



@thesikhtimes



facebook.com/
thesikhtimes



instagram.com/
qaumipatrika

PUBLISHED FROM
Delhi, Haryana, Uttar
Pradesh, Punjab,
Chandigarh, Himachal
and Jammu

The Sikh Times

National Daily

VISIT:
www.thesikhtimes.in
Email: sikhtimesindia@gmail.com

Vol. 18 No. 136

RNI NO. DELENG/2008/25465

New Delhi, Sunday, 4 October 2026

sikhtimesindia@gmail.com

9654077232

12 pages ₹ 3

Mallikarjun Kharge urges PM Modi to step in as Karnataka seeks Rs 3,705 crore for drought relief
Karnataka(Agency)

Congress president and Leader of Opposition in the Rajya Sabha Mallikarjun Kharge has urged Prime Minister Narendra Modi to provide urgent central assistance to Karnataka amid a severe drought situation in the state.

In a letter to Modi on Saturday, Kharge said Karnataka was facing one of its gravest drought situations in recent years, citing rainfall deficiency, widespread crop losses and distress among lakhs of farming families.

According to Kharge, the state has sought Rs 3,705.30 crore in assistance under the National Disaster Response Fund (NDRF) and State Disaster Response Fund (SDRF) framework, against estimated losses of Rs 18,748.23 crore.

Kharge made six specific requests, including the immediate deputation of a Central team to Kalyana Karnataka to assess the drought situation on the ground and the release of the full amount sought by the state. He also urged the Centre to calculate input subsidies for small and marginal farmers using Karnataka's.

Day after voter roll protest, Cong-BJP face-off escalates into shouting match
BENGALURU. (Agency)

Karnataka Chief Minister DK Shivakumar on Friday said that after their protest on Thursday, the Election Commission of India (ECI) issued directives to the Chief Electoral Officers (CEO) to conduct a special drive after the SIR is completed to verify the details of all those deleted during the revision and include the names of eligible voters. It is a victory for the voting rights of citizens across the country, the Chief Minister said. Speaking to media persons in Bengaluru, the CM said that the EC issued the order on Thursday night after they (CM and ministers) staged a protest at the CEO's office in Bengaluru. "We welcome this order. It is a victory against the conspiracy to deprive eligible voters of their rights. The Congress has consistently fought to protect voters' rights, and this struggle will continue," Shivakumar said.

The CM said that as a result of the protest, the ECI has issued instructions to the CEOs of all states. They have also ordered that attention be paid to complaints regarding the mass deletion of names from the electoral rolls, he added.

The CM alleged that the BJP has submitted applications to delete the votes of vulnerable sections of society. "They are doing this to create a rift among the various communities, castes, and religions in the society. Their objective is to get the votes of Dalits and minorities removed. Such people are unfit to be in politics," the Chief Minister said.

He said the BJP leaders admitted to submitting around 25,000 applications and the Election Commission should immediately register a complaint against the BJP at the national level. They have resorted to the criminal act of getting votes deleted, Shivakumar alleged.

Vijay govt suspends cop who sought bribe on GPay, 4 others in corruption crackdown



New Delhi(Agency)

Five police personnel in Tamil Nadu have faced disciplinary action within a week in separate cases involving allegations of demanding or accepting bribes, with the action ranging from suspension to dismissal. The cases have been reported from Tirunelveli, Chennai and surrounding areas, involving alleged bribes ranging from Rs 1,000 to Rs 10,000. Internal Vigilance Cell enquiries were conducted in several of the cases before action was taken against the personnel. The first case involves head constable Sorna Raj of Melapalayam Police Station in Tirunelveli City. He was suspended after allegedly demanding Rs 1,000 from a two-wheeler rider during a routine vehicle check.

The rider had incomplete documents, following which Sorna Raj allegedly sought money and shared his Google Pay number with him to receive the payment.

In Chennai, sub-inspector Sivaraaj and constable Vivek of North Beach Police Station were suspended following an Internal Vigilance Cell enquiry into a Rs 10,000 payment made through Google Pay. The money was

The most serious disciplinary action was taken against sub-inspector Marishwaran of Puzhal Police Station, who was dismissed from service following a departmental enquiry into allegations of demanding and accepting bribes.

allegedly accepted from the owner of a stolen two-wheeler in connection with the release of the vehicle. The

department also took action against a sub-inspector posted at Madhavaram Police Station. A preliminary enquiry by the Internal Vigilance Cell examined a complaint that the officer had demanded a bribe. The charge was found to be established, following which the officer was suspended.

The most serious disciplinary action was taken against sub-inspector Marishwaran of Puzhal Police Station, who was dismissed from service following a departmental enquiry into allegations of demanding and accepting bribes.

The allegations against Marishwaran date back to 2024, when he was posted at Anna Nagar Police Station. The charges were examined during departmental proceedings and were found to be true, according to the details of the case. Authorities subsequently ordered his dismissal from service, citing repeated instances of demanding bribes.

The five cases involve different circumstances, from a routine vehicle check and the release of a stolen two-wheeler to other instances of alleged demands for money.

They also resulted in different forms of disciplinary action based on the findings of the respective enquiries.

The latest actions come amid continued scrutiny of corruption allegations within the Tamil Nadu police force. In February, the state police chief had directed officers to review prolonged suspensions of personnel facing disciplinary, vigilance or criminal proceedings on a case-by-case basis.

Suvendu Adhikari claims Mamata faked 2021 Nandigram leg injury, says he has proof

Suvendu Adhikari has alleged that Mamata Banerjee's 2021 Nandigram leg injury was staged and says he holds hospital records. The charge revives a politically sensitive campaign flashpoint as West Bengal heads into Assembly bypolls.

Nandigram(Agency)

Suvendu Adhikari on Friday alleged that Mamata Banerjee's leg injury during the 2021 West Bengal Assembly election campaign in Nandigram was "fake" and said he had documentary evidence to support the claim. Speaking while campaigning for BJP candidate Hasirani Rath ahead of the upcoming Assembly bypolls, Adhikari said he would place the evidence in the public domain if he was challenged over the allegation. Addressing a gathering at Birulia bazaar in Nandigram II block, the same area where Banerjee was injured in March 2021, Adhikari said, "I went to the SSKM Hospital after becoming the chief minister. I am the president of the hospital committee since it falls under the jurisdiction of Bhabanipur (assembly seat), from where I am an elected representative."



He added, "The X-ray plate is handed over to the patient concerned, but a copy of the report remains with the hospital. I now have that paper in my possession. She (Mamata Banerjee) was the chief minister then. Her doctors had written 'no fracture'." Adhikari claimed that the open door of Banerjee's moving vehicle had hit an iron pole by the roadside and rebounded on her, causing what he described as a minor leg injury. He also alleged that she later put a bandage on a leg that was fine and used the incident in a way that brought disrepute to Nandigram. He said, "I will bring it out in the open, if I am ever challenged. I am also the police minister now. She insulted the entire Birulia locality and this region. The CID had repeatedly summoned our local leaders in connection with that incident. I have not forgotten any of that."

Banerjee had suffered the injury in the Reyapara area of Birulia in Nandigram on March 10, 2021, during her election campaign. She had initially said that a few unknown people pushed her against her open car door, causing it to slam hard against her left leg in the middle of a heavy

Punjab CM Bhagwant Mann approves de-addiction programme in border districts

Mann said the initiative would introduce an Art of Living-based spiritual wellness programme to bridge the gap between medication-based treatment and sustained psychosocial rehabilitation.

CHANDIGARH(Agency).

Punjab Chief Minister Bhagwant Mann on Thursday gave in-principle approval for a pilot project in Amritsar, Tarn Taran and Fazilka to strengthen psychosocial care alongside medical treatment for people battling drug addiction.

The programme will be implemented at outpatient opioid-assisted treatment clinics and jails in Gurdaspur and Kapurthala.

The decision was taken during a meeting between Mann and a delegation of the Art of Living Foundation. Mann said the initiative would introduce an Art of Living-based spiritual wellness programme to bridge the gap between medication-based treatment and sustained psychosocial rehabilitation.

The CM said while Punjab has expanded access to medication for people affected by drug addiction,



retaining patients in treatment during the initial months remains a major challenge.

Mann said the pilot programme will complement existing clinical treatment and be implemented with the support of medical staff. Trained local personnel will gradually take over its implementation to ensure that it can operate

without dependence on external support.

"This initiative will broaden the fight against drugs beyond legal enforcement by placing greater emphasis on rehabilitation, relapse prevention, community participation and long-term recovery," he said.

Mann said the state would continue its fight against drugs through medical treatment, counselling, rehabilitation, community support and legal action. The objective, he said, was not only to bring people into treatment but also to help them remain in treatment and return to a healthy life with self-respect and dignity.

He said the state government had already broken the backbone of the drug trafficking network by choking the supply chain and sending traffickers behind bars. The next step was to ensure timely and effective rehabilitation of people affected by drug addiction.

Rahul Gandhi launches 'Satyagraha' platform to map protests across India

In a post on X, Gandhi urged citizens to share their experiences of what they describe as "injustice" through the platform.

New Delhi(Agency).

Congress leader and Leader of the Opposition in the Lok Sabha Rahul Gandhi has launched 'Satyagraha', a digital platform aimed at bringing together protest movements and public grievances from across India.

In a post on X, Gandhi urged citizens to share their experiences of what they describe as "injustice" through the platform. Users can submit details about their causes, identify similar movements through an interactive map and seek support for their campaigns.

Invoking Mahatma Gandhi's philosophy of satyagraha, Rahul Gandhi said that while truth is a powerful force, collective action can make it stronger. "People across the country

are fighting for their rights and often fighting alone," he said, citing movements involving



Gen Z, students, farmers, tribal communities, Dalits and women. Gandhi said the initiative was intended to bring these disparate voices together and pledged to support such causes

in Parliament, on the streets and through letters, in his capacity as Leader of the Opposition.

In a video accompanying his post, Gandhi said protests were taking place across the country over issues including inflation, farmers' concerns, students' demands and women's safety.

He explained that the platform allows protesters to provide their name, the name of their organisation or group and details of their cause. Those seeking assistance can also indicate how they would like Gandhi and his team to support their movement.

He described the initiative as an effort to consolidate information about protests across the country on a single platform, regardless of the size or nature of the movement.

Who is Hamam al-Hammami? Omani co-pilot has Syrian mother, was barred from flying by Oman

Hamam al-Hammami, the Omani co-pilot accused of attacking Captain Smit Machchhar aboard a Flydubai flight, was born in the UAE to an Omani father and Syrian mother. Reports say Oman previously barred him from flying over extremist concerns. Read on to know all about him!

Dubai(Agency).

Hamam al-Hammami, the Omani co-pilot accused of attacking Indian Captain Smit Machchhar aboard a Flydubai flight bound for Tel Aviv, had previously been barred from flying in Oman over concerns about his alleged extremist views, according to reports citing people familiar with the matter.

Who is Hamam al-Hammami?

Hamam al-Hammami was born in the UAE to an Omani father and a Syrian mother and reportedly spent several years outside Oman, including a period in Syria. Sources cited by Al Arabiya English said he was influenced by extremist ideas during his time there before later moving to the UAE.

A now-deleted LinkedIn profile in Hamam al-Hammami's name listed seven years of employment with Oman Air, ending in February 2025. It then showed him joining

Royal Air Maroc in June 2025 and leaving the airline in January 2026. The profile did not list any stint at Flydubai. A source confirmed to CNN that the account belonged to the pilot involved in Wednesday's incident.



Flydubai co-pilot barred from flying by Oman Air

According to senior intelligence and law enforcement officials cited by ABC News, he was found in possession of extremist material during that period and was identified.

Man returning from work dies after bike rams parked truck on Golf Course Extension Road in Gurgaon

Gurgaon.(Agency)

A 34-year-old man died after his motorcycle crashed into a truck allegedly parked illegally without indicator lights on Golf Course Extension Road near Bikanervala in Sector 57 early on Thursday. The truck driver fled the spot, and police have registered a case against the unidentified vehicle and its driver.According to the police, the deceased, Vinay Mukhiya, a resident of Sangam Vihar in Delhi, was returning home from work on his motorbike around 2am on Oct 1 when the accident took place. Vinay worked in a private company.Vinay’s brother Arun Mukhiya, in his complaint, submitted that a tea vendor, Rahul, who was present near the spot, told him that several large trucks had been parked on the road and the truck involved in the accident had no indicator or warning lights switched on.Arun, in his complaint, submitted that Vinay was travelling towards Tigra when his motorcycle crashed into the illegally parked truck, killing him on the spot. Arun said that Rahul could not note down the truck’s registration number in the confusion following the accident.Police said they received information about the fatal accident through an ERV on Thursday and reached the spot. Police checked Vinay’s bag and found his Aadhaar card, which helped establish his identity.Vinay’s body was taken by a private ambulance to Civil Hospital, Sector 10, Gurgaon, where police received the medical intimation.Based on Arun’s complaint, Sector 56 police registered a case under sections 285 (danger or obstruction in public way) and 106(1) (causing death by negligence) of BNS against the unidentified vehicle and its driver.

Water table falls at 6 of 7 urban sites in Gurgaon, Kherki Daula hits 50.3m

Ghaziabad.(Agency)

Six of the city’s seven monitored urban sites have gone deeper for water in a year, exposing a worrying decline beneath a city where the overall groundwater average had appeared to be improving. The findings, submitted by Central Ground Water Authority (CGWA) to Punjab and Haryana High Court, compared pre-monsoon groundwater levels in 2025 and 2026. The declines ranged from 0.08 metres to 2.34 metres. Only one well, at Cell Office, recorded a rise — of 1.34 metres“This simply means that underground water at six monitoring points was farther from the surface this year than last year. This will have crucial implications because groundwater is a key source for homes, construction and other uses in a rapidly urbanising city,” an official said.For residents, the concern is about increasing pressure on an already stressed underground reserve. The data also showed how uneven the problem is. In the seven urban sites, groundwater during the two pre-monsoon observations was found between 2.5 metres and 50.3 metres below ground level (mbgl). Four locations had water more than 20 metres below the surface, while Kherki Daula recorded the deepest level at 50.3 metres in 2026. The picture is different from the district-wide average, which had appeared to improve for three consecutive years — from 37.7 metres below ground level in 2022 to 37.3 metres in 2023, 33.7 metres in 2024 and 30.6 metres in 2025.

12-year-old boy found hanging at Greater Noida home, family suspects foul play

Noida.(Agency)

A 12-year-old boy, a Class 8 student, was allegedly found hanging inside his room at his home in Habibpur village under the Ecotech 3 police station area on Wednesday. Police said no suicide note was recovered from the spot and the exact circumstances leading to the boy’s death are yet to be ascertained. The deceased was a resident of Habibpur village. According to police, information about the incident was received late Wednesday night, following which a team from the Ecotech 3 police station reached the boy’s house.“When we reached the spot, the boy was found hanging inside a room. The door had been opened by his family members,” a police officer said. Police said the boy’s family members were occupied with their household work when they later went to check on him and found him hanging with a scarf. They immediately informed the police about the incident.According to the police, no suicide note or other material indicating the reason for the boy’s death was found at the spot. Family members also did not immediately report anything unusual that could have led to the incident.However, the family expressed suspicion of foul play and requested further examination to ascertain the circumstances surrounding the death. Following this, the boy’s body was sent for a post-mortem examination Thursday. “His viscera has been preserved for forensic examination to ascertain the reason behind the death. Further investigation is underway,” police said in a statement.Police said they were also recording statements of the family members. “No case has been registered so far. The reason behind the extreme step will be ascertained after recording the statements of the family members and examining the available evidence,” police said.The boy’s death has left his family and residents of Habibpur village shocked.

‘Love bombing’, marriage promise: IT grad held in Gurgaon for cheating Italian woman of Rs 1 lakh

Gurgaon.(Agency)

A 36-year-old IT graduate has been arrested for allegedly cheating an Italian jewellery designer of 900 euros, which roughly translates to Rs 98,000, by “love bombing” her, promising to marry her and claiming he needed the money for AI content creation.Police said Akhil Maurya had worked with software companies like Saxo Group and RiskBerg Consulting. He was earning around Rs 1 lakh a month working as a technical support employee with RiskBerg before losing his job in July 2025. He was living at a PG in Sector 17A from where he was arrested on Thursday.Police said that he was undergoing a financial crisis when he befriended the Italian woman on Instagram around Feb this year. He introduced himself to her as an AI

content creator. An officer said the woman spoke to Maurya initially because she wanted to promote her jewellery design through AI content. However, he gradually developed a close relationship with her and allegedly used “love bombing” — excessive attention, affection and flattery aimed at building emotional dependence — before promising to marry her. Maurya then allegedly told her that he needed money for his work. She transferred 900 euros through Western Union, which was subsequently transferred to Maurya’s bank account through Muthoot Finance in Gurgaon. After bank charges were deducted, Rs 67,297 was credited to his account, police said.ACP (Cyber) Gaurav Fogat said the woman had first contacted him through WhatsApp on his official number around the end of July and

shared details of the alleged cheating. She had also tried to get a case registered in Italy but could not do so. “She told me that she was willing to travel to India if we helped her register the case and catch



the accused,” Fogat said.The ACP said he remained in touch with the woman for nearly two months and assured her that

the police would register her complaint if the matter fell within its jurisdiction. The woman then travelled to Gurgaon on Sept 28 and approached the ACP at the cyber crime office. “After examining the details, the jurisdiction was found to be Cyber Crime West. The investigating officer immediately coordinated with her and registered an FIR,” he said. Police arrested Maurya within two days. Police said he admitted to the transaction. “Some of the money had already been spent, while around Rs 13,000 was still there in his account,” Fogat said.Police said a background check had so far not revealed any other complaint against Maurya. Further investigation is under way, including examination of the recovered phone and financial transactions.

2 Haryana State Pollution Control Board officers suspended after CM review

Gurgaon.(Agency)

Two senior pollution control officers in the city were suspended after a citizen complaint over the improper operation of a sewage treatment plant (STP) by a builder was reviewed at the highest level. The action comes at a time the city is headed towards the winter months, when pollution routinely becomes a major concern.The regional officers for Gurgaon (north), Akansha, and south, Mukul Kumar, were suspended with immediate effect. Separate orders were issued by Haryana State Pollution Control Board (HSPCB) chairperson Shekhar Vidyarthi. The action came after chief minister Nayab Singh Saini himself reviewed complaints filed by residents through various channels. “The review included a complaint about the functioning of an STP operated by a

builder. After examining the complaint, the CM ordered that both regional officers be suspended,” said an official who attended the meeting on Friday. The CM warned that strict action would be taken against any official found negligent in handling pollution. “Negligence or incorrect reporting in the disposal of citizens’ complaints would not be tolerated at any level. Responsibility would be fixed and strict action taken against officials concerned,” he said.The timing makes the action all the more significant. The city’s average AQI was 114.8 this Sept, higher than the averages recorded in Sept 2025 and 2024, according to data from the board. The city is now moving towards the period when deteriorating air quality puts pollution control agencies under intense pressure.For residents, HSPCB’s role extends beyond checking air quality. Its

field officers also oversee complaints involving sewage discharge, STPs and compliance by industrial units — all of which can affect the environment and public health if pollution control requirements are not followed. A senior HSPCB official said the challenge required action on several fronts. “Pollution control in Gurgaon requires action on multiple fronts, including air pollution, discharge of untreated sewage and compliance by industrial units. We are monitoring STPs and industrial units and taking action wherever violations are found. The focus has to be on ensuring that pollution control measures are implemented on the ground and that violators do not continue to operate without compliance,” the official added.The simultaneous suspension of the two officials also puts the board.

