Bihar's Mandar Hill - a prominent tourist site in Banka - with police filing a case against 6 unidentified people. A video of the incident, which took place on September 3, went viral recently, showing some men misbehaving with a woman and assaulting her with slippers. The clip reached the police on September 22 through the social media cell, following which the Bounsi police initiated an investigation. According to the FIR, the viral video was received on the WhatsApp number of Bounsi Station House Officer (SHO) Pankaj Kumar Jha, who visited the incident site to verify the location. A total of six men were allegedly involved in "indecent behaviour and obscene acts" with the young woman. Cops launched efforts to identify both the youths and the woman from the video and questioned villagers residing near Mandar Hill. The local



shopkeepers indicated that the men seen in the video appeared to be young men, but could not clearly identify them. Subsequently, a case was registered against the six unidentified accused

based on his own statement. Police have included the viral video as crucial evidence in the investigation. Authorities said they will take further legal action in accordance with the law once the individuals involved are identified. The incident at a tourist site has also raised questions over security arrangements. Recently, two other cases of harassment were reported from Bihar. Just days ago, three people were arrested in Bihar's Jamui after a video showing them harassing two Class 10 students - a boy and a girl - surfaced online. The disturbing video showed the couple surrounded by a group of men, with one of them holding the collar of the boy's shirt, pulling him away from her. As she tried to run, a masked man caught her from behind. On Thursday, another video showed a group of four men on motorcycles surrounding a girl and a boy and verbally and physically abusing them in Bihar's Samastipur. The accused were subsequently arrested.

Delhi teen gangrape: Accused harassed people in park earlier, say witnesses

Delhi. (Agency)

The Delhi Police has recorded statements of 12 witnesses in the alleged gangrape of a teenager by three men at Delhi Development Authority's (DDA) Aastha Kunj Park in Southeast Delhi's Kalkaji area on Monday, officers said. The witnesses include guards in the park, and workers at a nearby LPG godown, an officer said. The workers at the godown and guards had allegedly seen two of the three accused, Asif and Hemant, harass people previously at the park as well, police said. They had also seen Asif and Hemant on Monday, when they came to the park, an officer said. The three men, who were arrested on Tuesday, allegedly used a combination of police language, including 'Janab', and threats to convince the teenager and her friend, who accompanied her, that they were dealing with police officers, before s e x u a l l y assaulting her.



Another police officer said that the accused Asif, initially went to the Okhla mandi, where he sold vegetables, before coming near his home. Sources said that realising that he would be caught by the police soon, he switched off his phone, and then attempted to flee on his bike. The other accused, brothers Mukesh and Hemant, initially went to an eatery after the incident, before going back to their home in Srinivaspuri. They then allegedly washed their clothes in bid to get rid of evidence. Earlier, Delhi Police added sections of conspiracy in the FIR, after recovering a gun, a knife and condoms from Asif, one of the accused in the case, said officers.

SUV traced in alleged harassment of Hindu College students in Delhi

Delhi. (Agency)

The SUV allegedly used by a group of men who harassed a Hindu College student and her friend in northwest Delhi's Mukherjee Nagar area has been traced, police said on Friday. According to the student, she and her friend were walking in Mukherjee Nagar on Wednesday night when a white SUV approached them and the men inside allegedly passed comments at them. When the women objected, the men allegedly abused them and began following them. The student alleged that when she and her friend stopped to record the incident, the men also stopped and attempted to pull them into the vehicle. The men fled after her friend began recording the SUV.



Based on the student's complaint, an FIR was registered at Mukherjee Nagar police station under Sections 78 (stalking), 79 (word, gesture or act intended to insult the modesty of a woman) and 3(5) (common intention) of the Bharatiya Nyaya Sanhita (BNS). Deputy Commissioner of Police (Northwest) Akansha Yadav said police launched an investigation following the complaint and traced the vehicle allegedly used in the incident. Police identified the driver as Naman, a Delhi University student, and said two to three other people were accompanying him at the time of the alleged incident. Police are also examining the student's allegation that she and her friend approached multiple police stations before their complaint was registered.

Man killed, 2 injured as knife-wielding men attack e-rickshaw in Delhi

Police said three-four assailants approached an e-rickshaw, which was moving slowly through traffic, and allegedly tried to rob the passengers.

Delhi. (Agency)

A man was killed and two others, including the e-rickshaw driver, were injured after a group of men allegedly attacked them with knives during a robbery attempt in North Delhi's Kashmere Gate area on Thursday evening, police said. The incident took place around 7.30 pm near the Marghat Wale Baba flyover, in full public view of commuters. Police said three-four assailants were on foot and approached the e-rickshaw, which was moving slowly through traffic, and allegedly tried to rob a woman and other passengers. When the passengers resisted, the men attacked the driver and two passengers



with knives before fleeing the spot. Police rushed the three injured to a nearby hospital, where one of the passengers, Prabhat, was declared dead by doctors. Prabhat worked for a transport company. He and a colleague were travelling from Gandhi Nagar to Kashmere Gate in the e-rickshaw. The injured e-rickshaw driver and

another passenger are undergoing treatment and are currently not in a condition to give their statements, police said. Videos shot on mobile recordings after the incident showed a pool of blood on the road near the e-rickshaw and the victims being taken to a hospital in an ambulance. Deputy Commissioner of Police (North) Niharika Bhatt said the deceased's body has been sent for post-mortem examination. Police are questioning people who were present near the spot and examining CCTV footage from cameras installed in the area to identify and trace the accused. Police suspect that the accused may live nearby. With the help of technical and human intelligence, they are also trying to identify and trace them.

Followed by men who tried to pull me, friend into car: Hindu College student alleges

Delhi. (Agency)

Amid growing concerns over women's safety in the Capital, a postgraduate student of Delhi University's Hindu College has alleged that a group of men in a car followed her and her friend, while also attempting to pull them into the vehicle in Mukherjee Nagar, police said. The incident took place around 9:30 pm on Wednesday. Police said the car allegedly involved in the incident has been traced and that an FIR has been registered at the Mukherjee Nagar police station. As per a video posted on social media by the complainant, the first-year master's student said she and her friend were walking when a white car approached them. The men inside allegedly passed comments at the two

women. When they objected, the men allegedly abused them and began following them, she said. As per police, the car was being driven by one Naman, a Delhi University student,



and two to three other people were accompanying him at the time of the alleged incident. The student further alleged that when she and her friend

stopped to record the incident, the men also stopped their vehicle and attempted to pull them inside. The men fled after her friend began recording the car, she claimed. The student also alleged that the two women approached three police stations over nearly four hours before their complaint was registered. They were initially told that the matter did not fall under the jurisdiction of the police station concerned, she alleged. Police said they are looking into the allegation regarding the delay and the women's visits to multiple police stations. "Police... traced the car allegedly used in the incident," DCP (Northwest) Akanksha Yadav said.