Two men who shot at bus on Delhi-Meerut Expressway held after gunfight

Noida.(Agency)

Police arrested two people following a gunfight on Friday for allegedly shooting at a bus on the Delhi-Meerut Expressway (DME) on Monday.On Monday night, two men on a two-wheeler approached a private bus near High-Tech College in Masuri on the DME and opened fire, injuring the bus operator and the conductor.The bus’ owner, Mohamd Arif, subsequently filed a complaint in the case alleging that he had recently gotten into a fight with several members of an extortion gang led by a man named Wasid. He alleged the accused had demanded money from him to operate the bus and may have retaliated when he did not comply.DCP (rural) Surendra Nath Tiwari said that police teams and a SWAT unit were conducting checks near the PWD office during the early hours of Friday



when they received a tip-off that the accused who fired at the bus were travelling from Hapur via Bhudgarhi Bamba on the same two-wheeler. Police teams then intensified checks in that area.“When signalled to stop, the accused turned the scooter around and sped off along the Bhudgarhi Bamba embankment toward an under-construction factory. Cops gave

chase and, seeing themselves surrounded, the accused opened fire,” the DCP said.During retaliatory firing, accused Anas (26) suffered a bullet injury in the leg and was apprehended, while his accomplice Nadeem (23) was caught during combing. Police seized two pistols with a magazine of 32 bore, two live cartridges and three spent cartridges from the accused’s possession.During interrogation, the accused told cops that Wasid and Arif have had a rivalry for the past four years. Anas alleged Arif had sent him to jail in Delhi in a false case in the past. Four days prior, Arsalan, another accused who is absconding, had gotten into a fight with the bus’ conductor. Anas had allegedly gone to Wasid about the issues with Arif, and the leader had helped them form a plan and acquire weapons to shoot Arif while he was on the bus.

Allottees challenge ATS’s revised Sports City plan over 9 commercial sites

Noida.(Agency)

A group of allottees of ATS Kinghood Drive, a commercial project in Sector 152, has filed objections with Noida Authority against the developer’s revised layout plan for Sports City. They alleged that the revised plan proposes commercial activities at nine locations despite the commercial land earmarked for the project having already been utilised for Kinghood Drive.Kinghood Drive has a sanctioned area of 19,844 sqm, while the entire ATS Sports City plot spans 5,06,401 sqm. In the revised layout, submitted by three developers earlier this week, 70% of the land has been earmarked for sports facilities, 26% for residential development and 4% for commercial activities — Logix Infra Developers submitted the revised layout for Sector 150, 3C Green Construction for sectors 78-79 and ATS Homes for Sector 152.“Only 4%, which is 20,256 sqm of the land earmarked for the ATS Homes project in Sector 152, has been allotted for commercial use, and this has been almost fully used for the Kinghood Drive project. However, in the revised



layout, the developer has shown commercial development at nine locations,” the project’s shop allottees association president Prithipal Singh Sikka said. The association has objected to all other commercial areas earmarked in the other projects, citing that these violated the

lease agreement between ATS and Noida Authority made in Dec 2015. The Kinghood Drive commercial project is proposed to comprise high-street retail spaces across three floors, with nearly 200 shops ranging from around 565 sq ft to 8,460 sq ft. Allottees had booked shops in 2016 and have continued to wait for the shops for 10 years, as only 60% of the work is complete.ATS Infrastructure Ltd chairman and managing director Getamber Anand said the concerns of the commercial allottees will be addressed once they receive the objections officially. The Sports City project was conceived in 2004 when Noida Authority planned to develop sports infrastructure in the city for the Commonwealth Games. Four Sports City schemes — one across sectors 78, 79 and 101 allotted to Three C, another in Sector 152 to ATS Homes and one each in Sector 150 to Logix Infra and Lotus Greens — were launched between 2010-11 and 2015-16 and the allotments spanning 32,30,500 sqm (798 acres) were proposed, of which 70% (559 acres) was to be reserved for sports facilities.Noida Authority, however,

stopped work at all four Sports Cities after a Comptroller and Auditor General (CAG) audit on land acquisition.

THE SIKH TIMES

Edited, Printed, Published
Owned by Simmi Babbar
N - 31, Dr. Mukherjee Nagar
Delhi-110009
Printed at Qaumi Patrika Printing
Press, A-4/A-144, Tronica City
(Loni), Ghaziabad (Uttar Pradesh)
Corporate Office:
5, Bahadur Shah Zafar Marg,
Press Area, ITO, New Delhi
Editor-in-Chief
Gurcharan Singh Babbar
Mob : 9654077232, 9971359517
Website : www.thesikhtimes.in
Email : sikhtimesindia@gmail.com

RNI No. DELENG/2008/25465

Traffic curbs on key roads; check diversions

Noida: Entry routes have been earmarked, parking zones segregated, and commercial vehicles diverted as the Gautam Buddh Nagar Traffic Police issued a detailed advisory ahead of Prime Minister Narendra Modi's visit for the inaugural ceremony of the Noida International Airport on March 28. The advisory will remain in force from 7 am to 11 pm on Saturday, with arrangements in place to ensure the uninterrupted passage of emergency vehicles, such as ambulances and fire services. According to officials, vehicles from Meerut and Ghaziabad will be routed via the Eastern Peripheral Expressway, exiting at Sirsa Toll and proceeding through design-

ated roundabouts before reaching the venue, where

Expressway will exit at Jewar Cut and enter

areas will be diverted along the Jewar-Khurja road and



separate parking zones - P-07 (Meerut) and P-06 (Ghaziabad) - have been earmarked. Traffic coming from Mathura and Aligarh via the Yamuna

through Sabautia Underpass and Kishorpur Gate, with parking allocated in zones P-05, P-09, and P-11. Vehicles from Hapur, Bulandshahr, and nearby

enter through Parohi Gate, with parking arranged in zones P-13 and P-14. Dignitaries will access the venue through the dedicated Yamuna Expressway

interchange and park in zones P-01, P-02, and P-03, while media personnel will enter via Kishorpur Gate and park in P-08. Police, administrative staff, and government employees on duty will also use the Kishorpur Gate, with parking designated at P-10, while official buses will be routed via Dayanantpur and parked in P-15. Commuters from Noida and Greater Noida using the Noida-Greater Noida Expressway will be diverted through specified roundabouts and service roads before entering via a temporary gate near Ranehra Police Post, with parking mainly at P-07. Vehicles from Greater Noida West and surrounding areas will be routed

through Pari Chowk, while those from Dankaur and nearby regions will follow service roads and canal routes to designated entry points. Two-wheelers and light motor vehicles will be allowed entry through Kishorpur Gate with parking at P-04, while vehicles from Jewar town will use the same gate and park in P-12. Commercial vehicles on the Jewar-Tappal route will be diverted towards Tappal, while those from Khurja heading to Jewar will be stopped at Khurja itself and redirected. Officials advised commuters to follow designated routes and avoid unnecessary travel near the venue to ensure the smooth conduct of the high-profile event.

Ex-lover drags teacher out of class in UP school, then shoots her, he later dies by suicide

Lakhimpur Kheri: A relationship dispute and the alleged insistence of the assailant on marrying a 26-year-old school teacher were the apparent reasons behind her murder at a private school here and his subsequent suicide, police said on Tuesday. An FIR has been registered against the deceased assailant, Saud Ansari (28), and his parents on a complaint by the teacher's brother, police said. The FIR, registered at Lakhimpur Sadar Kotwali on Monday evening, invokes sections 103(1) (murder) and 61(2) (criminal conspiracy) of the Bharatiya Nyaya Sanhita. Senior Superintendent of Police Khyati Garg said the FIR was lodged on the complaint of Shadab Akhtar, brother of the deceased teacher, Nishat Fatima. According to the complaint, Ansari had allegedly been harassing Fatima and insisting that she marry him. Her family had approached Ansari and his parents and asked them to stop him, but their efforts did not yield results, police said. Garg said the investigation was underway from all angles and further facts would emerge as it progresses. The incident occurred at Children's Academy school in the city around 11.30 am on Monday. Ansari, who was acquainted with Fatima, allegedly entered the school carrying a bag containing two country-made pistols. CCTV footage showed Ansari holding Fatima's hand and taking her towards the first floor, police said. According to the SSP, an altercation took place between the two in a corridor near the senior KG classrooms, following which Fatima was allegedly killed.

Officials said about seven premises in Delhi-NCR are being covered as part of the action

New Delhi: The Enforcement Directorate (ED) on Saturday conducted fresh searches against real estate company Raheja Developers as part of a money laundering investigation linked to alleged fraud with home buyers, officials said. They said about seven premises in Delhi-NCR are being covered as part of the action. The agency had raided the company, its promoters and some others in June 2025 too as part of a similar investigation. The latest searches are being conducted in the matter of alleged fraud with the home buyers and non-delivery of flats in its project 'Raheja Revanta', according to the officials. The company, however, denied any

wrongdoing or fraud committed by it in this project. "The company has invested significantly more than customer collections, as confirmed by a RERA-supervised forensic audit, and no funds have been diverted. Wedding caterer's hands lacerated with grinder over payment dispute in Delhi-C "The project delay is primarily due to the lack of essential government infrastructure, despite full payment of EDC/IDC," Raheja Developers said in a statement. It added that the possession for the 61-storey structure cannot be safely delivered without critical services like water, electricity, sewerage, and firefighting systems. Raheja Developers has developed many housing projects in Delhi-NCR, especially Gurugram. Some of its projects are delayed due to financial crunch.

has developed many housing projects in Delhi-NCR, especially Gurugram. Some of its projects are delayed due to financial crunch. "The project delay is primarily due to the lack of essential government infrastructure, despite full payment of EDC/IDC," Raheja Developers said in a statement. It added that the possession for the 61-storey structure cannot be safely delivered without critical services like water, electricity, sewerage, and firefighting systems. Raheja Developers has developed many housing projects in Delhi-NCR, especially Gurugram. Some of its projects are delayed due to financial crunch.

16 UP cities feature in national clean air rankings; Lucknow tops list

Lucknow: Lucknow has topped the national rankings in the Swachh Vayu Survekshan 2026 in the category of cities with a population of more than 10 lakh, while 15 other Uttar Pradesh cities have also secured places in different categories, the state government said in an official statement issued Monday. Lucknow scored 198 points to finish first, ahead of Indore with 197 and Jabalpur with 195, the government said, adding that the rankings were based on a survey conducted by the Central Pollution Control Board and the Union Ministry of Environment, Forest and

Climate Change. In the over-10-lakh population category, Agra finished fourth with 192 points, Ghaziabad ninth with 184,

Meerut and Varanasi were ranked 22nd and 34th, respectively. In the category of cities with population between three lakh and 10



Kanpur 11th with 183.2 and Prayagraj 13th with 180.

lakh, Firozabad secured second place with 195 points, while Jhansi ranked fifth with 192.5 points. Moradabad and Noida jointly secured eighth place with 187.5 points each. Gorakhpur and Bareilly were ranked 22nd and 26th. Among cities with population below three lakh, Raebareilly ranked 17th, followed by Anpara at 29th, Khurja at 30th and Gajraula at 31st.

At the ward level, Lucknow's Ward 70 topped the national ranking among urban wards with more than 30,000 population, while Prayagraj's Ward 31 secured third place in the 10,000-30,000 population category. Uttar Pradesh Urban Development and Energy Minister Arvind Kumar Sharma said Lucknow's first-place finish was a major achievement for the state. "Lucknow has, for the first time, surpassed Indore to secure the first position in the country in clean air conservation. This achievement is a new inspiration for Uttar Pradesh," Sharma said, according to the statement. The government said the rankings reflected coordinated efforts by the urban development department, local bodies and the Uttar Pradesh Pollution Control Board under the National Clean Air Programme. It said Lucknow Municipal Corporation received the first prize of Rs 1.5 crore in its category, while

Firozabad Municipal Corporation received Rs 25 lakh. Lucknow Ward 70 received Rs 50 lakh and Prayagraj Ward 31 Rs 20 lakh. The government attributed Lucknow's performance to measures including electric transport, road-dust control, scientific waste management and expansion of green cover. It said around 1,100 electric vehicles were being used for door-to-door waste collection, while 140 electric buses, 97 mechanised electric sweeping machines, 12 charging stations and 916 charging points are operational in the city. The government said 559.85 km of roads had been paved end-to-end and Lucknow has arrangements for scientific processing of waste with a capacity of 2,550 tonnes per day. Lucknow Mayor Sushma Kharakwal attributed the achievement to the collective efforts of the government, residents, councillors and municipal employees, according to the statement.

6 UP students pay Rs 2.5 lakh for vandalising Meghalaya homestay, HC quashes FIR

Shillong: The Meghalaya High Court has quashed an FIR against six students from Uttar Pradesh, accused of vandalising a homestay here, after they paid Rs 2.06 lakh as compensation, with two

to stay in a room beyond the permitted number. The accused filed petitions before the court, seeking quashing of the FIR. Three of the accused are minors — one aged 15 and two aged 17 — and one just

four and actions. Justice Dere said there was no impediment to quashing the FIR, taking into account the future and welfare of the students and the settlement between the parties. The court, however, directed two petitioners to pay an additional Rs 25,000 each to the homestay proprietor within a week. The two students were also asked to undertake six days of community service. "They will spend three days from September 8 at the Sikh Centre Sri Guru Singh Sabha in Lachumiere in Shillong from 10 am to 5 pm, under the supervision of Dr Kamaljeet Singh," an offi-

cial said. They will spend time with Jiva Cares' 'Project Operation Clean-Up', which undertakes cleanliness activities, including work related to the Umkhray river, besides maintaining flowers and bins across the city. The court directed that a report on whether the community service was satisfactorily completed be submitted through the public prosecutor concerned. The other four petitioners were not

assigned community service, considering their ages, another official said. The matter has been listed on September 15 for recording compliance, the officials added.



of them also directed to pay Rs 25,000 each and perform six days of community service, officials said on Tuesday. The order was passed by Chief Justice Revati Mohite Dere on Monday after the parties reached a mutual settlement, with the homestay manager and proprietor giving them no-objection to quashing of the FIR, they said. The FIR was registered at Laitumkhray Police Station on July 11, following a complaint alleging damage to the homestay. The students were also accused of threatening the complainant after additional guests were not allowed

turned 18. The remaining two are in their 20s and preparing for competitive examinations, the officials said. Following the incident, all six accused were arrested on July 13 in West Bengal and subsequently released on bail. The parties later entered into a mutual settlement on August 17, following the intervention of elders and well-wishers of the students, the court noted. Under the settlement, the students paid Rs 2.06 lakh as full and final compensation to the homestay proprietor. They also tendered a sincere and unconditional apology for their behavior.

PUBLIC NOTICE
GENERAL PUBLIC IS HEREBY INFORMED THAT MR. PREM SINGH IS OWNER AND IN POSSESSION OF "PORTION OF PROPERTY BEARING NOS. 272 & 273, ADMEASURING 30 SQ. YARDS OUT OF TOTAL LAND AREA MEASURING 500 SQ. YARDS OUT OF KHASRA NOS. 5/25 & 14/4 SITUATED IN THE REVENUE ESTATE OF VILLAGE RAZAPUR KHURD AND THE COLONY KNOWN AS RAKSHA ENCLAVE, MOHAN GARDEN, UTTAM NAGAR, NEW DELHI-110059." AND ACQUIRED THE SAID PROPERTY VIDE NOTARIZED GPA, NOTARIZED ATS & WILL DT. 25.06.2020 EXECUTED BY MR. DIWAN SINGH. NOW MRS. MEENAKSHI GUPTA IS GOING TO PURCHASE THE SAID PROPERTY, FROM OWNER / SELLER MR. PREM SINGH, WHICH WILL BE MORTGAGED WITH TRU HOME FINANCE LIMITED AS SECURITY AGAINST HOUSING LOAN FOR PURCHASING OF SAID PROPERTY. PLEASE CONTACT WITH WRITTEN OBJECTION LETTER AND RELEVANT DOCUMENTS TO UNDERSIGNED IF ANYONE HAS AN OBJECTION IN RESPECT OF SAID PROPERTY WITHIN 10 DAYS OF THIS PUBLICATION.
ADITYA VERMA, ADVOCATE
E-16, 1ST & 2ND FLOOR, E-BLOCK, MANSAROVAR PARK, SHAHDARA, DELHI-110032.
MOBILE NO. 9959042521 / 9958996685

ELECTRICAL WORKS
Tender Notice No.: RNY-EL-T-14-2026-27. Dated: 30-09-2026. E-tenders are invited by the undersigned for the following work. Tender No.: RNY-EL-T-14-2026-27. Name of Work: At Rangliya, Nalbari & Pathshala Station - Additional Electrical works in connection with soft upgradation, Improvement of Facade, entry Porch, Waiting hall, Circulating area, landscaping & horticulture, Toilet Blocks and provision of 2nd Entry, Toilet Shelters etc. Advertised Value: ₹1,62,70,379.06; Earnest Money: ₹3,25,400.00. E-tender will be closed at 15:00 hrs. on 23-10-2026. The complete information with the tender document of above e-tender is available at www.dces.gov.in. Sr. DEES/Rangliya
NORTHEAST FRONTIER RAILWAY
"Serving Customers with a smile"

NAME CHANGE
I, JATINDER SHOKEEN S/O DALIP SINGH R/O WZ-10 C CASALPUR A-2, BLOCK JANAKPURI DELHI-110058 have changed my name to JITENDER SHOKEEN Permanently for all future purposes

NAME CHANGE
I, Neelam Chopra W/O Love Chopra R/O 15/128 Block 15, Geeta Colony, Delhi 110031 have changed the name of my minor daughter's name from Riya to Riya Chopra for all future purposes.

NAME CHANGE
I, Mohit S/O Vinod Kumar Singhal R/O House No-328 Second Floor, Sector-40, Gurgaon Haryana -122003 Have Changed My Name to Mohit Singhal for All Future Purposes.

NAME CHANGE
I, Andavarapu Nihal Subudhi, S/O A. Balkuntha Rao Subudhi, R/O Flat No-102, Prabhakar Regency, near Thakurani Temple, Brahmapur Sadar 760009, Ganjam, Odisha have changed my name to Andavarapu Nihal for all future purposes.

NAME CHANGE
I, Kulddeep Kumar, S/O Uday Ram, R/O Kh No-249, Sushant Vihar, Kadiapur, North West Delhi, Delhi-110036 have changed my name to Kulddeep Kumar for all future purposes.

NAME CHANGE
I, Zakir Hussain, S/O Kismat Ali, R/O House No-408, Gali No-7, Near Tau Devi Lal Park, Nable Enclave West, Gurgaon, Haryana-122001 have changed my name to Zakir Hussain for all future purposes.

NAME CHANGE
I, Qismat Ali Ansari, S/O Ismail Myan, R/O Chadrhiya, Aweraj, East Champaran, Aweraj, Bihar-845411 have changed my name to Kismat Ali for all future purposes.