He came to Delhi to start a new life. His life ended over Rs 1,000

Delhi. (Agency)

What is the price of a thousand rupees in Delhi? In this case, a life. The life of a 30-year-old man whose body was dumped by the roadside at Naraina in the national capital. He was murdered simply because he could not pay his taxi fare. The tragedy, however, didn't end with his murder. His killer was identified and arrested before his identity was even known to the police. For around two weeks, his body lay in a morgue as an anonymous victim while his grieving family searched for him across the NCR (national capital region). For those two weeks, no one knew his story. His only marker of identity was a distinctive heart-shaped tattoo etched on his left forearm, featuring the names "ANAND" and "RENU" on either side. Thus, the police assumed his name might be Anand, and that



Renu was his wife or lover. These names could even be his children — a boy and a girl. Here is the story of that man. It was around 7 am on August 17. The Delhi Police control room received a call that a body of a naked man was found on a pavement at Naraina Chowk, near the wall of the Sewa Bharti NGO. A team from the Naraina police station reached at the spot and found he "looked no more than 30". He had a deep injury on the right side of his head and several other wounds on his body. It appeared that he had been beaten with a brick and a broken earthen flower pot — both items were found nearby. There were stains of blood on them. Police personnel searched for an identity card or a phone and came up empty. There was nothing to help identify him.

South Delhi's Defence Colony tries a new waste model. Its workers say they're losing out

An experiment to formalise waste collection in Defence Colony has run into resistance from the informal workers who alleged they've been forced to sign an MoU that could leave them earning less.

Delhi. (Agency)

Jaim Ali, 27, arrives for work in Defence Colony's A Block around 8 am. Donning a mask and gloves, he and his helper go around 100 buildings and collect waste from each house. He then segregates it into dry and wet waste, with the dry waste further separated into recyclable and non-recyclable material. The wet waste is deposited in a compost pit made by the Municipal Corporation of Delhi (MCD) near C1 Block. Ali has been an informal waste worker since he was 15. He earns around Rs 200, along with tips, from each house. His total earnings in a month is around Rs 25,000. But an experiment by the

Residents' Welfare Association (RWA) to bring in an NGO and formalise waste collection has disrupted that arrangement, with Ali and other workers divided over a salary-based system and a requirement to collect user fees from residents. **System change** In August, the A Block RWA brought in Shrishti Environment and Livelihood Foundation (SELF), an NGO from Indore, to introduce a new waste collection model. "Initially, we were fine with the NGO. They gave us tips on how to separate waste and provided us with masks and gloves," Ali said. The dispute began when the NGO brought in a memorandum of understanding (MoU)

and allegedly forced the workers — six of them in A Block — to sign the document. "We didn't know what was in the MoU. But most of us signed it because the NGO threatened us that if we didn't sign the document, we could no longer collect waste from Block A," he claimed.



The MoU, which The Indian Express has seen, contained several provisions: It required workers to work on a salary basis — at the minimum wage amount — along with employee benefits, which were unclear. Ali claimed SELF was willing to pay Rs 18,000. "I've worked in this colony for more than 10 years. And they want me to go back to earning less than I am earning now. How is that fair?" he said. The MoU also put the onus on workers to collect a 'user fee' of Rs 150 from each household and then hand it over to SELF. Each worker is required to collect the fee from at least 100 buildings, each of which may have multiple floors and several households.

NEWS BOX

At 40 and in her seventh Asian Games, Joshna Chinnappa takes it one day at a time



New Delhi. (Agency)

Her record-shattering seven appearances at the Asian Games have yielded six medals but Indian squash star Joshna Chinappa has no plans of slowing down even though she admits to being a bit surprised at her own longevity. Barely 10 days after turning 40, Joshna combined with Velavan Senthilkumar to be assured of a mixed doubles medal in the ongoing edition of the Asiad by progressing to the semifinals.

Joshna, who made her Asian Games debut in the 2002 Busan edition, surpassed fellow squash player Saurav Ghosal, who retired last year after playing six times in the continental multi-sport event.

Asian Games Day 6 highlights

Meticulous training, meditation and breathing exercises have made it possible for Joshna to remain not just active but always be a serious contender. "I feel great, obviously, playing in my seventh Asian Games. I didn't think I would be here playing my seven Asian Games, as people say," the Chennai-based player told PTI in an exclusive interaction after her quarterfinal match at the Nagoya Kinjo Futo Arena Court Number 6.

"I train hard, five to six hours a day with different sessions, five or six days a week. I feel very fortunate to still be healthy, to still be fit, to still play for India. I honestly just take it one day at a time." And that's precisely the reason why she prefers not to have long-term goals. "I don't really have any targets, to be honest. Right now, I'm just happy playing for India, playing at the Games. I haven't thought about the future, what's next, none of that. I'm really just thinking about the present," she said. Joshna said her longevity is also down to a dedicated team that takes care of every need whether in training or nutrition. "I have a very good fitness trainer, psychologist, coach. So, I have a full village of people. My nutritionist, my dietician, everybody. They help me play every day. I also do a lot of meditation. I do a lot of breathing exercises. All of that," she said, giving a peek into the routine that keeps her going.

'Now is the right time': Argentina coach Lionel Scaloni opens up on Messi's international farewell



New Delhi. (Agency)

Argentina head coach Lionel Scaloni has opened up about Lionel Messi's international farewell amid uncertainty about his own future in charge of the national team. Messi is set to play his last international match for Argentina in the upcoming friendly against Benin at Buenos Aires' Monumental Stadium on October 6. The match comes after the 2022 World Cup winner announced in late August that he would bring his international career to an end. "I believe that a player like him deserves that. And I personally contributed my bit because I want to be at his farewell. And since today I don't know if I would be available later on, we made an effort so that he could be in this match," Scaloni said at a news conference Thursday. We knew everything he was going through, and yet he put in the desire and effort to come and say goodbye with his people, with the people who love him so much. And I think if there's a tribute to be made, it should be done now, because later on, the magic might not be the same. And I believe now is the time for him to feel that love from everyone, he added. In the 2026 FIFA World Cup, Messi featured in all eight matches and scored eight goals. He finished his national team career as its all-time highest scorer with 125 goals, 21 of which came in World Cups.

"There will never be anyone like Messi"

The Argentina head coach further added that it is an ultimate experience for him to coach Messi and it's very rare for a player like him to come along. "It was a dream. I told him so, and I'll say it for the rest of my life. There will never be anyone like him. It's very rare for a player like that to come along — not just because of what he does on the pitch, joy this," Scaloni said.

Bold last-minute call pays off as Kamaljeet and Suruchi win India's 1st shooting Gold

A last-minute change saw Kamaljeet replace Kedarling as Suruchi Singh's partner, and the new pairing delivered India's first shooting gold at the Asian Games 2026 with a record-breaking performance in the 10m air pistol mixed team event.

New Delhi. (Agency)

India finally had something to celebrate in the 10m air pistol events at the Asian Games 2026, and it came from a pairing that was only put together at the last minute. Suruchi



Singh and Kamaljeet combined for a dominant performance to win gold in the 10m air pistol mixed team event on Friday, setting a new Asian Games record in the process. Their gold was India's first in shooting at the Aichi-Nagoya Asian Games and the country's second overall, after the women's cricket team had opened India's gold-medal account.