PUBLIC NOTICE
Notice is hereby given to the General Public that Mrs. Kanta Devi W/o Mr. Sant Saroop was the owner of Property No. 266E/4, area measuring 100 Sq. Yards, out of Khasra No. 1151/3 Min., and by virtue of Notarized GPA dated 27.12.1978, executed by Mr. Rattan Lal s/o Mr. Bhim Singh in favour of Mr. Sant Saroop S/o Mr. Mool Raj, and Notarized ATS & Will dated 27.12.1978, executed by Mr. Rattan Lal s/o Mr. Bhim Singh in favour of Mrs. Kanta Devi W/o Mr. Sant Saroop, executed by A Lal Dora Certificate issued by Concerned Authority in favour of Mr. Sant Saroop S/o Mr. Mool Raj Thereafter, Mrs. Kanta Sharma expired on 06.11.2012, and Since the SMC of Mrs. Kanta Sharma not available and Thereafter, Regd. Relinquishment/ Release Deed dated 07.02.2013 executed by 1. Mr. Ashwani Sharma s/o Mr. Sant Saroop Sharma, 2. Mr. Pramod Sharma s/o Mr. Sant Saroop Sharma alias Sant Swaroop Sharma, 3. Mrs. Neha d/o Mr. Sant Swaroop Sharma, 4. Mrs. Sunita Sharma w/o Mr. Sushil Sharma, in favour of Sant Sarup Sharma alias Sant Swaroop Sharma Son of Late Mool Raj Sharma, duly regd. as. Doc No. 548, it is hereby stated and confirmed that the following are the only legal heirs of Late Mrs. Kanta Sharma, and that she has no other legal heirs 1. Mr. Ashwani Sharma s/o Mr. Sant Swaroop Sharma, 2. Mr. Pramod Sharma s/o Mr. Sant Sarup Sharma alias Sant Swaroop Sharma, 3. Mrs. Neha d/o Mr. Sant Swaroop Sharma, 4. Mrs. Sunita Sharma w/o Mr. Sushil Sharma 5. Sant Sarup Sharma alias Sant Swaroop Sharma, who became owner of Entire Property of First Floor, Property No. 266E/4, area measuring 50 Sq. Yards, out of Khasra No. 1151/3 Min., situated in Ward No. 2, Mehrauli, South Delhi, Delhi-110030, and same to be finance by Shubham Housing Development Finance Company Ltd., General public hereby informed that if anybody has any charge/interest/claim in the said property or any kind of dispute kindly inform the undersigned in writing on the below mentioned address within 07 days of the present.

NAME CHANGE
I, ASIN NAAZ D/O MOHD ASIF R/O-124 GALI NO-22 BRAHAM-PURI SEELAMPUR DELHI-110053 have changed my name to SWALEHA for all future purposes.

NAME CHANGE
I, ANOOP KUMAR BIDHURI / ANOOP BIDHURI S/O PRATAP SINGH KHAN R/O E-128, SAKET, DELHI-110017 have changed my name to ANOOP KUMAR for all future purposes.

NAME CHANGE
I, J.C.291681H, Rank-SUB (GUNNER), Name-A K NANDHA KUMAR residing at VPO-ARAVENU, TEHSIL-KOTAGIRI, DIST-NILGIRIS, TAMIL NADU-643201, have changed my mother's name from PARVATHI to PARVATHI KARI for all future purposes vide Affidavit dated 03/10/2026 before Notary Public Dshil.

NAME CHANGE
I, SHABANA PARWEEN W/O ZAFIR HUSAIN KHAN R/O D-11/119 SECOND FLOOR FLAT NO B-1 ZAKIR NAGAR JAMIA NAGAR OKHLA NEW FRIENDS COLONY DELHI-110025 have changed my name to SHABANA ZAFIR for all future purposes.

Scolded for returning home late, girl dies by suicide in Delhi

New Delhi: 13-year-old girl allegedly died by suicide at her residence in Delhi's Shahdara after she was scolded by family members for returning home late, the police said on Saturday. After getting information about the incident, the police reached the spot. The girl was rushed to Dr Hedgewar Hospital where doctors declared her dead on arrival, they said. During preliminary inquiry, the police learnt that the girl had returned home late and was scolded by her family members. Later, her sister found her hanging and raised an alarm, following which she was brought down and taken to the hospital. Speaking to the media, a neighbour said he works with the deceased's sister. "While at work, her sister called her around 9.30 pm. Despite calling multiple times, she didn't pick up and hence she rushed home," he said. "She knocked multiple times but then we broke open the door. Her sister found her hanging by a rope.

NAME CHANGE
I, JC-31907L SUB PERAM SRINIVASA REDDY S/o SAIDI REDDY residing at H NO-7-15/1/103, FLAT NO-103, SSV NILAYAM, ABDULLA-PURMET, SA NAGAR OKHLA, PO: PEDDA AMBERPET, DIST-RANGAREDDY, TELANGANA-501505, have changed my name from PERAM SRINIVASA REDDY to PERAM SRINIVASAREDDY for all future purposes vide Affidavit dated 03/10/2026 before Notary Public, Delhi.

NAME CHANGE
I, SADIH KHAN S/O OF HUSAIN KHAN R/O 208, GASUPUR BULANDSHAHR, UTTAR PRADESH-245403, HAVE CHANGED MY NAME MOH SAIR KHAN FOR ALL FUTURE PURPOSE AND I BABBO BEGUM WIFE OF SADIH KHAN R/O 208, GASUPUR BULANDSHAHR, UTTAR PRADESH-245403, HAVE CHANGED MY NAME URUSA BEGUM FOR ALL FUTURE PURPOSE

NAME CHANGE
I, hitherto known as Lalita Devi alias Leela Devi W/O: Kamal Singh, R/O 429/H, Railway Colony, w/Araya Nagar, Bazariya, Ghaziabad, PO: Vijay Nagar, Dist: Ghaziabad, Uttar Pradesh - 201009, have changed my name and shall hereafter be known as LALITA DEVI

NAME CHANGE
I, J.C.291681H, Rank-SUB (GUNNER), Name-A K NANDHA KUMAR residing at VPO-ARAVENU, TEHSIL-KOTAGIRI, DIST-NILGIRIS, TAMIL NADU-643201, have changed my mother's name from PARVATHI to PARVATHI KARI for all future purposes vide Affidavit dated 03/10/2026 before Notary Public Dshil.

NAME CHANGE
I, SHABANA PARWEEN W/O ZAFIR HUSAIN KHAN R/O D-11/119 SECOND FLOOR FLAT NO B-1 ZAKIR NAGAR JAMIA NAGAR OKHLA NEW FRIENDS COLONY DELHI-110025 have changed my name to SHABANA ZAFIR for all future purposes.

NAME CHANGE
I, HAURA WIFE OF JAMALUDDIN R/O V-187, STREET NO-22-B, VIJAY PARK MAJLUPUR, NORTH EAST, DELHI-110053 HAVE CHANGED MY NAME HAURA BEGUM FOR ALL FUTURE PURPOSE

NAME CHANGE
I, SHAGUPTA PRAVIN WIFE OF RIFAKAT HUSAIN R/O V-251, 4/F, GALI NO-21-B, VIJAY PARK MAJLUPUR, NORTH EAST, DELHI-110053 HAVE CHANGED MY NAME SHAGUPTA FOR ALL FUTURE PURPOSE

NAME CHANGE
I, SADIH KHAN S/O OF HUSAIN KHAN R/O 208, GASUPUR BULANDSHAHR, UTTAR PRADESH-245403, HAVE CHANGED MY NAME URUSA BEGUM FOR ALL FUTURE PURPOSE

PUBLIC NOTICE
NOTICE is hereby given to public at large on behalf of my client Mr. Abhishek Keswani in respect of Unit No. 6, on Upper Ground Floor, having area 92 Sq. yards, Built on Property bearing No. D-109/B, area measuring 59.61 Sq. meter, out of Old Khasra No. 120, Situated at D-Block, Dr. Ambedkar Colony, Andheria Morh, Chhattarpur, New Delhi-110074 claiming to have undisputed ownership. Now my client intends to sell the property in which SMFG India Home Finance Company Limited will provide the financial assistance if any person(s) has/have any objection(s) or claim(s) with respect to the right, title or interest in the said property may please contact us within Seven days from the date of this notice on the number & address mentioned herein below, failing which my client(s) shall not be held responsible in any manner whatsoever.
Khatitan & Khatitan
Plot No. 100, 1st floor
Okhla Phase III, New Delhi
Ph. No. 011-49774545

NAME CHANGE
I, AMIT KUMAR S/O MANHOAR LAL residing at -16/388, BAPA NAGAR, NEAR PANI KI TANKI, KAROL BAGH DELHI-110005, Declare that my given name is AMIT and my surname is KUMAR

NAME CHANGE
I, hitherto known as SHIVIKA, D/o KANHAIYA KUMAR SINHA, R/o Flat 302A Radhika Madan Residency, Opposite Loyola High School, Kurji, VTC: Sadaquat Ashram, PO: Sadaquat Ashram, District: Patna, State: Bihar, PIN Code: 800010, India, have changed my name and shall hereafter be known as SHIVIKA SINHA

NAME CHANGE
I, SILAMBARASAN S/O PALANI SWAMIYAR R/O 852, Sunlight Colony-2, Hari Nagar Ashram, New Delhi-110014, declare that my minor son full name is S SURIYA and not SURIYA only, henceforth my son shall be known as S SURIYA for all purposes.

NAME CHANGE
I, ARENDRA KUMAR S/O JAYPAL SINGH, R/o GHILLOWA, ETAH DEHAT, UTTAR PRADESH-207001, have changed the name of my minor daughter namely RADHIKA YADAV, aged 13 years and she shall hereafter be known as VARTIKA. It is certified that I have complied with other legal requirements in this connection.

NAME CHANGE
I, ADEITYA JAIN S/O LOKESH JAIN R/O 188 DOUBLE STORT FLATS KABOOL NAGAR SHAHDARA DELHI 110032 HAVE CHANGED MY NAME TO ADEITYA JAIN

NAME CHANGE
I, NAZMA KHATOON W/O SHOKIN ALI R/O H NO-1301 STREET NO-43 JAFRABAD DELHI 110053 I HAVE CHANGED MY NAME TO NAJMA BEGUM

NAME CHANGE
I, SHAUKEEN ALI S/O ABDUL GHAFUR R/O H NO-1301 STREET NO-43 JAFRABAD DELHI 110053 I HAVE CHANGED MY NAME TO SHOKIN ALI

NAME CHANGE
I, SHIV KUMAR S/O BALAAKRAM R/O Manpur Viku, Post Bawar, Manpur Biku, Mainpur Uttar Pradesh-206301, have changed my name and he shall hereafter be known as SARVESH KUMAR. It is certified that I have complied with other legal requirements in this connection.

NAME CHANGE
I, hitherto known as Himanshu Kumar S/O Pramesh Kumar, R/O Pliakhni, Doodhni, Muzaffarnagar, Uttar Pradesh, 247772, have changed my name and shall hereafter be known as HEEMANSHU KUMAR.

NEWS BOX

China 'more positive influence' than US in Latin America, new poll reveals

BOGOTA.(Agency)

China is viewed as a more positive influence on the world than the United States, a major poll of citizens in 17 Latin American countries published Friday showed. The 2026 Latinobarometro survey showed that for the first time since the annual survey began in 1995, China is seen as a more benign force than the United States. It showed 57 percent of people in Latin America considering the United States to be a positive influence, down from 60 percent in 2020. China, meanwhile, was considered a positive influence by 65 percent of respondents, a jump from the 48 percent it scored six years ago. Based on the data, "China has more influence in Latin America than the United States," the report concluded. Costa Rica and the Dominican Republic were the only countries in the region where US influence was deemed more positive than that of China. The growing disaffection towards the United States comes nearly halfway through Trump's second term, during which he has openly asserted his desire for hegemony over Latin America as part of what he calls the "Donroe Doctrine." "The United States as a cuntry remained more popular than China, with 63 percent saying they had a favorable view of the world's top economy, compared to 58 percent for its arch-rival. But US popularity was markedly down compared to 2024, when Democratic president Joe Biden was still in the White House. Two years ago, 73 percent of people surveyed by Latinobarometro had a favorable view of the United States. The "Donroe Doctrine" blends Trump's first name with that of James Monroe, the fifth US president, who more than two centuries ago declared Latin America the United States' exclusive sphere of influence.

'Not A Safety Concern': US Regulator On Boeing 737 Max 10 Software Bug

Washington .(Agency)

A software bug that delayed the US certification of Boeing's 737 MAX 10 aircraft does not pose a safety concern, the Federal Aviation Administration (FAA) said Friday after an investigation. The glitch was found in a cockpit software update to the plane model and can cause an automated navigation feature to fail when planes shift their approach to landing. "Following a thorough review, a panel of FAA safety experts on Friday determined a software issue in certain Boeing 737 MAX flight computers is not a safety concern," the US regulatory agency said in a statement. The FAA's review board reached this conclusion about the software bug's safety "because pilots retain full control of the aircraft and the indications to the flight crew are clear and unambiguous." "As with any situation, the FAA will consider appropriate action if it receives new information about this issue." Boeing will also send a bulletin to airlines detailing the issue and instructing employees how to recognize and respond to the situation should it take place. We will continue to follow the lead of the FAA as our engineers work on the next software update," Boeing said in a statement to AFP. The aerospace giant on Monday said it had "informed all 737 operators about a software issue where pilots may not have access to automated flight guidance during a specific landing scenario." Boeing on Friday added that it was working to formalise a procedure with airlines that would allow pilots to restore automated flight guidance in case the glitch occurs. Despite the FAA review, neither the regulator nor Boeing said whether the certification process for the 737 MAX 10 would be unfrozen. The model is the last of four 737 MAX planes to receive regulator certification to enter service. FAA Administrator Bryan Bedford said Monday at a press conference that the MAX planes certified by the FAA thus far are safe but that "we will be delaying the 10 until... we're satisfied we don't have an issue here."

New rallies urged in France as protests disrupt over 730 schools

A young man wounded in Tours lost the use of his right eye, the city's prosecutor said Friday. He was injured on Wednesday as students clashed with police, said the local prefecture.

PARIS.(Agency)

French high school students on Friday lit fires and hurled projectiles at police who responded by firing tear gas, as activists urged new rallies in an escalating protest movement demanding better conditions in education. The government says that the pupils in their mid-to-late-teens studying in lycees have every right to air grievances but has condemned violence which has included a policeman being chased,

kicked and beaten by a group of youths. In La Ciotat in southern France, a teacher was sprayed with petrol before being physically assaulted by two individuals, officials said. A young man wounded in Tours lost the use of his right eye, the city's prosecutor said Friday. He was injured on Wednesday as students clashed with police, said the local prefecture. On Friday, unions and student groups urged protesters to keep up the pressure on the government and stage new rallies on Tuesday. "High school students are expecting concrete measures from this government, and so far we have not received them," said Ryad Rani, head of the USL high school union. The movement, which began in the Paris region in September and spread nationwide, has seen teenage pupils at lycees in their final years of schooling block access to buildings and clash with

police. The students say their school hours are excessively long, conditions



inadequate including overheated classrooms, and that there are too many staff absences. The protests have had political reverberations seven months before voters choose President Emmanuel Macron's successor. Of the country's 3,700 schools, 735 were affected "in one way or another" on Friday, down 30 percent from Thursday, Education Minister Edouard

Geffray said after talks with activists. He said that three staff members had been injured, compared with 31 on Thursday. Interior Minister Laurent Nunez said there had been 1,747 arrests on Friday, adding there had been "projectiles thrown, attacks on law enforcement, teachers, journalists, passersby." Geffray said an action plan aimed at "speeding up the replacement" of absent teachers would be launched. Students and police traded accusations of violence.

James, a high school student in the northern city of Lille, denounced what he called "extremely violent police repression, which inevitably fuels students' anger." "When we see fellow students being beaten, choked, blinded in one eye, and tear-gassed from all sides while we're simply trying to have a dialogue with the government.

FlyDubai co-pilot who nearly crashed plane was barred from flying by Oman over extremism concerns

TELAVIV.(Agency)

The FlyDubai co-pilot who officials said nearly crashed a Tel Aviv-bound flight with 182 people aboard was barred from flying by his native Oman over concerns he had adopted extremist views, a person familiar with the matter said Saturday. The co-pilot was subsequently hired by the United Arab Emirates-based airline, the person said, speaking on the condition of anonymity to discuss the ongoing investigation. It was not immediately clear to what extent he was vetted when he was hired in the Emirates. Oman's move to bar the co-pilot from flying was first reported by the Wall Street Journal. The attack left the region's travel industry in crisis, raising questions about aviation security and further unsettling a Middle East already shaken by the U.S.-Iran war. A regional investigation is underway. The United Arab Emirates

has canceled all flights to Israel, complicating travel for hundreds of passengers who fly between the countries on a typical day. Israel and the UAE agreed on repatriation



flights, beginning Friday, to bring back passengers stranded in the UAE after commercial travel between the two countries was suspended, according to an Israeli official who was not authorized to comment publicly and spoke on condition of anonymity. The first repatriation flight left the UAE shortly before 11

p.m. and landed in Tel Aviv just after 1 a.m., according to the Ben Gurion International Airport website.

The airport listed carriers Arkia and Isair with flights scheduled to arrive from Dubai early Saturday. El Al was expected to fly passengers from Dubai to Israel on Sunday. Dubai has been a popular destination for Israelis since Israel and the UAE established ties in 2020 as part of the Trump administration's Abraham Accords to normalize ties between Israel and Arab countries. ing to learn from," he said.

Attacks raises questions about extremism

U.S. President Donald Trump told reporters that early information he's received suggests links between the attack and Tehran but did not elaborate. Trump also said that if it is determined that Iranian agents were behind the attack.

Man Accused Of Killing Ex-UK MP Charged With Planning Acts Of Terrorism

London.(Agency)

A 28-year-old man already charged with the murder of a UK politician, has been charged with preparing acts of terrorism, including against hard-right leader Nigel Farage, British police announced Friday. The murder had sparked strong reactions from politicians at the time, including MPs from Farage's Reform who have called for improved security for lawmakers. Police on Friday said Joshua Kerry had been charged with one count of preparing acts of terrorism for actions allegedly carried out between May 31, 2024 and July 8, 2026. Home Secretary Shabana Mahmood, a Labour politician, offered her "deepest sympathy" to Nigel Farage and his family. "Let no one make any mistake: an attack on anyone in politics is an attack on us all," she wrote on X after the charges were announced. "This case raises serious questions about the security of those in public life," Mahmood added. In July, Kerry was charged with the murder of former MP and Reform UK spokesperson Ann Widdecombe, who was found dead in her home at the age of 78.s. On Friday, Deputy Assistant Commissioner Vicki Evans, said of the fresh charge: "We have been running a hugely intensive and complex

investigation for some time..." "This investigation has been led by a dedicated team of detectives, analysts, and forensic experts, working on multiple lines of enquiry, which has resulted in this very serious charge," she added. Kerry is due to appear in a London magistrates' court on October 7, the police statement added. He was originally arrested on July 11, two days after the murder of Widdecombe, who was a veteran Conservative Party MP before joining Reform. In July, Kashif Malik, the prosecutor handling that case told a court that the suspect had allegedly used a hammer to hit Widdecombe on the top of her head 21 times. The former lawmaker had been eating lunch when he walked through her front door and attacked her, after having driven from his home in Rotherham, northern England, some 300 miles (500 kilometres) away, Malik argued. Widdecombe's gardener found her body lying face down on her kitchen floor. A provisional cause of death was given as a "blunt force injury to the head", said Malik. Widdecomb, a Conservative MP from 1987 to 2010, was known for her strong Christian faith and outspoken views. She became a household name after she stepped down as an MP and was a fixture on reality TV shows and interview panels.

"Safety Is Our Highest Priority": flydubai Suspends Flights To Israel

world.(Agency)

flydubai has temporarily suspended all flights to Tel Aviv until further notice following a safety incident aboard flight FZ 1073, which was diverted to Tabuk in Saudi Arabia during its journey from Dubai.