The timing of the medal made it all the more significant for the Indian 10m air pistol

contingent, which had endured a disappointing campaign until Friday. India had won gold in the men's 10m air pistol team event and gold and silver in the women's individual event at the previous Asian Games, but there had been no medal in the discipline this time around. Even Manu Bhaker, the Olympic medallist and one of India's biggest hopes, had missed out on the podium after reaching the women's 10m air pistol final. India also failed to win

medals in the men's and women's team events. The mixed team event was therefore the final opportunity to salvage something from the 10m air pistol campaign. The National Rifle Association of India made a bold call before the event, changing the designated men's shooter in the pairing with Suruchi. Kedarling Balakrishna Uchaganve had initially been named alongside Suruchi. But after Thursday's men's qualification, where Kamaljeet was India's best performer with 580 points and finished ninth, just one point short of the individual final, the NRAI opted to bring him into the mixed team combination. Kedarling, meanwhile, had endured a difficult qualification round, finishing 35th with 568 points. The change could hardly have worked better.

A DOMINANT ASIAN GAMES RECORD

Kamaljeet and Suruchi stormed into the medal round after topping qualification with 587 points, including 29 inner 10s. They began with 196 in the opening series before adding 195 in the second to reach 391 with 20 shots remaining.

Asian Games: India women make it 4 out of 4 with Japan as semis in sight

New Delhi. (Agency)

India continued their impressive run in the women's hockey competition, beating hosts Japan 3-1 on Friday to make it four wins in a row and move closer to securing a place in the semifinals. Lalremiami gave India an early lead in the fifth minute before Ishika Chaudhary doubled the advantage just before half-time. Navneet Kaur then added a third six minutes into the second half, while Japan pulled one back through Shiho Kobayakawa in the final quarter. India will complete their Pool B campaign against Singapore on Sunday. The result extends what has been a dominant start to the competition. India began with a 19-0 demolition of Uzbekistan, followed that with a 17-1 win over Indonesia and then thrashed Thailand 20-1 to establish

themselves at the top of the group. India wasted little time taking control against Japan, with Lalremiami converting a field goal in the fifth minute. The visitors



continued to press forward, although Japan's defence did well to absorb the pressure.

he hosts created a few openings of their own but struggled to find a way through India's organised backline.

India's penalty-corner execution was less convincing, with only one of their first

five opportunities producing a goal. However, they earned three more in quick succession towards the end of the opening half, and Ishika eventually converted from a rebound after Navneet's initial attempt was kept out. India carried that momentum into the third quarter and added another in the 36th minute. Navneet produced a superb finish after some clever stickwork created the opening, putting India three goals ahead. The Indian defence was particularly effective during the third quarter, repeatedly intercepting Japan's attacks and restricting the hosts' time inside the circle. Japan finally found a breakthrough early in the final quarter. Kobayakawa unleashed a powerful tomahawk from the top of the circle in the 46th minute, beating veteran goalkeeper Savita to reduce the deficit.

IND vs WI: Rohit Sharma, Virat Kohli reunite ahead of ODI series against West Indies — WATCH

Rohit Sharma and Virat Kohli were back together in the nets as India kicked off preparations for their three-match ODI series against the West Indies. The two senior batters are set to return to international action after more than two months, with the series opener scheduled for September 27 in Thiruvananthapuram.

New Delhi. (Agency)

Veteran batters Rohit Sharma and Virat Kohli have reunited in India colours during the team's first practice session ahead of the three-match ODI series against West Indies. The much-anticipated reunion happened in Thiruvananthapuram on September 24, with the duo getting ready for the series opener at the Greenfield International

Stadium. Kohli and Rohit last played together for India during the ODI series against England in July. Their most recent ODI appearance came in the final match



of that series at Lord's Cricket Ground on July 14. The duo have remained away from cricket since the England series, with their next assignment now coming against the Windies.

Rohit, Kohli hit the ground running in first practice session

According to the Indian Express report, the first training session offered an early glimpse of Rohit and Virat getting back into the rhythm for another ODI series.

Kohli played attacking shots and looked good during his time in the nets. At one point, he stepped out and smashed Kuldeep Yadav over mid-wicket before hitting a straight maximum off Naman Dhir. Rohit, meanwhile, batted in the second group after a brief rain interruption. He focused on sharpening his strokeplay during the session and asked Prasad Krishna to bowl short, seemingly preparing for the conditions and the challenge of facing pace in the upcoming West Indies series. The team's training session was scheduled from around 5:30 pm to 8:30 pm IST, with the Men in Blue using it to get acclimatised to the conditions ahead of the series opener. Rohit and Kohli had both arrived in Thiruvananthapuram on Thursday, joining captain Shubman Gill and the rest of the ODI squad. The ODI series against West Indies will start on September 27 at the Greenfield International Stadium in Thiruvananthapuram.

Marathon was never Plan A for Sawan Barwal. Now he's chasing Asian Games history



New Delhi. (Agency)

By the time Sawan Barwal reached the final five kilometres of the Rotterdam Marathon, there wasn't much left in his head.

His legs were still moving, though they had begun to feel like somebody else's. The cold wind had picked up, and the water he had poured over his head at a station had turned into an unexpected problem. He had been running comfortably for much of the race, but after 35 kilometres, the marathon had begun to change shape. Barwal had gone to Rotterdam with a target. This was his first competitive marathon and he wanted to run somewhere between 2:08 and 2:10. The national record of 2:12:00, held by Shivnath Singh since 1978, was also in his mind. But by the time he entered the closing stages, there was little room left for calculations. "The last three-four kilometres, my mind had completely stopped working," Barwal tells IndiaToday.in in an interview, facilitated by ASICS India. "There was only one thing in my mind: I have to go till the finishing line and how I can maintain the pace. While running, we keep challenging ourselves that only a few minutes or some time is left. After that, finish, and then take a rest."

He would eventually finish in 2:11:58, breaking Singh's record by two seconds. He finished 20th in Rotterdam, and the performance also secured his qualification for the Asian Games. But the number on the clock did not immediately make him happy. Barwal had not gone to Rotterdam to break a record that had survived for nearly five decades. He had gone there believing he could run

Asian Games 2026: Joshna-Velavan pair, Abhay & Anahat enter semifinals, assure medal

CHENNAI. (Agency)

Joshna Chinappa has scripted her career with a plethora of accolades. The 40-year-old from Chennai on Thursday added another Asian Games medal to her cabinet when she and Velavan Senthilkumar beat the Philippine pair of David Pelino and Jemica Arybado to enter the semifinals of the mixed doubles event on Friday at the Nagoya Kinjo Futo Arena. The duo will face the Hong Kong pair of World No 40 Lee Ka Yi and Tang Ming Hong in Saturday's semifinals.

Chinappa will hope for her first gold at the Asian Games. Previously, she has won two silvers (2014 & 2018 in team events) and three bronze medals (2010 & 2022 in team events, 2018 in singles). But for Chinappa, the Asian Games has always been a special event to take part in. Making her debut in 2002, she had recalled how she got to watch top-level athletes then. "All the biggest

athletes at that time were there playing. I got to spend time with them, hang out with them. So it was such a wonderful memory," she recalled after qualifying to the Asiad for a record-seventh time here, in August. The former World No 10, in her 40s, has not had it all fancy in the past few years. After her knee injury in late 2023, she had to work her way through the rankings. Then last year, she got back to winning ways, with the Asian Doubles title. Then, her long journey in capturing a singles title ended in October that year, winning the Japan Open squash meet. For Velavan, his good run of form continues and the chances of it ending in a medal has risen.