The airline said the incident took place on September 30 and involved its flight deck. The aircraft was carrying more than 170 passengers, mostly Israelis, and crew when it was diverted during the flight. In a statement attributed to flydubai Chief Executive Officer Ghaith Al Ghaith, the airline said its captain had returned to the UAE after receiving medical clearance. "I am relieved to confirm that all 172 passengers and crew on board are safe and being cared for. This includes our Captain, who has now returned to the UAE following medical clearance. We will continue to

provide everyone affected with the support they need," the statement said.

flydubai Thanks Passengers And Crew flydubai CEO Ghaith Al Ghaith thanked the crew, passengers and the pilots who helped secure the aircraft and land it safely. I want to express my deep gratitude to our crew, our Captain, and the pilots who secured the aircraft and landed it safely. I extend our sincere gratitude to the passengers on board who assisted our crew during a challenging situation," the statement said. The airline also thanked Saudi authorities for their response and the UAE authorities and other stakeholders for helping passengers and crew return home. "On behalf of everyone at flydubai, I extend my sincere thanks to the authorities in the Kingdom of Saudi Arabia for their swift and professional response.



Russia To Cut Education Funds To Boost Defence Spending Amid Ukraine War

Moscow.(Agency)

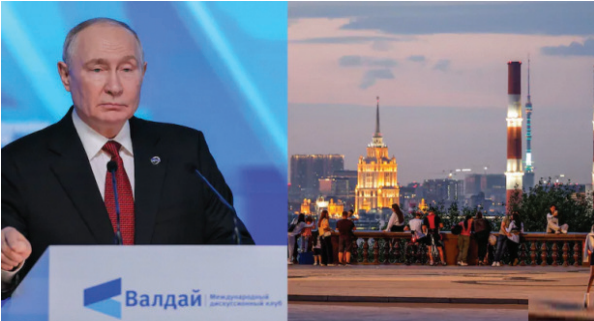
Russia plans to sharply increase defence spending, cut funding for education and raise taxes next year as costs mount in its war with Ukraine, draft budget documents show.

The budget comes as the Ukraine war grinds through its fifth year, with both sides intensifying long-range strikes and Moscow pummeling Kyiv in daily air attacks. Here's what we know about the plans, which have been submitted to Russia's lower house of parliament for approval:

Defence Spending To Soar

The government plans to spend a record 17.1 trillion rubles (\$204 billion) on defence in 2027, around 26 percent higher than last year's forecast for 2027, according to the draft budget. Defence spending will account for more than a third of all outlays and will be higher than spending earmarked for healthcare, education and social welfare combined, the documents show. While the documents forecast defence spending will decrease in 2028 and 2029, Russia has

repeatedly overshot long-term defence spending forecasts since launching its Ukraine offensive. Actual spending on defence is classified and could rise even



further, said Alexander Kolyandr, a senior fellow at the Center for European Policy Analysis. "The published totals are merely an opening bid in the negotiation between the finance ministry and the security establishment," he said in an article last week.

Social Spending Squeezed

Unveiling the draft budget last week,

Russia's finance minister Anton Siluanov described both funding for social welfare and defence spending as a "priority".

But the budget documents show big cuts in non-military sectors, including social policy.

Planned outgoings on healthcare and education are set to drop by more than five percent each compared with original plans for 2027, while funding on social programmes are set to plunge by more than six percent. Among the planned cuts are the federal government's anti-cancer programme, which is set to lose around 97 per cent of its original budgeted funding, the documents show.

"The government is cutting back on civil servant pay and reducing their numbers, while slashing infrastructure projects, including construction and roadwork," columnist Boris Grozovsky said in an article for the Important Stories media outlet on Tuesday. To cover the shortfall, the government has proposed tax hikes, among them higher rates on bank deposits and property sales.

NEWS BOX

Tripuraneni’s reformist legacy recalled at Vignan University

GUNTUR (Agency). Vignan University hosted a meeting to mark the centenary of renowned social reformer, rationalist, and writer ‘Kaviraju’ Tripuraneni Ramaswamy Choudhary’s election as Tenali Municipal Chairman. It was held as part of two-day ‘Chaitanya Yatra’, a rally travelling from Angaluru to Tenali to honour the reformer’s legacy. Vignan Group Chairman Dr Lavu Rathaiah stated that Tripuraneni’s writings laid the foundation for rational thinking in Telugu society, emphasising that knowledge is the key for social empowerment. Vignan Vice-Chairman and Narasaraopeta MP Lavu Sri Krishna Devarayalu urged youth to cultivate a habit of questioning everything in life. Former Rajya Sabha MP and writer Dr Yarlagadda Lakshmi Prasad noted that Tripuraneni’s literature played a pivotal role in awakening social consciousness by challenging regressive customs. Film actor Tripuraneni Sai Chand, grandson of the late reformer, reflected on Kaviraju’s enduring influence across Telugu states.

Kasavanahalli residents hit the streets seeking better road infra

BENGALURU (Agency). Frustrated by potholes, bad stretches and traffic snarls on a daily basis, hundreds of residents of Kasavanahalli (Ward 31) organised a community walk on Friday to highlight the “severe civic collapse” on Haralur Road and surrounding areas. Residents highlighted that Haralur Road has deteriorated into a state of structural decay. The walk cast a sharp spotlight on a laundry list of failures. The residents carried posters reading ‘Not a protest for Privilege, A walk for Basics’ to highlight the worsening traffic, which has seen schoolchildren stuck in traffic for three hours to cover a 4-km stretch. The residents also highlighted about garbage collection which they said takes place once in five days due to which many areas have turned into blackspots. “Even drains are completely choked with raw sewage, creating health hazards and filling the air with foul odours. Broken and missing footpaths, roads without drainage, missing underground drainage, potholes, narrow roads and bottlenecks, etc, have made the life of residents a living hell,” said residents. They gave a representation to the local MLA urging her to look into the key basic infrastructure that has not been addressed from the last several years. “We pay high taxes in Bengaluru but continue to face these problems, with too little action from the civic authorities and elected representatives. I am calling for prompt, lasting improvements to roads, drainage, sanitation, pedestrian safety and traffic enforcement,” said Anand Kumar V, a resident of Haralur. Venkataraman, another resident, said, “Despite being one of the highest tax-paying wards in Bengaluru, the Haralur Road area continues to suffer from severely inadequate civic infrastructure.

Woman posing as PMO official arrested after Bengal minister grows suspicious

Kolkata (Agency). West Bengal Police arrested a woman who allegedly posed as a senior Prime Minister’s Office (PMO) official to gain access to the state secretariat Nabanna. The woman, identified as Dr Akangsha Vidyarthi, allegedly sought an appointment with West Bengal PWD Minister Ajay Poddar earlier this week. During the meeting, however, the minister became suspicious of her “irrelevant statements”, according to police. The minister’s office subsequently sought to verify Vidyarthi’s credentials and found that her claim of being associated with the PMO was false. A police complaint was then filed, leading to a case at Shibpur police station in Howrah under Sections 319(2), 204 and 340(2) of the Bharatiya Nyaya Sanhita (BNS). By then, Vidyarthi had left Kolkata and travelled to Delhi by flight. A team of Howrah Police later reached Delhi and arrested her from her residence in central Delhi on Thursday. She was subsequently brought to Howrah on transit remand. According to police, Vidyarthi had secured a meeting with the PWD minister after sending an email to the department. In the email, she allegedly claimed to be associated with Union Minister of State for Personnel, Public Grievances and Pensions Jitendra Singh, who is also a Minister of State in the PMO. During the meeting with Poddar, Vidyarthi allegedly took a photograph with the minister. Police are now investigating how she managed to secure access to the state secretariat and whether she had made similar claims or approached other officials in the past.

Cheranalloor panchayat fighting low voltage, demands new substation

The situation has led residents to launch a signature campaign demanding a KSEB substation to solve the issue.

KOCHI (Agency). As the clock strikes seven in the evening, the bulbs in Cheranalloor panchayat houses start flickering, fans rotate slowly, and it becomes difficult to operate electrical appliances. The reason? Low voltage! For a panchayat in close proximity to Kochi corporation, voltage becoming a big issue is not a great advertisement for Kochi as an aspiring, expanding city. The situation has led residents to launch a signature campaign demanding a KSEB substation to solve the issue. Benny Francis, a panchayat member, told that the situation has worsened in the past year. “The panchayat has grown over the years. In the past, the number of residents might have been in the thousands; today it is in the ten thousands. Also, the number of wards in the panchayat has gone up from 17 to 20,” Benny said, adding that power consumption too has gone up exponentially. Shaji V A, a resident of Cheranalloor, said the



electricity demand has gone up considerably. There are more than 20 big flat complexes in Cheranalloor. The panchayat also has two big hospitals. So, a substation has become necessary to cater to the power demands of the

panchayat,” he pointed out. According to Benny, KSEB has shown interest in setting up a substation. “In the coming years, the panchayat will see more development, especially in the real estate sector. Taking into consideration the need for a substation, we have launched a signature campaign. This will be submitted to the officials concerned,” he said. The panchayat vice-president, Shimmy Francis, said the local body has been striving to identify land for the substation. “KSEB has told us it would need an acre of land for the substation and the corresponding office. We are ready to provide the land. We had suggested some sites to the KSEB. However, the high land price turned them away. We are now searching for cheaper land,” he said. According to him, the substation has to be near the high-voltage transmission lines. “So, the appropriate sites would be the ones near the Chittoor-Vaduthala Road or Kothad,” Shimmy said.

CMRL gives nod to corridor above Teynampet, Nandanam stations

CMRL recently granted permission to the highways to proceed with the construction work.

CHENNAI (Agency). The construction work of the 3.2-km Teynampet-Saidapet four-lane elevated corridor above the Teynampet and Nandanam Metro stations is set to resume soon, with CMRL recently granting permission to the state highways to carry out the work. Official sources said deck slab work had been completed along 2.3 km, while the construction above the two metro stations had remained stalled on Anna Salai for the past few months. After minor variations were noticed in the original design submitted by the state highways, CMRL appointed a Japanese



consultant to review the design and suggest necessary modifications for erecting portal frames above the two metro stations. Following a joint study by the state highways

and the consultant, it was found there were no major flaws in the design. The consultant recommended installing portal frames along a 300 m stretch at 15m intervals above the two metro stations. Accordingly, CMRL recently granted permission to the highways to proceed with the construction work. A portal frame is a rigid structural frame that connects two columns via a beam. “While steel piers are being erected for laying concrete deck slabs along the entire corridor, portal frames will be used for the 300m stretch above the two metro stations. The decks will be placed on the portal frames. The two legs of the portal frames will be positioned directly on the walls of the metro stations, which are located 14-15m below.

'Mohammad Deepak', who stood up for Muslim shopkeeper, gets bail in threat case

A Kotdwar court granted bail to gym owner Deepak Kumar after his arrest in a businessman threat case. The court also warned him against any breach of peace as police added fresh charges after investigation.

Kotdwar (Agency). Deepak Kumar, a gym owner from Uttarakhand who had come into the public eye earlier this year for confronting Bajrang Dal members allegedly harassing a Muslim shopkeeper, was granted bail by a local court on Friday, a day after his arrest in a case linked to an alleged threat to a businessman, police said. Kumar was produced before the court of the Sub-Divisional Magistrate in Kotdwar at around 6.30 pm. He was granted bail after furnishing three bonds of Rs 50,000 each. Officials said a notice was also issued to him under Section 130 of the Bharatiya Nagarik Suraksha Sanhita, warning of punitive

action if he causes any breach of peace over the next six months. The action followed a complaint lodged on Thursday evening by local businessman Sanjeev Tonk, who accused Kumar of rude behaviour, using abusive language and issuing death threats over a social media comment. According to the complaint, Tonk had commented on a social media post shared by Kumar. After this, Kumar allegedly went to Tonk's shop at around 10.30 am on Thursday, verbally abused him and threatened to kill him. Police initially registered a case under sections 351(2) of the Bharatiya Nyaya Sanhita for criminal intimidation and 352 for intentional insult.



Officials said sections 196, for promoting enmity between groups, and 115, for voluntarily causing hurt, were later added on the basis of investigative findings and CCTV footage. “The investigation also revealed Deepak’s

prior involvement in social disputes that disrupted law and order. He was arrested on Thursday under Section 170 of the BNSS to prevent further offences after reports of him gathering crowds and creating a tense atmosphere,” a senior police official said. Kumar had first drawn public attention in January during a dispute in Kotdwar over the name of an elderly Muslim shopkeeper’s establishment. A video of him backing the shopkeeper and identifying himself as “Mohammad Deepak” had gone viral on social media. With his bail now granted, the case remains centred on the complaint by the businessman, the added charges and the warning issued by the court under.

From pre-dawn to dusk, a new rhythm for tapping on cards in Kerala rubber plantations

The findings assume significance at a time when Keralam’s rubber sector is grappling with a shortage of skilled tappers and a reluctance among younger people to enter the occupation.

KOTTAYAM (Agency). For more than a century, the pre-dawn hours in Central Travancore, the heartland of rubber plantations, have belonged to rubber tappers. Long before the sun rises, they move briskly from tree to tree, a battery-operated torch strapped to the head and a tapping knife in hand, carving the familiar grooves that set latex flowing. The ritual, deeply woven into the life of the region’s rubber plantations, has remained largely unchanged for generations. That century-old routine, however, could soon become a thing of the past. Trials by the Rubber Research Institute of India (RRII) suggest that shifting the tapping schedule from the early morning to the evening, with latex collected the following morning, could significantly increase yield from rubber plantations. The change, researchers say, could not only boost plantation revenue but also bring

relief to thousands of tappers by giving a major shift in their daily lives and working conditions. According to reseachers, tapping rubber trees from 5 pm to 8.30 pm is more effective and could significantly increase latex yield and boost the income of tappers. “We have been carrying out the study for the past one-and-half years. In the preliminary studies, we found that low frequency tapping once a week in the evening could increase the yield up to 40 percent. This is still at the trial stage and no recommendation has been made so far,” said Reju M J, the scientist leading the study. According to Reju, evening tapping allows latex to flow throughout the night before it is collected the following morning, potentially reducing the proportion of cup coagulum - the solidified rubber left in the collection cup. “When tapping is done in the

evening and latex is collected the following morning, the latex gets the maximum time to flow. The main advantage is that the percentage of cup coagulum comes down. In evening-tapped plantations, we get



around 95% latex and 5% cup coagulum, compared with up to 20% cup coagulum in morning tapping,” he said. A shift to evening tapping could also alter the working pattern of rubber tappers. With tapping moved to the evening, workers

would have more time during the day to take up other employment, potentially allowing them to supplement their income instead of depending entirely on rubber tapping. The researchers also see possible implications for tapper safety. Evening tapping could reduce exposure to certain risks encountered during pre-dawn work, including encounters with wild animals such as wild boars. However, the presence and behaviour of wildlife vary across regions, and researchers stressed that safety considerations would have to be assessed before any wider adoption of the practice. The findings assume significance at a time when Keralam’s rubber sector is grappling with a shortage of skilled tappers and a reluctance among younger people to enter the occupation. A tapping schedule that can potentially improve yields while giving workers greater flexibility could offer a new direction for the sector.

Indonesia-Thai team studies AP’s natural farming model

GUNTUR (Agency). A high-level international delegation from Indonesia and Thailand visited Guntur district on Friday to study AP’s community-led Natural Farming model, praising the state government and Rythu Sadhikara Samstha (RySS) for scaling sustainable agriculture through grassroots participation and modern technology. The delegation toured paddy fields at Hafpeta village in Tenali mandal, comparing natural farming plots with conventional chemical-fed fields. Interacting with first-year natural farming practitioner Yadavalli Purnayya, the delegates noted distinct agricultural improvements, while evaluating success of Pre-Monsoon Dry Sowing (PMDS)



implemented ahead of Kharif. At the Hafpeta Rythu Seva Kendra, District Project Manager Rajakumari briefed the visiting team on field-level extension support provided to transitioning farmers. Continuing the study tour at Bhumi Bharati, a Farmer Producer Organisation (FPO) in Attota village, the delegation inspected the conservation and cultivation of 150 traditional, indigenous paddy varieties. The delegates expressed particular appreciation for the integration of modern technology into organic practices after witnessing Dashaparni Kashayam—a botanical pest repellent—being sprayed across a five-acre paddy field using an agricultural drone.

What the Northeast can gain by seeing self as the imagined community

It is a truism that human aspirations and conditions, like everything else, are moving targets. What one generation conceived as their prized collective goal, hated adversary, or trusted ally may not remain so for the generations that follow. In fact, they seldom do. However, indigenous societies—which most in the Northeast belong to—often refuse to acknowledge this, trapping themselves in peculiar time warps. They may have moved on in the real world. But mentally, they often allow themselves to remain stuck in eras several decades gone, the departure points from which are etched in their collective memory by pivotal historical events.

This is the broad profile of the region’s grapple with modernity—brought in first by the British administration, and refined and democratised by independent India. The dilemma is reminiscent of iconic Nigerian writer Chinua Achebe’s 1958 novel, *Things Fall Apart*, where he conceptualises the agonising predicament indigenous African communities faced at the advent of modernity, represented in that case by the arrival and spread of Christianity. Without doubt, the new world brought with it dividends in terms of education, health, wealth and science. But it also replaced the older, familiar ways of life and their entrenched values.

Much of the ethnic unrest the Northeast witnesses today has this at its roots. The resistance against replacing customary land laws with modern revenue administration or the violent clashes over claims of primacy of one tribe’s customary law over that of others are just some examples of this complex maze of conflict scenarios in a multiethnic geography. Manipur is where this dynamic is playing out most prominently. But nobody in the Northeast will doubt that similar faultlines lie dormant in every Northeast state as frozen conflicts with fuses still practically intact.

While change is inevitable, as Nari Kaikhosru Rustumji, a civil servant who worked in the Northeast during the turbulent years of India’s transition from a colony to a republic, recommended, these changes must be paced out so that those affected can absorb the changes without detriment to their own social organism. Such empathetic and academically-detached observations are helpful in deciphering the volatile situation in the Northeast. But today, a multiplying number of self-ordained experts, who presume patronising foreknowledge of the region’s issues, are spoiling the broth. Annoying paratrooping reportages of the prolonged Manipur crisis demonstrated this. The bigger challenge, however, is for the region’s communities to introspect and come to terms with their new reality. All must change—preferably on consensually evolved terms of law that leave no party feeling like a loser.

Irish political scientist Benedict Anderson’s seminal 1983 book arguing that the nation is an “imagined community”—and therefore also given to reimagining—is a helpful reminder. A century before him, French scholar Ernest Renan also anticipated this necessity for change in his 1882 lecture ‘What is a nation?’, where he concluded that the nation is a “daily plebiscite”. At the time of Indian independence, upheavals broke out among many Northeast communities who were outraged over their traditional notions of sovereignty being overturned. Many of them hardened into violent insurgencies. After the lapse of eight decades, should it now not be time to rethink and realign to the shifts their original targets would have undergone? Are the grievances of that era still those of the present generation? The past is very much real—and a traumatic past is even more unforgettable. The important and difficult question, therefore, always is how any society with a painful past would leave it behind—without disowning it or its contributions—so that the present can move forward unfettered.

Sigmund Freud’s famous 1917 essay, ‘Mourning and Melancholia’, addresses this problem to identify two broad strategies that people use to cope with grief and loss. Some get trapped in melancholia, by taking perverse gratification in their very idea of victimhood and by pointing accusatory fingers at the perceived perpetrators of their grief.