After winning the Budapest Open — his biggest event in his career — he has the chance of making bigger returns in the quadrennial bash.

Abhay, Anahat enter semis

India's top-ranked singles squash players Abhay Singh (men) and Anahat Singh



(women) breezed through to the semifinals of their respective events, assuring a medal for their nation. However, that would not be enough for them in their ultimate pursuit of

gold and a spot at the Olympics in 2028.

Abhay is coming on the back of winning a PSA challenger event in Malaysia, right after recovering from a slight niggles. Facing his Japanese opponent Ryunosuke Ryo, it took him only 34 minutes to win the match 3-0. He will face either of compatriot Veer Chotrani or Pakistan's Irfan Muhammad, whose tie is set to begin. Meanwhile, Anahat Singh brushed off compatriot Tanvi Khanna 3-0 in a match that lasted only 19 minutes. She will face World No 6 Satomi Watanabe on Saturday in the semifinals. Post the World Junior victory, Anahat took part in a PSA Platinum event (Qatar classic) and a gold event (London classic), in which she bowed out in the quarterfinals to stronger opponents. Watanabe, meanwhile, also played in London in Asian Games, bowing out in the quarterfinals.

UPI MDR: Proceeds to be shared among banks, other entities; not to fill govt exchequer

Kolkata. (Agency)

The Centre has decided to implement the Merchant Discount Rate (MDR) on select high-value Unified Payments Interface (UPI) transactions starting October 15. Questions are being raised in many quarters about whether this decision amounts to a new tax on digital payments. Furthermore, the biggest concern is whether the burden will fall on ordinary users who make multiple small transactions throughout the day. Addressing this on September 24, officials stated that the burden of the proposed 0.4% merchant fee on UPI transactions exceeding ₹2,000 will not be passed on to customers.

MDR not to go to the govt

Beginning October 15, an MDR of 0.4% will be levied on merchants for UPI transactions exceeding ₹2,000. But no charges will apply to person-to-person transactions, regardless of the amount. Also the MDR proceeds will not accrue to the government. Govt officials have stated that not a single penny from the proposed MDR would go to the government exchequer. They explained that the collected amount would be distributed among banks and other entities within the UPI ecosystem. neral is available in abundance, he said. How MDR proceeds will be divided Of the total MDR collected, 40% will go to the customers’ banks, 30% to payment gateways, 20% to UPI apps and the remaining 10% to the UPI apps’ sponsor banks. “The burden of the 0.4% MDR charge on UPI transactions exceeding ₹2,000 will not be passed on to customers. Banks and the Indian Banks’ Association (IBA) will clear up misconceptions regarding the MDR charge and its impact on users,” officials were quoted by the media as saying.

Brokerage signals Buy rating for 3 stocks: Check the target price and stop-loss levels

Kolkata. (Agency)

Despite the sharp decline in the stock market on September 24, technical charts for certain stocks are showing strong bullish signals. Experts are also maintaining a positive outlook on these stocks, identifying buying setups for J K Cement, Carborundum Universal and Dr. Lal PathLabs. All three stocks have shown signs of an upward trend at various levels. J K Cement has staged a strong recovery from the ₹4,670 demand zone, while Carborundum Universal has broken out to a new swing high. Dr. Lal PathLabs is also moving upwards after breaking out of a multi-week trading range. JKCEMENT has made a strong comeback from the ₹4,670 demand zone. The stock is currently trading around ₹5,184; after rising above the 20-day EMA, it is now attempting to cross the 50-day EMA level. The 14-period RSI has reached 55.17. The RSI moving above the signal line indicates strengthening buying momentum. Experts have set a target of ₹5,670 with a stop-loss at ₹4,940.

Carborundum Universal (CARBORUNIV) Thursday’s closing price: Rs 1,285.00 CARBORUNIV has staged a strong breakout on the daily chart, surpassing highs seen over the past several months and entering a new swing zone. The stock is trading at approximately ₹1,296. Its 14-period RSI has reached 72.89, signaling strong bullish momentum and buying interest. The stock is trading above its 20, 50, 100, and 200-day EMAs. Rising volumes over successive sessions have supported this bullish setup.

India now sources most of its LPG from the US: Will the pressure on the fuel ease now?

Kolkata. (Agency)

The ongoing war between the US and Iran pushed the global energy market to a crisis with supply disruptions triggering price surges, creating energy crisis in countries dependent on oil from the Guld countries. The supply disruptions caused by the Iran war have exposed India to the risk of becoming overly dependent on supplies from the Persian Gulf. Following this, India swiftly shifted its strategy. The country is now rapidly diversifying its sources of liquefied petroleum gas (LPG) imports. According to a Bloomberg report, the US, which had only a 6% share in India’s LPG imports last year, has now become the country’s largest supplier. The US now accounts for about 67% of India’s total LPG imports, according to statements of Union Petroleum and Natural Gas Minister Hardeep Singh Puri. This change marks a major shift in the way India trades LPG. India is the world’s second-largest LPG importer and has traditionally sourced a large portion of its cooking gas from West Asia. But the conflict and the resulting disruptions to regional trade have prompted Indian refineries to seek alternative supplies from the US and Africa. **America’s role in Indian LPG market** Bloomberg has stated India signed its first LPG supply agreement with the US last year as part of efforts to reduce its dependence on West Asian suppliers. Recent supply disruptions are now accelerating this diversification process. State-owned Indian refineries could issue tenders this month for supplies from the US, which could account for up to 20% of India’s LPG imports next year. Such a purchase would strengthen the US’s role in India’s LPG market and provide an alternative to supplies from the Persian Gulf.

Tata Sons rejects Noel Tata's objections, holds Chandrasekaran's reappointment valid

New Delhi. (Agency)

The Tata Sons boardroom battle has moved from a family-and-governance dispute to a full-fledged legal contest, with the company telling Tata Trusts chairman Noel Tata that N Chandrasekaran’s reappointment as chairman was valid and in line with its internal rules. In its first formal response to Noel Tata’s objections, Tata Sons said its board had acted lawfully when it approved Chandrasekaran’s reappointment for another five-year term, two people with direct knowledge of the letter told Reuters. The company also cited three legal opinions, including those from lawyers and former Supreme Court judges, in support of its position, the sources said. The response follows a week of public statements and interviews from both sides as the dispute over Chandrasekaran’s reappointment has

escalated into the biggest governance crisis to hit the 158-year-old Tata group in years. The Tata Sons board has approved Chandrasekaran’s reappointment despite opposition from Noel Tata, who heads the Tata Trusts, which collectively own about 66% of Tata Sons. Tata Trusts has argued that the appointment required majority support from its nominee directors.