India must brace for global capital war

China has halved its US holdings, while Japan is moving away too

IN the retreat from globalisation, the world has already seen multiplying restrictions on the cross-border movement of people. Since Donald Trump’s return to the US presidency and the advent of tariffs as a coercive instrument of policy, the global trade in goods and services will also take a hit. What may come next are restrictions by the rich countries on the international movement of capital (capital controls have long been the norm in developing nations). The primary provocation for such a radical move (unthinkable until just the other day) lies in the United States, where the irresistible force of growing corporate borrowings is up against the immovable object of the US budget deficit. The big corporations leading the tech and AI race were until recently financing their capital budgets out of their earnings. No longer, as investment plans have ballooned. Now they are borrowing in the market, and borrowing big as corporate bond issuances in the US have grown 80% in two years. At the same time, the federal deficit has grown to 7% of GDP, and shows no sign of coming under control. US savings aren’t anywhere near enough to feed these hungry beasts, which is why the US has been for decades the world’s biggest borrower. But its growing need for capital from other countries is up against the fact that almost all large nations are turning away from US securities. China has halved its US holdings in the last few years, while Japan (now the largest holder of US securities) has started moving away too. The total foreign holdings of marketable US treasuries are down to 30% of the total, from 50% in 2015. Even as central banks reduce their dollar holdings, they have increased the share of gold in their reserves. Last year, gold replaced US government bonds as the largest reserve asset; the price of gold has increased by 25% in a year (and Indians are still big-time buyers!). With increasing dollar debt issuances in the face of fading appetite for such debt, the inevitable has happened: interest rates have gone up. US treasury rates are now the highest in two decades, and climbing. Yet international bidders for fresh US debt now account for a smaller part of the market than before. Five-year treasury interest rates have gone up by 0.64% in just one month. US Treasury Secretary Scott Bessent has spent the past few weeks trying a variety of gambits to talk the market down, but to no effect. IN the retreat from globalisation, the world has already seen multiplying restrictions on the cross-border movement of people. Since Donald Trump’s return to the US presidency and the advent of tariffs as a coercive instrument of policy, the global trade in goods and services will also take a hit. What may come next are restrictions by the rich countries on the international



movement of capital (capital controls have long been the norm in developing nations). The primary provocation for such a radical move (unthinkable until just the other day) lies in the United States, where the irresistible force of growing corporate borrowings is up against the immovable object of the US budget deficit. The big corporations leading the tech and AI race were until recently financing their capital budgets out of their earnings. No longer, as investment plans have ballooned. Now they are borrowing in the market, and borrowing big as corporate bond issuances in the US have grown 80% in two years. At the same time, the federal deficit has grown to 7% of GDP, and shows no sign of coming under control. US savings aren’t anywhere near enough to feed these hungry beasts, which is why the US has been for decades the world’s biggest borrower. But its growing need for capital from other countries is up against the fact that almost all large nations are turning away from US securities. China has halved its US holdings in the last few years, while Japan (now the largest holder of US securities) has started moving away too. The total foreign holdings of marketable US treasuries are down to 30% of the total, from 50% in 2015. Even as central banks reduce their dollar holdings, they have increased the share of gold in their reserves. Last year, gold replaced US government bonds as the largest reserve asset; the price of gold has increased by 25% in a year (and Indians are still big-time buyers!). With increasing dollar debt issuances in the face of fading appetite for such debt, the inevitable has happened: interest rates have gone up. US treasury rates are now the highest in two decades, and climbing. Yet international bidders for fresh US debt now account for a

smaller part of the market than before. Five-year treasury interest rates have gone up by 0.64% in just one month. US Treasury Secretary Scott Bessent has spent the past few weeks trying a variety of gambits to talk the market down, but to no effect. If, despite higher rates, the US doesn’t get the capital that it wants from other countries, it could simply print dollars, cause inflation as more money chases the same goods, and thereby reduce the debt burden in real (inflation-adjusted) terms. India has done this for decades. In fact, as Western countries’ debts have grown, inflation over the last five years has been more than twice as high as in the previous decade in the US, three times as high in Europe and five times as high in Japan. Inflation wars to control debt, you might say.

There is also the possibility (still remote but real) that the US might turn coercive on capital, as it has on trade. Already, Trump has made investment commitments a part of some of his bilateral trade deals. Today, he is coercing inflow. Tomorrow, he may squeeze outflow.

In anticipation, some countries have started taking defensive measures. The Netherlands moved 78 tonnes of gold from New York to London in the last few months. The explanation was possible “geopolitical unrest”. Shortly before that, France moved all its gold out of the US. There are calls in Germany to do the same. Unthinkable as it may have been not long ago, trust in the continued openness of the US capital market has begun to chip away at the margins. Meanwhile, expert voices in Europe have called for disincentivising the movement of European capital to the US, since Europe needs to invest in itself. Any such move by Europe will almost certainly be met by a counter-move from Washington. It is not for nothing that a headline in the *Financial Times* said in early September, “The capital wars are coming”. All this should be of serious concern to India. Portfolio capital has been moving out of the country for the last couple of years, and the rupee has taken a tumble, falling 13% in value despite the Reserve Bank of India’s (RBI) active intervention, even as rising energy prices affect the trade balance. It is not for nothing that the main stock market indices are back to where they were two-and-a-half years ago. The last time the market disappointed investors over an extended period was in the wake of the 2008 financial crisis. The RBI’s biggest initiative in the face of these trends was to offer a huge free lunch to non-resident Indians: deposits at attractive interest rates along with currency protection.

Centre, states must cooperate to address looming food crisis

Jaishankar’s warning should prompt preparation, not alarm. The Inter-State Council, which has not held a plenary meeting since 2016, can provide one forum for discussing these policies

External Affairs Minister S Jaishankar’s warning of a “major food crisis” in the months ahead comes at a time India has plenty of reasons to be watchful. There is no crisis yet. But irregular rainfall and lower production estimates point to a difficult agricultural year. More than 6.11 lakh hectares of farmland have been affected by excessive rain and flood, while drought has been declared in five states. As the kharif paddy acreage has shrunk almost 4 percent, the Centre has lowered its foodgrains production target for 2026-27 to 373.93 million tonnes, down 2.63 million tonnes from last year’s output. Adding to the woes, the cost of sulphur, an important fertiliser input, has risen substantially amid disruptions caused by the West Asian conflict. These developments are noted as El Niño conditions are expected to strengthen. The growing unpredictability of rainfall makes the old way of managing agriculture increasingly difficult. A good harvest in one season cannot make up for weaknesses accumulated over years. The most obvious one is water. In



several parts of the country, groundwater is being extracted faster than it can be replenished, even as farmers continue to plant crops that require large quantities of water. Drought management cannot consist only of compensation after crops fail. In water-stressed areas, crop choices will have to change. Irrigation practices will have to become more efficient, and groundwater

extraction will need firmer regulation. The government’s push for pulses and oilseeds, including the use of rice fallows in eastern India, is therefore important. So is the emphasis on crop plans based on soil moisture and water availability. These cannot remain annual conference recommendations. States need the money, seeds, technology and procurement arrangements to make such changes possible. Food security also has a nutritional side. The public distribution system has long been built around cereals. Pulses, millets and bio-fortified crops deserve a larger place in government procurement and nutrition programmes. This will require closer cooperation between the Centre and states. The Inter-State Council, which has not held a plenary meeting since 2016, can provide one forum for discussing these policies. Jaishankar’s warning should prompt preparation, not alarm. India cannot determine the weather or global fertiliser prices.

Steering the biotech bus India's way

Recent advances call for India to set higher ambitions for its bioeconomy sector. Some existing missions can be rationalised and an enabling framework built to help researchers become entrepreneurs. Also required are stronger universities, smarter regulators and a large growth fund

In frontier technologies, leadership is decided long before markets are fully formed. Countries that move early don’t just capture disproportionate value—they help write the rules and, as we are increasingly seeing, secure control over critical supply chains. For India to truly lead in frontier technologies, we must spot the shifts early—and act with the ambition and intent to lead. Few shifts on the technology horizon will be more consequential than the convergence of artificial intelligence and biology, enabling what many call “programmable biology”: the ability to design and engineer living systems with unprecedented precision. Put simply, what computing did for information, biology is beginning to do for matter itself—transforming how we discover medicines; grow food; manufacture materials; produce sustainable fuels’ and protect human, animal and planetary health.

The Bio Century—a term popularised by American author Jeremy Rifkin—is no longer a distant promise. The world’s first personalised CRISPR gene-editing technology has already saved an infant with a rare genetic disorder in the US. Japan is advancing therapies based on genetically reprogrammed cells for diseases such as Parkinson’s. Precision genome engineering is helping create climate-resilient crops in India as well as many other parts of the world. Many of the most consequential scientific breakthroughs of recent years are emerging at the intersection of biology, engineering and computation. Biology is clearly moving rapidly from discovery to real-world impact. By 2050, the global bioeconomy is projected to exceed \$30 trillion. India cannot afford to be a late entrant to this transformation. The good news is that we are not starting from scratch. Over four decades, India

has built a strong biotechnology ecosystem anchored in a strong vision, institution building and consistent policy. India’s bioeconomy has grown nearly 20-fold from \$10 billion in 2014 to \$195.3 billion in 2025, and now contributes almost 5 percent of GDP. But the future demands a much bigger ambition. We, at Niti Aayog, estimate that India has the potential to build a \$691-billion bioeconomy by 2035 and a \$2.6 trillion one by 2047, while creating more than 30 million high-value jobs.

The road lies not in simply creating more institutions or programmes. It is in connecting and converging what we already have—bringing our scientific institutions, industry, startups and the government together around shared national missions, backed by patient capital, enabling infrastructure and regulatory reforms that dramatically shorten the journey from lab to market. We need to focus on five priorities to make this happen. First, converge our capabilities around six nationally-coordinated missions. Spanning gene and cell therapies, climate-resilient agriculture, synthetic biology, the One Health programme, marine biotechnology and next-generation biopharmaceuticals, these missions would bring together existing programmes, institutions and capabilities into a coherent national architecture—with clear 10-year roadmaps, accountable lead agencies and measurable outcomes. The objective is to break down silos and turn India’s individual strengths into national capabilities at scale. Second, bridge one of India’s biggest structural gaps: the journey from lab discovery or innovation to commercial scale. Too many promising technologies fall

by the wayside because the patient capital required for scaling up is scarce. We recommend a ₹50,000-crore bioeconomy growth fund anchored within the national research, development and innovation framework to address this through finance, equity and infrastructure



support. The goal is not simply to fund more research, but to create globally-competitive biotechnology companies. Third, make regulation an enabler of innovation. We recommend simpler, predictable and risk-based regulatory pathways, regulatory sandboxes for frontier technologies, a strengthened Central Drugs Standard Control Organisation and clearer intellectual property frameworks. This is not about weaker

regulation, but smarter norms to protect safety while giving innovators and investors greater certainty and speed.

Fourth, invest decisively in talent. No country becomes a biotech powerhouse without world-class scientists, engineers, entrepreneurs and regulators. India’s demographic advantage will translate into scientific leadership only if we significantly strengthen universities, research institutions and advanced training, while enabling researchers to become innovators and entrepreneurs. Finally, create the governance architecture for execution at scale. Biotech cuts across healthcare, agriculture, manufacturing, environment, trade and finance; fragmented decision-making cannot deliver integrated outcomes. We propose an empowered committee on national bio-missions to drive coordination across government, supported by a national bio-data council, an investment and policy forum, and a dedicated bio-intellectual property mechanism to accelerate commercialisation.

Ultimately, India must begin to treat biotech as core national infrastructure—strategically as important to our future as digital public infrastructure or energy systems. We have already demonstrated that we can build world-class capabilities. Our next challenge is bigger: to move from building a biotech sector to building a biotech-powered economy—one that transforms industries, strengthens strategic resilience, creates crores of high-value jobs.

Annapurna scheme delayed payments trigger women's protests across Bengal

In Harishchandrapur in Malda district, women blocked roads after a block development officer (BDO) allegedly made objectionable remarks in connection with the scheme.

KOLKATA (Agency).

Protests by women over delayed payments under the Annapurna scheme spread across West Bengal on Friday, with road blockades, alleged damage to Seva Setu Abhiyan camps and the gherao of a BJP MLA reported from several districts.

The three-day Seva Setu Abhiyan, launched on October 2 to take government services closer to people, turned into a statewide flashpoint as women beneficiaries demanding long-delayed Annapurna payments confronted officials and protested at camps.

From Malda and Cooch Behar in north Bengal to Hooghly, Howrah, South 24 Parganas, West Burdwan and Bankura, women arrived at the camps seeking updates on their applications and payments. Many complained of delays, unclear processing and, in some places, the absence of dedicated Annapurna counters.

Around 3,300 camps have been set up as a one-stop mechanism for accessing government schemes, including Annapurna, Ayushman Bharat, Pradhan Mantri Awas Yojana and various pensions. The camps are also intended to help applicants whose earlier

applications were rejected understand the reasons and resolve pending issues. However, Annapurna emerged as the main grievance on the opening day.

In Harishchandrapur in Malda district, women blocked roads after a block development officer (BDO) allegedly made objectionable remarks in connection with the scheme. In Ratua



block, a Seva Setu Abhiyan camp was allegedly ransacked by women protesting delayed Annapurna payments.

In Cooch Behar town, women protested at Rabindra Sadan, alleging that they had not received the scheme's payments for four months despite being eligible. Similar protests, including alleged ransacking of camps, were reported from Diamond Harbour in South 24 Parganas, Uluberia in Howrah, Banarhat and several other areas.

28 places in Bihar on alert for severe floods as Gandak water enters new areas of Saran

Bihar (Agency).

As floodwaters from the swollen Gandak River entered new areas of Bihar's Saran district following embankment breaches on Friday, the CWC issued an 'Orange' bulletin signalling a severe flood situation at 28 locations across several districts amid rising water levels in other rivers.

The Central Water Commission (CWC) issues the Orange bulletin when the water level rises above the danger mark but remains below the highest flood level.

"The Ganga continued to flow above the danger mark at several locations, including Danapur, Gandhi Ghat, Hathidah, Dighaghat, Bankaghat, Mahnar, Kalyanpur, Kahalgao and Sultanganj," according to the bulletin.

At Danapur, the river was at 51.44 metres, 0.24 metre above the danger level, while Gandhi Ghat recorded 49.69 metres, 1.09 metres above the danger mark in Patna, it said.

In Saran district, floodwater passed through damaged embankments in Panapur and Maker blocks and entered new areas, including Karchhaila, Amnour, Jagdishpur, Maker and Parsa.

The Gandak remained above the danger mark at Dumariaghat, Lalganj and Rewaghat, though levels were falling at all three locations.

At Lalganj, the river was only 0.15 metre below its previous highest flood level (HFL). The Kosi at Kursela was rising, while it was falling at Baltara. The Burhi Gandak at Khagaria and Baya at Mohaaddin Nagar were also rising.

The Gandak, Ganga, Kosi, Bagmati and Ghagra rivers are flowing above the



danger mark at several locations after heavy rainfall in Nepal and Uttar Pradesh, officials said.

The swollen Gandak has put embankments in Saran, Gopalganj, East and West Champaran, Vaishali, Supaul and Patna, among other districts, at risk, a senior Water Resources Department (WRD) official said.

ED raids jewellers in Rs 645-crore case in Punjab, seizes Rs 4.3 crore

The agency has claimed that the embezzled public funds were routed and layered through the bank accounts of various jewellers and projected as business transactions

Chandigarh (Agency).

The Enforcement Directorate (ED) said on Friday that it has seized Rs 4.30 crore in cash and frozen bank balances worth around Rs 22 crore lying in the bank accounts of jewellers and associates' entities following searches at 14 premises across Chandigarh, Mohali and Panchkula in its money laundering probe into the alleged embezzlement of Rs 645 crore in public funds.

The ED recently conducted search operations in connection with its money laundering investigation into the embezzlement of funds belonging to the Haryana government, Chandigarh Municipal Corporation, and other government accounts. During the searches, various incriminating documents and digital evidence were also recovered and seized during the searches, the agency had said.

According to the ED, the searches covered various jewellers and their associated entities, including Malik Jewellers, KLG Jewels and its associate entities, M.B. Gold Traders, Sham Jewellers and Sunder Jewellers, besides Gourav Kansal who allegedly acted as a middleman in routing and layering the proceeds of crime (PoC).

The agency has claimed that the embezzled public funds were routed and layered through the bank accounts of various jewellers and projected as business transactions. These transactions were carried out in connivance with the accused persons to conceal and project the proceeds of crime as legitimate funds.

The ED said that the investigation revealed that Malik Jewellers, KLG Group (KLG Jewels, KLG Infra and KLG & Co.), M.B. Gold Traders, Sham Jewellers and Sunder Jewellers allegedly received Rs 58 crore, Rs 26 crore, Rs 5 crore, Rs 3.66 crore and Rs 3.15 crore (approximately) respectively, from intermediate shell entities purportedly floated by Ribhav Rishi, the mastermind in the case.

Further investigation has revealed that the jewellers were involved in laundering the proceeds of crime generated from the bank accounts of various departments of Haryana government and the Chandigarh Administration. The proceeds of crime have been laundered by jewellers which reached accused IAS officers and other government servants involved in the IDFC First Bank fraud. In this regard, the CBI has filed a third chargesheet before the Special Court in Panchkula, naming five Haryana-cadre IAS officers and a retired IAS officer and other government servants in connection with the bank fraud case.

Earlier, in the same case, the ED had arrested four accused persons for their alleged



involvement in the offence of money laundering. The agency has also attached, seized and frozen movable and immovable assets worth around Rs 211 crore in connection with the investigation.

The ED has further filed a prosecution complaint against 14 accused persons before the Special Court (PMLA), Panchkula.

Further investigation is under progress, the ED added. The ED investigation was initiated on the basis of an FIR registered by the Haryana Police in February 2026 concerning discrepancies in the balances of bank accounts of the Development and Panchayat Department, Haryana, maintained with IDFC First Bank and AU Small Finance Bank.

MPSC paper leak: Secretary transferred, chairman stays amid aspirants' protests

Mumbai (Agency).

Amid agitation by Maharashtra Public Service Commission (MPSC) aspirants over paper leaks, government has transferred MPSC secretary Mahendra Harpalkar, acting on a key demand.

The move came two days after a delegation of students met Chief Minister Devendra Fadnavis and demanded the removal of Harpalkar and MPSC chairman Vivek Bhimanwar. While the government acted on the secretary demand, Fadnavis said the state government cannot remove the chairman.

"MPSC president is a constitutional post. The state government and governor cannot remove him from the post. They don't have that right to do so. The decision rests with the president of India based on the recommendations of the SC," Fadnavis

said Wednesday.

The government issued Harpalkar's transfer order on October 1. Protesters had held both Bhimanwar and Harpalkar responsible for alleged irregularities in recruitment exams. Fadnavis also assured the students of a large-scale recruitment



drive over the next three years, including vacancies arising from retirements. A department-wise recruitment timetable will be prepared within a month, he said. He also said that MPSC exams would be conducted offline and the government would consult student groups before decisions.

KPSC jobs scam: Ex-official under CID scanner withdraws advance bail pleas

Bengaluru (Agency).

A former Karnataka Public Service Commission (KPSC) official, who was served notices by the Criminal Investigation Department (CID) in the alleged recruitment scams involving 400 veterinary doctor and 384 gazetted probationer posts, has withdrawn his anticipatory bail pleas in both cases.

T Prakash, a retired assistant secretary in the KPSC, was a signing official on selection lists put out by the KPSC in recent years. In August, the Enforcement Directorate (ED) searched his properties following allegations of fraud in the KPSC.

Prakash withdrew his pleas this week, shortly after a state prosecutor informed a special court for CID cases that the ED should file objections in the cases, and that one of the cases had been handed to a Special Investigation Team (SIT) by the Karnataka High Court.

"Advocate for petitioner files memo for withdrawal. As per memo, petition is dismissed as withdrawn with liberty to file a fresh petition if required," the special court said Thursday. Prakash had approached the court for anticipatory bail after the CID served him notices to take part in the investigations, sources said.

From exams to interviews: Bribes at different stages

On September 28, the special court had noted the state's argument that it "is not in a position to furnish information regarding the present stage of investigation and also the ED is investigating the said matter and hence, report may be called from ED". The ED, which conducted searches at properties

linked to KPSC officials in August—including former chairman Shivashankarappa Sahukar and KPSC member Shantha Hosamani—has reported finding incriminating handwritten notes detailing monetary transactions with KPSC aspirants at a KPSC official's property.

The central agency has stated in court arguments that KPSC officials collected bribes from aspirants at various stages of selection: examinations, interviews, and finalisation of merit lists. In the veterinary doctors' recruitment scam,



former KPSC exam controller Gyanendra Kumar Gangwar has been arrested by the CID and ED for allegedly leaking question papers in return for bribes of over Rs 1.5 crore paid by candidates through an arrested middleman, Basavaraj Kannale.

In the gazetted probationers case, Hosamani is under investigation by the CID for allegedly sharing 13 phone calls with a selected candidate in a now-withheld list for 384 posts of gazetted probationers or Karnataka Administrative Service officers, for which over 2 lakh aspirants wrote the preliminary exams. The phone calls occurred before the candidate's interview.

NFR Accelerates Railway Infrastructure Development in Guwahati and Adjoining Areas

The Sikh Times

Maligaon, 03rd October: Northeast Frontier Railway (NFR) is undertaking a series of major infrastructure and capacity enhancement projects in Guwahati and its adjoining areas to meet the growing demand for rail services, improve operational efficiency and strengthen connectivity across the Northeast.

As the gateway to the region and the headquarters of NFR, Guwahati Railway Station handles more than 50,000 passengers daily, increasing to around 65,000 during peak seasons, with over 200 trains operating every day. A key project in this direction is the Kamakhya-Guwahati 3rd Line Project, covering 5.74 km at a sanctioned cost of Rs. 467 crores. The additional line will enhance line capacity, ease congestion and facilitate smoother train operations, benefiting passengers and residents of the Kamrup Metro district and is targeted to be completed by 2028. Another major initiative is



coaching capacity, improving maintenance facilities and supporting safer and more efficient train operations. Redevelopment of Guwahati and Kamakhya Railway Stations is also progressing with a focus on modern passenger amenities and improved accessibility. Guwahati Railway Station is being trans-

constructed along the stretch, including the section passing through Deepor Beel, to facilitate safe and uninterrupted movement of wildlife, including elephants, while ensuring efficient railway connectivity. The remaining 13.25-km Azara-Kamakhya double-line stretch is targeted for completion by July

2028. NFR is also strengthening freight and logistics infrastructure in the Guwahati region through Gati Shakti Cargo Terminals (GCTs). The GCT at Baihata, near Guwahati, has been completed, enhancing freight handling and logistics capabilities in the region. In addition, rail connectivity between Jogighopa station yard and the Multi Modal Logistics Park (MMLP) GCT siding has been completed. This connectivity will further strengthen Jogighopa's potential as a major logis-

tics hub and facilitate seamless multimodal movement of goods across the Northeast. Collectively, these infrastructure projects are set to significantly enhance the capacity, efficiency and resilience of the railway network in and around Guwahati. Additional railway lines and the second Saraighat Bridge will decongest existing infrastructure and facilitate smoother train movement, while the Mega Coaching Complex will enhance maintenance and terminal capacity. Station redevelopment and improved access will enhance passenger convenience, while elevated rail infrastructure will support connectivity and wildlife movement. Gati Shakti Cargo Terminals will further strengthen freight and multimodal logistics, supporting efficient, sustainable and passenger-centric rail connectivity across Guwahati and the Northeast.



Channi Sahib won: Amarinder Warring on Punjab Congress reshuffle ahead of polls

The Congress replaced Amarinder Singh Raja Warring with Pargat Singh as Punjab Congress president amid months of factional tensions. Warring suggested Sachin Pilot may have favoured his removal and said, "Channi Sahib has won." Pargat takes charge as the party prepares for the 2027 Assembly election.

11-storey DTC building under construction at Rs 128 crore

Delhi. (Agency)

The government is constructing an 11-storeyed Delhi Transport Corporation headquarters building at the existing IP Estate Bus Depot at an estimated cost of Rs 128.23 crore.

The new building will comprise two basements, a ground floor and 11 storeys. DTC signed an agreement with the Delhi State Industrial and Infrastructure Development Corporation (DSIIDC) last December for construction of the building.

DSIIDC has now issued a tender inviting construction agencies for the project, officials said. According to the tender document, the building will be constructed



over the next two years after the work is awarded. It will be spread over 26,000 square metres and replace the existing headquarters.

Officials said the existing building has become structurally outdated and inadequate to meet the operational needs of Delhi’s expanding transport network. Of the 26,000 square metres, 12,234 square metres will be operational area, while the new building will occupy 6,158 square metres. The plan includes 9,681.71 square metres of green area, or 20 per cent of the total land.

Delhi govt approves Phase I notification to declare 277 acres of Northern Ridge as reserved forest

Delhi. (Agency)

In a move aimed at strengthening legal protection for the city’s green and ecological zones, the Delhi government has approved the Phase I notification to declare 112.328 hectares (277.56 acres) of land in the Northern Ridge as reserved forest under Section 20 of the Indian Forest Act, 1927.

Chief Minister Rekha Gupta said the Northern Ridge, part of the Aravalli Range, was an ‘invaluable’ component of Delhi’s natural heritage. She stressed that its protection was crucial for the city’s environmental health and future generations.

“Granting the area legal protection as a reserved forest would strengthen its long-term conservation and help Delhi build resilience against environmental challenges,” she expressed, adding, “The Northern Ridge serves as Delhi’s ‘green lungs’ and an ecological hub. Granting it legal protection as a reserved forest will further strengthen the foundation for its long-term conservation.”

The CM said the current government has made significant progress in providing legal protection to forest areas in Delhi. “Under previous governments, only 96.16 hectares (237.611 acres) of land had been notified as reserved forest, while 5,267.009 hectares (13,014.77 acres) have been notified during the tenure of the present government so far.

With the notification of 112.328 hectares of the Northern Ridge, the total area will now rise to 5,363.169 hectares, or approximately 13,252.390 acres,” she added.As part of this conservation drive, the Delhi government had also approved last month the notification of around 1,000 acres (400 hectares) of additional land in the Southern Ridge as reserved forest.

Delhi. (Agency)

The Congress has replaced Amarinder Singh Raja Warring with former India hockey captain and Jalandhar Cantonment MLA Pargat Singh as Punjab Congress president, with immediate effect and months ahead of the 2027 Assembly elections.

Considered close to Warring’s rival and former Chief Minister Charanjit Singh Channi, Pargat Singh, who was among the contenders for the Punjab Congress chief’s post, takes charge amid heightened factional tensions within the state unit.

The change follows months of factional tensions, with Channi and other state leaders pushing for Warring’s removal. Ahead of Pargat Singh’s appointment, Warring told PTI, “Channi Sahib has won,” and suggested that newly appointed Punjab Congress in-charge Sachin Pilot wanted him replaced.

“Maybe Sachin Pilot felt that it was not appropriate for me to continue as PCC president. Channi Sahib has won,” Warring said.Warring, who met Rahul Gandhi in New Delhi before formally submitting his resignation, insisted that nobody had asked him to quit.

Ahead of his meeting with Rahul, Warring told reporters that the Congress central leadership were aware of everything. "The High Command is aware of everything. The decision rests with the High Command; whatever they decide will be followed. It is up to them to make the decision to determine, basically, what is right and what is wrong."

Shortly after resigning on Friday following his meeting with Rahul, he said he received a hug from the Congress leader. In an interview with PTI moments later, he said, “Nobody asked me to resign. I had realised what the situation was, and when I felt that the situation had come to a head, I voluntarily gave my resignation.”

“It is learnt that Sachin ji wanted that I should

be removed,” he added.

WARRING'S EXIT IS MORE THAN A ROUTINE CHANGE

Warring had led the Punjab Congress since 2022. His departure follows months of tension



its general secretary in charge of Punjab. Pilot's appointment came amid continuing tensions over the state leadership, with the Channi camp having pressed for Warring's removal.

The leadership battle briefly appeared to ease in September when Warring and Channi shared a stage at a party programme led by Pilot. But the truce did not resolve the underlying question of who would lead the organisation into the 2027 election.Earlier in the day, Warring, while speaking to India Today, said that Pilot's feedback to the Congress High Command in Delhi may have played a hand in the decision. However, he said Pilot shared the stage with him and Channi for just two hours before disappearing, adding that it had been nearly a month since the general secretary in-charge of Punjab last visited the state.

Warring's comments after his resignation now make clear that the leadership dispute remained unresolved. “Nobody asked me to resign.

ED chief says asset recovery must go beyond seizures, return money to victims

Delhi. (Agency)

Enforcement Directorate (ED) Director Rahul Navin said asset recovery should ultimately result in money and property being returned to victims or the public exchequer, rather than ending with the seizure or confiscation of assets.

Addressing the closing session of the 11th Annual General Meeting of the Asset Recovery Interagency Network, Asia Pacific (ARIN-AP) in New Delhi, Navin stressed the need for closer international cooperation to ensure that criminal proceeds are recovered and put to their intended use.

“The measure by which the public judges law enforcement institutions” is ultimately the return of assets, he said, highlighting restitution to victims, transfers to the exchequer and the social reuse of confiscated assets as key outcomes of the recovery process.



The three-day meeting, hosted by the ED under India’s presidency of ARIN-AP for 2026, brought together prosecutors, investigators, financial intelligence officers, asset managers and policymakers from across the Asia-Pacific region, along with representatives of partner agencies and Indian law enforcement bodies.

Held under the theme “Closing the Loop: From Tracing to Return”, the meeting focused on connecting every stage of an asset recovery case rather than treating investigation, prosecution, confiscation and restitution as separate processes.Navin noted that investigators may focus on tracing assets, prosecutors on obtaining confiscation orders and asset managers on their custody, while victims can remain waiting for the final outcome.

Pollution Under Control crackdown begins in Delhi, but gaps in tests surface

Delhi. (Agency)

: The national capital began its stricter “No PUC, No Fuel” drive on October 1, putting the city’s vehicle-testing system under fresh scrutiny. A CAG audit found that only 46% to 63% of vehicles due for Pollution Under Control (PUC) checks were tested in Delhi from 2018-19 to 2020-21, with the share falling to 51% in 2020-21.

The number of registered vehicles has since grown. Delhi had 87.61 lakh registered motor vehicles as of March 19, 2026, including 59.28 lakh two-wheelers, according to the Economic Survey.

The Transport Department says about 953 PUC centres are operational across the city, including 698 at fuel or IGL stations and 255 at workshops, depots and dealer facilities. That amounts to about 9,184 registered vehicles per centre, although the ratio does not measure actual testing capacity.

The CAG’s audit found that 1.06 crore vehicles were due for PUC checks in 2018-19, against 48.69 lakh checks conducted. In 2019-20, 1.12 crore vehicles were due and 71.11 lakh were tested. In 2020-21, 1.18 crore were due and 62.18 lakh were tested.

Pre-BS-IV vehicles required quarterly checks, increasing the number of tests due. The enforcement network is now much wider. The Transport Department says ANPR cameras operate at about 500 strategic locations, including fuel stations and interstate bus terminals. It issued 2,88,864 challans for invalid PUC certificates in 2025, or about 791 a day. The department also inspected PUC centres 1,288 times, issuing 283 warnings and 69 show-cause notices, suspending 39 centres and cancelling 13.The centre-level data raises another issue: whether certificates are being issued consistently across the network. The department says its software blocks PUC machines when calibration or annual maintenance expires. Yet the CAG audit found that 272 of 448 vehicle dealers’ showrooms and workshops, or 60%, did not have PUC centres as of January 2021.

The audit also flagged cases where vehicles found with excessive emissions had valid certificates.Delhi has since moved towards independent checks. The Assembly record says the Energy Policy Institute at the University of Chicago audited 90 PUC centres in 2025, with the detailed report still awaited when the department submitted its response.

Delhi's Rhiya Ahir moment? Woman stops bus carrying detainees at Jantar Mantar

Delhi. (Agency)

As thousands of protesters converged on Delhi's Jantar Mantar demanding the resignation of Chief Election Commissioner (CEC) Gyanesh Kumar, a striking moment from the agitation went viral quickly. A young woman stood in front of a bus, hand pressed to the hood, and refused to let it pass until the protesters detained inside were released. It didn't take long for social media to compare her with model Rhiya Ahir, who went viral after she was seen stopping a police vehicle during the student protests in Mumbai earlier this year.Within hours, social media users were asking whether Delhi had found its own "Rhiya Ahir moment". However, a section also called it nothing but a "publicity stunt".



It came as parts of central Delhi were gripped by protests on Friday after the opposition, including the AAP and Congress, announced a massive agitation demanding Kumar's resignation over alleged SIR irregularities and mass deletion of voters.

So far, around 13.3 crore names have been deleted from draft voter lists amid the nationwide SIR exercise. The trigger for opposition protest was an Indian Express investigation that revealed an internal rift within the Election Commission over the SIR process.

WHAT HAPPENED DURING JANTAR MANTAR PROTEST?

The protest at Jantar Mantar descended into chaos as Delhi Police detained nearly 1,000 people, including political leaders and activists. Among those detained were AAP's Delhi unit chief Saurabh Bhardwaj and former chief minister Atishi.

However, amid the chaos and commotion, the young woman's attempt to stop the bus carrying detained protesters stood out. Videos showed her staying put in front of the police bus, refusing to budge as police repeatedly asked her to move aside. However, she held her ground, surrounded by protesters.

Then Dharmendra Pradhan, now Gyanesh Kumar: CJP announces Jantar Mantar 2.0

The CJP, which spearheaded a massive month-long agitation at Jantar Mantar just months ago over exam paper leaks, forcing Dharmendra Pradhan to quit as Education Minister, has now announced a return to Delhi's OG protest site.

Delhi. (Agency)

The Cockroach Janta Party (CJP) has announced plans to return to Delhi's Jantar Mantar for a fresh protest on October 10 if Chief Election Commissioner Gyanesh Kumar doesn't resign. A day after thousands turned up at Mumbai's iconic Shivaji Park to protest against the CEC despite police denying permission, CJP founder Abhijeet Dipke indicated plans to escalate its agitation.

The CJP, which spearheaded a massive month-long agitation at Jantar Mantar just months ago over exam paper leaks, forcing Dharmendra Pradhan to quit as Education Minister, has sought Kumar's resignation over alleged irregularities in the Special Intensive Revision (SIR) of

electoral rolls.

DIPKE'S 'JULY 20' REMINDER TO DELHI POLICE

The immediate trigger for the CJP protest against Kumar was an Indian Express investigation that revealed an internal rift within the Election Commission.

"If Gyanesh Kumar doesn't resign, cockroaches from across India will march to Delhi and protest at Jantar Mantar on October 10," Dipke tweeted.

"If Delhi Police tries to stop us, wherever they stop us will become our Jantar Mantar," he further said. Dipke, however, made it clear that the demonstration would be peaceful, warning Delhi Police and the government against repeating the

"brutality" witnessed on July 20.

"We will walk on the path shown by Mahatma Gandhi. It is up to the govt and the Delhi Police whether they respect



want "free and fair elections" to join their protest.

The mention of July 20 is significant. Dramatic scenes played out in the heart of the national capital as thousands of student protesters clashed with police during a march to Parliament.

Several student protesters as well as multiple personnel from Delhi Police, the RAF and the CRPF were injured during the protests as it spiralled out of control.Videos and images later surfaced showing protesters with pellet injuries, prompting allegations that the RAF fired metal pellets at students.The matter reached the Supreme Court in August. The top court has formed a high-powered committee to probe the violence and allegations of police excesses.

NEWS BOX

Lhuan-dre Pretorius breaks Chris Gayle's record for highest T20 score with unbeaten 188



New Delhi. (Agency)

South Africa batter Lhuan-dre Pretorius smashed Chris Gayle's record for the highest individual T20 score. Pretorius, a left-handed top-order batter, hammered his way to 188 not out from just 79 balls in South Africa's domestic CSA T20 Challenge. Playing for Titans, the opener went on a marauding run in his first match of the tournament, smashing 13 sixes and 15 fours.In doing so, Pretorius shattered the record for the most runs by a batter in a single innings in the 20-over format. The earlier record was held by the legendary Chris Gayle, who smashed 175 not out for Royal Challengers Bangalore against Pune Warriors in the Indian Premier League in 2013.Pretorius, 20, was well on course for a double century but ran out of overs as the Titans finished their innings on 267 for three. Pretorius's innings was so dominant that he and Sinethemba Qeshile added 100 runs in little more than seven overs. Qeshile was the first to fall, scoring 14 off 10 balls with the team's total already at 112.Pretorius, however, was in a class of his own. While Dewald Brevis made 7 off 11 and Leus du Plooy scored 17 off 11, the opener continued his assault on the Knights bowling attack. He found good support from captain Donovan Ferreira in the final stages of the innings, with the skipper smashing an unbeaten 29 off 11 balls to help the Titans finish on 267 for three.The total was still some distance short of the highest team score in T20 cricket. That record belongs to Baroda, who scored 349 for five against Sikkim in 2024.HIGHEST INDIVIDUAL SCORES IN MEN'S T20 CRICKET

1. Lhuan-dre Pretorius: 188* - Titans vs Knights - 20262. Chris Gayle: 175* - RCB vs PWI - 20133. Aaron Finch: 172 -Australia vs Zimbabwe - 20184. Hamza Khan: 164* - Rwanda vs Ivory Coast - 20265. Karanbir Singh: 164 -Austria vs Hungary - 2026WHO IS LHUAN-DRE PRETORIUS?

Lhuan-dre Pretorius is one of South Africa's most promising young cricketers, a left-handed wicketkeeper-batter who has risen rapidly through the country.

England pacer Brydon Carse charged by Cricket Regulator over Derby nightclub incident



New Delhi. (Agency)

England pacer Brydon Carse has been charged by the Cricket Regulator over a nightclub incident in Derby on August 23. The case will be heard by the independent Cricket Discipline Panel. The 31-year-old was arrested by the police and then de-arrested at around 4 AM. He was suspected of being drunk and disorderly after Durham's County Championship victory over Derbyshire the previous afternoon. A viral video on social media showed the pacer being led out of the club in handcuffs on the night in question, with teammates including Ben Stokes and Matthew Potts also visible in the footage.Derbyshire Police also confirmed it had been looking into an allegation of assault in connection with the incident, but closed that investigation last month. After the incident, Carse was left out of England's squad for the second Test against Pakistan at Lord's, and has not featured in any subsequent squads. However, Carse played a crucial role in Durham's march towards the second division Championship title. England's white-ball head coach Brendon McCullum spoke about the incident last month, warning that the pacer needs to "get his house in order" before he could earn a recall.Brydon Carse charged by Cricket Regulator for alleged breach of ECB conduct regulationsThe Cricket Regulator confirmed in a statement on Friday that Carse has been charged for violating regulation 3.2 of the ECB's professional conduct regulations, which covers conduct deemed to bring the game into disrepute.Following a Cricket Regulator investigation, Brydon Carse has been charged with breaching Regulation 3.2 of the ECB Professional Conduct Regulations, in relation to events in Derby in the early .