Tata Sons, however, has rejected that interpretation of its Articles of Association (AoA). In the September 24 letter to Noel Tata, the company said the board had "validly resolved to reappoint Mr N Chandrasekaran as the chairman upon the expiry of his existing tenure" in accordance with applicable law and the company’s Articles of Association. The company told Noel Tata that the directors had acted in accordance with their responsibilities to Tata Sons when they approved the appointment, the Reuters

sources said. The legal opinions cited by Tata Sons are now central to its defence of the board decision, as the two sides offer competing interpretations of the company’s governance rules. Noel Tata’s



posiiton is that the reappointment was not valid without the required support of the Tata Trusts nominees. Tata Trusts has been seeking to establish whether the board followed the special voting provisions in Tata Sons’ Articles. The dispute has also split the Tata Trusts’

representatives on the board. Reuters has reported that Noel Tata opposed Chandrasekaran’s continuation, while fellow Trusts nominee Venu Srinivasan supported it. That leaves the Tata group with an unusual corporate paradox: the shareholder controlling about two-thirds of Tata Sons is questioning a decision taken by the company’s board, while the board is insisting that the decision is legally sound. "Tata Trusts' legal team is vetting the company response," one of the sources told Reuters. Neither Tata Sons nor Tata Trusts immediately responded to Reuters’ requests for comment outside business hours. The dispute is not limited to Chandrasekaran’s future. It has become intertwined with a larger fight over Tata Sons’ governance and its proposed listing.

Solar cell: Sector at decisive point, says Ambit Capital; highlights stocks & target price

Kolkata. (Agency)

The Centre is focussed on raising the generation of solar power in the country and offering incentives to boost it. In a comprehensive study of the sector and the stocks engaged in solar cell manufacturing, Ambit Capital says India’s solar manufacturing cycle has reached an inflection point, with profitability shifting from modules to cells and, eventually, to ingot-wafer manufacturing. The government is now keen to localize the entire value chain pf photovoltaic cells. The note says that since the entry barriers of this sector are low, “early movers should earn supernormal returns before competition enters and returns normalize”. Stocks covered In its report, Ambit Capital Research

has focused on four stocks — Suzlon Energy, Premier Energies, Emmvee Photovoltaic Power and Saatvik Green Energy. “Our DCF-based TP implies a FY28 20x P/E for Premier, given its strong balance sheet, promoter experience and high efficiencies. Emmvee’s FY28 P/E of 14x is justified given lack of adjacencies and small cap. Saatvik continues to have a P/E of 8x until its cell line is stabilized and operational,” says the Ambit report. Oversupply situation in solar cell manufacturing According to Ambit Capital, there is already an oversupply position in solar cell manufacturing. “India already has module capacity of ~230GW vs our annual demand estimate of 65-84GW over FY27-32. Backward integration, technology upgrades

and adjacencies require sustained capex. Excess supply, incremental investments and lowering spreads result in RoIC compression,” the report mentioned.

Awards below current prices

“Recent DCR module awards were 15% below current prices. ALMM-II deferral coincides with 35% increase in Aug 26 (2.9GW) cell production. Module capacity of ~230GW already exceeds our annual demand estimate of 65-84GW over FY27-32,” observed Ambit Capital. Due to this situation, the agency thinks RoIC to fall from more than 40% to 19-21%. It mentioned that DCR-module spreads are set to contract and working capital will rise. “Solar PV ticks every peak-cycle marker with record returns, capacity above demand.

SEBI overhauls rules for bigger FPI participation in commodities, widen investment avenues

New Delhi. (Agency)

The SEBI board has given its nod to a wide array of reforms which are contained in the Securities and Exchange Board of India (Portfolio Managers) Regulations, 2026 that will replace the existing 2020 framework. The changes will allow permitted portfolio managers to invest in IPOs, primary market debt issuances and a wider range of overseas securities. The broad objective of the reforms is to deepen market participation, widen investment avenues and overhaul of portfolio management rules. It will also pave the way for FPIs having a bigger role in commodity derivatives and allowing depository receipts against REIT and InvIT units.

FPIs in focus

SEBI allowed FPIs to participate in physically settled, non-agricultural commodity derivative contracts. However, the regulator erected guardrails that need FPIs to exit positions at least three days before expiry, before the start of the tender perioREITs and InvITs can issue repositor receipts The regulator also gave its nod to allow

Real Estate Investment Trusts (REITs) and publicly listed Infrastructure Investment Trusts (InvITs) to issue depository receipts in permissible overseas markets. This marks an important development since it could pave the way for foreign capital into these investment vehicles in real estate and infrastructure. SEBI also approved changes to REIT and InvIT regulations, which includes revising voting requirements for certain matters to 75% of votes cast instead of 75% of all outstanding units.

Role for portfolio managers

in investment

Sebi also opened a channel for portfolio managers to invest in direct plans of Indian mutual fund schemes, including ETFs, index funds and Specialised Investment Funds, with a minimum investment threshold of Rs 25 lakh. “The introduction of PRIM (Portfolio Managers’ Route for Investing in Mutual Funds) is a visionary step and could be a game-changer for Indian investors,” said Sandeep Jethwani, Co-founder, Dezerv.



Mumbai. (Agency)

Benchmark indices opened marginally higher on Friday after suffering their steepest single-session fall in 10 weeks in the previous session. However, gains remained limited as elevated crude oil prices and high US bond yields continued to weigh on investor sentiment. The Sensex opened at 73,525.92, up slightly from Thursday's close of 73,580.54, while the Nifty 50 opened at 23,035, against its previous close of 23,063.10. By 9:41 am, the Sensex was at 73,627.12, up 46.58 points or 0.06%, while the Nifty was at 23,067.50, up 4.40 points or 0.02%. Dr V K Vijayakumar, Chief Investment Strategist, Geojit Investments Limited, said, "Sometimes many negative news come together to spook the markets. This was what happened yesterday when rising US bond yields, spiking crude and concerns over IRDA's proposals on insurance commissions spooked the Nifty by 383 points." The US 10-year

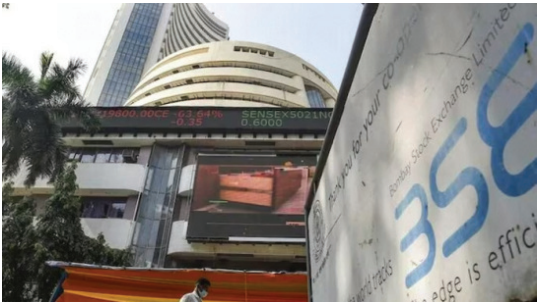
yield hovering around 5.2% continues to be a strong headwind for equity markets globally and for India elevated crude would remain a big challenge if it remains high for too long," he added.

The opening was cautious rather than a strong rebound, with investors assessing whether Thrsday's sharp sell-off was followed by some stability or could extend into another session.

FINANCIAL STOCKS REMAIN UNDER PRESSURE

Financial stocks continued to face pressure after the proposed changes to insurance commission structures by the Insurance Regulatory and Development Authority of India (IRDAI) triggered heavy selling in banks, NBFCs and insurance-linked companies on Thursday. At 9:41 am, Bajaj Finance was down 0.56%, Bajaj Finserv fell 0.56%, Axis Bank declined 0.75% and ICICI Bank slipped 0.16%. HDFC Bank was down 0.23%, while Kotak Mahindra Bank fell 0.11%. The Nifty Financial Services 25/50 index was

down 0.09%, while the Financial Services Ex-Bank index fell 0.28%. PB Fintech shares fell 2.53% to Rs 1,176.70 in early trade on Friday, extending pressure after the stock plunged 36% in



the previous session following concerns over the proposed IRDAI changes to insurance commission structures.

IT STOCKS DRAG, METALS GAIN IT stocks were among the early drags on the benchmark indices. The Nifty IT index fell 0.78%, with Infosys down 0.95%, Tech Mahindra down 0.60%, TCS down 0.54% and HCLTech down

0.62%. On the other hand, metal stocks gained, with the Nifty Metal index up 0.53%. Auto stocks also rose 0.32%, while pharma gained 0.24%.

Among Sensex stocks, M&M was the top gainer, rising 1.04%, followed by Asian Paints at 0.85%, Axis Bank at 0.75%, HCLTech at 0.62%, L&T at 0.59% and Power Grid at 0.56%. The broader market was largely mixed in early trade. The Nifty 100 was up 0.02%, while the Nifty 200 and Nifty 500 were almost flat. The Nifty Midcap 50 fell 0.16% and Midcap 100 declined 0.12%, while the Nifty Smallcap 100 gained 0.13%. India VIX, a

measure of market volatility, fell 0.68% to 12.60, suggesting some moderation in volatility after Thursday's sharp sell-off. **CRUDE EASES BUT REMAINS ABOVE \$105** Crude oil prices eased on Friday but remained elevated. Brent crude was at \$105.66 a barrel, down 0.88%, while WTI crude stood at \$93.09, down 1.61%.

IRDAI’s new proposal: Insurance stocks in trouble; HDFC Life and ICICI Pru Life tumble

Kolkata. (Agency)

Insurance stocks faced heavy selling pressure during Thursday’s trading session. Shares of several major insurance companies witnessed a sharp decline after the insurance regulator, IRDAI, released a consultation paper proposing changes to commissions, Expenses of Management (EoM), and the distribution system. Some companies saw their share prices drop by as much as 11%. Here is a look at the insurance companies whose shares declined.

Max Financial falls up to 11%

In Thursday’s trading, shares of Max Financial Services fell by 11% to touch the ₹1,390 level. Also, shares of ICICI Prudential Life Insurance Company dropped 7.62% to a low of ₹448. Shares of HDFC Life Insurance Company fell by 6.75% to ₹524.15. In contrast, shares of SBI Life Insurance Company rose by approximately 0.50% to trade at ₹1,769, while shares of the Life Insurance Corporation of India (LIC) climbed about 0.97% to trade at ₹411. Meanwhile, shares of Star Health and Allied Insurance Company dropped 2.33% to trade at ₹336.50.

Why insurance stocks fell

An IRDAI consultation paper released appears to be the primary reason for the decline in insurance stocks. The paper proposes significant changes regarding commissions and ‘Expenses of Management’ (EoM) within the insurance sector. For life insurance, the paper proposes reducing EoM from the current 30% to 15% of Gross Direct Premium Income (GDPI) over two years and to 12.5% over five years. For general insurance and Standalone Health Insurance (SAHI) companies, the proposal aims to bring EoM down to 20% of GDPI over five years; the current limit stands at 30%.

Significant cuts in first-year commission

The consultation paper also proposes substantial cuts to first-year commissions for life insurance savings and term products, as well as for health and motor insurance. Additionally, there is a proposal to ban the mandatory bundling of insurance products with loan products. A proposal has also been made to cap commissions on single-premium credit life insurance at a maximum of 2%. Furthermore, the paper proposes reducing commissions on renewals and policy porting in health insurance; it suggests limiting these commissions to 5% for distribution entities and 10% for agents.

Radhika Madan

On Kiara Advani's Vibrator Scene Uproar In Lust Stories: 'Credit To Karan Johar...' | Exclusive

Radhikka Madan is riding high on the appreciation she has been receiving for her film co-starring Ali Fazal in Lust Stories 3. With the short, Shakun Batra returns to the territory he explored in Gehraiyaan. Here, he approaches desire through marital breakdown, where sex becomes a language for everything an estranged couple can't express to each other.

From 2018 when the first instalment of the franchise released to now, Radhikka believes that a lot has changed for the better. Kiara Advani's self-pleasure scene in Karan Johar's short made a statement on female sexuality but was heavily criticised. Kiara had acknowledged the backlash, saying it would take time for people to become more open to such depictions.

Karan had also admitted that the scene made his mother, Hiroo Johar, uncomfortable. Speaking exclusively to News18, Radhikka opines that a scene like that would be subjected to less policing today. "Credit to them for not backing down! Credit to Karan for telling that story, believing in the idea, voicing it out and stressing on how important it is! He owned it and celebrated it," she remarks. Interestingly, most shorts across various instalments of Lust Stories focus on female agency and their sexual desires. Radhikka agrees that such films are much lesser in the cluttered space of hypermasculine cinema and says, "Compare karoge toh kam hai, but hai. There maybe very few voices telling such stories but they're all very prominent voices."

Emphasising on how audiences too have become less prudish over the years, she states, "When the first season of Lust Stories came, people were like, 'Haw! That's too bold.' But the makers didn't give up. They didn't include intimate scenes in their stories just to titillate the audience. The franchise brought to the fore such important voices, who continued sharing their thoughts on sex and desire."

"Four top filmmakers of the country came together to make Lust Stories 3 with so much sensitivity. Stories about lust shouldn't give rise to 'hai tauba'. And this time, there's not much 'hai tauba'. Lust as a topic of conversation has become normalised, which is a big win. We've to keep at it. Films on hypermasculinity will be made and so will stories on women's agency," Radhikka adds.

She further points out that her own understanding of lust has also changed over the years. "We get conditioned a certain way. We were told that feeling lust means you aren't pure and that lust is dirty and crass. One would be name-called and tagged 'lusty' if they would even think of sex. But it's the most basic emotion every human being goes through," she says.

The Pataakha and Angrezi Medium actor continues, "It's as natural as happiness, excitement, hunger and grief. It's an equally beautiful part of yourself. Why be ashamed of it? Why look at it as taboo? It took me time to unlearn all of that and when I did, I really accepted myself wholly and that gave me a different sense of comfort and confidence in my own skin."



Shruti Haasan

Reveals She Almost Got Married Once: 'I'm Very Traditional In Some Things'

Shruti Haasan has revealed that she once came very close to getting married. In a chat with Soha Ali Khan on her podcast, Shruti said she values companionship and has a traditional mindset about many things. Yet, she doesn't understand the need for people to spend lavishly on weddings. She also doesn't understand why paperwork is needed to formalise a union.

Shruti said, "I really like companionship. But I have lived my whole life in a way of not fitting in a box. Weirdly, I am very traditional in some things and quite conservative in my approach to certain other things, but that's only because no one forced me to come to that conclusion. I just feel that the paperwork with marriage, the lavish spending, showing, I feel like, 'Who are we doing this for?'"

She shared, "I enjoy that my partner and I pick each other every day, but not because of the paperwork. That's my fear; otherwise, not really. I came close to marriage, and it didn't really scare me that much when push came to shove. No shaming the big spenders, but that always bothers me. Give it to charity!.... I am open to adopting. I would really love to just be a mum, but I would also like to try it as an extension of myself in some

biological way." Meanwhile, on the work front, Shruti Haasan was last seen in Coolie in 2025 and will next star in Train with Vijay Sethupathi and Aakasamlo Oka Tara with Dulquer Salmaan. She also lent her voice to a song in SS Rajamouli's upcoming film, Varanasi, starring Mahesh Babu, Priyanka



Chopra and Prithviraj Sukumaran. Varanasi follows the adventures of Rudhra as the city of Varanasi in India faces the impending arrival of an asteroid. The narrative spans across several timelines and continents. Rajamouli reportedly conceived the film as a globetrotting adventure rooted in Indian cultural themes, drawing inspiration from the structure and emotional tone of classic adventure cinema.