India vs Pakistan: Cricket teams skip handshake, others embrace Asian Games spirit

India and Pakistan skipped the customary handshake before the Asian Games men's cricket final in Nisshin. The contrast with warmer exchanges in table tennis, squash, hockey and volleyball underlined how differently the rivalry played out across sports.

New Delhi. (Agency)

The India-Pakistan rivalry followed a familiar script in cricket but offered a markedly different picture across other sports at the Asian Games, with the two cricket teams skipping the customary handshake before the men's gold-medal match in Nisshin on Saturday. India captain Shreyas Iyer won the toss and opted to bat at Korogi Sports Park, but there

was no handshake between him and Pakistan skipper Sahibzada Farhan. The two captains acknowledged each other before the toss, but went through the formalities without the customary greeting.It was in contrast to the interactions between Indian and Pakistani athletes in several other sports at the GamesIn table tennis, players from both sides followed the sport's customary post-match rituals, including handshakes or palm taps with opponents, coaches and officials. The gestures were maintained even during the India-Pakistan team matches..Squash offered a similar picture. India's Abhay Singh and Pakistan's Muhammad Irfan shook hands after their men's singles semifinal, despite the intensity of their contest. Abhay won 11-3, 12-10, 11-6 to reach the final.The hockey semifinal between the neighbours produced another contrast. India edged Pakistan 4-3 in a dramatic contest, but the rivalry stayed on the field. Indian and Pakistani players

shook hands after the match, while Pakistan coach Tahir Zaman also exchanged handshakes with members of the Indian team.Volleyball produced perhaps the most striking display of sporting camaraderie.



Pakistan defeated India 3-0, but the result did little to diminish the warmth between the players. Pakistani players were seen consoling their Indian counterparts after the match, with middle blocker Musaweer Khan ruffling Amit Balwan Singh's hair and another Pakistan player patting him on the

back.Cricket, however, has continued to take a different route.

The no-handshake practice between the India and Pakistan cricket teams dates back to their meetings during the 2025 Asia Cup and has continued in subsequent encounters. The women's teams also skipped the customary greeting during their Asia Cup meeting in September 2026.

SAIM AYUB'S SEND-OFF TO SOORYAVANSHI

The absence of the handshake was not the only moment that added an edge to the gold-medal clash.After India made a brisk start, Pakistan all-rounder Saim Ayub dismissed 15-year-old Vaibhav Sooryavanshi, who had opened alongside Abhishek Sharma. Sooryavanshi had struck two sixes during his nine-ball stay before attempting a reverse-sweep against Ayub and being bowled.Ayub then celebrated by mimicking a baby cradle, holding his arms as though rocking a child.

Indian athletics' sleeping giant has been awoken: Olympic medal hunt begins

India's distance runners emerged as one of the biggest success stories of the 2026 Asian Games. American coach Scott Simmons believes the results are evidence of what sustained training, consistency and the right environment can produce.

New Delhi. (Agency)

India's distance running was the saving grace of the Indian athletics campaign at the 2026 Asian Games. Gulveer Singh led the way with three medals in five days, winning silver in the 10,000m and 1,500m and bronze in the 5,000m. Sawan Barwal added a silver in the men's marathon in a national-record 2:11:37, ending India's 44-year wait for an Asian Games marathon medal, while Seema Kumari won bronze in the women's 10,000m.The performances came across vastly different distances, from the explosive demands of the 1,500m to the endurance required to run 42.195km. And yet, they are tied to one crucial factor. One crucial person.

Scott Simmons, the Indian distance-running coach, trained all three athletes in the same high-altitude environment in Colorado Springs in the United States. For Simmons, the results in Nagoya are a validation of a private observation he



made years ago. When he first came to Bengaluru in early 2022, he looked at India's distance running and thought to himself:

"This is a sleeping giant" that needed to be tapped into.Simmons, in an interview with the Sports Authority of India, said he recognised that the talent was there, but the distance runners needed time, support

and consistency to deliver the required results.

Four years later, the results are beginning to show what can happen when those ingredients come together.

WHAT WENT INTO MAKING ELITE DISTANCE RUNNERS

"We just needed the time and the support from the Indian government, from Target Olympic Podium Scheme (TOPS), from the Athletics Federation of India (AFI), and other stakeholders to give these athletes the opportunity to do the correct training, give them time to develop and continue the consistency," Simmons said. The change has been gradual. With support through the ACTC programme, an annual calendar of training and competitions supported by the Union sports ministry, the Athletics Federation of India backed extended overseas training for athletes such as Gulveer. Before the Asian Games, Gulveer spent six continuous months in the United States, training at the high-altitude base in Colorado Springs.

Not something you want to hear before a series: WI coach Sammy on player pay cuts

New Delhi. (Agency)

head of the third ODI against India in New Chandigarh, West Indies head coach Darren Sammy said the news of players having to take a pay cut was "not what you want to hear before a series." However, he also acknowledged that Cricket West Indies (CWI) has to find ways to stay afloat financially.Following the CWI's decision to reduce the retainer fee, West Indies' cricketers are going to endure a 25 per cent pay cut. Sammy said they spoke about the situation during the Test series against India last year. "As a professional, that's not what you want to hear before a series. But again, it's no secret to me. I think earlier this year when I was here for the Test series, we spoke about the

financial situation of West Indies cricket," Sammy said on the eve of the third and final ODI.

"I guess the administrators, the board,



you've still got to find ways to stay afloat.

If you have a business that's not doing well financially, you've got to find ways to sustain it. Unless I say abracadabra (magic word) and then we get a big sum of money where we could entice our players to just let them know that everything's going to be okay financially, that's the situation we're facing," he added.

With the series already lost, Sammy felt the bowlers need better discipline to try and keep India batters in control. "We still need to find ways when wickets are not really offering any assistance to the bowlers to be disciplined in our lines and lengths and the plans that we put in. But yeah, we always knew, coming to India, it's always a challenge, not only for us, but for most teams," Sammy said.

Asian Games 2026: Pranavi Urs wins golf gold; Kumkum Mohod takes recurve archery gold, secures LA28 quota



New Delhi. (Agency)

LPranavi Urs became the first Indian woman golfer to win a gold medal at the Asian Games, while teenager Kumkum Mohod held her nerve under pressure to claim gold in the women's individual recurve archery event after defeating South Korea's Oh Yejin in a shoot-off on Saturday, October 3.

Kumkum also became the first Indian woman to secure an Asian Games medal in the individual recurve event. The scores were tied at 5-5, but she kept her composure in the shoot-out, scoring a 10 while her opponent managed an 8 to hand the Indian the gold medal.he round 4-1 in favour of Lovlina.Her gold medal capped off a remarkable campaign, with the teenager securing an Olympic quota for her country by reaching the semifinals. She beat China's Jingyi Zhu 6-2 to book her place in the final and secure at least a silver medal. Kumkum secured one of the two available quota places for the 2028 Los Angeles Olympics. Under the rules, the quota place is awarded to the country, not the individual athlete.Against Zhu, Kumkum took the first set 28-27 after shooting 9, 10 and 9. The second set ended level at 30-30 after both archers shot three 10s, while the third set was also tied, giving Kumkum a 4-2 lead. She then held her nerve in the final set, edging Zhu 29-28 to complete a 6-2 victory.Earlier in the day, Kumkum beat reigning world champion Kang Chaeyoung 6-4 in the quarterfinal. The individual gold was her third medal at the continental event. Kumkum had earlier clinched the women's team recurve gold alongside Ankita Bhakat and Kirti Sharma, before combining with Dhiraj Bommadevara to secure mixed pair silver on Friday.

Golden Kumkum: 17-year-old archer wins historic Gold, takes Asian Games by storm

New Delhi. (Agency)

The symbolism behind the name Kumkum says that it represents auspiciousness, purity and divine feminine energy. But on Saturday, October 3, the name will be connected with history as Kumkum Mohod won a historic gold medal in the women's individual recurve event final at the Asian Games 2026.Asian Games, October 3 updatesThe Indian archer, who had already won gold and silver in the women's and mixed team events, defeated Oh Yejin in the final in a thrilling shoot off with a score of 6-5. In the process, she became the first Indian woman to win a medal in the women's recurve individual event at the Asian Games 2026.

KUMKUM THE GIANT KILLER

Kumkum had come into the squad for the Asian Games by defeating a giant of the game in India. The 17-year-old defeated

veteran Deepika Kumari, who is a four-time Olympian and the first Indian to claim the No.1 ranking in recurve.When the field was levelled out, everyone was excited to see how the 17-year-old would square off. She was first up against the World Champion, Kang Chaeyoung of Korea.

Kang was the favourite to win the whole thing, but Kumkum had shown in her previous outings on Friday that she had the skillset to cause a major upset.And that's what happened as the Indian archer took the first set against the top seed with a couple of 10s and a nine. While Kang levelled it up in the second set, Kumkum regained the lead in the third one, with an ice-cool approach and not flinching under pressure.

With Kang going first into the fourth, Kumkum just needed to win the set or match it. She kept replicating the performance from Kang in the set with two 10s and a nine, keeping the lead heading into the final one.



All she needed was a draw and Kumkum just kept pace with Kang, who started with a 10, but got 9s with her final two arrows. Kumkum needed a 10 with her final arrow and she did it to win the contest 6-4.

Things didn't get easy for the Indian star as she was up against Jingyi Zhu, the world championship silver medallist.Once again,

pressure? Well, Kumkum didn't give a single set win for her Chinese opponent.

The 17-year-old defeated Zhu 28-27, 30-30, 29-29, 29-28. Kumkum made a strong start, dropping just two points in the opening set as she shot 9, 10 and 9 to take the early advantage.The Chinese archer responded in the second set, with both competitors producing perfect scores of 10 on all three arrows. Neither could gain an edge in the third set either, as the points were shared once again, leaving Kumkum ahead 4-2.

There was a bit of luck here for the Indian archer as her first shot was initially an 8, which got turned into a nine. With the match on the line, Kumkum held her nerve in the fourth set. She finished one point clear of Zhu to close out the win and move on to the next stage.

‘Oil’s’ well in September: How India kept crude flowing amid the energy crisis

Kolkata. (Agency)

India has kept the crude flowing even as the Middle East conflict has choked global energy supply chains for over seven months. Imports surged to a year-high of 5.26 million barrels a day (mbd) in September, powered by a surprise jump in Gulf supplies. The rise in shipments from the region helped bring more Middle Eastern crude back into India’s import basket, with Iraq emerging as the country’s second-largest supplier behind Russia for the first time since the US-Iran conflict began in February. The surge was broad-based across the Gulf, with Saudi Arabia, Iraq, the UAE, Kuwait, Oman and Qatar together accounting for 39% of India’s total crude imports in September, according to Kpler. This comes after supplies from some of these countries had dropped sharply following the start of the Iran war on February 28, making the renewed flow of Gulf crude a notable shift in India’s import basket. Iraq supplied 525,000 barrels per day to India in September, putting it behind only Russia. Saudi Arabia followed closely with 517,000 bpd, while the UAE supplied 438,000 bpd. Kuwait also saw a notable jump, sending 335,000 bpd to India, its highest volume in a year, according to ET.

How India kept its crude flowing

The return of Iraqi and Kuwaiti crude marks a significant shift in India’s import flows. Supplies from both countries had nearly disappeared from India’s import slate for months following the start of the Middle East conflict on February 28. Their return, alongside higher shipments from other Gulf producers, helped push India’s overall crude imports to their highest level in a year. The increase in Gulf shipments has been supported by a workaround being used by Gulf producers and traders to move crude through the Strait of Hormuz.

UPI transactions rise 27% to 145 billion in H1 FY27 ahead of new MDR

New Delhi. (Agency)

UPI’s digital tap-to-pay habit appears to be getting stronger by the month. The platform processed around 145 billion transactions in the first half of the current financial year, up 27% from 114 billion in the same period last year, according to National Payments Corporation of India (NPCI) data. The value of those transactions rose at a slightly slower clip, climbing 20% to Rs 177 lakh crore from Rs 148 lakh crore a year earlier. However, September numbers showed a marginal month-on-month decline in both UPI volume and value. During the month, transaction volume stood at 24.07 billion, down 1.7% from 24.5 billion in August. The value of transactions fell 1.5% to Rs 29.37 lakh crore from Rs 29.82 lakh crore in the previous month. The monthly decline, however, needs to be viewed in the context of the difference in the number of days in the two months. August had 31 days, compared with 30 in September. Industry watchers pointed out that despite the lower monthly numbers, the average daily transactions were higher in September at 802 million, against 791 million in August. New MDR regime starts October 15 The September data comes just two weeks before the implementation of a new merchant discount rate (MDR) on specified high-value UPI payments. From October 15, merchants will be charged an MDR of 0.4% on UPI transactions above Rs 2,000. The charge will apply to merchant payments and not person-to-person transactions, which will remain free irrespective of the amount involved.

LPG consumption down, diesel & petrol sales up in September

New Delhi. (Agency)

LPG demand fell by over 9% year-on-year in Sept, while petrol and diesel sales registered growth of 7% and 5%, respectively, provisional data released by the Petroleum Planning and Analysis Cell (PPAC) showed. LPG consumption in Sept was recorded at 2.6 million tonnes (MT), compared to 2.9 MT during the same month a year earlier. Month-on-month consumption, however, registered a growth of 8%, up from 2.4 MT.



Petrol sales increased from 3.4 MT in Sept last year to 3.6 MT, while diesel consumption rose from 6.8 MT to 7.1 MT. Petrol and diesel consumption had registered year-on-year growth of 7.9% and 6.5%, respectively, in July. While petrol is largely used as an automobile fuel and its consumption is commensurate with the increasing number of vehicles, diesel is consumed by transport vehicles for passenger and freight movement, besides being used in the agricultural sector. Erratic monsoon conditions due to El Nino boosted demand for diesel for irrigation.

Tata vs Tata: Noel Tata wants video and minutes of Tata Sons Sept 17 board meeting

Kolkata. (Agency)

Tata Trusts seem to be putting final touches to its preparation for the impending battle with Tata Sons with Noel Tata, the chairman of the trusts writing to the tata Sons board seeking details of the video recording and minutes of the September 17 meeting which reappointed N Chandrasekaran as its chairman, much to the opposition and disappointment of Noel. According to reports, an aggrieved Tata shot off the letter on September 30 and he also stung the board for submitting a couple of legal opinions to validate Chandrasekaran’s reappointment.

Noel Tata’s contention

Noel Tata, who is both the chairman of the Tata Trusts that control 66% of Tata Sons and also sits on the latter’s board, said that he was denied adequate opportunity to detail specific legal points. Tata got the

opinion from former chief justice of India D Y Chandrachud, stated the report. Officials close to the Tata Trusts told the media that the Chandrachud report dwelt on the casting vote and Tata Sons’ articles of association (AOA). Noel Tata wanted to raise these points in the meeting but did not get an opportunity. The officials pointed out that the points of casting vote must be read in context of the original contents of the AOA and the changes made over a period of time.

Tata tabled the Chandrachud report at the Tata Sons board on September 17. He argued that the casting vote of the Tata Sons chairman (N Chandrasekharan) could not be employed to override the specific affirmative voting rights provided to Tata Trusts’ nominee directors in the Articles of Association, which is supreme.

Tata’s “No” to IPO

Noel Tata is also dead opposed to the

proposed IPO of Tata Sons, which it has to do accroding to the RBI rules. However Tata’s contention is that Tata Sons has



steered the course of the Tata empire over the past 150 years and the current strcuture allowws it to come to the assistance of Tata group companies in

times of crisis. If the company is listed it will lose this essential freedom which will be detrimental to the interest of the entire Tata group, he has said categorically. Significantly, Venu Srinivasan, who is also on the Tata Sons board as a Tata Trusts nominee, opposed Noel Tata and voted in favour of the other trust nominee on the board, favoured C h a n d r a s e k h a t r a n ’ s reappointment. Tata Sons has said in a statement that the board decided by majority to reappoint N Chandrasekaran as executive chairman and also resolved to “initiate steps to comply with the applicable RBI guidelines. to list the company.” In order to avoid listing Noel Tata has proposed to merge two companies with Tata Sons so that it no longer remains an upper layer NBFC and thus avoid the listing rules for such category of NBFCs.

Kolkata’s real estate market in hands of sharks, alleges WB fin min; invites organised players

Kolkata. (Agency)

The real estate sector in Kolkata is “scandalous” and is characterised by sharks who are politically well-connected, the state financial minister Swapan Dasgupta has alleged and proceeded to invite organised developers to set up mega projects in the state. Dasgupta, who was speaking at Credai — the realtors’ body — said that there is need for regulation and accountability from real estate players. He also said that the Urban Land (Ceiling and Regulation) Act, 1976 needs to be abolished since it has become an “impediments to development”. “The real estate business in Kolkata has been a scandal, and I choose that word deliberately because it has been left

in the hands of sharks with political connections who have made a fortune by short-changing people,” Dasgupta remarked.

Not standalone sharks

Organised real estate, not standalone



sharks are the need of the hour for the real estate market in Bengal, the finance minister emphasized. “We need to get the organised sector into West Bengal and Kolkata so that a degree of order and regulation and

accountability can be brought into this, which is why I feel all of you are needed because you represent the organised force. You’re not the standalone sharks,” Dasgupta said during the event.

Nothing short of criminals

Dasgupta was scathing in his criticism and even called the developers in the state nothing short of criminals. On the sidelines of the Credai programme, he said that the urban real estate market has been “vitiated by people who call themselves promoters or developers, who are basically nothing short of criminals”. There are numerous people who have suffered at the hands of such criminal developers and an sorganised system is required to bring everything in order, the ministersaid.

Irdai plan to help check mis-selling, raise returns

MUMBAI. (Agency)

Insurance Regulatory and Development Authority of India (Irdai) introduced statutory caps on commissions and expenses of management (EoM) to put an end to commission-driven bidding wars and excessive upfront distributor payouts, ensuring cost efficiencys are directly passed on to policyholders through lower premiums, improved investment returns, and reduced mis-selling. What are the measures taken by the regulator on insurance distribution? Irdai has proposed moving insurance distribution away from a predominantly acquisition-and-commission model towards one focused on cost control, persistency, transparency and customer protection. The proposals include product-level commission caps, effort-based remuneration, restrictions on bundling insurance with loans and changes to the timing of life insurance commissions. The measures, however, are still proposals, not final regulations, with the consultation process open until Oct 25, 2026. Why have the shares of insurers, insurance distribution companies and banks fallen following the proposals? Irdai has proposed bringing back product-level commission caps that were removed in 2023. For example, first-year commissions

for life insurance distribution entities could be capped at 20% for policies with premium-paying terms of 10 years or more, while health insurance commissions could be capped at 15% in the first year and 5% on renewals. The proposals have raised concerns about the revenue of brokers, online aggregators, corporate agents and banks that earn significant income from insurance distribution. Insurance brokers, digital distribution platforms and other intermediaries that depend heavily on commission income appear more exposed, followed by banks and NBFCs with significant bancassurance or credit-linked insurance income. PB Fintech, the parent of Policybazaar, fell 36% on Sept 24, while Turtlemint fell 20%; shares of several banks also declined. Analysts said revenues of brokers, banks and non-bank lenders would be hit more than those of individual agents. Irdai has also proposed effort-based commissions, under which remuneration would be linked to factors such as product complexity, the effort involved in selling and servicing the policy, and the distribution channel. This could reduce payouts on products where commissions are rather high relative to the effort involved. Individual agents are also subject to product-wise commission caps, but the impact is expected to be lower than for brokers, banks and other large distribution channels.