'Humesha Sher Ki Chaal Chalna': Kabir Khan Lauds Kartik Aaryan As He Wins National Award For Chandu Champion



Bollywood actor Kartik Aaryan marked a major milestone in his career as he received the National Award for Best Actor on September 22 for his performance as Paralympic champion Murlikant Petkar in Chandu Champion.

Kabir Khan celebrated Kartik's National Award win on social media. Sharing a picture with the actor, Kabir wrote: "Humesha Sher ki chaal Chalna mere champion... with that unmistakable laugh of yours..."

Kartik, meanwhile, dedicated the honour to the people who supported him throughout his journey, including his parents, friends and team.

Following the honour, Kartik took to social media to share a heartfelt note.

He wrote, "Looking back affectionately with a smile at that mumma's boy from Gwalior who dared to dream of becoming an actor from an environment, Finally, I witnessed and lived the moment... still numb with excitement and nervousness... A dream of a small town boy... the dream of every actor in the country... The National Award for Best Actor 'Chandu Nahi, Champion hai Main'.

"I will always be grateful and indebted to Kabir sir and Sajid sir for trusting me with the responsibility of playing India's first Paralympic Gold Champion- Murlikant Petkar sir on the big screen. The journey was extremely painful, but the result is as sweet as rasmalai! I feel humbled and emotional at the same time," he added.

He further added, "The only constant companions in this long journey have been my belief in myself, my backbone – my parents' blessings, their unconditional love and support, my friends' encouragement at every juncture when I was losing hope, and my team, who works tirelessly to make my work life smooth. Thank you to everyone who has been part of this impossible journey. I would love to share my biggest honour with every Paralympian in the country and with everyone who dares to dream the impossible and never gives up!" He added, "Thanks to the respected Jury, I&B Ministry and the honourable president @presidentofindia for the moment."

'Lost Lot Of Blood During Delivery, Took Long Time To Recover': Richa Chadha On Acting Hiatus



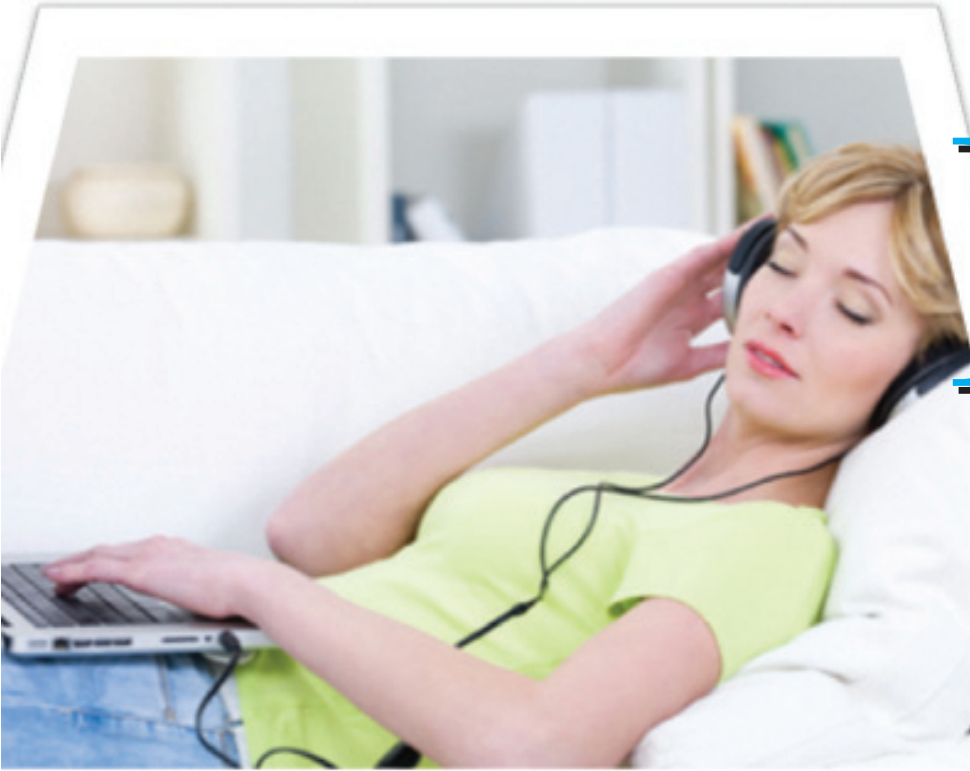
Richa Chadha and Ali Fazal welcomed their first child, a daughter, in July 2024 and named her Zuneeyra Ida Fazal. Her last release before she gave birth was Sanjay Leela Bhansali's Heeramandi: The Diamond Bazaar. Thereafter, she released her first production venture with Ali, Girls Will Girls, but decided to take a short break from acting and focus on healing herself.

Speaking exclusively to News18, she opens up on the impact her delivery and the producer's hat had on her physically, which nudged her to stay away from camera on a film set. "I wanted to be seen less. I wanted to have my nesting period. Six-eight months after my delivery, I was working very hard to get Girls Will Be Girls out," the Masaan and Fukrey actor recalls.

She adds, "I was juggling between striking a deal with the platforms, the release, getting everything ready and the deliveries. It was a lot. And it really took a toll on my body. I had to rest. I had to take vitamins." Talking about her difficult delivery, Richa tells us, "I couldn't work because I had a natural delivery and I had lost a lot of blood. It took me a long time to recover, health-wise. My brain was foggy." However, she's now all set to resume her acting gigs in a full-fledged fashion. "Uss time pe, main kya hi bahar jaake kaam karti? Despite that, I finished a show with an OTT platform. I also did the research for Musafiri, which took a long time. Speed thodi kam ho jaati hai when you're handling so many things. I'm starting a film tomorrow. So, hopefully, you'll see much more of me," she shares.

For the unversed, Musafiri is a series created, written, produced and hosted by her and it marks her debut in the non-fiction space. For Richa, it's a love letter to Mumbai and an extension of her postpartum journey. Motherhood, in her words, have 'expanded' her 'peripheral vision'. It also arrived with an epiphany, that nudged her to think of the world she would leave behind for Zuneeyra.

Top 5 ideas to De-stress this weekend



images in my mind. If I asked you now, whatever you do, do not think of a blue ball, what happens? Exactly, you conjure up an image of a blue ball and I might even guess that it showed in the top right hand corner of your "internal screen". The premise is that you can't visualize nothing, and what you visualize, you are giving power to, so if you "see" pictures of what you don't want, guess what? You will end up attracting what you don't want. We cannot bring into our world what we have not been able to at least imagine first.

Stressed due to exams? Try these foods

daily is a must for school going children. Calcium is important for physical development in children, and helps build immunity as well.

Protein: Whether through eggs, dairy or meat, adequate quantities of protein is a must for a child's growth. An appropriate supply of protein leads to muscle boosts and helps your child remain physically alert, active and fit.

How to reduce stress in daily life
Tips to control stress: In order to lead a healthy and stress-free life, it is vital to follow certain guidelines or steps. They will help you get a better control over life and alter the way you view stress or its trigger factors.