Asian carmakers besting US rivals at home, China poised to strike

New Delhi. (Agency)

Major US automakers have watched their domestic market share shrink even more thanks to their Asian competitors -- a situation that may worsen if Chinese firms are able to enter the US market, an idea floated by President Donald Trump. "The broader market story continues to be the growing (sales), and mostly on the strength of Asian automakers," said Charlie Chesbrough, a senior economist at Cox Automotive. The analyst said that Asian brands are expected to account for more than half of US new vehicle sales in the third quarter, for the second quarter in a row, "approaching record-high market share levels." At the same time, Detroit's historic Big Three -- General Motors, Ford and FCA/Stellantis (which makes Chrysler, Jeep and Dodge) -- will see their market share dwindle to a bit more than 36 percent, the lowest on record. Chesbrough says the trend is rooted in the fact that Asian companies have "significant advantages" over US firms on hybrid vehicles, which more and more consumers are embracing given the volatile price of gas due to conflict in the Middle East. GM is still the overall leader in terms of US sales, but

Japan's Toyota is quickly catching up. GM has slipped from 17.4 percent market share in 2025 to 16.7 percent in the first nine months of this year. Toyota meanwhile went from 15.2 percent to 15.6 percent in the same period, according to Cox Automotive. In the third quarter, GM sales fell 5.5 percent to 670,974 units, while Toyota sales rose 0.6 percent to 633,223 units.

A similar pattern emerges when comparing Ford and Hyundai-Kia, which are third and fourth, respectively. Market share and sales are down for the Dearborn, Michigan, heavyweight, and up for the South Korean group. Cox even predicted that Ford would soon drop to fourth place, but Hyundai-Kia's sales did not advance as much as estimated, so Ford remained in the number three spot. FCA US sits in sixth place behind Japan's Honda. Michael Orange, head of US retail sales for FCA US, said Friday the companies were operating against "a highly competitive industry backdrop." And the situation could get worse. In mid-September, Trump said he was "okay" with the idea of Chinese cars on American highways, as long as their

manufacturers opened factories in the United States and hired American workers. He made the comments before Chinese President Xi Jinping paid him a visit, his first trip to the White House in more than a decade. Lobbyists



representing carmakers, parts manufacturers and dealers reacted quickly, asking Trump to "keep the door firmly shut to Chinese automakers seeking to sell, import or manufacture vehicles inside the US." Among those who signed the letter were the American Auto Policy Council, which represents the Big Three, and Auto Drives America, which represents carmakers from Japan, Germany and other countries with US plants. Peter Nagle, an expert at Mobility Global, estimated recently that Chinese

makers such as BYD, Geely and SAIC could sell up to 1.7 million cars in the United States -- about 11 percent of the market -- from now until 2038, according to Bloomberg.

Importing Chinese vehicles is not strictly forbidden, but punitive customs duties and tariffs imposed by multiple governments would make it prohibitively expensive. According to industry observers, these punitive measures allow the US to avoid a massive influx of low-cost Chinese vehicles, a fate seen in Europe, Australia, Southeast Asia and Latin America. Last month, the Alliance for Automotive Innovation -- which includes all carmakers present in the United States -- called on congressional leaders to put in place a "permanent ban" on Chinese cars, citing high-risk hardware and software they use. Such a ban would include sale, importation and manufacturing on US soil. Alliance president John Bozzella justified the request by invoking national security and the need to curb what he called.

Nushrratt Bharuccha

Hospitalised In Bali After Accident During Work Trip, Suffers Injury

Nushrratt Bharuccha has been hospitalised in Bali after meeting with an accident during a work trip. The actor sustained an injury and is currently undergoing treatment at a hospital there, sources told .Nushrratt had travelled to Bali for a work commitment and had extended her stay by a few days. The nature of her injury has not been disclosed yet. “Nushrratt Bharuccha has met with an unfortunate accident in Bali. She had travelled there for a work commitment and had extended her stay by a few days. She sustained an injury in the accident and is currently hospitalised in Bali under medical care," sources told.

Nushrratt Bharuccha Was In Bali For Work
Before the accident, Nushrratt had shared pictures from her time in Bali on social media. She had travelled there for a work commitment and later stayed back for a few more days.

The actor is currently receiving medical care in Bali. No further details about the injury have been made public so far.

Nushrratt To Star Opposite Tiger Shroff

The actress is also set to share the screen with Tiger Shroff in an upcoming film. The project will mark their first on-screen collaboration. A source close to the development told Pinkvilla, “The team wanted someone who could bring both strength and emotional depth to the

story. Nushrratt was always one of the strongest choices. Her role has substance, and audiences will get to see her in an exciting new avatar." According to the report, the role has an important place in the story and is not just that of a conventional female lead. The film also stars Pashmina Roshan, Abhishek Banerjee and Elvish Yadav in key roles, according to Bollywood Hungama.

Nushrratt Bharuccha’s Last Film

Nushrratt was last seen with Sohumi Shah in the comedy thriller Uff Yeh Siyapaa. Her upcoming film with Tiger Shroff will bring the two actors together on screen for the first time.



Swara Bhasker

Recalls Uncomfortable Incident With ‘Drunk’ Director: ‘Knocked On The Door, Asked For A Hug’

On Rise and Fall season 2, Bollywood actress Swara Bhasker opened up about an uncomfortable experience she had with a film director early in her career. She recalled that she was shooting for a film as the female lead just after Tanu Weds Manu. It was a 56-day shoot, and she revealed that the director insisted on rehearsing a romantic scene with her alone. She refused, and questioned why they should do the rehearsals alone. She also recalled that the director later knocked on the door of her room drunk, and asked her for a hug.

Swara Bhasker Recalls Director Insisted On Rehearsing Alone With Her

During a conversation with actor Priyanka Chahar Chaudhary and politician Tej Pratap Yadav on Rose And Fall 2, Swara said she was shooting for her film when the director began sending her messages, and poetries. “This was just after Tanu Weds Manu. It was my big lead film. It was a 56-day shoot. I was the heroine in his film. First, he started explaining to me that, you know, a director should love his actor, this is how it should be. Then he started messaging me. He was sending me poetry," recalled Swara.

She then alleged that he suggested she rehearse the romantic scene with him privately. “Then there was a love scene in a film, like a romantic song. He said we would rehearse this scene. I asked him, ‘Who all are there in this rehearsal?’ He said, ‘You and me, we’ll discuss,’” said Swara.

Swara questioned why the rehearsal needed to happen between just the two of them. “I said, ‘No. You call the actor, you call the camera person. If it is a rehearsal, everyone should do it. Why should we do it alone?’”, asked Swara.

Swara Recalled The Director Came To Her Room Drunk

She further said that she was the only woman in the guest house they were staying. “Where we were staying in the guest house, I was the only woman. I went inside and the director and cinematographer had already finished half a



bottle and both were sitting and drinking," she said. Later, the director came to her room that night and began knocking on her door. When she opened the door, she noticed that he was drunk. He allegedly asked her, “Can I get a hug?” “I was like, ‘No. You cannot get a hug. Please, hug me? What happened? You just want to hug me? I said, ‘No, no, I can’t do it. Sir, please go. I am scared,’” she recalled.

Soni Razdan Says Being Alia Bhatt’s Mother Did Not Change Her Struggle As An Actor: ‘If I Looked More...’



Soni Razdan may be widely known as filmmaker Mahesh Bhatt’s wife and Alia Bhatt’s mother, but when asked to describe herself beyond those relationships, the actor had a very different answer. For Soni, the one identity that has stayed constant through the years is that of an actor who continues to struggle for work. Speaking to Galatta Plus, Soni opened up about her career, the difficulties she faced while trying to establish herself and why she believes her appearance may have affected the opportunities that came her way when she was younger.

‘After I Became Alia’s Mother, I’m Still A Struggling Actress’

During the conversation, Soni was asked who she is apart from being connected to Mahesh and Alia.

“I was a struggling actress. After I married Mahesh Bhatt, I’m still a struggling actress. After I became Alia’s mother, I’m still a struggling actress. That’s who I am,” she said.

Soni added that acting has remained central to her professional life. “I’m just an actor who really loves acting. And I’ve had the opportunity to work with some wonderful people, some wonderful directors,” she said.

The actor also spoke about how her journey through the industry had not been particularly smooth, especially during the early phase of her career.

Soni Razdan Feels Her ‘Unusual Looks’ Became A Hurdle

Soni said she believes her appearance may have worked against her at a time when the industry had a narrower idea of how leading women were expected to look.

“I wouldn’t say it’s been a very smooth ride for me. Because I’m sure if I had looked much more Indian, it would have been a lot easier,” she said. At the same time, Soni made it clear that she did not see talent as the reason for the struggle.

“Because I don’t think I’m lacking in the department of talent. Perhaps it was my unusual looks that didn’t fit here,” she added.

Divya Khosla Questions Komal Rani’s Sindoor At Lalbaugcha Raja With Govinda: ‘Do You Think This Is A Joke?’



A few days ago, Divya Khosla penned a lengthy note on Instagram, slamming Govinda and his rumoured girlfriend Komal Rani Swarnkar over their public appearance at Lalbaugcha Raja. She came out in support of Govinda’s wife Sunita Ahuja, and called out the actor’s actions. Now, Divya has once again penned a strongly worded note questioning Komal Rani’s sindoor during her Lalbaugcha Raja visit with Govinda. She questioned whether they know the importance of ‘sindoor’ and urged them to stop using religion for their agenda.

Divya Khosla Calls Out Govinda And Komal Rani Over Sindoor

On September 22, during their visit to Lalbaugcha Raja, many netizens noticed that Komal Rani did not have sindoor when she arrived with Govinda. However, after seeking Bappa’s blessings, she was seen with sindoor around her forehead and hair parting, leading social media users to speculate about a possible secret wedding. Some netizens pointed out that the red mark could have been part of the religious rituals at the pandal, suggesting that Komal may have touched her forehead to Bappa’s feet during darshan, which could explain the mark.

Now, Divya Khosla has slammed Govinda and Komal Rani, and questioned whether they understood the meaning and importance of sindoor. In her note, she wrote, “Whatever we do in our personal life is definitely our choice however atleast for the sake of keeping our society clean it’s v important ki ‘Hum Samaj ka Daayra maintain Karein’.” “A certain girl goes with u to a religious place, bows in a manner that sindoor comes in her maang clearly giving enough material to various media to cover the couple in such a manner Like really... whom are u kidding?? and then goes and comments on intimate details of your personal life Do u think this is a joke?” asked Divya.

7 exercises you need to Avoid

While some of these exercises aren't optimal for fitness, some others should be avoided as they can easily lead to injury. However, it is important to understand that they are not always unsafe or unproductive. Adopting or avoiding any exercise technique depends on an individual's personal fitness goals and objectives. Read on to know more about these common red flags...



Spot reduction exercises: An ineffective method of 'burning fat' followed by many people is spot reduction. The popularity of this belief can be largely attributed to the many exercise gimmicks that we often see in infomercials regarding localized weight reduction. But always keep in mind that weight loss can never be isolated to a particular area. Localized strengthening and toning exercises will only help to firm muscles but will have no effect on the fat content of the target area. A better alternative is to adopt a well-rounded full-body weight reduction program.

Leg extensions (Seated): A very popular exercise for working the anterior thigh muscles, seated leg extensions are actually one of the most dangerous exercises in the gym. This is because the exercise places an unhealthy amount of stress on the knee joint. According to a research published in the

"Journal of Orthopaedic and Sports Physical Therapy", individuals who worked on the leg extension machines found no benefit during functional tests. This can be particularly dangerous for those who have any kind of knee problems. Safer alternatives are simple lunges and squats without any added weights.

Leg press: Another form of exercise that should be avoided is the leg press as this can place undue amount of stress on the lower back. This can thus predispose a person to low back injuries. Although, many claim that seated leg press exercises can train your hams, quadriceps and gluts, in reality, it does not engage these muscles at all. All it does is force the spine into a flexed position. Hence, instead of this, try working on body weight squats.

Seated abduction or adduction: Just like leg press, seated abduction/adduction movements can place great amounts of stress on your spine. Also, such movements only train these muscles as prime movers. But, in reality, during actual physical activity, they are used only as stabilizers and not as prime movers. An easy and effective alternative is lunges which can be used to train these muscles for their actual purpose of stabilizing.

Leg curls: According to strength and conditioning coach, Charlie Weingroff, exercises like deadlifts are more effective than leg curls. This is because the latter trains the hams only as knee flexors while, during activity, they are used mainly as hip extensors.

Sit ups: As per the recommendations by the National Institute for Occupational Safety and Health (NIOSH), a person

Although it is true that there are no such things as "bad" exercises, certain faulty techniques can make an exercise useless and compromising.

should never apply more than 3400 newtons of force on his back at a time. Crossing this limit would place unnecessary stress on the back muscles leading to stress or injury. On an average, a regular sit-up program contributes around 3413 newtons of force on the back muscles. To avoid this, opt for short range crunch movements or tabletops.

Lat pulldown exercises (behind the head): This is a big "no-no" without proper form, as this may affect your shoulder joint functioning. Only those with extreme shoulder joint flexibility can opt for this exercise and that too, with extreme care for correct form. A better alternative for working your lats is by pulling the bar towards your chest and not behind the head. But, remember to keep your spine straight and abs pulled in while performing this.



Beginners' guide to Running

Plan to do a little bit of running after a long time to stay fit? Don't compete with anyone else around you and start with abby steps, says an expert. Adidas running expert Rajat Chauhan suggests how to go about it - Don't try to rush back to being how active or fit you were at a particular stage in life. You'll get there and beyond, but you first need to understand the current situation too. Also, don't compete with anyone else around you. Start slow, make a solid foundation so that you don't get hurt. - You'll notice that in running community everyone is too obsessed with numbers of all kinds. I suggest you don't worry about distance and speed for the first few months. Simply focus on 'time on feet'. - Start by alternating gentle walking for one to five minutes with brisk walking for one to five minutes. Repeat three to six times. For the first week or two, stick to this. - Once you get comfortable moving at brisk pace five to 10 minutes non-stop, then you can start jogging a little. Now start alternating one to five minute brisk walks with one to five minutes jogs. Repeat three to six times. - You need to have strength training to get the best out of your running. It'll help you run more efficiently. Strength training could be done at home or at gym, using



body weight or machines. - The more you resist, the more unnatural will it become and more mistakes you'll make. Start by relaxing your shoulders and just by jogging in one spot. Have an imaginary papadum (papad) between your thumb and index finger of both hands. Since you aren't supposed to break it, you need to hold it softly, in effect relaxing your shoulders and upper body. - Whether walking or running, you need to start working on your breathing. Don't take

it for granted. Soon enough, when you start running, you'll get out of breath and start taking very shallow ineffective breaths. Practice breathing when you start walking by taking a long breath in, hold for a second or two and then breathe out. This will then come very naturally when you are even running at very fast speed. - The only thing that you should listen to while running is your footsteps. If you can hear them, you are too loud. Be soft on your feet. - Initially your body will tell you to just stop because it's not going to be comfortable. I suggest for first three to four weeks follow the above advice, but if there is pain that persists for a couple of days, seek medical help. - For people who are just picking up running, I am not at all in favour of barefoot running. First learn how to run better and then do what you feel like but for now just pick up a decent running pair based on your needs. If you are a neutral runner, pick normal cushioned shoes, but if you are an



overpronator, please pick stability shoes. - Have a sip or two of water every 10 to 15 minutes, but no more. Best is to have electrolyte mix and not plain water. Never run straight after meal. Give a break of at least two hours. After a run, it's important you have some proteins within 20 to 30 minutes.

Use neem oil, garlic for mosquito-free home

As the national capital battles one of its worst dengue seasons, experts suggest natural methods like neem and coconut oil concoction or garlic to keep the mosquito-borne tropical disease at bay.

Neem oil acts as a great indoor mosquito-repellent owing to its smell that wards off mosquitoes. One can make an effective insecticide by mixing neem oil and coconut oil in equal proportion and rub it on the exposed parts of a body. - Another natural method to keep mosquitoes at bay is to plant Tulsi near the window panes. The plant has properties that do not allow mosquitoes to breed. - A mixture of lemon oil and eucalyptus oil is extremely effective in warding off mosquitoes naturally. Both have

the active component cineole in it carrying antiseptic and insect repellent properties, which makes them effective when applied to the skin. - Camphor is an easily available ingredient that kills mosquitoes in a house. Made from the extract of a tree, this compound has been found to have the longest mosquito repellent effect as compared to other natural products. Burning camphor in a closed room can be extremely effective in keeping mosquitoes at bay. - Garlic might smell bad, but that is exactly why mosquitoes stay away. All you need to do is crush a few pods of garlic, boil them in water and spray the liquid in the room.



Home remedies to battle stomach pain

The most common reason for stomach pain is indigestion. If the food you have eaten is not digested properly, it produces gas and toxic mucus in the stomach. The half digested food also creates blockages in the bodily channels. In the long run, indigestion causes many health problems too. Dr. Smita Naram, Co-founder, Ayushakti shares some proven home remedies in Ayurveda which has helped lakhs of people to relieve pain, indigestion, gas, acidity, bloated stomach, etc. easily and stay healthy. Low appetite, indigestion and pain - One pinch each of dry ginger, black pepper, pipali, hing - ½ teaspoon each of rock salt and black salt - Kokum liquid extracted from 3 kokum. - Mix all well and take it three times a day. Home remedies to battle stomach

pain Slice fresh ginger in to pieces; rub it in rock salt and lemon juice. Dry it in sun shade and keep bottled. Eat 1 piece each after every meal. This is the best remedy to improve the digestion, reduce pain and gas. Stomach pain due to acidity with gas - Black Raisins 20 Nos. - Jeshtimadhu Powder ½ Tsp. - Amla Powder 1 Tsp. - Cumin Seed Powder ½ Tsp. - Fennel Seed Powder ½ Tsp. - Dry Ginger Powder ¼ Tsp. - Cardamom Powder ¼ Tsp. Mix them to the water, mentioned in (1) and drink twice a day. Acidity and burning 20 black resins soaked in 1 glass of water and smash it in the morning and drink on empty stomach. This reduces heat (pitta) and thus reduce acidity effectively. Pain with diarrhea and dysentery - 1 glass fresh buttermilk with 1 teaspoon of cumm seed powder.

- 1 cup pomegranate juice twice daily relieve from pain and also stops diarrhoea. How panchkarma helps in relieving irritant abdominal pain? Basti karma is medicated enema effectively bring down the Vayu (air movement) and removes accumulated toxins through stool and you feel relieved from pain and bloating of stomach. Home remedies to battle stomach pain Applying Hing paste on the naval area effectively relieves abdominal pain. Home remedies to battle stomach pain If you have pain and constant constipation: 1 teaspoon triphala powder with warm water daily at night relieves constipation. Also improves digestion and in the long run help to relieve from gas acidity, bloated stomach.