Regular exercise: Not surprisingly, exercise is one of the best

conflicts or any other stressful situation. Try to keep yourself calm in every way and avoid indulging in unnecessary situations.

Sleep: Finally, a regular 7-8 hours of uninterrupted Sleep is also important to relax your mind and body. If you face any difficulty in sleep, you can also make use of relaxation techniques like listening to music or reading a book.

Beat stress with these yoga poses
Corpse Pose or Shavasan: Lie flat on the back with legs together and (palms facing up) arms close to the body. Relax your body and mind with this pose.

Half-moon Pose or Ardha-chandra-asana: This pose benefits the lower back, abdomen and chest by stretching and balancing the body. Start with your feet together and arms by the side. Bring both the hands at the chest with

Caught up with work, life and traffic this week? It's time to let go and unwind over the weekend. Stress is a silent killer that claims many lives each year. Whether through cardiac issues, mental instabilities, or projections of unhappiness into one's relationships, stress is not a weak enemy to conquer. And conquer we must. Today we've lined up our top five tips for combating stress. So, take off those work shoes, release the tension in your shoulders and neck, and settle down to read some de-stressing news.

Take a mental vacation

Who wouldn't mind a relaxing vacation on a beach, away from life's daily stresses from work, socialising and technology. The constant battle for 'me' time leaves most of us frustrated and exhausted week after working and socialising week. Whether it's constant connectivity to social media, your Blackberry, or endless computing work at a work station, we think it's time you took a mental vacation for a day - right where you are - in your city, even in

your own home.

Meditation through visualization

Life Coach Malti Bhojwani takes us through the technique of visualization and how it can help us meditate effectively, and in a way that we can affect positive change in our lives.

Meditation has many connotations and some of them may trigger different reactions from all of us. When I was younger, I thought it was the most boring thing anyone could indulge in and I conjured up an image of bearded yogis up in the Himalayas who starved and smelled. Today however, thanks to the holistic awareness, movements towards personal development and the amalgamation of Eastern and Western thoughts becoming more and more popular, meditation has taken on a more marketable name.

I meditate and in my personal experience, I call it 'plugging-in' In fact as I am working on my book, there is an entire chapter dedicated solely to "plugging into the Universe".

Visualization to me is constant, I think with

Oranges: Studies suggest that when a child is under too much pressure his/her vitamin C levels tend to dip, thus making him/her more vulnerable to illnesses. So, incorporate oranges in their diet.

Spinach: Spinach is a rich source of iron and calcium along with vitamin A. Iron in spinach helps in developing a strong immunity and helps in developing social and cognitive development during childhood as it aids in the formation of haemoglobin and essential enzymes. Calcium, on the other hand, helps in the formation of strong bones and vitamin A is beneficial in reducing eye strain to a great extent.

Water: Water aids digestion and helps avoid conditions related to stressed kidneys and constipation. It helps regulate and maintain body temperature. Water also aids several other functions within the human body that relate to energy, wakefulness and performance.

Milk: Ideally, around 600 milligrams of calcium

ways to deal with stress. A regular 20-30 minutes of physical activity every day is vital to decrease stress hormones like cortisol and increase your body's feel good chemicals called endorphins. Besides this, certain forms of exercise like martial arts or boxing can act as an outlet for releasing all your vent-up emotions and frustrations.

Relaxation techniques: This not only involves taking time to relax everyday but also employing certain basic relaxation techniques. This involves deep breathing techniques, meditation and practicing different yoga postures to relax your body muscles.

Balanced diet: What you put inside your body also determines your ability to cope with stress or anxiety. A balanced diet comprising fresh fruits and vegetables is a must to reverse the negative impacts of stress and lead a healthy life.

Avoid stressful situations: As far as possible, ensure that you avoid unnecessary arguments,

palms lightly pressed against each other. Breathe-in while raising the arms straight up keeping palms pressed lightly together. Arch your body backwards while keeping the arms alongside your neck and head.

Downward-Facing Dog Pose or Adho Mukha Svanasana: The Adho Mukha Svanasana helps to cure backaches, relieve stress and mild depression and revitalizes energy.

Forward Bend Pose or Padahasthasana: Stand straight with arms by your side, exhale and bend touching the floor with your hand. This pose helps in stretching the hamstring of the legs and helps spine and internal organs.

Straight Angle Pose or Samakonasana: Start the asana with sitting on the ground and stretch the legs forward. Keep you legs straight and be rested on the ground. Now, slowly stretch your legs sideways so that it should form a straight line and keep the body straight. Stay in this posture for a few seconds and then slowly bring back the legs to the normal position.

How I start my day

Starting your day is like building a foundation for a house. It doesn't matter how well your house is designed - without a stable foundation, it'll crumble. My morning routine actually begins the night before. I am very disciplined about having all gadgets off in my house by 10 pm. I wrap up my day with a shower, brushing my teeth, stretching, reading, and finally, my gratitude blessing. By doing this, I have



prepared my mind and body for a deep rest in tune with the circadian rhythms.

Ideally, I wake up before the sun rises. The first thing I do is scrape my tongue with my tongue scraper to remove the ama (white toxins). Then I brush my teeth, and drink a large glass

of warm water with a dash of apple cider vinegar or lemon juice.

Then I move. Depending on the weather, I surf, go to the gym, do yoga, stretching or swimming. Then it's time for stillness - meditation. It works on every level - physical, mental, emotional and spiritual. Once that is done, it's time for breakfast and to get cracking with my day.

Smoking prompts Crohn's relapse after surgery

People with Crohn's disease -- a serious bowel condition -- are more likely to experience a recurrence after surgery if they continue to smoke, new research has found.

Crohn's disease occurs when the immune system attacks the lining of the gut and bowel to cause severe inflammation. It results in abdominal pain, urgent diarrhoea, sickness and profound lethargy.

Doctors recommend people with the condition stop smoking to avoid their illness worsening.

"Our study confirms that the most important thing somebody with



Crohn's disease can do for their health is not to smoke," said Jack Satsangi, Professor at University of Edinburgh in

Britain.

Most patients with Crohn's disease require surgery to remove the affected section of their bowel. Surgery is not curative, however, and the condition often relapses.

The researchers also assessed whether a drug treatment that is commonly used in treating the disease is effective at preventing it from coming back after surgery.

They found that the therapy had limited beneficial effects for non-smokers in preventing relapse after surgery. It did, however, offer protection for smokers.

A class of drugs called thiopurines have often been prescribed to patients after surgery to try to prevent relapse but until now, it was not clear whether the therapy offers any benefit.

The researchers conducted a trial of the therapy involving 240 people with Crohn's disease.

Patients were monitored for three years after they had undergone surgery. Some 128 patients were treated with a drug from the thiopurine family called mercaptopurine and 122 were given a dummy medicine.

Only three of 29 smokers treated with the therapy experienced a relapse compared with 12 of 26 who received the dummy drug. The rate of relapse in the non-smoking group was much lower and was unaffected by treatment with the medicine, showed the findings published in The Lancet Gastroenterology and Hepatology.

"There is an unmet need to identify therapies or life-style changes that prevent Crohn's disease recurrence after surgery to avoid patients having to undergo multiple operations," Satsangi said.